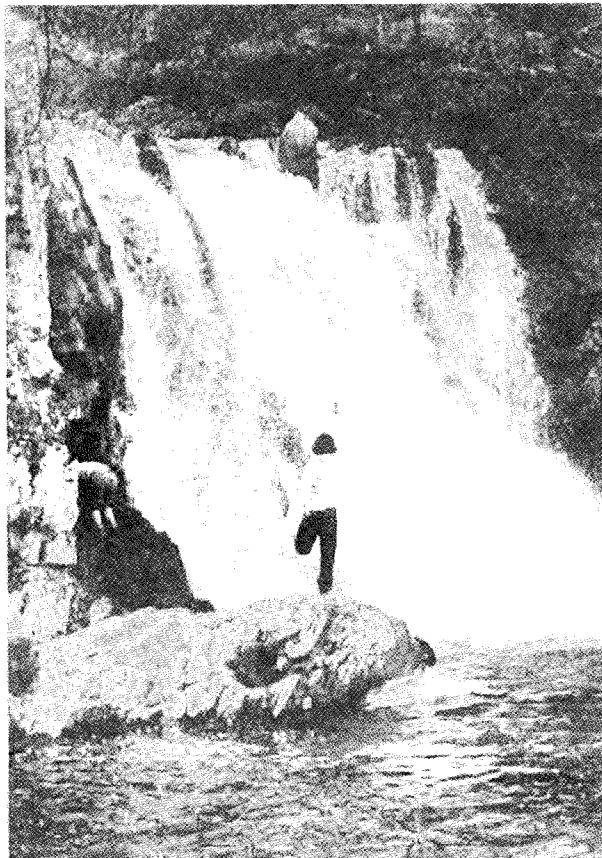


**SOUTHEAST BREEZE
SUMMER ISSUE (JUNE/JULY/AUG)**

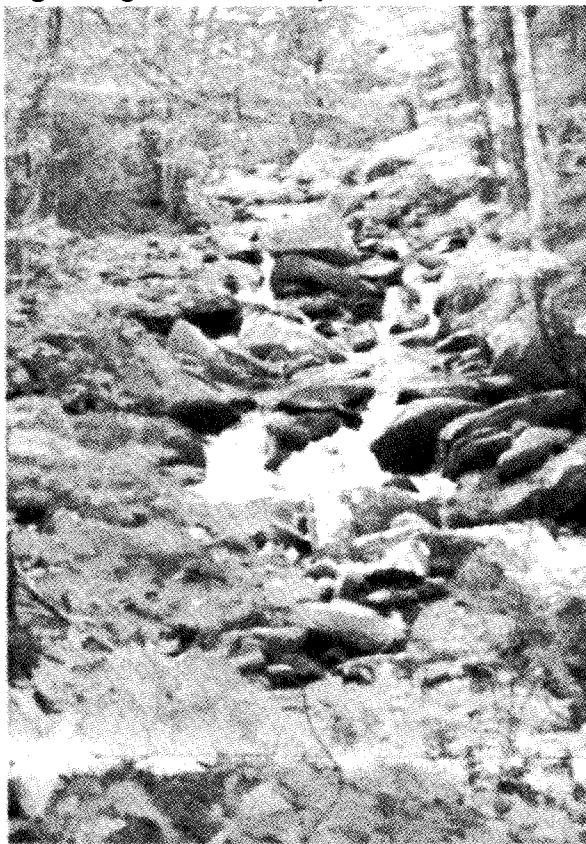


Abram Falls - Smoky Mountains

Reminder: If you haven't done so you should sign up for the SEM short notice email list. Go to www.amcsem.org and you will find the signup info. Then you will be notified of any trips that are planned after the publishing date for this Breeze. While you are there check out the website. Our Webmaster Dexter Robinson has done a truly great job of providing information that we can't fit into every Breeze. You will find information on things like how our activities are run, what to bring, links to good information elsewhere on the web, trip photos, how to become a leader (Hint, hint!) Yes, AMC activities are volunteer led. And, like all volunteer groups we are always looking for new leaders. If you enjoy hiking/biking/paddling/skiing with us, think about pitching in and helping us run more activities. You can start by co-leading, then move up as you gain confidence.

