



# BERKSHIRE EXCHANGE



## FROM *the* CHAIR

### Fall Highlights: Berkshire Chapter's 80th Anniversary and Fall Gathering '09

After months of preparation, your Chapter is about to host AMC Fall Gathering '09. We plan an exciting weekend packed with outings, programs, meetings, and above all, fun. I hope that every Berkshire Chapter member will think about coming out for the day or the entire weekend. Check out the information at [amcberkshire.org/gathering](http://amcberkshire.org/gathering) and join in for what promises to be a memorable event.

We are also celebrating another milestone—the Chapter's 80th anniversary. Let us all applaud the many contributions of those who laid the foundation for a strong and active Chapter. We have a tradition of a committed volunteer base. This tradition continues with the training of new outings leaders, volunteers in trail maintenance, Chapter members who volunteer at AMC destinations, those who serve on the Executive Committee, and more. This is a perfect time to contribute to the strength of our future. Let's make sure the next 80 years will be just as impressive.

We currently have a number of opportunities to serve on our Executive Committee. We have openings for Vice Chair, Conservation, Berkshire County Representative, Family Programs, and Nominating Chair. Consider bringing your talents

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## Fall Gathering – Don't Be Left Out!

There is still time to register for what promises to be an exciting and memorable weekend as the Berkshire Chapter hosts AMC Fall Gathering 2009. We have a weekend jam-packed with outings, hikes, programs, and fun.

For the adventurous, try the high ropes course or the climbing wall. Go hiking or paddling. Be inspired by our speakers, or swing your partner at the contra dance. In the evening, relax at a campfire (bring your musical instrument). There is something for everyone and both day and weekend packages are available. All the information is available at [amcberkshire.org/gathering](http://amcberkshire.org/gathering). Register now!

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## Appalachian Trail Volunteers Recognized

*by Jim Pelletier, Mass. AT Committee Chair*

In July, Pam Underhill, Park Manager for the NPS, presented service awards to 25 and 50 year volunteers on the Appalachian National Scenic Trail. The award presentation took place at the ATC Biennial Festival in Castleton, VT, and four members of the Mass. AT Committee of the AMC's Berkshire Chapter were recognized:

Earl McWhorter of South Deerfield, MA started volunteering with the Metawampee Maintaining Club in 1955, serving as chair of that club. Later, he was a maintainer coordinator on the Mass. AT Committee. He is still an active maintainer.

Pete Rentz of Pittsfield, MA started volunteering in 1983 and is a past chair, maintainer coordinator, and volunteer coordinator of the Mass. AT Committee. Pete continues to serve as a trail maintainer, projects volunteer, and committee member. He has also donated wood for shelter construction.

Wayne Galletly of Dalton, MA and Eleanor Poole of Middlefield, CT are longtime volunteer caretakers at the Upper Goose Pond cabin, where each has served for over 25 years.

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## 2009 BERKSHIRE BASH

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## APPALACHIAN TRAIL DAY

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## AMC FALL GATHERING 2009

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# New England National Scenic Trail

by Deborah Levine

Special congratulations and thanks are due to Patrick Fletcher, our Trails Committee Chair, who contributed to the creation of the New England National Scenic Trail (which follows much of the route of the Metacomet-Monadnock Trail). On July 13, a designation celebration was held at Skinner State Park with many Berkshire Chapter members present. The Chapter's volunteers also played a significant role in creating and championing this trail. There will be many more opportunities to play a part in the continued development and maintenance of the NENST. Contact Pat Fletcher at hiker6@comcast.net or 413-562-9863 to learn how you can get involved.

For more information about the NENST, please see the article posted on outdoors.org:  
<http://www.outdoors.org/about/newsroom/press/2009/nenst-celebration.cfm>



Patrick Fletcher proudly stands with a NENST sign (top). Patrick with AMC Executive Director Andy Falander and AMC President Laurie Gabriel (bottom).

photos by Deborah Levine

## Berkshire Chapter Executive Committee – 2009 –

### CHAPTER OFFICERS

**Chair:** Deborah Levine  
(chapterchair@amcberkshire.org; 413-584-6065)

**Vice Chair:** vacant

**Treasurer:** Kelly Dawson  
(treasurer@amcberkshire.org; 413-592-5724)

**Secretary:** Catherine Benoit  
(cathiker@yahoo.com; 413-530-9734)

### COMMITTEE CHAIRS

#### Appalachian Trail Committee:

Jim Pelletier  
(wanderer0131@yahoo.com; 413-454-4773)

