

The

Wachusett Views

News from the Worcester Chapter Appalachian Mountain Club Summer 2008

Chapter Chairs Message Come Out And Play!

(Under The Red Felt Crusher)

By Chapter Chair, Sharon Foster

Happy Summer!

Greetings Appies,

As I write this the weather is starting to get warmer and I see more people out and about. I hope that you are one of them.

Our Tuesday and Thursday Night Bike Rides have gotten off to a great start. We have had a number of new riders join us and good weather so far. Our new graduated hiking series "From the Blue Hills to the White Mountains" is off to a great start with 17 people joining us for the workshop and 10 for the first hike and we have an active paddling program.

I am also very pleased to report that May 3rd we let our first Chapter Youth Program (CYP) Activity, a hike with Big Brother/Big Sister to Breakneck Hill Farm in Southborough. This is one of the programs we have been working on in support of the club and chapters initiative to get more kids outside.

We have a very active schedule this summer with lots of activities for all abilities. I would like to take this opportunity to thank all of our leaders for making it happen. We are a small chapter but we have a lot going on and couldn't do it without all of you.

I also realize that many of you are concerned about the price of gas and this may prevent you from considering some of the more distant trips to NH and other parts of Northern NE. Instead of staying home, talk to the leader we will try to help you find someone to carpool with, we are trying to encourage carpooling both as a way to reduce costs and our carbon footprint.



Sharon Foster, Chapter Chair
What Mountain is in the background?

(Read more about climate change and your carbon footprint later in this issue).

As summer approaches I really hope that you will come out and join us for some human-powered activities. Whether you are new to an activity or a seasoned veteran we try to offer something that will appeal to all and if you know of some great places/trips that you would like to share consider becoming a leader. We are always looking for new leaders to share their favorite places and activities. We will train you.

Contact us to find out how you can become more involved in your chapter.

Hope you see you out there :
Sharon

Sharon Foster
Chapter Chair
Worcester AMC
Sharon_foster2@yahoo.com



Worcester Chapter

2007-2008 Executive Committee

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~ CHAPTER EVENTS ~

August 29, 2008 - September 01, 2008 (Fri - Mon)

Cape Cod Camp-Bike-Swim Weekend

Nickerson St. Park Group site near Ocean beach(bay side), pond & hot showers. Kayaking & many biking opts. incl. miles of paved bike trails w/in park, incl. CC rail trail. Close to Wild Life Sanctuary & Cape Cod Nat'l S e a s h o r e . ~ \$60 pp, incl. 3 brkfs. & 2 dinners. No refund aft. Aug. 20.

Worcester Leader: Dave Laska
508 829-9155 (best time to call: before 9 P.M.)
davelaska@verizon.net
Registration is required for this trip. —

Summer Family Adventure Club

Join the Worcester Chapter families for weekly activities in the great outdoors such as bike riding, hiking, parks, conservation initiatives, picnics, rock climbing, camping, boating, and outdoor games, etc. Sign up to get on the email list for announcements of family events.

barbaradyer@hotmail.com (508)735-3281.
Family Leaders Wanted!

Summer Sports Social Series

Join the Worcester Chapter socials for weekly activities such as frisbee, tennis, volleyball, golf, woofleball, picnics, etc. Contact leader to get on email list for announcements.

barbaradyer@hotmail.com (508)735-3281.

Kayak Instruction & paddle

Learn and practice strokes and rescues then a short paddle at Hopkinton State Park. Bring PFD, water, bug spray, a change of clothes and wear water shoes. Limited to 8.

Date(s): July 09, 2008 (Wed)
Location: Hopkinton, Massachusetts, Central, MA

Leader: Pat Rheume
danceonmom@aol.com
Registration is required for this trip.

www.amcworchester.org for all events
Congratulations!

Volunteers
of the **Month**



March - Dave Laska
April - Sue Fredette
May: Bruce Harmon

If you know of a volunteer leader (who is not on the Executive Committee) that you would like to recognize for there contributions please send an email to Sharon Foster (sharon_foster2@yahoo.com) by the last Monday of the month, winners are selected at our monthly EC Meeting.

