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Fall/Winter 2012



BERKSHIRE EXCHANGE

FROM *the* CHAIR

For the Lack of a Few Good Volunteers

Hi Folks! Imagine one day you were sent this notice: *Berkshire Chapter Closed!* Now that's something we never want to see, I'm sure. However, any organization is only as good as its volunteers. This is especially poignant to me right now as my small town of Monson celebrates the many volunteers who last

year overcame the catastrophic tornado that visited our community. I may be biased, but I think Monson was a shining example of what is right in the world; people caring for people and pulling together for the common good. Right now, the Berkshire Chapter is in the midst of a growth spurt in membership. We currently have 3,000 members spread over the area from Brimfield to the New York border and even outside of the region. I think that with the troubled times, people are seeking to simplify their lives and return to mother nature for the peace and joy of the outdoors that they have been missing. Unfortunately, we have not had an equal spurt in our volunteer ranks. Without the good people to welcome new members, co-lead a walk in the woods or a paddle on a peaceful lake, or help clear debris off a trail, we cannot sustain this renewed interest in the outdoors. Will you help? Here are a few of the most

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Sharing Your Photos Through the AMC's Social Media

When you're outdoors on an AMC chapter trip, do you bring along your camera? If so, share your adventures with us! We're always looking for great images of people recreating, wildlife, plants, and landscapes for our Facebook page and Twitter feed.

Send images (and captions/photo credit information) from your chapter's latest hike, paddle, volunteer trail day, bird watch, or other adventure to the AMC's Social Media Associate, Josh Lake, jlake@outdoors.org. Please note that images shared may be used on any of the AMC's social media pages and you must have permission from all identifiable people in photographs before sharing the image with us. Thank you!

It's Time to Enter the 2012 AMC Photo Contest!

Deadline is November 15! It's the AMC's 18th annual photo contest. This year's Grand Prize winner will receive a spot in an upcoming photography workshop and an accompanying stay at an AMC destination.

Winners of the "Kids, Families, and Adults Outdoors," "Scenics and Nature," "AMC in Action," and "People's Choice" categories will receive great outdoor gear prizes from Outdoor Research, Tubbs Snowshoes, and other manufacturers.

For complete rules and instructions, visit www.outdoors.org/photocontest. Entries will be accepted until November 15, with the winners appearing in a spring 2013 issue of *AMC Outdoors*.

Team Willy – Will I Leave A Legacy? Yes!

Are you interested in investing in the future of the AMC? We hope you'll consider joining Willy Ashbrook, Chair of Team Willy and member of the AMC's Board of Directors, as well as other club members, in leaving your legacy with the AMC through your estate plans.

To learn more, visit www.outdoors.org/plannedgiving or call Jim Hamilton at 617-391-6585.

Mountain Watch Program is Looking for Volunteers

The AMC's Research Department is looking for volunteers to help track flower and fruit timing of mountain plants.

Volunteers can be valuable help in scientific monitoring efforts because they can stay longer than students or staff, are a very dedicated group of individuals, and their data quality can be on par with professionals.

Sign up for a one-time volunteer opportunity. This is a great way for families to be involved in trail activities or for someone who is looking for a local community conservation engagement.

Or, you can sign up for the Basic Plant Monitoring opportunity. Volunteers in this category would watch the plant before, during, and after flowering or fruiting, and they would detail all stages between flower bud development to seed set.

Visit www.outdoors.org/mountainwatch for more information on the AMC's Mountain Watch Program.

**DINNER, ANNUAL MEETING, and a
LIVE ANIMAL PRESENTATION!**

Saturday, November 3

— see page 3 —

A Farewell to a King: "Sir Charles"

by Connie Peterson, Canoe & Kayak Chair

For those of you who don't yet know, I'm sad to report that in April we lost—to sunny California—our fearless, intrepid, and wonderful paddling chair, trip leader, and friend of many years, Charlie Camp. Charlie has been the mainstay of the Berkshire Chapter's Canoe & Kayak Committee for many years, and guided us with his intelligence, steady hand, and wry sense of humor.

Of course, "Sir Charles" is first and foremost an outdoorsman. Indeed, he started and directed the Amherst High School outdoor program for more than 30 years, introducing hundreds of students to the great outdoors.

