



# *THE WACHUSETT VIEWS*

*Quarterly e-Newsletter for the*

*Worcester Chapter*

*Appalachian Mountain Club*

*Fall 2016*



On the Nelson Crag  
Photo credit Steph Keimig

# “On the Road With The Endowment Chair”

By Dave Cole



L to R: Stephanie Keimig, Steve Crowe, Dave Cole

Next to rebuilt cairn

“What is wrong here,” Steve Crowe lamented. We were near the summit of Mt. Washington peering down at group after group of hikers going off the Nelson Crag Trail for the final push to reach the top.

Instead of being on-trail, The hikers were tramping on a meadow of Bigelow’s sedge- and the question was why were they veering left, off-trail, and then making a zig-zag move through the sensitive alpine meadow, instead of following the seemingly obvious trail on the durable surfaces between cairns.

“We have to figure this out right now,” Steve said. And certainly this is a key task of a trail maintainer -keeping people on trail, therefore protecting the ecology (in this case alpine vegetation) just aside the trails.

Steve’s group this time included Steph Keimig, Michael Foley, and this writer. At the location of the incursion it was discovered that a National Forest Dept. excavator doing repair work on the Cog Railway had inadvertently created a new path, one appearing much more comfortable to the feet of hikers who had already slogged several rocky miles to get to this point just below the summit.

It was time to build a scree wall- a short wall using nearby rocks - to create a diversion. But in this case, with the new false trail being so wide and inviting to a very large number of hikers, our group also moved four unused structural timbers left nearby from the Railway crew and placed these further along the forbidden path.

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Steve Crowe, besides being our Chapter’s Trails Chair, has been an Alpine Trail Adopter at Mt. Washington since 1990. His managed section is the upper Nelson Crag trail (about 5000 ft to the 6288 foot summit).

At least 10 weekends a year Steve ventures out -frequently accompanied with Worcester Chapter volunteers -to work the high alpine ridges. Our small group this weekend were pleased to pitch in, and helped clean water bars, rebuild two cairns, create scree walls, and move gravel washed into the Nelson Crag Trail from the auto road. On top of this, Mike Foley spent a day being trained to become an alpine trail adopter by the AMC’s Professional Trails Crew.

Funding to support trail maintaining and this particular weekend has been made available from the Worcester Chapter’s Endowment Committee, including a specific line item for Trails with a Purpose. The Worcester Chapter Endowment Committee has authorized a budget to support the Chapter’s larger involvement in trail maintaining both in Worcester County (Mt. Wachusett, and the Mid State Trail come readily to mind) and as well at Mt. Cardigan, the Whites, and at the Henderson Brook trail within AMC’s spectacular Maine conservation tracts. .

Trail volunteers working in the White Mountains get to stay and are fed well at AMC’s rustic Camp Dodge - a volunteer center just below the Auto Road designed to shelter and teach trail crews and adopters, run Teen Trail camps and adult volunteer trail work weeks, as well as provide food, camaraderie, and a place to stay for all working trail volunteers from June through September. Chapter money on this particular trip was used only for transportation costs.

For further information including how you can get involved with trails, please contact Steve Crowe - [trails@AMCWorcester.org](mailto:trails@AMCWorcester.org). He would love to hear from you.

For more information on general involvement within our Chapter, I can be reached at [chair@AMCWorcester.org](mailto:chair@AMCWorcester.org).



Next to a cairn near top of Mt Washington

# **Worcester Chapter's Volunteer of the Month (VOM)**

Please extend hearty congratulations to our Chapter's

**Volunteer of the Month (VOM) for June**

**Denny Laforce** for his tireless support of cycling and cycle touring activities, including the Chapter's annual cycle touring workshop.



