

Wachusett Views

Worcester Chapter Appalachian Mountain Club

Fall 2018

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
At-Large Social Media	Barbara Dyer
Biking	Janice Melchior
Biking	Neil Schutzman
Communications	Zenya Molnar
Communications	Alexandra Molnar
Conservation	Jonathan DiRodi
Endowment	Patricia Lambert
Families	Ingrid Molnar
Hiking	Debi Garlick
Historian	Michele Simoneau
Leadership	Deb Herlihy
Membership	Jean Langley
Midstate Trail	Kim Simpson
Paddling	David Elliott
Past Chair	Dave Cole
Programs	Charlie Arsenault
Skiing	Claudine Mapa
Skiing	Lauren Rothermich
Social	Mike Foley
Technical Climbing	John Grote
Third Wednesday	Fred Mezynski
Trails	Stephen Crowe
20s & 30s	Steph Murphy
At- Large 100 th Anniversary	Steve Ciras

Fall issue 2018

Letter from the Editors

Fall arrived quickly this year, or maybe we were so distracted with the Worcester Chapter's 100th anniversary excitement that we barely noticed the change from long summer nights to cooler ones best spent at the roaring campfire!

We are happy to present some interesting reading on Leave No Trace (how to best take care of your furry friends in the woods), good memories of the 100th Anniversary Celebration Weekend, one young member's experience hiking the Pemi loop, and more.

Get out and don't forget to enjoy the last bits of foliage before leaves are replaced with snow!

Zenya and Alex

Alexandra Molnar

Zenya Molnar

Worcester Chapter Communications Co-Chairs

AMC Worcester Chapter

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Appalachian Mountain Club
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A message from the Chapter Chair: under the red felt crusher

By Joe Massery, Worcester Chapter Chair

Our Chapter's 100th anniversary celebration is winding down. What an outstanding send-off we gave to Year 100! Our leaders ran over 100 anniversary-related activities during the year. Zipper pulls, t-shirts, patches and other special mementos have been handed out. And the Gala! ... Talk about party of the century! Congratulations to the Anniversary Team and their leader Steve Ciras for their hard work over the past two years in pulling all this together. And thank you to all who participated for making this such a memorable year.

I'd also like to congratulate the very special volunteers who won the Chapter's annual awards, which were presented at the Gala:

Paul Glazebrook was awarded the Volunteer of the Year honor. He was selected from the winners of this year's Volunteers of the Month. Paul, along with the other monthly winners and nominees, has routinely gone above and beyond to support the Chapter through his volunteer efforts.

I presented the Chapter Chair award to five of our long-serving Executive Committee members who are "retiring" from the Executive Committee (EC) after many years on the committee. Deb Herlihy, Charlie Arsenault, Barbara Dyer, Steve Ciras, and Pat Lambert have served on the EC for a combined 65 years, each one serving in multiple capacities over many years. It's hard to thank them enough for their contributions to the Chapter.

Andy Wojcikowski received the Chapter's highest honor, Appie of the Year, for his many years of contributions to the Chapter as Chapter Chair, Nominating Committee member, activity leader (in almost every type of activity!), and numerous other roles.

Last year I encouraged you to get involved to help make our anniversary year a year to remember—plan a trip, work on the anniversary committee, participate in one of our events. I asked that when members look back a hundred years from now to see who we were as a chapter and how we celebrated, we'd give them something to talk about! And did we ever!

So as the year wraps up, let's keep the momentum going: volunteer, become a leader, participate in activities. Let's begin the celebration of the Worcester Chapter's 2nd Century right now.

Looking around the chapter:

The Midstate Trail Maintainer's Gathering held a few weeks ago drew a good crowd. Participants were treated to presentations on tick prevention, demos of rock splitting, grip hoists, and other trail maintenance gear, map/compass work, and of course, food! They then hit the trail for some hiking and trail maintenance work.

