

# AMC Forty Plus Newsletter

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APPALACHIAN MOUNTAIN CLUB

September 2019

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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 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/>.

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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

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### **Saturday August 31 – Tuesday September 3 Medawisla-3-Day**

Join us for a fun 3-days at the newest destination in the Maine Wilderness Lodges network. We will be staying at the Waterfront cabin and will be enjoying kayaking, paddle boarding, mountain biking and hiking from this remote location. L [Teresa Pagliuca \(pagliuca.t@gmail.com\)](mailto:pagliuca.t@gmail.com) , [Steven Dennen \(stevedennen@gmail.com\)](mailto:stevedennen@gmail.com) Register via Regi: <https://regi.amcboston.org/event/2473>

### **Wednesday, September 11 - Concord-Carlisle Ice Cream Ride**

Join the Wednesday Wranglers for a leisurely (10-12 mph) bike ride through Concord, Carlisle and adjacent towns. This 21 mile ride will start and end at Great Brook State Park. The terrain is rolling with a few hills (963 feet of elevation gain) to help you earn that ice cream. We will pass farms and wetlands and the Concord River. This route is entirely on-road but traffic should be light mid-week. Please be prepared with water, snacks, lunch and a bike in good condition as well as layers appropriate for the day's weather. Registration is required for this ride and we will be limiting the number of riders so please register early. Full trip information will be emailed on the Monday or Tuesday before the ride. There is a small parking fee at Great Brook State Park unless you have a state park senior pass which gives you free parking. There are bathrooms at the start. **Leader:** [Joan Blaustein \(blausteinjoan@gmail.com\)](mailto:blausteinjoan@gmail.com) 617-669-3528 (Before 9:30 PM)

**Co-Leader:** [Mary Anargirou \(mary.anargirou@gmail.com\)](mailto:mary.anargirou@gmail.com)

**Registrar:** [Joan Blaustein \(blausteinjoan@gmail.com\)](mailto:blausteinjoan@gmail.com)

### **Friday, Sept 13 – Sunday Sept 15 - 40+ Fall Weekend September 13-15, 2019**

This year the weekend will be at the AMC Cold River Camp (32 AMC Rd. N, Chatham, NH 03813). There will be dinner on Friday and Saturday nights, breakfast and lunch on Saturday and Sunday, as well as Happy Hours on Saturday. We will be offering biking (Saturday only) and hiking on Saturday and Sunday. There will be beginner, intermediate **Leader:** [Steven Dennen \(stevedennen@gmail.com\)](mailto:stevedennen@gmail.com) 781-799-9623 (before 9:00pm) , [Teresa Pagliuca \(pagliuca.t@gmail.com\)](mailto:pagliuca.t@gmail.com) **Registrar:** [Steven Dennen \(stevedennen@gmail.com\)](mailto:stevedennen@gmail.com) 781-799-9623 (Before 9:00pm)

### **Saturday September 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) Register via Regi <https://regi.amcboston.org/event/2397>

### **Sunday, September 29 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>

### **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](mailto:ahargleroad@gmail.com). \$150.46 member/nonmember. L: Ann Hargleroad, Ellen Stanley

### **Saturday, October 12 Monadnock Fall Hike**

Experience the mountain in the cooler weather and with fewer people in this annual fall hike to the summit. Moderately paced hike on steep terrain and exposed ledges. About 6 miles and 1,500- foot elevation gain. Lunch on the summit. Not for beginner hikers. Start time: 9:30 am. **Leader:** [Maria Costantini \(mjcccare@comcast.net\)](mailto:mjcccare@comcast.net) , Joan W Chambers , Cliff Chambers Register via Regi: <https://regi.amcboston.org/event/2590>

### **Tuesday, October 15 – Sunday November 3 Fall 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 Tuesday, October 15 and Tuesday, October 22 from 6:30 pm - 9:30 pm at AMC Headquarters in Charlestown, MA. The weekend session is held November 1 - 3 (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 Tuesday, November 5 at a Boston-area location to be announced

**Leader:** Jonathan Niehof , Phillip Baraona Register via Regi <https://regi.amcboston.org/event/2568>

### **Sunday October 27 One Day Leadership Training**

This one-day program is for AMC members who are interested in organizing and leading Boston Chapter trips and activities with the Bike, 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. (To co-lead backcountry trips or trips with other activity committees, see the longer

leadership training program that involves two weeknights and a weekend, which is described here: <https://regi.amcboston.org/event/2568>) This 1-day program consists of lectures, small group exercises and role-plays, with a mix of classroom and outdoor exercises. Topics include leadership styles, trip planning, trip management and safety, with an emphasis on experiential learning and decision making skills. Open to all AMC members with preference given to active AMC trip participants. The program is held in Mattapan, MA on Sunday, October 27, 2019 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. **Leader:** [Amy Kelliher \(amycbkelliher@gmail.com\)](mailto:amycbkelliher@gmail.com) , [Gail Ferreira \(gailcferreira@gmail.com\)](mailto:gailcferreira@gmail.com) Register via Regi <https://regi.amcboston.org/event/2584>

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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			
Web Master	Megan Santosus		<a href="mailto:megan.santosus@gmail.com">megan.santosus@gmail.com</a>

### 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			
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	Susan Rosa		<a href="mailto:susanrosa33@gmail.com">susanrosa33@gmail.com</a>
Newsletter and	Ellen Stanley	617-817-6688	<a href="mailto:ellstan@comcast.net">ellstan@comcast.net</a>
Membership			

### 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).