

Summer 2015

# THE WACHUSETT VIEWS

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





Happy summer, friends and members of the Worcester chapter.

Longer and warmer days make for great opportunity to enjoy outdoor spaces. Hope you're making the most of this season by getting out with the AMC, Worcester Chapter, and any other way possible.

In addition to being your Worcester Chapter Chair, I also volunteer as an instructor for the AMC Mountain Leadership School (MLS). A couple weeks ago I had the privilege to develop leadership skills and experience with eight future backpacking leaders. We spent one day in the classroom and 4 days and 3 nights in the White Mountains to teach and learn by doing. We worked on hard skills like map and compass, and soft skills like how to deal with an exhausted and confused hiker (this really happened). The result was a rewarding growth experience for all participants.

Several leaders within the Worcester Chapter are past graduates of MLS, and I'm happy to announce that two more Chapter leaders are new graduates of MLS. Congratulations to **Joe Massery** and **Kim Beauchemin** on being the newest June 2015 MLS graduates.

If you're interested in learning more about MLS, check out the next MLS session, August 5 – 9<sup>th</sup>, MLS for Day Hikers program at:

<http://www.outdoors.org/recreation/leadership/mls/index.cfm>

In this edition of *Wachusett Views*, you'll find a great article from Tim Loftus on the *Tenodera aridifolia* (read on to find out what that means), a story from Joe Massery on 8 Worcester chapter members on a remote Canadian canoe trip, and some great pictures of 7<sup>th</sup> graders from Ayer middle school on an AMC Worcester sponsored Mountain Classroom trip.

You'll also find out about several upcoming events. I'm especially excited about our Chapter's annual dinner on November 14<sup>th</sup>. This is our biggest annual Chapter member's event. It's also when we official transition Chapter leadership positions (including my position). Hope you can find the time to join us for a special evening to celebrate the many volunteers and members who make our chapter great.

Regards,  
Charlie Arsenault, AMC Worcester Chapter Chair

# White-Egg Bird's Nest Fungus



***By Tim Loftus***

These are White-Egg Bird's Nest mushrooms. Each nest, or cup, is about as small as a pencil eraser. As the mushroom matures, the mottled brown covering opens revealing small egg-like parts called peridioles. Each peridiole, which contains thousands of reproductive spores, is the size of a pinhead and is attached to the cup by a thin, sticky tail.

The force of a raindrop splashing in the cup is enough to shoot the peridioles out. As they leave the cup, their tails stretch out several inches before breaking off from the mushroom. The peridioles travel as far as six feet away and attach to anything that their sticky tails touch. Soon each peridiole will break open and release its spores into the world.



## Canada Canoe Trip

**Submitted by Joe Massery**

Last August, eight intrepid paddlers packed their gear, loaded their boats on two cars, and headed off on a canoeing and backpacking adventure in the wilds of northern Ontario, Canada. The trip, organized and led by Paul Glazebrook, would take our group of AMC Worcester and Berkshire Chapter members by car and train to Missinaibi Provincial Park, starting at the old fur trading hamlet of Missinaibi about 200 miles north of Sudbury, Ontario. By week's end, we will have paddled 100 km. north through some of the most pristine and scenic wilderness areas on the planet, through waters that bridge the Atlantic and Arctic watersheds!

Once on the water, we paddled on flat water for the first few days, often in the rain, camping at primitive campsites along the way. By mid-week, Lake Missinaibi (and its adjoining lakes) became the Missinaibi River, and we wrestled some class I and II water... often we portaged around the more difficult water (unlike the folks who left behind the green canoe in the photo above). We lined boats along a stretch of low, fast water. But we had plenty of fun running the rapids in other parts of the river.

As we paddled farther north—even farther away from civilization than at the start of the trip—we saw fewer and fewer signs of other people, and plenty of signs of wildlife... and not just mosquitoes, (which were big and mean and numerous). No actual moose or bear sightings, but plenty of fresh bear scat, especially at the raspberry patch along one of our portage trails.

We worked hard, but we had a great time too. And did I mention that we ate well! Lots of laughs, too: custom latrines, red emergency buttons, fish stories, lost passports, getting Timmied... catch one of us and we'll fill you in. The best part of all was the friendships, the camaraderie, the bonding that the eight of us developed during our week-plus time together. Even before we got home, we were planning next year's canoeing adventure together. Can't wait!



