

View from the Chair

by Anne Chace

That Time of Year

It may not have been a typical winter, but now it's time to dust off the hiking boots and get the day/back packs ready to go. Check those bike tires and put the canoe/kayak rack on the car. And don't forget about all the trailwork that needs to be done ... it's that time of year.

During this, our chapter's Silver Jubilee year, make it a point to GET OUTDOORS! Find an activity or two that interest you and call one of our leaders. Activity chairs and leaders have been busy during the "off season" preparing trips to meet varied interests. Support them by going on the trips. Just pick up the phone and call or click on your e-mail. Answer the screening questions and take the plunge. Even if you've never participated in a chapter activity, make a special effort to get out on one this season, for the true spirit of the AMC is our chapter activities, and SEM/AMC has some of the best offerings. And remember: you snooze, you loose! Trips can fill quickly, so don't wait until the last minute. And be kind and call the leader to cancel if you are unable to attend. This way someone can be taken of the wait list. Not quite ready to take the plunge? Try a "My First AMC Hike" for a great introduction. We're a very friendly chapter and our leaders are ready waiting to meet YOU!

Three Cheers.....and them some!

Our chapter really rolled out the "red carpet" for the AMC clubwide Spring Gathering on April 26-28 at Camp Burgess in Sandwich, MA. Attendance totaled just under 200. It was great to see several members of our chapter and board present and participating. And judging from the abundant comments we received, it's clear most everyone there had a wonderful time. Special thanks to Dexter Robinson for chairing this this successful event—it was truly another outstanding "Dexter Production" — and thanks as well to the many others who gave of their time and talent in planning this event and serving in several capacities throughout the weekend. All deserve high praise.

In particular, from Dexter's event committee — Erika Bloom, Dick Cairns, Vicki Fitzgerald and Wayne Taylor — as well as the many members who served as volunteer registration table assistants and as hosts for the event's hikes, birding, canoeing, biking and Cape Cod excursions — Pauline Jordan, Janet Dimattia, Mike Woessner, Bob Vogle, Louise Desrochers, John Poirier, Monique Szechenyi, Linda Church, Linda Wells, Walter Wells, Sue Robinson, Gene Binder, Georgia Binder, Peter Selig, Farley Lewis, Carolyn Crowell, Jim Kilpela, Jeri Housley, Janet Kaiser, Richard Kaiser, Michael Detrey, Diane Silverstein, Ed Foster, Paul Currier, Heidi Moss and Bob Freeman. (I hope I did not leave anyone out) Thank you one and all!

Dates to Remember

There's a lot going on this summer ... and this fall. So be sure to mark your calendars with some of these important dates, and look elsewhere in this issue for details about these events.

June 1 — National Trails Day (10th Anniversary), Myles Standish

August 10 — Annual Summer Picnic, Peddocks Is., Boston Harbor

September 14-15 — SOLO Wilderness First Aid (WFA) training

September 28-29 — Chapter Hut Night, Cardigan Lodge, NH

November 16 — Annual Meeting, White's of Westport.



Our hosting of the AMC Spring Gathering was a great success ... whether participants were camping or bunked down in heated cabins. Clubwide meetings were held, various chapter-led activities run and the rains held off until the very end.

Our "Cape Cod Caper" is a big success

Dexter Robinson, Spring Gathering Coordinator

On the weekend of April 26-28, our chapter hosted Spring Gathering 2002 for approximately 195 people at Camp Burgess in Sandwich. The weekend events ranged from all-club meetings to activities that included local hikes, bird walks, paddles, bike rides, visits to local attractions, and several events led by YMCA staff such as an ecology boat trip and summing of their climbing wall. Executive director, Andy Falender, and club president, Laurie Burt, met with the group to answer questions and describe plans for the new AMC education center in Crawford Notch. Marcie Van Cleeve led us through dances from around the world for the Saturday night entertainment. Registrants received an SEM 25th anniversary bandana along with an EMS water bottle. We used a set of questions about participants and general outdoor knowledge to select the winner of donated gifts—a set of trekking poles from REI and a hydration backpack full of goodies from EMS.

I would like to thank the 34 volunteers who helped with setup, registration, snacks, happy hour, and the many activities we offered during the weekend. A special thanks to the Spring Gathering Committee: Erika Bloom, registrar and my right-hand person through out the weekend; Dick Carnes, whose signs and maps got rave reviews; Anne Chace, who coordinated snacks, happy hour and helped with donations; Vicky Fitzgerald who helped with snacks, happy hour and registration; and Wayne Taylor who handled publicity and helped with donations.

ANNUAL SUMMER PICNIC

Saturday, August 10 — PEDDOCKS ISLAND, Boston Harbor

Something completely different this year! Take the boat from Hingham to Peddocks Island, enjoy lunch and an interpretative walk with a Friends of the Harbor Islands guide. Or take a water taxi from Peddocks to George's Island, explore the Civil War fort and take in the fine harbor views. Boats are also going to the outer islands and to Boston Light—the oldest continually operating lighthouse in the US. There is also the option of camping out on the island Saturday night.

Cost: Members—Adults, \$15; children under 12, \$12
Non-members—Adults \$18, children \$15
(All inclusive, includes RT boat ticket & lunch)

Space is limited; sign up by July 15. Rain date: Sunday, Aug. 11

For more info and to register, call Patrick Holland (781) 925-4423 (6-9 pm) or email: pat.holland@aoltwbq.com



The Southeast Breeze is published quarterly by the Southeastern Massachusetts Chapter of AMC.

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Editor's Notebook

Tell us about your last great outdoors adventure ... Your comments and suggestions are always welcome, as are your contributions of articles, poetry, photography or anything else related to your AMC membership. When submitting something, please respect our deadline, which is the 20th of the month, two months prior to the publication date (e.g. July 20 for the Sept/Oct/Nov issue). We'll publish your submissions on a space-available basis. Contact us at 508-252-6995 or witaylor@attbi.net.

