



## VIEW FROM THE CHAIR by Bob Vogel

“So I make my first entry to-day...”

Thus Henry David Thoreau began his journal. Nothing written here will ever challenge Henry’s writings. (Although some that know me wouldn’t be surprised if I passed his 14 volumes of writing.)

For a brief introduction, for those who have not met me. I did my ‘serious’ hiking when in college, 1969-71. Then I retired, until my oldest (Bobby, 5 at the time) said that he wanted to climb the NH 4000 footers too. We started, and he loved it. We joined AMC and took part in a Warner Trail hike. I took leadership training, first with SEM, then with Boston. I became a hike leader, then soon SEM Education Chair, organizing Leadership Training. (Still the best FREE leadership training any leader can get. See sign up info elsewhere.) As part of the SEM Hut Night 10/6/01 Bobby(11) and Matt(9) climbed Carter Dome, and thus finished their NH 4k peaks.

Since then I’ve gone on to lead SEM bike, trailwork, and XC ski trips, (and participated in Canoe/Kayak & Cape Hikes) so now have a bigger view of SEM. And now I find myself as Chair. I’d like to say I’m honored, but in reality sometimes I feel like I was just the one who didn’t duck quick enough.

If you are new, and are interested in signing up for a SEM trip, I urge you to look at [www.amcsem.org/hikesignup.html](http://www.amcsem.org/hikesignup.html) Although written for hikes, it will give you an understanding of the general process. Signing up for your first trip can be intimidating. ( I almost gave up. Signing up an 8 year old, for a 10 mile hike, wasn’t easy. Thanks to Charlie Farrell for understanding that an 8 year old, with 7 4k peaks to his credit, could be a good hiker!) We *do* want you to come, but leaders have a responsibility to the whole group, so need your help. Work with them. A great opportunity to meet us is to come to Spring Fling. Hope to see you there!

## SOUTHEAST BREEZE

SPRING ISSUE (MAR/APR/MAY)

*Newsletter of the Southeastern Massachusetts  
Appalachian Mountain Club*

*Chapter website is [amcsem.org](http://amcsem.org)*

*New members only -contact Kathy Farren  
at [membershipchair@amcsem.org](mailto:membershipchair@amcsem.org) regarding  
“Membership in a Bottle”*



### \*\*\*\* *Social Potluck* \*\*\*\*

**Thurs Mar 18(6-9pm)** -open to new members and long-timers alike! Hosted by a hiking leader, but open to those interested in any activities. Meet & mingle w/fellow AMCers; great opportunity for new members to find out what we’re all about. Will be held at L’s house in Fairhaven so limited to 25; possible location change if interest is high. Reg w/L Erika Bloom  
[ebloom1@comcast.net](mailto:ebloom1@comcast.net) 508-996-3290(before 9pm)

**Sun Apr 18(5-8pm)**-See Mar 18(possible afternoon hike before potluck)

## CANOE/KAYAK

*Chair - Dick Coveney*

Miles	Pace/MPH	Risk
AA=11+	1=3.5-4.0 No stops	A=Whitewater Skill required
A=8-10	2=3-3.5 One Lunch Stop	B=Surfing Skill Spray Skirt req'd
B=6-8	3=2.5-3 Three regroupings	C=Wet Exit & Rescue skill req'd
C=4-6	4=2-3 More than 3 regroupings	D=Newbie(Training provided)

*We have several new policies this year. They result from safety concerns. As of Sept 1, '03, all participants in AMC activities are now required to sign the AMC waiver form provided by the leader.*

*PDF's mandatory in boat all year and MUST be worn Sept 15-May 15. Recommended for all trips. Paddlers participate at their own risk.*

**What to Bring:** In addition to PDF, a complete change of clothes in a dry bag, water, lunch, and sunscreen. Also tow line, paddle float, loud whistle, compass, chart perhaps, spare paddle. Some trips especially in Spring and Fall may require wet or dry suit, or wool and pile clothing suitable for cold water immersion. Cotton is not good on the water. Poly & Acrylics dry much faster and wick better. **NOTE:** The possibility of strong wind and/or rough water may make some trips unsuitable for open canoes or kayaks without spray skirts. Most of our trips which are gentle lacking weather can become difficult with enough wind. Check with the Leader **ALL TRIPS:** Allow time to park, unload and be on the water ready to paddle at 10:30am. Registration is req'd for those trips which don't have directions to the put-ins or are shown as requiring registration. However, if you haven't paddled with us before, or are concerned about the suitability of the trip to your abilities or equipment, please contact the leader, the Chairman or the Co-chairman. Check out [www.geocities.com/dickcov/index.htm](http://www.geocities.com/dickcov/index.htm) for up to the minute info. Ex winds, etc.

