

MAINE WOMEN

AUGUST 2022

this month

WILD WOMEN

5 GUIDES FOR YOUR NEXT ADVENTURE

PLUS

AUGUST HAPPENINGS
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A CURATED LIST OF STATEWIDE HAPPENINGS WORTH YOUR ATTENTION.

worth it

EXTROVERTED



Wonderland will take place at 43 Main St. in Phillips on **August 19th, 1-5pm and August 20th, 10am-3pm**. It is a free children's festival of the imagination that has taken place on the third Friday of August since 2006, in conjunction with Phillips' Old Home Days. Wonderland is about faeries, pirates, and great imagination. Children of all ages are invited to attend and enjoy 30 booths of events and go home with all kinds of goodies and gifts. Musicians, jugglers, the Faerie queen and more!



Maine Lobster Festival in Rockland at Harbor Park, starts **Wednesday, August 3rd and runs through Sunday, August 7th**. Enjoy 5 days of festival fun and feasting on local seafood!

Wells Harbor Half Marathon & 5K takes place on **Saturday, August 20th**. Races start at 8am at Wells Harbor Park.



SEIDENTARY

Join Ten Bucks Theatre for their 'Under the Stars' production of Romeo and Juliet on **August 4th and August 7th at 6pm**.



Machias Wild Blueberry Festival is taking place **August 19 through the 21st**. Celebrate all things blueberry with food, entertainment, contests and crafts that all have to do with our favorite blue food!



The Isabel Stover Quintet plays at Cadenza, 5 Depot Street, Freeport on **August 26th from 7 - 8:30pm**. Isabel is accompanied by some of the most creative figures on the Boston scene, and draws the emotive thread between timeless jazz standards, Brazilian, folk and pop with fresh, new arrangements.



Crown of Maine Balloon Festival takes place **August 25th through August 28th** in Presque Isle. Join in the high-flying fun with hot air balloons, live music, a giant craft fair and live music.



INTROVERTED

welcome to maine women magazine

Hi and welcome to *Maine Women* magazine. Each month we strive to bring you content that will enrich your daily lives, brought to you by your fellow Mainers. We deliver information on poetry, art, music, movement, reflection, as well as legal, financial, career, and mental health advice. This is just a start, and we would love for you to be a part of it. Please contact us at agoslin@mainewomenmagazine.com with your thoughts and ideas. We also welcome submissions of poetry, fiction, artwork, and photography at the same address. ●

our mission

MAINE WOMEN SUPPORTS THE WOMEN OF MAINE IN TANGIBLE WAYS THAT GO BEYOND JUST INFORMATION AND ENTERTAINMENT. WITH A SOLUTIONS JOURNALISM FOCUS ON THE ISSUES THAT MATTER MOST, THIS PUBLICATION IS SIMPLY A REFLECTION OF WHAT IS TRULY A COMMUNITY THAT CONNECTS AND EMPOWERS WOMEN - AND PUSHES THE SYSTEMS THAT SUPPORT THEM TO BE BETTER.

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your thoughts

- The other magazine had an update that mom sent to the magazine each month from her daughter who is trying to sail around the world. I was wondering if you were going to continue to do the postcards from her or not. I know she has been staying in a group of islands in the Pacific and hasn't been able to continue her journey due to COVID. It may be that she isn't sending postcards any more. I would like to know more and if you can get the information each month, I am sure other readers would enjoy seeing her postcard, as would I.
- - **Marcia Blake**

• **Maine Women:** *Thanks, Marcia! We have reached out to Holly's mother, Jaja, for an update on her travels. Stay tuned!*

- Congratulations on making a successful and apparently seamless transition to the new status of your magazine.
- - **Gerry**
- I enjoy reading the latest issue every month. Good work!
- - **Anonymous**

we welcome submissions of

YOUR ORIGINAL POETRY, VISUAL ART, OR FICTION

YOUR "BIG DREAM"

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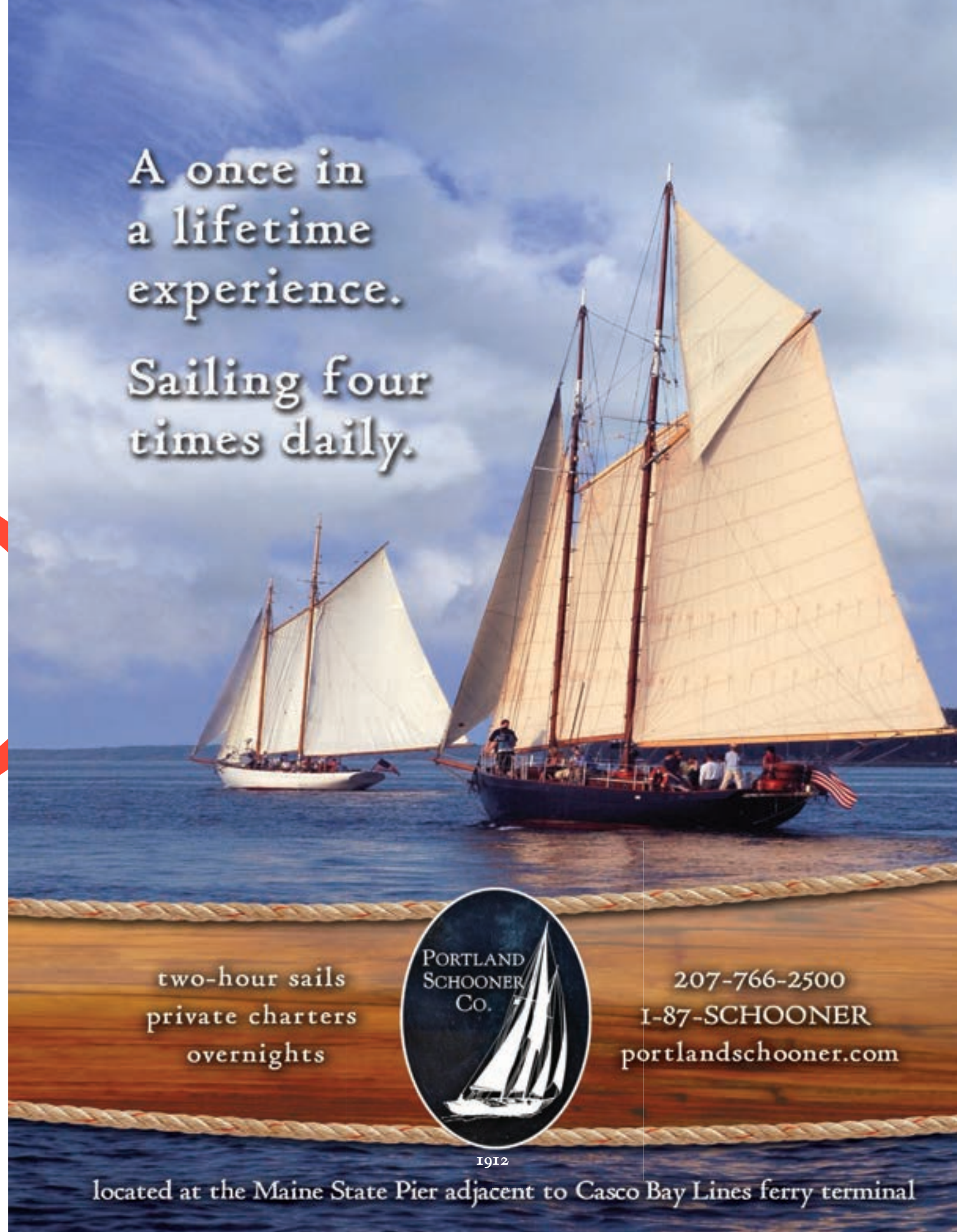
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The Star Sequence

BY SUSAN COOK

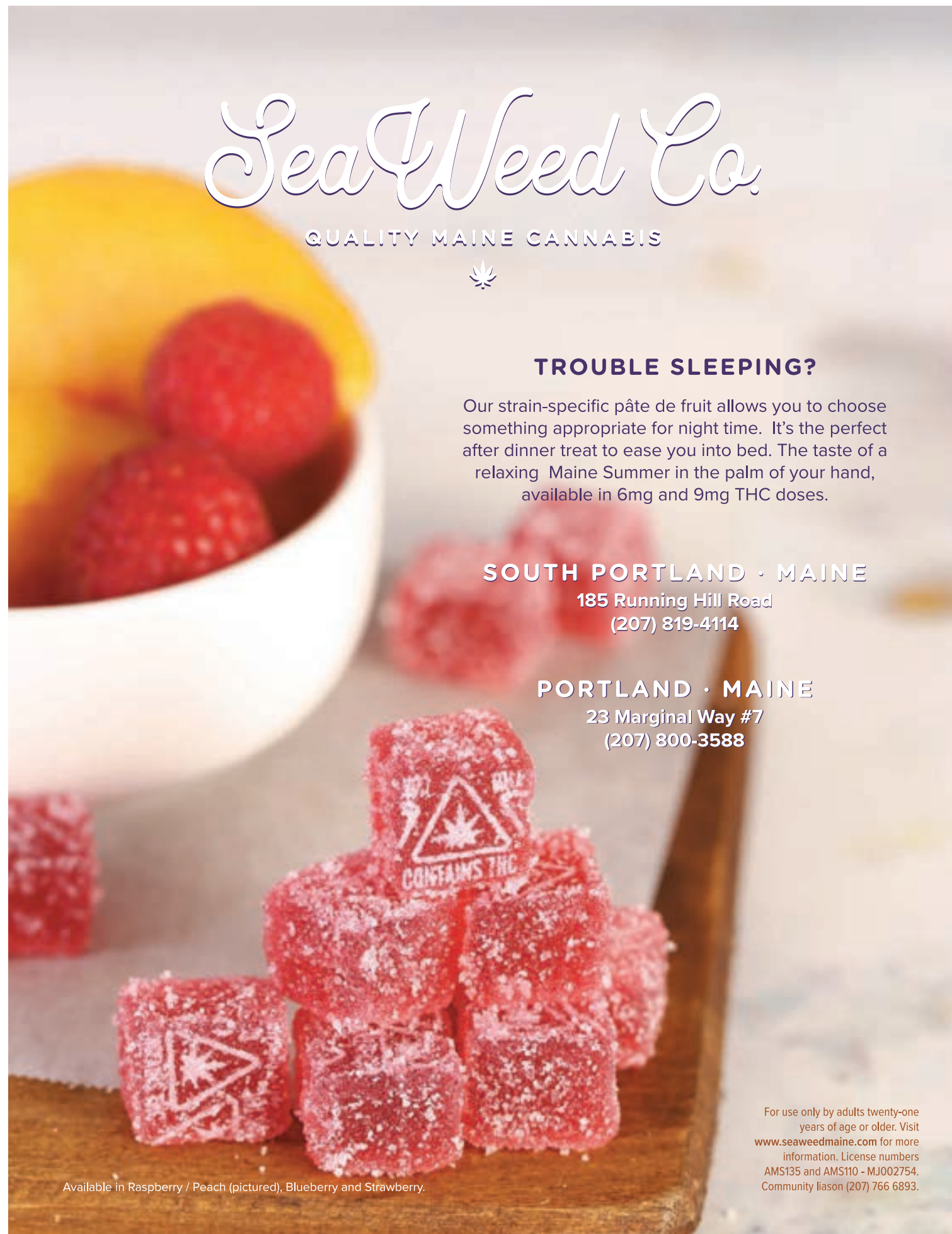
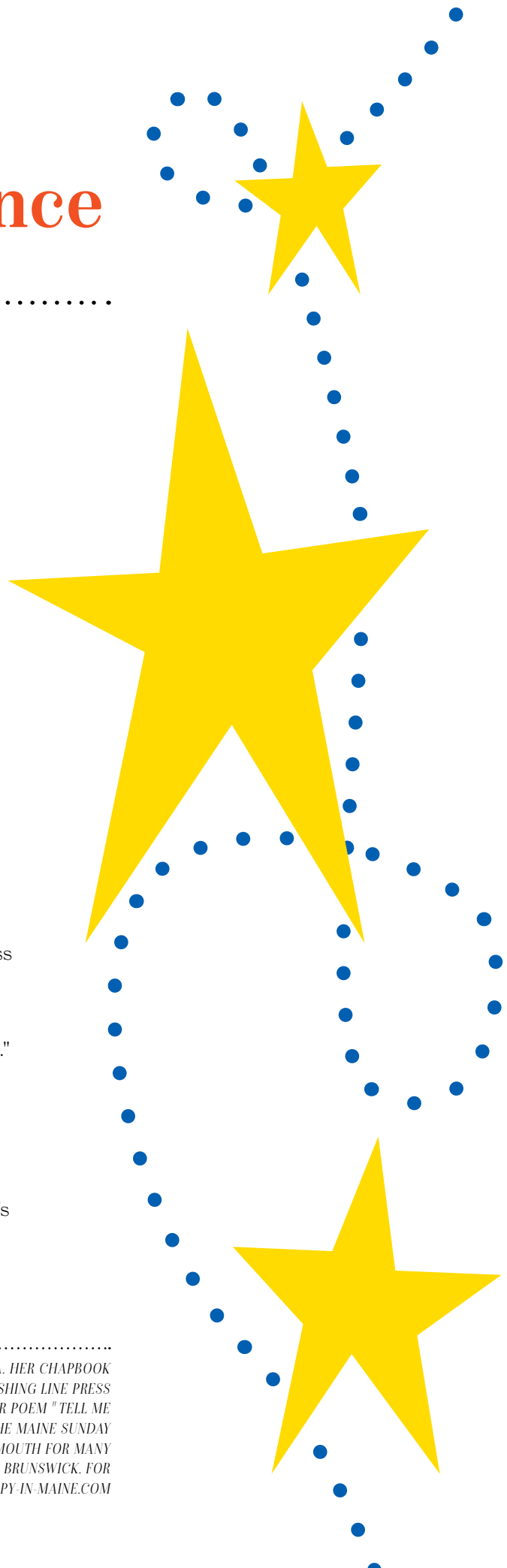
I. Lucky

We have traveled a million miles, it seems,
 me, the dogs in the back and beside me,
 as if we're content to see the same scenes
 over and over, deciding, freely,
 this going where we want, when we want to,
 as long as we want. We always come back
 home, thanking our lucky stars for that, who
 and where they are, invisibly. We lack
 nothing. We lack nothing at all, so full
 at times, the dawn feels like pitchers of warm
 water poured, dogs, humans alike feel pull
 deep emptiness out, filling its odd form.
 We have all we need, our large life expenses
 tempered, compatible, our differences.

