

AMC Forty Plus Newsletter

APPALACHIAN MOUNTAIN CLUB

January 2018

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/>

Volunteer with Wordpress Knowledge Needed

The Forty Plus is looking for someone to help maintain and update the Forty Plus website. If interested, please contact Mary Hoffmann at maryhoff3@comcast.net or Ellen Stanley at ellstan@comcast.net.

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/>

SCHEDULE OF ACTIVITIES

Mon, January 1 - Mon, January 1 Holiday Hike - Lynn Woods, Lynn (Hiking, Walks) 5 miles, Leader's Choice. 9:00am-1:00pm. Bring lunch, H2O, and snacks. Dress for the elements. I-95/Route 128 to Walnut Street exit, 4 miles. From Route 1, Walnut Street exit, 2 miles. Turn left on Pennybrook Road to Western Gate parking lot. No dogs; non-AMC members \$1. Cancel if rain., Massachusetts, Boston Area, L: Nelson Caraballo 617-548-8579 (11am -2pm)

Wed, January 3 - Wed, January 3 Broadmoor Sanctuary Walk (Walks)

It's a new year and time to put the holidays behind us. Join the Wednesday Wranglers as we explore approximately 5-6 miles of the trails at this Audubon Wildlife Sanctuary. This is an easy walk along trails that skirt the Charles River, glacial hills and numerous ponds. We will start our walk at 10:00 and keep a leisurely pace.

The walk is expected to take three hours. <https://www.massaudubon.org>

The Wednesday Wranglers activities are part of 40 Plus's new Let's Get Out There! local hikes and walks where the pace ranges from easy through moderate to faster. Whether you're new to hiking, haven't hiked for awhile, or want to up your hiking level, you're bound to find something of interest in "et's Get Out There!, Massachusetts, Boston Area, L: Kathy Blythe (katherineblythe@comcast.net) 617-922-7002 (Before 9:00 PM) CL: Joan Blaustein (blausteinjoan@gmail.com) 617-669-3528 (Before 9:00 PM) R: Joan Blaustein (blausteinjoan@gmail.com) 617-669-3528

Sunday January 7 - Friday January 12 2017 X-C Ski and Snowshoe Weekend in Val David Quebec

(Forty Plus) 21st Annual X-C Ski and Snowshoe trip to Auberge du VieuxFoyer, Val David, Quebec. Accommodations include a double room with a private bath, five nights lodging, five full breakfasts, five gourmet dinners. Includes free access to over 100 km of groomed trails for all abilities, including those at Far Hills. Indoor Sauna and large outdoor hot tub on premises. Rate \$663/per person, double occ. Plus taxes = 762.28) per/person single occ. \$840. Plus taxes = 965.79 Deposit required with registration \$135.00, no later than 11/01/2017, L. and R. Marjorie Jordan (617 969 6863 between 7:00-9:00 PM) magjor@verizon.net

Fri, January 12 - Mon, January 15 MLK weekend XC skiing (Skiing - Cross-Country (Nordic))

Barbara Hathaway and Jeannine Audet of the Southeastern Massachusetts Chapter and Wayne Cardoza of the Boston 40 Plus Chapter join together for a weekend of cross country skiing in the White Mountains. Bretton Woods, Jackson XC, Bear Notch and Great Glen Trails are options depending on trail conditions. Lodging at Applebrook B&B in Jefferson, NH has become a tradition for nearly 30 years. Rates \$210 to \$265/pp includes lodging & breakfast for 3 nights, pizza or sandwiches on Friday night, full dinner Saturday and hearty soup Sunday night., New Hampshire, White Mountains, L: Wayne Cardoza CL: Barbara Hathaway R: Barbara Hathaway (barb224@tmlp.net)