He has shared his expertise with many a "newbie" paddler in the AMC, and has always been there to pick up the slack when needed. And Charlie (along with Ken Langley, Andy Cows, and Al Howcroft) is one of the most experienced long-distance "voyagers" in the valley, having headed to the cold waters north of the border each summer for grand wilderness paddling adventures. There is quite a large hole left in the paddling community now that Charlie has left – he will be sorely missed.

On a happier note, we've been quite lucky to have Sabine Prather pitch in to organize things for a while for our quietwater trips. She has accomplished much in the last several months.

For more information on paddling contact Connie Peterson at paddling@amcberkshire.org or 413-768-8989, or visit amcberkshire.org/paddling.



Berkshire Chapter Executive Committee 2013 Nominees

OFFICERS

Chapter Chair: Sabine Prather; **Vice Chair:** *vacant*;
Treasurer: Sonja Goodwin; **Secretary:** Nora Hanke

COMMITTEE CHAIRS

Appalachian Trail: Jim Pelletier; **Berkshire County Representative:** *OPEN!*;
Berkshire Exchange: Jon Hanauer; **Canoe & Kayak:** Connie Peterson;
Conservation: *OPEN!*; **Family Programs:** *OPEN!*; **Membership:** *OPEN!*;
Mountaineering: Sarah Long; **Nominating:** *OPEN!*; **Outings:** Jon Hanauer;
Past Chair: David Sauriol; **Public Relations:** Sabine Prather; **Trails:** Patrick Fletcher;
Training & Education: *OPEN!*; **Website:** Bob Bergstrom; **Young Members:** *OPEN!*

Berkshire Chapter Executive Committee

– 2012 –

CHAPTER OFFICERS

Chair: David Sauriol
(davesaur@greyst.com; 401-523-4672)
Vice Chair: Sabine Prather
(vicechair@amcberkshire.org; 413-949-3914)
Treasurer: Sonja Goodwin
(treasurer@amcberkshire.org; 413-534-4049)
Secretary: Nora Hanke
(secretary@amcberkshire.org; 413-527-8384)

COMMITTEE CHAIRS

Appalachian Trail Committee:
Jim Pelletier
(at@amcberkshire.org; 413-454-4773)
Berkshire County Representative: *vacant*
Berkshire Exchange Committee:
Chair/Publisher – Jon Hanauer
(newsletter@amcberkshire.org; 413-568-0990)
E-News Administrator – David Jones
(enews-admin@amcberkshire.org)
Canoe and Kayak Committee:
Connie Peterson (paddling@amcberkshire.org)
Conservation Committee: *vacant*
Family Programs: *vacant*
Membership Welcoming Committee:
vacant
Mountaineering Committee:
Bill Fogel
(mountaineering@amcberkshire.org; 413-427-1693)
Sarah Long
(mountaineering@amcberkshire.org; 845-235-3127)
Noble View Committee: Frank Evans
(Fevans6568@aol.com)
Nominating Committee: *vacant*
Outings Committee: Jon Hanauer
(outings@amcberkshire.org; 413-568-0990)
Past Chair: Deborah Levine
(past-chair@amcberkshire.org; 413-322-9416)
Public Relations Committee:
Sabine Prather
(publicity@amcberkshire.org; 413-949-3914)
Trails Committee: Patrick Fletcher
(hiker6@comcast.net; 413-562-9863)
Training and Education Committee:
vacant
Website Committee:
Chair/Webmaster – Bob Bergstrom
(webmaster@amcberkshire.org)
Content Editor – *vacant*
Young Members Committee:
Paxton Berardy
(ymchair@amcberkshire.org; 860-758-7275)

Other Helpful Contacts

Membership in a Bottle: Chris Ryan
(geolopes@comcast.net; 413-549-4124)
Regional Director: Dale Geslien
(dalegeslien@sbcglobal.net; 203-778-3651)
Regional Trails Coordinator: Matt Moore
AMC Southern New England Trails Office, South Egremont
(mjmoore@outdoors.org; 413-528-8003)
Tuesday Hiking: Irene Lamson
(ilamson@comcast.net; 413-584-6644)

