

BERKSHIRE EXCHANGE



FROM *the* CHAIR

Welcome to the Club

I got this email on February 11, 2006, and have received Fran's permission to quote it in full here.

My name is Fran Lofland. I joined the Berkshire AMC about a year ago, not sure if my membership is still current at this time.

I joined with the intention of becoming an active member, participating in trips, trail maintenance, etc. I read the newsletters and AMC Outdoors with interest and the desire to get involved and just haven't to date partly because I am a new person and don't know anyone in the Club as well as feeling like I am not really versed in some of the outdoor stuff that may seem basic to you all.

I love the outdoors and get out every chance I can into the woods to hike or kayak in the summer. Being a woman I am a little hesitant to just venture off alone—which is why I thought a group like this would be the answer. I would appreciate any feedback/suggestions that you could give me about the best way to get involved with activities.

*Thanks,
Fran*

Is this perfect timing, or what?

I recently had a great telephone conversation with Fran and was reminded, once again, of how I felt as a new Berkshire Chapter member. Like Fran, and many other folks with whom I've spoken, I felt interested in and drawn to Chapter activities and events, but I was afraid: afraid that I wouldn't know anyone; afraid that I wouldn't fit in, or that I'd stick out as a newcomer and wouldn't be welcomed; afraid that I didn't have the skills or expertise necessary to participate in whatever activity it was; or just afraid in general.

One of our main goals as members of the Chapter's Executive Committee (and as activity leaders) has been, and is, to welcome new members to the Chapter, and to encourage all members to participate in our activities.

- Our Membership Committee hosted a well-attended New Members' Intro and Social on January 12 in Amherst, and more

continued on page 7

Public Relations Committee Chair Position Filled *by Rob Robertson*

We are delighted that Bess Dillman has volunteered to serve as Chair of our new Public Relations Committee. Bess acquired marketing and PR experience as co-owner of a small advertising agency in the Berkshires, and recently offered her expertise to the Chapter.

Bess will be guiding our efforts to increase public awareness of the AMC Berkshire Chapter in line with our mission statement:

The Appalachian Mountain Club promotes the protection, enjoyment, and wise use of the mountains, rivers, and trails of the Appalachian region. We believe that the mountains and rivers have an intrinsic worth and also provide recreational opportunity, spiritual renewal, and economical health for the region. We encourage people to enjoy and appreciate the natural world for its own sake and because we believe that successful conservation depends on this experience.

In 2006, we plan to continue our focus on attracting new members and retaining current members through publicizing our quality programs and activities. Bess's efforts will be central to getting the word out about the Berkshire Chapter in local media. We also hope to increase participation in service and leadership by generating more interest in the AMC's conservation and recreation activities inside and outside the Chapter.

Welcome, Bess, and thank you!

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– FROM *the* EDITOR –

by Jon Hanauer



I WANT YOU to send in YOUR STORIES and YOUR PHOTOS to the BERKSHIRE EXCHANGE!

Have you ever wondered why all of the articles in the *Exchange* are frequently written by the Chapter Chair or other members of the Chapter's Executive Committee? Or, have you wondered why many of the photos in the *Exchange* are so often taken by myself?

You are a Berkshire Chapter member (or considering becoming one). The *Berkshire Exchange* is **your** newsletter. It should reflect **your** experiences in both words and images.

Perhaps you've taken your camera along on an outdoor activity in the Northeast and thought you'd like to see one or two of your photos in the Chapter newsletter so you can share your experience with other members. Or maybe you enjoy creative writing and you'd like to write a story or a poem about a hiking, paddling, or other adventure with the Chapter.

So don't ask what your Chapter newsletter can do for you. Ask what you can do for your Chapter newsletter.

WRITTEN ARTICLES

Microsoft Word documents are preferred, but plain text (email message or .TXT file) can also be accepted. If you don't have access to a computer or the Internet, or know someone who does, you may send written material via US Mail—but please type or print.

PHOTOGRAPHS

Digital files are preferred. Please send high-resolution photos. If you're emailing, JPEG format is preferred. Do not send an email larger than 2 megabytes. If you're sending digital images in the US Mail, please put JPEG, TIFF, or EPS files on a CD-ROM.

