

Southeastern Breeze

Summer Issue

July / August / September 2000



The Southeastern Breeze is published quarterly by the S.E. Mass. Chapter of the Appalachian Mountain Club. It is mailed on or about the 18th of March, June, September and December.
Chapter Chair: Dexter Robinson (781) 294-8840; **Vice Chair:** Anne Chace 824-8871;
Treasurer: Joey Gallus 428-5391; **Secretary:** Linda Wells 379-1963; **Education Chair:** Bob Vogel 238-7732; **Newsletter:** Wayne Taylor 252-6995 or e-mail: wjtaylor@mediaone.net.
All area codes are 508 unless noted.

Join us August 12 at Borderland for the SEM Summer Picnic

The Summer Picnic is coming? The summer picnic is coming!

So don't forget to mark your calendars. It's Saturday, August 12th. It's at Borderland State Park in Easton. And if you've got an appetite for typical picnic fare — as in burgers, hotdogs and ice cream — and you want to share in some heart-thumping activity or just sit around and chat, then the SEM Summer Picnic is the place to be. And based on last year's event, we are expecting a nice crowd of members to show up and share in the festivities. This year, we are offering a total of three different hiking activities at Borderland. So, if you've a mind to, this is where you can get involved.

Here's the schedule of events:

- **8:30-11:30** ... 6-mile brisk hike
- **10-11:30** ... Easy 3-mile hike (geared for beginners and children)
- **Noon** ... PICNIC LUNCH
- **2:00 ish** ... "Second Chance" hike around Borderland (to work off those calories from lunch)

If you're available and would be willing to lead, or co-lead, any of these hikes, please contact Bob Vogel (238-7732, rvogel@altavista.com) or Cindy Letoumeau (947-5533, clet@aol.com).

Even if you're only willing to be a back-up, please contact us.

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Wonalancet Cabin: An AMC base for trips in the Southern White Mountains

The Wonalancet Cabin is an AMC-owned facility located in central N.H. It sleeps 16 in bunk-room fashion and is available on an exclusive-use basis.

Open House

For AMC leaders interested in leading trips from the cabin, there will be an open house Fri. evening to Sun. afternoon, July 21-23. The trip is free for current AMC leaders. Advanced and intermediate hikes are both planned. The advanced hikes will go up either Mt. Whiteface, Mt. Passaconway (both 4000 footers) or Mt. Chocoura (3500 ft). Leaders may come for the weekend or just for the day. For more details, contact Tom Waddell, 781-837-5537, ene_nh@hotmail.com.



Proud to be an Appie for half a century ... DeWolf Merriam (left), who joined the AMC when he was in high school, accepts his 50-year membership pin from Chapter Chair Dexter Robinson. The presentation was made at the Spring Fling in Bourne.

The View from the Chair: by Dexter Robinson

Greetings. It seems like summer has arrived in full force as I sit and write this message in the 90-degree heat of early May after an enjoyable morning hike at Massasoit State Park. *What happened to Spring?* Actually, a lot has been happening over the past few months, and some of us, as you'll see in the pages ahead, have been busy planning outdoor events for the summer months.

We had a very successful leadership training day on April 1 (thanks to Bob Vogel for putting this together). The Spring Fling was well-attended, with about 70 people enjoying the meal and Contra dancing. We also were pleased to have one of our 50 year membership recipients, DeWolf Merriam, present to receive his pin. He gave us a short account of why he joined the Club when he was in high school and what AMC membership has meant to him all these years.

In case you haven't noticed, our chapter website has moved. We now have a registered domain name, and our new address is: www.amcsem.org. Check out the events, trip photos, and other information the site has to offer. Comments and feedback are always encouraged and appreciated.

Chapter Demographics

Some of you might be wondering what the demographic makeup of the Southeastern Mass chapter is. Thanks to the PC, it's pretty easy to generate a breakdown of our membership by town. Out of our 2400-person total membership, the top five towns include

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Hiking and Backpacking

Chair — Walter Wells 279-1963

Vice Chair — Charlie Farrell 822-2123

Hike Rating: First character indicates distance in miles. Second character indicates leader's pace over average terrain. Third character indicates terrain.

# Miles	Pace mph	Terrain
AA=13+	1=v.fast/2.5	A=v.strenuous
A=9-13	2=fast/2	B=strenuous
B=5-8	3=moderate	C=average
C=<5	4=leisurely	D=easy

Hikers unsure of their ability should try only one level higher than previously completed.

Note: NO PETS without permission of Trip Leader. Individuals under 18 must obtain prior consent from Trip Leader.

