



# BERKSHIRE EXCHANGE

APPALACHIAN MOUNTAIN CLUB

BERKSHIRE CHAPTER NEWS & EVENTS

FROM *the* CHAIR

## An Anniversary Celebration

Another year is fast closing as our Chapter celebrates its 75th anniversary on November 6. Just as the Chapter members did 75 years ago, we are fortunate to be celebrating twice this year. In September (just as this newsletter goes to press), we held the



Chapter's first volunteer appreciation banquet, which I'll say more about later. Coming up in November is the Annual Banquet, another event to honor our many volunteers and leaders who have exhibited the passion for the outdoors we hold so important. Their goals, continuity, experience,

desire, diverse skills, and interests have brought this Chapter forward to another year. The celebration will start off with two speakers and continue with a social hour, cash bar, and hors d'oeuvres followed by a banquet. The evening will then continue with an address from Executive Director Andy Falender, and conclude with a program by author Bruce Genereaux. A raffle with over 25 items will also be featured.

As the year ends, I will be stepping down as Chapter Chair. As I do, I am sincerely indebted to the Executive Committee. They are a group of dedicated women and men who have greatly supported my leadership. Without their dedication and commitment, my job would have been very difficult indeed. I would like to thank each one of them individually and praise them for the many successes they all have had in their work for the Chapter. Their laurels are well deserved and the Chapter has benefited enormously from all they have accomplished. Their efforts often go unsung as they work behind the scenes for the open spaces, conservation ethics, and recreational pursuits that we all hold sacred.

*continued on page 2*

MASSACHUSETTS

## Appalachian Trail Day

Saturday, October 2, 2004



As many of you may already know, our Chapter is responsible for the management of the AT—we're over here in the western part of the state. We do this via a standing committee called the Massachusetts Appalachian Trail Management Committee, or AT Committee for short.

Now you have the opportunity to see what the fuss is all about. At the beginning of the best time for hiking in southern New England, your AT Committee sponsors hikes on all sections of the AT in a single day. We have set up 14 different hikes along the trail, beginning at the Connecticut line and heading up to Vermont.

The hikes vary from easy, fairly short hikes on gentle terrain to ascents of Mt. Greylock from both the north and the south. There is an "AT Experience" for all types of hikers. Our leaders are knowledgeable about the Trail and the way it is maintained. Some of them have been leading their particular hike for well over 10 years and can point out many features that would not be noticed by the casual hiker.

That same evening, we are hosting a dinner and an after-dinner speaker in Pittsfield for anyone who wishes to attend. We'll also recap our maintenance season and hear brief reports about the day's adventures from each hiking group. Lest you think that this will be one of those endless events that drag on forever, dinner will be at 6 p.m. and we will be headed out the door by 9.

So I encourage you to get out this way and see what the Berkshires are like after all the summer people are gone. Below is the official info and a listing of all the hikes offered. Of course if you have any questions, or need help deciding which hike to take, feel free to contact me.

DATE: Saturday October 2.

TIME: Check individual hike listings (on page 4) for meeting times and locations.

DINNER: South Congregational Church, 110 South St. (Rt. 7), in Pittsfield. Parking is behind the church. Social begins at 5 p.m. with dinner at 6 p.m. \$12 for adults, \$6 for kids, payable at the door. Reservations are encouraged, but not required. Vegetarian entrée is available.

Cosmo Catalano, 413-458-5349; at@amcberkshire.org.



**THE 14 HIKES ARE LISTED ON PAGE 4**

**White Mountain National Forest – page 3**

**Universal Access  – page 7**

# Volunteer Opportunities!

Many areas of expertise are required to fulfill current Chapter needs. Join us for a one-time short event and/or a limited event, or make the commitment to lead a committee or the Chapter. Contact Gary Forish at 413-562-6792 or [forgary@comcast.net](mailto:forgary@comcast.net).

## General Opportunities

- Appalachian Trail work crews
- Noble View Education Workshop Coordinator, Program Director, and leaders
- Trails Committee Co-Chair
- Chapter trail maintainers
- Noble View volunteers
- Noble View trail maintainers
- Skilled and unskilled construction craftsmen for Noble View
- Special Events volunteers
- Monthly Outings Coordinators

## Committees

- Berkshire Chapter Chair
- Berkshire Chapter Vice Chair
- Outings Committee Chair
- Special Events Committee Chair
- Conservation Committee Assistant Chair
- Conservation Committee members

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## From the Chair, *continued from page 1*

Please try to attend the Annual Banquet to honor the volunteer efforts that have shaped the Chapter from its beginnings to its 75th year.

