



Summer 2013

BERKSHIRE EXCHANGE

APPALACHIAN MOUNTAIN CLUB BERKSHIRE CHAPTER NEWS & EVENTS

FROM *the* CHAIR New Opportunities for Leadership and Other Ways to Support Your Chapter

Hello from the Chair! The warm weather is welcoming, and those who are able are getting out to do trail work, hike, paddle, climb, and bike. Most are one-day activities, but we have some weekend trips, too. Check out our activities schedule on <http://amcberkshire.org/schedule>, the AT blog at <http://massat-projects.blogspot.com>, or the AMC Berkshire and Noble View Outdoor Center Facebook pages. Join us for some fun and camaraderie!

I've just come from an inspiring weekend at Mohican Outdoor Center, where Chapter Chairs and Vice Chairs learn from each other and get energized and supported. We talked quite a bit about leadership, which is so important that it has been added to Vision 2020. Already AMC Berkshire has held an appreciation dinner for chapter leaders and volunteers. We'll be working on more ways to be social together, too—if you have any ideas, please contact me. As part of that plan, we'll begin nominating a Volunteer of the Month every month. The Executive Committee will decide on one of the nominees, who will receive a well-deserved "thank you" and be entered in a drawing for a free night's stay at the Highland Center, Joe Dodge Lodge, or Noble View (their choice) in December! Once someone is nominated, they will have a chance to win every year thereafter.

If you happen to see some hardworking trail crew at Noble View Outdoor Center in Russell early this summer, it's because Noble View was just awarded a grant from NCCC AmeriCorps (National Civilian Community Corps). Good

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Four Weekends in Maine *by Hikin' Dave Sauriol*

I'm an admitted binge hiker and I have no intention of lessening my addiction. The woods and mountains call to me and I answer their call and become lost in their beauty, solitude and strength. I've hiked the majority of the NH 48 4,000-footers in two years, which in hindsight seems to be quite a feat, but in reality is just putting one foot in front of the other on a consistent basis. It's like the old adage about being offered a penny's pay then doubling it every day. It doesn't seem like much but with time (and not all that much either) a lot adds up (over \$1,000,000 in just 28 days).

So having received my NH 48 certificate from the crew at the 4,000-Footer Club, I of course set my sights on the NE 67. According to my research and many fine sites out there, including the AMC's, I discovered that there are 14 peaks in Maine and 5 in Vermont that I still needed to explore. Having grown up in Haverhill, MA on the NH border and having grandparents who were enthralled by the White Mountains, I spent a lot of time directly north, but really never visited the Maine woods. I decided to rectify this oversight and spent four incredible weekends on some of the most awe-inspiring peaks in the northeast.

Weekend #1

The hiking bug bit me spontaneously, as it often does, and I had a physical and mental need to get into the woods and on a mountaintop. As the long Fourth of July weekend in 2011 was looming, I enticed my local hiking buddy, Dan, to join me on my newest quest, and we headed north on I-95 towards the Rangeley/Stratton region, a cluster of 4,000 footers (10 of the 14) distinctly similar to that of the Pemi Wilderness in NH. I, of course, had the crazy idea to roam around Maine hiking all the peaks in a weekend, or as many as time and leg-power enabled.

We started off on the southeastern-most peak, Mt. Abraham, in Kingfield, ME. Due to the evil-doing of my GPS system, we took the Lewiston route (most direct, with the most stoplights) which deposited us at the trailhead around 11 AM instead of our 8–9-ish original objective. Nevertheless, we trudged right up ole' Abe and attained the rock-strewn fire tower summit in a couple hours. It was a beautiful sky-blue day with the typical 20–30 MPH winds at this elevation. We took our summit pics for the Facebook post and headed back down. From there we traveled clockwise from about 5 o'clock to 7 o'clock around the mountain region roadways to the AT trailhead for Saddleback. Having found the trailhead as marked by a large AT logo 8 x 8 foot artwork, we looked for a good place to make camp for the night. We happened across a scenic little rest area called Smalls Falls. This is a beautiful picnic spot with short trails following a series of beautiful clear-water cascades. We decided to cook some dinner and take a few photos. Nearby we noticed

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The AMC's 2013 Fall Gathering is October 18–20 in the Delaware Water Gap

This year's AMC Fall Gathering will be held on the weekend of October 18–20 at Camp Speers-Eljabar YMCA in Dingmans Ferry in northeastern Pennsylvania, right at the edge of the spectacular Delaware Water Gap National Recreation Area.

