



# BERKSHIRE EXCHANGE

FROM *the* CHAIR

## The AMC's Outdoors Mission: Vision 2020

Hi Folks! The long winter has finally passed and things are really gearing up outdoors. I enjoyed the solace and quiet beauty of the winter with its deep snows and crisp clear blue days, but I also love the variety of the four seasons. Check out our many Berkshire and cross-chapter events on our webpage (<http://amcberkshire.org/schedule>) and maybe try something new. Did you know that we offer a wide variety of outdoors opportunities for all ages, skills levels, and interests? Why not try out your skills on the climbing wall or paddle down the Swift River? We even offer AMC equipment for your use. Or perhaps you might be interested in starting up your own group activities as an AMC leader. Are you an avid biker or maybe a skilled birder? We'd love for you to share your outdoor passions with us.

I recently spent a long weekend at the Mohican Outdoor Center in Blairstown, NJ (the AMC's southernmost outdoor facility) with all the other Chairs and Vice Chairs of the 12 AMC Chapters to discuss the Club's outdoor mission. Previously, at the AMC annual meeting in January, the AMC Board of Directors rolled out its newest long-term strategic plan called Vision 2020. This plan continues to build on the AMC's 135-year history of outdoor recreation and conservation while keeping in mind the challenges of the future. There are four basic pillars of this plan:

*continued on page 5*



## A Pleasant Spring Day at the Quabbin *by Sabine Prather*

On Saturday, May 7, ten intrepid Berkshire Chapter members and visitors participated in a couple of activities in one day—hiking and paddling. Most of us met in Ware and continued on to Federated Women's Club State Forest in Petersham, where we met with our first surprise obstacle: a new gate. What was meant to be a short hike of about an hour or so lengthened to twice that as we headed down the road to the trailhead. It wasn't until we got there that we met our second surprise—clouds of stinging gnats and flies surrounding our faces. We certainly traveled up the trail more quickly than we expected! However, the views from the summit of Soapstone Hill and south views of the Quabbin Reservoir just about made it worthwhile. It was a beautiful day, too, with sunny skies and warm temperatures. We enjoyed snacks and the amazing reservoir that is the Quabbin.

Once back at the cars, we said farewell to a few folks who needed to do other things and went back south to Fishing Area #3, which bisects a section of the Quabbin and creates a good-sized pond for fishing and non-motorized craft. Paddlers who visit Quabbin are required to rent canoes or kayaks there and all renters must buy a one-day fishing license whether they intend to do so or not. Too bad none of us actually did fish! But it turned out that the Quabbin canoes and kayaks were in good shape, and we paddled into many areas of the winding shore. The weather held out until we were back in our cars, heading to an ice cream spot in Ware. I'm thinking this would be a nice trip to do again in the fall—fewer bugs and great color!



Quabbin view from Soapstone Hill. photo by Sabine Prather

# Two Fun and Easy Ways to Get Involved

by Sabine Prather, Conservation Chair and Public Relations Chair

Hello to all you Berkshire AMC members from the Publicity Chair! I have a couple of relatively easy tasks for you, should you decide to take them on. For one thing, though I know the Berkshire Chapter has some 3,000 members, only 38 of you have “liked” the Berkshire Chapter Facebook page. Perhaps many aren’t on Facebook, but if you are, please either search for Appalachian Mountain Club to find the Berkshire Chapter page, or click on the link from our website, <http://amcberkshire.org>. Once you “like” the page, you’ll be notified about occasional events or last-minute trips and will be able to post photos or comments about your AMC experiences.

The second thing is, I’m putting together a brochure and perhaps a large portable display about the Berkshire Chapter, our trips, our committees, our events, and the AMC’s great and modernized facility in Russell, Noble View Outdoor Center. I could really use some input from you—photos, trail poetry, drawings, other items that must be in the brochure—anything you can think of. Please email me what you have at [publicity@amcberkshire.org](mailto:publicity@amcberkshire.org).

See how easy it is? There’s no need for meetings, long-term commitment, or getting your hands dirty unless you want to. See you on the trail or the water!

