



The Southeast Breeze

The newsletter of the Appalachian Mountain Club Southeastern Massachusetts Chapter
Spring 2009 — March, April, & May

View from the Chair

By Wayne Anderson

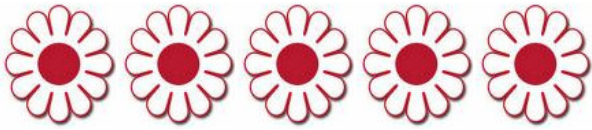


I would like to start by wishing everyone a happy New Year and hoping that you are ready for a year loaded with AMC activities and opportunities. As I look ahead to the upcoming events, I am amazed at the number of activities being offered by our chapter and by other AMC chapters. The Hiking Committee has planned the spring hikes and the fall annual Chapter Hut Night when we will revisit Cold River Camp for a weekend of hiking, biking and water sports. The Cape Hiking Committee has a full spring schedule mapped out with barely a weekend free. The biking folks continued to run trips through the white season. Biking closed its 2008 season with 24 cyclists in the 2000-mile club each completing 2000 or more miles for the year. Paddling took a hiatus for the winter but come April 1st, their calendar is full of events. Finally, for those who do not mind getting a little dirty and like to let their inner child out to play in the mud, there is trail work. We maintain local trails and our adopted Lonesome Lake Trail located in the heart of the White Mountains. This work is an essential part of the club's mission, providing us with safe access to mountain tops, lakes, and many other fine destinations. You'll hear more about trail work in the next issue of the Breeze.

I will have to admit that my main focus and participation has been with the hiking events and a smattering of cycling outings. In these two arenas I consistently see the same people participating. With approximately 3,000 members in the Southeast Chapter, I run into the same small group of participants with only a smattering of new faces. I too was once an armchair member content with just reading the quarterly Breeze and Outdoors but never participating in the plethora of trips advertised. About four years ago, I finally joined one of those trips and had a great time. I was welcomed by others who enjoy the same outdoor experiences as I do. I met very experienced hikers, gained valuable knowledge and experience, and in turn was able to pass this knowledge on to others.

So, this is a call for all of you armchair members to get out and join us for a hike, bike ride, or paddle. You are sure to meet great people who share your passion for the outdoors. Whether you have been participating in an activity solo or with a small group, you are experienced or a beginner, or you just have not been able to get out, we encourage you to join us. We may not be able to control the weather, but are sure to provide you with a fun, welcoming, and inexpensive outing. For those looking to give something back to the club, our committee chairs are always looking for new leaders and co-leaders in order to offer a greater variety of trips. If you are unsure of where to start, contact a committee chairperson to learn more. Our education committee will provide the training and tools for you to become an effective leader.

Please make an effort to join us in 2009!



Spring 2009 Events Calendar

SEM Board Meetings (7:00 pm)

Mar 11	UU Church, Main St, Middleboro
Apr 08	Bourne Community Center
May 13	UU Church, Main St, Middleboro
June	(no meeting)

Hike Planning Meetings (7:00 pm)

Mar 04	UU Church, Main St, Middleboro
Jun 03	UU Church, Main St, Middleboro

The direct link for SEM members to sign up for other chapters' newsletters is:
<http://www.kintera.org/site/lookup.asp?c=gsJMKZPGJrH&b=4466271>.

Where can I find AMC SEM activities?

1. *Breeze* (arrives in your mailbox, or electronically)
2. *amc outdoors* magazine (arrives in your mailbox)
3. Online trip listings (trips.outdoors.org)
4. SEM short notice email list (www.amcsem.org)

SUMMER BREEZE DEADLINES

- Apr. 7 trip listings
Apr. 15 articles, pictures

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/Volunteer_release_memo.pdf.

The Appalachian Mountain Club Southeastern Massachusetts Chapter

The chapter includes ~3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.

