

The Berkshire Exchange



Your Connection to the Outdoors

Fall 2016

*They're Everywhere!
Wherever I Look, I See Them
Yet, We Need Lots More!*

By Jan Alicia Chair, AMC Berkshire Chapter

At the Chapter Potluck in Lee this summer, we were waiting for the speaker to arrive. He was later than we expected, and we couldn't reach him. I had been talking with Steve Smith at dinner. He was telling me about the restoration of the Shays' Rebellion Monument on the Appalachian Trail in Sheffield. So I asked Steve to share some of his experience working on the Appalachian Trail and about the restoration project. He excited the audience with his story. (The last battle of the Shays Rebellion was fought near this site.) [The speaker did arrive later!]

Steve is one of the many dedicated people who work with the Chapter's AT Committee to maintain the AT and its surroundings. Steve reminded me of something I see everywhere with the AMC. Wherever I look, I see them. They are the thousands of volunteers who support the 3 things on which the AMC focuses—Recreation, Conservation, and Education.

Some of our volunteers dedicate much of their lives to AMC and the outdoors. This summer two amazing volunteers died. Pat Fletcher had worked on trails and more for a long long time. His work on the New England Scenic Trail (NET) [many of you know this as the comet Monadnock Trail] will not be forgotten. Right now there is discussion of a monument for him on the trail. The other was Gary Forish. Anyone who has any connection with Noble View Outdoor Center knows of the work Gary did tirelessly to make it the wonderful place it is. The two cabins are now named after Gary. Both Pat and Gary served as Chapter Chairs, too.

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Reflections in the Wilderness

By Bill Fogel, Mountaineering Co-Chair

I am so grateful to have attended this WFR (Wilderness First Responder) course. Not only for the invaluable information, but also the circumstances. Gary Forish died six hours before the course began. The Noble View staff was quite impacted as can be imagined. I had many conversations over the 8 days with the course instructor, the new operations manager and the committee chair (Frank Evans), all who knew Gary intimately. In the quiet beauty of Noble View it also gave me time to reflect on what these two men meant to me.

I must admit that the proximity of Gary's passing with Pat's left me emotionally reeling. It was a balm to be around folks who knew them and to experience first hand the culmination of their respective endeavors. While I did not know either Pat or Gary intimately, I had grown to know them personally over the past 18 years in my various roles in the AMC. On several occasions I was fortunate to have long conversations with each individually about our passions: Gary's Noble View, Pat's New England Scenic Trail and my Berkshire Mountaineering. I can still remember the

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*AMC Berkshire Chapter
Executive Committee
2016*

Chapter Officers

- **Chair:** Jan Alicia Nettler (chair.amc.berkshire@gmail.com)
- **Vice Chair:** Martin Mahoney (vicechair@amcberkshire.org)
- **Treasurer:** Jane Glushik (treasurer@amcberkshire.org)
- **Secretary:** Roger Beer (rbeer4@comcast.net)

Committee Chairs

- **Appalachian Trail Committee:** Jim Pelletier (at@amcberkshire.org, 413.454.4773)
- **Berkshire County Representative:** Vacant
- **Berkshire Exchange Committee:** Nate Szymanski (berkexeditor@amcberkshire.org)
- **Conservation Committee:** vacant
- **Family Programs:** Margo Chapski (familyprograms@amcberkshire.org)
- **Membership/Social Committee:** Bess Dillman (membership@amcberkshire.org)
- **Mountaineering Committee:** Sarah Long & Bill Fogel (mountaineering@amcberkshire.org)
- **Noble View Committee:** Frank Evans (fevans6568@aol.com)
- **Nominating Committee:** Vacant
- **Outings Committee:** Grace Ferrante (outings@amcberkshire.org)
- **Paddling Committee:** Connie Peterson (paddling@amcberkshire.org)
- **Past Chair:** Sabine Prather
- **Communications Committee:** Sean Hanson (communications@amcberkshire.org)
- **NE National Scenic Trails Committee:** Vacant
- **Training and Education Committee:** Vacant
- **Website Committee:** Evan Yeaton (webmaster@amcberkshire.org)
- **Young Members Committee:** Nicole Dewberry (youngmembers@amcberkshire.org)

