

# BERKSHIRE EXCHANGE



Fall 2006

## FROM *the* CHAIR

### Berkshire AMC Wants You!

The Berkshire Chapter is in dire need of a Vice Chair.

The Vice Chair is a critical component of the volunteer structure of the Chapter. He or she supports and assists the Chapter Chair and performs a variety of duties, including organizing the Annual Meeting and filling in for the Chapter Chair as necessary.

But that's only part of why the position is so vital.

Traditionally, the Vice Chair serves as the Chair-in-waiting, ready to take over Chapter leadership when the current Chair steps down. Not only does this practice ensure a smooth leadership transition, it makes certain that the new Chair is familiar with both the business of the Chapter and the duties of the job. Take it from me—it's not easy to step into the Chair position (as I did) without that kind of preparation. The learning curve is much less steep if you've had some practice first. Just as important: having a Vice Chair in place guarantees that there won't be a leadership vacuum when the current Chair rotates out—as I plan to do in December.

So I'm calling on you once more to volunteer for the Vice Chair position, with the goal of becoming Chair in 2007. It's not always easy, and it will sometimes demand more of your time than you feel is ideal. But it is an intensely involving, amazingly rewarding job. In my almost two years as Chair, I've helped to realize important goals that benefit the Chapter and its members. I've had the privilege of working with a fantastic Executive Committee. I've strengthened my leadership skills, and together we've accomplished things we're proud of. I've had more adventures and made

more friends than I ever imagined possible. You can do the same!

Please consider stepping forward now. To give you a better idea of the duties in-

*continued on page 6*

## It's Celebration Time for Noble View

With the long-awaited opening of the Double Cottage, a rededication of the building is planned for October 21. Be sure to join us for a day of fun! There is much to celebrate and we welcome you to join us in meeting and thanking the many volunteers on this joyful occasion. Details about this occasion are on page 4.

The Double Cottage is expected to open in early October. Groups of families and friends, as well as individuals, have already booked many fall weekends. Also, several special holiday packages are being offered at the Double Cottage during the Thanksgiving, Christmas, and New Year's weekends, and they are sure to be booked early. These weekends are a great time of year to experience the ambience of Noble View with your family and friends while exploring the trails. Holiday package rates are on page 4.

The October 21 event also marks another major accomplishment for the Berkshire Chapter, particularly for our trail maintenance volunteers. For many years, with few volunteers available, trail work had almost been abandoned. But thanks to the Berkshire Chapter and many other groups who spearheaded trail maintenance on the third Saturday of every month, the trails are once again ready to host our visitors.

Trail maintenance, a rewarding task that many of our members enjoy participating in, has evolved into the Third Saturday Trail Maintenance at Noble View. On those Saturdays in September and October, volunteers will be working on the trails that so many of us have come to enjoy.

There will also be a trail maintenance weekend on October 28–29, with a special rate available

*continued on page 4*

### Appalachian Trail Day (October 7)

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### Noble View Double Cottage Rededication & Celebration (October 21)

*page 4*

### Noble View Trail Work Weekend (October 28–29)

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### Big Berkshire Bash (November 4)

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I  
**WANT  
YOU**  
to send in  
**YOUR STORIES**  
and  
**YOUR IMAGES**  
to the

**BERKSHIRE EXCHANGE!**

#### 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, you may send written material via US Mail—but please type or print.

#### PHOTOGRAPHS AND DRAWINGS

Digital files are preferred. Please send high-resolution images. If you're emailing, JPEG format is best. 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, and drawings on paper, are also acceptable. They should be no larger than 8"×10". Please do **not** send digital prints.

#### DEADLINES

- November 1 for the Winter issue.
- February 1 for the Spring issue.
- May 1 for the Summer issue.
- August 1 for the Fall issue.

#### HOW TO SEND THEM IN

Email all submissions to [newsletter@amcberkshire.org](mailto: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.

