



Southeastern Massachusetts Chapter
 APPALACHIAN MOUNTAIN CLUB
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 Boston, MA 02108

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The Southeast Breeze

The newsletter of the Appalachian Mountain Club Southeastern Massachusetts Chapter
 Spring 2007 - March, April & May

View from the Chair

By Mike Woessner



Welcome to the spring issue of the SEM Southeast Breeze newsletter. I'm Mike Woessner (pronounced "Wessner"), your new Chapter Chair. I've been an AMC member for seven years and a Board member the past four years,

serving first as Treasurer then Vice-Chair and now Chair. My interests are mostly in hiking, backpacking and camping, but I also enjoy skiing, canoeing and kayaking. I've climbed 42 of the 48 4,000 footers in the Whites and I hope to finish this year.

We have an excellent crew of officers this year with many of last year's Board remaining. I'm excited and honored to work with these people and it's my hope to get more of you involved too! To that end I'm publishing all of the Board meetings in the Breeze for each quarter. These are open meetings and all members are welcome and encouraged to attend.

In the past, the Chapter has run many excellent programs and events, including Leadership Training, Wilderness First Aid, Spring Fling, Summer Picnic, Cross-Country Ski Weekend and our popular Chapter Hut Night. I hope to add even more events this year.

I've identified three goals for the coming year:

Fill Board vacancies. We still do not have a Vice Chair or Paddling Chair. In the past we have had a significant paddling program and many of you are very interested in kayaking and canoeing.

This position needs to be filled soon so we can schedule programs for the spring.

2. Start a Young Members program. One of our leaders has expressed interest and is receiving the appropriate AMC training at the end of this month. He is very excited about the program but will need help.

3. Organize family events, including family hikes and campouts.

Finally, I'm pleased to announce that our chapter will be hosting the clubwide **2008 AMC Spring Gathering**. This is a great opportunity for us to showcase the SEM chapter to the rest of the AMC. We'll be looking for many volunteers from within the chapter to help make this a successful event.

So, come join us. Get involved this year! I'm looking forward to meeting every one of you!!

Mike

SEM Cross Country Ski Trip at Applebrook B&B over MLK weekend



Photos provided by Barbara Hathaway



Yup, it can happen! SEM XC skiers were finally blessed with real snow for this year's annual SEM MLK Weekend trip to Applebrook Bed & Breakfast in New Hampshire.

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

SEM Spring 2007 Events Calendar...

- March 7th - **Hiking Committee Meeting**
UU Church, Main St., Middleboro
- March 14th - **SEM Board Meeting**
UU Church, Main St., Middleboro
- April 11th - **SEM Board Meeting**
Bourne Community Center
- April 14th - **Leadership Training**
Wampatuck State Park, Hingham
- April 21st - **Spring Fling**
Bourne Community Center
- May 9th - **SEM Board Meeting**
UU Church, Main St., Middleboro
- May 19th - **Lonesome Lake Trail Work**
Franconia Notch, NH
- June 2nd - **National Trails Day**
Myles Standish State Park, Plymouth

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Get free shipping when you order your plush SEM fleece vest before April 20th!



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 outdoor

adventures. The vests feel so good on, that you might never want to take yours off!

And, as a limited time offer, if your order is postmarked by April 20, 2007, the shipping will be free (that's a savings of \$6.50)!

To take advantage of this offer, just send a check or money order made out to "SEM-AMC" for \$39.95 to: Claire Goode, PO Box 533, Monument Beach, MA 02553 before April 20th (after that date, please be sure to add the regular \$6.50 S&H charge to your total). Specify size (generously sized M, L, or XL) and be sure to include your shipping address and an evening phone number.

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

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 -	Mike Woessner, chair@amcsem.org 508/577-4879
Vice Chair -	OPEN*
Treasurer -	Claire Goode, treasurer@amcsem.org 508/759-7362
Secretary (Acting) -	Joe Courcy, secretary@amcsem.org 508/272-6781
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, xcskchair@amcsem.org 508/884-8185
Trails -	Bill Ruel, trailschair@amcsem.org 781/589-3321
Webmaster -	Susanne Piche, webmaster@amcsem.org

*Please contact Mike Woessner if you are interested 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.

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.

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.

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)

Tue., Mar. 6. Twenty On Tuesdays At Two - All rides are on Cape Cod and average 20 miles. Enjoy scenic sunsets, waterviews as you ride at a stay together group pace. L Paul Currier (508-833-2690 8:00PM-7:00PM, pbencurrier@hotmail.com), R Paul Currier (508-833-2690 8:00PM-7:00PM, pbencurrier@hotmail.com)

Sat., Mar. 10. Rochester/Lakeville - Cruise back roads that are scenic, quiet and flat in the Lakes Region of Lakeville & Rochester MA. Easy pace for 29 miles. L Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com), R Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com)

Tue., Mar. 13. Twenty On Tuesdays At Two – See March 6th listing for details.

