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MAINE WOMEN MAGAZINE

VOLUME 12 | ISSUE 11 | MARCH 2019

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on her Maine summer
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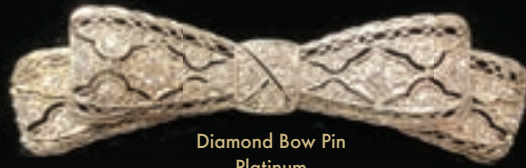
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Eating Disorders and Co-Occurring Addiction Treatment

Crossroads has established itself as a leader in the treatment of addiction and behavioral health since 1974, particularly in co-occurring and gender-responsive care for addiction and eating disorders.

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Mary Pols

ON THE COVER

Millie Howard, a Chewonki camper in the summer of 2018, navigates Northern waters during a three-week, all-girls advanced canoe trip.

Photo by Emmy Held, Chewonki Wilderness Trip Leader, courtesy of Chewonki

WINTER, YOUR EXIT THIS WAY

Welcome to March, the month where the weather is so uncertain you barely want to make a plan to go out to dinner. I don't know about you, but I'm still in recovery from that epic quartet of March Nor'easters in 2018. And yet, here I am, urging you to at least think about getting outdoors, because it is undeniably, time to be planning for summer and fall and even next winter. (Want to climb Katahdin in July? March would be the month to snag a reservation at that lean-to on Chimney Pond.) If you are a parent you're likely putting together the patchwork of camps, whether day or sleepaway, family vacations and whatever else gets you through the summer. MWM is here to help.

If you grew up in Maine when I did, "farm camp" likely meant: go weed the garden or pick those creepy bugs off the rose bushes. Surfing camp was me successfully badgering my mother into taking us to Reid State Park. And sleepaway camp was what those twins in *The Parent Trap* did. As we were working on a piece on the nostalgia around Maine summer camp experience, I asked *Orphan Train* author Christina Baker Kline, who grew up with three sisters outside Bangor, if she'd gone to camp. She laughed. Her parents leased a scrubby island on a remote northern lake for \$50 a year from a paper company and her dad built an A-frame without heat, electricity or plumbing. "We were feral," she said. A lot of us were.

But this is a different era, and summer camp in Maine is not just for well-heeled out-of-staters. Amy Paradysz put together a guide to summer camps (page 32) ranging from exploring Acadia while rock climbing or studying marine science, to day camps on farms near Portland. We've got camps for families on a tighter budget and camps for musicians, even

adults who just want to feel like one (*find Amy's feature on life coach Megan Jo Wilson's Rockstar camp on page 44*). Then in our nostalgia piece (page 30) you'll learn what a powerful influence Wohelo Camps had on singer-songwriter Maggie Rogers, who is playing in Portland at the State Theatre this month (rescheduled after she landed a musical guest spot on *Saturday Night Live* last November).

We've also included a guide to outdoor adventure, even in the shoulder season. Chelsea Terris Scott talked to an active (female) member of the Sportsmen's Alliance of Maine (page 22) about how hunting gets her outside, and Jen Hazard gives us a list of 10 easy ways to explore nature with your family (page 16). In honor of maple syrup season, Sarah Holman hit a class in backyard sugaring and honestly, now I'm eyeing my own maple tree. That's a way to sweeten March. MWM's former editor Shannon Bryan, one of the most adventurous women we know (she even started a company called Fit Maine), writes about her relationship with the outdoors and how it has changed (radically) over the years on (page 18).

Consider this our springboard to adventures ahead. Maggie Rogers' show is already sold out, but that's OK; I've got her debut album *Heard it in a Past Life* to listen to while plotting my annual trip to Baxter. And some other performances to get to this month. Maine Voices Live interviews novelist and playwright Monica Wood on March 5 about the writing life and her new play *The Half-Light* at Portland Stage through March 24 (tickets at portlandstage.org). After profiling Monica's muse, Maine-based actress Moira Driscoll (page 48), and getting to sit in on a reading of this play, I can't wait to see *The Half-Light* on stage. It's as lovely as a summer day.

MWMM

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FILM FESTIVALS, FOODIE EVENTS AND FEMINIST HAPPENINGS

WRITTEN BY AMY PARADYSZ



Maine Restaurant Week includes two decadent pairings events: CRAVE for coffee and desserts, and Spirit Quest for cocktails and hors d'oeuvres. Photo courtesy of Maine Restaurant Week

'Women's Long Road—100 Years to the Vote'

Maine State Museum,
83 State House Station, Augusta

As Maine gears up to celebrate its bicentennial in 2020, it's worth noting that, for 100 years, voting rights held only by male citizens 21 and older, excluding paupers and "Indians not taxed." The struggle for women's suffrage in Maine began as early as the mid-1850s and had picked up steam by 1900 with suffrage clubs meeting across the state. When World War I ended in November 1918, Maine and national suffrage groups increased pressure on Congress. In June 1919, Congress passed the 19th Amendment to give women the right to vote. Maine legislators ratified the Amendment in 1919. But it wasn't until Sept. 13, 1920—the same year as Maine's centennial—that Maine women cast ballots for the first time. Discover more about *Women's Long Road* at this exhibit opening March 23 and running through Jan. 25, 2020. The museum is open Tuesday through Friday 9 a.m. to 5 p.m. and Saturday 10 a.m. to

4 p.m. Admission is \$3 per adult, \$2 for seniors and kids. (mainestatemuseum.org)

Maine Restaurant Week

March 1–12

Celebrate Maine's booming restaurant community with nearly two weeks of special menu prices (\$25–\$55, with some restaurants offering *prix fixe* lunches starting at \$15), from Kennebunkport to Camden. Ticketed tasting competitions include craft foods paired with coffee (March 3, noon to 2 p.m. at *Coffee by Design*, 1 Diamond St., Portland) and Spirit Quest, an adult scavenger hunt of cocktails and small bites throughout downtown Portland (March 10, 2–5 p.m.). (mainerestaurantweek.com)

No Man's Land Film Festival

Thursday, March 7, 7–10 p.m. (Doors open at 6 p.m.)

Oxbow Blending & Bottling,
49 Washington Ave., Portland

This all-woman power adventure film festival is based in the Rocky Mountains, but you don't have to go to Colorado for it. Oxbow and Pacha Adventure Co. are bringing some of these badass films to Portland. With subjects as varied as backcountry skiers, mountain guides, BMXers and the mermaids of Weeki Wachee Springs, these 12 short films "un-define feminine" in adventure and sport. *Suggested donation \$5–\$10.*

Maine Jewish Film Festival

March 9–17

Statewide

A curated collection of documentaries and feature films with Jewish themes will screen March 9–17 in Portland, Brunswick, Lewiston, Rockland, Waterville and Bangor. The festival includes a program of short films focusing on women, *Public and Private Conversations*, at 2 p.m. March 17 at the Portland Museum of Art. For a complete festival schedule, including featured guest speakers, panelists and forums, visit: mjff.org.

Go Red for Women Luncheon

Thursday, March 21, 10 a.m. to 2 p.m.

Holiday Inn by the Bay, Portland

This American Heart Association of Maine luncheon manages to tug at the heartstrings every year. The fundraiser (which seats 600, but usually sells out in advance) starts with a silent auction, followed by a heart-healthy lunch, storytelling and awards. Wear red! Tickets are \$125 per person, with registration closing March 10: mainegoredluncheon.heart.org.

Girls Rock! Awards

Friday, March 22, 5:30 p.m.

Franklin Theater, Waynflete,
360 Spring St., Portland

Hardy Girls Healthy Women celebrates six

Maine girls who are leaders in community organizing, entrepreneurship, health advocacy, academics, athletics and more. Hear their stories as well that of keynote speaker Hebbh Jamal, a Palestinian-American student who, at 17, established herself as a leader in the fight against bigotry by organizing a New York City high school walkout. The Girls Rock! Awards raise money for empowering year-round programs for Maine girls. *Tickets are \$40; register at ghw.org.*

‘The Human Rights Crisis in Mexico’

March 27, 5:30 p.m. reception, 7 p.m. lecture
 Abromson Community Education Center,
 88 Bedford St., Portland

Maine’s annual Justice for Women Lecture series continues with Mexican human rights advocate Aguilar Rodriguez, speaking on “The Human Rights Crisis in Mexico: Origins, Impacts, Opportunities.” Rodriguez works on cases related to women’s and indigenous rights, torture (especially sexual torture against women) and forced disappearances. *The lecture is free and open to the public with advance registration: mainelawcommunity.org/2019jfw.*

CatVideoFest

March 29–31 and April 3
 Portland Museum of Art

For some lighthearted, playful entertainment, enjoy a 75-minute cat video compilation reel with other cat lovers, with proceeds going to the Animal Rescue League of Greater Portland. Showtimes are 2 and 6 p.m. March 29, 11 a.m. and 2 p.m. March 30–31, and 2 p.m. April 3. *Tickets are \$9 general admission, \$7 for PMA members and students with valid ID. (portland-museum.org/movies)*

Show & Tell: A Literary Cabaret

Tuesday, April 2, 7:30–9 p.m.
 The State Theatre, 609 Congress St., Portland

Back for a second year with all new guests, this 90-minute homage to storytelling features writer Heidi Julavits (*The Folded Clock*), novelist Dolen Perkins-Valdez (*Wench*), activist-writer Alexandra Styron (*Steal This Country*), poet Kevah Akbar and student author Gracia Bareti. Show & Tell is the biggest fundraiser for The Telling Room’s free writing programs for Maine youth. *Tickets are \$25, \$45 and \$65 through Ticketmaster.*



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THE JOY OF BAKING

Cookies so good L.L.Bean's cafe came calling

WRITTEN BY MERCEDES GRANDIN
PHOTOGRAPHED BY MERRITT JAMES

Sarah Stadnicki's kitchen, which doubles as the headquarters of her one-woman cookie factory The 27th Chip, brims with smells of warm butter, sugar and chocolate. As various timers go off, Stadnicki takes two sheets of large chocolate chip cookies out of a double oven, then moves swiftly into her dining room to pull scones from a double wall oven. Stadnicki is in full production mode and as a staff of one, every move matters. She sets down the cookies on a long sideboard to cool; ultimately they'll end up at either L.L.Bean's 1912 Cafe or The Gelato Fiasco, her biggest customers.

In 2015, Stadnicki launched The 27th Chip out of her Brunswick home. It evolved from an earlier partnership with her best friend, Freeport resident Rachel James. The women grew up together in Newfoundland, where "everyone has baked goods and a warm kettle to welcome guests in their home," Stadnicki says. True to that tradition, Stadnicki serves the still-warm scones with homemade strawberry jam, while describing her path from neonatal intensive care nurse to professional baker serving two

of Maine's best known companies.

Stadnicki had been working at Maine Medical Center in the NICU when she and James decided to start a wholesale baking business in 2011. They named their company after their mothers, Marg and Doots, and primarily served the now-closed Good Eats Boutique in Portland. When James stopped working to have her fourth child in 2015, Stadnicki chose to start her own company, this time focusing on her specialty, cookies.

The Gelato Fiasco has been Stadnicki's customer since the beginning, when she essentially recruited them to be her first retailer. She'd browsed local storefronts and targeted The Gelato Fiasco because they have a consistent following of customers, but limited offerings: coffee and gelato. Owner Josh Davis was receptive, she says, but very specific in what he wanted. "A chocolate chip cookie that was crispy on the outside, chewy on inside, had lots of chocolate chunks, was big enough to share and sizable enough to be noticed in a jar." Stadnicki experimented until she achieved a consistent product. It took her 27 recipes, hence the name

of her business. One of her key ingredients is dark chocolate chunks from a Belgian chocolate-maker. “My husband gained five pounds taste-testing,” she says. (Her three sons also provide tasting expertise.) When she first started baking for The Gelato Fiasco, she made a dozen a week. Now she’s up to 15 dozen a week for the gelato maker, which sells them in both its Brunswick and Portland stores.

She has separate refrigerators in her garage for butter and dough, gets her water tested frequently and undergoes yearly inspections by the state, which licenses her home kitchen. “Being a former NICU nurse I’m conscious about cleanliness, which is tricky when you have three boys,” she says. As the business took off, she faced space issues in her home kitchen. The cookies are substantial, weighing in at a quarter pound each, and she could only make six at a time. “I used to get up at 4 in the morning and start baking so I could be finished before my kids started the day,” Stadnicki says.

Her production increased tenfold after a remodel turned her dining room into both a functional work and family space. She added a double wall oven (a “tried and true” Kenmore) and a long sideboard with a heat-resistant countertop that doubles as a place to roll out dough and cool cookies. Cabinet space below holds industrial storage bins and baking supplies. Stadnicki can now make nine dozen cookies before 11 a.m. in a space that doubles as the family’s dining room.

That extra space came in handy when L.L.Bean came calling. The manager of the retailer’s 1912 Cafe, who had tried her cookies at The Gelato Fiasco, called Stadnicki to order some for a staff Christmas party. After the party, she asked Stadnicki to start baking for the cafe, which is inside the Freeport store. The cookies are increasingly popular there, with sales up from 7,000 in 2017 to over 8,000 last year (40 dozen of them just over the Fourth of July). She takes some private orders as well, and contributes frequently to local fundraisers. A favorite recipient is TEAN (The Emergency Action Network) in Brunswick, which brings together community resources to anonymously help families in need. Stadnicki is on the board. In a peak month, like last December, she made 250 dozen cookies between retail sales and fundraisers.

