Where We’ve Been ….

Lots of outdoor fun at the 4th Annual Family Outings Cardigan Weekend over Veteran’s Day Weekend!

Enjoying the view from Mts. Morgan and Percival

From East & West Rattlesnake Mountains

Summit of Mt. Cardigan

Prepping dinner at Cardigan Lodge

IMPORTANT LINKS

All Family Outings Trips
Family Outings Website
Join our Facebook Group

Trip Listings: Page 4

Read the online version of AMC Outdoors:
Welcome, Family Outings’ New Chairperson

We are pleased to announce that Andrew Germain recently accepted the position of Chairperson, AMC Boston Family Outings Committee!

Andrew is no stranger to the outdoors and is active in getting his kids outdoors. He and his wife, Leilani, live near Middlesex Fells with their three children, Jack (8), Henry (5), and Lily (3). They are expecting a fourth child in late January! They are members of the Friends of the Fells and participate in many of their programs geared towards families, e.g., Hike and Seeks, Babes in the Woods, and Forest Kindergarten.

The outdoors has been a central part of Andrew’s life from a young age. He participated in Cub Scouts and then Boy Scouts, eventually becoming an Eagle Scout. He has camped, hiked, and skied extensively throughout New England over the years and has led camping outings and hikes, conducted trail work, and been trained in CPR and first aid at various points in his life.

Most recently, Andrew has spent much of his free time in the White Mountains with his oldest son (age 8) as they completed hiking all of the New Hampshire 4000-footers. In the process, they stayed at each of the AMC huts. His younger son (age 5) started hiking the 4000 footers this year, completing three of them.

Please join us in welcoming Andrew to the Committee! If you would like reach out to Andrew, he can be reached at andy.germain@gmail.com.

Tips for Enjoying & Being Outside this Winter

- **Dress in layers** so you can easily add or remove layers to stay warm, but not too warm.
- **Synthetic (polypro, fleece, etc.) and wool** are best since they dry quickly if you sweat. When cotton clothing becomes wet from sweat or melted snow, it stays wet and becomes cold very quickly.
- Pack **snacks that do not easily freeze** such as sandwiches, cheese, nuts, etc. Many candies (eg. gummy bears) and protein & granola bars become too hard to chew when they are cold.
- Depending on the snow/ice conditions and whether you will be hiking up hill or on flat terrain, you may consider getting some type of **foot traction** such as Stabilicers, YakTrax, or Microspikes. Many of these can be found as off-brand labels at discount stores.
- Pack a **thermos of hot cocoa** or hot tea to enjoy at your destination!
FROM THE COMMITTEE: We Need You!

Are you interested in getting more 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 its Secretary and Leader Development Coordinator positions, to serve a one-year term.

The Family Outings Secretary keeps minutes and agendas for committee meetings and maintains the official standing rules and by-laws of the chapter.

The Leader Development Coordinator encourages and facilitates leaders and potential leaders to get training, develops/maintains the list of leaders and their trainings, and receives individual leader applications and coordinates review/approval with Committee Leadership.

The Family Outings Committee relies on the enthusiasm of its volunteers to help it run and thrive. If you are interested in applying for the Secretary or Leader Development Coordinator roles, or for details and questions, please email Andrew at andy.germain@gmail.com.

Save the Date

Committee & Trip Planning Meeting: Sunday, January 12th, 6:30pm, Medford, MA

The meeting will be posted on-line soon so that people can register and receive directions and more info.

We welcome anyone to attend this meeting whether you are a leader or someone who simply wants to learn more about our committee.

LEADERS’ CORNER

Yahoo Leaders’ Group

Yahoo has recently changed the services offered by Yahoo Groups. The impact to FO is that we can no longer upload photos or documents to the Yahoo group webpage. However, we can continue to use the Yahoo Leaders' group as a group email service.