Film prints are also acceptable. They should be on glossy paper and no larger than 8"×10". Please do **not** send digital prints.

DEADLINES

- Last Monday in April for the Summer issue.
- Last Monday in July for the Fall issue.
- Last Monday in October for the Winter issue.
- Last Monday in January for the Spring issue.

HOW TO SEND THEM IN

Email all submissions to newsletter@amcberkshire.org. Or, mail items to the *Berkshire Exchange*, 29 Atwater Street, Westfield, MA 01085-1541.

Please keep in mind that available space, the number of submissions, and the needs of the Chapter may affect when your items will appear. Every effort will be made to use submissions immediately. But if you send something in before the deadline and don't see it in the next published issue, please be patient.

And finally, **thank you so very much!**

Berkshire Chapter Executive Committee

– 2006 –

CHAPTER OFFICERS

Chair: Rob Robertson
(chapterchair@amcberkshire.org; 413-549-4963)

Vice Chair: *vacant*

Treasurer: Kelly Druzisky (treasurer@amcberkshire.org)

Secretary: Pat Stevenson (secretary@amcberkshire.org)

COMMITTEE CHAIRS

Appalachian Trail Committee:
Cosmo Catalano (at@amcberkshire.org; 413-458-5349)

Berkshire County Representative: *vacant*

Canoe and Kayak Committee: Charlie Camp
(paddling@amcberkshire.org)

Chapter Youth Programs: Alicia Wendolowski
(youth@amcberkshire.org; 413-626-3902)

Conservation Committee: Elizabeth Gordon
(conservation@amcberkshire.org; 413-658-8088)

Membership Committee:
Deborah Levine (membership@amcberkshire.org; 413-584-6065)
Chris Mangan (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*
Public Relations Committee: Bess Dillman
(publicity@amcberkshire.org; 413-667-5178)

Trails Committee: Pat Fletcher
(trails@amcberkshire.org; 413-562-9863)

Training and Education Committee:
Donna Walters (learning@amcberkshire.org; 413-498-5696)

Website Committee:
Ian Beatty (ian@amcberkshire.org)

Young Members Committee:
Steve Beauregard and Kelly Druzisky
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BERKSHIRE EXCHANGE

– March 2006 –

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by Jon Hanauer

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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)

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.

All Are Welcome to the Berkshire Chapter's

ANNUAL POTLUCK DINNER

to Help Us Welcome New Members, Saturday, March 25

Help us welcome new members on March 25th at the Edwards Church in Northampton, MA, 5–9 p.m. Please join us for an exciting program, a delicious potluck dinner, a chance to mingle with new and old friends, and an opportunity to learn what the Chapter has to offer and how you can get more involved.

You will be able to view displays about the Berkshire Chapter's many events and speak to the Chapter Committee Chairs about the many ways that you can participate. Have you been wondering how to get started in kayaking, rock climbing, or backpacking? Are you thinking about ways to contribute to conservation efforts? Do you ask yourself which hikes are the best ones for your abilities? Do you want to hear more about the Chapter weekend trips? This is the place to come and have all of your questions answered.

The evening will begin at 5 p.m. with appetizers and networking. Dinner is at 6:00 and will be followed by Committee presentations and an exciting speaker (see sidebar). Please bring a dish to share for 4 people. Last name A–C: appetizer; D–M: casserole; N–S: dessert; T–Z: salad.

The Edwards Church is located on the corner of State St. and Main St. in downtown Northampton. Use the rear entrance of the church to reach Addis Hall, where the event will take place. Please do not park in the parking lot of St. Mary's Church across the street.

Be sure to mark your calendar and join us. Feel free to bring a friend who enjoys the outdoors and would like to learn more about the AMC. For questions, call Membership Chairs Deborah Levine (413-584-6065) or Chris Mangano (413-789-3128), or email membership@amcberkshire.org.

Phil Buck: Biography

Phil Buck has successfully led several expeditions throughout his twenty-year career as an explorer. In 2000 he led an international crew of eight on a 2,500-mile voyage aboard an ancient-style reed ship from Chile to Easter Island. This ship was named Viracocha I and became the first primitive raft to reach Easter Island in modern times. The Viracocha II was built in 2002 and made its voyage from Viña del Mar, Chile to Easter Island in 2003.