**MOUNTAIN LEADERSHIP
SCHOOL PLANS 50TH REUNION**

The AMC's Mountain Leadership School (MLS) is celebrating its 50th anniversary this year. The MLS staff is coordinating a day long event on Oct. 4, 2008 at the Pinkham Notch Visitor Center which was the hub for MLS until it moved to the Highland Center in 2004. If you are interested in helping out, have pictures or stories you would like to share, etc. please contact Leo Kelly at lgk48@aol.com or phone at 203 464 7752. More details to follow. Mark your calendars and save the date. Plan on reuniting with your group and instructors and reminiscing about your route.

THE HIKING CORNER

FLAGS ON THE 48th ANNUAL HIKE - Steve Ciras

The "Flags on the 48" began as act of remembrance and a demonstration of patriotism in response to the horrific terrorist attacks that took place in the United States on September 11, 2001.

On September 15, 2001, three days after the attacks, six hikers met at the White House Trailhead packing a 96 square foot American flag, 30 feet of PVC tubing, 100 feet of rope and 2 rolls of duct tape. These hikers felt compelled to do something to express their grief for the tremendous and devastating loss of lives. In a small demonstration of their helplessness and compassion in the wake of incomprehensible violence, these six hikers ascended with heavy hearts to raise the American flag from the summit of Mount Liberty. This was their personal tribute to the thousands of men, women and children who perished in the attacks. Their patriotic and sympathetic display received such remarkable amounts of positive feedback and support that a committee was formed to establish an annual memorial. The "Flags on the 48" Memorial Hike was officially brought to life.

In September 2004, a group of members from the Worcester Chapter happened to be on the summit of Mount Hancock to witness the raising of Old Glory and inquired as to why this was being done. When told of the reason, there was absolute silence accompanied by tears. The silence was broken by a participant who responded, "We have to do this"! This group then hustled over to South Hancock to pay their respects and thanks to those raising the American Flag on that summit.

Since that year, the Worcester Chapter has participated in this annual event by raising flags on Mount Field (2005), Isolation (2005 Young Members), Moosilauke (2006) and Bondcliff (2007). Several members have returned to

make this trip every year and vowed to return as often as possible. Each year a journal is passed around so that the hikers can record their remembrances.

The Worcester Chapter has not been alone. Others have brought additional flags to raise their flag next to ours. Groups from the AMC, Boy Scouts and families of hikers raise flags on the other 47 peaks covering all 48 four thousand footers at the same time for two hours. Many family and friends of those who lost love ones have also made this trek. It is absolutely incredible how so many people can be silent only to be broken by sound of A10's flown by the Air National Guard that recognize and honor this effort by buzzing all 48 peaks.

This year, the Worcester Chapter plans to run an overnight backpack and raise our flag over Mount Carrigain. This trip fills every quickly by returning participants. If you would like to participate this year, contact Steve Ciras, Hiking Chair at worcamlhiking@yahoo.com. Leaders, perhaps you would like to lead another Worcester Chapter group to one of the other peaks. If so, you can contact Steve to help organize the hike. Additional information on the "Flags on the 48" can be found at <http://www.flagsonthe48.org/>



MOOSILAUKE 2006

How The Endowment Provides

Mountain Classroom An Environment for Learning

-- Scott Karpuk

"When my daughter called me and I heard the excitement in her voice I wished I could have been there to experience it with her. It was a unique experience. She is still talking about it. It was a great thing to do for the kids."

I found this note from a parent after a long, hard day teaching tech engineering. Middle School requires the patience of Job, the wisdom of Solomon and the motivational fire of Belichick. I often consider my roofed, four-wall classroom a limiting environment. That email reminded me how grateful I am for opportunities to show my students another path.

With the help of a grant from the Worcester Chapter, I "broke out" 13 Eighth grade students from Clinton Middle School for a three-day Mountain Classroom program offered by AMC in the White Mountains of New Hampshire. For three decades the AMC has worked with schools to make the environment an integral part of learning.