We also need people willing to do 'behind the scenes' work, from serving on the Board to organizing social events to creating publications like the Breeze and website. If you have a skill we can probably put it to

**Chapter website is amcsem.org
New members only -contact Kathy Farren
at membershipchair@amcsem.org
regarding "Membership in a Bottle"**



Smoky Mountains

work. If you have a willingness to help out, but feel you might not have a skill we need, trust us, we can teach you to do something that needs to be done. And if you are looking for the opportunity to meet some great people, this is definitely it! Get involved. Contact Anne Chace, this year's Nominating Committee Chair at 508-824-8871 or email her at A.Chace@tmlp.com SEM truly is *a lot* of work. But when we finally get the work done, and meet out on the trail/road/water/snow and actually get to participate with fellow AMCers it's all worthwhile.

Speaking of which, if you've ever thought about climbing the mountains of NH, but were concerned about doing it alone, or thought you didn't know enough to tackle them, look to SEM Mountain Hiking Series, for a good opportunity to get started. See details inside.

And last, but certainly not least, one of my personal favorites-the Evening Hikes. A great 'starter' activity, these are typically about two hours long, and sure beat sitting home watching TV. Why not join us, get some exercise, and meet some new people with similar interests? - Bob Vogel, Chapter Chair

CANOE/KAYAK

Chair - Dick Coveney

Miles	Pace/MPH	Risk
AA=11+	1=3.5-4.0 No stops	A=White water 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.

PFD'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 for up to the minute info. Ex winds, etc.

Wed Jun2-Herring River, B2D Beautiful trip thru Salt Marsh to W. Reservoir. From W. Rt 6 to Exit 9(134) S to Rt 28 L go over Herring River Bridge. Park. E side of Herring River Bridge on S. side of Rt 28. From E. Rt 6 take Exit 10 S taking Rt 124 to Rt 39 to Rt 28. L Nancy Wigley 508-548-2362 7-9pm;nrwigley@cape.com
Sat. June5 Mashpee River, B3C E. on Rt 28 from Mashpee rotary to R. on Quinaquissett Ave. Mashpee

Neck Rd to Launching ramp. L Ed Foster 508-420-7245;erfoster@comcast.net

Wed. Jun 9 -Palmer River-Tidal River-B3C L Rick McNally nrjmcnally1@juno.com;508-965-9892

Sat. Jun12-Toby's Island -A3A Eel Pnd, Back River . L Gifford Allen;giffallen@verizon.net;508-563-3852

Wed. Jun16-West Island-A2B. 195 in Fairhaven to 240 S. Cross Rt 6 straight onto Sconticut Neck Rd. abt. 1.7M to Seaview, L down to ramp. L Don Savino donsavino@webtv.net;508-295-4562

Sat. Jun19-Swan River -C4D Winding River w/ pretty Marsh, hummocks. L Max;msarazin@capecod.net;508-255-8379 Clipper Ln off Upper County Rd to landing

Wed. June23-Lewis Bay, Hyannis-B3C-Fast current in channel, pretty marsh and coves. Berry Ave. S off Rt 28 , go .07 M R onto Hampshire Ave. about 100 yds to Parking on L. L Dick Coveney 508-548-6821;dickcoveney@adelphia.net

Sat. June 26-Ockway Bay-C3C Fr: Mashpee Rotary on Rt 28 S. on Great Neck Rd for 2.6 mi to L at Ockway Bay Boat Lndg. L Art Hart 508-888-2847;ajhart@webtv.net

Wed. June 30-Monomoy-B3A Call L Dick Coveney for registration & directions.508-548-6821