Sunday Jan 14 – Sunday Jan 15 – Zealand Hut in the Winter Experience the self-service hut in the winter.. Cooking our own meals, wood stove for heat in the kitchen area, cozy unheated bunk rooms. We will hike up Zealand Road 3.8 miles to Zealand Trail, follow the river, for a total of 6.6 miles one way, 1,100 feet of elevation. (Fee to be determined) (L) pagliuca.t@gmail.com, (L) stevedennen@verizon.net R. Steve Dennen 781-799-9623 Best time to call – Before 9: 00 pm

Sat, January 20 Carter Dome Winter Hike (Hiking) Carter Dome (4,832 ft) via Nineteen-Mile Brook & Carter Dome Trail. Total 10 miles and elevation gain of 2,500 ft. Excellent views from the summit on a clear day. This hike will be at a moderate pace and require full winter gear., New Hampshire, White Mountains, L: Steven Dennen (stevedennen@gmail.com) 781-799-9623 (Before 9:00 pm) , Teresa Pagliuca (pagliuca.t@gmail.com) R: Steve Dennen (stevedennen@gmail.com) 781-799-9623 (Before 9:00 pm)

Sat, January 20 - Sat, January 20 Enjoy Winter in the Middlesex Fells (Hiking, Snowshoeing) Weather depending snowshoe or hike in hilly terrain west of I-93; 10 AM-1 PM. Details like meeting point will be sent after registration., Massachusetts, Boston Area, L: Uschi Kullman (ukullamc@yahoo.com) CL: Judi Lecount (windsurf22@aol.com) R: Judi Lecount (windsurf22@aol.com)

Winter Weekend -Joe Dodge Lodge Jan. 26-28 2018. Start the year off enjoying Hiking and/or x-country skiing/yoga 2-nights at Joe dodge Lodge, NH. Includes 2-Breakfast- 2-Dinners and Happy Hours. Contact Pagliuca.t@gmail.com for more info and registration forms. Room cost per night per person from \$82.00-\$112.00 (depending on room selection) An additional AMC administrative fee of-\$25.00- Payable with registration form. (L) pagliuca.t@gmail.com Co-leader: Steve Dennen stevedennen@gmail.com

Fri, February 16 - Sat, February 17 "Let's Get Out There" at the Lonesome Lake Hut (Hiking)

Have you ever wondered what it is like to stay in the high huts in the winter? Spend a fun weekend with the Forty Plus at the Lonesome Lake Hut in Franconia Notch. Group will make a fantastic meal and will spend a cozy night with great food and friends. On Saturday, an optional hike will be offered. This trip is aimed at the beginner winter hiker with some experience. Full winter gear will be required. 1.6 mi to hut, 950 elev gain. The huts are unheated and you will need a warm sleeping bag, microspikes, snowshoes and room in the pack for group food. Cost: member \$48.00, non-member \$58.00 (\$20.00 to Leaders for Food) This trip is part of the 40 Plus's new Let's Get Out There! Program where the hike pace ranges from easy through moderate to faster. Whether you're new to hiking, haven't hiked for a while, or want to up your hiking level, you're bound to find something of interest in Let's Get Out There!, New Hampshire, White Mountains, L: Ellen Stanley (ellstan@comcast.net), Teresa Pagliuca (pagliuca.t@gmail.com)R:EllenStanley(ellstan@comcast.net)

AMC OPPORTUNITIES

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 or Emily Nason, enason@outdoors

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.

EXECUTIVE BOARD

		<u>PHONE #</u>	<u>E-MAIL</u>
Chair	Teresa Pagliuca, Natick	978-766-5601	FortyPlusCoChair1@amcboston.org
Vice Chair	Maria Constantini		mgcare@comcast.net
Past Chairs	Don Provencher	978-766-5601	xdap@aol.com
Secretary	Kathy Blythe	617-875-2735	Katherineblythe@comcast.net
Finance	Bill Swanton	617-922-7002	bill.swanton@gartner.com
Coordinator			

COORDINATORS

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

Interested in becoming a AMC Leader?

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 2/3rd 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

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 \$80.00 via the online or via mail. For more information on how to purchase pass go to https://www.nps.gov/planyourvisit/passes.htm#CP_JUMP_5088578.