Not getting your copy of the Breeze? Call Membership Chair Linda Cronin (781-447-2597) or drop her an e-mail (linda.cronin@whrsd.k12.ma.us) to be sure you're on the list.

Chapter Opportunities

Seeking Nominations for Executive Board ...

SEM/AMC members elect the Chapter's Executive Board at our Annual Meeting, which will be held this fall on November 16th at White's of Westport. A Nominating Committee is formally charged with developing a slate of officers to be put before members attending the Annual Meeting. This year, that committee is chaired by Muriel Thomas. If you or someone you know of may be interested in serving on the Executive Board — or in a particular position on the Board — or if you're simply interested in learning more about the roles and responsibilities of the SEM Board, please contact the Nominating Committee by calling Muriel Thomas at (508) 428-3593.

Board Vice Chair Positions Open ...

There are lots of ways to get involved with your Chapter. One of the most rewarding is to become a member of the SEM/AMC Executive Board. Each of the Board's Committees typically has a vice chair, who assists the Committee Chair and often serves in the role in preparation for later taking over as chair. The Biking, Canoe/Kayak, Communications, Conservation, and Membership committees are all currently seeking individuals interested in being nominated for vice chair roles. If interested, please contact Chapter Chair Anne Chace at (508) 824-8871.

Know of Anyone Who Deserves an Award?

The first annual SEM/AMC Distinguished Service Award (DSA) was given last year to Bruce Dunham, a long-time member and tireless contributor to our chapter in so many ways. The DSA Committee is seeking nominations for the 2002 DSA Award, which generally speaking goes to a chapter member whose service to the club goes above and beyond the call. If you have a deserving someone in mind, contact Bob Bentley at (508) 866-3057

"Membership in a Bottle"

A great gift for your favorite outdoors enthusiast.

Single Membership \$40.00

Family Membership \$65.00

Nalgene Bottle with \$10 Gift Certificate
good for AMC lodging, workshops and books.

Contact: Linda Cronin
linda.cronin@whrsd.k12.ma.us

New Members Only
781-447-2597

Clubwide News Bits

- Pack Off the Kids to AMC's Teen Wilderness Adventures**
Lace up your boots, strap on your pack, and join us for an unforgettable summer experience with *AMC Teen Wilderness Adventures*. It's a fantastic way to explore spectacular outdoor places in the company of exceptional leaders and newfound friends. Teen Wilderness Adventures consists of 5 to 22 day summer trips in the White Mountains of New Hampshire and western Maine. The series of adventures for teens, ages 12-18, encourages youths to learn more about their environment, face new challenges and make new friends. Teens can learn a variety of new skills, including canoeing, rock climbing, backpacking, trail work, white water and sea kayaking, mountain biking, leadership skills, and Leave No Trace skills and ethics. For more information, call Dara Houdek at (603) 466-2721 x209, or check out the program at www.outdoors.org/education/twa.

- AMC Fall Gathering 2002: Oct. 25-27**
"The Shenandoah Shindig"

Save these dates — Friday through Sunday, October 25-27 — for the 2002 Fall Gathering, The "Shenandoah Shindig," hosted by the DC chapter. It's a clubwide event that will take place in Front Royal, Virginia, on the very edge of Shenandoah National Park.



Besides the usual AMC committee meetings, there will be a variety of chapter-led hiking, paddling, and bicycling trips, tours of Civil War battlefields and the Appalachian Trail Conference HQ in Harpers Ferry, plus campfire sing-alongs, wine tastings and more! Mark your calendar and watch for registration information in the mail and at www.amc-dc.org in early August.

Left: A young participant at our Cape Cod Caper keeps busy while waiting for a hike to begin.

See p. 8 for more photos of the fun we had at SEM/AMC's Spring Gathering 2002 on Cape Cod.

- Rise to the Summit:**
Make a Gift for Future Generations

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 that we can say 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 the Planned Giving Office at 617.523.0655 ext. 309, 5 Joy Street, Boston, MA 02108, or E-mail us at summitsociety@amcinfo.org.

Hiking and Backpacking

Chair — Erika Bloom (508) 996-3290

Vice Chairs — Patrick Holland (781) 925-4423

Charlie Farrell c.farrell@verizon.com

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

Miles	Pace/ mph	Terrain
AA=13+	1=very fast/2.5	A=very 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

Sat., June 1 - National Trails Day; See Trailwork section.

SUMMER MOUNTAIN HIKING SERIES: We've planned a series of hikes for fit lowland hikers who want to head for the mountains. You must register for each hike individually (register early – limited space available). Participants must complete each hike without significant problems in order to progress to the next hike in the series, as there is a progression of elevation gain and difficulty. Check out the Summer series hikes on June 2, 15, 22, July 13, August 3, and a backpack on August 24/25. (The June 15 and 22 hikes are similar levels; it's OK but not necessary to go on both). Certificates awarded to those who complete at least 4 hikes in the series.

Sun. June 2 - Summer Mountain Hiking Series #1: Blue Hills Hike/ Introduction to mountain hiking and equipment. Hike along the Skyline Trail, with significant elevation gain and loss to help you prepare for summer hiking in the mountains of New Hampshire. Leaders will talk about proper gear and preparation at the trailhead and/or along the trail (weather permitting). Reg. w/ L Alan Ruiz, 508-643-0930 gandalf7@mindspring.com; other L Bob Vogel, 508-238-7732 (6-9 pm) rvogel@attbi.com

Sat., June 8 - 2nd Annual Blue Hills Haul! (A2B) Explore this hilly reservation as we get a good, fast, workout. Great views. Great fun! Not for the out of shape! L Bob Vogel, 508-238-7732 (6-9 pm) rvogel@attbi.com

Sat., June 8 - Mt. Osceola & East Osceola, NH (A3B) Mt. Osceola from the Waterville Valley side. On to East Osceola through the Chimney if time permits. Register w/ L Walt Wells, 508-279-1963 (7-9 pm), wwells50@aol.com. CL Bob Emery 508-222-8460 (6-8 pm).