Wed. June 30-Walker Pond-C3D Santucket Rd from Rt 6A at blinker to L. on Slough Rd to town Indg. At S. end of Walker Pnd. L Janet DiMattia 508-394-9064;jdimattia@earthlink.net

Sat. July 3-Barnstable Harbor-A3B-Exit 8 N from Rt 6, cross 6A, bear onto Center St. at Cemetary & continue to parking at end. L Ed Foster 508-420-7245 erfoster@attbi.com

Wed. Jul 7-Onset -West River to Onset Bay to marshes & creeks on flowing tide. Exit 1 off Rt 25 in Wareham cross 6W/28N to 6E/28S to R on Main Ave. .2 M to L onto Riverside Drive. Park on grass at beach. L Don Savino;508-295-4562;donsavino@webtv.net

Wed Jul 7-Swan River-C4D L Janet DiMattia see info on June 19

Sat Jul10-Back River - call L Dick Coveney;508-548-6821;dickcoveney@adelphia.net

Wed. Jul 14-Pleasant Bay-A3B Mtg House Pnd Orleans L Peter Selig 508-432-7654;pandmselig@hotmail.com

Sat July17-Mashpee River -see June 5th L Ed Foster

Wed. July 21-Charles River-B4D -call L Art Hart for info 508-888-2847;ajhart@webtv.net

Sat. July24-Marion Harbor -A2B-call L Dick Coveney for info. 508-548-6821;dickcoveney@adelphia.net

Wed. July 28-Follins Pond-B3C- Mayfair Rd off Old Bass River Rd to Follins Pond to pkg at end. L Janet DiMattia 508-394-9064;dimattia@earthlink.net

Wed. July 28-Monomoy-B3A- See June 30th

Sat. July 31-Pinquickset Cove-Cotuit-B3C- S on Main St. off Rt 28 just E of Rt 130. R onto School Street. L onto Crockers Neck Rd. which becomes Santuit Rd. Go 1 M to town Indg R. Unload at landing & park along road. L Ed Foster 508-420-7245;erfoster@attbi.com (see page 5) cont.

HIKING AND BACKPACKING

Chair- Patrick Holland 781-925-4423

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.

Introduction to the Mountains

Always wanted to hike in the White Mountains? But felt they were out of your reach? This summer we have a series of hikes for people who've never hiked in the NH mountains or are new to hiking in general. We'll start with a local hike in the Blue Hills and end with a hike up Mt. Liberty in NH. The hikes will progress in difficulty but will never be too extreme. Of course all are welcome, not just beginners. For more information call the Hiking Chair, Patrick Holland 781-925-4423 7-9pm pat.holland@twbg.com

Sat June 12th Quitticus Middleboro B3C

Mostly flat hike along Lake Quittocus on land recently opened to the public. Reg. With L Elsie Laverty 508-823-0632 (before 9pm) Elavmac@tmlp.com CL Charlie Farrell 508-822-2123

Sun. June 6 Bay Circuit Trail B3C

Hike from Pembroke to Duxbury/Kingston on this recently completed trail Reg w/L Anne Chase 508-824-8871 7-9pm A.Chase@tmlp.com

Wed. June 9th Hike Planning Meeting 7pm

Middleboro, MA We'll be working on the Sept-Nov. hike schedule. All are welcome, not just leaders, and there's pizza! For directions or more info, contact Pat Holland 781-925-4423 6-9pm pat.holland@twbg.com

Sat June 26 Intro to the Mountains Series #1 Blue Hills Reservation, Milton B3B-C The first hike in the Summer mountain hiking series. Get a feel for what it's like hiking with significant elevation gain and loss, talk about what you need in your pack and why, etc. L Erika Bloom 508-996-3290 before 9 pm, ebloom1@comcast.net CL Patrick Holland 781-925-4423 6-9pm pat.Holland@twbg.com

