AMC Boston Chapter 2019 Annual Meeting

Almost 200 AMC members and guests attended the November 11 Boston Chapter’s 43rd Annual Meeting and Dinner, at the elegant Belmont Country Club.

Upon arrival, members and their guests enjoyed convivial conversation over cocktails and hors d’oeuvres from the magnificent cheese display. Then followed a scrumptious buffet dinner of harvest and Caesar salad, roasted chicken, asparagus, roasted sweet potatoes, baked ziti in tomato sauce and, for dessert, assorted pastries with coffee and tea.

All attendees received an “appreciation coffee mug” with the AMC’s new slogan, Be Outdoors.

Cindy Crosby, Boston Chapter Chair

Cindy welcomed everyone to the meeting, and said the Boston Chapter continues to execute the AMC’s mission of promoting the protection, enjoyment, and understanding of the Northeast outdoors.

“The Boston Chapter continues to take an active role to ensure that its 26,000 AMC members can participate in recreational opportunities, educational events, spiritual renewal, and ecological health.”

SusanArnold, AMC Vice President of Conservation

Susan thanked AMC members and volunteers, as well as annual gift contributors who help support trails (e.g., Maine woods) and training scholarships so the AMC can offer reliable, safe trips.

Continued on next page...
She also explained AMC’s new vision: AMC150 (updated version of Vision 2020), named in honor of the AMC’s 150th anniversary.

“AMC150 includes active conservation, the outdoor journey, and our recreational network, themes that capture everything we do. We’re trying to build on our traditions and modernize, and set a strong foundation for the next 150 years.”

**Mike Barry, Nominating Committee Chair**

Mike recognized the contributions of past officers and also oversaw the election of new officers.

“For the first the time in several years, we have a full slate of officers,” which were unanimously approved:

- **Chair:** Cindy Crosby
- **Vice Chair:** Rami Haddad
- **Secretary:** Marjorie O’Malley
- **Treasurer:** Jeff Carlson
- **Members-at-Large:** Claire Goulthorpe, Bob Mattioli, Brooks Sherman

**Guest Speaker: Steve Elkinton**

The evening’s highlight was guest speaker Steve Elkinton, author of the book, *A Grand Experiment: The National Trails System at 50.*

Steve worked for the National Park Service, and became a program leader for the National Trails System, which grew from 16 to 30 national scenic and historic trails.

“I was delighted when asked to speak tonight. I love the AMC. This group started long ago in New England, not just with trails, but coordinated conservation efforts. Nobody has the scope of activities—trails, huts, leadership, and training—of the AMC. The Appalachian Trail is the flagship of the National Trails System.”

The National Trails System has trails in every state. In addition, there are national recreational trails (e.g., Minuteman trail), connecting and side trails, and rail-trail conversions, which led to the Rails-to-Trails Conservancy. Altogether, there are 55,000 miles of trails in the United States.

“What can each of us do to get the most out of our National Trails System? Visit these trails, bring your kids and grandkids, join a trail organization that subscribes to their newsletters, read their websites, give trail group memberships, and stay abreast of the politics.”

Steve also sold and signed copies of his book, and two lucky raffle winners each received a free copy.
Have a Story or Photos to Share?

We’re always interested in hearing about your AMC adventures, experiences, and outdoor tips.

For submission guidelines, visit https://amcboston.org/eMUD/MUD_Guidelines.pdf

For more information or to submit an article, contact the Mud editor at edex.edit@verizon.net.

Attend an Executive Committee Meeting

Boston chapter executive committee meetings are open to all AMC members.

Come meet the chapter leaders and share your ideas. Meetings are held September through June on the first Monday of the month, 7–9 pm, at AMC Headquarters, 10 City Square, Charlestown.

For more information, contact the Chapter Chair at cindy@amcboston.org.

Finding Trips and Activities On-line

Trip listings are now exclusively online!

Boston Chapter trips:

• Visit the Trip Listings Digest at www.amcboston.org, where you’ll always find two months’ worth of trips.

All AMC trips (including Boston Chapter-led trips):

• Log in to https://activities.outdoors.org/login with your AMC account (your AMC Member Center account or AMC Online store login).

If you have not yet created an AMC account, go to the above link and fill in the information in the box on the screen’s left side to create one.

If you have an account but have forgotten your username or password, scroll down and click the I forgot my username or password link at the bottom of the screen.

