

# BERKSHIRE EXCHANGE



APPALACHIAN MOUNTAIN CLUB  
BERKSHIRE CHAPTER NEWS & EVENTS

FROM *the* CHAIR

## 2005: What a Great Year It's Been!

Throughout the year, you've read about people enjoying different outdoor recreational activities, performing various types of community service, and doing work that supports and increases our awareness of and commitment to the preservation of our environment. No doubt about it—the people involved in these activities are having fun! And they're doing it safely.

We've worked hard this year to offer activities and events oriented toward new members, and we'll increase this effort in the year to come. We want everyone who joins the Berkshire Chapter (or who participates in any activity with us) to feel warmly welcomed—to feel as though they've come home. We want you all to look forward to the next hike, climb, trail work day, paddle, or social event, and we want you to praise the Chapter to your friends.

Our strength as a Chapter lies in our membership. Our diverse backgrounds, personalities, talents, and interests enrich our skills as volunteer leaders and Committee Chairs. Perhaps more important, they're the basis for the warm acquaintances and, sometimes, the lasting friendships that may develop as we take part in the activities we

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## Regional Effort to Reduce Greenhouse Gas Emissions

*by Elizabeth Gordon, Conservation Committee Chair*

There is broad consensus among climate scientists that human activities have contributed to the observed increase in global surface temperatures. In the Northeast, average annual temperature has risen 1.4° F in the last 30 years alone. While uncertainties exist in predicting the global response to climate change, our region has already experienced reduced snowfall, earlier ice-out dates on New England lakes, and fewer days with snow cover as a result of this warming.

The recent warming trend is attributed to an increase in heat-trapping gases, such as carbon dioxide (CO<sub>2</sub>), that are generated during combustion of fossil fuels. A continued increase in greenhouse gases poses major environmental, public health, and economic risks. Lacking a national plan to address this issue, nine Northeast and Mid-Atlantic states are developing a regional strategy to reduce emissions of CO<sub>2</sub> from power plants, called the Regional Greenhouse Gas Initiative (RGGI).

The RGGI is designed to achieve reductions in CO<sub>2</sub> emissions from power plants in its mem-

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Mount Rainier. photo by Rob Robertson

# BOOKS

## Metacomet-Monadnock Trail Guide, 10th Edition

by the Trails Committee of the Berkshire Chapter, Appalachian Mountain Club  
edited by Christopher J. Ryan



89 pages • ISBN 1-889787-10-8 • \$14.95

New England Cartographics  
PO Box 9369, North Amherst, MA 01059

413-549-4124 • 888-995-6277 (outside the 413 area code)  
Email: geolopes@crocker.com • Web: www.necartographics.com

Now completely revised, this popular guide—complete with maps—describes the unique 117-mile footpath which traverses the Pioneer Valley region of western Massachusetts.

The Trail exists due to the cooperation of the many public and private property owners whose lands are crossed by the Trail. About half of the Trail exists on public lands managed by the Massachusetts Department of Conservation and Recreation, municipal water departments, and town conservation commissions. Some of the more

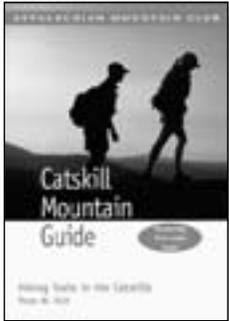
popular sections include the Mt. Tom Reservation; Holyoke Range and Skinner State Parks; Cadwell Memorial Forest (UMass); Wendell State Forest; Northfield, Erving, and Warwick State Forests; and the Mt. Grace State Forest; as well as several land trust properties.

The Trail is maintained solely by volunteer effort under the auspices of the AMC Berkshire Chapter. For updates to this trail guide, such as trail conditions and relocations, visit <http://amcberkshire.org/trails/mmtrail/guide>.

Proceeds from the sale of the guide are used to protect, promote, and maintain the Trail.

## Catskill Mountain Guide

by Peter W. Kick



272 pages • ISBN 1-929173-16-4 • \$19.95

Appalachian Mountain Club Books, 5 Joy Street, Boston, MA 02108

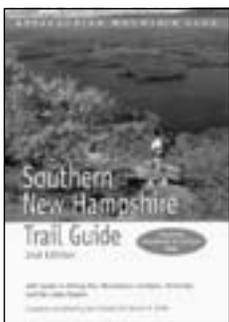
800-262-4455 • [www.outdoors.org](http://www.outdoors.org)

The nearby Catskill Mountains are only a few hours' drive from Pioneer Valley, and just across the Hudson River valley from the Berkshires. This comprehensive guide offers up-to-date coverage of more than 300 miles of trails—including a 94-mile-long section of the Long Path.

