



# BERKSHIRE EXCHANGE



Spring 2007

FROM *the* CHAIR

## More Than Just an Executive Committee

Now that my first weeks as Chapter Chair have passed, I'm starting to appreciate more than ever the great group of individuals in our Executive Committee. While I already knew these people well just from being a Committee Chair myself for more than four years, I'm now in a position to see their colors (and perhaps my own as well) from a different perspective.

These people are friendly, dedicated, and intelligent. They're each willing to accomplish so much, not only by handling the usual, routine tasks, but doing so with imagination that leads to new ideas and actions.

Our Secretary, Pat Stevenson, keeps our meeting minutes documented and also has obtained some fascinating guests for Chapter functions. This January she celebrated her sixtieth birthday by successfully climbing Mt. Kilimanjaro, Africa's highest mountain at 19,321 feet—warm congratulations to you, Pat!

Our Treasurer, Kelly Druzisky, effectively handles the task of keeping our finances straight. Where would we be without Kelly as our banker?

Cosmo Catalano continues as Chair of our Appalachian Trail Management Committee. He now has an AT Committee Vice Chair, Jim Pelletier. Cosmo and Jim work with a multitude of other volunteers, as well as the Appalachian Trail

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## Surviving a Winter Whiteout on Mt. Adams

*by Maureen Flanagan, Berkshire Exchange Editor*

When Wayne Rodrigues and Janice Doubleday set out on their day hike to the summit of Mt. Adams on a frosty January morning, they did not expect they would be spending most of the night hunkered down in a small cubbyhole way above treeline. Nor did they expect they would have to be rescued from severe weather conditions that sent temperatures down to 14 degrees below zero and winds gusting to 70 miles an hour. Rodrigues, a teacher of sports medicine at Springfield College and Wilderness EMT, says the experience gave him insights into the other side of the rescue operation and left both he and Doubleday highly appreciative of the team effort that carried out their mountain rescue.

Even though he is a veteran hiker, Wayne says this was his first time trekking above treeline in the White Mountains in winter. The trip was planned as a two-day, one-night hike up Lowe's Path to Gray Knob, a cabin maintained by the Randolph Mountain Club, and from there to the summit. At 5,774 feet, Mt. Adams is the second highest peak in the White Mountains after Mt. Washington.

As Wayne and Janice began their hike, everything proceeded as planned. The morning of their ascent when they left the cabin, the day was overcast, becoming windy and cold above treeline. It was "par for the course" for mountain weather in January, Wayne says. Because there had been no caretaker at the cabin that morning, they had been unable to get a weather forecast for the day. It was a short hike, though, and Wayne expected to be back to the cabin in three to four hours.

Shortly after leaving, the pair wandered into a winter landscape, with cairns covered with snow and ice. After a while, it started to snow and the wind picked up a bit, Wayne recalls. By the time they reached the summit, the snow was coming down hard and heavy. They curtailed their summit experience to five minutes, just long enough to warm up with some hot cocoa.

Heading back down, visibility was poor and "the landscape looked totally different... Everything was plastered in snow," Wayne says. All they could see was whipping snow, not much else. Even Thunderstorm Junction, the main crossroads in the area where five trails come together, was lost in the whiteout.

"I knew we needed to stay on the trail," Wayne says. The pair worked in tandem to follow the snow-covered cairns. "Janice would stay at a cairn and I would search for the next one, then she would join me." They did this leapfrogging drill down the trail. It was effective, but time consuming.

They finally reached Thunderstorm Junction and scraped off snow and ice from the signpost to find what they thought was the way to Lowe's Path and Gray Knob. They couldn't be sure, though, as the sign was hard to read and could have been blown around by the wind. A while after they started their descent, the trail got very steep. "I realized it wasn't the trail we had come up,"

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## Annual Members' Potluck Dinner: Saturday, March 31

• details on page 3 •

# Tuesday Hikes: Looking at the Past, Present, and Future

Let's start with the past... The Tuesday hikes started on the first Tuesday in October at the Chesterfield Gorge in 1999. Three hiked that day; June Horle, Diane Crowell, and myself.

Now to the Present...Our 7th anniversary hike (always at the Gorge) took place on October 3 of last year. And how our numbers have grown—44 hikers showed up. It's always a very special day, a celebration! A Champagne Social takes place after the hike. Al Shane has become our official champagne opener. He's good at popping those corks!

We now recognize and celebrate special happenings that have taken place in people's lives over the past year. One is a birthday celebration, starting with the age of 70. Thank you, Susan Lantz, for that suggestion. Susan brought a humongous cake that first year; it took two people to carry it. She has scaled down a little bit since then.

And last year, Dave Conley and Rosmarie O'Connor were each presented with their favorite cake, much to their surprise! Dave's was in recognition for his tireless three years as our Tuesday email list manager, and Rosmarie's was for celebrating 50 years as an American citizen (Germany's loss and our gain). Also, Rosmarie has taken over as our email manager, and she is doing a *terrific* job.