II. One Star

What is hardest to find is what is
 true. In this wild world, all of it, every
 round, glistening piece of stone and shale, the bliss
 that's found in sunrise or the reverie
 of a star-filled sky, chock full of tiny
 beams, each says, "There's much that isn't known."
 The stars twinkle on and off, remind the
 gazers staring up at them, "You don't own
 us. You don't know where we lead or where our
 light begins" as if some disillusioned
 stranger's voice we'll never meet, knows the hour's
 circumstance, the only truth, confusion.
 Just one star's unexpected ascension
 tears open souls, silences small questions.

SUSAN COOK IS A POET AND PSYCHOTHERAPIST LIVING IN THE MIDCOAST AREA. HER CHAPBOOK "BREATHING: AMERICAN SONNETS" WAS PUBLISHED IN DECEMBER 2020 BY FINISHING LINE PRESS (AVAILABLE AT SHERMANS.COM OR GULF OF MAINE BOOKS). MOST RECENTLY, HER POEM "TELL ME HOW MANY BLACK SEABIRDS" WAS PUBLISHED IN THE "DEEP WATER" COLUMN OF THE MAINE SUNDAY TELEGRAM IN MARCH 2022. SHE HAS HAD A PRACTICE AT 261 MAIN STREET IN YARMOUTH FOR MANY YEARS AND JUST OPENED A SECOND LOCATION AT 10 CUMBERLAND STREET IN BRUNSWICK. FOR MORE INFORMATION VISIT PSYCHOTHERAPY-IN.MAINE.COM



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carlie hutchings

This piece is watercolor and ink on watercolor paper. It is a self-portrait showing the impact of the current time in history on myself.

Often life can feel like a bit of a whirlwind in times as unexpected as these. With news constantly flinging the most sensational headlines your way and then moving on to hook people in with something new, history can seem to just sweep past you in a riptide. Every slip of paper in the background of this piece is a real news headline I chose at the time I started this piece.

Before continuing, I would like to make it clear that the crisis in

Ukraine has affected me profoundly. I have a deep, almost familial relationship with several other people my age living in neighboring Eastern European countries. One of my friends is sheltering a family of Ukrainian refugees in her home in Bratislava. Another messaged telling me that American soldiers were walking the streets of their college city, Krakow, in great numbers. The situation in Ukraine has affected me personally and deeply, and I think that this piece would look entirely different if I hadn't begun painting it before the attack on Ukraine began. I think that in itself makes a statement.



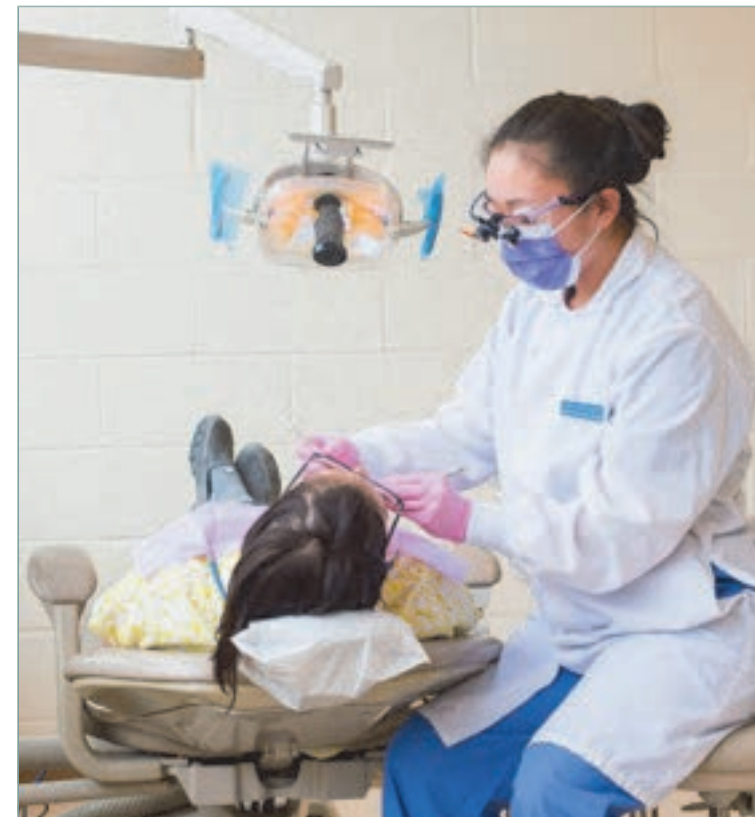
Despite being a relatively heavy piece, I chose a light and soft color pallet, using wash techniques to get the background and the news headlines to almost a pastel tone. The lighting is soft and encompassing rather than deep and sharp. I used these techniques to reflect the casual attitude with which the world has begun to look at the mass death of the pandemic.

In this portrait, I'm wearing my work uniform. I'm an employee at Saco Parks and Rec, and thus work with some of our most vulnerable. The mask mandate has been removed since I started this work and I now remain the only counselor that chooses to continue to mask. This choice often confuses the children. The bloody sores across the bridge of my nose are

a symbol of the toll the pandemic has taken on all of us, and to emphasize the sacrifice that is being thrown away with every careless anti-masker.

Some of the news headlines also refer to wages and inflation. Working with children is rewarding, but difficult and can be taxing. I get paid minimum wage for my work. Thousands of people struggle to support their families on the same wage. It feels insulting when businesses refuse to raise wages and when lawmakers decide that denying people basic rights like food, water, and clothing is okay.

In short, this painting is a reflection of my exhaustion with the pain the world is in, and the way we continue to ignore it. It asks the question, how long will we continue to simply push through? ●



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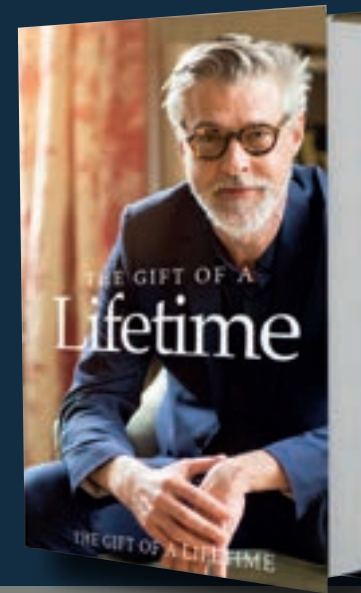
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Polly Mahoney

A LEGENDARY MAINE GUIDE'S FAVORITE THINGS

This year, Polly Mahoney was awarded the Legendary Maine Guide award. She is only the second woman to have received this outstanding award. Polly has always loved animals, being outdoors and working with her hands. All those things have had a big part in her career path as a registered Maine Guide. She grew up in Maine and during her 20's while spending time in Alaska, she started dog sledding. When her 20's were over, she came back home, bringing with her some of her sled dogs. Polly and her partner, Kevin Slater, run Mahoosuc Guide Service offering guided dog sledding and canoe trips in Maine, New England, and Canada. These are a few of Polly's favorite things.

1

OUTDOORS

Ever since I was a little girl, I have loved everything to do with the outdoors. I've always felt a connection.

HORSES

When I was 8, I started horseback riding. By the time I was 10, I had gotten my own pony. Horses are one of my loves. I absolutely love horses. One of the things I do now when I go on a holiday, is ride horses somewhere in some faraway place. I've been all over the world doing that. The reason I like horses so much is the feeling of earth under you and the culture and spirituality around working with horses.

3

YUKON HUSKIES

I've always felt a strong connection to animals. I'm an animal person. I love working with my dogs. We have 22 of them. It's a family line of dogs. I love all the dynamics and hierarchy. I've been raising them for 42 years. I love to study and observe them.

MUSIC

We have a lodge, and pre-COVID we used to have a lot of live music. I love contra dancing, traditional folk music, bluegrass and Celtic.

5

WILLIE NELSON

He's one of my favorite musicians.

2

7

COWGIRL HATS & BOOTS

When I was a little girl, I wanted to be a cowgirl so badly that I slept with a cat between my knees to become bow legged (like a cowgirl would walk). I am very bowlegged, so it worked!

6

I really like social gatherings of people. Meeting new people, networking. A big part of why I love guiding so much is that it's like we are hosting a big party outdoors.

GATHERINGS & POTLUCKS

The majority of our trips are coed, but I like it when we have a group of women together. I do really enjoy it. I really like the support and sharing, and I like seeing women learning new things and not feeling intimidated. Amongst a group of women, I feel like they might feel freer to try new things.

8

4

9

GUIDING WOMEN'S TRIPS

My partner Kevin makes wood canvas canoes. We have an 18.5 foot one that's my favorite to paddle. It's roomy enough for my dog, another person and gear.

WOOD CANVAS CANOE

My partner makes these, too. They are really great dog sleds.

9

10

this keeps me sane

BJ GARCEAU TOOK CONTROL OF HER LIFE AND TYPE 1 DIABETES WITH MIXED MARTIAL ARTS.

INTERVIEW BY **ALISHA GOSLIN**

How did you find this activity?

In 2015, my father passed away, and then my grandmother. She was a very strong woman in my life. I had been drinking a lot, partying a lot. Staying out late, after hours scene, hanging around with the wrong people. During this time, I started watching *The Walking Dead*. I started thinking, could I survive the apocalypse? I thought I was a lot stronger than I was at the time. My wife Mara, who has always been a huge support for me, was working at a coffee shop in downtown Bangor. Chris Young, who owns Young's MMA, who I fight for, had a lot of fighters who would get coffee from Mara. She tells me that there's a MMA gym right near us. I had just gotten on an insulin pump, and was gaining better control over my diabetes. I thought, what better time than now? So, I went to a MMA fitness class. It was funny because I never in my life thought I would be a fighter. I was 32, 33 at the time. I just figured I would learn some skills in case of a zombie apocalypse. Some survival techniques. I went to the fitness class, and realized I was not in the shape that I thought I was. So, I just kept going back. I never wanted to be a fighter. But I met some friends there and I really admired the way they were performing in fitness class. Like my buddy, Angie Young, who is an amateur fighter. I saw that she's really good at punching and defending herself. So, that led to a kickboxing class, which led to a jujitsu class. It was like playing chess, my mind was so stimulated by all these things I was learning. After about a year and a half, my coach approached me and asked if I had any desire to fight. I was like, hell yeah! I took that opportunity. I know it's not my career. A lot of people said, how are you going to do this as a type 1 diabetic? How are you going to do this when you've had meningitis and lost over half of your hearing? I'm also asthmatic. And of course, being over 30, you never hear people that age just starting martial arts. I started kind of like a joke, wondering if I could survive the end of the world. I kept training and

training, hanging out with amazing people and gaining confidence.

When did you first start?

2016, 2017. At the height of Young's MMA career and New England Fights. Kira and Angie, two of my friends, were making their debut. I found it so incredibly amazing that these two women were going out there and I had helped them train. I was like wow, girls are tough, they are badass when they want to be!

What would you tell a woman wanting to get into MMA?

Be open minded. Just try it. It's so much fun. I think there is a lot of misunderstanding around this sport. In the UFC, you are just seeing people get locked in a cage to beat each other up. But you don't see the team building or working out with your friends at 6 in the morning and laughing. It's a lot of work. Just start off with a fitness class or a kickboxing class. It doesn't matter your size. I mean, I'm 5 feet tall. I was heavier when I first went in. I get to wrestle with people twice my size. It has taught me to be trusting. Just do it. The hardest part of the process is just getting out there.