The book includes more than 90 trail descriptions; full-color, pull-out, GPS-rendered maps; notes on scenic views and geology; and tips on trip planning, safety, and Leave No Trace ethics.

## Southern New Hampshire Trail Guide, 2nd Edition

compiled and edited by Gene Daniell and Steven D. Smith



272 pages • ISBN 1-929173-60-1 • \$18.95

Appalachian Mountain Club Books, 5 Joy Street, Boston, MA 02108

800-262-4455 • [www.outdoors.org](http://www.outdoors.org)

This extensive guide offers detailed coverage of trails in central and southern New Hampshire, including Mounts Cardigan and Monadnock, and the Lakes Region.

Included are updated descriptions of nearly 200 trails; walks and hikes for all ages, interests, and abilities; 25 new trails throughout the region; full-color, pull-out, GPS-plotted maps of Mounts Cardigan and Monadnock; distances and elevations; tips for planning, safety, map and compass use, what to carry, and Leave No Trace ethics; and notes about geology, flora, and fauna.

## Berkshire Chapter Executive Committee

– 2005 –

### CHAPTER OFFICERS

**Chair:** Rob Robertson

([chapterchair@amcberkshire.org](mailto:chapterchair@amcberkshire.org); 413-549-4963)

**Vice Chair:** vacant

**Treasurer:** Kelly Druzisky ([treasurer@amcberkshire.org](mailto:treasurer@amcberkshire.org))

**Secretary:** Pat Stevenson ([secretary@amcberkshire.org](mailto:secretary@amcberkshire.org))

### COMMITTEE CHAIRS

**Appalachian Trail Committee:**

Cosmo Catalano ([at@amcberkshire.org](mailto:at@amcberkshire.org); 413-458-5349)

**Berkshire County Representative:** vacant

**Canoe & Kayak Committee:** Charlie Camp

([paddling@amcberkshire.org](mailto:paddling@amcberkshire.org))

**Chapter Youth Programs:** Alicia Wendolowski

([youth@amcberkshire.org](mailto:youth@amcberkshire.org); 413-626-3902)

**Conservation Committee:** Elizabeth Gordon

([conservation@amcberkshire.org](mailto:conservation@amcberkshire.org); 413-658-8088)

**Leadership Training:** Donna Walters

([learning@amcberkshire.org](mailto:learning@amcberkshire.org); 413-498-5696)

**Membership Committee:**

Deborah Levine ([membership@amcberkshire.org](mailto:membership@amcberkshire.org); 413-584-6065)

Chris Mangano ([membership@amcberkshire.org](mailto:membership@amcberkshire.org); 413-789-3128)

**Mountaineering Committee:**

Jim VanNatta and Alice Hodgdon

([mountaineering@amcberkshire.org](mailto:mountaineering@amcberkshire.org))

**Noble View Committee:** Gary Forish

([nobleview@amcberkshire.org](mailto:nobleview@amcberkshire.org); 413-562-6792)

**Nominating Committee:** Gary Forish

([nominating@amcberkshire.org](mailto:nominating@amcberkshire.org); 413-562-6792)

**Outings Committee:**

Dave Koerber ([outings@amcberkshire.org](mailto:outings@amcberkshire.org); 413-568-4650)

Bob Napolitano ([outings@amcberkshire.org](mailto:outings@amcberkshire.org); 413-534-8955)

**Programs Committee:** vacant

**Trails Committee:** Pat Fletcher

([trails@amcberkshire.org](mailto:trails@amcberkshire.org); 413-562-9863)

**Webmaster:** Ian Beatty ([ian@amcberkshire.org](mailto:ian@amcberkshire.org))

**Young Members Committee:**

Steve Beauregard and Kelly Druzisky

([ymchair@amcberkshire.org](mailto:ymchair@amcberkshire.org))

### BERKSHIRE EXCHANGE

– December 2005 –

**Editor/Publisher:**

Jon Hanauer ([newsletter@amcberkshire.org](mailto:newsletter@amcberkshire.org); 413-568-0990)