Tues., Jun 11 - Weekday Evening Hikes! (B/C3C) Leader's choice of locations: from Blue Hills to the Canal. Times, distances and locations to vary each trip. Don't watch TV, come hike! L Bob Vogel 508-238-7732 (6-9 pm) rvogel@attbi.com for details. (Email contact preferred for these trips!)

Wed., June 12 - Hike Planning Meeting. Meet at the Universalist Unitarian Church, 25 S. Main St. Middleboro at 7:00 pm. All are welcome to attend; new leaders and co-leaders needed (will train!). Call Erika Bloom for info or directions 508-996-3290 (7-9 pm), ebloom@attbi.com.

Sat., June 15 - Summer Mountain Hiking Series #2A: Welch and Dickey, NH (C3B) Excellent views for a modest effort on Welch (2605') and Dickey (2734') peaks. Total 4.4 miles, 1800 feet of elevation gain make for a good workout. Similar level hike to #2B June 22; not necessary to go on both to complete the series. Register with L Charlie Farrell 508-822-2123 (7-9 pm). CL Cindy Letourneau 508-947-5533 Clet8@aol.com

Sun., June 16 - Great Swamp, So. Rhode Island (B4D) Great swamp nature walk. We'll explore the woods, fields and waterways of this wildlife management area in South Kingstown Rhode Island. This trip is for a half day, or for those wanting to we'll continue on for a few more hours. Slow pace with plenty of observing the flora and fauna. Register with Leader Bob Emery 508-222-8460 (6-8 pm). CLs Colleen Bernier 508-679-9319, COLLEENI869@yahoo.com; Dick Cames 508-285-5790 rcames2@aol.com

Sun., Jun 16 - "Hey Dad, Take a Hike!" (C4D) Send Dad! Or bring Dad. (Non-Dads too!) Leisurely 4 mile pm walk through woods and around ponds at Borderland State Park. Great starter hike. L Bob Vogel CL Barbara Vogel, 508-238-7732 (6-9 pm) rvogel@attbi.com

Sat., June 22 - Summer Mountain Hiking Series #2B: Squam Range, NH: Morgan, Percival, Squam, Doublehead (B3B) Similar level hike to #2A June 15; not necessary to go on both to complete the series. GREAT views, lots of exercise. Ladders and rock caves. Register with L Bob Vogel 508-238-7732 (6-9 pm) rvogel@attbi.com CL Linda Church 508-495-1308 (7-9pm), lchurch@whoi.edu

Sat., June 22 - Webster Cliff, NH (B3B) Great views into Crawford Notch. We will go up the Webster Cliff Trail and down the Webster Jackson Trail. Reg. w/ CL Rick Fordyce, 508-430-0268 (7-9 pm). L Charlie Farrell, 508-822-2123 (7-9 pm) c.farrell@verizon.net.

Sun., June 23 - Blue Hills Joint Venture with BARPCV (C3C) That's the Boston Area Returned Peace Corps Volunteers. This will be a moderate ramble with ex-Peace Corps volunteers. Enjoy fine views and interesting stories. Reg. with L Patrick Holland 781-925-4423 pat.holland@aolwbg.com (6-9 pm) Co-leader Bill Markson 508-947-6739 mogulero@yahoo.com

Tues., June 25 - Evening hike thru Wrentham State Forest (C4C) Starting at 7 pm, this hike will be thru the Wrentham part of the Gilbert Hills State Forest. We will hike approx. 4mi. over varied terrain on established trails. There will be a few good views of Boston depending on weather. Terrain will vary from swamp to rocky hills. Don't forget bug spray! Register with Leader Mike Woessner 508-384-8344 (7-10 pm), Stridermw@hotmail.com. CL Bob Vogel 508-238-7732 (6-9 pm), rvogel@attbi.com

Wed., Jun 26 - Weekday Evening Hikes! (B/C3C) (See June 11.)

Sun., Jun 30 - "My First AMC Hike!" @ Blue Hills (B3D) Easy 3-mile loop followed by a faster, steeper 4-mile loop for those interested. Don't just read these listings every month, come hike! Lots of info for new hikers and new AMC members. L Bob Vogel 508-238-7732 (6-9 pm) rvogel@attbi.com

Sat., July 6 - Franconia Ridge, NH (AA2B) Come hike the entire Franconia Ridge. We'll go up the Flume Slide Trail to Mt. Flume across to Liberty, Little Haystack, Lincoln, and Lafayette, coming down the Old Bridal Path. Register with L Paul Vermette (603-598-6623 (5-8 pm) pjvermette@yahoo.com. CL Ben Freeman.

Wed., Jul 10 - Weekday Evening Hikes! (B/C3C) (See June 11)

Sat., July 13 - Summer Mountain Hiking Series #3: Mt Moosilauke, NH (B3B) This will be our first 4000 footer! Hike the Beaver Brook trail, which is part of the Appalachian Trail, to the summit and enjoy outstanding views of the Green Mountains and Franconia Ridge. Register with Leader Patrick Holland (6-9 pm) 781-925-4423 pat.holland@aolwbg.com Co-leader Rick Barnes 508-830-0479 (8-10 am, 7-10 pm) rwbarnzee@aol.com ▶

HIKING and BACKPACKING continued

Sat-Sun., July 13-14 The Moat Range Backpack (A3C) A nice backpack over 3 low summits (highest is 3196 feet) with nice views. Not a fast-paced hike: we're out here to have a good time and enjoy the mountains. Reg. w/ L Walt Wells 508-279-1963 (7-9 pm), wwells50@aol.com. CL Bob Emery 508-222-8460 (6-8 pm).