Other

- **Chapter Trips Approver:** Jon Hanauer (approver@amcberkshire.org)
- **Noble View Outdoor Center:** Frank Evans (fevans6568@aol.com)
- **Regional Director:** Sharon Foster (regionaldirector@amcberkshire.org)
- **Regional Trails Coordinator:** Vacant
- **Tuesday Hiking:** Lewis Popper (lewis.popper@gmail.com)

In Memoriam...

Gary Forish

Gary Leonard Forish of Westfield, MA, died on May 19, 2016 at home surrounded by his loved ones after a seven year battle with leukemia.

As a member and former President of the Berkshire Chapter of the Appalachian Mountain Club, Gary was the driving force in the strategic planning, growth and success of the Noble View Outdoor Center, located in Russell, MA. Through various programmatic offerings Noble View has welcomed countless families and individuals through its gates. A tireless advocate for the Noble View, Gary had his hand in every aspect of the operation of the site as well as facilitating numerous trainings that helped pass his love of the outdoors to a new generation of enthusiasts.

Noble View, the Berkshire Chapter of the Appalachian Mountain Club, as well as the



greater outdoor community have lost a deeply committed member who was instrumental in the introduction of not only Noble View, but the outdoors to countless future AMC members.

His legacy remains in the trails and areas around the Outdoor center as well as the numerous lives that he shared his knowledge, humor and time with.

Pat Fletcher

Patrick H. Fletcher, our long-time Trails Chair, passed away earlier this year.

Pat worked tirelessly for the AMC, for our chapter, and for his beloved M-M / New England Trail. As Trails Chair for more than two decades, Pat volunteered countless hours building shelters, maintaining trails, organizing, and working with other local groups to maintain and improve the trails under his purview. In 2009, Pat was a leader in achieving the designation of the New England National Scenic Trail.

Those who remember enjoying the outdoors with Pat speak of his infectious enthusiasm, and of how eager and willing he was to share his knowledge about the trails and their history. A resident of Westfield since 1978, Pat enjoyed



bird hunting, salt water fishing, mountain biking, and of course hiking local trails.

With Pat's passing, the AMC Berkshire Chapter lost an exemplary leader and friend. We are grateful to have benefitted from Pat's presence for so many years, and he will be missed by all who knew him.

Stories From The Outdoors

Hubbard Brook Boardwalk Repairs

By James Pelletier, AT Committee Chair

Just when you think this will be the year we don't have to patch up the Hubbard Brook Boardwalk the maintainer reports that once again there's trouble down by the brook. The auger anchors just don't provide enough lateral support and with the continued expansion of the brook and lack of vegetation under the boardwalk, well let's just say the inevitable happened!

So, what to do. A variation of our usual plan was developed that involved putting timber cribs under the boardwalk where sections meet. The variation involved moving the heavier undamaged section over the creek to the north side of the creek removing the damaged section which had become heavily wracked when the supports failed. Removal of this section revealed the need for a crib support under the trail north end of this boardwalk segment so before calling it a day we made one up and positioned it in its new home under the segment end.



Above: Hubbard Brook Boardwalk Before

Below: Hubbard Brook Boardwalk After



The fun on day 2 started in the parking lot. A good sized snapper was headed down the road towards the center of South Egremont and another was in the field next to the parking area readying a nest for her eggs. The first order of business on day 2 was to remove the deck from the span across the creek, disconnect it from the adjacent section and drag it across the stream. It took our full crew of 8 to make the move. It was soon a done deal and assembly of the new crib at the shore of the creek was soon done and the moved segment put on its new cribs north of the creek with timberloks fastening the boardwalk segments together.

Next came another variation on our prior repair methods; on the first day we had assembled a box frame 2' wide and long enough to span the creek. This structure was moved from its storage location on the boardwalk south of the creek over the creek resting on top of the north and south side segments; a bridge of sorts if you will. Oh, almost forgot about the snapper. She finished her business by the time we returned to the parking area having deposited her eggs in a nicely concealed "nest".

