



The Southeast Breeze

The newsletter of the Appalachian Mountain Club Southeastern Massachusetts Chapter
Fall 2006 - September, October & November

View from the Chair

By Laura Smeaton

AMC Spring Gathering Report

AMC's smallest chapter, Mohawk-Hudson, sponsored the AMC club wide 2006 Spring Gathering at YMCA Camp Chingachgook on Lake George, NY the weekend of April 28-30. More than 125 folks attended and everyone thoroughly enjoyed the weekend's events. I commend the volunteers who organized this event on a job well done!

Blessed with beautiful spring weather, many (including SEM's Anne Chase), took advantage of the sun to seek out beautiful views of Lake George from hilltop vistas during an all day hike. I attended the full day of meetings including the Chapter's Committee, Outdoor Leadership Development Committee (aka OLDC), Website and On-Line Trip Listings, and Open Forum with Andy Falender and AMC Board President Will Hill. The Chapter's Committee is composed of representatives (typically the chair or vice chair) from all 12 chapters of the AMC. The committee is currently looking at long-term planning and goal setting, as part of the club's mission for Vision 2020.

At the club level, the Maine Woods Initiative is one of the most important issues. The focus is conservation and limited development for the purposes of outdoor recreation (such as camps and trails) in the 100-Mile Wilderness region. This initiative is being compared in scale and scope to the White Mountains National Forest in New Hampshire. For more information on this exciting project, please visit the following website: www.outdoors.org/mwi.

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AMC Fall Gathering just down the road...

The club wide Fall Gathering is being hosted by the Narragansett Chapter at the nearby Environment Education Center at the University of Rhode Island – Alton Campus. The event runs from the evening of Friday, October 13th through Sunday, October 15th and, thanks to great planning, there will be something for everyone to do! This includes fun coastal activities, workshops on Recreational Kayaking and Introduction to GPS and a Newport Cliff Walk & Mansion Tour.

Since the URI Alton Campus is so close to us here in southeastern Massachusetts, it is possible to take advantage of the gathering's activities in a day trip from the SEM area. Overnight accommodations are also available, if desired. These range from cabins to tenting facilities. Activities will include recreational kayaking workshops, introduction to GPS, and a Newport Mansion Tour. You can check out the full program by visiting www.amcnarragansett.org. If you are interested in carpooling (for the day, or for the weekend), visit the SEM website at www.amcsem.org or call me at 617-323-6727 (or email chair@amcsem.org) for more information.

Save the Date for the SEM Annual Meeting!

**Saturday evening, November 4, 2006
Johnson and Wales Inn in Seekonk, MA**

Evening festivities will include:

- Socializing with SEM friends
- Bountiful Buffet Banquet dinner from the acclaimed Johnson and Wales culinary group
- Business meeting
- Election of 2007 SEM Board of Officers (nominees (will be posted on www.amcsem.org by Sept. 20th)
- Announcement of 2006 SEM Distinguished Service Award recipient
- Exciting and enlightening guest speaker

Details, along with registration information (advance RSVP with payment required to reserve your space), will be mailed in late September.

FREE Winter Hiking Workshop

Saturday afternoon, Nov. 4th (before the Annual Meeting)

The annual Winter Hiking Series is a series of four progressively harder hikes to introduce you to winter hiking. Last winter the series was a huge success, with perfect weather and beautiful blue skies. If you come to the Winter Workshop you can learn 'everything you need to know' to come enjoy this year's series.



Think about snow falling softly on pine boughs. Hiking without bugs! Learn how to enjoy these things, and stay warm doing it. We will have lots of equipment there to look at, and presentations by SEM Winter Hike leaders, as well as slides and video. Spend the afternoon learning about winter hiking, and then attend the Annual Meeting.

What kind of person does such things? Well, we have given out certificates for completing the series to people from 10 to 'well over 50.' What is needed is a sense of adventure and a desire to try it!

Winter hiking can be great fun. Snowshoeing through the freshly fallen snow. The cold fresh air in your lungs. Laughing as you hike back down from another great adventure.

To sign up for the FREE Workshop contact Bob Vogel via e-mail at hike_with_bob_v@comcast.net or by phone at 508-238-7732, 6-9 PM.

The Appalachian Mountain Club Southeastern Massachusetts Chapter

Chapter includes app. 3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.

2006 Executive Board

Chapter Chair -	Laura Smeaton, chair@amcsem.org 617/323-6727
Vice Chair -	Mike Woessner, vicechair@amcsem.org 508/577-4879
Treasurer -	OPEN*, treasurer@amcsem.org
Secretary -	Chris Sampson, secretary@amcsem.org 508/993-5497
Biking -	Joe Tavilla, bikingchair@amcsem.org 508/428-6887
Canoe/Kayak -	Gifford Allen, paddlingchair@amcsem.org 508/563-3852
Cape Hiking -	Farley Lewis, capehikingchair@amcsem.org 508/775-9168
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Hiking Chair-	Sue Chiavaroli, hikingchair@amcsem.org 508/252-4164
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*Please contact Laura Smeaton if you are interesting in volunteering for any open SEM volunteer positions.

The *Southeast Breeze*, the newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published four times per year as a service to the Chapter's members. SEM members are encouraged to submit letters, articles, photos, and artwork, but materials for publication (space permitting) cannot be returned unless accompanied by SASE. Please mail to: Paul Miller, 169 So. Washington St., No. Attleboro, MA 02760. Digital submissions are preferred, and can be e-mailed to: communicationschair@amcsem.org. Articles will be edited for length, typographical errors, and clarity.

HAVE YOU MOVED? Please send your change of address information to: AMC, 5 Joy St. Boston, MA 02108

NON-SEM AMC MEMBERS who wish to receive the quarterly Southeast Breeze newsletter should send a \$5.00 check made out to "AMC SEM" to: AMC SEM Breeze Subscription, PO Box 120, Wrentham, MA 02093-0120. Please be sure to provide your mailing address if it's not on the check.