To email the Leaders' Group, send an email to: amcbostonfamilyoutingleaders@yahoogroups.com

If you are a leader or coleader and are not part of this email group and would like to be, send a blank email to: amcbostonfamilyoutingleaders-subscribe@yahoogroups.com

Need Snowshoes or Microspikes?

To borrow snowshoes or microspikes owned by FO Committee, email David Beck to arrange to borrow them for your trip: davidbeckrph@comcast.net

FAMILY OUTINGS COMMITTEE

ANDREW GERMAIN, CHAIRPERSON andy.germain@gmail.com

DAVID POWELL, TREASURER davidfreds@beld.net

<Other Positions TBD>
Meetings & Events

AMC FAMILY OUTINGS 7TH ANNUAL NEW YEARS CELEBRATION & EQUIPMENT SALE, CONCORD, MA
Sunday, January 5, 2020, 10:00AM - 3:00PM
Free event with food, snowshoe and xc ski clinics, walks/hikes, crafts, sledding, and an used equipment sale.
More info: https://activities.outdoors.org/search/index.cfm/action/details/id/116146

SAVE THE DATE: COMMITTEE & TRIP PLANNING MEETING
Sunday January 12th, 2019, 6:30pm, Medford, MA

Day Hikes & Walks

FAMILY HIKE ON WACHUSETT MOUNTAIN
Sunday, December 8, 2019
Approximately 3 mile, 800ft elevation gain, moderate pace day hike to summit with views.
More info: https://activities.outdoors.org/search/index.cfm/action/details/id/116476

Overnight Trips

FAMILY NEW YEARS AT PINESTEAD FARM LODGE IN FRANCONIA
Saturday, December 28, 2019 - Wednesday, January 1, 2020
Spend vacation at a comfortable rustic lodge with nearby xc-ski trails, hiking/snowshoeing, and a sledding hill.
More info: https://activities.outdoors.org/search/index.cfm/action/details/id/114322

RING IN NEW YEARS EARLY WITH FAMILY CARDIGAN HIGH CABIN OVERNIGHT, ALEXANDRIA, NH
Saturday, December 28, 2019 9:30AM - Sunday, December 29, 2019 2:00PM
An overnight backpack to a cabin on the side of Cardigan Mountain (3155ft). Best for kids 6 years and older.
More info: https://activities.outdoors.org/search/index.cfm/action/details/id/115934

FAMILY SKI WEEKEND AT PINESTEAD LODGE IN FRANCONIA
Friday, January 24, 2020 6:00PM - Sunday, January 26, 2020 1:00PM
Cross-country skiing, sledding, and more at a comfortable but rustic lodge. All ages and skill levels.
More info: https://activities.outdoors.org/search/index.cfm/action/details/id/115940

FAMILY WINTER-JAN AMC CARDIGAN HIGH CABIN OVERNIGHT, ALEXANDRIA, NH
Saturday, January 25, 2020 - Sunday, January 26, 2020
An overnight backpack to a cabin on the side of Cardigan Mountain (3155ft). Best for kids 10 years and older.
More info: https://activities.outdoors.org/search/index.cfm/action/details/id/115933

FAMILY CALUMET JUNIOR (KIDS 8 & UNDER) WINTER WEEKEND IN WEST OSSIPEE, NH
Friday, January 31, 2020 - Sunday, February 2, 2020
A relaxing lodge trip geared towards kids age 8 and under with hiking, snowshoeing, tubing, ice skating, x-c skiing, and campfire.
More info: https://activities.outdoors.org/search/index.cfm/action/details/id/115063

FAMILY PRESIDENT'S DAY CALUMET WINTER WEEKEND, WEST OSSIPEE, NH
Friday, February 14, 2020 - Sunday, February 16, 2020
A relaxing lodge trip with hiking, snowshoeing, tubing, ice skating, x-c skiing, and campfire.
More info: https://activities.outdoors.org/search/index.cfm/action/details/id/115568