That sounds like a daunting amount, but Stadnicki gets joy from it. “I remember as a kid watching my mom make bread, she would always get a look on her face when her hands sunk into the flour. I understand that look now, it’s ‘Flour Therapy.’” Her great-grandmother was famous for her breads and according to family lore, her grandmother delayed heading



Sarah Stadnicki’s home kitchen is also her office. At top, she mixes a batch of her 27th Chip cookies. At bottom, warm from the oven.

to the hospital to give birth to Stadnicki’s mother because she had a cake in the oven. “Baking truly is therapy for me, it’s in the genes.” She’s content doing it all herself as well, even though some have suggested she expand to a bigger facility. Expansion could negatively impact quality. “I feel like technology may never catch up with the basic goodness of having something that’s homemade vs. mass-produced,” Stadnicki says. “At the end of the day, my biggest concern is that the quality isn’t sacrificed.”

At this scale, she can buy Maine eggs (including from Bowden Egg Farm in Waldoboro) and work with local distributors like Native Maine and Downeast Foods, which deliver directly to her house. “Maine is a great place to start a

business because people want you to succeed if they think you have a good product. The key is finding connections with people who are just as passionate about what you can offer.”

Stadnicki follows a motto she learned as a nurse that once you’ve stopped enjoying what you’re doing, it’s time to move on. “I put love and joy into my baking and I think it comes through in what I make,” she says. “If I’m ever not happy doing what I’m doing then it might be time to re-evaluate but right now I’m happy.”

Mercedes Grandin is a freelance writer, editor, English teacher and tutor. She lives in Brunswick with her husband Erik and their chocolate Labrador Fozzie.

TRANSITION TIME

10 outdoor spaces my family returns to each spring

WRITTEN BY JENNIFER HAZARD



The Nature Conservancy's Saco Heath Preserve features a boardwalk to protect the unique landscape. Photo by Ian Patterson

Spring is our most fickle season. On mild days, the air smells like warm earth and it seems as though everyone goes out to savor a few hours of sunshine and 50-degree temperatures. Or the season can quickly turn, bringing snowstorms that leave icy paths and mountains of snow on the roadsides. To stay sane in this topsy-turvy season, my family spends as much time out of the house as possible. We travel to some of our favorite outdoor spaces to take full advantage of the quiet off-season. Here are some of the special places we return to in March and April—each a joy to explore no matter what spring throws our way.

DOWN ON THE BOARDWALK

There is something magic about a boardwalk that winds through a peat bog, and for this reason, I love exploring Saco Heath Preserve, where a 1-mile trek allows you to traverse (gently) the whole peat bog. (It's protected by the Nature Conservancy.) If there is still snow on the ground, bring along a pull-sled for little ones. [Search nature.org for more information.](#) *Getting there: Use 163 Buxton Road (Route 112), Saco in your GPS.*

THE QUIET SIDE OF OLD ORCHARD BEACH

On a day when the weather finally turns warmer, my family heads to Ocean Park to celebrate with a walk on the beach. This quieter side of Old Orchard Beach, accessed from Temple Avenue, is a favorite oasis for its wide expanse of beach and dramatic sea grasses. In the off-season, you can also bring your dog along. [Visit oceanpark.org for more information.](#) *Getting there: Drive to the end of Temple Avenue in Ocean Park.*

TO THE LIGHTHOUSE

When spring weather becomes kinder and gentler, my children enjoy walking the 900-foot breakwater to the tiny Spring Point Ledge Lighthouse with its views of Portland Harbor and Fort Gorges in the distance. Old Fort Preble, a 19th century military fort, is also located on the grounds. *Visit springpointlight.org for more information. Getting there: Follow Fort Road through the Southern Maine Community College campus in South Portland to Lighthouse Circle at Southern Maine Community College.*

INTO THE WOODS

This woodland trail in Rines Forest in Cumberland has bridges to traverse, steep hills to climb and rocks to scale in creek beds. Depending on the conditions, visitors can snowshoe or backcountry ski on the trails, which lead to two small waterfalls. This 1.5-mile loop trail is also a popular spot for dog walkers. *Visit cumberlandmaine.com/rines-forest for more information. Getting there: 360 Range Road, Cumberland.*

A MOUNTAIN FOR ALL

At 484-feet, Bradbury Mountain in Pownal is our go-to hike because it offers options for several family-friendly trails—from short and steep to longer and more gradual (the longest trail is 2.5 miles). Entrance is free with a state park pass and dogs on leash are welcome. *Visit maine.gov/bradburymountain for more information. Getting there: 528 Hollowell Road, Pownal.*

FOUR-SEASON SEASIDE

With its sweeping views of Casco Bay, Winslow Park in Freeport is a stunner year-round. We visit with our dog and walk the half-mile dirt road to Stockbridge Point. When the tide is low, visitors can explore the rocks facing the Harraseeket River. Nearer to the park entrance, younger kids will also like the playground area, which is home to a wooden pirate ship facing the bay. *Visit freeportmaine.org for more information. Getting there: Take South Freeport Road off U.S. Route 1 to Staples Point Road and follow it to the end.*

LAKE AUBURN VIEWS

The Spring Road Trail is a peaceful, 2-mile trail that winds around Lake Auburn. It's a

scenic spot to walk, snowshoe or cross-country ski with stops all along the way to take in views of the lake. *For more information, visit mainetrailfinder.org. Getting there: Take the Whitman Spring Road of West Auburn Road in Auburn and park at the trailhead.*

RIVER RUNS

The Cathance River Nature Preserve, with over 5 miles of trails, is tucked away inside Highland Green Village, a 55+ community in Topsham. You'll traverse narrow wooden planks and hop over muddy spots and small puddles, but the payoff is worth the effort. You'll hear the distinct roar of the Cathance River before seeing its wild rapids up close (in spring, they hit Class IV and draw crowds of serious paddlers). Just be sure to wear tall boots on the trail. *For more information, visit creamaine.org. Getting there: From Route 196 in Topsham (the Brunswick-Topsham Bypass), take Village Drive to Evergreen Circle.*

NUTS FOR SQUIRREL POINT LIGHT

When winter turns to spring, we love the journey to this river lighthouse in Arrowsic. The terrain takes you through marshes into woods and out to the banks of the Kennebec, where you'll find Squirrel Point Light, a 25-foot lighthouse built in 1898. The trail is approximately a half-mile out and back, but you can extend the walk on the adjoining Bald Head Trail. *More information at squirrelpoint.org. Getting there: From Route 127 (Arrowsic Road), take Bald Head Road all the way to the end.*

FLIT TO SPLIT ROCK

My family strolled the 2-mile Thomaston Town Forest Trail in Jack Baker Woods on a misty April day. From the Jack Baker Woods Trailhead you'll find a narrow boardwalk that winds amongst ferns and tree cover until you arrive at an impressive glacial boulder called Split Rock. This walk is best in late spring when the forest becomes green and lush. *For more information, go to georgesriver.org. Getting there: Look for the Georges Highland Path trailhead on Beechwood Street, Thomaston.*

Jen Hazard is the author of "The Maine Play Book: A Four-Season Guide to Family Fun and Adventure." She lives in Cumberland with her husband and two children.

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Shannon Bryan with a few of her favorite outdoor things, photographed in Sewell Woods in Scarborough (thanks to The Scarborough Land Trust for allowing this pop-up “campsite”). *Photo by Heidi Kim*

THE QUEEN OF ADVENTURE

How occasional weekend jaunts snowballed into a lifestyle and a career

WRITTEN BY SHANNON BRYAN

That cheering you hear off in the distance whenever your favorite local meteorologist forecasts a foot of snow? That's probably me, shouting with glee from my living room a few towns away.

It's not that I have some masochistic adoration for ice scrapers or pre-dawn shoveling—let's face it, that stuff brings joy to few—but when I hear “snow,” my thoughts jump to cross-country skiing in a freshly blanketed expanse, snowshoeing alongside heavily frosted evergreens and sailing down a hill in the neon green plastic sled I plucked from my neighbor's “free” pile a few summers back. On warmer days, I swoon over sunset paddles, yoga in the grass and a sweat-inducing climb to a scenic mountain summit.

I wasn't always so head-over-heels for the outdoors. Frankly, there was a long stretch of time when I wasn't all that into physical activity of any kind. I didn't grow up hiking in the White Mountains or kayaking in Casco Bay. I didn't learn how to ski until I was 30-something. And on the occasions I did exercise, it took the form of panting, 45-minute stints on the treadmill at the gym while watching reruns of *Unsolved Mysteries* to distract myself from the reality that I didn't much enjoy 45-minute stints on the treadmill.

But Maine has a way of luring out our inner adventurer. It also helps to have a friend who invites you snowshoeing or hiking or who lends you a surfboard and a wetsuit and gets you to try surfing for the first time in the middle of November. That's pretty much what happened to me.

What started as an occasional weekend jaunt to a destination randomly chosen from my Maine Gazetteer eventually turned into week-long camping trips, morning workouts on the beach and a basement packed with paddleboards, bicycles, skis, snowshoes, a kayak, no less than three toboggans and a newly acquired aluminum canoe. I became outdoorsy. Active. The kind of person who delights in aerial yoga, trampoline fitness classes and outdoor workouts that involve cinder blocks and a couple of sledge hammers. All because I met people who were kind enough to say, “Hey, we're going to do something cool this weekend. Come along.”

Scouting around for Maine adventures—indoors and out—became my specialty. And because I find it impossible to keep mum about the fun stuff I find, I created the website fitmaine.com a few years ago to round up all those cool ways to work out along with active things to do in Maine, like great hikes with nearby swimming holes and circus arts classes where you can learn a thing or two on a trapeze.

But things really came full circle in January with the start of the Fit Maine Social Club. This coed membership club is a way for us to do active things together, like taking the SnowCoach up the Mt. Washington Auto Road and snowshoeing down or trying a TRX class, ice climbing or yoga trapeze. It's open to anyone and welcoming to beginners, too. (I call it a “fit casual” social club, which to me means “let's cross-country ski through an apple orchard and then go eat nachos after.”) We'll explore new places and try new things—and make new friends along the way.

The social club is my way of saying, “We're going to do something awesome this weekend. Come along.” Because these are the things that fond weekend memories are made of. It also happens that doing lively, active stuff is an excellent way to exercise. (But I don't usually call it “exercise.” I call it “doing fun stuff that also happens to be good for our bods.”) Being fit isn't just about feats at the gym or stamina on the treadmill. It's about being able to do all the cool stuff there is to do around here. Like paddling out to Fort Gorges or doing paddleboard yoga at Kettle Cove. Like entering the amateur biathlon at Hidden Valley Nature Center in Jefferson or tackling the ropes course at Gunstock Mountain in New Hampshire. And let's not forget the million-and-one fun runs, boxing classes, hikes, road races, rock gyms, bike rides, ski clinics, full moon snowshoes, open-water swims and ice rinks in close proximity to places that serve adult beverages. Find out more about the Fit Maine Social Club at fitmaine.com/socialclub.

For me, trying new things doesn't stop there. While I've been growing Fit Maine the last couple of years, I've also had the honor to work as contributing editor for Maine Women Magazine (with a pretty fantastic team behind the scenes). I've loved being able to help tell the stories of Maine women—their passions, their work, their challenges and all the incredible ways they triumph every day. In many ways, I was inspired by those stories and the boldness it takes to make a change and go after a life you want. So, in December, I took a leap of my own, leaving my role with the magazine to focus on Fit Maine as my full-time gig.

Whatever adventures you're taking on this year, I hope you're trying new things, making great memories and having a grand time in the process. I hope to see you out there.

Shannon Bryan is the founder of fitmaine.com, where she writes about fun, active stuff to do in Maine, and she runs the Fit Maine Social Club, where members go do fun, active stuff together.



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The Fit Maine Social Club at the summit of Mount Willard in the White Mountains. Photo courtesy of Shannon Bryan

TRY IT! (YOU MIGHT LIKE IT!)