In the past few months, we have received high-fives from the Club for a couple of the Worcester Chapter's outreach efforts. Our contribution of \$5,000 to the renovation of Camp Dodge drew a thank you from AMC President & CEO, John Judge. At the base of the New Hampshire Presidential Range, Camp Dodge is AMC's Trails Training Headquarters. It serves as a base for volunteer and staff-based trails programs that benefit all of us who enjoy the Whites. Also appreciated by the Club was our Chapter's recent financial contributions to the AMC Youth Opportunity Program (YOP) and to JUMP (Just Understand My Potential). These organizations

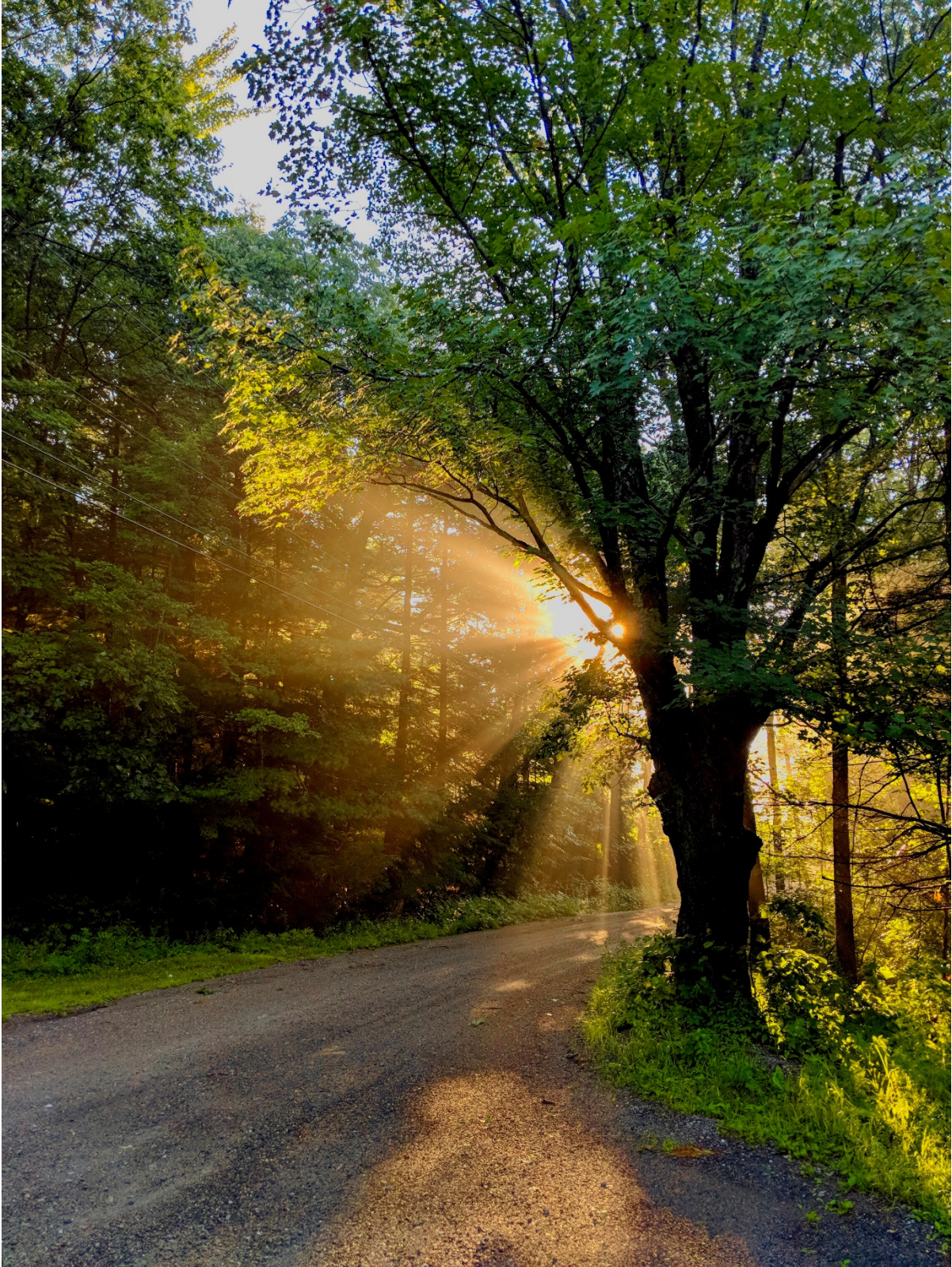
serve under-resourced young people from our area, teaching key outdoor skills, leadership, teamwork, and having fun in the outdoors!