**Assistant Editors:**

Maureen Flanagan ([assistanteditor@amcberkshire.org](mailto:assistanteditor@amcberkshire.org))

Gail Blackhall ([proofreader@amcberkshire.org](mailto:proofreader@amcberkshire.org))

**Title photo:** Boott Spur, from Lowe's Bald Spot,  
by Jon Hanauer

**Address Changes:**

AMC, 5 Joy St., Boston, MA 02108; [information@outdoors.org](mailto:information@outdoors.org)

### Other Helpful Contacts

**Membership in a Bottle:** Chris Ryan

([bottles@amcberkshire.org](mailto:bottles@amcberkshire.org); 413-549-4124)

**Regional Director:** Norm Sims

([regionaldirector@amcberkshire.org](mailto:regionaldirector@amcberkshire.org); 413-774-2970)

**Southern New England Regional Trails Office:**

(964 South Main St., Great Barrington, MA 01230; 413-528-6333)

**Tuesday Hiking:** Gloria LaFlamme (413-664-9648)

### Need a phone number?

If the person you want to contact by phone has no number listed,  
please call the Chapter Chair, Rob Robertson, at 413-549-4963.

**Prefer to receive the Berkshire Exchange electronically?**

We're looking into ways to allow members to receive this newsletter by email (Acrobat PDF format) instead of by US Mail. If you're interested in this, please visit [amcberkshire.org](http://amcberkshire.org) for more information.

# Berkshire Chapter **VOLUNTEER OPPORTUNITIES**

Please contact Chapter Chair Rob Robertson at 413-549-4963 or [chapterchair@amcberkshire.org](mailto:chapterchair@amcberkshire.org) if you are interested in any service position in the Chapter, or if you know someone else who might be interested.

## **Chapter Vice Chair**

The Chapter Vice Chair serves on the Executive Committee of the Berkshire Chapter, and works closely with the Chair to develop and achieve Chapter-wide goals. It's customary that the Vice Chair is elected to the Chapter Chair position at the end of the current Chair's term.

The Vice Chair:

- Attends (and in the Chair's absence presides over) the monthly Executive Committee meetings.
- Attends functions, meetings, and activities such as new member events, socials, and potlucks where Chapter leadership representation is needed.
- Represents the Chapter's members and solicits their feedback and comments.
- Works with Executive Committee Chairs and other Chapter members on specific projects.
- Serves on the AMC-wide Chapters Committee and attends AMC-wide gatherings such as the Annual Meeting, Spring Gathering, Chapters Retreat, and Fall Gathering.

The Vice Chair is also responsible for organizing our Chapter's Annual Meeting, customarily held on the first Saturday in November. Responsibilities include researching and determining the venue, meal choices, and program; organizing outdoor activities for the day in collaboration with the Outings Committee; preparing notices for *AMC Outdoors* and the *Berkshire Exchange*; receiving reservations and checks; and coordinating all the other details of this event.

## **Marketing and Publicity Person**

The Executive Committee is looking for a volunteer with experience in marketing and publicity work to help get the word out about the Berkshire Chapter.

The ideal candidate for this new service position will be able to help us evaluate our situation and create and implement a marketing plan that will enable us to communicate who and what we are to those who don't yet know us.

Specific publicity-oriented tasks include:

- Getting Chapter events listed in the local newspapers.
- Placing articles about Chapter activities in the press.
- Coordinating the submission of good-quality photos of local Chapter members enjoying themselves at AMC outdoors activities.
- Educating editors about members who are experts on certain subjects (conservation, trails, hiking, biking, etc.) and letting those editors know that they are available as expert resources for any appropriate articles that might be in the works.

It is important to note that the person who is qualified for this position will know a lot more about marketing and publicity than we do, so the range of activities will no doubt be broader than we've set forth here.

## **Family Programs and Activities**

It seems increasingly evident that, if we're to serve our membership and our community effectively, we've got to be much more active and effective in developing and offering family-oriented programs that offer opportunities for recreational, educational and conservation activities.

If you have ideas for programs or activities that would be suitable for kids and families, or if you'd like to help to plan and implement our family programs, we're interested in hearing from you!

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## **Our Outings Committee is Looking for Monthly Coordinators and Hike Leaders**

We are looking for monthly coordinators to work with the Outings Committee to plan outings and find leaders for those outings. For 2006, monthly coordinators are needed for July, September, November, and December.