Sat. July 8 – Mt. Moosilauke (B3B) Strenuous hike on the Beaver Brook Trail, passing beautiful cascades. Open summit with great views if the weather is good. Please register by 7/2 with Leader Dexter Robinson 781-294-8840 (7-9 pm), or e-mail: dexasue@massed.net. CL Pat Holland-781 925 4423 (7-9 pm), e-mail: pat.holland@littlebrown.com

Sat. July 8 – "My First NH Peak" – Welch and Dickey Mtns (C3C) You've done local hikes — now step up to NH! Come join us as we climb two of the best little mountains in NH. This trip will get you hooked on mountain hiking. L Bob Vogel 238-7732 (7-9 pm) e-mail: rvogel@altavista.net. Register with CL Pauline Jordan 676-5146, e-mail: hirst30@aol.com

Sun. July 9 – "My First 4000 Footer" — Mt. Tecumseh (B3B) A good 4000 footer for those ready to move up to bigger and better! Come traverse this peak and experience real NH hiking. (Also open to those with previous 4000 footer experience) L Bob Vogel, 238-7732, rvogel@altavista.net. Register with CL Cindy Letourneau, 947-5533, Clet8@aol.com

Wed. July 12 – HIKE PLANNING MEETING for October through December 2000. All SEM members are welcome to attend. New hiking leaders are needed. Contact Walt Wells, 279-1963 (7-9 pm), wwells50@aol.com. Meeting held in the basement room at the Unitarian Universalist Church, 25 South Main St. Middleboro, starting at 7:00 pm.



Bob Vogel emerges from the boulder cave just below the summit of Mt. Percival in the Squam Range.

Thurs. July 13 - Horseneck Beach (C3D) Enjoy a mid-summer's evening as we take advantage of a late sunset and moonlight to walk Horseneck Beach in Westport. L Bob Vogel, 238-7732, e-mail: rvogel@altavista.net. Register w/ CL Bob McConnell, 563- 9279 (5-8 pm), bigbadbob@peoplepc.com

Sat. July 15 – Mt. Whiteface and East Sleeper (A3B) — A fine hike through the Sandwich Range Wilderness to Mt. Whiteface and beyond to East Sleeper and back. L Charlie Farrell 822 2123 (7-9 pm) Register with CL Pat Holland, 925-4423 (7-9 pm), pat.holland@littlebrown.com

Sat/Sun July 22/23 – Bondcliff Backpack (A3B). From Zealand Rd over Mts. Zealand, Guyot and Bond to Mt. Bondcliff. Sat. night at Guyot campsite. Group size limited to 8 (some backpacking experience necessary). Register w/ L Walt Wells, 279-1963 (7-9 pm), wwells50@aol.com. CL Rick Barnes, 830- 0479, rwbarnzee@aol.com; CL Jon Pereira, 254 8303, u_j1pereira@umassd.edu.

Sat. July 22 – Mt. Moriah (A3B) via the Carter/Moriah and Rattle River Trails. Fine views of the Gorham area. Some steep sections with ledge and stream crossings. L Bob Vogel, 238-7732 (6-9 pm), rvogel@altavista.net. Register w/ CL Craig Smith, 563-9279, csmith360@juno.com

Sun. July 23 – Gilbert Hills St. Park (B3C) - Pleasant hike among low hills and around a pond; about 7-8 miles total. Register w/ L Ray Butts, 880-8597, rdbutts@earthlink.net

Sat. July 29 – Gooseberry Neck in Westport (C3D) — Beach walk along rocky and sandy shores, with emphasis on marine life. Also shore, marsh, and meadow birding, WWII history and lunch in view of a shipwreck. L Bob Vogel, 238-7732 (6-9 pm), rvogel@altavista.net. Register with CL Bob Bailey, 636-4094, baleyr@massed.net.

Sat. Aug 5 — Ames Nowell State Park. (C3C) - Eco demonstration hike through a managed state park and adjacent wild area heavily damaged by ORVs. 3 hr-walk. L Dick Carnes, 781-871-5764 (7-9 pm) poorich46@aol.com. Register with CL Bob Bailey, 636-4094, baleyr@massed.net.

Sat/Sun Aug 5/6 – No. and So. Kinsman Intermediate Backpack (A3C) - 15+ miles via Kinsman Ridge, Fishing Jimmy, and Lonesome Lake trails. Stay at Kinsman Pond Campsite. Return via Cannonballs. Group limited to 8. Register by 7/30 with L Dexter Robinson, 781-294-8840 (7-9 pm), dexasue@massed.net. CL Bob McConnell, 999-2743 (5-8 pm); CL Rick Barnes 830-0479 (7-9 pm) rwbarnzee@aol.com.

Sat/Sun Aug 5/6 – Great Gulf Wilderness Backpack (AA3A) — Strenuous two-day backpack along the Great Gulf Trail. Not for beginners. Group size will be limited. Leader Jeff Lerman, 617-529-4147 (before 9 pm), jelerman@shore.net. Register with CL Sue Bastoni, 747-7160 (before 9 pm), e-mail: lily2cats@aol.com.

Sat. Aug 12 – Borderland St. Park (C3D). Join us at the Annual SEM Summer Picnic for hiking, biking, games and laughs. Call for schedule and details. L Bob Vogel, 238-7732 (6-9 pm) rvogel@altavista.net. CL Cindy Letourneau, 947-5533, Clet8@aol.com

All area codes are 508 unless noted

Hiking and Backpacking (continued)

Wed. Aug 16 – Miles Standish Evening Hike (C3D) Take advantage of the late sunset and bright moonlight to enjoy a 3-mile evening stroll around scenic East Head Reservoir in Miles Standish St. Forest. L Bob Vogel, 238-7732 (6-9 pm), rvogel@alstvista.net. Register with CL Rick Barnes, 830-0479 (6-9 pm), jarlbarnes@aol.com

Sat. Aug 19 – Freetown State Forest (B3C) A new hike through a wooded area. About 7 miles. L Ray Butts, 880-8597. CL Charlie Farrell, 822-2123.

