



AMC BERKSHIRE CHAPTER NEWS & EVENTS

BERKSHIRE EXCHANGE

FROM *the* CHAIR

Building the Chapter

Another year is fast ending, and two big events, the Fall Gathering and the Annual Banquet and Meeting, will soon be in full swing. Please be sure to attend one of these programs, if not both, and mingle with like-minded members. The Fall Gathering is a club-wide event for all members with two days of fun activities, world-class speakers, socializing, and a Saturday evening of great music with dancing.

We are also looking forward to the Annual Banquet and Meeting with this year's keynoter, Stephen Gorman, a world-class speaker, AMC author, and photographer. At this social event, the Executive Committee is elected for the next year. Two years ago, I was voted in as Chairperson for the Chapter, which according to the Chapter by-laws is a one two-year term. However, since a member has not yet stepped forward for the next term, I will be staying on to serve another year as your Chairperson once the by-laws are amended.

Currently, the Chapter is looking for both a Chairperson and Vice Chairperson for 2004. The Chairperson is entrusted with bringing a leadership vision to the Chapter. The Vice Chair is needed to learn the duties of the Chair and will be voted in as Chairperson in 2005.

This past term as Chairperson, I made a commitment to bring more young members—the leaders of tomorrow—into the Chapter. That commitment was fulfilled with the formation of a Young Members Committee, which is off and running with a full calendar of social and other special events.

Now I must make a new commitment, of equal if not greater importance, to engage all our members and to honor our volunteers. The volunteers number more than 300 out of a total of 3,415 members—that's one volunteer for every 11 members! The Chapter is very fortunate to have such a large pool of highly talented individuals serving our members. Carrying out the AMC's mission, our volunteers work hard behind the scenes and their efforts go largely unacknowledged. One of the Chapter's top pri-

orities is to honor these 300 individuals at a special dinner in the coming year. Volunteers—watch for an invitation! We certainly do not take for granted all the great work you do.

As I look back on the last two years, a major highlight is the Executive Committee and all the support they have given the Chapter. This Committee is the voice and ears of the Chapter membership and comprises a great, dynamic group of individuals whom I have greatly appreciated working with. I would also like to mention the high praise that has been given to our newsletter staff for the fine publication they put out for our information and enjoyment.

The Chapter nomination for 2004 is presented in this issue of the newsletter. The Nomination Committee has endorsed a few new volunteers who are dynamic Chapter members and will lead the Chapter with their work. Review the list of candidates and thank them for the job that they are willing to do on your behalf.

Before closing, I would like to add one more note about the Fall Gathering. In the past few years, this Chapter has had many firsts within the AMC. Another first will be the young members and their committees who will be represented at this event for the very first time – truly, diversity in action.

In closing, there is an opportunity on the Executive Committee for a Special Events Chairperson. This Committee will be charged with putting on several special social events that will engage all our members. Suggestions for events and committee people are welcome. This is a great way to socialize, have fun, and volunteer.

As always, we welcome feedback from the Chapter membership. Whether it's to compliment a job well done or voice concern on a critical item, please let us hear from you.

Respectfully,

Gary Forish
Berkshire Chapter Chair

- **Appalachian Trail Day – Saturday, October 4th** – Pg. 7
- **Chapter Leadership Training & Awareness – October 4th & 5th** – Pg. 8
- **Fall Gathering – Registration deadline is October 8th**
(event is October 25th & 26th) – Pgs. 5 & 6
- **Berkshire Chapter Annual Banquet & Meeting –**
Sunday, November 9th – Pg. 11

Volunteer Opportunities!

Volunteers needed to HAVE FUN, MINGLE AND SOCIALIZE

Join many like-minded individuals in serving the Berkshire Chapter. Many areas of expertise are required to fulfill chapter needs. Join us for a one time, short event, and/or limited event. All that is required is to have FUN. Contact Gary Forish, Berkshire Chapter Chair; phone 413-562-6792 or e-mail forgary@comcast.net.

General Opportunities

- Appalachian Trail work crews
- Education Workshop Coordinator, Program Director, and leaders
- Trails Committee Co-Chair
- Chapter trail maintainers
- Noble View volunteers
- Noble View trail maintainers
- Noble View work party leaders/co-leaders
- Skilled & unskilled construction craftsmen for Noble View
- Trail sign makers
- Grant writers
- Special Events volunteers

Committees

- Berkshire Chapter Chair
- Berkshire Chapter Vice Chair
- Monthly Outing Coordinators and event leaders for January and October, 2004
- Conservation Committee members
- Special Events Committee Chair

BOOK REVIEW

NEW TO AMC'S SERIES OF GUIDES TO
THE BEST HIKING, BIKING, AND PADDLING

Discover the Berkshires of Massachusetts

by Charles W. G. Smith and Susan A. Smith

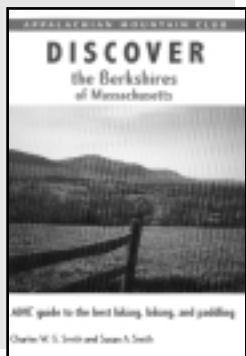
Planning on spending some outdoor time in the Berkshires? Don't leave home without it! With almost 300 pages, this book has three complete and detailed guides (hiking, mountain biking, and both quietwater and river paddling) in one convenient package.

But don't be mistaken by thinking just because this book is a compilation of separate types of guides, there may be a compromise in usefulness. Every activity has a detailed map and extensive information on difficulty, distance, time, elevations, water type, scenery, and more. There is also a trip highlights chart and a wealth of information on climate and seasons, universal access, geological and human history, lodging, hunting seasons, and safety. Listings of Massachusetts Forests and Parks, organizations, government agencies, and additional readings are included.

Order your copy from AMC Books at 1-800-262-4455 or www.outdoors.org. Order #1-929173-35-0, \$16.95.

—review by Jon Hanauer

Also available: *Discover Southern New Hampshire* (#1-929173-15-6, \$15.95); *Discover the White Mountains of New Hampshire* (#1-878239-88-0, \$15.95); *Discover Acadia National Park* (#1-878239-92-9, \$16.95).