Tue., Mar. 20. Twenty On Tuesdays At Two – See March 6th listing for details.

Tue., Mar. 27. Twenty On Tuesdays At Two – See March 6th listing for details.

Sat., Mar. 31. College Cafe Cycling Ceries - A Four C Ride - The College Cafe Cycling Ceries. New For The 2007 Cycling Program: The ride features the flat terrain of southeastern Massachusetts, farm land, quiet country roads, a stay-together group pace and a lunch stop in the student dining hall at the idyllic New England campus of Wheaton College in Norton MA. The dining hall offers an "All-You-Can-Eat/Drink" menu for less than \$5. Pace: 12-14 mph Distance: 35-40 miles. L/R Joe Tavilla (508-428-6887 8:00AM-8:00PM, silverski@earthlink.net)

Sat., Apr. 7. Taunton River/Mount Hope Bay - This ride will visit the Southeast MA towns of Swansea, Rehoboth and Dighton. A nice spin along the Taunton River, some nice stretches of farmland and some nice views of Mt. Hope Bay. Mostly flat terrain with one tough hill. Distance - 32 miles. L/R Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com)

Sat., Apr. 21. College Cafe Cycling Ceries – See March 31st listing for details.

Thu., May. 3. Thursday Tire Turners - Bike rides every Thursday. Late Day/Early Evening. Rides are in the Rochester, Acushnet and Lakeville areas. 19-20 mile routes. Easy paced rides. L/R Jack Jacobsen (508-993-0490, cyclejac51@yahoo.com)

Sat., May. 5. South Dartmouth - Mostly flat ride with some nice beach stops, nice views of the Slocum River and plenty of country roads. Distance 37 miles. L Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com), R Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com)

Mon., May. 7. Mondays At Six - Later Sunsets, Later Rides. Late day/early evening Monday rides that feature an easy pace thru the Massachusetts South Coast towns of Rochester - Freetown - Acushnet - Lakeville - Carver. Distance: about 20 miles. L/R Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com)

Thu., May. 10. Thursday Tire Turners – See May 3rd listing for details.

Mon., May. 14. Mondays At Six – see May 7th listing for details

Thu., May. 17. Thursday Tire Turners – see May 3rd listing for details

Mon., May. 21. Mondays At Six – See May 7th listing for details.

Thu., May. 24. Thursday Tire Turners – See May 3rd listing for details

Mon., May. 28. Mondays At Six - See May 7th listing for details

Thu., May. 31. Thursday Tire Turners – See May 3rd listing for details

Mon., Jun. 4. Mondays At Six - See May 7th listing for details

Thu., Jun. 7. Thursday Tire Turners – See May 3rd listing for details

Trails

Chair –, Bill Ruel, 781-589-3321, trailschair@amcsem.org
Co-Chair – Lou Sikorsky, 508-678-3984, hikinglou@charter.net

For information on SEM trailwork activities and trips, please contact either Bill Ruel or Lou Sikorski (contact information above).

Sat., May 19-20. Lonesome Lake Trail Spring Clean Up - New Hampshire, White Mountains. Come join us as we give our Chapter's adopted trail a spring cleaning. No experience necessary. We provide all the instruction, tools and food. You bring the sweat. We will camp at the Lafayette Campground in beautiful Franconia Notch. Register BEFORE May 1st. with L Bill Ruel (781-589-3321 7-9 PM), L Lou Sikorsky (508-678-3984 7-9 PM). No extra charge for the mud you bring home!

Sat., Jun. 2. National Trails Day at Myles Standish State Park - Get down and dirty. Help "give back" to the many trails you've hiked. Join us on June 2nd to observe National Trails day for a day of work and celebration. We will work on our "adopted" trail in the state forest, then chow down with a trailside barbecue. This is a rain or shine event. L Bill Ruel (781-589-3321 7-9 PM), CL Lou Sikorsky (508-678-3984 7-9 PM)

Education

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

Sat., April 7 – SEM Leadership Training at Wompatuck State Park, Hingham (contact Walter Deeter for information)

main road to pkg at Fisherman's Landing on L. Two hours. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Thu., Apr. 12. Provincetown- Hatches Harbor/Race Point light (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 should see whales from shore. Bring your binos!! We will carpool from Herring Cove to trailhead. Allow 3 hours if we see whales!! L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Apr. 15. Harwich Herring River (C3C) - Hike through woods on dirt road and winding paths to Herring Run, around cranberry bogs, to Herring River and East Reservoir. From Rte 6 exit 9A. Go to 3rd traffic light take L and immed. L on Great Western Rd. Pk in lot on L at Sand Pond 2 miles. Two hours. Meet at 12:45pm. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Thu., Apr. 19. Cotuit-Little River Sanctuary (C3D) - Wooded walk with views of Eagle Pond and a White Cedar Swamp. Meet promptly at 9:45am. Car pool shuttle from parking area in front of Brooks Pharmacy located at the intersection of Rte. 28 and Putnam Ave. in Cotuit. Two hours. L Farley Lewis (508-775-9168, farlewis@comcast.net)