A FEW OF SHANNON'S FAVORITE OUTDOOR ADVENTURES

TAKE A SURFING LESSON

Maine Surfers Union leads women's surfing lessons at Higgins Beach in Scarborough all summer. Wetsuits and surfboards are supplied, and it's a welcoming way for beginners to glean tips from experienced surfers and learn to catch some waves. The instructors are fantastic, and there's comfort in learning to surf in a group and cheer each other on when it all starts to click. Lessons generally run weekly from June to September. (mainesurfersunion.com/ladies-slide-nights)

RAPPEL DOWN A WATERFALL

You can rappel down 100-foot Ripley Falls in Crawford Notch in New Hampshire's White Mountains, even if you've never rappelled down anything before. The waterfall rappel is one of the adventurous offerings from Northeast Mountaineering, a guiding company based in Bartlett, New Hampshire. Waterfall rappelling typically runs Memorial Day through October and costs \$125-\$200, depending on group size. (nemountaineering.com/rappelling/waterfall-rappelling)

KAYAK TO FORT GORGES

Get to know Casco Bay better during a guided kayak tour with Portland Paddle. They offer morning paddles, sunset paddles, paddles to Fort Gorges and even overnights on the islands. No experience is necessary for a guided tour, and you'll see Casco Bay in new ways. Visiting Fort Gorges is a personal favorite. You can also rent a kayak or paddleboard and do some exploring on your own. (portlandpaddle.net)

HIKE THE BOLD COAST

Cutler Coast Public Reserved Land is often called the "Bold Coast" for reasons that become readily clear the moment you set eyes on those cliffs. There are 10 miles of trails here, including 3.5 miles of coastal trail, where you can look down into the Bay of Fundy from atop the cliffs or walk through meadows of chest-high flowers. From the trailhead, it's 1.4 miles of fairly easy going to get to the coast and the promontory featuring breathtaking views. (maine.gov)



A solstice paddle with the Social Club. Photo courtesy of Shannon Bryan

XC SKIING AT FORT KENT OUTDOOR CENTER

The trails at Fort Kent Outdoor Center (aka “10th Mountain”) have witnessed their fair share of world-class athletes. But we average and sometimes-slogging cross-country skiers can also have a pretty splendid time there. Between the tall trees piled with snow, the exquisitely groomed tracks and the I’ve-got-the-place-to-myself quiet, skiing here is perfection. Trail pass \$15 (\$10 for snowshoeing), rental equipment available. (10thmtnskiclub.org)

SNOWCOACH UP, SNOWSHOE DOWN MT. WASHINGTON AUTO ROAD

Climb aboard the SnowCoach, a 12-passenger van equipped with tank tracks, for a ride up the Mt. Washington Auto Road (not all the way to the summit—the weather’s too cagey for that). At 4,200 feet, you can strap on your snowshoes and trek your way back down (you can also ride the SnowCoach back down, if you prefer). Trips run daily all winter out the Great Glen Trails Outdoor Center in Gorham, New Hampshire, and cost \$55 per person. (greatglentrails.com)

CHALLENGE YOURSELF ON A ROPES COURSE

The Aerial Treetop Adventures course at Gunstock in New Hampshire boasts 91 different challenges—log ladders, bridges, swings, seesaws, foot bridges and zip lines. The five courses (not including the demo and kids courses) get higher up as you go. Last summer, I finally worked up the nerve to complete them all after chickening out during two previous visits, and now I feel very cool. The course is open during the summer. (gunstock.com/summer/treetop-adventures)

CHECK OUT FITMAINE.COM FOR OUTDOOR ADVENTURES AND COOL WAYS TO WORK OUT.

FOR MORE ABOUT THE FIT MAINE SOCIAL CLUB, GO TO FITMAINE.COM/SOCIALCLUB

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Call of The Wild

The Outdoors from a Hunter's Perspective

WRITTEN BY
CHELSEA TERRIS SCOTT

Few people spend as much time in Maine's great outdoors as hunters and increasingly, those hunters are women. According to Maine's Department of Inland Fisheries and Wildlife, fishing license sales to women have gone up 15 percent since 2010. In the same time frame, there's been a 30 percent increase in women getting hunting licenses. MWM called Cathy DeMerchant, a board member of the Sportsman's Alliance of Maine, to talk about what being outdoorswoman means to her. The Vassalboro resident gave us that, plus an excellent story about that time she threw a romance novel at a bear. Yes, a bear.

BREAKING THE ICE: In addition to her leadership with the Sportsman's Alliance, DeMerchant served on the advisory council for the Department of Inland Fisheries and Wildlife, a position she was appointed to by Gov. John Baldacci and then again by Gov. Paul LePage. Those are serious credentials (her leadership has been "outstanding," says George Smith, outdoors writer and past executive director of the Sportsman's Alliance) but DeMerchant came to hunting relatively late. "There wasn't a lot of [hunting] growing up. Dad would go. He would take us ice fishing, though." These early experiences with her father instilled a deep love of the outdoors, which blossomed into a passion when she met her husband John. "John was an avid hunter, and I was not going to be the one who sat home." DeMerchant and her husband have a son each from previous marriages, five months apart in age, and had a third together. The boys were raised hunting and now that they're grown (John, 30, Joshua, 29, Logan, 24) all five regularly head into the woods together.

BULL MOOSE: Last year DeMerchant was one of the lucky 2,100 (of about 50,000 who applied) to get a permit to hunt a moose last year. "You prep for months, pack casseroles, leave early in the morning. We went up as a group. It's a family affair." While DeMerchant and her subpermittee, her son John, harvested a bull moose, the friendly competition was clear. "I shot first," she says.

COMMUNION: For DeMerchant, hunting is a means of communing with her family, other hunters and most of all, herself. "Being in the woods, you can reflect, talk to God, tune into the animals' energy. It's not all about killing."



Cathy DeMerchant on a work day in Augusta. She runs a staffing agency as well as serving on the board of the Sportsmen's Alliance of Maine. Photo by Liz Caron

THE BOSS TAKES A PERSONAL DAY: DeMerchant is the president and co-owner of Capital Area Staffing Solutions in Augusta and Bangor Area Staffing Solutions. Being the boss means flexibility to take a personal day when the woods are calling. "That time in the woods allows me to center myself, talk to God and enjoy the bounty of nature he has provided."

LOCAL AND ORGANIC: DeMerchant feeds her family almost exclusively on the meat they harvest, along with vegetables from their garden. "There's nothing better than moose meat. It's very healthy, too. When you harvest a moose, you get a lot of burgers. Bear meat is also excellent." For DeMerchant, handling the meat from harvest to butchering to cooking inspires a level of confidence she can't get anywhere else. "The meat is organic, completely fresh. I know what my food is eating."

WELCOME WAGON? Has it been hard to be a woman in a sport

and pastime still dominated by men (even with those recent increases, women still held only 13.3 percent of Maine hunting licenses in 2017)? Not at all, says DeMerchant. “The advisory council [at Inland Fisheries] was all men. They were so kind, really took me under their wings. All gentlemen.”

CLOSEST ENCOUNTER: Once, while hunting bear, DeMerchant was patiently waiting for her prey. “I like to read historical romance in the woods. So I’m reading and snap, there’s a huge bear to my right. My gun was not properly placed, so I didn’t have a good reach to it. The bear was scenting me with its mouth open.” Instinctively, she used what she had in hand. “I stood up, threw the book at it, and went immediately back to my truck and left for the night.”

MOTHER-DAUGHTER TIME: One of DeMerchant’s favorite memories is of taking her mother, newly diagnosed with Parkinson’s disease and looking to spend quality time with her daughter, out on a hunt with her. “She always has such anxiety when I bear hunt. I asked her to go with me, and she was such a trooper. The second night...she was reading and a bear was at the bait site. I said ‘Mom, the bear is down there.’ She was so amazed. I didn’t shoot. Then the coyotes lit up, and they were very close. It was so cool for Mom to see that out in the wild. We don’t have to shoot every time.”

Chelsea Terris Scott is a writer and educator. She lives with her husband and daughters in Portland.

Below, DeMerchant uses hunting season to get outside and to stock her family’s freezers for the year. Photo courtesy of Cathy DeMerchant






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The Woods **WAKE**

The sweetest way to get
outdoors in March?
Tap a tree

WRITTEN BY SARAH HOLMAN

Diamond Duryea taps a tree at her
parents' property in North Norway.
Photo courtesy of the Duryea family



When Diamond Duryea left North Norway for college 10 years ago, her parents took up mapling as an empty-nester's hobby. They had inherited an evaporation pan—a wide, flat metal pan that maximizes surface area when cooking down sap—and decided it was worth buying the other equipment they needed. Not only did they get hooked, tapping as many as 60 trees a year, but Duryea, an artist and public art consultant, now drives home from Portland to help.

Running sap means the end of winter is in sight, and in March, when most sugaring happens, that's more than welcome. But Duryea also likes the way it shifts her focus. "During sugaring season, I'm paying a lot of attention to nature," she says. "The daylight, the warmth, the temperature at night. I'm monitoring things I don't really pay attention to the rest of the year. There's something very grounding about it."

When it's time to tap, Duryea and her father put on snowshoes and head into the woods with buckets, taps, lids and a drill. "Tapping is the fun part," she says. Collecting is a lot more work. They strap 5-gallon buckets to their backs or pull a sled to carry the sap back to the sugar shack. When they have enough to boil, it's a full day's work and no one rests until the final boil is over. "You never want to lose the boil," Duryea says. "So you're constantly splitting wood into small pieces, feeding the fire, adding sap to the pan. It can be a 12-hour day."

Despite the hard labor, the production of this 100 percent pure pancake staple is enjoying a resurgence of popularity with Mainers. Roberta Morrill, who makes maple syrup with her husband at their Nash Valley Farm in Windham and is the secretary of the Southern Maine Maple Sugarmakers Association says there has been a steady uptick in the interest in backyard sugaring in recent years. "I see it as a combination of the locavore movement, a desire to be self-sufficient and sustainable, and the insights around the health benefits of maple," Morrill says. Maple has a high concentration of minerals and antioxidants, and fewer calories than honey. Many consider it healthier alternative to processed cane sugar. Maine's indigenous peoples used syrup and sugar made from maple sap as an all-purpose seasoning—much like we use salt today—as well as currency for trading. And as homegrown foodstuffs go, it's relatively easy to make.

On a winter's day in Falmouth, a classroom at the University of Maine Cooperative Extension in Falmouth was packed with men and women of all ages and a few kids, who had come to get a free lesson in making maple syrup. Backyard Sugaring: Maple Syrup 101 has been given once or twice a winter for the past six years and is a collaboration between the university and the sugarmakers association. Morrill and her husband, Richard, the association president, were there, offering instruction and encouragement.

Jason Lilley, a sustainable agriculture expert with the University of Maine Cooperative Extension Service, started the class with

images of maple leaves. "You're looking for the Canadian flag," Lilley said, referencing the unique leaf shape of the sugar maple, which has the highest sugar content in its sap. Red, silver and Norway maples can also be tapped, but their lower sugar content means more sap is required to reach syrup-level sweetness. It takes at least 40 gallons of sugar maple sap to produce one gallon of syrup; the other varieties can require upwards of 60 gallons.

Over the next two hours, the professional syrup-makers explained the craft. Some parts of the process are imprecise, including the timing of maple season itself. It all depends on the weather. It has to be below freezing at night and above freezing during the day in order for sap to run. This generally happens around mid-February, but very cold winters and unusually warm days can interfere. There are times when sap runs briefly in February, then might not run again for a month. (Maine Maple Sunday is always held the fourth Sunday of the month and sometimes, it can be a scramble to get fresh syrup made for it.)

Thus flexibility is key, along with a willingness to be outside. The bulk of the boiling can be done on an outdoor wood fire, with two simple rules, keep the sap boiling and add new sap as it reduces. The last step, called finishing, needs to be more controlled. "Almost syrup" is moved onto a propane heat source and carefully watched. Diamond Duryea and her parents use a cauldron and a propane camp stove when they hit the "almost syrup" stage. Sap becomes syrup when the boiling temperature reaches 7.5 degrees above the boiling point of water, about 219 degrees. The syrup is then filtered twice to remove niter, or "sugar sand," natural minerals in the sap that concentrate as water boils off. It's not dangerous to eat, but it makes the syrup cloudy.

For Nicholas Record and his wife Christine, who make syrup at their home in Boothbay with their children, ages 5 and 8, filtering isn't worth the bother; the niter just gets tossed when they get to the end of the jug. That's because they have deliberately kept their backyard sugaring process very simple. Record and the kids tap two trees in their yard with three taps they bought for \$3 each at the hardware store. "I also had to buy the right size bit to drill the holes, but that was it for investment," he says. They collect the sap in gallon water jugs and store it packed in snow. On a day they're going to be running the wood stove morning until night anyway, the sap "goes into a few pans and just boils away." Record doesn't even bother to test the temperature. When it looks like syrup, or when he's ready to go to bed, he calls it done. "To the refined palate, I'm sure it isn't the very best," he says. "But it's sugary, it's mapley, and it tastes good on pancakes. And the kids love that it's theirs." That's why the Records do it. "Like the garden in the summer, it's a way to show them where food comes from, other than the grocery store," he says.

The Duryeas produce about six gallons a year, which they consume themselves, give as gifts and use to barter for other

local goods. Duryea would love to make syrup in Portland, but, she says, “You really need a community of people to do it. It’s much more enjoyable that way.”

That’s exactly how Tap of the Town in Bethel came to be. Friends Gabe Perkins, executive director of Mahoosuc Pathways, and Tracey Wilkerson, a teacher and manager of the Farm and Forest Program at Gould Academy, teamed up to start a community sugaring project. Perkins had seen a similar program when he visited The Wild Center in Tupper Lake, New York, and Wilkerson’s students in the Farm and Forest Program had been tapping the trees on campus for years. They had both been informally pitching the idea of community tapping to friends. Wilkerson says the general idea was, “How cool would it be if we tapped the trees in town and boiled down the sap in a common location, that could be enjoyed by anyone who felt like stopping by.”

Perkins, who had discovered some old sugaring equipment in the basement of his family farmhouse, had been making syrup on a small scale for a few years. “My wife, Jessie, saw an ad for an estate auction at an old sugar farm in Andover, Maine. She said, ‘We have to go to

this.’” They went, and for \$50 they got three evaporating pans, 75 spiles, 50 buckets with lids, and a skimmer. “Once we had that stuff, there was no turning back,” Perkins says.

