FELLOW MEMBERS,

Now that was a great Spring! It was certainly a contrast from last Spring when we spent most of our “spare time” cleaning our yards and trails from the damage caused by the ice storms. This year everyone took advantage of the beautiful weather to beautify their yards and spent more time outside playing.

We attained many accomplishments this Spring. The Spring Picnic was a great success. We had record attendance and it was the first time in recent history that we didn’t have rained. I don’t know how Pat Lambert managed that one. I went back and counted the number of activities offered by the Worcester Chapter just in the month of April and May and found 1 family event, 4 paddling events, 18 bike rides, 5 climbing events (not including our regular Tue night climbs), 18 hikes, 4 social event (not counting our regular 3rd Wednesday Potlucks) and at least 4 skills related educational programs and trail maintenance projects.

In the beginning of June, with the help of member Scott Karpuk, we sent a group of 8th grade students from the Clinton Middle School to the White Mountains to attend the Mountain Classroom run by the AMC. Many of these kids never saw the mountains in their life. This gave them the opportunity to climb the mountains and see wildlife they have never seen. They had the opportunity to see and learn about the natural environment. An important lesson because if you don’t get to experience and appreciate the environment, you won’t protect it. They worked together in groups and most importantly, they tested and learned about themselves. I think we changed some lives.

The Madison Hut is the oldest hut in the AMC system. It was built in 1888 and last major renovations were in 1941. The Worcester Chapter decided to help with restoring his historic hut by donating $10,000. Now we will have a little piece of “Wista” in the Northern Presidential. To celebrate this occasion, Mike Jones and Sharon Foster will run before and after trips to the hut to track the progress.

I know the Fall is still a long way off but I have to give you a heads up that the Worcester Chapter will be hosting the club wide Fall Gathering on Oct 15-17 at Prindle Pond Conference Center in Charlton. Mark your calendar and watch for details!

Make it a successful summer! I recently checked our listings of Summer activities and counted over 80 events! There are plenty of opportunities for you to get out and play.

Keep your feet moving (and take a kid along)!  Steve
As one drives around the backside of Mt. Wachusett in Princeton one gets a glimpse of a long white wing. Is that a plane flying low? Is that a very large bird? No it is our very own local Wind Farm. For over 25 years Wachusett has been the site of a wind farm. It all began in 1979 with a town meeting in Princeton and the concerned residents not wanting to purchase nuclear power from Seabrook, NH. In 1984 Princeton Municipal Light Department, PMLD installed 8 small windmills. As green technology expanded and the smaller windmills grew out of date PMLD decided to research again the best way to improve the site and thus came up with the current plan.

In 2009 PMLD purchased 2 new wind turbines from Germany, (see http://www.youtube.com/watch?v=oAeQNXczWR8). The two towers stand 65 meters tall and can produce 40% of Princeton’s powers approximately costing $.07 per KWH. The two towers produce more than double the original eight due to the advance in technology. More windfarm facts can be found online, (see http://www.pmld.com/Home.htm).

On June 14 a small group of AMC concerned conservationists took a tour with Jonathon Fitch of PMLD who maintains the tower. We were able to tour both the outside as well as inside of the towers and ask questions. Have you ever smelled electricity being made? A few of the braver members of our tour will return to climb the tower. With the oil spill in the Gulf and the rising fuel costs, financially and environmentally, it is concerning that we cannot find more local and national interest. One way to change the current system is to become educated about wind farms and alternative energy as well as become educated on how to reduce and conserve energy. The AMC can help you make informed decisions. See the AMC website at www.outdoors.org.
Mountain Time With the YM Committee

Just every so often folks from the Worcester AMC young members committee find their way to the lake country of Western Maine—and often—that leads them to climb Tumbledown Mountain.

The Western Maine lakes still move on mountain time, so we often piece together a hearty breakfast and some brewed coffee that we eat in the cooler lake air and then move on to hiking. There are other mountains around, but Tumbledown is a good one. The trails aren’t long or well known, but they are steep and scrambly and when the summit comes, it comes with a clear alpine lake. Then we descend and find ourselves faced with the choice of dinner in a mountain town where you can reserve a placeholder at the local eatery for few dollars each season, or working up another meal in the lake country. We hate it so much!