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### • *In Passing* •

**FORREST HOUSE**, a life member of the Berkshire Chapter since 1975, died June 2006.

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Don't forget to check in at home!  
**amcberkshire.org**

LAST-MINUTE ACTIVITY LISTINGS  
LATE-BREAKING NEWS  
IMPORTANT CHAPTER INFORMATION

## Berkshire Chapter Executive Committee

– 2006 –

### CHAPTER OFFICERS

**Chair:** Rob Robertson

([chapterchair@amcberkshire.org](mailto:chapterchair@amcberkshire.org); 413-549-4963)

**Vice Chair:** *vacant*

**Treasurer:** Kelly Druzisky ([treasurer@amcberkshire.org](mailto:treasurer@amcberkshire.org))

**Secretary:** Pat Stevenson ([secretary@amcberkshire.org](mailto:secretary@amcberkshire.org))

### COMMITTEE CHAIRS

**Appalachian Trail Committee:**

Cosmo Catalano ([at@amcberkshire.org](mailto:at@amcberkshire.org); 413-458-5349)

**Berkshire County Representative:** *vacant*

**Canoe and Kayak Committee:**

Charlie Camp and Connie Peterson

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

**Chapter Youth Programs:** Alicia Wendolowski

([youth@amcberkshire.org](mailto:youth@amcberkshire.org); 413-626-3902)

**Conservation Committee:** *vacant*

**Membership Committee:**

Deborah Levine ([membership@amcberkshire.org](mailto:membership@amcberkshire.org); 413-584-6065)

**Mountaineering Committee:**

Jim VanNatta and Alice Hodgdon

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

**Noble View Committee:** Gary Forish

([nobleview@amcberkshire.org](mailto:nobleview@amcberkshire.org); 413-562-6792)

**Nominating Committee:** Gary Forish

([nominating@amcberkshire.org](mailto:nominating@amcberkshire.org); 413-562-6792)

**Outings Committee:**

Dave Koerber ([outings@amcberkshire.org](mailto:outings@amcberkshire.org); 413-568-4650)

Bob Napolitano ([outings@amcberkshire.org](mailto:outings@amcberkshire.org); 413-534-8955)

**Programs Committee:** *vacant*

**Public Relations Committee:** Bess Dillman

([publicity@amcberkshire.org](mailto:publicity@amcberkshire.org); 413-667-5178)

**Trails Committee:** Patrick Fletcher

([trails@amcberkshire.org](mailto:trails@amcberkshire.org); 413-562-9863)

**Training and Education Committee:**

Donna Walters

([learning@amcberkshire.org](mailto:learning@amcberkshire.org); 413-498-5696)

**Website Committee:**

Ian Beatty ([ian@amcberkshire.org](mailto:ian@amcberkshire.org))

**Young Members Committee:**

Steve Beaugard and Kelly Druzisky

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

### BERKSHIRE EXCHANGE

– September 2006 –

**Editor/Publisher:**

Jon Hanauer ([newsletter@amcberkshire.org](mailto:newsletter@amcberkshire.org); 413-568-0990)

**Assistant Editors:**

Maureen Flanagan ([assistanteditor@amcberkshire.org](mailto:assistanteditor@amcberkshire.org))

Gail Blackhall ([proofreader@amcberkshire.org](mailto:proofreader@amcberkshire.org))

**Title photo:** *Mt. Holyoke Range and the*

*Connecticut River*, by Jon Hanauer

**Address Changes:**

AMC, 5 Joy St., Boston, MA 02108; [information@outdoors.org](mailto:information@outdoors.org)

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### Other Helpful Contacts

**Membership in a Bottle:** Chris Ryan

([bottles@amcberkshire.org](mailto:bottles@amcberkshire.org); 413-549-4124)

**Regional Director:** Norm Sims

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

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### 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: families, singles, members, non-members, old friends, new friends!

# **Big Berkshire Bash**

Saturday, November 4, 2006, 5 p.m. to 11 p.m.

Outdoor activities during the day; please see [amcberkshire.org](http://amcberkshire.org) or *AMC Outdoors* for details.

**5:00 p.m. to 6:00 p.m.** – Social hour

**6:00 p.m. to 7:00 p.m.** – Dinner

**7:00 p.m. to 7:30 p.m.** – Dessert, business meeting

**7:30 p.m. to 8:30 p.m.** – Fred Stott speaks on the Iditarod Sled Dog Race

**8:30 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

**American Legion, Post 271**, 162 Russell Street, Hadley, MA.

**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.

## **For directions and more information:**

please see [amcberkshire.org](http://amcberkshire.org) or call Deb Levine (413-584-6065) or Pat Stevenson (413-625-2709).

