



amcberkshire.org
outdoors.org

Spring 2012



BERKSHIRE EXCHANGE

FROM *the* CHAIR

A Few Good Volunteers

Hi Folks! As I write this, it is early 2012 with New Year's resolutions freshly in place. My AMC resolution is to get lots of new people involved in the Berkshire Chapter. Our recent annual meetings and potluck suppers have been packed to the hilt with eager new faces as well as valued long-time friends. I'm confident that there are a lot of you good people out there just yearning to get involved, so here's where you can start:



1. Executive Committee: We have several positions open and are willing to create new ones to suit if there's a particular interest that's not currently being offered. We generally start with a meet-and-greet approach, inviting people to come and attend a few monthly Executive Committee meetings so we can get to know one another. It would be great if we could find two or three nice folks interested in being part of the group as a member-at-large and then perhaps finding a niche for themselves as they get to know the many different areas we serve. Think about it and drop me a note if you're interested.

2. Outings Leaders/Co-Leaders: We find ourselves a bit thin right now on helpers

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While the State Budget Increases, Environmental Agency Budgets are Slashed – What to Do?

*excerpted from Green Budget FY2013: Legacy at Risk,
by Nancy Goodman and Sarah Moser, Environmental League of Massachusetts,
<http://www.environmentalleague.org/upload/docs/Green%20Budget%20FY2013.pdf>*

Zero point five seven percent (0.57%)—that is the portion of the state budget that goes to all environmental programs and agencies in the state!

In just the past four years, the environmental agencies have been cut by 20% overall, with DEP and DCR seeing a quarter of their budgets disappear. The Massachusetts Department of Conservation and Recreation (DCR) manages the ninth largest park system in the nation, with approximately 30 million visitors annually that generate millions in economic activity. Many who use our state parks have no vacation home; they depend on these resources for their vacations, their family reunions, and their connection with the natural world.

DCR's overall operating budget has been cut by more than 30% since FY2009. The agency has lost approximately 250 staff positions, reducing the overall workforce by more than 25%. These staff reductions translate into on-the-ground impacts on service delivery—park supervision, visitor services, natural resource protection, and park safety and cleanliness.

As was the case last year, most campgrounds will open later and close early for the summer of 2012. The season will be shortened by an average of three weeks at 16 different campgrounds.

The following facilities were closed last season and will be closed again this season:

- Ashland State Park
- Chester-Blandford State Forest
- Windsor State Forest
- Berry Pond in Harold Parker State Forest
- Dean Pond in Brimfield State Forest
- Fearings Pond in Myles Standish State Forest

In addition, three other properties will be closed in 2012 due to budget cuts:

- Lake Lorraine in Springfield
- Harold Parker State Forest
- Gardner Heritage State Park

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**ANNUAL
POTLUCK DINNER
Saturday, March 24**

see page 3

**Friday–Sunday, June 8–10
CARDIGAN LODGE WEEKEND**

see page 5

Winter Hiking in the White Mountains

by David Sauriol

Every winter for the past 12 years, Bob Humphrey and other leaders from the New Hampshire Chapter have been sponsoring a unique program to introduce hikers to the joys of winter hiking on the 4000-footers in the White Mountains. This program is geared toward those with good three-season 4000-footer experience, but who would like to extend their hiking season safely into winter. Winter hiking in the Whites is no joking matter and requires good planning, equipment, and knowledge of the region's geography and winter weather patterns. The AMC's *Appalachia* journal lists the year's winter rescues, describing both how poor planning and mistakes can lead to disaster and how good planning can be plagued by accident and the fickle New England weather.

A number of years ago, Bob, a veteran three-season hiker, decided to extend his hiking experience into winter and was looking to do it safely with an experienced group. Much to his disappointment, he was rejected from participating in winter hikes due to lack of experience. "But how to get experience?" was Bob's quandary. Fortunately Bob had a good friend, Kevin Rooney, who was able to join him and together they learned as they went. Several years later, having conquered the winter 48, Bob decided to share his experience with others through a NH Winter Hiking Series (WHS) in hopes of creating a safer environment for learning the winter Whites' hiking ropes. Today, this program has been well refined and produces a new group of 15–20 graduates annually who in turn often return to assist Bob with his WHS training.