Sun June 27 Franconia Ridge (AA2A) Hike the entire Franconia Ridge. We will climb Flume Slide to Mt

Flume and then hike across the Franconia Ridge over Mt Liberty, Little Haystack, Mt. Lincoln, Mt Lafayette, and finally descend via the Old Bridal Path. Reg. w/leader Paul Vermette 603-566-0881; pjvermette@yahoo.com

Fri-Mon Jul 2-5 Maine AT Backpack (AA3B). Hike the AT in the Rangeley-Stratton area of Maine between Rts.4&27. We will try to summit as many Maine 4000 footers as possible along the way. Experienced, in-shape backpackers only. Limited to 6. Reg. w/ L. Dexter Robinson, 781-294-8840, 7-9pm (dexsue@comcast.net), CL. Anne Chace, 508-824-8871 (7-9pm)

July 8th Wrentham State Forest C4C

Leisurely walk through Wrentham State Forest. Some small peaks with views of Boston Reg. w/L Mike Woessner 508-577-4879 6-9pm stridermw@hotmail.com CL Fred Youst FEY IAM@hotmail.com

Sat July 10 Intro to the Mountains #2 Mt Cardigan, NH B3B For a smaller mountain, Cardigan has the look & feel of a much higher peak. Great views from the exposed summit. Reg w/L Dave Bennett 508-222-6943 7-9pm dbennett62@comcast.net CL Elizabeth Balachek 508-759-1320 7:30-9pm ekbesq@earthlink.net

July 10 The Bonds and Mt Zealand (AA2A) 20 mile Hike!!!! From the Lincoln Woods parking area up and over Bond Cliff, Mt. Bond, West Bond, and Zealand Mtn., and out to the Zealand Hut parking area via the Wilderness trail Bondcliff Tr, Twinway, and Zealand Tr. Register w/leader Paul Vermette 603-566-0881; pjvermette@yahoo.com

July 17-18 Lonesome Lake Trail Work, NH

See Trails section, if you haven't gone on one of our work weekends-you don't know what you're missing.

Sat July 31 Intro to the Mountains #3 Mt Esienhower

B3B The first 4000+ footer! Some decent elevation gain on this one but views from the summit are worth the effort Reg w/L L Patrick Holland 781-925-4423 7-9pm pat.Holland@twbg.com CL Dexter Robinson, 781-294-8840, 7-9pm dexsue@comcast.net

Sat. Aug 14 Intro to the Mountains #4 Mt Liberty, NH

A3B Intro to the Mountains #4 The last of the series and one of the best hikes in the White Mountains Reg w/L Dave Bennett 508-222-6943 7-9pm dbennett62@comcast.net CL Pauline Jordan 508-676-5146 (after 9pm) Hirst30@AOL.COM

August 5th Evening hike in the Blue Hills, C 3 B.

Climb Great Blue for great views of Boston and surrounding area. L- Mike Woessner 508-577-4879 CL- Fred Yost.

Sat-Sun Aug 28-29 Great Gulf Backpack (A3B). Great Gulf trail to Spaulding Lake. Climb to Gulfside trail with possible climbs of Mts. Clay and Jefferson. Experienced, in-shape backpackers only. Group size limited to 8. Register with L. Dexter Robinson, 781-294-8840, 7-9pm (email for info: dexsue@comcast.net), CL Barbara Leland, 508-295-9745, 7-9 pm

HIKING AND BACKPACKING continued

(barbaraleland@comcast.net), CL Rick Fordyce 508-430-0268, 7-9 pm

Rock Climbing

To register or to obtain more information on any climbing activities contact John Pereira at 508-254-8303 or rockclimbing@amcsem.org. All activities will be led by John Pereira who has 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 of every month. This activity will introduce fundamental climbing skills to those who would like to learn how to rock climb.

