

BERKSHIRE EXCHANGE



amcberkshire.org
outdoors.org

APPALACHIAN MOUNTAIN CLUB
BERKSHIRE CHAPTER NEWS & EVENTS

Families, singles, members, non-members, everyone's invited to join friends old and new at the

Big Berkshire Bash

Saturday, November 5, 2005 – A little less formal, and a lot more music and dancing!

Outdoor activities during the day; please see amcberkshire.org or *AMC Outdoors* for details.

4:00 p.m. to 7:00 p.m. – Equipment and Book Swap

4:30 p.m. to 5:30 p.m. – Mt. Everest Base Camp Presentation, by Pat Stevenson

5:30 p.m. to 6:30 p.m. – Potluck Appetizers and Social Hour (Cash Bar Available Throughout the Evening)

6:30 p.m. to 7:30 p.m. – Dinner

7:30 p.m. to 8:00 p.m. – Potluck Dessert, Annual Business Meeting, Volunteer Recognition, Prizes

8:00 p.m. to 11:00 p.m. – Contra Dancing with Two Fiddles of Canterbury, NH (No dancing skills are required!)

Potluck Appetizers and Desserts:

Last names A–L, please bring an appetizer to share • Last names M–Z, please bring a dessert to share

Northampton Country Club, 135 Main Street, Leeds, MA 01053. 413-586-1898

Save the date: you'll really be disappointed if you miss this one!

Reservations: the postmark deadline is October 25 – walk-ins will cost more. Please use the reservation form on page 8.

For directions and more information, please see amcberkshire.org or call Erica Gees at 413-222-7776.

FROM *the* CHAIR

Wherever You Go, There You Are!

What I Did on My Summer Vacation...

At the time of this writing, I'm on vacation hiking and sightseeing in the Cascade Mountains near Sisters, Oregon. It's an amazingly different landscape from the one we enjoy in the Northeast. There's a sense of vast, open spaces—great stretches of flatlands rise to rolling hills, plateaus, and volcanic peaks. The vegetation is wonderfully

continued on page 7

Wilderness First Aid training and other events at Noble View – Pg. 3

Massachusetts Forest Reserves – Pg. 3

Labor Day weekend at Cardigan Lodge was a great success – Pg. 4

Vernal pools – Pg. 5

Volunteer opportunities – Pgs. 6 & 7

2006 Executive Committee nominees – Pg. 6

Passages – Pg. 6

Roger Scholl Fulfills Promise, Turns Cartwheels!

by Rob Robertson

Roger Scholl, the AMC's Director of Volunteer Relations, promised Noble View Chair Gary Forish that he would turn cartwheels when Joy Street issued a check for the renovation of the facility.

Gary and the Noble View Committee recently received the Town of Russell's approval for the Double Cottage fire sprinkler system. Issuance of the first AMC check was contingent upon receipt of town approval. In August, checks started to flow from Joy Street funds which, combined with the donation from the Boston Chapter this past spring, totals \$135,000 in funding to pay for Phase 2 renovations.

Roger, an avid rock- and ice-climber, hiker, and bicyclist, admits to having a little trouble with cartwheeling. At the late August Chapters Committee retreat in Litchfield, CT, Roger turned "buns up" in celebration as he received a little help from his friends, including members of the Berkshire Chapter Executive Committee and Aaron Gorman, the AMC's Director of Risk Management.

I'm delighted that construction of the two-lane entrance road and installation of electrical and telephone service has commenced at Noble View.



photo by Ian Beatty

The AMC's Mountain Leadership School

by Peter Bernard

I recently had the privilege of participating in the 47th annual Mountain Leadership School (MLS) on August 17–21. The MLS is the AMC's premier outdoor leadership training program, the goals of which are to teach student leaders to guide groups safely in the mountains of the Northeast. What follows is a brief summary of my experience as a student of the MLS.