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**amcberkshire.org**  
**amcberkshire.org/schedule**  
**outdoors.org**

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## Adventure Travel Program Leadership

The AMC Adventure Travel Program is preparing for the 2011 Leadership Training on November 18–20, 2011. This workshop provides important training for people who have AMC activity leadership experience (no beginners) to transition from leading weekend chapter activities to more complex and longer trips, both domestically and overseas. Previous outdoor leadership training is highly desirable. Emphasis is on planning, cost estimating, trip management, people skills, and risk management. Includes procedures and guidelines for researching, proposing, and leading Adventure Travel trips. Exchange ideas, problems, and solutions with some of the AMC’s most skilled leaders. For more information, email Colleen Yout at [cyout@outdoors.org](mailto:cyout@outdoors.org).

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### BERKSHIRE EXCHANGE July 2011

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**Title Image:** photo by Sabine Prather  
Tully Lake at dawn



### Berkshire Chapter Executive Committee – 2011 –

#### CHAPTER OFFICERS

**Chair:** David Sauriol  
([davesaur@greyst.com](mailto:davesaur@greyst.com); 401-523-4672)

**Vice Chair:** *vacant*

**Treasurer:** Sonja Goodwin  
([treasurer@amcberkshire.org](mailto:treasurer@amcberkshire.org); 413-534-4049)

**Secretary:** Nora Hanke  
([secretary@amcberkshire.org](mailto:secretary@amcberkshire.org); 413-527-8384)

#### COMMITTEE CHAIRS

##### Appalachian Trail Committee:

Jim Pelletier  
([at@amcberkshire.org](mailto:at@amcberkshire.org); 413-454-4773)

**Berkshire County Representative:** *vacant*

##### Berkshire Exchange Committee:

**Chair/Publisher** – Jon Hanauer  
([newsletter@amcberkshire.org](mailto:newsletter@amcberkshire.org); 413-568-0990)

**E-News Administrator** – David Jones  
([enews-admin@amcberkshire.org](mailto:enews-admin@amcberkshire.org))

##### Canoe and Kayak Committee:

Charlie Camp and Connie Peterson  
([paddling@amcberkshire.org](mailto:paddling@amcberkshire.org))

##### Conservation Committee:

Sabine Prather  
([conservation@amcberkshire.org](mailto:conservation@amcberkshire.org); 413-949-3914)

**Family Programs:** *vacant*

##### Membership Welcoming Committee:

*vacant*

##### Mountaineering Committee:

Bill Fogel  
([mountaineering@amcberkshire.org](mailto:mountaineering@amcberkshire.org); 413-427-1693)

Sarah Long  
([mountaineering@amcberkshire.org](mailto:mountaineering@amcberkshire.org); 845-235-3127)

##### Noble View Committee:

Frank Evans  
([Fevans6568@aol.com](mailto:Fevans6568@aol.com))

##### Nominating Committee:

Donna Walters  
([nominating@amcberkshire.org](mailto:nominating@amcberkshire.org); 413-230-8894)

##### Outings Committee:

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

##### Past Chair:

Deborah Levine  
([past-chair@amcberkshire.org](mailto:past-chair@amcberkshire.org); 413-322-9416)

##### Public Relations Committee:

Sabine Prather  
([publicity@amcberkshire.org](mailto:publicity@amcberkshire.org); 413-949-3914)

##### Trails Committee:

Patrick Fletcher  
([hiker6@comcast.net](mailto:hiker6@comcast.net); 413-562-9863)

##### Training and Education Committee:

Eric Gove  
([training@amcberkshire.org](mailto:training@amcberkshire.org); 413-374-0467)

##### Website Committee:

**Chair/Webmaster** – Bob Bergstrom  
([webmaster@amcberkshire.org](mailto:webmaster@amcberkshire.org))

**Content Editor** – *vacant*

##### Young Members Committee:

Paxton Berardy  
([ymchair@amcberkshire.org](mailto:ymchair@amcberkshire.org); 860-758-7275)

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### Other Helpful Contacts

**Membership in a Bottle:** Chris Ryan  
([geolopes@comcast.net](mailto:geolopes@comcast.net); 413-549-4124)

**Regional Director:** Dale Geslien  
([dalegeslien@sbcglobal.net](mailto:dalegeslien@sbcglobal.net); 203-778-3651)

**Regional Trails Coordinator:** Matt Moore  
AMC Southern New England Trails Office, South Egremont  
([mjmoore@outdoors.org](mailto:mjmoore@outdoors.org); 413-528-8003)