Sat., Apr. 21. Barnstable: Sandy Neck, Bay to Marsh (B3B) - Hike along barrier beach to trail 4, returning along marsh trail. Some soft sand. Four hours, bring lunch. Meet at 9:15 am for 9:30 am start. From Sandwich rt 6A across from Amari Restaurant turn north at Sandy Neck Rd. Follow to end, park in lower lot. L Heidi Moss (508-362-6440, mossheidi@hotmail.com)

Sun., Apr. 22. Bourne Dale (C3B) - See herring run, then take short, but rather steep, walk for views of canal. Route 6 West over Sagamore Bridge, take 2nd exit, go about a mile to traffic light, turn left into parking lot. Meets 12:45. L Ken Burnes (508-648-1385, kburnes@cape.com)

Thu., Apr. 26. Dennis- Flax Pond Conservation (C3C) - Rolling hills near Flax Pond, golf course, wooded trails in wellfield area. Park on Setucket Rd at Flax Pond Conservation, East of Yarmouth-Dennis Town Line. Meet 9:45 a.m. L Janet Kaiser (508-432-3277, rjkaiser@verizon.net)

Sun., Apr. 29. Mashpee - Mashpee Woodlands East (C3C) - Varied terrain. woods, hills, river views... Meet 9:45. 2 hrs. From West. rt 28 Mashpee ..L at lights onto ocharad 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, bettycfla@aol.com)

Thu., May. 3. 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)

Sun., May. 6. Sandwich - Benjamin Nye Trail (C4C) - Working 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. Hike starts promptly at 1pm. 2 hours. L Nancy Wigley (nrwigley@cape.com)

Thu., May. 10. 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, packrhandl@comcast.net)

Sat., May. 12. 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, jandimattia@verizon.net)

Sun., May. 13. Bourne-Four Ponds (C3C) - Two hour hike on Pine Trail, the newest trail, through diverse habitats, wetlands and forests. Route 28 to Barlows Landing Road to Bourne Four Ponds lot on right. Carpooling encouraged due to smaller lot. Meet at 12:45pm. L Gary Miller (508-540-1857, garymaxx@wmconnect.com)

Thu., May. 17. 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, bettycfla@aol.com)

Sat., May. 19. Wellfleet Jeremy Point (B2C) - Hike along bay, through woods, along dunes out to Jeremy Point. Great views of Wellfleet Harbor. Meet 9:45 at great Island pkg lot on Chequesett Rd. Wellfleet. Four hours. Bring lunch. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Sun., May. 20. 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 12:45PM. Hike starts promptly at 1:00PM. L Ruth Handlen (508-432-1582, packrhandl@comcast.net)



Sunday Cape Hike in December – Gray's Beach Area (photo by Nick Rowan)

Don't miss the SEM SPRING FLING!!!

Saturday, April 21, 2007

Fun format features a choice of a nice hike or bike ride in the morning, followed by demonstrations, displays, and pot luck dinner in the afternoon at the Bourne Community Center (239 Main St., Buzzards Bay)



Outdoor gear experts from the Hyannis Eastern Mountain Sports store will be on hand to display an array of biking, hiking, and paddling gear and clothing. EMS will also host a series of informal discussions and question and answer session on topics ranging from bike tire repair on the road, to blister treatment for hikers, to cold water paddling safety.

OPTIONAL MORNING ACTIVITIES (free):

Hike - Fun (2-4 mi.) hike in the Bourne area – meet at Bourne Community Ctr. at 10:00 am (contact Claire Goode to register – 508-759-7362 (before 9:00 pm), ctgoode@verizon.net)

Bike - Easy (app. 15 mi.) ride along the Cape Cod Canal – meet at Bourne Community Ctr. at 10:00 am (helmets required) (contact Claire Goode to register – 508-759-7362 (before 9:00 pm), ctgoode@verizon.net)

AFTERNOON/EVENING SCHEDULE AT BOURNE COMMUNITY CENTER (fee applies)

(please visit www.amcsem.org for more details and/or updates)

2:00 – 6:00 PM - **EMS gear displays and demos** and other outdoor-related displays

5:00 – 6:00 PM - **Thru-Hiker Workshop & AMC Destinations Display** -- AMC experts will hold a Thru-Hiker Workshop for anyone who is actively planning or just curious about how to prepare for a safe and rewarding thru-hiking adventure. Also learn about the many AMC destinations available to you as a club member.