Now the Future...We'll continue to hike all over western Mass. It could be a hike doing the Seven Sisters on the Holyoke Range, or "The Boulders" in Pittsfield. Lately our average number of hikers has been around 20. Three to four energetic hikers from southern Vermont have recently joined us. We met them in August when we hiked the Taconic Range near the Petersburg Pass.

One of our own, Elizabeth Terp, is going to be away for two years. She is leaving in May to serve in the Peace Corps as a Health Educator. She'll be based in Suriname, which is on the north-eastern coast of South America just above Brazil. We wish her well, and I'm reminded of something she stated in her Christmas letter: "The way we regard adversity determines whether we embrace life or fear to claim it." Well, Elizabeth, you most certainly have claimed it! You are going to be missed.

And lastly, a great big thank you to both the experienced and the new leaders; without you, these hikes would not be taking place. We have had some outdoor challenges, trials and tribulations in real life, but no matter what, this hardy, fun-loving group takes it all in stride. Thank you everyone for your support.

Gloria LaFlamme  
Tuesday Coordinator



Tuesday Hikers at Chesterfield Gorge. photo by Len Cohen

## Website Committee Update

We'd like to welcome two new volunteers to the Website Committee. Nancy Gonter-Weld is our new Website Editor-In-Chief. She takes care of all the content on our Chapter's website: what the pages say, what news stories get posted, etc. If you see a problem, have a suggestion, or know of something (anything) that would be of interest to our members and might make a good news item or announcement, please pass it to Nancy (web-editor@amcberkshire.org). Nancy's a professional journalist, so expect our site to gradually become all, like, professional-looking!

Bob Bergstrom is our new Deputy Webmaster. He's the key person for our Chapter's use of the AMC Online Activity Listings (<http://trips.outdoors.org>), and also helps with management of our various email announcement and discussion lists (<http://amcberkshire.org/lists>). Bob's a professional computer programmer, so you probably won't notice what he does, but things will just quietly work right.

Visit [amcberkshire.org](http://amcberkshire.org) and see for yourself.

Ian Beatty  
Website Committee Chair

## AMC Berkshire Chapter Executive Committee – 2007 –

### CHAPTER OFFICERS

**Chair:** Jon Hanauer  
(chapterchair@amcberkshire.org; 413-568-0990)  
**Vice Chair:** Deborah Levine  
(vicechair@amcberkshire.org; 413-584-6065)  
**Treasurer:** Kelly Druzisky (treasurer@amcberkshire.org)  
**Secretary:** Pat Stevenson (secretary@amcberkshire.org)

### COMMITTEE CHAIRS

**Appalachian Trail Committee:**  
Cosmo Catalano (at@amcberkshire.org; 413-458-5349)  
**Berkshire County Representative:** vacant  
**Berkshire Exchange Publisher:** Jon Hanauer  
(newsletter@amcberkshire.org; 413-568-0990)  
**Canoe and Kayak Committee:**  
Charlie Camp and Connie Peterson  
(paddling@amcberkshire.org)  
**Chapter Youth Programs:** vacant  
**Conservation Committee:** Patricia Lukas  
(conservation@amcberkshire.org; 413-253-5711)  
**Entertainment Committee:** Diane Furtek  
(entertainment@amcberkshire.org; 413-589-5530)  
**Family Programs:** vacant  
**Membership Committee:** Deborah Levine  
(membership@amcberkshire.org; 413-584-6065)  
**Mountaineering Committee:**  
Jim VanNatta and Alice Hodgdon  
(mountaineering@amcberkshire.org)  
**Noble View Committee:** Rob Robertson  
(nobleview@amcberkshire.org; 413-549-4963)  
**Nominating Committee:** vacant  
**Outings Committee:**  
Dave Koerber (outings@amcberkshire.org; 413-568-4650)  
Bob Napolitano (outings@amcberkshire.org; 413-534-8955)  
**Public Relations Committee:** Bess Dillman  
(publicity@amcberkshire.org; 413-667-5178)  
**Trails Committee:** Patrick Fletcher  
(trails@amcberkshire.org; 413-562-9863)  
**Training and Education Committee:**  
Donna Walters  
(training@amcberkshire.org; 413-367-3025)  
**Website Committee:**  
Ian Beatty (ian@amcberkshire.org)  
**Young Members Committee:** vacant

## BERKSHIRE EXCHANGE – March 2007 –

**Editor:** Maureen Flanagan  
(berkexeditor@amcberkshire.org)  
**Assistant Editor:** Gail Blackhall  
(proofreader@amcberkshire.org)  
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**Address Changes:**  
AMC, 5 Joy St., Boston, MA 02108; information@outdoors.org  
**Title photos:** Tuesday Hikers at the Ledges in  
Royalston, by Wendy Sinton

## Other Helpful Contacts

**Appalachian Trail Committee Vice Chair:**  
Jim Pelletier (wanderer0131@yahoo.com; 413-454-4773)  
**Membership in a Bottle:** Chris Ryan  
(bottles@amcberkshire.org; 413-549-4124)  
**Regional Director:** Dale Geslien  
(dalegeslien@sbcglobal.net; 203-778-3651)  
**Regional Trails Coordinator:** Sara Sheehy  
(ssheehy@outdoors.org; 413-229-9147)  
**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 Secretary, Pat Stevenson, at 413-625-2709.