His past expeditions include crossing the entire North American continent by canoe following the route of Lewis and Clark, climbing Andean peaks in search of lost Inca ruins, and becoming the first person to climb the highest mountain in all 23 nations of the Americas. As part of his 23 peaks challenge, he overcame a myriad of difficulties, including avalanches, quicksand, poisonous snakes, snipers, land mines, hostile natives, and civil war.

Phil is a noted cinematographer, photographer, writer, lecturer, web-caster and mountain guide. He has worked for NBC, ABC, and South American television stations as a cameraman and was the director of photography for two documentaries about the first Viracocha reed boat voyage. His still photographs have appeared in many high-profile magazines worldwide and he completed a book about the first reed ship voyage for Simon and Schuster. He is a motivational speaker and has created three educational websites following his expeditions.



A farm on Pochassic Road. This beautiful section of Westfield can also be viewed from the AMC's Noble View Camp, which overlooks the region from the hills high above it. *photo by Jon Hanauer*



amcberkshire.org

**Don't forget
to check in
at home!**

Welcome to Noble View Camp – Welcome Home by Rob Robertson

Noble View Camp is an AMC-owned property that has long enjoyed a close relationship with the Berkshire Chapter. At the time the AMC purchased the 360-acre Noble View property in 1931, the two-year-old Berkshire Chapter had eighty-five members. Of the \$4,080 purchase price, \$1,080 was contributed by Berkshire Chapter members and friends.

The AMC's mortgage for Noble View's purchase was discharged on March 15, 1946, and on the weekend of June 15–16, 1946, a mortgage-burning ceremony took place at Noble View. A photograph of the ceremony still hangs on the wall of the Farmhouse. The Laurel Day celebration, held on the third Saturday in June, memorializes the burning of the mortgage.

Chapter members and members of the general public have long enjoyed the use of the Noble View property. Perhaps the most popular event in recent years has been the Independence Day Chicken Barbecue Dinner, when Chapter members and guests feast and then view fireworks set off in Westfield's Stanley Park, to the east of Noble View.

Other events include a George Washington Valley Forge Celebration, held on Presidents' Day weekend; a trail work day held on the second Saturday in April; Spring Opening Day on the third Saturday in May, when the cottages are opened for the season; a fall work day on the second Saturday in September; fall closing day on the third Saturday in October, when the cottages are closed for the season; and Woodcutting Day in November.

The Berkshire Chapter supports trainings held at Noble View Camp, including SOLO Wilderness First Aid (April 22–23, 2006) and Advanced Wilderness First Aid (May 20–21, 2006); the Berkshire Chapter is sponsoring Leadership Training at Noble View on May 5–7, 2006.

Renovations at Noble View have been ongoing since 2002. Major physical plant improvements have taken place under the leadership of Gary Forish, who currently serves as Noble View Committee Chair. A

two-lane roadway (which lies beautifully on the land) has been installed to comply with Town of Russell requirements; electric power and telephone service have been brought to the site; the Double Cottage renovation is nearing completion, with electric power, kitchen facilities, and a sprinkler system; and a new well has been drilled. Plans exist for construction of a bath house and for the renovation of the North Cottage, the Farmhouse, and the Barn.

The Berkshire Chapter began the renovations with a \$30,000 loan in 2003, and in 2005 the Boston Chapter supported the cost of renovations at Noble View with a \$75,000 grant that was matched with a \$60,000 grant by the AMC Facilities Committee. Discussions are ongoing with other potential sources of support at both the Chapter and Club levels.

Despite the wonderful improvements that have already been implemented and the future improvements that are planned, the rustic, family-centered character of Noble View Camp remains intact. On-site attractions include hiking, swimming, cross-country skiing, and snowshoeing, with other hiking, bicycling, canoeing, kayaking, and swimming opportunities within easy reach.