Sun. Aug 20 – Warner Trail (A2C) From Moose Hill in Sharon to High Rock in Wrentham. Leader Dave Bennett, 222-6943 (6-9 pm), dbennett62@mediaone.net. Please register with CL Wayne Taylor, 252-6995, wjtaylor@mediaone.net

Sat/Sun. Aug 26/27 – Sawyer Pond Backpack (B3C) Sawyer River Trail to Sawyer Pond Campsite; return via Sawyer Pond Trail. A good beginner backpack. Easy grades in and out. L Walt Wells, 279-1963 (7-9 pm), wwells50@aol.com. Register w/ CL Pauline Jordan, 676-5146, hirst30@aol.com. CL Erika Bloom, 996-3290, bloom9239@aol.com

Fri-Mon. Sept 1-4 – The Crockers and the Bigelows of Maine (A3B) — Car camp at local campgrounds (fee involved) and day hike to these fine western Maine 4000 footers. Group cooking or local restaurant for meals. Limited group size. Register with L Walt Wells, 279 1963, wwells50@aol.com CL Charlie Farrell, 822-2123, cfarrell@jci.net

Fri-Sun. Sept 8-10 – Wonalancet 4000 Footer Food Fest (A3B) Can we burn off more calories than we can cook and eat? Come find out! Saturday a full day of peak bagging: Mts. Passaconaway and Whiteface. Home for a delicious supper. Sunday up for breakfast, then off for a shorter, relaxed hike before heading home. Stay at AMC Wonalancet Cabin (fee charged) Friday and Saturday. Group meals. Limited to 10. L Bob Vogel, 238-7732 (6-9 pm), rvogel@altavista.net. Register with CL Sue Bastoni, 747-7160 (6-9 pm), lily2cats@aol.com

Wed. Sept 13 – Ponkapoag Pond (B3D) Nice evening walk around beautiful Ponkapoag Pond, including the Boardwalk if time allows. Register with L Walt Wells, 279-1963 (6-9pm), wwells50@aol.com. CL Dick Carnes 781-871-5764 (7-9 pm), poorich46@aol.com

Sat. Sept 16 – Mt. Chocorua (B3B) A must-do mountain! We will hike in from the south side. L Charlie Farrell, 822-2123 (7-9 pm). Register with CL Stephen DeBellis, 978-430-3843 (7:30-10:30 pm or weekends).

Sat. Sept 16 – Blue Hills Skyline Trail (A2B) A true end-to-end hike from Shea Rink in Quincy to Rte. 95 in Canton/Westwood. Not for beginners. L Dick Carnes, 781 871-5763 (7-9 pm), poorich46@aol.com. Register with CL Pat Holland 781 925-4423 (7-9 pm), pat.holland@littlebrown.com

Sat Sept 23 – Mt. Osceola (B3B) and possibly East Osceola, from Tripoli Rd. L Charlie Farrell, 822-2123 (7-9 pm) Register with CL Cindy Letourneau, 947-5533 (7-9pm)

Sat. Sept 23 – Mt. Cardigan (A3B) Varied and scenic, this is my favorite NH hike. We will approach via the Vistmont and Skyland Trails over Orange Mt. and Rim Rock, continue to Mt. Firescrew and return to Cardigan Lodge on the Manning Trail. This is a 7 hr. hike with lots of exposed ridge. Be prepared for a variety of weather conditions. Leader Dave Bennett, 222-6943, dbennett62@mediaone.net. Register w/ CL Erika Bloom, 996-3290 (7-9 pm), ebloom9239@aol.com

Sat. Sept 30 – Marconi Beach (B2C) 3 miles on sandy ocean beach then back via dense oak forest and pitch pine and an eerie white cedar swamp. Register with L Dick Carnes. 781-871-5764, poorich46@aol.com. CL Bob Bailey, 636-4094, bailey@massed.net

Sat. Sept 30 – Mt Liberty (B3B) 8-mile round trip to the southern end of Franconia Ridge via the Whitehouse and Liberty Spring trails. Leader Linda Church, 495-1308 (8-10 pm), lchurch@whoi.edu. Register with CL Wayne Taylor, 252-6995 (7-10 pm), wjtaylor@mediaone.net.

AMC Activities Risk Statement: Activities listed here involve varying degrees of danger. When you participate in these activities, you should be prepared physically and mentally, and equipped with appropriate gear. You should be aware of the risks and conduct yourself accordingly. Volunteer trip leaders are not responsible for your safety; you are. Before registering for any activity, you should discuss your capabilities with the trip leader. In order to participate in chapter activities, individuals under age 18 must be accompanied by a parent or responsible adult, or obtain prior consent from the trip leader. Those accompanied by a minor are responsible for the minor's actions.

Local Hikes on Cape Cod

NEW! Cape Moonlight Hikes 7:30 pm

Mon. July 17 — Bourne, Canalside. Park in main visitor pkg. lot on Rte. 6 on north side of canal for moonlight hike. L Pam Carter, 398-2605.

Mon. Aug 14 — Mashpee, So. Cape Beach. From Mashpee Rotary take Great Neck Rd. S. for approx. 2.5 mi. Turn L. on Great Oak Rd. and follow to end to town beach pkg. lot, approx. 3 mi. L Gary Miller, 540-1857.