# All Are Welcome to the Berkshire Chapter's

## • ANNUAL POTLUCK DINNER •

### to Help Us Welcome Members, Saturday, March 31

Please join us at our annual Potluck Dinner to welcome new, returning, and prospective members to the Berkshire Chapter of the AMC. A great event for all! Enjoy a delicious potluck dinner and an exciting program. Meet new and old friends, network with Committee Chairs, and learn how you can join in and get involved.

Please bring a dish to share with 6–8 others. Last name A–C, bring an appetizer; D–M, casserole; N–S, dessert; T–Z, salad. Bring along any friends who might like to know more about the AMC. Parking is available at the Northampton parking garage behind Thornes Market.

Meet 5 p.m.–9 p.m. at First Churches, 129 Main St., Northampton. Questions? Call Deborah Levine (413-584-6065).

### *Gary Pfisterer: Biography*

World class mountaineer and expedition leader Gary Pfisterer will be the guest at the Potluck Dinner on March 31. He will speak and give a slide presentation on his expedition to K2.

Known as one of the great leaders of high-altitude mountaineering, Gary has taken part in many expeditions throughout the world since he started climbing in 1988. He has led successful attempts on Everest, K2, Shishapangma, Lhotse, Makalu, Dhaulagiri, and Kangchenjunga. Gary brings a wealth of knowledge and experience in leadership, success, and overcoming obstacles. All of these expeditions, with the exception of Everest, were achieved without the use of high-altitude porters or supplementary oxygen.

He has summited Everest, Cho Oyu, Ama Dablam, Kilimanjaro via the Heim Glacier, and Mount Elbrus, among many others.

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## VOLUNTEER OPPORTUNITIES – *Help our members to have fun!*

### *- Executive Committee -*

If you're interested in working with some really nice people and taking one of these posts on our Executive Committee, please contact Jon Hanauer at [chapterchair@amcberkshire.org](mailto:chapterchair@amcberkshire.org) or 413-568-0990.

#### **Family Programs Committee Chair**

The Chair of this Committee will organize family-friendly programs and events, as well as solicit others for ideas and assistance. We'd like to have several family-friendly outings each month. Can you help us out?

#### **Berkshire County Representative**

The person who takes this position will organize activities and events for our members who live in Berkshire County, and may also coordinate with our Entertainment, Membership, and Outings Committees. Also, organizing events jointly with the AMC's Mohawk-Hudson Chapter would be a great idea.

#### **Young Members Committee Chair**

Our Young Members Committee has activities targeted to members in their 20s and 30s, but are always open to everybody. This Committee Chair would organize activities and events, or solicit leaders to do so. Another responsibility would be to make sure members who send out announcements for events are on the Chapter's list of approved leaders.

### *- Outings Committee Volunteers -*

If you think you'd like to help out with one of these positions, please let our Outings Committee Chairs know. Contact Bob Napolitano at 413-534-8955 (before 8 p.m.), or Dave Koerber 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).

#### **Monthly Coordinators**

We are looking for monthly coordinators to work with the Outings Committee to plan outings and find leaders for those outings. Coordinators must solicit leaders and assemble a list of activities two months prior to the month they're responsible for (April 1 for June, May 1 for July, etc.). For 2007, monthly coordinators are needed for June, July, September, and December.

#### **Activity Leaders**

We are also interested in finding activity leaders for day hikes, dog-friendly 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.

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## • *Passages* •

**ROBERT A. MARTIN** – A senior member in the Berkshires since 1985, died December 2006.

**KENNETH MORLEY** – A family member of the Berkshire Chapter since 1997, died October 2006.

**VIRGINIA WHITE** – A member of the Berkshire Chapter since 2003, died November 2006. Virginia introduced the Tuesday Hikers to having a cold beer after a hot hike.

# Noble View: The Double Cottage and Beyond

## The Maiden Voyage of the Completed Double Cottage

The renovation of the Double Cottage is now complete. In fact, Gary Forish and Fred Hoekstra finished installing mini-blinds (our guests were pleased with this privacy option) and wood trim during the first Berkshire Chapter weekend at the Double Cottage.

Twelve of us had a great time during our two-night stay over Martin Luther King weekend. The Double Cottage is absolutely beautiful. It's heated with two wood stoves and has electricity, refrigerators (but no freezers), and two gas ranges. The building accommodates 18, with two two-person handicap-accessible bedrooms on the first floor, and shared bedrooms on the second floor. On the main floor is a large kitchen with dining room, and two living rooms with couches, tables, and chairs. Our group of 12 had plenty of room.

What an attractive and comfortable place to stay! We were warm and dry, a great thing for a weekend that featured fog, drizzle, mist, and rain. We'd hoped for snow and were disappointed not to be able to ski or snowshoe—but we had a great time hiking, and enjoyed the trails immensely in less-than-ideal weather. Then, back to the Cottage for toasty wood stove warmth and hot beverages.