Berkshire Chapter Executive Committee

• 2004 •

Chapter Officers

Chairman: Gary Forish (see article on by-laws)

Vice Chair: *vacant*

Treasurer: Kevin Costa

Secretary: Mary Norton

Committee Chairs

Appalachian Trail Committee:

Cosmo Catalano

Berkshire County Representative:

Vicky Singer

Canoe & Kayak Committee:

Charlie Camp

Computer & Website Committee:

Ian Beatty

Conservation Committee:

Cinda H. Jones

Leadership Training:

 Cathy Wickens

Membership Committee:

Lisa Bozzuto

Mountaineering Committee:

Jim VanNatta

Noble View Committee:

 Elvery Veal

Nominating Committee:

 Chris Ryan

Outings Committee:

 Sabine Dietrich

Programs:

 June Hoerle

Special Events:

vacant

Trails Committee:

 Pat Fletcher

Young Members Committee:

Melissa Zeitz

BERKSHIRE EXCHANGE

– September 2003 –

Editor: Jon Hanauer

Assistant Editor: Maureen Flanagan

Proofreading: Gail Blackhall

Contributors (special thanks):

Gary Forish, Cosmo Catalano,

Wendy Dean, Chris Ryan, Faith Salter,

Dietrich Schlobohm, Roger Scholl,

Ted Weber

Title photo:



Worthington,
by Alan Stoppel

Contact information on all
Executive Committee members can
be found in *AMC Outdoors* and
www.amcberkshire.org.

Hike Coordinators needed

Do you want to get active and give back to the club? Here is an opportunity to get you started as a volunteer. The Chapter is seeking monthly coordinators to make phone calls to our hike leaders (list provided). The month of December requires an immediate coordinator. The months of January and October, 2004, are also open for this ground-floor opportunity. This is a small commitment in time. The leaders arrange the activities—you only have to receive a commitment from leaders willing to lead weekend hikes in the month you sign up to coordinate. The events are then sent to the Outings Chair for listing in *AMC Outdoors*. The leaders do the write-ups—you do only the coordination. Will you give a little for this important Chapter activity?

Call Gary Forish at 413-562-6792.

Chapter Trail Inventory

The Berkshire Chapter is once again gathering information to update the 1995 edition of "Inventory of Trails of the Appalachian Mountain Club," and we need your help.

Do you maintain a section of a hiking trail? If so, we are looking for information to make the trail inventory as complete as possible. This inventory will be used for future trail maintenance and for identifying areas that may be threatened by development. Its aim is twofold:

- To create a current count of the miles of trail and numbers/types actively maintained by AMC members.

- To gain a perspective on current or anticipated issues that threaten the trails under AMC responsibility.

This may take some time and research, but the results will be effective in giving us a grand picture of AMC-supported trails. Contact Gary Forish at 413-562-6792.

Young Members Committee on a roll

Young members are up and rolling with 40-plus members. One of our biggest events, drawing 23 people, was a hike on Mt. Norwottock. This was followed by a hugely successful rafting trip. Upcoming events include several hiking trips to Mt. Monadnock, Greylock, and the Appalachian Trail. Our goal is to bring a younger crowd to the AMC and generate new ideas to help expand Club membership and strengthen our young members' group. We have already had several great planning meetings which have resulted in new and fresh ideas such as the Great Pumpkin Massacre Potluck, ride the rail trail in Northampton, and possibly backpacking and hiking trips. We are now looking for leaders to expand our activities. Our focus is on outdoor recreation, but we hope to include other fun activities like ice skating and bowling. If you would like more information about Young Members activities or are interested in becoming a leader, please contact Melissa at wallaby213@hotmail.com.

NOW HEAR THIS!

Come to AMC's Leadership Training Institute

You're invited to attend the First Annual AMC Leadership Training Institute Conference on December 6 and 7, 2003 at the Highland Center at Crawford Notch. The Leadership Training Institute (LTI) is a new AMC program offering comprehensive outdoor leadership training programs. Conference workshops on the theme of "Volunteers in Outdoor Leadership" and led by field experts and AMC volunteers and staff will offer valuable training in risk management, group dynamics, backcountry skills, volunteer leader recruiting, and much more. Registration forms are available at www.outdoors.org/education/lti, or call 617-523-0655 ext. 308 for more details. See you there!

Our Land: Going, Going, Gone

This program is perhaps one of the most important ever presented by the Springfield Naturalist Club and should be of interest to every person concerned about nature and the outdoors.

Bob Wilber, Director of Land Protection for Mass. Audubon, will discuss the urgent need to protect critical wildlife and plant habitat in the Commonwealth. We are currently losing 16,000 acres of land (44 acres per day) to development. Sprawl is increasing at an alarming rate. The nature of Massachusetts as we know it is very much at risk.

There is a narrowing window of 10 to 15 years to do "meaningful conservation" in Massachusetts. After this time, the amount of land fragmented by development will make meaningful conservation and protection virtually impossible.

In his presentation, Bob will explore this problem and provide information on how ordinary citizens can help preserve the plants, animals, and natural resources of our state.

This is a must-see program for all nature, outdoor recreation and land conservation groups. The presentation will begin at 7:30 pm on Wednesday, October 15, in the Fine Arts Museum Auditorium, at the Quadrangle in Springfield. For more information, call Dietrich Schlobohm at 413-788-4125.

All Out Adventures seeks volunteers

AOA is a nonprofit organization dedicated to making outdoor recreation accessible to people of all abilities. Based in Easthampton, AOA facilitates programs in all four counties of western Massachusetts. We are currently seeking volunteers for fall programs that include camping, horseback riding, biking, and hiking. Winter programs will include sled skating, Nordic skiing, and snowshoeing. Program volunteers promote an inclusive atmosphere by actively participating in recreational activities. This is a great opportunity to do what you love and pass on to others your passion for the outdoors! Contact AOA at 413-527-8980 or info@alloutadventures.org.

Hollie Marron
Project Coordinator
All Out Adventures
Easthampton, MA 01027

Proposed changes to Chapter by-laws

Our current Chapter by-laws were last changed in 1994. The current by-laws specifically state that a review must be conducted every five years or sooner by the Chapter Executive Committee. Any proposed changes must first be voted on by the Chapter Executive Committee, with approval contingent on a two-thirds majority vote of the Chapter membership at an Annual Meeting. Changes take effect immediately after membership approval. After careful review, the Chapter Executive Committee has approved the following by-law changes for the membership's advance consideration.

