

AMC Forty Plus Newsletter

APPALACHIAN MOUNTAIN CLUB

March 2019

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

Saturday March 9 – Mt Moosilauke in the Winter Mt Moosilauke is a 4000 footer with 360 degree view in winter! It is recommended for experienced winter hikers. The plan, depending upon trail and weather conditions- We will go up Glen Cliff Trail, and descend by the Carriage Road and Snapper or Gorge Brook trail (rt: 7.8 (approx.) 3300 feet of elevation gain. Car Spot. Trail Crampons Required. L-pagliuca.t@gmail.com L-stevedennen@gmail.com Registration is required. Register via Regi <https://regi.amcboston.org/event/2312W>

Wednesday March 13 - Rocky Hill Wildlife Sanctuary to Forest Bells Join the Wednesday Wranglers as we explore the Rocky Hill Wildlife Sanctuary and ring the Forest Bells in Groton. Meet at 9:45 for a 10am start. Approximately 5.7 miles, mostly flat with some short hills. Elevation gain 430 ft. Expect 3 hours hiking. Dress appropriately in layers, bring water and snacks. Microspikes or snow shoes are weather dependent. Apre' hike coffee or lunch possible. This is a Mass Audubon site - No Dogs allowed. Please contact leader for registration. <https://www.massaudubon.org/get-outdoors/wildlife-sanctuaries/rocky-hill> **Leader:** Emily McPhillips (emcp@me.com), Co-Leader: Judy Wester, Register: Emily McPhillips emcp@me.com

Wednesday, March 27 - Blue Hills Skyline Hike Join the Wednesday Wranglers on an early Spring hike in the Blue Hills in Milton and Quincy. Meet at 9:45 for a 10 a.m. start. Around five miles - mostly rocky terrain on the Skyline trail for the first half then returning on the scenic and more moderate Red Dot trail. Dress appropriately in layers. Bring water and snacks. Microspikes and snowshoes weather dependent. Apres hike coffee optional. Leader: [Kathy Blythe \(Katherineblythe@comcast.net\)](mailto:Katherineblythe@comcast.net) , [Emily McPhillips \(Emcp@me.com\)](mailto:EmilyMcPhillips@me.com), Register: [Emily McPhillips emcp@me.com](mailto:EmilyMcPhillips@me.com)

Tuesday, April 2 - Tuesday, April 30 AMC Boston 2019 Spring-Hiking Program

Tuesdays: April 2, 9, 16, 23, 30. Ever wanted to try hiking or backpacking and didn't know where to get started? Are you rusty and want to brush up on your knowledge and skills? Do you want to get involved with our organized hikes and meet other hikers? Then the 3-Season Spring Hiking Program (SHP) is for you! This interactive course consists of 5 instructional sessions to introduce the basics of spring, summer and fall day hiking and backpacking in New England. The instruction topics for each of the 5 evenings are different and include: clothing, footwear, heat management, nutrition, essential gear, backcountry stewardship and more! During the program participants are also given a choice of day hikes, lodge based trips and backpacks that are exclusive to the program to practice their new skills. These trips are an opportunity for participants to get outside with experienced AMC leaders and practice what they have learned in the classroom sessions. Though many of these trips have a particular mountain as an objective, the emphasis is on learning and reinforcement of the classroom discussions. Additional charges apply to some trips. [Unfortunately we cannot accommodate dogs, except service dogs, on any program trip.] Advanced registration for the program is required. Reserve your spot now as the class fills quickly. The SHP takes place on 5 nights from 6:30-9:00pm at the First Baptist Church of Medford, 29 Oakland Street, Medford, MA. The dates are Tuesdays April 2nd, 9th, 16th, 23rd, 30th. 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 SHP program, please contact the program organizer, Casey Ajalat. With questions about registration, please contact SHP registrar, Chris McCarron Leader: [Casey Ajalat \(ajalat@gmail.com\)](mailto:ajalat@gmail.com) 781-333-8723, Chris McCarron Register via Regi. <https://regi.amcboston.org/event/1948>

Saturday April 13 – Sunday April 14- Multi-Activity Weekend with Forty Plus in Wellfleet on Cape Cod

A fun Spring weekend of hiking and/or biking on beautiful Cape Cod. Your choice - join us for one day or both. Optional group dinner at a bayside Wellfleet restaurant. Sunday breakfast on your own at one of the many fine local eateries. Hotel recommendations sent closer to the weekend. Saturday's Great Island six-mile RT hike will take us through woods and beaches to Jeremy Point. Watch eagles, ducks, hermit crabs, and plovers while enjoying spectacular views. Leader - Sunny Steadman. Sunday's hike will be leader's choice in the equally spectacular Audubon Wellfleet Bay Wildlife Sanctuary. Leader - Barbara Fay. Saturday's scenic 35-mile bike ride will follow the Cape Cod Rail Trail from the National Sea Shore in Wellfleet to Nickerson State Park and back to Wellfleet with side trips to Coast Guard Beach and a walk along the White Cedar Swamp boardwalk near Marconi Beach. Mostly flat with only one moderate hill. Sunday's 23-mile ride will be to Mashnee Island, Eel Pond, and the Cape Cod Canal bike path in Sandwich. Rain cancels the rides but participants can join the hikes. Leaders - Joan Blaustein, Kathy Blythe and Uschi Kullman Register : [Emily McPhillips Emily McPhillips emcp@me.com](mailto:EmilyMcPhillips@me.com)

Thursday, April 18 – Sunday, May 5 - Spring Leadership Training 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 18 and Thursday, April 25 from 6:30 pm - 9:30 pm at AMC Headquarters in Charlestown, MA. The weekend session is held May 3 - 5 (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 May 6 at a location to be determined. Leader: [Phillip Baraona \(phil@acm.org\)](mailto:phil@acm.org) , Register via Regi: <https://regi.amcboston.org/event/2321>

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 to register. Cost \$276.94/member or nonmember. L: Ann Hargleroad, Ellen Stanley

Saturday, June 15 – Sunday June 16 -Mt. Madison Enjoy a night at the hut at the base of Mt Madison Hike up/down via Valley Way from the Appalachia trailhead to Madison Hut. Followed by the Osgood Trail to the summit. Mount Madison is a 5,367 foot mountain-Elevation gain 4,100 feet. Leader(s) Teresa Pagliuca pagliuca.t@gmail.com Steve Dennen stevedennen@gmail.com Register via Regi: <https://regi.amcboston.org/event/2334>

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 "croo". 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 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	781-492-7188	mgcare@comcast.net
Past Chairs	Don Provencher	978-766-5601	xdap@aol.com
Secretary	Kathy Blythe	617-698-2336	Katherineblythe@comcast.net
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COORDINATORS

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Member at Large	Uschi Kullmann		ukullamc@yahoo.com
Newsletter and Membership	Ellen Stanley	617-817-6688	ellstan@comcast.net

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.