We are also interested in finding activity leaders for day hikes, family hikes, educational hikes, activities with other clubs, car camping or base camping with day hikes, backpacking, cross-country skiing—any outdoor activities. We would also like input from Berkshire Chapter members with ideas on outings that are of interest and may not have been offered recently.

Please contact Bob at 413-534-8955 (before 8 p.m.), or Dave at 413-568-4650 (home, before 9 p.m.) or 617-480-8225 (work). Or, send an email to [outings@amcberkshire.org](mailto:outings@amcberkshire.org).

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# **WILDERNESS FIRST AID TRAINING at Noble View**

## **SOLO – Wilderness First Aid**

April 22–23. Wilderness First Aid (WFA) training intends to prepare you for the medical situation that arises where there is no ambulance, no 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 WFA course is an intense yet fun journey through the world of wilderness emergency care and is recommended for all outdoors people. An emphasis on long-term care and evacuation complications in the backcountry make this course unique. Fee \$130. Subsidized funding of \$80 is available for current and future Berkshire Chapter leaders/volunteers. Scholarships are also available. For further information, call 413-572-4501 or email [nvreservations@amcberkshire.org](mailto:nvreservations@amcberkshire.org).

## **SOLO – Wilderness First Aid II (Advanced)**

May 20–21. Current certification of WFA training is a prerequisite for this course. Advanced Wilderness First Aid (AWFA) is designed with trip leaders in mind. The AWFA course delves more deeply into traumatic injuries of the neck and spine as well as other medical emergencies, offering more hands-on practice than WFA. It addresses issues of rescuer safety and the basic medical skills needed to lead and guide groups in the outdoors. The patient assessment system, the foundation of the course, trains students to determine the condition of backcountry patients. Other sessions provide instruction in managing traumatic situations. Students learn in great detail how to handle environmental emergencies such as hypothermia and heat injuries. Practical simulations and scenarios provide practice in backcountry leadership and rescue skills. Fee \$145. Subsidized funding of \$80 is available for current and future Berkshire Chapter leaders/volunteers. Scholarships are also available. For further information, call 413-572-4501 or email [nvreservations@amcberkshire.org](mailto:nvreservations@amcberkshire.org).

# OUTINGS, OUTINGS, OUTINGS!

## ADVANCE NOTICES

### NEW MEMBERS' POTLUCK

#### Sat., Mar. 25. Annual New Members' Potluck Dinner.

Edwards Church, Northampton, MA, 5–9 p.m. Be sure to join with new, returning, and long term AMC Berkshire Chapter members for this annual welcome dinner and program. Meet the folks who lead the trips, learn about conservation efforts, see what the Berkshire Chapter has planned for the year ahead, find out how you can join in, and much more. More details in the March listings. Contact Membership Chairs Deborah Levine (413-584-6065) or Chris Mangano (413-789-3128) for more information.

### CAPE COD

#### Fri. – Sun., May 5–7. Cape Cod day hiking and biking.

Join the Berkshire Chapter for an outstanding Cape Cod weekend of hiking and biking. Highlights include the Cape Cod National Seashore, tidal flats (world's largest) of Cape Cod Bay, Wing Island and surrounding salt marshes, Wellfleet Bay Wildlife Sanctuary, Cape Cod Rail Trail. Tent camping at Nickerson State Park, Brewster, MA. Community meals or dining out. New members also welcome. Advance registration and deposit required. For more info, contact L Jon Hanauer (413-568-0990 or newsletter@amcberkshire.org). Co-leaders: Peter Bernard, Deborah Levine, Pat Stevenson, Rob Robertson.

### CARDIGAN LODGE

#### Fri. – Mon., May 26–29. Cardigan Lodge Memorial Day Weekend for anyone and everyone.

Join the Berkshire and Worcester Chapters at the newly-renovated Cardigan Lodge for a fabulous weekend of walks, hiking, swimming, walking meditation, fiddle music, dancing, and other programs. Members, non-members, singles, families—all are welcome! New members are especially welcome.

Fee: \$168 per adult (\$115 per child age 15 and under) includes entertainment and programs; 3 nights lodging (bunkrooms with shared baths and showers); and meals (Fri. dinner, Sat. and Sun. social hour and dinner; Sat., Sun., Mon. breakfast and trail lunch). A limited number of tent sites are available for \$120 per adult (\$79 per child).