**Please use the reservation form on page 8.**

## **Berkshire Chapter Executive Committee – 2007 Nominees –**

**Chapter Chair:** *vacant*; **Vice Chair:** *vacant*; **Treasurer:** Kelly Druzisky; **Secretary:** Pat Stevenson; **Appalachian Trail:** Cosmo Catalano;

**Berkshire Exchange:** Jon Hanauer; **Canoe & Kayak:** Charlie Camp, Connie Peterson; **Chapter Youth Programs:** *vacant*;

**Conservation:** *vacant*; **Family Programs:** Alicia Wendolowski; **Membership:** Deborah Levine;

**Mountaineering:** Alice Hodgdon, Jim VanNatta; **Noble View:** Gary Forish; **Nominating:** *vacant*; **Outings:** Dave Koerber, Bob Napolitano;

**Programs & Special Events:** *vacant*; **Trails:** Patrick Fletcher; **Training & Education:** Donna Walters;

**Webmaster:** Ian Beatty; **Young Members:** *vacant*

## **Wanted: Website Editor-in-Chief**

The AMC Berkshire Chapter seeks an Editor-in-Chief for its website. The Editor-in-Chief will oversee the creation, organization, and updating of the site's content. This includes posting and editing web pages, news stories, and a few event listings. It also includes managing and supporting the topical editors for Young Members, Outings, Mountaineering, Appalachian Trail, etc. (Most trip listings are entered by committee-specific people, not by the Editor-in-Chief.) The Chapter Webmaster, Ian Beatty, will teach, support, and assist the Editor-in-Chief as necessary and will continue to handle technical aspects of the website.

No specific technical skills are required, although general comfort with web browsers is helpful. Attention to detail is the most important qualification, and the ability to write clean, friendly, terse, grammatically correct English is important. Someone interested in showing initiative and taking the website in new directions, improving its organization, or expanding its content would be very welcome! No graphic design skills are required, but if you have inclinations in that direction, we can use them.

This is a volunteer position (aren't they all?); the only compensation is that warm glow of achievement you'll feel.

If interested, contact the AMC-Berkshire Webmaster, Ian Beatty, at [ian@amcberkshire.org](mailto:ian@amcberkshire.org) or 413-320-1500. Thanks!

## **Changes to the Berkshire Chapter By-Laws**

The Chapter Executive Committee is presenting proposed amendments to the by-laws for the members' approval at the Annual Meeting. To review these changes, please see the link at [amcberkshire.org](http://amcberkshire.org) or send a self-addressed stamped envelope to Rob Robertson, 27 Cosby Ave., Amherst, MA 01002.

## **Appalachian Trail Conservancy Newsletter Available Online**

The Register, the online newsletter of the Appalachian Trail Conservancy, is produced quarterly by the ATC for the volunteer stewards of the Trail and its corridor, their federal and state agency partners, and others interested in the stewardship of the Trail. To be notified when a new issue is posted, please send an email to [TheRegister@appalachiantrail.org](mailto:TheRegister@appalachiantrail.org) with SUBSCRIBE in the subject line and your first and last name in the body of the email. The current issue can be seen by clicking on The Register link on the ATC's home page at [www.appalachiantrail.org](http://www.appalachiantrail.org).

## **Winter Mountaineering School in the Adirondacks**

The Winter Mountaineering School is a nonprofit group that has been sponsored by the Adirondack Mountain Club (ADK) for more than 50 years. Held in the Adirondack Mountains, the program promotes enjoyable and successful winter mountaineering and camping through a learn-by-doing approach.

Past participants have included three-season hikers and backpackers seeking to expand their skills to include winter hiking, backpacking, and mountaineering. The program also attracts more experienced skiers, trip leaders, and winter mountaineers who wish to refine their skills or are looking for some adventure.

The School offers day hiking, backpacking, and combination options. Detailed information is available at [www.winterschool.org](http://www.winterschool.org), or by calling 518-523-3441.