Denny Laforce (left)

## **Nominate a Volunteer**

The Volunteer of the Month program was developed to recognize and thank our volunteers for their outstanding support of our Chapter. Chapter members can nominate volunteers by sending an email to Joe Massery at [ViceChair@AmcWorcester.org](mailto:ViceChair@AmcWorcester.org). The nomination should include the nominee's name, reason for the recognition, and name of the nominator. Nominees must be an AMC member, not a member of the current Executive Committee, and may serve in any volunteer capacity that benefits the Worcester Chapter.

## 2017 Executive Committee

We are pleased to announce the proposed Executive Committee slate for 2017 of the Worcester Chapter of the Appalachian Mountain Club. In accordance with the Chapter bylaws, the slate will be voted on at the Chapter's annual meeting on November 12th at The Manor in West Boylston.

	<b>Position</b>	<b>Candidate</b>
1	Chair	Dave Cole
2	Vice Chair	Joe Massery
3	Treasurer	Jose Schroen
4	Secretary	Pat Flanagan
5	Past Chair	Charlie Arsenault
6	At Large - Social Media	Barbara Dyer
7	Bike Chair	Bruce Wester
8	Communications Chair	Alexandria Molnar
9	Communications Chair	Zenya Molnar
10	Conservation Chair	Kim Beauchemin
11	Endowment Chair	Pat Lambert
12	Families Chair	Ingrid Molnar

13	Hiking Chair	Gina Shea
14	Historian	Michele Simoneau
15	Leadership Chair	Deb Herlihy
16	Membership Chair	Karen Maki
17	Midstate Trail	Kim Simpson
18	Paddling Chair	David Elliott
19	At Large 100 <sup>th</sup> Anniversary	Steven Ciras
20	Ski Chair	Jean Sifleet
21	Social Chair	Mike Foley
22	Technical Climbing Chair	John Grote
23	Third Wednesday Chair	Fred Mezynski
24	Trails Chair	Steve Crowe
25	Young Members	Christina Ferretti
26	Programs Chair	Jonathan Dirodi

Special thanks to Nominating Committee members: Dave Cole, Joe Massery, Steph Krzyzewski, Janice Melchiorre, Jose Schroen, Fred Mezinski, Andy Wojcikowski, and Jean Sifleet.

# Temagami 2016 Trip Notes

Submitted by Paul Glazebrook and Grace Ferrante



Pristine rivers and lakes, pink granite sloping into clear clean water, a loon calls, the northern lights, a wolf howl. There are very few places within a day's drive of Boston where you can expect these. The Temagami region of north eastern Ontario is such a place. It is located 450 km. north of Toronto. The Temagami Forest Reserve has over 15,000 km<sup>2</sup> of territory and 4,700 km of canoe routes. There are 16 provincial parks and 26 conservation reserves in the Temagami region as well as protected crown lands. We canoed primarily on Lake Temagami, Diamond Lake and Obabika Lake. The area has numerous islands and thousands of km of protected shoreline bordered by old-growth red pine. Temagami is located at the boundary of the boreal forest to the north and the Great Lakes-St. Lawrence forest to the south. White and Red Pine, Jack Pine and Yellow Birch are the predominant trees.



On our seven-day canoe camping trip we explored this beautiful and tranquil region, one of the lesser known canoeing areas in North America.

The twelve participants ranged from individuals with no experience to very experienced paddlers with the latest hi tech canoes and gear. The majority of the participants were from Massachusetts, but two were from New York's Adirondacks and two from Curaçao.

A sketch of the participants: Paul, the leader, grew up in Canada. He has canoed for years and loves the North country. His knowledge of the area is extensive. He's a natural leader with a great sense of fun and adventure. Grace, our co-leader, has done several trips with Paul, and this year took on the jobs of Cook, Medical Officer, and helper-organizer. Neil and Bonnie have enjoyed these trips before. Their beautiful red canoe stands out in the photos. Damon and Jane are experienced paddlers. Their lightweight canoe, bent-shaft paddles, and ambitious paddling kept them way ahead of everyone else. Jose, Marion, and Paul N. are Dutch. They smoke cigars and sleep in hammocks and they keep us smiling. Sue is impressive with her strong paddling and portaging. Must be those crickets she eats! Bob and Carolyn are as always, clever, helpful, and funny.

