

## Chapter Chairs Message Get Out And Play! brrr!! (Under The Red Felt Crusher)

### FELLOW APPIES,

Going into this year, I wanted to attend as many AMC events as possible. I figured if I attended at least half of them, I would be doing well. What was I thinking?! Despite the fact that I felt I was going non-stop, I didn't get to even half of them! With over 370 events this year, I would have been out of a "real" job if I did. Our volunteers who ran these events are obviously the key to our success and I would like to thank each and every one of you individually, but then again, that would take me until next year!



OUR FEARLESS LEADER

The highlight of the year was the club wide Fall Gathering held at Prindle Pond Conference Center where we hosted approximately 160 people from across the east coast. We had more events to offer, more raffle items offered, more laughter more fun than any Chapter has been able to provide! Congratulations Worcester! Once again we showed that we are the little Chapter that performs, dare I say out performs, any of the larger Chapters.

This year's Executive Committee has a big act to follow but I am sure they are up to the challenge. This year we are adding to our ranks Rob Trotte (Young Members Chair), Johsie Oliva (Chapter Youth Program), Karen Clark-Hoey (Families), Dawn Foster (Membership / Public Relations), Paul Glazebrook (Secretary) and Don Cunningham (Webmaster) to the committee.

I would like to thank and acknowledge our executive committee members who have decided to step down this year to pursue other interest. Stepping down this year are Gary Fitzgerald (Secretary), Jean McInerney (Membership), Melanie Lamoureux (Social), Jen Eaton (Young Members Chair), Ellen Bailey-Perkins (Webmaster) and Deb Phaup (CYP). Thanks team! I sincerely thank you for the time you devoted to our members and support of the AMC mission.

So, what are our plans for next year? We will offer more beginner workshops to help members try new skills such as paddling, hiking, rock climbing, cycling and leading. We plan to invest in our leaders providing new training opportunities such as Leave No Trace and perhaps more gatherings to reward individuals and exchange ideas. Then of course there will be just a repeat of those 370+ events! .....

Keep your feet moving!

Steve Ciras

Chapter Chair

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NEWS FROM THE WORCESTER CHAPTER APPALACHIAN MOUNTAIN CLUB WINTER 2011

THE  
WACHUSETT  
VIEWS

# Dressing For The Cold

**Nothing outranks clothing for its importance in providing comfort and survival in the cold.**

- When active keep comfortably cool to prevent sweating.
- When inactive use enough insulation to be comfortably warm.

## You do this by dressing in layers (aka **LAYERING**)

- The Maximum you will ever need when active is 1 ¼ inches.
  - In strong winds you will need to add ¼ inch for a total of 1 ½ inches of insulation.
- Pay particular attention to 'high heat loss areas' (HHLA) of the body.
  - Head
  - Neck
  - Arm pits
  - Groin area



**The Head:** A hat that blocks the wind, insulates the head, ears and sinus areas.

**The Hands:** Layers of thin, wicking gloves, wool mittens, and a wind proof overmit/shell.

## The Body, Upper and Lower:

1. Sanitary layer next to skin: wicking material, no voids in coverage and NO COTTON.
2. Active Insulating Layers:
  - a. first layer should be a light fleece or merino wool
  - b. Second layer is a fleece or wool shirt or other garment that is easily opened.
  - c. third layer is fleece or wool sized to fill loosely over the other layers
  - d. a scarf of wool or fleece a is good idea for the neck.
3. Inactive Insulating Layer: A down or synthetic jacket that is easily added over the active layers.
4. Environmental Layer: Wind and Rain shell for the upper and lower body. The more breathable the better. These shells should always be carried while hiking.

## The Feet:

1. Sanitary layer next to skin: thin wicking socks
2. Insulating Layer:
  - a. Thick wool socks (one or two pair) layered over each other.
  - b. Duffle or Synthetic boot liners
  - c. Insoles of felt or a non conducting material
3. Environmental level: Outer Boots
  - High enough to exclude snow (Gaiter help with this)
  - Breathable upper section.
  - Waterproof (rubber or synthetic) lower portion

Note: take the time to have your boots fitted right with all the socks and insoles you intend to use. This is a balancing act. You do not want the boots to be too tight or too loose. You do not want the boots to be too flexible for traction devices or too stiff for walking.



## Final thoughts:

- No Cottons
- Efficiency is very important in the cold. Practice adding and removing clothing layers, snowshoes and traction devices.
- Sweating and Wind: Becoming wet is serious but wind is to be feared the most. In combination they can be deadly.
- Cold vs. Cool: When you cannot touch thumb to little finger immediately take steps to warm up.