We learned a few things about preparing meals and cleaning up in a building where no potable water is available. It's wise to keep the big pots filled with boiled well water to facilitate cleanup, and we finally figured out that the time to do that is all the time, rather than right after a meal. It's also a wonderful thing to have extra water containers and a willing friend with a house in nearby Westfield. Otherwise, bring plenty of gallons of water.

It's obvious that running a weekend trip will be a lot easier with hot and cold potable water and dish cleaning stations. And once hot showers and toilets are available (not like MLK weekend, that's for sure), what's not to like?

## The Next Step

I'm very excited that we're breaking ground for the bathhouse this spring. We have enough funding available to install the electrical conduit and plumbing lines, to pour the foundation, and to build the leach field.

As always with volunteer-managed, nonprofit projects, money is the issue. I'm hoping we'll be able to move forward with other funding sources during the year, so we can frame out and finish the bathhouse in 2007. To that end, we're working on a conservation easement and trying to obtain matching grants through various sources. But these things happen slowly, and nothing's guaranteed. If your tax advisor has suggested that it's time to consider some charitable contributions, may I suggest a donation to Noble View to help with the bathhouse? Your generous contribution could help us get this project finished before the fall.

## How Can You Help?

Get involved. Enjoy a day hike, stay overnight, join us for trail work, or attend one of the great trainings, programs, hikes, potlucks, or family events you'll see listed in the *Berkshire Exchange*, *AMC Outdoors*, or [outdoors.org](http://outdoors.org). Bring your friends and family! As we said in 1931, shortly after Noble View's purchase, "Come and view your estate." Noble View is your property. It's that simple.

Here are some of our specific needs:

- Join us for trail work every third Saturday and help us clear and maintain Noble View's trails. This is a three to four hour commitment, and we always have a great time.
- Come out for one of our work weekends. Noble View has a long tradition of Berkshire Chapter members pitching in to keep the property looking good. These work days have historically had a strong social component—we work together, we get to know each other, and at the end of the day we enjoy a great potluck meal.
- Pitch in for bathhouse construction. Carpentry and plumbing skills are especially needed, but if you want to contribute in some other way, we'll definitely find something for you to do!
- Sign up to mow the lawns. Mowing is needed every two weeks during the growing season.
- Send us your Noble View photos and recollections. We're trying to put together a history of the property for visitors to enjoy. Even the smallest memory will help.
- Volunteer for the Noble View Committee. We're a working committee animated by a passion for helping Noble View become a well-utilized resource for the Berkshire Chapter, the AMC, and the general public. We need talented and committed people to help in these roles:
  - Vice Chair – to help coordinate and facilitate the work of the Committee.
  - Development Subcommittee – to work with AMC staff to research grants and write grant proposals.
  - Trails Subcommittee – to coordinate volunteers to perform trail work and help with clearing invasives.
  - Marketing Subcommittee – to attract AMC members and the public to the property for programs, events, and general use.
  - Programs Subcommittee – to plan programs and events.

To learn about these opportunities and more, subscribe to the Noble View email listserv. (Go to [amcberkshire.org/lists](http://amcberkshire.org/lists), find "Noble View News & Announcements List," and complete the form.) Then, take action—come out and play!

## A Special Invitation

I especially want to invite our longstanding Berkshire Chapter members who were Noble View regulars to come home again. Noble View's history is an integral part of the history and memories of Chapter members. I've fallen in love with Noble View, and I'd like the opportunity to share that with you in the effort to restore the property to wide use.

Friends, we need everyone's help to bring the projects at Noble View to fruition. There's lots of work ahead. But we can also look forward to making new friendships and renewing old ones, to developing new skills, to having lots of fun, and to working together to achieve great success at Noble View. I look forward to seeing you there.

Yours in service,  
Rob Robertson  
Noble View Chair

**Bathhouse floor plan and illustration by Kuhn-Riddle Architects.**



# • Noble View Calendar •

**SOLO – Wilderness First Aid.** Sat.–Sun., April 7–8. 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. Accidents can and do happen, and all too often members of a group are not capable of dealing with the emergency. Not only does this lead to improper care of the patient, but it also endangers the entire group. WFA addresses the medical and logistical issues that arise where there is no ambulance, no roof or walls to provide shelter from the elements, supplies are few, the length of the wait for help is unknown, and moving the patient a short distance might take hours. Classroom lectures and discussions are supplemented by practical work and problem-solving scenarios that provide hands-on experience. 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 with optional lodging available at \$10 per night in the Double Cottage. Subsidized funding may be available for active Berkshire Chapter leaders. For further information, call 413-519-3251 or email [forgary@comcast.net](mailto:forgary@comcast.net).

**Dog Day 5.** Sat., April 7. Take Rover for a hike, meet other AMC dog lovers and see Noble View, AMC's 360-acre property in western Mass. We will hike approx. 2–3 hours on beautiful trails and get a peek at the newly renovated Double Cottage. Contact L to register: Mary Newth (508-756-7385 before 9 p.m.; [mnewth@netzero.com](mailto:mnewth@netzero.com)). CL Rob Robertson.