Any member who wants a copy of the by-laws, including the proposed changes, additions, or deletions via email, should send a request to Chris Ryan at: geolopes@crocker.com He will send you a copy as a Word document attachment. If you prefer a hard copy, send an SASE to: Chris Ryan, P.O. Box 9369, North Amherst, MA 01059. The proposed text changes or additions appear in **bold**. Deletions are in *(italics, underlined, in parentheses)*. Copies of the by-laws with the proposed changes will also be available at the registration desk at the Annual Meeting.

Article IV Section 2 (Administration):

Add the following: **“However, in the event no candidates for Chair or Vice Chair are available to run for office after the completion of their second, consecutive year of office, the Chapter Executive Committee may vote to extend the terms for one year by placing in nomination the current incumbent(s) for those offices pursuant to the membership vote at the Annual Meeting.”**

Article IV Section 3 (Regarding Nominating Committee duties and composition and election at the Annual Meeting):

“They shall also nominate **at least three and no more than five chapter** members for the succeeding Nominating Committee...”

And to delete the words in Section 3: *(Up to two of the nominees may be held over from the Nominating Committee of the prior year.)*

Article IV Section 7 (Regarding the Noble View Improvement Fund):

The proposed changes will delete all references to the “Noble View Improvement Fund” in this section, as expenses related to its maintenance are now handled directly by the Chapter Treasurer under the direction of the Executive Committee.

Article IV Section 9 (Regarding vacancies in the Executive Committee):

“Should any vacancy occur in the Executive Committee or the Nominating Committee, the Executive Committee **may** appoint a member of the Chapter to fill such vacancy until the next Annual Meeting. **The appointed member will have full voting rights on matters set before the above-mentioned committees.**”

Article IV Section 13 (Regarding public pronouncements in the name of the Club):

“In matters of local interest, the Executive Committee shall have the sole authority to express Chapter policy or position, **after consultation with the Club’s Board of Directors or their duly authorized representatives.**”

Article VI Section 1 (Committees):

“The Executive Committee will establish **or dissolve** such Standing Committees as are necessary and proper for the work of the Chapter.”

– REGISTRATION FORM ON PAGE 6 –

Sat., Oct. 25, 8:15 a.m.: Goose Pond AT Hike to the Goose Pond shelter – This scenic location includes 684 acres surrounding Upper Goose Pond, one of the last undeveloped bodies of water in Berkshire County. This parcel was transferred to the National Park Service in July 1982 by the Mohhekennuck Club (trout fishing club) and a contribution made to the AMC Berkshire Chapter AT Committee as a management fund. It is one of the Berkshire Chapter's two volunteer-managed facilities.

Sat., Oct. 25, 8:15 a.m.: Hike to the Keystone Bridges – Explore these area marvels. The 10 dry-laid arches, built in 1839-40, are considered one of America's wonders. They are the first keystone bridges built for railroad use. The spans are laid over the Westfield River, with the tracks following the river to obtain the lowest altitude crossing of the Berkshire Hills, at a height of 1,458 feet. It was the highest railroad in the world at that time. The engineer was Major George Washington Whistler (Whistler's father). The cuts were made with pick and shovel.

Sat., Oct. 25, 8:15 a.m.: Local Rock Climbing – The Mountaineering Committee of the Berkshire Chapter invite all interested to enjoy a day of top rope climbing at Chapel Falls in Ashfield, a nice local crag. We will set up climbs of various levels of difficulty. Beginners are welcome. No equipment is required, but bring it if you have it.

Sat., Oct. 25, 8:15 a.m.: Saturday Flatwater Paddle on the Housatonic – From Ashley Falls just above the Connecticut line to Falls Village. Suitable for canoe or sea kayaks. This is a favorite trip of Chapter members.

Sat. & Sun., Oct. 25 & 26, 8:15 a.m.: Whitewater Paddle, Class II-IV – Paddle the Farmington River at Otis on Route 8. This is a favorite location and the only wild water this time of year. Put in on Route 8 in Tolland at the State Forest Bridge. The run consists of continuing turbulence and maneuvering, with the toughest rapids along the first two miles. Just above New Boston is the area of two drops, the second featuring notorious crosscurrents known as the Corkscrew.

Sat., Oct. 25, 9:30 a.m.: Join the Berkshire Chapter Young Members for a morning hike and meet the members for an afternoon of socializing and young members' discussion. Refreshments with brownies at 1:15 p.m.

Sat., Oct. 25, 1:30 p.m.: 500 Million Years of Geohistory in the Connecticut River Valley – Presenting a multimedia program of animations, dinosaurs, rift valleys, drifting continents, armored mud balls, and ice ages. Your host, geologist-educator Professor Richard Little, takes you on a geological tour of amazing events in the last 500 million years of western New England's exciting geological heritage. Professor Little shows why the Connecticut River valley is the best place in the world to study geology.


Sat., Oct. 25, 3:00 p.m.: A Nature Photographer's Year in New England: A Slide Presentation – David Middleton is a full-time professional nature photographer, writer and naturalist. He photographs whatever he finds attractive, which includes subjects as disparate as harbors, wildflower meadows, large mammals, small birds, forests, quaint villages, indigenous markets, and mountain streams. More than an outdoor photographer and naturalist, David is a gifted and enthusiastic teacher who truly enjoys sharing his experiences and expertise.

Sat, Oct. 25, 7:30 p.m.: Evening Entertainment of Song and Dance – Rani Arbo & daisy mayhem is a harmonious, melodious, delicious string band with deep grooves and spine-tingling vocals. With fiddle, guitar and

AMC
Fall Gathering
Get-A-Way
October 25 and 26, 2003
Hosted by the Berkshire Chapter

- In the scenic center of the Berkshires
- Conference, networking, planning and play
- Saturday evening country dancing to live music
- Beautiful fall color • Hiking • Biking • Canoeing
- Close to Lenox & Stockbridge cultural events and crafts
- Easily accessible from the Massachusetts Turnpike

Location: Becket-Chimney Corners YMCA Outdoor Center, Becket, MA.
Registration: Details will be sent out and available on the chapter web site at www.amcberkshire.org on August 15th.


