



Southeastern Massachusetts Chapter
 APPALACHIAN MOUNTAIN CLUB
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The Southeast Breeze

The newsletter of the Appalachian Mountain Club Southeastern Massachusetts Chapter
 Winter 2006-2007 - December, January & February

View from the Chair

By Laura Smeaton

Many folks think of winter as a time for hibernation, but I hope you will also see it as a time to get out and enjoy the outdoors. SEM is here to show you how!

While the Paddling group is on hiatus, the other SEM activity committees are in full swing, providing you with an opportunity to turn those long New England winters into a great opportunity. The Cape Hikes committee has a full schedule of both weekday and weekend walks, and the Hiking committee has developed a Winter Hiking Series especially designed to introduce folks to hiking and backpacking in the fourth season (see details later in the Breeze). The Biking committee has varying trips all over the SEM area, and this is the Skiing group's time to shine. Sign up early for these day and weekend trips (some skiing trips are listed in the Outdoors and on-line as Interchapter excursions), as they always fill early!

And if you are new member, or just want to see how to get more involved, you are invited to attend our first new and prospective member potluck of the new year on January 19, 2007 at the Middleboro UU Church. No need to be a member to attend, so bring your friends and family along.

This is my last column as chair and it has been a privilege to serve the chapter over the past two years. My appreciation goes to all the generous hours and talent of so many wonderful volunteer members in the chapter. And a BIG thanks goes to the Executive Board members. We especially thank retiring board members Bill Ruel (treasurer) and Gifford Allen (paddling chair). See you out on the trails!

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



If you've been out on the trails with the SEM over the past year or so, you've probably seen one of your leaders wearing one of these snazzy vests.

These plush, mid-weight, Forest Green fleece vests provide an ideal insulating layer for your winter adventures

(and can serve as an outer layer when the temperature drops at other times of the year...). They feel so good on, that you might never want to take it off!

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, Monument Beach, 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.

SAVE THE DATE FOR AMC ANNUAL MEETING

Summit 2007 will be held on Saturday, January 27, 2007 at the Best Western Royal Plaza Hotel in Marlborough, MA. This year's keynote speaker will be Cameron Roe, the acting president of the Alpine Club of Canada (ACC). Mr. Roe is a highly accomplished mountaineer who has led ACC members to the summits of dozens of peaks including Mt. Orizaba and Iztaccihuatl in Mexico and Mt. Robson and Clemenceau in the Canadian Rockies. AMC is delighted to have Mr. Roe join us this year as he celebrates the ACC's centennial.

SEM Chapter Hut Night in Crawford Notch, New Hampshire...



SEM members were treated to unexpected winter hiking conditions during this year's Chapter Hut Night weekend in October at the AMC Highland Center in beautiful Crawford Notch, NH.

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



PHOTOS: Rick Fordyce

Pot Luck Dinner to introduce our new SEM members to hiking...



Have you recently joined the AMC Southeastern Massachusetts Chapter, or know someone who's thinking about joining? If so, the SEM Membership

and Hiking Committees invite you to join us for a pot luck dinner on Friday, January 19, 2007, from 6:30 to 9:00 pm at the Unitarian Universalist Church, 25 S. Main, St. in Middleboro, MA.

Do you want information on hiking with the AMC, including where to hike, how to hike safely, and how to register for SEM hikes? Not sure what to bring on a winter hike? Will your children be able to join you? Do you want to learn more about the AMC? Please join us for this informative and entertaining event geared for new and prospective members ages seven to adult.

Bob Vogel, an AMC hike leader for the SEM and Boston chapters will be giving a lively talk on hiking. His talk will cover a range of hiking activities from easy walks in the woods up to winter backpacking. Bob leads many hikes for AMC both locally and in the White Mountains of New Hampshire and is an excellent resource for your hiking questions.

Other AMC SEM leaders will also be on hand to fill you in on a wide range of chapter activities and answer any questions you might have.

Kathy Shaw and Claire Goode, from the SEM membership committee will be present with newsletters, brochures and information about the AMC SEM chapter.

A raffle drawing will be held for attendees. Prizes include AMC books, an AMC SEM vest, and more. Please contact either KShaw520@aol.com (508-457-4380) or ctgoode@verizon.net (508-759-7362) to register, get directions, and sign up to bring a dish for the pot luck dinner. Hope to see you all there!!!

The Appalachian Mountain Club Southeastern Massachusetts Chapter

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

2007 Executive Board

Chapter Chair - (interim)	Mike Woessner, chair@amcsem.org 508/577-4879
Vice Chair -	OPEN*
Treasurer -	Claire Goode, treasurer@amcsem.org 508/759-7362
Secretary -	Chris Sampson, secretary@amcsem.org 508/993-5497
Biking -	Joe Tavilla, bikingchair@amcsem.org 508/428-6887
Canoe/Kayak -	OPEN*
Cape Hiking -	Farley Lewis, capehikingchair@amcsem.org 508/775-9168
Communications-	Paul Miller, communicationschair@amcsem.org 508/695-8495
Conservation -	Maura Robie, conservationchair@amcsem.org 508/285-6005
Education -	Walter Deeter, education@amcsem.org 508/279-0626
Hiking Chair-	Sue Chiavaroli, hikingchair@amcsem.org 508/252-4164
Membership -	Kathy Shaw, membershipchair@amcsem.org 508/457-4380
Skiing -	Walter Mark, xskichair@amcsem.org 508/884-8185
Trails -	Lou Sikorsky, trailschair@amcsem.org 508/678-3984
Webmaster -	Susanne Piche, webmaster@amcsem.org

*Please contact Mike Woessner 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 \$10.00 check made out to "AMC SEM" to: Claire Goode, ATT: Non-Member Breeze Subscription, PO Box 533, Monument Beach MA 02553. Please be sure to provide your mailing address if it's not on the check.