June 26, July 31, August 28

Top Roping

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

June 5, July 3, August 7

Intro to Sport Climbing

August 21

Co-leader Training

The training activity is being conducted for those individuals who would like to volunteer their time to co-lead climbing trips, with the potential of leading a trip in the future.

June 12

TRAILS

trailschair@amcsem.org

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 turnout. This is part of a nation wide event! For more information or to register contact Leaders Lou 508-678-3984 7-9pm or Pat 781-925-4423 7-9pm pat.holland@twbg.com

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.*

July 17-18 Lonesome Lake Trail Work - Summer cleanup on our adopted trail. Arrive Friday night, work all day Sat. w/ possible half day on 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 Patrick Holland 781-925-4423 7-9pm pat.holland@twbg.com

CHAPTER HUT NIGHT 2004-THE HIGHLAND

CENTER OCT 29-30



JOIN US FOR HALLOWEEN WEEKEND IN CRAWFORD NOTCH. HIKE UNDER A FULL MOON ON SAT. NIGHT! BUNK SPACE IS LIMITED. SO REGISTER EARLY. COST IS \$45 PER NIGHT FOR ADULTS. \$25 PER NIGHT FOR CHILDREN. DINNER FRIDAY, BREAKFAST AND DINNER SAT AND SUNDAY BREAKFAST ARE INCLUDED. TO REGISTER OR FOR MORE INFO, CALL PATRICK HOLLAND 781-925-4423 6-9PM [PAT.HOLLAND@TWBG.COM](mailto:pat.holland@twbg.com)

Fall Gathering

The Fall Gathering will be hosted by the CT Chapter this year at the YMCA Camp in Woodstock, CT. Oct 22-24. Contact Carolyn Olsen, Co-Chair Fall Gathering Committee, CT chapter

For Sale

Since our knees won't let us backpack any longer, we have four good Therm-A-Rest air mattresses and a 2-man Eureka backpack tent to sell. All are in good guaranteed condition. We will accept the best offer. Contact meserves@comcast.net



CANOE/KAYAK CONTINUED**Wed. Aug 4-North River -Pretty historic River-A3C**

Call L Dick C. 508-548-6821; dickcoveney@adelphia.net

Sat. Aug 7-Gull Pond-B3C-Wellfleet R on Gull Pond Road from Rt 6.L at Stone marker down to water. Bring something to toss on grill(provided) L Max Sarazin 508-255-8379;msarazin@capecod.net

Wed. Aug 11-Monomoy-B3A-see June 30th

Sat. Aug 14-Pleasant Bay-A3B- Call L Peter Selig 508-432-7654;pandmselig@hotmail.com

Wed. Aug 18-Pocasset River-C2C-North End of Bridge on County Rd., prk on E side, launch on W side. L Dave McGlone 508-385-6314;dmcglone@capecod.net

Sat. Aug 21-Cotuit Bay B3C -Rt 28 to south on Putnam Rd at traffic light. 1.9 mi to Old shore Rd and Town Lndg L Ed Foster 508-420-7245;erfoster@attbi.com

Wed. Aug 25-Slocum River D2D- Call L Rick McNally for more info 508-965-9892;nrijmenally1@juno.com

Sat. Aug 28-Leader's Choice - Call Dick Coveney 508-548-6821;dickcoveney@adelphia.net

***Annual Summer Picnic
Fun for everyone***

***Saturday - Aug 14, 2004
Colt State Park in Bristol, RI
www.riparks.com/colt.htm***

***9:00am-Organized morning activities
include:hiking/walking,
biking and paddling. The
East Bay Bike path is
nearby for rollerblading.***

***1:00pm-The cookout begins at 1:00
pm with games and a camp
fire to follow until ???***

*Sign up by sending the registration form and
your check to: Louise Anthony
11 Long Plain Road
Mattapoisett, MA 02739
Contact: Louise at 508-758-4215 or
lpanthony@yahoo.com for any questions*

Number of Adults @ \$6 pp -----

Number of Children @ \$4 pp -----

Names -----

Address -----

email address -----

phone number -----

EDUCATION

*Chair - Laura Smeaton
education@amcsem.org*

- Advance notice : Wilderness First Aid (WFA)
Training from SOLO

When: Saturday-Sunday, October 23-24, 2004

Where: YMCA Camp Lyndon, Sandwich, MA

Why ? : To maintain your leadership status (if applicable), or to develop and practice skills needed to confidently handle accidents or emergencies when definitive care is more than 1 hour away.