74
YEARS
1929-2003

**REGISTRATION
DEADLINE:
OCTOBER 8TH!**

bass, and Arbo's soaring, gymnastic alto and great melodies, this band mines American musical idioms in the service of a delightful and surprising gumbo. "Neo old-timey with cosmopolitan splashes of contemporary pop and jazz!" proclaims the Boston Globe.

Sun., Oct. 26, 8:15 a.m.: Flatwater Paddle on the Housatonic – A leisurely paddle through a scenic river mud plain area with possible wildlife viewing in the Lenox area. Suitable for canoe or sea kayaks. After paddling, enjoy the artists and artisans in Lenox.

Sun., Oct. 26, 8:15 a.m.: Finerty Pond AT Hike – Hike in from Route 23 over Becket Mountain and Walling Mountain to Finerty Pond. View recent beaver activity at this glacial pond.

Sun., Oct. 26, 8:15 a.m.: Race Mountain Hike – up Race Brook Trail along Race Brook with five cascading waterfalls, one nearly 100 ft. high, along the AT to Race Mountain (2,400') to give us a 3-state view and many breathtaking vistas. Descend through Sages Ravine to the Paradise Lane Trail and over the state line into Connecticut.

Sun., Oct. 26, 9:30 a.m.: Visit to Noble View – As in 1931, when the Berkshire Chapter first purchased the property, the Club membership is invited to come, inspect, and enjoy their estate. Day hiking abounds with many scenic vistas available for a moment of meditation. Sit on the porch of the newly renovated Double Cottage and gaze across the miles, taking in the view as the "Noble" men and women have done in years past.

FALL GATHERING 2003

REGISTRATION FORM

Fall Gathering 2003 • Deadline: October 8th

Name: _____ Chapter: _____

Address: _____ City: _____ State: _____ Zip Code: _____

Email Address (optional) _____

Note: Limited Semi-Private Space...FIRST COME - FIRST SERVED

FULL (Friday & Saturday night Lodging; 3 meals Saturday & 1 Sunday):

2, 3 & 4 Bed Suite (Semi-Private) Number of persons: ____ @ \$ 132 ea. = \$ ____
BUNK ROOMS Number of persons: ____ @ \$ 112 ea. = \$ ____

PARTIAL (1) (Friday night Lodging; 3 meals Saturday): FRIDAY NIGHT DINNER ON YOUR OWN

2, 3 & 4 Bed Suite (Semi-Private) Number of persons: ____ @ \$ 90 ea. = \$ ____
BUNK ROOMS Number of persons: ____ @ \$ 82 ea. = \$ ____

PARTIAL (2) (Saturday night Lodging; 3 meals Saturday & 1 Sunday):

2, 3 & 4 Bed Suite (Semi-Private) Number of persons: ____ @ \$ 94 ea. = \$ ____
BUNK ROOMS Number of persons: ____ @ \$ 88 ea. = \$ ____

PARTIAL (3) (Saturday Activities ONLY): NO LODGING

Breakfast, Lunch & Dinner Number of persons: ____ @ \$ 49 ea. = \$ ____
Lunch & Dinner Number of persons: ____ @ \$ 40 ea. = \$ ____
Dinner Number of persons: ____ @ \$ 30 ea. = \$ ____

TENT (Full) (Friday & Saturday nights; 3 meals Saturday, 1 Sunday):

Number of persons: ____ @ \$ 85 ea. = \$ ____

TENT (Partial) (Saturday night ONLY; 3 meals Saturday & 1 Sunday):

Number of persons: ____ @ \$ 67 ea. = \$ ____

Entertainment & Speakers: NO MEALS Number of persons: ____ @ \$ 15 ea. = \$ ____

Special Dietary Needs: _____

Form of Payment: CHECK (payable to AMC) VISA MC AMEX

Credit Card # _____ Exp. Date: _____ Total Amount \$ _____

Name (as appears on card) _____

Billing Address (if different from above) _____

Signature _____ Date: _____

PLEASE SUBMIT THIS FORM BY OCTOBER 8, 2003 TO THE REGISTRAR:

Elizabeth Mongeau, 13 Kelly Road, Palmer, MA 01069

QUESTIONS? Call: (413) 284-0182

After you register, you will be sent a REGISTRATION CONFIRMATION in the mail, including directions to the camp & more complete event information.

• Appalachian Trail Day •

Saturday, October 4th

Come and enjoy the best hiking in the Berkshires! The Massachusetts AT Committee is proud to host fourteen day hikes covering the entire Appalachian Trail in the state.

Hikes range from short moderate hikes through fields, farmlands and river valleys to more challenging climbs to the state's highest peak. After the hikes, you are invited to a dinner at the South Congregational Church, 110 South St. (Rt. 7), in Pittsfield. Hike leaders will report on their hikes and trail conditions, and a speaker will talk on an Appalachian Trail topic to conclude the evening's program.

Social hour begins at 5 pm, followed by dinner at 6 pm. Proceedings generally wrap up by 9 pm. You do not need to hike to come to the dinner.

Hikes and evening events are open to the public as well as AMC members. Cost for the dinner and program is \$12 (half price for children under 12), payable at the door, or make reservations by October 3 by calling Cosmo Catalano (413-458-5349) before 9 pm or by e-mail at ccatalan@williams.edu.

Contact trip leaders for more information about specific hikes (area code is 413 except as indicated). Hikes are generally not cancelled due to rain, so bring rain gear as well as water, lunch, and sturdy footwear. If you have general questions regarding AT Day or the Berkshire Chapter AT Committee, contact Cosmo Catalano (413-458-5349), or ccatalan@williams.edu, or visit our web page: <http://friends.backcountry.net/MassAT/ATCommHome.html>.