Our first day, Friday, we drove 14 hours across the border and up to northern Ontario, gathering in the evening at Smoothwater eco-lodge. This beautiful welcoming lodge sits on the shore beside small lake. On arrival, we found the other guests at the Lodge were associated with an event hosted by Ray Mears, an outdoor education celebrity from the UK. We met and chatted with Joanie and Gary McGuffin, who authored a beautiful canoeing book, and they are now working to promote conservation and tourism in Northern Ontario. We had a wonderful social hour and dinner, and we settled down for a pre-trip pow-wow.



Saturday, we loaded up and drove to our put-in on Sandy Inlet. The water was like glass. This was a great relief to the leaders because of the inexperienced paddlers. Just before we left the shore our small flotilla was buzzed by a beaver; the float plane version. After a short two-hour paddle to our campsite on Pickerel Bay we set up camp and proceeded to cook Paul's famous Baba Burgers over the fire.

Daily camp life consisted of first finding an unoccupied campsite. There must be room for six tents and three hammocks, plus a fire pit, a privy, and maybe a picnic table. We would first set up our tents, get water and start a fire to boil water. The dishes would be sanitized in boiling water over the fire, and cooking would take place over the fire as well. The fire was the center of all campsites. Once camp was set up and the fire going, it was time for a relaxing swim and happy hour. Dinners included beef and chicken dishes. Most notable were delicious spaghetti with canned hamburger and Jerk Chicken that was verry spicy! Socializing and relaxing around the fire after dinner was followed by early bedtime.

Sunday was our introduction to portaging. We carried our canoes and packs into the Northwest arm of Lake Temagami and entered Diamond Lake and the true wilderness. It was a long day but we made camp by 4 o'clock on an island and went for a swim. The beauty of the clear lake water, the feeling of the warm sunlit rocks, and the call of the loons at night, were magical.



Everyone volunteered to help with chores in camp. Most breakfasts and dinners were cooked by Grace. Paul baked desserts and chopped wood. Sue took care of getting water and filtering it. Bonnie started and maintained fires. Neil helped with dish sanitizing and cooking. Carolyn was awesome with dish washing and sanitizing. Paul N. and Marion located and organized privies. Bob helped with fires and putting up tarps and a million things. Jane helped with cooking. Jose helped wherever there was a need. Damon shared his experience and expertise. The hardest work we all did was portaging, and everyone carried what he or she could.

Monday we woke early and paddled up the north arm of Diamond Lake to see the ancient Native American pictographs. This resulted in a late start to loading the canoes and getting back on our planned route. The wind was against us and grew more intense as the morning progressed. Paddling became very difficult and a safety concern. We stopped for an early lunch on a small island and waited high on a windy hill for the wind to die down. It did not. So Paul called it a day. We moved to a larger adjacent island with a campsite and set up camp early. It was quite beautiful. We all went for a swim and relaxed. Being wind bound put our schedule off by one day.

Tuesday was a long day. While the water was smooth and Diamond lake was gorgeous, we had two difficult portages. On Wakimika Lake we ran into Ray Mears and his entourage camped on an island. They had flown in: no paddling for them! The narrow Wakimika River wound through stumps and blow-downs, and we had to scramble over two large beaver dams. It was fun to paddle in such tight quarters after being in the large lakes. The river brought us into the northern end of Obabika Lake. Here we planned to make camp for two nights and hike the Old Growth/Spirit Rock trail the next day. All the campsites were full, but luckily, one group was just visiting for the day and we took over their site. It was a rocky outcrop with long views and fresh air. We went for a swim and relaxed on the ledge.