With the focus on the renovation of the Double Cottage and all of the other work that has taken place, the trails at Noble View have fallen somewhat into disrepair. On the third Saturday of every month, we're planning to work on the trails for two to three hours, and then we'll have lunch and enjoy socializing with our co-workers. No experience is necessary to work as an effective member of a trail work crew. All you need are sturdy boots and work gloves, clothing appropriate to the weather, and a desire to get dirty and sweaty while contributing to the common good.

We welcome all new and long-time Chapter members, friends, and members of the public to come home to Noble View. And, of course, we especially welcome new members!

Trail Maintenance and Socializing at Noble View Camp – Third Saturdays, 9:00 a.m.

New and prospective members are especially welcome. Plan on 2–3 hours of working together on the trails at the 360-acre property. This is a great opportunity to meet other Chapter members, and to get dirty and sweaty contributing to the common good. Absolutely no experience is necessary to work effectively with this group.

When we're done working, we'll tour the farmhouse and cottages on the beautiful Noble View property, and enjoy long-range views looking east over Westfield. We'll enjoy lunch and some social time where we'll be able to get to know our co-workers better.

Hot soup will be served for lunch in the toasty warm farmhouse. To allow us to plan the quantity for soup, please RSVP by the Thursday prior. We're asking folks to contribute \$2 for soup/bowl/spoon. Please feel free to bring a small contribution of bread, olives, cheese, fruit or whatever else you feel would be enjoyable.

Bring two liters of water, sturdy boots, and gloves. Meet 9 a.m. at Noble View (please see amcberkshire.org for directions). L Rob Robertson (413-549-4963; cerobertson@comcast.net).

Requesting Leaders' Input on LEADERSHIP REQUIREMENTS AND GUIDELINES by 3/31/2006

Every two years the Outdoor Leadership Development Committee is required to review the *Leadership Requirements and Guidelines* (LRG). As a part of this review process, the Committee is asking that comments be submitted via email to lrgcomments@outdoors.org.

You can find the current *Leadership Requirements and Guidelines* at <http://amcberkshire.org/get-involved/lead/forms>.

Comments should cite the specific section(s) of the LRG that they are addressing. All comments should be submitted by 3/31/2006.

Notices From Our Outings Committee

List of Outings Leaders: The Outings Committee maintains a list of volunteer leaders for the use of monthly coordinators. Leaders who have any changes to their contact information (mailing address, phone number, email address, etc.) should notify Bob or Dave at outings@amcberkshire.org, or Dave via phone at 413-568-4650 (before 9 p.m.).

2005 Outings Report: Based on returned sign-up and release forms, the Tuesday outings had 37 activities for a total of 617 participants averaging 17 participants per event. The weekend outings had 88 events with 721 participants averaging 7 participants per event. It was a great year! Thanks to all trip leaders and monthly coordinators for participating.

The "Hike from Hell" Series – Third Sundays, 10:00 a.m.

Designed to afford prospective, new and experienced leaders an opportunity to take a nice walk in the woods, participate in role playing and incident/accident scene management scenarios, make new friends, and have a boatload (trail-load?) of fun! We'll practice techniques offered in Wilderness First Aid and in Chapter Leadership Training in order to learn how to better manage difficult situations and handle emergencies calmly and effectively. We'll have a chance to receive reinforcement and support, and to exchange ideas and suggestions on how to improve our skills.

New and experienced leaders are welcome, as are those who are interested in becoming Chapter leaders. Check amcberkshire.org or contact Donna Walters (413-498-5696; dwalters2800@verizon.net) or Rob Robertson (413-549-4963; cerobertson@comcast.net) for meeting places.

Noble View Camp: The Great Accomplishments of Volunteers

As spring approaches, volunteers are having an active winter completing the renovations to the Double Cottage. The building will be open this summer for lodging. An open house and tour of the building will take place on Laurel Day, June 17.

Before winter began, a contractor was busy upgrading the single lane driveway into the facility to two lanes. It has been completed with a stone surface that will not be affected during mud season. An electrical and phone cable conduit was installed along the driveway shoulder as well. The shoulder is wide enough to cross-country ski and snowshoe. Hank Lane of John S. Lane & Sons supplied the road base stone at a substantial discount.