How does this activity keep you sane?

When COVID hit, I really realized this, simply because of the fact that I am around healthy people. My coach, he isn't just my coach, he is my best friend. He sees me at the darkest periods of my life, and the happiest. He has seen me lose fights, he has seen me win fights. But it's also that connection. When I wake up in the morning, my depression has kind of taken over. I sit there with a cup of coffee, hunched over. But once I get in there, and I finish my workouts, I have this sense of confidence that I can take on the rest of my day. Like this morning, I knew that this conversation would be better because I already have endorphins running through me from my workout. That sense of accomplishment. A lot of us have these daily lists. And me, I have already crossed

something off of my list. It gives me a sense of self worth. It keeps me sane in the sense that if I can accomplish a workout in the morning, or accomplish learning how to protect myself, I think I can accomplish the fact that this guy forgot to use a blinker in front of me, and that I shouldn't get mad at the little things.

Is this something your life needed?

Yes, absolutely. I am a very passionate person, and if I didn't put this passion into a healthy activity like this, I don't think my diabetes would be under control the way it is now. I have had type 1 diabetes for 28 years. I have never been healthier in my life than now. My muscles move in different ways, I'm active, burning calories so I don't need as much insulin. I think better when my diabetes is in control. I probably wouldn't be alive today if I didn't have this.

How is your life different now?

I grew up in a household that had a view of one man and one woman and mental health was a made up disease. I was 13, and we were seeing my diabetic specialist. I had been diagnosed for about a year. I was very depressed. My doctor looked at my mother and told her 'we think that Bobbie Jean is depressed, we should get treatment for her.' My mother ended up yelling at my doctor in front of me about mental illness. My whole life I kind of had it drilled in my head that if we don't talk about anything, including sexuality, it's not there. So now, with me being more in the spotlight, and being married to a woman, I've just become more accepting of who I am, married to a woman, and a diabetic. Martial arts and finding these activities has put me in the spotlight and made me realize that it's okay to be who I am. I don't have to do drugs or drink or put on a fake persona to try to get people to like me. It has allowed me to accept who I am. I know I'm different, but I like who I am. And come to find out, a lot of people are okay with that. ●



PLAYLIST

WILD WOMEN OF MUSIC
BY **BJ GARCEAU**

MUSIC HAS ALWAYS BEEN A TRUE LOVE FOR ME. BELOW ARE SOME OF MY FAVORITE SONGS. THEY ARE THE LOVE LETTERS OF MY LIFE FOR WOMEN LIKE ME.

- | | | | |
|---|--|---|--|
| <p>1 HEAVEN IS A PLACE ON EARTH
BELINDA CARLISLE
My favorite song of all time. I started writing my life story with this track as the final scene. I imagine lying there dying with the one person you love most in the world while flashing back to memories of how life was HEAVEN with THEM while you were alive.</p> | <p>2 REBEL GIRL
BIKINI KILL
My walk out song for my fights. I was a very confused teenager in the 90s and found freedom in female grudge, the more raw the better. This song is exactly who I was, am and will always be.</p> | <p>3 RUNNING UP THAT HILL
KATE BUSH
I've been to more funerals than weddings and died myself in the 4th grade. I came back after my principal did CPR on me, leaving me with a lifetime of survivor's guilt and motivation to use my life for more.</p> | |
| <p>4 ASKING FOR A FRIEND
CHVRCHES
The line "You Still Matter" that echoes beautifully in the breakdown and brings me to tears every time I sing along. We all have those questions we're afraid to ask about ourselves, so we often say "asking for a friend."</p> | <p>5 LOVE IS ALL AROUND
JOAN JETT & THE BLACKHEARTS
A rock remake of The Mary Tyler Moore Theme song from the 70s! Mary was the first famous type one diabetic I knew and her show inspired me that even though you have type 1 diabetes or a disabling autoimmune disease you can do anything!</p> | <p>6 LOOK WHAT YOU MADE ME DO
TAYLOR SWIFT
Since coming out of the closet and being in an interracial relationship with my wife, my family has disconnected themselves from me. It has motivated me to embrace who I am even more and has led me to the success I have. "I rose up from the dead. I do it all the time."</p> | |
| <p>7 HARD TIME
PARAMORE
Life these days is hard and sometimes it's fun to sing about it. Hayley Williams is my #1 girl crush (besides my wife) and I melt when she sings "All I want is to wake up fine, tell me that I'm alright and I ain't gonna die."</p> | <p>8 TWICE
CHARLIE XCX
Such a fun song about the end of the world and admiration for the life you did live. "When I let go, I'll say I lived life good, appreciated."</p> | <p>9 PEOPLE I DON'T LIKE
UPSAHL
We've all been in rooms with people who we pretend to like whether it's work or social events. "To the people I don't like, you're trying too hard."</p> | |
| <p>10 CAUGHT A LITE SNEEZE
TORI AMOS
Tori Amos first appeared on a mixed tape made for me by a girl I was crushing on in the 90s. The piano is haunting with lyrics "I need a big loan from the girl zone."</p> | | | |

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OR SCAN THE QR CODE.



carry less, go farther

On a sunny Sunday in August, 2020 I decided to go hiking. My motivation was not exercise, or adventure, or even to try something new. We were six months into the pandemic and I'd had it, like most of us had. Had it with remote school, remote work, remote life. Had it with feeling trapped in the house. Had it with being constantly worried.

As a kid, my parents took me to the White Mountain National Forest in New Hampshire for camping trips. We stayed on the Kancamagus Highway, swam in the Swift River, and visited Heritage New Hampshire when it rained, which seemed to be every time we camped. When I was a teen, my parents decided to start hiking. I loathed the activity, choosing instead to stay at the campsite listening to moody music on my walkman and sketching in a journal. To my fifteen year old self, hiking was a sweaty, buggy, uncomfortable slog up an oversized hill. No, thank you.

Fast forward to 2020, and the slog was looking pretty darn appealing. Most notably, it gave me a reason to leave the house for twelve straight hours, something I didn't generally do. So, I announced I would be going hiking. Alone? Yes, alone. For the whole day? Yes, for the whole day. Why? To get out of my own head. That was the answer I gave, and it was the absolute truth. I felt like my brain was no longer capable of creative thought. I was too busy multitasking the daily demands of the pandemic. I needed to be completely away from my own reality. Having no cell reception was a bonus.

Off I went, leaving a few raised eyebrows in my rearview. My sights were set on the Moat Mountains in New Hampshire. I hiked 3 miles through the woods and over exposed granite to a beautiful view. I hit the summit – sweaty, sore, and swatting flies – and couldn't remember the last time I'd felt so accomplished and content. I wanted to do it again. As soon as possible.

Less than a month later, I climbed Mt. Adams, my first 4000 footer. Before that hike, I'd never been in the alpine zone, the area above the treeline. It was rocky, windy, covered in unique foliage, rough, and peaceful at the same time, as beautiful as it was wild, and inspiring.

Hiking the NE67 and the Hundred-Mile Wilderness in One Year

BY SARAH HOLMAN

By the time I got back to my car, I had decided to hike all the 4000+ foot mountains in New England. There are 48 in New Hampshire, 14 in Maine, and 5 in Vermont. I gave myself a deadline: one year. That meant hiking at least one peak every week, which seemed like a dream come true. One day a week all to myself, to be spent in nature, working toward a goal.

My family was supportive, albeit somewhat skeptical of my abrupt, passionate commitment to hiking, a hobby I'd never even mentioned until the day I left for my first hike. We shuffled schedules to accommodate my early morning exits and late evening returns to and from the White Mountains. By the time we turned the clocks back in November, I'd knocked ten peaks off my list.

Then it got cold. And dark.

I bought more gear. Hiking poles and micro spikes and goggles and a balaclava that covered my whole face. Layers upon layers. Hand and toe warmers. An emergency bivy. Anything to keep hiking.

Sometimes I had to turn back. I tried to hike Mt. Isolation in January and I was certain I'd stumbled into the Kingdom of the North. I've never seen anything so bleak or devoid of life. It was eerily beautiful, until I almost lost the trail to a snow drift. More than once I took my dog with me and turned around because I couldn't get her up a ladder or a ledge. I was always realistic about safety. I didn't want to get in trouble due to poor judgment, and I certainly didn't want to die, which is a very real possibility at high altitudes in New England. But if the sky was blue and I had the right gear, I went to the mountains.

At some point during the winter, another idea took root in my head. Several years ago I wrote an article for Maine Women Magazine about Monson Arts, a Libra-funded artists' residency program in Monson, Maine. Monson is also the last provisioning stop on the Appalachian Trail before the 100 Mile Wilderness. This final stretch of the AT is considered the toughest of the whole 2,190 mile journey. The 100 mile trek takes an average of 8-10 days, and there is no easy way in or out of the Wilderness until hikers reach Abol Bridge at the southern end of Baxter State Park.

At the time, my reaction to this information was a mix of curiosity, awe, and fear. I clearly remember thinking, 'I could never do that. It's too far, too remote, too hard. And I would absolutely get eaten by a bear.' I wrote the article about Monson Arts and didn't think much more about the 100 Mile Wilderness.

Until I started hiking.

My fears and doubts about distance, difficulty, and wildlife took a backseat to the feeling of accomplishment I felt every time I summited a tough, technical mountain or completed a big mileage day. I started backpacking, hitting multiple peaks and covering a lot of ground, sleeping in the woods in between. My family had accepted I was really serious about this year-long goal, and the question shifted from, "Are you hiking this week?" to "How many days will you be gone?" By early summer, I'd announced I would be hiking the 100 Mile Wilderness at the beginning of September. I wanted to finish my 67th peak at the summit of Mt. Katahdin after completing the 100 miles, and I was going to do it alone.

Sign for Hikers Entering the 100-Mile Wilderness

CAUTION! THERE ARE NO PLACES TO OBTAIN SUPPLIES OR GET HELP UNTIL ABOL BRIDGE 100 MILES NORTH. DO NOT ATTEMPT THIS SECTION UNLESS YOU HAVE A MINIMUM OF 10 DAYS SUPPLIES AND ARE FULLY EQUIPPED. THIS IS THE LONGEST WILDERNESS SECTION OF THE ENTIRE AT AND ITS DIFFICULTY SHOULD NOT BE UNDERESTIMATED. GOOD HIKING! M.A.T.C.

My planning, hiking, and cross-training kicked into high gear. I made arrangements with Phil Pepin, a 100 Mile legend, to provide a food drop half way through my hike. Phil runs 100 Mile Wilderness Adventures & Outfitters in Monson, offering lodging, transportation, and resupply for hikers. He also knows all the ways out of the woods, should you need an extraction. Having him drop off half my food in a bear box would save me over five pounds of weight in my pack. I also got a Garmin In-Reach Mini, a GPS device that would track my movements in the woods and provide a way to text or call for help, and I spoke to Baxter State Park about their thru-hiker camping rules (there are several). By the last week in August, I'd completed the NH48 and the VT5. All that remained was Katahdin's two peaks and the 100 miles I had to cover to reach them.

On September 2, 2021, I arrived at Phil's campground in Monson to drop off my food. He took my map and spread it out on his big picnic table. The 100 Mile Wilderness map (produced by the Appalachian Mountain Club) shows all 20 *CONTINUES ON PAGE 52*

"This still has the tags!"



GearME
Outdoor Consignment
& Rentals

"You've got really nice stuff in here."

"Has this ever even been used?"

