

AMC Forty Plus Newsletter

APPALACHIAN MOUNTAIN CLUB

Mid-May 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/>

SAVE THE DATE- The Forty Plus Fall Weekend will be on Friday Sept 14 thru Sunday Sept 16. Look for the posting in the coming months.

SCHEDULE OF ACTIVITIES

Wednesday, May 23 – Middlesex Fells Hike 10:00am – 2:00 pm Join the Wednesday Wranglers as we head north of Boston to explore the Middlesex Fells. We will hike the 6 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. L: Joan Blaustein blausteinjoan@gmail.com, CL: Marlene Heroux Register with Joan Blaustein blausteinjoan@gmail.com.

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

Saturday, June 2 - Mt. Osceola and East Osceola Let's jump into the hiking season and complete two 4,000 footers! Mount Osceola (4315') and East Osceola (4156') are located in the Sandwich Range of the White Mountains. When we reach the summit of Osceola we will have beautiful 220 degree views of the White Mountains. We'll take a break for lunch here and enjoy the views. Then we will continue on to East Osceola - a VERY strenuous 2 mile out-and-back (1 mile each way). We will hike a total of 8.4 miles at a moderate pace (1-1.5 mph). There are some steep rock scrambles, so be sure you are comfortable with the distance, pace and terrain. We will be sure to have occasional stops for delayering, water breaks and snacks, but overall we will hike directly to the summit then break for lunch. This hike will take approximately 7 hours including lunch. We will stay together as a group, so be prepared to keep going onto East Osceola after reaching the first peak, and be aware that we will only hike as fast as the slowest hiker. Hike will be cancelled if it is raining. Leader: Marcella MacKenzie, (marcelmacnz@gmail.com), Co-Leader: Stacie Lebow-Schuko. Register via online <https://regi.amcboston.org/event/106153>

Saturday June 2 - Forty Plus Supports Trail Work on the Minute Man Trail Let's join The Minute Man National Historic Park's trail improvement day. Help fill holes along the trail surface, improve drainage, sow grass seed, and remove invasive plants along the trail edge. Work will be done east to west from the Minute Man Visitor Center to Fiske Hill. Bring lunch and wear sturdy shoes, the park service will provide gloves and tools. The goal is to improve 1.775 miles of the 5 multi use accessible mile trail that traverses woodlands, wetlands, and agricultural fields. Start a Revolution-- this will be the first National Trails Day stewardship program! Details at <https://americanhiking.org/national-trails-day/find-an-event/#find-event/view-event-details/2/5a7cbd638a1ef867b75e8495/> Reg W/L Uschi Kullmann (ukullamc@yahoo.com) AND RSVP Ryan at the NHP (ryan_ullrich@partner.nps.gov) mentioning that you are with AMC 40+.

Fri June 8 – Mon June 11 Northern Presidential Travers from Pinkham to Crawford Join us on a ridge line traverse of the Northern Presidential 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

Sunday, June 10 - 52 with a View: Mt. Roberts and Faraway Mtn with Forty Plus Tired of the same old 4000 footers? Try 52 with a View! We'll climb Mt. Roberts in the Lakes Region Conservation Trust property by Castle in the Clouds in Moultonborough. Beautiful view north of the Sandwich range and beyond. As a bonus, we'll continue along the extensive carriage roads to a lookout on Faraway Mountain with a view south to Lake Winnepesaukee. 9.0 miles and 1400 ft elevation gain. All at a moderate pace typical of the Forty Plus Committee. Trip Difficulty A3C, Leaders: Bill Swanton, Jackie Wah, Marcella MacKenzie Register: Bill Swanton, <https://regi.amcboston.org/event/1937>

Wednesday June 13, Nashua Rail Trail 10:00am – 2:00 pm Join the Wednesday Wranglers for a leisurely ride of 22 miles on the scenic and flat Nashua River Rail Trail. This trail traverses a variety of landscapes and with a minimum of road crossings, offers a relaxed ride past farms, forests, ponds and residential neighborhoods. We will start in Ayer and pass through Groton, and Pepperell and across the border into Nashua NH. Bring snacks, water and lunch and be sure your bike is in good working condition with tires fully inflated. Parking and restrooms are available at the Ayer trailhead. L: Joan Blaustein blausteinjoan@gmail.com 617-669-3528 (best time to call: Before 9:30 PM) CL: Maria Constantini mgccare@comcast.net. Registrar: Joan Blaustein

Sat June 16 - Little Rhody's East Bay Bike Trail East Providence to Bristol RI and back. Leisurely 30-35 mile ride at an average pace of 12-14 mph on a paved rail trail along the eastern shores of Narragansett Bay. Lunch stop in Bristol by the Bay - home to one of America's oldest Fourth of July celebrations in the U.S. Stimulate your senses as we cruise by Del's lemonade stands and the best ice cream place this side of Somerville. Enjoy stunning views of the Ocean State shoreline. Side trips to Colt State Park and Audubon boardwalk depending on time and interest. Bring your helmet, a bike in good working order, a spare tube, lunch, and a sense of humor. Rain or any other extremes of Mother Nature cancels the ride. L. Steve Dennen (stevedennen@gmail.com) 781-799-9623 (Anytime) Co-Leader – Kathy Blythe (katherineblythe@comcast.net)
Register: <https://regi.amcboston.org/event/1918>

Sat. June 16. Yoga/hiking/biking in Rye, NH. Located near the ocean and a bike path. AMC member runs the Rye Beach Yoga Studio and is offering a free class to AMC members only. One hour class followed by lunch, then activities of choice. Register with leader, Barbara Fay, 617-694-5612 preferred or CL, Claire Goulthorpe, claire@comcast.net. Limited to 12. Registration deadline for Forty Plus members is June 1. This trip will be posted online June 1.

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>

Saturday, July 14 - WELCH-DICKEY MOUNTAIN LOOP HIKE FOR NEWCOMERS Who Want a Challenge

Please join us for a leisurely hike to the summits of Welch and Dickey Mountains, that will introduce participants new to hiking to a variety of conditions. Magnificent views from the Welch-Dickey Loop Trail (White Mountain National Forest). This loop hike in the southwest corner of the White Mountain National Forest is as close to the perfect moderate hike that you can get. It takes an average of 4 hours to casually hike this 4.4 mile loop. There are almost constant views in all directions for over half the hike. Leader: Steve Dennen (stevedennen@gmail.com) 781-799-9623 (Anytime before 9:00pm), Jackie Wah (jwah2002@yahoo.com), Co-Leader: Susan Rosa (susanrosa@gmail.com) 617-967-6683 Register: <https://regi.amcboston.org/event/1919>

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	617-698-2336	Katherineblythe@comcast.net
Finance	Bill Swanton	617-875-2735	bill.swanton@gartner.com
Coordinator			

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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.