**Berkshire County Representative:** vacant

**Berkshire Exchange Committee:**  
Jon Hanauer  
(newsletter@amcberkshire.org; 413-568-0990)

**Canoe and Kayak Committee:**  
Charlie Camp and Connie Peterson  
(paddling@amcberkshire.org)

**Conservation Committee:** vacant

**Family Programs:** vacant

**Membership Committee:** Diane Furtek  
(membership@amcberkshire.org; 413-589-5530)

**Mountaineering Committee:**  
Bill Fogel  
(mountaineering@amcberkshire.org; 413-427-1693)  
Jim Van Natta (mountaineering@amcberkshire.org)

**Noble View Committee:** Rob Robertson  
(cerobertson@comcast.net; 413-549-4963)

**Nominating Committee:** Rob Robertson  
(cerobertson@comcast.net; 413-549-4963)

**Outings Committee:**  
Bob Napolitano  
(nappyofma@comcast.net; 413-534-8955)

**Past Chair:** Jon Hanauer  
(newsletter@amcberkshire.org; 413-568-0990)

**Public Relations Committee:**  
Sabine Prather  
(publicity@amcberkshire.org; 413-949-3914)

**Trails Committee:** Patrick Fletcher  
(hiker6@comcast.net; 413-562-9863)

**Training and Education Committee:**  
Christine Fogarty  
(learning@amcberkshire.org; 978-857-7078)

**Website Committee:**  
Bob Bergstrom, Chair  
(webmaster@amcberkshire.org)  
Nancy Weld, Editor  
(webeditor@amcberkshire.org)

**Young Members Committee:**  
Wendy Barbour and Paxton Berardy  
(ymchair@amcberkshire.org; 413-569-9998)

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### Other Helpful Contacts

**Chapter Trips Approver:** Jon Hanauer  
(approver@amcberkshire.org; 413-568-0990)

**Membership in a Bottle:** Chris Ryan  
(geolopes@comcast.net; 413-549-4124)

**Regional Director:** Dale Geslien  
(dalegeslien@sbcglobal.net; 203-778-3651)

**Regional Trails Coordinator:** Matt Moore  
AMC Southern New England Trails Office, South Egremont  
(mjmoore@outdoors.org; 413-528-8003)

**Tuesday Hiking:** Sonja Goodwin  
(SGoodwin@alum.rpi.edu)

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[www.outdoors.org/membercenter](http://www.outdoors.org/membercenter)

Have Chapter activity listings emailed.

Set your Berkshire Exchange delivery preferences.

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Need a phone number?

If the person you want to contact by phone has no number listed, please call Jon Hanauer at 413-568-0990.

# 2009 Berkshire Bash

Saturday, November 7

Join us as we kick back, relax, and celebrate a full and exciting year at our Chapter's Annual Meeting. Spend an evening of shared memories and fun with friends and fellow Berkshire Chapter members, featuring the showing of highlights from the Fall Gathering.

We are also planning a potluck dinner followed by photos from Berkshire Chapter members' travels. If you would like to share your travels, please call Deborah Levine. We are looking for people to bring a flash drive or CD with 5 to 7 minutes' worth of photos.

American Legion Hall  
162 Russell Street (Route 9)  
Hadley, MA  
6-10 p.m.

Please bring a potluck dish to share:  
Last name A-G, salad/appetizer; H-P, main dish; Q-Z, dessert.

For more information and/or to volunteer, please call Deborah Levine at 413-584-6065.

## BERKSHIRE EXCHANGE

– September 2009 –

**Publisher:** Jon Hanauer  
newsletter@amcberkshire.org; 413-568-0990

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### Address Changes & Delivery Preferences:

www.outdoors.org/membercenter; 800-372-1758

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

**Title Image:** photo by Jon Hanauer  
*Leaving Mount Washington's summit and heading down to Lakes of the Clouds. An all-day hike led by Diane Furtek, Bob Napolitano, and Pat Stevenson.*

## Volunteer on the Nominating Committee!

We need new energy for our Nominating Committee. Are you one who enjoys meeting people and participating in Chapter activities? Would you like to contribute to the continued strength of your Chapter? Whether you have been a Chapter member for years or have just recently joined, please consider being a part of the Nominating Committee. We are looking for 5 people to join the committee and help ensure a strong leadership base. If you are interested, please call Chapter Chair Deborah Levine at 413-584-6065 for more information.

