

Spring 2014

THE WACHUSETT VIEWS

Quarterly e-Newsletter of the
Worcester Chapter of the Appalachian Mountain Club





AMC Worcester Chapter Chair

Charlie Arsenault

The winter meltdown is currently in progress. Last week officially marked the start of spring. For those of you who love winter, like me, this is a time of last minute opportunities to ski or hike before mud season starts. But, I do admit to looking forward to spending some time outside without having to wear 5 layers of fleece and wool. Nice to have spring weather around the corner once you get tired of the cold.

We've had a busy winter in the Worcester chapter. You can read all about it in this issue of Wachusett Views. At the AMC annual summit, several of our chapter members received awards. Congrats Deb Herlihy on receiving the Volunteer Leadership award!

We have a call for our members to join the fun and volunteer with the Worcester chapter. Check out the timely and informative article on Lyme disease.

You'll see lots of great pictures and articles from Debi Garlick and Jose Schroen on successful and popular Explore Your Inner Winter Hiker series. The Graduation Weekend article describes how a pair of participants got married just before the Winter Hiking graduation weekend. Very cool to hear that they spent their honeymoon winter hiking with the Worcester chapter.

Faith David has some great tips on saving energy, and a call to all of us to spend one hour for the Earth. What are you doing on March 29th at 8:30PM?

If you're ready to say good bye to spring, snow tires, ski racks, and down jackets, then it's time to start planning your spring and summer activities. We have a lot going on this spring. The chapter will be rolling out our Meetup site to reach out to new participants. We have several workshops on Leadership, Backpacking, Wilderness First Aid, and Cycle touring. Our leaders are dusting off their boots, kayaks, canoes, and bikes to lead several hiking, paddle and biking events.

Be sure to mark your calendars for one of our surest signs of spring, the chapter's annual Spring Picnic is scheduled for May 17th at Hopkinton State Park.

If you're ready to say goodbye to winter, say hello to spring and join us for some outdoor fun.

Charlie

138TH AMC ANNUAL SUMMIT



Deb Herlihy and AMC President John Judge
Photo provided by Ryan Smith

Eight of our Chapter members were honored and received awards at the 138th AMC Annual Summit held on January 25, 2014.

The *Volunteer Leadership Award* recognizes AMC's outstanding volunteer leaders who demonstrate the desire to share their time and expertise in the pursuit of AMC's recreation, conservation, and education mission. The Volunteer Leadership Award recognizes one or more dedicated volunteers who, in addition to contributing many hours, demonstrate outstanding passion and commitment and are instrumental to AMC's activities, programs and mission.

The *Volunteer Leadership Award* was awarded to Worcester Chapter Leadership Chair **Deb Herlihy**.

The **AMC Stewardship Society** seeks to recognize and encourage volunteers to contribute to the protection, enjoyment and wise use of the environment and trails in the Appalachian Region through AMC Conservation and Trails Programs.

The goals of the Society are to

- recognize current conservation, education, and trails volunteers,
- encourage new volunteers to become involved in AMC conservation, education, and trails projects or activities,
- elevate the prestige of dedicated volunteers, enhance and foster a climate of volunteerism, and
- establish a method of measuring total volunteer efforts and their effect in AMC. (AMC members should give at least one day a year to the conservation, education, or trails project or activity of their choice.)

The *Warren Hart Award* recognizes those who have given at least 224 hours and the *Marian Pychowska Award* recognizes volunteers who have contributed at least 96 hours.

The *Warren Hart Award* was awarded to Worcester chapter members **Steve Crowe, Barbara Dyer, Laura Lane, and Peter Lane.**

The *Marian Pychowska Award* was awarded to Worcester chapter Members **Charlie Arsenault, Steve Ciras, Tim Connor, Cindy Martel, Megan Normandin, and Kimbal Simpson.**

GET INVOLVED

BE A VOLUNTEER!