The Tap of the Town started in 2014. Perkins and Wilkerson went door to door in town, stopping when they spotted a maple tree and asking homeowners if they wanted to participate. The response was overwhelmingly positive. When it was time to start collecting sap, Wilkerson was able to use a horse and sleigh from Gould to travel around town picking up the buckets. They boiled the sap down on the lawn in front of the Bethel Historical Society. “Syrup was part of the original trade and commerce of the Bethel, so the society loved it,” Perkins says.

Plenty of other people loved it too; there was immediate and constant interest, especially on boiling days. Local businesses donated jars for bottling, friends volunteered their time, neighbors stopped by to check things out. Teachers from the nearby elementary school brought students over to learn about (and taste) maple syrup, and older kids hung around the sweet, steamy fire for hours on weekend evenings. After the syrup is finished

Ideally, cook the sap outside to maximize your time in that early spring sunshine. *Photo courtesy of the Duryea family*



THE RULES OF SUGARING FROM THE PROS

- ▶ Tap trees greater than 38 inches in circumference (any trees smaller might experience growth disruptions as a result)
- ▶ Don't put more than three taps on one tree
- ▶ Move at least 3 inches over and 6 inches up from last year's tap hole
- ▶ Rinse your equipment with hot water, never soap (the taste will leach)
- ▶ Flag your maples in the fall, while they still have their identifying leaves
- ▶ Use food-grade plastic or aluminum to collect sap (other metals can contain lead), or invest in professional stainless steel
- ▶ Don't let collected sap get warm (it will spoil, treat it like milk)

Courtesy of the Southern Maine Maple Sugarmakers Association

and filtered, it’s divided among participants. Last year 10 gallons was produced. “Tap of the Town has brought out some of the best in our small town,” Wilkerson says. “The project engages people of all ages, and it appeals to local folks and visitors. Nobody makes money, and everyone involved gives time. It’s a pretty cool thing that connects us to our past.” And also to the present, when the woods are waking up and the sun’s warmth is finally reaching through the trees. Perkins says, “It’s an easy way to be outside when it’s just warm enough to get that first Maine tan.”

Sarah Holman is a writer living in Portland. She is enthusiastic about cheese plates, thrift shop treasures and old houses in need of saving. Find her online at storiesandsidebars.com.

“
I’m monitoring things
I don’t really pay
attention to the rest
of the year. There’s
something very
grounding about it.”



RESOURCES

Maine Maple Producers Association:
mainemapleproducers.com

Southern Maine Maple Sugarmakers
Association: smmsa.org

Backyard Sugarin’: A Complete
How-To Guide, by Rink Mann

North American Maple Syrup
Producers Manual from Ohio State
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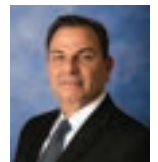
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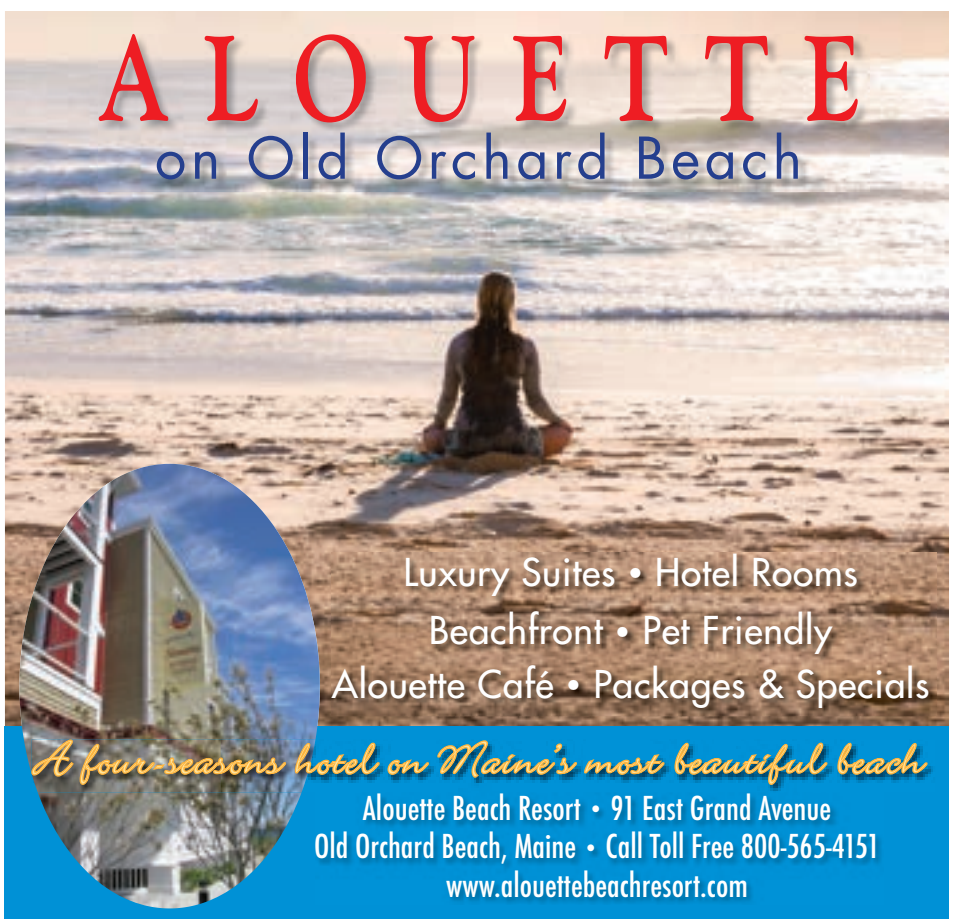
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Girl Scouts diving in at Camp
Pondicherry in Bridgton, 1961. *Photo*
courtesy of Girl Scouts of America

TIME OF WONDER

The life-changing, course-altering, happy-making days of summer camp in Maine

WRITTEN BY AMY PARADYSZ

When it came time to shoot the video for her song *Dog Years*, singer-songwriter Maggie Rogers returned to the place she loves most in the world, Wohelo Camps in Raymond. She got famous fast in 2017, after a video of Pharrell Williams swooning over her music the year before went viral and landed her a recording deal. But instead of going for some glitzy setting, Rogers headed up to the shores of Maine's Sebago Lake. Wohelo was the place where a cabin mate taught her how to play guitar the summer she was 13 and where one extremely rainy summer, she started writing songs.

"I am who I am because I am a Wohelo girl," Rogers said. "Camp was the place where I always felt the most like me. I felt empowered and strong and confident."

If you watch the video (more than 4.5 million people already have) you'll see Rogers, wearing her "favorite red sweater," singing her heart out at Wohelo, where she spent a total of 12 seasons, eight as camper and four as counselor. "I made the best friends of my life," Rogers said. "Friends who I hug in every corner of the world as I'm touring."

Opportunities for empowerment while running around lakes or mountains in Maine are extensive and varied. Today the word "camp" is used for everything from local park and recreation programs that double as child care to intensive summer programs for learning skills as varied as musical performance and robotics. But, here in Maine, the classic summer camp experience born at the turn of the twentieth century lives on. Maine even boasts the nation's continuously run camp for girls in America, Wyonegonic, established on Moose Pond in Denmark in 1902, and there are a host of camps that have celebrated their 100th anniversary in recent years.

"There's a camp for everybody," said Catriona Sangster, president of Maine Summer Camps and director of Camp Wawenock, a girls camp on Sebago Lake in Raymond. "Camps offer a unique space to disconnect from the expectations of the outside world."

Gov. Janet Mills and her sister Dr. Dora Anne Mills attended several summer camps, including Cedar Cove, which was a Girl Scouts camp on Lake Cobbosseecontee. "Summer camps not only helped all of us to explore the outdoors of Maine but also helped us to learn independence, build our self-esteem and confidence, as well as improve our abilities to work as a team and get along with others," said Dr. Mills, vice president for clinical affairs at the University of New England.

Meredith Strang Burgess, president and CEO of an advertising and marketing firm in Falmouth, fondly remembers her summers at Alford Lake Camp in the 1960s. Her father was the camp dentist, but her days were filled with swimming, sailing, canoeing, archery, tying knots, identifying trees and riding a horse named Skyboy.

"We always had some international kids, and it was hugely eye-opening for me to meet those girls from all over," Strang Burgess said. The uniform was an equalizer. "Everybody looked the same, whether you

had money or not. And your hair never smells better than when you wash it in the lake."

Lake Alford Camp is a tradition for families, as well, with some now sending a fourth and fifth generation of girls. "Camp is so much more than playing in the sun and learning how to sail," said Sue McMullan, only the fourth director in the camp's 113-year history. "It's about relationships and character development. It's one of the best forms of education that a child—or anyone—can have."

Campers learn to live with others (and without hovering parents), a practical skill that Camp Arcadia alum Belle Bocal says put her in good stead when she went away to college. Over six summers, from 1998 to 2003, Bocal learned to play tennis, knit and play ukulele. She took synchronized swimming lessons, was in *Macbeth* and rowed across Sebago Lake.

"For a kid from Portland, going to Casco wasn't that far," Bocal says. "But I was a scholarship kid, and it was an experience I just wouldn't have had."

Jessica Graham, a high school social studies teacher who lives in Waterville, went to sleepover camp as a Girl Scout at Camp Pondicherry in Bridgton as a child and has returned a few times as leader of Troop 151. "I get kind of emotional sometimes seeing them going through all that Maine summer camp joy, that idyllic Maine childhood," Graham said. "As someone who loves history, it was incredible to learn songs from 50 or 60 years ago and bring those back to my troop and sing them around the campfire. Generations ago, girls were in those same Maine woods, looking at the stars and roasting marshmallows."

And now a new generation in her own family. Graham sent her own daughter, Penny, to the same camp. "We were a little nervous because she was only 6," Graham said, laughing about how a week didn't seem long enough for Penny.

That tradition of going back to the Maine camp you love runs strong. Strang Burgess returned to Alford Lake Camp to be a counselor in the summer of 1976. Belle Bocal went back to Camp Arcadia in 2005 and 2006, sharing what she'd learned with a new generation and revisiting territory that looked comfortingly familiar. "You drive under this gate and the first thing you see is girls running around in blue T-shirts and shorts with lots of friendship bracelets around their ankles," Bocal says.

As for Rogers, being suddenly famous, touring the world, appearing as the musical guest on *Saturday Night Live*, none of that can keep her away from Wohelo. "Every summer I go back to teach a songwriting workshop," Rogers said. "And while it is my way of giving back to the girls and that place, it's also just as much for me—to connect to that core part of myself that laughs with my full face and creates with my whole heart."

Amy Paradysz is a writer, editor and photographer who lives in Scarborough.

SUMMER CAMPS

If you check the license plate, Maine is Vacationland. But it's also SummerCampland. There are so many camps in Maine that we couldn't possibly list them all (Maine Summer Camps has listings of more than 125 camps at mainecamps.org but there are plenty more that don't participate in that organization). Welcome to our list, curated for categories your potential camper might fit into. We skewed it more toward the girl side of things, but you'll find a few boy's camps in these pages. Our list ranges from the posh to the more financially accessible, with an emphasis on specific passions (music, math, even pole vaulting). The commonality is Maine, and that's key. When Town & Country Magazine put together their list of the 19 best summer camps in the U.S. in 2017, it included seven Maine camps. "Top camps," the magazine said, are "frequently located in Maine." Yeah, we know.





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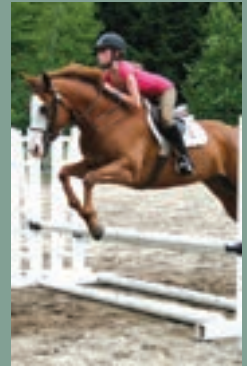


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1:3 RATIO

With a beach on Lower Togue Pond and majestic views of Mount Katahdin, the Girl Scouts of Maine have a one-of-a-kind location here for swimming, paddling, sailing, rock climbing and learning outdoor living skills.
Photo courtesy of Girl Scouts of Maine

FOR THE CAMP TRADITIONALIST

ALFORD LAKE CAMP

On Alford Lake in Hope
alfordlakecamp.com

Since 1907 Alford Lake campers have slept in white canvas tents and awakened to reveille. Mail is no longer delivered by horse, and bathing suits are made of Lycra rather than wool. But days are still filled with swimming, hiking, horseback riding, archery, canoeing and sailing—and lots of singing. For returning campers in high school, Alford Lake Camp also offers Global Challenge Trips: five weeks in the Alps, seven weeks on the Appalachian Trail or seven weeks in Nova Scotia.

CAMP RUNOIA

On Great Pond in Belgrade Lakes
runoia.com

This camp in Belgrade Lakes has also been around since 1907. Campers come for a whole season (June 25–Aug. 9) or half season. Activities include paddling, crafts, sports, drama, sailing, riflery, ropes course, wilderness trips, English horseback riding, water skiing, challenge tower, zip line and Junior Maine Guide training.

WOHELO CAMPS

On Sebago Lake in Raymond
wohelo.com

Wohelo girls come from all over the world and from 24 states (so far) for either 3 1/2 weeks or 7 weeks of lakeside exploration—sailing, canoeing, waterskiing, wakeboarding, windsurfing, playing tennis, silversmithing, weaving and making pottery, staging drama and swimming for miles. Founded in 1907 on a mile of Sebago Lake shoreline, there are two independent camps, Little Wohelo (ages 6–12) and Sebago Wohelo (ages 12–16), which meet up for Sundays and special occasions.