Early registration strongly recommended—our 2005 Labor Day trip sold out! Call 603-466-2727 or email lodging@outdoors.org to register. For questions, contact Donna Walters. Ls Donna Walters (413-498-5696 or dwalters2800@verizon.net), Rob Robertson (413-549-4963 or cerobertson@comcast.net).

## GEAR DEMO HIKES

#### Sat., Jan. 28 and Sun., Feb. 26. Snowshoe demo day walk.

New members especially welcome! Join us for a walk in the winter woods, and try out different snowshoes (courtesy of Hadley EMS). Starting time 12 noon. Contact L Rob Robertson (413-549-4963; cerobertson@comcast.net) for info and to register.

#### Sat., Feb. 11 and Sun., Mar. 5. Intro to cold weather hiking and gear.

New members especially welcome! Join us for gear demo (courtesy of Hadley EMS), and possible short walk. Starting time 2 p.m. Contact L Rob Robertson (413-549-4963; cerobertson@comcast.net) for info and to register.

## HIGHLAND CENTER PRESIDENTS' DAY WEEKEND

#### Fri. – Mon., Feb. 17–20. Join our friends from the Worcester Chapter for a Presidents' Day Weekend trip, AMC Highland Center, Crawford Notch.

The price of \$230 includes three nights in shared bunk room, three gourmet dinners, three breakfast buffets, and two happy hour socials (snacks provided and cash bar available). Lunches are not included.

Activities will include an advanced hike to Mt. Pierce on Sunday (winter gear required), cross-country skiing at Bretton Woods Nordic Center (rentals available), downhill skiing at Bretton Woods Resort (rentals available), and snowshoe hike with AMC Staff Naturalist (loaners available).

Contact Leader Barbara Dyer at 508-735-3281 (3–9 p.m.) or barbaradyer@hotmail.com, or co-Leader Tom Zumwalt at 508-835-5429 for more information. Or, make your \$230 non-refundable check payable to Tom Zumwalt and mail to 46 Central St., West Boylston, MA 01583.



Another delicious meal comes to an end at Cardigan Lodge. photo by Pat Stevenson

For complete listings of all activities, please see *AMC Outdoors* or visit [amcberkshire.org](http://amcberkshire.org).

Our Outings Committee is looking for monthly coordinators and hike leaders. Please see page 3 for details.

## FEBRUARY ACTIVITIES

**Fri., Feb. 3. Cross-country ski/snowshoe at Notchview.** Varied terrain. Dinner at Remington Lodge to follow. Cost is \$10 for non-members of The Trustees of Reservations; free for TTOR members. Snowshoes available for rent. Meet at Notchview at 10 a.m. Bring lunch and liquids, and warm clothing. RSVP for dinner reservations/directions no later than Jan. 18! Indicate if vegetarian. L June Hoerle (413-568-9961 or [bikhiksk@exit3.com](mailto:bikhiksk@exit3.com)).

**Fri. – Sun., Feb. 3–5. Cross-country instructional ski trip.** Joint with Narragansett and Berkshire Chapters. The trip cost is \$140 per person and includes Fri. and Sat. nights lodging, five meals (three on Sat. and two on Sun.), happy hour appetizers, and instruction by AMC instructors at the site (Sargent Center, owned by Boston University) near Peterborough, NH. There would be a small additional fee to cover the cost of skiing off-site (normally in the \$10 to \$15 range). Instruction takes place on Sat. and Sun. L Chris Shafer (401-789-8331 or [Christopher.Shafer@dem.ri.gov](mailto:Christopher.Shafer@dem.ri.gov)).

**Sat., Feb. 4. Cross-country ski Northfield and Warwick State Forests.** Intermediate level. Gentle trails passing through interesting landscapes. Views along highland ridges in the Quabbin to Cardigan wilderness corridor. Elevations between 1000 and 1300 ft., making snow conditions considerably different—and better—than down in the valley. Meet at Mim's Market in the center of Northfield at 10 a.m. Rain or no snow cancels. Call or email if questionable. Ls Sam and Barb Richardson (413-498-5931 or [srichardson0721@comcast.net](mailto:srichardson0721@comcast.net)).

**Sun., Feb. 5. Hike Unkamit's Path in the Tekoa/Shatterack area (B3B).** Conditions will determine the route and gear needed for this outing. Be prepared for a full day with food, water, and extra clothes. Call L before 9 p.m. for details. John Murphy (413-562-6413).

