

# AMC Forty Plus Newsletter

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APPALACHIAN MOUNTAIN CLUB

March 2017

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Forty Plus is a committee of the Boston Chapter of the AMC. It is open to all who enjoy outdoor activities, such as hiking, camping, biking, canoeing, kayaking, snowshoeing, downhill and x-country skiing and local walks. Events are particularly aimed at active people over 40 who most like to share these events with people around their own age.

***About this Newsletter:*** The Forty Plus Newsletter updated and published at the beginning of each month. All our trips are posted online and can be viewed immediately. There are many ways to find up-to-date trip information online:

1. The Forty Plus website trip calendar - <http://amcboston.org/forty/site/trips-and-events/>. Click on the day/event and you will retrieve all the information for this event
2. The Boston Chapter website Activities tab will display all trips from its committees. To view the trips, just click on Forty Plus, fill in the dates that you are looking for on the left hand side of the page, hit apply  
Boston Chapter website address is: <http://amcboston.org/>

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***Subscribe to the Newsletter:*** To receive our Newsletter by e-mail and receive other Forty Plus notices, please subscribe online at <http://amcboston.org/forty/site/newsletter-2/>

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## SCHEDULE OF ACTIVITIES

**Thursday March 02 – Sunday March 5 2017 – Intermediate Lake Placid NY Ski Trip** Forty Plus Intermediate Lake Placid NY Ski Trip. Thursday, March 2- Sunday, March 5, 2017. We will stay at the South Meadow Farm Lodge (<http://www.southmeadow.com>) and will have a number of options for cross-country skiing including the Olympic venue of Mt. Van Hoevenberg and the Cascade Cross-Country Center. For alpine skiers there is Whiteface Mountain. If the snow does not cooperate, there will be opportunities for easy hikes as well as snowshoeing. South Meadow Farm Lodge has rooms priced according to amenities with the per person cost (for double occupancy) for three nights ranging from \$191 - \$283. Price to be determined based on what room you book so early booking will give you the best options. The remaining trip cost (exclusive of your lodging option) will be \$150 and will include three breakfasts, two dinners, trail lunches and happy hour snacks as well as a trail pass to Mt. Van Hoevenberg. Leader: Joan Blaustein ([blausteinjoan@gmail.com](mailto:blausteinjoan@gmail.com)) and co-leader Angie Evans ([evans.afz@gmail.com](mailto:evans.afz@gmail.com)). Registrar: Joan Blaustein

**Sunday March 5, 2017 – Mt Shaw, 52 With A View** Rescheduling trip from Feb. 12th. Tired of the same old 4000 footers? Try 52 with a View. Mt. Shaw is 2990 ft with views of the lakes, Ossipee, and northern mountains. 8.8 miles with 1700 ft elevation gain over a combination of forest trails and old carriage roads. Full winter gear and some winter experience required. Register with Leaders Bill Swanton, Teresa Pagliuca. Register Bill Swanton: [bill.swanton@gartner.com](mailto:bill.swanton@gartner.com),

**Saturday March 11, 2017 – Mt Moosilauke Winter Hike** Come join us for a winter hike to Mount Moosilauke, a 4,802-foot-high mountain at the southwestern end of the White Mountains in the town of Benton, New Hampshire, United States. It is the tenth highest and most southwesterly of the 4,000 foot summits in the White Mountains. Full winter gear is required for this hike. Leader and Registrar: Steve Dennen 781-799-9623, [stevendennen@gmail.com](mailto:stevendennen@gmail.com)

**Saturday April 22, 2017- Earth Day at Cape Cod on Great Island Wellfleet Hike** 13th annual exploration of ocean, sand, forest and wildlife. 6.5 miles rt. Boots required. Apres hike lunch optional. Contact L, Barbara Fay. No dogs. Contact Barbara Fay [bfamc@verizon.net](mailto:bfamc@verizon.net)

**Friday May 26 – Monday May 29 2017 Scenic Block Island Biking/Hiking Memorial Day Weekend**  
Come with us to scenic Block Island. Stay at a beautiful island inn and cottage overlooking the Old Harbor. Daily guided combined biking and hiking trips. Trip cost \$350 includes 3 nights accommodations and 3 breakfasts. Dinners and lunches can be prepared in the cottage kitchen, there are also plenty of restaurants on the island. Bikes in good condition with fully inflated tires and tool kit recommended. Helmets required. For further info contact. CL Emily Mc Philipps at [emcp@me.com](mailto:emcp@me.com) or L Karen Deady at [karen.deady@alumni.tufts.edu](mailto:karen.deady@alumni.tufts.edu) or call 978-369-3409 before 9pm. Mail full payment of \$350 payable to "Constantine Samoylenko", to 256 Thoreau St, Concord, MA 01742. This will secure your spot.