The Fall Gathering is a club-wide event of outdoor activities such as hiking, biking, and paddling, along with social hours, dinners, a Saturday night barn dance, and campfires. This year it will be hosted by the Delaware Valley Chapter.

There will be members from all twelve AMC chapters in attendance. It is a wonderful opportunity to meet fellow AMC members from throughout the club.

Lodging is at a YMCA camp, so you will get the opportunity to relive your youth by staying in lodges and cabins. The facilities are modern and have all the important amenities such as full bathrooms including stall showers.

Rustic tenting with limited shower access will be available for those not wanting to stay in a cabin.

Our Fall Gathering committee has planned all types of fun activities for adults, plus a separate agenda for children and families. Within the camp's grounds there are hiking trails, including a nature trail through a bog area, and a large lake for paddling with free canoes available. Also available will be biking around the camp, with free bikes and helmets available, to those over the age of seven.

For the more adventurous types over the age of 12 there is a ropes course with zip line, climbing tower, and confidence course. All of these activities are free. There will also be an opportunity to go horseback riding for an additional fee of \$25 per hour.

Off-campus, we will be offering full and half-day hikes to many spectacular areas along the Pennsylvania side of the Delaware River. You can choose from hikes that will include waterfalls and fabulous views of the fall foliage in the park, or hikes that go through gorges with hemlock and rhododendron forests.

We will run a paddling trip down the Delaware River where you can view awesome fall colors all around you. This will be coordinated with a local outfitter so there will be an additional charge for boat shuttle and rental.

We also have scheduled two tours to Grey Towers Mansion in nearby Milford, PA, one each on Saturday and Sunday morning. Grey Towers was the summer home of Gifford Pinchot, first director of the U.S. Forest Service as well as a two-term Governor of Pennsylvania. You will be touring all three floors as well as the gardens of this magnificent home. (This tour will have a fee of \$5.)

Saturday night we offer a barn dance with live music by Dave Colestock and the ContraRebels for all kinds of dancing: square, circle, line, and a little contra. No experience or partner needed. Simply join in to have lots of fun. If you get too hot while dancing take a break and head out on a hay ride under the full moon.

For reservations, directions, and more information, visit www.amcfall.org. For questions, contact: Eric Pavlak at 610-650-8926 or eric@outings.org.

Berkshire Chapter Executive Committee

– 2013 –

CHAPTER OFFICERS

Chair: Sabine Prather

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BERKSHIRE EXCHANGE

– August 2013 –

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

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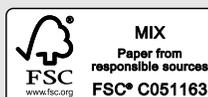
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Four Weekends in Maine, *continued from page 1*

a path/dirt road leading into the woods and decided to explore. A short way down we found a BIG mudhole and some local Maine folks enjoying a campout and a few brewskis on the banks of the stream. Taking an alternate trail, we set up camp for the night...and an interesting night it was. Upon pulling out my two-person scout tent, I discovered that the tent poles appeared to be absent. No bother, we just tied up the top of the tent in a small shallow with rope to an overhanging tree branch and bevvied for the night. About 2 AM, our local neighbor's friends showed up in their jacked-up mud truck, somehow making it through the two-foot deep mud and into camp with their AC/DC musical selection at full volume. Following a few additional liquid beverages, they then commenced to have some target practice with their collection of guns. Dan and I were quite happy at this point to have been located in a depression in the trail and out of target line of sight. We drifted off to sleep then, waking fully refreshed with the rope having let loose and in a collapsed tent.