Thurs. & Sun. Hikes—September to May

Coordinators: Janet Kaiser, 375-0574, Harry Dombrosk, 385-9502, and Barbara Hollis, 240-1973. Thurs. hikes start at 9:30 am, last about 2 hr., 5-7 mi. Sun. hikes start a 1.00 pm, last 2-2 1/2 hr., 6-8 mi. Moderate pace. No Dogs.

Thurs. Sept 14 — Harwich, Herring River. Exit 9 S. off Rte. 6 onto Rte. 134. Turn L. at 3rd traffic light on Upper County Rd., then L. onto Great Western Rd. Follow approx. 2.2 mi. Park inside fence on L. at Sand Pond. L Janet Dimattia, 394-9064. Pot luck lunch after hike at leader's house.

Sun. Sept 17 — Brewster, Punkhorn Parklands. Exit 9 N. off Rte. 6 to Rte. 134. Turn R. at 2nd traffic light, on Setucket Rd. then R. on Run Hill Rd. Go 1.0 mi. past Brewster DPW. and park in Punkhorn main lot at end of pavement. L George Byron, 896-3359.

Thurs. Sept 21 — Mashpee, South Cape Beach. From Mashpee Rotary take Great Neck Rd. S. for approx. 2.5 mi. Turn L. on Great Oak Rd. and follow to end to town beach pkg. lot, approx. 3 mi. L Gary Miller, 540-1857.

Sun. Sept 24 — Eastham, Doane Rock. From Rt. 6 Turn R. on Nauset Rd. at lights at Visitor Ctr. Bear R. off Nauset Rd. to Doane Rd. Turn R. at Picnic Area sign and park in 2nd pkg. lot. L Janet Kaiser, 375-0574.

Thurs. Sept 28 — Barnstable, Deacons Farm. Exit 5 N. off Rte. 6 on Rte. 149. Park at grass triangle just beyond church on L. and walk S. to trailhead behind fire station. L Harry Dombrosk, 385-9502.

Flatwater Canoe and Kayak

Chair — Muriel Thomas 428-3593

Vice Chair — Dave Williams 238-3638

PFDs are mandatory in boat all year and MUST be worn Sept 15 - May 15. PFDs are recommended for all trips.

For trips other than Wed. or Thurs., call and register with leader for time and directions. All phones are area code 508 unless noted.

Wed and Thurs trips start (in the water) at 10:30 am unless otherwise noted. Bring change of clothing in dry bag, food and drink, hat, sunscreen and bug repellent as needed.

Canoe Rentals for AMC trips:
\$6/members, \$15/non members.
Easton - Dave 238-3638
Sandwich - Carolyn 888-4923
Harwich - Carrie 430-9892

Kayak rental for AMC trips: same as above
Harwich - Carrie 430-9892

BEGINNER CANOE TRAINING - Sun, June 25 at Ashumet Pond, Falmouth/Mashpee. POSSIBLE KAYAK TRAINING if leaders can be arranged. Please contact Leader Dave Shephard, 548-8717, davesheprd@aol.com for details and to register. No fee. AMC members given first consideration.

Sat. July 1 – Join the Friends of Meeting-house annual fundraiser—Orleans Pond Group - Lynne Eldredge, 255-1702

Thurs. July 6 – Onset Island Park ****time change 9:30 am****- meet at RR Station in Buzzard's Bay - L Dave Shephard, 548-8717, davesheprd@aol.com and Carrie Dobson, 430-9892, cpdob@capecod.net

Sat. July 8 – Hyannis Harbor/Lewis Bay. L Dick Coveny, 790-1016, LSI@capecod.net

Thurs. Jul 13 – Pocasset River and Tobey Island - L Russ Ottey 566-6637 - call for directions

Fri. July 14 – Moonlight Paddle/Pot Luck - 6:00 pm - Long Pond, Harwich. Bring lantern or flashlights for your boats. L Carrie Dobson, 430-9892, cpdob@capecod.net

Sat. July 15 – North River - L Art Hart 888-2847, 781-762-5251, ajhart@webtv.net

Thurs. July 20 – Mashpee River - 0.5 mi E on Rte 28 from Mashpee Rotary take R on Quinaquisset Ave, go 0.7 miles to Mashpee Neck Rd and follow to launching ramp. L Art Hart, 888-2947, 781-762-5251, ajhart@webtv.net

Sat. July 22 – Pilgrim Lake, Provincetown - L Al Johnson 775-8959

Thurs. July 27 – Wareham Scenic Shores - Rte 495 off at Exit 2, go over highway and thru 2 sets of lights to a wide intersection (see gas station). Take R, travel a couple of miles. Take L at Oak St. and continue 1/2 mile to town pier, large parking area. L Al Johnson, 775-8959.

Sat. July 29 – East Branch Westport River - L Rick McNally, 636-7179, richardmcnally@mcworld.com

Thurs. Aug 3 – Coonamesset Pond - Meet at Old Meeting House (now Jewish Community Ctr.) L Dave Shephard, 548-8717, e-mail davesheprd@aol.com.

Sat. Aug 5 – Indian Lakes, Marstons Mills - Pot Luck supper immediately after at Muriel Thomas' house. L Al Johnson, 775-8959.

Thurs. Aug 10 – Bass River — Canoes available for use. Park @ Wilbur Park off High Banks Rd, Yarmouth. L Carbo Bergstrom 255-8732 (after 5 pm).