Wednesday was our Rest day. We paddled a short distance and hiked 5 hilly miles to visit the old growth forest and Spirit Rock. We saw nice views and beautiful forest scenes. On the trail we came to the site where a lost canoeist body had been found. There was a simple memorial for him. We returned to our campsite and went for a swim. Paul decided to treat us with a chocolate cheesecake made from chocolate pudding squeezed out of a corner of plastic bag. The strange appearance of the cheesecake before he smoothed it out did not stop us from gobbling it up, but he vowed he would never make it again!

Thursday we paddled down Obabika Lake against a strong wind and waves. While the distance covered was not great, the wind made it a long and tiring day. We made camp on the eastern shore of the lake where the major portage emerges from the woods. We were too tired to make the portage that evening. The campsite was extremely limited, and we had to pitch all our tents in a narrow row just inches apart. In the morning we would take this portage back into Lake Temagami. Before dawn Grace woke and decided to take a swim. But getting out of her tent she fell and twisted her back landing on rocks. She still went for the swim, but had to be careful of her back for the rest of the trip.

Friday, up early, we had a light breakfast and loaded the canoes and packs onto our backs. The early start ensured no wind and the water was smooth. A second portage that day was short and easy. By 1:30, we had made our way to Storm Point Campsite as clouds gathered, the sky darkened, and the wind picked up. By 3 o'clock, camp was set up tight as the thunderstorm passed overhead. It rained heavily for one hour. Conditions were very rough on the lake and it was good to be in camp. We all stayed dry and snoozed in our tents. This was a beautiful campsite with a stone table and very nice fire pit. We swam and watched a family of loons practicing being loony. After the storm we had plenty of time for happy hour and our last fire-cooked camp meal. We relaxed and chatted by the fire and listened for the loons until we had to go to sleep.



Saturday, up early and on the water early. This time we had only a short paddle to a monster breakfast waiting for us at Ojibway Lodge. Fresh fruit, warm bread, cereal, eggs, bacon and a never ending flow of coffee. We heard stories about the iconic Keewaydin Camp that has been there for over a century. After breakfast it was a short two hour paddle to our take-out back at Sandy Inlet and warm showers at Smoothwater Lodge. The day ended on the highway for most of us, as we drove home through the night. We arrived sleepily at Bob and Carolyn's house in Massachusetts about 6:30 am.

Thanks to everyone, especially Paul, for all the beautiful memories!



## PROJECT HEALING WATERS FLY FISHING TRIP AT

### GORMAN CHAIRBACK

Submitted by Deb Herlihy

For most of us, a trip to the Maine woods particularly the Moosehead Lake region in the AMC's 100 mile wilderness, and of course the ultimate destination, AMC's Gorman Chairback Lodge, is a recreational paradise away from an otherwise hectic 9 to 5 workweek. We're excited when we think about the 6+ hour drive from Worcester, MA to Greenville, ME and how we'll make our final stop at The Indian Hill Trading Post before we happily leave civilization behind us and camp out at our favorite wilderness shelter The Phoenix on Trout Pond. We'll build our campfire, eagerly set out our tents and gear and await the call of the loons as the night sky falls upon us. But, for the men and woman who suffer with posttraumatic stress disorder (PTSD), or struggle daily with a physical disability resulting since their wartime service in either Vietnam, Iraq or Afghanistan; a 7+ hour drive to the Maine woods can be an uncomfortable almost distressing event, with frequent stops, high-anxiety and thoughts of why am I doing this.





Well, within this story is a really good reason why...a fly fishing trip to the tranquility of the Maine woods to dwell for a few days at a first-class lodge, is an opportunity to rediscover one's self and perhaps free themselves from the noise inside their minds. As one veteran shared, *"I have PTSD and have a hard time relaxing, but at Gorman Chairback Lodge I was at peace. I could relax and enjoy everything. It's been a long time for me to feel this way."*

What is PTSD? Anyone who has experienced a traumatic or life-threatening event can have recurring memories, anxiety, anger, or trouble sleeping.

