

AMC Forty Plus Newsletter

APPALACHIAN MOUNTAIN CLUB

April 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.

NEW ON-LINE EVENT REGISTRATION. The Forty Plus is joining the other Boston Chapter committees in using the On-line Trip Registration system to sign up for events. The link to this registration is <https://regi.amcboston.org/>. More information on the Online-Trip registration system – known as Regi system – is after the Scheduled Trips section of this newsletter. Log on to the Regi system and try it out!

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/>
3. Link to the Online Trip Registration system is <https://regi.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

Wednesday, April 11 -Beaver Brook Hike Join the Wednesday Wranglers as we explore the Beaver Brook Association's property in Hollis, New Hampshire. Let's search for early signs of spring as we explore 5-6 miles of trails that wind through forests, along streams and ponds. Hopefully, winter will be over but be prepared for muddy trails and if there is lingering snow or ice, participants will be required to use traction devices. As always, bring water, snacks and lunch. Wednesday Wrangler activities are part of 40 Plus's new Lets Get Out There! local hikes 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 "Let's Get Out There!" Leader –[Joan Blaustein \(blausteinjoan@gmail.com\)](mailto:blausteinjoan@gmail.com), Co-Leader – Kathy Blythe (katherineblythe@comcast.net), Register: Joan Blaustein.

Thursday April 12 – Thursday May 3 – AMC Boston Chapter 2018 Spring Leadership Program

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 12 and Thursday, April 19 from 6:30 pm - 9:30 pm at AMC Headquarters in Charlestown, MA. The weekend session is held April 27- 29 (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 will be held on Thursday, May 3 at AMC Headquarters. Program size is limited. Cost-\$59.00 covers all materials, weekend lodging, 2 breakfasts, 2 dinners but not lunches) Register: Phillip Baraona (phil@amc.org) - <https://regi.amcboston.org/event/1792>

Sunday, April 15 Spring hike at Mass Audubon's Ipswich River Wildlife Sanctuary Morning hike through woodlands and wetlands at Mass. Audubon's Ipswich River Wildlife Sanctuary in Topsfield, MA. Distance 5 miles at moderate pace with short stops for nature chats. Negligible elevation gains. Meet at 9:20am in front of the Sanctuary office, near the parking area, for introductions, so that we can depart at 9:30. Bad weather will cancel the hike. Registration requested but not required. A small entry fee is required if you are not member of Mass Audubon. L Bruce Bolnick (c: 571-340-1629, bbolnick@gmail.com). Co-Leader: Thurman Smith

Saturday April 21 – Sunday April 22 Multi-Activity Weekend By Forty Plus In Wellfleet On Cape Cod

A weekend of hiking and/or biking, your choice. Join us for one day or both. Please contact registrar for details about lodging and other logistics. Saturday's Great Island hike will be approx. 6 miles RT through woods and beach to Jeremy Point. Watch eagles, ducks, hermit crabs, plovers and enjoy spectacular vistas CL Sunny Steadman. Sunday's hike will be leader's choice in the Audubon Wellfleet Bay Wildlife sanctuary (small entrance fee). CL Barbara Fay The bike ride on Saturday will follow the bike trail from the National Sea Shore to Nickerson State Park and then back to Wellfleet. Sunday's ride TBD. Rain will cancel the bike rides. L Emily McPhillips, CL Katherine Blythe. Leaders: Barbara Fay, Uschi Kullmann, Sunny Steadman, Emily McPhillips, Co-Leader: Kathy Blythe Registration is required. R. Uschi Kullmann ukullamc@yahoo.com -

Sunday April 22, Springtime Hike to the Hancock Join us on a midspring hike to Mt. Hancock and South Hancock. This will be a fairly strenuous 9.8 mile hike with about 2900' elevation gain. We will begin on the Hancock Notch Trail off the Kancamagus Highway. When we reach the Cedar Brook Trail, we will proceed north over several brook crossings. The real fun begins on the Hancock Loop Trail, which involves a very steep incline over about 0.5 mile to the first summit, a beautiful traverse over to the second peak, and then 0.5 miles down a steep decline. We will maintain a moderate pace of about 1.5 miles per hour. Both peaks have beautiful views if the weather cooperates. Due to the unpredictability of the weather this time of year, some winter hiking experience is required. Winter gear may be necessary, including snowshoes, microspikes, and possibly crampons. Registration is required. L: Ann Hargleroad ahargleroad@gmail.com, CL: Patty Watson, pw@mobiustworks.com. R. Patty Watson pw@mobiustworks.com

Wednesday, April 25 - Middlesex Fells Hike Join the Wednesday Wranglers as we head north of Boston to explore the Middlesex Fells. We will hike the 5.2 mile Reservoir Trail which encircles three reservoirs. Open water can be seen from many points on the trail, which is rated as moderate. We will keep a leisurely pace of 1.5 mph. Bring snacks, water, and lunch. Heavy rains or any other extremes of Mother Nature cancels the hike. If the trails are icy or snow-packed (hopefully we will be done with winter by then) traction devices will be required and hiking poles are recommended. Wednesday Wrangler activities are part of 40 Plus's new Let's Get Out There! local hikes, 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 "Let's Get Out There!" Leader: **Joan Blaustein** (blausteinjoan@gmail.com), Co-Leader: Marlene Heroux, Registrar: Joan Blaustein