# Volunteers of the Month

BY PAT LAMBERT, VICE CHAIR

The Volunteer of the Month (VOM) is a non-Executive Committee member who has gone above and beyond the call to duty in supporting our Chapter. Congratulations to the following winners:

September Pete Lane

October Rob Guilmette

November Steph Keimig

VOM's will be entered to win a prize at the Chapter's annual meeting in November. In the past, we have given away a free stay at an AMC destination. If you know of a volunteer (who is not a member of the Executive Committee) who you would like to recognize for their contributions to the Chapter, please e-mail Pat Lambert (plambert119@yahoo.com) by the 25th of the month. Winners are selected at our monthly Executive Committee meeting. Thanks!

Pat Be safe and have fun....

BY JULIE HIGGINS

## Conservation

As always, I search for personal conservation stories for our newsletter. Inspiration came as I went on a hike up the Crawford Path to Mount Pierce. As we arrived at the junction of the Crawford Path and the Mitzpah Cutoff, gloves were already off and my hiking friends were feeding the always-present Grey Jays. This is a favorite spot for the jays. I tried to explain how on AMC hikes we are to follow LNT, (Leave No Trace), Principles. As many of you know, one of my jobs is to teach these principle to middle and high schoolers as they hike with the AMC Mountain Classroom. The 7<sup>th</sup> principal is

### Respect Wildlife

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.
- Control pets at all times, or leave them at home.
- Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

Due to the fact it was not my hike and I was a mere participant I had to watch as people continued to fee the Jays.

One might ask why it is bad to feed the birds? Chocolate raisins, sandwiches and whatever you have packed in your pack is not their natural food and their bodies not only do not get the right nutrition they can choke on the food or get sick. By feeding the birds they become more used to humans and therefore not as fearful and can easily be captured by their prey. In addition if they depend on you they lose the trait to hunt for their food and what if you are not there one day or there is not another fellow hiker there. If we make it easy for the Jay's prey and the Jay's depend on us for food and cannot hunt there might not even be any more Grey Jays. The more we feed and intrude on these animals the less likely they will be animals and the beings of beauty that we so want to take pictures of as we enjoy their beauty. Please limit your encounters with our wild friends to photography and encourage your companions to do likewise and also to always keep a safe distance for the animals.

I hope as conservation chair I can educate us all and then you can educate others on how to keep the places we enjoy natural and full of wildlife. If you have a great idea for our Conservation Committee come to our **Conservation Planning Hike Dec 24th 9am**. More details on the web site.

by Bob DesRosiers

# HIKING THE DOLOMITES IN ITALY

We started the day early. Mom, Josh, my 20yr old son and me. We had a wonderful buffet breakfast, packed our stuff and headed for the Dolomites. The drive took us up and up along steep switchback mountain roads, the likes of which would make your head spin. Our map had no route numbers on it, we had no GPS (big mistake) and the road signs were in Italian or German which made things a even more challenging. On top of that, we were in a foreign country and had no idea at all where we were. We parked the car had some lunch and took a ride in a funivia, or as we call them, gondolas, up a good thousand feet to the top of the mountain, from which were several trail heads. We took the trail marked Rif. Vajoulet in a northerly direction along that made it's way across a ski slope and into the woods.

It was a beautiful sunny day with a few clouds and blue sky. We were totally amazed with how spectacular the mountains were, tall spires, green wooded forests, lots of people, a stream thrown in there for good measure and oh and did I mention people in their 70's hiking.

We started our schlep to the hutte, Rifugio Vajolet along a lovely wooded trail with spectacular views along the way. Half way up there was another hut, a souvenir shop, beautiful farm land with rolling fields back dropped by massive mountains. As we continued hiking we could see a house sitting high atop an outcropping of rock and we figured this had to be our destination.

The trails were of a easy grade until we got to the last 1/2 mile of

the trail of course. We ascended up long, steady switchbacks until we reached the house we had seen from below. To our surprise that was not our hutte, our hutte was about a thousand yards behind this one.



It was a very large u shaped house surrounded on three sides by mountains, three stories for the main house and two stories for the rest. We had a private room just off the one of the main bunk rooms. It was cold that night 3 degrees Celsius or about 35 Fahrenheit. There

were two main dining halls, a full bar, electricity (there were telephone poles all the way to the hutte, go figure) and great food.