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

Some interesting news items from AMC Headquarters in Boston...

***AMC ADDS TWO SPORTING CAMPS AS PART OF MAINE WOODS INITIATIVE

AMC recently added two sporting camps, Medawisla Wilderness Camps and Chairback Camps, as part of its Maine Woods Initiative. Guests eventually will be able to hike, cross-country ski, or bike camp-to-camp within a network that also includes Little Lyford Pond Camps, which was purchased by AMC in 2003. Medawisla is located on the shore of Second Roach Pond, approximately seven miles from Kokadjo, and Chairback is located on Long Pond within AMC's Katahdin Iron Works property. Both are spectacular locations for hiking, paddling, fly-fishing, snowshoeing, and skiing.

Medawisla is currently accepting reservations by phone at 207-695-2690. Effective January 1, 2007, AMC will begin managing reservations directly at 603-466-2727 or www.outdoors.org. An opening date for Chairback has not yet been set.

More information on the AMC's Maine Woods Initiative is available at www.outdoors.org/mwi.

***HALF-OFF FOR KIDS 12 AND UNDER MID-WEEK AT THE HUTS IN 2007

In 2007, all kids 12 and under stay half-off at Lonesome Lake Hut throughout full-service season and at all huts during the month of June and August 26-30, Sunday

through Thursday. These special child rates start at \$24 per night for members. For reservations, call 603-466-2727, or go online for more details to: www.outdoors.org/lodging/huts/featured-programs.cfm

***AMC CARTER NOTCH HUT RETURNS TO FULL SERVICE IN SUMMER 2007

The US Forest Service has approved AMC's request to return Carter Notch Hut to full-service in summer, restoring a tradition of over eighty years and addressing strong interest in full-service huts in summer. This transition comes after a 10-year trial as self-service, which resulted in a steady decline in visitation at the hut. The full-service season at Carter Notch Hut for 2007 will run from June 1 to September 15.

Full-service includes a hut crew to prepare and serve meals for guests, offer safety and hike planning information, and lead evening programs. Carter Notch Hut will continue to be operated on a self-service basis for the remainder of 2006 and annually during spring, late fall and winter. Reservations are now being taken for 2007 by calling 603-466-2727.

***CROSS COUNTRY SKI FOR FREE ALL WINTER LONG AT JOE DODGE LODGE

Ski free when you stay at Joe Dodge Lodge this winter. AMC and Great Glen are teaming up this season and offering a free ski pass to all overnight guests. Prices start at \$51 for members, with no restrictions or minimum! Includes shared room, dinner, breakfast, and Great Glen cross-country ski pass. Other packages at Joe Dodge Lodge and Highland Center include Bretton Woods and Wildcat Mountain. Go online to www.outdoors.org/winterguide or call 603-466-2727 for additional information and rates.

Have e-mail? Then be sure to join the Yahoo-powered AMC SEM Short Notice Trip List ...

Our 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.

4 Spring Tide, Harwich. L Ruth Handlen (508-432-1582 Before 9PM, packrhandl@comcast.net)

Sun., Feb. 4. Barnstable-Bridge Creek Conservation (C3D) -- Flat terrain, cedar upland, maple swamp and salt marsh, bogs, stone walls..Meet at 12:45. 2 hrs..from exit 5 off Rte 6 North on Rt 149...park along grass triangle on immediate left beside church. L Betty Donoghue (508-428-4679, bettyccfla@aol.com)

Thu., Feb. 8. Truro- High Head Sand Dune Walk (C3C) -- Meet at 9:45 am at High Head Rd., as far as you can drive in toward the bike trail. We will hike over dunes and continue on the beach, weather permitting. If high winds, we will walk the bike path to Pilgrim Spring and beyond. If snow call leader. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Feb. 11. Bourne Canal Walk (C3D) -- Winter walk along side of canal. Meet 12:45 at the visitor center mid-way between the two bridges on the north side of the canal. L Pam Carter (508-398-2605)

Thu., Feb. 15. Harwich-Herring River (C3C) -- Conservation area woodland trails with cranberry bogs and views of the river and reservoir. Take Exit 9A off Rte. 6. L at second light. R at stop sign. Next left onto Great Western Rd. Go approx. 1.3 miles to Sand Pond parking lot on left. 2 hours; meet at 9:45. L Pat Sarantis (508-430-9965, ediespond@hotmail.com)

Sun., Feb. 18. Sandwich-Camp Lyndon (C3C) -- Hilly hike with views of Cape Cod bay, tall white pines and a walk along Lawrence Pond. 2.5 hours. Meet at 12:45 pm for 1 pm hike From Rte 6 exit 4 turn south on Chase Rd then immed R on Service Rd. Park in Maple Swamp lot 1 mi on L. Brown sign tilted away from you. L Heidi Moss (508-362-6440 9am-8pm, mossheidi@hotmail.com)

