

S P R I N G 2 0 1 2

# The Wachusett Views

News from the Worcester Chapter Appalachian Mountain Club



Shown: Pat Lambert  
Credit: Ron Jolicoeur

As I write this message, spring is just around the corner. This weekend I'll lead one of the last "winter season" hikes on Mt. Washington and then the next day I'll cycle in nearly 70 degree weather in our neck of the woods. Maybe we'll go right from our mild winter into summer this year!

At our annual planning meeting in January, we developed 3 initiatives for 2012:

→ Young Adult Member Promotion (point person Rob Trotte, Young Members Chair, [rob750@gmail.com](mailto:rob750@gmail.com))

- \* Have 5-10 new active leaders,
- \* Diversify activities offered (e.g., biking, paddling),
- \* List 10-15 additional trips,
- \* Include 1 co-listed trip per Chapter activity category (e.g., hiking, biking, paddling, trail work).

→ "Give Back" (point person Dana Perry, Hiking Chair, [dperry3568@gmail.com](mailto:dperry3568@gmail.com))

- For full details on this initiative, see last page.

→ Local Trips (point person Paul Glazebrook, Secretary, [glazebrook256@hotmail.com](mailto:glazebrook256@hotmail.com))

- Increase the number of local trips offered by the Chapter.

If you would like to help out with any of these initiatives, please contact the appropriate above listed point person.

Our Hiking, Biking and Paddling Committees all held planning meetings. Lots of activities will be offered from the spring through the fall, near and far, for beginner to advanced levels. Additionally, our Hiking and Biking committees joined forces and offered a combined Introduction to Backpacking and Cycle Touring workshop early in March. Of course, the timing of this workshop corresponded with one of the few snowstorms we got this winter. Just goes to prove that Nature does have a sense of humor. We had a great turnout of participants and leaders who wish to share their skills and knowledge with those who want to experience the outdoors in a different way (e.g. via multi-day rather than single day trips).

Check out all our upcoming Chapter trips at <http://amcworchester.org/> and click ALL UPCOMING EVENTS.

As always, be safe and have fun as you enjoy the outdoors....*Pat Lambert,*  
*Worcester Chapter Chair*

# FLOWER WATCH PROGRAM

By Georgia Murray

AMC Senior Air Quality Scientist

## Forest Flower Watch



*Help track the development of these flowering plants (found trailside in eastern US natural areas)*

*Trends in Flower Times can be Indicators of Change*

*Flowers you know \* Flowers you love \* Flowers you can track!*

Have you ever noticed flowers on the trail when you are on a hike or bike ride? If so, then you are qualified to help our scientists with a very important task – finding flowers then reporting when and where you saw them. Not just for botanists and White Mountain hikers, AMC's [Flower Watch](#) program is looking for reports from AMC's entire region from DC to Maine.

Choose your favorite naturally wooded area, download one of our free flower checklists, and go in search of our targeted flowering plants. If you want more than the simple checklist, download the complete citizen science datasheet and flower field guide [online](#). For more information contact [AMCmtnwatch@outdoors.org](mailto:AMCmtnwatch@outdoors.org)

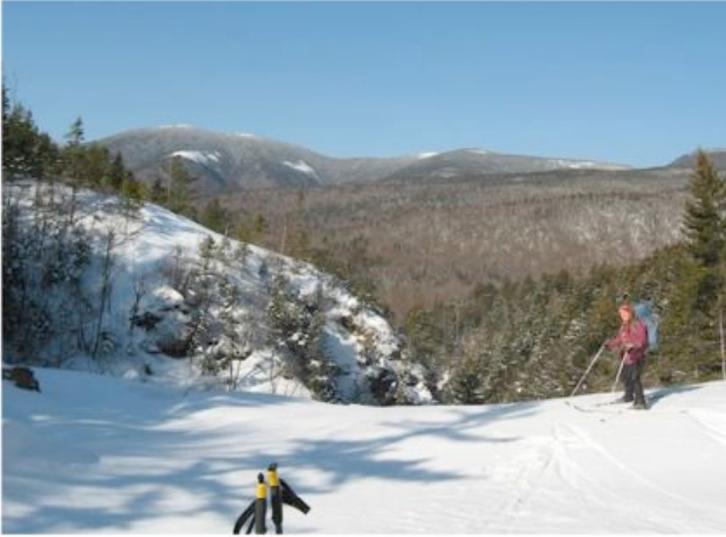
By helping with this project you will become familiar with these plants and provide useful information.