The Wachusett Views, Our Quarterly e-Newsletter

We're looking for your stories! If you have a good idea, have something to say, or just want to share your outdoor knowledge with others, our newsletter is a good way to do just that. Please contact editor Nancy Cahn at njcahn@gmail.com to learn more.

Like to bike? Want to see more bike trips? Do you have suggestions for rides?

Please contact Bicycle Chair Bruce Wester at westercrew@aol.com.

In Memory Of

ANN MARIE PORTER (December 28, 1969 – February 27, 2014)

Ann was a member of the Worcester AMC for several years and helped out with local hikes, 3rd Wednesday gatherings, and the annual picnic.

Worcester AMC friends came out in her honor for a hike along Swift River in Petersham, one of her favorite places to hike. Ann will be deeply missed by her AMC friends.

LYMES DISEASE

By Dr. Thomas Cahn



Lyme disease is the most common tick-borne disease in the United States. The disease is caused by a deer tick infected with the spirochete *Borrelia Burgdorferi*. Unlike the common dog tick, the deer tick is extremely small, and must be attached for 24-48 hours for transmission to occur.

The characteristic rash develops in 60-95% of people about a week later. The enlarging red patch is usually about 5 cm in diameter, but can reach 40 cm in some people, and can even be multiple. Along with the rash, erythema migrans, a person can develop flu like symptoms with fever and joint soreness. Skin lesions clear spontaneously after a few weeks without treatment, and a few days with treatment. If no treatment is obtained, then later complications of arthritis, neurological, and cardiac side effects can be serious.

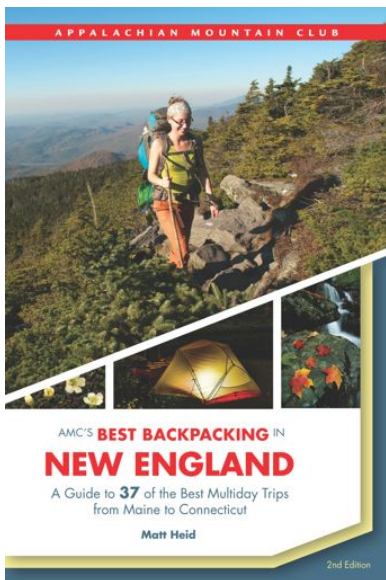
Treatment is generally simple if treated early in the rash stage but can become complicated as the late stages of the disease manifest.

New Books From the AMC

The AMC has published a list of their new 2014 books. Below are just a few of them. Check out <http://amcstore.outdoors.org/books-maps> for a complete listing and descriptions.

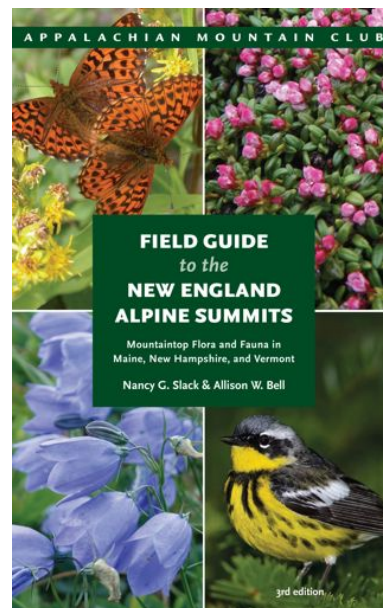
Members receive a 20% discount when ordering directly from AMC

AMC Books are available nationwide through booksellers and outdoor retailers, and are distributed by The Globe Pequot Press. Members and the general public may order directly from the AMC at outdoors.org/amcstore or by calling 800-262-4455. The e-book versions are available online through Amazon, iBooks, and Barnes and Noble.



AMC's Best Backpacking in New England: A Guide to 37 of the Best Multiday Trips from Maine to Connecticut, 2nd ed.