# Noble View Calendar – Fall 2006

## Noble View Trail Work Weekend

**Sat.–Sun., Oct. 28–29.** Enjoy a fabulous fall weekend in the woods of Russell, MA. Great opportunities to build new skills while meeting other AMC members. We'll be clearing cross-country ski trails and doing other basic (and perhaps advanced) trail work. No experience is necessary to work effectively with this group. New members are especially welcome! The \$25 fee includes lodging in the newly renovated Double Cottage and meals (Sat. breakfast through Sun. lunch). Contact leader Rob Robertson at 413-549-4963 or [cerobertson@comcast.net](mailto:cerobertson@comcast.net).

## SOLO – Wilderness First Aid

**Sat.–Sun., Nov. 18–19.** 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 is designed to prepare you for the medical situation that arises when there is no ambulance, no roof or walls to provide shelter from the elements, supplies are few, the wait time for help is unknown, and efforts to move 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. Lodging is available for \$10. 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](mailto:nvreservations@amcberkshire.org).

## Woodcutting Weekend

**Sat.–Sun., Nov. 18–19.** Many hardy folks are needed to lay 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 woodshed. Pickup trucks are also needed for moving the wood. There are no fees charged for the work party. Coffee, hot chocolate, water, and a beef stew lunch (vegetarian option available) will be provided. Please RSVP for lunch to Gary Forish at 413-519-3251.

## SOLO – Wilderness First Aid II (Advanced)

**Sat.–Sun., Dec. 2–3.** 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. Lodging is available for \$10. 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](mailto:nvreservations@amcberkshire.org).

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## Noble View Double Cottage Rededication and Celebration

– October 21, 2006 –

As in 1931 shortly after the purchase of the property at Noble View, the call again goes out to “come and view your estate,” thank the volunteers, and join in the fun. Refreshments and a cookout will follow the ceremony at no cost. Please bring a dish to share. RSVP for the cookout to Barbara Veal at 413-665-3010 or [v.barb@comcast.net](mailto:v.barb@comcast.net).

**8:30 a.m.** Hike to Pitcher Brook. (Please register with leader Elvery Veal at 413-665-3010.)

**9:00 – 11:00 a.m.** Open House.

**11:00 a.m.** Rededication Ceremony.

- Meet the volunteers and thank them for their work.
- Meet Berkshire Chapter Chair Rob Robertson and Noble View Chair Gary Forish.
- Meet AMC staff: Andy Falendar, Paul Cunha, and Roger Scholl.

**12:00 p.m.** Cookout.

**11:30 a.m. – 3:00 p.m.** Open House.

## Double Cottage Holiday Rates for Thanksgiving, Christmas, and New Years

Includes turkey or ham, with all the ingredients for a feast with fixings that you prepare.

- **2-bed Rooms** – 3 night stay: \$125.00
- **3-bed Rooms** – 3 night stay: \$175.00
- **North or South Wing (9 beds)** – 3 night stay: \$490.00
- **Complete Building (18 beds)** – 3 night stay: \$900.00

Contact Noble View reservations at 413-572-4501 or [nvreservations@amcberkshire.org](mailto:nvreservations@amcberkshire.org).

## Noble View Celebration, *continued from page 1*

to our trail volunteers that includes food and lodging in the Double Cottage. During that weekend, Noble View will be re-marking and preparing the cross-country ski trails for winter. Please see our calendar (above) for information.

Join in the fun and help share the load during these weekends. Meet new friends and renew old friendships.