The Executive Committee members who are stepping down this year (so they can focus their energy in other areas) are Kevin Costa, Treasurer; Vicky Singer, Berkshire County Rep.; Charlie Camp, Canoe and Kayak Committee; Elvery Veal, Noble View Committee; Sabine Dietrich, Outings Committee; Lisa Bozzuto, Membership Committee; June Hoerle, Programs. I thank all of you for the effort you have put forth in 2004. I know that you will be just as active as volunteers and will support the 2005 Executive Committee. Your unselfish efforts on behalf of the Chapter have made our members thankful and proud of your individual commitments.

As this newsletter goes to press, the First Annual Volunteer and Leader Appreciation Banquet will have been held. This annual event will show appreciation to the Chapter's many volunteers who work so diligently. I would like to thank them all in my closing for their great service to the Chapter.

At every turn through the years, the volunteers and leaders have risen to the challenges before them and have met their goals. Now it is my goal to leave the Chair position in the hands of another who will meet those challenges with the same enthusiasm. This will be my last newsletter Chair's Report. The call still goes out for a member with the passion for change that will build a better world around us through conservation, outdoor recreation, and education. Join the Executive Committee as a leader; you will be supported by all.

Of course, being involved isn't just about volunteerism. Don't forget about the many benefits that come with being an AMC member, such as an annual subscription to *AMC Outdoors*, discounts at AMC facilities and on AMC books and maps, and beginning October 3, a 15% discount on purchases at Eastern Mountain Sports (with your member ID). Have fun and enjoy!

Respectfully,  
Gary Forish

# Berkshire Chapter Executive Committee nominees for – 2005 –

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## Chapter Officers

**Chair:** *vacant*

**Vice Chair:** *vacant*

**Treasurer:** Kelly Druzisky

**Secretary:** Mary Norton

## Committee Chairs

**Appalachian Trail Committee:**

Cosmo Catalano

**Berkshire County Representative:**

*vacant*

**Canoe & Kayak Committee:**

Connie Peterson

**Conservation Committee:**

Cinda H. Jones

**Leadership Training:** Cathy Wickens

**Membership Committee:**

*vacant*

**Mountaineering Committee:**

Jim VanNatta and Alice Hodgdon

**Noble View Committee:** Gary Forish

**Nominating Committee:**

*to be determined*

**Outings Committee:** *vacant*

**Programs & Special Events:** *vacant*

**Trails Committee:** Pat Fletcher

**Webmaster:** Ian Beatty

**Young Members Committee:**

*to be determined*

## BERKSHIRE EXCHANGE

– September 2004 –

[newsletter@amcberkshire.org](mailto:newsletter@amcberkshire.org)

**Editor:** Jon Hanauer

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Carolyn Olsen, Faith Salter,  
Elvery Veal, Melissa Zeitz

**Title photo:** Mt. Greylock range



Contact information on all  
Executive Committee members can  
be found in *AMC Outdoors* and  
[www.amcberkshire.org](http://www.amcberkshire.org).

# US Forest Service Seeks Comments on ATVs and Wilderness in the White Mountains

In 1904, the AMC membership began its push for the creation of a “National Reserve” in the White Mountains, and the fate of this national treasure has been closely tied to the AMC and its members ever since.

Now, 100 years later, AMC members have another opportunity to preserve and enhance the White Mountain National Forest by commenting on the Draft Forest Plan.

Expected in August, the Forest Service’s Draft Forest Plan maps out various “options” for managing the White Mountain National Forest over the next 10-15 years. These options include:

- Allowing ATV use in the National Forest.
- Creating more Wilderness areas, including Wild River, Dartmouth Range, Kilkenny, and extending the Sandwich Range and Pemigewasset Wilderness.

Once released, the public has a 90-day public comment period. This will be your last chance to make your voice heard about these important decisions for the White Mountains—there’s too much at stake to wait 10-15 years for the next comment period!

For talking points, more information, and to make comments online, go to [www.outdoors.org/conservation](http://www.outdoors.org/conservation). From there, you can also join the AMC’s Conservation Action Network and White Mountain Action Team. Also, look for comment cards in the October issue of AMC Outdoors—but don’t stop once you’ve sent in your own comment card. Get your friends, hiking partners, and neighbors to fill out comment cards as well. You can request additional cards by contacting the AMC’s Conservation Outreach Coordinator, Nicole Jabaily, at [conservation@outdoors.org](mailto:conservation@outdoors.org) or 617-523-0655 ext. 385.