**Tuesday Hiking:** Irene Lamson  
([ilamson@comcast.net](mailto:ilamson@comcast.net); 413-584-6644)

# Berkshire Chapter Welcomes New Volunteers to the Executive Committee

The March New Members' Potluck Dinner was a smashing success, with representatives from all of our various committees presenting their areas of expertise to new and existing members. We also had some great guest speakers including Josh Surette, our AMC New England National Scenic Trail Planner; and Bob Curley, Quabbin area guide, trail planner and wildlife photographer. The energy and excitement that this event generated led directly to the successful filling of four of our key Berkshire Chapter Executive Committee positions. During our April Executive Committee meeting, we unanimously elected volunteers to the positions of Treasurer (Sonja Goodwin), Secretary (Nora Hanke), Training & Education Committee Chair (Eric Gove), and Nominating Committee Chair (Donna Walters). Please join me in welcoming and supporting these individuals in their new endeavors.



## **Sonja Goodwin, Treasurer**

My husband, who has since died, and I moved to western Massachusetts almost six years ago after I retired from my job as a Chemistry Professor at Rensselaer Polytechnic Institute. My husband had worked as an engineer for General Electric. I soon joined the Tuesday Hiking group of the Berkshire Chapter and served for about three years as their chief communicator, sending emails about oncoming hikes to the group and putting the information on the website.

I've been a hiker since I was two or three years old. My father took me hiking every Sunday and every vacation, first in Austria and Switzerland, where we lived before we became refugees and came to the U.S., and then near New York City and in the Rocky Mountains. I've been a member of the AMC for decades, and also of the Adirondack Mountain Club (ADK) and the Sierra Club. My husband and I led some hikes for the ADK when we lived near Albany. I'm an official ADK 46er (New York State mountains over 4,000 ft.) and an unofficial 111er (mountains in the Northeast over 4,000 ft.). The highest mountain I ever walked up was Mt. Kilimanjaro in Tanzania during my Peace Corps years. I'm sorry the lovely glacier in the crater is disappearing these days! As I've gotten older I've slowed down quite a bit, but I still love to go up mountains, albeit slowly.

Best regards,  
Sonja



## **Nora Hanke, Secretary**

I have lived in Southampton since 1999. I have a large vegetable garden, and my yard is certified as a Wildlife Habitat through the National Wildlife Federation. Before moving to western Massachusetts I lived in southern New Hampshire and Rhode Island for 2 years each. I joined the AMC in 1996, after finding the White Mountains a welcome relief from life in

Rhode Island.

I hiked in northern New England through the balance of the 1990s and into the 2000s, eventually completing the New Hampshire 4,000-footers and the New England Hundred Highest. Currently I am working on

the Adirondack 46ers at a very sedate pace. I enjoy skiing in the woods and mountains, both backcountry and backcountry downhill.

Through hiking, I gained an enjoyment and appreciation of plants and, most recently, birds. Now I am an avid birder and have participated in the last three Crawford Notch Christmas Bird Counts, based at the Highland Center. I am daunted by a very demanding protocol (start monitoring, at sites which are miles from trailheads, by 45 minutes before sunrise!) but will nevertheless participate in Bicknell's Thrush surveys in New Hampshire this June. I have started to do some backpacking as well as continuing to hike. I am not well acquainted with western Massachusetts trails, but have started to check out trails in the Holyoke Range in particular.

Best regards,  
Nora



## **Eric Gove, Training & Education Committee Chair**

I was born and raised in Ludlow, MA. I'm 28 years old and graduated from Ludlow High School in 2000. While in college, I completed my EMT basic training and worked from 2005-2009 in the city of Springfield. In 2010, I was given the opportunity to work for the AMC in the storehouse at Pinkham Notch Visitor Center. I have been an instructor of Professional CPR/First Aid, Wilderness First Aid, and the Emergency Responder course since 2005 with the American Red Cross of Pioneer Valley. I work there currently in the Service to Armed Forces call center as a Military Caseworker. I currently also work with special needs children in a transitional post-high school program. I've been hiking/camping for over 15 years, starting back with the Cub Scouts. I look forward to the opportunity of working with the AMC and helping the Berkshire Chapter with its training and educational needs. Please feel free to contact me with comments, concerns, or ideas.