A report from the Cape Shore Exploration Weekend

By Maura Robie, Conservation Chair



Swallow-Tailed Kite © Arthur Morris/BIRDS AS ART

A lucky group of about 15 AMC members from Rhode Island and Massachusetts participated in a *Cape Shore Exploration Weekend* this spring in beautiful Wellfleet. The event was organized by the Narragansett Chapter. I say lucky, because the weather was perfect, the Audubon staff incredibly knowledgeable, and the wildlife abundant. We saw an amazing variety of birds (see list), as well as fiddler crabs, painted turtles, and both harbor and bottlenose seals.

Anything we wanted to know about local natural history was ours for the asking! I enjoyed being able to expand my repertoire of birds spotted with some of the best birders I've had the pleasure of meeting. One of the highlights was when we spotted a swallow-tailed kite, a bird of prey included in the family with hawks and eagles. Their range is typically only as far North as the Carolinas, making this a once in a lifetime sighting in our area..

To top off the weekend, we came across the seals just off of South Beach in Chatham, curiously popping their heads up all around the boat and diving back down in the blink of an eye. What a truly amazing sight to see a seal suddenly appear munching on an enormous striped bass like it was a piece of corn on the cob! If this sounds like an experience you'd enjoy, please join us in September for some great birding, beachcombing, and I'm sure another interesting visit with the seals.

Bird Sighting List

prairie warbler	catbird	pipin plover
pine warbler	towhee	sanderling
house finch	red-tailed hawk	gannet
kingbird	ruddy turnstone	oystercatcher
horned lark	black-bellied plover	green heron
baltimore oriole	red-breasted merganser	whippet
bluebird	laughing gull	tern
barn swallow	common eider	swallow-tailed kite

Audubon offers special Cape Beach Tour to AMC Members on Sat., Sept. 23rd

Join a joint SEM/Narragansett chapter nature tour at South Beach, 3 miles off Chatham Light...the birding hotspot on the Cape! This is a favored stop for tens of thousands of migrating shore birds. Our boat casts off at 10:30 am for brief tour of the harbor and a search for seals. We move on to South Beach to identify many species: plovers, sand pipers, terns and others too numerous to mention. The tour will be led by an Audubon naturalist, expert in all aspects of the natural Cape We'll be back around 2:00 pm. Make this a magnificent end to your summer! Trip limited to 15. \$40 pp. Reserve with J. Schempp 401-331-4553 or CL Maura Robie 508 285-6005, before 9:00 pm.

Sign up now, or miss your chance for AMC Wilderness First Aid Training...

The SEM Education Committee is offering a great AMC Wilderness First Camp (WFA) training weekend at Camp Lyndon in Sandwich Sept. 30th - Oct 1st.

Both WFA and AMC Liability Training are included in the base fee and CPR training is also available.

The training costs \$125.00 for AMC members and \$150.00 for non-members. Please add \$25.00 for Saturday night accommodations and an additional \$30.00 to also receive CPR training Saturday evening.

Full scholarships are available for authorized SEM leaders. (Co-leaders can apply for re-imbusement once they achieve full leader status...)

To register, call Walter Deeter (508) 279-0626 before 9:00 or E-mail WADeeter@aol.com.

Update on “Red Line the Blue Hills” Hiking Series

By Carol Roupelian

The SEM Hiking Committee’s *Red Line the Blue Hills* Thursday evening series has been a great success, particularly if you judge by the numbers. We average 12-18 hikers a week and new faces continue to join. The series offers a different hike in the Blue Hills Reservation each Thursday evening from 5:30 or 6:00 pm until sunset. We began on April 6, 2006 and will continue until daylight savings time ends in October. By the time we are finished we hope to have covered every one of the 125+ miles of trails.

The Blue Hills Reservation spans 7000 acres from Dedham to Braintree and Quincy to Randolph. Although Great Blue Hill is the tallest at 635 feet, there are 22 hills in the reservation. Let’s see, we’ve climbed Great Blue, Hemenway, Hancock, Houghton, Wolcott, Boyce, Buck and Tucker. That still leaves how many more? Since we’ve started hiking, the estimate of the length of trails has grown from 125 to 145 miles! It appears we won’t finish by October after all, but that’s okay. We’re having such a good time, who wants to finish? Bob, are you tired?

Although the Blue Hills Reservation is squeezed on all sides by development and the near-constant hum of traffic, we’ve been introduced to a natural treasure and a source of spiritual renewal. In the words of Charles Eliot, one of the men responsible for the Blue Hills’ preservation, it’s a place “refreshing to the tired souls of townspeople.” Take it from me, traveling Route 128 during rush hour after an exhausting day at work would not be worth it otherwise. This is. We finish tired but relaxed, and we look forward to doing it again the next week.

Led with humor and camaraderie by Bob Vogel, we’ve been witness to verse read aloud as well as the visual poetry of a scarlet sunset reflected high on sheer cliffs. We’ve hiked new (unmarked) trails and repeated more than a few old ones. (Haven’t we been here before?) It’s always entertaining to see the looks on the faces of newcomers as we retrace our steps on yet another “triangle” trail. We’ve crossed wild-flower filled meadows and climbed up and down rock scrambles. (How many times are we going up Great Blue tonight?)

Red Lining the Blue Hills was my introduction to the AMC. I wanted to hike the Appalachian Trail and knew very little about hiking. (No, I didn’t think the Blue Hills

were part of the AT!) Someone advised me to join the AMC to learn what I needed to know to get started. It was the best advice I’ve ever taken!

I never knew you could cross over Route 24 on a horse bridge. I had never walked down the middle of Route 128. I didn’t know what a separation break was! I still have many questions. Will I see my first timber rattlesnake on a Thursday? When will I finally walk on the floating boardwalk over the cedar bog, visit Fowl Meadow, get my first view of the Quincy Quarries or the remains of the original Civilian Conservation Corps campsite? I never realized how important bug spray or rain gear could be, or how shaky my knees could feel by the bottom of a rocky trail.