Day 1, Wednesday, August 17, 2005: At 9:00 a.m., we assembled in the Washburn Exhibit Hall of the AMC Highland Center in Bretton Woods, NH. Therein we were issued our student manuals and became acquainted with the MLS staff. After some discussion of such topics as leadership styles, participant roles, group dynamics, trip planning, and safety, we were divided into three groups of six students and were introduced to our group's two facilitators. After lunch, we gathered the group gear, packed our meals, and learned more about accident scene management and wilderness navigation.

Day 2, Thursday, August 18, 2005: After breakfast, we left the Highland Center and commenced our expedition—a trek along the Nineteen Mile Brook Trail to Carter Notch Hut. Along the trail, we stopped frequently to discuss practical wilderness scenarios. We spent the first night at Carter Notch Hut—luxurious indeed.

Day 3, Friday, August 19, 2005: We left Carter Notch Hut and proceeded, with additional role-playing scenarios, to the summit of Carter Dome. Real incidents encountered during the ascent augmented the role-playing. After a rest on the summit, we ventured onward to a remote campsite.

Day 4, Saturday, August 20, 2005: We awoke to steady rain. More role-playing and unanticipated challenges, including water crossings and orienteering dilemmas, on the trail today. After a complete day of hiking, we set up camp, ate dinner, and called it a day.

Day 5, Sunday, August 21, 2005: After once again breaking camp in the rain, we were back on the trail. We finally made it back to civilization, meeting our van at the end of the Hutmen's Trail on Route 16.

During the course, we each alternated as the leader and co-leader. Although the presence of the experienced facilitators was comforting, the decisions and actions of the group were made by the students. An excellent learning experience for all.

Many thanks to the AMC personnel, volunteer facilitators, and especially Berkshire Chapter Chair Rob Robertson for his support on my behalf.

WFA/MLS Training With Superb AMC Volunteers

by Helga Ragle

After many years of hiking, I thought it might be time to become an “official” hike leader, so I decided to participate in the Berkshire Chapter Leadership Training weekend, given in May at Noble View under the wonderful hospitality of Gary Forish. That positive experience motivated me to then, in June, take a week of WFA/MLS (Wilderness First Aid and Mountain Leadership School) at the Highland Center at Crawford Notch in the White Mountains.

About 15 of us, ranging in age from 20 to 60 plus, began the week with the WFA training. We had two days of instruction that included half of the group being strewn about in various precarious injured positions around the grounds of the Highland Center, and then being attended to and rescued by the other half of the group.

All of the WFA participants stayed on for the MLS training, and we were joined by another 15 or so people. We had one day of combined classroom instruction and then each team of eight planned their four-day backpack. Every group was assigned two facilitators who primarily acted as observers. By that time it had already rained for two solid days, and we were of course hoping that by Thursday morning the rain would let up.

No such luck. We set out on a four-day backpack into the Pemigewasset Wilderness, hiking up to the Bondcliff area and eventually returning, via Zealand Hut back to the Highland Center, never seeing a mountain or a valley. Two of us, who had done this hike before, knew what we were missing; the others vowed to come back sometime in good weather. It was a truly great experience. The facilitators would designate a leader and co-leader for certain periods of each day, so that everybody had a chance to be in charge of the group.

It was sometimes challenging, because along the trail we had to deal with various scenarios of mishaps, injuries, personality conflicts, and ferocious river crossings due to a week of rain. We set up camp in the rain, broke down camp in the rain, and cooked in the rain. If I had been on a trip with friends under the same circumstances, I would have been out of there pretty fast. However, we all prevailed, overcame personality conflicts and meteorological adversity, and returned to the Highland Center having made a great bunch of new friends. By the end of the week, I certainly felt I could be ready for just about anything.

I hope you are ready for me!

