

AMC Forty Plus Newsletter

APPALACHIAN MOUNTAIN CLUB

May 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 d 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 it 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, May 4 - LETS HIKE MEADOW POND CONSERVATION RESERVATON AND HAMPSHIRE WOODS IN GROVELAND/GEORGETOWN MA

We'll hike Meadow Pond Reservation and Hampshire Woods. This area is also known as "Turtleland" as it provides excellent habitat for some rare turtles as well as salamanders. Meet at 12:00 PM at the Meadow Pond Conservation Area parking area on Uptake Rd in Groveland MA. The hike will last about 3 hours, and plan to hike about 4 miles along woodland trails while listening for Spring Peepers, harbingers of Spring, from vernal pools that are sprinkled throughout this conservation area. Bird migration is well underway and many spring ephemeral flowers are blooming such as yellow marsh marigold and trilliums Leader: [Richard Lombard \(rlombard2@gmail.com\)](mailto:rlombard2@gmail.com) 978-394-9619, Registration is not required.

Tuesday, May 15 Late Spring Duxbury Beach Reservation Walk

Join the 40 Plus Wranglers on a four-hour eight-mile walk along one of the South Shore's coastal gems. Duxbury Beach is a stunningly beautiful barrier beach that ends in two sand spits called The Gurnet (with a lighthouse) and Saquish (interestingly enough, both in Plymouth). If we have time we may explore The Gurnet. Optional post trip visit to the French Memories bakery in Duxbury's Snug Harbor. Leader: [Kathy Blythe \(katherineblythe@comcast.net\)](mailto:katherineblythe@comcast.net) 617-922-7002, Joan Blaustein Registrar: [Kathy Blythe \(katherineblythe@comcast.net\)](mailto:katherineblythe@comcast.net) 617-922-7002

Thursday, May 16, Stand Up Paddle Board (SUP) Social Come join us for socializing and planning for Stand Up Paddle Boarding (SUP) events! This AMC social event on Thursday, April 11 in Davis Square at the Elm Street Tap Room. This is open to all ages who have any interest in trying to get up (and stay up!) on a paddle board this summer. We are eagerly anticipating hosting SUP events this summer...and we need you to come join the fun! It is important that you RSVP for this event as we need to let the brewery know how many to expect- also so we know to watch out for you. To RSVP, either hit the Register Now button when using the AMC Online Trip Listing or RSVP when in the Regi Trip Listing. Also, if there are any last minute changes, it will also help to have a way to reach you. The location does serve food so if you need to order dinner, you will be able to do so. Can't make it this time around but want to make sure you don't miss out in the future? In order to make sure you don't miss out on any SUP news and events, please join my mailing list by clicking on this link: <http://eepurl.com/dOIK8f> You know you will have successfully subscribed when you arrive back the AMC Boston website L: Ellen Stanley ellstan@comcast.net, Co-Leader: Renee Hoekstra (reneejhoekstra@gmail.com)
RSVP: <https://docs.google.com/document/d/1ISju7CJQkVYJZ0AndSO5rE0KuTWREcIn4Edt1GIwcg/edit>

Saturday, May 18 - Ravenswood Park, Gloucester

Ravenswood Park, Gloucester. Hike for 3-4 hours in this special place which contains many relics of Cape Ann History. We will see a magnolia swamp, mystical rocks in dark woods, glacial erratics, and enjoyment of nature. This is an easy hike going at a very moderate pace taking time to check out Spring flowers and plants. Registration required: L. Barbara Fay, 617-694-5612, Ellen Stanley. Limited to 10. Optional lunch at nearby restaurant. Meeting time: 10:30am .Register: Barbara Fay: 617-694-5612

Saturday May 25 - Up, down, and around the Great Blue Hill

Join us for a fun walk exploring the great Blue Hill. We will go up to the top on the Skyline North trail (steep and rocky) from the Police Headquarters and return on a variety of red, green, and yellow trails. Wear sturdy boots and bring water and snacks,/light lunch. Total distance approximately 4 miles If there is interest we can stop to see the animals outside the Trailside Museum. Rain cancels. **Leader: Maria Costantini** (mgccare@comcast.net) , Ellen Stanley (ellstan@comcast.net). Registration is not required

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, June 1 Hike Mt Osceola Whether you're a peak-bagger or just enjoy hiking, you'll think the views from Osceola are amazing! We'll take the Mount Osceola Trail 3.2 miles to the peak with about 2,000 ft elevation gain at a moderate pace, enjoying some time on the summit. For the gung-ho in the group, we have the option to go 1 mile further from Osceola to East Osceola, and back - good for peak-baggers, but its a challenging add-on. We'll depart from the Tripoli Road trailhead at 9:00am. Limited to 10 people. No pets Leader: Brad Fenn, Bill Swanton Register via Regi: <https://regi.amcboston.org/event/2388>