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## Noble View Completion

The completion of the Double Cottage is moving ahead as scheduled. The exterior finish has been completed with cedar shingles in keeping with the original appearance. The original barn-red trim and AMC green doors highlight the updated structure. The interior finishes will be completed during the winter months, with a grand opening when the electric service is available.

The fire buffer cut has been completed around the farm house and on the north side of the North Cottage. The area is now open, with a spectacular easterly view. An added bonus is that the Gantt Memorial fireplace and the Outlook picnic area are now usable and out from under the heavy forest overgrowth. During this coming fall and the following spring, these areas will be restored as fields for wildlife. A herd of deer was spotted in the cleared area just the other day and turkeys are seen on a regular basis.

Be sure to visit Noble View this fall or volunteer for a workday and witness the work that the volunteers have undertaken. While at Noble View, hike the Border Trail from the parking lot west to Pitcher Brook. SCA Massachusetts Forests and Parks AmeriCorps volunteers have built a bridge over a stream and rebuilt a wet section with broken rock to make a dry trail. The efforts were accomplished this past summer by five young conservation volunteers taking a break from their graduate studies after receiving their masters degrees. Their work is a marvel to witness.

Road clearing and widening is expected to begin in late fall and continue into next spring with the installation of underground electric service.

On September 15, Noble View will hold a town-wide public forum in Russell to present the Committee’s future plans of the facility. If you are an AMC member in Russell, please join us at the forum.

Noble View has succeeded in obtaining several grants this past summer. We wish to thank the following groups for their generosity: The Davis Foundation, \$5,000; The Trustees of Reservations, \$2,000; The Community Foundation of Western Massachusetts, \$5,000; and the AMC Facilities Committee, \$9,500. A special recognition goes to volunteer Tammi Coffin who has taken the lead role in writing the grant proposals and must receive a gracious thank you for her time and energy.

On another note, our Annual Wood Cutting weekend is scheduled for November 13 and 14. A homemade stew will be available at no charge for all volunteers. Please join us in preparing the wood heating

supplies. Everyone is encouraged to participate, as there will be opportunities for all to help out. Please RSVP Gary Forish for the stew lunch at 413-562-6792.

I have served as Noble View Chair for the past four years and will be stepping down at the end of my term in December. I have seen and been a part of many changes: at Joy Street, in the Berkshire Chapter, and at Noble View. Remember that change is not easy, but there are times when it is necessary for survival. I am firmly convinced that without change, Noble View would not have survived. We are all very lucky to have a dedicated individual, Gary Forish, who will become the next Noble View Chair and continue to manage the rebirth of Noble View.

Respectfully submitted,  
Elvery Veal  
Noble View Chair

### The Connecticut Chapter

welcomes you to the

## • AMC Fall Gathering 2004 •

“Magic of the Quiet Corner”

October 22–24 at YMCA’s Camp Woodstock

Camp Woodstock in Woodstock, CT has a new lodge and dining hall, as well as the original cabins, boathouse and recreation hall.

Along with the all-important inter-Chapter committee meetings, there will be hikes, bike rides, kayaking, rock wall climbing, orienteering, and workshops on many topics including the rich history of Woodstock and New England. On Friday evening, the weekend starts off with a workshop on the history of bluegrass. (Bring your instruments for a jam.)

At least two hikes end at Paul Newman’s Hole in the Wall Gang Camp and conclude with a guided tour of the camp’s western-themed facilities for seriously ill children. Other activities being planned are a walking tour of Woodstock Center and the Bowen House (better known as Roseland Cottage), rail trail hikes, a possible winery tour, and much more, including a possible paddle at Bigelow Hollow.

Woodstock is just one of the 35 towns comprising the Quinebaug-Shetucket National Heritage Corridor (QSHC). Come experience the Magic of the Quiet Corner. Packages from \$25 to \$125. For further information contact Ellen McGuire (203-469-5424; [ejm McGuire@juno.com](mailto:ejm McGuire@juno.com)) or check our website: [www.ct-amc.org](http://www.ct-amc.org).



# MASSACHUSETTS Appalachian Trail Day

Saturday, October 2, 2004

## • Hike Listings •



### Contact trip leaders for more information about specific hikes.

Hikes are generally not cancelled due to rain, so bring rain gear as well as water, lunch, and sturdy footwear. Leader will decide what direction to hike (northbound or southbound).

If you have questions regarding AT Day or the Berkshire Chapter AT Committee, contact Cosmo Catalano (413-458-5349 or [at@amcberkshire.org](mailto:at@amcberkshire.org)) or visit our web page: [www.amcberkshire.org/at](http://www.amcberkshire.org/at).

### Hike Difficulty Ratings

Hikes are rated according to their distance, pace, and ruggedness. A typical rating might be "B3C."