Over the course of this project we explored other hopefully more robust solutions to the ongoing problems we've had with this boardwalk. Jon suggested an approach he uses on Diane's Trail in Monterey involving pipes driven into the ground. We plan to give it a test later this year, so watch for the project listing if you'd like to join in the fun.

*Pack What You Need,
On and Off The A.T.*

By Nate Szymanski, Newsletter Editor

For the third year in a row my father and I embarked on a multi-day hike in the White Mountains of New Hampshire. These mountains hang around 4,000 feet and reach as high 6,000ft at their tallest point. We travelled 18 miles over three days as we traversed steep rocky ascents and warm swampy marshes. By the end of the trip we were tired and our legs felt like jelly, not simply as a result of our exertions, but also from unnecessary weight in our packs.

Hikers that go out on multi-day excursions know that what you pack with you is often all you will have on your trip. Not packing enough food or clothing combined with unexpected weather conditions (I'm looking at you New England) can result in hunger and even hypothermia. It's easy to think that overpacking can lend itself to having supplies when you need them the most, but frequently you find yourself over carrying..

Our first night was spent at the Galehead Hut, just below Galehead Mountain. Two thru-hikers on the Appalachian Trail had converged at our hut, one heading north the other south. Their trail names were 'Tuna' and 'Ears' and they were gracious enough to speak to a room full of weekend hikers about the lessons they learned hiking along the Appalachian Trail. The biggest takeaway from their talk was about what they packed in with them during their journeys.

When Tuna and Ears are walking thousands of miles, everything in their pack is either assisting or impeding their ability to keep going. This affected their choice of food when they resupplied or reached a town along the trail, often choosing bags of Fritos over a fresh apple simply due to the weight of the food over the nutrition.

As my father and I approached our cars on the final day, we emptied our packs and looked over the clothes we didn't wear and the uneaten food taking up space. A reassessment is certainly in order for the next trip and one less pair of underwear couldn't hurt. Everything you carry weighs something and if you don't need it, toss it.

Volunteer Trail Programs

Use your next vacation to go to a scenic location with AMC and give back to trails! These week long crews are for any level of experience and we will teach you the skills. There are also opportunities for recreation and exploration of the area.

Prices do not include airfare. Please go to www.outdoors.org/volunteer to register.

Questions? Contact Alison Violette: aviolette@outdoors.org, (603)466-8156.



Photo Credit: Alissa Havesh

Outdoor Life in Massachusetts

By Sabine Prather

This January I moved to San Diego, California. There's a lot to be said for the place - perfect weather, for one. Outdoor activities are never cancelled because of rain - because there isn't any. There are no mosquitoes, because there is almost no standing water. There's no humidity. But...it's not Massachusetts. I'm missing so many things about New England, chief among them being the outdoor activities.

Some things I miss...kayaking and camping at Tully Lake, cooling off by swimming from an island or sand bar. Many campsites at Tully are directly on the shore, so you can tie your boat up there, go on day trips down the lake, and come back for good camping food while watching the sunset. Words cannot fully describe the peace and joy of paddling past little islands with gnarled pine trees and blueberry bushes - great to visit mid-July to partake of the feast! Most blueberries are only accessible from the water. Then, continuing past the campground to Long Pond, up a quiet stream with water lilies, beaver ponds and lodges, and even pitcher plants if you're lucky enough to spot them.



A similar stream is the Quinebaug River Water Trail from East Brimfield Lake to Holland Pond in the Last Green Valley, near Sturbridge. Easily accessible from Route 20, this little jewel feels like the remotest parts of Maine. You paddle quietly through marshes and under tree canopies, perhaps stopping at a picnic spot under pine trees on a hill overlooking the stream. I've seen turtles and many different birds - and again, enjoyed a refreshing swim at the takeout in Holland Pond.