Berkshire Chapter Executive Committee

– 2005 –

CHAPTER OFFICERS

Chair: Rob Robertson

(chapterchair@amcberkshire.org; 413-549-4963)

Vice Chair: Erica Gees

(vicechair@amcberkshire.org; 413-222-7776)

Treasurer: Kelly Druzisky (treasurer@amcberkshire.org)

Secretary: Mary Norton

(secretary@amcberkshire.org; 413-259-0001)

COMMITTEE CHAIRS

Appalachian Trail Committee:

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

Berkshire County Representative: vacant

Canoe & Kayak Committee: Connie Peterson

(padding@amcberkshire.org; 413-548-9113)

Chapter Youth Programs: Alicia Wendolowski

(youth@amcberkshire.org; 413-626-3902)

Conservation Committee: Elizabeth Gordon

(conservation@amcberkshire.org; 413-658-8088)

Leadership Training: Cathy Wickens

(learning@amcberkshire.org; 413-268-7340)

Membership Committee:

Deborah Levine (membership@amcberkshire.org; 413-584-6065)

Chris Mangano (membership@amcberkshire.org; 413-789-3128)

Mountaineering Committee:

Jim VanNatta and Alice Hodgdon

(mountaineering@amcberkshire.org)

Noble View Committee: Gary Forish

(nobleview@amcberkshire.org; 413-562-6792)

Nominating Committee: Gary Forish

(nominating@amcberkshire.org; 413-562-6792)

Outings Committee:

Dave Koerber (outings@amcberkshire.org; 413-568-4650)

Bob Napolitano (outings@amcberkshire.org; 413-534-8955)

Programs Committee: vacant

Trails Committee: Pat Fletcher

(trails@amcberkshire.org; 413-562-9863)

Webmaster: Ian Beatty (ian@amcberkshire.org)

Young Members Committee:

Kelly Druzisky (ymchair@amcberkshire.org)

BERKSHIRE EXCHANGE

– September 2005 –

Editor/Publisher:

Jon Hanauer (newsletter@amcberkshire.org; 413-568-0990)

Assistant Editor: Maureen Flanagan

Proofreader:

Gail Blackhall (proofreader@amcberkshire.org)

Title photo: Dinosaur footprints, Holyoke,

by Jon Hanauer

Address Changes:

AMC, 5 Joy St., Boston, MA 02108; information@outdoors.org

Other Helpful Contacts

Membership in a Bottle: Chris Ryan

(bottles@amcberkshire.org; 413-549-4124)

Regional Director: Norm Sims

(regionaldirector@amcberkshire.org; 413-774-2970)

Southern New England Regional Trails Office:

(964 South Main St., Great Barrington, MA 01230; 413-528-6333)

Tuesday Hiking: Gloria LaFlamme (413-664-9648)

4000-footer Group: Erica Gees

(4000footers@amcberkshire.org; 413-222-7776)

Need a phone number?

If the person you want to contact by phone has no number listed, please call the Chapter Chair, Rob Robertson, at 413-549-4963.

Upcoming Meetings on Massachusetts

Forest Reserves *by Elizabeth Gordon, Conservation Committee Chair*

The Massachusetts Executive Office of Environmental Affairs (EOEA) held two public meetings in June about the proposed designation of eight tracts of state-owned lands as ecological reserves. Over 60 people attended the meeting in Pittsfield, which introduced the six large reserves in Western Massachusetts, with most attendees in strong support of the State's proposal to create large forest reserves and practice sustainable forestry on lands open to logging. The response at the second meeting, which focused on the proposed Mt. Greylock reserve, was more evenly split between supporters of the timber products industry opposed to taking land out of active management, and supporters of

forest reserves and non-motorized recreation. Thank you to those AMC Berkshire members who attended these meetings.

The State has scheduled four more meetings in September to hear feedback on the proposed large and small ecological reserves. Two of these meetings will cover reserves in the Berkshires, and AMC Berkshire members are encouraged to attend. Dates and locations for these meetings will be posted online at amcberkshire.org. Additional information about the proposed reserves can be found on EOEA's website at <http://www.mass.gov/envir/forest/>.