The first letter (or pair of letters) indicates the hike's distance:

- AA = over 13 miles
- A = 9-13 miles
- B = 5-8 miles
- C = under 5 miles

The number in the middle indicates the pace the leader expects to set (on average terrain):

- 1 = very fast (2.5 mph or faster)
- 2 = fast (2-2.5 mph)
- 3 = moderate (1.5-2 mph)
- 4 = leisurely (less than 1.5 mph)

The final letter indicates the kind of terrain:

- A = very strenuous
- B = strenuous
- C = average
- D = easy

If there are two letters at the end (for example, "B3BC"), it indicates the terrain is somewhere between the levels indicated by either of the letters alone. As always, if you have any questions about what the hike will be like, call the trip leader.

**Hike #1: Sages Ravine to Race Brook Falls Trail.** Ten miles with beautiful views from open cliffs; waterfalls, hemlock groves. Includes part of the Undermountain Trail, Paradise Lane and Race Brook Falls Trail as well as a section of the AT. This is a strenuous but rewarding hike for those in good condition. Meet at 8:30 a.m. at Race Brook Falls Trail parking area on Rt. 41 in South Egremont, 3 miles south of Jug End Road. Leader: Dennis Rufolo, 508-397-4715; [dennis.rufolo@us.army.mil](mailto:dennis.rufolo@us.army.mil). A3B

**Hike #2: Race Brook Falls Trail to the AT and north to Jug End Rd.** Beautiful waterfalls, views of Mt. Greylock, the Catskills, other mountains, and the Housatonic Valley. A strenuous hike of 7 miles using Race Brook Falls Trail as an access. Meet at the Race Brook Falls Trail parking area on Rt. 41 at 9 a.m. Leader: Jon Greene, 413-258-3106; [greenemc.com](mailto:greenemc.com). B3B

**Hike #3: Jug End Rd., Sheffield to Boardman St.** A moderate hike of 5.5 miles with no major ascent. See a variety of habitats from open fields to woodlands. Meet at 10:00 a.m. at Guido's Market, across Rt. 7 from Gt. Barrington Fairgrounds. Leader: Bob Parker, 212-691-8961; 413-229-0472; [rhptek@bellatlantic.net](mailto:rhptek@bellatlantic.net). B3D

**Hike #4: Home Rd. to Benedict Pond.** A moderately strenuous hike over East Mountain and along ledges with nice views. 7.5 miles. Meet at 9:00 a.m. at Guido's Market, across Rt. 7 from Gt. Barrington Fairgrounds. Leaders: Bob Snyder and Mary Berryhill, 413-528-4022. B3C

**Hike #5: Benedict Pond to Tyringham Cobble.** Moderately strenuous, 9 miles, including views, a beaver pond, shelters, spruce grove and interesting rock formations. Meet at the Trustees of Reservations Tyringham Cobble Parking lot on Jerusalem Rd., Tyringham at 9:30 a.m. Leader: Jim Pellitier, 413-569-9294; [jppellet@myeastern.com](mailto:jppellet@myeastern.com). A3C

**Hike #6: Fernside Road to Goose Pond Road, Tyringham.** This is a moderate and enjoyable 7.5 mile hike with varied scenery. You may want to take a short side trail to the panoramic view of Tyringham from Tyringham Cobble. Meet at 9 a.m. near the Tyringham Fire Station on Main Road. Leader: Pete Rentz, 413-442-6732. B3C

**Hike #7: Rt. 20 to Goose Pond Rd.** Explore the Upper Goose Pond area and two recently built sections of trail. Cross the MassPike on the footbridge. Also, a side trip to Upper Goose Pond Cabin. Approximately 5.5 miles of moderate, scenic walking. Meet 10 a.m. at the Friendly's on Rt. 20 in Lee. Leader: Steve Smith, 978-692-8219; [stevensue@rcn.com](mailto:stevensue@rcn.com). B3C

**Hike #8: Rt. 20 Lee to Pittsfield Rd., Washington.** 9.5 miles of moderately paced and moderately strenuous hiking through October Mountain State Forest, over Becket Mountain and along scenic Finnerty Pond. Meet 9 a.m. at AT trailhead, Rt. 20 in Lee. Leader: Debra Weisenstein, 508-358-4169; [weisenstein@aer.com](mailto:weisenstein@aer.com). A3B

**Hike #9: Pittsfield Rd., Washington to Grange Hall Road, Dalton.** A pleasant, moderate hike of 7 miles with good views from Warner Hill summit and a newly relocated section of trail. Meet 9:30 a.m. at the Williams Street Plaza, Pittsfield. Leader: Cosmo Catalano, 413-458-5349; [at@amcberkshire.org](mailto:at@amcberkshire.org). B3C

