

Under the Red Felt Crusher!

Fellow Appies,

I hiked with a group up Mount Cardigan over to Firescrew and back to down to Cardigan Lodge as part of the very successful Woostahshire Weekend Extravaganza (Worcester and Berkshire Chapters). My guess is that the temperature at the summit was in the high 30's to low 40's. The wind was blowing at approximately 50

mph and the sleet was hitting us so hard it almost hurt. We had to navigate through puddles that were so deep I think we lost some people. Tongue in cheek, we made sure to reprimand all the children in the group for getting their shoes wet. At the end of it all, not one person complained of being cold or regretted the adventure.

Weeks earlier, my son and I took our first paddle of the season down the Pemi. The water was running at 3900 cubic feet per second and the water temperature was a bone chilling 47 degrees. During the tourist season, the river normally runs 300-500 cubic feet per second. The shuttle driver commented that we were the first customers of the season so if we would be so kind, could we let them know if there was any debris in the river that might impale any of their sane customers. Book time for the trip is 5 - 6 hours. We made it in less than three hours with barely sticking our paddles in the water. When we pulled

out our kayaks at the take out, we were bombarded by so many black fly's we had to put towels over our heads to keep from breathing them in. We high fived each other for not dying then headed off for a burger and beer.

It's only early summer and my body looks like a voodoo doll that has been dragged around by a dog.



If you are like most AMCer's, you also love the exhilaration of getting outdoors, testing your limits and building confidence in your abilities. If you don't like the cold weather and prefer the bugs and mud it's time to get out

there! Take that bike out of the garage and hit the road. Throw that kayak on your car and get to your favorite river, bog or lake. The Worcester Chapter can help. We offer a wide variety of activities that can help you take that first step. We offer local walks, volleyball, rock climbing, paddles, hikes, trail work all right here in our back yard. Take a look in this newsletter you will find lot family events, social events and other activates that we have offered. But you haven't missed out. Get online, pick an activity and join us. Don't wait. This is New England and the Fall will be upon us soon enough.

Keep your feet moving,

Steve Ciras



Conservation



Corner



A MOUNTAIN

CLASSROOM

by Barbara Dyer

On June 1-3, over 40 students from Ayer-Shirley Middle School went to the AMC Cardigan Lodge in Alexandria, NH for their 7th Grade 3 day/2 night trip to the Mountain Classroom, an annual tradition.

Students learned about the flora and fauna of the mountains, and how mountain climate produces its own weather patterns also known as “cwind” (“cold



wind). Students challenged themselves to climb to the summit of 3000 ft.+ Mt. Cardigan where they went back in time to the long past days of fire towers and ranger cabins. They had lunch at the AMC Cardigan High Cabin enjoying a sense of teamwork having accomplished a 5+ mile hike, many for their first time ever on a mountain. We spent quality time together outside the classroom and away from technology sharing personal challenges, understanding edible plants and wildlife, compass skills, and felt first hand what hypothermia really is as the weather that produced the tornadoes also turned

quickly from 90 degrees to 50 as we ascended to the cold windy summit. The students came up with a variety of adjectives to describe their experience “ fun, exciting, adventurous, insightful, challenging, flabbergasting, amaz-

ing scenery, informational, educational, productive, awesome, great head clearer” amongst many more quotes. They can’t wait to return again and some will be returning with their families to share their

grand experience and accomplishments, which makes these trips return full circle. Special thanks to the AMC Worcester Chapter for providing us with a grant to enable students who might not otherwise get this experience the chance to be part of the “No Child Left Inside” initiative. On a personal note, it is trips like these that not only bond the students but also student/teacher relationships. See the link for more information on A Mountain Classroom <http://www.outdoors.org/recreation/groups/classroom/index.cfm>.

<http://www.telegram.com/article/20110617/COULTER01/106179841/1189>

The Family Corner *June 2011*

by Karen Clark-Hoey

AMC Worcester and Narragansett Chapters teamed up on June 4th, National Trails Day, to explore the wonders of Purgatory Chasm in Sutton, MA. Purgatory Chasm is a unique natural landmark and State Reservation. The Chasm runs for a quarter mile between granite walls rising as high as 70 feet. It is believed to have its origin in the sudden release of glacial meltwater near the end of the last Ice Age, approximately 14,000 years ago. Hiking trails lead to rock formations such as The Corn Crib, The Pulpit, and Fat Man's Misery.

The 2.6 mile hike included a view of a run-off waterfall as well as several spontaneous off-trail side trips to locate geocaching treasures. With ages ranging from 4 to 54 - the group of four adults and nine children enjoyed rock climbing and cave crawling and the trip leaders gave lots of opportunity for off-the-beaten-path exploration and fun! Most impressive were the strong teamworking skills demonstrated by everyone involved in navigating the sometimes challenging and precipitous terrain. The day wrapped with a visit to West End Creamery for delicious and locally made sweet treats. Thanks to all who participated and please continue to check our online family offerings - Kings Ravine Hike coming in August! Brief description below.

Families - Join Expert Mountaineer Stephanie Keimig on a 6.2 mile round trip hike through Kings Ravine on Saturday August 27th. 2.0 mph pace and approx 2400'. Not suitable for children under 10 y.o. Daypack 101 demo during lunch break while enjoying spectacular views of White Mountains Presidential Range. Email co-leader kclark5663@aol.com for more information.



Struggling up the mountain together, as a team, gave us the feeling of satisfaction to reinforce the indescribable reverence we gained for the mountain itself. The fulfillment one gets when he or she works to see the beauty is immensely greater than that which could possibly be gained from the instant gratification of a picture.

There were many lessons learned from the experience, and each of us drew something different from it. Some thought it more difficult than others, and some struggled more than the rest. Despite how it may have appeared at

the time, we all came away better.

We all learned something about the world around us, about ourselves, and about each other. I believe we all agree, this is something we would do again and again given the opportunity, and we are boundlessly grateful we were able to do it in the first place.



Alexandria J. Rogers is an eighth-grader at Clinton Middle School.

National Trails Day



photos by Steve Crowe

Editor, Barbara Dyer. All newsletter submissions should be sent to barbaradyer@hotmail.com. We reserve the right to edit for length and content. All contributions are welcome. Fall deadline September 15th.
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