AMC provides each school group with two highly capable teachers who guide them through outdoor explorations. Students develop a deeper understanding of ecosystems, while expanding their sense of wonder and respect for the natural world.

Clinton's Principal, 13 students (11 girls and 2 boys) and I spent three days with these teacher/mentors, learning to use the provided equipment and working on common goals. Day One took place at AMC's Highland Center. Team building activities preceded a hike up Mount Willard.

We hiked to Zealand Falls Hut on Day Two. That day included a scramble up Zeacliff to complete an intensive education day in geology, biology, ecology and, more importantly, cooperation. On hike-out day, each student spent an hour solo hiking. For most it was their first time in this environment -- certainly their first time in it alone.

AMC's three pillars -- conservation, recreation and education -- were all met, along with a memory of a lifetime.



MOUNTAIN CLASSROOM 2008

My name is Ethan Langer and I am a Life Scout in Troop 101 of Northborough, MA. I first heard about the needs of the Coyote Trail extension project back in July of 2007 while I was just looking at potential Eagle Projects. The Coyote Trail however seemed to stick out to me. I met with Northborough Trails Committee Chairman Mr. Bradley along with my Mom, fellow Life Scout Dan Rowe, and his father to walk the trail and see exactly what was required to do this project. A lot of cutting back of underbrush and very tall grass was needed, but the more essential need was

boardwalks to cross the wetland sections of the trail. Boardwalks would require a substantial amount of funding, (\$820 to be exact). I determined that this was the project I wanted to do because it was not over-the-top in difficulty or length and it seemed like it would be a very rewarding, beneficial project. So I started planning out The Coyote Trail project on July 20th 2007 and got approved by Knox Trail Boy Scout council to start the project. Unfortunately, the permit to actually work on the trail did not come through from the State until December 2007. I started construction on the boardwalks

on December 29th 2007 in my scoutmaster's basement due to the weather. My installation workforce on the trail consisted of my fellow scouts, my scoutmaster, assistant scoutmasters, my parents, and Mr. Bradley. I finished the Trail on January 13th 2008 and really look forward to its use in the future by AMC members, and the local community. A link to the trail can be found through the Town of Northborough's Website. Thank you to the AMC Worcester Chapter for your financial support.

THANK YOU!!

TO OUR GENEROUS SPONSORS FOR THE 2008 SPRING PICNIC RAFFLE PRIZES!



AMC Joy St.

Barney's Bicycle



L.L.Bean



New England PackPacker



EMS

Marlboro

Chapter Youth Program

Holds First Event by Deb Phaup

It was a long time coming! On a dreary Saturday morning in May, the Worcester Chapter of AMC held its first Chapter Youth Program event with Big Brothers Big Sisters (BBBS) of Metrowest and Central Massachusetts at Breakneck Hill Conservation Land in Southboro, MA. It was a great success, but not without a lot of time, patience and effort from our CYP team.

A little background... As some members know, the Appalachian Mountain Club has been trying to reestablish its Chapter Youth Programs for some time now. In 2004, such activities were curtailed because of lack of consistent rules, oversight, and appropriate training. Unfortunately, in this day and age, the club had to protect itself legally, and most importantly, the children had to be as close to guaranteed safe as possible from injury, harm, and from potential predators. But with the new guidelines and requirements, the programs have resumed.

Chapter Youth Programs are designed to serve youth in the 6-18 age group who are participants in organizations like United Way, Boy/Girl Scouts, YMCA, and BBBS. *Qualified CYP leaders share their outdoor and trail maintenance skills with youth agency participants and their attendant staff. CYPs are land-based, day programs at this point.

Back in January of 2007, 8 members of the Worcester chapter attended CYP training held at the Annual Meeting in Marlboro, MA. It was a full day of information and some fun. That is when it was decided that the Worcester Chapter would actively restore its Chapter Youth Program. Shortly thereafter, I was appointed CYP Coordinator, which became an At-Large position on the Executive Committee this fall. As Coordinator, I act as a trip approver, liaison for youth agencies, manage the paperwork, and serve on the CYP Team.