After signing up for a trip, you will receive a registration confirmation via email, which can help coordinate carpooling with other participants. You can also use your account dashboard to keep track of your upcoming trips.

Charles River Mud

Published 4 times a year. Feedback and contributions from members is welcome and appreciated. Please send your trip reports, photos, articles, letters, book reviews, and so forth to the Mud editor (info below).

Editor Susan Gilbert edex.edit@verizon.net

Design tabula rasa graphic design wendyg_tabularasa@comcast.net

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Comments or complaints about a chapter trip? We encourage you to contact the Chair: cindy@amcboston.org
Visually Impaired Adults Also Enjoy Skiing

If you think cross-country skiing is a challenging sport, imagine how difficult it must be for those who cannot see!

Boston Chapter Ski Committee member Susan Bueti is the president of New England Ski For Light (NERSFL), an organization that gets visually impaired people out skiing.

An all-volunteer, nonprofit organization, NERSFL teaches visually and mobility impaired adults physically demanding sports, such as cross-country skiing.

Participants are paired up with a sighted, able-bodied skier who acts as a ski instructor and guide in a relaxed and supportive atmosphere of camaraderie. The sight-impaired skier typically skis in tracks or grooves in the snow, and the guide skis in a parallel set of tracks. The guide tells the skier about upcoming changes in the terrain and trail, offers instructional tips and suggestions, support as necessary, encouragement, and describes the countryside.

“The Boston Chapter Ski Committee helps us recruit sighted volunteers as guides,” says Bueti.

One Skier’s Experience

Visually impaired skier Jessie Mabry, and her husband Joseph, attended a ski weekend at Vermont’s Craftsbury Outdoor Center last winter.

In her trip report, Jessie writes:

“After reading so many enthusiastic reports about trips to the Craftsbury Outdoor Center, we were excited to attend our first trip there with NERSFL.

The extreme bitter cold, averaging around minus 10 degrees both Saturday and Sunday, didn’t deter most of us.

We were impressed with our introduction to Nordic skiing. Every morning before heading outside, our guides discussed safety measures and showed us the basics. Once we got the hang of it, we were brought out on the trails. It was fun bonding as a team, adapting to different guiding styles, and taking in the peaceful surroundings.

The guides were helpful and respectful. Everyone seemed capable and eager to work with whatever level of experience we had. We became fast friends with both the guides and other sight-impaired skiers.”

How to Volunteer

Are you interested in helping teach sight-impaired adults the joys of cross-country skiing? Guides are always needed and welcome! For more information, contact Susan Bueti, suebue@yahoo.com.
Local Walks Committee Honors Leaders

On Sept. 28, the Boston Chapter’s Local Walks & Hikes Committee recognized their trip leaders for the important work they do. This leader-recognition event was such a success that the committee plans to make it an annual tradition!

On that beautiful fall day, the 25 honored leaders and their guests first took a 1½-hour walk at Ponkapoag Pond in Canton, led by Beth Mosias and Marc Hurwitz, seeing old friends and making new ones. Afterwards, everyone enjoyed a buffet lunch at the Shed at Ponky restaurant at the Ponkapoag Pond Golf Course.

Many thanks to committee members Betty Bailey-Masullo and Mary Wisbach, who planned the event and ensured that all attendees received a carabiner flashlight, as a token of appreciation.

Local Walks and Hikes

The Local Walks & Hikes Committee hosts day trips year-round, of varying length and difficulty. Most are in eastern Massachusetts, with some in central Massachusetts, southern New Hampshire, and Rhode Island. Outings are planned for most weekend days, along with some weekday and evening walks. Approximately 150 walks are led annually.

For a listing/description of trips, visit amcboston.org/committee/walks and click on the link Walks in the left-hand column.

For more information, contact Lisa Fleischman, Local Walks & Hikes chair, localwalks@amcboston.org. We hope you can join us!
Family Outings New Year Celebration and Equipment Sale

Sunday Jan. 5
10 am – 3 pm
Thoreau Outing Center at Camp Thoreau
275 Forest Ridge Rd, Concord, MA
(https://www.thoreau.com)

Looking for outdoors equipment for the family, but don’t want to spend money on new gear? Or looking to sell your current equipment?

At AMC’s 7th annual Equipment Sale, you can sell your old gear, and get some newer gear! There’ll be lots of great equipment at prices you cannot beat. (If you plan to sell any equipment, kindly bring it by 10 am.)