2009 EXECUTIVE BOARD

Chapter Chair	Wayne Anderson, chair@amcsem.org 508-697-5289
Vice Chair	Claire Goode, vicechair@amcsem.org 508-759-7362
Treasurer	Leslie Carson, treasurer@amcsem.org 508-833-8237
Secretary	Susan Salmon, secretary@amcsem.org 508-285-2440
Biking	Joe Tavilla, bikingchair@amcsem.org 508-428-6887
Canoe/Kayak	Bill Fischer, paddlingchair@amcsem.org 508-420-4137
Cape Hiking	John Gould, capehikingchair@amcsem.org 508-540-5779 (Vice Chair: Pat Sarantis, 508-430-9965)
Communications	Cheryl Lathrop, communicationschair@amcsem.org 508-668-4698
Conservation	Fred Yost, conservationchair@amcsem.org 508-699-9305
Education	Hagit Moverman, education@amcsem.org 508-238-9264
Hiking	Jim Plouffe, hikingchair@amcsem.org 508-562-0051
Membership	Len Ulbricht, membershipchair@amcsem.org 508-359-2250
Skiing	Barbara Hathaway, xcskchair@amcsem.org 508-880-7266
Trails	Bill Ruel, trailschair@amcsem.org 508-838-3841
Webmaster	Scott Haigh, webmaster@amcsem.org 617-510-7400

The Southeast Breeze, the newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published 4 times a year as a service to the chapter's members. SEM members are encouraged to submit letters, articles, photos, and artwork; materials for publication (space permitting) cannot be returned unless accompanied by SASE. Please mail to: Cheryl Lathrop, 17 Robert St., Walpole, MA 02081. Digital submissions are preferred; please e-mail to: communicationschair@amcsem.org. Articles will be edited for length, typographical errors, and clarity.

Editor: Cheryl Lathrop
Asst. Editor: Ann McSweeney

HAVE YOU MOVED? Please send your change of address information to: AMC, 5 Joy St. Boston, MA 02108. Or access the **Member Center** at www.outdoors.org/membercenter.

NON-SEM AMC MEMBERS who wish to receive the quarterly *Southeast Breeze* newsletter should send a \$10 check made out to "AMC SEM" to: Leslie Carson, ATT: Non-Member Breeze Subscription, 64 Mill Road, East Sandwich, MA 02537. Please provide your mailing address if it's not on the check.

SEM Short Notice E-Mail Trip List — Find out about late-breaking chapter activities (and cancellations) not appearing in the *Breeze*, the *amc outdoors*, or the online trip listings. Visit www.amcsem.org to sign up (scroll to the bottom).



Go Paperless! Get *The Breeze* Electronically!

As part of the AMC's mission to encourage conservation, we're asking all our SEM Members to elect to receive our quarterly newsletter, *The Breeze*, electronically. You can do this by selecting it in the "Edit Chapter Newsletter Preferences" section under Member Center at www.outdoors.org.

If you elect this option, you'll receive an email from "AMC Southeastern Massachusetts Chapter" containing a link to the newsletter. You'll get the electronic newsletter much earlier than waiting for the paper newsletter in the mail.

To elect to receive an electronic copy, go to www.outdoors.org

- Click on "AMC Member Center" (right hand side of the webpage)
- Choose whichever link applies to you
 - You have previously received login information (via an email from "AMC Membership")
 - You don't have your login & password – proceed to the Member Validation page

Once you have access to your Member Center

- In the box under "Manage Your Member Profile", click on "Edit Chapter Newsletter Preferences"
- Fill in, check the appropriate fields, and submit.

We hope you'll join us in eliminating one more item that ends up in the recycle bin. If you need to print something out, just print out the page(s) you need. (If you have trouble, please contact Member Services at 800-372-1758.)

See what the Breeze looks like electronically !
Go to www.amcsem.org and see this Breeze in full color !

LEADERSHIP TRAINING COURSE

AMC SEM is offering a **Leadership Training** course to provide the information and qualifications needed to become an AMC leader. This training is free of charge, with the exception of a \$2 parking fee.

