



# BE OUTDOORS

APPALACHIAN MTN CLUB

www.amcboston.org



## Charles River **Mud**

The Quarterly Newsletter of AMC's Boston Chapter

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Photo credit: Elizabeth Ryan



Chapter Chair  
Elizabeth Ryan

### Chapter Chair's Corner

By Elizabeth Ryan

#### *Boston Chapter Annual Retreat*

In early June, the Chairs and Officers of the Boston Chapter Executive Committee held their annual retreat. It was the first time many of them met in person, after "seeing" each other only via Zoom for the last two years.

The retreat's focus was three-fold: (a) How the pandemic impacted our chapter; (b) What steps are needed to retain participants, volunteers, and leaders; and (c) Our 2023 goals, as both a chapter and as activity committees.

It's no surprise that the number of activities organized by the Boston Chapter these past two years has reduced significantly, due to the pandemic and because many volunteers have taken a break or moved on. At the same time, there's been an increased demand for our activities and the outdoors.

Increased traffic where we recreate causes several issues, from littering to trail erosion to overflowing parking lots. We've been unable to be as active in the stewardship of these places through invasive species removal, trail maintenance, waterway cleanups, and trash pickup.

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"...technology can't replace in-person activities and social gatherings, and creates a barrier for volunteers and participants who aren't comfortable using online tools."

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Technology—primarily via Zoom—allowed us to conduct business meetings, host trainings, invite speakers, and get creative with social events. However, technology can't replace in-person activities and social gatherings, and creates a barrier for volunteers and participants who aren't comfortable using online tools. Through it all, Boston Chapter members persevered. What next?

## Increasing Diversity, Equity and Inclusion

The pandemic years, and arguably the years that came before, have driven a national discourse on our society's inherent inequities. While some may say this is not the AMC's "lane," these inequities persist into the outdoors and into our club, chapter, and committees.

The Boston Chapter strives to include people who represent the entire community. We aim to foster an inclusive and equitable environment where new people are welcome and likely to return—where our volunteers feel supported and help each other develop, and where differences are respected and new ideas encouraged.

Although past Diversity, Equity and Inclusion (DEI) discussions have focused on the tangibles of gear, transportation, outreach and communication, June's retreat focused on the intangibles:

- Do we meet the outdoor needs and interests of the community that the Boston Chapter represents?
- How do we encourage and support activities organized

across a wider range of outdoor interests?

- How can we make space for volunteers who aren't activity leaders?
- How do we clarify the path to leadership?
- Are there other organizations that would like to partner with us to organize events?
- How do we maintain a strong cycle of feedback and growth within our chapter?

## 2023 Goals

The drive to rebuild our chapter community, and aspirations for the continued growth of membership, are the building blocks of our 2023 goals. All chapters, and their activity committees, derive their highest-level goals from the AMC's mission and vision as currently articulated in the three pillars of AMC 150:

- *Active Conservation:* Stewardship, trail work, waterway clean-ups, and other projects across the areas we visit. These are key opportunities to engage our entire community. We intend to continue our online speaker series focused on conservation issues. At a broader level, we can answer the club's call for engagement with Earth Day and similar events, as well as provide support for advocacy efforts.
- *Outdoor Journey:* Training, experiences, community, equity, and inclusion. The Boston Chapter intends to continue its high-caliber leadership training programs, and support new continuing education for volunteers. We aim to create a stronger feedback loop to grow as volunteers and as a chapter. As

Chapter Chair, I plan to continue our monthly conversations around DEI-related topics, including case studies from across the club.

- *Recreation Network:* Physical and digital ways in which we show up. As a chapter, we'll continue our efforts to promote more activities with a wider range of experience levels to meet the interests of as many members as possible. We may also explore new activity opportunities. We need to continue to build our online presence through our website, social media presence, and the adoption of new platforms to advertise our activities. To support the growth of leaders and activities, we aim to provide cross-posted events that combine skill groups with affinity groups.

Some of these goals are a continuation of years of effort; others are ambitious steps forward. It's easy to put goals down on paper, but much more difficult to achieve them.

The Boston Chapter has a strong volunteer base and vast community of members—approximately 24,000 at last count. We need to look across this group and open up space for folks to step forward. As we approach the 150th anniversary of the club's founding, we can appreciate that this organization has grown, changed and evolved, and will continue to do so. As volunteers and members, we all have the ability to guide and participate in this growth.

## Finding Trips and Activities Online

*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.

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## 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**.

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## 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. Chapter meetings are currently held remotely.

