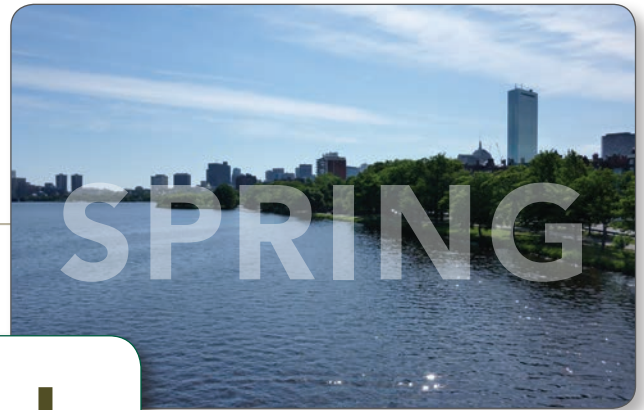




**BOSTON CHAPTER**  
YOUR CONNECTION TO THE OUTDOORS

[www.amcboston.org](http://www.amcboston.org)



# Charles River **Mud**

The Quarterly Newsletter of AMC's Boston Chapter

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*Painted Trillium springtime blooms, White Mountains National Forest*

Photo credit:  
Larisa Mendez-Penate

## Get Involved!

Springtime is blooming and it's a good time to try something new! If you have yet to participate in an activity or trip led by Boston Chapter volunteers, now is the time. There are 14 Boston Chapter activity committees (see page 7 for list) and they all post activities online that you can join. Even better, come volunteer with us! This season's newsletter includes many opportunities to get involved with AMC through volunteering.

## Boston Chapter Volunteers

Want to help shape your local chapter and have fun with a group of fellow hikers, paddlers, bikers, skiers, walkers...?

Your chapter is seeking volunteers, including nominees for several positions on the Executive Committee. Whether you've served on a

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## Boston Chapter Members Receive Volunteer Leadership Awards

Three Boston Chapter members were honored for their volunteer leadership at the 141st AMC Annual Summit held January 28 in Norwood, MA. The award recognizes AMC's outstanding volunteer leaders who share their time and expertise in pursuit of AMC's mission.

### Jeanne Blauner – Boston Chapter Family Outings

Jeanne Blauner demonstrates the highest levels of commitment and leadership in her role as the Chair of the Boston Chapter Family Outings Committee. Under her leadership, the Committee offers a robust schedule of trips and activities for families with toddlers to teenagers, from day trips to weekend and extended trips. Blauner leads the Committee in planning and has built an active community of families interested in learning trip leadership skills so they can apply those skills to their events. She inspires others with her leadership skills, energy, and commitment. Blauner is also an active member of the Adventure Travel program; she co-led trips in both 2015 and 2016 and is looking ahead to leading a trip to Machu Picchu in 2017.

### James Greaney – Volunteer Naturalist and Citizen Science

James Greaney has volunteered for the past 35 years as a Volunteer Naturalist. He is a hike leader and naturalist at Cold River Camp, and became an Information Volunteer in 2016. In the spring of 2016, Greaney volunteered for AMC's Research Department as a citizen scientist/data collector. Over a period of 9 weeks, he meticulously observed spring plant development, updated monitoring maps with attention to detail, and even trained incoming seasonal staff as they took over the monitoring for the summer. With the last tally, Jim made 21% of the total season observations, which in the world of plant phenology data collection is a huge contribution. Greaney engages hut and camp guests in natural history presentations at AMC locations across the region. From plant phenology to black flies, he makes the topics understandable and entertaining while getting across an AMC message of conservation and stewardship. Over Greaney's tenure as a volunteer naturalist, he has made a significant impact in connecting hundreds of visitors to the natural world.

### Julie LePage – Boston Chapter

Since 2006, Julie LePage has made it her mission to get people outdoors. She is a 4-season leader with Boston Chapter's Hiking and Backpacking Committee. She has led dozens of trips, has assisted with the Boston Chapter Winter Hiking Program, and she created the Boston Chapter Slide Show series, a monthly event that attracts up to 70 people. LePage has also been leading with AMC's August Camp since 2008. She is passionate about sharing her knowledge in hike safety, Leave No Trace principles, and gear in a welcoming and supportive way. Additionally, LePage is a model trail steward—she adopted Airline Trail (on Mt. Madison). At every opportunity she shares AMC's mission with others and her amazing commitment to getting people outdoors.

For more information on AMC's volunteer awards, visit [www.outdoors.org/volunteers/awards](http://www.outdoors.org/volunteers/awards)

### Teen Trail Crews on Bay Circuit Trail

*Do you know a teen who is passionate about conservation? Cares about making a difference in their community? Wants to help in our mission to make the outdoors more accessible to all?*

Maybe they're not ready to carry heavy packs miles into the backcountry, but they are excited to learn about trail stewardship and construction while enjoying the creature comforts of a front-country campground...if so, spread on the word about AMC's Bay Circuit Trail Base Camp Teen Crews! Our BCT teen crews work on beautiful forest conservation areas in outer-Boston during the day, and come back each night to a camp with a swimming pond, bathhouse, and canoes!