Wed, Mar 24-Weweanic River, CIA, Registration req'd L Jeff Tubman, [jltbmn@capecod.net](mailto:jltbmn@capecod.net)

Sat, Mar 27-Weweanic River, same as above

Wed, Mar 31-Nemansket River, C4A, see info above

Sat, Apr 3-Herring River, B2D -Rt 28 to the bridge over the Herring River. Park on the E side of the river & the south side of rte 28. L Bob Zani, [r.zani@comcast.net](mailto:r.zani@comcast.net) 508-430-1914

Wed, Apr 7-Pocasset River-North end of Bridge on County Rd. Park on E side, launch on W side L Dave McGlone, [dmcglone@capecod.net](mailto:dmcglone@capecod.net)

Sat, Apr 10-Nemansket River-C4A Reg. req'd. Class I paddle. L Jeff Tubman, [jltbmn@capecod.net](mailto:jltbmn@capecod.net)

Wed, Apr 14-Waquoit Bay-L Bill Fisher [wmbbararafischer@attbi.com](mailto:wmbbararafischer@attbi.com) 508-420-4137

Sat, Apr 17-Nauset Marsh Inlet-1.5 mi N on rt 6 from Orleans Rotary to R onto Hemenway Rd to Town Landing. L Bob Zani, [r.zani@comcast.net](mailto:r.zani@comcast.net) 508-430-1914

Sun, Apr 18- Pool Session, Sandwich H.S. Bring your boat & learn how to Wet Exit, Rescue yourself & another, basic Tow & more. Must know how to do by Fall. \$15 fee Reg. w/ Dick Coveney 508-548-6821 [dickcoveney@adelphia.net](mailto:dickcoveney@adelphia.net)

Wed, Apr 21-Jehu Pond, Mashpee-C4D-From Mashpee Rotary go 2.7 M on Great Neck Rd S to Great Oak Rd. 1.9 M on Great Oak. R at Sign for Great River Boat Ramp.

Drive unmarked dirt rd to Pkg lot L Nancy Wigley 508-548-2362 7-9pm; [nrwigley@cape.com](mailto:nrwigley@cape.com)

Sat, Apr 24-Charles River, B4D Call L Art Hart 781-762-5251; [ajhart@webtv.net](mailto:ajhart@webtv.net)

Wed Apr 28-Bass River- S on rt 134 to sharp R at 3rd light onto Upper County Rd. Bear L onto Highbank to L into Wilbur Park immediately after crossing the Bass River. L Dave McGlone, [dmcglone@capecod.net](mailto:dmcglone@capecod.net)

Sat May 1-Coonamisset-S on Sandwich Rd from rte 151, 1.6 mi, W on Hatchville Rd. .5 mi to N on dirt road conservation area, .6mi; L Dave Shepard [davesheprd@aol.com](mailto:davesheprd@aol.com) 508-548-8717

Wed May 5-Sippican -B3C-From I 195 E 2 Miles E of Exit 20(105 Marion) Enter Rest area. Follow sign to ramp. L Don Savino, [donsavino@webtv.net](mailto:donsavino@webtv.net) 508-295-4562

Sat May 8-Spring Fling

Wed May 12-Oyster River to Stage Harbor, L Peter Selig, [pandmselig@hotmail.com](mailto:pandmselig@hotmail.com) 508-432-7654

Sat May 15-Scorton Creek, B3B. W on rte 6A from rte 149 for 3.6 mi. L on dirt road immediately after crossing concrete bridge to pkg lot. L Dick Coveney [dickcoveney@adelphia.net](mailto:dickcoveney@adelphia.net) 508-548-6821

Wed May 19-Onset, B3C-Exit 1 off Rt 25 in Wareham. Cross 6W/28N to 6E/28S to R on Main Ave. .2 mi to L onto Riverside Drive. Park on grass at beach. L Don Savino, [donsavino@webtv.net](mailto:donsavino@webtv.net) 508-295-4562

Sat May 22-Pamet Harbor, Truro B3C-L Dick Coveney, [dickcoveney@adelphia.net](mailto:dickcoveney@adelphia.net) 508-548-6821 \$5 launch fee

Wed May 26-Palmer River, Seekonk- L Rick McNally [rjmcnally@juno.com](mailto:rjmcnally@juno.com)

Sat May 29-Herring River, B2D- see Apr 3 for directions L Bob Zani, [r.zani@comcast.net](mailto:r.zani@comcast.net) 508-430-1914

Wed Jun 2-Herring River, B2D-see Apr 3 for directions. Beautiful trip thru Salt Marsh to W. Reservoir. L Nancy Wigley 508-548-2362 7-9pm; [nrwigley@cape.com](mailto:nrwigley@cape.com)

## HIKING AND BACKPACKING

Chair- Patrick Holland 781-925-4423

[hikingchair@amcsem.org](mailto:hikingchair@amcsem.org)

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 receive consent from leader.*