### Berkshire Chapter Executive Committee – 2010 Nominees –

#### OFFICERS

**Chapter Chair:** Deborah Levine; **Vice Chair:** vacant;  
**Treasurer:** Kelly Dawson; **Secretary:** Catherine Benoit

#### COMMITTEE CHAIRS

**Appalachian Trail:** Jim Pelletier; **Berkshire County Representative:** vacant;  
**Berkshire Exchange:** Jon Hanauer; **Canoe & Kayak:** Charlie Camp, Connie Peterson;  
**Conservation:** vacant; **Family Programs:** vacant; **Membership:** Diane Furtek;  
**Mountaineering:** Bill Fogel, Jim Van Natta; **Noble View:** Rob Robertson;  
**Nominating:** vacant; **Outings:** Bob Napolitano; **Past Chair:** Jon Hanauer;  
**Public Relations:** Sabine Prather; **Trails:** Patrick Fletcher;  
**Training & Education:** Christine Fogarty; **Website:** Bob Bergstrom;  
**Young Members:** Wendy Barbour, Paxton Berardy

# Celebrate Appalachian Trail Day on Saturday, October 3!

The Massachusetts Appalachian Trail Management Committee is again sponsoring hikes along the AT in Massachusetts.

Hikes vary in difficulty and length. Please contact the appropriate trip leader for more info and any changes in rendezvous time/location. For general information about AT Day, contact Jim Pelletier at 413-454-4773 or [at@amcberkshire.org](mailto:at@amcberkshire.org).

For all hikes, wear suitable clothing and bring plenty of water, as well as lunch or snacks for longer hikes. Hikes will go rain or shine.

After the hikes, beginning at 4 PM, the AT Committee will be sponsoring a cookout at the Pleasant Valley Wildlife Sanctuary, off Rte. 7 near the border of Lenox and Pittsfield. Follow the signs off Rte. 7 onto Dugway Rd., 1.6 miles to the Sanctuary. Stop by for a bite to eat, meet other hikers, and report about trail conditions and what you saw on your hike.

**Hike #1: Sages Ravine to Race Brook Falls Trail.** Ten Miles with waterfalls, hemlock groves, and beautiful views from open cliffs. Including 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 8:30 AM at Race Brook Falls Trail parking area on Rte. 41, South Egremont, 3 miles south of Jug End Road. Leader: Chuck Brown (617-876-4798; [midniterambl@hotmail.com](mailto:midniterambl@hotmail.com)). A3AB

**Hike #2: Race Brook Falls Trail to the AT and north to Jug End Rd.** Beautiful waterfalls, 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 9 AM at Race Brook Falls Trail parking area on Rte. 41, South Egremont, 3 miles south of Jug End Road. Leader: Contact Jim Pelletier for hike leader information (413-454-4773; [at@amcberkshire.org](mailto:at@amcberkshire.org)). B3AB

**Hike #3: Jug End Rd., Sheffield, to Boardman St.** A moderate hike of 5.5 miles with no major ascent. See a variety of habitats from open fields to woodlands. Meet 10 AM at Guido's parking lot across from the Great Barrington Fair Grounds. Leaders: Jon Hanauer (413-568-0990), Diane Furtek (413-589-5530). B3D

**Hike #4: Home Rd. to Benedict Pond.** Moderately strenuous, 7.5 miles, over East Mountain and along ledges with nice views. Meet 9:30 AM at Guido's parking lot across from the Great Barrington Fair Grounds. Leaders: Bob Snyder and Mary Berryhill (413-528-4022; [rls@simons-rock.edu](mailto:rls@simons-rock.edu)). B3BC

**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 Rd., Tyringham, 9 AM. Leader: Debra Weisenstein (508-358-4169; [weisenstein@aer.com](mailto:weisenstein@aer.com)). A3C

**Hike #6: Fernside Rd. to Goose Pond Rd., Tyringham.** This is a moderate and enjoyable 7.5-mile hike with varied scenery including old stone walls and overgrown pasture. Meet 9 AM at the Tyringham Fire Station on Main Rd. Leader: Pete Rentz (413-442-6732).