Noble View Phase 2 Construction *by Gary Forish, Noble View Chair*

We have received funding of \$135,000 from the AMC and from the Boston Chapter for renovations at Noble View. Construction began in mid-August on Phase 2 of the planned updates, including the completion of the Double Cottage and a bath house. The work still needed on the Double Cottage includes installation of the sprinkler system, electrical wiring, fire alarm system, insulation, and sheetrock. Volunteers are needed for the insulation and sheetrock work. The Double Cottage should be completed in summer 2006.

Many of you have visited Noble View in the past year to view the extensive work being accomplished by volunteers. As always, a dynamic Noble View Committee with representatives from all of the Chapters

is required to chart the future of the facility. Join with those who have gotten things started and lend a hand for a day or a week, or join the Committee. You can make a difference!

See below for the listings of educational workshops and volunteer workdays at Noble View this fall. Cross-country skiing, snowshoeing, and singles and social events will also be scheduled, in addition to educational programs such as winter animal tracking that are suitable for families as well. Check for activity listings at amcberkshire.org. Be sure to visit for an educational event or volunteer day, or a play day. Your support is needed.

Noble View CALENDAR

SOLO – Wilderness First Aid

November 12–13. Wilderness First Aid (WFA) training intends to prepare you for the medical situation that arises where there is no ambulance, no 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 WFA course is an intense yet fun journey through the world of wilderness emergency care and is recommended for all outdoors people. An emphasis on long-term care and evacuation complications in the backcountry make this course unique. Fee \$130. Subsidized funding of \$80 is available for current and future Berkshire Chapter leaders/volunteers. Scholarships are also available. For further information, call 413-572-4501 or email nvreservations@amcberkshire.org.

SOLO – Advanced Wilderness First Aid II

November 19–20. Current certification of WFA training is a prerequisite for this course. Advanced Wilderness First Aid (AWFA) is designed with trip leaders in mind. The AWFA course delves more deeply into traumatic injuries of the neck and spine as well as other medical emergencies, offering more hands-on practice than WFA. It addresses issues of rescuer safety and the basic medical skills needed to lead and guide groups in the outdoors. The patient assessment system, the foundation of the course, trains students to determine the condition of backcountry patients. Other sessions provide instruction in managing traumatic situations. Students learn in great detail how to handle environmental emergencies such as hypothermia and heat injuries. Practical simulations and scenarios provide practice in backcountry leadership and rescue skills. Fee \$145. Subsidized funding of \$80 is available for current and future Berkshire Chapter leaders/volunteers. Scholarships are also available. For further information, call 413-572-4501 or email nvreservations@amcberkshire.org.

Woodcutting Day

November 19–20. A tradition. Many hardy men and women are needed to get in a supply of firewood for the coming year. Bring wood-splitting tools, gloves, and a strong will. A large supply of wood will be available for splitting and piling into the wood shed. Lodging, a hearty stew lunch, hot chocolate, and water will be provided. Please call 413-572-4501 or email nvreservations@amcberkshire.org to reserve lunch.

Ski Trail Maintenance

December 3–4. Help work on the cross-country ski trails and prepare them for the coming season. Lodging, a hearty stew lunch, hot chocolate, and water will be provided. Please call 413-572-4501 or email nvreservations@amcberkshire.org to reserve lunch.

Cardigan Labor Day Weekend a Spectacular Success!

Fantastic weather contributed to an wonderful time for those who joined us at Cardigan Lodge over Labor Day weekend for three days of hiking, biking, stargazing, swimming, walking meditation, dancing, eating, tent and stove demonstrations, naturalist programs, and a great Mt. Everest Base Camp presentation. Hikes ranged from easy 3.2 mile family walks to the insane “Bolt up the Holt.” Jacqueline and Dudley Laufman (Two Fiddles of Canterbury, NH) headed up a great evening of contra dancing—and they’ll be playing for our Nov. 5 Big Berkshire Bash, too.