**Trail Work Day.** Sat., April 21. We're helping out on the Metacomet-Monadnock Trail today. Let's give back somewhere else! Look for the listing in [AMC Outdoors](#).

**Noble View Trail Work Weekend.** Sat.–Sun., April 28–29. Open to all who want to give a little back to the hiking and ski trails. No experience necessary. Come learn the basics of trail maintenance, share your own trail knowledge and experience, or simply lend a hand. Work may include rock and log water bar construction, large rock step construction, grade dips, and general tread hardening. Work with AMC staff and other volunteers on a variety of trail restoration projects. NEW MEMBERS ESPECIALLY WELCOME. Fee of \$30 incl. lodging in the Double Cottage and meals, Sat. lunch – Sun. lunch. Fri. lodging and Sat. breakfast available for add'l. \$5. Volunteers for Sat. or Sun. also welcome. Contact L Rob Robertson (413-549-4963; [cerobertson@comcast.net](mailto:cerobertson@comcast.net)).

**Spring Work Days.** Sat.–Sun., May 5–6. Join us for spring cleaning! We'll be performing general property cleanup and maintenance: filling firewood bins, clearing winter debris, clearing brush near the buildings, and maybe doing road maintenance. Bring gloves, water, and clothing appropriate for the weather. Tools and lunch refreshments will be provided. Meet at 9 a.m. at the Farmhouse. For further information, contact Gary Forish (413-519-3251; [forgary@comcast.net](mailto:forgary@comcast.net)).

**SOLO – Advanced Wilderness First Aid.** Sat.–Sun., May 5–6. Current Wilderness First Aid certification is a prerequisite for this course. Advanced Wilderness First Aid (AWFA) builds on the skills taught in WFA, providing more in-depth information on topics already covered, including medical and environmental emergencies, and presenting new skills such as improvising litters and practicing litter-carrying techniques. More hands-on training with greater emphasis on leadership is a key element. Practical simulations and scenarios provide practice in backcountry leadership and rescue skills. Fee: \$145 with optional lodging available at \$10 per night in the Double Cottage. For further information, contact Gary Forish (413-519-3251; [forgary@comcast.net](mailto:forgary@comcast.net)).

**Trail Work Day.** Sat., May 19. Please contact Rob at 413-549-4963 or [cerobertson@comcast.net](mailto:cerobertson@comcast.net).

**Spring Opening Day (cottage opening).** Sat.–Sun., May 19–20. Many workers are needed to help open the Farmhouse and North Cottage and prepare the camp for summer use. Inside work cleaning buildings plus field/lawn cleanup of winter debris and weeding flower beds. Rain or shine. Bring work gloves; other tools will be provided. Lunch and water will also be provided. Meet 9 a.m. at the Farmhouse, gate opens at 8 a.m. For further info call 413-562-6792.

**Leave No Trace Workshop.** Sun., June 3. Connect with the natural world and investigate how to reduce your footprint when you travel in the out-of-doors. Join us for a two-hour hike and two-hour workshop at Noble View in Russell, MA. The day is designed for outdoor leaders, educators, hikers, and other outdoor enthusiasts. Karen O'Brien, LNT Master Trainer and MA State Advocate for LNT will present the seven Leave No Trace principles in a series of interactive, hands-on activities designed to introduce the concept of minimal impact. For more information and to register, contact Donna Walters (413-367-3025; [dwalters2800@comcast.net](mailto:dwalters2800@comcast.net)).

**Trail Work Day.** Sat., Jun. 16. Please contact Rob at 413-549-4963 or [cerobertson@comcast.net](mailto:cerobertson@comcast.net).

**Laurel Day Feast at Noble View Camp.** Sat., June 23. FAMILY DAY POTLUCK MAD BIG PARTY! A traditional and fun-filled annual event—don't miss this one! Families, singles, sociables—all are welcome. Join us for a trip down memory lane to commemorate the historic day when our founding Chapter members gathered to burn the mortgage. Meet and renew old friendships, discover new friends, and enjoy a fabulous day hiking through the mountain laurel in full bloom. Or, simply come just to relax and enjoy the view. Gates open at noon; hike starts at 1 p.m. Social hour with cold drinks provided at 4 p.m., chicken dinner with sides served at 5:30 p.m. Cost \$10. Bring a dessert and an appetizer to share for happy hour. Please RSVP to Gary at 413-562-6792.

## Mountaineering Committee Offers Introduction to Rock Climbing

How does hanging off a cliff, hundreds of feet up in the air, secured with only a rope and a few pieces of metal sound? If you are like most people, it probably gives you butterflies just to think about it. Believe it or not, though, many people hike miles into an area, climb up hundreds of feet, and then hike out—all in a day of fun. Yes, I said fun.

While you won't start off climbing hundreds of feet in a day or hiking miles to get to a cliff, the Berkshire Chapter Mountaineering Committee has many different ways to get you involved with rock climbing. We offer beginner and intermediate classes in the spring; local, evening climbing in the summer; and longer trips throughout the warmer months, depending on your experience level.