Thu., Feb. 22. Mashpee-Mashpee River Woodlands West (C3C) - - Four mile hike on the less hiked side of Mashpee River on Cape Cod Pathway trails to Amos Landing. Great river views. From Mashpee Rotary take Rte. 28 towards Hyannis. 1st right onto Quinaquiset Ave, right into lot. Meet at 9:45. L Gary Miller (508-540-1857, garymaxx@wmconnect.com)

Sat., Feb. 24. Nickerson State Park - Winter Series #3, Hike/Snowshoe Trip (B3B) -- 4 Hrs., Brewster, MA, Route 6A near Orleans line. Call Leader for specifics. L Peter Selig (508-432-7656 6-9 pm, pandmselig@hotmail.com)

Sun., Feb. 25. Barnstable Conservation Area (C3B) -- Many hills. Good workout. Meet 12:45. From Rte 6 exit 5 S on 149. Right on Service Rd and park in lot by power lines. Two hours. L Janet DiMattia (508-394-9064, jdimattia@earthlink.net)

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)

Sat., Dec. 2. The Bogs of Carver -- An enjoyable flat ride thru the cranberry bogs of Carver. Quiet roads with very little traffic. You can even plan a holiday season visit to the well known Edaville Railroad. Distance: 20 miles C3D. L Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com)

Sun., Dec. 10. For Jazz Lovers Only -- Enjoy a flat off-season ocean view ride, then warm-up with coffee & jazz.. The route travels from East Falmouth to Woods Hole. In Woods Hole warm-up, relax with a cup of coffee and listen to a small jazz group. Great views of Vineyard Sound, Buzzards Bay and Martha's Vineyard. Distance: 23 miles C3D. L Joe Tavilla (508-428-6887, silverski@earthlink.net)

Sat., Jan. 27. Cape Cod Canal -- Start at Buzzards Bay and cruise the Cape Cod Canal down to Sagamore and Scusset Beach. Flat in both directions. Distance: 20 miles. C3D. L Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com)

Cross Country Skiing

Chair – Walter Mark, 508-884-8185
xcskchair@amcsem.org

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

Jan. 12-15. XC Ski - MLK Weekend at Applebrook B&B -- 21st annual MLK xc ski weekend at cozy Applebrook B&B in NH. Ski at Bretton Woods, Great Glen, Jackson or Bear Notch. Other options, downhill, back country, snowshoeing and ice skating. Approx. cost of \$155 to \$265 p/p covers 3 nights lodging, 3 breakfasts, 1 full dinner and 1 supper. Register with L Barbara Hathaway, 508 880 7266, 7 to 10 p.m. CLs Florence Walker and Barbara Perry.

Sat., Jan. 20. XC Ski Windblown, Monadnock Region -- Windblown is a comfortable, friendly, family-owned ski center with 25 miles of trails. Sit by the fire in their lodge while enjoying homemade soup & sandwiches, or muffins and cookies with a hot beverage. Reg with L Barbara Hathaway, 508 880 7266, 7 to 10 p.m. L Barbara Hathaway (508-880-7266)

Feb. 9-11, Backcountry Ski Touring in Central Vermont -- Interested in backcountry ski touring? Join us for a weekend of touring along the Catamount trail in the Ludlow-Killington area. We will stay at a cozy family inn in Ludlow. Participants should be capable of skiing 5-7 miles each day (no beginners please). Trails are classic New England backcountry, undulating, forested, and fun to ski. Approx. \$210 pp, Sat-Sun brkfst and Sat dinner included. Reg by Dec 30. Details/reg with L Art Paradise, paradice1@mindspring.com, 978-372-7442 (7-10PM), L Bob Bentley 508-866-3057.

Sat., Feb. 10. Great Brook Farm/Ski Touring Center, MA -- Spend your time skiing - not driving to NH. Ski close to home on 10 miles of groomed trails shared by the Farm and State Park. Easy trails for novice skiers as well as black diamond trails for the more advanced. Rental equipment available. Bring lunch. Reg. with L Barbara Hathaway, 508 880 7266, 7 to 10 p.m

Up and Down and Up and Down those same ol' Blue Hills

By Cheryl Lathrop



Erika Bloom (on right in front row) and her Tuesday Morning conditioning crowd atop scenic Buck Hill in the Blue Hills

Come join us on Tuesday mornings and power hike your way to fitness! You've seen those entries in the *Southeast Breeze* and the *AMC Outdoors* magazine: “Tuesday Morning Blue Hills Hike.” Every Tuesday we hike the Skyline Trail in the Blue Hills for four hours—up and down and up and down . . .

The Tuesday hikes started in April 2005 as ‘conditioning hikes.’ Conditioning for what? For a major excursion trip to Mount Kilimanjaro (Africa) or Glacier National Park (Montana). For your own hiking vacation. Or just for the sheer joy of hard exercise.

Lest you think this is a bunch of twenty-something athletes—ha!—we're 30-70 years young. About 12 of us, either retired or working, drop everything for our weekly wild and wicked exercise.