Sat. Aug 12 – Wellfleet Harbor -L Max Sarazin, 255-8379, msarazin@capecod.net

Mon-Wed Aug 14-16 – Knubble Bay Camp, Maine. Experienced paddlers only. Leaders Dave Williams, 238-3638, bdpaddlers@aol.com, and Dave Shephard, 548-8717, davesheprd@aol.com

Thurs. Aug 17 – Child's River, Waquoit (Falmouth) - Park and put in at Edwards Boat Yard on Rte 28. Ls Mary and Tom Gelsthorpe, 888-1481.

Sat. Aug. 19 – Swan River, Dennisport. L Dave McGlone, 385-6314, dmcglone@capecod.net

Sat. Aug 26 – Walker's Pond, Brewster - L Al Johnson, 775-8959

Thurs. Aug 24 – Bass Hole, Yarmouthport ****time 10:00am**** Ls Lee and Barb Rogers, 362-3954, rb@capeonramp.com

Sun. Aug 27 - Fri. Sept 1 - Washburn Island (come for the DAY of your choice, Herbie will come to put-in and lead you to island, if you call and pre-arrange - L Herb Edgren, 617-472-7271 or Muriel Thomas, 428-3593.

Sat. Sept 2 - Waquoit Bay, Falmouth. L Al Johnson, 775-8959.

Wed. Sept 6 - Bass River, So. Yarmouth. S on 134 from Exit 9 to sharp R at 3rd light onto Upper County Road. Bear L onto Highbank Rd. Turn R into Wilbur Park immediately after crossing Bass River. L Carbo Bergstrom, 255-8732.

Sat. Sept 9 - Indian Lakes, Marstons Mills - L Dick Coveny, 790-1016, LSI@capecod.net

Sun. Sept 10-17 - Wilderness camping - Adirondacks, NY. Ls Art Hart, 888-2847, 781-762-5251, ajhart@webtv.com, or Dave Shephard, 548-8717, davesheprd@aol.com

Wed. Sept 13 - Town Cove, Orleans. Rte 6 East to Exit 12. Take R at set of lights, go thru next set of lights (school on L, Police Station on R). Take R at next set of lights and go to Barley Neck Inn. Take R to Town Landing at Cove. L Al Johnson, 775-8959.

Sat. Sept 16 - Swan River, Dennisport - L Dick Coveny, 790-1016, LSI@capecod.net

Wed, Sept 20 - Mashpee River- (see directions at top of column 2). L Ralph Upton, 398-9680

Sat. Sept 23 - Mashpee/Wakeby. L Al Johnson, 775-8959.

Wed. Sept 30 - The "Nip." Rte 495 to Rte 24 to Exit 104. Go West over bridge to pkg lot on immediate right. L Al Johnson. 775-8959.

Hope you join us on some of these outings. It also would be great if we could always be thinking conservation and bring a trash bag to keep our waterways in pristine condition. Remember, we are always looking for new places to paddle and for new co-leaders/leaders, so speak up if you have a good thought or two on these issues.

Biking

Chair — Connie Austin 420-8943

Helmets required on all rides.

Please call leaders before 9 pm for time, directions and to determine whether you are qualified for their trip. Please pay particular attention to the distance, terrain and miles per hour level. All phones are area code 508 unless noted.

Sun. July 9 – Rock Harbor to Coast Guard Beach. Return by way of Nauset Light. Bring lunch. Total 16 miles, mostly flat, at 10-12 mph. L Paul Ligor, 775-6885, paligor@aol.com

Sat. July 15 – Mattapoisett. Popular ride, moderate pace, about 30 mi. Back roads to beach with ice cream stop. L Elsie Laverty, 823-0634

Sun. July 16 – Ponds to the Bay. Beautiful, fairly flat ride past several ponds along quiet country roads from Lakeville to Mattapoisett. 38 miles, shorter ride of 17 miles also available. Beginning at 9 am. L Cindy Letourneau (7-9 pm only), 947-5533.

Sat. July 22 – Cape Cod Canal: Easy 14-mi ride; bring picnic supper. L Blanche Greig, 771-3696.

Sat. July 29 – Dennis Beach Hop & Picnic Fun Ride. Intermediate (20-40mi) Leisurely pace. Bike to 3 or 4 beaches along Cape Cod's scenic north shore. Number of stops depends on group's pace. Picnic at beach & linger. Not for beginners. Spare tire required. Register by prior Thurs, with L Steve De Bellis, 978-430-3843 (till 10:30 pm weeknights).

Sat. Aug 12 – Easy 30-mile ride through Sharon, Easton, Norton, Mansfield and Foxboro. Geared to all abilities; mostly flat with 3 small hills. Bring lunch. L Rich Iovanni or CL Pat Balsan, 695-6909.

Sat. Aug 19 – Somerset Creamery ride: Taunton to Somerset and back, with ice cream stop at Somerset. About 24 miles RT, some hills, not too many. Call co-leaders John and Louise Poirier, 822-1372.

Sun. Aug 20 – 50+ miles at 14-16 mph. Strong intermediate riders. Cycle the hills of the Plymouth coast and the state forest. L Sheila Place, 420-4438 (before 9 pm).

