

Wachusett Views



Worcester Chapter

Appalachian Mountain Club

Spring 2024

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

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Spring 2024

Letter from the Editor

Welcome and thank you for supporting the Worcester AMC! Spring is finally here and there's no other way I'd rather spend my time than exploring the woods and lakes around me. Whether I'm going out for a hike, a bike ride, or a paddle, I leave everything behind, and celebrate what a wonderful life this is.

All in all, it is an exciting time for our Chapter! National Trails Day is June 1st. Come join us! Get out and make some friends, and make our trails day a success. We also have a "Trail Trash Challenge", a first for our Chapter, and we have loads of opportunities to have fun and get involved. Check out what's going on with the Worcester Chapter. You'll be glad you did. We welcome you in every way.

My hope is that in reading this newsletter, you'll be inspired to join us. We need you to help us protect the great outdoors and to learn how to enjoy it responsibly.

Thank you for reading, and of course, enjoy the newsletter!

Nancy

Nancy Cahn, Wachusett Views Editor

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AMC Worcester Chapter

amcworchester.org

Appalachian Mountain Club

Under the Red Felt Crusher



Chris with her daughter Jen
on North Twin for the finish

Hello Chapter members and outdoor enthusiasts! It's hard to believe that Spring is right around the corner (weren't we just putting our snowshoes in the back of the car?). It's true.... Soon, the thawing trails will present some seasonal challenges, while the roads and waterways begin to become more inviting to their users. The weather will warm up and we will be able to store our goggles and minus 20 sleeping bags.

As we approach the Spring months, the Worcester Chapter has lots going on (check it out [here!](#)), including a VERY promising TrailsFest day on Saturday, June 1st to celebrate National Trails Day! This event is shaping up to be one of the best on record. Keep an eye out on the Worcester activities list for event posting and be sure to sign up.

As you start to pull your warmer weather gear out of the closet and plan to venture out, please do remember that the north country / higher peaks will continue to present colder weather and possibly even some winter conditions for a while, so prepare accordingly and be safe. I look forward to hearing about adventures completed and planned, as well as seeing postings on our Chapter's social media accounts. I continue to be impressed with the passion and dedication of our members, and thank each one of you for doing your part to make the outdoors accessible and rewarding.

Keep moving,
Chris Pignatiello-Chatson, Chair

Movin' and Groovin' with the 60's Sistahs 😊

Written by Past Chairs: Barbara Dyer and Pat Lambert



Pat and Barb at the Desert Conservation Area
in Marlborough

2023 brought the 60th year that Barb Dyer and Pat Lambert graced planet Earth. And, we're still here!!!!

In late 2022 we discussed how we would celebrate this life event. Why have one celebration when you can have twelve? Since we met through the AMC, and we're both still active leaders, what better way than to offer events through the Worcester Chapter? And, so, the Movin' and Groovin' with the 60's Sistahs series was born.

From Wachusett Mountain in Princeton to Peppercorn Hill Conservation Area in Upton, we explored local areas in both Worcester and Middlesex counties from January through December. We kicked off the year at Lake Chauncy/Cedar Hill in

Westborough/Northborough with our longest hike, ~ 6 miles, and wrapped up the year with a full moon excursion through the Breakneck Hill Conservation Land in Southborough.



May - The Desert Conservation Land, Marlborough



October - Moved and grooved to the summit of Wachusett

Fifty-four peace and fun-loving outdoor enthusiasts joined us over the year. For some participants, a Movin' and Groovin' hike was their first AMC event. We even had one participant join us from Maine. This series really struck a chord for folks looking to do easier, shorter hikes in local areas with the security of a group fueled by home-baked cookies 😊.

Ah, the cookies! Pat offered a different type of cookie for every hike from Ghirardelli chocolate chip cookies with M&M's to snickerdoodles (of course!) to snowballs and everything in between. Stay tuned for the “winning” cookie which will be featured for a “pop-up” event Barb and I will offer later this year....



Chocolate Chocolate White Chocolate Chip Cookies
enjoyed by the group at Wachusett

Congratulations to Andrea Machnik, Jill Moonheron, and Doug Stone who completed all the hikes in this series. They will receive the coveted Movin' and Groovin' play and party hard patch (ok – refrigerator magnet 😊) for joining us throughout our celebratory year! Check it out!