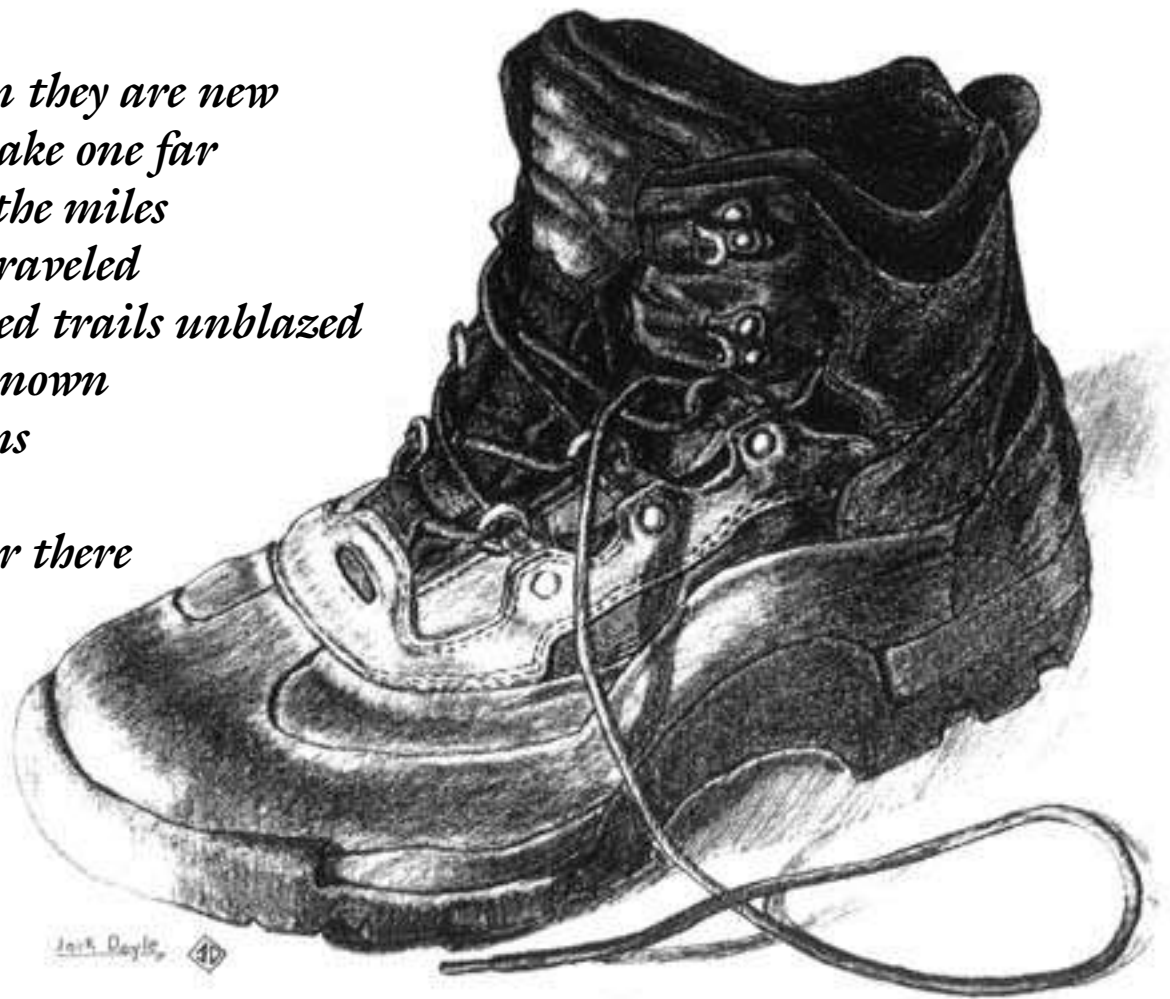
And yet another volunteer opportunity not to be forgotten is Woodcutting Weekend, November 18–19. This is a popular event when folks join in the annual wood splitting and stacking for the long winter ahead. Hot chocolate, coffee, and a beef stew lunch (vegetarian option available) will be provided along with warm friendship. At the turn of the twentieth century, wood was said to “heat twice,” once from the exercise of cutting and splitting and then again when it burns. Come discover the full meaning of that phrase. This is Noble View’s most popular volunteer day—whether it be for the work, the food, the camaraderie, or all three is up to you!

As another year comes to a close, be sure that a visit to Noble View and a work day are marked on your calendar. And on October 21, celebrate with us this special place in the Berkshires and be thankful for the volunteers who have accomplished so much this past year.

Respectfully,  
Gary Forish  
Noble View Chair

*Sturdy shoes  
May hurt when they are new  
But they may take one far  
As they record the miles  
On trails less traveled  
And rediscovered trails unblazed  
And paths unknown  
Until one learns  
Not to speak  
Above a whisper there*

*poetry and drawing  
by Jack Doyle*



**Noble View Camp's Double Cottage and North Cottage.** *photo by Jon Hanauer*

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

volved, here are job descriptions for both positions.

Typically the Chapter Vice Chair is a two-year commitment that evolves into the two-year Chair commitment. (This year, however, because of the Vice Chair vacancy, the Vice Chair will become Chapter Chair at the end of the year.)