I asked Bob recently how he came up with the idea for the Red Line the Blue Hills Series. He told me that back in April of 2001 he led a hike called “The Blue Hills Haul” – so named because it was billed as a fast, strenuous hike. In a typically unstructured, Bob Vogel fashion, the hike involved last minute decisions on which direction to take while standing at forks in the trail. This led one of the participants, Bill Ruel, to hastily mark the trails they were taking in red. Bob suspected this was so that Bill wouldn’t find himself permanently lost in Blue Hills. Bill claimed he had a goal of hiking every trail in the Blue Hills and marked each one he hiked in red so he’d remember that he’d hiked it. This year, Bob was working in Randolph ‘till 5pm every day and couldn’t make it to his usual 6pm, Wednesday evening hikes in scattered locations. So he decided to run hikes every week at the Blue Hills. Hence the idea of red-lining the Blue Hills was born.

Although I’ve been hiking with the group from the first evening, I haven’t been able to attend every week. That distinction had gone to Cheryl Lathrop– who had perfect attendance (even better than Bob’s!) until this month. The only reason she missed a week was because she had an encounter with one of the risks of hiking in the Blue Hills. It wasn’t a rattlesnake bite; it was wild parsnip that did her in. But that’s another story. And no, she didn’t eat it. Check out the great website she created for the series at http://home.comcast.net/~hike_with_bob_v/. Bob adds the poop sheets and maps every week – and even keeps attendance! You can see how much we’ve covered, learn a little more history and see some photos.

The Thursday evening series has been so enjoyable, I’m glad we won’t be finished by October. Bob suspects it may be repeated next year. That’s good news. I’ve had a wonderful time, made new friends and learned a great deal.

BIKED, HIKED and PSYCHED

By Vic Oliver, SEM Cycling Vice-Chair

The rain kept on coming and time was running out. I was up north for a few days hoping to get in a day of hiking and another doing some riding. I was forced to combine my intended activities if I wanted to do both.

I packed up my hiking gear, put my mountain bike in the back of my pick-up truck and headed to Zealand Road in Twin Mountain. After parking at the bottom of the road by the bridge on Rte 302. I bicycled uphill for more than an hour to the Zealand trailhead where I locked my bike to the bulletin board and changed into hiking boots.



The hike into Zealand Hut takes about an hour and a half at leisurely pace stopping along the way to take a few photos and look for moose in the various bogs I crossed. When I arrived the hut was empty, which unusual on a summer day. I had the place to myself to enjoy the lunch I had in my pack and the expansive view from the front porch. I stayed about an hour taking it all in.

On the hike out, the usual crowd was on it way up to the hut – families with kids, people with dogs and solo hikers like myself - some for the day, others for an overnight stay and peak baggers on their way to summit Zealand and beyond.

The ride out was a downhill delight – a non-stop free ride to the bottom where my truck was parked taking less than 20 minutes. It was a great day. I was psyched.

There are other places in the Whites to combine what I like to do – bike and hike. The west side of the Wilderness Trail in Lincoln Woods offers a six-mile ride playing on the railroad ties and numerous places to hike. The ride on the east side takes you a place to have lunch

by the river or camp overnight at the White Mountain National Forrest campground. There are others.

When you have only one day to do what you like best – do both!

NOTE: SEM Cycling Vice-Chair, Vic Oliver, is featured on *Dirt Rag* magazine's website. Check it out at www.dirtrag.com in the Fresh Dirt rider profile section!

Cycle First Aid Kit

By Vic Oliver, SEM Cycling Vice-Chair

Accidents can happen when we are hiking or on any other outdoor activity. When we go on a hike a first aid kit is always on the list of things to take. My standard First Aid kit is always in my pack – winter or summer.

However, few AMC members carry a small first aid kit when bicycling, even though mishaps can (and do) happen. We should carry one to care for minor scrapes and road rash abrasions that occur in a fall. It needn't be the same size and include all the supplies found in a First Aid kit carried on a hike trip, where an EMS isn't just a phone call away.

A cyclist kit should include the following items:

- Small Band Aids (4)
- Large adhesive compress pads (2)
- Antiseptic cleansing pads (4)
- 2x2 gauze pads (2)
- 4x4 gauze pads (2)
- Roll of 2 inch gauze
- Small roll adhesive tape
- Tube of sterile Bacpoban or similar ointment
- Ibuprofen tablets (4)
- Mole skin
- Small scissors
- Plastic baggie for bandage trash (1)

These items can be placed in a Zip Lock freezer storage bag and put carried in the back pocket of your cycling jersey. Sometimes as a leader on an extended trip I carry a little bit more for a larger group of riders. But on day trips or just out for a ride this is all I carry. The Band Aid always makes you better.

Hopefully, you'll never need them but it's always better to be prepared.

AT in Western Mass Series continues with introductory backpack

By Dexter Robinson, SEM hike leader



AT in Western Mass backpackers (left to right), Dick Carnes, Jim Laferriere (in front of Dick), Dexter Robinson, Carol Roupenian, and Terry Hayes

Our introductory backpack the weekend of June 17-18th was a continuation of the series of SEM Chapter hikes intended to cover all of the AT in Massachusetts.

Unlike the previous sections, this particular section did not lend itself to a day hike, due to the special car spotting requirements, so I decided to make it an overnight. We did six miles on Saturday, spending the night at the Wilcox Mountain North lean-to.

Some of us stayed in the lean-to while others stayed in shared tents - a nice campsite by a stream well off the main trail.

This section of trail was woody and almost entirely within Beartown State Forest. We passed by the eastern edge of Benedict Pond encountering numerous orange newts crossing the trail. We managed to avoid the weekend heat. Saturday started cloudy with a brief shower and Sunday we got an early start to finish the four remaining miles at the end of which we had spotted a car at the road crossing end point.

On weather...

(A pondering by Bob Vogel, SEM hike leader)

Today was a nice day, but by mid-afternoon it was getting cloudy and gray. By suppertime it was raining. After supper I was in my second floor bedroom, reading. The sound of the rain on the roof was soothing. The window was open a crack, and the sound of the rain on the trees outside was calling me.

Last night was my "Red Line the Blue Hills" hike. The day had been questionable, but as we gathered at 5:45 it was sunny and bright. We were in luck. By 6:30 we had second thoughts. Soon we could hear thunder in the distance, and headed back. The T-storm followed us, but was faster. We could tell it was gaining. Eventually we saw a couple flashes of lightening in the distance behind us... all the better to encourage a prompt retreat. We 'almost' made it to the cars. By almost I mean a couple minutes... and many gallons of water. It poured.