**Mar 6-7 Winter Hiking Series #4, Backpack, Neuman campsite** Winter gear required. May be able to share a tent. Reg w/CL Pauline Jordan 508-676-5146 (after 9pm) Hirst30@AOL.COM or CI Alan Ruiz 508-337-2195 gandalf7@mindspring.com (7-9pm) L Walter Wells 508-279-1963

**Sat-Sun Mar 6-7 Mt. Adams/Crag Camp (A2A)** Long, strenuous hike with significant time above treeline. We'll spend the night at Crag Camp and hike out Sunday. Previous winter above treeline experience required. Limited to 6 participants. Reg w/ L Patrick Holland 781-925-4423 (6-9 pm), pat.Holland@aoltwbg.com CL Dexter Robinson 781-294-8840 (7-9 pm), dexsue@comcast.net

**Wed. March 10th 7pm Hike planning meeting** All are welcome to attend, if you're curious to see how the well oiled machine of the Hiking Committee operates-join us. We'll be planning the hikes/trips for the Summer season. Pizza provided and we're always looking for new leaders-free training provided! Call the Hiking Chair. Patrick Holland 7-9pm 781-925-4423 pat.holland@twbg.com for info & directions.

**Sat April 3 Blue Hills, Canton, MA (B3C)** Spring warm up in the Blue Hills. Shake off the winter chill with this moderately paced loop hike which will include portions on the Skyline trail. Reg w/L Laura Smeaton 617-323-6727 7-9pm laurasmeaton@mac.com CL Elizabeth Balaschak 508-759-1320 7:30-9pm ekbesq@earthlink.net

**Sat April 3 Mt. Whiteface, NH (A3B)** Nice hike w/ nice views from the top. Challenging rock scramble near the summit. Reg w L Pauline Jordan 508-676-5146 (after 9pm) Hirst30@AOL.COM CL Walter Wells 508-279-1963 7-9pm waltandlinda@comcast.net

**Tues April 13 Local evening hike - Location TBD (C4D).** We'll meet for an evening. Hike approximately 6-8 pm, somewhere in the local SEM area. Headlamps or flashlights required! More info & reg w/L Erika Bloom ebloom1@comcast.net 508-996-3290 (before 9 pm).

**Sat. April 17, Horseneck Beach, Westport MA (B3C)** Annual spring walk out to Westport Point & around Gooseberry Island. Possible stop after hike at local restaurant for dessert. Reg w/L Charlie Farrell 508-822-2123 7-9pm CL Ray Butts

**Sat April 24 Blue Hills Canton MA (A3B)** True end to end. Good spring warm up hike. Not for beginners Reg w/L Dick Carnes 508-285-5790 7-9pm rcarnes2@aol.com CL Dexter Robinson 781-294-8840 7-9pm dexsue@comcast.net

**Sat. May 1 Welch & Dickey, NH (B3B)** Beautiful conditioning hike for the summer season. Parking pass required. Reg w/L Pauline Jordan 508-676-5146 (after 9pm) Hirst30@AOL.COM or CL Elizabeth Balaschak 508-759-1320 7:30-9pm ekbesq@earthlink.net

**Tues May 4 Local evening hike - West Island/ Fairhaven (C4D).** Evening hike, approximately 6-8 pm, through the woods and on the beach (& residential area connecting the two). Catch the rising full moon from the beach! Headlamps or flashlights required. Reg w/ L Erika Bloom ebloom1@comcast.net 508-996-3290 (before 9 pm).

**Sat May 8 Massasoit State Park, MA (B3D)** Celebrate spring with a hike in E. Taunton's hidden jewel on trails lined w/pine needles while enjoying the scenic ponds & lakes. Mostly flat, some small hills. Group lunch/get together after hike optional. Reg w/L Barbara Hathaway 508-880-7266 7-9pm barb224@tmlp.com CL Sue Chiavaroli 508-252-4164 7-9pm brillo6452@yahoo.com

**Sat. May 15 Lilacs in Arnold Arboretum (C4D)** Avoid the crowds on Lilac Sunday by joining us on Saturday. More flora & fauna to explore on this local walk. Reg w/L Laura Smeaton 617-323-6727 7-9pm laurasmeaton@mac.com CL Barbara Hathaway 508-880-7266 7-9pm barb224@tmlp.com

**Sat. May 15 Mt Race & Mt Everett MA (B3B)** Spectacular continuous vistas along a section of the AT in Western Massachusetts. Reg w/L CL Dexter Robinson 781-294-8840 7-9pm dexsue@comcast.net CL Dick Carnes 508-285-5790 7-9pm rcarnes2@aol.com

**Sat. May 22 Mt Monadnock NH (B3B)** Our annual trek up this popular mountain. Reg w/L Walter Wells 508-279-1963 7-9pm waltandlinda@comcast.net CL John Poirier 508-822-1372 7-9pm

## HIKING AND BACKPACKING continued

### Climbing Schedule

To register or to obtain more information on any climbing activities contact John Pereira at 508-254-8303 or [rockclimbing@amcsem.org](mailto:rockclimbing@amcsem.org). All activities will be led by individuals who have completed an AMGA approved Top Rope Instructor Training program. All activities require participants to provide their own harness for all top roping and intro to sport climbing activities. All activities have the possibility to be canceled due to weather or any other acts of God.