I was one of the fortunate people to attend Bob's WHS classes this 2011–2012 winter hiking season. Having met Bob in 2007 while hiking the Southern Presidentials and having discussed his class with him, I had been meaning to sign up every year, but always seemed to be just a little late (classes fill up fast). Thanks to a couple of last-minute dropouts, I finally made the class. The first day was filled with learning about equipment and gaining basic knowledge. Bob and his helpers displayed a wide variety of winter hiking equipment, pointed out the pros and cons of each, and suggested some great ideas to balance gear requirements with cost limitations. Additionally, we were given a well-written WHS manual which covered the many subjects discussed. (With any luck, Bob will continue to revise this document and get it published, as it would be a great addition to the

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photo by David Sauriol

Berkshire Chapter Executive Committee

– 2012 –

CHAPTER OFFICERS

Chair: David Sauriol

(davesaur@greyst.com; 401-523-4672)

Vice Chair: Sabine Prather

(vicechair@amcberkshire.org; 413-949-3914)

Treasurer: Sonja Goodwin

(treasurer@amcberkshire.org; 413-534-4049)

Secretary: Nora Hanke

(secretary@amcberkshire.org; 413-527-8384)

COMMITTEE CHAIRS

Appalachian Trail Committee:

Jim Pelletier

(at@amcberkshire.org; 413-454-4773)

Berkshire County Representative: *vacant*

Berkshire Exchange Committee:

Chair/Publisher – Jon Hanauer

(newsletter@amcberkshire.org; 413-568-0990)

E-News Administrator – David Jones

(enews-admin@amcberkshire.org)

Canoe and Kayak Committee:

Charlie Camp and Connie Peterson

(paddling@amcberkshire.org)

Conservation Committee: *vacant*

Family Programs: *vacant*

Membership Welcoming Committee:

vacant

Mountaineering Committee:

Bill Fogel

(mountaineering@amcberkshire.org; 413-427-1693)

Sarah Long

(mountaineering@amcberkshire.org; 845-235-3127)

Noble View Committee: Frank Evans

(FEvans6568@aol.com)

Nominating Committee: *vacant*

Outings Committee: Jon Hanauer

(outings@amcberkshire.org; 413-568-0990)

Past Chair: Deborah Levine

(past-chair@amcberkshire.org; 413-322-9416)

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:

Eric Gove

(training@amcberkshire.org; 413-374-0467)

Website Committee:

Chair/Webmaster – Bob Bergstrom

(webmaster@amcberkshire.org)

Content Editor – *vacant*

Young Members Committee:

Paxton Berardy

(ymchair@amcberkshire.org; 860-758-7275)

Other Helpful Contacts

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: Irene Lamson

(ilamson@comcast.net; 413-584-6644)

BERKSHIRE EXCHANGE

– March 2012 –

All issues of the Berkshire Exchange (back to 2003) can be downloaded at <http://amcberkshire.org/berkex/archives>

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

Editor: Maureen Flanagan (berkeditor@amcberkshire.org)

Assistant Editor: Gail Blackhall (proofreader@amcberkshire.org)

E-Newsletter Administrator:

David Jones (enews-admin@amcberkshire.org; 413-320-1617)

Submissions: newsletter@amcberkshire.org;

Berkshire Exchange, 29 Atwater Street, Westfield, MA 01085-1541

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

Hawk at the Cape Cod National Seashore



Save the Date! All Are Welcome!

AMC Berkshire Chapter Annual Potluck Dinner

Saturday, March 24, 5:30 to 9:00 p.m.
American Legion Hall, 162 Russell St. (Rte. 9), Hadley, MA

Help us welcome new, returning, and prospective members! 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. Bring along any friends who might like to know more about the AMC.

Our guest speaker, AMC staff member Faith Salter, will discuss climate change and what you can do about it locally.

Please bring a dish to share with 6–8 people. Last name A–C, salad; D–M, dessert; N–S, casserole; T–Z, appetizer.

It's a great event for all!
Plenty of free parking!

For more info, please contact
Dave Sauriol at 401-523-4672 or
chapterchair@amcberkshire.org.

Climate, Energy, and Air Quality

Anyone who loves the outdoors loves clean air for good health, good views, and deep breaths. Come explore the connection between clean air and energy conservation. Learn how paddling, skiing, hiking, and cycling are affected by air pollution, and what you can do that will help you breathe easier and save money. The AMC's straightforward presentation will equip and energize you for action.

Faith Salter provides free online AMC training to volunteers who want to make use of the AMC's education and outreach materials on air quality, energy conservation, and climate change. The AMC has conducted over 20 years of scientific research on air quality and the impacts of pollution on mountain ecology and hiker health. For more information, visit <http://www.outdoors.org/conservation/issues/climate-change.cfm>.