This past fall, an underground water tank with a fire hydrant was blasted into rock to meet Town of Russell and State of Massachusetts fire codes. The tank also supplies water to a fire sprinkler system at the Double Cottage. The sprinkler system piping was installed by community volunteers Jack Viola and David Smith of HFP Sprinkler Corporation. Dave Shenna of DAS Alarms is installing the fire alarm and notification system as a community volunteer.

Electrical work has been accomplished by AMC volunteers Elvery Veal and Ed Iserman. Steve Prew, a master electrician and contractor, volunteered considerable time as well. Bob Sanborn, president of Hamp-

den Zimmerman Electrical Supplies, supplied materials at greatly reduced costs.

Sheetrock is presently being installed by the community volunteer efforts of the Carpenters Union Local 108 apprentices and overseen by Rick Gumaer.

During the fall annual wood-cutting day, eight volunteers cut, split, and stacked an amazing 15 cords of wood in eight hours. Volunteers are important for the support of Noble View. Many projects and one-time events require volunteers. This spring, volunteers are needed in the areas of interior painting, cleaning the Double Cottage for opening, and trail work. For more information on how you can help, please review the Noble View Calendar below and Volunteer Opportunities on page 6.

I want to thank all of the volunteers who gave their time unselfishly to complete the modifications of the Double Cottage. Volunteers contributed over 2,800 hours in 2005. The Summer *Berkshire Exchange* will have information on a dedication ceremony for the Double Cottage where the many volunteers will be honored.

Respectfully,
Gary Forish
Noble View Chair

NOBLE VIEW CALENDAR • April, May, June

◆ **SOLO – Wilderness First Aid. April 22–23.** 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 (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 makes 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.

Noble View Trails Weekend. April 22–23. Open to all who want to give a little back to the hiking and ski trails at the AMC's Noble View Camp. No experience necessary. Come learn the basics of trail maintenance, share your own trail knowledge and experience, or simply lend a hand. Work may include rock and log water bar construction, large rock step construction, grade dips, and general tread hardening. Work with AMC staff and other volunteers on a variety of trail restoration projects. Come for one day or two. Bring lunch, sturdy boots, work clothes, and work gloves. Meeting time on Saturday is 9:30 a.m.; late arrivals will not be able to participate. Free camping and/or bunk for all who participate. Water and snacks will be provided. Pre-registration required; call 413-572-4501 or email nvreservations@amcberkshire.org.

◆ **Leadership Training Weekend. May 6–7.** Multi-chapter annual training with professional staff. New leaders, group leaders, and family unit leaders are encouraged to participate. There will be an emphasis on group-led activities, leaders' responsibilities, trip planning/management, special needs requirements, weather emergencies, principles of emergency first aid in the backcountry, and leader awareness and decision making. Price: \$65 for two-day workshop (the entire fee will be subsidized for Berkshire Chapter members). Includes meals (Sat. lunch and dinner, Sun. breakfast and lunch) and Sat. night lodging. Fri. night stay optional. For further information or to register, contact Training and Education Chair Donna Walters at 413-498-5696 or learning@amcberkshire.org.

Spring Opening Day Tradition. May 13–14. Many workers are needed to help open the cottages and prepare the camp for summer use. The newly renovated Double Cottage will require extensive cleaning. Other work includes cleaning other buildings, field/lawn cleanup of winter debris, and weeding flower beds. Rain or shine. Bring work gloves; other tools will be provided. Lunch and water will be provided. Meet 9:00 a.m. at the Farmhouse, gate open at 8:00 a.m. For further information, call 413-572-4501.

◆ **SOLO – Wilderness First Aid II (Advanced). May 20–21.** 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.

Laurel Day Celebration. June 17. Join Chapter members to continue the tradition of this annual event, first held when the founding Chapter members gathered to burn the mortgage. The rebuilt Double Cottage will be open. It should be a spectacular day. Renew old friendships and discover new friends. Gate opens at 9:00 a.m. Families welcome. Hike, relax, and enjoy the views. Festivities kick off at 1:00 p.m. with a hike to view the laurel in full bloom. Social hour with cold drinks provided at 4:00 p.m., chicken dinner at 5:30 p.m. Cost \$10. Please bring a dessert, or an appetizer for happy hour. For further information, call 413-572-4501.