Many of our beginners try out rock climbing after starting in the gym. Others use it to conquer their fear of heights. Still others just want to know what it's all about. No matter what your motivation, taking a class is a good way to safely learn how to climb in the outdoors, have fun, and enjoy nature.

The Berkshire Chapter's introduction to rock climbing weekend will be held April 21–22. Saturday's class will be held at Chapel Ledges in Ashfield, and Sunday's at Rose Ledge in Northfield. We will teach climbing safety, basic knots, belay techniques, and rappelling. Of course, we'll give everyone time to spend on the rocks. For more information, please contact Alice or Jim at [mountaineering@amcberkshire.org](mailto:mountaineering@amcberkshire.org).

## Volunteer Vacations for Teens

In 2007, take a Volunteer Vacation here in the Berkshires! The AMC's Southern New England Trails Office runs programs throughout the summer for teens aged 15–19, introducing them to the world of trail work and backcountry camping. These programs are all about offering young people a fun and worthwhile experience. In addition to gaining great trail skills and meeting new friends, participants earn 40 hours of community service per week, which many high schools are now requiring for graduation. Programs are also available in New Hampshire's White Mountains. For more information, check out [www.outdoors.org/volunteer](http://www.outdoors.org/volunteer), or contact Sara Sheehy (413-229-9147; [ssheehy@outdoors.org](mailto:ssheehy@outdoors.org)).

### 2007 Berkshire Programs:

- July 1–6: Appalachian Trail Teen Spike Crew; Ages 15–17
- July 8–13: Appalachian Trail Teen Spike Crew; Ages 16–19
- July 15–20: Mt. Greylock Teen Spike Crew; Ages 15–17
- July 22–27: Mt. Greylock Teen Spike Crew; Ages 15–17
- July 29–August 17: Two-Week Teen Trail Stewardship Crew; Ages 16–19
- August 12–17: Appalachian Trail Teen Spike Crew; Ages 16–19
- August 19–24: Appalachian Trail Teen Spike Crew; Ages 15–17

## Surviving a Winter Whiteout on Mt. Adams, *continued from page 1*

Wayne says. It was now 3:30 or 4:00 and getting dark. At that point, they were undecided about what to do—continue on or backtrack?

“I just knew we didn’t want to lose daylight and lose the opportunity to find shelter,” Wayne says. But they had already lost time and it was quickly getting dark.

After a while, Wayne realized they weren’t going to make it back to Gray Knob in the dark. He knew the time had come to call for help and took out his cell phone and called 911. He was connected to New Hampshire Fish and Game and then to one of the caretakers of the Randolph Mountain Club who headed the Search and Rescue team. “Don’t worry, just hunker down and we’ll come and get you,” he was told. Wayne gave some coordinates of their position as best he could, describing the terrain and the trail they had been following. He mentioned that they were on a blue-blazed trail. “That was huge—it ruled out a lot of other trails.”

With help on the way, Wayne and Janice focused on finding shelter and getting out of the wind. They found some big rocks just off the trail and dug out snow three to four feet deep around them, making a cubbyhole. After marking their location on the trail with a hiking pole and bandana, they went back to their cubbyhole, crawled in and lay on the one pad and sleeping bag they had brought along.

Though not the most comfortable accommodations, Wayne and Janice were out of the wind and cozy enough in the one sleeping bag. Lying one on top of the other, they ate quesadillas they had brought along, and kept hydrated by drinking water and hot cocoa, making several trips out of the sleeping bag and cubbyhole to go to the bathroom. “We kept busy,” Wayne says. Using up precious cell phone battery power, they stayed in touch with Search and Rescue and Janice’s daughter, their contact person.

While they waited “I was a little nervous, a little anxious,” Wayne says, “but I wasn’t really scared. I knew we had enough supplies with us that we could probably tough it out... A lot of my background really prepared me for this situation,” he says. As a paramedic in the city of Springfield, Wayne has seen his share of emergency situations and is



**Mt. Adams.** photo by Jon Hanauer

## Wayne’s Winter Hiking Survival Tips:

- 1. Never forget to wear winter mountaineering boots**
- 2. Always pack some form of shelter, such as a tarp or tent**
- 3. Make sure everyone has his or her own pad and sleeping bag**
- 4. Be prepared to spend the night and have all the necessary gear with you**
- 5. Take along a good topo map (preferably marked with magnetic north lines so you can use your compass at trail markers)**
- 6. Bring along a stove, pot, and hot water bottles for cold winter weather**

confident in his ability to stay calm and do what needs to be done. He is also a Wilderness EMT who has taught SOLO courses so he is trained in mountain rescue operations as well. In addition, he and Janice were well-equipped with the essentials—food, water, a sleeping bag—plus winter weather gear such as chemical heat packs for hands and feet in addition to headlamps and a cell phone.