Waterfalls along the Snake River,
Swan Valley, Idaho.
photo by Jon Hanauer

– OUTDOOR EDUCATION –

Leadership Training, Berkshire/Worcester Chapters

Noble View Outdoor Center, Russell, MA

Saturday–Sunday, April 21–22

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 control, leader awareness, and decision-making. Fee of \$25 includes 2-day training, materials and meals. Overnight lodging available for \$20 (members) or \$25 (non-members). Advance payment requested. Existing leaders attend at no charge. Contact Eric Gove (413-374-0467; amc.berkshire.te@gmail.com)

SOLO Wilderness First Aid Training

Noble View Outdoor Center, Russell, MA

Two weekends offered: March 24–25 and May 19–20

Improve your skills and increase your confidence. Learn accident scene management and patient care at western Massachusetts' Noble View Outdoor Center (nobleviewoutdoorcenter.org). Standard first aid practices are generally based on the assumption that help will arrive soon and 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 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 make this course unique. Fee of \$140 with optional lodging available. Subsidy available for active Berkshire Chapter leaders. All are welcome: AMC members as well as members of the general public. Contact Gary Forish (413-572-4501 before 8 PM; forgary@comcast.net)

SOLO Wilderness First Responder Training

Noble View Outdoor Center, Russell, MA

May 30 – June 6

The WFR course is a comprehensive and in-depth look at the standards and skills of dealing with response and assessment, musculoskeletal injuries, soft tissue injuries, environmental and medical emergencies, and survival skills. Although these appear to be the same basic topics covered in the two-day WFA course, they are covered far more extensively, and there is much more hands-on practice. Additional topics, such as CPR, are also included. Fee of \$700 includes lodging. Contact Gary Forish (413-519-3251 before 8 PM; forgary@comcast.net)

**Hermitage Point and The Tetons,
Jackson Hole, Wyoming.**
photo by Jon Hanauer



IT'S THE 2ND ANNUAL CARDIGAN LODGE "WOOSTA-SHIRE" WEEKEND EXTRAVAGANZA!

Friday–Sunday, June 8–10, 2012

It's a joint Worcester/Berkshire chapters weekend at **AMC Cardigan Lodge**, Alexandria, NH. We'll have fun as we hike, cycle, paddle, eat, socialize, gather around the campfire, and more!

Lodging Rates:

Includes 2 nights bunkroom lodging, 2 breakfasts, 2 trail lunches, 2 dinners, and Saturday happy hour snacks. Adult, \$139; Youth (age 13–17), \$118; Child (age 3–12), \$62.

Camping Rates:

Sites are available for \$25 per night (maximum 2 tents, 6 people per site). Optional camper meal package available (1 dinner, 1 breakfast, 1 lunch): Adult, \$35; Youth, \$31; Child, \$20.

**For details, contact Eric Gove
at amc.berkshire.te@gmail.com
or 413-374-0467.**

**To reserve your spot,
call AMC Reservations at 603-466-2727
and specify Group #186854.**

BERKSHIRE
CHAPTER



WORCESTER
CHAPTER



***Hey!* Are You Still Receiving the BERKSHIRE EXCHANGE in the U.S. Mail?**

Berkshire Exchange Online!!

If you're a Berkshire Chapter member, 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, sign in and update your Chapter Newsletter Preferences. It's that easy!

Also, you'll get your *Berkshire Exchange* up to 2 weeks earlier.

What are you waiting for? Do it now!

– VOLUNTEER OPPORTUNITIES –

VOLUNTEER FOR THE BERKSHIRE CHAPTER EXECUTIVE COMMITTEE

If you'd like to be part of the top level of Berkshire Chapter leadership and you're interested in one of these exciting positions, or would like to know more, please contact David Sauriol at 401-523-4672 or chapterchair@amcberkshire.org.

Family Programs Chair

Do you enjoy getting outside with your family? Would you like to share your love of the outdoors and the excitement of introducing children to new adventures in the natural world? Then consider becoming involved with Family Programs. We are looking for someone with energy and enthusiasm to take on this role and develop family-friendly outings and activities. Please contact David Sauriol at 401-523-4672 or chapterchair@amcberkshire.org.

Membership Welcoming Committee Chair

Organizing events is especially effective in introducing new and prospective members to our chapter and the AMC. Help us welcome new members and encourage them (as well as the general public) to join us in all our activities. Please contact David Sauriol at 401-523-4672 or chapterchair@amcberkshire.org.

Nominating Committee Chair

We are looking for someone to assist our Chapter's committees in identifying and developing qualified individuals for leadership roles in the Berkshire Chapter. This role is vital to the continuity of Chapter leadership. We need someone who has, or is willing to develop, a broad knowledge of our Chapter and its members, and who would enjoy helping to identify talented members and leaders and encouraging them to become more involved. Please contact David Sauriol at 401-523-4672 or chapterchair@amcberkshire.org.

