



Fall/Winter 2013

# BERKSHIRE EXCHANGE

APPALACHIAN MOUNTAIN CLUB      BERKSHIRE CHAPTER NEWS & EVENTS

## VIEW from the CHAIR There are Always More Ways to Enjoy the Chapter Community

Hello Berkshire Chapter members. As you read this, autumn colors are blazing around us and nights are getting cool and crisp. It's perfect weather for hiking, biking, climbing – and I hope you're able to get out and enjoy it with your family and friends in the Chapter.

Most importantly, please register for our Berkshire Bash and Annual Meeting on Saturday, November 2 at 6 p.m., at Willits-Hallowell on the Mt. Holyoke College campus. See more details on the registration page.

If you're able, come join the Mountaineering Committee members or the Tuesday hikers; they're very active with plenty of activities to choose from. In fact, Mountaineering already has a few ski trips planned. We also have some new dog-friendly hiking trips and continue to offer family-friendly hikes in the afternoon of the last Sunday of each month. Keep checking the activities schedule at <http://amckberkshire.org/schedule/>

We just had a very interesting workshop on wild edibles (see my separate article) and will talk about what we learned during a future event at Noble View Outdoor Center. Stay tuned for more info about that.

I recently returned from a weeklong trail maintenance trip in Acadia National Park, Maine. This is a great way of giving back to the trails we hike—and you will definitely be tired at night! We got to stay at Echo Lake Camp, a lovely setting that's very popular in the summer. The trail crew were the only residents for that week, and we really enjoyed the hot showers and library with the

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## Wild Edibles Foraging Workshop

*by Sabine Prather*

We are fortunate that the Appalachian Mountain Club chapters are able to apply for funds for Special Projects like trail work and conservation-oriented events. We recently received funds for a conservation workshop about foraging for wild edibles in the heart of the hill towns.

Earthwork Survival School (<http://earthworkprograms.com>) offers experiential classes and workshops that teach true sustainability. By learning how to live with nature in a way that benefits us and our environment, we create a natural balance in our lives. Some of the foundational skills include fire making, natural cordage, animal tracking, wilderness living skills, wildcrafts, wild edibles and more.

AMC participants lucky enough to be able to attend came away with skills in correct identification of wild edibles and medicines you can find right outside your back door. We learned a bit about how and when to harvest by season and in what habitats to seek out our favorite wild edibles. Additionally, we learned how to harvest with intention, keeping in mind the importance of the responsibility we have as foragers and earth stewards.

We started out by learning about the wealth of plants in the “edges” between forest and field, or next to the barn or shed. We found that we could eat thistle (known as survival celery), and Autumn Olive, two edible plants we normally consider invasive. Therefore, while we can eat them and perhaps make a delicious frappe from the red berries, we need to be careful not to let these plants spread.

Some of us were surprised to find that we could eat Burdock roots, which you can shred and eat like potatoes, and sumac berries for lemonade (early in the season). We trekked through the forest in search of ramps (wild garlic), and found a good patch of them to take home. We were helping to spread this good native plant, which seeds in clusters that fall while harvesting the delicious root.

After harvesting, we took turns at the hand-cranked apple press and pounded a mortar and pestle, which gave us some delicious apple and hickory nut juice. At the end, Frank Grindrod, our instructor, remarked that it's all about connection with neighbors, people and animals.

We will be presenting a more detailed presentation about this at Noble View Outdoor Center (<http://nobleviewoutdoorcenter.org>) later in the fall, and hope to bring Frank as well. He had also shared some animal tracking knowledge with us, and might be able to do more if there happens to be snow on the ground. Stay tuned!

**November 2  
BIG BERKSHIRE BASH  
ANNUAL DINNER,  
MEETING, SPEAKER**

**Registration deadline: October 26**

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# 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](mailto: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.

### 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 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](mailto: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](mailto:forgary@comcast.net).

### Website Editor

Someone to edit and manage the website at [nobleviewoutdoorcenter.org](http://nobleviewoutdoorcenter.org) is needed. Keeping the site updated with images, event schedules, and general information will be the main responsibilities.

## Berkshire Chapter Executive Committee

– 2013 –

For the list of 2014 Nominees,  
please see page 4.