Berkshire Chapter **VOLUNTEER OPPORTUNITIES**

We are still seeking a Chapter Vice Chair. For details, please see the continuation of "From the Chair: Welcome to the Club" on page 7.

Appalachian Trail Committee:

Secretary and Central Region Monitor Coordinator

Secretary: This person will take notes during AT Committee meetings and publish the minutes. Will also help prepare the agenda for upcoming meetings and assist the Chair and Volunteer Coordinator with large (50 to 70 pieces) mailings two or three times a year. May also post AT Committee events and info on the Chapter website.

Central Region Corridor Monitor Coordinator: This person will communicate with volunteer Trail Corridor Monitors to coordinate and support their efforts in the field. He or she reports to the AT Committee Lead Corridor Monitor with a summary of activities and any incidents that need attention. Volunteer Trail Corridor Monitors inspect the boundaries of National Park Service and Mass. DCR lands that provide a buffer for the Appalachian Trail. Coordinator may assist the volunteers in finding and marking boundaries, and meeting any neighbors with abutting lands. Observed incidents of misuse (logging, dumping, ATV riding, etc.) are reported to the Lead Corridor Monitor for action.

The AT Committee meets the first Monday of January, March, May, September, and November at 7 p.m. at the Mount Greylock Visitors Center in Lanesborough, Mass. Or, contact AT Committee Chair Cosmo Catalano (at@amcberkshire.org or 413-458-5349).

Noble View Committee:

Caretakers for the Double Cottage

Caretakers are needed for weekend stays at the rebuilt Double Cottage. No-cost lodging is offered in return for your services. For a specific job description and further info, please contact Noble View Camp at 413-572-4501 or email nvreservations@amcberkshire.org.

Outings Committee:

Monthly Coordinators and Hike Leaders

We are looking for monthly coordinators to work with the Outings Committee to plan 2006 outings and find leaders for those outings. Monthly coordinators are needed for July, September, November, and December.

We are also interested in finding activity leaders for day hikes, family hikes, educational hikes, activities with other clubs, car camping or base camping with day hikes, backpacking, cross-country skiing—any outdoor activities.

Please contact Bob at 413-534-8955 (before 8 p.m.), or Dave at 413-568-4650 (home, before 9 p.m.) or 617-480-8225 (work). Or, send an email to outings@amcberkshire.org.

– ADVANCE NOTICES –

CAPE COD

Fri. – Sun., May 5–7. Cape Cod Day Hiking and Biking Weekend.

Join the Berkshire Chapter for an outstanding Cape Cod weekend of hiking and biking. Highlights may include the Cape Cod National Seashore, tidal flats (world's largest) of Cape Cod Bay, Wing Island and surrounding salt marshes, Wellfleet Bay Wildlife Sanctuary, Cape Cod Rail Trail, Cape Cod Canal.

Tent camping at Shawme-Crowell State Forest, Sandwich, MA. Community meals or dining out. Co-leaders: Peter Bernard, Deborah Levine, Rob Robertson, Pat Stevenson. All are welcome, especially new members. Advance registration and deposit required. Contact leader Jon Hanauer (413-568-0990 or newsletter@amcberkshire.org).

CARDIGAN LODGE

Fri. – Mon., May 26–29. Cardigan Lodge Memorial Day Weekend is for everyone.

Join the Berkshire and Worcester Chapters at the newly renovated Cardigan Lodge for a fabulous weekend of walking, hiking, swimming, walking meditation, fiddle music, dancing, and other programs. Members, non-members, singles, families—all are welcome! New members are especially welcome.

Fee: \$168 per adult (\$115 per child age 15 and under) includes entertainment and programs; 3 nights lodging (bunkrooms with shared baths and showers); and meals (Fri. dinner, Sat. and Sun. social hour and dinner; Sat., Sun., Mon. breakfast and trail lunch). A limited number of tent sites are available for \$120 per adult (\$79 per child).

Early registration strongly recommended—our 2005 Labor Day trip sold out! Call 603-466-2727 or email lodging@outdoors.org to register. For questions, contact Donna Walters. Leaders Donna Walters (413-498-5696 or dwalters2800@verizon.net) and Rob Robertson (413-549-4963 or cerobertson@comcast.net).