Outings Committee Chair

Position open November 2012. Encourage Chapter Outings leaders to post events so members can have activity options (hiking, backpacking, biking, snowshoeing or cross-country skiing, and more) every weekend. Get new leaders approved with our Training & Education Committee. Please contact Jon Hanauer at 413-568-0990 or outings@amcberkshire.org.

The Appalachian Mountain Club Announces the Publication of

AMC Guide to Outdoor Digital Photography by Jerry Monkman

Paperback • \$19.95 • 174 pages • 978-1-934028-50-6

Written by professional photographer Jerry Monkman, this book is designed for outdoorspeople eager to expand their photography skills, or experienced photographers looking to hone techniques shooting adventure and nature subjects. Monkman serves as coach and guide each step of the way, from packing gear and finding inspiration to taking great shots and editing photos in the "digital darkroom."

AMC Guide to Outdoor Digital Photography features fundamental techniques and concepts that every outdoor photographer needs to know. Using easy-to-follow instructions, case studies, and expert advice, Monkman covers essential gear and gear safety, telling stories with photos, the special challenges of shooting in different conditions, perfecting composition and exposure, processing images using editing software, and the ever-important undertaking of keeping those digital photographs organized and safe.

This must-have guide will expand your creativity and your skill set as you head out on your next adventure with camera in hand.

Inside You'll Find:

- Accessible techniques for new and experienced photographers
- Comprehensive coverage of the photography process
- Tips and advice for shooting in all conditions, weather, and seasons
- Crisp, large, full-color photographs
- Digital darkroom techniques
- Case studies with detailed explanations
- Digital resources appendix



About the Author

Jerry Monkman is a conservation photographer whose nature and adventure photographs have appeared in magazines and books around the world, including *National Geographic Adventure*, *Outdoor Photographer*, *Audubon*, *Men's Journal*, and *National Wildlife*. His work can be found at www.ecophotography.com.

Ordering Information

AMC Books are available nationwide through booksellers and outdoor retailers, and are distributed by The Globe Pequot Press, Inc., Guilford, CT 06437. Booksellers please call 888-249-7586. The general public may order directly from the AMC at www.outdoors.org/amcstore or by calling 800-262-4455.

Sampling of Upcoming Chapter Events

PARTIAL LISTING. For complete and updated listings of all Berkshire Chapter events, please visit amcberkshire.org/schedule.

L=Leader; CL=Co-Leader; AT=Appalachian Trail. For details about hike difficulty ratings (e.g. "C3B"), contact the leader.

Sun., Apr. 8. Annual Easter Sunday

Monument Mountain Hike, Great Barrington (C3B)

Afternoon hike with nice views of Berkshires and Catskills. Crampons or spikes may be required. Snow or heavy rain cancels. Meet at 11:30am in Westfield or 12:40pm in Great Barrington. New and prospective members especially welcome. Optional social after at Barrington Brewery. Call to register and for meeting location. Group size is limited.

L Jon Hanauer (413-388-0354)

CL Rebecca Budaj

Sat., Apr. 21. AT in Connecticut Series:

NY Border to Kent (A2B)

Hike sections 1 and 2 of the AT in CT from NY border, over Ten Mile Hill (600' elevation gain) to junction with Ten Mile and Housatonic rivers over Schaghticoke Mtn. (1000' elevation gain) and Mt. Algo (300' elevation gain), ending at CT 341 in Kent, CT. The hike will be about 11.5 miles with many ups and downs and over 2200 feet of combined elevation gain.

Excellent views. This will be an all-day hike.

L Cindy Hibert (413-575-2623; cwhibert@comcast.net)

Sat.–Sun., Apr. 28–29.

Vermont Backpack on AT/Long Trail

Open to both new and experienced backpackers. Weather and snow pack will determine location and duration.

L Bob Napolitano (413-534-8955; nappofma@comcast.net)

Sun., June 17. Basic Stroke & Rescue Clinic

At DAR State Forest. Designed for everyone from casual to advanced paddlers looking to sharpen safety skills.