Biking was also a pleasure on the newer rail trails in western MA. Having lived in Westfield, I was thrilled to try the Columbia Greenway extension into the

center of town that can take you all the way south to Farmington. This trail has the benefit of traveling through agricultural fields, neighborhoods, and light industrial areas as well as along creeks and wetlands. I once had the pleasure of urging a turtle across the trail to keep it safe - it moved surprisingly fast! My favorite trail, though, is the Ashuwillticook Rail Trail in Berkshire County. It runs through Cheshire, Lanesborough and Adams along the Hoosic River and next to the Cheshire Reservoir. The trail has a wonderful mix of rolling hills, wetlands, and rushing water right next to the trail. I'd always wanted to lead a combination bike ride/kayak trip there, but was content to have a ride that ended at C.J.s Sports Pub for appetizers and beer.

And of course, there's the hiking! There's so much variety, from flat to rolling hills to rocky cliff faces. I've had the pleasure of hiking Mt. Tom, the Seven Sisters, Monument Mountain, parts of the New England Trail from Southwick to Wendell, and parts of the AT in October Mountain National Forest and, of course, Mt. Greylock. How fun would it have been to stay in the lodge at the top of Greylock after the nice hike up? I've had the good pleasure of walking with many AMC members through the woods and up the hills; what a good way to get together.

This is just a slice of what I've enjoyed; there's so much more, so many parts of the coast, Vermont and New Hampshire that I've been to and parts I didn't. I'll have to plan a return trip sometime.

Photo Credit: Sabine Prather



Photo Credit: Robert Siudzinski

Leadership Training in the Berkshires

By Grace Ferrante

The Berkshire and Worcester Chapters held an AMC Leadership Training weekend recently to help teach our members the important facets involved in being a leader. Between sitting for lectures, getting outside for role-plays, and skits and scenarios inside, our group ate, laughed and enjoyed each other immensely. It was a great opportunity to see so many members getting to know each other as presenters and trainees mixed and mingled. Young Members from the Worcester Chapter and new members from Berkshire brought their enthusiasm and sense of fun to the event.

Leadership trainee Charles had this to say about the experience, “When I entered the workshop I was surrounded by strangers, but I left surrounded by friends and a community. People with all sorts of backgrounds were there wanting to learn more about the outdoors.”

This training session was so much fun and for a great cause. The AMC has a mission to protect the outdoors and to help people get out and enjoy it safely and responsibly. And most of us do it by volunteering to lead events and to teach others to lead safely.

If you're interested in becoming a leader, talk to an existing leader or contact the Chapter Chair for your area of interest. Our Chapter holds yearly training sessions in the spring, and other chapters hold sessions at different times. After the training you're required to co-lead two events with a leader to become an Outings (hiking) leader. For Mountaineering and Paddling leaders, there are additional requirements to satisfy.

You can see the Qualification Guidelines on amcberkshire.org. Under “For Trip Leaders” click on “Requirements and Guidelines”. You can search further into AMC leader requirements and Berkshire Chapter guidelines.

Become an AMC Adventure Travel Trip Leader Sign up for Adventure Training Leadership Training! November 11-13, 2016

Visit some of the most exciting places in the world as the leader of an AMC Adventure Travel trip! This workshop provides important training to people who have AMC chapter leadership experience (no beginners) to transition from leading weekend chapter activities to more complex and longer trips, domestically and overseas. Previous outdoor leadership training is necessary. Emphasis is on planning, cost estimating, marketing, trip management, people skills, risk management, and reporting. Includes procedures and guidelines for researching, proposing, and leading AMC Adventure Travel trips. Exchange ideas, problems, and solutions with some of AMC's most experienced and skilled leaders. Small group size assures abundant discussion and access to instructors.

For more information visit - <http://www.outdoors.org/outdoor-activities/adventure-travel/become-a-leader.cfm>

Chapter Events

September

Noble View Outdoor Festival



The Outdoor Festival at Noble View Saturday, September 17--will be a festival of all-things outdoors at Noble View. There will be several guided hikes on the beautiful property, nature walks, workshops, a BBQ, and a talk about Noble View and volunteer opportunities. Here is an opportunity to learn more about this amazing and popular facility that has been a part of our chapter since 1930. Look for more info on this coming soon.