Many thanks to our excellent volunteer leaders: Peter Bernard, Chris Fogarty, Erica Gees, Liz Gordon, Jon Hanauer, Helga Ragle, and Pat Stevenson. Extra special thanks to Donna Walters, the best co-leader and registrar ever! And many thanks, too, to all those who attended for their energy, enthusiasm, and community-minded kindness. A Berkshire tradition is born—look for this trip to fill up early next year!



photo by Gerald Hanauer



photo by Rob Robertson



photo by Gerald Hanauer

Hike leaders found AMC Books' *Southern New Hampshire Trail Guide* to be a very helpful tool for planning hikes and walks in the area. The book (ISBN 1-929173-60-1, \$18.95) includes detailed trail descriptions, as well as fold-out, GPS-plotted maps of Mt. Cardigan and Mt. Monadnock.



photo by Rob Robertson



photo by Jon Hanauer



photo by Bill Burgart

Metacomet-Monadnock Trail, Bush Notch area.

Vernal Pools: Diversity in Our Outdoor Trekking *by Bill Burgart*

Hank Warchol, an AMC member for over 40 years and co-founder and builder of the Unkamt Path, has been leading hikes for about that many years. In the last few years, Hank has added a new interest to his hiking: studying and trying to protect vernal pools. A recent hike on May 8 included a stop at two such pools on the Metacomet-Monadnock Trail between Bush Notch and Route 202. The visit was a follow-up of a study done on April 3. It was a cloudy, cool, spring day. Some of the species identified were tadpole, dalphina, ostracod, gordian (horsehair) worm, chironomid midge, mayfly, amphibious snail, and water mites.



photo by Bill Burgart

Kristine Jackson, Hank Warchol, and Ann Wood.



photo by Hank Warchol

Bill Burgart, Kristine Jackson, and Ann Wood.



After a very strenuous ascent of Mt. Jefferson (5712 ft.), Chapter Executive Committee members Jon Hanauer, Erica Gees, and Rob Robertson enjoy the cool, breezy summit on an otherwise hot day in late June. Mt. Adams (5799 ft.) is in the lower right background.

photo by Gerald Hanauer

Berkshire Chapter **VOLUNTEER OPPORTUNITIES**

Chair – Trails Committee

In accordance with the AMC's mission to promote the protection, enjoyment, and wise use of the trails of our region, the Trails Committee makes trails available for the use of AMC members and the general public.

We're now looking for someone to assume the Chair's duties, which include:

- Becoming familiar with the trails in our area
- Soliciting volunteers for trail maintenance work parties (third Saturdays, April through November)
- Recruiting a Vice Chair, and attracting additional Committee members
- Organizing, performing, and supervising trail building and trail maintenance work on all trails for which AMC Berkshire Chapter has responsibility, except the Appalachian Trail (for which our AT Committee has responsibility)
- Organizing the annual Trail-Busters' Hike and Dinner (usually held in January)
- Monitoring the status of the National Scenic Trails Study process on the M-M Trail
- Communicating with local landowners, as needed
- Attending Club-wide meetings of the Trails Committee at the Annual Meeting, and at the Spring and Fall Gatherings
- Preparing annual budget and Annual Report
- Continuing to develop a system of shelters a day's hike apart along the entire length of the Metacomet-Monadnock Trail
- Organizing volunteer worker recognition functions (barbecues, pizza parties, etc.)
- Promoting and monitoring the Chapter Trails Challenge

If you're interested in this position, or in serving as Vice Chair prior to becoming Chair, please contact Pat Fletcher at 413-562-9862, or email him at hiker6@comcast.net.