Wayne also felt fortunate Janice was with him. “Janice was amazing, didn’t panic, didn’t start yelling at me,” he says. He and Janice, a kindergarten teacher in Maine, had been together for only a few months. He was pleased with how much she helped out, he says, using good judgment to get them safe and warm. He adds that she was the one who insisted they quickly settle into their makeshift shelter instead of trying to find something better as he was inclined to do.

After a while, though, he did get nervous when his toes started to go numb and feel “crunchy,” an early sign of frostbite. He kicked himself that he was not wearing his winter mountaineering boots, which are rated for 20–40 degrees below zero. To prevent frostbite, he took off his three-season boots and put chemical heat packs in his socks. Janice’s body heat also helped to keep his feet warm.

Wayne says he was worried when Janice “got very quiet for a while... I didn’t know where she was in terms of her level of consciousness... It was important to check in with one another and stay alert and keep a positive attitude,” he says. So they kept each other entertained. They sang songs like “Sittin’ on the Dock of the Bay,” told jokes, and made more phone calls. “Anything to keep from falling asleep which would make it a lot easier to succumb to hypothermia,” Wayne says. But the bitter cold temperatures dropping to double digits below zero and near hurricane-force winds were beginning to take their toll. He remembers he started shivering and breathing fast. Knowing the dangers of severe cold, he was getting concerned about dehydration and the potential for hypothermia.

At one point, “I didn’t think they were coming and we’d have to spend the night,” he says. He knew they needed to prepare themselves mentally for a night on the mountain and he continued to stay positive. Not once did he think about the highly publicized case of the Mt. Hood hikers who had disappeared only several weeks before.

Just when they were resigned to toughing it out, Janice heard something outside their cubbyhole. Wayne says he popped his head out and saw headlamps in the dark. “Yahoo!! We were yelling and screaming. We were so excited,” he says. It was between midnight and 1:00 a.m. and they had been there since nightfall. Wayne, though, says he had completely lost track of time. “I couldn’t believe we had been there that long.” In retrospect, he felt the wait went a lot faster than the hours indicated.

The rescue operation was very efficient and impressive, Wayne says. Six rescuers arrived representing three groups from different parts of the state—New Hampshire Fish and Game, Randolph Mountain Club and

*continued on next page*

Androscoggin Valley Search and Rescue. They had already put in a full night of work—hiking in from the road to Gray Knob where they went through Wayne’s and Janice’s gear, talking to other hikers at the cabin, figuring out what their strategy was, and hiking up Adams in the middle of the night in deadly winter conditions and next to no visibility.

When they found Wayne and Janice, they went right to work. “They immediately put a tarp over us, which warmed us up right away.” They also provided a thermos of hot jello and had a welcome supply of dry clothing including warm mittens with chemical heat packs, a fresh shell, a down parka and new hat. He says he knew they were in good hands and was very appreciative of their efforts. “They did everything right,” he adds.

Still, it was dark, windy, cold, and still snowing. It took the group an hour and a half to hike back down to Gray Knob. “Even the rescue team had to struggle to stay on the trail,” he adds. The entire group except for one person rested up at the cabin before hiking out the next day.

Though it wasn’t the scenario he envisioned, Wayne says he feels good about the night on Mt. Adams. He and Janice were tested and together

survived extremely harsh whiteout conditions. He has added confidence in his survival instincts and abilities to stay calm, make the right decisions and keep a positive attitude in the face of a potentially life-threatening situation.

Janice agrees that the experience was positive. She wrote Wayne in an email from Ecuador where she is now studying to teach English as a Second Language: “In retrospect, I see this as a fortunate event only because we are both safe now.”

There are some things, though, Wayne would have done differently (see sidebar on previous page). The experience was a reminder that even the most seasoned, best-equipped hikers can be challenged by severe mountain weather. It also gave him a deep appreciation of the rescue teams who are ready to go out in the worst of winter conditions to find lost or stranded hikers.

Asked whether he will be planning another winter trip to the Whites anytime soon, he is quick to say yes. “There will be plenty more.” Perhaps not as challenging as the one he and Janice just survived, an adventure they will probably remember for quite a long time.

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

Conservancy, The Trustees of Reservations, the National Park Service, and other organizations to manage the nearly 90 miles of the Appalachian Trail in Massachusetts.

Our Canoe and Kayak Committee Chairs, Charlie Camp and Connie Peterson, keep our paddling members happy and safe.

Patricia Lukas is our Conservation Committee Chair. Since taking this position late in 2006, she has already assembled a group of volunteers. Pat has been diligently organizing events targeted at conservation and public awareness.

Diane Furtek recently joined us as our Entertainment Committee Chair. She has been busy helping to organize monthly potlucks for members. Diane has also been assisting with the arrangements for our Annual Meeting in November and has already hired a band for it. In addition, she has been helping out with organizing events at Noble View and writing announcements for them.

As a non-stop trouper, Membership Committee Chair Deborah Levine has been working hard on many things. To name just a couple, she has been conducting events for members and prospective members, and finding and reserving venues for those events. Her Committee also makes sure our new members receive a welcome kit in the mail. But Deborah’s story gets even better, because just before press time for this newsletter I received from her the very exciting news that she has accepted the position of Chapter Vice Chair.