At dinner we met two Italian gentlemen and to my sons surprise we found out that one of them went to WPI in Worcester for 4 yrs, what a small world. Dinner, beer and conversation were the order for the rest of the evening. We talked for hours than retired for the evening.

I got up early the following morning and got some great photos of the valley in the morning light. It was spectacular, just what I was hoping for. We had some breakfast packed our stuff and hiked back to the car, off to our next destination, Hallstatt Austria. If you would like to see photos of our trip please feel free visit my web site, it is [www.robertdesrosiersphotography.com](http://www.robertdesrosiersphotography.com).

## \*\*\*AMC Member Center\*\*\*

Get Connected \* Get Perks \* Get Outdoors

Take advantage of what AMC has to offer! Many benefits are available to you. Stay informed, personalize your account, and connect with AMC's community. Get lots of news such as members only discounts, blogs, special events, and you can subscribe to email lists for Conservation Action Network (CAN), Outdoor Connection, Maine Woods Initiative, etc.

While you're there, opt to receive our quarterly eNewsletter The Wachusett Views so you don't miss out when we change over to 100% electronic. *Sign up for eNewsletter to enjoy expanded content and full color pictures. You'll receive quick and efficient eNewsletter distribution while minimizing the environmental impact of the printed version of the Newsletter.* You can also opt to receive up to 3 customized activity digests. Don't delay, register today!

[www.outdoors.org/membership/member-center.com](http://www.outdoors.org/membership/member-center.com)



# HIKING POLE ETIQUETTE

by Steve Crowe

As chair of the Trails Committee for the Worcester Chapter, I look at trails differently from most hikers, in fact when folks come out to help with the maintenance, it is not unusual to hear from participants that they will never look at trails the same again. Therefore when I read the article on Hiking Poles on page 26 of the November/December issue of AMC Outdoors, I was concerned about the one sided, glowing article about the benefits of hiking poles. The popularity of hiking poles started causing damage to trail treadways about ten years ago. Just like the hiking boom in the 60's and 70's when the increase use caused damage to trails with much erosion and the widening of the treadway.

The Pine Hill Trail is a prime example of how a trail designed and mowed for skiing could not hold up to 100,000 visitors a year. The result is a steep eroded trail with a ribbon of different paths spread out 30 to 50 feet wide. Dwayne Ericson made a decision to rebuild the trail with a treadway 4-6 feet wide, which would allow hikers to pass each other during busy seasons and allow the re-vegetation along the treadway. This is really a front country trail, used similar to the way people walk on a city sidewalk. I noticed this year that the section of the staircase we built this summer put all the traffic into a specific narrow part of the trail. When we returned the next month I could see where hiking poles had been poked into the soft side of the trail and loosened up the soil and rocks. Foot traffic and rain water carried the loosened soil and rocks down into the waterbar, filling the waterbar and not carrying the water off the treadway, the way we designed it.

I have been noticing a lot of hiking pole damage on the Appalachian Trail, increasing over the last 10-12 years. Ridge-runners on the AT are trained to educate hikers about the proper use of hiking trails, planting your poles on hard surfaces rather than the soft sides of trails can help reduce the impact. This will take a lot of focus and concentration on the part of hikers to place their poles on the harden treadway for the length of their hike. I would recommend carrying poles in your pack until you really need them for stability. Rubber tips don't seem to be popular, but they do much less damage to the softer sides of the trail. I do weight training to keep my knees and legs strong so I can postpone the use of hiking poles.

Since 2002 members of the Worcester Chapter, along with the GMC and other organizations, have been reconstructing the Pine Hill Trail at the Wachusett Mountain State Reservation in partnership with the DCR Staff. Other opportunities have included trail maintaining, blazing, cribbing and trail stabilization projects on the Bicentennial Trail. Every project is different and has work for people with all abilities and experiences (including beginners). The ongoing program has been highly successful with workshops offered to provide the needed instruction to assist interested individuals building competency in trail maintenance skills and to further improve the trails at Wachusett Mountain State Reservation and the Midstate Trail. If you are interested in becoming an active member of the Trails Committee please contact Steve Crowe

Starting in April we are scheduling monthly work trips to Wachusett. National Trails Day and the first weekend in November have been popular events at the mountain, bringing greater awareness to trails, along with their many benefits and pleasures. Some ideas that have been suggested are a beginners crew day or a Women's crew, if you have any interest please call Steve Crowe for more information.