WYONEGONIC CAMPS

On Moose Pond in Denmark
wyonegonic.com

The 200 girls who spend half or all of the summer at Maine's oldest continuously running camp call it simply "Wyo." The camp is among cathedral pines on the shores of Moose Pond in the foothills of the White Mountains. Campers enjoy waterfront and wilderness activities, horseback riding, challenge courses, creative arts, tennis archery, riflery and all-camp evening programs. A family camp,



Surf Campers at Scarborough Beach. Photo courtesy of Surf Camp Maine

offered in late August, is an option for families considering Wyonegonic for their daughters for the following summer.

CAMP SOMERSET

On East Pond in Smithfield
somesetforgirls.com

Camp Somerset for Girls sat idle for 30 years and reopened in 2018 with a campus rebuilt from the ground up. On this technicality, Somerset is the newest camp in Maine. Girls can go for the "Full Somer" (seven weeks) or for a "Half Somer" (3 1/2 weeks) or, for first-timers, a "Short Somer" (two weeks). Girls stay busy with four subtypes of activities: adventure, waterfront, land sports/athletics and arts and movement. There's a mother-daughter weekend Aug. 9–11 for current and prospective families.

FOR THE OUTDOOR ADVENTURER

CAMP CHEWONKI

chewonki.org

With camps for boys and for girls and wilderness trips for teens, Chewonki programs are designed to foster a love for the outdoors. Campers plunge into the rivers, lakes, mountains, woods and coastline of Maine and eastern Canada. Both the boys camp, based out of Wiscasset, and the girls camps, which are based in multiple locations, focus on progressive outdoor skill building. For older

co-ed campers (ages 14–17), Chewonki offers 3- to 5-week wilderness adventures, some of which require a passport for travel into Canada.

RIPPLEEFFECT

rippleeffectmaine.org

Rippleeffect, based on Cow Island in Casco Bay, is known for its youth development and leadership adventure programs. But the Summer Tripleeffect Multi-Sport Trek for high school students looks to be epic. The teens will leave July 30 for backpacking and rock climbing in the White Mountains before heading to the ocean for a multi-day sea kayaking expedition.

UNIVERSITY OF MAINE 4-H CAMP & LEARNING CENTER AT BRYANT POND

On Lake Christopher in the mountains of western Maine
umaine.edu/bryantpond

Core camp programs are divided into several program paths: primitive skills, woodcraft, naturalist, teen leadership and Maine woods adventure. The camp offers ropes courses, an indoor climbing wall, hiking trails, archery, a rifle range, a stocked trout pond and plenty of fields and forests to explore. Two camps are offered in partnership with the Maine Department of Inland Fisheries and Wildlife and Maine Warden Service: Warden Camp for kids interested in what wardens do, and Camp North Woods, an outdoors skills camp that is so popular there's a lottery for it. (Lottery closes March 29.)

FOR THE ATHLETE

SALT PUMP ACADIA TEEN CLIMBING CAMP

saltpumpclimbingcamp.com

Your teen rock climber can head to Acadia for camping, classic hikes, a lobster dinner and lots of rock climbing in this teen trip appropriate for all levels, ages 13–17. Climbing highlights include Otter Cliffs, hanging over the ocean while the waves crash below. There's a five-day trip July 8–12 and a four-day trip July 23–26. Salt Pump Climbing Co., based in Scarborough, offers several other outdoor overnight trips as well as indoor climbing day camps for younger kids.



Slovenski Camps have programs tailored to track athletes. Photo courtesy of Slovenski Camps

SLOVENSKI CAMPS

On Panther Pond in Raymond
slovenskicamps.com

Slovenski Camps offer everything from an cappella camp to SAT prep and girls session (Athena). There are windsurfing sessions and, for serious track athletes, several camps focusing on specific skills, including pole vaulting coached by longtime track coach Dave Slovenski, who held the Ivy League indoor record when he competed for Princeton.

SURF CAMP MAINE

Scarborough Beach State Park
surfcampme.com

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FMI 207.518.9557 OR MAINECAMPS.ORG

The views of Maine Summer Camps and participating camps are not necessarily those of this school system.



Day camps get kids out on Maine lakes. Photo courtesy of Hannah Frey/Center Day Camp

FOR THE BUDGET-MINDED

CENTER DAY CAMP

On Sebago Lake in Windham
centerdaycamp.org

Imagine all the magic of a classic lakeside summer camp—but with buses instead of bunks. The Jewish Community Alliance of Southern Maine runs Center Day Camp on 25 acres in lower Sebago basin, with programs for campers of all backgrounds ages 5–15. With bus transportation from 10 Southern Maine communities, optional after-care and reasonable weekly rates, this is a camp experience affordable enough to be used as child care and fun enough to keep campers coming back year after year. Days are filled with waterfront activities, athletics, theater and the arts, mountain biking, tennis, dance, ecology and exposure to Jewish culture.



Platform tents are a Camp Natarswi tradition. Photo courtesy of Girl Scouts of Maine

CAMP NATARSWI

Baxter State Park, Millinocket
girlscoutsofmaine.org

Not a Girl Scout? That's no reason to miss out on this rustic one-week overnight camp for girls going into third grade through high school. Just add \$40 to join Girl Scouts to the reasonable camp fees and you're good to go.

CAMP PONDICHERRY

On Adams Pond in Bridgton
girlscoutsofmaine.org

Again, don't let lack of Girl Scout troop membership put you off from this woodsy camp in the foothills of the White Mountains. Pondicherry—or "Pondi" for short—offers day camps, one-week camps, and troop and family camps and horseback riding specialty programs.

YMCA CAMP OF MAINE

Winthrop
maineycamp.org

The YMCA Camp of Maine on Cobbosseecontee Lake in Winthrop is intentional about maintaining some of the lowest camp fees in the state. This overnight camp for boys and girls ages 8–15 offers more than 50 activities—a mix of classic camp pastimes and the programs offered at YMCAs.



Science lessons just flow at Camp Susan Curtis.
Courtesy photo

CAMP SUSAN CURTIS

susancurtis.org

Not everyone can afford to send their kids to sleepaway camp—and that's where Camp Susan Curtis comes in. More than 300 referral partners across the state—mostly schools—nominate kids for this completely free camp on 100 acres of conservation land in western Maine for kids ages 8–18 who qualify for free or reduced price lunch according to USDA guidelines. Campers spend two weeks in comfortable log cabins with electricity, full bathrooms and wide outdoor porches surrounding Trout Lake, one of the cleanest lakes in Maine. They enjoy hiking, sports, science and nature, arts and theater, and it's all free, thanks to the Camp Susan Curtis Foundation. "We're like a lot of Maine summer camps but more intentional with some of skill development," said Director Terri Mulks. "Summer learning loss tends to hit economically disadvantaged children a lot harder. Having the kids with us for two weeks, we do literacy activities, read to the kids every

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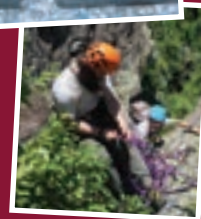
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night before they go to sleep, and have a cabin library so they can follow along if they want to.” One way to support Camp Susan Curtis is to attend its Leadership Celebration March 22 at Portland Sable Oaks Marriott in South Portland. Tickets are \$150 per person.

DOWN ON THE FARM

WOLFE’S NECK FARM CAMP

Wolfe’s Neck Center for Agriculture & the Environment, Freeport
wolfesneck.org/learn/farm-camp

Farm Campers get their hands dirty taking care of livestock, tending gardens and making new friends—both human and animal—while exploring 626 acres of farmland, forest and coast and learning about sustainable agriculture and the environment. These are day camps, but farm camp families who stay at Wolfe’s Neck Oceanfront Campground get discounts on site fees.

BROADTURN FARM CAMP

Broadturn Farm, Scarborough
broadturnfarm.com

At this organic farm, children feed and water animals, collect eggs, practice using farm tools, try floral design and other art projects. They learn about homesteading and farm-to-table cooking. There are half-day camps for ages 4–5 and full-day camps for ages 6–10 and 11–14, each camp running one week and some already filled to capacity.

FOR THE BUDDING SCIENTIST

ACADIA INSTITUTE OF OCEANOGRAPHY

Seal Harbor, on Mount Desert Island, near Acadia National Park
acadiainstitute.com/marine-science-camps

For the aspiring marine scientist, Acadia Institute of Oceanography offers hands-on curriculum for ages 10–19, combining biological, physical and chemical oceanography with field, classroom, offshore and lab work. One group might collect specimens for cold water tanks in the wet lab while another sights offshore seabirds and cetaceans in binoculars and another finishes a profile of the beach. Just another day at Acadia Institute of Oceanography.



Camp Chewonki for Girls
485 Chewonki Neck Rd.
Wiscasset, Maine
<https://girls.chewonki.org>





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Science never looked more exciting than at SailMaine STEM Adventure. Courtesy of Kevin Fahrman/Foreside Photography

SAILMAINE STEM ADVENTURE

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sailmaine.org

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MAINE AUDUBON

maineaudubon.coursetorm.com

Day camps for multiple age groups, from “Sprouts” (3–5) up to fifth graders, all at the conservation nonprofit’s Gilsland Farm location in Falmouth. They’ll learn about animal adaptation, birds, insects and pollinators. Weeklong sessions starting June 17 for the littlest campers.

MAINE SCHOOL OF SCIENCE & MATHEMATICS SUMMER CAMP

Maine School of Science and Mathematics in Limestone
mss.org/summer-programs

This week-long camp for kids ages 10–14 offers hands-on science, technology, engineering and math courses and staying in dorms as well as traditional camp activities such as sports, crafts, laser tag, rock climbing and evening programs.

FOR THE FOCUSED MUSICIAN

NEW ENGLAND MUSIC CAMP

On Messalonskee Lake in Sidney in the Belgrade Lakes region

snowpond.org/nemc

Here’s a place where campers spontaneously break into six-part harmony. Mornings are for challenging musical education, afternoons for classic camp recreation and evenings for social activities and recitals. Programs include orchestra, band, choral, jazz, musical theater, chamber music, piano and classical guitar. The camp enrolls about 180 musicians, ages 11–18, half boys and half girls.

MAINE ACADEMY OF MODERN MUSIC (MAMM) ROCK CAMPS

Statewide

maineacademyofmodernmusic.org/camps

MAMM Summer Rock Camps give kids the chance to play in a band, perform covers, write original music and meet with music professionals. There are day camps in Portland, Augusta and Bangor and an overnight camp at the University of Maine at Machias with time for evening jam sessions. Specialty camps in Portland include a songwriting and recording camp, a covers camp, a strings camp and a camp for girl rockers.

FOR WORDSMITHS

THE TELLING ROOM

225 Commercial St., Portland
tellingroom.org/programs/summer-camps

“Camp” at The Telling Room is a time for young writers to use Portland’s Old Port and the surrounding islands as their muse. Themed day camps run three to five days, with forays into topics such as Art-Inspired Writing, Sportswriting, Map Making or Food Writing. If your teen wants to spend mornings working on college admissions essays and afternoons sailing Casco Bay, there’s a camp for that. And if you have an LGBTQ+ teen interested in Marvel-style comic writing, there’s a camp for that too. Or, if getting out of the city gets the words flowing, there’s a hiking and writing retreat at a hike-in hut near the Bigelow Range and Sugarloaf Mountain.

RESOURCES

To talk with camp directors in person, check out Maine Summer Camps’ camp fair at the East End Community School in Portland on March 24, 1–3:30 p.m. In past years, 70 camps and about 650 people have attended.

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ROCK ON

At Rockstar Camp, everyone sings. And shines.

WRITTEN BY AMY PARADYSZ | PHOTOGRAPHED BY LAURYN HOTTINGER





Megan Jo Wilson, a certified life coach, takes a bow with some of her Rockstar Camp students. From left, Serena Washington, Evy Fellas, Valerie Spain, Wilson, Katie Baptist, MJ Impastato, Julie Panneton and Clare David.

Can confidence be taught? That was the question underlying Megan Jo Wilson's grand experiment: Rockstar Camp.

At 42, Wilson has been rocking out in Portland area stages for half her life. Meanwhile, over her 15 years as a certified life coach, she saw time and time again that people who are willing to be seen and heard confidently and without apology are more successful in their businesses.


"I've always recognized this link between leadership and performance," says Wilson, who is the lead female vocalist for the local 19-piece band The Fogcutters. "If you think about the archetype of a rock star—she's willing to take up space, she's confident and she's willing to ask for what she wants. Imagine if those qualities were normal and authentic and you had access them to on an average day. You'd show up to meetings differently and show up to dates differently. So, I set out to provide a visceral, embodied experience of what it's like to lead from the front—from the spotlight."

Over the past year, Wilson has guided a couple dozen women through two months of life coaching via remote conferencing leading up three days of Rockstar Camp in Cape Elizabeth, which includes a live performance where women get take the stage in a way they likely never have before.

Each Rockstar Camp includes a day of coaching, a day of rehearsing and the live performance in front of an audience at Portland House of Music and Events. Camp closes with a day of reflection on how to put the Rockstar experience to use in everyday life—and no longer "play small" in business, in relationships and everywhere else.