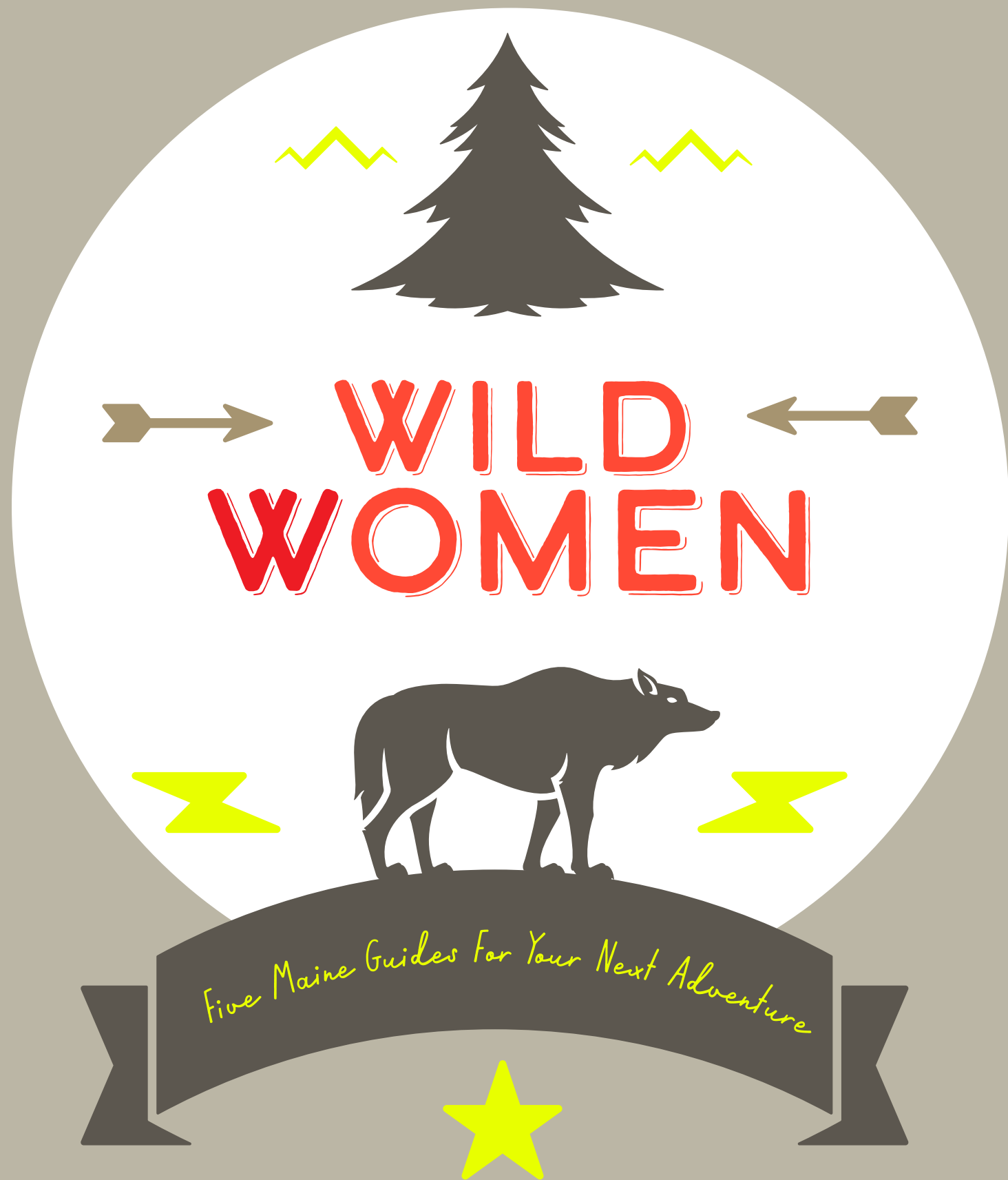
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One

JAIME FICKETT POLAND Reel Girl Guide Service

BY SARAH HOLMAN

FIND MORE INFORMATION ABOUT REEL GIRL
GUIDE SERVICE AT REELGIRLGUIDESSERVICE.COM



“I feel like this is a cliché, but I’ve always loved to fish,” says Reel Girl Guide Service owner Jaime Fickett Poland. She received her first fishing pole for her fourth birthday and was immediately hooked. Her family had a boat they took to Sebago Lake, and she spent “countless hours” fishing with her family on their boat and from shore.

After college, Jaime spent less time outside. “I became very career oriented and worked hard in the business world.” In 2014, she found a house in Standish on Sebago Lake, and her love for fishing was rekindled. She picked up where she left off, learning techniques and skills from friends, family, and neighbors. “It was a lot of trial and error,” she laughs.

A friend in her neighborhood was a Registered Maine Guide, and he encouraged Jaime to pursue a guide license so she could share her love of fishing and the lake with others. She took a Maine Guide prep class—“which I highly recommend for anyone considering becoming a guide,” she says—and passed her test in 2019. At the time, Jaime was married and learning to fish and guide with her husband. “In 2020, when Covid flipped the world upside down, [my] life got flipped around also,” she says. She divorced and had to figure out how to do everything on her own if she wanted to continue fishing and guiding.

In 2021, Jaime bought her boat, a Robalo R227. It was a huge decision for her. Not only is it a significant financial commitment to buy, maintain, and customize a safe boat, but she had never operated a boat alone. “I wasn’t even sure how to dock it,” she says. A friend helped her bring the boat home to Sebago Lake, and she made him dock it for the first time because she was so nervous. But later the same day, Jaime says, “I ‘tough talked’ myself, and said, ‘get out there and figure it out.’ After that, ‘figure it out’ became Jaime’s motto.

She decked her boat out with state of the art downriggers, rods, and tackle, and began her solo adventure as Reel Girl Guide Service on Sebago Lake.

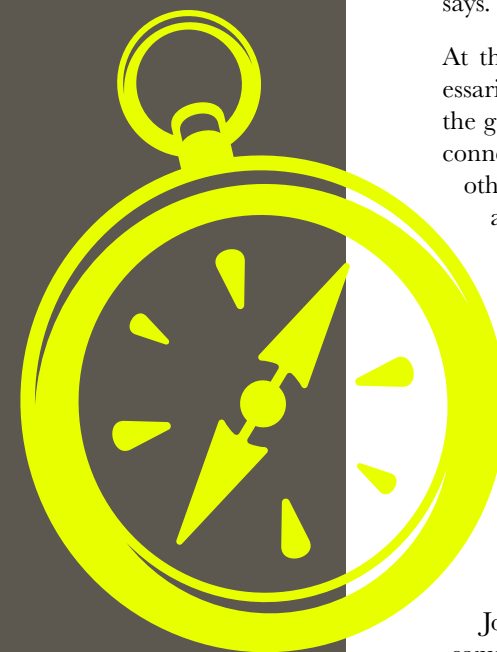
Jaime is one of very few female fishing guides on the lake. From her own experiences and conversations with other women, she knew not all women are comfortable going out on a boat all day with a man. Some women she spoke with shared stories of feeling intimidated or talked down to, or just generally uncomfortable. Jaime realized she could offer a unique service by focusing her business on guiding women and kids. “There are great male guides out there,” she says, “but I saw this as a niche for me.”

The best part of her job is seeing someone, especially a kid, reel in a fish. “You never know what’s going to be on the end of that line,” Jaime says. In addition to plenty of fish, she has brought up a rock, a frying pan, a fishing pole, tree branches, and a lot of clothes. And sometimes that’s all you get. “The fish can be picky,” she says. It’s the most challenging part of guiding, being at the mercy of the weather and whether or not the fish decide to bite. “You can go out one day and fill the boat with fish and then the very next day, doing the same exact thing, you may not have a bite.” On those days, Jaime gets creative with her clients, trying different spots on the lake and changing up the lures and bait.

Now in her second season of guiding, Jaime says Reel Girl Guide Service will never be her full time job (she already has one of those), and she doesn’t want it to be. Her goal is “just to share my love of Sebago Lake and fishing with others.” For other women thinking about starting an outdoor business, Jaime offers the same advice she gives on anything: “Jump in and you’ll figure it out. Everything is figure-out-able, and there are always people willing to help.” ●

Two

TAMI ROGERS Maine Guide and Shaman



For as long as she can remember, Tami Rogers has loved nature and connecting with people. The Maine native was born with a dislocated hip, resulting in confinement to a cast for the first year of her life. As a baby unable to move around independently, Tami says she became attuned to energy at a very young age. The ninth child of ten, she was surrounded by people and quickly learned to read facial expressions, attaching those expressions to corresponding energies and intentions.

Tami’s large family went camping a lot, further solidifying her connection with the outdoors. At age ten, she had hip surgery and stayed in the hospital for several weeks. While she was there, she honed her people skills. “I would visit the other people in the hospital and ask their story.” When her mother visited, Tami recounted what each person she visited was feeling, whether they’d told Tami or not. “My mother never contradicted me,” Tami says. “She just listened.”

At the time, Tami didn’t necessarily realize she was setting the groundwork for a life spent connecting with the souls of others. She went on to study accounting and worked in the corporate world, marrying and having children along the way. After a while, though, Tami wanted to quit that life. “I missed my babies,” she says. “I was watching the world from the inside.”

She and her husband, John, bought a sporting camp in the middle of the



woods and set to work rehabbing it. During that time, Tami began studying shamanic practices. For her birthday, John enrolled her in a Reiki class. “I didn’t know anything about it before the class,” she says. “But I fell in love with the practice.”

After her introduction to Reiki, Tami dove fully into shamanism and studying the soul. It turned out to be a perfect compliment to her lifelong love of the outdoors. “[Shamanism] is all about connections in nature, the elements, and vibrating with nature in a way that supports well being,” Tami explains.

Now, over twenty years later, Tami offers healing sessions, rites and ceremonies, and training for those wishing to become practitioners. Her modalities include core shamanism, shamanism of the Inca, the Munay Ki Rites, eight levels of Reiki, hypnotherapy, and past life and womb regression therapy. Tami believes strongly that physical and spiritual healing go hand-in-hand. “Our spirit has to heal before physical healing can take place,” she says. “It is healing from the inside out.”

Tami is also a Master Licensed Maine Guide. “It supports the work I do as a shaman,” she says of her guide license, “and allows me to offer retreats for women who want to know more about nature.”

She first obtained her certification in 1997 and went on to become a master guide after ten years acquired field experience (the state requirement for the master certification). After passing her initial exam, Tami wanted to help other nature-lovers achieve their goal of becoming Maine Guides.

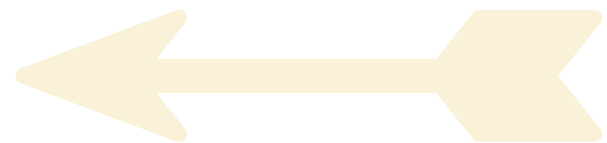
Together with her husband, Tami started Maine's Outdoor Learning Center on the Mattawamkeag River where men and women train to become guides (passing an oral and written test administered by the state is required for certification).

"We met with IFW [the Maine Department of Inland Wildlife and Fisheries] to brainstorm how we could best prepare people [for the test]. It is one of the toughest outdoor guide tests in the United States," Tami says. When she and John started their school in 1997, there were no training options as immersive or intensive as what they wanted to offer. "We are the pioneers of the week-long, hands-on Maine Guide training school," Tami says.

One of the Outdoor Learning Center's most popular programs is The Wild Women's Wilderness Retreat, an empowering four-day session of skill-building and connection that Tami and John created five years ago. "So often women want to step into nature, but fear holds them back," Tami explains. "It is highly important to give women the confidence to step into their dreams."

During the Wild Women retreat, topics include map and compass reading, canoeing and fishing, and woods survival skills. Tami and John are joined by fellow Maine Guides Charlene 'Cheeny' Plante, an Air Force veteran, SERE (Survival, Evasion, Resistance, and Escape) Specialist, and successful survivor of the Discovery show *Naked & Afraid*, as well as Kandi Ward, whose therapeutic methods help achieve greater health through balance and connection with nature. Tami provides Sacred Fire and drumming rituals during the retreat, utilizing her extensive experience as a shamanic practitioner to share ancient healing traditions with participants.

To Tami, these skills and practices have become the necessities and joys of living her fullest, happiest life. "I want to be in nature as often as I can, which is basically every day," she says. "It's how I refuel and release what I shouldn't be holding onto. I like to align other people to do the same." ●



FIND OUT MORE ABOUT TAMI'S RETREATS, CLASSES, AND HEALING PRACTICES, AT TAMIROGERS.COM OR MAINESOUTDOORLEARNINGCENTER.COM



"I 'TOUGH TALKED' MYSELF, AND SAID, 'GET OUT THERE AND FIGURE IT OUT.'"

"I WANT TO BE IN NATURE AS OFTEN AS I CAN, WHICH IS BASICALLY EVERY DAY."

Three

SARAH HUBERT

AS TOLD TO ALISHA GOSLIN

A Life of Education and Guiding



I grew up in Pittston, near Gardiner. I still live here. My parents moved here in the early 70's from New Jersey. They bought 100 acres. Growing up, we never went to campgrounds. My dad would always have a tent set up in the backyard in the summer. He built a firepit and an area to pitch the tent in the woods. So, we just had 100 acres to explore.

I attended Camp Mechuwana. I started there in second grade. I went all the way up through high school. While I was there we did the Appalachian Trail. In middle school, I did Baxter hikes, Acadia National Park. In high school I was part of the Gardiner High School Outing Club. Every year we went hiking on the Appalachian Trail in Virginia, North Carolina, Tennessee and Maine. We went for 2 weeks, April vacation and the week after. I just love being outdoors so I took all the opportunities there were to be outside.

I was going into my senior year of high school. My family and I were at an outdoors sporting show at the armory in Augusta. This gentleman had a booth with a sign that said Master Maine Guide Class. I was 17. The class was happening over the summer that I was turning 18. My dad paid for it. He passed away in January of 2015. My dad was a very frugal person, he never paid for anything, so I knew that he was investing in something for me. The guide class was in Winthrop, near Mechuwana. I would ride my bike to class. I took the class, and then I took the test. The guide test is known for not being easy. I took it a couple times, and passed when I was 19.

I went to College of the Atlantic. I was hoping to do wilderness medicine, you know, outdoor stuff. While I was in college, I worked at Mechuwana. I led the freshman orientation one year, and picked up some side jobs

as a guide. I got my teaching certificate. I have now been in education for 21 years. Throughout that time, I have brought different groups of kids on hikes. I have also been a lifeguard since high school.