**Saturday June 10 – Sunday June 11 2017, Lakes of the Clouds** Enjoy expansive views on the shoulder of Mt Washington staying at the Lakes of the Clouds Hut. We will hike up the Ammonoosuc Ravine Trail passing waterfalls fueled by the spring melt along the way. We hope to summit Mt Washington; Mt Monroe perhaps after dinner; and the next day Mt Eisenhower on our way out via the Edmands Path. We will be an above tree line and hopefully we'll witness an unforgettable sunset from Lakes of the Clouds. Total mileage 13 miles. Cost: \$142.83 includes one night hut stay, dinner, and breakfast. Register with L. Ann Hargleroad, [ahargleroad@gmail.com](mailto:ahargleroad@gmail.com), L. Ellen Stanley.

**Friday June 16 – Sunday June 18 2017, Presidential Traverse Without the Peaks -** This is the classic Presidential Traverse (without the peaks, we will walk around the mountains) on the ridge line to Mt Madison Hut overnight for the first day. Then to Mt Adams to Mt Jefferson to Mt. Clay and Lake of the Clouds Hut (overnight), then to Mt Monroe, Mt Eisenhower , and finally to Mt Pierce. If you always wanted to walk the ridgeline, without the peaks, this is the trip. Leader and Register: Steve Dennen 718-799-9623, [stevedennen@gmail.com](mailto:stevedennen@gmail.com)

***LEADERSHIP TRAINING. Want to become a Forty Plus Leader? The Boston Chapter is offering 2 training programs: a 1 day training program for front country trips and a longer 2 week course for leading backcountry trips. The longer 2 week course is 2 weeknights at the AMC Joy Street location and 1 weekend (Friday night – Sunday) at a camp on Cape Cod.***

**Saturday April 1, 2017 8:30am – 3:30 pm, Mattapan Ma.** This one-day program is for AMC members interested in organizing and leading Boston Chapter trips and activities with the Family Outings, Forty Plus, INTRO, Local Walks, Mountains and Music, Ski and Young Members committees. Participation prepares you to co-lead non-backcountry trips and activities. (To co-lead backcountry trips or trips with other activity committees, see the longer leadership training program that involves two weeknights and a weekend, which is described here: <https://regi.amcboston.org/1471>). This program consists of lectures, small group exercises and role-plays, with a mix of classroom and outdoor exercises, and topics include leadership styles, trip planning, trip management and safety. The program emphasizes experiential learning and decision making skills. Open to all AMC members with preference given to active AMC trip participants. Reasonably mature well behaved children able to occupy themselves with books and games may attend with a parent (s). Children will be a welcome addition to our role play scenarios. The program is held in Mattapan, MA Saturday, April 1, 2017 from 8:30 a.m. to 3:30 p.m. The fee is \$15.00. Program location and further details will be communicated with confirmation of registration. To secure your spot, please register at <https://regi.amcboston.org/1472>. For questions please contact Jeanne Blauner, [jablauner@comcast.net](mailto:jablauner@comcast.net), 978-202-5606.

**April 14 & 21 and April 29 - May 1, 2016** This program is for AMC members who are interested in organizing and leading Boston Chapter trips and activities. Participation in the program qualifies you to co-lead trips and activities for Hiking/Backpacking, Bike, Ski, Young Members, Forty Plus, Family Outings, Paddling and other Boston committees. The program consists of lectures, small group exercises and role-play scenarios spread over two evening sessions and one weekend session, with a follow-on session to organize actual trips. Topics include trip planning and trip organization, safety, leadership

styles, and group dynamics. The program emphasizes experiential learning and decision making skills. Open to all AMC members with preference given to active AMC trip participants.

The two evening sessions are held Thursday, April 14th and Thursday, April 21st from 6:45 pm - 9:30 pm at the AMC Cabot Auditorium, 4 Joy St., Boston, MA. The weekend session is held April 29 - May 1 (beginning 7 pm on Friday and ending by 4 pm on Sunday) at Camp Lyndon, Sandwich, MA. You must attend all of these sessions to complete the program. The (optional, but highly encouraged) follow-on session to organize trips is Thursday, May 5th. Program size is limited.

Register: <https://regi.amcboston.org/1111> For more information use this link to contact Steve Conlin: <http://www.hbbostonamc.org/index.php/Table/Spring-Leadership/>

***The AMC Annual Meeting was held on January 28th. Below are three interesting events that were presented at the meeting that you might like to participate in.***

1. **Outdoors Together:** Diversity, Equity and Inclusion Training: how leaders can welcome and include people from diverse backgrounds into the AMC. March 25-26, 2017 at Prindle Pond Conference Center, Charlton, MA. Cost \$50 includes all food, lodging and materials. Led by The Avarna Group. Contact Lisa Robbins; [lrobbins@outdoors.org](mailto:lrobbins@outdoors.org)
2. **Appalachian Trail Conservancy's Maine 2017 conference:** August 4-11, 2017 at Colby College. Hikes, excursions, bike rides. Camping or dorm lodging. [www.atc2017.org](http://www.atc2017.org). Volunteers needed.
3. A new project initiated by the AMC: **Outdoor Citizen.** To get people outdoors; visit our recreational areas. Goal is to get every citizen outdoors for some activity : [www.outdoors.org/outdoorcitizen](http://www.outdoors.org/outdoorcitizen) or Emilly Nason, [enason@outdoors.org](mailto:enason@outdoors.org)

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### Tips on Signing Up for Our Trips

As most of our trips are limited in number, we suggest you register early to ensure a place. If you register for an event and cannot attend, PLEASE call the Leader ASAP to cancel. Most trips have waiting lists and your courtesy will enable another to attend. Also, a group waits for you needlessly if they expect you. It is important to cancel!