**Sun., Feb. 5. Mt. Tom Range Flora and Fauna (C3C).** Kids, bring a parent or

guardian, water, sturdy footwear, camera and binoculars. We'll have some fun with a map and compass, tracking and exploring. Start by 9 a.m., out by noon. Call by 9 p.m., Thurs., Feb. 2. L Elbert Bowler (413-532-4464).

**Sun., Feb. 12. Peekamoose and Table Mountains (A3C).** Distance is 11 miles. Elevation gain is 3000 ft. Summit elevations are 3843 ft. and 3847 ft. A trail hike of two Catskill high peaks (two of 35 climbs required for the Catskill 3500 Club membership and patch). There will most likely be ice and/or snow. Participants need snowshoes plus stabilizers or crampons to participate. Ask leader if any questions. Joint hike with New York/North Jersey Chapter. Call leader to register and for time and meeting place. L Ken Hubert ([hikeleader3500@att.net](mailto:hikeleader3500@att.net); 718-463-5675 after 3 p.m. Mon. – Thurs.; 518-827-7327 Fri. and Sat.).

**Sat., Feb. 18. Mt. Toby family hike/snowshoe (B3B).** Come out and explore the trails on Mt. Toby. Fun for the whole family. Views from the tower include the Holyoke Range, Mt. Sugarloaf, Mt. Greylock, and Mt. Monadnock. Contact L Alicia Wendolowski ([ermine3737@aol.com](mailto:ermine3737@aol.com) or 413-585-5874).

**Sun. and Mon., Feb. 19–20. Overnight snowshoe at Mt. Cardigan High Cabin, NH (C4C).** Newly renovated AMC High Cabin near Mt. Cardigan summit is a rustic retreat for backcountry enthusiasts. A woodstove and bunk beds with mattresses await you after a great day on the trails. Second day ridge walk. Snowshoes and crampons required. Sun. dinner, Mon. breakfast and lunch provided. Bring your own lunch and trail snacks for Sun. \$25 includes food and lodging. Full payment required by Jan 17. Limited to 8 participants. Register early as this is a popular trip. L Donna Walters (413-498-5696 or [dwalters2800@verizon.net](mailto:dwalters2800@verizon.net)). CL Deborah Levine (413-584-6065 or [deborah.levine@bhs.org](mailto:deborah.levine@bhs.org)).

**Sun., Feb. 19. Snowshoe to the border.** Join us for a snowshoe trip to the Vermont border on the AT. Must be capable of doing an 8-mile day on snowshoes. Call leader to register. Dave Koerber (413 568-4650 or [dkoerber@earthlink.com](mailto:dkoerber@earthlink.com)).

**Sat., Feb. 25. Cross-country ski at Notchview (B3C).** A Trustees of Reservations property on Rte. 9 in Windsor, MA. Enjoy 22 miles of trails on over 3,000 acres. At almost 2,300 ft. elevation, this area is most likely to have snow (though we can also hike or snowshoe depending on conditions). Bring your skis and lunch, and enjoy the wooded trails in the hills. We'll be skiing beginner and intermediate trails. We can have hot chocolate in the warming hut after, or something more substantial elsewhere if people desire. Meet at Notchview at 10 a.m. and ski for a few hours. TTOR members free; \$10 trail fee for non-members. Call L for more info. Sabine Prather (413-949-3914).

**Sat., Mar. 4. Snowshoe Pisgah State Park (C4C).** Varied terrain. Beautiful views of Mount Monadnock. L Donna Walters (413-498-5696 or [dwalters2800@verizon.net](mailto:dwalters2800@verizon.net)). CL Deborah Levine (413-584-6065 or [deborah.levine@bhs.org](mailto:deborah.levine@bhs.org)).

**Sun., Mar. 5. Hike/snowshoe to Alander Mtn.** 10 a.m. to 2 p.m. Bring lunch, layers, water. Meet at Mt. Washington State Forest ranger station, Mt. Washington, MA. L Judy Isacoff (413-528-8443 or [sagesravine@taconic.net](mailto:sagesravine@taconic.net)).