I never had my own Maine Guide business. I did most of it through summer camps or scouts. I think, getting my Maine Guide license, it was just a thing I could do. I think back and if my dad hadn't paid for me to do it, would I have?

In 2014 I went with a friend who worked for Adventure Bound, white water rafting. They do a lot of overnight trips. I was asked by John Philbrick to help with those. He just kind of quietly said to me, "I just need an older person to help the young 20 year olds because they are just all, 'let's go!,' and need someone to pretty much watch over them."

Last summer, I ended up doing moose tours for Jeremy Hargreaves at Northeast Whitewater, which is so cool. Totally different than working with kids. It's a 4 hour trip. Drive for an hour or so. Canoe a remote pond for an hour. Look for moose. If we don't see moose, I tell them, this is an awesome experience. You're out here in the middle of the northern Maine wilderness, it's a beautiful summer evening in Maine and we are just so lucky to experience it.

My guiding career has kind of picked up since 2015 when my dad passed away. When you spend a lot of time outdoors, you do a lot of thinking...and I just feel blessed. I sincerely feel blessed that when I was 18, my dad paid for those guiding classes. The friendships I've made, the connections I have made along the way. It's just amazing. ●

LEARN MORE ABOUT SARAH'S TOURS AT ADV-BOUND.COM.

Four

POLLY MAHONEY

Legendary Maine Guide

INTERVIEW BY ALISHA GOSLIN

POLLY MAHONEY, ALONG WITH HER PARTNER KEVIN SLATER, HAVE RUN MAHOOSUC GUIDE SERVICE, BASED IN NEWRY, FOR 32 YEARS. IN THE WINTER THEY OFFER DOG SLEDDING AND TRADITIONAL WINTER CAMPING, AND IN THE SUMMER, CANOE TRIPS AND CAMPING.

THIS YEAR, POLLY WAS AWARDED THE WIGGIEROBINSONLEGENDARYMAINE GUIDE AWARD AT THE PROFESSIONAL MAINE GUIDES ASSOCIATION ANNUAL MEETING. SHE IS ONLY THE SECOND WOMAN TO HOLD THIS TITLE SINCE THE START OF THE AWARD IN 2009.

POLLY TOLD ME MORE ABOUT HOW SHE BECAME A MAINE GUIDE AND WHAT HER DAILY LIFE ENTAILS.

HOW DID YOU COME TO GUIDE?

Well, I was born in Bangor and went to high school in Augusta. When I was 19, I went out west and when I was 20, I traveled to Canada. I headed to the Yukon and was introduced to dog sledding and canoeing. I spent all of my 20's there. I came back to Maine to work for the Outward Bound school. There is a base here, Hurricane Island Outward Bound, in Newry. That is where I met my partner, Kevin Slater. He was starting a dog sledding program for the school, so I came back to help get that going. We each had a dream of having our own guide service. And that's how we started our business, Mahoosuc Guide Service, 32 years ago, in 1990.

I HEARD YOU RECEIVED THE LEGENDARY MAINE GUIDE AWARD. TELL ME MORE ABOUT THAT.

I did. It's called a Wiggie Robinson award. One Maine Guide receives it a year. The department of inland fisheries and wildlife gives it out. There's only one other woman that's ever gotten it, it's usually men. It was presented to me at the professional Maine Guides annual meeting. You are nominated by someone else. You have to have been a Maine Guide for 10 years. There are 2 game wardens, 2 Maine Guides, 2 people from Inland Fisheries and Wildlife and whoever had gotten it the year before gets to help decide who gets it the next year, so I'll be able to help decide the next recipient. It was such a surprise. I only found out the day beforehand that I was going to get it. It was so exciting.

HOW MANY DOGS DO YOU HAVE?

Right now, we have 22, which is not very many for us. We often had somewhere in the forties. We haven't done a breeding for a few years. They are a lot of money and time to take care of. We are reducing our numbers a little bit where our winters are getting shorter with climate change. We are still guiding in the winter, but we aren't taking as many people all at one time.

Currently, since I'm not guiding a canoe trip, I get up at 6 in the morning and check the dogs. We have old ones that live in our house, so I get them out right away so they can do their business. I go check the dogs in the dog yard. Then have my breakfast and go back out and do more dog chores. We have pastures that they run in, so I go put them in the pastures. I then have a few hours to do whatever I'm doing on the home front, packing for a canoe trip, cleaning up after one, or office work.

Midday I go out and do more dog chores. Switch the dogs around in the pastures so everybody gets their chance to run. After lunch I have a few more hours to do whatever I happen to be working on, then it's time to do more dog chores in the evening. I check them again before I go to bed at night.

Our days revolve around the dogs. The rest of the time is spent just prepping or cleaning up from the trips. And of course, when we are guiding, that's full on, up at first light. We cook over the campfire. We have a more traditional style than some guides. We cook and bake over the fire. We use the Dutch oven and reflector oven. We are always getting firewood and setting up a nice camp.

In the winter, we have canvas wall tents with wood stoves in them and balsam fir bough floors. A very traditional style of camping.

DO YOU HAVE A FAVORITE GUIDING OR CAMPING SEASON?

I like the variety. I don't favor summer or winter, one over the other. In the winter, it's definitely more challenging because of the weather, but I have all my dogs with me. I love introducing people to them. They are like my children. In the winter, it is more challenging because there are more variables and there's also more risk involved. You have to be ON all the time.

Summers are mellower. I only take one dog with me on summer canoe trips. So, I don't get to spend as much time with them all. I rotate around so most of them get to go on their "summer vacation" as I call it when they go on a canoe trip with me. I love meeting all the people on our trips. I love being outdoors, and I like meeting new people. Seeing how they gain new skills, have these a-ha! moments in nature. I feel like I am a bridge for that. To provide these experiences for people in nature. Providing that safe space. It's an amazing outdoor experience to see these people connect to nature. Making a quiet space for them to connect. Yes, we laugh and have a fun time, but then we might do a half hour to an hour of quiet paddling, so people can hear the birds and listen to the

sounds of nature. I never get tired of that.

When we go dog sledding, I always tell people after my lesson, when we are mushing, we go in silence. So, you just hear the dogs panting and the sled runners on the snow. It's a very Zen experience. When we stop to let the dogs cool off, roll around in the snow, we can talk. As we are mushing along, I like to go in silence. It's almost primeval, in a way. Takes people to another place. That's what I really love about my work. ●



FOR MORE INFORMATION OR TO BOOK AN EXCURSION WITH POLLY PLEASE VISIT MAHOOSUC.COM.

Five

The Dorywoman NICOLLE LITRELL

BY MICHELE CHRISTLE

It was June 21, the morning of the solstice, and Nicolle Littrell had just come back from taking a few passengers out on a Wild Woman solstice row—one of her signature specialty rows. She led me down to the dock to Sorciere, her 19.5-foot Swampscott dory, and effortlessly navigated us through the maze of boats and buoys in the Belfast harbor, sharing her story.

Nicolle's story is that of a 53-year-old single mother with a varied career buying a rowboat, losing her job, and then extraordinarily turning that rowboat—her passion—into her livelihood. Not only does this livelihood provide financial security for Nicole, but it also provides wellness, an increased appreciation and sense of stewardship for the Belfast Bay and all life contained within its dynamic tidal ecosystem to anyone who steps foot in her boat.

The morning we met up it was almost a year to the day Nicolle had passed her Maine Guide exam. Some people become Maine Guides early in their lives, their certification becoming a core part of their identity. While Nicolle had long been intrigued by the idea of guiding, inspired by New York guide Anne LeBastille and infamous Maine guide Fly Rod Crosby, she hadn't truly considered embarking on the training until she was told she'd have to become certified to accept remuneration for taking people out on her boat. "I was happy to comply," Nicolle attested.

Initially, Nicolle reached out to the Coast Guard with her vision of offering rowing lessons and tours in her traditional wooden boat on the ocean, then Maine Inland Fisheries & Wildlife (MDIFW). "I don't think they quite knew what to do with me at first," she said. Eventually, MDIFW recommended she become a Maine Sea Kayak Guide—the closest category within the Maine Guide structure, which would allow her to take people out below the head of tide and up to three miles out to sea.

Passing the exam required rigorous, focused research, training, and studying. The test was challenging—100 multiple-choice questions plus the oral exam. The topics covered a variety of areas: plotting a course, navigation, catastrophic scenarios and events, identifying flora and fauna, aides to navigation, knot-tying, group dynamics, and paddle talk.

Nicolle is proud of her training and certification—it demonstrates to her passengers that she's skilled, knowledgeable, and capable of keeping them safe. Before I even got into the boat, she'd already explained to me what she'd do if I were to go overboard. The tenor of her calm, steady voice running through the safety protocol immediately put me at ease.

That same voice was responsible for part of Nicolle's earlier career as an actor. After receiving a degree in Theater and English Literature from SUNY Buffalo, she pursued a career as a working actor in York City for seven years doing episodic television, commercials, and voiceovers. In addition, she took several classes in filmmaking at New York University. Nicolle came to Maine in 1999 on a lark and ended up teaching at Maine Media Workshops and producing video content for a national midwifery organization. She then got an interdisciplinary master's degree with a fo-

cus on Gender Studies, New Media, and Communication at the University of Maine and went on to teach in the Women's, Gender and Sexuality Studies program there. That was followed by a time working as a domestic violence advocate—the last job she had before Dory Woman Rowing came to fruition.

When Nicolle lost her job, she was 51. She knew she loved rowing. She loved her boat. She has an entrepreneurial spirit. "What am I waiting for?" she asked herself.

Nicolle is now the sole proprietor of DoryWoman Rowing, offering rowing lessons, guided tours, workout rows, and specialty rows such as Full Moon Rows and seasonal rows such as Witches Rows and the Solstice Row she'd just returned from, for individuals, pairs, and trios. Her business runs year-round—even during the height of winter she has a steady stream of people rowing with her, mostly locals. During high season, she could be doing three to four rows a day, six days a week, with a mix of clients from the area and from away.

While she's been successful so far, this is her first full season. "It's still an experiment," Nicole playfully cautioned, her eyes hidden behind aviator sunglasses.

For Nicolle's business to succeed, she's dependent on four things: a steady client base, her body, the weather, and Sorciere herself. Having lived in the Belfast area for 22 years, with a background in marketing, the clients keep coming (though Nicolle says she works as hard at marketing as she does at rowing). To take care of her body, Nicolle makes sure she makes plenty of time to rest, play, and eat, taking at least one day off a week. When something in her body feels out of whack like when she tweaked her back a few weeks ago doing repairs on Sorciere, she took a day off to get a massage. The weather, however, is out of her control.

Climate-driven changes such as increased storm surges and southeasterly winds are already apparent in the Penobscot Bay. The presence of more persistent and shifting winds can generate choppy conditions. And operating a small boat in a big body of water means

Nicolle has to make careful decisions. She's already unable to get out on the water as much as she'd like. Nevertheless, Nicolle sees it as her responsibility to try to cultivate a sense of stewardship in people who come out in the boat with her. It's truly low-impact tourism at its finest—no motor, no waste, no chemicals in the water.

In a previous conversation, Nicolle shared with me that the repetitive motion of rowing is such an embodied, meditative experience that when she gets out on the water all of her worries are neutralized. So I waited for a pause—Nicolle's elegant wooden oars resting in the oarlocks—to ask Nicolle to share what she worries about. Her



photo by Derek Yorks

worries are fairly standard for a small business owner, parent, and citizen. She worries something will happen to her boat. She wants what's best for her son and her mother. She thinks a lot about the state of politics locally, domestically, and globally and is very concerned about the rollback of Roe vs. Wade and the loss of reproductive rights.

And...the pogies were jumping — bright splashes of silver out of the corner of our eyes. Osprey, cormorants, and heron crisscrossed in the sky above us. Seals were popping out of the water to catch a breath, eyeing us from a distance as Nicolle called out to them like old friends. The water to our starboard

started to undulate—a giant school of pogies was attempting to flee a hungry seal, moving like an underwater murmur across the bay until they were out of sight. Nicolle's oars slid back into the water as we began our human-powered journey back to the dock.

"I'm grateful," Nicolle said, nodding. "I have a good setup. I'm grateful to live in this place. I'm grateful for the people along the way who have encouraged and supported me." She's grateful for Belfast-based community rowing and sailing organization Come Boating for helping her learn how to row and get her proverbial start. She's grateful for the regular clients that keep her going through the winter.

"I feel blessed to be able to do what I do with my body, in this boat, in this place, and all the wonderful people I get to meet along the way." ●

TO LEARN MORE OR TO BOOK A ROW WITH NICOLLE, VISIT DORYWOMANROWING.COM.