Sun., July 14 - Bastille Day - Massasoit State Park (B3C) Hike past Lake Rico; moderate pace suitable for beginners. Register with L Bill Markson, 508-947-6739, mogulero@yahoo.com. CL Colleen Bernier 508-679-9319, colleeni869@yahoo.com.

Sat., July 20 - Cuttyhunk (C4D) Ferry to Cuttyhunk, hike the island's beaches, possible swim. Fee for ferry. Register with L Charlie Farrell 508-822-2123 (7-9 pm). CL Dick Carnes 508-285-5790 (7-9 pm).

Sat., July 20 - Mt. Flume, NH (A3A) A very long, strenuous day. We'll go up the Osseo trail to Mt. Flume; the ascent has switchbacks, wood staircases/ladders, and is very steep. Descent is also extremely steep and difficult in the case of rain. We will car spot. Not for beginners. Register w/ L Pauline Jordan 508-676-5146, hirst30@aol.com; CL Patrick Holland 781-925-4423 (6-9 pm), pat.holland@aoltwb.com

Sun., July 21 - Gooseberry Neck Beach Hike, Westport (C4D) Beach-comb out and birdwatch back with some WWII history, too. Register with Leader Bob Bailey, 508-636-4094, bailey@rcn.com; CL Melanie Jansky, melli6246@yahoo.com

Wed., July 24 - Weekday Evening Hikes! (B/C3C) (See details, June 11)

Sat., Aug. 3 - Cherry & Webb evening hike, Westport (C4D) Leisurely hike around a classic barrier beach. Explore natural history of a saltmarsh, surf beach and dunes. Register with CL Mike Vining 781-344-0103. L Bob Bailey 508-636-4094 (6-9 pm), bailey@rcn.com.

Sat. Aug. 3 - Summer Mountain Hiking Series #4: Little Haystack & Lincoln, NH (B3A) Come above treeline on the Franconia Range and climb a 5000-foot peak. Register w/ Leader Linda Church 508-495-1308 (7-9 pm), lchurch@whoi.edu. CL Bob Vogel 508-238-7732 (6-9 pm) rvogel@attbi.com

Sun., Aug 4 - BARPCV Joint Venture, Part II: The Wapack Trail (B3B) See June 23 for BARPCV explanation. This time we'll hike the southern section of the Wapack trail near Rindge, NH. Register with L Patrick Holland, 781-925-4423 (6-9 pm) pat.holland@aoltwb.com. CL Steve Tulip, 508-977-9309 stulip@dpyus.jnj.com

Wed., Aug 7 - Weekday Evening Hikes! (B/C3C) (See details, June 11)

Sat., Aug 10 - Annual SEM Summer Picnic: the Boston Harbor Islands

Sat-Sun., Aug 10-11 - Peddocks's Island Overnight (C4D) Spend the night in the harbor, enjoy beautiful sunset over the Boston skyline. Explore the ruins and unique environment of the island. Camping is free but the island ferry is \$10. Can be combined with the Summer Picnic. Register w/ L Patrick Holland 781-925-4423 pat.holland@aoltwb.com (6-9 pm). CL Bill Ruel 781-878-7713 eruel@iopener.net

Sun., Aug. 11 - Destruction Brook, So. Dartmouth (C4D) Leisurely exploration of woods and stream in a coastal maple/oak/pine forest. A bit of history mixed in with the natural history. Register with Leader Bob Bailey, 508-636-4094 bailey@rcn.com. CL Dick Carnes, 508-285-5790 rcarnes2@aol.com

Sat., Aug. 17 - Hancock Loop (A3B) A steep and rough loop up to Mt. Hancock. A long day hike of approximately 9 miles; not for beginners. Register with Leader Pauline Jordan 508-676-5146, hirst30@aol.com. CL Mike Woessner 508-384-8344 (7-10 pm), stridermw@hotmail.com.

Sun., Aug. 18 - Welch & Dickey Loop (C3C) Beautiful first or anytime hike; great views, about 4.5 miles. Bring a camera and lunch too. Some sections are steep and can be dangerous in the rain. Register with CL Rick Fordyce, 508-430-0268 (7-9:30 pm), refordyce@yahoo.com. Leader Pauline Jordan, 508-676-5146 (call after 9 pm), hirst30@aol.com.

Wed., Aug. 21 - Weekday Evening Hikes! (B/C3C) (See June 11)

Sat-Sun, Aug. 24-25 - Summer Mountain Hiking Series #5: Hancock's Backpack (B3B) Cap off the summer series with an overnight in the Pemigewasset Wilderness, plus the opportunity to bag two legal 4K-footers. We'll hike in the Hancock Notch Trail to Cedar Brook Trail and camp near junction with the Hancock Loop Trail. Summits day will depend on weather and group energy level. Register with CL Mike Vining, 781-344-0103 (7-9 pm) or L Wayne Taylor, 508-252-6995 (7-9 pm), wjtaylor@attbi.com.

Sat-Sun, Aug. 24-25 - King Ravine/Craig Camp, NH (A2A) We'll take the Short Line Trail to the ravine, scale the headwall and spend the night at the RMC Craig Camp cabin. Hike out on Sun. Limited to six. Register with leader Patrick Holland 781-925-4423 (6-9pm), pat.holland@aoltwb.com. CLs Dexter Robinson, 781-294-8840 dexsue@attbi.com and John Pereira, 508-254-8303 iceclimbing@backpacker.com

Sat., Aug. 24 - Mt. Pierce, NH (B3B/C) Easier 4K peak: Day hike via the Crawford Path (oldest footpath in the country) to the tip of Mt. Pierce. May add a one-mile ridge walk over to Mt. Eisenhower (another 4K-foot peak), if conditions allow. Reg. w/ Leader Laura Smeaton, 617-695-9903 (6-10 pm) smeaton@sdac.harvard.edu. CL Bob Emery 508-222-8460 (6-8pm).