You can also engage others in this hands-on trailside activity, which is great to do with kids. By participating you will also:

- Help AMC's scientists monitor the pace of climate change based on the timing of the flowering plants.
- Spread the mission of AMC to ensure clean air in the outdoors.
- Build botanical prowess and confidence and impress your friends!!

Tutorials about the in-depth citizen science activities are available [online](#). The ultimate option is to sign up (as an individual or group) to "[Adopt-A-Peak](#)" (or trail section!) providing repeat data throughout the spring and summer.

Stay tuned to hear the latest AMC research results from [Flower Watch](#) by signing up for our [Conservation Action Network](#) and visiting us on [Facebook](#)! Click [here](#) for more information.



## WINTER CLASSIC PEMI TRAVERSE Julie T Higgins

March 10th; the date had been marked off on my calendar for over a year. It was the date Pete Lane and I had chosen to ski the Classic Pemi Traverse -- ski #23 in David Goodman's Book of Classic New England Skis. The traverse is an infamous backcountry ski route that takes one from route 302 to Zealand Hut to Thoreau Falls to the Wilderness Trail to Lincoln Woods. Late fall 2011, Pete posted the ski trip with the Catamount Trail Organization and with the Appalachian Mountain Club in order to advertise. Six hearty soles signed up. This trip was 'take 2' for Pete and I, as last year Thoreau Falls was

impassable. We were excited and ready to go. The trip was paid, posted, and on the calendars; all we needed now was snow. We waited and waited for the snow but as we all know 2011-2012 would be a warm winter. Climate change? Global Warming? Weather weirding? As March approached, the six became four -- Laura, Tim, Pete and I.

The forecast was perfect sun and 40 degrees and we met up at Lincoln Woods.. The plan was to do the traverse in two days. The first day we were to ski Zealand Hut and the second across the Pemi. The Pemigawasset was designated as a Wilderness area in 1984 by Congress and is the largest wilderness area in New

acres. The area was logged between 1890 and 1940 but in the past 70 years the forest has returned almost to its pre-logging state. The greatest challenge of our planned ski was once we passed Thoreau Falls -- we had over 13 miles of Wilderness to cross before we reached the other side. Nary a road crosses this great Wilderness and slowly the Forest Service is removing all the bridges and trail signs.

After our successful car spot, at Ethan Pond Trail three of us skied up the Spruce Goose Trail to Zealand Trail to the Hut. Coverage was bare in spots but doable. Our fourth member was our designated driver, Laura, and she snow-shoed up. The hut was full and we enjoyed the night. Up early for an early breakfast our true adventure began. Laura and Tim set out back to 302; Pete and I were left to cross. We had asked the Caretaker, the Forest Service and checked the internet but there were no postings for trail conditions for the Pemi; we truly did not know what we would find.

9 AM, we get to the decision point, Thoreau Falls. Pete looks at me and I at Pete and then swish over the falls we go. The first part of the trail is tricky as you descend to the river and due to the lack of trail markings and maintenance we had to do a bit of bush whacking to the river.

Throughout the day it would be a challenge of bushwhacking, trail finding, and the beautiful skiing through an undisturbed forest. We saw many animal tracks but no animals, and no sign nor human sound. I felt like an explorer going west or a Native American before the Colonists.

I want everyone to have this experience of pristine silence. I will continue to spread the word of preservation and conservation and I hope others will join me so they can enjoy the beauty of silent and nothingness.