This evening was different. There were no menacing black clouds. There was no ominous thunder. Just the gray sky and the steady rain. And it called. I tried making excuses. But it was still calling me. Finally I decided I'd compromise. I'd take a short walk down the street and back. There, that would do it. That would answer the call.

It didn't. After a while, as I walked down the street, the rain on the trees called again. I conceded defeat. I turned and headed into the woods. A bushwhack brought me to a spot I knew, and a 'trail' through the woods to the back corner of my property. A little trailwork on my trail, anything to prolong the trip, and then I was home again.

I had on my Gore-Tex® boots, rain coat, rain pants and broad brimmed hat (to keep the rain off my glasses.) I was 'dry', but still a bit damp around the edges. Changing into warm dry cotton clothes felt nice. So now I'm back inside, at the computer. I can still see the rain outside. This downstairs window is closed, so I can't hear the rain calling me... but I think I can reads its lips. I think it's trying to tell me how nice it would sound on my tent roof.

I think I'd better keep this window closed...

EDITOR'S NOTE: All SEM members are invited to share their own appropriate ponderings by submitting them to:
communicationschair@amcsem.org

Hiking/Backpacking Activities

Chair – Sue Chiavaroni, 508-252-4164, hikingchair@amcsem.org

IMPORTANT: Hikers unsure of their ability should try only one level more difficult than previously completed. No pets without permission of trip Leader. Registration required for most trips. Hiking boots strongly recommended. For additional information or to register, contact the trip Registration leader (R), trip Leader (L) or co-Leader (CL). SEM Chapter trip updates are also available at <http://trips.outdoors.org>.

Miles per Hike	Pace (MPH)	TerrainType
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

Tues., Sept. 5., Tuesday Morning Blue Hill Hike (B2-3B) – Great exercise hiking strenuous terrain at a moderate to fast pace. Lots of steep, rocky hills! Register for details; start time may vary. Hiking boots required. Not for beginners. L Erika Bloom (508-951-1001 before 9 pm, erika.bloom@comcast.net)

Wed., Sept. 6. Hike Planning Meeting. 7pm. – Come join us to plan future hikes, events, and have pizza! Meeting is at the Unitarian Universalist Church, 25 Main St. (rte 105), Middleboro, MA. Contact Sue Chiavaroni. L Sue Chiavaroni (508-252-4164 7-9PM, brillo6452@yahoo.com)

Sept. 6. Wed. Night Hike Wompatuk State Park (C3C) – Hike through woods, ponds, and an old WWII ammo depot. Good for all levels. L Bill Ruel (781-589-3321 M-Th&9PM)

Sat., Sept. 9. Mt. Washington, New Hampshire (A3A) – A classic hike to New England's highest peak on the Ammonoosuc Ravine and Jewell trails. Strenuous full day hike for experienced hikers only. Group size limited to 10. L Dexter Robinson (781-294-8840 7-9:30 pm, dexsue@comcast.net), CL Wayne Anderson (508-697-5289 7-9pm, wanderson@mxcsi.com), R Wayne Anderson (508-697-5289 7-9pm, wanderson@mxcsi.com)

Tues., Sept. 12, Tuesday Morning Blue Hill Hike (B2-3B) – See Sept. 5 listing for details

Sat., Sept. 16-17. Summer Hiking Series #4 - Backpack, New Hampshire, White Mountains (B3B) – Location TBD, but save the date. See Aug 19 for hike #3. If a one day hike is great then what is a two day hike? Twice as nice! Join us on this introductory backpack and spend the weekend hiking, eating, sleeping, eating (we're big into the eating part!) in the mountains. Some tents and stoves available. Sleeping bags can be rented if you don't have one. L Bob Vogel (508-238-7732 7-9PM, hike_with_bob_v@comcast.net), L Erika Bloom, CL Robin Melavalin

Tues., Sept. 19, Tuesday Morning Blue Hill Hike (B2-3B) – See Sept. 5 listing for details

Tues., Sept. 26, Tuesday Morning Blue Hill Hike (B2-3B) – See Sept. 5 listing for details

Thu., Sept. 28. Scusset Beach and Sagamore Hill – Walk along canal out to beach and then up over Sagamore Hill. Meet 10 a.m. at the fishing pier just before the entrance to the state park. D3C Bring water and snack, out to lunch post hike. L Elsie Laverty (508-823-0634, elavmca@tmlp.com)

Tues., Oct. 3 & 10, Tuesday Morning Blue Hill Hike (B2-3B) – See Sept. 5 listing for details

Tues., Oct. 17, Tuesday Morning Blue Hill Hike (B2-3B) – See Sept. 5 listing for details

Thu., Oct. 19. Moose Hill Sanctuary (C3B) – A nice walk through the woods to lookout and fire tower. Meet at 10 a.m. at visitor's center. Bring sturdy boots or shoes, lunch, water. Directions: From 495: Take 95 north to exit 8 (Main St. Sharon). Take right off exit, follow one mile. Left onto Moose Hill St Follow to top of hill and turn right onto Moose Hill Parkway. Parking on the left. L Elsie Laverty (508-823-0634, elavmca@tmlp.com)

Sat., & Sun. Oct. 21 & 22, Chapter Hut Night in Crawford Notch – variety of hikes offered. See page 11 for details.