We start early—that's right, roll out of bed at the crack of dawn and tug on those boots! After meeting, signing in, and circling up for introductions, we're off and running. And I do mean running! We dodge rush hour traffic to cross the street and then power straight up a steep ¼ mile hill, without stopping or slowing. At the top of the hill, gasping for breath, we stop to rest, drink, and shed our never-should-have-put-it-on outside layer.

Now that we've intersected the Skyline Trail, we hike a loop out to the Eliot Observation Tower and back. This covers Houghton, Wolcott, Great Blue, Hemenway, and

Hancock Hills. All the hills are steep, the trails are rocky, and we march fast to keep our heart rate up. We rarely stop and we don't look at the scenery (too busy looking at our feet so we don't misstep). Since we hike the same trails every week, the route is memorized and there's no need to spend time looking for blazes or looking at maps. A power hike like this is not meant for beginners.

After about two hours, we wind up at Reservation Headquarters for an indoor separation break, water refill, and snack at the picnic tables. Those with pressing appointments (or have simply pooped out), can leave at the halfway point. For the rest of us, it is onward for some more up and downing.

It's now back across Hillside Street to continue for another two hours on the Skyline Trail. For this half of the hike, it is out to Tucker and Buck Hills and back. Stops are infrequent, but we do pause to enjoy the panoramic scenery from the Buck Hill summit. There, we dump our packs and enjoy another snack break while admiring downtown Boston and the harbor.

After our scenery break, it's back the same way we came (yup, up and down those same ol' hills). Emerging from the woods at Reservation Headquarters once again, we're now bedraggled and sweaty, but have a healthy glow. After a short trek back to our cars, we say some quick farewells and thank our AMC Leader. Then we're back home and showered by noon with the whole day in front of us.

If you've been hiking regularly and want to increase your level of fitness even more, please come join us! It's great fun being outdoors getting exercise in the early morning. It's also a great social time, because even though we're hiking hard, we're also chatting all the way, catching up with each other and analyzing the latest movie or novel.

This is a B2-3B-tated hike (5-8 miles, moderate-fast, strenuous) with hills that are steep and rocky. You need sturdy hiking boots and a sturdy heart—along with the mandatory raincoat (just in case!).

Erika Bloom, an SEM Hiking Leader and AMC Major Excursion Leader, leads the hikes. She runs a tight ship, so the hikes are both safe and fun. Note that Erika needs to pre-qualify participants for these hikes to ensure a good experience for all.

Please register for the *SEM Short Notice Trip E-Mail List* at www.amcsem.org for upcoming hikes.

2006 Summer Mountain Hiking Series finishes with a great backpack

Bob Vogel and Erika Bloom



Atop Mt. Lafayette...

Well, the 2006 SEM *Summer Mountain Hiking Series* is now history.

It started with a well attended workshop the afternoon of the Spring Fling, where we presented information about equipment, clothing, good hiking practices, etc.

The first actual hike was a local warm up hike at the B Blue Hills. Although it rained most of the day, only one participant cancelled because of the weather. For those that attended, the objective was to have a good, fun hike, despite the weather. After five hours of hiking in the rain, most of the 16 participants declared the hike a big success, rain and all!

The next hike was a hike to Mts. Morgan, Percival, Squam, and Doublehead in New Hampshire. This 7+ mile hike was a long day, and again the group did a great job. This hike offered great views of Squam Lake and Lake Winnepesaukee.

The third hike was a real challenge -- Mt. Lafayette -- the highest peak outside the Presidentials. Upon reaching the summit the group was still going strong, so decided to continue on along the beautiful above-treeline Franconia Ridge to Mt's Lincoln and Little Haystack, making for a 9+ mile, 4000+ vertical foot day. One heck of a hike for a 'novice' hiking group. This hike climbed two peaks (Lafayette and Lincoln) on the NH

4000 footer list. (And a special thanks to Wayne Anderson for stepping up to help lead this hike.)

The last hike was an overnight backpack to Mt. Cabot, with the night at Unknown Pond. The weather cooperated, and it was a real "summer weekend." After hiking up to the pond, the team dropped their heavy packs, took essentials and hiked off to Mt. Cabot. It added a third 4000 footer to their accomplishments for the series. Along the way the team climbed The Bulge and The Horn, two peaks on the New England Hundred Highest list. Returning to camp just before dark the group prepared and ate supper and retired to bed, pooped, at 8:00 pm on Saturday. Sunday, the group awoke early, hoping to catch site of a visiting moose. But despite lots of moose tracks around the pond, we saw no moose. (We did see an eagle, so the trip wasn't a total wildlife loss.) After breakfast the group hiked back to the trailhead, where we awarded certificates of achievement, suitable for framing.

Congratulations to everyone who participated, and especially those who completed the entire series: Bill & Chris Pellegrini, Leslie Carson, Maureen Yachinski, Pam Jones and Fred Wason! We wish we could have taken everyone who wanted to come on one or more of the hikes, but space limitations made these tough hikes to get into unless you did the entire series.

But, of course, there is always next year to look forward to...



And atop Mt. Cabot...