ACADIA NATIONAL PARK

Sat. – Mon., May 27–29. Top Rope Climbing and Camping at Acadia National Park.

Call soon if interested in this Memorial Day Weekend trip. Leader Grant Kendrick (413-584-2119); Co-leader Jim Van Natta (413-498-2698).



The Cape Cod Canal Bikeway is open to both foot traffic and non-motorized vehicles. *photo by Jon Hanauer*



Hikers on Mount Cardigan during the Berkshire Chapter's 2005 Labor Day Weekend. *photo by Ingrid Shuttleworth*

such events are scheduled throughout the year.

- Our Members' Potluck is coming up on March 25, 2006, and all members are invited to attend what promises to be an outstanding evening of food and fellowship, and an excellent speaker's presentation.
- Many of our activities carry the "New members especially welcome" phrase, and our activity leaders really mean it.
- Trail Work and Social Days are scheduled on the third Saturday of every month. Absolutely no experience of any kind is required. All necessary training will be provided, and your efforts are absolutely guaranteed to yield results.
- Current and prospective leaders are welcomed on the "Hike from Hell" series, scheduled for the third Sunday of every month.
- We're planning workshops and activities specifically for new members throughout the year. Check amcberkshire.org, or *AMC Outdoors*.

We continue to encourage new and existing members to come out to play. Please take the first step, whatever it is. Contact a leader regarding a specific activity. Arrive at the published time and place for a "show and go" hike. Sign up for Wilderness First Aid training, or Leadership Training, or for a workshop. Participate in the Cape Cod weekend (May 5-7, 2006), or join us at Cardigan Lodge (May 26-30, 2006). Attend the Members' Potluck, or a New Member Intro and Social (or both). Participate in scheduled trail work. Email or telephone a member of the Executive Committee. Volunteer to serve as Chapter Vice Chair.

Still Seeking a Volunteer for Chapter Vice Chair Position

OK, I'll admit it. I'm getting desperate now. We really, really, really need someone to step forward as Chapter Vice Chair. I'd love to tell you that the position requires no time or effort, but that's not the case, and you know where I live so you'd make me pay for my lies.

Here's the problem: the Chapter Chair customarily serves for two years, and this is my second year. I expect to roll out as Chair at the end of the year. Usually, the person serving as Vice Chair becomes Chapter Chair. We need a Vice Chair now, so that a smooth transition in Chapter leadership can take place at the end of the year.

I volunteered to serve as Chair at the last minute, so I didn't have the benefit of working together with the former Chair. I can certainly testify that working together with a Chair for a period of time will lessen the shock of becoming Chair.

This Chair position requires a significant investment of time and energy, to be sure, but I've found the rewards to be tremendous. I'm working with an incredible group of people on our Executive Committee, and I've met a lot of really nice Chapter members and members of the general public. The kinds of activities the AMC's leaders offer attract great people

and, had it not been for this Chair position, I wouldn't have met so many new friends.

Essentially, the Vice Chair performs the same role as the Chair, with the expectation that they will become the Chair. The Vice Chair:

- Attends (and in the Chair's absence presides over) the monthly Executive Committee meetings
- Attends functions, meetings, and activities such as new member events, socials, and potlucks where Chapter leadership representation is needed
- Represents the Chapter's members and solicits their feedback and comments
- Works with Executive Committee Chairs and other Chapter members on specific projects
- Serves on the AMC-wide Chapters Committee and attends AMC-wide gatherings such as the Annual Meeting, Spring Gathering, Chapters Retreat, and Fall Gathering

The Vice Chair is also responsible for organizing our Chapter's Annual Meeting, customarily held on the first Saturday in November. Responsibilities include researching and recommending the venue, meal choices, and program; organizing outdoor activities for the day in collaboration with the Outings Committee; preparing notices for *AMC Outdoors* and the *Berkshire Exchange*; receiving reservations and checks; and coordinating all the other details of this event.

If you're interested in serving as Vice Chair, or would like more information, please call me at 413-549-4963 or email chapterchair@amcberks.org. I promise to respond enthusiastically.