On day two, we hit the AT and took the approximately 6-mile hike to Saddleback, passing the impressive Piazza Rock, a large slab that overhangs the trail by about 20 feet and has moss and trees on top. A little farther down the trail from Piazza we found probably the most impressive outhouse I've visited to date, with its own name "Your Move", a double-seater commode and built-in cribbage board between. I bow to the trail maintainers' genius. At about the 3-hour mark we reached the Saddleback summit...almost...about four times. This is one of those annoying summits with three or four false peaks before you get to the real one. It was a "hot" day and there is no tree cover for the last section as you approach the "real" summit. When we finally reached the summit signpost, Dan was dragging, and what he saw at the top just broke his spirit. There was a group of people in non-hiking gear and a case of beer. They informed us that they had taken the short one-mile walk up the ski trail from the Saddleback Resort where they were attending a wedding reception. Looking back at the six-mile trek back to the car and his woefully inadequate water supply, Dan decided that the short route down and a taxi ride back to the trailhead was in his future. I reluctantly agreed, somewhat fearing the lack of taxi availability in the wilds of Maine, and we headed over to the nearby Horn summit and then down the ski slope. The Horn was a miserable summit infested by man-eating dive-bombing horse flies. We grabbed a couple very quick photos and headed back to Saddleback and down. The path down to the resort was filled with an amazing collection of wildflowers in every color imaginable. We lingered through this wonderland at a leisurely pace to enjoy Mother Nature (although perhaps it was that Dan was dead on his feet and I had to wait around anyway... LOL). Fortunately, the knowledgeable and friendly staff at the resort had the phone numbers of a few local hiker shuttle companies and set us up, even providing a free lift into town to meet the shuttle at the local grocery store. In the small scenic town of Rangeley Lake were two of the most beautiful sights a hot, tired and hungry hiker likes to see, a cool mountain lake and a large selection of varied local dining establishments. We commenced to jump into the 60-degree water and wash off the trail dust. There is a terrific public beach here and the view of Rangeley Lake is incredible. Following a great local meal we continued down the road clockwise again to the AT crossing near Sugarloaf Ski Area. We set up the tent down the AT a ways and sacked out.

On day three we set our sights on Sugarloaf and Spaulding. It was a cloudy, misty day with thunderstorms lurking in our future. Having

been inspired by our new experience at the Saddleback resort, we decided to approach Sugarloaf via the ski area. After asking the Sugarloaf Hotel receptionist what the best trail to the summit was, and getting an answer that clearly showed she had no idea, we looked at the big ski trail map billboard out front and headed up the most direct slope. WARNING: DO NOT HIKE TO SUMMITS UP SKI SLOPES. These are apparently meant only for going down. OK, so I'm not a marathoner like my cousin Denise, but I'm in pretty decent shape and can average about a 2 MPH pace up and down the slopes of the Whites. Hiking the 1.5-2 miles



Bigelow Range. *photo by Hikin' Dave*

of straight up at a 45+ degree angle is a killer. I was sucking down air and taking a break every fifth step by the half-way mark. This was made more difficult by the high heat and humidity, walking on slippery grass and being attacked by the insects on the prowl in that grass. About 10 hours later... OK it was only 3 hours, but it felt like 10...we made it to the windy summit. It was 11 AM and the dark clouds were heading in with the promise of heavy rains and lightning. We decided that the best plan was to pack it in and head home. From the summit, we could see what looked like a perfectly good dirt road heading down to the resort. Following this, we made good time down right to the spot where we had started and roundly cursed the uninformed hotel staffer in our minds. My first Maine experience was a great one and I vowed to get back there soon.

Weekend #2

As things went, it wasn't until Columbus Day weekend that I got back to Maine. Another long weekend loomed and I took a last-minute sprint up to Katahdin. It was an unseasonably nice weekend with the foliage in full bloom as I dashed up I-95 for the five-hour drive to Baxter State Park. Baxter is in a remote location, where you go through Millinocket and then take the back door up a long, lonely road to the park. Katahdin looms ahead and above as you enter. Once in the park it's another long, slow drive to the trailheads and camps. Having left Haverhill around 5 AM, I made it to Baxter by 9:30 and to the North-South Brother trailhead by 11. I headed straight up and made the windy and rocky North Brother summit by 2 PM. There's a great view of the Katahdin bowl from here, looking over the Hamlin bowl to the Knife's Edge beyond. After a short lunch I headed over to South Brother and made summit at 3:30. Very brushy on this summit and the wind was deafening...what did you say? I made my way back to the car by around 5:30 and drove back counter-clockwise past the entrance and over to the Roaring Brook Camp Ground for the night. The Brook does roar by the way and you might want some earplugs if you sleep lightly.

