

Wachusett Views

Worcester Chapter Appalachian Mountain Club



Winter 2018/19

A close-up view of our chapter's vibrancy and dedication.

EXECUTIVE COMMITTEE

Chair	Joe Massery
Vice Chair	Kim Beauchemin
Secretary	Sue Serra
Treasurer	Jose Schroen
Biking	Janice Melchiorre
Biking	Neil Schutzman
Communications	Zenya Molnar
Communications	Alexandra Molnar
Conservation	Jonathan DiRodi
Endowment	Bill Zahavi
Families	Ingrid Molnar
Hiking	Debi Garlick
Historian	Michele Simoneau
Leadership	Paul Glazebrook
Membership	Jean Langley
Midstate Trail	Kim Simpson
Paddling	David Elliott
Past Chair	Dave Cole
Programs	Shalin Desai
Skiing	Claudine Mapa
Social	Mike Foley
Technical Climbing	John Grote
Third Wednesday	Fred Mezynski
Trails	Stephen Crowe
Trails	Don Hoffses
20s & 30s	Mike Morin

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Letter from the Editors

In late October, we hiked Mt. Hale in the northern White Mountains and were swiftly transitioned from fall to winter and back to fall. Golden birch leaves crowned the trail at the start and quickly became laden with heavy swaths of snow as we ascended. The rich yellow and chestnut hues disappeared and in their place appeared evergreens glistening with raindrops and snow like decadent icing, planted in snow so deep you needed snowshoes to continue. The hike at Hale sums up what we've been experiencing a lot the past few winters here in New England: a sudden cold pressures fall to become winter and then, just as soon as it leaves, fall is back again to stay. Snow is sporadic and the slightest hesitation could mean missing out on fresh tracks. But the unpredictable weather isn't stopping us this winter. The Worcester Chapter Explore Your Inner Winter Hiker series is in full swing and leaders of all activities are making the most of what Mother Nature brings our way with skiing, ice climbing, backpacking, and more. One thing is for sure: we're crossing our fingers for snow. And definitely planning a trip up north to guarantee it.

We hope you enjoy reading fellow chapter members' stories, and keep the article ideas coming for the spring edition.

Have a great winter!
Alex and Zenya



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Chapter Chair's Message: Under the Red Felt Crusher

By Joe Massery, AMC Worcester Chapter Chair

We held our Chapter's annual election of Executive Committee members on November 14, and in the process, we welcomed several new folks to the group. Bill Zahavi is our new Endowment Committee Chair; Paul Glazebrook joins as our Leadership Chair; Shalin Desai takes over as Programs Chair; Mike Morin is our 20's/30's Chair; and Don Hoffses joins Steve Crowe as Trails Co-Chairs. And of course, the rest of our awesome team are continuing in their roles for another term. The Chapter is starting its 2019 business year in very capable hands!

The not-so-fun news is the departure of our outgoing EC members: Charlie Arsenault, Steve Ciras, Barbara Dyer, Deb Herlihy, Pat Lambert, Steph Murphy, and Lauren Rothermich. We thank them for their enormous contributions to the Chapter over the past years and wish them well—we'll miss you guys and gals.

As we head into the winter season, one set of activities winds down—a few intrepid cyclists and a group of paddlers were out there as late as Thanksgiving week—a flurry (pun intended) of new ones has been being planned and posted. Keep your eyes on the Activities database for some great skiing, hiking, climbing, and other trips, some close to home and some in the hinterlands (sometimes called Maine and New Hampshire).

In case you might have thought about learning to plan or lead a hike or other trip yourself but weren't sure what it entailed, don't be shy. Give a shout out to Paul Glazebrook or me (or any other leader in the Chapter), and ask about it. The Chapter provides training, mentoring, and guidance throughout the process—everything you'd need. Being a leader for the Chapter is fun and rewarding—check it out!

Joe Massery
Chapter Chair



History Corner

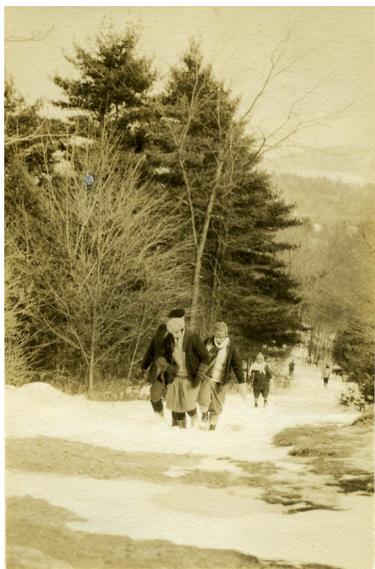
Michele Simoneau, Historian

The 100th Anniversary of the Worcester Chapter was on November 20, 2018. Harriet Roe, one of the original Worcester Chapter members, kept a journal of Chapter activities during the years of 1926 – 1928. As part of the Centennial celebration, I have transcribed entries from the journals for the Chapter newsletter. During the 1920s the Worcester Chapter took an annual trip to Mount Watatic on Washington's birthday. Thirty nine chapter members attended this event in 1928. Lunch was out in the open at the foot of the mountain and supper was at the Ashby Tavern after the climb. Food has always been and still is an important part of Chapter activities.