Hike 1: Sage's Ravine to Race Brook Falls Trail. Ten miles with beautiful views from open cliffs, waterfalls, and hemlock groves. It includes part of the Undermountain Trail, Paradise Lane and Race Brook Falls Trail as well as a section of the AT. This is a strenuous but rewarding hike for those in good condition. Meet at 8:30 a.m. at Race Brook Falls Trail parking area on Route 41 in South Egremont, 3 miles south of Jug End Road. Leader: Dennis Rufolo (508-626-0096). A3B.

Hike 2: Race Brook Falls Trail to the AT and north to Jug End Road. Beautiful waterfalls, plus views of Mt. Greylock, the Catskills, other mountains, and the Housatonic valley. A strenuous hike of 7 miles using Race Brook Falls Trail as an access. Meet at the Race Brook Falls Trailhead on Route 41 at 9:00 a.m. Leader: Bob Snyder and Mary Berryhill (528-4022). B3B.

Hike 3: Jug End Road, Sheffield to Boardman Street. A moderate hike of 5.5 miles with no major ascent. See a variety of habitats from open fields to woodlands. Meet at 10:00 a.m. at Guido's Market, across Route 7 from Gt. Barrington Fairgrounds. Leader: Bob Parker (212-691-8961, 413-229-0472) rhptek@bellatlantic.net. B3D.

Hike 4: Home Road to Benedict Pond. A moderately strenuous hike of 7.5 miles over East Mountain and along ledges with nice views. Meet at 9:00 a.m. at Guido's Market, across Route 7 from Gt. Barrington Fairgrounds. Leader: Bob Balboni (232-4433). B3C.

Hike 5: Benedict Pond to Tyringham Cobble. Moderately strenuous, 9 miles, including views, a beaver pond, shelters, spruce grove and interesting rock formations. Meet at the Trustees of Reservations Tyringham Cobble Parking lot on Jerusalem Road, Tyringham at 9:30 a.m. Leader: Wayne Rodriguez (572-2511). A3C.

Hike 6: Fernside Road to Goose Pond Road, Tyringham. This is a moderate and enjoyable 7.5 mile hike with varied scenery. You may want to take a short side trail to the panoramic view of Tyringham from Tyringham Cobble. Meet at 9:00 a.m. near the Tyringham Fire Station on Main Road. Pete Rentz (442-6732). B3C.

Hike 7: Route 20 to Goose Pond Road. Explore the Upper Goose Pond area and a newly built section of trail. Cross the Mass Pike on the footbridge. Also, a side trip to Upper Goose Pond Cabin. Approximately 5.5 miles of moderate, scenic walking. Meet 10:00 a.m. at the Friendly's on Rte. 20 in Lee. Leader: Cosmo Catalano (458-5349, ccatalan@williams.edu). B3C.

Hike 8: Rte. 20 in Lee to Pittsfield Road, Washington. About 9.5 miles of moderately paced and moderately strenuous hiking through October Mountain State Forest, over Becket Mountain and along scenic Finerty Pond. Meet 9:00 a.m. at AT trailhead, Rte. 20 in Lee. Leader: Steve Smith (978-692-8219) stevensue@rcn.com. A3B.

Hike 9: Pittsfield Road, Washington to Grange Hall Road, Dalton. A pleasant, moderate hike of 7 miles with good views from Warner Hill summit. Meet 9:30 a.m. at the Williams Street Plaza, Pittsfield. Leader: Jim Scott (684-0988). B3C.

Hike 10: Housatonic St. to Grange Hall Road. A round trip totalling 4 miles. This will be a short, interesting hike for those who are not free to walk in the morning. Possible extension to Kay Wood AT Shelter. Meet at 1:00 p.m. at AT crossing near the train tracks on Housatonic Street, Dalton. Leader: Bill McCabe (267-0469, leave message), BIMC@esko-graphics.com. C3C.

Hike 11: Cheshire to Gulf Road, Dalton. About 8 miles of mostly moderate hiking. Nice views of Hoosac Lake, the valley and mountains from Cheshire Cobble. Hike includes Gore Pond, the highest pond in the state. Meet at 10:00 a.m. at the Ashuwillticook Rail Trail parking lot on Depot St. in Cheshire. Leader: John Shuttleworth (283-4047). B3C.

Hike 12: Rt. 8 Cheshire to Mt. Greylock summit. This is a strenuous hike of approximately 7 miles. You will hike through meadows and open woods, then climb—sometimes steeply—through hemlock groves and mixed woodlands. Meet 9:00 a.m. at the Jones Nose parking area on Mt. Greylock Reservation. Leader: Jim Pelletier (569-9294, ppellet@crocker.com). B3B.

Hike 13: Pattison Road to Mt. Greylock summit. This is a strenuous 5.5 mile hike involving some steep climbing on Prospect, Williams and Greylock mountains, rewarded with great views. Meet at 9:00 a.m. in the Heritage Park parking area. (There is a sign at the bridge on Rte. 8 in North Adams.) Leader: Dottie Taft (743-0384). B3B.

Hike 14: Massachusetts Avenue to the Vermont border. North on the AT, then return using the Pine Cobble Trail. This is 8 miles of fairly strenuous but pleasant hiking with good views from Pine Cobble and Eph's Lookout. Meet 9:00 a.m. at Cole Avenue and North Hoosac Road in Williamstown. Leader: Bob Hatton (458-3123). B2B.

Berkshire Chapter **EDUCATIONAL WORKSHOPS**

Leadership Training and Awareness

Saturday & Sunday, October 4–5, 8:30 a.m.–5:00 p.m.

Chapter training with professional staff will be held at Noble View. New leaders, group leaders, and family unit leaders are encouraged to participate. There will be an emphasis on group-led activities, leaders' responsibilities, leadership styles, trip planning/management, special need requirements, weather emergencies, principles of emergency first aid in the backcountry, and leader awareness/decision making. Role playing and group situations emphasize experiential learning and decision-making skills. This is a two-day workshop with refreshments; bring your own lunch. A fee of \$25 will be charged for supplies, program materials, and refreshments. Call the coordinator for further information or an application: Cathy Wickens at e-mail: cathywick3@yahoo.com or phone 413-268-7340.

SOLO – Wilderness First Aid Training

Saturday & Sunday, November 15–16, 8:30 a.m.–5:00 p.m.