This free event is fun for all. Good cheer, and coffee/donuts and lunch are included. Everyone is welcome—members and non-members alike!

Highlights

• **Equipment sale**: All day long. Everything goes: skis/boots, skates, sleds, backpacks, tents, sleeping bags, and clothing: jackets, hats/gloves, gaiters, and more!
• **Refreshments**: Coffee/donuts in the morning
• **Lunch**, including New Year’s cake
• **Sledding** (bring your own sleds and tubes)
• **Scavenger hunt**
• **Arts & Crafts house**
• **Snowshoe clinic**
• **Cross-country ski clinic**
• **Guided hikes, snowshoe and cross-country ski trips**

Schedule

(to be adjusted depending on weather and conditions)

**Morning**

10:00  Registration, coffee/donuts
10:15  Snowshoe and beginner cross-country ski clinics
       Arts & Crafts house opens
10:30  Guided “on campus” hikes, and snowshoe and cross-country ski trips
10:45  Kiddo romp and snow play
11:00  Scavenger hunt
11:30  Lunch and announcements

**Afternoon**

12:30  Snowshoe and beginner cross-country ski clinics
1:00   Guided “off campus” hikes (e.g., Walden Pond, Mt. Misery)
1:15   Guided “on campus” hikes, and snowshoe and cross-country ski trips
       Kiddo romp
1:30   Outdoor campfire with hot cocoa and s’mores
2:15   Arts & crafts house closes
3:00   Wrap up

Registration is required for all attendees: https://activities.outdoors.org/search/index.cfm/action/details/id/116146. More information and directions will be sent to registered participants.

Volunteers Needed!

Help out with set up, registration, food, hikes, crafts, sledding, and/or break down. Go to: https://docs.google.com/spreadsheets/d/1oWiB_sl24HTgRC5IFUTckIAWoj7LYzPZz4TeLLAs_A/edit?usp=sharing. Fill in your name, contact info, and check the boxes on the spreadsheet where you want to help.

Questions? Contact Jeanne Blauner, jablauner@comcast.net, 978-202-5606 or David Powell, davidfreds@beld.net, 781.858.5546.

Equipment Questions? Contact Paul Terenzi, Firemanpaul@comcast.net.

If you’ve items to sell and cannot be there by 10 am, contact Paul Terenzi, Firemanpaul@comcast.net. Some local pickup is available.
Stressed Out? Try Forest Bathing!

Feeling overwhelmed? Spending too much time on your devices? Is your mind racing, even when you are in nature on an AMC walk, hike, or other activity? If so, try Forest Bathing!

As nourishment for both body and soul, the Local Walks & Hikes committee is delighted to offer the restorative practice of Forest Bathing. On Oct. 12, despite an overcast and wet morning, a group of seven participated in the committee’s first-ever Forest Bathing walk.

The participants met in the Middlesex Fells and were led by Lisa Mediano, a certified forest therapy guide, through a series of activities that encouraged a focus on natural surroundings.

Forest Bathing, developed in Japan, consists of gentle walks that support well-being through sensory immersion in forests and other naturally healing environments. It’s the perfect antidote for today’s fast-paced life and our increasingly “over-stimulated” culture tethered to technology.

With a background in literature and history, Mediano is fascinated with the works of transcendentalists, naturalists, and aesthetics, who wisely recognize the physical, mental, and spiritual benefits of being in nature. Her written work is available on the nature therapy blog https://www.anft.blog and in Forest Bathing International magazine, www.forestbathinginternational.org.magazine.

Lisa Fleischman, Local Walks & Hikes chair, says, “As one of the participants, I can truly vouch for the Forest Bathing experience and hope others will join us in the spring when we offer it again. Put down those mobile phones, focus on nature, and enjoy the calming, rejuvenating, and restorative benefits of Forest Bathing!”

40-Plus Trip to AMC’s Medawisla Waterfront Lodge

Over Labor Day weekend, 14 members of the 40-Plus Committee enjoyed a trip to Maine’s Medawisla waterfront lodge, led by committee chair Teresa Pagliuca.

True to the 40-Plus motto “We do it all,” the group hiked, canoed, kayaked, paddle-boarded, mountain biked, and looked for moose—and two people even spotted a moose!

