

**Boston****December 2014****In This Issue**[Just Around the Bend](#)[YOP Spotlight](#)[Job Opportunities](#)[Bag of Tricks](#)[Thank You, Volunteers!](#)**Quick Links**[About Us](#)[YOP Calendar](#)[Trainings & Trips Catalog](#)[Trip Report Form](#)[Join Our Mailing List!](#)**Dear Nick,**

Happy Holidays to you and your family from all of us at YOP! We hope that you're finding time to reflect on all of your wonderful outdoor adventures and to look forward to 2015.

We're hopeful that this is going to be a spectacular winter filled with lots of snow, and have been planning opportunities for you to get out with your youth. Start by taking the [Winter Exploration workshop](#) to learn new skills and gain access to YOP's winter gear. Then join YOP at Noble View Outdoor Center in February for [Winter Week](#). And don't forget to [request equipment](#) for your winter trips now! Contact YOP staff about winter trip planning advice or ideas for fun after school activities. Remember, we're here to help!

As we **wrap up** 2014, please remember to turn in any outstanding [trip reports](#). We're getting closer to reaching our goal for this year, and your trips will help us get there!

The Boston YOP Office will be closed for the upcoming holidays from December 22 to January 5. If you want to request equipment or plan a trip, please contact us by December 19.

Thank you for all that you did to make 2014 such an amazing year. We're looking forward to continuing to work with you in 2015!

Best wishes for a safe and happy holiday season!
All the best,

[Jamie Aspenson](#)
617-391-6637

Just Around the Bend

Upcoming YOP Events

Volunteer Recognition & Holiday Party *January 8, 2015*

Join YOP to celebrate the New Year and our amazing volunteers! Enjoy an evening filled with potluck appetizers and desserts, awards for our volunteers and YOP Members, a slideshow of all the 2014 events and a Yankee Re-Gift Swap! Look for an invite soon!

Winter Exploration Workshop *January 23-25, 2015 (pre-trip call Jan. 20)* *January 30-February 1, 2015 (pre-trip call Jan. 27)*

Learn the skills needed to bring your youth on exciting winter adventures! This popular workshop focuses on the basics of cross-country skiing and snowshoeing. Other topics include winter navigation, trip planning, hypothermia, group dynamics, logistics, and nutrition. We'll explore the trails around Crawford Notch in New Hampshire by day and sleep in the heated lodge by night. If you want access to YOP's winter equipment so that you can run trips year-round, this workshop is your next step. Transportation, meals, lodging, equipment, educational materials, and instruction included. Workshop cost is \$65. Register [here](#).



Winter Week *February 16-20, 2015*

Come and celebrate winter with YOP at Noble View Outdoor Center! Participants can go cross country skiing and snowshoeing while



winter exploration, spend the night in Noble View's cozy, heated Double Cottage. YOP will provide gear and instruction for snowshoeing and cross-country skiing, as well as lunches for the trail. Group size is limited to ten per agency, including two staff. Cost is \$6 per person. Contact [Lindsay](#) for more information about Winter Week, or if you would like to join the adventure!

**Wilderness First Aid
March 7-8, 2015**

All outdoor leaders should have wilderness first aid training - here's your chance to increase your confidence and get this essential certification! Move beyond urban first aid to learn the basics of wilderness medicine from preparation and prevention to assessment and treatment. Includes hands-on practice and classroom instruction. May be used to re-certify a current WFR certification. Choose from two courses: WFA Part I if you have never taken the course or to re-certify; WFA Part II to re-certify Advanced WFA or if you have taken a WFA course in the last year. Conducted in Milton, MA. Meals, equipment, resource manual, and instruction included. Rustic overnight lodging is also available at no additional cost. CPR offered Saturday evening for an additional \$15. Instruction by SOLO. Workshop cost is \$80. Register [here](#).

Would you like to sign up for any of these upcoming events?
Contact [Jamie Aspenson \(617-391-6637\)](#).

As always, scholarships are available for our workshops.