However, when these problems continue or get worse, it's possible that the sufferer could be experiencing posttraumatic stress disorder. A physician or mental health care provider can assist with a diagnosis of PTSD and will recommend appropriate courses of action.

(1) [Project Healing Waters Fly Fishing, Inc. is dedicated to the physical and emotional rehabilitation of disabled active military service personnel and disabled veterans through fly-fishing and associated activities including education and outings.](https://www.projecthealingwaters.org/Donate/Howyoucanhelp.aspx)

[To learn how you can help a veteran and support the Project Healing Waters Fly Fishing program. https://www.projecthealingwaters.org/Donate/Howyoucanhelp.aspx](https://www.projecthealingwaters.org/Donate/Howyoucanhelp.aspx)

(2) [For more information on posttraumatic stress disorder \(PTSD\) go to http://www.ptsd.va.gov](http://www.ptsd.va.gov)

As told by Bill Masner, Program Lead at Healing Waters, Winchendon, MA the group consisted of eight Veterans, one therapist and three mentors. Getting organized and then reorganized to accommodate medical equipment, electrical needs, and physical needs all demanded flexibility and cooperation among the troops. Excitement and anticipation provided the "grease" to make it all happen smoothly.

The group arrived at Gorman Chairback around 6:00PM, just in time for dinner! Rich McCaffery, Gorman Chairback's all-around maintenance guru gave everyone such a warm welcome, thanking our guys for their service to our country. His generosity showed no bounds, offering the guys use of his boat, fishing gear, whatever they needed.

Upon entering the building, we were immediately seated for a fine dinner of exceptional foods, the highlight brisket and an introduction to a great tasting kale salad! Of course, bedtime came quickly after the daylong travel.

Rain on the metal roof at 4:45 AM came too quickly for some. Thank goodness it stopped in time for everyone to get dressed and make their way to the lodge for the enticing aroma of coffee beckoned and a delicious lumberman's breakfast was served, and yes, more coffee.

After breakfast, we were introduced to Casey Mealy, Maine Woods Initiative Programs & Recreation Manager. He spoke of flies, gear and strategies that would work to catch larger than life lake trout and salmon. And head out to some remote ponds in search of colorful native brookies. Casey also stressed safety and mandatory life vests in all watercraft. Luckily Veterans know how to take orders.

Now that we had a plan, it was back to the cabins to get ready then meet at the boat area at 10 AM to deploy and catch a ton of fish. Yes, that was the plan. The first vessel to leave included a mentor and two Vets.

Soon we heard a commotion from that boat caused by the "almost" landing of a 26" lake trout that was much too big for the puny brookie net. The slippery rascal escaped from the mentors' hands and back to the safety of the ponds watery depths.

In the meantime, two Vets heartened by what they had heard and seen scrambled to a canoe. One of the two was an old Navy man with lots of time on the water. Unfortunately, it was not time spent in a canoe and as you may know you should not paddle furiously with both paddles on the same side.

AMC's Casey to the rescue! Using his command voice, he immediately worked to calm the sunken sailors with reassuring words while making haste to the capsized site. Now, you have to know that this was really cold water being two weeks after ice out! Using advanced techniques, he plucked both from the pond and back into their canoe.

Even all the fishing gear was rescued. Soon, both were back in their cabin changing into dry clothes.

You'd think our hero was done for the day, not yet... Casey was now gathering firewood and made a warm welcoming fire in the cabins wood stove. The sailors received well wishes for some time afterward and happily recalled their exploits on how they were saved.

That evening Veteran Scott was given the "Top Hat" award for (almost) catching the days' largest fish. Everyone enjoyed another stellar meal and it was back to the cabins for some down time and anticipation of what the next day would bring.

Wind is what the next day brought, so going out in boats and canoes was out of the question. It was decided to explore the local brooks and streams. Plus, it gave mentors time to share more information with the novice Vets. It turns out nearby Henderson Brook is teeming with colorful brook trout to the delight of our eager fishermen.