**Hike #7: Rte. 20 to Goose Pond Rd.** Explore the Upper Goose Pond area. Cross the Mass Pike on the footbridge. Also take a side trip to Upper Goose Pond Cabin. Approximately 5.5 miles of moderate, scenic walking. Meet 10 AM at the AT parking lot, Rte. 20, Lee/Becket. Leader: Steve Smith (978-692-8219; [stevenhsmith@verizon.net](mailto:stevenhsmith@verizon.net)). B3C

**Hike #8: Rte. 20, Lee, to Pittsfield Rd., Washington.** Moderately paced, moderately strenuous, 9.5-mile hike through October Mountain State Forest, over Becket Mountain, and along scenic Finerty Pond. Meet 9 AM at the AT parking lot, Rte. 20, Lee/Becket. Leader: Contact Jim Pelletier for hike leader information (413-454-4773; [at@amcberkshire.org](mailto:at@amcberkshire.org)). A3B

**Hike #9: Pittsfield Rd., Washington, to Grange Hall Rd., Dalton.** A pleasant, moderate hike of 7 miles with good views from Warner Hill summit and a visit to Kay Wood Shelter. Meet 10 AM at the Burgner's Market parking lot, 777 Dalton Division Rd. at Williams Street, Pittsfield. Leader: Jim Montgomery (413-585-2921; [jmontgom@email.smith.edu](mailto:jmontgom@email.smith.edu)). B3C

**Hike #10: Housatonic St. to Grange Hall Rd.** Round trip total of 4 miles. This will be a short, interesting hike for those who are not free to walk in the morning. Possible 0.5-mile extension to Kay Wood Shelter. Meet 1 PM at AT crossing near the train tracks on Housatonic Street, Dalton. Leader: Contact Jim Pelletier for hike leader information (413-454-4773; [at@amcberkshire.org](mailto:at@amcberkshire.org)). C4BC

**Hike #11: Cheshire to Gulf Rd., Dalton.** About 8 miles of mostly moderate hiking. Nice views of Hoosac Lake, the valley and mountains from Cheshire Cobble, and Gore Pond (one of the highest ponds in the state). Meet 9 AM at the Ashuwillticook Rail Trail parking lot, Depot St., Cheshire. Leader: Dave Campbell (413-442-4248; [dave1042@aol.com](mailto:dave1042@aol.com)). B3BC

**Hike #12: Rte. 8, Cheshire, to Mount Greylock summit.** This is a strenuous hike of approximately 7 miles. You will hike through meadows and open woods. Then climb—sometimes steeply—through balsam forest and mixed woodlands. Meet 9 AM at the Ashuwillticook Rail Trail parking lot, Rte. 8, Cheshire. Leader: Contact Jim Pelletier for hike leader information (413-454-4773; [at@amcberkshire.org](mailto:at@amcberkshire.org)). B3B

**Hike #13: Pattison Rd., North Adams, to Mt. Greylock summit.** This is a 13.7 mile, strenuous hike involving some steep climbing on Prospect, Williams, and Greylock mountains, rewarded with great views. Meet 9 AM at the Greylock Community Club parking area on Rte. 2, 500 ft. east of Phelps Ave. Leader: Bob Napolitano (413-534-8955; [outings@amcberkshire.org](mailto:outings@amcberkshire.org)). AA3B

**Hike #14: Massachusetts Ave. to the Vermont border.** North on the AT and return using the Pine Cobble Trail. This is 8 miles of fairly strenuous but pleasant hiking with good views from Pine Cobble. Meet 9 AM at intersection of Cole Ave. and North Hoosac Rd., Williamstown. Leader: Elvery Veal (413-665-3010; [v.elvery@comcast.net](mailto:v.elvery@comcast.net)). B3B

## AMC Hike Ratings

Hikes are rated according to their distance, pace, and ruggedness. A typical rating might be "B3C."

The first letter indicates the hike's distance:

AA = over 13 miles

A = 9 - 13 miles

B = 5 - 8 miles

C = under 5 miles

The number in the middle indicates the pace the leader expects to set (on average terrain):

1 = very fast (2.5 mph or faster)

2 = fast (2 - 2.5 mph)

3 = moderate (1.5 - 2 mph)

4 = leisurely (less than 1.5 mph)

The final letter indicates the kind of terrain:

A = very strenuous

B = strenuous

C = average

D = easy

If there are two letters at the end (for example, "B3BC"), it indicates the terrain is somewhere between the levels indicated by either of the letters alone. As always, if you have any questions about what the hike will be like, call the trip leader or hike contact person.