Sat., Sept. 7 - Tripyramid Scramble, NH (A3A) Long hike. Steep slides. What more could you ask for? Oh, yeah, two 4K peaks. Joint trip with Boston Chapter. Reg. w/ L Bob Vogel 508-238-7732 (6-9 pm) rvogel@attbi.com. CL Paul Vermette 603-598-6623 (5-8 pm) pjvermette@yahoo.com

Sun., Sept. 8 - Old Colony Rail Hike, Taunton (B3C) 10:30 am start. Maximum 6 miles on former rail line that MBTA may bring back into service. Come walk through history and be prepared for mud. Register w/ L Anne Chace 508-824-8871 (7-9 pm).

ADVANCE NOTICE:

Sat-Sun. Sept. 21-22 - CHAPTER HUT NIGHT, AMC Cardigan Lodge, NH. See details elsewhere in this issue.

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. 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.*

Rock Climbing

Rock Climbing can be fun and rewarding if done correctly. The following activities are being offered to introduce people to the sport and help them learn basic techniques. No prior experience is needed (except for *Intro to Sport Climbing*), just a sense of adventure.

The Top Roping activities will introduce basic principles of belaying, rappelling, and climbing techniques. Bouldering activities will help participants gain valuable hand and feet technique that can be applied on roped climbs. The Introduction to Sport Climbing activity will introduce fundamental skills of leading a climb by using fixed protection. All activities require participants to provide their own rock shoes. In addition, participants taking part in the top roping activities will need their own harness. For those interested in participating in the sport climbing activity, you must have prior climbing knowledge, be able to climb 5.8 comfortably and have basic climbing equipment.

All activities will be led by climbing coordinators John Pereira or Brian Donelan. To register or to obtain more information, contact John at 508-254-8303 or iceclimbing@backpacker.com

Please keep in mind that the top roping and bouldering activities are tailored for beginners and those who have prior experience will find the material covered a bit redundant. All activities have the possibility to be canceled due to weather or other acts of God.

Bouldering

Tues., June 25 - 6-8 pm

Tues., July 30 - 6-8 p

Tues., Aug. 20 - 6-8 pm

Top Roping

Sat., June 22

Sat., July 20

Sat., Aug. 17

Introduction to Sport Climbing

Sat. July 27

Cape Cod Hikes

Chair—Janet DiMattia (508) 394-9064

Vice Chair—Heidi Moss (508) 362-6440

NO DOGS. Heavy rain or snow cancels.

FULL MOON HIKES

Mon., June 24 - Full Moon Hike – Bourne, Canalside (C3C) Begins at 7 pm. Park in main visitor pkg lot on Rte 6 northside of canal. L Pam Carter 508-398-2605

Tues., July 23 - Full Moon Hike – Mashpee, South Cape Beach (C3C) Begins at 7 pm. From Mashpee rotary take Great Neck Rd. S 2.8 mi. Bear L n Great Oak Rd. and follow to end of town beach prkg lot, approx. 2.5 mi. L Janet Kaiser 508-375-0574

Thurs., Aug 22 - Full Moon Hike – Chatham Harding Beach (C3C) Begins at 7 pm. From Rte. 28 turn on Bam Hill Rd. to Beach Rd. to Harding Beach. L Peter Selig 508-432-7656.

ADVANCE NOTICE - First Fall Hike

Thurs. Sept. 12 - Harwich, Herring River (C3C) Starting at 9:30 am. Exit 9 off Rte 6 onto Rte 134S. Turn left at 3rd traffic light onto Upper Country Rd., then immediate L onto Great Western. At approx. 2.2 mi, park inside fence on L at Sand Pond. L Janet DiMattia, 508-394-9064. Potluck lunch close by at Leader's house following hike.

Trails

Chair — Patrick Holland (781) 925-4423

Vice Chair — Lou Sikorsky (508) 678-3984

June 1-2: Myles Standish State Forest, Carver. Annual workfest on the Bentley Loop. June 1 is the 10th Anniversary of National Trails Day, so join thousands of volunteers across America to help restore and repair our nations trail system. 9 am-4 pm Cookout after and option to car camp overnight. Hike, bike swim, or lounge in camp on Sunday

June 22: Warner Trail, Foxboro. SEM is an official adopter of this unusual trail that runs from Diamond Hill State Park, RI to Canton, MA. But we'll only be working on a section near Foxboro. This is a good introduction to trailwork. Mostly brush cutting Bring lunch, work gloves. 9 -2 pm

June 15-17 * July 26-28 * Sept 13-15: Lonesome Lake Trail, Franconia Notch. Some changes here: We will no longer be staying at Lonesome Lake hut but will car camp at Lafayette Campground. Lunch and dinner on Sat. will be provided. Plan to arrive Friday afternoon/evening, work all day Sat. and until noon Sun. to finish up loose ends. There's work for all levels and abilities: brushing, drainage construction and repair, even moving large rocks if you'd like. Newcomers welcome!

To register for any of these work dates, please call Patrick Holland, 781-925-4423 (6-9 pm) pat.holland@aoltwbg.com

Mass. Forests and Parks Need Your Help

Did you make it out to Myles Standish State Forest to look for wildflowers this spring? Or gone swimming at Scusset Beach State Reservation or biked the Cape Cod Rail Trail? If you plan to hike any of the AT in Massachusetts this year, chances are good that you will pass through at least one of the eight state forests through which the trail meanders.

Our forests and parks matter more today than ever before. Over 12 million visitors a year seek out Massachusetts' forests and parks to bring spiritual and physical health to their lives. They seek out swimming holes and fishing streams, sunsets and wildflowers, quiet hikes and peaceful bird watching. In addition, public lands are sources of clean water, act as natural classrooms, and provide plant and wildlife habitat.