### CHAPTER OFFICERS

**Chair:** Sabine Prather  
([chapterchair@amcberkshire.org](mailto:chapterchair@amcberkshire.org); 413-949-3914)

**Vice Chair:** vacant

**Treasurer:** Sonja Goodwin  
([treasurer@amcberkshire.org](mailto:treasurer@amcberkshire.org); 413-534-4049)

**Secretary:** Nora Hanke  
([secretary@amcberkshire.org](mailto:secretary@amcberkshire.org); 413-527-8384)

### COMMITTEE CHAIRS

#### Appalachian Trail Committee:

Jim Pelletier  
([at@amcberkshire.org](mailto:at@amcberkshire.org); 413-454-4773)

**Berkshire County Representative:** vacant

#### Berkshire Exchange Committee:

**Chair/Publisher** – Jon Hanauer  
([newsletter@amcberkshire.org](mailto:newsletter@amcberkshire.org))

**E-News Administrator** – David Jones  
([enews-admin@amcberkshire.org](mailto:enews-admin@amcberkshire.org))

#### Canoe and Kayak Committee:

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

#### Conservation Committee: vacant

#### Family Programs: vacant

#### Membership Welcoming Committee: vacant

#### Mountaineering Committee:

Sarah Long  
([mountaineering@amcberkshire.org](mailto:mountaineering@amcberkshire.org); 845-235-3127)

**Noble View Committee:** Frank Evans  
([FEvans6568@aol.com](mailto:FEvans6568@aol.com))

#### Nominating Committee: vacant

**Outings Committee:** Jon Hanauer  
([outings@amcberkshire.org](mailto:outings@amcberkshire.org); 413-568-0990)

**Past Chair:** David Sauriol  
([past-chair@amcberkshire.org](mailto:past-chair@amcberkshire.org))

#### Public Relations Committee:

Sabine Prather  
([publicity@amcberkshire.org](mailto:publicity@amcberkshire.org); 413-949-3914)

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

#### Training and Education Committee:

Wayne Rodrigues  
([leadershiptraining@amcberkshire.org](mailto:leadershiptraining@amcberkshire.org); 413-244-7376)

#### Website Committee:

**Chair/Webmaster** – Bob Bergstrom  
([webmaster@amcberkshire.org](mailto:webmaster@amcberkshire.org))

#### Young Members Committee:

Paxton Berardy  
([ymchair@amcberkshire.org](mailto:ymchair@amcberkshire.org); 860-758-7275)



## BERKSHIRE EXCHANGE

– October 2013 –

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

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

**Editor:** Maureen Flanagan ([berkeditor@amcberkshire.org](mailto:berkeditor@amcberkshire.org))

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

**E-Newsletter Administrator:**  
David Jones ([enews-admin@amcberkshire.org](mailto:enews-admin@amcberkshire.org); 413-320-1617)

**Submissions:** [newsletter@amcberkshire.org](mailto:newsletter@amcberkshire.org);  
Berkshire Exchange, 29 Atwater Street, Westfield, MA 01085-1541

**Address Changes & Delivery Preferences:**  
[www.outdoors.org/membercenter](http://www.outdoors.org/membercenter); 800-372-1758;  
Appalachian Mountain Club, 5 Joy Street, Boston, MA 02108



## Other Helpful Contacts

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

**Regional Director:** Sharon Foster  
([regionaldirector@amcberkshire.org](mailto:regionaldirector@amcberkshire.org))

**Regional Trails Coordinator:** vacant

**Tuesday Hiking:** Lewis Popper  
([lewis.popper@gmail.com](mailto:lewis.popper@gmail.com); 413-727-8016)

Save the Date! All Are Welcome!

# Berkshire Bash Dinner, Annual Meeting, Presentation

Saturday, November 2, 6 p.m. to 9 p.m.  
Willits-Hallowell Conference Center, Mount Holyoke College

Set in the beautiful historic campus, this modern building has meeting rooms overlooking Stony Brook, providing a beautiful backdrop for our meeting, dinner and presentation.

The evening begins with a casual cocktail hour so members and guests can come to the committee tables to talk with Committee Chairs, renew acquaintances and make new friends. Folks will also have a chance to talk with our speaker, Sue Morse, and purchase material from her organization. We'll have a brief meeting to vote in the 2014 Executive Committee slate, and then have dinner.