Sat. Aug 26 – Tour de Rocks: Visit the "other" rocks. About 25 miles at moderate pace to profile rock and Dighton Rock State Park. Possible swim after ride. Elsie Laverty, 823-0634 (before 9 pm).

Sat. Aug 26 – Chatham Islands & Beach Hop & Picnic Fun Ride. Intermediate (20-40 mi) Leisurely pace. Bike to 3 or 4 beaches along the Cape's scenic south shore from Dennis through Chatham. Number of islands/beaches depends upon group pace. Picnic at beach & linger. Not for chin-on-handlebar riders. Spare tire required. Register by prior Thursday with L Steve De Bellis, 978-430-3843 (till 10:30 pm weeknights).

Sat. Sept 9 – Martha's Vineyard: Day trip to the island from Falmouth Harbor. Moderate biking level. L Alice Oberdorf, 771-8261.

Sat. Sept 9 – Cranberry Country, Middleboro, Carver. About 30 miles, mostly flat, past active cranberry bogs. Leaders Louise and John Poirier, 822-1372.

Sat. Sept 16 – Intermediate ride, 30-35 miles, 13-16 mph pace. Rochester vicinity. L Jim Kilpela, 295-1361 (before 9 pm) or e-mail jmkilpela@aol.com

Sat. Sept 23 – Dennis To Orleans Coast-to-Coast Beach Hop & Picnic Fun Ride. Intermediate (25-40 mi) Leisurely pace. Cape Cod Rail Trail to Orleans (west coast), then to Orleans (east coast). Bike to 2 or 3 beaches Dennis to Orleans. Number of beaches/photo ops/stops depends on group pace. Picnic at beach & linger. Not for chin-on-handlebar riders. Spare tire required. Register by prior Thursday with L Steve De Bellis, 978-430-3843 (till 10:30 pm weeknights).

Sat. Sept 30 – Beautiful ride through farmland to Horseneck Beach for lunch. Approx. 25 miles. May include optional loop to winery. L Elsie Laverty, 823-0634

Kudos to the Breeze Label Crew!

Many thanks to **Barbara Hathaway** and her volunteer crews for affixing all those mailing labels to the backside of the Breeze every three months. Let's hear it for **Claire Braye, Ray Butts, Dave Costa, Mary Gravel, Elsie Laverty, Joanne Staniscia, Gayle Goddard-Taylor, and Jackie and Steve Tulip**. Want to help out next time? Call Barbara at 880-7266.

Beal Island



Kayaking on Maine Coast

Loretta O'Brien — 781-784-6971

Most trips are from Beal Island Campground, the AMC's only coastal island facility, offering secluded meadowland camping surrounded by more than 60 acres of beautiful woodland and rocky coast. Island access is by canoe or kayak from AMC's Knubble Bay Camp.

Sat.-Tues., July 1-4 - Thousand Islands, NY Contact Loretta O'Brien, 781-784-6971.

Fri.-Sun., July 7-9 - Chart and Compass: Learn the basics for finding your way along the coast. Plenty of on-water practice. Paddling instruction not provided, but novices are welcome. Kayaks available if rented in advance. Register w/ L Dave Wilson, 207-465-9732, dwilson@mint.net.

Fri.-Sun., Aug 11-13 - Beal Island Kayak/Lobster Bake Weekend: Paddle among Maine's coastal islands and join us for annual Lobster Bake on Beal Is. Trips offered for novice, intermediate, and advanced kayakers depending on level of interest. Fee. Contact L Loretta O'Brien, 781-784-6971.

Fri.-Sun., Sept 15-17 - Founders' Weekend: Join us as we celebrate 30 years at Beal Island. All prior campers, canoeists and kayakers are welcome. Fee. Contact Loretta O'Brien, 781-784-6971, for more information.

Fri.-Mon., Oct 6-9 - Fall Kayak Weekend: Join us for Columbus Day weekend for a variety of paddling trips. Depending on number of participants, trips may be offered for novice, intermed. and adv. kayakers. Kayaks available if rented in advance. Ls Al Hansen and Gail Rondeau. Register with Gail via e-mail: gailrond@nh.ultranet.com.

Fri.-Sun., Nov 3-5 - Work/Committee Weekend: Join us at Knubble Bay for a weekend of fun and construction. Help prepare the camp for winter and continue construction on our new cabin. Register with Dave Wilson, 207-465-9732, dwilson@mint.net

A Mountain Hiking Primer: Education Chair Bob Vogel shares outdoor insights for the less experienced

When you look at the equipment list for a three-season day hike, you probably ask yourself "Do I really need all this gear?"

No, you probably *don't* need all of it for any given hike. For a local day hike at Borderland, for instance, the requirements that the leader sets may be much lower. But when you sign up for *any* trip, the leader should explain what equipment you will be expected to bring. And if the leader doesn't tell you, ask. It's better to resolve any questions when you are signing up, rather than at the trailhead when you don't have the equipment the leader expects and requires you to have.

As you start to get involved in mountain hiking, you will find the leaders become much more particular about what equipment you have, and that you bring it on every trip. When it's 60°F and you are starting your ascent of Mt. Haystack, you may wonder about the necessity of carrying a pair of gloves. In fact, when you descend from the mountains, you may still be wondering about that necessity. But this list was not developed on the basis of what you will probably need on a given day; it's based on the experience of leaders who have hiked extensively and know what you are likely to need frequently enough to justify carrying that equipment.

