The Wachusett Views

Summit of Mt Watatic in Ashburnham

Charlie Arsenault
Worcester Chapter Chair

Photo provided by JOE CIRAS
Who is that guy enjoying a Wachusett view on the cover of Wachusett Views? I’m Charlie Arsenault, your new Chapter Chair. At our Annual meeting last month, Pat Lambert transitioned from Chapter Chair to Past Chair, and I transitioned from Vice Chair to Chapter Chair. I’m honored and looking forward to serving as Chapter Chair. My journey to Chapter Chair started with Chapter Leadership training and the simple goal of leading trips in the White Mountains. One thing leads to another, and I have since wound my way through several roles with the Worcester chapter such as Four Season Hike leader, Ski Committee Chair, Hiking Chair, and Vice Chair. My goals for the Chapter are simple, to enable our members to achieve their goals with our Chapter. The AMC is many things to many people. We enable members to enjoy many outdoor pursuits with like-minded people. We address conservation issues. We educate our members on leadership, skills, issues, and much more. Align your true north with us, whether you go on a hike or two, learn a new skill, or want to understand more about Leave No Trace (LNT) principles.

If you do want to learn more about LNT, read the Pat Lambert “Leave No Trace, Trainer Training” article in this issue. Pat covers recently completed LNT train the trainer course provided to several of our Chapter leaders. The course provided our leaders with many strategies for incorporating LNT principles and messaging in upcoming activities. As I complete the writing of this first of my Chair Messages, I see the snow falling outside my window. These first snowfalls always heighten my anticipation of winter activities I’m planning. I hope you’re also getting excited about winter and will join us on an upcoming winter adventure. We’re jam packed with hikes, skiing, family activities, indoor climbing, and even an intro to Ice climbing for you brave and hearty soles. Check out the full list at: http://www.amcworcester.org/

Click on “Up Coming Events” to find the activity that’s right for you.

Regards,

Charlie Arsenault
Worcester Chapter Chair
(AKA “Fresh Snow”, my LNT name)
In 2014 August Camp experiences the incredible beauty of Mount Rainier National Park. Marvel at spectacular scenery while walking among towering hemlocks, relive the drama of Mt. St. Helens, and hike on the shoulder of one of the tallest peaks in the lower 48. Camp will be set up in the small former lumbering town of Packwood adjacent to the park.

After a day of the activity of your choice relax around the nightly campfire. This will be the time to listen to ranger talks, hear reports from the day’s hikes, learn about the next day’s activities, and enjoy singing and conversation.

This full service tent village for 64 campers each week offers home-cooked meals, daily hikes at all levels, nightly campfires and wonderful camaraderie.

The designated airport is Seattle-Tacoma International, and the camp fleet of vans provides transport between camp and SeaTac each Saturday.

The Application and Camper information forms, as well as detailed Camp information can found on the August Camp website at http://www.augustcamp.org/. Plan your one or two week adventure now and be part of one of the AMC's oldest traditions.

Applications will be accepted after Jan 1, 2014. Questions about August Camp?

Week 1: July 19 - July 26
Week 2: July 26 - Aug 2
Week 3: Aug 2 - Aug. 9
Week 4: Aug. 9 - Aug. 16

Contact DV Chapter member and August Camp leader Lennie Steinmetz at steinmetz.lennie@gmail.com or by phone at 610-694-8677.
Who’s Who on the 2013-14 Executive Board

It’s time to get to know our Executive Board! We asked each of them three questions-

#1.) Why did you join the EC?
#2.) How can our members help you accomplish your goals?
#3.) What is your favorite outdoor food?

and here’s what they said...

Charlie Arsenault, Head Chair

#1. (Why did you join the EC?) To help others meet their outdoor goals and have fun. Little did I know that having fun would lead to about a ba-gillion volunteer hours.

#2. (How can our members help you accomplish your goals?) Don't be shy about getting in touch with a Committee member if you’d like to help out or fill a volunteer role. We have a lot of activities happening and can use all the help we can get.

#3. (What is your favorite outdoor food?) My attempts at finding a good Lobster and Steak jerky have failed, so I'll settle for Snickers bars.
Debi Garlick, Secretary

#1. (Why did you join the EC?) I was asked to join EC as secretary in 2012 by Worcester Chair, Pat Lambert. I feel like I am contributing to the organization, and at the same time, learning a lot about the mission of the AMC.

#2. (How can our members help you accomplish your goals?) It is always nice to get feedback after an activity. Tell me what worked or suggestions to make things better.

#3. (What is your favorite outdoor food?) Anyone who has hiked with me knows I always bring a baked sweet potato!

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John Nieman, 3rd Wednesdays Chair

#1. (Why did you join the EC?) I joined the EC because it is included in my volunteer position.