Leaders – Chapter Youth Programs Committee

The Berkshire Chapter is looking for folks who are interested in becoming CYP leaders or assistant leaders. Responsibilities include:

- Participating in training to meet CYP leader requirements
- Planning trips
- Obtaining executed Sponsorship Agreements from approved youth agencies
- Arranging and attending pre-trip meetings with approved youth agencies
- Ensuring that properly completed Waivers are provided by the sponsoring agency for each attending participant
- Running trips
- Reporting any incidents to the CYP Coordinator

The Chapter Youth Program gives youth organizations the opportunity to get kids outside with the help of AMC volunteer leaders. If you're interested in this program, please contact CYP Committee Chair Alicia Wendolowski at 413-626-3902 or youth@amcberkshire.org.

Leaders – Family-Oriented Programs and Activities

We're still looking for people who are interested in developing and leading family-oriented programs. If you have ideas for recreational, educational and conservation activities which appeal to families, please contact the Outings Committee Co-Chairs Dave Koerber (413-568-4650; dkoerber@mindspring.com), or Bob Napolitano (413-534-8955; nappyofma@comcast.net).

Noble View Opportunities

Noble View seeks Committee and Sub-Committee members to fill the roles of:

- Registrar – responsible for reservations, schedules, and fee collection
- Programs – responsible for developing education, conservation, and outdoor activities
- Trails/Recreation – responsible for trail maintenance and traditional events
- Property – responsible for buildings and ground maintenance
- Marketing and Public Relations

For more information, contact Gary Forish at 413-562-6792, or email him at nobleview@amcberkshire.org.

• *Passages* •

STEPHEN LIDDON HESTER,

68, passed away on August 18 at his home after a brief illness. He had been a resident of Richmond, MA since 2001.

Born in Birmingham, AL, on November 7, 1936, son of Walter and Ardelle Liddon Hester, he was a 1954 graduate of New Smyrna High School in New Smyrna, FL. He received his Bachelor of Arts degree from Duke University in 1958, and received a Juris Doctor degree from Harvard University Law School in 1965.

A lawyer, he worked for the firm of Arnold and Porter of Washington, DC, and was later employed by American Capital Strategies of Bethesda, MD, retiring in 2000.

Mr. Hester was a member of the Board of Directors of the Community Health Association of Richmond and West Stockbridge, and a member of the Richmond Town Hall Library Committee.

He loved hiking, yoga, writing and reading.

He and his wife, *Berkshire Exchange*

Assistant Editor Maureen E. Flanagan, were married in Washington, DC, on January 7, 1989.

Besides his wife, he leaves two daughters, Laurel Liddon Hester of Columbia, SC, and Megan Amelia Hester of Brooklyn, NY; a brother, Bill Hester of Altamonte Springs, FL. Mr. Hester is also survived by two beloved grandchildren, Liana Liddon Raguso and Alexander Hester Raguso, both of Columbia, SC.

Memorial donations in Mr. Hester's memory may be made to HospiceCare in the Berkshires in care of Roche Funeral Home, 120 Main St., Lenox, MA 01240, which is in charge of arrangements.

EDWARD MANWELL, a senior member of the Berkshire Chapter since 1959, has passed away.

DAVID SIGELMAN, a family member of the Berkshire Chapter since 1993, has passed away.

Berkshire Chapter Executive Committee – 2006 Nominees –

Chapter Chair: Rob Robertson;
Vice Chair: Erica Gees; **Treasurer:** Kelly Druzisky; **Secretary:** vacant;
Appalachian Trail: Cosmo Catalano;
Berkshire County Representative: vacant; **Berkshire Exchange:** Jon Hanauer; **Canoe & Kayak:** Charlie Camp; **Chapter Youth Programs:** Alicia Wendolowski; **Conservation:** Elizabeth Gordon; **Leadership Training:** Donna Walters; **Membership:** Deborah Levine, Chris Mangano; **Mountaineering:** Alice Hodgdon, Jim VanNatta; **Noble View:** Gary Forish; **Nominating:** Gary Forish; **Outings:** Dave Koerber, Bob Napolitano; **Programs:** vacant; **Trails:** Pat Fletcher; **Webmaster:** Ian Beatty; **Young Members:** Kelly Druzisky, Steve Beauregard

From the Chair, *continued from page 1*

different, too.