Tues., Oct. 24 & 31, Tuesday Morning Blue Hill Hike (B2-3B) – See Sept. 5 listing for details

Thu., Nov. 2. Ponkapoag Hike (C3C) – Pleasant walk around Ponkapoag pond. We'll explore the boardwalk and side trails. Bring lunch to eat at AMC camp site. Meet at golf course parking lot off Rt. 138 at 10 a.m. Hiking boots, water and lunch. Call leader to confirm. L Elsie Laverty (508-823-0634, elavmca@tmlp.com)

Sat., Nov. 4. Winter Hiking Workshop – Free afternoon workshop, where you can learn 'everything you need to know' about winter hiking. Come learn how to stay warm, while enjoying bug free hiking and the beautiful snowy landscape. We'll describe the clothes and gear you will need to take part in our ever-popular introductory "Winter Hiking Series." (See article in Breeze or SEM website.). L Bob Vogel (508-238-7732 6-9 P.M., hike_with_bob_v@comcast.net)

Tues., Nov. 7 & 14, Tuesday Morning Blue Hill Hike (B2-3B) – See Sept. 5 listing for details



Cape Cod Hikes

Chair – Farley Lewis, 508-775-9168
capehikingchair@amcsem.org

Most Cape Hikes are “Show & Go...” For additional information, contact the trip Leader (L) or Co-Leader (CL) or visit <http://trips.outdoors.org>. (Set Committee to “Cape Hikes.”)

Miles per Hike	Pace (MPH)	TerrainType
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

Thu., Sept. 14. Cotuit-Little River Sanctuary (C3D) – Wooded walk with views of Eagle Pond. Meet at the Marston Mills Marketplace Shopping Center at the corner of Rte. 28 and Putnam Ave. in Cotuit to carpool to trailhead. Arrive by 9:45 am for a 10 am start. Two hour hike, followed by a Pot Luck at Leader's house. L Farley Lewis (508-775-9168, farlewis@comcast.net)

Sat., Sept. 16. Wellfleet Great Island/Jeremy Point (B2B) – Four hour hike around perimeter of Great Island and Salt Meadow, across Little Beach Hill out to Jeremy Point tide permitting. Meet 9:45, bring lunch. From Rte 6 in Wellfleet, L at light, L on E.Commercial St to harbor. R on Chequessett Rd. Follow it to Great Island Pkg at small rotary. Heavy rain cancels. L Janet DiMattia (508-394-9064, jdimattia@earthlink.net)

Sun., Sept. 17. Barnstable Sandy Neck (C3C) – Walk out along the beach for an hour, then return along the same route. From 6A take Sandy Neck Rd (located near the Sandwich Barnstable town line) to the end parking in the second lot. Meet at 12:45. Two hours. L Pam Carter (508-398-2605)

Thu., Sept. 21. Mashpee South Cape Beach (C3C) – 2 hr. flat hike with 2 mi. of wooded trails and 2 mi. on sandy peninsular. Meet Thurs 9:45. From Mashpee rotary take Great Neck Rd 2.7 mi, left on Great Oak Rd. to town beach lot at end. L Gary Miller (508-540-1857, garymaxx@wmconnect.com), CL Maria Sylvester (508-385-4045)

Sat., Sept. 23. Harwich Herring River & Coy Brook (B3C) – Woodland Trails. Cranberry Bogs/Tidal River in Conservation Area. Take exit 9A off of Rt 6. L at second light, R @ stop sign. Next L onto Great Western Road. Go approx 1.3 miles. Park at Sand Pond (inside fence) on the L. (Meet at 9:45PM) Four Hours, bring lunch. L Ruth Handlen (508-432-1582, packrhandl@comcast.net)

Sun., Sept. 24. Wellfleet Duck Harbor (C3C) – Varied terrain: beach, wooded hills, spectacular bay views. Meet 12:45p.m. From Rte 6 left at lights toward Wellfleet center, left on E. Commercial St. Right on Chequessett Neck Rd. Turn Right opp. Great Island pkg, follow to end. Two hours. L Janet Kaiser (508-432-3277, rjkaiser@verizon.net)

Thu., Sept. 28. Dennis Crowe's Pasture (C3C) – Walk dirt roads to Crowe's Pasture, soft sand to Quivett Creek, back along beach and woods. Exit 9B North from Rte 6, 2nd light R on Setucket Rd, 1 mile to left on Airline Rd, 1.3 miles cross Rt 6A onto School St., 1st right South St. follow past cemetery to dirt rd., parking lot on right. Meet at 9:45. 2 hours. L Betty Donoghue (508-428-4679,

bettyccfla@aol.com)

Sat., Sept. 30. Wellfleet, National Seashore (B3C) – Walk on beach by breaking, swashing surf. Moderate pace on soft sand. From Rte. 6, take Gross Hill Rd. to end at Newcomb Hollow Beach. Meet at 9:45. Four hours. L Kenneth Burnes (508-648-1385, kburnes@cape.com)

Sun., Oct. 1. Eastham Doane Rock to Nauset Beach (C3D) – Hike to Coast Guard Beach, along shore to Nauset Light and the Three Sisters, back to Doane Rock through Nat'l Seashore wooded property. From Rte 6 in Eastham take R at Salt Pond Visitor center and turn R at Doane Rock picnic area. Park at second lot. Two hours. Meet at 12:45. L Janet DiMattia (508-394-9064, jdimattia@earthlink.net)

Thu., Oct. 5. Wellfleet - White Crest Beach (C3C) – Woodland trails/Hilly. From Rt 6 R on LeCount Hollow Rd. At beach gatehouse L on Ocean View Dr. .9 miles to Beach Pkg lot on R. Meet 9:45AM. L Ruth Handlen (508-432-1582 Before 9PM, packrhandl@comcast.net)

Sat. & Sun., Oct. 7 & 8, Cape Cod Pathways Walking Weekend – No AMC Hike. Please visit Cape Cod Pathways web-site for offerings. L Farley Lewis (farlewis@comcast.net)

Thu., Oct. 12. Yarmouth Bud Carter Trail (C3C) – Wooded walk with some hills and some views. From Rte 6 exit 8A. Immed. L at traffic light onto White's path. Go to end take L which becomes N. Dennis Rd. At approx 1 mi park on Driftwood Lane or in small lot on L at beginning of trail. Meet at 9:45. Two hours. L Pam Carter (508-398-2605), CL Ruth Handlen (508-432-1582)

Sat., Oct. 14. Nantucket Middle Moors (B3C) – Explore Nantucket's middle moors with guide from the Nantucket Conservation Foundation. Approx 4 hrs, bring lunch. Make own ferry or airline arrangements to island, arriving before noon. Exact meeting time TBA. Register by Oct 9. L Heidi Moss (508-362-6440 9am-8pm, mossheidi@hotmail.com), CL John Whelan (sockpirate@comcast.net)