Becoming an Outdoors-Woman Program

“TIMBER” TINA SCHEER
A RESILIENT
LUMBERJILL
WHO REFUSES
TO FALL DOWN

AS TOLD TO ALISHA GOSLIN

It certainly was the most defining moment of my life. I was getting ready to go on *Survivor*. I was 3 years post-divorce. We were doing a show in Kansas City and the girls (I was touring with Ax Women at the time) said, Tina, send in a tape! They won't pick me, I thought. I sent a tape of myself cross cut sawing, chopping, and log rolling. I sent it in overnight because I was that late. They called me that night. Tina, this is Sara from *Survivor*. What took you so long to send in a tape?! I thought to myself, which one of my friends is pranking me? Then, Baby, Charlie's dog, barked. She asked, Is that Baby? I was like oh, my God; this is really her! She said, Is it all right if we talk? Is Charlie home? I said, Yes, he's home downstairs in his bedroom.

He was really excited. So, you go from completely on top of the world, then crashing down to the lowest point. I don't think I will ever have a low that low again. There will never be a low that low again. My mother passed last year. That wasn't as bad. It will just never be that bad. The worst for me is over. Now, I just have to carry on.

I've had different stages of losing him. It took me a few years to get back on my feet. I was in Alaska, looking at Mt. McKinley, about 5 years afterwards. I had his dog with me. I was training a friend's dogs for running the Iditarod. I was there for 6 weeks. Took the Pomeranian to a mushing dog lodge. We were at McKinley, Baby, and me. I was like, Charlie, look at us! We are here! I said, I am going to release you. I am going to start caring about my life. Because I am someone's child. I'm a sister, I'm a cousin, I'm a niece, I'm a friend. It was time.

One of the things I tell the kids when they work here performing in the lumberjack show is you have to be the same every night. They have to act like it's the first time they're doing it. The cool thing is, I feel so happy going out every night. It's that joyful for me. I tell them, the person sitting in the bleachers most likely has never seen the show before. And if they have, they're back because they loved it. It's interesting because now that I've been here 27 years, I'm getting people who are coming with their children, saying that their parents brought them when they were kids. Which does not make me feel old. It makes me feel grateful that I've been here this long! I've made it this long, and people who enjoyed coming here when they were younger are now bringing their kids and grandkids.

I'm the 6th child of six kids. I was born in November of 1960, and my father left us in 1961. My mother had six children under seven years old when my dad left. Anybody who thinks they have parental problems, that ain't nothing. Six children under seven years old and no father. Back then, women were the ones who were shunned for having been left. And then he didn't give us a lot of money.

No, he didn't help my mother at all. We didn't see him much. He totally favored his male children, my brothers. Towards the end of his life, I had been up in Maine for years. Two of my brothers have lumberjack shows, one in Alaska, one in

Wisconsin. My brother in Alaska had left after me, but my dad had been there several times. He would say, I'm coming to Maine, and I'm going to come and see your show. I looked at him one day and I said, dad, you've been to Robert's show. You've been to my brother's show three times, and you've never been to Maine. Quit telling me that you're coming to Maine, because you're never coming to me. And he never came to me. That's all you need to know about him. I mean, you can't choose what you're born into. So, when people ask, how did you get into logging sports? Was your dad into it? No, it's all my mom.

It was all my mom, but it was all my mom because she worked all the time and log rolling lessons at History Land were free, and we could stay there all day. Anybody that was involved with History Land who hears about it gets warm fuzzies because it was one

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The BOW program started in 1991 at the University of Wisconsin-Stevens Point. The program was created after a study was conducted by Professor Christine Thomas, which discovered that women prefer to learn hunting, fishing and outdoor skills in a non-competitive atmosphere with other like-minded women.

The Maine Department of Inland Fisheries and Wildlife sponsors the BOW program and is currently hosted at the University of Maine 4-H Camp and Learning Center at Bryant Pond. The western mountains of Bryant Pond provide a beautiful location to give women a glimpse into the outdoor recreation Maine offers. Participants in the BOW workshops will learn more about themselves and have encounters with other women creating life changing experiences.

Maine hosts several BOW workshops each year that change with the seasons, offering different skill sets throughout the year. These workshops are designed to provide an opportunity for women ages 18+ to gain or improve skills in hunting, fishing, and outdoor recreation. These workshops are designed to be a safe and comfortable environment for participants of all skill levels. In fact, past participants often go on to become volunteer instructors for the program.

In my personal opinion, the BOW program is a great introduction to our outdoor recreation opportunities including the Registered Maine Guide program which started back in 1897. The first registered Maine Guide was a woman, Cornelia "Fly Rod" Crosby, who promoted Maine's outdoor sports at shows all over the state and encouraged countless men and women to become outdoorsmen and women!

The Maine Department of Inland Fisheries and Wildlife has a dedicated Information and Education team who want to spread awareness of how to safely use Maine's natural resources. We listened to feedback from the BOW program and developed a gender-inclusive program called Sustain ME that features workshops for participants to develop and build on sustainability and agriculture practices. Similarly to BOW, the Sustain ME program is offered several times a year features some crossover in the hunting and fishing workshops. We also include workshops that cover topics such as meat processing, food preservation, pickling and canning, garden preparation, introduction to composting and vermiculture, beekeeping, etc. These offerings are also seasonal and dependent on instructor availability. ●

CHELSEA LATHROP IS THE EDUCATION AND OUTREACH COORDINATOR FOR MAINE DEPARTMENT OF INLAND FISHERIES AND WILDLIFE, INFORMATION & EDUCATION DIVISION. FOR MORE INFO PLEASE CONTACT CHELSEA.LATHROP@MAINE.GOV OR VISIT MAINE.GOV/IFW/PROGRAMS-RESOURCES/EDUCATIONAL-PROGRAMS/ADULT-PROGRAMS/SUSTAINME.HTML

BY **CHELSEA LATHROP**

Our residents use Maine's natural resources to recreate in many different ways, from traditional activities like snowmobiling, dog sledding, camping, hiking, fishing, hunting and boating. However, there are more ways than ever to enjoy what our great state has to offer from bike and ski-joring, to wind, ice and parasailing, glamping, homestead experiences and many more. The BOW program offers a way for women to experience these skills that they might have not ever experienced on their own. Current BOW programs we offer:

FALL INTRODUCTORY SKILLS WEEKEND

We cover activities including but not limited to safe firearm use with rifles, shotgun sporting clays and safe pistol shooting, muzzleloader, archery, bow hunting, outdoor cooking, wild game cooking, map and compass, outdoor photography, canoe and kayak, wildlife ecology, fly tying and casting, spin fishing, rock wall climbing and ATV safety. Though these options are always changing based on participant feedback, we have recently added new programs like wild edibles and food preservation based on feedback we've received.

WINTER SKILLS WORKSHOP

A one day event typically held in February and consists of activities that include but are not limited to ice fishing, outdoor survival, wild game cooking, fire cooking, fly tying, snowshoeing, wildlife tracking, shelter building, shotgun, rifle, safe pistol shooting, archery, bow hunting, spring turkey hunting, snowmobile safety, rock climbing and winter survival. Based on feedback, we have also included how to properly dress for winter, canning, maple sugaring and microbrewing, though these are not always options as workshops are provided based on instructor availability.

SPRING MINI

A one day workshop held in May that includes but is not limited to workshops covering spring fly fishing, summer recreation: kayak, canoe and paddle boarding, survival skills, axmanship, crossbow safety, ATV safety, ropes course, shotgun sporting clays, etc.

If folks are interested in learning more about BOW they can check out our website here and register for upcoming events on the University of Maine's page here (though we have none posted yet, our next event will be this fall). Folks can subscribe to email notifications here. And for more information about the Maine Department of Inland Fisheries and Wildlife or see any of our incredible online resources they can visit our website: mefishwildlife.com.

AMC-maintained lean-tos and tent sites along the trail. Phil marked 23 additional sites, places he'd found during decades exploring the trail. He also marked water sources that were dry and advised me to watch my footing on the slate coming out of Monson. I left my food, felt a jolt of panic at how screwed I'd be if he didn't deliver it, and hit the trail.

The AMC recommends bringing a minimum of ten days of supplies, and the average completion time for the 100 Mile Wilderness is 8-10 days. Most Appalachian Trail thru-hikers complete it in 4-6 days, and with all the training I'd done, I felt fairly confident I could make it in six if I consistently logged 15-17 mile days.

Three days into the hike, I was less sure.

I knew the first 50 miles would be harder than the second. Starting with Monson's slate and through the Barren-Chairback and Whitecap Mountain Ranges, the terrain is tough. Aside from the elevation of mountains, the trail is rocky, rooty, and uneven. For three days, I never felt like I was walking on flat ground. I was also exhausted. Sleeping in the woods was hard. I was physically comfortable, but I felt very small in a very big forest. On the third night, I slept at an AMC campsite with a dozen other hikers. Having people nearby allowed me to rest easier and regroup. I was behind on my mileage goal, but there was absolutely nothing I could do except keep hiking. I had enough supplies for an extra day, and the 6-day goal was mine to meet or to adjust.

I woke on day four with 18 miles between my food resupply and me. Looking at the topography, I knew the terrain was going to be flatter. I'd finally gotten a decent night's rest, and I was able to cover almost 22 miles that day. It was also the day I experienced something neuroscientists call 'The Nature Fix.' An article on the REI blog explains how, after three days in the wilderness, we can measure a nearly fifty percent improvement in creative thinking and insight problem-solving. One or two days aren't enough. You need at least three, because that's how long it takes our frontal cortex (the part of the brain that is essentially our attention task-master) to recalibrate and unwind.

According to the article, which quotes cognitive neuroscientist David Strayer: "When the attention network is freed up, other parts of the brain appear to take over, like those associated with sensory perception, empathy and productive day-dreaming." Strayer goes on to say, "You notice cloud patterns, sounds and smells, and it becomes really acute. You don't need a watch anymore. You forget what day of the week it is."

When I read this post months before my hike, and it seemed too good to be true. But I experienced everything Strayer talked about, from creative thought to heightened senses, and I remained in that state for the rest of my hike. I covered nearly 35 miles over the next two days, reaching Abol Bridge in the afternoon on day six feeling calm, aware, and grateful.

Stepping out of the woods onto the Golden Road was an overwhelming and affirming experience. The words that came out of my mouth when I set foot on the pavement were "I ****ing did it." I never doubted I could physically do it, but there was

some part of my mind that continued to question my emotional fortitude leading up to the hike. Could I handle six days alone in the woods? I knew it would have taken a lot for me to give up, but I realized, staring up at Katahdin, I had it backwards. The only reason I would have stopped was for an injury. Mentally, nothing could have stopped me. I was stronger than I thought I was.

I camped that night in the shadow of Katahdin with thru-hikers I'd met along the way. The next morning we were up before the sun, ready to finish what we'd each started. For many of them, this was the final day of a 2,200 mile adventure. For me, it was the end of 67 summits in one year and a goal I still couldn't quite believe I'd managed to pull off.

The Hunt Trail (also the Appalachian Trail) up Katahdin was by far the hardest hike I've done. By the numbers, it shouldn't have been. It's not longer, steeper, or higher than other peaks included in the 67. Maybe it was the 25 pound pack I was carrying, or my steadily increasing knee pain, or the fierce wind. Maybe it was the emotional weight of completing my goal and the realization that I really didn't want the journey to end.

I approached the weather-beaten Katahdin summit sign on Baxter Peak in good company; having the opportunity to watch hikers finish the AT after months on the trail is a special, inspiring experience. After celebrating, I left them behind to trek across the barren, exposed ridge of Katahdin to Hamlin Peak. I summited it three days shy of a year after I climbed Mt. Adams and set my goal.

In the weeks that followed, people often asked, "What's next?" I imagine they expected my answer to be "the Appalachian Trail" or another similarly ambitious hiking goal. I do have bigger hiking plans (the AT among them), but the answer I found most appropriate was, "To keep doing the thing I love." For me, right now, that's hiking, but the thing doesn't matter. What matters is giving yourself permission to love something and to pursue it passionately and unapologetically, for no reason other than joy.

One of the Appalachian Trail's mottos is 'carry less, go further,' and it applies to so much more than gear. Carry less of the stuff that doesn't matter and you'll go further than you ever imagined. That's what 67 summits and 100 miles of wilderness taught me. ●



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"TIMBER" TINA SCHEER continued from page 30

of the coolest places to grow up. There was no babysitter needed. We had a log rolling log, and we got really good at it. We spent all of our summer days with our friends log rolling. In our late teens, we decided to start a lumberjack show. And that's what we did.

The place we log rolled was the home of the Lumberjack World Championships. The guy who built all of it started the competition. He was an entrepreneur of epic proportions. He invited guys from Australia, New Zealand, Canada and the U.S. and then eventually Europe, China and Japan to come and compete in this event. Our town was famous for this, but you can only see it one weekend a year or kids log rolling all summer. We were like, well, what if we chopped and sawed all summer? So, we asked the guy, can we do chopping and sawing and do shows here? He answered yes.

We did shows there for one summer and then we went to another property and built our own bleachers and our own ticket booth and did shows there. That guy eventually lost the property, and we went back to the original spot. Now, I have one brother who owns the restaurant and shops and the log rolling dock where the Lumberjack World Championships are. We eventually bought it, which is super powerful. It was all mom. We started our own show and then thought, what if we went on the road? We bought a truck and trailer, and our mother was our booking agent.