L Tom Galvagni (413-447-7698; tgavagni@gmail.com)

L Marjorie Bannish (413-442-0001)

Winter Hiking in the White Mountains, *continued from page 2*

AMC library.) The very next day, we went out on our first hike, up Boott Spur and down Tuckerman Ravine. While the snow was yet to come, there was some cold and ice requiring our microspikes for traction. In the following weeks we continued to explore the alpine regions, including Flume, Eisenhower/Pierce, Lafayette/Lincoln, and Moosilauke and the Kinsmans. As the weeks progressed, Bob and his assistants continued to share their accumulated winter hiking knowledge and experiences and always instilled the principle of safety first, or as Bob puts it "getting to the top is optional, getting down is not." At last, with the final hike of the WHS, everyone got their certificates and celebrated with a group dinner at the local Woodstock Station.

But the story doesn't end there. Part of the enduring success of the WHS lies in the new connections and friendships that arise in the groups, and of course the new crop of AMC hike leaders that are produced. Per Bob, our group was one of the best (of course). With a cast of colorful characters such as Zippy, Daisy, Alpina, Ankush, and of course Uncle

Bob, our group has formed a fun and interesting winter hiking core who continues to seek the higher altitudes on a weekly basis. Of the original group, at least 60–70% continue to hike together, and we are now joined by additional prior years' WHS graduates. I think Bob's vision of making the Winter Whites more accessible and safer for new winter hikers has been well fulfilled and the NH Chapter can be proud of its own locally grown natural resource.

For more information on the NH WHS series, contact Bob Humphrey, 19 Gould Rd., Warner, NH. 03278, 603-456-3708 (7–9 p.m. only please) or boh@mcctelecom.com.

If you have winter hiking experience and are interested in joining me and a few other Berkshire Chapter leaders in forming a WHS in our Chapter, please drop me a line. We'd love to spread Bob's good work (and perhaps utilize his textbook).

Now get outdoors!

State Environmental Budgets are Slashed, *continued from page 1*

Without additional funding, the shortened season will continue in FY2013, and additional closures of campgrounds, parks, waterfronts, and visitor facilities are expected.

What Can You Do? Get Active!

There are two actions each of us can take to help restore funding to DCR Parks:

First: Right now, urge your State Senators and Representatives to support additional funding. They do listen to us, especially if you tell them about a park in your area that you are concerned about. So email, call, or write them with a simple request: make more funds available to DCR to

manage its resources. The AMC in Boston can help arrange a visit to your favorite facility with your Representative or Senator to show them why you're concerned. For more information contact Mike Gildesgame, AMC Southern New England Policy Manager, at mgildesgame@outdoors.org.

Second: Watch for information on a rally and march on the State House in April. Join your neighbors to express support for all the state's environmental programs, including DCR; and then meet with your legislators to tell them in person that we need at least 1% of the state budget for the environmental agencies.

From the Chair, *continued from page 1*

to lead Chapter activities like hiking, walking, biking, paddling, etc. Any of these appeal to you? Think you might be able to be an assistant (co-leader) for an activity that you're comfortable with and have fun doing? Think about it and drop me a note if you're interested.

3. Youth/Family Activities: While our Chapter demographic leans more towards the higher end of the age spectrum than some other chapters, we still have interested and active outdoors families who are members as well. With our newly formed Chapter Youth Program (CYP), we can now lead youth organizations like local schools, boys & girls clubs, and scouts on outdoor adventures. Our newly renovated Noble View Outdoor Center is a terrific place for kids and families to spend the day or a weekend frolicking in the great outdoors right here in the local area. Might want to lend a hand and help out with Youth or Family Activities? Think about it and drop me a note if you're interested.

4. Trails: Ever wonder how the great hiking trails in the region are

so nicely kept up? Well, it's your local AMC volunteers, of course. With the Appalachian Trail Committee in the western Berkshires and the Trails Committee in the Pioneer Valley, the AMC is hard at work clearing, maintaining, and upgrading the trails we all enjoy. Could you wield a pair of clippers or a shovel? Think about it and drop me a note if you're interested.

Well, you get the idea. The AMC Berkshire Chapter is strong because of the dedication of its membership. If we all can do our share, then we all benefit. Well, I'm off to the mountains for another winter weekend hike.

Get outdoors!

Respectfully,
Hikin' Dave Sauriol
Berkshire Chapter Chair
chapterchair@amcberkshire.org
401-523-4672



Pictured is an AMC group that participated in the AMC Adventure Travel trip to the Canadian Rockies. They are in front of the Valley of the Ten Peaks near Lake Eiffel. One of the ten peaks in the background was named after Charles Fay, past president of the AMC, who helped found the Canadian Alpine Club in 1906. For more information on the AMC's Adventure Travel Program go to www.outdoors.org/recreation/adventure-travel. photo by Roger Scholl

BERKSHIRE EXCHANGE
Spring 2012

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Appalachian Mountain Club
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Boston, MA 02108

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