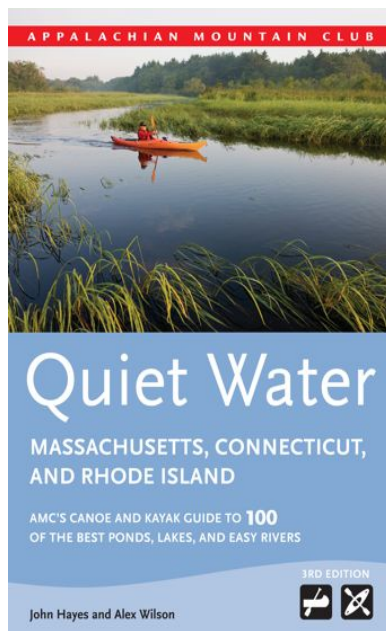
By Matt Heid
Paperback • \$19.95
Pub date: 4/1/14



Field Guide to the New England Alpine Summits: Mountaintop Flora and Fauna in Maine, New Hampshire, and Vermont, 3rd ed.

By Nancy G. Slack and Allison W. Bell

Paperback • \$19.95
Pub date: 3/4/14



Quiet Water Massachusetts, Connecticut, and Rhode Island: AMC's Canoe and Kayak Guide to 100 of the Best Ponds, Lakes, and Easy Rivers, 3rd ed.

By John Hayes and Alex Wilson
Paperback • \$19.95
Pub date: 4/16/14

Explore Your Inner Winter Hiker

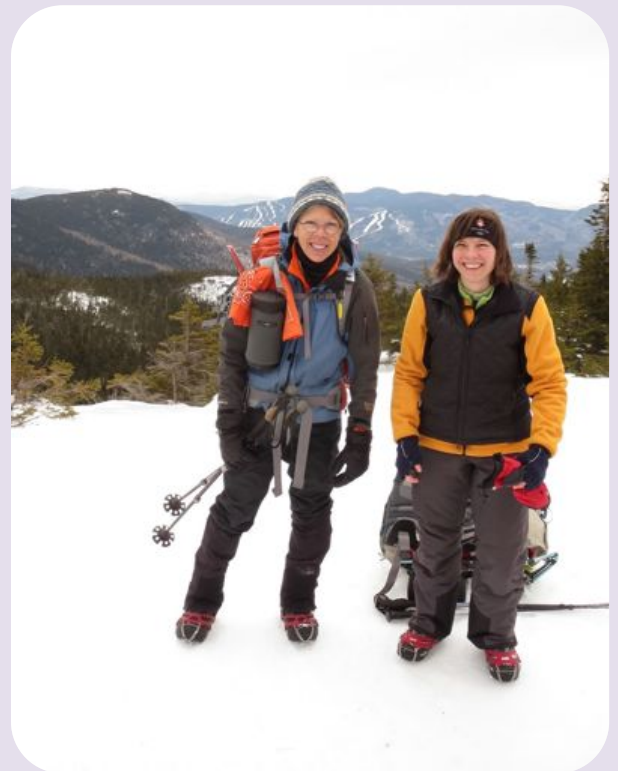
By Debi Garlick



*L*ast November, the Worcester Chapter Winter Hiking Workshop introduced over 50 people to the joys of winter hiking. The following few months, a series of progressive winter hikes were offered, giving hikers a chance to experience and learn in the areas of heat management, nutrition, and hydration in cold weather. The winter's ample snow allowed many opportunities to practice using the variety of gear needed for winter hiking.

This year's program offered eighteen local hikes in state parks and trails, and six up-country hikes in the White Mountains. New this year was a weekend at Mt. Cardigan and a stay at the Lodge in Alexandria, NH.

To celebrate the end of the 2013-2014 Winter Hiking Program, The Chapter hosted a weekend stay at the Shapleigh Bunkhouse in Bretton Woods, New Hampshire. Friendships and bonds were made over the weekend. Hopefully they will continue for a lifetime.