#### **Beginner's Top Roping**

*Activity will be held every last Saturday (except for May) of every month beginning in March. This activity will introduce fundamental climbing skills to those who would like to learn how to rock climbing.*

March 27                      May 22  
April 24                      June 26

#### **Top Roping**

*Activity will be held every first Saturday of every month beginning in April. This activity is intended for those who have some experience in rock climbing and are looking to get out and climb with other people.*

April 3                      June 5  
May 1

#### **Intro to Sport Climbing-Apr 24**

## **TRAILS**

*Chair - Lou Sikorsky  
[trails@amcsem.org](mailto:trails@amcsem.org)*

**May 21-23 Lonesome Lake Trail Work** Spring cleanup on our adopted trail. This could be a messy winter so we can use all the help we can get. Arrive Friday night, work all day Sat. w/ possible half day Sunday. Dinner at a restaurant Sat night provided and lunch and breakfast at the campsite. Reg w/Leaders Lou Sikorsky 508-678-3984 7-9pm or Pat Holland 781-925-4423 7-9pm [pat.holland@twbg.com](mailto:pat.holland@twbg.com)

**Sat. June 5-National Trails Day**-Bentley Loop at Myles Standish State Forest . Be part of the annual event! Last year was an outstanding success, lets make this year even bigger! Arrive 9:30am at rangers station for a day of work followed by a barbeque. Put this one on your calendar now so we can have a really big turn out. This is part of a nation wide event! For more information or to register contact Leaders Lou or Pat. See email address and phone number above.

**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.*

## **EDUCATION**

*Chair - Laura Smeaton*

*[educationchair@amcsem.org](mailto:educationchair@amcsem.org)*

### **SOLO/WFA**

The Education Committee sponsored a SOLO Wilderness First Aid Course on the weekend of October 4-5, 2003. We enjoyed a beautiful weekend at YMCA Camp Lyndon in Sandwich, and honed our skills in preventing and treating injuries ranging from minor cuts, scrapes and bruises to more serious events such as hypothermia, and fractured femurs. The following SEM co-leaders and leaders successfully completed (or updated) their WFA certification: Walter Deeter, Tom Feinburg, Valerie Fontaine, Rick Fordyce, Barbara Hathaway, Pauline Jordan, Bill Ruel, Laura Smeaton, and Bob Vogel. Congratulations to you all!

### **Leadership Training Institute (LTI)**

While New England was experiencing the first snow-storm of the season the first weekend of December 2003, I was enjoying the winter wonderland in Crawford Notch, representing the SEM chapter at the inaugural AMC Leadership Training Institute. The weekend long event was held at the new AMC Highland Center. Participants toured the facility, learning about how 'green' technology was used wherever possible. The Training Institute gathered over 20 experts in the field for sessions such as Leave No Trace, Liability, Nature of Volunteer Leadership, and Fundamentals of Outdoor Leadership. However, some of the most valuable time I spent during the weekend was talking with and informally learning from leaders in other chapters of the AMC and with other organizations such as Boy and Girl Scouts. The Highland Center is a wonderful facility with the central aim of education. All equipment is provided for participants of their outdoor events, so it is a great opportunity to try a new activity!

### **Spring Leadership Training Day**

The major Education committee event for Spring 2004 is Leadership Training Day on Saturday, April 17. For details about this event please see the detailed listing elsewhere in this issue of the Breeze. Volunteers are needed to help with this event, from assisting with training sessions and logistics such as role-plays and food. Please contact me at or call 617-323-6727 (6-10pm) if you can help. Thank you! SEE PAGE 6

Correction for the Winter Issue - The article "Lonesome Lake Trail Maintenance" was written by Nick Georgantas

## CAPE COD HIKES

*Chair-Heidi Moss (508)362-6440*

*capehikingchair@amcsem.org*

Thursday hikes 9:30-11:30. Sunday hikes 1:00-3:15.

Moderate pace unless noted. NO DOGS.

Heavy rain, deep snow, or icy driving conditions cancels. If in doubt call L.