Medawisla (the Abenaki word for “loon”) is a special destination for anyone who loves the outdoors. Located at the confluence of Second Roach Pond and the Roach River, it serves as a perfect backdrop for a beautiful view of Mt. Katahdin in the background.

Its 70,000 acres of forestland are permanently conserved by the AMC as part of the Maine Woods Initiative, and is an ideal spot for exploring the famed 100-Mile Wilderness.

Upon arriving, you are immediately transformed by the wilderness. Medawisla offers—depending on the season—hiking, biking, paddling, snowshoeing, and cross-country skiing, as well as the opportunity to sit back and take in nature at its best!
Family Outings Committee Seeks to Fill Volunteer Positions

Family Outings is a gateway path to AMC involvement and a “melting pot” for a broader AMC audience to come together. We bring in new families and individuals from diverse backgrounds, ages, and demographics who discover and embrace the AMC, from huts and lodges to conservation advocacy to nature programming.

New Family Outings Chair
Please welcome and congratulate Andy Germain as the new Chairperson of AMC Boston Family Outings!

More Leaders Needed
Are you also interested in getting involved with the Family Outings Committee? Want to help move the committee forward and better serve our members and leaders? If so, we need your help. Family Outings seeks to immediately fill several volunteer positions, to serve a one-year term with a several-year maximum term limit. Talk to us!

We seek a Secretary, Leader Development Coordinator, and Communications Lead:

- **Secretary:** Keep the minutes and agendas for committee meetings, and maintain the chapter’s official standing rules and by-laws.

- **Leader Development Coordinator:** Encourage and facilitate leaders and potential leaders to get their necessary training. Develop and maintain the list of leaders and their trainings. Receive leader applications and coordinate their review and approval with the committee leadership.

- **Communications Lead:** Serve as a liaison to the Boston Chapter Communications Chair. Develop and run the Family Outings Communications Committee, responsible for committee and public communications.

The Family Outings Committee relies on the enthusiasm of its volunteers to help it run and thrive. If you want to apply for a volunteer role, or for details and questions, please contact Andy Germain, andy.germain@gmail.com.
The Gift of the Charles River  by Viera Proulx, longtime AMC member

For the past three years, I’ve paddled alone on all 60 navigable miles of the Charles River in a single kayak, enjoying the solitude.

This year, I instead got a season’s pass for PaddleBoston so could rent a double as often as I like. There’s a special joy in sharing the wonders of “my” river with friends who otherwise would never get to see it this way. My reward is their company, their stories, and the joy I see on their faces.

A Summary of My Recent Experiences:

Jane
We are approaching the Lower Falls. As Jane and I paddle, she recalls her canoeing trips and hikes to the Lakes of the Clouds with her late husband and former students.

The stream carries us for a while, but then I paddle again. Going through the Leo Martin golf course, we pass under a little wooden bridge. Both banks are lush with shrubs and trees, and we get occasional glimpses of the golf course’s manicured greens.

Dragonflies skim above the water. It’s raining lightly with big raindrops. The splash of every raindrop creates a small fountain popping up from the river. The rain does not last long—we are hardly wet—but the image remains.

Karin
With Karin we start at Kendall Square and paddle through the lagoons along Storrow Drive, close to her house.

She’d never been in a kayak before, and we enjoy our time together taking pictures and watching the cormorants.

Barbara
Barbara wants to see houses, not nature. “I’m nosy; I want to see how people live.”

She’s enjoyed outdoors all her life, and I hear many stories of her life as we paddle to Ware’s Cove and around Fox Island.

Miriam
Miriam and I go kayaking almost every week, exploring different places each time. For her birthday she got a special treat—riding in my single with me in the rental—and enjoying a mini-birthday cake right on the river.

Harry
Paddling with Harry is a real treat. He beams with joy being on the water again.

We make it to the Lower Falls and see turtles everywhere. A few days later he returns by himself and plans to get a season’s pass for next year!
Trek the Swiss-Austrian Alps with the AMC

The little-known Silvretta and Rätikon Alps, located along the Swiss/Austrian border, provide the setting for an unforgettable hiking and cultural experience. These mountain ranges have been long appreciated for their superior outdoor recreational opportunities, and Ernest Hemingway penned *A Movable Feast*, his memoirs of Paris in the 1920’s, while living there.