**Rob Robertson and Dian Behringer on Mt. Pierce.**  
*photo by Sue Mazrolle*



**John Shuttleworth on Mt. Cardigan's South Peak. John was Berkshire Chapter Chair from 1979-1980. photo by Ingrid Shuttleworth**



**Two Elizabeths: Chapter Conservation Chair Liz Gordon and member Liz Sturgen on Mt. Cardigan's Holt Trail. photo by Sue Mazrolle**



**On Mt. Cardigan. photo by Ingrid Shuttleworth**



**Chapter Chair Rob Robertson relaxes by the Fowler River near Welton Falls. photo by Pat Stevenson**

**Special thanks to those members who sent in additional photos from the Berkshire Chapter's 2005 Cardigan Lodge Labor Day weekend!**

**Congratulations to these Berkshire Chapter members, celebrating their Silver and Golden anniversaries with the AMC!**

**• 50-year members •**

- Sally Kusek
- Robert W. Murdock

**• 25-year members •**

- Robert A. Balboni
- Dr. Alan D. Berkenwald
- Elbert Bowler
- Robert K. Buckwalter
- Helen C. Monico
- Gail Palmer
- Connie Peterson
- Peter Rentz
- Alice N. Smith
- William T. Whitman, Jr.
- Carole Ann Zambito

## From the Chair, *continued from page 1*

enjoy.

Whatever we can do as individuals to welcome new people warmly, to encourage someone who appears uncertain to join our circle, to thoughtfully explain the practices of a particular activity so that we all enjoy the same knowledge base and no one feels left out—let's resolve to do it at every opportunity!

I've really enjoyed working with this Executive Committee, a vibrant, enthusiastic, and committed group of people. Everyone's welcome to attend our monthly meetings, held on the third Monday or Wednesday of each month at Florence Savings Bank in Hadley—check out [amcberkshire.org](http://amcberkshire.org).

Many thanks to those members of our Executive Committee who are rotating out of service: Mary Norton, who has served the Chapter diligently as Secretary; Cathy Wickens, who did a super job serving as Training and Education Committee Chair; and Erica Gees, who served as Vice Chair and pulled off a great Big Berkshire Bash (otherwise known as the annual meeting).

Let's welcome our 2006 Executive Committee (new Chairs indicated by \*; returning Chair by \*\*):

Secretary: Pat Stevenson\*

Treasurer: Kelly Druzisky

Appalachian Trail: Cosmo Catalano

Berkshire Exchange: Jon Hanauer

Canoe and Kayak: Charlie Camp\*\*

Chapter Youth Programs; Alicia Wendolowski\*

Conservation: Liz Gordon

Training and Education: Donna Walters\*

Membership: Chris Mangano and Deborah Levine

Mountaineering: Alice Hodgdon and Jim VanNatta

Noble View: Gary Forish

Outings: Dave Koerber and Bob Napolitano

Trails: Pat Fletcher

Young Members: Kelly Druzisky and Stephen Beauregard

Website: Ian Beatty

We're hoping to fill some open positions on the Executive Committee, and to attract some additional members to some of our Committees. If you're interested in having a great time working with excellent people, we may have some suggestions! Please feel free to talk with any of our Committee Chairs or Committee Members about any aspect

of our work.

Presently, our Vice Chair, Berkshire County Representative, and Programs and Special Events positions are vacant. We're also looking for someone who is familiar with marketing and publicity. We'd like to publicize our activities more widely, and improve our outreach to the community.

Our success this year, as always, is attributable to our dedicated Executive Committee members and to our excellent volunteers. So what *have* we done this year? Our Appalachian Trail Management Committee continued to diligently and expertly maintain the AT in Massachusetts. Our Berkshire Exchange Committee received widespread praise for its professional publications. Our Canoe and Kayak Committee continued to fill an active white- and flat-water paddling schedule. Our Chapter Youth Program Committee just got off the ground. Our Computer and Website Committee created a number of email lists and continued to improve our website. Our Conservation Committee supported attendance at various public hearings and promoted the Visibility Volunteers (VizVol) project. Our Membership Committee encouraged leaders to schedule new member activities and events. Our Mountaineering Committee rocked on. Our Noble View Committee achieved incredible progress in the ongoing rehabilitation of the property. Our Outings Committee contacted all potential hike leaders, developed a current list of folks interested in leading hikes and, through the Monthly Coordinators, brought another year of great hiking to the Chapter. Our Trails Committee built a new shelter on the M-M Trail and, with the AT Committee, supported the Monthly Trail Work Days.