MOUNT WATATIC
February 22, 1928
Arthur F. Snow

Andy Gump and his troop prepare to serve lunch. Dickie wields the shovel and Freddie looks as if he might wield the hatchet. Save me! Ax! Oh what a fine rock that is; what a warm sun; what a still place. Six fires, plenty of wood. Burt Greenwood yum-yums over his juicy steak; Mary Rochette puts her jaws out of joint over a club sandwich, toasted, with sliced lettuce. The Sinclair-Little crowd choose the brook for their lunch spot, while the Bassetts, scorning the whole crowd, ascend to the highest to eat by their lonesome.



Snowshoes or no, that is a pertinent [*sic*] question. We nearly don't go at all, trying to decide. Those that finally take them are "so glad they did"; those that don't are "so glad they didn't". Burt Greenwood and Gwendolyn Keene scuffle their way up on skis and then, not content, scrape their way nearly back to the inn. Frances Clarke and Florence Howe, likewise energetic, prance onward toward Rindge, to be gathered in at last by the Holdsworth machine. The rest of the company contented themselves with a pleasant extra ride.

"Oh what a pretty flower!" Indeed no! Ethel Cochran is only trying, with Adeline's uncertain assistance, to stand upon two feet. The head bunch cleared the snow for the rest and made perfect ice slides for them to enjoy or avoid as they chose.

Small tracks in the snow, windblown areas, cottony trees, a grey-blue landscape, all made a most delightful afternoon. Watatic in its smallness offers all sorts of charm in view, in trees, in brooks, in situation. A lookout at

the top awaits all who like to climb and freeze.

There is nothing more beautiful than spruce trees under snow. Will Beaumont and Ruth Woodward stop to consider them. In these woods are not only spruces, but many silvery beeches and a few pines. Brooks tinkle and talk under the ice, sweetest of winter music. Lots of fun on the steep places where the snow hides the ice and the heels fly. Lots of fun in the open where the windblown drifts fill the hollows and fool the pedestrian. A flock of tree sparrows enliven the rather gray afternoon landscape.



The Day I Died - Well, Almost

By Al "Footloose" Sanborn, past Worcester Chapter member

To Pat Lambert, for any use that will potentially save a life. -Al Sanborn

It was mid-August in 1990, and I was heading north on the Appalachian Trail - (having started in March, in Georgia) - now approaching the Maine border. Unfortunately, I was thoroughly soaked by a steady rain that day, so I was looking forward to my arrival at the Full Goose shelter where I'd spend the night out of the rain.

With little else to occupy my mind, I was planning what I would do when I got under cover. Mostly, I was thinking about food.

Then it occurred to me that there was another priority to consider for immediate action when under the roof. I recalled that there is danger of hypothermia, and it is imperative to get out of wet clothes and into dry ones! Hypothermia can be a killer, and it can strike rather quickly, even when the temperature is well above freezing. My little thermometer showed 53 degrees, and I was comfortably warm from the exertion of hiking, but danger lurked!

I was the first, and only, hiker in the shelter that night. Right away, I opened my pack to get the dry, clothes; but my little pack stove came out first. Unintentionally risking my own life, I decided to start the stove and heat some water for a bowl of soup while changing clothes. It would take only about 10 minutes to get it going...but **that invited the most danger I have ever encountered**, as you will see.

With the water heating on the stove, I stood up to remove my clothes...but nothing happened! Mentally I told myself, "Change your clothes." Nothing happened, so I told myself, over and over, "**Change your clothes!**" Finally, I mentally screamed at myself, "**Unzip your jacket!!**" Then my hand went up to the jacket zipper, and the result was survival; I'm here!

The take-away from this story: hypothermia CAN kill you, even in warmer temperatures. You need to KNOW how insidious hypothermia IS! Having this knowledge - and remembering it when the crucial moment arrives - can make the difference between life and death!

- Al "Footloose" Sanborn AT GA-ME '90

REGISTER SOON - 2019 LEADERSHIP TRAINING AND WILDERNESS FIRST AID:

Leadership Training, February 23 & 24, 2019:

AMC Worcester Chapter's leadership training will take place at Nature's Classroom in Charlton, MA on February 23rd and 24th. The two-day training costs \$60 (members) / \$65 (non-members) and includes training materials, course instructions, meals, and overnight accommodations. Please register at amcworchester.org; there is a PayPal option included, as well.

Whether you'd like to become a Chapter leader, or just want to improve your outdoor skills, you're invited to attend. Training emphasizes group dynamics, leaders' responsibilities, trip planning/management, weather emergencies, incident/accident scene management, leader awareness, and decision making.

SOLO Wilderness First Aid, March 9 & 10, 2019:

Learn how to manage an emergency in the backcountry from SOLO certified instructors at AMC Worcester's Wilderness First Aid Course on March 9th and 10th, 2019. This comprehensive two-day course covers standard emergency care with an emphasis on backcountry long-term care and evacuation. Fees include course instruction and meals. An additional CPR course is offered Saturday after the Wilderness First Aid course for an additional \$35.00. Register at amcworchester.org, with an option to pay via PayPal. The course will take place at the Boy's & Girl's Club in Leominster, MA.