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

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

**Questions, comments, or suggestions about the Boston Chapter?**

**Contact:**

[amcmembership@outdoors.org](mailto:amcmembership@outdoors.org)

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

phone: 800.372.1758

or

email: [amcmembership@outdoors.org](mailto:amcmembership@outdoors.org)

### **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).

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**Comments or complaints about a chapter trip? We encourage you to contact the Chair:**  
[chair@amcboston.org](mailto:chair@amcboston.org)

# Bay Circuit Trail Northern Terminus Ribbon Cutting

Photos this page: Jim Hutchinson



AMC Interim President and CEO Susan Arnold

On June 2, AMC Interim President and CEO Susan Arnold participated in a ribbon-cutting ceremony to honor the opening of the Bay Circuit Trail's Northern Terminus, in Newburyport.

The Bay Circuit Trail connects 38 communities throughout Metropolitan Boston, from Newburyport to Duxbury. It provides high-quality recreation, and emphasizes the importance of nature in this region.

The AMC, in partnership with the Parker River National Wildlife Refuge, created this new Northern Terminus Accessible Trails hub. It is wheelchair accessible, and includes an interpretative panel, picnic tables, and a bike rack.

## Local Leaders Make Speeches

"This is an amazing trail, accessible to more than 4 million people in this region. The AMC's mission serves to foster the protection, enjoyment, and understanding of the outdoors, reinvision a world where our national resources are healthy, loved, always protected, and occupy a central importance in everyone's life. This effort furthers the AMC's mission, both locally and regionally, to connect us to new properties. This project is very exciting, and accessible via the commuter rail," said Arnold.

Matthew Hillman, Parker River National Wildlife Refuge Manager, said this project is the culmination of a huge amount of effort. "Our volunteers and friends came through in a big way. We have lots of new infrastructure, including a kiosk for bicycles. I'm excited about this becoming a more accessible trail, and bringing more people here."

Newburyport Mayor Sean Griffin said, "It's an honor to recognize the opening of the Northern Terminus of the Bay Circuit Trail. This trail is made possible by many volunteers, recreational and federal nonprofits, and local supporters, and—most importantly—all the people who use the trail. We are part of a major milestone today."

Jennifer Donahue, Newburyport City Council member and Newburyport Commission on Disabilities Chair, added, "On behalf of the Newburyport Commission on Disabilities, I want to thank everyone who was involved in such a wonderful resource that we now have for recreation. I hope you'll see more people with various mobility-related disabilities out enjoying one of our most precious national resources."



Bay Circuit Trail's Northern Terminus Ribbon-Cutting Attendees

## Bay Circuit Trail Maps and Guides

With summer here, now's the time to get out and explore the Bay Circuit Trail!

- To access maps and guides, go to [www.baycircuit.org/maps-guides](http://www.baycircuit.org/maps-guides)
- To explore the Bay Circuit Interactive Map, go to [www.baycircuit.org/bay-circuit-interactive-map/](http://www.baycircuit.org/bay-circuit-interactive-map/)

## Get Involved with AMC's Boston Chapter!

With the pandemic winding down, we can all get out more, and perhaps do more to help our local AMC chapter.

Now's a great time to get involved and give back through programs that promote the enjoyment, understanding, and protection of the outdoors. Volunteers support activities, programs, and goals throughout our region. For example, you can:

- Plan events
- Help maintain and repair public trails
- Lead a trip
- Share your skills
- Be a volunteer naturalist
- Speak up for conservation
- Participate in community science



All Boston Chapter members are encouraged to experience, learn about, and appreciate the natural world to help foster environmental

stewardship in order to provide an eco-friendly space for recreational activities.

To learn more or—better yet—sign up, go to [www.amcboston.org](http://www.amcboston.org) and click on Volunteer Opportunities.

## Executive Committee Seeks Volunteers

Are you interested in helping move the Boston Chapter forward toward the club's 150th anniversary goals, and better serve our members and leaders? If so, the Executive Committee has several vacancies:

- *Assistant Treasurer*—Works with the Treasurer to manage the chapter's finances and bank accounts, prepare the budget collaboratively with the individual committees, and assist with income and expense transactions. Will be trained and supervised by the Treasurer, with the intent of becoming the next Treasurer.
- *Communications Coordinator*—Helps deliver the Chapter's communications in alignment with the AMC's mission/guidelines and chapter goals. We seek an organized, creative, and enthusiastic member with excellent written and digital communications skills. We are particularly interested in trying to grow the chapter's digital footprint.
- *At-Large Members (up to three)*—At the direction of the Committee Chair, perform a variety of roles and special projects, such as help prepare the annual report and annual chapter meeting. Given current

chapter priorities, will likely be actively involved in DEI and conservation efforts. At-large members typically have a background in areas other than activity committees, to provide a diversity of experience and interests.