There will be door prizes, as well as awards for our hardworking volunteers.

**Don't miss this exciting opportunity!**  
**Price for everything is**  
**\$15 for adults, \$10 for children.**

**Registration is Required by October 26!**

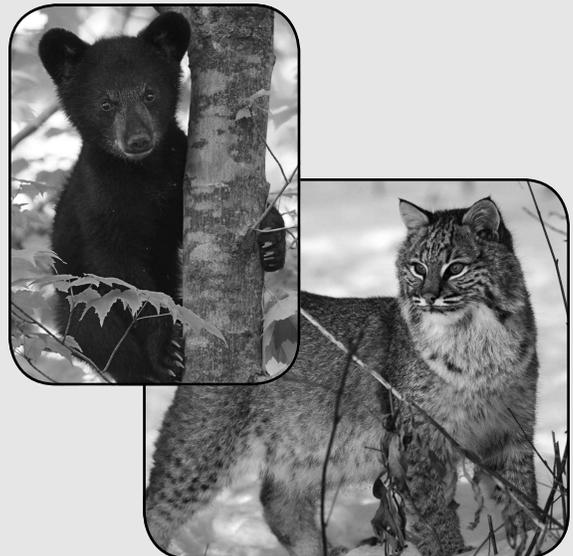
Please send checks, made payable to *AMC Berkshire Chapter*, to Sabine Prather, 123 Sackett Rd., Westfield, MA 01085.

For more information or questions, contact Sabine Prather, Chapter Chair, at 413-949-3914 or [chapterchair@amcberkshire.org](mailto:chapterchair@amcberkshire.org).

## *Keeping Track*

Sue Morse from Keeping Track will present award-winning photos of New England's present and past focal species, such as bobcat, moose, black bear, mink, and cougar. Keeping Track is a nonprofit organization Sue founded in 1994 to educate the public about habitat fragmentation and to help monitor threatened regions.

The main purpose of her presentation is to make us aware of the rich diversity around us and give us tools to protect the habitat of these beautiful creatures. But she also promises to accompany the show with fantastically accurate animal calls – sure to please the family!





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

fireplace in the evenings. During the day that week, seven of us placed 22 logs on a steep portion of the Beech Mountain Trail to divert water from pouring down the trail. We had to use pickaxes and shovels to dig out the ground, then hammers to pound rocks in order to dry out a muddy section. We had the fortune to experience the trail in the pouring rain, so we knew the water checks were working! It just made the sun that much more glorious when it came out. I look forward to returning and seeing how much better the trail is now.

I highly recommend volunteering for the trails, even if you don't have a week to do it as I did. The Appalachian Trail maintainers meet twice a week—see <http://amcberkshire.org/getting-involved> for more info. The

New England Scenic Trail also seeks volunteers; <http://newenglandtrail.org/stewardship/volunteer-opportunities>.

And if you want to meet pretty cool people, I encourage you to volunteer with the Executive Committee. We have openings for several positions, and everyone is welcome at the meetings. Check it out—especially our Annual Meeting on November 2. See you then!

Respectfully,  
Sabine Prather  
Berkshire Chapter Chair  
[chapterchair@amcberkshire.org](mailto:chapterchair@amcberkshire.org)

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**Berkshire Chapter Executive Committee  
2014 Nominees**

**OFFICERS**

**Chapter Chair:** Sabine Prather; **Vice Chair:** OPEN!;  
**Secretary:** OPEN!; **Treasurer:** Sonja Goodwin

**COMMITTEE CHAIRS**

**Appalachian Trail:** Jim Pelletier; **Berkshire Exchange:** Jon Hanauer;  
**Conservation:** OPEN!; **Family Programs:** Heather Wyman;  
**Membership:** Steph Burton-Harris; **Mountaineering:** Sarah Long;  
**Nominating:** OPEN!; **Outings:** OPEN!;  
**Paddling:** Connie Peterson; **Past Chair:** David Sauriol;  
**Public Relations:** OPEN!; **Trails:** Patrick Fletcher;  
**Training & Education:** Wayne Rodrigues; **Website:** Bob Bergstrom;  
**Young Members:** OPEN!