YOP Spotlight

Trip Reports & Refer-a-Leader

As the year winds down, we're looking back at 2014 to see how well we've achieved our goal of getting youth outdoors. YOP members have gone on many, many trips, and we want to hear about them! Help us reach our goal of getting 26,000 youth outside by sending in any [Trip Report Forms](#) you haven't yet shared with us. A trip counts if you feel that it was enhanced in any way by your training with YOP. They count even if you did not borrow gear or make a reservation through us. **Day trips, pre-trip meetings, workshops, overnights, and teambuilding all fit the bill!** Fax, e-mail, or snail mail us your trip reports - you can even tell us about it over the phone. All submissions are greatly appreciated! We have found that many folks who take the Outdoor Leadership Training found out about it from other YOP Members. You can help us with these ongoing outreach efforts by referring colleagues, friends, and other youth workers who many benefit from the OLT. Simply fill out the [Refer-A-Leader Form](#) and we will send them information about YOP. For each name you submit, you will be entered into our prize drawing!



Job Opportunities

AMC Jobs

White Mountain Hut Crews

If you work with older youth and are wondering how you can try to keep them engaged in the outdoors, you may want to refer them to some of AMC's seasonal Hut Crew jobs. Employment at AMC begins at age 18, and they are always looking to expand their community with new, enthusiastic staff. Hut Crew workers live at any one of AMC's 8 high



cabins for the duration of their 'shifts' between the months of May and August. There they are responsible for the daily operation at their hut - from education to cooking to facility maintenance. This exciting employment opportunity is one the most

 for summer 2015 starts soon, read [here](#) for more info.

If you have an individual or an entire group of interested youth, if you want to know what the requirements or qualifications are, or if you want to prepare youth for this type of opportunity, contact [James Barnett](#).

Outdoors Rx

This innovative new AMC program is designed to help youth and families engage in healthy, active living by spending time outdoors in local parks and green spaces. Outdoors Rx provides health-care practitioners with a set of tools to help their patients improve their health, and makes outdoor recreation accessible to a population that might not otherwise have the resources or knowledge base to engage in outdoor activities.

Outdoors Rx is currently hiring for two different positions. The [part-time Outdoor Instructor](#) is responsible for delivering free and interactive one-hour outdoor programs to better connect local residents with their natural environment. The full-time [Youth and Family Outdoor Program Coordinator](#) is responsible for direct field instruction with youth and families, working with nonprofit partners, and program administration and logistics. Knowledge of Boston neighborhoods is preferred.

If you know of anyone who loves to share their knowledge and excitement of the outdoors with others, knows Boston parks, and is looking for a challenging yet very rewarding job, please pass this on to them.

Bag of Tricks

Yurt Circle

This is great activity for the winter! Yurt Circle is an easy, quick, and potentially goofy team building game that works well to start or wrap-up any outdoor excursion.

To begin:

- Have everyone join hands to create a circle (an adaption to limit personal contact is to have everyone grab onto a large circle of rope).
- Walk your circle out so that everyone can feel a little bit of a pull from those beside them.
- Ask everyone to count off by twos and remember their number.
- Then, pose a challenge to the group: have all of the number



ones lean forward into the circle while the twos lean back to balance each other out. Stay rigid - no bending at the waist!
- Reset the group to a standing position and try the opposite - have the ones lean out and the twos lean back.



You can keep this going by having the numbered groups alternating which way they lean without resetting in between. This is tougher than it sounds, and there may be some falling; but it's winter and the snow should provide a nice, soft landing!

To make things a bit more challenging, try these variations:

- Have one group facing outwards and one group facing in.
- If using a rope, have everyone grab on with just one hand.
- Rather than working in ones and twos, have the whole group work together to sit down (without crashing) and then stand up.

Thank You, Volunteers!

We had a record number of volunteers attend our Equipment Repair Day! Thank you to **Julie Baldwin, Sarah Boehm, Stephanie Springer, Tommy Hayes, Cody Albright, Sonia Fortin, Paula Taylor, Anna Cynar, Karen Yeowell (and kids!), and Sara MacKenzie!** It was such a productive day and we're ready to head into the next season thanks to you.

If you would like to volunteer, there are many opportunities available.

Have fun with YOP and give back while helping us:

- clean, organize, and repair YOP equipment.
- cook delicious food at YOP events.
- set up for workshops, and then clean up after.
- participate in Committee meetings.
- and much more!

Contact [Jamie](#) for more information.

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