

THE RED CRUSHER
WACHUSSETT
VIEWERS
 NEWS FROM THE WORCESTER CHAPTER APPALACHIAN MOUNTAIN CLUB AUTUMN 2011 EDITION

Under the Red Felt Crusher Celebrate your success!

Fellow Appies,

This is my last message to you as your Chapter Chair. I can honestly tell you that it has been an honor and privilege to be a member of the Executive Committee for the past several years.

I took the Chair position because the AMC has a mission that truly reflects my values of the outdoors. My biggest fear was if I was going to be able to keep the momentum of volunteerism going. Apparently you share my values. We are truly a club of volunteers from the Executive Committee who often time's fire up their pc's after a long day of work to take care of "AMC business" to those individuals who fold up the tables and chairs after a Third Wednesday social. In addition to leading outdoor activities, providing educational workshops, promoting conservations efforts and performing trail maintenance both locally and up country you have sent hundreds of children to Mountain Classroom to learn about our mission. These kids would never have this opportunity without your support. You also helped maintain and preserve the MidState Trail, helped rebuild the Madison Hut, provided snowshoes to boy scouts, provided outdoor gear and educational opportunities to school kids and provided sweat equity in the Maine Wilderness. I can certainly continue but I need to limit this to one page. To all of you and for all that you have done...

THANK YOU!

A couple of last minutes administrative duties.... It is time to provide your nomination for "Appie of the Year", the Chapter's highest honor which recognizes a volunteer who has made a significant contribution to the chapter over the past years. It is awarded to an individual who contributions to the chapter and/or club have made a difference. If you know someone who is deserving of this recognition please consider nominating them by sending me a short note by October

21st with your nominee and why you think they should be considered for this honor. Finally, join us for our annual meeting at The Manor on November 12 at which time we will recognize individuals, celebrate our success and party into the night with live music and contra dancing! Details and registration

can be found at the Worcester Chapter website.

I can now hand the "Red Crusher" over to Pat Lambert, our new Chapter Chair with confidence and a smile knowing that you will continue to support our mission. In the meantime.....I am just going to celebrate and keep my feet moving. I welcome you to do the same!

Steve



To see the photo please visit my web site
www.robertdesrosiersphotography.com

WORCESTER WATERFALL WEEKEND

by Karen Clark-Hoey

Our chapter trip brought together a group of great kids and parents to gather at Highland Center in Crawford Notch NH where we had great accommodations and plentiful family friendly activities. With children ranging in age from 4-13 all hands were on deck as we encouraged and applauded them through the 3 mile round trip hike over steep and challenging terrain. With AMC staffer Cindy Martell expertly taking the lead, we climbed 2000 feet to behold every cascading inch of Arethusa Falls (200 ft.) where we had a leisurely lunch before making the descent and heading to Lower Ammonoosoc Falls to frolic and swim.

The new Kids Club program at Highland Center did not disappoint. The kids could be checked in at 4:30 and they were fed and entertained through 7:30 with in/out contact with parents as either desired. Dedicated Kids Club staff played capture the flag, organized scavenger hunts, and toasted marshmallows. On our first night, we were treated to a rainbow spanning the sky and mountains. It was spectacular but even more spectacular was our encounter with a butterfly den basking in the sunlight on our descent from Arethusa. Each of the children were tickled by butterflies landing on them and each learned how to delicately allow them to crossover to their fingers where they held them to the light for awe-filled inspection.

In AMC style, we parted having made new friends and summer memories that our children will cherish.



NOT YOUR GRANDFATHER'S WOOL SHIRT

by Paul Glazebrook

Things have changed and for the better. No longer is wool heavy and scratchy. The New Wool is supple, warm, wind blocking and wonderful next to the skin.

However, the old images of wool still prevail in the broader community. It is time to dispel those images and evaluate this new wool with a cool eye.

First a definition of the new wool, it is very fine Merino Wool that comes in a number of thicknesses and forms to fit just about any activity from nature walks to a sweaty winter hike up Mt Lafayette. Ask your biking friends about the joy of wool on a cool day's bike ride.

What does the new wool bring to the outdoors community? It brings a lot of the old values that have made it the pre-eminent fabric for millennium.

The New Wool is

- A natural fabric and recyclable
- Cozy next to the skin. The lightweight wool filaments are 4 times thinner than the human hair.
- Has a wider temperature comfort range than fleece. A light weight wool top is comfortable at 20 degrees and at 60 degrees.
- Has good fire and spark resistant properties. Remember your fleece jacket that got too close to the camp fire?
- Naturally odor resistant. It has natural odor killing properties. This is why friends on long multi day backpacking and canoe trips stay friends. It also means you do not have to pack as many pieces of clothing and can travel lighter.
- Has better wind blocking properties than fleece and yet it is breathable
- Warmer than fleece by weight
- Warm even when wet
- Wicks moisture away from the skin
- Comes in a wide range of fabric choices that make it good for a range of activities. (felted wool for hats, mitts, and socks, Knitted or woven wool for underwear, and mid layers and Boiled wool or Melton for outerwear)
- Wool lasts forever. You do not need to replace it every few years or so. Good quality wool clothing is generational. You may pass it along to the next generation of hikers in your family.
- But the initial cost of wool is greater than fleece. However, please re-read the previous point.
- The care and washing of wool is more fastidious

With all outdoor activities layering is a key consideration and layering wool with fleece is not unheard of—I do it. I especially do not like plastic (polypro and fleece) next to my skin. I highly recommend a very fine merino wool first layer with a mid layer of fleece on cool days.

What is old is new again; it is not your Grandfather's wool shirt any more.

VOLUNTEERS OF THE MONTH

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. A big thank you and congratulations to the following winners:

March	Neil Schutzman
April	Gary Fitzgerald
May	Debi Garlick
June	Pete and Laura Lane
July	Walt Lazarz
August	David Greenslit

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!

Worcester Chapter Raises the Flag at Annual September 11th Memorial Hike

by Charlie Arsenault

On the Saturday after the attacks on September 11th 2001, a group of six hikers spontaneously completed a memorial hike to the summit of Mount Liberty. The group raised a large America flag to memorialize those impacted by the tragic and horrific events. Since that first informal group raised a flag on Mount Liberty, hundreds of participants have adopted one of the forty eight 4,000+ foot peaks in New Hampshire. For the last 10 years, on the weekend closest to September 11th, peak adopters have hiked to their peak and raised the America flag as a determined and dedicated tribute.



The Worcester chapter has been honored to participate in this annual event for the last several years. This year a group organized by Steve Ciras, and lead by Charlie Arsenault and Deb Herlihy, adopted the peak at South Carter Mountain. The group completed the memorial hike on Sunday, Sept 11th 2011 in conditions that allowed views of flags being raised on neighboring peaks.

The event is truly special. All who participate come together in a shared experience across a great and beautiful wilderness area. For more info on the Flags on the 48

Memorial event, check out <http://www.flagsonthe48.org/>