The Vice Chair:

- Works closely with the Chapter Chair
- Becomes Chapter Chair when the current Chair's term expires
- Organizes our Chapter's Annual Meeting, customarily held on the first Saturday in November

The Chapter Chair is a two-year commitment. The Chair:

- Works with the Executive Committee to develop Chapter-wide goals and establish benchmarks to achieve these goals
- Maintains regular and effective communication with members of the Executive Committee
- Establishes Executive Committee meeting schedules, solicits agenda items, prepares agendas, and conducts the meetings
- Prepares and submits an annual budget to the Executive Committee
- Represents the Chapter on the AMC-wide Chapters Committee and attends AMC Club-wide events (Annual Meeting, Spring Gathering, Chapters Retreat, and Fall Gathering)
- Represents the Chapter at functions, meetings, and activities such as new member events, socials, potlucks, and public hearings
- Nominates volunteers for Stewardship Society awards
- Represents the Chapter's members and solicits their feedback and comments
- Writes a "From the Chair" column for each issue of the *Berkshire Exchange*
- Collects committee reports from Executive Committee Chairs and assists the Secretary in developing the Chapter Annual Report for distribution at the Annual Meeting
- Responds to or redirects telephone and email inquiries from members and the public

Let me be blunt here. If you don't step forward, who will? It's your Chapter. Stop waiting for the other guy to do the job. It's time to put your shoulder to the wheel. Hard work, tremendous rewards—what's not to like?

### And while we're talking about volunteers...

We're in a somewhat difficult situation in the Berkshire Chapter because, in most cases, one or two people are doing the work of an entire committee. The work is getting done, and it's getting done well. But think what could be accomplished if more Chapter members were to become involved! More members on a committee not only means a lighter burden for each committee member, but guarantees a healthy variety of expertise and viewpoints. It also enables an organic process for leadership succession and a steady succession of committee Chairs within the Executive Committee. Without a doubt, a committee well-staffed with active and interested volunteers has more fun, gets more done, and doesn't burn out. Better for the committee members, and better for the Chapter.

### Many of our committees need your help now!

Rumor has it that several of our **Outings Committee's** Monthly Coordinators would like to roll out. Coordinators solicit Chapter leaders by phone and email to lead hikes and then compile lists of the submitted hikes. If you'd like to contribute here, we have openings for you!

Our **Membership Committee** offers those who want to meet other AMC members an opportunity to share their enthusiasm for the outdoors, welcome newcomers to the Chapter's activities, plan programs for newcomers, and contribute their ideas on recruiting and retaining membership.

Our **Training and Education Committee** organizes and conducts Leader Training on a semi-annual basis. However, given that we have year-round access to an excellent facility at Noble View, I'm sure that a group of creative folks could come up with excellent ideas for additional programs at Noble View and elsewhere. If you have thoughts on trainings

we could offer, willingness to facilitate training programs by providing meals, and/or interest in presenting a program, now's the time to step forward.

Our **Conservation Committee** exists in name only. We have no Committee Chair, and no committee members. With the amazing number of opportunities for collaboration with conservation organizations, this is an area in which our Chapter should shine. It's also a terrific opportunity to increase our family-friendliness by providing members (and non-members) with children the chance to get involved in half-day or full-day programs. If you think you might be interested in conservation work, please take a look at what some of the other chapters are doing, especially the Washington, DC Chapter. We don't have to reinvent the wheel here—there are some great models available, and other chapters' Conservation Committee Chairs will be glad to provide advice.

Speaking of family friendliness, we may want to consider morphing our Chapter Youth Programs Committee into a **Family Programs Committee**. Please let us know your suggestions and ideas for activities that are suitable for families with children. If enough people are interested in leading family activities, we may conduct leader training exclusively for family program leaders.

Our **Trails Committee** really needs the involvement of several more dedicated people. Over the past years, our Trails Committee Chair, Pat Fletcher, has focused his efforts on the Metacomet-Monadnock Trail. But there are many other trails in our area. We need to do a complete trails inventory to get a handle on the other trails our members and others are maintaining. I suspect that Pat would be relieved if he could get some solid assistance on the Trails Committee, and we could get additional work done.