Photos provided by Paul Glazebrook and Lee Consoletti

Graduation Weekend at Shapleigh

By Jose Schroen



Photos provided by Mitko Botev and Brenda S. Walsh

The 2nd Annual *Explore Your Inner Winter Hiker* Graduation Weekend, organized by Debi Garlick, was a huge success. 19 people, including leaders and co-leaders, and first year and experienced hikers came together to share stories, sleeping quarters, meals, and amazing times to conclude the *Explore Your Inner Winter Hiker* hiking series in the White Mountains.

Bill and Elena decided to start off the weekend by getting married at the Highland Center Friday afternoon before most of us arrived. After a relaxing evening getting acquainted, everyone retired by 10 pm. On Saturday morning, the temperature was a whopping -11 F, with 35 mph winds! After breakfast, one group tackled Mt. Crawford while the other group hiked Mt. Tom. Protected by trees, both groups had a magnificent day, on snowshoes and microspikes, and not to forget the sledding down the trails. Everyone arrived back at the Shapleigh with smiles and wind-blown faces for relaxation and camaraderie. After a wonderful meal at the Highland Center, and good times laughing about a "peeps jousting" contest, everyone settled down for the night.

On Sunday, there were another two hikes to choose from - Mt. Liberty or the outlook of Mt. Pemigewasset. The weather was absolutely gorgeous. Warmer temperatures and fairly clear skies made for another beautiful day of hiking.

Afterwards some of the hikers congregated at the Common Man restaurant in Ashland, NH, to share their weekends' experiences, eat, and to round out a magnificent weekend.

How Green Can We Be?

Tips for Reducing Energy Consumption at Home and On the Road

By Faith Salter, Director of Volunteer Relations

- **At home:**
 - Turn off the lights when you leave the room, and take advantage of natural light
 - Turn off entertainment devices and computers when not in use
 - Unplug devices when charging is complete
 - Consider buying an EnergyStar appliances, “smart” power strips, and energy-saving light bulbs.
 - Use the energy saver settings on appliances
 - Choose energy-efficient windows, doors, and insulation, and close the doors to spare rooms in your home
 - Turn the heat down low at night and while no one is around during the day
 - Consider switching to programmable digital thermostats
 - Open or close blinds depending on the need to heat or cool your home
 - Have a professional energy audit performed on your home
 - In Massachusetts: masssave.com
 - In New Jersey: njcleanenergy.com/hp
 - In New York: getenergysmart.org
 - In New Hampshire: nhsaves.com
 - In Maine: efficiencymaine.com/energy-audit/
 - In Pennsylvania: pahomeenergy.com
- **On the road:**
 - Walk or bike to work if possible, or try public transportation
 - Telecommute to work 1-2 days a week if your schedule allows
 - Turn off your car engine when parked, and don't let it idle
 - Drive more slowly - energy efficiency decreases 2% for every

- MPH that you drive over 60 MPH.
- Use cruise-control to keep your speed in check
- Remove unnecessary weight from your vehicle, which requires more fuel to move
- Keep your car properly tuned up and tires inflated

Consumption at Home and on the Road

- **At home:**
 - Turn off the lights when you leave the room, and take advantage of natural light
 - Turn off entertainment devices and computers when not in use
 - Unplug devices when charging is complete
 - Consider buying an EnergyStar appliances, “smart” power strips, and energy-saving light bulbs.
 - Use the energy saver settings on appliances
 - Choose energy-efficient windows, doors, and insulation, and close the doors to spare rooms in your home
 - Turn the heat down low at night and while no one is around during the day
 - Consider switching to programmable digital thermostats
 - Open or close blinds depending on the need to heat or cool your home
 - Have a professional energy audit performed on your home
 - In Massachusetts: masssave.com
 - In New Jersey: njcleanenergy.com/hp
 - In New York: getenergysmart.org
 - In New Hampshire: nhsaves.com
 - In Maine: efficiencymaine.com/energy-audit/
 - In Pennsylvania: pahomeenergy.com
- **On the road:**
 - Walk or bike to work if possible, or try public transportation
 - Telecommute to work 1-2 days a week if your schedule allows
 - Turn off your car engine when parked, and don't let it idle
 - Drive more slowly – efficiency decreases 2% for every MPH that you drive over 60 MPH.
 - Use cruise-control to keep your speed in check
 - Remove unnecessary weight from your vehicle, which requires more fuel to move
 - Keep your car properly tuned up and tires inflated