BERKSHIRE EXCHANGE

– September 2012 –

All issues of the Berkshire Exchange (back to 2003) can be downloaded at <http://amcberkshire.org/berkex/archives>

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

Editor: Maureen Flanagan (berkexeditor@amcberkshire.org)

Assistant Editor: Gail Blackhall (proofreader@amcberkshire.org)

E-Newsletter Administrator:

David Jones (enews-admin@amcberkshire.org; 413-320-1617)

Submissions: newsletter@amcberkshire.org;

Berkshire Exchange, 29 Atwater Street, Westfield, MA 01085-1541

Address Changes & Delivery Preferences:

www.outdoors.org/membercenter; 800-372-1758;

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

Title Image: photo by Pat Stevenson
Matterhorn and The Alps



Save the Date! All Are Welcome!

Berkshire Bash Dinner, Annual Meeting, Presentation

**Saturday, November 3, 6 p.m. to 9 p.m.
Summit View Restaurant, 555 Northampton St., Holyoke**

Come early for the social hour, browse the committee tables, find out about upcoming events, and talk to fellow AMC members.

The Annual Meeting portion is short. We'll vote on officers and recognize hardworking volunteers.

Then we eat! There will be a delicious buffet with several options, including vegetarian.

After dinner enjoy a wonderful live animal presentation by **Wildlife Encounters®!**

**It's a great event for all, so don't miss
this exciting opportunity!
Price for everything is
\$15 for adults, \$10 for children.**

For more info, please contact
Dave Sauriol at 401-523-4672 or
chapterchair@amcberkshire.org.

Registration is Required

Register with Dave Sauriol.

Please send checks, made payable to
AMC Berkshire Chapter, to Dave Sauriol,
50 Bunyan Road, Monson, MA 01057.

The W.I.L.D. Center and Zoological Park of New England

The mission of The W.I.L.D. Center is to connect children and adults with animals and nature while demonstrating and inspiring responsible stewardship of our planet's global biodiversity. They will offer the very best hour-long live animal, interactive and "hands-on" program, presenting animals most of us might only see briefly in the wild. Most of the animals presented have been rehabilitated after injuries and cannot be released back into the wild. Now the skunks, bobcats, snakes, foxes, etc., serve as representatives of nature that we'll be able to see close up and personal. Derek, their handler, will explain where the animals typically live, what they eat, etc., and will answer any questions you have during the presentation. If you want, you can even touch some of the animals!



– OUTDOOR FIRST AID TRAINING –

SOLO Wilderness First Aid Training

Noble View Outdoor Center, Russell, MA

Sat.–Sun., November 17–18, 2012

Improve your skills and increase your confidence. Learn accident scene management and patient care at western Massachusetts' Noble View Outdoor Center (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. Contact Gary Forish (413-572-4501 before 8 PM; forgary@comcast.net)

SOLO Wilderness First Responder Training

Noble View Outdoor Center, Russell, MA

January 3–10, 2013

The WFR course is a comprehensive and in-depth look at the standards and skills of dealing with response and assessment, musculoskeletal injuries, soft tissue injuries, environmental and medical emergencies, and survival skills. Although these appear to be the same basic topics covered in the two-day WFA course, they are covered far more extensively, and there is much more hands-on practice. Additional topics, such as CPR, are also included. Fee of \$700 includes lodging. Contact Gary Forish (413-519-3251 before 8 PM; forgary@comcast.net)

VOLUNTEER WEEKENDS AT NOBLE VIEW OUTDOOR CENTER

Ski Trail Maintenance

Sat.–Sun., November 10–11, 2012

Come help work on the cross-country ski trails and prepare them for the coming season. Limited lodging, a hearty stew lunch, hot chocolate, tea, and water will be provided. To reserve lunch, please contact Elvery Veal at 413-665-3010 or v.elvery@comcast.net.

Woodcutting Days

Sat.–Sun., November 17–18, 2012

A yearly tradition. Many hardy men and women are needed to get in a supply of firewood for the coming year. Bring wood-splitting tools, gloves, and a strong will. Pickup trucks are also needed for moving the wood. A large supply of wood will be available for splitting and piling into the wood shed. Limited lodging, a hearty stew lunch, hot chocolate, tea, and water will be provided. To reserve lunch, please contact Gary Forish at 413-572-4501 or forgary@comcast.net.