October

AMC Fall Gathering

The Narragansett Chapter is hosting the Annual Fall Gathering and all are invited to attend. Come to Rhode Island, the Ocean State, and meet old friends and make new ones. Chapter meetings and a varied number of events will be offered, highlighting our superb access to coastal communities. Visit the event registration page at <http://www.outdoors.org/fallgathering/>



November

2016 Annual Berkshire Bash!



Above: Ed Webster

This year's Berkshire Bash will be held on November 5, 2016 at the Summit View House in Holyoke, Massachusetts. We will elect leadership for the next year, have dinner, and the speaker will be Ed Webster, a mountaineer who climbed on Mt. Everest three times, the third time unsupported by sherpas or oxygen on a previously unclimbed route. His book, *Snow in the Kingdom: My Storm Years on Everest*, tells his story. Please save the date and plan to attend. Tickets are on sale now. Please visit www.amcberkshire.org to learn more.

Message from the Chair continued from page 1...

Others spend only an hour or two once in a while. And others volunteer many hours every week. We appreciate all of you. Some help set up potlucks or serve cold drinks to thirsty trail workers. Others lead hikes and paddling excursions. Still others do trail work on the NET and the AT and other trails in our area. Some teach leadership classes. Others give or help with workshops of all kinds. Some serve on our Executive Committee. Some help with the website or the newsletter or with our finances.

While we have hundreds of volunteers, we still need lots more of you. For example, we don't have a conservation committee. We can always use people on the nominating committee and as Communications Coordinator and Outings Coordinator. And there's no shortage of trail work to be done. We need people with specific skills and we need people who just want to help in some way. So don't be shy. Let us know if you want to help. I always say, "lean on the side of yes." When you say "yes", you will get great satisfaction, and you will meet and work with wonderful people.

I'm looking forward to seeing you somewhere--either on the trails, on the waterways, climbing mountains or at the next potluck.

Questions or comments about the Berkshire Exchange?

Contact Newsletter Editor
Nate Szymanski at
BerkshireExchange@AMCberkshire.org

Reflections in the Wilderness continued from page 1...

first WFA (Wilderness First-Aid) course I took at Noble View and receiving my first SOLO bandana in 2000. Gary was there before all of us each morning, coffee brewing, both enthusiastic and gruff in describing where Noble View had come from and where it was heading. I took YOP (Youth Opportunities Program) training with Pat in 1998. I remember his dedication and love of hiking and insistence on wearing shorts even when it was snowing! I was pleasantly surprised to meet his wife and him at the goose pond caretaker's site during a backpacking trip. They served a delicious breakfast of blueberry pancakes to the overnight hikers.

In our various roles and with our various passions we did not always agree, but I always carried a great deal of respect for both of these men. In true New England fashion they had a vision for their passion and were determined to see it come to fruition. They worked relentlessly to create and build something that would benefit all. They each helped to create essentially living monuments: Noble View and the New England Scenic Trail. There is a void now in leadership/vision in western MA with the passing of these two men. One I am certain will be taken up by new leaders with fresh visions. I am hopeful that we will continue on in the spirit of these two men. I know I will.

As I finish writing this I am off to hike Mt. Tom ridgeline (part of the New England Scenic Trail). I imagine my thoughts will turn to both Pat and Gary.

- Happy Trails

AMC's 2016 Photo Contest

Enter your photographs and to be eligible to win great prizes, including a spot in a photography workshop with an accompanying stay at an AMC lodge and outdoor gear from Deuter, Forty Below, LEKI, LifeStraw, and other manufacturers. Plus, score serious bragging rights! Visit www.outdoors.org/photocontest for complete rules and more information.

Photo Credit: Amy Schoonmaker –
Knives Edge – 2015 Landscape and
Nature Winner



Chapter Member Survey

This fall, we are conducting a survey of all Berkshire Chapter members. We want to learn more about your interests and preferences, so that we can work to build a more connected community and enhance the membership experience. The survey will be open until Sunday, October 15, so please be sure to complete it before then.