2011 Season Reconstruction work continues on the Pine Hill Trail at Wachusett Mountain. The Trail was originally constructed by the CCC as a ski trail in the 1930's, however since it has become very popular, it has widened considerably into a steep, eroded trail. Join the trail committee for the Reconstruction and trail hardening work which consists of setting rock steps, building rock structures for drainage and waterbars and setting scree walls for trail definition. On different days we will be splitting rock, quarrying rock with high line systems or building the trail treadway itself. Register with Steve Crowe [steve@SunshineLandscapingCo.com](mailto:steve@SunshineLandscapingCo.com)

## DATES FOR 2011 THIS YEAR INCLUDE:

<u>APRIL</u>	23 and 24	Saturday and Sunday
<u>JUNE</u>	4 and 5	National Trails Day
<u>SEPTEMBER</u>	24 and 25	Saturday and Sunday
<u>NOVEMBER</u>	5 and 6	Saturday and Sunday



*The Gathering fun is over but  
the memories remain!*

Under an overcast sky & anticipating the first snowfall of the season, December 2009 welcomed the first planning meeting for the 2010 Fall Gathering which was to be hosted by the Worcester Chapter and take place over the weekend of October 15-17 at Prindle Pond Conference Center, Hilltop in Charlton. Thirteen Worcester Chapter members attended this inaugural meeting and a number of them very willingly stepped up to the plate and assumed key leadership roles. Although the planning process was incredibly volunteer and time intensive, each meeting over the next ten months brought us closer to ensuring that Gathering attendees, members and non-members alike, would have an opportunity to learn something about the AMC's mission of promoting the protection, enjoyment, and understanding of the mountains, forests, waters, and trails of the Appalachian region.

All the planning paid off with a very successful Fall Gathering, which offered something for everyone, whether attending for a day or the entire weekend! Early risers were invited to expand their awareness, balance, and flexibility in mind, body, and spirit with yoga. A cadre of twenty-four leaders and co-leaders offered twenty-seven outdoor activities that showcased Central Massachusetts' rivers, trails, and mountains. Attendees selected from hikes at a number of local and state parks, along the Midstate trail, and at Mt. Wachusett. Paddlers tested the waters on the Quinebaug and French River, while cyclists enjoyed the hilly and scenic back roads of MA, CT, and RI. Those that wished to go to greater heights enjoyed a day of climbing and others took part in a trail building workshop and demonstration at Mt. Wachusett. Hats off to Dave Cole for coordinating these great offerings and to the leaders & co-leaders that made it all happen: Michele Simoneau, Pat Lambert, Colleen McLaughlin, Nellie Burruano (Delaware Valley Chapter), Steve Crowe, Steve Gabis, Duke Charbonneau, Barbara Day, Paul Glazebrook, Ken Pickren, David J. Miller, Elaine Cibelli, John Grote, Barbara Dyer, Tim Smith, Steph Keimig, Mike Foley, Rob Trotte, Gary Fitzgerald, Joan Lattke, Steve Ciras, Jim Walsh, Andy Wojckowski, and Charlie Arsenault.


Although history showed that the Gathering is not a venue to which many families attend, a number of programs (hikes, bikes, movies, outdoor games, drawing and trivia contests, & a climate change presentation) were offered, by Family Chair Barbara Dyer.

Cindy Martell, Events Office Coordinator, Volunteer Relations Department, AMC, successfully coordinated the efforts to provide a venue for club wide committee members (webmasters, chapter committees, facilities, membership, club wide conservation, volunteered managed facilities, OLDC, and major excursions) to meet, offer updates, share information, and set future goals.


Attendees also took advantage of the opportunity to listen to dynamic guest speakers. We greatly appreciated the contribution of time, skills, knowledge and expertise of the presenters.




The great activity offerings, and opportunities to develop new friendships, continued late in to the evening (and early morning!) as attendees enjoyed contra dancing with Riverbend ([www.myramac.com/riverbend.htm](http://www.myramac.com/riverbend.htm)), and socializing around a roaring bonfire.



All this would not have been possible without the cadre of volunteers working cooperatively as a team to coordinate the many facets of such an event. Thank you to Melanie Lamoureux, Jean McInerney, Mary MacDonald, Dawn Foster, Sharon Whalen and Judy and Bruce Wester for welcoming attendees. Thanks also go out to the Berkshire Chapter 2009 Fall Gathering crew for providing support through the sharing of their planning experiences!