6:00 – 7:00 PM - **Social Hour (non-alcoholic) with AMC Book Raffle**

7:00 – 8:30 PM - **Pot-luck dinner** – bring your favorite main dish, side dish, or dessert to enjoy and share. (A great opportunity to dust off that slow cooker!). Non-alcoholic beverages and plates, cutlery, and napkins provided

Entry fee: \$5.00 adult / \$2.00 child (if postmarked before 4/1/06)
(Sorry, no refunds) \$10.00 adult / \$5.00 child (if postmarked on or after 4/1/06)
\$15.00 adult / \$8.00 child (if purchased at the door or one FREE entry with AMC "Membership in A Bottle" purchase at the door)

Please mail registration form with check in appropriate amount made out to AMC SEM to:
Claire Goode, PO Box 533, Monument Beach, MA 02553 (Please send questions to treasurer@amcsem.org)

Name(s) _____ Phone or e-mail _____

Number of Adults ____ @ \$ ____ = \$ ____ / Number of Children ____ @ \$ ____ = \$ ____ Total enclosed = \$ ____

Mid-Winter Hiking Round-Up

By Cheryl Lathrop

SEM had three different winter hiking programs for members to choose from this year: The “Winter Wonderland” snowshoeing hikes, the “Winter Full Moon” hikes, and the “Winter Hiking” series. About the only program that has got what it asked for (as of mid-January at least) was the full moon hikes. The Man in the Moon can be counted on for moonlight, but Mother Nature sure can't be counted on for cold and snow! Talk about all dressed up in your Sorels and no place to go! (Editor Note: as we go to press late in January, there's a bit more winter in the air...)

Winter Wonderland Snowshoe Hikes

December 6th found us looking for snow, anywhere and everywhere, with none to be found. As a substitute, leaders Bob Vogel and Leslie Carson chose a local hike, and we had great fun spontaneously wandering around the Blue Hills with a map and making it up as we went. And, wonder of wonders, we actually got a few snowflakes right at the end of the hike! Jan. 13th again found us looking for snow, with none to be found, and thus canceling the hike. We're still hoping to strap on those snowshoes . . .

Winter Full Moon Hikes

The Winter Full Moon Hikes take place at Borderland State Park on Wednesday nights, once a month, under the full moon, with leaders Bob Vogel and Maureen Yachimski. Tis great fun stomping around the park by moonlight. And, we often stop and listen to the dark – to the sounds of the night. Of course, you're never quite sure whom you're hiking next to since we all look the same in the dark!

Winter Hiking Series

The winter hiking series started off on November 4 with classroom instruction taught by four experienced winter hike leaders: Erika Bloom, Dexter Robinson, Bill Ruel, and Bob Vogel. It was standing room only! Seems like everyone wanted to hike in the snow! We saw slides of previous years' winter hikes and heard about the joys of winter hiking (no bugs and great scenery). The leaders gave a comprehensive presentation on clothing, gear, water, food, and heat and moisture management – and, yes, even how to “go in the snow”! We learned some brand new vocabulary words: Sorels, crampons, gaiters. Some scary concepts: dehydration, frostbite,

hypothermia, snow blindness. Then they had show-and-tell, where they spread their own winter equipment out on the table so we could touch those strange new items.

The next few weeks had us all in a dither as we tried to round up the needed winter hiking gear – pac boots, snow shoes, crampons, wide-mouthed water bottles, hand and foot warmers, and so much more.

The series has four hikes scheduled, all with increasing difficulty: a local practice hike in the Blue Hills, a day hike at Pack Monadnock, another day hike at Mt. Monadnock, and then an overnight at Mt. Pierce.



The practice hike on December 9th was, alas, not at all cold and snowy. So, no Sorels and no showshoes. But, undaunted, 40 of us showed up at the Blue Hills early in the morning. With extra leaders rounded up so no one was turned away, we divided into three groups – slow, medium, and fast – and took off.

This was an instructional hike, and we had many short stops along the way to talk about gear and heat management. With no stop for lunch, we nibbled bite-sized food along the way.

Well, supposedly, we were all spending the rest of December hiking around our neighborhoods with rocks in our backpacks to get in shape for the first mountain hike. However, some of us spent the month eating holiday cookies and partying. But, twenty intrepid hikers showed up in the wind-driven drenching rain for the second hike at Pack Monadnock on January 6th. Dividing into two groups, and braving the rain, the hike proceeded. The middle of the hike brought some sun, 50 degree temps, and a beautiful rainbow; but the end of the hike became a run for the cars in a drenching downpour. This hike has been nicknamed “Summer Hiking Series, Part Two”!

So, keep an eye out for the next Breeze and you can hear how our winter turned out – and if we ever got any snow to stomp around in!