The gear list is always a compromise. It would always be better to have even more supplies available, but the trade-off is that if you carry everything on every trip you might never get anywhere. And you most certainly wouldn't enjoy the hike.

Q: Why not cotton clothes? I wear jeans all the time in the summer.

Hypothermia. Cotton clothes absorb perspiration and become damp, and damp clothes conduct heat away from your body.

Q: A flashlight? You said it was a day trip. Any trip into the mountains can run into delays. It may not even involve your group. You may come upon someone who is hurt, and end up delayed from helping them. It's *much* better to have a flashlight and not need it, than to be in the woods after dark.



Experienced hikers like Louise Desrochers (left) and Linda Wells each carry well-provisioned packs, but shed them gratefully when asked to mug for the camera. It's better to pack the gear you might need than to wish you had it when you actually do.

Register Now for National Mountain Conference: Stewardship and Human Powered Recreation for the New Century

The National Mountain Conference (NMC) will hold a three-day meeting in Golden, CO on Sept. 14-16 aimed at uniting the human powered recreation community to protect the mountain environment and public access.

Professionals and experienced volunteers will address such issues as: mountain resource protection; recreational impacts and development pressures on mountain areas; and backcountry management for minimal impact.

The conference's third day will feature a field trip to a case study site that deals with recreation, development and natural resources management issues.

The National Mountain Conference steering committee is composed of representatives from AMC, as well as the American Alpine Club, American Hiking Society, Colorado Mountain Club, The Mountaineers and the World Commission on Protected Areas.

Registration forms are available online at www.nationalmtnconference.org, or call/write NMC Conference Coordinator, c/o AMC Research Dept., POB 298, Gorham, NH 03581, 603-466-2721 x184.

A View from the Chair (continued)

Hingham (119), Plymouth (90), Duxbury (76), Attleboro (58) and Brockton (57). About a third of our members live on the Cape and islands.

I am pleased to report that Massachusetts will be the first state in the nation to receive funding from the federal land protection program, the Land and Water Conservation Fund. Three towns (Norton, Westminster and Ipswich) will receive a total of \$447,500 to permanently protect conservation and recreation land in each community. This funding from the National Parks Service will allow us to permanently protect another 95 acres of open space for citizens across the Commonwealth to enjoy.

In Norton, a fifty acre parcel will be protected with a \$200,000 grant from the LWCF and matched at fifty percent by the town. The parcel, known as Johnson Acres, was originally part of the historic Polly Goodwin Farm.

In late April, I attended AMC's Spring Gathering, an all club meeting, in Bridgton, ME. The Chapter Chairs met and voted on guidelines for activity group size (hiking, biking, etc.) and voted additional funds from the Supplemental Dues Allocation for special projects. But the weekend wasn't all meetings. I did get outdoors to hike and also took a photography workshop.

I attended a listening session in Boston with the Forest Service from the White Mountains in early May. The Forest Service is in the process of updating the White Mountain National Forest management plan. Feedback was encouraged on their preliminary plan, and everyone who presented their opinions appeared to favor AMC's stand on protecting current roadless areas, as well as opposing any non-winter entry of off-road vehicles into the forest plan. A straw poll revealed that many want the AMC to recommend further limitations on snowmobile use, increase the wilderness areas, and show greater concern over current logging levels.

Finally, I am pleased to announce the members of 2000 Nominating Committee: Louise Desrochers, John Poirier, Rich Iovanni, Mary Gravel, and Don Costa. If you would like to nominate anyone for the Executive Board (or if you would like to be nominated yourself), please call Louise at 822-1372.

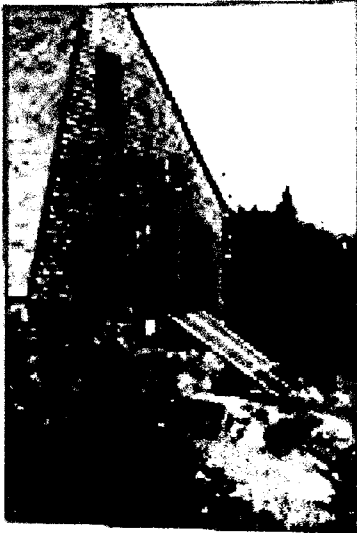


Photo by Marry Ashburne

SEM /AMC Chapter Hut Night

October 14 – 15

Mizpah Spring Hut

Join us at 3,800 feet for the Year 2000 edition of **Chapter Hut Night**. This fall we'll be at the Mizpah Spring Hut, nestled just a half-mile below the summit of Mt. Pierce (AKA Clinton) and above scenic Crawford North. Mizpah is the AMC's newest hut, built in 1964, and features large, south-facing windows, varied-size bunkrooms, a separate library and game room. It offers great day hiking and superb views of the southern Presidentials and Crawford Notch from the summits of nearby Mts. Jackson and Webster. **Group size is limited to 30 people. Cost is \$45 per person.** This includes a hearty dinner on Saturday night, Oct. 14th, and a carbo-loading Sunday morning breakfast. Special diet meals are available if ordered in advance. **Register by Sept. 1st** with trip coordinators Walt Wells. 279-1963 or Charlie Farrell, 822-2123.