Our forests and parks are losing ground despite the fact that they are essential to our quality of life. Visitor services, routine maintenance and acquisitions to the forests and parks system have suffered for years due to lack of funding and inadequate staffing. Neglect has lead to resource degradation and poses potential public health and safety liabilities.

Inspired by the need to protect our special places, the AMC has joined with the Environmental League of Mass., the Mass. Audubon Society, MASSPIRG and the Mass. Chapter of the Sierra Club to form the Forests and Parks Partnership and lead a statewide effort to improve our state forests and parks system. Over 50 other groups from across the Commonwealth have joined AMC to call on the legislature and governor to renew its commitment to our Forest and Park System. Hikers, paddlers, and park advocates across the state are joining together to demonstrate support for our forests and parks. Your help is needed as well!

Visit www.forestsandparks.org for fact sheets and suggestions for getting involved. Download the citizen petition, "Five-Star Forests and Parks." Ask your friends, family and co-workers to sign and show their support for our public lands. The website also has a "Summer of Parks" calendar, which lists hikes, events and other opportunities for you to get out and enjoy our public lands this summer. To learn more, contact Bryan Wentzell, AMC's Conservation Outreach Coordinator, at 617-523-0655 ext. 386 or bwentzell@amcinfo.org. ▲ ▲ ▲

Canoe and Kayak

Chair — Ed Foster (508) 420-7245

<http://community.webtv.net/ajhart/SEMASSAMCPADDLERS>

All trips: Allow time to park, unload, and be on the water ready to paddle at 10:30 am. Registration is required only for those trips that don't have directions to the put-in.

PFDs: A Coast Guard approved Personal Flotation Device (PFD) should be worn at all times.

What to bring: In addition to a PFD, a complete change of clothes in a dry bag, water, lunch, and sunscreen.

NOTE: The possibility of strong wind and/or rough water may make some trips unsuitable for open canoes or kayaks without spray skirts. Check with the leader.

Sat. June 1 - Blackstone River, Northbridge and Uxbridge. Paddle the historical canal and locks - Flat & quickwater with 2 short carries. Care shuttle is required. Art Hart, 781-762-5251, ajhart@webtv.net

Wed. June 5 - Leader's choice. Jeff Tubman, 508-896-7858, jltbmn@capecod.net

Sat. June 8 - Charles River, Millis to Natick. Register w/ L Loretta O'Brien, 781-784-6971 (h), 781-769-6417 (w) LorettaSO@aol.com

Wed. June 12 - Swan Pond/River, Dennisport. Clipper Lane off Upper County Rd to parking area at pond. Canoes bring charcoal, grilles, lighter & lunch including something to throw on the grille. Kayaks bring lunch including something to throw on grille. Max Sarazin, msarazin@capecod.net

Sat. June 15 - Leaders choice somewhere on Cape Cod. Ed Foster, 508-420-7245, erfoster@attbi.com

Wed. June 19 - Long Pond, Brewster. Exit 10 off mid-Cape Highway, go North on Rte. 124 and turn right onto Crowell Bog Road to parking area and pond on right. Nancy Wigley, 508-548-2362, nwigley@cape.com.

Sat. June 22 - North River, Marshfield. Call leader for info and to register. L Dick Coveney, 508-790-1016, dickcoveney@attbi.com

Wed. June 26 - Cotuit Bay. Circumnavigate Oyster Harbors. From Rte 28 (0.5 miles west of Rte 149) go south on Putnam Rd 1.9 miles to Old Shore Rd on left. Go down Old Shore Rd to landing to unload boats. Park on Putnam Rd (unless you have a Barnstable Beach sticker). L Jerry Raymond, 508-420-2146 CL Katy Depew, 508-771-6217, dkdepew@attbi.com

Sat. June 29 - RESCUE TECHNIQUES (pool session). Sandwich HS Pool, Sandwich. 1-4 pm. \$10 for AMC members, \$15 for non-members. Reg. with Ed Foster, 508-420-7245, erfoster@attbi.com

Sat. June 29 - Regatta for Friends of Meeting House Pond (non AMC) Meet at 9 am at the town landing on Barley Neck Rd. From Rte 28 in Orleans, go E on Main St., then right on Pochet Rd and right on Barley Neck Rd 0.3 mile to the Town Landing on right. For more info, contact Lynne Eldridge, eldelridge@capecod.net.

Wed. July 3 - Indian Lakes, Marstons Mills. Rte. 149 to "Indian Lakes" sign on west side of road. Keep right to dirt road to parking and beach. L Jerry Raymond, 508-420-2146 CL Katy Depew, 508-771-6217, dkdepew@attbi.com

Sat. July 6 - Leaders Choice. L Dave Williams, 508-238-3638

Wed. July 10 - Lewis Bay, Yarmouth. Take Berry Ave S off Rte 28, go 0.7 mi, take right onto Hampshire Ave, and go 100 yds to pkg lot on left. Dick Coveney, 508-790-1016, dickcoveney@attbi.com

Sat. July 13 - Pamet Harbor, Truro. Rte 6 north to Pamet Village exit. Right at end of ramp onto South Pamet Rd. In 0.1 mile take a left, then immediately bear right onto Depot Rd and follow it 1.4 miles to the Pamet Harbor boat ramp. L Dick Coveney 508-790-1016, dickcoveney@attbi.com CL Jeri Housley, housley@us.ibm.com

Wed. July 17 - Bass River, So. Yarmouth/Dennis. Rte 134 south (Exit 9 off Rte 6) to sharp right at third light onto Upper County Rd. Bear left onto Highbank Rd, then left into Wilbur Park immediately after crossing the Bass River bridge. Peter Selig, 508-432-7656, pandmselig@hotmail.com