SOLO (Stonehearth Open Learning Opportunities, Inc.) is one of the leading organizations in the field of wilderness emergency medicine. With a long and distinguished history of service to the AMC and its members, SOLO offers a unique training course taught by instructors who have been professionally trained and certified as SOLO Wilderness First Aid Instructors. Standard first aid practices are generally based on the assumption that help will arrive shortly and that the patient will be out of your hands and at the hospital in under an hour. Wilderness First Aid Training prepares you for the medical situation that arises where there is no ambulance, roof, or walls to provide shelter from the elements, your supplies are few, the wait for help is unknown, and moving the patient a short distance might take hours. The SOLO Wilderness First Aid course is an intense yet fun journey through the world of wilderness emergency care and is recommended for all outdoors people. It covers the full range of situations, from scrapes and blisters to life-threatening emergencies. In addition to wilderness medical care, it teaches accident scene management and effective communication with an outside world that may be days away. While much of the material appears to be standard emergency care information, the backcountry emphasis on long-term care and evacuation complications makes this course unique. Very few first aid programs actually address the issues of providing emergency care in a rural, wilderness, or extended care setting. A Wilderness First Aid Certificate is issued upon successful completion of the course.

DAY 1

- Patient Assessment System
- Shock
- Long-Term Patient Care
- Soft Tissue Injuries

DAY 2

- Environmental Emergencies
- Fractures/Dislocations
- Splint Improvisation
- Preparedness

A fee of \$140 will be charged for supplies, program materials, refreshments, and lodging (if required). Call the coordinator for further information or an application: Cathy Wickens at e-mail: cathywick3@yahoo.com or phone 413-268-7340.

I WANT YOUR **WINTER PHOTOS!**

If you've got any Berkshire/Pioneer Valley outdoor photos (of scenery and/or people involved in outdoor activities) that you'd like to see in the *Exchange*, please send them in! Be sure to include all contact info and name(s) of all photographer(s).

US Mail

DIGITAL FILES: High-resolution files (on a floppy disk, Zip100, or CD-ROM). **FILM PRINTS:** Color or black-and-white **glossy prints** (with a maximum size of 8"x10", must be made from film negatives or slides—no digital prints). Send items to me at:
Berkshire Exchange, 29 Atwater Street, Westfield, MA 01085-1541

E-Mail

You may e-mail digital files, but please keep the total size of your message—including all attached photos—smaller than 1 megabyte. E-mails will not be received if too large. Send files (or questions) to:
hanauer@the-spa.com

Many thanks,
Jon Hanauer



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THE DOUBLE BLAZE

Chapter 6: Safety on the Trail

by Cosmo Catalano, Appalachian Trail Chair



I know, I was supposed to talk about “The History of the AT.” However, a reader asked me if I would mind a few paragraphs on hiker health and safety. History can wait until next time.

Outdoor safety is a broad topic, filled with variations for day hikers, thru hikers, mountaineers, etc. Since I’m an AT guy, I thought I should speak about what I know. Let’s look at a person hiking the AT in Massachusetts, maybe out for the day or perhaps for a long weekend. What should they be considering when they load up their pack?

I’m sure most of you are familiar with “The 10 Essentials” needed for safe hiking. In a recent article in Backpacker Magazine, Michael Lanza reported that the new seventh edition of *Mountaineering: The Freedom of the Hills* modified the essentials into ten categories, rather than a hard-and-fast equipment list. This makes sense to me—it encourages a hiker to think about what will best suit that particular trip given the anticipated weather, terrain, and duration. Here are the “new” 10 Essentials categories:

1. Navigation (map and compass)
2. Sun protection (sunglasses and sun screen)
3. Insulation (extra clothing—and I would include rain/wind gear in this category)
4. Illumination (headlamp or flashlight)
5. First-aid supplies
6. Fire (firestarter, matches/lighter)
7. Repair kit and tools (knife or multi-tool)
8. Nutrition (extra food)
9. Hydration (extra water)
10. Emergency shelter (I carry a small tarp, with some rope and tent stakes)

So now you’ve got some gear to carry. You’ve made some choices regarding local and seasonal usefulness as well as weight, and you are ready to hike. The biggest risk of personal injury is—hands down—the drive to and from the trailhead. (Followed closely by being alive in a moderately large town or city.) The statistical odds of personal injury on the trail are extremely small—we’re not climbing Everest here, or even Mt. Washington. What else should you keep in mind? Let’s look at some categories of risk that you may have to manage on our local AT.

Personal safety

Unfortunately, there are people in the world who prey on those they perceive to be weaker than themselves. Fortunately, there are very few of them in the backcountry.

The best defense in this category is to be aware of what’s going on around you. Trust your instincts about people and situations. If you are getting a negative vibe from someone, take measures to get away from that person or stay in the company of other hikers. If there is overt activity or threatening behavior, report it to the Mass. State Police as soon as possible, and be specific about the time and location.

In our society, females are more likely than males to be the object of unwanted attention. I have met in my day many female solo hikers. Universally they say that an attitude of self-confidence and good social awareness carry them through most situations. Be vague about your schedule and overnight stops. Be prepared to change your itinerary to suit the situation. Spend overnights in a group or well away from road crossings and trailheads.

Natural threats

In the past 10 years there seems to be an ever-increasing number of diseases you can contract in the backcountry. In the past, a mosquito or tick bite was at worst an annoyance. Today, it makes some sense to limit your exposure to these possible disease carriers.

As of this writing, Lyme Disease, carried by deer ticks, is a universal threat in open fields of southern New England and eastern New York. If you will be hiking in this area, take some simple precautions: Wear long pants—lightweight nylon ones are comfortable, even in the summer. Put your socks up over your pant cuffs. Spray your clothes with Permethrin following the manufacturer’s instructions, and wear a repellent containing DEET. At the end of the day, check yourself for ticks. It takes 24 to 36 hours for a tick to transfer enough bacteria to infect you. If you have been bitten, see your doctor for prompt treatment. The CDC web page has extensive info on Lyme Disease: <http://www.cdc.gov/ncidod/dvbid/lyme/index.htm>.