FAMILY PRESIDENT'S DAY WEEKEND AT AMC NOBLE VIEW OUTDOOR CENTER, RUSSELL, MA
Friday, February 14, 2020 - Sunday, February 16, 2020
A rustic, but comfortable and cozy lodge with xc and downhill skiing and family 'snow fun' like sledding or making snow people! More info: https://activities.outdoors.org/search/index.cfm/action/details/id/115869

FAMILY WINTER AMC CARDIGAN HIGH CABIN OVERNIGHT, ALEXANDRIA, NH
Saturday, February 15, 2020 - Sunday, February 16, 2020
An overnight backpack to a cabin on the side of Cardigan Mountain (3155ft). Best for kids 10 years and older.
More info: https://activities.outdoors.org/search/index.cfm/action/details/id/115938

... for most current list, see the link at https://activities.outdoors.org/search/?mode=list&grp=2&com=16
Overnight Trips (continued)

PRESIDENTS WEEKEND FAMILY WINTER FUN, BURKE, VERMONT
Saturday, February 15, 2020 - Tuesday, February 18, 2020
A weekend at a large ski house nearby to xc and downhill skiing, ice skating, sledding, and more.
More info: https://activities.outdoors.org/search/index.cfm/action/details/id/115935

FAMILY AMC MEDAWISLA LODGE AND CABINS FEBRUARY SCHOOL VACATION WEEK TRIP, GREENVILLE, ME
Monday, February 17, 2020 - Thursday, February 20, 2020
Stay in a newly renovated AMC lodge with extensive x-country ski trail network and snowshoeing.
More info: https://activities.outdoors.org/search/index.cfm/action/details/id/115676

END OF SCHOOL VACATION - FAMILY SKI WEEKEND AT PINSTEAD FARM LODGE, FRANCONIA NH
Thursday, February 20, 2020 4:00PM - Sunday, February 23, 2020 1:00PM
Cross-country skiing, sledding, and more at a comfortable but rustic lodge. All ages and skill levels.
More info: https://activities.outdoors.org/search/index.cfm/action/details/id/115943

BOSTON FAMILY FUN IN THE SNOW BELT OF VERMONT
Friday, March 6, 2020 - Sunday, March 8, 2020
Stay at a lodge/hotel and do x-country skiing, snowshoeing, and tubing.
More info: https://activities.outdoors.org/search/index.cfm/action/details/id/115836

FAMILY SKI WEEKEND AT PINSTEAD LODGE IN FRANCONIA
Friday, March 13, 2020 6:00PM - Sunday, March 15, 2020 1:00PM
Cross-country skiing, sledding, and more at a comfortable but rustic lodge. All ages and skill levels.
More info: https://activities.outdoors.org/search/index.cfm/action/details/id/115944

MARCH AT SUB SIG WITH CROSS COUNTRY OR HIKING
Friday, March 20, 2020 7:00PM - Sunday, March 22, 2020 3:00PM
Stay at a rustic but comfy lodge and hike both days. Best for kids ages 7 and up.
More info: https://activities.outdoors.org/search/index.cfm/action/details/id/115871

FAMILY AMC LONESOME LAKE HUT MEMORIAL DAY WEEKEND, FRANCONIA NOTCH, NH
Saturday, May 23, 2020 1:30PM - Monday, May 25, 2020 11:00AM
Backpacking and hiking to an AMC hut with beautiful views.
More info: https://activities.outdoors.org/search/index.cfm/action/details/id/116773

AMC INTERCHAPTER NOVICE FAMILY HIKING & CAMPING WORKSHOP (PET-FRIENDLY), CLARENCE FAHNESTOCK MEMORIAL STATE PARK, CARMEL NY
Friday, July 31, 2020 - Sunday, August 2, 2020
Beginner family hiking and camping weekend in NY.
More info: https://activities.outdoors.org/search/index.cfm/action/details/id/116318