**Hike #10: Housatonic St. to Grange Hall Rd.** Round trip, making a total of 4 miles. This will be a short, interesting hike for those who are not free to walk in the morning. Possible extension to Kay Wood AT Shelter. Meet 1 p.m. at AT crossing near the train tracks on Housatonic Street, Dalton. Leader: Val Stori, 603-795-4935 (days); [vstori@atconf.org](mailto:vstori@atconf.org). C3C

**Hike #11: Cheshire to Gulf Rd., Dalton.** About 8 miles of mostly moderate hiking. Nice views of Hoosac Lake, the valley and mountains from Cheshire Cobble. Gore Pond, the highest pond in the state. Meet 10 a.m. at the Ashuwillticook Rail Trail Parking lot on Depot St. in Cheshire. Leader: Chuck Brown, 617-876-4798; [midniteramblr@hotmail.com](mailto:midniteramblr@hotmail.com). B3C

**Hike #12: Rt. 8 Cheshire to Mount Greylock summit.** This is a strenuous hike of approximately 7 miles. You will hike through meadows and open woods. Then climb—sometimes steeply—through hemlock groves and mixed woodlands. Meet 9 a.m. at the Jones' Nose parking area on Mt. Greylock Reservation. Leader: Jim Scott, 413-684-0988; [hemlock@vgernet.net](mailto:hemlock@vgernet.net). B3B

**Hike #13: Pattison Road to Mt. Greylock summit.** This is a 5.5 mile, strenuous hike involving some steep climbing on Prospect, Williams and Greylock mountains, rewarded with great views. Meet 9 a.m. at the Greylock Community Club parking area on Rt. 2, 500 ft. east of Phelps Ave. Leader: John Sullivan, 413-665-9957; [john\\_sullivanat@hotmail.com](mailto:john_sullivanat@hotmail.com). B3B

**Hike #14: Massachusetts Ave. to the Vermont border.** North on the AT and return using the Pine Cobble Trail. This is 8 miles of fairly strenuous but pleasant hiking with good views from Pine Cobble and Eph's Lookout. Meet 9 a.m. at Cole Ave. and North Hoosic Road in Williamstown. Leader: Bob Hatton, 413-458-3123. B2B

BERKSHIRE CHAPTER  
**Annual Banquet and Celebration**  
Saturday, November 6, 2004  
Elks Lodge Banquet Hall • 17 Spring Street, Florence, MA

**SCHEDULE:**

**9:30 a.m.** – Annual Meeting hike on the Mohican Mohawk Trail with Elvery Veal (413-665-3010).

**2:30 p.m.** – John Foster: *By the Side of the Trail—Bog, Mountain and Forest: A Look at Our New England Animals and Habitats*. John Foster of the New England Naturalist Training Center will present a talk and slide show featuring common and not-so-common plants and animals of our New England wilds. He will also talk about the unique ecology of Noble View. This vivid, engaging visual tour of our natural resources is not to be missed.

John Foster is a naturalist of the first order, as well as a wildlife researcher and photographer. He has taught nature programs throughout New England, speaking at the Boston Museum of Science, Trustees of Reservations, Audubon and others. He is an expert naturalist known for his wit, ease of teaching style and deep understanding of nature. Question and answer period to follow.

**3:30 p.m.** – Craig Della Penna. The New England Field Representative for Rails-to-Trails Conservancy (RTC) will present a slide narrative on rail trails and their beckoning call of yesteryear. He has a background in railroad history and has written three well-received books on rail trails that have strong themes to the railroad origins of these unique corridors. In November 2000, he became RTC's New England Field Representative.

He is one of the country's most highly sought-after motivational speakers on the subject of bicycle advocacy and rail trails. The Ride Magazine named him as the most effective advocate for bicycling and rail trail issues in the eastern U.S.

Craig and his wife Kathleen live in the Northampton, Massachusetts in their recently restored 1865 farmhouse that they converted to a bed-and-breakfast called Sugar Maple Trailside Inn ([www.sugar-maple-inn.com](http://www.sugar-maple-inn.com)). Their inn sits adjacent to the first municipally operated rail trail in southern New England—the Northampton Bikeway.

**4:30 p.m.** – Social hour (hors d'oeuvres and cash bar available).

**5:30 p.m.** – Buffet Dinner: Baked Haddock, Vegetable Lasagna, Pecan Encrusted Chicken w/Apple Cider glaze, Linguini w/ Gorgonzola Cream Sauce and Roasted Vegetables Medley, Wild Rice, Roasted Vegetable Mix, Garden Salad, Pear w/Walnuts & Gorgonzola Salad. Finish: Chocolate Mousse, Crème Bruleé Cheesecake and Coffee or Tea.