Cost: Partial to full scholarship reimbursement available for current SEM/AMC leaders.

AMC members (\$130/\$150 for commuting/overnight), non-members add \$20 (overnight includes accommodation and meals)

Course limited to 30 participants

Registration deadline: earliest of October 6,2004 or when class is filled

To register and reserve your place: Send a check payable to SEM-AMC with your contact information (including email address and phone number) to Laura Smeaton at 28 Sheffield Road, Roslindale, MA 02131.

For more information: Read the course description at <http://www.soloschools.com/wfa.html>, or email education@amcsem.org with questions.

- Looking for an opportunity to help the SEM/AMC chapter out 'behind the scenes'? We can use your expertise as the Education committee vice chair!

We are looking for a volunteer to help with education and training activities as the chapter Education committee vice-chair. This person serves as an assistant to the Education Chair to help organize and run chapter leadership training, wilderness first aid training, and other training opportunities or events. This is an ideal position for someone who has enjoyed leading trips in the past, and is looking for a different (or additional!) way to contribute to the chapter and to the AMC. If you are interested or just curious, please contact Laura Smeaton at education@amcsem.org or 617-323-6727 (6-10 pm).

SAFETY AND GROUP RIDING TECHNIQUES

- **Helmets are positively required**
- Water consumption is necessary.
- Hand Signals - Be clear and use the most acceptable signals:
 - Pointing with right or left hand in the direction of the turn.
 - Open palm down at left side indicates Slow Down/Stopping.
- Always ride with traffic. Maneuver like any other vehicle. Stop at red lights and stop signs, use turn signals, etc. This makes bicycle behavior predictable to motorists.
- Ride 1'-2' from the edge of the road but don't move too close to the edge of the pavement. However, it may be impossible to do this and avoid traffic on narrow New England roads.
- Indicate road hazards to riders following behind by pointing and yelling.....loose, broken surfaces, potholes, sunken drains, glass, expansion joints in bridges, wet leaves, dogs, turning traffic, railroad crossings, parked cars, etc.
- Always cross RR tracks very carefully at a 90 degree angle.....or walk!
- Ride double only on low-traffic back roads (which there are too many in New England). If a car approaches, to avoid confusion among fellow riders, use a consistent rule ie, rider closest to center of road drops behind other rider.
- Practice looking behind without swerving or use mirrors.
- Don't ride too close! Leave at least 4' between bikes.
- Always pass another rider or pedestrian on their left and signal ahead with "on you left"
- As cars approach the rear of the line, the sweep rider yells forward "Car Back" and each rider passes it along up the line.
- 6' over or 6' under rule. Whenever you stop on the road, get your bike at least 6' off the road. This leaves room for subsequent bikes to stop too, without eventually blocking the roadway.

- To cross traffic for a left turn, the lead rider signals a left turn and switches lanes to turn. Each following rider, in order, should check for overtaking traffic, then signal and make his/her turn. Don't stagger forward and back riders... this is dangerous for bikes and frustrating for motorists.
- A rider who does not feel confident making the turn in order should pull decisively off the road and wait for the other riders to complete the turn. Allow the overtaken traffic to pass before getting back on the road and making the turn when traffic has cleared the intersection..
- Increase visibility by wearing bright colors, fanny bumpers, reflectors, etc.