We planned and conducted a spectacular Labor Day Weekend trip at Cardigan Lodge—a new Berkshire Chapter tradition! We also tried something new for our Annual Meeting, and had a great time (and the world's shortest business meeting).

This year has been great fun for me, and I hope it's been that way for you, too. If you've enjoyed what you've found in the Berkshire Chapter, please share it with others. If you're still uncertain, please jump in—the water's fine!

Yours in service,  
Rob Robertson  
Berkshire Chapter Chair

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## Regional Effort to Reduce Greenhouse Gas Emissions, *continued from page 1*

ber states (CT, DE, ME, MA, NH, NJ, NY, RI, VT) in a cost-effective manner. Under this cap and trade system, an overall regional CO<sub>2</sub> emission limit will be established and divided among power plants into "right to emit" permits, which possess financial value. The plants may then purchase and sell permits, establishing a market-based strategy for reducing overall emissions. The proposed goal of the RGGI is to stabilize current regional CO<sub>2</sub> emission levels by the year 2015, and achieve a 10% reduction of those levels by 2020. Combined, RGGI states emitted more CO<sub>2</sub> than all but five industrialized countries in 2000; therefore, such a regional initiative has the potential to considerably reduce the global atmospheric concentration of heat-trapping gases.

The AMC is encouraging its members to contact their governors to urge the strengthening and finalizing of the RGGI draft rule (visit [outdoors.org](http://outdoors.org) for contact information). AMC members may also adopt personal measures to reduce CO<sub>2</sub>, such as:

**Personal energy use.** Reduce gasoline consumption by carpooling, using mass transit, walking, or biking. Reduce the amount of electricity used at home, and ask a local utility company to perform an energy audit of your home.

**Energy-efficient purchases.** When in the market for a

vehicle, consider gas mileage efficiency. If purchasing a new appliance, look for models that are energy-efficient.

**Take action!** Promote carpooling and bike lanes in your community. Write to senators and congressional representatives to support actions that reduce greenhouse gas emissions. Contact governors, state legislators and public utility regulators to promote energy efficiency measures.

**Stay informed.** Join the AMC's Conservation Action Network (CAN) for monthly updates on important conservation issues, and visit our Chapter's conservation website (<http://amcberkshire.org/conservation>) for updates.

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## • Passages •

**HUGH D. ROBERTSON**, a family member of the Berkshire Chapter since 1980, passed away in August 2005.

**VERA CRANE**, a senior member of the Berkshire Chapter since 1993, has passed away.

**RICHARD ASKEW**, a member of the Berkshire Chapter since 2002, has passed away.



On Columbus Day, Chapter Training and Education Chair Donna Walters prepares to lead a hike up White Horse Ledge in the White Mountains. *photo by Sue Mazrolle*

## MEMBERSHIP IN A BOTTLE

**For the cost of your annual membership, you will receive:**  
 A Nalgene® water bottle • A \$10 gift certificate good for AMC books, lodging, and workshops • An AMC window decal • A subscription to *AMC Outdoors* • A new member packet with your Club ID, a copy of current Chapter activities, and our quarterly newsletter, the *Berkshire Exchange*.

### – AMC Berkshire Membership Form –

I wish to purchase:

- \_\_\_\_\_ Individual "Membership in a Bottle" kits (\$50 each).
- \_\_\_\_\_ Family "Membership in a Bottle" kits (\$75 each).
- \_\_\_\_\_ Senior "Membership in a Bottle" kits (\$25 each, age 69 and over). Age: \_\_\_\_\_.
- \_\_\_\_\_ Young Member "Membership in a Bottle" kits (\$25 each, up to age 30). Age: \_\_\_\_\_.

I have enclosed a check for the total amount of \$ \_\_\_\_\_ made payable to Berkshire Chapter AMC.

Please mail the kits to:

Name: .....

Street: .....

City, State, Zip: .....

Phone: .....

E-mail: .....

Is this a gift membership?  Yes  No  
 (Bottles will be sent to the address above, and the membership recorded in that name, unless you indicate otherwise.)

**Note: This offer is for new members only. Not for renewals, please. Thanks.**

Please mail completed form with check to:

**Chris Ryan, PO Box 9369, North Amherst, MA 01059**

Questions? Contact Chris Ryan at 413-549-4124 or [bottles@amcberkshire.org](mailto:bottles@amcberkshire.org)

BERKSHIRE EXCHANGE  
 Winter 2005/06



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