**6:30 p.m.** – Business meeting: Election of Officers and other Chapter affairs.

**7:00 p.m.** – Andy Falender, Executive Director.

**7:15 p.m.** – Featured speaker: Bruce Genereaux. Author of *Beyond the Comfort Zone: Confessions of an Extreme Sports Junkie* (paperback, Class Five Press, 2002). From his archives of 2,000 slides, maps and adventures the presentation will explore the often murky divide between personal risk and personal responsibility.

Beyond the Comfort Zone delivers a thrilling glimpse into the motivations, successes, and failures of extreme sportsmen as they tackle Class 5 kayaking, rock climbing, extreme skiing, and adventure racing. Settings include New England's Tuckerman Ravine, Chile's Patagonia, California's Sierra Nevada, Arizona's Salt River Canyon, New Zealand's South Island, and Colorado's Rocky Mountains.

**DIRECTIONS:**

**From 91 North** – Take Exit 23 to Route 9, traveling west to downtown Northampton. Continue through the center of Northampton on Route 9 West for approximately 5 miles until reaching the village of Florence. Go through two sets of lights and then take your first left onto Park Street. Travel on Park Street until the end and take a right onto Pine Street. Travel on Pine Street until the end and take a right onto Spring Street. The Elks Lodge is on your immediate right.

**From Route 9 East** – Travel Route 9 east past the VA Medical Center and Look Park. At the center island in the village of Florence take a right onto Park Street. Follow directions above.

**From Route 9 West** – Follow directions from 91 North.

**ANNUAL BANQUET  
RESERVATION FORM**  
Saturday, November 6, 2004

**Name(s):** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City, State, Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Number of persons attending:**

\_\_\_\_\_ @ \$24.00 each (postmarked by Oct. 23)

\_\_\_\_\_ @ \$26.00 each (postmarked after Oct. 23)

\_\_\_\_\_ **Number of 2004 volunteers listed**  
(deduct \$4.00 each)

**Total amount enclosed: \$** \_\_\_\_\_  
(make check payable to **Berkshire Chapter AMC**)

Mail completed registration form and your check to:  
**Gary Forish, PO Box 918, Westfield, MA 01086**

# EDUCATIONAL WORKSHOPS *at Noble View*

## SOLO – Wilderness First Aid

**November 20–21:** Standard first aid practices are generally based on the assumption that help will arrive shortly and that the patient will be out of your hands and at the hospital in under an hour. Wilderness First Aid training intends to prepare you for the medical situation that arises where there is no ambulance, roof or walls to provide shelter from the elements, your supplies are few, the wait for help is unknown, and moving the patient a short distance might take hours. The SOLO Wilderness First Aid course is an intense yet fun journey through the world of wilderness emergency care and is recommended for all outdoors people. It covers the full range of situations, from scrapes and blisters to life-threatening emergencies. In addition to wilderness medical care, it teaches accident scene management and effective communication with an outside world that may be days away. While much of the material appears to be standard emergency care information, the backcountry emphasis on long-term care and evacuation complications make this course unique. Fee \$140. For further information, call Cathy Wickens at 413-268-7340 or e-mail [cathywick3@yahoo.com](mailto:cathywick3@yahoo.com).

NOTE: There is limited scholarship funding available for this SOLO Wilderness First Aid course on a first come, first served basis with leaders and other volunteers receiving priority.

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## Young Members: Come Join Us!

We have been up and running now for just about one year. In that time, our volunteer leaders have organized hiking trips to the mountains of Western Massachusetts, a cabin stay at Noble View, snowshoe and skiing expeditions, and a paddling workshop on the Deerfield River, as well as social outings to places like Bertucci's in Amherst and the Eric Carle Museum. In July, we had a gorgeous day for our annual picnic at Look Park.

In October, we'll be having our second annual election. If you think you have what it takes to be a driving force in the leadership of the Young Members Steering Committee, contact Melissa Zeitz at [ymchair@amcberkshire.org](mailto:ymchair@amcberkshire.org) to find out more information on when the meeting will be held.

We also have some exciting events coming up, including an apple-

picking-and-pie party and a hike followed by pizza. For all the details, visit [www.amcberkshire.org/young](http://www.amcberkshire.org/young) or contact Melissa Zeitz.

We are always looking for new members and leaders. Young members are people who are in their 20s and 30s, and also everyone who is young at heart! Come and join us—we look forward to seeing you on the trail!