Get the very latest event listings!

**trips.outdoors.org**

Just select **BERKSHIRE** in the Chapter field  
(the other fields can be left blank).  
Then click the **SUBMIT** button.

Don't forget to check in at home!

**amcberkshire.org**

**LATE-BREAKING NEWS & IMPORTANT  
CHAPTER INFORMATION.  
2009 FALL GATHERING DETAILS.**

Take a look at

**Noble View Outdoor Center's web site!**

**NobleViewOutdoorCenter.org**



## 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* • Our Chapter newsletter, the *Berkshire Exchange* • A new member packet with a welcome letter, information brochure, and member ID card.

### – AMC Berkshire Membership Form –

I wish to purchase:

- Individual "Membership in a Bottle" kits (\$40 each – 20% new member discount!).
- Family "Membership in a Bottle" kits (\$60 each – 20% new member discount!).
- 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 [geolopes@comcast.net](mailto:geolopes@comcast.net)

## Register for AMC Outdoors Online

The inaugural online edition of *AMC Outdoors* was launched as a member benefit at the beginning of June. This e-newsletter showcases new web-exclusive content, such as slideshows and video. All AMC members with a registered email address received their first newsletter in June. Not registered? Visit our AMC Member Center today at [www.outdoors.org/membercenter](http://www.outdoors.org/membercenter).

## Sign up for new AMC blogs

The AMC's two newest blogs launched at the start of June. They offer tips on getting kids outside in the Northeast, as well as gear expertise.

"Great Kids, Great Outdoors" blogger Kristen Laine draws on her own experience as an outdoors person, writer, and mother—plus recommendations from AMC experts—to provide practical advice for easing kids into outdoor experiences. The blog is one way that the AMC is encouraging a connection with nature among today's youth. "Equipped" blogger Matt Heid, a longtime *AMC Outdoors* contributor, is reporting and commenting on outdoor gear.

Each blogger posts about twice a week and welcomes comments. You can find the two new blogs at [www.outdoors.org/blogs](http://www.outdoors.org/blogs). Sign up for an RSS feed of either one or both, so new posts will come to your email inbox automatically.

## Registration for AMC's 2010 Annual Meeting Opening Soon

Come to the Annual Meeting on January 30, 2010, at the Sheraton Ferncroft Resort in Danvers, MA for a full day of AMC workshops, business meetings, and volunteer awards. Wrap up the day with dinner and keynote speaker Jonathan Waterman. Jon is mostly known for his time exploring the Arctic National Wildlife Refuge, of which he has written many books. He also has written and starred in TV documentaries on challenges in the North. Details about the Annual Meeting are available at [www.outdoors.org/about/annualmeeting/index.cfm](http://www.outdoors.org/about/annualmeeting/index.cfm).

## Stay tuned for AMC's Pennsylvania Highlands Recreation Map

The map will include trails, parks, and boating access so you will know where to hike, bike, horseback ride, paddle, fish, swim, and camp in the Pennsylvania Highlands. It will be available by early September at [www.outdoors.org/hiketthehighlands](http://www.outdoors.org/hiketthehighlands).

Find out about 2009 Fall Gathering, and register online!

**amcberkshire.org/gathering**

# Wilderness Medical Training to the Rescue *by Rebecca Budaj*

The hikers walked quietly through the woods at Noble View Outdoor Center, scanning the forest in all directions. They had been waiting all day to get a glimpse of the elusive wild giraffe. Suddenly, the trees parted and they were trampled by a rush of hooves and legs. A bystander witnessed the horrific stampede and ran towards the building. "Help, help! We need help over here!"

This was the first role-playing scenario of the Wilderness First Aid course held in June at Noble View. The two-day course, taught by SOLO instructor David Krueger, was attended by 21 students.

SOLO (Stonehearth Open Learning Opportunities), based in Conway, New Hampshire, provides wilderness medical training for outdoor enthusiasts. The Wilderness First Aid class, WFA (commonly pronounced woof-ah), provides instructional first aid in the backcountry setting. Although anyone can take the class, those who lead or participate in group outdoor activities are good candidates. The WFA certification is valid for two years. For those seeking more advanced training, SOLO provides certification classes in Advanced Wilderness First Aid (AWFA), Wilderness First Responder (WFR) and Wilderness Emergency Medical Technician (WEMT).