#### **We'll offer 2 crew weeks this summer.**

Sign up through the AMC Activities Database:

#### **July: Sunday 7/23–Friday 7/28**

<http://activities.outdoors.org/search/index.cfm/action/details/id/94850>

#### **August: Sunday 8/6–Friday 8/11**

<http://activities.outdoors.org/search/index.cfm/action/details/id/94851>

## Finding Trips On-line

Don't forget: trip listings are now exclusively online! There are several ways to locate AMC trips, both those organized by Boston chapter members, as well as those available to the greater AMC community.

### For Boston Chapter trips:

Visit the *Trip Listings Digest* at <http://current.amcboston.org> where you'll always find two months' worth of trips. Or access trip information by visiting [www.amcboston.org](http://www.amcboston.org) and click on *Download all trips*.

### For all AMC trips (including Boston Chapter-led trips):

AMC's Activities Database (OLTL) Updates have launched! AMC's activities database, [activities.outdoors.org](http://activities.outdoors.org), has some new, exciting changes to ease trip sign-up and participation. The new features, launched in April 2015, allow participants to register for trips online and receive registration confirmation via email, and help coordinate carpooling with other participants.\* You can also use your account dashboard to keep track of your upcoming trips!

In order to use these new features, you will need to login to <https://activities.outdoors.org/login> with your AMC account (which is the same as the AMC Member Center account or your AMC Online store login). If you have not yet created an AMC account, go to the link above and fill in the appropriate information in the box on the left side of the screen to create one. If you have an account but have forgotten the username and password, just scroll down and click the "I forgot my username or password" link at the bottom of the screen.

*\*Please note: these new features are only available if the leader who posted the trip has opted to use the AMC Registration Form.*

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## Have a story or photos to share?

We are always interested in hearing about your AMC adventures, experiences, and outdoor tips. For submission guidelines, topics, and formats, please visit [amcboston.org/eMUD/MUD\\_Guidelines.pdf](http://amcboston.org/eMUD/MUD_Guidelines.pdf). For further details or to submit an article, contact the Mud editors at [emudadmin@amcboston.org](mailto:emudadmin@amcboston.org).

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## Boston Chapter Executive Committee Meetings

Executive committee meetings are open to all AMC members. Boston Chapter meetings are held September-June on the first Monday of the month, from 7:15–9:15 pm, at the First Baptist Church, 848 Beacon Street in Newton Center. For more information, contact the Chapter Chair.

### BOSTON CHAPTER INFORMATION

**Boston chapter website:**  
[www.amcboston.org](http://www.amcboston.org)

**Questions, comments, or suggestions about the Boston Chapter? Contact the Membership Committee:**  
[membership@amcboston.org](mailto:membership@amcboston.org)

**For membership detail changes and electronic newsletter sign-up, contact AMC Member Services:**

5 Joy Street  
Boston, MA 02108  
1-800-372-1758  
[AMCMembership@outdoors.org](mailto:AMCMembership@outdoors.org)  
[www.outdoors.org/membership](http://www.outdoors.org/membership)

### THE CHARLES RIVER MUD

Published 4 times a year by the AMC's Boston Chapter. Feedback and contributions from members is welcome and appreciated. Please send your trip reports, photos, articles, letters, book reviews, etc. to the Mud Communications Committee at [mud12@amcboston.org](mailto:mud12@amcboston.org).

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**Complaints or comments about a chapter trip? Contact the Ombudsman:**  
[ombudsman10@amcboston.org](mailto:ombudsman10@amcboston.org)



## Get Involved

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sub-committee before, are a leader, or are just interested in putting a toe in the water, please consider the following positions.

The **Vice Chair** accepts a variety of tasks delegated from the Chair, serves as an advisor to the Chair and Executive Committee, and runs meetings when the chair is unavailable. Candidates for Vice Chair will benefit from prior AMC involvement.

A **Member-At-Large** represents the general membership. There are three Members-At-Large serving at once. Each one will take on responsibilities delegated by the Chair or Executive Committee and serve on fixed and ad-hoc subcommittees.

If you are interested and willing to serve in one of these positions or you know someone who would be a good fit, please contact us. Not sure if you're qualified? Want to know more? Contact Jeff Carlson and Carl Gustenhoven at [volunteer@amcboston.org](mailto:volunteer@amcboston.org).

Boston is AMC's largest chapter with hundreds of active volunteers. Our committee members and leaders are people like you. If you're curious about volunteering or how to get involved, we invite and encourage you to contact us.