#2. (How can our members help you accomplish your goals?) Members are already supportive of 3rd Wednesday.

#3. (What is your favorite outdoor food?) Gorp with M&M's.
Bill Zahavi, Treasurer

#1. (Why did you join the EC?) I joined the EC as soon as I joined the AMC. I wanted to be outdoors and wanted to get deeply involved in everything the organization was doing. I had been a treasurer in other organizations so taking on this job with the chapter felt very comfortable. I also enjoy being a hiking and kayaking trip leader which keeps me in the outdoors a lot.

#2. (How can our members help you accomplish your goals?) Participating in our multitude of activities is the best way for our members to help me accomplish my goals, which are to keep active and meet new people all the time.

#3. (What is your favorite outdoor food?) Chocolate.

Dave Cole, Chapter Vice Chair

#1. (Why did you join the EC?) I joined for the camaraderie and the mission.

#2. (How can our members help you accomplish your goals?) Members can help by continuing to support our Chapter and Club, both financially and with their time.

#3. (What is your favorite outdoor food?) Oreo type cookies. Naturally.
Pat Lambert, Past Chair

#1. (Why did you join the EC?) In early 2005, Barbara Dyer asked me to take on the position of Social Chair mid-term as she was moving into the then vacant Vice Chair position. Just goes to show that a personal ask goes a long way to recruiting individuals to join our dynamic EC.

#2. (How can our members help you accomplish your goals?) As the current Past Chair, I am now responsible for chairing our Nominating Committee. This committee identifies individuals to approach about joining the EC for the upcoming year. We can always use new committee members to help in our quest to fill vacant positions. Anyone who is interested in learning more about the Nominating Committee can contact me at plambert119@yahoo.com. Of course, our Nominating Committee meetings entail good food, some beverages, and home baked cookies provided by the Chapter's Chief Baker.

#3. (What is your favorite outdoor food?) Cheez-Its mixed with Pretzel M&M's and Reese's Pieces. Covers all the basic food groups for the trail.
Worcester for hours often by myself. It was my way of finding peace and to take a different perspective on life. It became my church. As a teen, I continue my adventure often times taking solo trips or leading hikes with friends in the Whites. Got lost once....learned alot. I don't remember the exact time or where I was but as a young adult I came across a flyer from the AMC and I read the mission statement. I didn't join then as funds were tight but often times found myself reading the mission statement whenever I came across it. I seemed to hit my values right on target. Stewards of the outdoors. Protects yet still encouraged using and enjoying the outdoors. It was perfect. It was me. I finally opened my wallet and joined.

#2 (How can our members help you accomplish your goals?) I was on a hike up Passaconaway once with my son. I was in better shape at the time and was being overly aggressive with my hike. I crossed a beautiful stream and continued on my trek. My son was behind me and yelled up to me. "Hey Dad, stop for a minute. Look around. Do you remember why we are out here?" Smart kid. I guess I raised him right. I ask that everyone please stop every once in a while and remember why you are there. Think of ways you can protect the outdoors. If you do that, you will naturally become a steward of the outdoors. Then take your friends and family out and show them what we have, educate them and they will be converted. You can't appreciate what you haven't experienced. Americans don't spend enough time outdoors and by default do not appreciate the outdoors. We are quickly becoming a minority. If that happens we will soon loose what we love not because the majority don't care but because they don't know.

#3. (What is your favorite outdoor food?) Inside or outside by far hot dogs. Hot dogs are hard to take on an overnight backpack so for the first night I usually eat kielbasa and ramen. The salt content doesn't allow me to eat this when I am a flatlander so it is a special treat.
David Elliot, Paddling Chair

#1 (Why did you join the EC?) I was a happy draftee. It was flattering to be asked.

#2 (How can our members help you accomplish your goals?) Have fun in the woods, especially on rivers. Contact me at AMCPaddle@gmail.com and let's do stuff.

#3 (What is your favorite outdoor food?) Everything is delicious when you've been working hard. Isn't that wonderful?

Renee Pittelli, Chair Local Hiking

#1 (Why did you join the EC?) I joined the EC because I felt like I would like to give back to a club that has provided me with so much enjoyment by cultivating my love for hiking and backpacking.

#2. (How can our members help you accomplish your goals?) AMC members can help me achieve my goals by starting to hike locally, advance to upcountry hiking, and maybe give backpacking a try. I enjoy bringing new members into the AMC and watching them start locally and branch out to upcountry hiking. I also hope to encourage those I hike with to attend leadership training so they too can lead hikes.

#3. (What is your favorite outdoor food?) Peanut butter or any type of Luna or Clif bar.
Sharon Whalen, Membership

#1 (Why did you join the EC?) I joined the AMC to go on hikes at places I wasn't familiar with so I wouldn't get lost and wouldn't have to go by myself.