The next morning I signed in at the rangers' hut and hit the trail by 6:30. All hikers are required to sign in and out each day as they hike, and the rangers take this very seriously. A ranger was stationed with his coffee thermos at the first trail junction and interviewed all hikers about their hike plan and gear. I told him I planned to make the loop over Hamlin and down the Knife's Edge. It was an unbelievably awesome day with temps in the 50s all the way up and incredible views and blue skies all the way. I made steady progress up past Chimney Pond and up the rocky slope to the Hamlin plateau by 10. The weather was crazy good for a Columbus Day weekend in Maine and there were even a few remaining blueberries on the slopes to munch on as I lazed about, occasionally soaking up the sun in my hiking shorts. From Hamlin I followed the ridge trail past the saddle and up the slope of Baxter Peak. The path up the final ascent to Baxter is amazing. The trail builders here certainly knew their stuff. It is literally a

wide cobblestone road right up the side of the final peak. I hit the Baxter summit by 11:45 and was awestruck by the view looking down the Knife's Edge. I have to say that although I'm a long-time White Mountains fan, Katahdin is THE best view in the northeast hands down. From Baxter I continued down the trail to the Knife's Edge. This trail is truly unique as it is a long narrow, perhaps 1–2 foot wide passage on the very top of the Katahdin ridge with a 1,000 foot drop off on either side. It's strange, but although it seems precarious, it didn't really incite any particular feeling of vertigo while I was traversing it. Perhaps this was because there is a slight gradient to either side for a short stretch before it drops off into oblivion. Regardless, I made it over the Knife's Edge without incident and with great pics and video. The one thing I didn't count on was the effort it would take to scramble over rocks on this 1.1 mile, 1+ hour distance from Baxter to Pamola. Additionally, the trail down from there was steep, thigh-burning work with lots of sharp edged rocks to navigate around, which tore up my unprotected skin below my shorts. I made it back to camp by 4:30, ate some dinner and crashed in my tent for the night. I woke in the morning refreshed and headed back home from one of the most exciting hikes I ever had before or since.

Weekend #3

In the so-called winter of 2011–12, I decided to take the AMC NH Chapter's winter hiking series classes in November and December. I had bumped into Bob Humphrey, the winter hiking guru himself, following one of my early hikes in 2007. I had done the 12 miles over the Southern Presidential and back down the Ammonoosuc Ravine Trail to the Cog Railway depot. Bob was nice enough to give a tired hiker a lift back down to his car and as he did he told me about his winter series. As these classes are widely popular and fill up early, I never seemed to remember to sign up. I signed up, late again, in 2011, got on the waiting list and fortunately slipped into one of the last spots. This training was great and the company of fellow hikers was even better. Since we were doing a weekly hike on Saturdays, and the Maine mountains were fairly nearby (2.5 hours to Sugarloaf), I decided to trek over one day (Nov. 20) after the Saturday hike and do some peaks the following day.

I camped out again at the AT trailhead near Sugarloaf Ski Area and hit the AT heading south towards the Crockers and Redington. The trail was a gentle incline and I made good progress up the 5.2 miles to the North Crocker summit, in a somewhat casual four hours. I continued on to the South Crocker summit in about another hour. I checked my time and decided to try out the bushwhack/deer path over to Redington. From the South Crocker summit, I followed the red ribbons over to the AT boundary line, then across it and down a very tight deer path through the evergreen brush toward Redington. After about a half hour I realized that the slow progress on bushwhacking would push me past my turnaround time and I headed back to the car. I cursed my lazy 7 AM start that morning, but knew that I didn't need three strikes against me with winter conditions, solo hiking, and the dark. I wisely decided to return before dark. All in all it was a good feat to have done on a near winter weekend and I knew I'd be back.