Finally, a reminder: The election of Executive Committee officers will be held during the November Third Wednesday social at the Northborough Historical Society on November 14.

Well, I gotta run ... won't be long before snow arrives, and I need to make sure my winter hiking gear is all set for another great season!

Joe Massery
Chapter Chair





Northfield State Forest by Jayanth N. Dungavath

The Party of the Century!

By Steve Ciras, 100th Anniversary Chair and Party God

On September 28-30, 2018 the Worcester Chapter held a weekend of celebration at the Prindle Pond/Nature's Classroom Conference Center in Charlton, MA. Two years of planning, over 30 volunteers, beautiful weather, and 85 participants all came together for a perfect celebration.

On Friday evening, we were joined by renowned author, conservationist, and founder of the Waterman Fund, Laura Waterman. Laura took the time to speak to each guest one on one regarding her work in conservation. Through funding from our Worcester Chapter Endowment Fund, each participant received an autographed copy of one of her books, *The Green Guide to Low-Impact Hiking* and *Camping and Wilderness Ethics: Preserving the Spirit of Wildness*.

At Saturday morning breakfast, Appalachian Mountain Club President and CEO, John Judge, addressed our members highlighting contributions the Worcester Chapter has made to preserve the outdoors and to support the mission of AMC in Central Massachusetts and beyond, including the Maine woods.

Both evenings included a social hour and a campfire where members were heard singing late into the night. Other weekend events included several hiking trips in the local area including the Midstate Trail, Buffumville Dam, Wachusett Mountain, and Wells State Park. There were also cycling trips through Charlton, Dudley, and Putnam CT, paddles on the Quinebaug River, bird watching, geocaching, rock climbing, brewery tours, and apple picking. Saturday evening included a social, awards dinner (including Appie of the Year), contra dancing, and of course another campfire long into the night...or early morning.

There are too many people to thank without forgetting someone. It is due to all these volunteers that it was truly the "party of the century"!

A time capsule is being prepared which will be opened in 50 years. We choose 50 years because, based on the advancement in medicine, we expect that some of our younger members will still be alive to explain geocaching, books, breweries, and Google.

Note to members of 2068 150th celebration committee: please be sure to raise a glass at the campfire to your past members. We looked back to 1918 to see what our members participated in at that time. It seems they also protected our environment by enjoying outdoor activities followed by campfires and singing into the night. I trust you will do the same!

The Worcester Chapter celebrates its 100th anniversary with a weekend of activities, presentations, food, and friends!

September 28-30, 2018





Leave No Trace: Dog Poop

By Pete Lane, Worcester Chapter member

We all love our four legged friends, but what about the poop that comes with it?

Improper disposal of dog poop raises several issues:

Issue 1: Just like human poop, dog poop is a breeder of disease and germs, such as E. coli, Giardia, Salmonella, roundworms, hookworms, and Cryptosporidium. These are zoonotic diseases, which mean they can be passed from animals to humans in areas contaminated with infectious poop of dogs, including playgrounds and sand boxes. Several of these become more infectious as the poop ages, as determined in the report, *"The Link Between Animal Feces and Zoonotic Disease"* by Emily Beeler.