## 39TH ANNUAL SPRING BIKE RALLY

*Join us to kick off the cycling season*



Photo credit: AMC Boston Bicycle Committee

**Saturday, June 10, 2017  
at Verrill Farm in Concord!**

The AMC Boston Chapter Bicycle Rally is a wonderful opportunity for cyclists of all levels to get together to begin the summer bike season. Come help us celebrate! This year there will be rides from 16 to 50 miles on beautiful rolling terrain. (Helmets are required.) Afterwards, we'll enjoy an outdoor happy hour, followed by dinner. Happy hour includes appetizers, wine, beer, and soft drinks. Dinner, served under a tent, will be a delicious meal that also includes a vegetarian option.

### **PRE-REGISTRATION IS REQUIRED.**

You can register until June 7,  
or whenever we reach our maximum limit.  
We look forward to seeing you at the rally!

Cost: \$35 members, \$50 non-members.

For more information and to register:

<http://amcboston.org/bicycle/rally/rallyreg.php>

Photo credit: Heather Cox



## Three Mile Island Yoga Retreat

### Lake Winnepesaukee, NH

Retreat to this beautiful, peaceful island camp for a transformative yoga experience. We have this small wooded island to ourselves to completely retreat from the distractions of daily life and immerse in nature and yoga.

Swimming, canoeing, kayaking, sailing, and hiking are also available. You have your own

private rustic lakeside cabin with a rocking chair on the porch, kerosene lantern for light, and sun shower for washing. Meals are served at the main lodge. The lodge has electricity, hot water, comfy chairs, and a roaring fireplace for cozy nights.

#### August 28 – September 1

**A yoga intensive** for people who have a regular yoga practice, 1 year of Iyengar yoga instruction, and are able to work on handstands, headstands, and backbends. Pranayama, meditation, and yoga philosophy are included.

#### September 4 – 8

**All levels yoga retreat** with some yoga experience recommended. Each guest receives a massage.

Both retreats include vegetarian meals by Katie LeLievre. **Bring your own yoga mat!**

**Cost:** \$700 (a \$100 nonrefundable deposit secures your reservation). Balance due June 15, no refunds after July 15 unless there is a replacement.

For more information and to register: <http://carolfaulkneryoga.com/retreats.html>, or contact Carol at 617-492-5246 or [carolfaulkner@comcast.net](mailto:carolfaulkner@comcast.net)

## Volunteer with the Boston Chapter of the AMC!

By virtue of your zip code, you are a member of the Boston Chapter of the AMC. The Boston Chapter (and all of the 12 AMC chapters), and all of the trips and activities it offers, is run entirely by volunteers. Have you considered giving back to your Chapter? While Trip Leaders are always needed, there are a variety of opportunities for volunteers. Consider volunteering with our chapter's Trails Committee, planning events with the Membership Committee, or helping one of our Activity Committees with behind the scenes work. For more information about volunteering with the AMC Boston Chapter, please see: <http://www.amcboston.org/volunteer.html>

### Volunteers needed for Chapter Communications

You can also help to build our community by volunteering with the Mud/Communications Committee. *The Charles River Mud* is always looking for your submissions of articles and photos of your experiences on AMC trips, and stories and information of interest to other Chapter members. The Mud/Communications Committee is looking for volunteers to participate on a team responsible for writing, editing, photography, design/layout, publication, and electronic communications with the Chapter. For more information please contact: [emudadmin@amcboston.org](mailto:emudadmin@amcboston.org)

### Adult Volunteer Vacations and Trail Crews

July 16-21	White Mountain Women's Spike Trail Crew
July 23-28,	White Mountain Adult Base Camp Trail Crew
July 30-Aug. 4	White Mountain Adult Spike Trail Crew
Aug. 6-11	Baxter State Park Adult Base Camp Volunteer Vacation
Aug. 13-18	Maine Woods Adult Base Camp Trail Crew
Aug. 27-Sept. 1	Cardigan Base Camp Adult Trail Crew Volunteer Vacation
Sept. 24-30	Acadia National Park Trail Crew Volunteer Vacation
Oct. 1-7	Cold River Camp Adult Trail Crew Volunteer Vacation
Oct. 15-20	Carter Notch Hut Adult Trail Crew Volunteer Vacation

<http://www.outdoors.org/volunteer/trails/volunteer-vacations.cfm>

# Outdoors Rx is Growing Strong!



AMC's Outdoors Rx® program encourages urban children and their families to get more physically active outdoors. Launched in 2013, the program aims to improve the mental and physical well-being of children from infancy to age 13 by helping them get outdoors.

Outdoors Rx gives healthcare professionals dedicated tools for prescribing outdoor activity, including a prescription for the outdoors and a map showing local green spaces for families to explore. Outdoors Rx takes a unique approach to “filling” this type of outdoor play prescription. The program provides an online resource with ideas for nearby outings, and it eliminates the biggest barriers to getting started—cost and experience—by regularly offering local guided programs which are free.