There’s another trip like this one coming up soon, check the YM area of the Worcester Chapter website for more info!

Dave Brainard, YM Co-chair

Spring Picnic

The Spring picnic at Hopkinton State Park was a great success, with plenty to do and lots of food.

Thanks to those who helped make it happen.
Chapter Youth Program News

By Bruce Blais

What do you get when you mix kids with farm animals? …A bunch of trampled kids? No, you get a Chapter Youth Program outing that took place at Breakneck Hill Farm in Southborough on April 22nd. Once again it was in collaboration with Big Brothers/Big Sisters of Worcester-MetroWest, and once again it was a great success! The intention of the CYP is to get children out of the house and the city environment and into the rural outdoors for some fun and exercise along with a bit of outdoor education if possible. A side benefit for the Big Brothers/Big Sisters program is being able to bring unmatched children on short, fun excursions where their interactions with the adults and the other children can be observed by the staff. The observations can then be used to create better “Big/Little” matches. It’s known that the children have a tendency to act much more like their true selves outside of the agency office and are more likely to reveal their special needs and characteristics.

On this particular outing, there were nine unmatched children, ranging in age from seven to early teens, along with a half dozen adult staff and volunteers. We spent a couple of hours on a warm, sunny spring afternoon walking for about a mile along the grassy, rolling, picturesque trails of the Breakneck Hill Conservation Land up Breakneck Hill and then back to the parking lot. Lunch and lively conversation took place at the top. The younger kids were full of energy and had a great time goofing around with each other and the adults as they walked and ate lunch. However, a couple of the older girls seemed to be merely tolerating the experience rather than really enjoying it. That all changed though on the way back to the base of the hill, when the group came upon a cluster of black and white Belted Galloway cows grazing in a fenced-off pasture. For the most part, the cows wanted nothing to do with the group, but with a little coaxing one curious bovine came close enough to provide the rather potent aroma of a farm animal in its normal habitat. It’s possible that some of the kids had never seen a cow close up, and the day’s fun experiences were just beginning for them!

When the group reached the bottom of the hill, it was time for a visit to Breakneck Hill Farm, where our hosts Laurie and Paul Bourdon graciously gave us a tour and allowed both kids and adults to hand-feed a pretty, light-grey spotted horse, along with some rather large and pregnant Belted Galloway cows, some frisky goats, a few timid sheep and some very skittish and exotic looking chickens running about in the yard. The kids also got to chase around some very quick-moving piglets housed in one of the barns. It was like having a greased pig catching contest without the grease!

At first, some of the kids and even the adults were very wary of getting close to the big black and white cows and sticking their hands next to the cow’s mouths to feed them grass. But once they realized how gentle the cows were, practically everyone was in a cow-feeding frenzy! The kids had a blast and we all ended up smelling like the animals we were feeding. It was just part of the experience, and so was getting playfully head-butted from behind by goats trying to get some attention and having sticky, slimy hands from feeding the cows!

As for those two older girls who were merely tolerating the experience at the beginning…. They didn't want to leave at the end of the outing! A great time was had by everyone involved!

I’d like to thank Laurie and Paul Bourdon for their time and hospitality at Breakneck Hill Farm, Lillianna Peniza of the Big Brothers/Big Sisters agency for co-sponsoring the event with our chapter, Deb Phaup for organizing the event on behalf of the Worcester AMC Chapter Youth Program and Tom Dunne for co-leading the event.

If you’d like to join the fun and become a leader or a participant on one of the outings, if you have ideas for new outings, if you know of other agencies that might benefit from the CYP, or if you’d like to assist the CYP Chair in the implementation of the program, please contact Deb Phaup. (dphaup@verizon.net) CYP leader, Bruce Blais.
While the forecast for the weekend was off and on showers and Thunder Storms, we were able to avoid the rain, but not the mud and humidity. Because of the threat of rain I decided to travel light and use the smaller griphoist to drag rocks into place. This allowed us to get set-up quicker and not have to take down a lot of equipment if the weather turned on us. Saturday we heard the thunder in the distance, but only felt a couple of drops of rain. Then on Sunday we took the opportunity to clean-up the tool box in the garage and delayed the start of work on the trail until mid-morning.

