

“Spring work is going on with joyful enthusiasm

John Muir.

Sunday, March 1 Lynn Woods Hike

Show and Go. Registration is not required. 9 am to 1230 pm. Dress for winter. Bring water, Micro Spikes, Trail Snacks. Penny Brook Rd parking lot off of Walnut Street Rt 128/ Rt 1, Lynn. Punch in 106 Penny Brook Rd into your GPS. 6 miles. Trails: Leaders discretion. **Leader:** [Nelson Caraballo \(nelsonhikes@gmail.com\)](mailto:nelsonhikes@gmail.com)

Co-Leader: Don Provencher [Registration Not Required](#)

Friday, March 6 – Sunday March 8 - Cardigan Lodge Soiree

March 6-8 Senior Soiree #2 at Cardigan Lodge, NH. A weekend of low level hiking, snowshoeing, and skiing . For Seniors eager and able to venture to the summit a climb will be offered. Participants who wish to just relax, read, knit by the fireside are welcome. Full service by the lodge staff: 2 dinners, 2 breakfasts, and 2 lunches plus 2 night lodging cost is: \$188.00 plus tax-members, 204.00 plus tax-non members. Limited to 12. **Leader:** [Ellen Stanley \(ellstan@comcast.net\)](mailto:ellstan@comcast.net) 617-817-6688, Barbara Fay (bfamc@verizon.net) 617-694-5612. **Registrar:** [Barbara Fay \(bfamc@verizon.net\)](mailto:bfamc@verizon.net) 617-694-5612. **Trip is Full**

Saturday, March 7 – Social at Adventure Pub in Arlington

Come join us at the Arlington Adventure Pub- A restaurant that is all set up for playing games of all types. The pub offers a variety of games but you are also welcome to bring your own. Note there is a \$5 cover charge. This is simply their business model so please anticipate paying this for being able to use their space and play games. Please consider ordering a meal or at least appetizers. Please click on the following document to sign in and confirm your attendance:

https://docs.google.com/document/d/1p6Py1cXYqfZIN9s1penjbK6d2Zb_J3yzGI4X77TwqKQ/edit?usp=sharing Leader: Renee Hoekstra Co-Leader: Ellen Stanley

Sunday, March 8 Mt. Moosilauke in the Winter

Mt Moosilauke is a 4000 footer with 360 degree view in winter! It is recommended for experienced winter hikers. The plan, depending upon trail and weather conditions-We will go up Glen Cliff Trail, and descend by the Carriage Road and Snapper or Gorge Brook trail (rt: 7.8 (approx.) 3300 feet of elevation gain. Car Spot. (L) pagliuca.t@gmail.com (R) chrstphrsn@comcast.net **Leader:** [Teresa Pagliuca \(pagliuca.t@gmail.com\)](mailto:Teresa.Pagliuca) , [Susan Christopherson \(chrstphrsn@comcast.net\)](mailto:chrstphrsn@comcast.net)

Registrar: [Susan Christopher \(chrstphrsn@comcast.net\)](mailto:chrstphrsn@comcast.net)

Trip Difficulty: B3B **Register** <https://regi.amcboston.org/event/2842>

Saturday, March 14 Pawtuckaway State Park

Relatively easy 5.5+ mile late winter hike with 700' of elevation gain with an option for a longer loop up a Leader: [Leslie Greer \(lgreer111@aol.com\)](mailto:lgreer111@aol.com) 617-233-6423 (before 8:00 pm)

Trip Difficulty: B3Csecond hill depending on group preferences. For info call Leslie Greer 617-233-6423 before 8 PM.**Register:** <https://regi.amcboston.org/event/2845>