Date: Saturday, April 18, 2009
Location: Borderland State Park, Easton
Time: 8:00 am - 5:00 pm

For registration and more information please contact AMC SEM Education Chair, Hagit Moverman: 508-238-9264 or dmoverman@comcast.net.

TRAIL WORK:

APR 25 DCR Park Serve Day
JUN 06 National Trails Day

OUR FIRST "CRITICAL TREASURE"



We all have favorite hiking, biking, or paddling places. Sometimes, they are pristine and tranquil and safely preserved forever.

Sometimes, they become overused, abused, or encroached upon. Critical Treasures are state and local parks and forests with priority habitat or high value recreational resources that are under threats from sprawl development, infrastructure development projects, or other alterations.

Stay tuned for the roll out of the SEM Chapter's first Critical Treasure site, the Ames Nowell State Park. Join us in April, before Earth Day, to highlight this gem in the state park system. More details to follow in the short notice listings — or e-mail the chapter's conservation chair, conservationchair@amcsem.org.

***** Join AMC on Facebook ! *****

SEM SPRING BASH

April 24-26, 2009

We all had so much fun at last year's Spring Gathering that we wanted to do it again! The YMCA South Shore Outdoor Education Center in Sandwich was such an awesome location that we're holding it there again. Join us for a weekend of hiking, biking (on- and off-road), kayaking, raffle prizes, and workshops.



Workshops include:

- * White Mountain Guide Online
- * Camping Skills
- * Chapter Youth Program (CYP)
- * New Members Meet the Leaders
- * Paddling Equipment
- * Climate Challenge Presentation
- * Cribbage Tournament
- * And much more!

Choice of accommodations includes a bunk in a comfortable heated cabin or a tent platform site — plus there are several cozy motels nearby. Watch our website for more information and registration.

INTERVIEW: NEW HIKE LEADER — LEN ULBRICHT

Q: When did you join the AMC?

In fall 2007, I started hiking with the Thursday morning group. I experienced a variety of local hiking areas I never knew about.

Q: Why do you hike?

After retiring almost two years ago, I wanted an outdoor activity more demanding and interesting than walking around the neighborhood. By chance, I came across the Thursday hike series while browsing the AMC website.

Q: Why did you want to become an AMC hike leader?

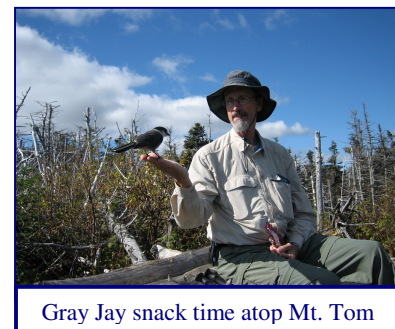
I'd been impressed by the personal commitment of leaders in the Thursday morning hike series and wanted to do my share to give back something to the group.

Q: Do you have a favorite hike or favorite hiking story?

In September, I spent a week at the Highland Center's 50+ Adventure Camp in Crawford Notch and dovetailed it with the SEM's chapter hut weekend at Cold River Camp. Seven days of glorious hiking in dry perfect weather with sunny days and cool nights. Great people, bountiful food, fine accommodations, a couple of 4000-footers, and the best scenery I've enjoyed in years.

Q: What is the one hiking adventure you dream of?

My parents were born and raised in Germany. I'd like to hike where my father did as a young man back in the 1920s, in the Thüringer Forest, and in the former German region of Silesia (part of Poland and the Czech Republic since World War II) where my mother grew up in the shadows of the Riesengebirge mountain range. It's all about finding one's roots and reflecting on life's passages.



Gray Jay snack time atop Mt. Tom

Mountain Leadership School 2009 is now accepting registrations (www.outdoors.org/leadership, 603-466-2727)



Adopter Ken Jones sawing a "blow down"

SEM Members become Blue Hills Reservation Trail Adopters

by Dexter Robinson

Do you hike, walk, or bike regularly in the Blue Hills Reservation? Want to give back something to the Reservation? If so, the Blue Hills Adopt-A-Trail Program has a trail for you. Trail work offers an opportunity to learn new skills, meet new people, and make a difference in an area we enjoy.