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)

Thu., Dec. 7. Dennis Crowe's Pasture(C3C) -- Walk thru woods, dirt roads to pasture, soft sand to Quivett Creek, back along beach and woods...meet at 9:45. 2 hrs.. Exit 9B North from rte 6, 2nd light R on Setucket Rd. 1 mile to Left on Airline Rd, 1.3 mi cross rte 6A onto School St., 1st R onto South st. to parking. L Betty Donoghue (508-428-4679, bettyccfla@aol.com)

Sat., Dec. 9. Eastham Coast Guard and Nauset Beaches (B3C) -- Hike Nat'l Seashore, beach, Doane Rock, lighthouses, Nauset Marsh and water views. Meet 9:45. From Rte 6 in Eastham, right to Salt Pond Visitor Center pkg. Four hours. Bring lunch. L Janet DiMattia (508-394-9064, jdimattia@earthlink.net)

Sun., Dec. 10. Chase Garden Creek -- Come join us for this resurrected hike in Yarmouthport. Please check with leader or watch for online notice regarding trailhead location. L Linda Church (508-495-1308, lchurch@whoi.edu)

Thu., Dec. 14. Brewster-The Punkhorn (C3C) -- Wooded trails with views of Upper Mill Pond and Walkers Pond. Take Exit 9B off Rte. 6 and go 2.0 miles. R on Satucket (which becomes Stony Brook Rd). After 3.0 miles R on Old Run Hill Rd. Go 1.3 miles to parking lot on left. 2 hours. Meet at 9:45. L Pat Sarantis (508-430-9965)

Sat., Dec. 16. Harwich Hawksnest State Park (B2C) -- Hike through woods, by ponds. Meet 9:45. From Rte 6 exit 11. Take Spruce Rd. diagonally across from exit. Park on side of road approx. half mile down. Four hours. Bring lunch. L Janet DiMattia (508-394-9064, jdimattia@earthlink.net)

Sun., Dec. 17. Yarmouth Three Ponds (C3C) -- Meet 12:45 on Yarmouth Rd. Directions - From Rte 6 exit 8 S. Take R at 2nd light. Go to end take L for about 1 mi. and park on either side of road. Potluck party following at Pam Carter's 22 Driftwood Lane So. Yarmouth. L Janet DiMattia (508-394-9064, jdimattia@earthlink.net)

Thu., Dec. 21. Yarmouth Port: Gray's Beach (C3D) -- Hike in Conservation land areas over trails along marsh, through woods, includes the boardwalk with views of Sandy Neck, Chapin Beach. Meet at 9:45 a.m. Two hours. L Janet Kaiser (508-432-3277, rjkaiser@verizon.net)

Thu., Jan. 4. Sandwich-Benjamin Nye Trail (C4C) -- Working cranberry bogs, Red pine forest, salt marsh, 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., Jan. 6. Falmouth Long Pond & Collins Woodlot (B3C) -- Walk along pond, moraine, and through town forest. From Mashpee rotary, take 151 west 3.4m to L at Sandwich Rd. Go 3.7m south to R on Brick Kiln; then 0.9m west and pass through traffic light at Gifford to second parking area on R just beyond light. 9:45. More than light rain or snow cancels. 3.5 hours. Bring lunch. L John Gould (508-540-5779, jhgould@adelphia.net)

Sun., Jan. 7. Mashpee-Lowell Holly Reservation (C3C) -- Pristine peninsula. Possible to nearby island if pond is well frozen. From Rt 6 exit 4, S on Chase Rd. R at stop sign on Farmersville Rd. Dr .5 mi to L on Boardley Rd, 3 mi to L at Harlow Rd. Straight at stop sign on So. Sandwich Rd. Pk in small lot R.,.5 mi. Limited prkg. Carpooling suggested. Meet 12:45. L Ken Burnes (508-648-1385, kburnes@cape.com)

Thu., Jan. 11. Provincetown-Hatches Harbor/Race Point Lighthouse (C3C) -- Meet at Herring Cove Beach, 9:45 am in parking lot to the right of entrance. Walk through pine barrens, over dike with classic Cape Cod vistas, through salt marsh to arrive at beach by Race Point Lighthouse. We will carpool from Herring Cove to trailhead. If snow, call leader. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sat., Jan. 13. Nickerson State Park - Winter Series #1- Hike/Snowshoe Trip (B3B) -- 4 Hrs., Brewster, MA, Route 6A near Orleans line. Hike/Snowshoe in Nickerson State Park. Call Leader for specifics. L Peter Selig (508-432-7656 6-9 pm, pandmselig@hotmail.com)

Sun., Jan. 14. Eastham Coast Guard Beach (C3C) -- Hike through woodland trails to Coast Guard Beach. Views of Nauset Marsh and Atlantic Ocean. Route 6 to the Salt Pond Visitor Ctr on right at lights. 2 Hrs. Meet at 12:45 for 1:00 PM hike. L Ruth Handlen (508-432-1582 Before 9PM, packrhandl@comcast.net)

Thu., Jan. 18. Mashpee Woodlands (East) (C3C) -- Varied terrain, woods, several hills, wonderful river views. Meet 9:45. 2 hrs. From Rte 28 Mashpee take L at Lights onto Orchard St. Take R on Quinaquisett. Immediate L onto Mashpee Neck Rd. approx. 1 mi to marked parking on R. L Betty Donoghue (508-428-4679, bettyccfla@aol.com)