There's nothing like having your mom as your booking agent. She was so proud! We got CDLs to drive this truck and trailer around the country with big huge speed climbing trees on it. I worked there for 15 years, and then I decided that I was going to go on my own. I came to Maine and bought the property.

My mother took us on vacation here when we were little kids. We had a pop up camper. She had hardly any resources. She worked at the local hospital in the X-ray lab, but we didn't have anything. She had this attitude that we could do anything with nothing. I emulate her daily. We went to Quebec. Then we came to Bar Harbor, and then went to Boston and Cape Cod, Niagara Falls, and back home. I thought, I'm going back to Maine.

So, I bought the property. Then I called my brothers and asked for a meeting. The day before the meeting, my brother offered me a management position. I looked at him and I said, I'm sorry, I quit. I just bought 35 acres of

land in Maine, and I'm going to start my own show. He looked at me and said, I'll help you however I can.

The next year, I started my own all women roadshow called Chics with Axes. I've been promoting women in the sport my whole life. I had the Jack and Jill cross cut sawing started at the Lumberjack World Championships. That was the first. There was women's log rolling, but that was it. A great Australian mentor of mine went to the board of directors and asked, why don't we have women's and men's cross cut saw mixed doubles? They agreed to do it. I then approached them for having women's underhand chopping and cross cut sawing. They said we don't have time in the show. I said we'll do it in the morning. They said, we don't have wood. I said, I'll get the wood. They said, we don't have the money. I said, I'll get the money. They turned me down twice. I went back, and then they said yes. I wrote letters to all of the women I knew who were competing at the colleges. I said, if you don't come this year, it could be our last. That very first year, we had more women cross cut sawyers than ever because I asked them all to come. That went on for one or two years. In the fourth year, it was so popular that they put the women on the poster and in the afternoon show. Then they asked me for money. I said, you're on your own, you've got sponsors. I'm not giving you money this year. I've accomplished what I was hoping to accomplish. Now, the women's events are just as popular, and it's grown so much over the years.

Over 20 years ago, I went to Sydney, Australia to compete in the Royal Sydney Show in the men's wood shop. They had accepted my application. The first time I chopped, they announced, Bob on stand one, Sam on stand two, Greg on stand four, and Tina on stand eight. Wait, that's a woman! Over the loudspeaker! I just turned around and shook my little booty and chopped my log. I finished every log I had. Men came up to me afterwards and said, in Australia, you only take the top two in each heat. Guy five, six and seven told me that they would normally walk off their log and not finish because they weren't going to make it. They said we had to finish it because you were there. I did beat a couple of guys, but that wasn't the point. I didn't want to chop against a man. I wanted to chop against a woman. I would say to the guys, I want to chop against your mom, your girlfriend, your wife, your sister, your aunt, but I can't, so I have to chop against you.

I had sent out press releases before I left. I would walk into the wood shop, which was the biggest wood shop in the world. The show manager would come up and tell me, there's a TV station here for you. They didn't want to talk to the world champion. They wanted to talk to that chic from America who was here chopping. Who's that crazy bird? I had been over there previously, cross cut sawing and ax throwing. I'm the only woman at that point that made it into the men's ax sawing finals. They hosted a women's wood chop the next year, and I've never been back. I'm thinking I'll make my comeback one day. But I don't need to be there now. I just wanted women chopping to be. That was the point. To be included. So, it's going swimmingly now.

I announced the Steel Trimmer Sports series for 15 years. The organizers finally added women's timber sports a couple of years ago. They were a bit slower than most, but they're catching up. That is a competition that I haven't been to for a while. Sometimes, I think about things before Charlie and after Charlie. He's been gone 17 years. So, it was over 17 years ago.

I went to the Women's World Championship in New York. They did a contest on Saturday for women and Sunday for men. The organizers sold tickets and they filled the bleachers on Saturday. They filled the bleachers on Sunday, and they paid women half prize money! At a meeting with the girls, I said, here's what we need to do. Everybody enters, and two days before, say you're not coming unless we get equal prize money. Immediately, you're going to get equal prize money. Because the amount was so stupidly low. There's very little prize money in our sports. Immediately, they would have matched it. Or we say two days before, we want half price gas, half price hotels, and half price taxes. What the hell are you people thinking? You're filling the bleachers with paying customers but giving us half the amount of money?

I could not talk any of the women into it. There was a couple who said they're going to be mad. I said, you're so wrong. They're going to lose all that revenue and those filled bleachers. If you don't come here, they're going to lose it all. Realize your value. I never went back there again. To this day, they still might be paying out half. I don't know. The

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last time I checked on it, they were not matching it.

When I went to compete in Australia, I had one guy tell me that I was making a mockery of the sport. I own a lumberjack show in the United States, I'm flying to Australia to compete, and I'm making a mockery? This is how I make my money. How do I make a mockery of this? I teach people about this because it is amazing! There's a funny side note to that story and the guy that said that to me. This was when Charlie was alive. The guy came to the United States to compete at the Lumberjack World Championships in my hometown. Charlie and I were living in Wisconsin at the time, but I would move here for four months to run the show. My house there was vacant during the summer, and I had certain friends I would let stay there. Two lumberjacks from Australia came over to compete at the World Championships in my hometown, and one of them asked to stay. He asked if he could bring a friend. I said, who is it? I'm not going to say his name, but for this story, we'll call him Lumberjack A. And I said, yes, that would be fine if he came to stay at my house. It was the same guy that told me I was making a mockery of the sport.

I told Charlie about it. I flew home that weekend from Maine to watch Charlie compete, and to compete as well. The guys and Charlie and I were staying at the house. Charlie and I were leaving in the morning to go because he had a log roll early in the day. They asked me, is there anything we can do for you while you're gone? I said, well, you know what? I haven't been home, you could mow the lawn. They said they'd be happy to mow my lawn. So, Charlie and I are pulling out of the driveway, and the guy who told me I was making mockery of the sport, was mowing my lawn, and my son said to me as we're pulling out, isn't that ironic, mom? He told you you're making a mockery of the sport and now he's mowing your lawn. I never get mad at guys like that. You just keep going for what you want. That's all that matters. Don't condemn people or cut them down. Just point out why you want what you want and why you should get what you want. That's all that matters.

I was chosen for *Survivor* because I am a lumberjill. It's also how I got on *National Geographic Ultimate Survival Alaska*. I was in *National Geographic Magazine*, in 1976/1977, I think. It was about wild and scenic rivers. I keep

finding them at old antique stores. If they have a pile of *National Geographic*, I scroll through to find one. Nat Geo had wanted log rolling pictures. They actually called the house for my older brother and sister, but they were gone for the day. So, they got my other brother and me. It slightly shows my brother falling before me. It was pretty cool because it looks like I'm winning.

When I went on *National Geographic Ultimate Survival Alaska*, one of the heads of Nat Geo called me right before I was selected for the show. I'm sitting in Hancock, Maine, on the phone with this guy, and I'm convincing him why he needs me for this show. I said, why are you considering me? He said, if you get through Mark (Brunette, producer of *Survivor*) you're going to pass through me. I asked, did you know I was in *National Geographic* magazine 30 years ago? He said, no, I had no idea. I said, I was, in the 1970's, wild and scenic



rivers. I told him, it's about time you called me back!

I had already been on *Survivor* when I applied for that show. I have friends in Alaska from the State Fair. I ran into an old log rolling friend of mine who runcheckpoint at the Iditarod and he tells me, you should volunteer. I answered, don't tell me you're going to let me come unless you mean it, because I'm there! That was in September, and in November, I booked my ticket. The following March, I got on a plane from Maine, and I went to Anchorage.

I became really good friends with a girl who was running the Iditarod that year. She was from Ketchikan. I told her I have a brother who has a business in Ketchikan. She asked what business is that? I told her, the lumberjack show. She said our signature YoHo! That sealed the deal. We've been friends ever since. The second year, I went up to Alaska, and spent six weeks training dogs with her. We lived in a little 12 x 15 cabin with a loft with one bed. She and I and my little Pomeranian, Charlie's dog. I scooped poop, fed the dogs, helped her harness

and unharness.

On Facebook, people were writing on her page that she should apply for the show on *National Geographic*. I'm reading these posts back here in Maine, and I'm like, I wish I lived in Alaska. I'd apply for that show. I realized you don't have to live in Alaska to apply for the show, Tina. I went online and I sent in an application. It took 10 minutes. I did it in the back of my car on my phone on my way to the New York Times travel show. A couple of weeks later, I'm back in Maine, and I get a phone call from Jeff Probst studios. He had a talk show for a year or two. He asked, can you come on my show? Of course, I will. So, I shrink wrapped an ax and target. Viking Lumber did it for me, and then we screwed two handles in so it could be like a suitcase. I set the target in my luggage.

Two days before I was going to be on the *Jeff Probst Show*, my phone rang. I answered, and the guy said, hi, Tina, this is so and so from Nat Geo. I asked, where did you say you're calling me from? He replied, L.A. I said, and this is one of my favorites, I'll be out there on Tuesday doing the *Jeff Probst Show*. Do you want me to stop in? He said, you're coming out here? Yup, I flew to L.A. The *Jeff Probst Show* had a car for me. I dropped my luggage, my ax and target, checked in the hotel and talked to the studio. I said, I have an appointment. Went out, got a cab, went over to Nat Geo Studios, filmed a demo reel of an application, took a cab back, and then did the *Jeff Probst Show*, which I threw a bullseye on. Then, I got on a plane and flew home. And then, I got picked and I flew to Anchorage, for Nat Geo.

That was only the second summer I was planning on being gone all summer from my lumberjack show. The first summer was when I was picked for *Survivor*. I was picked for *Survivor* and ten days before I left, Charlie got in the accident. So, this was the second summer I was going to be gone. I got to Anchorage and the first night, we had a meet and greet, and it was me and eleven men. I couldn't believe it. There were a couple of guys there who didn't want me there because I wasn't Alaskan. I wasn't what they thought someone on that show should be. *Ultimate Survival Alaska*. Well, the show wasn't what I thought it was going to be, and anybody who was on the show would agree. But, if you're going to be surviving somewhere,

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why wouldn't you be a woman from Maine and Wisconsin? Who had done a lumberjack show and lived through losing her only child? Why not me? I'm like, did you hear everything I've already survived through? Three quarters of the crew were really good to me. The other twenty five percent, not so much. I didn't know I'd be the only woman. I thought it'd be six and six or something. I wrote a will before I went on that show, but it wasn't quite as deadly as I thought it was going to be.

Two years ago, Gordon Ramsay came here. I was weed whacking and felt the vibration of the phone in my pocket ringing. I answer, and it's Gordon Ramsay's people. I'm like, holy crap, this is going to be fun! He came here and we had a blast. He's got a huge production team. He cross cut, axed, I taught him how to chain saw, and then one of my guys taught him how to speed climb. We had a blast.

The first van pulls up with all production equipment. The second van and the third van pull up, and then right before they start to film is when the sedan pulls up with Gordon Ramsay. I was the only one allowed to take my mask off because we were going to be on TV. He walked right over, threw his arms around me and said, this is so great! He was genuinely interested in me owning a lumberjack show.

He said, so tell me about how you ended up here. It was really cool.

His producer sent me an email afterwards. She said he got in the car to leave, and he looked at her and said, where did you find her? Out in the woods of Maine, that's right.

I was here getting ready for *Survivor* when Charlie passed in a car accident.

He was with his father. He was going to spend the summer there because

I was going to be gone. He was at a school event, and they had tornado warnings and they kept the kids at the school event.

Then they let them go. There was a freak torrential five minute downpour and Charlie was driving home. He hydroplaned into another car.

The gal who was in the other car remembers seeing him. She remembers his hair before they hit. She saw his hair. That's a killer for me because I loved his hair. She and I have become friends. He could have killed them. And she has become my friend. She's a *Survivor* fanatic who did not watch the episode that I was on. I was only in one episode. But she didn't watch it that night. She ran into a friend the next day on the street. The friend asked her, did you watch *Survivor* last night? She said no. Her friend told her, you need to watch it. She asked why? Because the mother of the child was on *Survivor*. I wrote his name in the sand and talked about losing Charlie privately, not in front of the other contestants.

I was here when I got the call and I lost it. I was psychotic. When you're in one place and someone is telling you that in another place your child is gone, it's like, somebody needs to get me to that place. I was calling people telling them they have to send their private planes. I finally got the first plane out. I couldn't believe it. Until I see it, I'm not going to believe it. You're all lying to me. My phone was ringing off the hook. I got on a plane, I flew home, and it was so weird. One of the things I remember about flying home is when I got off the plane my brother was standing at the gate. They don't let people come to the gate. You're supposed to be outside of security now. I said, what are you doing here? Tina, I told them that I needed to be here, he told me. Then I drove home, a three hour drive, and the one thing I needed to do was go to his father. Talk about ending any anger or anything.