Steve Crowe, George Fardy, John Grote, Jim Walsh, Dave Sensenig and others worked to install a waterbar on the Pine Hill Trial. We had identified an area where water was coming down the steep part of the hill and crossing the staircase we have been building. Water and frost action are the enemy of the trail treadway and rock construction. Therefore, we use techniques to build with one rock pinning the rock below it, which helps hold the structure together and prevent movement as the frost action heaves the soil allowing the steps to last for quite a while. Waterbars help move the surface water off the trail, providing drainage to protect the rock steps from erosion and undermining.

This particular waterbar was very tricky to build because of the ledge we were working on in this steep section of the Pine Hill Trail. Usually the rocks are placed into the soil which allows more options when placing the rocks into the treadway. Placing rocks into place on the ledge required much more skill and patience to get everything where we wanted the rocks and get the rocks to lock themselves into place. The crew had to continue trying rocks on different positions to get each rock stable and locked into the ones around it. I really appreciated everyone’s effort to cooperate and get the rocks into place even when it was quite frustrating and aggravating working in such a situation that demanded the ultimate in perfection to construct a waterbar that could move the water off the trail, while providing hikers with steps that were not too big to step over.

Dave Sensenig took some photos and posted them on Facebook, paste this link to view the album:


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 trial 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.

Join experienced leaders to learn the fundamentals of safely moving rock, trail stabilization and treadway protection. Learn the mechanical advantage of moving rocks with a grip hoist and highline system. Tremendous opportunity to be involved in a local project whose results will be around for decades. Tools and training available, bring lunch, water, and work gloves. We will be working both days rain or shine; rain often shortens the day but has never cancelled the work.

Meet behind the Wachusett Mountain Visitors Center, 8:30 to 4:30.

Register with Steve Crowe (508-450-1091). steve@SunshineLandscapingCo.com

Check with the leader as we often work on Friday to get the griphoist set up for the weekend.

Dates for this year include:

July 24 and 25 Saturday and Sunday
September 25 and 26 Saturday and Sunday
November 6 and 7 Saturday and Sunday
Mountain Classroom was a 'special experience'

By Maggie Fontaine Kelsey Rouleau John DiSessa and Cassie Morrison CLINTON MIDDLE SCHOOL

On June 2, 12 eighth-grade students of Clinton Middle School were chosen to go to the White Mountains of New Hampshire with Scott Karpuk, our technology teacher, and Michael Vetros, our principal. The students that attended were Kelsey Rouleau, Maggie Fontaine, John DiSessa, Cassie Morrison, Rachel McElhiney, David Diaz, Anthony Innamorati, Will Segehorst, Amy Snow, Erin Mayou, Amanda Makela and Colin Dziokonski.

The eighth-grade students had very interesting adventures. They did a lot of hiking and went through many team building exercises. Many of the students were not always together and very close, but by the end of the adventure the students were very close and making pacts to come back after High School graduation.

On the first day, we met at Clinton Middle School and got ready to leave. We spent three-and-a-half hours in a 14 passenger van listening to Elvis Presley. We got to the Highland Center at noon and ate lunch, and then we were assigned our rooms. Next, we went outside and met up with our guides, Sarah and Chris. Right away, they had us start participating in team building activities. After getting to know each other, we got equipped with small backpacks, boots, and water bottles and hiked up Mount Willard. After hiking a little over one mile, we reached the peak and had a small snack and relaxed for a little while. The view was amazing. We hiked back down and had some free time. We then ate chicken fingers for dinner.

Afterward, we split into boys and girls — each went on a different hike. The girls walked around a pond and saw a beaver dam, a fox and rode an elephant … a rock elephant that is. The boys went on the Red Bench trail and played a game called Ninja. We got back to the Highland Center, bonded by playing card games during free time, and went to bed; we were all very tired.

We woke up early to the pitter patter of rain. We went down and ate breakfast and then were fully equipped for hiking. We received large backpacks, sleeping bags, water bottles and boots. Then we went outside and went to the two vans. We drove four miles to the trail. Then, we took our equipped backpacks and headed up the 2.8 mile trail to the wonderful Zealand Hut. We got to the hut and ate lunch. We also met the Hut Croo. There was a beautiful waterfall right next to the hut.