Weekend #4

The previous Maine hike was followed by a series of group winter hikes in the Whites, a DVD presentation, and a blown-out calf muscle while playing volleyball. That calf injury really hurt, figuratively and literally. I didn't hit the trail again until September 2012 with a few increasing duration M-M Trail weekend hikes, and then my mountain bug hit me again. Once again a long weekend was hitting with Thanksgiving. My

spontaneity kicked in once again and I decided I wanted to finish the last five Maine peaks in one last blitz. So after shoveling in the turkey on Thursday I jumped in the car and drove the 3.5 hours to the Sugarloaf area. In doing a Google search of the trail and weather conditions, I discovered an exciting post that the Caribou Valley Road had been repaired, allowing access to the AT trailhead at the base of the Crockers and near Redington. I made it to the road and much to my pleasure passed easily down it to the trailhead. On my previous trip the road and its many bridges had been totally washed out and impassible. I car-camped, listened to the Patriot first half rout of the Houston Texans, and got some early sleep, determined to get our early. I started on the trail about 5 AM, headlight on as needed. I looked carefully for the trailhead, but it never appeared. This is where Plan B came in and I headed further down the road directly to the Redington trailhead, rather than the originally planned route over South Crocker. As I got to the loop section of the Caribou Valley Road, the path opened up to wide grasslands with clear views of the Crockers, Redington, Sugarloaf, Spaulding, and Abraham. Shortly thereafter I saw a large cairn with a metal pole and red ribbon. Assuming this to be the "unofficial" trail up to Redington, I followed it along with several more ribbon laden turns. I made it to the Redington summit at 9, then headed down a deer path/bushwhack toward South Crocker. I made it to the valley between Redington and Crocker, but soon lost the trail heading up Crocker and ended up in a full, slow-moving bushwhack. I eventually gained that summit in about two hours and headed back down the AT to the car by noon. After grabbing a quick lunch and reloading the water supply I took a deep breath and headed up the road back to the AT, which in coming down from Crocker I discovered was indicated only by a couple of strips

of blue ribbon. I headed south up the slopes of Sugarloaf, first crossing the Carrabassett River, then steadily climbing to the ridge below Sugarloaf and over to Spaulding. I knew that daylight was short and I would most likely be hiking back in some modicum of darkness, but I decided there was an acceptable risk as I had my multiple light sources, was returning on the same trail back, and carried emergency overnight gear. I reached the Sugarloaf turnoff at 2 PM and Spaulding at 4 PM. I hustled back to Sugarloaf to catch as much remaining light as possible, but still had about two hours of slow meticulous climbing down in the dark back to the car. Wow! What a day; about 18 miles and 6,000 feet elevation gain. I guess my calf muscle must be AOK.

The next morning was cold with rain and snow. I was contemplating packing it in, but after a warm breakfast at the Sugarloaf resort I decided to tough it out and cross the street to the Bigelow Range. I took the Fire Warden's Trail around 9 AM as the most direct ascent and soon found myself in the company of two fellow hikers, Eloise and Edith from Quebec. We forged up the mountain and achieved the Avery Peak by noon. It was snowing and windy, requiring full-face coverage and microspikes for the 1–2 inches of snow and icy rocks. From here we headed west to West Peak by 1 PM and the Horns by 2 PM. I had thoughts of heading down to red line the AT section, but decided based on time that we would spend our last hour in the dark and I would stick with the group. We made it back to the car around 6:30 and traded Facebook addresses to share our great pictures.

The weather again was questionable as I jumped in the car and headed west towards the ME/NH border and my last Maine peak, Old Speck. The drive was slow and snowy and an 8-foot moose walked in front of my car at one point. I got a nice picture of his backside as he sauntered off into the woods. After about three hours I made it to Grafton Notch where the snow was blowing hard and I decided to sleep on my hike-or-no-hike



View of Katahdin from North Brother. photo by Hikin' Dave

decision. The cold wind howled relentlessly all night long and I woke that morning to continued flurries and decided to again pack it in. I headed down from the Notch into Bethel for some breakfast. After breakfast and the skies opening up to pure blue, I decided to head back to the notch and give it a try. I loaded up on emergency winter supplies including an extra pair of wool socks to act as layered gloves (as I had not thought to bring my arctic mittens) and headed up the Eyebrow side of the loop trail about

9 AM. The Eyebrow was steep and impressive, but my microspikes held firm in the 1–2 inch snow and ice cover and I reached the top of the loop about 10:30. Unfortunately, my directional radar was off this morning and I took the path back down the other side rather than the AT up to Old Speck. I figured it out after about a 300-foot elevation loss...(Ugh!). I made the summit around 12:30. Temps had dropped to 10 degrees with winds up around 40 MPH above the treetops. I climbed the metal ladder up to the 40-foot observation deck and was hit by the hurricane force winds at about 20 feet as I cleared the tree line. Holding on firmly, I made my way onto the observation deck and took some cool video of myself, the 360-degree view and the 40-foot drop back down the ladder. I quickly climbed back down the ladder and down the mountain to the car by 3 PM. I did it! I finished the last 5 peaks in Maine. Vermont 5 here I come!