Trail Work

Chair — Lou Sikorsky 678-3982

We continue to need your support to help us keep our adopted trails in the same excellent condition that we have kept them in for many years. It would be great to see some new faces out there along with the few die-hards that keep us in business.

I wish to personally thank all of you who attended our trip to Lonesome Lake in May. Our group did an outstanding job, even though we were short-handed.

We have work for people of all ages and abilities; we even had a 4-year-old (my son) on the Lonesome Lake trip, and he joined us again in Myles Standish State Park on National Trails Day. So if he can pitch in and help, I would sure hope that those of you who use our trails would consider lending a hand as well.

I continue to look for someone to serve as vice chair for the Trails Committee ... someone who will eventually take my place. I

know there's some one out there who wants to get involved.

Our trips haven't been very well attended this year, and if we don't have people start to take care of the trails that our chapter — or should I say your chapter — has adopted, then I fear we will be forced to give them back. Needless to say, we wish to avoid that happening if at all possible.

So if you're willing to help, please give me a call at 878-3984 or e-mail me at Louie_s@compuserve.com. I will be happy to train anyone who shows an interest.

Sept 22-23 - Lonesome Lake: The last work trip of the year, and the last of the \$10 trails trips as well. Sorry, but we've had some severe financial constraints imposed on us. So next year, the price of this trip will likely be going up, and we will probably only be staying at the hut in the spring.

Cost for this last trip of the year will be only \$10. I'll need that fee paid in full by Aug. 5. Group is limited to 12, so I am expecting this one to fill up real fast. Call Lou at 678-3984.

WMNF Parking Passes: No more warnings; now you'll be fined!

It was just a matter of time. This year, the White Mountain National Forest (WMNF) is not only ticketing cars without parking passes; it's assessing fines (reportedly as high as \$50) for scofflaws. And just like "real" parking tickets, if you don't pay them, you get turned in to the authorities.

So remember to get your pass if you'll be parking your vehicle in the well-marked "fee areas" of the WMNF. Passes can be obtained in many different places ... check out www.fs.fed.us/r9/white/recreation/fee_demo/index.html on USDA Forest Service's WMNF Web site for information as to where. FYI: you can also buy them at REI, via the mail and at various retail establishments in the northern NH area.

Prices are \$20 for an annual pass (valid for 1 year from the date of purchase); \$25 for two household vehicles; \$5 for a 1-7 day pass; and \$3 for a daily pass.



Conservation and Trails Committees Unite at New Bedford Nature Trail

A dedicated group of volunteers came out on a rainy April Saturday to help rebuild bridges at the Flora B. Pierce Nature Trail in northern New Bedford. The Earth Day project was jointly organized by the SEM/AMC Trails and Conservation committees.

More work needs to be done to revitalize this local walking trail. The Trails and Conservation Committees are again joining forces to complete the work that needs to be done. But more volunteers are needed. Four work days are scheduled throughout the summer months to finish the project: **June 17, July 15, Aug. 19 and Sept. 16.** These Saturday projects will begin at 9 am, with a barbecue following.

We need all the help we can get, so come lend a hand ... even if only for a few hours. Call Lou Sikorsky, 678-3984, or Cindy Letourneau, 947-5533, at least one week prior.

Our Parks and Forests Need Your Voice: Contact Sens. Kennedy and Kerry today

The Commonwealth of Massachusetts could receive more than \$48 million each year in federal funding for bike paths, hiking trails, public swimming pools and beaches, state parks and state forests. This can happen only if the U.S. Senate passes the Conservation and Reinvestment Act (CARA), an historic piece of conservation legislation that will dedicate \$2.8 billion a year to conservation funding nationwide.

In May this year, the U.S. House voted 3:1 in favor of this bill, thanks to an influx of faxes, letters and phone calls made by people like you to their Representatives. Now, we need to transfer our energy to the Senate, where the bill currently awaits a vote.

In Southeastern Massachusetts, many of the places we visit regularly have already benefited from LWCF funding. These include Scusset Beach, South Cape Beach, Scargo Lake, Buttonwood Park, Massasoit State Park, Savery Park, Wompatuck State Park, Hillstorm Farm Park, and Cape Cod National Seashore, as well as the National Wildlife Refuges in Mashpee and Monomoy Island. To learn more about other LWCF projects, visit www.capweb.net/outdoors/lwcf/lwcf.cfm.

HOW YOU CAN HELP

Contact Senators John Kerry and Ted Kennedy and ask them to pass CARA this year. Call Sen. Kennedy's office at 202-224-4543 and Sen. Kerry's at 202-224-2742, or write a quick letter today at <http://www.capweb.net/outdoors/lwcf/lwcf.cfm> Your voice matters!

For more information or to join the LWCF action team, contact Amy McNamara at 617-523-0655 x385 or amcnamara@amcinfo.org.

Hannah Driscoll, AMC

Rise to the Summit: Make a Gift for Future Generations of AMCers

You can share your passion for outdoor recreation and conservation with future generations of hikers, paddlers and other outdoor enthusiasts through a bequest to the Appalachian Mountain Club.

If you have already named AMC in your will, please notify us so we can thank you and welcome you to the Summit Society

For information on how to include AMC in your will or to learn about charitable gifts that produce income, contact Norie Mozzone at 617-523-0655 ext. 309, 5 Joy Street, Boston, MA 02108, or nmozzone@amcinfo.org.



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