Finally, I would like to extend special thanks to Steve Ciras, Pat Lambert, Deb Herlihy, Pete Lane, Bill Zahavi, Cindy Martell, Ellen Bailey, Laura Ruth, Fred Mezynski, Dave Cole, and Charlie Arsenault. It was through their perseverance, hard work, dedication, and support throughout the entire planning process that one-hundred sixty AMC'ers enjoyed a memorable 2010 Fall Gathering.



As a spoke in the wheel of the volunteer team the above mentioned individuals were eligible to be entered to win the 2010-2011 Homemade Cookie of the Month provided by Chapter VP Pat Lambert. Congratulations to Colleen McLaughlin who will receive a different batch of delicious homemade cookies each month for the next year and who will therefore be clocking many more miles on her bike!



We would like to thank the following quest speakers who donated their time and knowledge to our membership at the Fall Gathering:

Jonathan Fitch, P.E., General Manager, Princeton Municipal Light Dept

Marie Auger, MidState Trail Committee

John Illig, Middlebury College

Don Martin, Blackstone Valley Outfitters

Matthew McCormick, Outdoor Research

Faith Salter, Manager of Chapter Relations, AMC

We would also like to thank the following donors who graciously provided over forty raffle items ranging from trail guides, to gift cards, to outdoor equipment, to weekend get-a-ways.

Maine Chapter

NY/NJ Chapter

Mohawk/Hudson Chapter

Connecticut Chapter

Worcester Chapter

Boston Chapter

Joy Street/Cindy Martell

Annie's Mike's Honey, Charlton

Bauhinia Restaurant, Shrewsbury

Bird Store & More, Sturbridge

Crabapple Whitewater, The Forks Maine

Author, John Illig

Julio's Liquors, Westboro

LL Bean, Freeport ME

Mike Foley, Worcester Chapter

O'Connor's Restaurant, W. Boylston

O'Shea's Olde Inn, West Dennis

Outdoor Research

REI-Framingham

Sharon Foster, Worcester Chapter

Slovenian Women's Union-NYC Branch

Staples/Dana Perry

Steve Ciras, Worcester Chapter)

TEAM Fitness-Franklin

Tubbs

## Fall Gathering Pictures





**WORCESTER CHAPTER  
APPALACHIAN MOUNTAIN CLUB**  
5 Joy Street  
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**Mountain Madness by Ó Lynne  
DiGregorio Sarty May'05**

“Wither thou goest, I will go”  
To climb this mountain robed in snow.  
The sentinel trees quietly stand;  
Not even a sound in this wonderland.

Everything muffled in mounds of  
white,  
A fairyland fantasy fills my sight.  
The Canada jays take food from my  
hand,  
Silently folding their wings to land.

The trail gets steeper at each twist;  
I tighten the ice ax around my wrist.  
Higher and higher we wind around,  
Ice and snow cover the ground.

The trees are smaller and smaller now;  
Stunted and gnarled, with twisted  
bough.  
“Krumholtz” they’re called in the  
frigid air;  
“I’m tired now, are we almost there?”

The summit comes only at a price,  
And so as my crampons bite into the  
ice  
I wonder if it’s too much to pay;  
Should I try again on another day?

My breaths are shorter and shorter  
here;  
I start to feel some pangs of fear.

The tree line now is far behind;

The trail is faint and hard to find.

The wind is strong with icy blast,  
I really doubt my strength will last.  
You call to me “not much more!”  
But my pack is heavy, my muscles  
sore.

Then mountain madness seizes my  
soul  
And I will not stop still short of my  
goal.  
The rocks are steep, I slowly climb,  
And then above me I see the sign.

“Summit” it says and you reach out a  
hand  
And help me up to proudly stand  
On top of the world with a view to see  
For miles around; just you and me.

***To see the full color version of the newsletter visit the web site at [www.amcworcester.org/newsletter.htm](http://www.amcworcester.org/newsletter.htm)***

**Editor, Barbara Dyer.** All newsletter submissions should be sent to [barbaradyer@hotmail.com](mailto:barbaradyer@hotmail.com). We reserve the right to edit for length and content. All contributions are welcome. Spring deadline March 15th.

**Newsletter Design, Bob DesRosiers.** Graphic designer/photographer. Questions/comments about design services, photographs or the newsletter to [bob@luniquestudio.com](mailto:bob@luniquestudio.com) or visit my web sites [www.luniquestudio.com](http://www.luniquestudio.com) or [www.robertdesrosiersphotography.com](http://www.robertdesrosiersphotography.com). Photo inlay by Bob DesRosiers.