Lasting Impressions

The four weekends I spent exploring the Maine peaks will be with me for a long time. I'm already planning a family vacation up around Rangeley Lake for next summer. What a great spot to walk and boat and relax in Mother Nature's backyard. And of course, while the peaks are down, there's still a lot of AT sections to redline, especially the 100-Mile Wilderness. I'd like to send a special thanks to all those many AMC volunteers who have made the trail system the gem that it is. You have done an outstanding job not only maintaining trails, but crafting unique camps and outhouses, and creating one-of-a-kind outdoor experiences. Well, I think after writing this I have to hit the slopes again. Perhaps a Vermont 5 peak blitz this weekend and on to the Adirondacks next. Who knows? Now stop reading this and GET OUTDOORS!



Outhouse near Piazza Rock. photo by Hikin' Dave

Volunteer Ridge Runners are Needed for the Appalachian Trail in Massachusetts

Hello AT Volunteers:

Over the past several months, the Mass. AT Committee, the AMC and the DCR have been developing parameters to get Volunteer Ridge Runners (VRR) on the AT this summer.

At this early stage, we'd like to draw from the ranks of our own AT volunteers and Berkshire Chapter trip leaders. If you know others who you think may be interested, please have them contact me.

The intent of the program is to get more "eyes and ears" on the AT, particularly during busy times and at popular campsites. Ridge Runners are there to engage with AT hikers of all abilities and experience, including groups, and to teach them about appropriate backcountry practices, with an emphasis on Leave No Trace (LNT) principals (<http://lnt.org/learn/7-principles>).

Other RR functions are to count the number of Trail visitors encountered, get contact information from leaders of groups, and answer any questions hikers may have about the Trail, local towns or resources.

Finally, RRs are expected to clean up and pack out any trash from overnight sites and report on any maintenance issues at shelters and campsites or on the Trail, and then file a brief report about their trip.

The official document that outlines specific duties and how RRs will be chosen and trained is available. Please let me know if you are interested in serving as a VRR, or have more questions about the program. As we are just starting out, I expect we'll be making adjustments as we go forward.

Key things to consider:

- RRs are not enforcement personnel. You have no authority to do anything other than report problems and educate hikers.
- You should have some prior backpacking experience, preferably on the AT in Mass. You must provide all of your own gear and clothing (we'll give you a hat).
- You should be fit enough to hike into and out of an assigned site with all of your camping gear.
- Recent First Aid or WFA training, while not required at this time, is definitely good to have.
- Have a working cell phone. Most Mass. AT overnight sites have fair to good reception on Verizon.
- You should be confident hiking alone and speaking with others; be open and willing to share your knowledge. If you are a 'loner' and hike because you like to 'get away from it all', this may not be the job for you. If you prefer, you may serve with a partner, but only one of you can be the official Volunteer Ridge Runner.
- Be available for some Friday or Saturday overnights, May through October

Looking forward to hearing from you!

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Don't forget to check in at home...

amcberkshire.org

- OUTDOOR EDUCATION -

Leadership Training, Berkshire/Worcester Chapters

Prindle Pond Conference Center, Charlton, MA

Saturday–Sunday, October 5–6

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 \$40 includes day training and materials. Overnight lodging available for \$20/night. Advance payment requested. Existing leaders attend at no charge.

Leader: Wayne Rodrigues (laughingwildwolf@yahoo.com; 413-244-7376)

Registrar: Deb Herlihy (debora_herlihy@yahoo.com; 508-380-1193)

SOLO Wilderness First Aid Training

Noble View Outdoor Center, Russell, MA

Saturday–Sunday, November 23–24

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 \$150 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 (413-519-3251 before 8 PM; forgary@comcast.net)

SOLO Wilderness First Responder Training

Noble View Outdoor Center, Russell, MA

January 2–10, 2014

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 \$750 includes lodging.