Sun., Oct. 15. Sandwich-Ryder Conservation Land/Lowell Reservation (C4D) – Wooded walk with nice views of Mashpee-Wakeby Ponds. North on Rte.130 from Rte. 28. Right onto Cotuit Rd. 1.8 miles to Ryder Conservation Lot on left. Meet at 12:45pm for a 1pm Start. 2 hrs. L Farley Lewis (508-775-9168 Before 9 pm, farlewis@comcast.net)

Thu., Oct. 19. Provincetown Snail Road Dunes (C3B) – Meet at 9:45 a.m. at the Snail Road trailhead on Route 6 at east end of Provincetown. Explore Provinceland dunes, see historic dune shacks, cranberry bogs, and spectacular 360 views as we hike up and down 2 miles to the ocean and then back. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sat., Oct. 21. Barnstable Conservation (B2C) – Hike Trail of Tears and Otis Atwood area. 4 hours. Meet at Power lines on Service Road off Exit 5 of Rt 6 at 9:45 am. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sun., Oct. 22. Yarmouth Three Ponds (C3C) – Wooded hike on Water Co. property to Sandy Pond by lovely stream. Back along Horse Pond, Bassetts Pond, and cranberry bog. From Rte 6 take exit 8A. At second light take R go to the end take L and park off the road at 1 mi. Two hours. Meet at 12:45. L Janet DiMattia (508-394-9064, jdimattia@earthlink.net)

Thu., Oct. 26. Truro Ryder Beach (C3C) – Beach, woodland trails/hilly. From Rt 6 L on Prince Valley Rd. Go to end. R on County Rd. Immed L on Ryder Beach Rd. Park at end. (Meet 9:45AM) Two hour hike. Starts promptly at 10AM. L Ruth Handlen (508-432-1582 Before 9PM, packrhandl@comcast.net)

Sat., Oct. 28. Provincetown Herring Cove to tip of the Cape (B3C) – Park in the left corner of the left pkg lot of Herring Cove beach in Provincetown to hike back and forth over the dune and tidal flats until we get to Long Point (the tip of the cape)..views of Cape Cod Bay and Provincetown Harbor. Four hours. Meet 9:45. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Oct. 29. Barnstable - Old Jail Lane Conservation Area (C3C) – Wooded walk over slightly hilly terrain. Newly opened areas of conservation land contrast old footpaths through the woods. Meet at Old Jail Lane Conservation Land Parking Lot. Take Exit 6 to Rte 132 South. 1.4 miles to lights at Phinney's Lane. Turn L. Go 1 mile and turn L onto Old Jail Lane. Go 0.5 miles to parking area on Left. L Farley Lewis (508-775-9168 Before 9 pm, farlewis@comcast.net), CL Lisa Crowley (508-362-5062)

Thu., Nov. 2. East Falmouth-Mashpee, Quashnet River (C3C) – Walk in upland woods along small stream. More than light rain cancels. From Mashpee rotary, Rt 28N to Falmouth 2.1 miles, take R on Martins Rd to parking area. 9:45. 2 hours. Meet 9:45. L John Gould (508-540-5779, jhgould@adelphia.net)

Sat., Nov. 4. Maple Swamp to Barnstable Conservation (B3B) – Hike from Sandwich to Barnstable on mountain bike trails and dirt roads. Lotsa long steep hills. 4 hrs, bring lunch. Meet at 9:45 am at the end to shuttle cars to the start. From Rte 6 exit 5 turn south on 149. Take quick R on Service Rd, park under powerlines on left. L Heidi Moss (508-362-6440, mossheidi@hotmail.com)

Sun., Nov. 5. Crane Wildlife Area (C3B) – The terrain is flat, rolling hills. Meet at 12:45pm for a 1:00pm start. Coming From the Bourne Bridge take the 151 Exit off of Rt 28. At end of ramp take a R and park in the dirt lot on the R (across from the animal hospital. Not far from off ramp. L Linda Church (508-495-1308 7-9pm, lchurch@whoi.edu)

Thu., Nov. 9. Sandwich - Benjamin Nye Trail (C4C) – Working cranberry bogs, Red Pine forest, salt marsh with creeks/ponds. Remains of fish hatchery and game farm. From Rte.6 take Exit 4 (Chase Rd). Turn N (toward 6A), go approx. 1/2 mile, and take L on County Rd. One mile to parking on R at Sandwich Grange Hall/Benjamin Nye homestead. Two hours. L Nancy Wigley (nrwigley@cape.com)

Sat., Nov. 11. Falmouth, Moraine Trail (A3B) – Nine mile, 5-hour along moraine, pond with lunch stop. Meet Goodwill Park, Falmouth 9:30 to carpool at 9:45. From Mashpee rotary, take 151 west 3.4m to L at Sandwich Rd. Go 3.7m to R on Brick Kiln; then 0.9m to L on Gifford. After 1.1m go R to enter Goodwill Park and 0.3m to parking. More than light rain cancels. L John Gould (508-540-5779, jhgould@adelphia.net)

Sun., Nov. 12. Harwich Herring River (C3C) – Woodland Trails. Cranberry Bogs/Tidal River in Conservation Area. Take Exit 9A off of Rte 6. L at second light, R @ stop sign. Next L onto Great Western Rd. Go approx 1.3 miles. Park at Sand Pond (inside fence) on the L. (Meet 12:45PM) 2 Hours. L Ruth Handlen (508-432-1582 Before 9PM, packrhandl@comcast.net)

Thu., Nov. 16. Truro High Head Sand Dune Walk (C3C) – Meet 9:45 in pkg lot on dirt road off High Head road at bike trail. We will hike over the dune and continue on the beach weather permitting. If high winds, we will walk the bike path to Pilgrim Springs and beyond. 2 hours. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sat., Nov. 18. Harwich Hawk's Nest State Park (B3C) – Exit Rt. 6 at Exit 11. Head west on Spruce Street opposite off ramp. Go app. 1/2 mile and park on left side of the road. Meet at 9:45. Four hours. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sun., Nov. 19. Barnstable-Bridge Creek Conservation (C3D) – Level terrain, 2 hours. Cedar upland, maple swamp and salt marsh, old bogs and stone walls. Meet at 12:45 pm. From exit 5 off Rt. 6 north on Rt. 149, park along grass triangle on immediate left beside church. L Heidi Moss (508-362-6440 9AM-7PM, mossheidi@hotmail.com)