For example, roundworm eggs can take up to three weeks to ripen and may remain infectious for years in polluted water and soil. According to the Center for Disease Control, "About 14 percent of the US population is infected with Toxocara, or internal roundworms, contracted from dogs and cats."



Issue 2: Dog poop can contaminate nearby streams and lakes. According to the Environmental Protection Agency, the two main pollutants found in dog poop that damage water quality are nutrients and pathogens. When storm water washes dog poop into water sources, it breaks down and releases nutrients that can lead to excessive growth of weeds and algae, which can kill marine life. Additionally, this can make the water unsuitable for swimming, fishing or boating. The second main pollutant, pathogens, like the diseases discussed above, can cause local bodies of water to become too dangerous to swim or fish in, as well as drink.

Issue 3: Decomposition. Surely dog poop decomposes...doesn't it? The short answer is yes, but the long answer might surprise you. In most cases our four legged friends are not eating a natural raw diet. Furthermore, dog food often contains preservatives. What this means is that it can take up to or longer than one year to break down (depending upon the environment). The non-natural diet of most dogs also explains why it is important to pick up after our pups, but not after other wild animals. Simply put, wild animals are eating wild foods that are native to the area, contributing to the health of the ecosystem and decomposing much quicker than the dog poop.

Issue 4: Dog poop can create high levels of nitrogen in the soil, killing off native plants that often yield to tougher invasive weeds. Yes, this also means it can kill your beautiful grass. Additionally, nitrogen is released slowly from the poop, so the longer it stays put, the more likely it is to damage your lawn.



Issue 5: Dog poop is gross! Excessive dog poop smells bad and has visual and social impacts for other visitors.

Issue 6: The biodegradable bags that are used to collect dog poop don't always make it to the garbage bin. When left, abandoned, or forgotten along a trail or trailhead, the bags act as protection for the poop from the elements, similar to the protection that a rain jackets offers. Thus, it takes even longer for the poop to decompose.

Issue 7: Cumulative impact – the more poop that is disposed of improperly, the worse the first 6 issues become.

The bottom line is, there are a lot of dogs out there and they all poop. As dog owners it is important to recognize that there is no poop fairy. Our beloved pets need your help in order to practice Leave No Trace. Doing your part is really quite simple - use a plastic bag to pack out your pet's poop to a garbage can.



Let's all be responsible for our pet's poop.

Interested in learning more about Leave No Trace?

- Take the Leave No Trace online awareness course at: <https://lnt.org/learn/online-awareness-course>
- Attend a Leave No Trace Trainer course. This is a two day course with overnight. Search on the [AMC webpage](#) for Leave No Trace or on the Leave No Trace website at <https://lnt.org/learn/courses>.

Girl Gang's First Pemi Loop

By Steph Murphy, Worcester Chapter 20s & 30s Chair

In mid-July, fellow AMC leader Lauren Rothermich and I embarked on our first Pemi Loop along with two other girlfriends. We planned to hike it clockwise in two days, with an overnight at Galehead Hut so we wouldn't have to carry backpacking gear, which would mean 15-16 miles each day. But as we all know, expecting a window of good weather for a multi-day trip in the White Mountains is always a crap shoot, and it was looking like thunderstorms for day 2. We all wanted to do the Bonds in decent weather because they're so epic, and we knew we might need more reasonable ditch points on the second day and didn't want to be stuck in the inner Pemi, so we decided to start counterclockwise instead.

We set off from Lincoln Woods and made our way up to Bondcliff just in time for lunch. Morale was high!





This was my first time hiking in the Pemi Wilderness, and the hike from Bondcliff> Bond>West Bond>Guyot is breathtakingly beautiful. The best part in my opinion is being able to drop your pack to do the quick .5 mile out to tag West Bond for the most epic views of the Pemi Wilderness.



photo by Lauren Rothermich



A lot of the trail to South Twin is in the trees, although the views from the summit are worth it, but the mile down from South Twin to the Galehead Hut is a knee and soul-crushing slog, especially when you're on mile 15 of the day. Morale was steadily falling until reaching the hut, just in time for 6pm dinner. After dinner, we ran up the .5 mile to tag the summit of Galehead, and ran back down to catch sunset overlooking Garfield from the hut.