# 7<sup>th</sup> Grade Class Trip to Mt Cardigan What an ***Amazing*** Trip

Submitted by Barbara Dyer



We will forever remember our 7th grade trip to that special place, Mt. Cardigan. Some of these children may never climb again, but many of them who conquered the mountain, loved it. Who knows, maybe some day, some of them will be our future AMC leaders.

***Thank you Worcester AMC for touching our lives by making this possible!***





Picture by Silvia Scott (left to right) Brianna V., Mark D., Sierra D., Cameron S.

Article by Barbara Dyer

From fleece, to gowns and tuxes, these AMC kids met back in 2006 through the AMC Families group. Now nine years later after many shared outside adventures together, they head indoors together to attend their high school prom. These kids have explored places from Noble View to Cardigan lodge, from the AMC huts to Three Mile Island. They have spent a lot of time together camping, skiing, hiking, and biking including volunteer work on trails and on the Teen Wilderness program.

Their love of nature will hopefully keep them outdoors together as they share many more exciting adventures ahead. Thank you AMC, leaders, and parents who made these experiences possible!

Congratulations Kids!

## **Worcester Chapter's Volunteer of the Month**

**April – Denise Guillemette**

**May – Charlie Miller**

Thank you for your outstanding support of the Worcester Chapter.

Denise was nominated for her support in the Winter Hiking Weekend at Shapleigh Bunkhouse. Charlie was nominated for his work on the Wachusett trails.

Volunteers of the month are selected in a random drawing from volunteers nominated by chapter members. The goal of the Volunteer of the Month program is to recognize these volunteers and encourage volunteerism in the chapter.

Chapter members can nominate volunteers by sending an email to [DaveCol550@aol.com](mailto:DaveCol550@aol.com). The nomination should contain the nominee's name, reason for the recognition, and name of the nominator. Nominees must be an AMC member, not a member of the current Executive Committee, and may serve in any volunteer capacity that benefits the Worcester Chapter.

## **Save the Date!**

**Annual Dinner Meeting  
November 14**

Updates and more information will be available later this season.

## **2015 FALL GATHERING**

**YMCA Camp Chingachgook**

**Lake George, New York**

**Hosted by the**

**Mohawk Hudson Chapter**

**October 16-18, 2015**

Join us for a weekend on scenic Lake George in the Adirondacks! Choose from a variety activities including cycling local bike paths, paddling the coves, hiking summits, relaxing by the lake, and much more. Start planning your fall adventure at [outdoors.org/fallgathering](http://outdoors.org/fallgathering) today!



Seek the Peak – July 17-18, 2015

As the largest annual fundraiser of the nonprofit Mount Washington Observatory, Seek the Peak welcomes hikers of all ages and abilities to Mount Washington and its neighboring peaks and places of interest in the beautiful White Mountains of New Hampshire.

We invite you to participate and to Seek YOUR Peak... While many hikers will choose the challenge of summiting Mount Washington, others will opt for [alternative mountain treks](#), or may even prefer a short "nature hike." Some may just want to support the Observatory as "virtual hikers," or simply join for the weekend festivities.

Of course, all are welcome. Ultimately the weekend is an incredible gathering of like-minded outdoor enthusiasts who have come together to Seek their Peaks in support of Mount Washington Observatory.

In addition to getting outside and exploring White Mountain trails, the weekend includes:

- **Kick-Off Party** and Registration at the Weather Discovery Center
- **Observatory Weather Station tours** on the summit of Mount Washington
- An **Expo** featuring premier sponsors **Eastern Mountain Sports and Vasque** along with several other vendors showcasing and giving away product samples
- The famous **After Party** including a massive gear giveaway, dinner and live entertainment
- All while supporting the non-profit Mount Washington Observatory with pledges which in turn will earn you prizes!

**Registrants are asked to raise a minimum of \$200 as part of their participation; in turn they are awarded with fabulous prizes and more! Be one of the first 500 to raise \$200 and earn a Seek the Peak Eastern Mountain Sports backpack and exclusive Seek the Peak T-shirt.**

Since Seek the Peak was established in 2001, this great event has raised over \$1.6 million for the nonprofit Observatory, helping it maintain its famous weather station on the summit of Mount Washington and continue its important work collecting weather data, performing research, and educating the public about the science of climate and weather.

Presenting sponsors include Eastern Mountain Sports and Vasque Footwear with support from Fairpoint Communications, White Mountain Oil & Propane, NorthConwayLodging.com and Anthem Blue Cross Blue Shield in NH.