Best regards,  
Eric



## **Donna Walters, Nominating Committee Chair**

I have been an active hiker and flatwater kayak paddle leader since 2003. I lead leisurely hikes and weekend getaways suited for beginners and those who are new to the AMC. In the past I served as the Training & Education Chair and am now excited to be serving as the Nominating Chair. If you have spare time on your hands and would like to get more involved with the Berkshire Chapter, give me a call. I will help you meet folks who love outdoor activities, and find a good fit for your interests, skills, and abilities.

Best regards,  
Donna

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## **Whiteface-Passaconaway Weekend** Friday-Sunday, September 30-October 2, 2011

Join us on an autumn hike with stunning views of the Sandwich Range Wilderness. We'll begin at the most picturesque trail head in the White Mountains, hike the ledges to Whiteface and traverse the top of the bowl to Passaconaway. Total distance is 12 miles; 3,850 foot elevation via Blueberry Ledges, Rollins and Dicey's Mill trails. Lodging at co-leader's vacation home close to trail head. Appropriate hiking gear and experience required. Cost of \$29 includes 2 nights lodging, 2 huge breakfasts, and summit brownies. Group size is limited. Email leader for information.

Leader: Rebecca Budaj (rbudaj@comcast.net); Co-Leader: Dave Sauriol

## **– OUTDOOR EDUCATION –**

### **Leader Training, Berkshire/Worcester Chapters**

*Prindle Pond, Charlton, MA • Saturday–Sunday, October 29–30*

Whether you'd like to become a Chapter leader or just want to improve your outdoor skills, you're invited to attend. Training emphasizes group dynamics, leaders' responsibilities, trip planning and management, weather emergencies, incident/accident scene control, leader awareness, and decision making. Fee of \$40 includes 2-day training, materials and meals. Overnight lodging available for \$20 (members) or \$25 (non-members). Advance payment requested. Existing leaders attend at no charge.  
Eric Gove (413-374-0467; amc.berkshire.te@gmail.com)

### **SOLO Wilderness First Aid Training**

*Noble View Outdoor Center, Russell, MA*

*Saturday–Sunday, November 19–20*

Improve your skills and increase your confidence. Learn accident scene management and patient care at western Massachusetts' Noble View Outdoor Center ([nobleviewoutdoorcenter.org](http://nobleviewoutdoorcenter.org))! Standard first aid practices are generally based on the assumption that help will arrive soon and the patient will be out of your hands and at the hospital in under an hour. Accidents can and do happen, and all too often members of a group are not capable of dealing with the emergency. Not only does this lead to improper care of the patient, but it also endangers the entire group. WFA addresses the medical and logistical issues that arise where there is no ambulance, no shelter from the elements, your supplies are few, and the length of your wait for help is unknown. Lectures and discussions are supplemented by hands-on scenarios. An emphasis on long-term care and evacuation complications in the backcountry make this course unique. Fee of \$140 with optional lodging available. Subsidy available for active Berkshire Chapter leaders. All are welcome: AMC members as well as members of the general public.  
Gary Forish (413-572-4501 before 8 PM; [forgary@comcast.net](mailto:forgary@comcast.net))

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## **– VOLUNTEER OPPORTUNITIES –**

### **VOLUNTEER FOR THE BERKSHIRE CHAPTER EXECUTIVE COMMITTEE**

*If you'd like to be part of the top level of Berkshire Chapter leadership and you're interested in one of these exciting positions, or would like to know more, please contact David Sauriol at 401-523-4672 or [chapterchair@amcberkshire.org](mailto:chapterchair@amcberkshire.org).*

#### **Chapter Vice Chair**

The Chapter Vice Chair works with the Chapter Chair to develop goals and establish benchmarks to achieve these goals. The Vice Chair attends (and represents our Chapter in the Chair's absence) the AMC-wide Chapters Committee meetings. The Vice Chair would be nominated to become Chapter Chair at the end of the current Chapter Chair's two-year term.

#### **Family Programs Chair**

Do you enjoy getting outside with your family? Would you like to share your love of the outdoors and the excitement of introducing children to new adventures in the natural world? Then consider becoming involved with Family Programs. We are looking for someone with energy and enthusiasm to take on this role and develop family-friendly outings and activities.