Thu., Nov. 23. Yarmouth Port: Dennis Pond (C3C) – Thanksgiving Day hike on trails through woodlands, established gardens and hills. Exit Rte 6 North to Rte 6A, Yarmouth. From Rte 6A Yarmouth Port, turn South onto Summer Street at blinking yellow light on sharp curve in road. In less than one mile, park on Right after railroad crossing at Dennis Pond. Two hours. L Richard Kaiser (508-432-3277, rjkaiser@verizon.net)

Sat., Nov. 25. Yarmouth Inkberry and Three Ponds (B2C) – Four hour hike from Inkberry Trails past cranberry bogs and woods walk to lunch at Sandy Pond. Back past Horse Pond, Bassetts Pond. Meet 9:45. From Rt 6 exit 8. At second light take R to L on Forest Rd. R at light on Winslow Gray. Follow to parking lot on R. L Janet DiMattia (508-394-9064, jdimattia@earthlink.net)

Sun., Nov. 26. Brewster - Nickerson State Park (C3C) – Hike along western perimeter of park through woods to Cliff Pond through camping area back to parking lot. Meet 12:45 at main pkg lot at Nickersaon State park on 6A in Brewster. Two and half hours. L Janet DiMattia (508-394-9064, jdimattia@earthlink.net)

Thu., Nov. 30. Bourne Canal Walk (C3D) – Walk along path in wooded area, returning on bike path. Meet on N side of canal at the visitor center at 9:45. Two hours. L Pam Carter (508-398-2605)

Sat., Dec. 2. Open-Deer Season – Check Short Notice and Web for possible hike on this day. L Farley Lewis (farlewis@comcast.net)

Sun., Dec. 3. Harwich-Herring River (C3C) – Walk with views of the river, along the reservoir and around cranberry bogs in conservation area. Take Exit 9A off Rte 6. L at 2nd light. R at stop sign. Next L onto Great Western Rd. At 1.3 miles park at Sand Pond lot on L. . 2 hours. Meet at 12:45. L Pat Sarantis (508-430-9965, ediespond@hotmail.com)



When hiking On- or Off-Cape, please be sure to check yourself carefully for these tiny, but potentially harmful, Deer Ticks, shown enlarged in this photo next to a dime...

Bike Rides

Chair – Joe Tavilla, bikingchair@amcsem.org, 508/428-6887

NOTE: Approved helmets required for all AMC bike rides. If start time and location are not indicated, contact ride leader (L).

NOTE: for additional SEM bike rides, please check *AMC Outdoors*, visit www.amcsem.org, or use the AMC online trip listing system: <http://trips.outdoors.org> (set the Committee to “Biking,” and the Chapter to “Southeastern Massachusetts”), or sign up for the SEM Short Notice trip list at www.amcsem.org.

NOTE: AMC SEM 2000 Mile Club – The SEM Bike Committee awards 2000 Mile Club certificates of achievement and embroidered award patches to members who ride 2000 miles or more in a year. For more information, contact Joe Tavilla (508-428-6887 7-7, bikingchair@amcsem.org) or Victor Oliver (508-888-8435 7-7, bikingvicechair@amcsem.org)

Thu., Sept. 7. Turn Those Tires On Thursday –Cruise the quiet back roads of Middleboro and Lakeville. Includes a spin by the Lake Region. 19 miles, mostly flat terrain. L Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com)

Sat., Sept. 9. Martha's Vineyard – Enjoy the spectacular beauty of a Massachusetts treasure. Start with a scenic ferry ride from Woods Hole to Vineyard Haven. Then a 20-mile ride that includes Oak Bluffs, Edgartown and lunch at South Beach. This is a great ride for beginners to intermediates. Terrain is mostly on the flat bike path at an easy pace. Return via late afternoon ferry. Please bring a spare tube and, as on all AMC rides, helmets required. L Vic Oliver (508 888 8435, SEMbike_chair@Yahoo.com)

Thu., Sept. 14. Turn Those Tires On Thursdays – The towns of Rochester and Acushnet are full of lightly traveled roads. Enjoy a 20 mile cruise with not many cars. L Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com)

Sat., Sep. 23. Pioneer Valley Spectacular – Very scenic ride in the rural areas of Western Massachusetts. Highlights include the Poet's Seat Tower, the summit of Sugarloaf Mountain, the Connecticut River Valley, Lake Wyola and the quiet small towns of Montague, North Leverett and Wendell. Terrain ranges from flat to VERY hilly. Experienced, intermediate riders. 46 miles. L Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com)

Sat., Sep. 30. Cape Cod Village Cruise – Cruise the lesser-traveled roads of the Villages of Barnstable. Highlights will include lots of water views, scenic beaches, boatyards, picturesque harbors, inland waterways and the JFK Memorial. 46 miles. Terrain and pace best suited for intermediate riders. L Joe Tavilla (508-428-6887, silverski@earthlink.net)

Sat., Oct. 21. Bogs, Lakes & Llamas – Cruise for 37 miles over flat terrain that passes lots of cranberry bogs, farms and lakes in the towns of Carver, Middleboro and Rochester. L Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com)

Sat., Nov. 4. Lakeville Halifax Ride – Pass by beautiful farms and bogs via mostly flat and quiet roads in North Middleboro and Halifax. 42 miles. L Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com)

Education

Chair – Walter Deeter, 508-279-0626, educationchair@amcsem.org

Sat. & Sun, Sept 30 & Oct. 1. Wilderness First Aid/CPR, Camp Lyndon – Instead of SOLO, The SEM Chapter is offering AMC Wilderness First Aid (WFA) and CPR training this year at beautiful Camp Lyndon in Sandwich, MA. For more information, or to register, call Walter Deeter (508) 279-0626 before 9:00 or E-mail WADeeter@AOL.com.