Thus far, we've climbed Black Butte and hiked Canyon Creek Meadow. These trails (in the Deschutes National Forest and the Mt. Jefferson National Forest) are well maintained and a pleasure to walk. The climate is very dry this time of year, so the trails have an inch or so of dust. We return at the end of the day with a coating of grit, and showers are most welcome!

We hiked in areas that were burned by the B & B Complex Fire in August and September, 2003. It was remarkable to be surrounded by scorched standing and downed trees, some of which are still alive. Even more remarkable were those heavily burned areas where tiny pine seedlings, fireweed, blueberry bushes, and mosses have emerged, seemingly miraculously.

We also spent time on Washington's Olympic Peninsula, and hiked in the Hoh Rain Forest. We admired the beauty, splendor, and magnificence of this old growth forest. After seeing these trees, and the way this Forest is managed, I have a stronger commitment to the wise preservation and management of our forest lands in the Northeast.

We saw evidence of extensive logging on the Olympic Peninsula. Freshly clear-cut areas with torn-up soil, raw stumps, and huge piles of limbs and debris were shocking; they seemed like wounds on the land. When one juxtaposes the clear-cut areas with the many replanted areas with signage showing projected harvest dates, one gets a sense that a rational resource management scheme is being utilized. However, the clear-cut areas apparently aren't replanted with the same proportions of species as were found on the land originally, so these areas aren't restored to their original condition.

Certainly, a renewable resource is being renewed; some form of stewardship is being practiced. Whether the stewardship is as good as it could be is open to debate. The encroachment of residential and commercial development on open space and wilderness is an issue here as well as in the Northeast. If we're not vigilant about preserving and protecting open space and wilderness areas, we will have less and less open space and wilderness to enjoy. Some of my friends who have children have expressed the concern that there won't be any wilderness left for their children and their children's children.

We visited the Makah Nation's Museum at Neah Bay on the northwest corner of the Peninsula. When a severe winter storm exposed a section of Ozette Village that had previously been buried by a mudslide, the Makah organized and oversaw an archeological dig that resulted in the recovery of an enormous number of artifacts. According to Museum exhibits, one benefit was that the Makah relearned techniques which had been lost during the period of assimilation and, in so doing, found a deeper connection with a collective cultural heritage.

I found the Makah's respect for the land and all living beings to be powerful and touching. This ethos is explicitly stated in the Museum's written material, and is demonstrated in the exhibits and through the

construction and maintenance of the Flattery Point Trail. Observing this ethos manifested challenges me to evaluate the degree to which I practice right action with respect to conserving energy and resources.

Chapter Youth Program Coordinator Position Filled!

Alicia Wendolowski has been approved as Chapter Youth Program Coordinator by the AMC's Executive Director. Alicia has experience as a 4-H leader, and was responsible for organizing monthly meetings, arranging for speakers and presentations, planning and supervising field trips to farms, and arranging for and supervising hands-on experiences for 4-H members. Alicia gained much experience interacting with youth participants and—even more challenging—with their parents. We're delighted that Alicia has volunteered to accept this important role.

Alicia is recruiting Chapter Youth Program Leaders. If you're interested in learning more about this service opportunity, please call Alicia at 413-585-5874, or email her at ermine3737@aol.com.

Leadership Training and Education Committee Chair Position Filled!

Donna Walters has volunteered to serve the Chapter as Leadership Training and Education Chair. In addition to the current responsibilities of this position, Donna plans to work on developing programs and workshops of interest to AMC members and the general public. If you have any suggestions for programs you'd like to attend, or workshops you'd like to facilitate, please call Donna at 413-498-5696, or email her at dwalters2800@verizon.net.