**Thurs Mar 4 - WELLFLEET Marconi Beach.** From Rt 6 go R on Marconi Beach Rd. at lights. Go L past HQ bldg. Take 1st R at pk at end. L Barbara Hollis 508-240-1973

**Sun Mar 7 - BARNSTABLE Conservation Land/Trail of Tears.** Exit 5 from Rt 6. Go S on RT 149 to immed. R on Service Rd. Park in lot by power lines. L Bob Freeman 508-432-4341

**Thurs Mar 11 -MASHPEE Johns Pond.** N on Currier Rd off Rt 151, then quick R on Hoophole Rd then R on Back Rd. Follow signs to Town beach through trailer pk. L Farley Lewis 508-775-9168

**Sun Mar 14 - BREWSTER Punkhorn Parson's Perch.** Exit 9 N from Rt 6 on Rt 134. R at 2nd light on Setucket Rd. R on Run Hill Rd. Pass main pkg lot at end of pavement bearing L at first junction. Stay on Westgate Rd. 0.5 to secluded pkg lot on R. L Janet Kaiser 508-375-0574

**Thurs Mar 18 -BOURNE Sagamore Hill/fish pier.** Park at Christmas Tree Shop on Cape side of Sagamore Bridge. L Gary Miller 508-540-1875

**Sun Mar 21 WELLFLEET White Crest Beach.** From Rt 6 R on LeCount Hollow Rd. At beach entrance L on Ocean View Dr. 1 mi to beach pkg lot on R. L Jack Handlen 508-255-5292

**Thurs Mar 25 - BREWSTER Ruth Pond.** From entrance to Nickerson State Pk on Rt 6A, drive south on Deer Pk Rd to Nook Rd. Continue south on Nook Rd to pk lot at left of triangle. L Pat Kimball 508-255-3717

**Sun Mar 28 - YARMOUTH Inkberry Trail.** From Rt 28 in West Yarmouth turn N at light on Winslow Gray Rd. opposite Molly's Rest. Go 0.4 to pkg on L. L Janet DiMattia 508-394-9064

**Thurs Apr 1 - BOURNE canal walk.** Pk on north side of canal at Visitors Center halfway between the bridges. L Donna Nickerson 508-528-3043

**Sun Apr 4 -BARNSTABLE Bridge Creek Conserva-tion.** Exit 5 from Rt 6. Go N short dist. and pk at grass triangle in front of church on L. Walk N to trailhead behind firehouse. L Heidi Moss 508-362-6440

**Thurs Apr 8 - MASHPEE South Cape Beach -** From Mashpee rotary Great Neck Rd S 2.7 mi. L on Great Oak Rd, follow to town beach pk approx 2.5 mi. L Gary Miller

**Sun Apr 11 - BARNSTABLE Sandy Neck.** Rt 6A to Sandy Neck Rd. Pk at end in farthest lot. L Pam Carter 508-398-2605

**Thurs Apr 15 - ORLEANS Pochet Island.** From Rt 28 in Orleans take Main St to L on Beach Rd. Follow signs to Nauset Beach pkg at end. L Peter Selig 508-432-7656

**Sun Apr 18 - WELLFLEET General Store to Duck Pond.** From Rt 6 take R on LeCount Hollow Rd. Turn R immediately and park behind Wellfleet General Store at the bike pkg lot. L Ron Vanderwiel 508-255-3361

**Thurs Apr 22 - SANDWICH Ryder Conservation** From Rt 28 in Mashpee take Rt 130. Go 1 mi. take R on Cotuit Rd. 1.8 mi. to Ryder Cons. land pkg lot on L. If traveling W on mid-Cape highway, take Exit 3 S on Quaker meeting House Rd. At intersection L onto Cotuit Rd. Pkg lot on R. - L Nancy Wigley 508-548-2362. In honor of Earth Day meet at 9AM if you wish to to help pick up trash in the parking area.

**Sun Apr 25 - COTUIT Little River** Meet at Cotuit Landing Shopping Center at corner of Rt 28 and Putnam Ave. in Cotuit to carpool to trailhead. L Farley Lewis 508-775-9168

**Thurs Apr 29 -EASTHAM Nauset Light Beach Road.** Rt 6 north to Brackett Rd. R. to Nauset Rd. L to Cable Rd. R. to Nauset Light beach pkg lot at end. L Pat Kimball 508-255-3717

**Sun May 2 - PROVINCETOWN Beech Forest/Clapps Pond/Dunes.** From Rt 6 take R at light on road to Province Lands Visitor center. Pk at Beech Forest pkg lot on L. L Ron Vanderwiel 508-255-3361

**Thurs May 6 - SANDWICH Old State Game Farm/ Talbott Conservation Area.** Driving West on Rt 6A go over Scorton Creek bridge. Take immed. L on dirt road to pkg at end. L Nancy Wigley 508-548-2362

**Sun May 9 - HARWICH Hawks Nest State Park.** From Rt 6 take Exit 11 S on Rt 137. Take immed. R on Spruce Rd. At 0.5 mi. pk on side of road. L Janet DiMattia 508-394-9064

**Thurs May 13 - BOURNE Canal Walk.** Pk on N side of canal 1/2 way between bridges at Visitor Center. L Blanche Greig 508-771-3696