The other hot-button disease is the insect-borne West Nile Virus (WNV). This disease is carried by certain species of mosquito, most of which are not regular denizens of backcountry environments. It is unlikely a virus-carrying one will bite you while in the woods, and the risk of debilitating injury from WNV in healthy people is extremely slight. Statistically, people over 50 have a slightly higher risk. DEET is the most effective repellent and adverse side effects are greatly exaggerated—especially for the occasional user. Read the manufacturer’s instructions, particularly regarding use on small children. Again, the CDC has some excellent info: <http://www.cdc.gov/ncidod/dvbid/westnile/index.htm>.

Enough about six- and eight-legged denizens of the woods. How about the vertebrates? In southwestern Massachusetts and northwestern Connecticut a small population of rattlesnakes inhabit the vicinity of the AT. There have been a few reported encounters between hiker and snake, and both parties survived unhurt. If you plan to go off-trail in these areas, be careful when climbing rocky ledges and always look where you are placing your hands and feet.

Everyone asks, “Are there any bears out there?” The answer is, “Yes, there are quite a few.” The standing joke is that the bears are all in town looking in garbage cans, not in the woods looking for hikers. There is a certain lesson here. Bears go where there is food. They have excellent memories and will return to a place where they have foraged successfully before—be it a bird feeder in Stockbridge or a shelter site on the AT. The answer in both instances is the same. Put the food where the bear can’t get to it. At several shelter sites we have placed cables that allow hikers to hang their food out of reach of bears and away from the shelter. Since bears will investigate anything that smells, I also put things like toothpaste, cook stove and utensils, and first aid supplies in my bear bag too. And remember, don’t eat in your tent or sleeping bag.

Most bears do not want to interact with humans and will stay clear of hikers. Injured or sick bears may behave abnormally, but the odds are incalculably small that you will have an aggressive encounter. (Remember that drive to the trail head when some #\$\$!@ in an SUV cut you off?). There are millions of hikers on the AT and the trail traverses some dense bear populations. Many hikers travel the entire length without seeing a single bear. No hikers on the AT have reported being attacked or injured. There are many resources that describe how to keep your food secure from bears and other critters. It is important to you—and hikers who come

after you—not to do anything that habituates wildlife to acquiring food at camping sites.

Finally, if you are out for more than a day, water treatment becomes a significant route for pathogens to enter your system. Even if I'm out for just the day, I pack a bottle of water treatment tablets just in case. If you are using a filter to purify water, be sure to understand how to use it and take scrupulous care to keep the intake and discharge hoses and attachments separate. Remember, even if the stream or spring looks pristine, there could be a deer carcass lying in it 100 yards upstream. Treat all water from backcountry sources. Wash your hands after visiting the privy, just like your mother used to tell you (a small bottle of hand sanitizer works well).

Accident and injury

OK, so here's where we get to the real threats for AT hikers. It's hot, it's cold, it's windy. Protect yourself from these extremes. Wear clothing suitable for the weather and terrain as well as your physical condition. I usually figure I should be a bit chilly at the trailhead, knowing I will warm up once underway. In the winter, being too warm can often lead quickly to being too cold. Sweat-soaked clothes will cool you rapidly once you stop moving, no matter what kind of fibers they are made from. In the warm months, allow some cool-down time. After that climb, stop and rest in the shade or breeze. Stay hydrated. Adjust your pace to the conditions (i.e., hike slower when it's hot out).

The biggest downer on a summer's hike is chafing. Those of us who are a little on the plus size find that rubbing body parts, clothing and sweat can create a painful condition. As gross as it sounds, I find spreading a little Vaseline on the affected skin areas before the hike keeps things moving smoothly. A product called "Body Glide" is also used for the same purpose by cyclists and long distance runners. Once in camp, rinse the affected area to get rid of the sweat and provide an opportunity for air circulation to keep the parts dry.

It never hurts to carry a little Immodium, Pepto Bismol, Benadryl, Ibuprofen and other similar OTC products with you. Sometimes an hour's relief can be a big help in getting back to the trailhead.

Wear shoes and socks that fit and are well broken in. A twelve-mile hike is not the way to test your new hiking boots. Compeed and other similar wound-care products work well in keeping hot spots from becoming blisters. They are thin, porous, and stick well to sweaty feet. Take the time to stop and deal with the problem early. Next to a bad chafe, nothing ruins the hike like a blister.

The most common trail injury is to lower leg joints, such as knees and ankles. Travel within your capabilities. Don't set so tight a schedule that you must hurry over rough terrain. Hiking poles will reduce the likelihood of a fall and lessen the load on the lower body. Please use the rubber tips whenever possible to limit trailside damage and unsightly scratches on rocks. Most of the time a sprained or twisted ankle can be patched up enough in the field to get to the nearest road crossing. You know where that is, of course, because you carry your map with you and know your approximate location on it.

This brings up the discussion of hiking alone. The sensible person will not hike alone. Even two people hiking together can find themselves in a sticky situation if one of them is seriously injured. Should the uninjured person stay and care for the injured one or go for help? On the Mass AT, this issue is maybe not such a problem. Except mid-week in the worst weather, one is very unlikely not to see another hiker on the trail, especially in the warmer half of the year. Not that one should "depend on the kindness of strangers" to provide rescue. Every hiker should carry enough in their pack and in their head to survive a night in the outdoors. Chilly, uncomfortable, perhaps even a little hungry—but still around in the morning. Since you left info with another person about your route and schedule—you did, didn't you?—you will probably find people looking for you by then.

Consider taking a Wilderness First Aid course. Two weekend days can make a world of difference to your personal confidence in the outdoors. The course focuses on ways you can use common hiking equipment to render first aid in a backcountry situation—without carrying the medicine cabinet with you. (See page 8 for information on SOLO Wilderness First Aid Training.)

So we're a little off-topic here this time, but hopefully there is information to make your next hike more enjoyable. A little forethought before leaving, and a slightly conservative approach regarding your own physical condition and skills will make for safe hiking. Get out there and enjoy it!

If you want to volunteer on the trail, or find out more about your AT Committee, please visit our web page at <http://friends.backcountry.net/MassAT/ATCommHome.html>. Or contact me directly at ccatalan@williams.edu (413-458-5349).