Be a Friend – Bring a Friend

There's a pretty good chance that your friends share your interests. Why not invite a friend to join you on an AMC activity? If they enjoy their experience, why not give them a Membership in a Bottle? They'll enjoy receiving a water bottle embossed with the AMC logo; a \$10 gift certificate good for AMC books, lodging, and workshops; an AMC window decal; and a 12-month membership to the AMC. Or, you could direct them to the Membership in a Bottle order form, conveniently located on the back page of this newsletter.

In any case, please consider giving your friends the gift of joining them on their first few AMC adventures.

I'm looking forward to seeing you all out on activities, and on the upcoming Cape Cod and Cardigan Memorial Day weekends. As always, please call or write with any questions, concerns, or feedback.

Yours in service,
Rob Robertson
Berkshire Chapter Chair

Cosmo Catalano Receives Volunteer Recognition Award by Rob Robertson

William M. Hill, President of the Board of Directors, and Executive Director Andrew J. Falender presented Cosmo Catalano with the Volunteer Leadership Award at the AMC's Summit 2006 Annual Meeting on January 28, 2006 at the Westin Hotel in Waltham, MA.

The Volunteer Leadership Award recognizes dedicated volunteers who, in addition to contributing many hours, demonstrate outstanding passion and commitment and are instrumental to the AMC's activities, programs and mission. Cosmo was one of only five AMC members who received this prestigious award for 2005.

Cosmo participated in a trail work project listed in *AMC Outdoors* in 1998 and reports that he had a positive experience. He subsequently did more trail work, and then became a member of the Berkshire Chapter's Appalachian Trail Committee, which is responsible for maintaining the AT in Massachusetts.

Cosmo has served as Chair of the AT Committee since 2002. In this capacity, he guides and coordinates the volunteer efforts that keep the AT maintained and the AT Corridor monitored. Cosmo also represents the AMC in significant contact with other entities and agencies. In cooperation with the National Park Service, the Massachusetts Department of Conservation and Recreation, and the Appalachian Trail Conservancy, the AT Committee is finalizing the review and revision of the Local Management Plan for the Appalachian Trail in Massachusetts.

It seems to me that Cosmo's personal style is ideally suited for this process of management by consensus, and it's wonderful to enjoy the benefits of his contributions to our Executive Committee. I'm really grateful for his years of service as Chair of the Appalachian Trail Committee.

Thousands of hikers have enjoyed the Appalachian Trail in Massachusetts because of the AT Committee's work. Check the Volunteer Opportunities on page 6 to see how you can contribute to the Appalachian Trail.



Gary Forish (left) and Cosmo Catalano at the AMC's Summit 2006. Gary received the Volunteer Leadership Award for 2004.

photo by Roger Scholl

New Member Weekends and Midweeks at Highland Center, Joe Dodge Lodge, and Cardigan Lodge

Join Berkshire Chapter leaders for a great time at some of our premier destinations. Enjoy a warm introduction to the AMC, great food, wonderful outdoor activities, and fellowship at a great price. For information on all the new member weekends and midweeks in 2006, check out outdoors.org.

2006 New Member Weekends and Midweeks

<u>Date</u>	<u>Location</u>	<u>Details, if any</u>
May 19-21	Highland Center	
June 21-23	Joe Dodge Lodge	50+ New Member Midweek
July 19-21	Cardigan Lodge	New Member Family Midweek
August 18-20	Cardigan Lodge	New Member Family Weekend
October 20-22	Joe Dodge Lodge	
November 10-12	Highland Center	
November 17-19	Joe Dodge Lodge	
December 8-10	Joe Dodge Lodge	

Save the Date for the AMC's Spring Gathering in Lake George, NY

Mark your calendars for April 28-30, 2006, and come enjoy the hospitality of the AMC's Mohawk-Hudson Chapter! Camp Chingachgook is a beautiful waterfront camp with several trails that take hikers to expansive views of the region. In addition to the usual committee meetings, look for some great activities led by members from the Mohawk-Hudson, Berkshire, and New York-North Jersey chapters. For information, please visit www.wsg.net/amc or email rynaskojc@aol.com. Hope to see you there!



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
 Spring 2006



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 Appalachian Mountain Club
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