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., Mar. 1. East Falmouth-Mashpee, Quashnet River (C3C) - Walk in upland woods along small stream. More than light rain, or deep snow, cancels. From Mashpee rotary, Rt 28N to Falmouth 2.1 miles, take R on Martins Rd to parking area. 2 hours. Meet 9:45. L John Gould (508-540-5779, jhgould@comcast.net)

Sat., Mar. 3. Truro- Ryder Beach (B2C) - Some sand walking, hills, woods, views. Meet at 9:45. From Rte 6 just over Truro line take L onto Prince Valley Rd. Follow to end. R then immed L on Ryder Beach Rd. to pkg at end. Four hours. Bring lunch. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Sun., Mar. 4. Brewster -Punkhorn Parklands- C3C - Circuitous routing over hills on trails and woodr oads. Views of Upper & Lower Mill, and Walker Ponds. East on Satucket Rd to Stony Brook Rd, Brewster. R (South) on Run Hill Rd, past disposal area to pkg at end of pavement, approx. 1.5 mi. Meet 12:45 p.m. L Janet Kaiser (508-432-3277, rjkaiser@verizon.net)

Thu., Mar. 8. Truro North Pamet (B3C) - Hike through woods, dunes, out to the beach and back. Gorgeous ocean vistas, plush woods, and dunes...all with a story to tell. Hike will take 3 hours. Meet 9:45 at white building (N.E.E.D.S.) on the R at the end of North Pamet Road, off route 6 in Truro. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sat., Mar. 10. Falmouth, Moraine Trail (A3B) - Nine mile, 5-hour along moraine, and pond. Meet Goodwill Park, Falmouth 9:30 to carpool at 9:45. From Mashpee rotary, take 151 W 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 Goodwill Pk and 0.3m to parking. Light rain, or moderate snow cancels. Bring lunch. L John Gould (508-540-5779, jhgould@comcast.net), CL Lisa Crowley

Sun., Mar. 11. 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, farlewis@comcast.net)

Thu., Mar. 15. Truro Collins Road (B3C) - Meet 9:45. From Rte 6 take first R after Truro town line. Take another R on Collins Rd to first gated dirt road. Hike old roads in the woods, to beach via a bluff, and return by pristine, glacial ponds. Spectacular scenery. Hike will take 3 1/2 hours. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sat., Mar. 17. Crane Moraine (B3C) - New hike in Crane Wildlife Reservation, moraine., vistas of Buzzards Bay, ponds, boulder fields. Four hours - bring lunch. Meet 9:45 at pkg area across from Falmouth Animal Hospital S side of Rt 151, just E of Rt 28. From Mashpee Rotary go W on Rt 151 6.3 miles. Rain /moderate snow cancels. L John Gould (508-540-5779, jhgould@comcast.net)

Sun., Mar. 18. Harwich-Hawksnest State Park (B3C) - Early Spring hike through woods, by ponds. Meet 12:45. From Rte 6 exit 11. Take Spruce Rd. diagonally across from exit. Park on side of road approx. half mile down. Two hours. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Thu., Mar. 22. Mashpee South Cape Beach - 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)

Sat., Mar. 24. Provincetown Herring Cove to tip of 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. Bring lunch. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Mar. 25. Falmouth - Beebe Woods (C3C) - Come join us on this spring hike to see the baby lambs along with the sheep and Harley the llama. Terrain is flat with hills. Dir: From Bourne Bridge take Rt 28 to Falmouth. At the hospital lights in Falmouth go straight 0.6 miles to a R on Depot Ave. Go 0.5 miles to end for parking. L Linda Church (508-495-1308, lchurch@whoi.edu)

Thu., Mar. 29. Sandwich: Scorton Creek (C3D) - Easy woodland ramble past marshes and tidal creeks. 2 hours. From exit 5, north on Rt 149 to left on rt 6A. 3.75 mi to left on unmarked dirt rd after bridge. Park at end. Meet @ 9:45am. L Heidi Moss (508-362-6440, mossheidi@hotmail.com)

Sun., Apr. 1. 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 12:45. L Pat Sarantis (508-430-9965, ediespond@hotmail.com)

Thu., Apr. 5. Barnstable - Old Jail Lane Conservation Area (C3C) - 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 S 1.4 miles to lights at Phinney's Lane. Turn L. Go 1 mi and turn L onto Old Jail Lane. Go 0.5 miles to parking area on Left. Hike starts promptly at 10am. 2 hours. L Farley Lewis (508-775-9168, farlewis@comcast.net), CL Lisa Crowley (508-362-5062)

Sat., Apr. 7. Chatham-South Monomoy (AA2A) - WORLD PREMIERE - 9:00 am Start - 14 miles - Start at Chatham Light and go to the old deserted village at the southern tip of South Monomoy. Return via western side of peninsula. Long, strenuous day. Bring lunch and plenty of water. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sun., Apr. 8. Brewster -Nickerson State Park (C3C) - Easter Sunday hike around several ponds in the park. Meet at 12:45 at Fishersman's Landing. Enter main entrance and continue straight on

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

Thu., Mar. 1. Blue Hills, Milton - 5 to 6 mile hike. Depending on conditions we hike the Skyline loop to Great Blue Hill or Wolcott Path to green loop around Wolcott Hill and Tucker Hill. Meet at Houghton's Pond lot, Rt. 93/128 exit 3, N to stop sign, R on Hillside St. to large lot on R. Water, snacks, boots and hiking sticks recommended. L Ellie MacPherson (508-224-6465, camell55@verizon.net)