Saturday, June 1 - Mount Cardigan Spring Hike Join us for our traditional spring hike on Mount Cardigan Cardigan. This is one of our favorite hikes for the variety of ecosystems and for the expansive views. From the summit and its fire tower we will have a panoramic view of the surrounding rural landscape, with the White Mountains rising to the north, Vermont's Green Mountains to the west, Ragged Mtn., and Mt. Kearsarge to the south. We will do a loop with several stops, including stops on Firescrew and South Peak, and have lunch on the summit. Approximately 5.6 to 6.3 miles, Leaders: [Maria Costantini \(mgccare@comcast.net\)](mailto:mgccare@comcast.net) , Joan W Chambers , Cliff Chambers Register via Regi: <https://regi.amcboston.org/event/2381>

Sunday June 2, Leisurely 18 Mile Bike Ride Through Middleton, North Andover, Boxford and Topsfield Leisurely 18 mile ride through Middleton, North Andover, Boxford and Topsfield. Gently rolling hills, wooded and town centers in Boxford and Topsfield **Leader:** [Steven Dennen \(stevedennen@gmail.com\)](mailto:stevedennen@gmail.com) 781-799-9623 (Before 9:00 pm) Register via Regi <https://regi.amcboston.org/event/2396>

Thursday, June 6 - Up on a SUP Summer Series - Week 1

Join us this summer for our Up on a SUP (Stand Up Paddleboard) series! We are eager to get out on the water, socialize, get to know others who love paddle boarding, and to meet and introduce new people to this fabulously fun sport. Our June series will be focused on getting people Up, especially beginners and newbies who have never been on a board, want to gain confidence in their balance, work on various paddle strokes, and learn to maneuver their boards with flexibility and control. We will be hosting our initial paddles at Blessing of the Bay Boathouse in Somerville in collaboration with Charles River Kayak and Canoe. Classes are run Thursday evenings from 6:30 pm - 8:00 pm. You can sign up for 1 class or all class (must sign up for each class individually) . Other class dates are June 13, 20, 27. Classes are limited to 10 participants, so sign up soon. Bad weather, high winds, and heavy rain will result in a cancelled event. If you are interested in finding out about our upcoming summer paddles, please click on this link to join the mailing list: <http://eepurl.com/dOIK8f> NOTE: This list is not to sell anyone anything, it is simply to promote socializing and SUP activities, primarily through the AMC, and was created to be able to get people information about SUP activities readily. You will have successfully subscribed when you land back on the AMC Boston website. If you have never had a seasons pass from CRKC, you are lucky! They are offering first time season pass holders a pretty fabulous discount, and you can sign up here: <https://www.paddleboston.com/bookings/selectitems.php?showCart=PaddleSeasonPassFirstTimer> If you don't want to commit to the season, rentals are available at this location for these events. CRKC is also offering a 20% discount on all rentals specifically for our Thursday events, so that means that your rental will be \$16 instead of the full \$20 per hour. If you have your own SUP, you are free to bring your board. You will be responsible for wearing a life jacket if you have your own board. Our June paddles at the Blessing of the Bay Boathouse location is to provide a city accessible, local, and T accessible access point. While we realize it may not be the most aesthetically awesome place to paddle, our plan is to gather a weekly social community to get people Up on a SUP. Other paddles will be offered in different locations as we gather feedback and as the summer progresses. **Leader:** [Ellen Stanley \(ellstan@comcast.net\)](mailto:ellstan@comcast.net) **Co-Leader:** [Renee Hoekstra \(reneejhoekstra@gmail.com\)](mailto:reneejhoekstra@gmail.com) , [Leah Salloway \(leahsalloway@gmail.com\)](mailto:leahsalloway@gmail.com) Register via Regi: <https://regi.amcboston.org/event/2405>

Saturday July 20, 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. **Leader:** Steve Dennen, stevedennen@gmail.com) 781-799-9623 , **Co-Leader:** Kathy Blythe (katherineblythe@comcast.net) , Register via Reg- <https://regi.amcboston.org/event/2395>

Sunday, July 21 -MT CUBE BEGINNERS AND NEWCOMERS HIKE Please join us for a leisurely 6.6 mile hike to the summit of Mt. Cube, that will introduce participants new to hiking to a variety of conditions. Magnificent views along the Cross-Rivendell Trail. Climb by numerous switchbacks through nice hardwoods, and beautiful open spruce forest. This hike is for new hikers and those who want to return to hiking. **Leader:** [Steven Dennen \(stevedennen@gmail.com\)](mailto:stevedennen@gmail.com) 781-799-9623 (Before 9:00 pm) **Co-Leader:** [Susan Rosa \(susanrosa33@gmail.com\)](mailto:susanrosa33@gmail.com) , [Maria Costantini \(mgccare@comcast.net\)](mailto:mgccare@comcast.net) Register via Regie <https://regi.amcboston.org/event/2397>

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 "croc". 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

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

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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.

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.