In the spring of 2008, the Friends of the Blue Hills (FBH) launched an Adopt-a-Trail program. The Blue Hills Reservation stretches from Dedham to Quincy, Milton to Randolph, encompassing over 7000 acres. With more than 125 miles of trails through forests, ponds, wetlands, and over hilltops, maintenance and repair was much needed.

The goal of the program is to find adopters for all of the trails by the year 2012. Currently there are eighteen adopters, eight of whom are SEM chapter members: **Bob Flagg, Walt Granda, Ken Jones, Cheryl Lathrop, Chris and Bill Pellegrini, Dexter Robinson, and Bob Vogel.** Adopters commit to maintaining their trail two to three times a year and are encouraged to adopt a trail they walk on a regular basis. Adopters not only trim branches and clean water bars, but also act as eyes and ears on the ground. People without experience can attend one or more of the monthly FBH trail maintenance events, under the supervision of a trail leader, to qualify to become an adopter.

The trails adopted by SEM members also help meet the AMC Trails Challenge supported by the Coleman company. Each Chapter is challenged to add 5 miles of AMC maintained trails per year over the next five years. Since 2005, AMC members throughout the region have adopted over 200 miles of trails. New AMC adopters receive AMC's new trail maintenance book, a T-shirt, and a \$100 voucher for staying at an AMC facility.

See: www.outdoors.org/conservation/trails/challenge/index.cfm for more details on the Coleman Trails challenge. For more information on the Adopt-a-Trail Program contact an SEM adopter or check out: www.friendsofthebluehills.org/trails/adoptatrail.html. Additional information about the trail maintenance program can be found at: www.friendsofthebluehills.org/trails/trailmaintenance.html.



Discovering Nature — Are you jealous when your hiking companions know the different species of trees?

Do you wish you knew the names of the flowers you see? Or what bird just flew by? Well, there's hope! Check out SEM's Discovering Nature series starting April 20. If you can't make the evening series, watch the short notice email list for additional weekend trips. Follow the group's progress in our blog: www.discoveringnature.blogspot.com.

NEW YEARS DAY HIKE — BORDERLAND STATE PARK



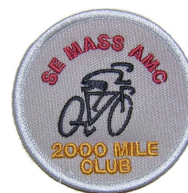
Through pine woods...



along ponds...



and across fields.



BIKE NEWS

AMC SEM 2000 Mile Bicycle Club by Dan Egan

A quarter score ago, Jack Jacobsen founded the 2000 Mile Club with 5 other Swamp Yankee Bicyclists to acclaim those dedicated to sustained, motorless, bituminous pandering. A 2000-mile patch and a certificate of achievement are the accoutrements of induction.

2000 Mile Club members have wheeled along windswept narrows of the Cape Cod Canal; the pine groves of the Miles Standish Park; the treacherous curves and the stately mansions of Jerusalem Road. Members have silently spun through the crimson bogs; the bucolic beaches bordering cerulean seas, the white-steepled, churched greens; the travelogue harbors; the hidden inlets; wooden boardwalks of waving salt marshes; and languorously meandering bike trails in the villages of the South Shore, the South Coast, the Cape and the Islands.

Savoring midday repasts at cozy, epicurean, shanties; at annual, native, seafood festivals; or at crowded, clamoring, college dining halls, the 2000 Mile Club forges a weekly bond dedicated to the rigors of aerobic bicycle fitness; avuncular, outdoors-loving camaraderie; and the hedonistic adventures of midday cuisines.

Our founder, Jack Jacobsen solicits your membership. His sole question is: "How do you take your pie?"