Conservation

If You Take One Hour for the Earth, You CAN Make it Earth Hour

Saturday, March 29, 2014 8:30 PM – 9:30PM

Maybe you want to act for the Earth, but you don't know where to start. In 2014, make it your mission to find out. Take your first step by joining AMC's Conservation Action Network (CAN). Go to www.outdoors.org/conservation and click on 'Take Action'. A monthly newsletter provides information and actions to help you get involved. You will also get an action alerts tailored for your region. It's an easy way to get off the fence and decide where you stand on clean air, energy conservation, and climate change.

CAN also highlights events like Earth Hour on March 29, 2014 from 8:30PM – 9:30PM. People around the world will turn off their lights to spend an hour in the dark for the Earth. You can join others at local events. Visit <http://www.earthhour.org/> for more details.

You can also take Earth Hour to set goals for energy conservation such as scheduling a home energy audit, or devising a more energy efficient way to get to work. Either way, tuning into CAN will keep you up to date and well informed. Join CAN today.

Appalachian Trail Online Hike Planning Guide

There is a new resource available on www.outdoors.org for anybody who wants to plan hikes on the Appalachian Trail. The press release (which includes a link to the new AT web pages) can be found here:

<http://www.outdoors.org/about/newsroom/press/2014/at-online-guide.cfm>.

COME & JOIN US!

Join Meetup Group: AMC Worcester

AMC Worcester Chapter will now be posting trips on MeetUp along with our website <http://www.amcworchester.org/>. Check out our new Meetup: AMC Worcester and join us on our next trip!

<http://www.meetup.com/AMC-Worcester/>

Check us out on Facebook

We're on Facebook - Appalachian Mountain Club – Worcester Chapter. Like our page and connect with others.

<https://www.facebook.com/#!/groups/88432323469/>

AMC Worcester Chapter Website

Visit our website to find an activity, get the latest news, and meet the chapter's leadership at www.amcworchester.org.

AMC Member Center

Use the Member Center to renew your membership and update your member profile at

<http://www.outdoors.org/membership/member-center.cfm>.

SAVE THE DATE!

SPRING PICNIC - MAY 17, 2014



By Dave Cole
Chapter Vice Chair

This coming May 17th we have big plans for the sun to shine down on the wonderful game field -part of the Worcester Chapter's Spring Picnic site at Hopkinton State Park. Please make room on your schedule for this particular Saturday and say hello to friends and meet new friends, and join in the festivities planned for all ages.

This year, as in the past, we will have a picnic BBQ, with burgers, hot dogs and vegetarian fare (please consider bringing a side dish or desert to share). Along with the food, we will have leaders to manage scheduled activities that include walks in this scenic park, field games, a bike ride or two, as well as a fishing for the children, and boating with swimming activities. Plan on hanging out under the shade trees after lunch and enjoy some music and banter. There will also be a used gear sale, so if you have any items under utilized, please feel free to bring them to the sale.

Event will run from 10 am to 5 pm. Please register with the event chair, Dave Cole, for a head count — email is fine. We are looking forward to seeing you there! (davcole550@aol.com)



Mt Willey - taken from the summit of Mt Crawford Photo provided by Lee Consoletti

The Wachusett Views is a quarterly newsletter of the Worcester Chapter of the Appalachian Mountain Club (AMC).

The newsletter is delivered and managed by the AMC-licensed Blackbaud Sphere system.

The Wachusett Views Editor: Nancy Cahn