– amcberkshire.org –

– NobleViewOutdoorCenter.org –

– 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 Sabine Prather at 413-949-3914 or sabineprather@gmail.com.

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. Please contact Sabine Prather.

Membership Welcoming Committee Chair

Organizing events is especially effective 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. Please contact Sabine Prather.

Nominating Committee Chair

We are looking for someone to assist our Chapter's committees in identifying and developing qualified individuals for leadership roles in the Berkshire Chapter. This role is vital to the continuity of Chapter leadership. We need someone who has, or is willing to develop, a broad knowledge of our Chapter and its members, and who would enjoy helping to identify talented members and leaders and encouraging them to become more involved. Please contact Sabine Prather.

Outings Committee Co-Chair

Encourage Chapter Outings leaders to post events so members can have activity options (hiking, backpacking, biking, snowshoeing or cross-country skiing, and more) every weekend. Get new leaders approved with our Training & Education Committee. Please contact Jon Hanauer at 413-568-0990 or outings@amcberkshire.org.

Training & Education Committee Chair

Do you love the outdoors and enjoy teaching leadership skills to others? Organize and facilitate Leadership Training so new leaders can get approved to lead trips. You may arrange for these trainings to be co-sponsored with the Worcester Chapter. Please contact Sabine Prather.

Young Members Committee Chair

Young Members activities target adults in their 20s, 30s, and 40s, but are always open to everyone. Please contact Sabine Prather.

...and there are more opportunities on the Executive Committee. See page 2!

From the Chair, *continued from page 1*

critical needs we currently have. Please call or email me to join the AMC Berkshire team. I guarantee you won't have met a better group of interesting individuals.

1. **Executive Committee:** We have several open positions and are willing to create new ones to suit if there's a particular interest that's not currently being offered. We generally start with a meet and greet approach, in that we invite people to come and attend a few monthly Executive Committee meetings so we can get to know one another. It would be great if we could find two or three nice folks interested in being part of the group as a member-at-large and then perhaps finding a niche for themselves as they get to know the many different areas that we serve. Think about it and drop me a note if you're interested.
2. **Leaders/Co-Leaders:** We find ourselves a bit thin right now on helpers to lead chapter activities like hiking, walking, biking, paddling, etc. Any of these appeal to you? Think you might consider being an assistant (co-leader) for an activity that you are comfortable and have fun with? Think about it and drop me a note if you're interested.
3. **Youth/Family Activities:** While our Chapter demographic leans more towards the higher end of the age spectrum than some other chapters, we still have interested and active outdoors families who are members as well. With our newly formed Chapter Youth Program (CYP), we can now lead youth organizations like local

schools, boys & girls clubs and scouts on outdoor adventures. Our newly renovated Noble View Outdoor Center is a great place for kids and families to spend the day or a weekend frolicking in the great outdoors right here in the local area. Think you might want to lend a hand and help out with youth or family activities? Think about it and drop me a note if you're interested.

4. **Trails:** Ever wonder how the great hiking trails in the region are kept up so nicely? Well it's your local volunteer of course. With the Appalachian Trail Committee in the Western Berkshires and the Trails Committee in the Eastern Berkshires, the Berkshire Chapter is hard at work clearing, maintaining and upgrading the trails we all enjoy. Think you might be able to wield a pair of clippers or a shovel? Think about it and drop me a note if you're interested.

Well, I think you get the idea. The Berkshire Chapter is strong because of the strength of dedication of its membership. If we all can do our little share then we all benefit.

Get outdoors!

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



AMC Adventure Travel: St. John, March 2012

Berkshire Chapter leader Rebecca Budaj is also an AMC Adventure Travel leader. These photos are just two of the many she snapped on the St. John trip last March. Left photo: Ram's Head hike. Right photo: The staircase to the parking lot at Annaberg Sugar Mill ruins.

In 2013, two more upcoming Adventure Travel trips Rebecca is co-leading are Trekking Patagonia in February and The Beara Peninsula on the southwest coast of Ireland in May.

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