"The concert isn't so much for the audience as it is for the women to see what happens when they don't hide and they're celebrated for it," Wilson says. "We think if we stop hiding that we're going to offend people—or die. But these women do it, and not only do they not die, they enjoy it, they learn and they inspire other people."

Participants have included lawyers, teachers, CEOs and other coaches, from as far afield as England and Australia. They're not professional singers, and, in fact, most of the women have never sung in front of anyone. But they can hold the attention of an audi-

A woman with curly hair is performing on stage. She is wearing a black sequined dress with floral embroidery and a long, multi-colored fringe skirt. She is holding a microphone to her mouth and pointing her right hand upwards. The background is dark with blue stage lights. A drum set is visible in the lower right corner.

“IF YOU THINK ABOUT THE ARCHETYPE OF A ROCK STAR—SHE’S WILLING TO TAKE UP SPACE, SHE’S CONFIDENT AND SHE’S WILLING TO ASK FOR WHAT SHE WANTS.”

Evvy Fellas, an executive coach who lives in London, performing at the end of a recent Rockstar Camp.



Rockstar Camp is a “visceral, embodied experience of what it’s like to lead from the front—from the spotlight,” says Megan Jo Wilson, pictured here with some of her 2018 students. Participants have included lawyers, teachers, CEOs and other coaches, from as far afield as England and Australia. They’re not professional singers, and, in fact, most of the women have never sung in front of anyone.

ence—whether they’re on stage, in front of a classroom or presenting an argument in court.

“You know that feeling that you’re about to do something that’s so scary, and then you do it and it’s the most exhilarating thing ever?” Wilson asks. “We get dressed up and we do our hair and makeup and sing with a band. But what they get out of it is transformation, because the skills I teach leading up to the concert are also life skills and leadership skills. That is what Rockstar Camp is about: unlearning the cultural conditioning that women ought to put others first; to question our own perspectives, beliefs and ideas; to stay small and agreeable; and to quiet our voices so that people in power can explain things.”

Susan Beischel, a 56-year-old lingerie brand owner from New York, hadn’t sung in 40 years.

“But there was a deep desire to just let myself go, throw myself in, sing like no one was watching,” she says. “I needed something to shake and stir what was stagnant, what was forgotten, to create space for newness to come into my life. And it just felt so freeing! Stress

disappears in self-acceptance.”

The Rockstar Camp experience helped Beischel overcome fear of humiliation. In everyday life, that means speaking up and standing up for herself in business situations as well as feeling empowered to tackle goals, including her hope to write a book.

Almost 40, Serena Washington, the CEO of a defense contracting firm in Maryland, had always wanted to perform—but didn’t think her voice was good enough.

“I have raised my confidence and can finally hear my own voice and know that is sweet, majestic and has a healing nature,” says Washington, who has started work on a worship album and landed a producer and a talent agent.

“I have a very specific Rockstar methodology for how to stand up and own your brilliance when you’re not feeling brilliant,” Wilson says. “When a woman thinks she can’t sing, I show her that she can. A fabulous performance doesn’t rely on technical precision. If that were true, no one would listen to Bob Dylan or Madonna.

It’s a matter of passion, confidence, trusting yourself and have a good goddamn time.”

Amy Paradysz is a freelance writer from Scarborough who rocks out in her car.

CATCH THE NEXT ROCKSTAR CAMP PERFORMANCE at Portland House of Music and Events on May 7, 8–11 p.m.

FOR MORE INFORMATION, CHECK OUT WILSON’S SELF-PUBLISHED BOOK “WHO THE F*CK AM I TO BE A ROCKSTAR?! HOW TO STOP HIDING AND START ROCKING YOUR COACHING BUSINESS LIKE A BOSS,” LISTEN TO HER R&B EP “TIN” ON SPOTIFY OR GO TO MEGANJOWILSON.COM.



Actress Moira Driscoll,
backstage at Portland Stage.

MAINE'S LEADING LADY

How Moira Driscoll left New York but held onto her acting career

WRITTEN BY MARY POLS | PHOTOGRAPHED BY HEIDI KIRN

On a chilly Saturday in February, Moira Julia Eleanor Driscoll worked her third straight day of doubles in downtown Portland. She left her first job, where she had spent a full day trying to coax along a new project very specifically tailored to her talents, then swung by her house and ate a half a tuna sandwich. After that, she headed to Congress Street, hunting hard for parking near the next job, where she would be required to jump into an atmosphere so full of mayhem and masculinity that only someone like Sam Shepard could have dreamed it up. Yet she was not complaining.

"It's fantastic," Driscoll said. For an actress who left a thriving New York City career to raise a family in Maine 15 years ago, this double shift of wall-to-wall acting was about as good as it gets. She's traditionally commuted for roles, nipping down to Massachusetts for parts in the Oscar-winning *Spotlight* and HBO's adaptation of *Olive Kitteridge* or taking a combination of Concord Coach and the Fung Wah buses to get to New York for voiceover work or *Law & Order* auditions. But this winter Driscoll hit a sweet spot in the Maine acting world; being busy in her hometown.

She spent most of February at Portland Stage, learning the part of Helen, a community college secretary with a huge heart and a propensity for tinkering with her colleagues' lives, in the new Monica Wood play, *The Half-Light*, which began a run in late February and plays through March 24. But for the first part of the month, that overlapped with her gig at Space Gallery, performing the role of "Mom" in director Sean Mewshaw's remarkably, sold-out adaptation of Shepard's *True West*.

She could have done more than take five on those double-booked days. The character of "Mom" is only on stage at the end of *True West*, so when Mewshaw cast her ("unquestionably the first person I even wanted to ask") he told her she was welcome to show up late, after the two male leads have established the dangerous dynamic between brothers Lee and Austin. But that's not how Driscoll rolls. "I want to be with everybody," she said. Or as Mewshaw puts it, "making the team feel like a team." At the same time, the script for *The Half-Light* was calling to Driscoll. "It's humming," she said in early February. "I want you to learn me now."

Wood credits Driscoll with the crucial push she needed to try writ-

ing her first play, *Papermaker*, which became Portland Stage's bestselling show of all time in its 2015 run. "*Papermaker* wouldn't have existed without Moira," Wood said. As Wood remembers, the two first met at Longfellow Books, where Driscoll and other local actors were doing a reading of Wood's *Ernie's Ark*, the novel that ultimately inspired *Papermaker*. Driscoll encouraged Wood to try turning it into a play. "She talked me through the process from the actress' point of view, which was essential," Wood said. Wood loved theater but didn't even know how to format a script. Driscoll handed her a bagful of plays to show her how. Driscoll had brought her knowledge (and her library) from New York, and her love of drama was infectious. Wood and Mewshaw have both participated in social readings of plays, just for fun, over dinner and drinks. They started with *The Seagull* at the home of writer Lewis Robinson and his wife Ceci. That's where Mewshaw, whose film credits include *Tumbledown*, first bonded with Driscoll. "We had so much fun playing off each other in the reading," Mewshaw said.

When it came time to write *The Half-Light*, an original work, Wood created a character for Driscoll, who she calls the consummate character actor. "Moira was born to play Helen," Wood said. "I think she is the best actor we have in Maine. There is a reason why she gets work in Boston and New York. She prepares so well." Driscoll has been an invaluable resource on *The Half-Light*. "She questions everything," Wood said, "But it is always in service of the story. It is never about her ego."

The part of Helen goes well beyond the role of sidekick to the romantic leads—although Driscoll was getting laughs even on the cast's first read-through. Helen's adult daughter, the fourth character in the play, is battling addiction, and Helen is battling her desire to help with the need for tough love. The play becomes a quartet because of the weight Wood gives Helen. "I love Monica for that," Driscoll said. "I love that Helen's is not a peripheral story. She's not there just for color for happy hour."

By middle school, Driscoll knew what she was going to do with her life. As a child she was a natural mimic (spend 10 minutes with her and you'll get a taste of how that gift hasn't faded). When she wasn't trying out Glenda Jackson's British accent she was using her grandparents' farmhouse in New Hampshire to stage her own version of *The Little Princess*.



Moira Driscoll sitting during rehearsals for the new play *The Half-Light* at Portland Stage.

“Sarah Crewe in the Attic.” Her first play was *Chicken Little Revisited* (third grade, she was Henny Penny). Her big family, with five siblings stretched out across 11 years, served as fertile ground for observation.

Despite the odds against make a living as an actress, her family didn’t try to dissuade her. Her mother was an art historian. Her father had been the assistant to the director of the Boston Public Library before a massive cerebral hemorrhage left him paralyzed on his left side when Driscoll was 12. An uncle was a music producer. The world of loving art and literature and not making a whole lot of money was something they understood.

“I think she is the best actor we have in Maine. There is a reason why she gets work in Boston and New York. She prepares so well.”

At Amherst College, she performed in a “ton” of productions. It wasn’t applause she sought, but the constant connection with the audience, the way a performance moves back and forth between stage and seats. “The feedback loop of it,” Driscoll calls it. Her search for that magic has never changed.

In the summers she’d wait tables and do local theater in Massachusetts, feeling envious of the students who could spend a summer being unpaid interns at places like the Williamstown Theatre Festival, filling their re-

sumes and making connections. “It’s funny,” she says. “You all meet each other eventually. Once you get to New York, you kind of figure that out.”

She went right to New York after graduation and worked as an editorial assistant jobs at publishing houses and studied her options. It was the 1980s. Landing a starring role was easy in college, but not in New York. “It was daunting.” Eventually she got headshots, quit the publishing job and began waitressing and going to auditions. She met her future husband, David Pence, a Maine native who was working as an editor and like Driscoll, taking acting classes at the William Esper Studio. Then she and a friend from Amherst, John Michael Higgins, started doing sketch comedy together in the West Bank Cafe and in the process, got discovered by a voiceover agent. She and the future star of movies like *Pitch Perfect* and *Best in Show* did voiceovers for Manufacturers Hanover Trust. A whole world of commercials and industrials opened up to her. Hanes. Maidenform. Lysol. Ethan Allen. Sara Lee. American Express. She went back and forth between the corporate gigs and the commercial work, shifting accents and modulation. “Industrials have a lot of authority,” she said, demonstrating by turning her voice into something in the realm of very patient honey.

Not long after her first child, Owen, was born, Moira and her husband started talking about moving to Maine. There were a lot of reasons to leave New York. Even with steady money from the voiceover work coming in, they couldn’t afford to buy a place. But she need persuading. “I was a snob. Like, ‘There is no good cheese. Nobody is funny there.’” Arriving in Portland she was determined to make sure she hadn’t reached the end of the road. “I was extremely motivated to not be a person who

left New York and left acting." They moved on a Friday and by Monday, Driscoll was sitting down with Anita Stewart, the artistic director at Portland Stage. At that point, nearly 15 years ago, Portland Stage was the only place for an Equity actor to do stage work in Maine (being an Equity actor means better pay, but in a small place, fewer opportunities).

So she began a life of commuting, planes, trains and automobiles, figuring out how to get to New York and home, sometimes in one day, while negotiating motherhood (Owen is 22 and her daughter Mabel, 18). Only once did a pending blizzard mean she had to turn down an audition. Sometimes, she has felt as if she missed out. "It wasn't the easiest thing," Driscoll said. "There are times when you read about a play in *The New York Times* and you say, 'That is a part I was definitely going to be up for.'" She's watched colleagues she worked with in those early years, like Kenneth Lonergan, Lewis Black and Higgins become names. But she has a highlight reel of her own. Being strapped to a device that made her fly while Gus Van Zandt directed her in an HBO pilot about witches. Having Frances McDormand invite her to share Fritos on the set of *Olive Kitteridge* while they were shooting a scene together. Navigating puppetry during *Peer Gynt* at Portland Stage.

And being in Maine has given her the kind of grounding she passes on, like to her co-stars in *True West*. Maybe made her less "needy," she



said than had she stayed in New York. "Living in some different place is very energizing to an artist." And in terms of theater, her adopted city has grown around her, fertile with fresh faces like Mewshaw and evolving talents like Wood. "As the years have gone on it has been better and better," Driscoll said. "This is a warm yeasty spot and a lot of stuff is growing in it."

No matter where she's working, the intensity of performing doesn't change. "That first preview," Driscoll said in the days before *The Half-Light* opened. "I'm getting a little short of breath thinking about it." Her heart beats faster. She thinks about that time she was quaking as she was about to go on in Molière's complex play *The Misanthrope* and another actress noticed, "She said, 'Just look at me. I've got you.' It was so beautiful and such a simple thing. Acting is reacting. We're doing it together." So she takes a breath, steps on stage and catches the wave.

Mary Pols is the editor of *Maine Women Magazine*.

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GEARING UP THE SUSTAINABLE WAY

Maine Style goes shopping for used gear to save money (and natural resources)

WRITTEN BY AMY POWER

PHOTOGRAPHED BY AMANDA WHITEGIVER

Back in the early 1990s, Patagonia was the first major company to start turning post-consumer waste (plastic bottles, specifically) into clothing. They were way ahead of the reduce, reuse, recycle curve, and since then the world has come a long way in recognizing the way clothing manufacturers—and shoppers—have contributed to greenhouse gases and clogged landfills worldwide. Many brands are highlighting why sustainability is crucial to their business strategy. Levi's has a line of pre-worn, "remastered" vintage jeans. This winter Target signed on to a Fashion Industry Charter for Climate Action. Locally, L.L.Bean touts its switch to using recycled polyester fleece in its Trail Model Fleece line as having kept almost 40 million plastic bottles out of landfills in the last decade.