After lunch, we did a solo hike up another mountain. On the way up, it started to rain. Thank goodness it stopped raining. We had a couple of hours of free time. During that time, two brothers walked in named Chad and Adam. After dinner, we played Jeopardy with the brothers and Croo. Lights out was at 9:30.

Next morning, we hiked back down the mountain. We were picked up in the same vans. We went back to the Highland Center; we returned their equipment and headed out. Another three-and-a-half hours and we were back at the middle school. While on the way home, the students were talking, laughing, singing to the radio and some were even sleeping.

We thank Mr. Vetros and Mr. Karpuk for allowing us to have this great experience. We talked to them about what they thought of the trip.

“One of my biggest joys is being outdoors and being able to introduce my passion of the outdoors to my students was very rewarding,” Mr. Karpuk said.

Mr. Vetros said it was “a special experience with Clinton Middle School students that I will always remember.”

We had an incredible time.
By Barbara Dyer

AMC Families enjoyed a sold out weekend of adventure at the Noble View Outdoor Center in Russel, MA over Mothers Day weekend. About 28 participants came together to celebrate the Family Fun Fest. Kids enjoyed hiking, playing in the waterfall, campfires, and simple pleasures of old fashioned fun of outdoor games amongst old and new friends alike. They had ghostly times in the farmhouse and experienced some crazy weather huddle together around the wood stove with plenty of food to keep everyone satisfied topped off with a big buffet to celebrate all the Moms.

Noble View’s bathhouse will soon be complete, with a significant donation from the Worcester Chapter, which will surely be a great reason to visit this best known secret in the Berkshires. See their new website and consider putting it on your lists of places to host your own adventures on top of the Pioneer Valley. http://nobleviewoutdoorcenter.org/

Stanton H. Whitman, 97, of 70 Briarwood Circle, Worcester Ma, died Friday, May 14, 2010 in his home.

His wife, E. Thelma (Benton) Whitman died in 1995. Born in Everett, Ma., son of Emerson and Grace Whitman, he graduated from Dartmouth College and Boston University Law School. He served in the Air Force during WW2, attaining the rank of Staff Sergeant.

He practiced law in Orange, Ma., then moved to Worcester in 1951, and was appointed Asst. City Solicitor for the City of Worcester, serving in that capacity for 15 years. He was Chapter Chairman of the Worcester Chapter of the Appalachian Mountain Club for 2 years, and climbed all the N.H. mountain summits over 4,000 feet. He was also President of Green Mountain Club-Worcester Section.

Published in Worcester Telegram & Gazette on May 17, 2010

Want to keep up on hot AMC events? Join our email list and receive a once a month email on current Chapter events. Go here to sign up: http://www.amcworcester.org/mallist.htm

Volunteers of the Month

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:

March  Dave Brainard
April   Paul Glazebrook
May     Dana Perry

VOM’s will be entered to win a prize at the Chapter’s annual meeting in November.
Artist Kari Smiraglia is a Senior from Ayer
High School.

**AMC’s 2010 Fall Gathering**

Sponsored by the Worcester Chapter
October 15-17, 2010
Prindle Pond Conference Center Hilltop, Charlton, MA

Join us for this club-wide event hosted by the Worcester chapter at Prindle Pond Conference Center Hilltop in Charlton, MA.

- Explore Central Massachusetts by hiking, cycling, paddling, rock climbing and more.
- Family-oriented activities will be offered so bring your children and grandchildren!
- Enjoy the camaraderie of fellow AMC members in the evening starting with a social hour followed by lively entertainment and a bonfire to wrap it all up!

Everyone is welcome! We’ll see you there with boots on!

Room packages available, including meals, activities, and registration fee. Register by September 30, 2010.
See [www.amcfallgathering2010.com](http://www.amcfallgathering2010.com) for more information and to register.

**Editor, Barbara Dyer.** All newsletter submissions should be sent to barbaradyer@hotmail.com. We reserve the right to edit for length and content. All contributions are welcome. Fall deadline Sept 15.

**Newsletter Design, Bob DesRosiers.** Graphic designer/photographer. Questions/comments about design services or the newsletter to bob@1uniquestudio.com or visit my web site [www.1uniquestudio.com](http://www.1uniquestudio.com) Photo inlay by Bob DesRosiers.