Sat., Jan. 20. Nickerson State Park - Winter Series #2, Nickerson Hike/Snowshoe Trip (B3B) -- 4 Hrs., Brewster, MA, Route 6A near Orleans line. Hike/Snowshoe in Nickerson State Park. Call Leader for specifics. L Peter Selig (508-432-7656 6-9 pm, pandmselig@hotmail.com)

Sun., Jan. 21. Cotuit-Little River Sanctuary (C3D) - Wooded walk with views of Eagle Pond and a White Cedar Swamp. Meet at Cotuit Landing Shopping Center at the corner of Rte. 28 and Putnam Ave. in Cotuit to carpool to trailhead. Arrive by 12:45PM. Two hour hike. L Farley Lewis (508-775-9168 Before 9PM, farlewis@comcast.net)

Thu., Jan. 25. Provincetown -Snail Road Dunes (C3B) -- Meet at 9:45 am at the Snail Rd. trailhead on Rte. 6 at East End of Provincetown. Explore Provinceland dunes, see historic dune shacks, cranberry bogs, and spectacular 360 degree views as we hike up and down 2 miles to the ocean and then back. If snow call leader. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Jan. 28. Dennis Indianlands (C3C) -- Hike in Conservation land, wooded and open trails near the Bass River with overlooks. From Rte 6, Exit 9 S on 134. Bear Right at 3rd traffic light, R at fork and follow to stop sign. Turn Right onto Main Street. In < mile, Park on Left at trailhead in farthest lot at Dennis Town offices. Meet 12:45 p.m. L Janet Kaiser (508-432-3277, rjkaiser@verizon.net)

Thu., Feb. 1. Harwich Herring River (C3C) -- Woodland Trails. Cranberry Bogs/Tidal River in Conservation Area. Take exit 9A off of Rt 6, L @ second light R @ stop sign, next L onto Great Western Rd. Go approx 1.3 miles. Park @ Sand Pond on the L. (Meet 9:45 AM) Two hour hike. Chilli Pot Luck following hike at Janet Kaiser's,

Hiking/Backpacking Activities

Chair – Sue Chiavaroli, 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>. Please also sign up for the SEM Short Notice E-Mail Trip List at www.amcsem.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

NOTE: Please sign up for the *SEM Short Notice Trip* E-Mail List at www.amcsem.org for information on Erika Bloom's **Tuesday Morning Conditioning Hikes** and other not-yet-scheduled hikes...

Wed., Dec. 6. Borderland Wed Eve Full Moon Hike (C3D) -- Come join us as we hike around the ponds and through the woods, as conditions permit, under the (almost) full moon. Enjoy the winter weather, the moon over the ponds, the quiet of the woods at night. Insulated boots, headlamp or flashlight, required. Please register by 12/2. L Bob Vogel (hike_with_bob_v@comcast.net), R Maureen Yachimski (508-238-2642 6-8 PM, Moypcs@aol.com)

Sat., Dec. 9. Hike #1 Winter Hiking Series, Blue Hills (B4C) -- First of the winter hiking series; we will hike with stops to discuss winter hiking techniques, equipment, clothing, and heat management. Please register by Dec. 5. L Bob Vogel (hike_with_bob_v@comcast.net), L Erika Bloom (508-951-1001 before 9pm, erika.bloom@comcast.net), R Robin Melavalin (617-780-5362, rmelavalin@rcn.com)

Sat., Dec. 30. Winter Wonderland on Snowshoes (B3C) -- Snow softly settling on pine boughs, animal tracks, and more as you hike through the winter wonderland on your snowshoes. Hikes will be local if conditions permit, or we will venture to NH if needed. Come join other like minded AMC hikers as we venture out on snowshoes to enjoy the winter landscape. Insulated boots, non-cotton clothes required. Snowshoes can be rented. Please register by 12/20. L Bob Vogel (508-238-7732 6-8 PM, hike_with_bob_v@comcast.net), L Bill Ruel, CL Leslie Carson

Mon., Jan. 1. Welcome the New Year at Borderland State Park, (B3C) -- Late morning start to accommodate sleeping in. Then we will hike app. 6 miles through the woods and around the ponds on the scenic Easton/Sharon border. A nice way to start the New Year! Please register by Dec 26. L Bob Vogel (hike_with_bob_v@comcast.net), R Bill Pellegrini or Chris Pellegrini (508-406-5319 6-8 PM, chrispellegrini)

Wed., Jan. 3. Borderland Wed Eve Full Moon Hike (C3D) -- Come join us as we hike around the ponds and through the woods, as conditions permit, under the (almost) full moon. Enjoy the winter weather, the moon over the ponds, the quiet of the woods at night. Insulated boots, headlamp or flashlight, required. Please register by 12/24. L Bob Vogel (hike_with_bob_v@comcast.net), R Maureen Yachimski (508-238-2642 6-9 PM, Moypcs@aol.com)