But Americans still dump an enormous number of textiles every year, an estimated 82 pounds per person, according to the 2015 documentary about fast fashion, *The True Cost*. And no matter how careful manufacturers aim to be, there is nothing sustainable about creating something new en masse. I, for one, do not intend to become a nudist, so what's a responsible consumer to do? This has been at the forefront of my mind as I start to emerge from winter hibernation and begin planning my spring and summer outdoor adventures. That and cost. Outdoor gear is expensive,

GET THE LOOK

Marmot Polartec Vest (\$39.95; MSRP \$99)

Patagonia Sweater (\$39.95; MSRP \$89)

J Crew Jeans (*Village Style Consignment Shop* \$13)



GET THE LOOK

Kokatat Meridian Dry Suit (\$668.95; MSRP \$1,210)

Extrasport Fury PFD (\$178.95; MSRP \$235)

Outward Hound Dog PFD (\$14.95; MSRP \$39.99)



GET THE LOOK

Keen Durand Mid WP Hiking Boots (\$89.85; MSRP \$180)

L.L.Bean Vista Trekking Shorts (\$23.95; MSRP \$54)

L.L.Bean Beansport Tee (\$12.95; Similar: LL Bean Trail Tee MSRP \$34.95)

L.L.Bean Airlight Pullover (\$38.95; MSRP \$59)

and often a necessity for safety.

Luckily the world of resale is creating an extended lifecycle for previously loved items that might otherwise be taking up space in closets, storage bins or worse, clogging landfills. When I first met Emily Kirkton in January, it was clear this concept is at the heart of her business. Kirkton is a registered Maine Guide, and spent 10 years running outdoor education programs before opening GearME, an outdoor gear consignment shop in Freeport (475 Route 1). She has been a passionate consignment shopper for many years in an effort to save money and reduce her own carbon footprint. "I realized that there's not much in this area that combines outdoor gear with that secondhand model," she says. "So I decided to see if there was a market for this here. Outdoor gear is made to last forever! And so often we don't need to be buying this stuff brand new."

Kirkton carries base layers year round, along with footwear for all activities. In the fall and winter months she has a wide selection of snow pants, ski jackets, snow shoes and cross country skis. In the spring and summer she carries camping equipment, including sleeping bags, tents, backpacks and cookware as well as big ticket items such as bikes, kayaks, canoes and stand-up paddle boards. Where does all this inventory come from? Kirkton says there are locals who have expertise and high quality equipment, who, for one reason or another, want to move it along. "I'm getting brand new dry suits," she says. "High-end climbing packs. Mountain and road biking shoes. We have regulars that come every week or two and take a spin and see what new things we have. Those are the ones who will catch the really good products as they come."

Kirkton lent us some of her gear as we headed north to explore Tops'l Farm in Waldoboro, where owners Sarah and Josh Pike are committed to implementing environmentally sustainable practices. With acres of nature trails, access to the Medomak River for fishing and canoeing, and

snug A-frame cabins, the experience at Tops'l falls somewhere between glamping and camping. You can bring your own food, or you can order up a s'more and hotdog cooler. It was the perfect place to test our borrowed outdoor items, from the dry suit to the hiking shorts.

When gearing up for the great outdoors, the most basic rule to remember is to avoid cotton, which wicks heat away from your body when it is wet. The best outdoor brands use materials, often proprietary, that ensure the body stays comfortable in any condition. Sometimes I'll hike with several layers on so I can shed them when I'm working hard. Kirkton reminded me of how important that is, particularly in spring. When you get to the peak of a mountain, where it is typically windy and cold, everything goes back on. As for shoes, you don't have to wear hiking boots (many people prefer trail shoes) but you do need a good solid sole that you won't feel every rock through. The fit is crucial, so you don't end up with blisters and sore feet.

Overall, I was thrilled with the gear we took for a test drive. As is often the case with consignment shopping, many items were brand new (that dry suit still had its original tags on it) or only gently worn. If you didn't look at the receipt, you'd never know they were purchased second hand. Consignment shops tend to curate their inventory more carefully so you get a selection of pieces with many miles left in them. Being carbon conscious never looked so good.

Amy Power and Amanda Whitegiver are co-founders of East Coast Inspired, a fashion and lifestyle blog. Amy is a mother of two (and the model featured in this column's photos) who spends her days dreaming of the ultimate craft room and intending to go for a run. Amanda is a lifestyle family photographer who adores dark chocolate and singing with her two daughters.



IN A PICKLE

Preserving memories and your favorite foods

WRITTEN & PHOTOGRAPHED BY CANDACE KARU

We were an Army family, moving from post to post, often staying in one place for only a year. But when I was in third grade my father was assigned to a posting in Panama. We were to be there for three years, an unheard of length of time for our itinerant little group.

Those three years were magical. At 9, I had almost unlimited freedom to explore the jungle around our house. Our carport was turned into a makeshift zoo for the animals I would rescue—an undersized iguana, an ill-tempered parrot I named Pablo Picasso Piccolo Pilk who screeched for his supper, and a baby boa constrictor named Bob whose back end was flattened by an unfortunate run-in with a car. Bob slithered like a drunken sailor.

Of all my memories of Panama, the one I cherish most is of our housekeeper. Beryl was short and solid and unfailingly cheerful, with a laugh you could hear around the block. And Beryl could cook. The meals she prepared were simple and fresh with lots of flavor and little waste, a feat made more difficult in Panama's unrelenting heat and humidity. In our house without air conditioning, a slice of bread left overnight on the counter would be covered in a bloom of fluffy green mold by morning. Potato chips turned limp and soggy minutes after the bag was opened.

Pickling was the perfect solution to preserving the flavor and extending the life of Panama's abundant varieties of fruits and vegetables. And Beryl was the pickling queen. Her technique was straightforward and without

frills—vinegar, salt and sugar were her go-to ingredients. Most days my after-school snack was a bowl of pickled mango slices, a taste that still floods me with memories to this day.

It would be hard to find a climate more different from Panama's than Maine's but here I am. And preserving the bounty of our brief growing season makes pickling in Maine every bit as productive as pickling in Panama. Green beans, tomatoes, pumpkin, cucumbers, watermelon rinds, pears, cauliflower, eggplant, peppers, beets—the list is limitless.

Pickled fruits and vegetables can be preserved indefinitely by canning—immersing the jars in boiling water. Or for a quick pickling fix you can make a jar or two at a time, keeping them in the refrigerator for up to three weeks.

These recipes are all quick and easy—no canning required. For larger batches of pickled produce during the height of Maine's summer growing season, canning is definitely the way to go.

Candace Karu is a writer and passionate home cook who lives and works in a tiny apartment on Portland's West End. Her life partners are three ill-behaved, exceedingly small dogs, who make up in attitude what they lack in size. When she's not working, you can find Candace in the kitchen, at the gym or on Maine's roads and trails, running and photographing all the way home. Check her out on Instagram @candacekaru.



BERYL'S PICKLED MANGOES

Pickled mangoes are a delightful way to experience this tropical fruit. The addition of li hing mui powder makes them an exotic snack or appetizer that conjures up warm sea breezes in palm trees. Li hing mui is a Cantonese word for salty dried plum. It has a sweet, sour and salty kick that is said to be an acquired taste, but for me it was love at first taste. You can find li hing mui powder in most Asian markets or online.

INGREDIENTS

- 3 large green mangoes, peeled and sliced
- 1 tablespoon li hing mui powder (optional)
- 1 1/2 cups rice vinegar
- 1 1/2 cups granulated sugar
- 1 cup water
- 2 tablespoons Kosher salt

INSTRUCTIONS

Place mango slices in a clean glass jar with a tight fitting lid. Add li hing mui, if using.

Combine vinegar, sugar and salt in a non-reactive saucepan, stir and bring to a boil.

When sugar and salt are dissolved, remove from heat and cool to room temperature.

Pour over mangoes.

Tightly cover and let stand for several hours then move to refrigerator. They should sit for several days before serving and will keep for up to three weeks (if they last that long).



PERFECTLY PICKLED TOMATOES

These meaty, melt in your mouth tomatoes can be used in so many ways—top a hamburger with these little lovelies and you'll never want ketchup again. Dice them with bits of leftover chicken and toss into fluffy rice for a quick, delicious dinner. Put them on your next grilled cheese or top your next pizza with them. The pickle possibilities are endless.

INGREDIENTS

- 2 pounds Roma or San Marzano tomatoes, peeled (*For easy peeling, cut a shallow X on the bottom of the tomato and blanch for one minute in boiling water. The skin will slip right off.*)
- 1 1/2 cups red wine vinegar
- 1 1/2 cups water
- 2 tablespoons Kosher salt
- 3/4 cup granulated sugar
- 1 tablespoon lemon zest
- 1 tablespoon black peppercorns
- 3 cloves garlic, sliced thin
- 1/2 cup thinly sliced fennel, and 2–3 fennel fronds

INSTRUCTIONS

Combine vinegar, water, salt, sugar and peppercorns in a pot and bring to a boil. Lower heat and simmer for 2–3 minutes, then let cool to lukewarm.

In one or two wide-mouth Mason jars (depending on size) add half the garlic slices, lemon zest and fennel. Add tomatoes to half way up, then another layer of garlic, lemon zest and fennel and tomatoes, leaving about a half inch of space at the top of the jar.

Slowly pour brine to just cover the tomatoes.

Cover tightly with lid and let sit for several hours before storing in the refrigerator. Try to wait three or four days before eating.



CLASSIC PICKLED EGGS

Pickled eggs, a staple of dive bars, convenience stores and grandma's kitchen are enjoying a newfound popularity. There is something magical that happens with a hard cooked egg meets a brine packed with flavor. Pair that egg with a cold beer and, well, you can thank me later for reminding you about this culinary classic.

INGREDIENTS

- 2 cups white vinegar
- 1 teaspoon Kosher salt
- 2 teaspoons black peppercorns
- 3 cloves garlic
- 1 medium yellow onion, sliced thin
- 2 tablespoons pickling spice
- 2 bay leaves
- 1 cup water
- 3–4 sprigs of fresh dill
- 1 dozen hard boiled eggs

INSTRUCTIONS

Combine all ingredients except dill and boiled eggs in a pot.

Bring to a boil and then turn down to a simmer. Cook for 2–3 minutes.

In a large jar with a tight fitting lid, put three eggs in, then layer with a garlic clove, onions and a sprig of dill. Repeat layering eggs and pickling bits to the top, then cover with pickling liquid, making sure to get the pickling spices in and leaving a half-inch of headspace at the top of the jar.

Cover tightly and let sit until eggs reach room temperature. Refrigerate for three or four days before serving.



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SUGAR SEASON? NAILED IT.

WRITTEN & PHOTOGRAPHED BY JESSIE LACEY

As Maine Maple Sunday approaches (always the 4th Sunday in March), your favorite sugar shacks will be offering up batches of that sweet liquid gold. What better way to celebrate a delicious Maine tradition than making a cocktail around it? If you're visiting one of the nearly 100 Maine farms and sugar houses participating on the weekend of March 23-24, be sure to get a bottle of maple syrup for what I have in store for you. Bonus: you'll be supporting the local economy.

A Rusty Nail is made by mixing Drambuie and Scotch whisky and is either served in an Old Fashioned glass on the rocks, neat, or "up" in a stemmed glass. There are people who say it's not a Rusty Nail without Drambuie, which itself is a type of Scotch infused with

MAPLE RUSTY NAIL

3/4 ounce Chadwicks Durkot Maple Craft Liqueur
1 1/2 ounces Scotch Whisky
Orange bitters

Pour all ingredients directly into an old-fashioned glass filled with ice, stir gently. Garnish with an orange twist.

Or make it even more maple: Pour all ingredients into a shaker filled with ice. Add 1/4 ounce of maple syrup to the shaker, close and shake. Strain into an old-fashioned glass filled with ice, and garnish with an orange twist.

honey, herbs and spices. But I consider this classic due for an update.

While looking for a Drambuie substitute I stumbled across Chadwick's Craft Spirits, located in Pittston, Maine. They use a natural process and local ingredients in their maple spirits. The water is drawn from a natural spring on their property, and they tap their own maple trees to make syrup. Then they age their own spirits in their own barrels that they built from their own woods! It's like, could they be more local? Yes, they could. Larry Chadwick built the cabin where the barrels are stored. By hand. What am I doing with my life? Enjoying Larry's hard work, that is what I am doing.

Chadwick's Durkot Maple Craft Liqueur, a 40 proof cordial, makes a great substitute for Drambuie in this Maple Rusty Nail, and if you prefer the sweeter side of cocktails, use some maple syrup.

Jessie Lacey resides at the heart of downtown Portland with her border collie puppy Josie, making cocktails and trouble.