9 hours later we hit the first campsite; woohoo!. I was exhausted. Lots of ice bridges, 4 ski removals, and 1 'where did the trail go? -- guess Irene took it. Not only had I skied for 9 hours but was carrying my overnight winter backpacking gear. From there we slowly started seeing human signs and then the parking lot. Pete and I skied across the Pemigewasset, 2 days, lots of memories, an experience of a lifetime, high fives.

Will there be a round 3 in 2013; who knows? But if there is, I hope you will join us; it was truly a magical and rewarding experience.

## Wear Your Green in June and “Give Back”!



June is designated “Green Month” to create an awareness to conservation. It is also an opportunity to “give back” to the outdoors. At this time, the Worcester Chapter is providing two local opportunities to learn how to maintain trails and understand principals of Leave No Trace ethics. June 2 is National Trails Day and Steve Crowe will be coordinating basic trail maintenance training on Mount Wachusett’s Pine Hill Trail. On June 23 and 24 at Mount Wachusett, we have arranged to have an AMC Staff Trail Crew provide instruction on basic trail maintenance skills. Further north, Steve Ciras will be leading a group to the Worcester Chapters Phoenix Shelter in the Maine woods on June 15-17. While there, the team will be inspecting the shelter and area for possible maintenance and will spend a day maintaining the newly constructed Henderson Brook Trail that has been adopted by the Chapter. They will also take the opportunity to hike, paddle, fish for native trout and eat! There is no charge to participate in any of these events and open all including beginners willing to learn. If interested in participating in the local trail work, contact Steve Crowe [steve@sunshinelandscapingco.com](mailto:steve@sunshinelandscapingco.com). If interested in spending the weekend up north contact Steve Ciras [worcamlhiking@yahoo.com](mailto:worcamlhiking@yahoo.com)



In the photo: Steve Ciras, Deb Herlihy, Walt Lazarz and John Grote



Shown:  
Deb Herlihy

## APPIE OF THE YEAR RECOVERING

As Worcester Chapter Appie of the Year, Deb Herlihy earned a free weekend at the Highland Center. She took this opportunity to spend the weekend with her AMC friends on a recent ski weekend. As luck would have it, she had a mishap early in the trip. She did get to see some wilderness first aid in action and even got some new material (a cardboard splint) for the next wilderness first aid class that she will be hosting. We wish Deb best of luck for a speedy recovery.

# “Give Back” on National Trails Day June 2<sup>nd</sup>, 2012

By Steve Crowe

Worcester Chapter Trails Committee Chair

National Trails Day brings greater awareness to trails and their benefits and pleasures. It is a wonderful day to introduce people to trails. Since 2002, members of the Worcester Chapter in partnership with the Department of Conservation & Recreation (DCR) have been reconstructing the Pine Hill Trail at Wachusett Mountain. We encourage folks to get out and “give back” one day of trail maintenance each year. We promise you will never look at trails the same way again!

Join us on Saturday, June 2, National Trails Day, to celebrate the 10<sup>th</sup> Anniversary of the Pine Hill Trail Reconstruction Project at Wachusett Mountain! Projects include helping out DCR staff or the reconstruction and trail hardening work of setting rock steps, building waterbars, and setting scree walls for trail definition.

Tools and training will be provided. Bring lunch, water, and work gloves. We will be celebrating with pizza and cake at the end of the day. Meet at the Wachusett Mountain Visitor's Center, 8:30am-4:00pm. Register with Steve Crowe: 508-450-1091 or [steve@SunshineLandscapingCo.com](mailto:steve@SunshineLandscapingCo.com)

The Chapter is sponsoring the AMC Contract Crew for two weeks on the Pine Hill Trail. A weekend of Rock Work Training with AMC Trails Staff has been scheduled for June 23<sup>rd</sup> and 24<sup>th</sup>. Please join us on one or both days.