Our **Noble View Committee** needs members, too. We need folks to plan programs and events for the facility. If you wonder what might work, take a look at the Mohican Outdoor Center schedule of events. The MOC is an AMC Volunteer-Managed-Facility that has attracted a dedicated core of volunteers and has really emerged as a VMF success story. We'd like to duplicate this model at Noble View, but we can't do it alone.

How about becoming an activity leader? Or leading a family program? Or turning something you love into a training or educational program? Or suggesting a conservation event? C'mon, people, shake a leg! Your talent and passion is needed. It's time to do what's right. The payoff is fantastic—you get back more than you give. Please, do it today.

Yours in service,  
Rob Robertson  
Berkshire Chapter Chair

## Save the Date! **AMC FALL GATHERING** October 13–15, 2006

Come join the Naragansett Chapter in the beautiful Ocean State for a fantastic autumn weekend at the AMC Fall Gathering. The weekend will be based at the Environment Education Center of the Alton Jones Campus, at the University of Rhode Island. The Alton Jones Campus has more than 2300 acres of picturesque forests, hiking trails, historic farmlands, and lakes. Activities include hiking, kayaking, mansion tours, cycling, and more.

For details and registration, visit  
[www.amcnaragansett.org/fall\\_gathering/fall\\_gathering.html](http://www.amcnaragansett.org/fall_gathering/fall_gathering.html).  
We hope to see you in Little Rhody!

# Celebrate Appalachian Trail Day on October 7!

The Berkshire AMC's Appalachian Trail Management Committee is sponsoring 14 hikes on all sections of the AT in Massachusetts. The hikes cover a variety of terrain and distances, and are an excellent way for both new and seasoned hikers to get out and enjoy some of the area's most beautiful scenery. A few are quite challenging, and best suited for fit, experienced hikers. Many others are more moderate and are an excellent introduction to the Appalachian Trail for first-time or less aggressive hikers and families. Please contact the listed hike leaders for specific information about particular hikes. For general information about AT Day, contact Cosmo Catalano at 413-597-2590 or [at@amcberkshire.org](mailto:at@amcberkshire.org).

For all hikes, wear clothing suitable for the weather. Bring plenty of water, as well as lunch or snacks for longer hikes. Hikes will go rain or shine.

After the hikes, the AT Committee is hosting a cookout at the Tyringham Fire Department picnic area on Main Rd. in Tyringham from 4:30 to 6:30 p.m. Stop by for a bite to eat, meet other hikers, and report about trail conditions and what you saw on your hike.

**Hike #1: Sages Ravine to Race Brook Falls Trail.** Ten miles with beautiful views from open cliffs, waterfalls, and hemlock groves. Includes part of the Undermountain Trail, Paradise Lane, the 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 Rte. 41 in South Egremont, 3 miles south of Jug End Rd. Leader Jon Greene (413-528-3106; [greenemc.com](mailto:greenemc.com)). A3AB.

**Hike #2: Race Brook Falls Trail to the AT and north to Jug End Rd.** Beautiful waterfalls, plus views of Mount 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 9 a.m. at Race Brook Falls Trail parking area on Rte. 41 in South Egremont, 3 miles south of Jug End Rd. Leader Elvery Veal (413-665-3010; [v.veal@comcast.net](mailto:v.veal@comcast.net)). B3AB.

**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 a.m. at Guido's parking lot across from the Great Barrington Fair Grounds. Leader Bob Parker (413-229-0472). B3D.

**Hike #4: Home Rd. to Benedict Pond.** A moderately strenuous hike of 7.5 miles over East Mountain and along ledges with nice views.. Meet at 9:30 a.m. at Guido's parking lot on Rte. 7 across from the Great Barrington Fairgrounds. Leaders Bob Snyder and Mary Berryhill (413-528-4022; [rls@simons-rock.edu](mailto:rls@simons-rock.edu)). B3BC.

**Hike #5: Benedict Pond to Tyringham Cobble.** A moderately strenuous 9 miles including views, a beaver pond, shelters, a 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 Debra Weisenstein (508-358-4169; [weisenstein@aer.com](mailto:weisenstein@aer.com)). A3C.