Saturday, May 5 - Cardigan Spring Hike Join us for our annual hike on mount Cardigan. Enjoy early spring flowers and the expansive summit view in this moderate-paced hike on a variety of trails. Cardigan has extensive ledges that may be slippery when wet. Some experience is necessary. The distance will be between 5.6 and 6.3 miles. Elev. gain: 2300 ft. Meeting time is 9:00 am at the Cardigan Lodge. Rain will cancel the trip. Register after April 18. Leader: [Maria Costantini \(mgccare@comcast.net\)](mailto:mgccare@comcast.net), Joan Wu Co-Leader: Cliff Chambers. Register: Maria Constantini - <https://regi.amcboston.org/event/1870>

Saturday, May 12 –AMC Boston Chapter One Day Leadership Program - This one-day program is for AMC members who are 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 in the program 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/event/1824>) 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. The program is held in Mattapan, MA on Saturday, May 12, 2018 from 9:00 a.m. to 5:00 p.m. The fee is \$15.00. Program location and further details will be communicated with confirmation of registration.

Register: Steven Conlin <https://regi.amcboston.org/event/1852>
<https://activities.outdoors.org/search/index.cfm/action/details/id/104654>

Friday May 25 – Monday May 28, Block Island Bike and Hike Join us for Memorial Day weekend on scenic Block Island for daily guided combined leisurely hiking and biking. We stay at a beautiful island inn and cottage overlooking the Old Harbor. Trip costs \$350 and includes 3 nights accommodation, 3 breakfasts, Friday night pizza and BBQ one of the other nights. Dinners and lunches can be prepared in the cottage kitchen. There are plenty of restaurants to choose from for dinner. Bike must be in good condition with fully inflated tires and tool kit. Helmets are required. Registration is required: Contact Registrar Emily McPhillips at emcp@me.com.
L: Emily McPhillips, CL: Dan Edwards dbe_88@yahoo.com, Ida Chang, ida_chang_1@yahoo.com

Fri June 8 – Mon June 11 Northern Presidential Travers from Pinkham to Crawford Join us on a ridge line traverse of the Northern Presidentials along the AT. We will stay at AMC's rustic mountain huts: Madison Spring Hut, Lakes of the Clouds Hut, and Mitzpah Spring Hut. We hope to summit Mt Madison, Adams, Jefferson, Clay, Washington, Eisenhower, Pierce, Jackson, and Webster weather allowing. Enjoy vast mountain views in the company of like minded hikers! We will hike following the AT (Appalachian Trail) from Pinkham Notch to Crawford Notch. We hope to give you the opportunity to hike the summits or you can choose to strictly hike the Appalachian Trail as it leaves Pinkham Notch and winds through the Northern Presidential Range to Crawford Notch. Our approach will include ascending the steep Osgood Trail and descend following the beautiful Webster Cliff Trail. And in between... nothing but awesome views! The three rustic AMC huts that we will stay at are distinctly different. They are run by the fun loving "croc" who will serve us home made family style dinners and breakfasts. Successful applicants will be strong hikers who enjoy endless open scenery, variable weather, and the camaraderie of fellow hikers. L: Ann Hargleroad, Co-leader: Patty Watson.
Register: Ann Hargleroad ahargleroad@gmail.com

Sat June 23 – Sun June 24 Lakes in the Clouds Lakes in the Clouds Hut Advanced hike up to Lakes in the Cloud Hut Beautiful Views-Route (TBD) Summit Mt Washington and other nearby peaks if weather permits. Fee-Member-\$139.00 Non Member-\$167.00 L. Teresa Pagliuca pagliuca.t@gmail.com, Steve Dennen stevedennen@gmail.com. Register with Leader - <https://regi.amcboston.org/event/1825>

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

The Forty Plus Moves to On-line Registration of Trips!

The Forty Plus Committee has decided to join other Boston Chapter committees and use the REGI on-line registration system for participants to sign up for trips. You may be familiar with it if you have gone on Hiking & Backpacking committee trips. This is designed to simplify the process for participants and leaders by streamlining the process of answering questions on gear and experience.

When you see a listing on the AMC website, there will be a link that says something like "REGISTER HERE". Click the link and you will get to a log in form. If you don't already have a profile, click on "Create an Account", which asks you for your name, email, a password, contact info, and three general questions about health, food preferences/allergies, and emergency contact.

After logging in, you'll get a form with trip details, required gear, and possibly some additional questions the leaders have added. You can also create a "Hiking Profile" that lists your recent experience and the usual information leaders ask. This saves you from having to retype this in an email to the leader each trip. It even has a place to put car pool info to help us reduce the number of cars driving north. Once you are approved by a leader for the trip, you'll get a confirmation email with additional information.

The Forty-Plus is transitioning to the On-line Trip Registration system and many of our trips posted earlier to us joining the Regi system may not have the link to the on-line registration. Trips that do not require registration will not have this link. For trips not using the on-line registration, you can register as usual by contacting the trip registrar. If you have problems, or do not wish to use the Regi system, then you can always contact the leader.

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
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Coordinator			

COORDINATORS

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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 up to \$120.00 for an 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.

There are 2 Leadership Training courses being offered in 2018. An extended Leadership training course for leading backcountry trips starting on April 12 and a one-day leadership training course for front-country trips on May 12. Descriptions of these training courses are in the Scheduled Activities section.

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.