#2 (How can our members help you accomplish your goals?) One goal I have is to see new members start participating in activities and enjoy themselves enough to rejoin after their first year. It's tough to get started if you're new and unsure about attending an event without knowing anyone else, but you'll be hooked immediately once you meet our friendly AMC community.

#3 (What is your favorite outdoor food?) My favorite outdoor food is a giant cookie baked in a box oven on the campfire, then topped with cream cheese frosting and fruit baked. Not a backpacking option but great for car-camping.

John Gau, Ski Chair

#1. (Why did you join the EC?) Sense of obligation to do my part.

#2. (How can our members help you accomplish your goals?) Become leaders and submit activities.

#3. (What is your favorite outdoor food?) Peanut butter and jelly sandwiches. Not really but convenient and less perishable.
Fred Mezynski, 3rd Wednesday and Tuesday Night Bike Rides Chair

#1. (Why did you join the EC?) I joined the EC because I had this need to get involved and give back and felt I could add my skills to the EC by taking on jobs from Treasurer all the way to 3rd Wednesday.

#2. (How can our members help you accomplish your goals?) Members can help me accomplish my goals by passing their skills and knowledge on to me.

#3. (What is your favorite outdoor food?) My favorite outdoor food is chili or any other soup.

Michael Foley, Social Chair

#1. (Why did you join the EC?) Steve Ciras ask me to join the EC,.. plus I am pretty social and also a local hike leader.

#2. (How can our members help you accomplish your goals?) I would like to do dual combination with hikes and family event.

#3. (What is your favorite outdoor food?) Ribs or anything on a grill.
Nancy Cahn, Communications Chair

#1. (Why did you join the EC?) I jumped at the chance to become involved once I learned of the opening. The Communications Chair is a great position on the EC, because you know what’s going on in the club.

#2. (How can our members help you accomplish your goals?) I’d love for our members to get more involved by submitting stories and pictures for the newsletter.

#3. (What is your favorite outdoor food?) Everthing tastes great outdoors but I get especially excited about Pat’s homemade cookies.

Deb Herlihy, Leadership Chair

#1. (Why did you join the EC?) The AMC's mission holds great meaning for me combined with my love of the outdoors, I feel I can give back through my continued support and promotion of our volunteer leaders who make this club so great.

#2. (How can our members help you accomplish your goals?) Our volunteer leaders bring their passion and love of the outdoors and their desire to share that with others. Which makes providing them with the tools they need to lead groups with confidence so important. Leadership training, Wilderness First Aid (WFA), and Leave No Trace (LNT) are just a few examples of how we accomplish this.

#3. (What is your favorite outdoor food?) Hmmmm, I really enjoy a sandwich with a thick slice of liverwurst with mayo, lettuce, tomato and onion! It's a great tasting energy boost on the trails!
Ed Faron, Midstate Trail

#1. (Why did you join the EC?) I joined the EC to represent the Midstate Trail Committee and to keep the EC abreast of the activities funded through an endowment grant.

#2. (How can our members help you accomplish your goals?) The EC can support our goals by promoting what the MST Committee does and by participating in its activities.

#3. (What is your favorite outdoor food?) My favorite food is wild black berries eaten fresh from the bush.

Winter Hiking with the Worcester Chapter

Photos provided by Nancy Cahn
Leave No Trace
Trainer Training

Photo provided by DEB HERLIHY
Congratulations to our leaders who completed the course successfully: Charlie Arsenault, Steve Ciras, Dave Cole, Amy DiDonna, Mike Foley, Debi Garlick, Deb Herlihy, Pat Lambert, Pete Lane. Over the 2 days of training, we learned a lot about Leave No Trace principle, ourselves, and one another. We were pushed out of our comfort zones in a safe environment which made both the teaching and the learning more impactful.

The first hike I led following the training, I made sure the group met in the parking area near a port-a-john so we could avail ourselves of the facility before we headed out on the trail. Our group even picked up trash we found on the trails so that we could leave the trail better than we found it for others to enjoy. Sometimes you do need to pack out what others packed in and left behind. Simple things make a world of difference.

We’ll be offering our own trainings at future Chapter events; e.g., Leader Palooza, Spring Picnic, etc. to share the knowledge we gained so that you, as either a leader or as a member, can share it with others as you enjoy the outdoors. If you love the outdoors, pay it forward for the benefit of others.

FMI on Leave No Trace: http://lnt.org/
Leave No Trace Training  
Photos provided by MIKE FOLEY
Check us out on Facebook!
Appalachian Mountain Club – Worcester Chapter

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

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The Wachusett Views Editor: Nancy Cahn