**Sun May 16 - WELLFLEET Duck Harbor.** From Rt 6 turn L at light towards Wellfleet Center. Take L at dory on E. Commercial St. to harbor. Go R on Chequessett Neck Rd. Take R opposite Great Island Pkg and follow to end. L Janet Kaiser 508-375-0574

**Thurs May 20 - WELLFLEET Marconi Beach.** From Rt 6 go R on Marconi Beach Rd. at lights. Go L past HQ bldg. Take 1st R at pk at end. L Barbara Hollis 508-240-1973

**Sun May 23 -BREWSTER Punkhorn Parklands.** Exit 9 N from Rt 6 onto Rt 134. R at 2nd L on Setucket Rd, then R on Run Hill Rd. Go to pkg lot on L at end of pavement. L George Byron 508-760-3883

### LONGER CAPE HIKES

Faster paced 8-10+ mi; Bring lunch 10:am-2pm  
Heavy rain/snow cancels. If in doubt call L.

**Sat Mar 6 - BREWSTER Nickerson State Park.** Park at main pkg lot at entrance on Rt 6A. - L Bob Freeman 508-432-4341

**Sat Mar 13 - TRURO Ryder Beach/Duck Harbor.** From Rt 6 in Truro L on Prince Valley Rd. Go to end. R on County Rd. then immed. L on Ryder Beach Rd. Park at end. L Janet DiMattia 508-394-9064

**Sat Mar 20-no hike**

**Sat Mar 27 - BARNSTABLE Conservation Land.** Exit 5 from Rt 6. Go S on Rt 149 1.5 to roundabout. R on Race Lane. R on Crooked Cartway. Pk at end. L Heidi Moss 508-362-6440

**Sat Apr 3 - YARMOUTH Inkberry/3 Ponds.** From Rt 28 in West Yarmouth turn N at light on Winslow Gray Rd. opposite Molly's Rest. Go 0.4 to pkg on L. L Janet DiMattia 508-394-9064

**Sat Apr 10 - SANDWICH Maple Swamp to Barnstable Conservation w/car shuttle.** From Rt 6 Exit 4 S on Chase Rd. Turn R immed. onto Service Rd. 1mi to lot on left. L Heidi Moss - 508-362-6440

**Sat Apr 17- no hike**

**Sat Apr 24-no hike**

**Sat May 1- FALMOUTH Moraine Trail w/car shuttle.** Meet at W end of Rt 151 opp the Falmouth Animal Hospital just E of Rt 28. L Nancy Wigley 508-548-2362. This is a strenuous hike with some steep grades. The pace will be moderate.

**Sat May 15 - WELLFLEET Gull Pond.** From Rt 6 take R on Gull Pond Rd. (opp Moby Dick Restaurant). Follow 1.0 to pkg on L at Gull Pond Landing (granite marker at L turn). L Ron Vanderwiel 508-255-3361

**Sat May 22 - BARNSTABLE Conservation Land/Trail of Tears.** Exit 5 from Rt 6. Go S on RT 149 to immed. R on Service Rd. Park in lot by power lines. L Peter Selig 508-432-7656

Full Moon Hikes- meet at 7 pm

**Mon May 3 - MASHPEE South Cape Beach.** From Mashpee rotary Great Neck Rd S 2.7 mi. L on Great Oak Rd, follow to town beach pk approx 2.5 mi. L Janet Kaiser 508-375-0574

**Wed June 2 - DENNIS West Dennis Beach.** From Rt 6 take exit 9S. Cross rt 28 and follow to end. Turn R on Lower County Rd 0.5 to L. Go around circle and pk on L of Snack Shack. L Janet Di Mattia 508- 394-9064

**Thurs July 1- CHATHAM Harding Beach/Lighthouse.** From Rt 28 in West Chatham take Barn Hill Rd at sign for Hardings Beach. Bear R on Hardings Beach Rd. and go to pkg at end. L Peter Selig 508-432-7656

**Fri July 30- Bourne Canal Walk.** Pk on N side of canal 1/2 way between bridges at Visitor Center. L Pam Carter 508-398-2605

**Sat. Aug28-Barnstable Sandy Neck** Rt 6A to Sandy Neck Rd. Pk at end in farthest lot. Meet at 5:30pm, bring picnic supper. L Heidi Moss 508-362-6440



We need *YOU*...

to be a *LEADER* for the SEM Chapter of AMC  
Do you wish to share your love of the outdoors and your AMC activities with others?

Do you enjoy mentoring others to learn about the outdoors?

Your skills and enthusiasm are needed as co-leaders and leaders of all activities within the chapter. Spring *Leadership Training Day* is one of the critical steps to becoming an AMC leader for the SEM chapter.

The SEM chapter will provide lunch and snacks throughout the training day. You only need to bring yourself, your experience and enthusiasm, and the clothes and gear that you would normally use for your AMC outdoor activity.