PUBLIC RELATIONS ON THE ROAD

- There's much to be gained from a cooperative attitude toward motorists. If you consistently obey traffic rules, you're showing respect for them and the road and they are more likely to respect your rights, too.
- A slight turn of the head lets overtaking motorists know that you're aware of them and indicates that it should be safe for them to pass you.
- Give them a hand gesture when it's safe for them to pass you on a narrow, curvy road where the line of sight is limited.
- Consistently obey the rules of the road.
- Don't block doorways, driveways or sidewalks with parked bikes. This is especially important in large groups.
- Don't lean bikes against store windows or gas pumps.
- Ask to use the restrooms.....in smaller groups

SUGGESTED TOOLS

Tire iron, Spare tube, Patch kit, Pump

More tools would be recommended on extended rides
BIKE SAFETY CHECKLIST (details upon request)

Helmet, Water Bottle, Gloves, Personal identification
 Tires (front and rear), Rims, Spokes, Hubs/Fork Ends
 Handlebars and Stem, Brakes (Front and rear), Pedals
 Crankset, Chain and Rear Cluster, Front Shifter, Rear Shifter, Frame

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

Sun. June 13 - Plainville to the Cumberland Hill - by special request. Another quiet semi-rural scenic ride through back roads over hill and dale. A 2.5 B. Contact L Nancy Beach 617-899-5285 nanclam@yahoo.com

Sat. June 19 - Metric Century (62 miles) probably in the Rochester area but leader will opt for another area if interest is stronger. AA2B. Contact L Paul Currier by June 15th for location information pbencurrier@hotmail.com. 508-833-2690. E-mail preferred.

Sun. June 27 - Rochester Center to Berkley w/ Ice Cream stop at Eastover Farms. Nice ride through lakes and quiet wooded areas. Rochester-Freetown-Berkley-Lakeville, 43 miles. A2C. Contact L Jack Jacobsen 508-993-0450; CL Paul Currier pbencurrier@hotmail.com. E-mail preferred.

Sun. July 11 - Rehoboth without rain this time. Yes, quiet semi-rural scenic farms and dams, ducks and golf courses. A2C. Contact L Nancy Beach 617-899-5285 nanclam@yahoo.com

Sun. July 18 - Mattapoisett/Acushnet/Lakeville/Rochester. Pleasant ride through scenic lakes areas and quiet back roads. Stop at Ned's lighthouse in Mattapoisett Harbor. 43 miles. A2C. Contact L Jack Jacobsen 508-993-0450; CL Paul Currier pbencurrier@hotmail.com. E-mail preferred.

Sun. July 25 - Wellfleet to Provincetown including Race Point. AA2B. Contact L Paul Currier pbencurrier@hotmail.com. 508-833-2690. E-mail preferred.

Sun. July 25 - Westport. Adorable seaside town with spacious farms and abundance of wildlife with gentle ocean breezes. B2C. Contact L Charlie Sullivan 508-678-4464.

Sun. Aug 1 - Duxbury. Few rolling hills, highlights include Powder Point beach, Myles Standish Monument & cranberry bogs. Start at 9:00am. A2B/C. For location, contact L Walter Mark 508-884-8185, wlfmark3@aol.com.

Sun. Aug. 8 - Watertown, Cambridge, Boston, Allston, Newton. Charles River loop, circling the widest part of the river. Easy paced ride with water views and stop for lunch at Cambridge Galleria Mall. C3C. Contact L Frank Clouse, 617-469-4479 7-9:30pm.

Sun. Aug 15 - Plympton. Mostly flat ride with some rolling hills around ponds and bogs in Lakeville, Freetown & Middleboro. Start at 9:00am. A2C/D. For location, contact L Walter Mark 508-884-8185, wlfmark3@aol.com.

Sun. Aug 22 - Eastham Visitors' Center. Ride will include Eastham, Wellfleet Harbor, Wellfleet by the Sea, Cohoon & Newcomb Hollow Beaches. A2B. L Paul Currier pbencurrier@hotmail.com. E-mail preferred.