Tue., Mar. 6. Tuesday Morning Blue Hills Hike (B2-3B) - Great exercise hiking strenuous terrain at a moderate to fast pace. Join leader as she trains for Mount Kilimanjaro (again!). Lots of steep, rocky hills! Register for details; start time usually 7 AM, hike goes most (not all) Tuesdays. Hiking boots required. Not for beginners. L Erika Bloom (508-951-1001, ebloom1@comcast.net)

Wed., Mar. 7. Hiking Committee Meeting - Come join the Hiking Committee to meet fellow hikers and see what's going on in our chapter. We plan hikes and events where we could always use new help and ideas. Having pizza is also a plus for the evening! The First Unitarian Universalist Society. 25 Main St., Middleboro, MA (Rte. 105) Meeting starts at 7:00PM. L Sue Chiavaroli (508-252-4164, brillo6452@yahoo.com)

Sat., Mar. 10. 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. Limited space, please register at least 10 days before trips! Insulated boots, non-cotton clothes required. Snowshoes can be rented. Inquire. L Bob Vogel (hike_with_bob_v@comcast.net), L Erika Bloom, CL Leslie Carson (508-833-8237 6-9 PM, LTC929@aol.com)

Tue., Mar. 13. Tuesday Morning Blue Hills Hike (B2-3B) - Please see March 6th listing for details.

Thu., Mar. 15. Turkey Hill & Whitney Thayer Wood, Cohasset - 5 to 6 mile walk from Weir River Farm through forests; enjoy harbor and city views. Meet at 10 AM in small parking area on W side of 3A, about half a mile south of Rt. 228/3A intersection. Water, snack, boots. Storm cancels. L Ellie MacPherson (508-224-6465, camell55@verizon.net)

Tue., Mar. 20. Tuesday Morning Blue Hills Hike (B2-3B) - Please see March 6th listing for details.

Tue., Mar. 27. Tuesday Morning Blue Hills Hike (B2-3B) - Please see March 6th listing for details.

Thu., Mar. 29. Adams Farm (B3C) - Adams Farm, 999 North St. Walpole MA, www.adams-farm.com/visitors. Meet 10 AM at signboard in field 0.1 m off North St. About 5 m, moderate, bring water, lunch. Directions: Rt 1A, Walpole to Fisher St at Norfolk Agricultural School 1.5 m becomes North St, continue straight 0.1 m to entrance between fields & white board fences across from Hillcrest Farm buildings. L Art Hart (781-762-5251 9-9, ajhart@webtv.net)

Tue., Apr. 3. Tuesday Morning Blue Hills Hike (B2-3B) - Please see March 6th listing for details.

Tue., Apr. 10. Tuesday Morning Blue Hills Hike (B2-3B) - Please see March 6th listing for details.

Tue., Apr. 17. Tuesday Morning Blue Hills Hike (B2-3B) - Please see March 6th listing for details.

Sat., Apr. 21. Blue Hills True End-to-End Skyline Trail (A3B) - An opportunity to traverse the "entire" Blue Hills Skyline Trail from Fowl Meadow to Shea Rink on this annual day-long hike. An excellent conditioning hike, not for beginners. L Dexter Robinson (781-294-8840 7-9:30 pm, dexsue@comcast.net), R Dick Carnes (508-285-5790 7-9 pm, rcarnes2@aol.com)

Tue., Apr. 24. Tuesday Morning Blue Hills Hike (B2-3B) - Please see March 6th listing for details.

Tue., May. 1. Tuesday Morning Blue Hills Hike (B2-3B) - Please see March 6th listing for details.

Tue., May. 8. Tuesday Morning Blue Hills Hike (B2-3B) - Please see March 6th listing for details.

Sat., May. 12. AT in Western Mass Series - Day Hike (A3C) - Join us for the next section of the AT in Mass. from Rt. 20, Lee (Mass Pike) to Pittsfield Road. This 10-mile hike passes over Becket and Walling Mnts. in the October Mountain State Forest. Register by May 5. Group sized limited to 10. L/R Dexter Robinson (227 Winter Street, 781-294-8840 7-9:30 pm, dexsue@comcast.net) CL Dick Carnes (508-285-5790 7-9:00 pm, rcarnes2@aol.com)

Tue., May. 15. Tuesday Morning Blue Hills Hike (B2-3B) - Please see March 6th listing for details.

Sat., May 19-20. Lonesome Lake Trail Spring Clean Up in Franconia Notch - See detailed trip description under "Trails."

Tue., May. 22. Tuesday Morning Blue Hills Hike (B2-3B) - Please see March 6th listing for details.

Tue., May. 29. Tuesday Morning Blue Hills Hike (B2-3B) - Please see March 6th listing for details.