# WE WANT YOU IN AMC OUTDOORS!

**Our chapters work hard and play hard! We have two special opportunities coming up to showcase AMC's chapters in the pages of our member magazine.**

**1.** The first is our **21st ANNUAL PHOTO CONTEST**, coming this summer from *AMC Outdoors*. This is the contest you know and love, showcasing your gorgeous photography, with a couple of twists. We're adding a new category in 2016: Recreation Close to Home, focused on the adventures you find in the parks, preserves, and bike paths in your own neck of the woods, throughout the entire AMC region.

We're also upping the ante with a competitive contest pitting chapter against chapter, Maine against Mohawk Hudson: The recipient of our new **Chapter Award**, delivered to the chapter with the highest percentage of participation in the contest, will win a customized photography workshop with the staff of *AMC Outdoors*. For details, including the contest's summertime launch date, stay tuned to [outdoors.org/photocontest](http://outdoors.org/photocontest).

**2.** Are your creative juices flowing? Good! For our November/December 2015 issue, we're aiming to capture **48 HOURS IN THE LIFE OF AMC**, from the volunteer-managed camps to chapter activities to the trails to the rivers to the huts to YOP to—well, you get the idea. The 48 hours in question will be **Friday, August 7 through Saturday, August 8**, and we want to gather every photo, every paddle, every summit, and every quiet moment of reflection from that 48-hour period that you're willing to share.

We'll weave all of this rich material from all of our many constituents—members, volunteers, board, staff, and beyond—into one epic timeline conveying just how awesome this club is and how truly proud of it we are. We'll be reaching out to chapter leaders soon to enlist your help. We're eager to showcase all of your excellent efforts to work together on these projects celebrating AMC!

*Jennifer Wehunt*, editor in chief ([jwehunt@outdoors.org](mailto:jwehunt@outdoors.org))

*Marc Chalufour*, senior editor ([mchalufour@outdoors.org](mailto:mchalufour@outdoors.org))

*Ryan Smith*, managing editor ([rsmith@outdoors.org](mailto:rsmith@outdoors.org))

## **AMC Young Members Leaders Retreat Highland Center – May 29-31, 2015**

Between the extreme heat wave of late May and the heavy downpours that ushered in the month of June in New England, almost twenty Young Member Leaders of the AMC convened at the Highland Center for a weekend of camaraderie, workshops, and discussions focused on strengthening Young Member (YM) programs across the Club. Representatives from 9 of AMC's 12 Chapters were present, including folks who came from as far as Washington DC and Philadelphia!

These Young Members are the dedicated volunteers that are spearheading AMC Chapter efforts to get more young people in their 20s and 30s involved and actively engaged with the Club through Chapter activities and events. Despite the long distances traveled and the hot and humid weather in New Hampshire, these YM came together as a cohesive group with the goals of working together to learn from each other, share experiences, brainstorm solutions to common challenges, have fun, and generate new ideas to reinforce and build on AMC's efforts to get more young people outdoors.

Through the support of the Club, local Chapters, and the drive and dedication of the participating volunteers, the weekend was a huge success. Throughout the retreat, the group worked hard to foster open communication, solutions-oriented discussions, and thoughts for change for the future, all while keeping it fun. The meetings and discussions were balanced with fairly rigorous hikes on nearby mountains, led by leaders from Maine and Connecticut.

Participants were surveyed before the retreat to see how best to use the time. The weekend's topics included AMC's organizational structure, the mission and Vision, volunteer recruitment and management, college engagement, and AMC Conservation policy. The group also discussed how to attract younger members, get the word out about YM activities, connect with and learn from experienced Chapter leaders, and aligning practices between Chapters to encourage collaboration.

By the end of the weekend, many had already planned events with new friends in neighboring Chapters, and they made sure to discuss next steps to keep the momentum going as a group and within Chapters. There was broad agreement that in order to address common challenges and foster change that would support the expansion of YM programs at AMC, we are stronger together—the group agreed to work together moving forward and to reconvene at the 2015 Fall Gathering at Lake George!

## **Join Meetup Group: AMC Worcester**

AMC Worcester Chapter posts trips on MeetUp as well as 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/](http://www.meetup.com/AMC-Worchester/)

## **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](http://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>.





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 quarterly e-newsletter, *The Wachusett Views* is a good way to do just that. Please contact editor Nancy Cahn @ [newsletter@amcworchester.org](mailto:newsletter@amcworchester.org)

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