Please visit <http://bit.ly/amcberkshiresurvey2016> to complete the survey.
If you need help with the survey, please email us at info@amcberkshire.org.

Chasing Summits by Garry Harrington



Garry Harrington hardly recognizes himself in photos any more. Starting down his fortieth birthday, he no longer looks like the collegiate athlete who once loved hiking and running. His dream job as a sports writer no longer holds the same thrill. As his marriage crumbles, he comes to the uncomfortable realization that something has to change before he loses himself entirely...

On the trails of New Hampshire's Mount Monadnock, he begins to feel it. Every heart-pounding slog up gets easier; every break on the summit feels freer, until he racks up 1,000 ascents. As he tackles harder trails in more distant locales, he sheds the life he thought he wanted in pursuit of something more. His journey takes him from the familiar peaks of his native New England to the foreign and famous—from the Rockies, to the high peaks of Mexico to Tajumulco Volcano, the highest point in Central America, continuing ever-onwards and upwards to the summit he'd dreamt of climbing since childhood—the Matterhorn. Harrington is in rarified company, completing not only the High Points in the continental U.S. but also one of a handful to have summited all 66 of the accepted 14,000-footers in the Lower 48.

Volunteers Opportunities

The Berkshire Chapter Executive Committee is the top level of chapter leadership, representing all the committees that keep our chapter moving. Joining the Executive Committee is an excellent opportunity to lead an area you're passionate about and help guide the chapter's activities. This year, we are actively seeking individuals for the following roles. If you would like to nominate someone, please email vicechair@amcberkshire.org.

Conservation Chair

The Conservation Chair leads the Chapter's Conservation committee and serves as liaison between the AMC's Conservation Committee and our Chapter. The Committee's charge is to develop a program to represent Chapter members in matters of conservation of natural resources and/or related environmental problems or issues. Activities of this committee may take the form of organized field trips, workshops, demonstrations, displays, lectures, discussions, etc.

Training and Education Chair

The Training and Education Chair arranges for and helps organize basic level Outdoor Leadership Training and Wilderness First Aid Training. The Chair certifies that new leaders have completed all necessary trainings. The previous chair is available to advise the incoming chair.

Communications Chair

The Communications Chair coordinates all communications of the Berkshire Chapter, including the Berkshire Exchange, monthly member emails, and Chapter website content. The Chair works closely with the webmaster, newsletter editor, and Facebook administrator, and explores other ways to effectively communicate with the members. The previous chair is available to advise the incoming chair.

New England Trail (NET) Chair

The NET Chair leads the NET Committee in its work to keep the trail a wonderful resource for everyone. The Chair also works with the AMC-NET staff to promote and protect the trail.

Outings (hiking) Chair

The Outings Chair encourages hiking leaders to lead a variety of hikes. Occasionally the Chair may meet with all of the leaders to go over items of interest to the leaders. The Chair could set up workshops for leaders and/or members related to hiking and backpacking. The Chair helps people who recently completed leadership training to get required experience necessary to begin leading hikes. The previous chair is available to advise the incoming chair.

Nominating Committee Chair

The functions of the Nominating Committee are to assist Chapter Committees in identifying and developing qualified individuals for leadership roles in the Berkshire Chapter and to nominate qualified members to fill the slate of officers each year.



BERKSHIRE CHAPTER
YOUR CONNECTION TO THE OUTDOORS

Accessing The Berkshire Exchange Online

We ask that all Berkshire Chapter members consider receiving future editions of The Berkshire Exchange by email to help save the environment. You can do this through your membership profile on www.outdoors.org. For assistance with creating or updating your www.outdoors.org profile, please contact AMCwebeditor@outdoors.org.

With so many great stories, events and opportunities everyone should be able to hear about what happens in the Berkshire Chapter!

*Visit <http://amcberkshire.org/berkex>
for the latest edition!*

FALL 2016

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