Sat., Jun. 2. National Trails Day at Myles Standish State Park - See detailed trip description under "Trails."

SEM Leader Profile:

Janet DiMattia, Cape Hiking Leader

(In Question & Answer format...)



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

Janet: I was an outdoors person as far back as I can remember. I loved nature, birds and climbing trees as a child and the challenge of the unknown.

Ed.: When did you join the AMC and first get involved as a leader?

Janet: I joined the Connecticut Chapter of AMC about 23 years ago. I became involved in leadership early on through friends I met on AMC activities. I began co-leading day hikes, then weekend trips in NH, inter-chapter trips to Vermont and Maine, x-country ski trips to Skoki Lodge in the Canadian Rockies, and most recently, as a leader in AMC's August Camp in locations in New England and out West.

Ed.: What do you personally get out of leading Cape hikes and other trips?

Janet: One pleasure of leading is sharing outdoor experiences with others. There is the satisfaction of taking someone to a place they have never been before. Presently, planning and scouting out hikes on the Cape gives me the chance to explore new areas.

Ed.: Can you describe one of the favorite trips that you have led?

Janet: One of my all-time favorite experiences leading for AMC has been my time with August Camp. Picture 40 adults sleeping in tents, huddled around a campfire, no electricity or running water, mosquito netting, moleskin, sunshowers, and all those other outdoor inconveniences... but also having an AMC croo feeding and taking care of all your needs plus a choice of four glorious hikes a day at Mount Rainier, Northern Cascades, Mount Kathadin, Adirondacks, Whites, Glacier National Park, Sawtooth Mountains - the list goes on and on. I've been able to convince a few Cape hikers to join me at August Camp - Farley Lewis, Connie Austin, Heidi Moss, Linda Church, and Peter Selig. A great experience!

Ed.: What's so special about leading hikes on the Cape?

Janet: We may not have mountains here on the Cape, but we do have lots of soft sand! Leading hikes on the Cape presents unique challenges. Most trails are not blazed and many are not routinely maintained. Few trail guides or maps are available. BUT where else can you hike and see a whale surfacing alongside or seals hauled up on the shore. Where else can you backpack to an overnight among the dunes and the sound of surf on Sandy Neck Beach? We have seen wild turkeys, deer, fresh coyote prints, found hidden burial grounds, and British Soldiers lurking in the woods (the lichen kind). This spring for the first time we will be hiking to the tip of South Monomoy from Chatham Light as the shifting sands have now connected Monomoy to the mainland.

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

Janet: I cannot imagine what direction my life would have taken had I not joined AMC. It found me in my first year of membership on the Range Hike to the Huts of the Whites, led me to climbing all the New England four thousand footers and all but seven of the hundred highest in New England. Through AMC I have rafted down the Colorado River, hiked the huts in Norway, skied Yellowstone in winter, and hiked through the most incredible wildflower display in the Anza Borrego? desert.

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

Six members added to SEM 2,000 Mile Club

Vic Oliver, 2000 Mile Club Registrar

As the month of December came to an end, most AMC members had put their bicycles away for the season. However, several of our cyclists are still working towards their goal of riding 2,000 miles or more in a calendar year to be qualify for *2,000 Mile Club* membership.

In 2006 we had six AMC members join the ranks of the 2000 Mile Club. These are::

- Ed Foster - 2,148 miles in 2006
- Roz Reilly - 4,007 miles in 2006
- John Sullivan - 2,189 miles in 2006
- Joe Tavilla - 5,096 miles in 2006
- Jian Luca - 3,407 miles in 2006
- Roger Scholl - 2,904 miles in 2006

The new inductees will receive a 2,000 Mile Club patch to be worn proudly ,as they are a select group of devoted cyclists within the AMC. Not unlike the AMC 4,000 Footers Club which includes many SEM members.

We now have fourteen 2000 Mile Club members. Although membership is awarded on an once-in-a-lifetime basis, many members continue to submit their annual mileage to be posted. Their tallies for 2006 are amazing as well. These are Paul Currier (2,815 miles), Jack Jacobsen (5,155 miles), Larry Kornetsky (3,020 miles), Sheila, Place (2,852 miles). John Sullivan (3,040 miles), and Vic Oliver (1,585 miles).

That's 19,751 miles ridden by our new members and 18467 miles for 2000 Mile Club members - totaling 39,2388 miles in all.

While time and other factors do not allow other SEM cycling leaders to reach the 2,000 mile threshold for membership, we'd like to recognize them here. This includes Linda Church, who rode more than 1,500 miles this year and still found time to lead Tuesday afternoon rides for SEM.

The SEM is the only AMC chapter that has a 2,000 Mile Club at this time. The Boston Chapter is working towards changing that. It is our goal that the concept of the 2,000 Mile Club be adopted by all chapters of AMC.