During the day, current leaders will share their experiences leading AMC activities through interactive sessions. Experiential training will be emphasized through role-plays and simulations.

#### Details:

When: **Saturday, April 17, 9am – 5pm**

Where: Borderland State Park, Easton/Sharon, MA

Cost: \$2 (parking fee for Borderland State Park)

Questions and/or To Reg: contact Laura Smeaton (617-323-6727, 6-10pm) or [educationchair@amcsem.org](mailto:educationchair@amcsem.org), (further info available on the SEM website at [www.amcsem.org](http://www.amcsem.org))

#### CONSERVATION CORNER

*Conservationchair@amcsem.org*

***HOW DOES YOUR GARDEN GROW-*** Tips for a healthier lawn and environment from the Falmouth Friendly Lawn Campaign.

- ◆ Grass grows best with 6 inches of topsoil
- ◆ You can add one quarter to one half inch of topsoil to your lawn each spring. This is called topdressing
- ◆ After topdressing lawn, overseed w/fine fescues or tall fescues mixed w/some perennial ryegrass seed.
- ◆ For more info visit [www.umassturf.org](http://www.umassturf.org)
- ◆ Native & non-native low maintenance plants can be used to replace sections of lawns.
- ◆ Visit [www.geocities.com/ashumet2001](http://www.geocities.com/ashumet2001)

*HAVE A GREAT EARTH DAY 2004- Louise Anthony*

## BIKING

*Chair -Denise Malenfant  
bikingchair@amcsem.org*

Inflated tires/water necessities. Spare tube/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 or e-mail leaders before 9pm to register and match rides with abilities.

DISTANCE	PACE/MPH	TERRAIN
AA=50+	1=17+	A=very hilly
A=35-50	2=13-16	B=hilly
B=25-35	3=11-13	C=rolling
C=<25	4=UP TO 11	D=flat

**Sat. Mar 20 - Bike Shop Clinic & Massasoit State Park Ride :** Learn how to change a flat , basic bike maintenance, good hill climbing methods, gearing selections, cadence and rest cycling followed by short one-hour ride to practice your new skills. C4B Walter Mark 508-884-8185 wlfmark3@aol.com or Denise Malenfant 508-823-7061 djmalenfant@hotmail.com.

**Sat. Mar 20 - Welcome to Spring: Rochester/Marion.** 35 miles. Beautiful coastal and forest reservation ride. A2D Paul Currier at pbencurrier@hotmail.com or 508-833-2690. e-m preferred.

**Sat. Mar 27 - Lake & Reservoir Ride.** Scenic 28 mile ride on quiet back roads of Rochester, Acushnet and Lakeville. Moderate pace. Jack Jacobsen 508-993-0450. CL e-mail pbencurrier@hotmail.com.

**Sun. Apr 4 - Rehoboth again-** Back by popular demand. Quiet semi rural town, villages, horses and crocus.

Nancy Beach 617-899-5285 nanclam@yahoo.com B2C

**Sun. Apr 4 - Sagamore to Manomet –** Gorgeous coastal ride. Some traffic on 3A but mostly on rural and coastal roads. Return through Buttermilk Bay. 40 miles. A2B Paul Currier at pbencurrier@hotmail.com 508-833-2690

**Sat. Apr 10 - Westport.** Adorable seaside town with spacious farms & abundance of wildlife w/ gentle ocean breezes. Call L Charlie Sullivan 508-678-4464 B2C

**Sun. Apr 18 - Osterville & Hyannisport -** Spring ride through lovely villages of Osterville and Hyannisport, before the crowds arrive. This will be an intermediate ride of 30 to 35 miles, with the possibility of a hill or two. Call Sheila Place at 508-420-4438 before 9:00. to register.

**Sat. Apr 24 - Cranberry Bog Ride.** Flat 32 mile ride through cranberry country of Rochester, Carver and Middleboro. Moderate pace. Jack Jacobsen 508-993-0450. CL e-mail pbencurrier@hotmail.com.

**Sun. Apr 25 - Norton/Taunton.** Enjoyable 28 mile ride through rural areas, farmlands past ponds and Wheaton College. Flat, gently rolling. B2C. Rain cancels. Call L Denise Malenfant 508-823-7061 before 9pm to register or djmalenfant@hotmail.com

**Sat May 1 -"Five Town Tour"-**Late morning start, 30 miles, mostly flat at 12 mph pace. B3C Call Valerie Fontaine 508-947-3153 vfont@comcast.com

**Sun. May 2 - Massasoit or Rochester – Halfway Tour –** Starting at either location to meet up with our fellow cyclists in Lakeville area to ride together. Paul Currier 508-833-2690 pbencurrier@hotmail.com for Rochester start B2C Nancy Beach 617-899-5285

nanclam@yahoo.com for Massasoit start B2C

**Sat. May 15 - East Bay Bike Path -** Flat ride at easy pace, about 30 miles, along beautiful scenic route. Lunch in Bristol. Call for time and directions. L Elsie Laverty 508-823-0634 before 9pm.