- *Secretary*—Seeking a detail-oriented individual with excellent written and organizational skills to keep the minutes of monthly Executive Committee meetings and to assemble and distribute meeting materials.

If you're interested in any of these positions, or want to learn more, contact Cindy Crosby, [cindy@amcboston.org](mailto:cindy@amcboston.org) or Brooks Sherman, [rbsherman123@gmail.com](mailto:rbsherman123@gmail.com).

The following activity committees also seek a chair successor. For information, contact:

- Family Outings—Andy Germain, [andy.germain@gmail.com](mailto:andy.germain@gmail.com)
- Mountains and Music—Martha Beesley, [beesley.martha@gmail.com](mailto:beesley.martha@gmail.com)

All positions serve one-year terms with a maximum of three terms.

## New Leaders in the Making

The morning of May 1 dawned bright, sunny, and warm as the Boston Chapter welcomed participants to a leadership training program at Mattapan's Audubon Nature Center and Wildlife Sanctuary.

This "One Day" Leadership Training is the foundational program for AMC members looking to become activity leaders—in hiking, bicycling, paddling, skiing, local walks, and more.

A nine-person instructor team facilitated a series of lectures, case studies, and exercises on AMC history; Diversity, Equity and Inclusion; "Leave No Trace" principles; leadership styles/skills; and activity planning/management.

Twenty-six new co-leaders are now embarking on the program's next stage: working with experienced mentor-leaders in their chosen activity to gain practical experience of planning and leading trips.



Leadership Trainees

Photo credit: Judith Watson

## More Leaders and Co-Leaders Needed!

Are you looking to expand your outdoor skills and become either a leader or co-leader for AMC trips? It's fun, easy, and rewarding! The Boston Chapter expects to host similar instructional events this fall. Details will be provided on both the AMC and Boston Chapter websites later this summer.

Any questions? Please contact our Leadership Chair, Phil Barona, at [leadership@amcboston.org](mailto:leadership@amcboston.org).

Photo credit: rustygag/pixabay.com



## Fallfest, Sept. 24–25

### Save the date!

This year's Fallfest, previously known as Fall Gathering, will be held at three regional AMC lodges:

- **Highland Center—Crawford Notch, NH**
- **Noble View Outdoor Center — Russell, MA**
- **Mohican Outdoor Center—Blairstown, NJ**

Having Fallfest at three locations across AMC's region increases the opportunity for people to celebrate locally, enhancing accessibility for long-time AMC supporters, as well as those learning about or interested in joining the AMC.

More than 300 people attended last year, enjoying friends, food, and fall. In what promises to be another fun event, attendees can partake in hiking, biking, paddling, outdoor family activities, map and compass training, as well as social events that raise awareness of the AMC.

Be on the lookout for more information via email and social media channels, as well as [www.outdoors.org/](http://www.outdoors.org/).

Hope to see you there!

## The Mud Goes Green

Starting with the Spring 2023 edition, this quarterly Mud newsletter will be available only electronically. (Fall 2022 and Winter 2023 will still have print editions.)

Anyone currently receiving the print edition will automatically be added to the electronic distribution list.

The Boston Chapter looks forward to saving money, time, and trees!

Photo credit: 12019/pixabay.com



## Executive Committee and Committee Chairs

### EXECUTIVE COMMITTEE

**Chair** Elizabeth Ryan  
elizabeth@amcboston.org

**Past Chair** Cindy Crosby  
cindy@amcboston.org

**Vice Chair** Jesse Waites  
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treasurer@amcboston.org

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julia.lorraine.davis@gmail.com

**At-Large Member** Katrina Judicke  
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**At-Large Member** Brooks Sherman  
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**Regional Director** Jenna Whitney  
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music@amcboston.org

**Paddling** Jeff Barrell  
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**Skiing** Steve Baker  
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**Windsurfing** Michael Ratner  
windsurfing@amcboston.org

**Young Members** Michael Hanley  
amcbostonym@gmail.com

## Committees

**Bicycle**  
[www.amcboston.org/committee/bicycle](http://www.amcboston.org/committee/bicycle)

**Conservation**  
[www.amcboston.org/committee/conservation](http://www.amcboston.org/committee/conservation)

**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**  
<https://hb.amcboston.org>

**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/committee/skiing](http://www.amcboston.org/committee/skiing)

**Windsurfing**  
[www.amcboston.org/windsurf](http://www.amcboston.org/windsurf)

**Young Members**  
<https://ym.amcboston.org>