Dates for 2012 this year include:

April	21 and 22	Park Serve Day DCR	Saturday and Sunday
June	2 and 3	National Trails Day	Saturday and Sunday
June	23 and 24	Saturday and Sunday	AMC Trails Dept. Rock Work Training
September	29 and 30	Saturday and Sunday	
November	3 and 4	Saturday and Sunday	

# Backpacking and Bike Touring Join Forces in 2012 Workshop By Colleen McLaughlin

The age-old question, "What do backpacking and bike touring have in common?" was finally answered at the Backpacking and Bike Touring Workshop, held on the first weekend in March 2012. Following the example of previous Backpacking Workshops, bike touring was added to the workshop this year to show that, except for the bikes and the boots, the two activities really do have a lot in common.

Take your camping and cooking gear, for example. Take them on a backpacking trip, or take them on a bike tour and you'll find that these work just as well for either activity. Think outside the boots and re-purpose your backpacking/hiking stuff for use on your bike tour. Your rain gear, for example, will help keep you dry on your bike, too. That high-viz yellow cycling jacket makes a great windbreaker on the trail, and your friends won't lose you even in the thickest fog.

This year, the Hiking committee is again offering several graduated Intro-level backpacking outings, starting in April. New this year, the bicycling committee is offering several two- and three-day bike tours. By offering these activities, our aim is to provide a safe and enjoyable environment in which to support those who are new to these activities while they increase their skills and abilities. Please see the details for each trip on the Worcester Chapter activity listings if you would like to join us.

## Award-Winning Worcester Chapter Members! Pat Lambert, Chapter Chair

At the AMC's 136<sup>th</sup> Annual Meeting in January, we applauded our Chapter's award winning members. Those who won Club-wide awards include:

Volunteer Leadership Award: Sharon Foster, past Chapter Chair

Warren Hart Award 224+ Volunteer Hours: Steve Ciras, Laura Lane, Barbara Monroe, Scott Monroe

Marian Pychowski Award 96-223 Volunteer Hours: Katy Aborn, Charlie Arsenault, Steve Crowe, John Grote, Peter Lane, Cindy Martell

Steve Ciras was also honored as our past chair for his contributions to both the Chapter and the Club.

**Thank you and congratulations to all our winners!**



In the photo: Elsie Hogan, Dorothea Klein, Karen Clark-Hoey, Barbara Dyer.

## Fun Family Weekend at Shapleigh Hut

By Karen Clark-Hoey

Barbara Dyer and Karen Clark-Hoey filled Shapleigh Hut at AMC's Highland Center over Martin Luther King Weekend with 4 adults and 12 teenagers in what is hoped will become an annual family tradition of outdoor winter fun! With a foot of new snowfall, the weekend kicked off Saturday with tubing at the Mount Washington Resort, an easy 10-minute car ride from Shapleigh. After getting warm around the resort's welcoming fire with hot chocolate, the group moved to the recreation center at Bretton Woods across the street for swimming and socializing. The kids enjoyed hours of fun getting to know one another before the next day's hike up Mt. Willard. The weekend's temps were sub-zero and it was all-hands-on-deck for the adult leaders to ensure that the group was properly attired at all times, no small feat considering the inside/ outside movement of the group and the free-range nature

of 12 teenagers! Miraculously, all 24 gloves and boots were accounted for by the time the weekend wrapped (as well as the body parts that each covered). The hike up Willard early Sunday morning was paced to account for the -23 temperature and the need to limit exposure, The group rose to the challenge and reached the summit in under an hour, enjoying the views and an educational chat with expert rock climbers who gave a quick demo on how ice climbers cut footholds into the ice and snow and an intro into their various gear of picks and axes. The descent was accelerated to reach the warmth of our hut and the beckoning call of baked goods brought by the amazing moms who helped coordinate an unforgettable weekend for their kids. New friendships were made, existing friendships renewed and memories of the weekend forever shared.