**Sun. May 16 - N. Falmouth - Woods Hole - Falmouth Heights,** etc 35+ miles. Bamboo forests, astounding views of Martha's Vineyard, Falmouth Coast including Woods Hole and Nobska Light. A2B Paul Currier at pbencurrier@hotmail.com or 508-833-2690

**Sun. May 23 - Falmouth -** Beautiful ride in Falmouth area along the coast before the crowds arrive. Approx. 20 mile flat with some hills. L Linda Church lchurch@whoi.edu. 508-495-1308.

*Watch for a special ride from Rochester to Berkley-Lakeville-Raynham area sometime in May*

**New !!! ... 2000 Mile Club -** Now that Spring is here and you're ready to ride, set your odometer to 0 and set your goal for 2000 miles by year-end! All mileage in addition to AMC rides will apply ...Email bikingchair@amesem.org for more information or to submit your mileage.

**Spring 2004 Tuesday Evening Cape Bike Rides**  
Helmets required, 11-12 MPH average, be ready to leave at the starting time - L Paul Currier  
– pbencurrier@hotmail.com or 508-833-2690

**March starting times:** Leave at 4:15 & 5:30; 12 or 25 miles,

- 2 Buzzards Bay C3D
- 9 Sagamore Rec Area C3B
- 16 Freezer Road C3C
- 23 Buzzards Bay RR lot C3D
- 30 Sagamore Rec Area C3B

**Daylight Savings Time rides are about 12 mph average, 13-18 miles. Start at 6pm; possible earlier start time for those interested in longer rides; contact Paul at pbencurrier@hotmail.com (next page)**



Southeastern Massachusetts Chapter  
**APPALACHIAN MOUNTAIN CLUB**  
 5 Joy Street  
 Boston, MA 02108

Non-Profit Organization  
 U.S. Postage  
**PAID**  
 Taunton, MA 02789-9998  
**Permit No. 511**

April Starting Time: 6pm (5pm option)

- 6-Rail Trail, Yarmouth: Rt 134(Rt 6, exit 9), meet at head of Cape Cod Rail Trail. Second annual Spring Post Ride.
- 13 N. Falmouth Library: Meet at library on left at West end of Rte 151 for Fal. Coastal ride to Chappaquoit Point.
- 20 Cape Cod Canal, Cape side: From Shore Road in Bourne take Bell Rd to RR bridge canal pkg lot. Ride to Mashnee Island & along canal
- 27 South Cape Area-Park in Commons Lot at far end past the Star Market(across Rte 28 from gas station). Just off the Mashpee Rotary, Turn off Rt 28 into Maspee Commons & turn left to end

May Starting Time: 6pm(maybe 5pm option)


- 4 Freezer Rd, Cape Cod Canal, Cape side:From Rt6A in Sandwich, Tupper Road to Freezer Rd. to Army Corps of Eng. pkg lot at end. Ride into historic Sandwich & Canal \* *Full Flower Moon* – will extend Canal ride for full moon
- 11 Eastham Visitor's Center: Rte 6 from Orleans Rotary N to Visitor's Center on right. Ocean Beaches, Rail Trail, Marconi Site
- 18 Yarmouthport: Meet at Gray's Beach parking lot at the end of Centre St. off 6A for coastal area ride and possibly a walk on the boardwalk.
- 25 Falmouth Shining Sea Bike Path: meet at pkg lot on Woods Hole Rd, ride to W.H & Quisset Hbr.

**FULL MOON RIDES**

Contact Paul pbencurrier@hotmail.com or 508-833-2690 for possible rides in Mar & Apr for time & location. Also, if interested in leading Tues bike trips call Paul.

***SPRING INTO SPRING FLING***

Come one, come all, but do please come. This year it is going to be held at the Bourne Community Center in Buzzards Bay, MA. In the AM we will offer easier hikes, bike rides etc in the general area. In the afternoon we will gather at the Center and have some talks, displays and provide an opportunity for members to meet and find out about our activities. We will also have a talk by two hikers who have completed the Appalachian Trail last summer. One is a SEM member and the other a Boston member who leads for SEM. Come and hear their stories about the AT. (If any others have completed the AT and want to share your stories please contact us and let us know. The more stories the better!) . We will conclude our day with conversations over a *pot luck supper* and then be on our way.

So address  your registration info to the below by May 1 st

Mike Woessner  
 P.O. Box 120  
 Wrentham, MA 02093

\_\_\_\_\_ kids at \$2 each = \_\_\_\_\_

\_\_\_\_\_ adults at \$4 each = \_\_\_\_\_

\_\_\_\_\_  
*Name* \_\_\_\_\_  
*Email address*

\_\_\_\_\_  
*Address* \_\_\_\_\_  
*Phone Nuumer*