Looking forward to 2033 when we celebrate our 70th year!

NATIONAL TRAILS DAY TRAILS FEST

SATURDAY, JUNE 1, 2024

**WACHUSETT MOUNTAIN SKI AREA,
499 MOUNTAIN ROAD, PRINCETON MA**

**Guided Hikes & Trail Work Activities | 8 AM - 12 PM
Celebration to Follow | 12:30 PM - 4 PM**

**JOIN US FOR:
FUN OUTDOOR ACTIVITIES
LIVE MUSIC ↑ FOOD
MASS AUDUBON ↑ AMC ↑ MIDSTATE TRAIL
MASS DCR ↑ LOCAL LAND TRUSTS
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**FOR MORE INFORMATION, VISIT:
WWW.MIDSTATETRAIL.ORG/TRAILSFEST**



QUESTIONS? WANT TO PARTNER? CONTACT TRAILSFEST2024@GMAIL.COM

♻️🌍 Trail Trash Challenge 🌍♻️



Greetings Worcester Chapter,

The Conservation Committee would like to introduce the “Trail Trash Challenge”! As always, this is a great time of year to get outside and make a positive impact in your community. In April, there is a world celebration of Earth Day, when people look to do something good for the environment. This is a day when we honor the achievements of the environmental movement and raise awareness to protect our planet’s natural resources for future generations. Although there have been many conservation stewards before us, the work is never over as long as society continues to expand. As outdoor enthusiasts of the modern world, we must all continue to work together to protect the places we love.

In recognition of this season of environmental awareness, we are launching the “Trail Trash Challenge” to engage the Worcester Chapter members. The goal of this challenge is to be on the lookout for trash while outdoors and clean it up. We want to invigorate folks to take some time while outdoors to dispose of any dis-

covered trash and make a positive impact. This spring, as we enjoy the bounty of our favorite woods, parks, and waterways, let's do something for nature in return. Instead of having a negative attitude towards the trash we see, let's make an effort to remove it and have fun while doing it!

The challenge will work by having participants bring bags or gloves with them while partaking in AMC outdoor activities. While enjoying the activity, participants will simultaneously gather any trash seen on the trail. All activity leaders are encouraged to incorporate time into their activity to stop for 10 minutes to gather trash. After the event, all participants will put their trash bags together and take a picture of what they found. Then, via mobile device or on a computer, participants will fill out a short google form to answer questions about where the trash was located, what they found, how much they got, and if more trash was left behind. Finally, participants will upload a picture of gathered trash as part of the submission.

At the end of each month from April to June, we will recognize those individuals or groups who gathered the most trash during a single trip on the chapter's social media channels, website, and newsletters. Our "Trail Trash" heroes will be praised for efforts in being active conservation stewards of the places we love. Our collection of "Trail Trash" submissions will also serve as an inventory of outdoor spaces that need the most attention. This information will be used to encourage our chapter members to revisit those places during future cleanups.

Thank you all in advance for helping to prevent litter, and for helping make our towns, state, country, and planet a better place to live!

Link to google form:

https://docs.google.com/forms/d/e/1FAIpQLSf2gjXmbXK6a6tEax5EPGXll-op6o_uQGeExX-ZMW4Q23lpfQ/viewform?usp=sf_link

Cheers,

Worcester Chapter Conservation Committee

Opportunities for Trail Work in the Maine AMC Woods

Apply Now for 2024

Submitted by Phil Coyne, Trails Chair, Maine Chapter

Exciting opportunities await you in 2024! The Maine Chapter of the Appalachian Mountain Club (AMC) is currently accepting applications for our Peter Roderick Trail Scholarships and John Mullen Trail Fellowships. Whether you're new to trail work or have experience and aspire to take on leadership roles, there's something for everyone.

Peter Roderick Trail Scholarships:

If you've never tried trail work, our Chapter-sponsored trip to the Maine Woods is the perfect opportunity. Named after the dedicated volunteer Peter Roderick, this scholarship covers all costs for overnight lodging and food during one of four trail work weekends. We're offering multiple scholarships, with three spots available for each trip. Apply and join us in preserving the beauty of AMC's Maine Woods.