WHAT'S NEW? WHAT'S NEW? WHAT'S NEW? WHAT'S NEW? Please check the "Short Notice Trips" for news about **training rides** between Brewster and Wellfleet (the Lower Cape) with Leader Kyle Durborow. Rides will average 12 mph for 13-20 miles. For further information, contact Kyle 508-255-7281. kyled@gis.net.

**2004 Tuesday Evening Summer Bike Rides
LEADERS/CO-LEADERS ARE NEEDED - CONTACT
PAUL CURRIER**

**Be pumped (you and your tires) and ready to leave at
6:00pm.**

**C3C (occasionally C3B - Sagamore & Scargo)
Helmets required**

**Leader Paul Currier – email preferred:
pbencurrier@hotmail.com**

or 508-833-2690 8:00am to 8:00pm

June 1 - Rock Harbor, Orleans: Meet at harbor parking lot at end of Rock Harbor Road off Orleans Rotary. Ride into Eastham to First Encounter Beach.

June 8 - North Falmouth Library: Meet at library on left at W end of Rte 151. Falmouth coastal ride.

June 15 - Nickerson State Park, Brewster: Meet at main entrance to park on Rte 6A. Ride on quiet park roads and bike path and Cape Cod Rail Trail.

June 22. - Cotuit: Meet at new Stop & Shop parking lot at Rte. 28 and Putnam Avenue. Scenic Cotuit ride.



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

June 30 - Yarmouthport: Meet at Gray's Beach parking lot at the end of Centre Street off 6A for coastal area ride.

July 6 - Chatham: Meet at old A & P parking lot on Rte. 28 at Crowell Road for scenic Chatham ride.

July 13 - Falmouth Shining Sea Bike Path: Meet in Falmouth at parking lot on R on Woods Hole Road, ride to Woods Hole and Quisset Harbor.

July 20 - Dennis: Meet at Town Hall parking lot on Old Main Street. Ride to Dennis beaches and Scargo Tower.

July 27 - Craigville Beach: Meet on Rte. 149 (exit 5, Route 6) just south of Rte. 6.

Aug. 3 - Eastham Visitor's Center: Rte. 6 from Orleans Rotary north to Visitor's Center on right. Ocean Beaches, Rail Trail, Marconi Site.

Aug. 10 - North Falmouth Library: Meet at library on left at W end of Rte. 151. Falmouth coastal ride.

Aug. 17 - 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 Rte 28 into Mashpee Commons and turn left to end.

Aug. 24 - Rail Trail, Yarmouth: Rte. 134 (Rte 6, exit 9), meet at head of Cape Cod Rail Trail. Ride to Fisherman's Landing in Brewster.

Aug. 31 - Cape Cod Canal, Cape side: From Shore Road in Bourne, take Bell Road to RR bridge canal parking lot. Ride to Mashpee Island and along Canal.

FULL MOON RIDES

Contact Paul Currier: **email preferred**
pbencurrier@hotmail.com or **508-833-2690** or watch Yahoo site for time and location.

Conservation Corner

Is all recycled paper the same?

- ◆ If the recycled paper is made from Post Consumer Waste, it is made from used paper like old newspaper and computer paper.
- ◆ Some recycled paper is made from scraps left over after other paper products are manufactured. This recycled paper is not made with post-consumer waste. These manufacturing scraps have always been reused by paper manufacturers.
- ◆ To save the planet, consider buying paper containing Post Consumer Waste.

Louise Anthony-Conservationchair@amcsem.org

Full Moon Cape Hike

Thurs. July 1 Chatham Harding Beach / Lighthouse:
From Rt 28 in West Chatham, take Barn Hill Road at sign for Hardings Beach. Bear Right on Hardings Beach Rd. Park at end. L-Peter Selig 508-432-7656