



*Maintaining and
Protecting Vermont's
Long Trail*

Green Mountain Club

Worcester Section

345 Rawson Street, Leicester MA 01524
www.greenmountainclub.org

Winter | 2019

President's Message

Dear Members,

Please join us for the activities listed in this newsletter. While I generally focus on the status and upkeep of our camp in my messages, this time I will focus on being an outdoor person.

Next to fishing down at the lake and roasting marshmallows over a crackling fire, it's hard to imagine a more iconic outdoor activity than hiking. Marching single file across a grassy clearing, wandering quietly in dappled shade among tall trees, and finally making it to the top of a challenging summit. The hike is rewarding enough, but the benefits of hiking go far beyond good vistas. Did you know it's good for your health, too? It's true, and in a surprisingly large number of ways.

Categorized as an aerobic exercise, hiking can help improve: cardiorespiratory fitness, including heart, lungs and blood vessels; muscle strength; bone density (or slow its loss); sleep quality; and weight control. On average hiking burns up about 250 calories an hour—and people who lose weight through hiking or walking generally maintain that loss and continue to lose, while those who depend on dieting tend to gain weight back. So keep on trekking and stay young.

Finally, I hope that in 2019 you all keep healthy in mind and spirit.

Best regards,

Ram Moennsad, President
GMC, Worcester Section

Winter Activities

Game Night will be held on the third Thursday of January (1/17), February (2/21) and March (3/21) from 6:30 pm to 9:00 pm at the home of Pat and Stuart Howe, 33 Pine Acres Road, Spencer, MA. Pat and Stuart have many types of games, but if you have a favorite, please bring it. RSVP via text or call Pat on her cell phone (508-868-5949), or email Pat at howep3329@gmail.com. The speed limit on their dirt road is 10 mph. Please be mindful when crossing the two small bridges.

Saturday, January 12, Harvard Forest in Petersham. Hike, snowshoe or cross-country ski (depending on conditions) the backcountry roads and trails of Harvard Forest in Petersham. The outing will be about 5 miles over moderate terrain. Meet at the parking lot on Route 122 in Rutland at the trailhead to the Midstate Trail. We will car pool to the Harvard Forest. Call Dick Kisten at 508-892-8866 or Margos Stone at 508-799-0842, or email Margos at mstone12242@charter.net to register and for meeting time.

Saturday, January 19, Ware River Watershed. Hike, snowshoe or cross-country ski (depending on conditions) the backcountry roads of the Ware River Watershed. The outing will be about 5-7 miles over moderate terrain. Meet at the parking lot on Route 122 in Rutland at the trailhead to the Mid State Trail. Call Dick Kisten at 508-892-8866 or Margos Stone at 508-799-0842, or email Margos at mstone12242@charter.net to register and for meeting time.

Saturday, February 16. Long john and chowder hike at the home of Ed and Pat Faron, 740 Pleasant Street, Rochdale, MA. Plan to arrive at 5:30 pm for a hike at twilight through the woods, up the slight ridge behind their house. After the hike they will provide chowders, warm drinks and some breads. You may contribute food if you wish. Please call Pat at 508-892-9237 until the day before the hike, mainly because of the amount of food to prepare. Because the hike is at night, we need snow in order to walk through the woods. If there is no snow, we might not be able to walk, but we could still get together if people wish to. Hopefully we will have snow for snowshoeing and a good amount of moonlight.

Saturday, February 23. Poutwater Pond Snowshoe/Hike/Ski. Meet at 9:00 am. This 3-mile round-trip hike will ascend 300 feet in elevation through the North Sterling woods, traversing Sterling Land Trust and Mass. Fish and Wildlife and DCR open fields. Come and enjoy this isolated pond that few venture to in winter. Snowshoes are available for loan. Contact Mike to sign up, reserve snowshoes, and get details on where to park at 508-835-2959 or email him at fog@fognet.com.

Saturday, March 2. Hike or snowshoe (depending on conditions) to the tri-state marker for MA/CT/RI. Approximate 4-5 mile hike via the Midstate Trail and returning by the Southwest Trunk Line. Meet at the Auburn Plaza Shopping Center (not the Auburn Mall), 711 Southbridge St., Auburn, MA 01501 at 10:00 am. Park in the spaces nearest to Southbridge Street and look for a gold Outback with hatchback raised. To register call leader, Ken Baldyga, at 508-757-5812.

Saturday, March 23. An exciting trip on the Sevenmile River. A narrow, winding stream, more challenging. We may encounter shallow water shoals where we will be forced to wade and drag our watercraft. Call leader David Miller at 508-853-8964 to register.

Camp Gate Entrance to GMC

Beginning in July 2018 the gate to the camp at 345 Rawson Street in Leicester has been locked. The code to the lock is 3450, the same as our address with an added 0. Just align these four numbers to open the gate. When you leave, please lock the gate by taking the numbers off alignment. Our camp is still open to the public to use, but it will be by foot traffic when the gate is locked. This is an effort to cut down on vandalism at the camp and the public leaving unwanted litter.

If you have a problem unlocking the gate, please call Margos at 508-826-6842 or Ram at 508-210-6965. In the future, the code to the lock may change, but we will inform you first in the newsletter. Stay tuned to our quarterly newsletter.

Receiving Your Newsletter by Email

If you are receiving this newsletter by regular mail and would like to receive it by email, please email Margos at mstone12242@charter.net. Give us your preferred email address and you will receive future newsletters by email. This will save the club on mailing costs and make it more convenient for you.

Contributions to the GMC, Worcester Section

Your financial contributions to the GMC, Worcester Section, are welcome and needed. Our income from dues is not sufficient to meet the expenses for the GMC, Worcester Section. Your contribution will help us to improve and maintain our camp on Cedar Meadow Lake, the Long Trail and promote the goals and activities of our club. We depend on contributions to balance our budget. You can mail your contribution to Margos Stone, Treasurer, GMC Worcester Section, 1A Kensington Heights, Worcester, MA 01602. All contributions are tax-deductible. Contributions can also be made on our website at gmcwoo.org.

WORCESTER SECTION OFFICERS

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