Next chapter: A Brief History of the AT

Noble View gets a "thank you" from the Facilities Committee

I wanted to take a moment to thank the Noble View Committee and the Berkshire Chapter for the hundreds of volunteer hours that have gone into developing the Long Range Plan for the AMC's Facilities Committee, as well as the countless hours devoted to rehabbing and reinvigorating the Noble View site itself. It's very clear that a dedicated, focused, and determined group of AMC members and volunteers can accomplish great things on what the AMC considers a "special place" among its regional facilities.

As you know, Noble View is one of a number of places that have been identified by the AMC as having terrific potential for enhancement and investment for the benefit of local members, volunteers, and the public at large. Our challenge over the next few years is to continue to harness our energies in a positive manner, find a way to fund and market the facility in today's tight economies, and develop an effective strategy to manage the facility in a way that draws out the best in our volunteer and staff partnerships.

—Roger Scholl, Chair, AMC Facilities Committee

BERKSHIRE CHAPTER
Annual Banquet & Meeting
Sunday, November 9, 2003
Elks Lodge Banquet Hall
17 Spring Street, Florence, MA

SCHEDULE:

9:30 a.m. – Annual Meeting hike on the Mohican Mohawk Trail with Elvery Veal (665-3010).

1:00 p.m. – Annual Meeting hike to Mt. Lincoln. If weather is doubtful, call leader. Meet at town office parking lot jct. Rte. 202 & Amherst Rd. (flashing traffic light), Pelham. L Ann Wood (256-6094).

4:00 p.m. – Social Hour: cash bar & hors d'oeuvres: Cheese Board, Melon/Prosciutto Wraps, Sesame Chicken Skewers.

5:30 p.m. – Buffet Dinner: Baked Haddock, Veggie Lasagna, Stuffed Chicken Breast w/Apple Sausage & Sage, Penne w/Vodka Creme Sauce, Wild Rice, Roasted Vegetables, Garden Salad, Pear w/Walnuts & Gorgonzola Salad.
Finish: Chocolate Mousse, Crème Bruleé Cheesecake & Coffee or Tea.

6:30 p.m. – Business meeting: Election of Officers & other Chapter affairs.

7:00 p.m. – Program: AMC author Stephen Gorman presents Northeastern Wilds: Journeys of Discovery in the Northern Forest. Book purchase and signing after the meeting. (More about Stephen Gorman on page 12.)

DIRECTIONS:

From 91 North – Take Exit 23 to Route 9, traveling west to downtown Northampton. Continue through the center of Northampton on Route 9 West for approximately 5 miles until reaching the village of Florence. Go through two sets of lights and then take your first left onto Park Street. Travel on Park Street until the end and take a right onto Pine Street. Travel on Pine Street until the end and take a right onto Spring Street. The Elks Lodge is on your immediate right.

From Route 9 East – Travel Route 9 east past the VA Medical Center and Look Park. At the center island in the village of Florence take a right onto Park Street. Follow directions above.

From Route 9 West – Follow directions from 91 North.

RESERVATION FORM for ANNUAL MEETING
Sunday, November 9, 2003

Name(s): _____

Address: _____

Town: _____ State: _____ Zip: _____ Phone: _____

Number of persons attending: _____ @ \$22.00 each if postmarked by Oct. 24

_____ @ \$25.00 each if postmarked after Oct. 24

_____ Number of 2003 volunteers listed (deduct \$4.00 each)

Total amount enclosed: \$ _____ (make check payable to Berkshire Chapter AMC)

Mail completed registration form and your check to:
Gary Forish, PO Box 918, Westfield, MA 01086

SPEAKER AT THE CHAPTER ANNUAL MEETING, NOVEMBER 9TH

Stephen Gorman, writer and photographer

Best-selling novelist and essayist Rick Bass says “Steve Gorman’s photographs come as close as is possible, other than actually being in the woods, to giving us glimpses, tastes, odors, sounds, and touches of the spirit and being of these places.” Audubon Magazine says, “Stephen Gorman is an explorer who delves into the natural and social histories of the lands he visits, uncovering the soul of wilderness that drew our first pioneers and reinforcing the ethic of conservation that has kept America wild.”

Gorman’s writing and photography benefit from his knowledge of, affection for, and active participation in his subject matter. He holds a Master’s Degree in Environmental Studies from Yale and a Bachelor’s Degree in American Studies from Wesleyan. An active participant in his areas of interest, Gorman worked as a cowboy on a ranch in Wyoming, as an exploration geologist in Alaska and Nevada, and as an Outward Bound wilderness instructor throughout the US and Canada. His powerful connection to his subject matter results in the most evocative words and images. According to The Washington Times, “the result is always the same: a masterful, some might even say seductive, introduction to his chosen destination.”

Stephen Gorman has a lifelong interest in history, conservation and land-use issues. Prior to devoting himself to writing and photography, he conducted National Wild and Scenic River studies for the National Park Service. He and his wife Mary live in

Norwich, Vermont where they enjoy easy access to the mountains, forests, rivers, and lakes of northern New England

Stephen Gorman’s large-format, color photo-essay books include *Northeastern Wilds: Journeys of Discovery in the Northern Forest* (Appalachian Mountain Club, 2002).

Northeastern Wilds: Journeys of Discovery in the Northern Forest

In *Northeastern Wilds*, writer and photographer Stephen Gorman blends the region’s rich history, geography, culture, and environmental change into an evocative work that retraces the steps of early explorers and gives voice to those who live, work, and recreate in the Northern Forest today. *Northeastern Wilds* takes the reader on a journey of discovery from the rocky shores of Acadia National Park through the wild interior of Maine’s unorganized territories, along native canoe trails in New Hampshire, and into New York’s Adirondack Park.

Accompanying Gorman’s absorbing narratives are his striking photographs, from the flowing headwaters of the St. John River and Mount Katahdin’s stark summit to an arresting image of a “fellerbuncher”—a mechanical log-harvesting machine—tearing through a stand of trees. *Northeastern Wilds* is a stunning visual testament to the power of landscape in our lives.

Fall 2003

BERKSHIRE EXCHANGE



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