Join fellow hikers July 11–July 26, 2020 for a 2-week journey in this beautiful region. Experience two distinct cultures, Swiss and Austrian, and explore two mountain ranges, geographically adjacent but geologically different.

During the first week, hike the Silvretta Alps, vistas of high mountains covered with snow and ice. The second week explore the nearby Rätikon Alps, with lower elevations and almost completely ice-free. Their limestone composition and sharply rising peaks, topped by turrets and towers, are reminiscent of the Dolomites in northern Italy.

This trip, with 13 consecutive hiking days, involves strenuous mountain trekking appropriate for experienced outdoor adventurers. A typical day covers 8 miles with an altitude gain of 2,800 ft, carrying a 20- to 25-lb pack. Accommodations are typically mountain huts and family-run hotels, which provide breakfast and dinner. To register, go to activities.outdoors.org/search/index.cfm/action/details/id/113884.

For more information, contact leaders Sue Lach, slach@me.com or Jeanne Blauner, jblauner@comcast.net, 978-202-5606.

Mountains & Sea
AMC’s August Camp 2020
Olympic National Park

Enjoy both mountains and ocean at magnificent Olympic National Park. Hike, bike, paddle and more, visiting many stunning waterfalls and scenic vistas on dozens of activities led by trained AMC volunteers.

This million-acre park protects a vast wilderness, thousands of years of human history and several distinctly different ecosystems. These include glacier-capped mountains, old-growth temperate rain forests and more than 70 miles of wild coastline.

Camp just outside the park in Quilcene, WA. Arrive and enjoy the activities and camaraderie. Everything’s provided: tents, hearty, delicious meals prepared by our staff; plus local transportation and a free shuttle from Seattle-Tacoma International Airport.

July 18 through August 15. Apply to attend for one of the four weeks. Detailed information, pricing and registration are available at augustcamp.org. August Camp filled by mid-January last year, so don’t miss out!

Online registration opens January 6, 2020 at 9 AM. All applications received between then and midnight on January 15 will be treated equally by random selection.

Week 1: July 18 — July 25
Week 2: July 25 — Aug. 1
Week 3: Aug. 1 — Aug. 8
Week 4: Aug. 8 — Aug. 15

Each week: $975 for members, $1175 for non-members

Questions: Please visit augustcamp.org.

augustcamp.org
Volunteer with AMC!

The AMC, and all of the trips and activities it offers, is run entirely by volunteers. Have you considered giving back to the Boston chapter?

Trip leaders are always needed, as well as a variety of other volunteers. Opportunities include volunteering with our chapter’s Trails Committee, planning events with the Membership Committee, or helping an activity committee with behind-the-scenes work.

For more information about volunteering with the Boston chapter, please contact the chapter chair of the committee you’re interested in (see top box on right).

Executive Committee and Committee Chairs

**EXECUTIVE COMMITTEE**

Chair: Cindy Crosby
cindy@amcboston.org
Vice Chair: Rami Haddad
rami@amcboston.org
Secretary: Marjorie O’Malley
marjorie@amcboston.org
Treasurer: Jeff Carlson
jeff@amcboston.org
At-Large Member: Claire Goulthorpe
claire@goulthorpe.net
At-Large Member: Bob Mattioli
bob.mattioli@gmail.com
At-Large Member: Brooks Sherman
rbsherman123@gmail.com
Membership: Vacant
Regional Director: Joseph Princi
joe@amcboston.org
Webmaster: Brenda Conaway
blconaway@gmail.com

**COMMITTEE CHAIRS**

Bicycling: Karen Hall
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Conservation: Katie Blair
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Family: Andrew Germain
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Forty Plus: Teresa Pagliuca
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Hiking/Backpacking: Elizabeth Ryan
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Intro: Ed McManmon & Helen Palmer, (co-chairs)
intro@amcboston.org
Leadership Training: Phil Baraona
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Local Walks/Hikes: Lisa Fleischman
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Mountaineering: Eric Engberg
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Mountains and Music: Martha Beesley
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Trails: Mal Crawford
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Windsurfing: Steve Sevcik
windsurfing@amcboston.org
Young Members: Shannon MacKenzie
youngmembers@amcboston.org

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**THE MAINE ATTRACTION**

Hike, mountain bike, or just spend the evening stargazing. Get off the grid at one of our Maine lodges and enjoy hearty meals and gear demos as part of your stay.

www.outdoors.org/maine2019