

# AMC Forty Plus Newsletter

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APPALACHIAN MOUNTAIN CLUB

November 2018

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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.

**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](mailto:maryhoff3@comcast.net) or Ellen Stanley at [ellstan@comcast.net](mailto:ellstan@comcast.net).

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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**

### **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>.

**Saturday, November 10 – South Kearsarge Hike** Fall hike to South Mt. Kearsarge (elevation 2,920 ft) in the Rollins and Winslow State Parks. This is an easy paced 6 mile hike. Mount Kearsarge is on the 52 with a View hiking list as well as the NH Fire Tower Quest and New England Fifty Finest. Regi link <https://regi.amcboston.org/event/2177> L: Steve Dennen ([stevedennen@gmail.com](mailto:stevedennen@gmail.com)) 781-799-9623 Teresa Pagliuca [Teresa Pagliuca \(pagliuca.t@gmail.com\)](mailto:Teresa.Pagliuca@gmail.com)

**Sunday November 11, Annual Boston Chapter Meeting and Dinner** Please join us for the Boston Chapter's Annual Meeting and Dinner! When: November 11, 2018 at 5:30 p.m. Where: Sandy Burr Country Club, 103 Cochituate Rd. Wayland, MA

Whether you're an AMC member who isn't yet active with the Boston Chapter, or a regular attendee of chapter trips and events, this social event has something for you: good food; a chance to meet other AMC members, volunteers, and staff; and the election of chapter officers for 2019.

Presentation: **Hiking the Trail of Life** Greg Zlevor, president of [Westwood International](#) and founder of the Global Community for Leadership Innovation (GCLI) and FOG, is going to share his insights and stories of being awake in a fast-paced, digital world. What does it mean to wake up today? What role does nature play? Through a series of stories, anecdotes, and research Greg will both challenge and surprise us. We will walk away with tools, tips, and a deeper understanding of how the outdoors teaches us to live more fully in an ever-changing technological world.

Parking is free, and members receive a special discounted rate of \$25. The non-member rate is \$30

Follow this link to reserve your ticket <https://amcboston.org/committee/executive/annual-meeting-2018>.

### **Wednesday, November 14 - Charles River Bike Ride**

Join the Wednesday Wranglers for the last bike ride of the season. We will repeat a ride we did in August minus the stifling heat and humidity. Our 22 mile ride will take us through Medfield, Dover, Natick, Needham and Wellesley. We will get glimpses of the Charles River and its wetlands, tackle a few hills, take a break at the South Natick Dam and bike through a portion of the Wellesley College campus. After the ride we will go to the Brothers Marketplace in Medfield Center for lunch, coffee or ice cream (or all three). Please be sure your bike is in good working condition and that you have water, a snack and appropriate clothing. The start location and other details will be emailed a few days before the ride. L: Joan Blaustein

[\(blausteinjoan@gmail.com\)](mailto:blausteinjoan@gmail.com) 617-669-3528 (Before 9:30 PM) , Kathy Blythe ([katherineblythe@comcast.net](mailto:katherineblythe@comcast.net)) (Register with Joan Blaustein)

### **Saturday, November 17 - AMC Boston Chapter One-Day Leadership Training 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 (co-leading backcountry trips or trips with other activity committees requires the longer leadership training program that involves two weeknights and a weekend, which is offered every Spring and Fall). 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 Sudbury, MA on Saturday, November 17, 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 with Regi: <https://regi.amcboston.org/event/216>

### **Friday, November 23 – Annual Post-Thanksgiving Day Blue Hills Skyline Hike**

Walk off the Thanksgiving feast by joining us on an invigorating hike along the Skyline blue trail and on red and green trails. Approximately 6 miles. The hike is suitable for those who like to go for long walks. There is some elevation gain and some steep and rocky terrain. Bring water, snacks, and lunch, and wear sturdy boots. Pack your microspikes, just in case. Rain cancels. Meet at 10:00 am at the Houghton Pond Parking Lot (on Hillside street). **Leaders:** Maria Costantini ([mgccare@comcast.net](mailto:mgccare@comcast.net)) , Kathy Blythe

### **Saturday, December 15 - Sunday, December 16 – High Cabin: Cardigan**

Join us on this intermediate hike to the rustic High Cabin close to the summit of Mt Cardigan (3155 ft). We will have High Cabin to ourselves in a beautiful wooded setting close to a stream which is our water source. With a full kitchen we will cook dinner and breakfast. A cozy wood stove is our source of heat and candles for lighting. After dropping our packs at High Cabin we will summit Mt Cardigan's Bald summit which boasts 360 views. Weather and conditions permitting, we can cross the open ridge to Mt Firescrew. As the sun is setting we will return to High Cabin for Happy Hour and prepare dinner together. High Cabin sits just below tree line allowing us to easily walk just a short distance to South Summit apres dinner. From South Summit we can enjoy the nighttime views of the mountains and the December night sky. The moon will be in it's first quarter at this time. Bring a pad and warm clothing as we may want to 'chill' for a while in this beautiful setting. Keep our fingers crossed for clear weather! Mileage to summit: About 2 miles one way with 1763 ft elevation gain. Plus additional 2 1/2 miles roundtrip to Firescrew. Sunrise viewing before breakfast. We can opt to hike out via Mt Gilman (Orange Mtn). Needed: 20 degree sleeping bag. Microspikes . Cost: \$40. Includes lodging. Additional cost for food depending on number of participants. High Cabin is the perfect place to enjoy camaraderie, a sunset, stars, and a sunrise. **Leader:** [Ann Hargleroad](mailto:ahargleroad@gmail.com) ([ahargleroad@gmail.com](mailto:ahargleroad@gmail.com)) , [Ellen Stanley](mailto:EllenStanley@comcast.net) ([ellstan@comcast.net](mailto:ellstan@comcast.net)) **Register:** Ann Hargleroad