Sat., Jan. 6. Hike #2 Winter Hiking Series - Pack Monadnock & North Pack (B3B) -- For this second hike in the SEM Winter Hiking Series we head north to NH. We will hike the Wapack Trail from Route 101 to the summit of Pack Monadnock, and hopefully continue on to the summit of North Pack Monadnock. We will return the same way. Please register by Jan. 2. Preference given to those completing Hike #1 on Dec. 9. L Wayne Anderson (508-697-5289 6-9 pm, wanderson@mxcsi.com), CL Eva Borsody Das, CL Bill Ruel, R Eva Borsody Das (781-925-9733 7-9 pm, borsody@gmail.com)

Sat., Jan. 13. Winter Wonderland on Snowshoes (B3C) -- See Dec. 30th listing for description. Inquire. L Bob Vogel (hike_with_bob_v@comcast.net), L Erika Bloom (erika.bloom@comcast.net), CL Joe Keogh (508-748-2170 6-9 PM, jpkeo@msn.com), CL Ann McSweeney (781-545-5538 6-8 PM, mcsweeney@comcast.net)

Fri., Jan. 19. New Members Pot Luck Dinner-Introduction to Hiking with SEM -- Do you want information on hiking with the AMC, including where and how to hike safely? Not sure what to bring on a winter hike? Will your children be able to go on a hike? o you have questions about the AMC? Please join us for this informative and entertaining event geared for ages 7 to adult. Middleboro, MA 6:30 - 9 PM. L Bob Vogel (hike_with_bob_v@comcast.net), CL Kathy Shaw (508-457-4380, KShaw520@aol.com), CL Claire Goode (508-759-7362, ctgoode@verizon.net)

Wed., Jan. 31. Borderland Wed Eve Full Moon Hike (C3D) -- See Dec. 6th listing for details and contact information.

Sat., Feb. 3. Snowshoe Through the Woods of New Hampshire (B3B) -- Exact location TBD depending on snow. Full winter gear required. L Wayne Anderson (wanderson@mxcsi.com), R Robin Melavalin (508-780-5362, rmelavalin@rcn.com)

Sat., Feb. 24. Winter Wonderland on Snowshoes (B3C) -- See Dec. 30th listing for details. Inquire. L Bob Vogel (hike_with_bob_v@comcast.net), CL Chris Pellegrini, CL Bill Pellegrini, R Chris or Bill (508-406-5319 6-8 PM, chrispellegrini@yahoo.com)

Wed., Feb. 28. Borderland Wed Eve Full Moon Hike (C3D) -- See Jan. 3rd listing for details and contact information

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

NOTE: On Saturday's where no hike has been scheduled at press time, please check SEM Short Notice Listings or online updates. L Farley Lewis (farlewis@comcast.net)

SEM Leader Profile: Barbara Hathaway, Skiing Leader

(In Question & Answer format...)



Ed.: How did you first get interested in the outdoors?

BH: Growing up on a farm certainly exposed me to the outdoors from an early age. Whether it was "watching the cows" to keep them from wandering while they were grazing in an open field, catching polywogs in the pond, or walking in the woods, I loved being outdoors.

Ed.: When did you join the AMC?

BH: I joined the AMC in 1996 and began hiking and cross-country skiing. I became involved directly with the SEM chapter in 1998 when Elsie Laverty turned over the labeling and mailing of the *Breeze* to me. I did that until [AMC headquarters in Boston at] Joy Street began providing the printer with software that enabled the addresses to be printed directly on the newsletter.

Just about that time the XC Ski Chair position became open. I'm sure someone on the nominating committee knew how much I loved to ski and nominated me for the position. I accepted and served on the Board for three years.

Ed.: What do personally get out of being a leader?

BH: I get the pleasure of seeing someone enjoy the activity, whether it's skiing or hiking, and have them tell me that they had a great time. It's fun to share pleasant

experiences with others and it brings people together who share a common interest.

Ed.: What's the favorite trip that you lead?

BH: My favorite by far is Craftsbury in Vermont's Northeast Kingdom. Because it's so far away, you need to stay at least three nights. I've only led a trip there once, but have skied there with another AMC chapter and with a non-AMC group. Once you arrive you don't have to get in your car again until it's time return home. All the ski trails begin right from the lodge and they serve three meals a day in a separate dining hall. Norsk, in New London, NH was also a favorite (before they closed) because they had great trails and you could make it there and back in a day with lots of time left to ski.

Ed.: Can you tell us how your annual Applebrook excursions evolved and perhaps share a few related stories of anecdotes?

BH: Skiing at Applebrook B&B is an SEM Chapter tradition. Elsie Laverty had been going on this trip for years and asked me if I'd like to go. I did, and I've been hooked ever since. In the last 10 years, I only missed 2005 because my son was receiving his Master's degree from the University of Connecticut the same weekend. One year, there was no snow in the immediate area and we had to drive as far north as the Balsams to ski. Then there was a year when it was too cold to do anything outside (about 15 below and windy). Since it was already Monday we all decided to just go home. However, there were five dead car batteries, mine included! To top it off, my hood latch was frozen shut. AAA to the rescue! The first AAA truck broke down before they got to me and had to send for another one. It was mid afternoon before we could leave.

Ed.: Can you share some of your general thoughts about the AMC?