Alice Hodgdon and Jim Van Natta are our Mountaineering Committee Chairs. They keep the ropes secure and have recently scheduled a climbing class for beginners.

Our past Chapter Chair is now the Noble View Camp Chair. Rob Robertson is as busy as ever keeping guests entertained at the Double Cottage and staying on top of organizing trail work on and around the 360-acre property. He is also working to get construction started on the bathhouse this spring.

Dave Koerber and Bob (“Nappy”) Napolitano are our Outings Committee Chairs. They strive to make sure our members have enough choices of outdoor activities to stay satisfied. Among other tasks, Dave and Bob also maintain an updated list of approved leaders and keep our Chapter’s Leadership Qualification Guidelines tailored to our current Outings Committee needs.

For the Public Relations Committee, our Chair is Bess Dillman. Bess writes press releases about events and gets them out to regional publications. She also creates announcements for us to circulate to both members and non-members. Bess’s talent in publicity is most impressive, and we feel lucky to have her with us in this important role.

Concentrating mostly on the Metacomet-Monadnock Trail, Patrick Fletcher is our Trails Committee Chair. He works with volunteer trail crews, private landowners, and other organizations and agencies to keep the M-M Trail alive and well. Pat is the longest standing member of our

current Executive Committee.

Donna Walters is our Training and Education Chair. She organizes Leadership Training classes and other workshops, including the Hike From Hell Mentoring Series, to ensure that our volunteers have the knowledge and confidence they need to be good outdoor leaders.

Our Website Committee Chair, Ian Beatty, worked so hard to rebuild our website after our previous web-hosting company went belly-up. He also has just assembled a great team of tech-wizards. Together they keep our website and email lists in good working order and also make sure that our volunteers who enter activity listings into the AMC’s database have the support they need.

Steve Beauregard has been our Young Members Committee Chair. He’s been doing a wonderful job keeping this group going at full speed.

But our Chapter Officers and Committee Chairs aren’t the only folks I continue to enjoy working with. There are some other important people whose presence I must acknowledge. But please forgive me, because I’m almost sure to miss a few.

Chris Ryan continues to run our Membership in a Bottle program. Gloria LaFlamme and Rosmarie O’Conner keep our Tuesday hikers happily involved and well connected.

For their immense support, friendship, and eagerness to maintain a partnership between our Chapters, I’d like to thank Barbara Dyer and Sharon Foster, Worcester Chapter Chair and Vice Chair.

No, I didn’t forget the Berkshire Exchange Committee. While I continue to chair this Committee as Publisher, Maureen Flanagan is now Editor and Gail Blackhall is Assistant Editor. Without Maureen’s copy-editing skills and Gail’s proofreading talents, this newsletter just wouldn’t be what it is. Maureen and Gail also fill in for each other whenever one of them is unavailable. The three of us are now in our fifth year working together on the *Berkshire Exchange*. For that I feel fortunate—it’s really been a pleasure.

So maybe now you’re thinking that perhaps you’d like to meet some of these people. The Executive Committee holds meetings monthly in the Pioneer Valley. If you’ve been considering getting more involved with the Chapter, or you’d just like to see what kind of topics are covered during one of our monthly meetings, please feel free to contact me. While there is a limit to the amount of extra space in the conference room, these meetings are open to any AMC member who’d like to attend.

So, will I hear from *you*? What can you do for your Chapter? If your main interest is to just have fun, you’re in the right place.

Very best wishes,  
Jon Hanauer  
Berkshire Chapter Chair  
chapterchair@amcberkshire.org  
413-568-0990

# Hike from Hell Mentoring Series

## Make a Difference in a New Leader's Education and Experience

**Dates:** April 15 and May 20.

**Place:** Montague Bookmill, Montague, MA, 10:00 a.m.

We will meet for an hour or so of discussion and refreshments at the Montague Bookmill's Lady Killigrew Café. Then we will head out for a group hike at nearby Mt. Toby or Wendell State Forest until about 3:00 p.m.

For more information, or directions to the Montague Bookmill, contact Donna Walters at [training@amcberkshire.org](mailto:training@amcberkshire.org) or 413-367-3025. Directions can also be found at [www.montaguebookmill.com](http://www.montaguebookmill.com).

## Exciting New Events for 2007

The Membership and Entertainment Committees have an exciting year of new events planned for 2007. Keep an eye out for notices of monthly potlucks, summertime picnics at Noble View, and more events throughout our area to introduce new and prospective members to the Berkshire Chapter. Look for our announcements in *AMC Outdoors* and the *Berkshire Exchange*.

**CLARIFICATION:** In the Winter issue of the *Berkshire Exchange* we listed Katherine Reichert as a 25-year member of the Berkshire Chapter, but there are two members with this name. Dr. Katherine Reichert of Hadley, MA, has been a member for 25 years, while Katherine ("Kitty") Reichert of Grantham, NH, has been a member for 40 years. Apologies for this confusion. —JMH



# 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  
Spring 2007



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