In the backcountry, 911 is not usually an option. You need to be a lot more self-reliant and make good (at times, life-saving) decisions quickly. You also have more responsibilities: you have to figure out what's gone wrong and then decide how to treat, stabilize, and care for yourself or another person. That's where Wilderness First Aid (WFA) comes in. WFA focuses more on injuries and scenarios likely to happen in the backcountry - while hiking, backpacking, climbing, paddling, biking, or skiing. It also addresses what to do when you have far fewer first aid materials at hand and teaches you how to think quickly, be more resourceful, and to react smartly when bad things happen. At the very least: you will walk away more confident when heading outdoors!

Land Water Conservation Fund (LWCF) Update (as of November 2018)

Our biggest and single most important opportunity for sustained conservation funding lies in successfully completing our campaign to permanently reauthorize the Land and Water Conservation Fund (LWCF) with full, permanent, dedicated funding. AMC has been working toward this goal for many years as a regional leader within the [national LWCF Coalition](#), comprised of over 1,000 organizations, businesses, and community organizations. LWCF is the sole source of funds for federal land acquisition inside the borders of our National Parks, National Wildlife Refuges, National Forests, and other federal lands, and also funds a variety of state and local grants that empower communities to protect their drinking water, expand close-to-home recreation opportunities, conserve open space and wildlife habitat, save historic and cultural treasures, and grow their economies by growing the natural infrastructure of the outdoor recreation economy while also protecting working forests and ranches.

2018 was a climactic year in this campaign, as AMC and the national Coalition faced the second expiration of LWCF in just three years, as well as concerted attacks on the program's funding. Learning from the experience of successfully saving LWCF in 2015 (though only for the short term), we kicked off a year-long countdown to raise the visibility of LWCF, underscore to the public and lawmakers what is at stake, and bolster our Congressional champions on both sides of the aisle to fight for permanent authorization and full, dedicated funding of LWCF.

Status:

The months leading up to the 2018 mid-term election were incredibly eventful for LWCF. The backdrop of extremely tight races across the country gave our campaign increased resonance and leverage, especially in the Mid-Atlantic where conservation is a winning issue and a rare bright spot of bipartisan compromise. Here is where things stood when Congress left for their election recess:

- Support for LWCF permanent reauthorization is now solid in the House of Representatives, but opponents still stand in the way of dedicated funding.
- Permanent reauthorization PLUS full, permanent, dedicated funding of LWCF moved forward in the Senate with bipartisan support.
- Despite these positive moves, time ran out and LWCF expired on September 30

Outdoor Program Center Volunteer Opportunities - Volunteer at AMC's lodges, huts, campsites, and more!

Our volunteers are passionate about helping people enjoy the outdoors and learn about the natural world. The AMC has a variety of volunteer opportunities based at our Outdoor Program Centers, including **Information Volunteers, Volunteer Naturalists, Program Volunteers, and Volunteer Alpine Stewards.**

Information Volunteers welcome hikers and overnight guests, orient them to the facility, and offer advice about nearby hiking trails, outdoor gear, and activity programming. They provide information about conservation and natural history, and promote AMC membership. Depending on location, Information Volunteers may also lead nature walks and evening programs, assist with retail sales, or help guests with boats and paddling equipment. Information Volunteers serve at six of AMC's backcountry huts, at Hermit Lake Shelters, and at these AMC lodges: Mohican, Harriman, Pinkham, Highland, Cardigan, and Medawisla.

Volunteer Naturalists provide outreach in AMC's backcountry huts, primarily by sharing information about local natural history during self-designed presentations, activities, and nature walks. Throughout their stay, Volunteer Naturalists also offer trail advice, answer natural history questions, and promote the Junior Naturalist program. Naturalists can offer a variety of programs over a few days, or focus on just one or two topics; they can gear their programs toward kids, adults, or both.

Program Volunteers lead short guided hikes or nature walks, interact with guests using hands-on educational displays at "Table Talks," and lead other outdoor/nature activities. These "Walk-on Programs" are free and open to the public; participants often include novice hikers and families with children. Program Volunteers serve at Pinkham and Highland.

Volunteer Alpine Stewards provide outreach education to help protect the fragile alpine ecosystem above tree line. As they hike along the Franconia Ridge and on Mt. Washington summit cone trails, Stewards engage with hikers about Leave No Trace principles, alpine ecology, trail conditions, and backcountry safety. Stewards monitor alpine plants at designated research plots and collect data for AMC's Mountain Watch. These volunteers may perform light trail maintenance and are welcome to help with evening programs. The Volunteer Alpine Steward Program is a partnership between the Appalachian Mountain Club, the White Mountain National Forest, and the Appalachian Trail Conservancy.

For more information about any of these volunteer roles, or to request an application, please contact Kyra Salancy, AMC's Outdoor Program Centers Volunteer Coordinator, at amcvolservices@outdoors.org.