At Noble View, students learned to assess injuries, stabilize fractures, treat sprains and strains, bandage wounds, and provide care for victims of heat- and cold-related injuries. Injury prevention was emphasized. Other topics included proper filtration of water, treatment of burns, and keeping wounds clean and dry ("I'm a pathogen," Krueger quipped during the lecture. "I do two things: eat and multiply.>").

In a backcountry setting, the hospital may be hours or days away from the patient. In a situation involving a broken arm or leg, readily available materials are used to stabilize and protect the limb. Splints are improvised: one can immobilize a fracture using a stick or hiking pole and

wrap it with rain pants, fleece shirts, handkerchiefs, or whatever else might be available in the hikers' backpacks.

The hands-on scenarios gave students the chance to practice pre-hospital care and stabilization of the mock injuries sustained by their fellow students. These situations included the wild giraffe stampede and a lightning strike at a campsite that left one woman unconscious and another bleeding from her ears. In a tragic mountain bike accident, several mock patients were left with contusions and fractures. The final scenario involved a group of competitive Ultimate Frisbee players who knocked themselves unconscious while trying to catch an errant Frisbee.

The next time you are in the woods with family and friends, or with an AMC group, rest assured. There is a brand new crop of WFA-certified folks ready to help when help is needed.

For more information on the wilderness medicine courses, SOLO maintains a website at [www.soloschools.com](http://www.soloschools.com).

## **SOLO Wilderness First Aid Training**

Saturday–Sunday, November 21–22

Noble View Outdoor Center, Russell

Standard first aid practices are generally based on the assumption that help will arrive soon, 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 for shelter from the elements, your supplies are few, and the length of your wait for help is unknown. Lectures and discussions are supplemented by hands-on scenarios. An emphasis on long-term care and evacuation complications in the backcountry makes this course unique.

Fee is \$140 with optional lodging available. Contact Gary Forish at 413-519-3251.

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## Taking Noble View Outdoor Center to the Next Level

### **Join the Team**

Construction is progressing on the Bathhouse and the North Cottage under Gary Forish's able management. If you've got carpentry, electrical, or plumbing skills, can provide unskilled labor, or are interested in lending a hand in any other way, we could really use your help!

Also, the Noble View Committee has some positions available:

- Chair – to work with volunteers, the Noble View Committee, and AMC staff to accomplish our short- and long-term goals.
- Vice Chair – to help coordinate and facilitate the work of the Committee.
- Treasurer – to keep track of income and expenses and to prepare an annual report.
- Development Subcommittee – to work with AMC staff to research grants and write grant proposals.
- Trails Subcommittee – to organize volunteers to perform trail work and help clear invasive plants.
- 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, including the traditional Laurel Day, Fourth of July, and Washington's Birthday events.

Whether you're available for a couple of hours, or a day, or regularly, please consider helping out at Noble View.

### **Bathhouse**

We've altered the foundation and have blasted and excavated the basement to accommodate the Clivus composting toilets. The foundation alterations, rough underground plumbing, floor slab, and backfill should be completed by mid-September with rough carpentry to follow.

We are on schedule to close in the building by mid-November. This deadline is particularly important because we must complete the solar panel installation by February 2010 in order to receive the \$37,000 rebate

from Massachusetts Technology Collaborative Renewable Energy Trust's Commonwealth Solar Program.

It appears that our new well, to the west of the Farm House, will meet our needs. Recently drilled, it has tested out with a yield of 3.5 gallons per minute. We are now waiting for results of water quality testing.

### **North Cottage**

Once renovated, the North Cottage will have a handicapped-accessible bedroom with two beds on the first floor and three upstairs bedrooms, two with two beds and one with four beds. The first floor will have an open floor plan, with a kitchen at the north end of the building. The building will be a great venue for Chapter or inter-chapter meetings and training programs.

Selective demolition is complete. We have a new foundation on the north end of the building and the first floor framing is complete. There's a concrete walkway to the handicapped-accessible ramp to the new front porch. Rough framing should be completed by the end of August, with the sprinkler system and rough electrical following. The insulation, finishing electrical work, and sheetrock should be starting mid-December. It may be possible for us to complete this building by late spring 2010.