The hut croo at Galehead were fantastic, and we were woken at 6:30am on Day 2 by the sweetest, gentlest acoustic rendition of "Bring it on home to me" by Sam Cooke, played and sung by hutmaster Molly. We had breakfast and set out toward Garfield, knowing the forecast was becoming grimmer and grimmer. On the way to Garfield, we ran into a family of 8 thru hikers who had happened to stay at the Notch Hostel with us two nights before (They are amazing! Check them out on Instagram at @fightfortogether). They were so cute, especially their smiley 2 year-old, Rainier.



When we got to the summit of Garfield, conditions were really miserable. We had a pow wow and decided that rather than continuing and going up onto Franconia Ridge in thunderstorm conditions, we'd ditch off Garfield Trail and try to finish the next day instead. I was actually pretty happy about this because I had accumulated a foot full of blisters and was having a hard time keeping them under control. We caught a hitch with some fellow hikers in the trailhead parking lot and headed into Lincoln, where I spent about \$30 on a blister kit so I'd be able to hike comfortably the next day.



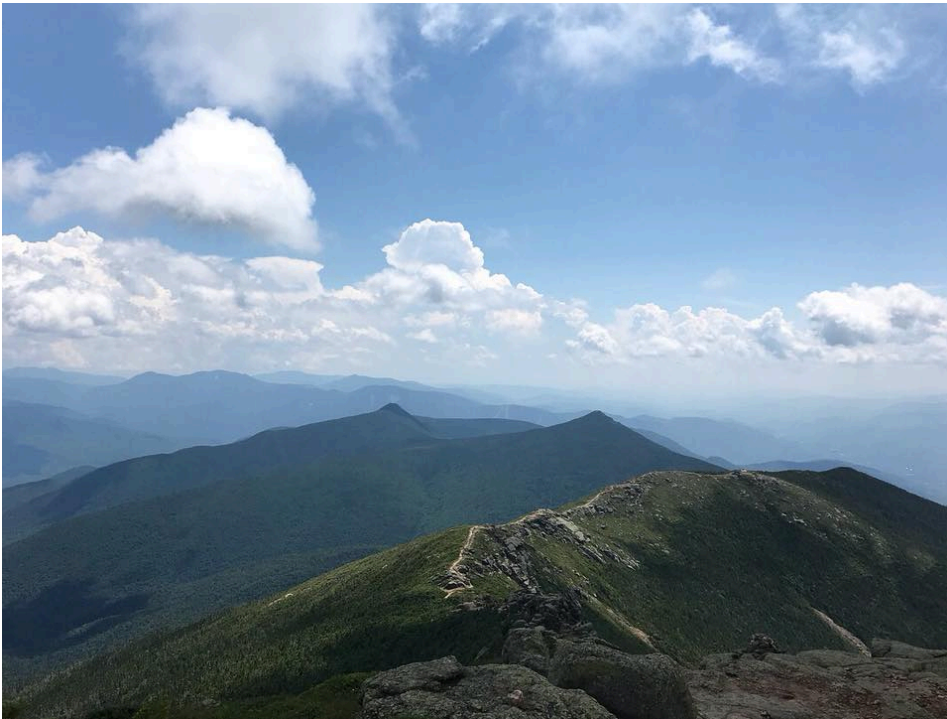
To keep the distance manageable for a day hike but still tag all the Pemi Loop summits, we spotted a car at the Lafayette Place Campground lot, headed back to Lincoln Woods and set out clockwise up Osseo Trail toward Franconia Ridge. It was an absolutely beautiful day, and we summited Flume just after 10am and spent a half hour basking in the sunshine and snacking. Morale was high again!