Warmly,  
The Young Members  
Steering Committee  
Melissa Zeitz, Chair  
Chris LeDoux, Co-Chair  
Kelly Druzisky, Treasurer

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## Tuesday Update

Age doesn't matter—unless you are a piece of cheese.

That saying applies to the people who show up on Tuesdays. Equally diverse are the types of hikes, trips, and adventurous activities we do throughout the year.

One especially grueling Tuesday hike took place on July 20th. It was sunny (some humidity), although there was a helpful breeze, thank goodness. Nine spent hikers finished the AT in Massachusetts (11.5 miles, counting the extra hiking to get to the cars).

The two co-leaders were Diane Crowell and Dona Burdick. Dona's group of six did a shorter version. They also coordinated the car spotting and were there when we finished. What a welcome sight! Diane did a masterful job of leading. I told her that I would follow her anywhere. Well, almost anywhere!

We celebrated by having a sumptuous potluck at Dona's place. A good time was had by all! Thank you again, Dona, for opening up your heart and hearth.

Our fifth anniversary hike will take place at the Chesterfield Gorge

on October 5th. It was at the Gorge on October 5, 1999 that the very first Tuesday hike took place. Present were June Hoerle, Diane Crowell, and myself.

The largest group of people to meet for an activity was 28, for a combination outing of skiing and snowshoeing in January 2003. Al Shane was the leader and Jerry Weinstein helped with the snowshoers. To Al's delight, 28 still stands as the top number for a Tuesday turnout. We have come close, but have not surpassed it.

I am grateful for all the wonderful people who have made the last five years such a delight and so much fun! Strong friendships have been forged as we traipsed all over Western Massachusetts. Thank you all for your support and to Dave and Mary Conley for developing our Tuesday website. It has become our "Nerve Center."

Gloria LaFlamme  
Tuesday Coordinator

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## Join the AMC Conservation Action Network and You Could Win a Walden Kayak!

Last year, the AMC's Conservation Action Network (CAN) sent almost 18,000 emails and letters addressing key conservation issues to decision-makers around the country. As a way of saying thank you for taking action, the AMC and Walden Kayak will be raffling two kayaks to CAN activists!

To be eligible to win a kayak, make sure you're a part of the AMC's Conservation Action Network. You can join at <http://ga0.org/amc/join.html>—and then take action!

For more information or for official raffle rules, contact AMC Conservation Outreach Coordinator Nicole Jabaily at [conservation@outreach.org](mailto:conservation@outreach.org) or 617-523-0655 x 385.

# Support Wheelchair Hiking, Orienteering, and Cross-Country Sit-skiing in State Parks!

Over the past four years, The Massachusetts Department of Conservation and Recreation (DCR) Universal Access Program has been developing accessible hiking for people with disabilities in state parks. Led by Brenda Kennedy of Venture Into Well-Being, the trails program utilizes rugged wheelchairs and other walking aids, as well as staff and volunteers, to support hikers with disabilities who want access to conventional hiking trails. The hiking program typically runs from May to October, starting in eastern Massachusetts and working westward, culminating in an annual summit hike of Mt. Greylock. Highly dependent on volunteer support, the program has served over 350 people since its inception in 2000.

DCR's Universal Access Program and All Out Adventures of Easthampton are working together under a three-year federally funded grant called Project INSPIRE to build sustainable inclusive recreation opportunities in Massachusetts and beyond. Project INSPIRE, which stands for Initiative for National and State Park Inclusive Recreation Expansion, is generating exciting new recreation opportunities near and across Massachusetts state borders. Under this grant, orienteering and letterboxing will become accessible activities in 2005. Project INSPIRE seeks to work with local clubs and regional recreation organizations, such as the AMC, to improve accessibility and increase outdoor opportunities for people with disabilities as part of a sustainable inclusion model for recreation.

Become part of a new leading edge! AMC members who would

like to volunteer to support hiking and/or orienteering programs can contact the above two recreation organizations. Accessible hiking programs will wrap up this fall with three programs at the DAR State Forest in October. For further info and/or to volunteer, call Venture Into Well-Being at 413-259-0009. Those who'd like to help facilitate the development of accessible orienteering can reach All Out Adventures at 413-527-8980.

Upcoming Universal Access programs include a weekly outdoor winter recreation program at Wendell State Forest in Wendell, MA in which cross-country skiing, sit-skiing, and snowshoeing are prominent activities, along with seated ice skating and snowmobile rides. For further information, to obtain a Universal Access Program calendar, or to volunteer to assist with winter programs, please contact DCR's Universal Access Program at 413-545-5353.