## Worcester Chapter Families

### Winter Camping at Beaver Brook

By Barbara Dyer

*Our recent March trip to Beaver Brook in Hollis, NH provided about 6 families a rare opportunity to be introduced to winter camping. Despite wet weather and snow, the skies cleared for the group and we were able to enjoy a big bonfire, hike, and slept in rustic cabins. We finished the night with lots of fun stories, shared exciting adventures, and developed many fond memories of our times spent with the AMC Families group. Join us next time for this annual event or other upcoming families events including Mothers Day Weekend at Noble View Outdoor Center May 11 - 13, camping at Nickerson State Park on the Cape June 25 - 28, or camping at Pawtuckaway State Park in NH August 6 - 9. Hope to see you there! Contact [barbaraadyer@gmail.com](mailto:barbaraadyer@gmail.com) if interested in more information. All ages welcome!*



**Save the Date!**

**Annual Worcester Chapter Spring Picnic:**

Sunday May 20, 2012 starting at 10 a.m.

Hopkinton State Park

## AMC FAMILIES

# On Terra Nova



## By Brianna van Eyndhoven

We darted, sprinted, and ran for our lives to get out of ear reach of our parents so we can start conversing. We started explaining to the newest people in the group what the AMC is. I told them that we are considered as the AMC kids, or the Appalachian Mountain Club kids. The AMC makes being active fun, or learn how to have fun on trips even if their boring. Our parents have made us go to camping, hiking, lodging, all by ourselves, and it wasn't any fun without any friends. Finally, one year, the smartest of the parents noticed we weren't having any fun. So six or seven parents that were part of the AMC started talking, and then they set up a date to meet. We've known each other for years now, and were not part of just some club. We're a family.

We went down the trail a little bit further. Mark, Sierras brother, screamed, scaring everybody, making them jump backwards and knocking me onto the ground. Yellow Jackets were frantically surrounding him as he tries to run away. Sierra, Nate and Charlie, were also standing by too close and also got stung, but only once each, compared to Mark who got stung eight times.

In the midst of all the screaming, Nate had recovered from his stings, and then left. He was on the boulders searching for his eight-year old brother, Elliot. He wasn't there. After the Yellow Jackets were long gone, and the parents were trying to take care of the stings, Nate yelled, "Elliot's gone!"

Everyone turned around and stared at Nate. A tear was running down his cheek. All the little kids that were also on the boulders came down, and the parents made sure everyone else was there. Lois (my grandma) and Wanda (the group leader) were talking to Tracy (little Elliot's mom), and tried to devise search teams to try to find

## AMC FAMILIES

him. Getting up from the ground, I walked over to Mark, and asked him if he was OK. He said “yeah.” Mark is the toughest guy I know, so I didn’t want to see him cry. He was just sitting there, inspecting the eight stings on his head, legs, and arms.

I got up, being already reassured with his reply that rang in my head, and walked over to the girls that were around my age. We decided that lil’ Elliot should be at the parking lot, because that was where we were supposed to meet if someone got lost. I grabbed Sierra, Klea, Rebecca, my sister, and little Elliot’s brother, Nate, and went to my grandma. She agreed to let us go back to the parking lot, as long as she came with us.

As we left the slow pace of my grandma trailing behind, all of us sprinted along the rocky trail, hoping to receive a reply. Realizing that we were approaching the parking lot, I screamed, waiting anxiously for a reply, and then Nate screamed one last time, just before we rounded a corner.

This time, heavy, muffled footsteps came streaming around the corner. I ran to embrace an eight-year old boy, who was holding a lollipop, and had the biggest grin on his face. I felt that my insides were about to burst with exhilaration. If he would have been lost, it would have been our fault so we would get grounded for life and on. Rebecca and Sierra in unison, sighed in relief. Nate scolded him under his heavy breathing. Everyone piled on top of us, catching our breath, and making our racing hearts slow down. “Elliot?” I asked, “yeah?” “How come you scared us to death, just to get a lollipop?” He laughed, and gave me a smug grin.