The evening featured fine food and the highlight of the day – the campfire. Gorman Chairback was also host that week to a group of trail builders in training. They joined us at the campfire and as we all got to know each other better, we broke out the s'mores. Mind you, these were not your ordinary s'mores they were special s'mores made with peeps! Needless to say they were a big hit.

We've all learned some important lessons. Relief from PTSD can be found in the woods. Partnerships such as that between Project Healing Waters and AMC can demonstrate to those in recovery that others truly care and peace can be found. Those who've experienced our programs are the greatest evangelists to other Veterans with similar afflictions.

You can take pride in knowing that the AMC has contributed their time to help provide these valuable opportunities to our Veterans.





From Project Healing Waters Fly Fishing thank you AMC.

A special thank you to our mentors Scott Griffin, Mark Lorian and MVOC Therapist Michael Young - without whose help the trip would not be possible.

Much appreciation also to Mike Foley, Worcester Chapter AMC Hike Leader, who was an initial catalyst to get this great trip rolling.

Article content Bill Manser, Program Lead, Healing Waters Fly Fishing in Winchendon, MA. Written by Debora Herlihy, Leadership Chair Worcester Chapter AMC.



***Personal feedback shared by some of the Veterans on their visit to the Maine woods and their stay at Gorman Chairback Lodge.***

*“When I left for the trip I was struggling to stay away from drinking. The relaxing atmosphere, camaraderie, quiet relaxation of fly fishing, especially the friendships made, really calmed me and I haven’t had the desire to have a drink since carrying the calm relaxing demeanor home with me. My wife told me that she was glad to have me back and I don’t mean from the trip.”*

*“The most remarkable experience for me was realizing all aspects of “just being there”, just enjoying the serene, peaceful beautiful place that AMC Gorman Chairback has to offer, most importantly was overcoming the daily challenges of mobility. We hiked, we fished, canoed, and boated; we’re in the beautiful wilderness. Can’t wait to go back!”*

*“Sharing stories at the campfire and making friends.”*

*“This trip was able to let me relax and get in touch with the person on the inside of myself that I was scared I lost. My mind was relaxed and composed enough that when my canoe mate turned over the canoe I laughed and just took it all in. Casey was right on the spot with the rescue canoe and all was great.”*

*“This outing helped me to relax and I realized that there are some great philanthropists who believe in reaching out to veterans. Their warm welcome and hospitality went beyond a verbal gratitude for supporting us. A bit of solitude and the magic of nature helped me immensely to relax.”*

## Young Members Pot Luck and Barbeque

The Young Members (20s & 30's) had a great turnout at our potluck on Saturday August 20th. Games and food were enjoyed by all and outdoor-themed prizes were raffled off. Our Young Members group is quickly growing. Come join us!



## Nominations for Appie of the Year

The Appie of the year is the Chapter's highest recognition that honors a person who has consistently gone above and beyond to help make our Chapter great. You can nominate anyone you believe is deserving of this recognition. Please email your nominations to [chair@amcworchester.org](mailto:chair@amcworchester.org) by Oct 27th. Nominations should include a short description of the how the nominee contributes to our chapter.



Getting blown away on Mt Washington

Photo credit: Dave Cole



Join our AMC Worcester **Meetup** group to find out about many upcoming trips and events.



We're on **Facebook** – Appalachian Mountain Club – Worcester Chapter.

Like our page and connect with others.

<https://www.facebook.com/#!/groups/88432323469/>

### **AMC Worcester Chapter Website**

Visit our website to find an activity, get the latest news, and meet the chapter's leadership at [www.amcworchester.org](http://www.amcworchester.org).

### **AMC Member Center**

Use the Member Center to renew your membership and update your member profile at <http://www.outdoors.org/membership/member-center.cfm>.



Steve topping off the rebuilt cairn  
Photo credit Dave Cole

**The Wachusett Views is a quarterly e-newsletter of  
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