**Sunday December 16 – Mt. Sunapee** Leave the holiday frenzy behind! Join us on a scenic five-mile (1,500 elev. gain) round trip snowshoe to beautiful Mount Sunapee to the lodge (hot chocolate and 360 degree views). Medium pace. On the trail at 10 and back in the Boston area in time for holiday activities and/or shopping. L- Teresa Pagliuca ([pagliuca.t@gmail.com](mailto:pagliuca.t@gmail.com)), L- Kathy Blythe ([katherineblythe@comcast.net](mailto:katherineblythe@comcast.net)) Register via Regi: <https://regi.amcboston.org/event/2204>

### **Saturday, January 19 - Sunday, January 20 – Zealand Hut in the Winter**

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) (L) Teresa Pagliuca [pagliuca.t@gmail.com](mailto:pagliuca.t@gmail.com), (L) [stevedennen@verizon.net](mailto:stevedennen@verizon.net) Registration Link: <https://regi.amcboston.org/event/217>

**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 xcountry skiing 2-nights at Joe Dodge Lodge, NH includes 2-Breakfast- 2-Dinners and Happy Hours. Contact [pagliuca.t@gmail.com](mailto: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](mailto:pagliuca.t@gmail.com)) Register with Leader.

### **Friday, May 31 - Sunday, June 2 – Mt. Washington: Alpine Exploration from AMC's Lakes of the Cloud Hut**

Spend three days, two nights exploring Mt Washington's Alpine zone as spring arrives. We will hike up to AMC's Lakes of the Clouds Hut on the shoulder of Mt Washington. We will enjoy this uniquely situated hut while exploring the summit, the alpine garden, and surrounding peaks. We hope to leave plenty of time to savor the expansive views of this beautifully harsh environment and explore the historic buildings of Mt Washington's summit. We will climb Mt Monroe nearby and on the last day hike the ridge line out, summiting Mt Eisenhower before we descend. Cost includes 2 nights high mountain hut lodging, 2 home style dinners and 2 breakfasts prepared by the hut "Croo". Contact Ann Hargleroad, [ahargleroad@gmail.com](mailto:ahargleroad@gmail.com) to register. Cost \$276.94/member or nonmember. L: Ann Hargleroad, Ellen Stanley

### **Saturday, October 5 - Sunday, October 6 – Fall Foliage Waterfall Hike with stay at Zealand Falls Hut**

Join us on this fall foliage hike to view Zealand Falls, Thoreau Falls, Ripley falls, and Aresthusa Falls. We will hike to AMC's rustic Zealand Hut by Zealand Falls enjoying a family style dinner (and breakfast the following day) cooked by the hut's "crao". If we choose, we can hike up to Zeacliff for expansive views. The next day we tour the remaining cascades hiking approximately 11 miles out. Each cascade is uniquely different. Thoreau falls tumbles far down the far reaching Pemigewasset Wilderness. Ripley Falls flows widely over smooth rock, Aresthusa falls is 140 feet tall, second tallest falls in NH, (only surpassed by the seasonal Dryad falls of the Mahoosuc range.) Bring your lunch and we can enjoy the views! Cost includes hut stay, dinner, breakfast. Contact Ann Hargleroad, ahargleroad@gmail.com. \$150.46 member/nonmember. L: Ann Hargleroad, Ellen Stanley

### **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](http://www.outdoors.org/outdoorcitizen) or Emily Nason, [enason@outdoors](mailto:enason@outdoors)

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### **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	<a href="mailto:FortyPlusCoChair1@amcboston.org">FortyPlusCoChair1@amcboston.org</a>
Vice Chair	Maria Constantini	781-492-7188	<a href="mailto:mgcare@comcast.net">mgcare@comcast.net</a>
Past Chairs	Don Provencher	978-766-5601	<a href="mailto:xdap@aol.com">xdap@aol.com</a>
Secretary	Kathy Blythe	617-698-2336	<a href="mailto:Katherineblythe@comcast.net">Katherineblythe@comcast.net</a>
Finance	Bill Swanton	617-875-2735	<a href="mailto:bill.swanton@gartner.com">bill.swanton@gartner.com</a>
Coordinator			

### COORDINATORS

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

### 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.

### 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](https://www.nps.gov/planyourvisit/passes.htm#CP_JUMP_5088578).