Encouraging New Members, Current Members, Friends, and the General Public...

I've written about our desire to welcome everyone warmly to Berkshire Chapter events and activities in every issue of the *Exchange* since I've become Chair. I feel as though it can't be emphasized enough. We want everyone who has an encounter with our Chapter to feel as if they've been welcomed by old friends. Our Membership Committee is doing a great job scheduling new member activities, and rumor has it that there are plans for new member get-togethers. You'll often see the phrase "new members especially welcome" in our activity listings. We really mean it! New members, current members, friends, members of the general public—all are welcome. Come out and join us outdoors!

Be safe, and have fun!

Yours in service,
Rob Robertson
Berkshire Chapter Chair
413-549-4963
chapterchair@amcberkshire.org

Seeking volunteer for Berkshire Chapter Secretary

Mary Norton has announced that she's rolling out of the Secretary position at the end of 2005, and we're looking for someone to fill her shoes. The Secretary attends the monthly Executive Committee meetings (usually the third Monday or Wednesday of each month), takes notes, and prepares and distributes meeting minutes. This is a voting position on the Executive Committee and a really important role in the Berkshire Chapter, so if you're detail-oriented and have been wondering how you can contribute, don't be bashful—step right up! Call Rob Robertson at 413-549-4963. And thanks, Mary, for your dedication and great work! We'll miss your energy and contributions!

amcberkshire.org

**For the latest
in Chapter
activity listings,
updates on the
Metacomet-
Monadnock
Trail, and so
much more, be
sure to check
in at home!**



BIG BERKSHIRE BASH

- RESERVATION FORM -

Saturday, November 5, 2005

Members and non-members welcome!

MT. EVEREST BASE CAMP • GEAR/BOOK SWAP • ANNUAL MEETING
CASH BAR • DINNER • VOLUNTEER RECOGNITION • CONTRA DANCING

Name(s): _____

Address: _____

City, State, Zip: _____

Phone: _____

Email: _____

Number of persons attending:

_____ **Adults at \$10 each**
(Postmarked by Oct. 25. Walk-in price is \$15 each.)

_____ **Children (age 12 and under) at \$5 each**
(Postmarked by Oct. 25. Walk-in price is \$7.50 each.)

Total amount enclosed: \$ _____

Please make check payable to **Berkshire Chapter AMC**.
Mail completed Reservation Form and your check to:
Erica Gees, PO Box 373, Amherst, MA 01002

Questions? Contact Erica Gees at
vicechair@amcberkshire.org or 413-222-7776.

MEMBERSHIP IN A BOTTLE

For the cost of your annual membership, you will receive:
A Nalgene® water bottle • A \$10 gift certificate good for AMC books, lodging, and workshops • An AMC window decal • A subscription to *AMC Outdoors* • A new member packet with your Club ID, a copy of current Chapter activities, and our quarterly newsletter, the *Berkshire Exchange*.

- AMC Berkshire Membership Form -

- I wish to purchase:
- _____ Individual "Membership in a Bottle" kits (\$50 each).
 - _____ Family "Membership in a Bottle" kits (\$75 each).
 - _____ Senior "Membership in a Bottle" kits (\$25 each, age 69 and over). Age: _____
 - _____ Young Member "Membership in a Bottle" kits (\$25 each, up to age 30). Age: _____

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: _____
E-mail: _____

Is this a gift membership? Yes No
(Bottles will be sent to the address above, and the membership recorded in that name, unless you indicate otherwise.)

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

Please mail completed form with check to:
Chris Ryan, PO Box 9369, North Amherst, MA 01059
Questions? Contact Chris Ryan at 413-549-4124 or
bottles@amcberkshire.org

BERKSHIRE EXCHANGE
Fall 2005



Berkshire Chapter
Appalachian Mountain Club
5 Joy Street
Boston, MA 02108

NON PROFIT ORG
US POSTAGE
PAID
PERMIT 1035
SPFLD MA 011