John Mullens Trail Fellowships:

For those with trail work experience and a desire to deepen their involvement, the John Mullens Trail Fellowship is designed for you. Named after the devoted volunteer late John Mullens, this fellowship is for individuals committed to taking on a leadership role in trail work parties and obtaining advanced trail maintenance skills. If you're ready to make a lasting impact in the Maine Woods, we want to hear from you.

To learn more and apply, visit our website: amcmaine.org/2024-trails-scholarship.

Important Details:

For those unfamiliar with trail work at the Maine AMC lodges, each trip begins with Friday evening dinner and concludes after lunch on the Monday. Three nights of bunkhouse accommodations, meals, and trail work equipment are provided at no cost to selected recipients. Don't miss this chance to experience the beauty of the Maine woods while contributing to AMC's mission.

Applications will be accepted until the deadline or until all slots for each trip are filled. Decisions for all 2024 trips will be made on a rolling basis, so apply now at amcmaine.org/2024-trails-scholarship.

This program is open to any new or current AMC member who shares a passion for working outdoors. If you're not already a member, join now to be eligible for this unique opportunity.

For those interested in one-day trail work opportunities or seeking more information, email us at trails@amcmaine.org.

We look forward to seeing you on the trail! ~

iNaturalist Bingo



Spring is coming to the Appalachians! We're looking for your help in tracking flowering times across AMC's region. Download the iNaturalist app, join one of AMC's iNaturalist projects, and take some pictures. To make the springtime observations even more fun, [we've designed iNaturalist bingo cards](#) that you can print out and bring on the trail. Happy searching! ~

Spring into DEI at AMC

Submitted by Katherine Brainard

Here's what our chapters are offering for events relating to inclusion in the outdoors.

New York North Jersey's chapter DEI committee hosted a screening and discussion of the short film *Wood Hood*, which looks at the positive impact of the Outdoors on Black, Indigenous, and People of Color (BIPOC) youth. This film won Best Short Film at the 2022 Banff Centre Mountain Film Festival, and was screened at AMC's Annual Summit.

Also at the Summit, the Mental Health First Aid course had a full-day session of training for leaders, and concurrently the Summit featured a full-day track of DEI speakers, including DEI Outdoors, the Venture Out Project, and Mardi Fuller. In addition, AMC offered scholarships for registration, room, and travel for the first time for this event and nearly 20 people received the opportunity to attend with less upfront cost. The DEI Speaker Series is also back for 2024, and AMC hosted Sebastian Moreno to talk about Community Science and barriers to participation: see the recording [here](#).

Some in-person events are being planned, including an [urban forest bathing mini retreat](#) in Boston on April 6th, and a [Pride Hut Takeover](#) this July at one of AMC's White Mountain huts, with tiered pricing options. Both are open for registration. Many chapters have also sent out save the dates for events including gear swaps and spring leadership training.

The Boston Chapter hosted an African American Heritage Trail Walk at Mount Auburn Cemetery (a beautiful green space in Boston), a 20s and 30s Lunar New Year Celebration meetup, an accessible Mardi Gras bonfire including anyone living with Aging Joints/Injuries, Brain Injury, Down Syndrome, Neuro-Diversity/Autism, or Alzheimer's/Dementia. The Connecticut chapter is hosting ongoing

climbing night meetups for veterans and their families, and Maine is hosting a women's ski weekend.

Leading an affinity trip is a great way to have activities catered to more groups of people at AMC, in a setting people won't have to worry about their identity feeling like something that stands out; some examples of recent trips include a BIPOC Ice Climbing day, BIPOC Gym Nights, and a BIPOC/Queer affinity hike in the Hudson Valley. The 20s and 30s group is the largest club-wide affinity group, which is hosting an upcoming solar eclipse inter-chapter gathering at the Highland Center in NH in early April.

I hope this article has helped to highlight some of the chapter efforts toward inclusion going on at AMC, and don't forget about the hundreds of other trips and opportunities available at activities.outdoors.org! ~