Nobody wanted to let me drive alone. I got to my house and there were cars lined up everywhere, and there were people in the yard. I was like, oh, my God, this is happening to me right now. It didn't even seem real. It was horrible. Everybody that I knew was there. They all knew I was flying in, and they all wanted to be there, but it was horrible for me.

Then we went to the funeral home, and that was when I realized it was real. I think the worst moment, besides seeing him in the funeral home for

the first time, was putting him in the ground. During the time that we were at the funeral home, they said, you leave before we put him in the ground. I said, no, no, you're putting him in the ground in front of me, and I want people to walk by and throw dirt like an old fashioned Irish funeral. They said, we don't do that. I said, well, you're going to do it, and we're going to have a little bubblegum machine there with dirt in it, and I'm going to make \$0.25 each turn to help pay for his funeral. The guy looked at me like I was crazy, and my sister said, no, we're getting one with a dollar bill machine. We were going from balling to laughing to balling to laughing.

Charlie was in the Native American class at school, and they drummed him into the ground. There were six kids drumming and singing, and people were wailing. They were wailing. And now I have a headstone in Wisconsin with my name on it right next to my son. They make you buy this, like, concrete vault thing and all this bulls***. So, he's in a casket because I didn't want to burn his little body. I couldn't. I buried him with his ax and skateboard. Afterwards, I said, I don't need a casket when I go. Just open up the concrete vault, throw me in face first so he'll never get away from me again.

That was the worst thing that's ever happened to me. It's all uphill from there. ●



MENTAL HEALTH

the goodness of grief

Let's consider grief for a moment. Not many people love the feeling and it tends to be avoided. We push it away, delay addressing it. "Denial" is even one of its famous stages. What comes next? Oh right, anger! Followed by bargaining, depression, and finally, maybe someday: acceptance. But what of the raw, gutting emotion of grief? I suppose that is the last step—the processing, feeling, and channeling of the emotions. What if this wild, bring-you-to-your-knees emotion was the key to unlocking a little freedom?

"If we are lucky, we mourn our losses." -Miriam Greenspan

Since loss is universal it will visit us often and in many different ways. Miriam Greenspan's quote speaks to the wisdom of grieving and its cathartic impact on helping us let go of something we are wanting to hold onto. It could be a person, a position, or a possession. It might even be something intangible like an identity or a way of being. Loss is loss and the appropriate response is to grieve.

What do we lose when we resist grief?

Refusal of grief, through continued denial or other means of suppression, can lead to feelings of stuckness, numbness, or loneliness. Holding back the emotions of grief can mean the blockage of other emotions and means of connecting, which leads to isolation and—ironically—more grief. Even so, it can feel counterintuitive to lean into grief. Some of this resistance may be rooted in a biological or evolutionary place—one that seeks to stay alert—as not many other states feel as vulnerable as grief. Once you let down your guard toward grief, it can feel as if the floodgates have opened. Curled in a ball weeping is a defenseless position, so it's one we may be naturally inclined to avoid.

However, other parts of our resistance to grief come from our early conditioning. This is especially true for men and those raised as boys. They are often allowed a small range of emotion that

includes one way to be: mad. Women and those raised as girls are often allowed a larger range including sadness and grief. However, these are generalizations and those of any gender who experienced a demanding, authoritarian parenting style growing up may be prone to repressing challenging feelings. All to say that resisting grief is natural, but also something to be aware of so it doesn't become endless.

Emotional intelligence (EQ) is a catch-all phrase that relates to our capacity to feel a range of emotions, our ability to regulate ourselves in the face of stress, and the ways in which we can "be with" others who are experiencing a variety of feelings.

Sometimes, emotions get twisted together with each other and expressing grief can unlock rage, or vice-versa. Sometimes joy can make us sob. Other times anger can give way to sadness. The point is that all emotions are valid—and can be quite complex—but they deserve space and room to breathe. Maybe they need to be wept, or screamed, or even danced or turned into a piece of art? Holding them in can feel heavy, and sometimes the resistance is more taxing and painful than the feeling itself. Leaning into your grief and other emotions and expressing them, especially in times of stress or great loss (and potentially with a trusted loved one or professional), can be truly liberating. ●

SARAH MACLAUGHLIN IS A SOCIAL WORKER AND AUTHOR; HER MOST RECENT BOOK IS RAISING HUMANS WITH HEART: NOT A HOW-TO MANUAL.

Care Connection

LIVE-IN HOME CARE

FCP Live-In's Live-In Professional Caregiver Services Helps Seniors With Affordable Home Care!

Guy Stoye worked as a tree surgeon for 25 years in the Rochester, New Hampshire area. So, it's no wonder that his home is nestled in a scenic area with a lake right next to the house. Unfortunately, Guy had a stroke and was hospitalized. When Guy recovered, he was eager to get back home. However, he faced a dilemma: Guy could not care for himself nor manage daily household responsibilities.

One option was to move into a senior living facility. But, Guy did not want to leave the home he loved and its beautiful surroundings. Guy heard about FCP Live-In, a New England-based company that provides professional live-in caregiving services.

Hiring a live-in caregiver sounded ideal, but Guy was suspicious about it. Did he want a stranger living in his home to care for him? But, after contacting FCP Live-In and learning about the company's live-in care services that allow clients to stay in their homes, Guy decided to forge ahead and arrange for live-in care. He's glad that he did.

"It's surely been the luckiest thing that has happened to me since the stroke," Guy said. "And perhaps, the luckiest

thing that has happened to me in my life."

Regardless of their health challenges, many older adults want to remain independent and stay in their homes instead of moving into a nursing home or an assisted living facility to have someone care for them.

Thanks to FCP Live-In and his caregiver, Guy was one of the fortunate seniors who did not have to leave his home. FCP Live-In caregiver, Deslyn, has been

"She [caregiver] notices every little thing that needs doing! She's eager to fix anything that needs fixing or needs adjustment. She sees if I'm not totally comfortable. I couldn't ask for anything better."

-Guy Stoye

helping Guy for the past two months.

"She notices every little thing that needs doing," Guy said. She's eager to fix anything that needs fixing or needs adjustment. She sees if I'm not totally comfortable. I couldn't ask for anything better."

FCP Live-In's caregivers are nurse's aides, home health aides, and personal care aides and have at least two years of professional experience. Each caregiver undergoes a thorough state and national

background checks, and all are bonded and insured.

In addition, the company conducts multiple interviews and requires applicants to pass a skills assessments and a day-long orientation to evaluate the capabilities and professionalism of each applicant. FCP Live-In also has a unique process for matching caregivers with clients.

The company's caregivers help clients who have various health conditions, including cancer, Parkinson's disease, depression, Alzheimer's disease, and other forms of dementia. The compassionate caregivers also work with hospice programs to provide hospice in-home care and end-of-life care.

Although older adults and their families are thankful for the company's services, live-in caregivers also receive benefits from their job.

"It has been totally amazing," Deslyn said. "I couldn't ask for a more wonderful family. I also have a wonderful team behind me. It has become quite the experience. And I've never been in New England, so my weather changes are amazing."

Deslyn says she doesn't feel as if she's working, she feels as if she's part of Guy's family.

"She feels that she is a part of the family; well, she is part of the family," Guy confirmed. "Never a day goes by that I'm not glad to see her coming into the room all smiles."

FINANCIAL ADVICE the first step is take control

BY CHELSIE L. CRANE

Like you need one more thing to eat up your time.

Time and money, if we only had more of it. Most days, endless amounts of time is what I wish for. I would even settle for being able to successfully function on three hours of sleep instead of six. Women often find themselves in a time or a financial crunch and more times than not, one is a result of the other.

This struggle seems to favor women in particular, as females tend to be the "default" person in many family units. Even single women find themselves at a disadvantage as they are often asked to take on more tasks at work and within the community, than their male counterparts. This time pressure likely results in taking a financial hit. Regardless if it is time needed to take away from work to have children, care for a loved one, or the community - women are pulled away from their income sources, more than men. I believe this time disadvantage is one of the drivers as to why women struggle to gain financial independence and literacy.

Morgan Housel, author of the book "The Psychology of Money: Timeless Lessons on Wealth, Greed, and Happiness" states it perfectly when he writes, "Use money to gain control over your time, because not having control of your time is such a powerful and universal drag on happiness. The ability to do what you want, when you want, with whom you want, for as long as you want to, pays the highest dividend that exists in finance".

So, what are we to do about it? You may not like the answer. You need to spend MORE time on one more thing, and that thing is your financial health. Quick fixes and budget binges, are short term bandages and

are not going to cut it in the long run. I wish I could tell you differently, but I can't. Working on your financial health is a very front end loaded task. It will be difficult to get in the habit in the beginning, but trust me when I say it gets easier as you go.

The first step is the most difficult and that is carving out time each week to review your spending. The reality check of how much you are spending and what you are spending it on, is painful - even for the best budgeters. Do a baseline evaluation of your financial health, go through the past two to three months of your bank and credit card statements. Once you have a clear understanding of where your money is going every week, then you can begin your strategy for obtaining financial independence. For some this may be paying down debt, for others it could be investing more in their future, or potentially even a combination of the two. The biggest take away is that you must prioritize your finances, or your time will always belong to something or someone else.

I know, I can feel the eye roll happening now. I get it- sticking with the routine of reviewing your spending plan every week may seem impossible, when you already have a million and one things to do. But if you don't start now- you will never have time. You will constantly be chasing money, and therefore chasing control of your time. Imagine, being financially secure enough to outsource tasks that you don't want or don't have time to do. How lovely would that be?! So, make a plan to take that first step and take control. ●

CHELSIE L. CRANE IS AN INVESTMENT ADVISOR REPRESENTATIVE WITH CLEAR PATH FINANCIAL SERVICES, A MEMBER OF ADVISORY SERVICES NETWORK, LLC

To learn more about FCP Live-In home care,
call 866-830-4443 or visit www.liveinhomecare.com today!

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IF I HAD A MILLION DOLLARS.....

sarah hubert

Sarah Hubert may be a Maine Guide, but she has also worked as a lifeguard. In fact, she was a lifeguard before she was registered as a Maine Guide. Which is good, since she often guides on the water. Sarah says her big dream might be quite different from others, but coming from Maine, with its many bodies of water, it would definitely make a big difference.

Sarah's big dream is that she would like all Maine kids to have access to swim lessons.

"There are so many lakes, rivers, streams and the ocean in our state, that it would be wonderful if we could teach all the kids to swim. I don't want kids to drown. I don't want to hear those stories. If all the children were taught to swim, and to not have to lose another child to drowning, that is my big dream." ●

IF YOU HAVE ANY IDEAS ABOUT HOW TO HELP MAKE THIS DREAM A REALITY, PLEASE CONTACT US AT INFO@MAINEWOMENMAGAZINE.COM



Mediterranean Summer Pasta Salad

This Mediterranean-inspired side dish is great for a crowd or an easy option to make ahead to enjoy all week. The additions of hommus, arugula, avocado and kalamata olives make it a great source of fiber and healthy fats.

SERVES 8

Ingredients:

- 1 (16 oz.) box Nature's Promise® Organic Rotini Pasta
- 1 (8 oz.) container Cedar's® Fat & Oil Free Original Hommus
- 2 cups Hannaford Baby Arugula, roughly chopped
- 1/2 cup Hannaford Pitted Kalamata Olives
- 1 cup Cherry tomatoes, halved
- 1 Avocado from Mexico, peeled and diced
- 4 oz. Cabot® Colby Jack Premium Natural Cheese, diced

Directions:

1. Cook pasta according to package directions, reserving 1/2 cup of pasta water before draining.
2. Whisk together hommus and reserved pasta cooking water.
3. Add pasta to a large mixing bowl, stir in hommus mixture and gently toss to coat. Add remaining ingredients and toss to combine. Enjoy cold.

Source: Recipe adapted from cedarsfoods.com



Nutritional Information (amount per serving):
Calories 370; Total Fat 13 g; Saturated Fat 3 g; Sodium 500 mg; Carbohydrate 49 g; Fiber 6 g; Total Sugar 3 g; Added Sugar 0 g; Protein 12 g

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Cobbosseecontee Lake is under attack!

Ladies Delight Lighthouse is the only active inland waters lighthouse in Maine. She has lit the way for boaters in Lake Cobbossee since 1908, but now the lake she serves is under attack. Invasive aquatic plants, including Eurasian Watermilfoil, have been found in Cobbossee and can destroy the lake – and spread to others – if we don't act now.

Each one of us plays a critical role in the fight against milfoil. Clean, drain and dry your boat, trailer, and gear every time you put in and take out of any lake. When on Cobbossee and other Maine lakes, use the public boat launches where trained inspectors will check your boat and remove any plants. Even the smallest plant fragment left on the bottom of a boat can spread milfoil across the state.

We all have to do our part to preserve the beauty of Maine's lakes. For the love of the lake, please do yours.



For the love of the lake.

LakeCobb.org



serrapublicaffairs.com

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