The requirements of CYP leaders are intensive as well, including CYP training, leader status, CPR and First Aid certified, and CORI criminal background checks. Phew! It really was a long haul, but it has paid off.

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Living Green While Saving Green - Part IV in a four-part series

By Claude Guerlain - AMC-WR Conservation, with input from Hawk Metheny - AMC Green Team

Level IV actions are the most expensive up front, or require the longest horizon for seeing a financial payback than those provided in the first three levels in this series.

1. Adapt your lifestyle to do without a car
2. Otherwise, buy a hybrid or the most fuel-efficient model you can afford. For more information, go to www.hybridcars.com or www.fueleconomy.gov.
3. Replace your furnace with a geothermal heating/coolingsystem.

<http://geothermal.marin.org/pwrheat.html#Q9>

4. Remove your home from the national electric grid and invest in a solar system. For more info visit www.grosolar.com and www.ases.org
5. If you are building a new home or extension, use Green construction standards. Go to Leadership in Energy and Environmental Design (LEED), www.greenbuilding.com and www.usgbc.org.

Also, consider reading "Your Green Home"

by Alex Wilson

Other resources:

www.eere.energy.gov/consumer/



www.buyenergyefficient.org
www.fypower.org
www.energystar.gov
www.nhsaves.com
www.efficeincyvermont.com
www.energysavers.gov

To review Levels I through III actions, refer to

www.amcworchester.org

Taking Baby Steps in the Right Direction

A member sent in this item: "I've found a few useful tips in the 'Living Green While Saving Green' section, but wasn't ready to give up my dryer just yet. Decided to share my baby steps to getting there - set dryer for 20 minutes; pull out and hang t-shirts and cotton items on shower rod; finish drying the rest on "less dry" setting. Worked great all winter! T-shirts aren't wrinkled, cotton shirts are easier to iron, if at all, and towels are fluffy. Now I have a wooden rack in the shower and leave fewer and fewer items in the dryer after those 20 minutes. Soon most everything will go directly on the line outside. Baby steps are getting me there. Thanks for the help."

If you would like to submit a Living Green tip, please send it to conserves@amcworchester.org. Tips will be posted on the web, or in future

On May 3rd, Barb Dyer (Past Chair) led a group of 15 of us AMCs and BBBS "bigs" and "littles" on a hike around the beautiful conservation land, and a visit across the street to feed the cows (southboro belties). We had to cancel a couple of weeks previously because of forecasted rain only to have it turn out to be a beautiful day. So this time, I was more stubborn. When Gail from Big Brothers/Big Sisters called the day before because of another iffy forecast, I told her we'd be there and if no one showed up, THEN it would be cancelled!

We met at Breakneck Hill Conservation Land in Southboro at 10:30am with Bruce Blais and

Michele Simoneau as co-leaders. We had 2 folks from BBBS, 5 kids and their "Bigs." I don't know what my official capacity was, but I wasn't missing it for anything despite limping along a little too soon after knee surgery.

We hiked around the gentle hills of farmland, stopped at the "summit" for a nice view of the area including Mt Wachusett and had snacks and chatted. We hiked around some more, probably an hour total and then crossed the street to the caretaker's property to feed the cows (a few goats, sheep, and a horse too).

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Carbon Conscience

by Jim Walsh

Carbon footprint. By now, we all know what that is. We all have one. Our big personal carbon outputs are driving, electricity use, and heating your home. Then there are all of the smaller contributions, like buying apples from New Zealand, using too many plastic bags, and eating meat. Typing this article on my computer is using power, which is creating greenhouse gas.

What is a soul to do?

Some of the painless ways to reduce our personal carbon footprint are to turn down the heat and turn off the lights when not in use. Burning wood is an alternative to oil. Wood does release carbon when burned, but it has absorbed the CO₂ during its lifetime, so the net release is zero.