Conservation

Chair – Maura Robie, 508-285-6005, conservationchair@amcsem.org

Sat., Sept 23. Cape Beach Tour – Joint SEM/Narragansett chapter nature tour at South Beach in Chatham. See page 3 for more info.

Kayak Paddles

Chair – Gifford Allen, 508-563-3852, paddlingchair@amcsem.org

For information on SEM canoe and kayak trips, please check *AMC Outdoors*, visit www.amcsem.org, or use the AMC online trip listing system: <http://trips.outdoors.org>, (set Committee to “canoe/kayak” and set Chapter to “Southeastern Massachusetts”).

AMC ACTIVITY PARTICIPATION POLICY

AMC encourages involvement in its mission and activities through its membership, programs, policies and procedures. Our goal is to be a community that is comfortable, inviting and accessible for people of any age, gender, race, religion, ethnicity, ability, sexual orientation, or socioeconomic status.

Some AMC programs are designed for a certain age range of members or for a special activity or topic. However, any person who meets the minimum qualifications (age, skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available. Individuals under 18 must be accompanied by a responsible adult.

All participants in AMC activities are required to sign the AMC waiver form provided by the leader. You may preview this waiver form on the chapter website at www.amcsem.org/pdf/waiverform.pdf

AMC SEM Short Notice Trip List ...

Our Yahoo-powered SEM Short Notice E-Mail Trip List is a great way to find out about late-breaking Chapter activities that might not appear in either the *Breeze* newsletter or the *AMC Outdoors* magazine. If you haven't signed up for the e-mail list yet, just visit www.amcsem.org and enter your e-mail address in the appropriate location.



AMC Membership in a Bottle (MIB) is the perfect gift for a friend, relative, or yourself, if you aren't yet a member.

For just \$50.00, you will receive an AMC water bottle, a one-year individual membership, a \$10 AMC gift certificate, and an AMC window decal. Your membership also includes 10 issue of the *AMC Outdoors* magazine and quarterly issues of the *Southeast Breeze* newsletter. The SEM Chapter benefits from every bottle sold through the chapter.

To receive a MIB, send your Name, Address, City/State/Zip and Phone Number, along with the name and address to which you would like to like the bottle sent, with a check for \$50 payable to SEM/AMC, to:

AMC SEM MIB (c/o Claire Goode)
P.O. Box 533
Bourne, MA 02553

Last chance to register for CHAPTER HUT NIGHT in Crawford Notch!

Join us for our chapter's annual "Chapter Hut Night" on Sat. and Sun. Oct. 21st & 22nd (optional early arrival Friday evening...) at the AMC's Highland Center and Shapleigh Bunkhouse in beautiful Crawford Notch, New Hampshire. This location in the White Mountains can't be beat. This weekend allows members new and "old" alike to enjoy a weekend of hiking and camaraderie.

Hikes of different levels will be offered Saturday and Sunday. Member rates start with a budget option for only \$36.75 (bunk in Shapleigh Bunkhouse & supper Saturday night, breakfast Sunday) and range up to \$128 (bunk in Highland Center and suppers Fri. and Sat. nights, breakfasts Sat. & Sun.). *Registration closes September 15th but usually sells out, so register now!* Contact Erika Bloom erika.bloom@comcast.net (preferred), or 508-951-1001 before 9 pm for complete registration information.

News from AMC Joy St. headquarters...

2006 CHAPTER TRAILS CHALLENGE UPDATE - GOT RIVERS?

Well into its second year, the record keepers for the Chapter Trails Challenge report that AMC chapters have added over 50 miles of new trails to AMC's inventory.

The club has had the opportunity to recognize both new adopters and those who have long maintained trails but haven't reported their work. In that spirit, AMC invites those AMC members who adopt and maintain river miles to take part in the challenge as well

River miles refer to the extent to which a volunteer's efforts preserve access and navigability on the water. For example, those volunteers who coordinate with power companies for white water releases make those rivers navigable for white water boating. Volunteers who cut out strainers, clean up trash, and maintain put-in/take-out areas are also contributing to this effort. Some of these miles are maintained in partnership with other organizations, and we applaud these relationships.

For those volunteers who do not work on a clearly defined stretch of one river, but nevertheless act as stewards on the water, the Chapter Trails Challenge has ways of calculating these miles.

The definitions that apply to adopting river miles align closely with the concept of "trail stewardship" in the sense that the service directly benefits the trail/river users where the work is done. If you have questions about if or how your river stewardship can be included in the challenge, please contact Faith Salter 617/523-0655 ext. 314 or fsalter@outdoors.org.

Stay warm while helping support your chapter with an SEM fleece vest...

These mid-weight Forest Green fleece vests provide an ideal outer layer for Fall hiking and biking! The vests feature a full-length front zipper for temperature control, zippered outer pockets and inside pouch pockets for storage, and boast the SEM Chapter logo embroidered on the left breast.

To order, send check or money order made out to "SEM-AMC" for \$39.95 plus \$6.50 S&H (\$46.45 total) to: Claire Goode, PO Box 533, Bourne, MA 02553. Please specify size (generously sized S, M, L, or XL) and be sure to include your shipping address and an evening phone number.





Southeastern Massachusetts Chapter
APPALACHIAN MOUNTAIN CLUB
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SEM Summer Picnic in Foxboro...



About 25 SEM members showed up for the SEM annual summer picnic, despite a very hot forecast. A hike (led by Mike Woessner) and bike ride (led by Joe Tavilla) were offered in the Foxboro area.

Chuck Drayton was kind enough to accompany us on the hike and show us some of the many Native American sites in the forest. Several SEM leaders were surprised to know they had been hiking right by these ancient stone artifacts and never knew it!

Chuck has a great website with photos, explanations, and maps of the sites at www.stonesites.net. The picnic itself was held at the Chapel Meeting House, a lovely and historic facility that has been lovingly restored by volunteers after the town rallied to purchase it. Take a look at www.chapelmeetinghouse.org. Remember to watch for this fun event next summer!

The Southeast Breeze is printed on 100% recycled paper using environmentally friendly ink.