Outdoors Rx program grew significantly in 2016. Highlights from the Annual Report include:

**Youth and Families Engage in Urban Parks:** In 2016, Outdoors Rx served 1,147 children, offering 157 programs in urban parks in Chelsea, Dorchester, Framingham, Mattapan, Revere, Roxbury and Waltham. Participation rates nearly doubled in Chelsea, Revere, and Boston! Overall Outdoors Rx served nearly 1,700 participants, when participating family members are included.

**New and Expanded Medical Partnerships:** Outdoors Rx added eight new medical partners in 2016. New partners include Edward M. Kennedy Community Health Care Center, and six community healthcare

centers that are part of Boston Children's Hospital's Fitness in the City initiative such as Bowdoin Street Health Center, South End Health Center and The Dimock Center. Partnerships continue with MassGeneral Hospital for Children, MGH Chelsea HealthCare Center, MGH Revere HealthCare Center, and Boston Medical Center.

**Growing Number of Community Groups Support Outdoors Rx:** In 2016, Outdoors Rx engaged 23 unique community partners in support of the program. These organizations, also committed to promoting healthy families and communities, help promote and deliver programming to Outdoors Rx patients and their families. Partners include Boston Parks and Recreation, Chelsea Housing Authority, Communities United, Framingham Early Childhood Alliance, Healthy Chelsea, Latino Outdoors, Mattapan Food and Fitness Coalition, Revere Cares, and Waltham Boys and Girls Club.

**Long Term Participation:** In the spring of 2016, Outdoors Rx piloted a four week programming model via a pilot study funded by the National Science Foundation through WGBH. We were pleased to find that the families chose to continue to attend Outdoors Rx programs after their four week commitment ended. These original families continue to attend our Chelsea/Revere programs, and we are now rolling out plans to replicate a specific commitment model in other communities.

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**Efficient Programming:** We increased the number of youth per program by 25% through improved scheduling and outreach. Popular offerings in 2016 included Letterboxing, Insect Exploration, Micro Hikes and Huts, and took place in local greenspaces such as Prospect Hill Park, Revere Beach and Franklin Park.

**Outdoors Rx Hosts First Family Campout:** Though Outdoors Rx is designed to provide short local outdoor experiences, some program participants began to ask about going on longer trips in 2016. Outdoors Rx staff agreed, and conducted the program's first overnight experience at Ponkapoag Camp, serving three families from Boston Healthcare for the Homeless. With the help of YOP, the trip featured two days of camping, water play, rock skipping at sunset, delicious meals, and early morning fishing lessons. In addition, after several months of attending programs in Chelsea and Revere another group of families said "Take us to a mountain!" Outdoors Rx staff planned a special outing to the summit of the Great Blue Hill. Based on this success and interest, Outdoors Rx will begin offering a series of extended outdoor programs to families in 2017.

**Hired New Outdoors Rx Director:** Angel Santos Burres, with a strong background in programming, public education, IT, and development, started in January. Her expertise and energy have brought renewed excitement to the program and our partners.

Want to know more—or want to get involved as a participant or volunteer?

<http://www.outdoorsrx.org/>

## AMC Boston Chapter Executive Committee

### EXECUTIVE COMMITTEE

**Chair** Joseph Princi  
joe@amcboston.org

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**At Large Member** Elizabeth Ryan  
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**At Large Member** Keith Watling  
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**Membership** Vacant

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**Ombudsman** John Lisker  
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**Regional Director** Tom Eagan  
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**Webmaster** Brenda Conaway  
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### COMMITTEE CHAIRS

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**Conservation** Vacant

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**Leadership Training** Stephen Conlin  
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**Conservation**  
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**Family**  
[www.amcboston.org/committees/family](http://www.amcboston.org/committees/family)

**Forty Plus**  
[www.amcboston.org/forty](http://www.amcboston.org/forty)

**Hiking/Backpacking**  
[www.hbbostonamc.org](http://www.hbbostonamc.org)

**Intro**  
[www.amcboston.org/intro](http://www.amcboston.org/intro)

**Local Walks/Hikes**  
[www.amcboston.org/walks](http://www.amcboston.org/walks)

**Mountaineering**  
[www.amcbostonclimbers.org](http://www.amcbostonclimbers.org)

**Mountains and Music**  
[www.amcboston.org/committees/music](http://www.amcboston.org/committees/music)

**Paddlers**  
[www.amcbostonpaddlers.org/](http://www.amcbostonpaddlers.org/)

**Ski**  
[www.amcboston.org/ski](http://www.amcboston.org/ski)

**Trails**  
<http://amcboston.org/committee/trails>

**Windsurfing**  
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**Young Members**  
<http://amcboston.org/committee/young-members>