Just 30 minutes later, we were standing on Mount Liberty, looking out into the Pemi Wilderness. We snapped a couple photos but didn't spend any time on Liberty. We had bigger fish to fry.



An hour later we emerged from the tree line to the alpine zone and were standing on Little Haystack, looking at the iconic section of Franconia Ridge between there and Lafayette. Morale was soaring! We found a comfortable spot to eat lunch, then sauntered up the ridge toward Lafayette, enjoying every second of the amazing views, beautiful weather, and good company.



After we summited Lafayette, we decided to descend via Bridle Path. We took no photos on the descent, because it was both uneventful and somewhat unpleasant. There were throngs of people on the mile trek between Lafayette and the Greenleaf Hut, we had already hiked 35 miles over two days and still had four left to go, the best views were behind us, and we were ready to be done and give our legs a break.



In the end, our Pemi Loop didn't go as planned. Instead of a two-day, counterclockwise, 33-mile loop hike, we ended up with a three-day, multi-directional, 39-mile flip flop hike. We bagged all the peaks, enjoyed a hut stay, made good decisions, and created great memories. I don't know about my girlfriends, but I absolutely plan to do it again, although I can't decide if I'll do the three-day backpack or two-day with a hut stay. I liked the ease of the hut stay, but to make it in time for dinner you need a faster pace, which leaves much less time to stop and smell the roses. Either way, it'll be epic! If you're interested in doing your first Pemi Loop and are apprehensive or would like advice about how to approach it, feel free to be in touch at krzyzest@gmail.com!

WORCESTER CHAPTER WINTER HIKING WORKSHOP

Saturday, November 3, 2018

9:00AM - 1:00PM

Expand your hiking skills and outlook on winter by attending Worcester Chapter's Winter Hiking Workshop! Workshop will provide information on **hike preparation, proper gear, hydration, nutrition, and more for winter hiking.** Workshop will be followed by a graduated series of hikes from December to February. Priority for participation in this series will be given to workshop participants. Winter hiking leaders will be available to demo/discuss gear for local and above treeline hiking. There will be a **Gear Swap** table for those looking to sell or buy gear. New to workshop will be a presentation on **Winter Camping with gear demo.** Also, a 20/30's Young Member representative will be available to discuss winter activities for this group. This year's workshop to be held in the Blais Pavillion at the UMass Medical School, Aaron Lazare Research Building in Worcester, MA. Workshop is free for AMC members; \$5 for non-members. AMC membership number and expiration date required with registration.

Registration is required for this activity. Please contact Debi Garlic, registrar, at: debigarlick@yahoo.com





Save the Date – AMC’s 2019 Annual Summit!

January 26, 2019 – [Four Points by Sheraton, Norwood MA](#)

Please join AMC in kicking off another year in the outdoors! No matter what adventures you are planning for 2019, the 143rd Annual Summit has something for you. This event will connect both newcomers and lifelong members with valuable resources and provide opportunities for meeting people with similar interests and passions.

Annual Summit is AMC’s thank you to our dedicated volunteers and members! We welcome you to sign up for a combination of workshops, trainings, and meetings that matches your interests. The full list of offerings will be available at outdoors.org/annualsummit starting in October.

This event will feature:

- Interactive workshops led by AMC experts and outdoor pros
- Organization-wide committee meetings
- A delicious buffet lunch
- AMC’s annual volunteer service awards
- The 143rd Annual Business Meeting
- Early evening reception, with complimentary drink and hors d’oeuvres
- Updates on AMC’s work in conservation, recreation, and education

For those interested in staying over Friday and/or Saturday night, AMC will arrange for special group rates. Visit our registration page after October for more details.

Registration Opens November 1st!

Early Bird Special Pricing: Pay \$35 when you register before January 1, 2019.

Regular Rate of \$45 applies after January 1, 2019

Register starting November 1 at www.outdoors.org/AnnualSummit