Since energy use is becoming more and more expensive, our reduction in carbon output tends to be the result of the eco-

nomie realities we have to face. Reducing gasoline use becomes natural when we are looking at \$4 a gallon gas. But how far are we willing to change our life style to reduce our carbon output? Do we keep our house uncomfortably cold during the winter? Do we wash our cloths in the nearest river and hang them on trees to dry? How about selling the car and walking? What's the balance? Will my reuse of plastic bags save the world? After all, even cavemen had a carbon footprint*.

These decisions are typically based on how much we earn and how much inconvenience we are willing to put up with. If keeping your house warm doesn't hurt the pocket book, then turning down the thermostat is purely a matter of conscience. Ultimately, the less fortunate make the biggest relative reductions because they have no choice.

I like to think I do my share. I drive a Prius, burn wood, have solar hot water, and keep the

lights turned off when I don't need them. But frankly, I like saving the money from not burning gas, oil, and electricity. If I won the lottery, would I change my habits? (I would certainly like the opportunity to test my carbon conscience!)

How close to living like a caveman would you be willing to go in the name of personal efforts to stave off climate change? What is your opinion? Please write to feedback@amc-worcester.org and share your view. Some of the representative emails will be printed in the newsletter and posted on the web site.

There are different ways to measure a carbon footprint. If you want to learn more about the different versions, go to: www.wikipedia.org and search for carbon footprint.

Jim Walsh
31 Hardwick Road
Petersham, MA



The kids loved it, despite the drizzle, mud and poop! They were given apples, carrots, and bails of hay to place in a cart inside the pen and had to climb into the cart to spread it. They ended up rolling in it and throwing it at each other, as kids do. It was very rewarding to see them enjoying themselves so much. Everyone was very inquisitive and engaged--it was great!

The goal is to keep these events happening. We would really love to get kids outdoors that wouldn't otherwise have the opportunity. I will be presenting a powerpoint of the pictures from May 3rd at BBBS' board meeting this month to help keep our relationship and interest alive. On June 25th, Barb Dyer will lead another hike in Southboro for the unmatched kids of BBBS. We hope to hold such events monthly. We're very grateful for all the time and work involved in keeping this program vital. Any interest, ideas or suggestion are welcomed!

***If you'd like to become a CYP leader, please contact Deb Phaup for more information at dphaup@verizon.net.**



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 Appalachian Mountain Club
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Join AMC in the Coleman Chapter Trails Challenge.

The Coleman Chapter Trails Challenge has been set up to encourage AMC members to adopt new trails segments outside of those currently maintained by the club. Since 2005, 185 miles of trails have been newly adopted by AMC members throughout the region. New adopters and current trail maintainers will be eligible for a range of rewards from t-shirts and dinner to complimentary lodging at AMC Destinations.

There are currently trails at Douglas State Forest and Wachusett Mountain State Reservation that need adopting.

For more information on trail adoption opportunities or to arrange training in your area contact **Don Hoffses at dhoffses@outdoors.org 617-523-0655 Ext. 358.**

3rd Wednesday EVERY MONTH Social Potlucks ALL ARE WELCOME!

Status: Open. Wednesday Social & New Member Orientation. 7 PM. Northboro Historical Society, 50 Main st., Rt.20. Bring dish to share. New members/visitors welcome. Registration for new member orientation(6:30).With Jean McInerney at 508-753-2639 or jemcinerney@verizon.net No registration required. Leader: Fred Mezynski, fmezynski@yahoo.com, 508 853-6098; Co-leader: John Nieman, jhnatlc@verizon.net, 508-835-3352

JULYS POTLUCK IS A PICNIC SOCIAL.. PLEASE CHECK THE WEB SITE FOR TIME AND LOCATION

From the Editor...

Submit articles to Mary MacDonald at **mmacдона@comcast.net by Sept 15th** for Fall Issue. The editor has the right to edit for content and length

Thank you for all your contributions!

SUMMER ISSUE 2008

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