Tuesday, April 7 - Tuesday, May 5 AMC Boston HB 2020 Spring Hiking Program

Ever wanted to try hiking or backpacking and didn't know where to get started? Are you rusty and want to brush up on your knowledge and skills? Do you want to get involved with our organized hikes and meet other hikers? Then the 3-Season Spring Hiking Program (SHP) is for you! This interactive course consists of 5 instructional sessions to introduce the basics of spring, summer and fall day hiking and backpacking in New England. The instruction topics for each of the 5 evenings are different and include: clothing, footwear, heat management,

nutrition, essential gear, backcountry stewardship and more! During the program participants are also given a choice of day hikes, lodge based trips and backpacks that are exclusive to the program to practice their new skills. These trips are an opportunity for participants to get outside with experienced AMC leaders and practice what they have learned in the classroom sessions. Though many of these trips have a particular mountain as an objective, the emphasis is on learning and reinforcement of the classroom discussions. Additional charges apply to some trips. [Unfortunately we cannot accommodate dogs, except service dogs, on any program trip.] Advanced registration for the program is required. Reserve your spot now as the class fills quickly. The SHP takes place on 5 nights from 6:30-9:00pm at the First Baptist Church of Medford, 29 Oakland Street, Medford, MA. The dates are Tuesdays April 7th, 14th, 21st, 28th, & May 5th. Class sessions are located close to I-93 and municipal parking in Medford, as well as the 94, 95, 96, 101, 134 and 326 (express) MBTA bus lines. If you have general questions about our SHP program, please contact the program organizer, Casey Ajalat. With questions about registration, please contact SHP registrar. **Leader:** Casey Ajalat , Morgane Treanton
Co-Leader: Chao Xie , Sarah Frisken Register: <https://regi.amcboston.org/event/2786>

Thursday, April 9 - Sunday, April 26 Spring 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 Thursday, April 9 and Wednesday, April 15 from 6:30 pm - 9:30 pm at AMC Headquarters in Charlestown, MA. The weekend session is held April 24 - 26 (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 the week of April 26 at a Boston-area location to be announced. **Leader:** Jonathan Niehof , Phillip Baraona , Casey Ajalat , Shannon MacKenzie Register: <https://regi.amcboston.org/event/2824>

STAND UP PADDLE BOARDING

If you have any interest in Stand UP Paddle Boarding, (hey summer is not far off) and want to hear about any upcoming AMC SUP events, consider joining the SUP mailing list at <http://eepurl.com/dOIK8f>

We are adding people to a Google Group called "Forever 39." This will allow members to be notified of upcoming events (including socials!) and other spontaneous events around the city in addition to outdoor events and activities. By joining, you will get notifications and emails about upcoming activities, which means less time scrolling around on the Activities Database or the trips calendar searching for events. If you haven't already signed up for this, please email Renee Hoekstra reneejhoekstra@gmail.com, or Susan Rosa susanrosa33@gmail.com with permission to use your email to invite you to join, and you will be added.

IMPORTANT LINKS:

Forty Plus Activity Calendar: <http://amcboston.org/forty/site/trips-and-events/>

Boston Chapter Regi: <https://regi.amcboston.org/>

Forty Plus Website: <http://amcboston.org/forty/site/>

Boston Chapter Website: <https://amcboston.org/>

EXECUTIVE BOARD

Chair Past Chairs Secretary Finance Coordinator Web Master	Bill Swanton Teresa Pagliuca Kathy Blythe Don Provencher Megan Santosus	<u>E-MAIL</u> FortyPlusCoChair1@amcboston.org pagliuca.t@gmail.com Katherineblythe@comcast.net xdap@aol.com megan.santosus@gmail.com
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COORDINATORS

Biking Hiking/Backpacking Skiing Paddling Andover Transition Member at Large Newsletter and Membership	Steve Dennen Teresa Pagliuca, Susan Rosa Renee Hoekstra Faith Evans Nelson Caraballo Ellen Stanley	stevedennen@gmail.com pagliuca.t@gmail.com susanrosa33@gmail.com reneejhoekstra@gmail.com fevans27@aol.com nelsonhikes@gmail.com ellstan@comcast.net
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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.