**Hike #6: Fernside Rd. to Goose Pond Rd., Tyringham.** This is a moderate and enjoyable 7.5 mile hike with varied scenery including old stone walls and overgrown pastures. Meet at 9 a.m. at the Tyringham Fire Station on Main Rd. Leader Pete Rentz (413-442-6732). B3C.

**Hike #7: Rte. 20 to Goose Pond Rd.** Explore the Upper Goose Pond area. Cross the Mass Pike on the footbridge. Also a side trip to Upper Goose Pond Cabin. Approximately 5.5 miles of moderate, scenic walking. Meet at 10 a.m. at the Appalachian Trail parking lot on Rte. 20 in Lee/Becket. Leader Steve Smith (978-692-8219; [stevensmith@verizon.net](mailto:stevensmith@verizon.net)). B4C.

**Hike #8: Rte. 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 at 9 a.m. at the Appalachian Trail parking lot on Rte. 20 in Lee/Becket. Leader Chuck Brown (617-876-4798; [midniterambl@hotmail.com](mailto:midniterambl@hotmail.com)). A3B.

**Hike #9: Pittsfield Rd., Washington, to Grange Hall Rd., Dalton.** A pleasant, moderate hike of 7 miles with good views from Warner Hill summit and a visit to Kay Wood Shelter. Meet at 10 a.m. at Burgner's Market parking lot, 777 Dalton Division Rd. and Williams St., Pittsfield. Leader Ann Wood (413-256-6094; [awood@library.umass.edu](mailto:awood@library.umass.edu)). B3C.

**Hike #10: Housatonic St. to Grange Hall Rd.** Round trip, making a total of 4 miles. A short, interesting hike for those who are not free to walk in the morning. Possible 0.5 mile extension to Kay Wood Shelter. Meet at 1 p.m. at the AT crossing near the train tracks on Housatonic Street, Dalton. Leader Frank Morrison (781-326-3082; [frankmorr@comcast.net](mailto:frankmorr@comcast.net)). C4BC.

**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, and Gore Pond, one of the highest ponds in the state. Meet at 10 a.m. at the Ashuwillticook Rail Trail parking lot on Depot St. in Cheshire. Leader Dave Koerber (413-568-4650; [dkoerber@earthlink.com](mailto:dkoerber@earthlink.com)). B3BC.

**Hike #12: Rte. 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 balsam forest and mixed woodlands. Meet at 9 a.m. at the Ashuwillticook Rail Trail parking lot, Rte. 8, Cheshire. Leader Jim Scott (413-684-0988; [hemlock@vgernet.net](mailto:hemlock@vgernet.net)). B3B.

**Hike #13: Pattison Rd. to Mount 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 at 9 a.m. at the Greylock Community Club parking area on Rte. 2, 500 ft. east of Phelps Ave. Leader John Sullivan (978-544-5790; [johnjsullivan@peoplepc.com](mailto:johnjsullivan@peoplepc.com)). B3B.

**Hike #14: Massachusetts Ave. to the Vermont border.** Hike 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. Meet at 9 a.m. at intersection of Cole Ave. and North Hoosac Rd. in Williamstown. Leader Bob Hatton (413-458-3123). B3B.

## AMC Hike Ratings

Hikes are rated according to their distance, pace, and ruggedness. A typical rating might be "B3C". The first letter 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 or hike contact person.



# BIG BERKSHIRE BASH

## - RESERVATION FORM -

Saturday, November 4, 2006

### Members and non-members welcome!

IDITAROD SLED DOG RACE PRESENTATION

ANNUAL MEETING • CASH BAR • DINNER • CONTRA DANCING

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

\_\_\_\_\_  
\_\_\_\_\_

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

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

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

Email: \_\_\_\_\_

Number of persons attending:

\_\_\_\_\_ **Adults at \$15 each**  
(Postmarked by Oct. 25. Walk-in price is \$20 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:  
**Diane Furtek, 152 Wedgewood Drive, Ludlow, MA 01056**

Questions? Need directions?

Call Deborah Levine (413-584-6065) or Pat Stevenson (413-625-2709).



# 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](mailto:bottles@amcberkshire.org)

Berkshire Exchange  
Fall 2006



Berkshire Chapter  
Appalachian Mountain Club  
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Boston, MA 02108

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