Sat. July 20 - Centerville River, Centerville. From Rte 28 (1.5 miles east of Rte 149), go south on Osterville-West Barnstable Rd at light (White Hen Pantry). Bear left on Main St, then right on East Bay Rd after passing thru Osterville. Town landing is on the left just before entrance to Dowses Beach. Meet at 9:30 am to accommodate tide and shuttle cars. L Katy Depew, 508-771-6217, dkdepew@attbi.com CL Jerry Raymond, 508-420-2146

Wed. July 24 - Scorton Creek, Sandwich. West on Rte 6A from Rte 149 for 3.6 mi. Left on dirt road immediately after crossing concrete bridge to Scorton Creek parking lot. Dick Coveney, 508-790-1016, dickcoveney@attbi.com

Sat. July 27 - Monomoy, Chatham. Spray skirts required. Call L for directions. Dick Coveney 508-790-1016, dickcoveney@attbi.com

Wed. July 31 - Ockway Bay to Popponesset, Mashpee. From Rte 28 at Mashpee Rotary go south on Great Neck Rd 2.5 miles to town landing and pkg on left. L Art Hart, 781-762-5251, ajhart@webtv.net

Sat. Aug 3 - Walker's Pond, Brewster. From Rte 6 take exit 9N and bear right on Airline. Go right on Satucket and take the next right onto Slough to the town landing at the south end of Walker's Pond. Lee and Barbara Rogers, 508 362-3954, leeandbarb@capecod.com

Wed. Aug. 7 - Wellfleet Harbor, Wellfleet. West on Main St from Rte 6, left on Commercial Street, right at Marina to far end of Mayo Public Beach. Max Sarazin, msarazin@capecod.net

Sat. Aug 10 - Pocasset River, Bourne. Go south on Rte 28 from the Bourne Bridge rotary 3.3 miles and turn right onto Barlows Landing Rd. After 1.7 miles turn right onto Shore Rd. In 0.25 miles cross the bridge over the Pocasset River and turn left to the landing. Unload gear and park across Shore Rd in the dirt lot. Dave McGlone, 508-385-6314, dmaglone@capecod.net

Wed. Aug 14 - East Branch of the Westport River, Westport. Rick McNally, 508-636-7179, rjmcnally1@juno.com

Sat. Aug 17 - Mashpee Wakeby Ponds, Mashpee. Rt. 28 to Rte. 130 N, 2 mi to right at "State Landing" sign. L Jerry Raymond, 508-420-2146 CL Katy Depew, 508-771-6217, dkdepew@attbi.com

Wed. Aug 21 - Waquoit Bay/Washburn Island from Child's River, Falmouth. From Mashpee rotary, take Rte 28N toward Falmouth. After about 3 mi, cross a bridge and take first left after Edward's Boatyard onto White's Landing Road. Lee and Barbara Rogers, 508 362-3954, leeandbarb@capecod.com ▶

Sat. Aug 24 - Taunton River to Dighton Rock, Taunton and Berkley - shuttle required. Call for directions. Art Hart, 781-762-5251, ajhart@webtv.net

Wed. Aug. 28 - Pleasant Bay, Chatham/Harwich. Exit 11 (Rte 137) south from Rte 6 and an almost immediate left onto Pleasant Bay Rd. After 2 mi turn right onto Rte 28 and after an additional 0.8 miles take a left onto road down to Pleasant Bay and parking. Peter Selig, 508-432-7656, pandmselig@hotmail.com

Biking

Chair — Nancy Beach (508) 699-0032

Vice Chair — Jim Kilpela (508) 295-1361

HELMETS REQUIRED

Inflated tires and water also necessities. Spare tire and pump helpful.

Beginner rides: mostly flat, 15-18 mi @ 10-12 mph pace

Intermediate rides: some hills, 25-35 mi @ 13-16 mph pace

Call leaders before 9 pm to register and match rides with abilities.

Sat., June 1 – Sharon. Pleasurable ride through Moose Hill Reservation, Lake Massapoag stopping at Crescent Ridge Ice Cream or Starbucks, majority rules. Quite hilly approx 30mi. @ approx. 12 mph pace. Nancy Beach, 508-699-0032, nbeach@naisp.net

Sat., June 8 – Westport Ocean, farms and fields of this beautiful town stopping at winery and ice cream place. Some hills, approx. 30 mi. at leisurely pace. Norm Paquin, 508-673-4356 dabears75@hotmail.com

Sat, June 15 – Dighton Rock Ride along back roads of farms and villages, stopping at Profile Rock on the way to historical and mystical Dighton Rock with SEM/AMC's "rock." 25-30 miles @ leisurely pace. Elsie Laverty, 508-823-0634

Sat., June 22 – Sakonnet Point, RI Saltmarsh ponds, coastal farms and birds galore highlight this ride along the Sakonnet River, from Tiverton thru the village of Little Compton to the Point and its views toward Newport. Anyone heard of Gray's Ice Cream? Intermediate level, approx 30 mi. @13-16 mph. Wayne Taylor, 508-252-6995 wjtaylor@attbi.com

Sun., June 23 – Woods Hole From Mashpee HS to Woods Hole and back, 33 miles, all abilities welcome. Detailed cue sheets are provided so everyone can go at their own pace. An odometer is recommended. Leader intends to keep a 16-17 mph average pace but will wait at the 18 mile point for everyone to regroup and take a snack. Ed Foster, 508-420-7245 erfoster@attbi.com

Sat., June 29 – Rochester Reschedule Scenic summer ride in rural Rochester/Marion/Lakeville, featuring horse and sheep farms. Lunch with the Clydesdales. Intermediate level 13-16 mph Jim Kilpela, 508-295-1361 jmkilpela@attbi.com

Sat., July 13 - Borderland Park, then through Sharon, visiting Moose Hill Reservation (hilly side of town) stopping at Lake Massapoag and Crescent Ridge Ice Cream. Approx. 30 mi. @ approx. 12mph pace Nancy Beach, 508-699-0032, nbeach@naisp.net

