#### Things to Do Outdoors

BLUE HILL — Blue Hill Rifle and Pistol Club annual Fall Shoot and Open House, 10 a.m.-4 p.m. Sunday, Oct. 16, 54 Range Road. Running and standing deer events, cowboy fast draw, turkey shoot, archery for children and trap shooting. Indoors range open for use of air pistols and rifles, and .22's. Food available. Dinner, 5 p.m. Helpful club members on hand to assist and provide instruction. Steve Montminy at 479-4193 or bluehillrpc.org.

BRUNSWICK — Appalachian Mountain Club, Maine Chapter, potluck dinner, 6 p.m. Wednesday, Oct. 5, Curtis Memorial Library, 23 Pleasant St. Guest speaker Rebecca Goldfine, 7 p.m., talking about MainebyFoot.com and hikes she has posted there. Doors open 5:30 p.m. Bring a dish to share as well as cup, plates and silverware. Free and open to all.

**GRAND LAKE STREAM**  Downeast Lakes Land Trust hosting Allison Kanoti of Maine Department of Agriculture, Conservation and Forestry, 6-7 p.m. Wednesday, Oct. 26, Grand Lake Stream school building, Her topic will be "Aliens and Superheroes of the Forest Insect World." Be prepared to be creeped out, frightened and amazed by the forest insect world. Tales of body snatching, alien terrors for trees and the superheroes of the forest. One credit hour offered for qualifying certifications. Land trust, 796-2100 or cbrown@downeastlakes.org.

GRAND LAKE STREAM

— Fall foliage paddle
on Big Lake with
Downeast Lakes Land
Trust education and
outreach manager Colin

Brown. 3 p.m. Wednesday, Oct. 5. Meet at Big Lake boat launch, end of Water Street. Bring boat, paddle and pfd. 796-2100 or cbrown@downeastlakes.org.

HOLDEN — Maine Project Learning Tree and Maine Audubon program on forestry field data, 9 a.m.-1 p.m. Saturday, Oct. 15, Fields Pond Audubon Center, 216 Fields Pond Road. Learn how to establish a forestry research plot in your town or at your school forest. 626-7990.

KINGFIELD — Maine
Huts and Trails ninth
annual fall barbecue,
Sunday, Oct. 9. Homemade food: squash
soup, bread, pulled
pork, baked beans,
apple cider and more.
Free to members, \$15
non-members, \$7 children. Reservations,
265-2400 or lodging@
mainehuts.org.

ORLAND — Great Pond Mountain Conservation Trust and Trot Riders of Tomorrow open equestrian trail ride, 9:30-11:30 a.m. Sunday, Oct. 2, Great Pond Mountain Wildlands. Easy access and parking for trailers. Bring water for your horse, plus a sandwich for you. Drinks and dessert will be provided. To register, 469-6929 or info@greatpondtrust. org. Greatpondtrust.org.

ORRINGTON — Ralph J. Pollard Masonic Lodge Building Association annual hunter's breakfast 4-9 a.m. Saturday, Oct. 29, Orrington Masonic building, 730 River Road. \$8 one adult or two children under 12 years old. Ham, sausage, bacon, eggs, baked beans, biscuits, donuts, home fries, coffee, milk and juice.

SEARSMONT — A community program featuring former Game Warden John Ford Sr., and former State Trooper Mark Nickerson will be held at 6:30 p.m. Thurs-

day, Oct. 27, at United Methodist Church in Searsmont. Ford and Nickerson are established storytellers with a great sense of humor and memorable tales of law enforcement "back in the day."

WALTHAM — Waltham-Eastbrook Youth Association fourth season of turkey shoot, 10 a.m.noon Sundays, through October, beginning Oct. 2, shooting range, Route 200. Shooting events with .22 rifles with open sights, 20-gauge and 12-gauge shotguns, and an open category. Prizes are frozen turkeys. Ruger 10/22 takedown rifle will be raffled. Benefits association scholarship fund. Chris Kravitt, 584-3000.

WINSLOW — Hunter Safety Courses: 6-9 p.m. Wednesday and Thursday, Oct. 5-6; 8 a.m.-4:30 p.m. Saturday, Oct. 8, Winslow Fire Department. Don Perrine at 238-0279.

WINTER HARBOR —
Brown Bag Lunch
Series: Bats in Acadia
and Maine with Acadia
National Park biologist
Bruce Connery, noon-1
p.m. Thursday, Oct. 20,
Moore Auditorium,
Schoodic Institute, 9
Atterbury Circle. Bring a
lunch. Free. No registration required. 2881310.

WINTER HARBOR — Seeing the Trees for the Forest workshop with Richard Jagels of the University of Maine, 9:30 a.m.-3 p.m. Oct. 22, Saturday, Schoodic Institute. Learn how trees evolved over time and how they developed physiological and biomechanical adaptations to fill ecological and climatic niches. \$35. To register, Michelle, 288-1356.

For a complete listing of calendar items or to submit your event, visit www.bangordailynews.com.

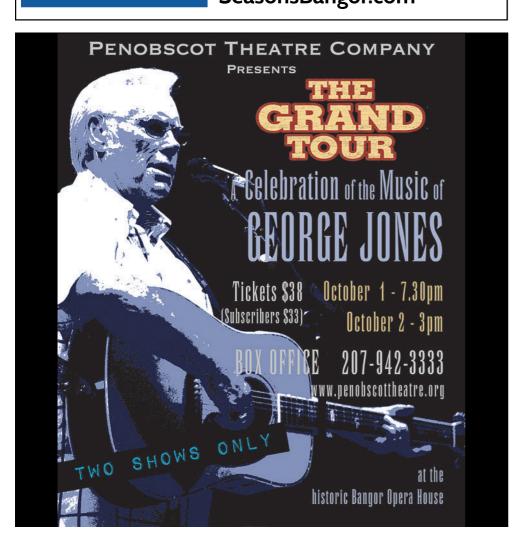


# No way.

## Yes way!

If you're experiencing any kind of hip or knee pain, EMMC is the place to go. We always explore non-surgical options first, like medication, injections or physical therapy. If surgery is necessary, our orthopedic specialists are expertly trained in the latest approaches, and together you'll discuss the best option for you. You'll also have a surgical navigation team with you every step of the way making sure you're prepared from the very start. And because of all this, 95% of our patients are up and about 12 hours after the procedure. How's that for a little relief?





### **Get answers at our FREE event:**

## JOINT PAIN SEMINAR

Thursday, October 13, at 5:30 pm Hilton Garden Inn 250 Haskell Rd., Bangor, ME

A light dinner will be served.

Meet our new orthopedic surgeons Carmen Crofoot, MD and David Newman, MD

Registration is required. Call **973-8807** or visit **JointCenter.emmc.org**.



**ALWAYS REMARKABLE**