#### **Membership Welcoming Committee Chair**

Organizing events is especially helpful in introducing new and prospective members to our chapter and the AMC. Help us welcome new members and encourage them (as well as the general public) to join us in all our activities.

#### **Website Content Editor**

Are you web savvy? Would you like to use your skills to keep Chapter members up-to-date on happenings? We are looking for a website content editor to work with the Website Committee Chair and keep the information on our website current and interesting. We are currently considering redesigning our website and this would be an exciting time for someone with some time, energy, and skills.

**1. Build a Vibrant and Diverse Community of 500,000 Constituents**

- Expand overall numbers of members, guests, volunteers, and donors.
- Expand outreach to families and young professionals.
- Develop local partnerships that broaden our diversity and reflect our region.
- Build communities online that reach new audiences.

**2. Help 500,000 Kids Get Outdoors**

- Expand the AMC's Youth Opportunities Program for urban and at-risk youth.
- Increase the use of AMC destinations close to urban areas (e.g. Noble View).
- Broaden the range of close-to-home family activities offered through our chapters and through expanded local partnerships (Boy Scouts, Girl Scouts, Boys and Girls Clubs, etc).
- Expand our training capacity to introduce more youth to the outdoors.
- Make our huts and lodges even more inviting to families.
- Advocate for local, state, and national policy in support of getting young people outside.

**3. Lead Regional Action on Trails, Advocate for Land Protection, and Engage Youth in Conservation**

- Protect and maintain 2,500 miles of trails.
- Work with partners to protect an additional 2 million acres from development.
- Expand the AMC's capacity to offer professional trails assistance to other organizations.
- Expand teen trail crew opportunities and develop a regional Youth Conservation Corps.
- Increase our river and waterway expertise and involvement.
- Engage more people in close-to-home conservation and stewardship opportunities.

**4. Broaden the Impact of the AMC's Maine Woods Initiative on the 100 Mile Wilderness**

- Provide Maine lodging experiences similar to the White Mountains Huts System.
- Protect 800,000 additional acres, comparable to the White Mountain National Forest.
- Support local communities through economic development of sustainable forestry and nature-based tourism.
- Get every student in Piscataquis County outdoors three times during their school career.

So that's the plan. But it's really just a general set of objectives waiting for energetic and innovative outdoors volunteers to make it happen. Here in the Berkshire Chapter, we're excited about our brand new Chapter Youth Program (CYP) which just launched this spring. A handful of us interested Youth Leaders have attended AMC Youth Training and now are leading groups like the Boy Scouts, Girl Scouts, Boys and Girls Clubs, Big Brothers and Big Sisters Clubs, and others to new outdoors activities, many for the first time, or some just to new levels of outdoors knowledge. We've also recruited a great group of dedicated Berkshire volunteers into new leadership roles, including Conservation, Leadership Training, and others (see article on page 3). We've still got a few key roles open, including Vice Chair, Membership Chair, and Family Programs Chair. If you would consider joining a great group of Berkshire Chapter volunteers, why not drop me a note for info on joining the team?

That's it for now. Enjoy your summer and get outdoors!

Respectfully,  
Hikin' Dave Sauriol  
Berkshire Chapter Chair  
chapterchair@amcberkshire.org  
401-523-4672



# Save the Date

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Fall Gathering 2011  
Hosted by the Boston Chapter  
October 14-16, 2011  
Nature's Classroom at the  
Sargent Center, Hancock, NH



## **Hey! Are You Still Receiving the BERKSHIRE EXCHANGE in the U.S. Mail?**

***Berkshire Exchange Online!!***

If you're a Berkshire Chapter member, you have the unique opportunity to contribute to conservation, and our budget, by signing up to receive the *Berkshire Exchange* electronically! Just go to **[www.outdoors.org/membercenter](http://www.outdoors.org/membercenter)**, sign in and update your Chapter Newsletter Preferences. It's that easy!

Also, you'll get your *Berkshire Exchange* up to 2 weeks earlier.

What are you waiting for? Do it now!



**On Mt. Tom, many flies have been reported buzzing around during the insect season. But this one seemed more photogenic than the others.** *photo by Mike Furtek*

**BERKSHIRE**  
EX  
Summer 2011

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