Sat., July 20 - Plymouth from Cape Cod Canal - Ride bay side route via Scusset Beach, Cedarville, historic Ellenville Harbor and Manomet Bluffs. Approx. 40 mi @ 13-16 mph pace Paul Currier, 508-833-2690 pbencurrier@hotmail.com

Sat., July 27 - Woods Hole from Falmouth. Scenic Cape views with lunch in Woods Hole. Beginner/Intermediate group ride, approx. 27 mi. @ 12mph pace. Perfect for less experienced cyclists to move to next level. Jim Kilpela, 508-295-1361 jmkilpela@attbi.com

Sun., Aug. 4 - Cape Cod 35 - 50 mi. All abilities welcome. Detailed cue sheets are provided so everyone can go at own pace. Bike computer/odometer is recommended. Leader intends to do a 16-17 mph average pace but will wait at a predetermined point, about midway, for everyone to regroup and have a snack break together. Call for distance, starting time and place. If the ride is cancelled due to rain, L will try to run it the following Sunday. L Ed Foster, 508-420-7245, erfoster@attbi.com

Sat., Aug. 17 – Wrentham to Norfolk. From N.E. villages to beautiful state owned farm properties and rural roads. Yes, we will find ice cream. Nancy Beach, 508-699-0032 nbeach@naisp.net

Sat., Aug. 24 - Freetown/Lakeville/Rochester area. Travel thru Freetown State Forest, see Profile Rock and scenic rural ponds. Intermediate level, 45-50 mi. 13-16 mph pace. Jim Kilpela, 508-295-1361 jmkilpela@attbi.com

Sun., Aug 25 – Cape Cod (see Aug 4 listing for details)

SUNDAY RIDES ON THE CAPE COD CANAL

Beginning June 9. Rides start at 11 am. Leisurely rides down the Cape Cod Canal and back with a picnic lunch at the railroad bridge end. Meet at the Army Corps of Engineers parking lot at the end of Freezer Road off Tupper Rd., Cape side of the canal. L Paul Ligor 508-775-6885, 13 mi. approx. Helmets required. All levels welcome.

TUESDAY EVE. CAPE COD BICYCLE RIDES

Rides start at 6 pm. and vary between 13-18 mi. Helmets required. L Alice Oberdorf (508-771-8261) CL Connie Austin (508-420-8943). Early season rides are led by Paul Currier (508-833-2640).

June 4 - Rock Harbor: Meet at harbor pkg. lot at end of Rock Harbor Rd. off Orleans Rotary (end Rte 6), for ride to Visitor's Center and beach.

June 11 - N. Falmouth to Canal: Meet at N Falmouth Library at the W end of Rte 151 on left, ride County Rd to Canal.

June 18 - Cotuit: Meet at Cotuit Landing Shopping Center prkg lot on Rte 28 across from Putnam Ave. for area ride.

June 25 - Eastham: Meet at Visitor Center pkg. lot, Route 6.

July 2 - Falmouth: Meet at Shining Sea Bike Path pkg lot at bike path on Woods Hole Rd for ride to Wood's Hole, Quisset Harbor.

July 9 - Chatham: Meet at A&P prkg lot in Chatham on R on Rte 28 opposite Crowell Rd. for ride to fish pier, lighthouse, etc. Blue Hydrangeas in bloom.

July 16 - Brewster: Meet at Nickerson Park main prkg lot, Rte 6A.

July 23 - Yarmouthport: Meet at Gray's Beach prkg lot for coastal ride.

July 30 - N. Falmouth to Canal: Meet at N Falmouth Library at the W end of Rte 151 on left, ride County Rd to Canal.

Aug. 6 - Dennis: Meet at Dennis Town Hall parking lot for ride to Dennis beach and Scargo Tower.

Aug. 13 - Rock Harbor: Meet at harbor pkg lot in Orleans off Rotary for ride to Visitor's Center and out to area beaches.

Aug. 20 - Rail Trail: Meet at Rte. 134 off Rte. 6 at the head of the Cape Cod Rail Trail for ride to Fisherman's Landing.

Aug. 27 - Cape Cod Canal: Meet at N end of railroad bridge in Buzzard's Bay for Northside canal ride.



Southeastern Massachusetts Chapter
APPALACHIAN MOUNTAIN CLUB
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ANNUAL CHAPTER HUT NIGHT AT CARDIGAN LODGE, NH

Sat-Sun, September 21-22 (*option to arrive Fri. Sept. 20*)

Join us for our chapter's annual "Hut Night," which will be held this year at Cardigan Lodge, a drive-to, full-service AMC facility. Lodging in group bunkrooms or tent sites, meals prepared by Lodge crew. Explore the area on your own, join a group hike to the top of Mt. Cardigan, or a less strenuous hike to nearby historical sites or nature trails. Activities start at 9:00 am Saturday, end Sunday afternoon. Register by August 15 (may fill sooner).

Chapter-subsidized cost for first 30 to register is \$40/adult, \$20/child (ages 4-15), includes supper and bunk Sat. night, breakfast and trail lunch Sunday. (After first 30 people, the Saturday cost rises to \$53/adult, \$33/child). Option to add on Sat. trail lunch (\$6), or arrive on Friday evening (\$53/adult, \$33/child extra includes Friday evening light supper buffet 6-9 pm, Fri. night bunk, Sat. breakfast and trail lunch). Tenting option (restroom/shower facilities in the lodge): \$28.50 (subsidized for first 30 registrants, then goes up to \$41.50) includes supper and shared tent site Sat. night, breakfast and trail lunch Sun.

For more info or to register, contact: Erika Bloom (not available after Aug. 8), 508-996-3290 (7-9 pm), email: ebloom@attbi.com; other leader is Patrick Holland, 781-925-4423 (6-10 pm), pat.holland@aoltwbq.com.

A Spring Gathering on the Cape