Packing up, and not ready to go home yet. That's how it is every time, especially for me. Looking around for hidden possessions. Everything just seems empty now. Everyone’s disappeared. Everything’s gone or packed away. Slipping into another over-stuffed car, and watching the trees blur by, isn't the same as watching them with everybody else. Leaning my head against the damp, cold glass, I close my eyes, watching in my head, an experience never to be forgotten.

*Brianna is the daughter of Shari and Winfried van Eyndhoven. She's an 8th grader at Strong Middle School in Connecticut. Since she was six, she has been going on trips with the New Hampshire and Worcester chapters. With her friends from the AMC, she goes on trips across the east coast and always has a blast. She has a sparkling attitude towards learning and she loves to be with the AMC.*

## **Worcester Chapter “Give Back” Initiative for 2012**

### **by Steve Crowe**

Have you ever thought of giving back but weren't sure how to do it or if you had the necessary skills to participate? This year your Worcester Chapter has set a goal to increase the volunteerism of the chapter members and committees. At the Executive Committee Annual Planning Meeting, a Subcommittee was created to help facilitate this goal training more leaders, develop guidelines, recognize participation, create partnerships with other peer groups and join their activities. In 2012, this initiative will help increase volunteerism and awareness and in turn, make all of our lives and environment a better place. Pat Lambert brought up the idea of "Giving Back" during her Chapter Chair acceptance speech. She said "We have just under 2,700 members in our Chapter. If we each choose 1 day to give back in any way we can, we will perform the equivalent of nearly 7.5 years of work in 1 year. That's a lot of power! 2012 is also a leap year so that extra day to "give back" is already built in for you!"

The four Action Points for this subcommittee are:

#### **Identify and Train Trails and Conservation Leaders-**

The AMC has identified Trails and Conservation Leaders as a Club-wide goal and the topic will be a focal point of a consistent effort at the Chapters Retreat this season. If you are unable to make the commitment of becoming a Leader, you can help by spreading the word about the initiative and recruiting someone who could help with the quest for more "Giving Back" Leaders. The AMC has plenty of opportunities for new leader training both locally and at places like Camp Dodge in the White Mountains. Next time you are out hiking, have your group think about the amount of work that goes into maintaining the trail you are hiking on and who has been doing all that work throughout the years.

#### **Develop and adopt chapter leadership guidelines regarding Trails and Conservation-**

While the chapter has detailed leadership guidelines for activity leaders, the Conservation Committee has not had enough Leaders to make it necessary to have its own guidelines. We have a great start with the incredible job that the Leadership Committee has done over the years building up our regular activity leaders, and look forward to creating the right mix of criteria to develop safety minded, productive leaders.

#### **Develop incentives and recognition for participation in these activities at the Chapter level.**

Several chapter members received Clubwide recognition and were awarded the Pychowska or Warren Hart award for many hours of service. T-Shirts and Water Bottles are often award to Volunteers after 2-3 days of commitment. What kinds of awards do you think the chapter should be providing its Volunteers for making the extra effort to make a difference by Giving Back their extra day this year?

**Work with peer groups:** We need to contact the groups that are already AMC partners and identify new local conservation organizations and help them with their events. When we partner with other organizations, they assist with providing leaders and running of events, making our "Give Back Days" efforts more broad and increased in scale. The Worcester Chapter can gain from their expertise and bringing in new leaders and increasing those precious "Give Back Days". Do you belong to any groups that are hosting events like Earth Day, Arbor Day, waterway clean-ups, recycling events or trail work days, etc? If so, please let us know so we can find out if they qualify to be AMC partners or we can just provide a list of ideas for our chapter members to make a difference helping out in their organization of choice.

Lastly - we are looking for a person to be the point of contact and administrator for this important Initiative. If your "tools" are great organization and computer skills - you might be perfect for this role! We all share the trails, we all need to contribute so that we can maintain, protect and preserve these special places. If you assist in any way,

**Editor, Nancy Cahn.** All newsletter submissions should be sent to [njcahn@charter.net](mailto:njcahn@charter.net). We reserve the right to edit for length and content. All contributions are welcome. Summer deadline June 15th.