

AMC Forty Plus Newsletter

APPALACHIAN MOUNTAIN CLUB

October 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

Monday Oct 1 – Sun Oct 21 AMC Boston Chapter 2018 Fall 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 Monday, 1 October and Tuesday, 9 October from 6:30 pm - 9:30 pm at AMC Headquarters in Charlestown, MA. The weekend session is held 19-21 October (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 the week of the 22 October at a location TBD. Program size is limited. Leader: Phillip Baraona , Kellie Connelly R: <https://regi.amcboston.org/event/2140>

Saturday, October 13 Mt. Moosilauke Mt. Moosilauke (4802 ft) Benton , NH. Kingsman Range. 7.6 mi. 7 am STAR TIME. Must have 4k experience. Must be willing to carry group gear. Staying Friday night at N. Woodstock Hostel. L. Nelson Caraballo (617-548-8579, Nelsonhikes@gmail.com) Don Provencher (781-273-3950, xdap@aol.com) Register: Nelson Caraballo

Saturday, October 13 -Mt. Israel - 52 With a View Enjoy a late Fall hike on Mt. Israel, one of the 52 With A View, offering fine views of Squam Lake, the Sandwich range and the Whites. We'll take the Wentworth Trail 4.2 miles total, 1,900 ft elevation gain, at a moderate pace, enjoying some time on the summit. Be prepared with extra clothes/layers, hat, gloves - it may be chilly! We'll depart from the Mead Base Conservation Center in Center Sandwich NH, at 9:30am. Note: The wonderful Village Green Cafe coffee shop at 25 Main Street in town usually opens at 8:30am. If time allows, we'll take a quick side trip to Beedee's Falls and perhaps gather at the Corner House Inn pub for an early dinner. There are campsites at Mead Base - more info at www.meadbase.org Mt. Israel 2630', 1700 ft elev gain Mileage: 4.2 miles Leader: Ellen Stanley ellstan@comcast.net, Co-Leader: Brad Fenn. Register via Regi <https://regi.amcboston.org/event/2165>

Sunday October 21 Hike in Medford/Winchester Middlesex Fells 1:00 pm – 3:00 pm

A 2-hour loop hike in the Middlesex Fells to Wright Tower and Panther Cave via the Lawrence Woods and Winchester Reservoir. About 5 miles, moderate pace. Meeting point is adjacent to the NE corner of the Medford High School building. After entering the Medford High School drive, turn right, the left. The parking lot is on the right at the end of this leg of the road. Leader: Ellen Stanley ellstan@comcast.net, Co-Leader: Thurman Smith, Thurman Smith Registrar: Thurman Smith 718-729-3832 (Day or evening before 10 PM)

Wednesday, November 7 – Wednesday Dec 12 2018-2019 Boston Chapter Winter Hiking Program

Want to get outside more this winter? Please join us for the AMC Boston Chapter Winter Hiking Program 2018-2019, as follows: Nov 7 (Wed), Nov 14 (Wed), Nov 28 (Wed), Dec 6 (Thu), and Dec 12 (Wed). The 2018-2019 Boston Chapter H/B Winter Hiking Program (WHP) teaches the best practices of winter hiking and backpacking in New England. Taught by AMC Boston Chapter Hiking/Backpacking Leaders, WHP students will have the opportunity to attend lectures, small group breakout sessions, and hands-on opportunities with winter hiking and backpacking gear. Topics include heat management and winter hiking clothing, group hiking techniques, energy management and nutrition, winter travel and snowshoeing, winter safety and injury prevention, above tree-line hiking, non-technical use of ice axe and crampons, winter weather, camping techniques & equipment, back-country food prep and more. There will be numerous weekend trips offered exclusively or preferentially to participants in this class to put your learning into practice including a special program weekend at Cardigan Lodge on the weekend of January 18-20th, 2019. This is also a great opportunity to meet lots of other people who love hiking and enjoy the outdoors! The WHP takes place on 5 nights from 7:00-9:00pm at the First Baptist Church of Medford, 29 Oakland Street, Medford, MA. The dates are Wednesdays November 7th, 14th, 28th, Thursday December 6th and Wednesday December 12th. Class sessions are located close to I-93 and municipal parking in Medford, as well as the 94, 95, 96, 101, 134 and 326 (express) MBTA bus lines. If you have general questions about our WHP program, please contact the program organizer, Jessica Halvorsen. With questions about registration, please contact WHP registrar, Chris McCarron. Register at REGI link: <https://regi.amcboston.org/event/1976>.

Friday, January 25 - Sunday Jan 27 Winter Weekend Joe Dodge Lodge 2019 Winter Weekend - Joe Dodge Lodge Jan. 25-27 2019. Start the year off enjoying Hiking and/or xcountriy skiing 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 \$86.00 (depending on room selection) Additional AMC administrative fee-\$25.00 - Payable with registration form. L: Teresa Pagliuca (pagliuca.t@gmail.com) Register with Leader.

October 12-14, 2018 - Woodstock, CT AMC FALL GATHERING

Come to Fall Gathering 2018 (<https://www.outdoors.org/fall-gathering>) in northeast Connecticut, better known as the "Quiet Corner", for a weekend of laid back fun, friendship, and adventure in a forested autumn setting! Camp Woodstock, located on the shores of Black Pond, offers heated cabins, unheated yurts, and a high and dry

campsite with parking close by. This annual AMC event is hosted by a different chapter each year and is a great opportunity to meet folks from across the region as they come together for a weekend of outdoor fun - make sure to register soon, because spots fill fast! Register Now at <https://www.outdoors.org/2018-fall-gathering!>

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 Vice Chair Past Chairs Secretary Finance Coordinator	Teresa Pagliuca, Natick Maria Constantini Don Provencher Kathy Blythe Bill Swanton	978-766-5601 781-492-7188 978-766-5601 617-698-2336 617-875-2735	FortyPlusCoChair1@amcboston.org mgcare@comcast.net xdap@aol.com Katherineblythe@comcast.net bill.swanton@gartner.com

COORDINATORS

Biking Hiking/Snowshoe Skiing Activity Coordinator Andover Transition Member at Large Newsletter and Membership	Steve Dennen Ellen Stanley, Cambridge Marjorie Jordan, Newton Teresa Pagliuca Faith Evans Uschi Kullmann Ellen Stanley	781-942-4634 617-547-4095 617-969-6863 508-654-9031 978-356-2098 617-817-6688	stevedennen@gmail.com ellstan@comcast.net Major@verizon.net Pagliuca.t@gmail.com fevans27@aol.com ukullamc@yahoo.com ellstan@comcast.net
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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.

Fall Leadership Training is being offered on Oct 1 thru Oct 21. This is the extended Leadership training course for leading backcountry trips and includes classroom instruction and a weekend at Camp Lyndon on Cape Code. 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.