When planning trips we try to keep costs reasonable. Checks should always be made payable to the person specified and NOT to Forty Plus or AMC unless so indicated. Please be very sure to enclose your address and telephone number. If we have planned for you and you cancel within 14 days of the trip, we will try to fill your place and refund your deposit. If you are a passenger in carpooling, we suggest you pay the driver \$.10 per mile plus sharing the cost of any tolls.

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### EXECUTIVE BOARD

		<u>PHONE #</u>	<u>E-MAIL</u>
Chair	Teresa Pagliuca, Natick	978-766-5601	<a href="mailto:FortyPlusCoChair1@amcboston.org">FortyPlusCoChair1@amcboston.org</a>
Vice Chair	Maria Constantini		<a href="mailto:mgbcare@comcast.net">mgbcare@comcast.net</a>
Treasurer	Uschi Kullman, Medford	781-396-5602	<a href="mailto:ukullamc@yahoo.com">ukullamc@yahoo.com</a>
Past Chairs	Don Provencher	978-766-5601	<a href="mailto:xdap@aol.com">xdap@aol.com</a>
Secretary	Kathy Blythe, Milton	617-922-7002	<a href="mailto:Katherineblythe@comcast.net">Katherineblythe@comcast.net</a>

## COORDINATORS

<b>Biking Hiking/Snowshoe Skiing Activity Coordinator Andover Transition Member at Large Newsletter and Membership</b>	<b>Steve Dennen Ellen Stanley, Cambridge Marjorie Jordan, Newton Teresa Pagliuca Faith Evans Bill Swanton Ellen Stanley</b>	<b>781-942-4634 617-547-4095 617-969-6863 508-654-9031 978-356-2098 617-875-2735 617-817-6688</b>	<b><a href="mailto:stevedennen@gmail.com">stevedennen@gmail.com</a> <a href="mailto:ellstan@comcast.net">ellstan@comcast.net</a> <a href="mailto:Major@verizon.net">Major@verizon.net</a> <a href="mailto:Pagliuca.t@gmail.com">Pagliuca.t@gmail.com</a> <a href="mailto:Fevans27@verizon.net">Fevans27@verizon.net</a> <a href="mailto:bill.swanton@gartner.com">bill.swanton@gartner.com</a> <a href="mailto:ellstan@comcast.net">ellstan@comcast.net</a></b>
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### Interested in becoming a AMC Leader?

The AMC Boston Chapter 2016 Leadership Program includes offering two Leadership Training courses. Fall Leadership Training is an extended course that will qualify you to lead trips in Hiking/Backpacking, Forty Plus, Young Members, Biking, Skiing, Paddling and other Boston Committees. This training is necessary for leading trips into the backcountry. The Boston Chapter also offers a 1-day training course that will also qualify you to co-lead trips with the Forty Plus.

Forty Plus shows its appreciation for its active Leaders (those who have led or co-led at least 2 events in the past 12 months) at an annual Leader Appreciation dinner party, and by offering certain subsidies. For example, you can be reimbursed for 2/3<sup>rd</sup> the cost up to \$100 for AMC-sponsored or safety-related courses such as Solo First Aid. CPR training is available to Leaders for a nominal fee. Leaders also receive subsidies (percentage of cost) for safety-related equipment, such as a large first aid kit or winter gear for groups. Leaders can talk to the coordinator of the sport/activity in which they participate to check out the details.

### Park Passes for Seniors

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Free admission is available to all MA State Parks for senior citizens, age 62 or older. A one-time application for a Senior MassParks Pass requires proof of age (copy of driver's license) with a letter requesting a pass, and a check for \$10 one-time fee. Mail to DCR MassParks, 251 Causeway St., Boston, MA 02114, Attention: Senior MassParks Pass Coordinator. For those not 62 years or older, an annual MA Parks Pass is available for \$60.00 for in-state vehicles and \$85.00 for out of state vehicles which includes unlimited visits to all parks that charge a fee. For more information go to <http://www.mass.gov/eea/agencies/dcr/massparks/passes-and-fees/senior-massparks-pass.html>

Senior Passes to National Parks and Wildlife Refuges are available to any U.S. Citizen or permanent resident who are 62 years or older for \$20.00. For more information on how to purchase pass go to <https://www.nps.gov/lavo/planyourvisit/upload/-Final-OMB-Approved-Senior-Pass-App80-pdf.pdf>