Contact Gary Forish (413-519-3251 before 8 PM; forgary@comcast.net)

***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 Sabine Prather at 413-949-3914 or chapterchair@amcberkshire.org.

Chapter Vice Chair

The Chapter Vice Chair works with the Chapter Chair to develop goals and establish benchmarks to achieve these goals. The Vice Chair attends (and represents our Chapter in the Chair's absence) the AMC-wide Chapters Committee meetings. The Vice Chair would be nominated to become Chapter Chair at the end of the current Chapter Chair's two-year term. Please contact Sabine Prather.

Berkshire Exchange Publisher

For details, please contact Jon Hanauer at 413-388-0354 or newsletter@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 Sabine Prather.

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 Sabine Prather.

Nominating Committee Chair

We are looking for someone to assist our Chapter's committees in identifying and mentoring qualified individuals for leadership roles in the Berkshire Chapter. This position 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 Sabine Prather.

Outings Committee Co-Chair

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 413-388-0354 or outings@amcberkshire.org.

Young Members Committee Chair

Young Members activities target adults in their 20s, 30s, and 40s, but are always open to everyone. Please contact Sabine Prather.

— VOLUNTEER FOR NOBLE VIEW OUTDOOR CENTER —

Please contact Gary Forish at 413-572-4501 or forgary@comcast.net.

Website Editor

Someone to edit and manage the website at nobleviewoutdoorcenter.org is needed. Keeping the site updated with images, event schedules, and general information will be the main responsibilities.

From the Chair, *continued from page 1*

news! There will be folks working onsite for three weeks on a bog bridge and stone staircase on the Pitcher Brook Trail.

Our new website is looking better all the time! Check it out for news and information about trail, paddling, mountaineering, leadership, etc. If you have any good panoramic photos for the banner, any trip reports or favorite hike descriptions, please send them along to either webmaster@amcberkshire.org or chapterchair@amcberkshire.org.

I would like to acknowledge gifts in memory of George "Bill" Kirk that were given to the Berkshire Chapter by Lois and Jim Konon, Richard and Cathy Freedberg, James Brandolini, Alice Kirk, Nathan Doctrow, and Bonnie and William LaPierre. Bill was passionate about the outdoors and conservation, and his family asked that those donating give to the AMC Berkshire Chapter.

Last but not least, we will have a few openings on the Executive Committee in November. Several officers and committee chairs would like to pass on their knowledge and have new faces step up. Even if you

can't make it every month, it would be a big help—and perhaps there's an opportunity for shared duties. And there's always a chance to participate as a Member-at-Large. We need a Vice Chair, Secretary, Treasurer, Berkshire Exchange Publisher, Membership Welcoming Chair, Outings Co-Chair, Young Members Chair, and Family Activities Chair.

See you all outdoors!

Respectfully,
Sabine Prather
Berkshire Chapter Chair
chapterchair@amcberkshire.org

BERKSHIRE **EXCHANGE**
Appalachian Mountain Club
5 Joy Street
Boston, MA 02108

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BERK
EX  Summer 2013

AMC's Fall Gathering 2013

In the beautiful Delaware Water Gap National Recreation Area!

Activities for everyone! Hike, bike, paddle. Lots of full and half-day trips!
Bikes, boats and other equipment provided. Special activities for kids!
Live music & barn dancing, campfires, hayrides!

Located in the 70,000 acre National Recreation Area, with hundreds of miles of hiking trails, abundant with waterfalls and scenic overlooks.

Option for three days of Fall Foliage hiking based at AMC's Camp Mohican, October 16-18. Extra charge applies.

Lodges and tenting at Speers-Eljabar YMCA camp near Dingman's Ferry, PA, with on-site lake, hiking, nature trails, climbing tower, zipline and more. All meals provided.

October 18-20 • Hosted by the Delaware Valley Chapter
for registration and detailed information, visit: AMCfall.org



PLEASE SEE PAGE 2 FOR MORE INFORMATION