Marcy Marchello  
Universal Access Program Coordinator  
Massachusetts Department of Conservation and Recreation  
Division of State Parks and Recreation  
PO Box 484  
Amherst, MA 01004  
Phone: 413-545-5758  
Fax: 413-545-5995

## NEW BOOKS

### NEW ENGLAND CARTOGRAPHICS

PO Box 9369, North Amherst, MA 01059 • 413-549-4124 • [www.necartographics.com](http://www.necartographics.com)

#### ***Waterfalls of Massachusetts: An Explorer's Guide to 55 Natural Scenic Wonders***

Text and photographs by Joseph Bushee, Jr.

All 55 great waterfall viewing locations are chosen for their beauty and easy accessibility. Arranged by region—the Berkshires, Pioneer Valley, central Massachusetts, and the Boston metro area. Also includes advice on hiking safety, equipment, and photography, along with geologic and historical information. There is a detailed list of hiking organizations, land trusts, and sources for maps.

Paperback • ISBN 1-889787-12-4 • 168 pages • \$15.95

### APPALACHIAN MOUNTAIN CLUB BOOKS

5 Joy Street, Boston, MA 02108 • 800-262-4455 • [www.outdoors.org](http://www.outdoors.org)

#### ***Massachusetts Trail Guide, 8th edition***

Edited by Charles W.G. Smith

This most extensive guide covers more than 350 trails throughout the entire state, from the Berkshires to southeastern Massachusetts and the islands. Includes pull-out, full-color GIS-rendered maps of the state's most popular hiking regions. Also features tips for trip planning, lists of suggested hikes for all abilities, times, distances and elevations, geological history, and much more.

Paperback • ISBN 1-929173-44-X • 352 pages • \$19.95

#### ***Quiet Water—Massachusetts, Connecticut, & Rhode Island Canoe & Kayak Guide, 2nd edition***

By Alex Wilson and John Hayes

Includes detailed descriptions and maps of 100 lakes, ponds, and rivers. Also comes with a locator map, at-a-glance trip summaries, and much more.

Paperback • ISBN 1-929173-49-0 • 320 pages • \$16.95



## Order Your Bandanamaps! Sales to Enable Land Conservation

Buy a Bandanamap of the Connecticut River and help support land conservation! That's the gist of the fundraising effort currently under way by the Berkshire Chapter's Conservation Committee.

The bandanas feature the design of a recreation guide to the Connecticut River and a paddling motif. The vibrant colors will complement any outfit.

The bandanas are being sold for \$10 retail or \$8 wholesale (to anyone who buys 12 or more). Of the \$10 purchase price, \$5 will be earmarked for land conservation efforts, such as conservation easements, in western Massachusetts.

Every sports enthusiast knows bandanas make great fashion statements—as sweat wipers, slings, goodie-holders, mosquito swatters, and tourniquets. And this one can help you find your way on the Connecticut River! Don't leave home without one.

To order, send \$10 to AMC Berkshire, c/o CH Jones, PO Box 9303, North Amherst, MA 01059. Shipping and handling are included.



## Membership in a Bottle

For the cost of your new membership, you will receive:

- A water bottle embossed with the AMC logo;
- A \$10.00 gift certificate good for AMC books, lodging, and workshops;
- An AMC window decal;
- A 12 month individual membership includes a subscription to AMC OUTDOORS; and
- A temporary ID card.

You'll receive a new member packet with your permanent club ID, a copy of current Chapter activities, and our Chapter's quarterly newsletter, the BERKSHIRE EXCHANGE. (The same is true for gift memberships.)

### – AMC Berkshire Membership Form –

I wish to purchase:

- \_\_\_\_\_ Individual "Membership in a Bottle" kits (\$50 each)  
 \_\_\_\_\_ Family "Membership in a Bottle" kits (\$75 each)

I have enclosed a check for the total amount of \$ \_\_\_\_\_ made payable to "Berkshire Chapter AMC." Please mail the kits to:

Name: .....

Street: .....

City, State, Zip: .....

Phone: ..... Email: .....

Is this a gift membership?  Yes  No

(Bottles will be sent to the address above, and recorded in that name, unless you indicate otherwise.)

**Note: This offer is for new members only, not for renewals, please. Thanks.**

Complete this form, and mail with check to:

Chris Ryan  
PO Box 9369  
North Amherst, MA 01059

Questions? Contact Chris Ryan (413-549-4124; bottles@amcberkshire.org)!

Fall 2004  
BERKSHIRE EXCHANGE



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Appalachian Mountain Club  
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