BH: If it weren't for the AMC, I would not have met many people that are now my friends. It's great to be able to look in the *Breeze* or the *Outdoors* and have so many options to choose from. I've been on two Major Excursions: one to Yosemite and the other to Bryce and Zion, a few InterChapter ski trips, and skiing trips with other local chapters in Massachusetts. However, I'd like to see more of our members become actively involved, both in chapter activities and on the SEM Board.

Know an SEM leader you'd like to see profiled in the *Breeze*? Please send your recommendations to communicationschair@amcsem.org

A nurse's perspective on SEM Wilderness First Aid training

By Carol Roupenian

I had the opportunity to participate in the SEM-sponsored AMC Wilderness First Aid (WFA) Course on September 30th and October 1st at Camp Lyndon in Sandwich, Massachusetts. Those in attendance had a mixture of prior experience – from novice to nurse; yet each came away with valuable lessons learned.



As the nurse in a junior high school with 1400 students, I sometimes feel like I work in the wilderness. I don't have the equipment or professional support that hospital nurses have. And remember what junior high is like? I expected the course would show me new ways to improvise and the latest emergency medical care trends. What I didn't know was that Wilderness First Aid is held to a different set of standards than basic First Aid.

Several factors demand these differences. The distance and difficulty in transporting from the scene, as well as the sometimes-hazardous environment, create a different set of rules for care. Rescue time from injury until transport to hospital can be huge, with a general rule of thumb estimating one hour of effort for every quarter mile from the road! Some injuries just can't wait that long to be treated. I never imagined "clearing the spine" or moving a deformed limb to position of function.

Prevention is the primary goal, but we learned how vital (and easy) it is to be prepared for an emergency. I will never again hike in the wilderness without easily accessible gloves, a pad, triangular bandages (cravats), and something to use as a splint. Hiking with others, preferably six strong men, is also helpful in case you need to "beam" someone who is crumpled around a tree.

What made the course fun and will help us remember what we learned was the field practice, practice, and more practice. We each took several turns as patients and rescuers. If you don't know what it means when someone goes from grumbling, to fumbling, and stumbling – then you need to take this course. Can you imagine coming upon a half dozen birders who have fallen from trees? What could be worse than finding a mountain biker unconscious after crashing his bike? How about a tandem mountain bike crash? Before this weekend, I thought a "chunk check," was looking in the toilet after the student tells you he vomited.

If you hike in the wilderness, it's only a matter of time before you or someone you're with will need first aid. Don't find yourself helpless when someone is hurt or sick. All hikers need to master survival skills. Map and compass reading, bivouac skills and crisis management are essential. You should also know how to make a human burrito. If you don't, you need this course. From minor wounds to critical care, Wilderness First Aid gives you the confidence that if the worst should happen – you can help.

AMC Membership in a Bottle (MIB) is the perfect gift for a friend or relative who loves the outdoors....

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 issues of the AMC *Outdoors* magazine and quarterly issues



of the *Southeast Breeze* newsletter. (Senior and Family Memberships also available.)

To receive an individual 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, Monument Beach, MA 02553

Hiking to Nowhere

By Cheryl Lathrop

When I'm feeling the call of the woods
When I'm feeling the call of the wild
When I'm feeling the need for some peace

Cuz I want to escape the i-pods
The blackberries, palms, pagers, and cells
The google, dot com all around us

And I can't find a hiking partner
And I don't have a dog to go walk
And I won't ever hike all alone

I know that I need to go walking
And I know that I need a safe place
I'll put on my shoes and get going

Why it's not very far after all
To go find a safe place and escape
There're plenty of them all around us

It's my favorite hike to no where
To no where and yet every where
And I cannot get lost if I tried

Why the labyrinth right down the street
Is just waiting to answer my call
It's a walk just waiting to happen

It's outside with the leaves and the birds
Surrounded by trees, vines, and flowers
And yet right in the center of town

As old as the ages and then some
And as timeless as sun, wind, and sky
Geometry sacred, unchanging

The mouth shows me where to get started
And the walls keep me right on my path
The center is what I am seeking

So I enter and walk my own pace
Sometimes fast, sometimes slow, sometimes still
I'm walking, and smiling, and thinking

I've found my safe hike that I needed
I have answered my call to find peace
Escape modern life for a moment

When I'm done I'll go back, continue
With the hustle and bustle of life
But with body and soul both complete



Sometimes I feel the 'call'. Sometimes it is so loud, and I know that I have to go. My body needs to move, but, more than that, my soul needs to be nourished by nature. I need to escape, just temporarily, from the hustle and bustle of modern life. I need to re-connect with nature and find that spiritual thing that I feel when deep in the woods or high atop a mountain.

So, I put on my shoes and go find an outdoor labyrinth. A labyrinth is not a maze. A maze presents many choices constantly, and is a left-brain puzzle. A labyrinth is a single path, which presents an unambiguous through-route to the center and back. They've been around for thousands of years and are found all over the world. They're made of brick, stone, spray-painted grass, or simply mowed grass.

My favorite, and closest, one is in the backyard of the United Church in Walpole Center. But I can also be found walking the labyrinths at Boston College and Harvard. And I even stray to Needham and North Andover. Labyrinths can be searched for at: www.veriditas.labyrinthociety.org.

-- Cheryl Lathrop

EDITOR'S NOTE: All SEM members are invited to share their own appropriate ponderings by submitting them to:

communicationschair@amcsem.org