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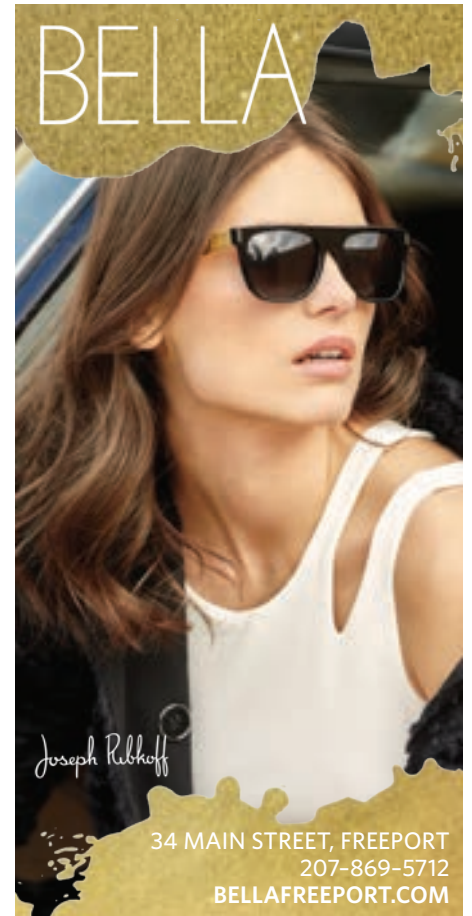


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BRING IN THE GREEN

WRITTEN BY SARAH HOLMAN

During the last official winter month, our thoughts turn wistfully toward open windows, ice-free sidewalks and reestablishing a relationship with the backyard. After so much snow and ice, aren't most Mainers dreaming of green living things?

The good news is, no one has to wait until May (or those disturbing 90 degree days in April) to enjoy the verdancy of warmer weather. Many local nurseries are open throughout the winter, operating on a smaller, indoor scale. They stock plenty of plants that thrive inside, even during the short days of winter.

"A lot of these plants only need three hours of filtered light," says Sally Bolstridge, a sales associate at Skillins Greenhouses in Falmouth. That means the plants don't have to sit directly in sunshine, so they work well in offices, hallways and corners. And unless you keep your home very warm or heat with a woodstove, watering once a week is usually enough.

"Because it's winter and there's less light, the plants require less water. That's just nature, and it's just like people. The more light we're exposed to, the more hydration we require," Bolstridge says. Be sure to let the soil dry out completely between waterings. You can test dampness with your finger or an inexpensive moisture meter. When it's dry, "give it a good soaking," enough so the water runs out the bottom.

Many plants that thrive indoors during winter can move outside in May. Small citrus trees are especially appealing; they produce fruit year-round and add vibrant color to any room. Herbs are another multi-season option. They do require more sun, about a half-day's worth, but the culinary benefits alone are worth dedicating a sunny spot for your rosemary or thyme plants.

With all the windows shut against the cold, plants may help filter toxins and pollutants out of the air. NASA found in a 1989 study that one plant for every 100 square feet of indoor space should remove 87 percent of air toxins in 24 hours. But in the years since, some scientists and horticulturists have questioned whether those findings, intended to address air toxins in the space station and conducted in sealed laboratories, can be applied to homes. There have also been some studies indicating houseplants can lower stress and blood pressure, increase focus and improve moods, although again, no scientific consensus. Still, there are many who swear by the concept of biophilia, the hypothesis that humans are innately attracted to nature and other forms of life.

Cheryl Tyler, an artist, lifelong grower and Maine Master Gardener, is making her career in biophilic design. "You need the green!" she says adamantly. Tyler's Brunswick-based company, TerraFlora, builds indoor vertical gardens. Unlike outdoor versions used to grow



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Cheryl Tyler of TerraFlora builds her living wall art by attaching individual planters to vertical rails (shown, on wall). That way an ailing plant can be swapped into what presents as a wall of green. *Photo courtesy of Cheryl Tyler*

veggies and herbs in tight spaces, these are framed living art pieces. They're visually stunning, and they cash in on all the mental and physical health perks of houseplants.

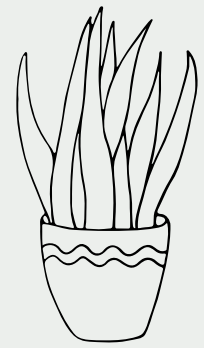
Tyler references hygge, the Danish word that encompasses feelings of coziness, well-being, and simplicity. "Many people are following the 'less is more' principles of Scandinavian design," she says, "and plants are the perfect decorative choice. They add warmth and color without creating visual clutter."

Leaf pattern, texture and hue all play into Tyler's designs. She gets her plants from local nurseries and her own summer gardens, plants them in a felt bag to allow air to reach the roots and then places them in planters that clip onto a vertical rail. (The planters, and the plants, hide the rail and make it all look one tightly planted garden.) An

automated pump circulates water from the reservoir at the bottom of the frame, while lighting above and below directs growth. Examples of TerraFlora's work can be seen at Wyler's in Brunswick, The New Place Market in Bath and on TerraFlora's Facebook page.

Filling our homes with greenery quite possibly cleans our indoor air and improves our general health. It's certain they lift our spirits. The countdown to spring is on, but with so many indoor plant options, there's no reason to wait to reap the benefits.

Sarah Holman is a writer living in Portland. She is enthusiastic about cheese plates, thrift shop treasures and old houses in need of saving. Find her online at storiesandsidebars.com.



PICK ME

To go green inside your home, an expert from Skillins has these plant recommendations:

HAPPY WITH FILTERED LIGHT YEAR-ROUND

- ZZ plant
- Snake plant
- Pothos
- Philodendron
- Peace lily
- Driscina

PREFERS BRIGHT LIGHT AND CAN MOVE OUTSIDE

- Citrus
- Palms
- Bougainvillea
- Bird of Paradise
- Hibiscus

TOUTED FOR AIR-CLEANING ABILITIES

- Spider plant
- Snake plant
- Peace lily
- Boston fern
- Pothos
- Palms

CAMP TIME

WRITTEN BY MAGGIE KNOWLES

“These aren’t as good as the waffles at camp,” my son says as I put the previously frozen fat stack in front of him.

Not one to often share details about his school day or thoughts after losing a soccer game, he does pop out with sweet commentary about summer camp. Sending him to camp is the only guaranteed way to get him overflowing with stories. The month he goes away fills him with enough memories to keep him chirping until the following June.

When I was growing up, sleepaway camp was a luxury only a few kids I knew got to experience. I did get sent to Matoaka up north in Oakland when I was 15 because of an advertising barter my Don Draper-esque dad made with the owner (although I think it was more to give my newly divorced parents time to try their hands at dating).

That was not the ideal time to be dropped into a cabin of wealthy teen girls who had been summering together for eight years already. But the other shy, black sheep soon found me and we spent a lot of time hiding in the rafters of the boathouse talking about how we wished we could be like the girls in *Heathers*. So, when my son started begging to go sleepover camp when he was 8, I was hesitant. That’s a lot of money so he can hide. Yet a few weeks all to myself felt deliciously gluttonous, so I promised to think about it.

Over the years, our family friend Linda Manchester had gushed about how much her son loved going to Camp Nashoba North on Raymond’s Crescent Lake. It was a “real Maine camp,” she said. Not like the country

club camps that are popular with New Yorkers, with air conditioning and celebrity kids getting out of limos at drop-off. Intrigued, I signed up for a tour with director Sarah Seaward.

Nashoba has rustic cabins, archery courses, chores involving raising baby farm animals and an entire Arts and Crafts building—which, TMI, my son calls Farts and Craps because he sneaks in there when he has to go Number Two. There’s fishing, nights around legit bonfires and the kitchen uses local produce for meals.

Somewhere around the pen of bleating baby goats, I decided this camp was about building good people.

I sighed, “I want to come here,” to Seaward so many times, my son was terrified they might actually make an exception to let me in.

If I had more than one child, my guess is I wouldn’t have been all-in on overnight camp, for the doubling of expenses alone. Camp isn’t cheap. But since he is an only, I could justify the cost as a tuition of sorts, so he could learn to co-habitat with other people in very intimate quarters for more than one night. It’s good to have to learn to find private places to poop, right? That’s a major life skill. And kids love choice! Between picking his camp courses, making new friends and eating food I don’t have to make, it seemed like a win-win for both of us.

I was nervous that first year that he would want to come home after his counselors asked him to pick up his wet towels for the tenth time. Then the director called to inform me he was begging to stay the rest of the session. We settled on one additional week. When I picked him up, really ready to see his wet towels strewn about again, my no-crying-ever kid collapsed into sobs as he hugged his bunkmates farewell. Choking back my own tears, I promised he would be back here before he knew it.

In the camp spirit of trying new things, I use his time away to travel solo. Last year it was France and this year I am going to Belgium. If nothing else, I can learn how to make waffles as good as the ones at camp.

Maggie Knowles writes about all things kid. She and her family live in Yarmouth, where she gardens, keeps bees and refuses to get rid of her stilettos.

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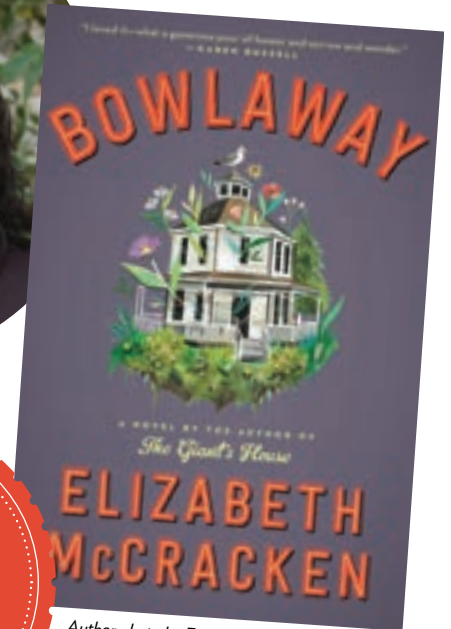
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MEET THE MOTHER OF CANDLEPIN IN *BOWLAWAY*

WRITTEN BY AMY CANFIELD

It's not easy being a woman at the turn of the 20th century, especially as the owner of a bowling alley in a small, patriarchal New England town. But the formidable and eccentric Bertha Truitt in Elizabeth McCracken's *Bowlaway* manages just fine and then some.

In her first novel in 18 years, McCracken (*The Giant's House*) offers up a trademark bittersweet and almost-fanciful story packed with misfit characters and oh-so-perfectly-descriptive turns of phrase.

Bertha, self-proclaimed inventor of candlepin bowling, mysteriously appears in Salford (described as “hard north of Boston,” but fictional) one day and the town and its inhabitants, especially the women, will never be the same. “Bertha Truitt confounded people. She was two things at once. Bodily she was a matron, jowly, bosomy, bottomy, odd. At heart she was a gamin. Her smile was like a baby's, full of joyful elan. You believed you had caused it. You felt felled by a stroke of luck.” But Bertha is no saint—she's a badass before that was a thing, and more praiseworthy because of it.

Bold, brusque and corset-free, she builds a six-lane bowling alley and hires a motley and lovable crew. Truitt's Alleys becomes a magnet, drawing even respectable ladies to its lanes. The women bowl “right out in the open”; unlike at establishments elsewhere, no curtain segregates them from male bowlers “to protect their modesty” and shield them from “ogling” men. They watch and learn from Truitt: “Here is the ball. Heft it in your hand. Nobody's going to stop you. Some man might call out with advice, too much advice, but in the end it's your game to play and your game to win.” Ah, but is that just a lesson in how to bowl?

Bertha marries and has a daughter, and they, her nanny, the bowling women, her employees and a man from her mysterious past come to life in *Bowlaway*. They love, grieve, bowl, plot, reproduce and venture off on their life paths as the decades roll by. And it's Bertha and the ripple effects of her cut-short life who puts many of their fates into play.

McCracken can be funny, but she packs a punch. When a new owner, a man, takes over the bowling alley and wants to ban women from it because “men need a place they can come together without women,” one of Bertha's female protégés reacts, “But wasn't that the whole wide world?” Ha! Yes, you go, girl! But then she goes on, “Indeed, perhaps women did not need a place to come together but to be alone. That's what Truitt's was to her: a thunderous place where she could think in peace.” You go, girl, even more.

Even in her day, Berta wanted it all, and she wanted everyone else to want it all, too. “What she wanted was a kind of greatness that women were not allowed. If they were allowed a small measure of it, they had to forsake love. She forsook nothing.”

In the years since her last novel, McCracken has written an acclaimed memoir, *An Exact Replica of a Figment of My Imagination*, and an award-winning collection of short stories, *Thunderstruck & Other Stories*. But the way the literary queen of quirk spins this sly and wry, multi-faceted tale makes you hope it's not 18 more years until the next novel.

Amy Canfield is a writer and editor who had her 10th birthday party at a candlepin bowling alley. She lives in South Portland.

Wordsmiths and photographers, send us your goods! MWM is soliciting local poets and picture-takers for inclusion in Verse and View, our reader-submitted, word-and-image series. Send your entries to: verse_view@mainewomenmagazine.com.



Photo by Ashley L. Conti/Friends of Acadia

Wild Things

By Manuela Arundel, Gorham

The loon calls out from a distance
I am here. Where are you?
Yesterday a herd of seven deer came to our cabin
to eat strawberries out of our hands—
their noses warm and wet in the early fall dusk,
their eyes big as cows, their fur rough as unkempt dogs.
I told my husband I could live here
miles and miles away from friends, family,
the closest store. Leave me here
with the wild things
to look over the mountains and the deep water.
What else is there to do in this world?
You know the world will go on without me. Leave me out
of the many ways it is so simply falling apart.
Let it pass through my incapable hands.
Tomorrow you will find me here
under a rising moon—
bird houses swinging with the wind,
the loon waiting for an answer.



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