### **We Can't Do It Without You**

We really, really need your help. Whatever your skills or availability, please step up to help with this big push! There's great satisfaction in being part of an important project. This gift will keep on giving!

Best wishes,  
Rob Robertson  
Noble View Chair  
413-549-4963

## **Berkshire & Worcester Chapters' Leadership Training, Saturday–Sunday, November 7–8, 2009**

Whether you'd like to become a Chapter leader, or just want to improve your outdoor skills, you're invited to attend. Training emphasizes group dynamics, leaders' responsibilities, trip planning and management, weather emergencies, incident/accident scene management, leader awareness, and decision-making. Fee of \$25 covers day training and materials. Overnight lodging available for \$18. Advance payment requested. Existing leaders attend at no charge. Training held at Noble View Outdoor Center. Please contact Christine Fogarty at 978-857-7078 or [learning@amcberkshire.org](mailto:learning@amcberkshire.org).

## **This Could Be Your Last Paper Edition of the BERKSHIRE EXCHANGE!**

**Berkshire Exchange Online!!**

If you are reading this publication, you have the unique opportunity to contribute to conservation, and our budget, by signing up to receive the *Berkshire Exchange* electronically! Just go to [www.outdoors.org/membercenter](http://www.outdoors.org/membercenter), sign in and update your Chapter Newsletter Preferences. It's that easy. You can also choose to receive e-newsletters from other chapters!

**What are you waiting for? Do it now!**

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

and energy to your Chapter. We welcome anyone who is interested in participating, whether you are a longtime member or have just joined. We can guarantee a sense of accomplishment, friendship, and fun. I welcome your inquiries and would be glad to speak with anyone who is interested.

Thanks and recognition are in order for our retiring Executive Committee members: Rob Robertson as Nominating Chair, Pat Lukas as Conservation Chair, and Nancy Weld as Family Programs Chair. The Berkshire Chapter appreciates all that they have done in these roles. Both Rob and Nancy will continue in other leadership roles for the Chapter, and we wish Pat Lukas and her husband, Henry, safe travels as they leave the area to move to Virginia.

The Executive Committee also welcomes Catherine Benoit as our new Chapter Secretary. Catherine is a new member who decided to jump right in and get involved and we are glad she did.

This issue of the *Berkshire Exchange* brings news of several major Berkshire Chapter events. Appalachian Trail Day is always a highlight of the Chapter Calendar, and I encourage you all to take part in the celebration of the AT. Thanks to Jim Pelletier and the wonderful volunteers on the AT Committee for all they do to maintain and promote the AT in Massachusetts.

We are also looking forward to another Leadership Training weekend Nov. 7–8 and to our Chapter's Annual Meeting on the evening of Nov. 7. More information about both is available at [amcberkshire.org](http://amcberkshire.org) and in this newsletter.

The AMC offers many opportunities for recreation and adventure, as well as developing new skills, making friends, having fun, and enjoy-

ing and preserving the outdoors. I hope everyone will try something new this fall and experience the great things that come from being part of the Berkshire Chapter.

Very best wishes,  
Deborah Levine  
Berkshire Chapter Chair  
[chapterchair@amcberkshire.org](mailto:chapterchair@amcberkshire.org)  
413-584-6065

### **VOLUNTEER FOR THE EXECUTIVE COMMITTEE**

If you're interested in one of these exciting positions, or would like to know more, please contact Deborah Levine at 413-584-6065 or [chapterchair@amcberkshire.org](mailto:chapterchair@amcberkshire.org).

- **Chapter Vice Chair** •
- **Conservation Chair** •
- **Nominating Committee Chair** •

# ▶ AMC FALL GATHERING

Explore the beautiful Berkshires during peak foliage season!

- Enjoy great hikes, bike rides, and paddles
- Scale cliffs, climbing walls, ropes courses
- Visit Noble View Outdoor Center
- Family activities—bring the kids!
- Contra dance, socials and campfires, music, new friends

...and much more, with your host, the Berkshire Chapter

**Becket-Chimney Corners • Becket, Massachusetts • October 16-18, 2009**

**Everyone is Welcome! Register Now!**

Visit [www.amcberkshire.org/gathering](http://www.amcberkshire.org/gathering) • [amcfg2009@gmail.com](mailto:amcfg2009@gmail.com)

Or call Christine Fogarty at 978.857.7078

Fall 2009

**BerkshireExchange**



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