AMC SPRING GATHERING - April 20-22, 2007 hosted by the New York North Jersey Chapter. More information about outings, meetings, and entertainment highlighted in AMC Outdoors magazine and on the web.

New Member – Intro to Hiking Pot Luck dinner was a winner!!!

by Claire Goode



Sixty people attended our "Intro to Hiking Pot Luck Dinner" in Middleboro on January 19th. Bob Vogel

received several laughs as he went through the hiking slide presentation and reminisced about past hikes. He covered everything from the AMC organization, where to hike, what to wear, what to bring and how to determine which hikes you should go on, and who the best hiking leader is . . . Bob Vogel, who else!

There was so much food you couldn't possibly try everything, but it sure looked tempting. There was a raffle where 6 people won AMC books and one lucky person took home an SEM AMC vest!

This is the first in a new series that's geared toward new members getting their feet wet or current members trying out a new activity. It's what you make it. The more you're involved, the more fun you have. Try a new activity. Call the leader of the activity you're interested in and talk to them about going. *We'll be holding a second introduction event in June. Be sure to look for more details in the next issue of the Breeze.*

SPECIAL SAVINGS FOR FAMILIES AT AMC HUTS THIS SUMMER!!!

Stay at Lonesome Lake Hut (an easy hike for young kids) any Sunday–Thursday night during its full-service season and pay just \$24 per child member. That's a 50% savings!

Try any of our other AMC huts — from Zealand Falls to Lakes of the Clouds — midweek during June or the last week of August and enjoy these same great savings.

See: www.outdoors.org/lodging/huts/featured-programs.cfm for details.

On Gear

A rambling by Paul Miller, SEM Communications Chair

With all the stuff that I've accumulated over the years, I already have pretty much everything I need. I can never seem to find any new hiking gear that would add measurably to my personal safety, comfort, or enjoyment in the outdoors.

Like many AMC members, I collect outdoor gear like other people collect stamps or baseball cards. I own three pair of three-season hiking boots, two pair of insulated winter hiking boots, two pair of crampons, a pair of snowshoes, winter and summer leg gaitors, tons of synthetic technical clothing, three sleeping bags, two backpacking stoves, a water filter, two tents, and five different backpacks.

So what to get myself for Xmas??? An ice axe? Double plastic boots? Another pair of crampons?

A sleek ice axe sure would look cool strapped onto my technical daypack and, no doubt, could even prove useful in certain circumstances – just none that I was ever likely to encounter given the typically non-technical nature of most of my mountain adventures.

Double plastic mountaineering boots? The last time I tried on a pair in a store, they left my shins feeling way too much like they do in downhill ski boots. And besides, plastics cost a lot more than I wanted to spend on myself this year.

Ultimately, I decided on a new pair of crampons.

Sure, both my old 6-point Charlet Mosers and 10-point Climb High/Austri Alpin's still have some life left in them, but both have their problems: the 6 pointers don't work well on inclines, and these particular 10-pointers are hard to strap on in the cold.

In contrast, I love the ease with which the straps work on my handsome new 10-point Black Diamond "Contact" crampons ...even with gloves on. I love the aggressive look and angle of the hefty steel points. And I'm guessing that the built-in plastic ABS devices might actually help keep snow from balling up underfoot.

Now here's hoping that the weather gets cold enough for me to able to use them this winter.

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

Tributes to Harry Dombrosk...

Harry Dombrosk, a faithful and devoted member of AMC for 26 years passed away peacefully at his home in Dennis at age 93 on October 15, 2006.

I had the good fortune of meeting Harry 18 years ago when he was the Hiking Chairperson of the SEM Chapter of the AMC, a position he held for 10 years. He also led the AMC canoe group for many years, and I had the privilege and pleasure of being his canoe partner. He loved bicycling and led many trips along the Cape Cod Canal and the Cape Cod Rail Trail.

Harry personified "Mr. AMC" and had all the attributes of a good leader as well as possessing the gift of making each person he came in contact with feel very special to him. This genuine concern for others, his wit and wisdom, his fairness to all, and his enthusiasm and love of the outdoors endeared him to all of us.

His favorite saying was "Carpe diem", seize the day, and we did - - with AMC hiking, bicycling, canoeing, cross-country skiing and snowshoeing. You were a man for all seasons Harry, and we will miss you. What you taught us and the wonderful memories of shared AMC activities will remain with us all of our days.

We extend our sympathy to Vi, his beloved wife of 65 years, and to the rest of his family who meant so much to him.

Nancy Wigley

There is little to add except heartfelt tears...remembering him...and missing him...a friend always there for you. Even as Harry became unable to participate in club activities, he daily managed to get exercise and socialize with his family and friends, a vital lesson for us all. He was thankful for what he could do each day, living his life fully with enthusiasm and optimism.

Janet and Richard Kaiser

Conservation Note...

13 million tons of CO₂ could be saved if every AMC member installed just one compact fluorescent light bulb in their home...