2000 Mile Club Final Standings (as of 12/31/08)			
RIDER	MILES	RESIDENCE	YRS
Louis Outor	6527	Rochester	2
Leonard Leonardi	6111	Franklin	2
Glenn Mathieu	5704	Hyannis	2
Joe Tavilla	5160	Cotuit	2
Gianluca Marchi	4981	Taunton	4
Gary Vacon	4481	Falmouth	1
Amy Wood	4304	Orleans	1
Pam Patrick	3926	Orleans	2
Jack Jacobsen	3610	Fairhaven	5
Fred Chase	3135	E Providence	1
Larry Kornetsky	3118	Burlington	2
Daniel Egan	3112	Brockton	3
Linda Church	3006	Falmouth	2
Paul Corriveau	2585	Yarmouth Pt	2
Ed Foster	2553	Cotuit	2
Peter Ruprecht	2527	Kingston	2
Bob Kennedy	2487	Brockton	2
Paul Currier	2413	Sandwich	5
Jean Orser	2385	Yarmouth Pt	2
John Sullivan	2358	Marshfield	3
Lawton Gaines	2358	Canton	1
Roger Scholl	2012	Rochester	3
Will Mason	2011	W Barnstable	2
Karen Newberger	2002	Easton	1
Paul Gareau	2001	Mansfield	1

2K NEWS: Welcome to new registrar Dan Egan (danielfrancisegan@hotmail.com). Six new members in 2008 bring membership to 34! Two of the original members are still cranking out the miles on our 5th anniversary!

Many thanks go to Victor Oliver for being instrumental in the promotion, success, & popularity of our 2000 Mile Club. Vic created the annual award certificates & 2000 Mile Club patches for first time members. Thank you, Vic (Victor Oliver nine24s@yahoo.com) for a job very well done!

Changes for AMC Outdoors & Member E-Communications: To reduce expenses & AMC's carbon footprint, *AMC Outdoors* will be published 6 times/yr, beginning with the Sep issue. It will begin running abbreviated activity listings beginning with the May issue. AMC is stepping up its efforts in member e-communications & social networking. Full listings will continue to be available online at trips.outdoors.org, and through a new e-mail based activity alert available through the AMC Member Center (www.outdoors.org/membercenter) at the end of Jan 2009. Members can sign up for e-delivery of chapter newsletters on the Member Center. Trip leaders will see new word count limits for magazine listings on the Online Trip Listing system starting Feb 15 for trips submitted for the May issue. A complete Q&A for trip leaders will be distributed through chapter chairs, published in the Mar *AMC Outdoors*, & posted to www.outdoors.org/volunteer/forms.

CHAPTER ACTIVITIES—

Newcomer Hikes (details under Hiking)

Tue. Mar. 10. Full Moon Hike
Sat. Mar. 21. Myles Standish
Mon. Apr. 20. Discovering Nature

Family Activities (details under Hiking)

Sat. Apr. 4. Family Camping Workshop
Fri. Apr. 24-26. Family Campout

Save the Date

WFA Course: Sep. 12-13
Chapter Hut Night: Sep. 17-20
Annual Meeting: Nov. 7

Hiking/Backpacking

Chair – Jim Plouffe, 508-562-0051,
hikingchair@amcsem.org

IMPORTANT: Hikers unsure of their ability should try only 1 level more difficult than previously completed. No pets without permission of trip Leader. Registration required for most trips. Hiking boots strongly recommended. For additional info or to register, contact the trip Registrar (R), Leader (L) or co-Leader (CL). Trip updates available at trips.outdoors.org. Sign up for the SEM Short Notice E-Mail Trip List at www.amcsem.org.

Miles	Pace (mph)	Terrain
AA = 13+	1 = very fast (2.5)	A = v. stren.
A = 9 - 13	2 = fast (2)	B = strenuous
B = 5 - 8	3 = moderate	C = average
C = <5	4 = leisurely	D = easy

Sat, Mar 7-8. Winter Hiking Series #4: Overnight at Lonesome Lake (B3B). We conclude our annual Intro to Winter Hiking series with an overnight at the AMC Lonesome Lake Hut in Franconia Notch, NH. Trip leaders will schedule day hikes at different levels & a group meal will be planned. Series participants have 1st priority as spaces are limited. (Cost: \$30 PP). L Ken Jones (508-697-0142, lotsoluck@comcast.net), L Leslie Carson (508-737-6627, ltcarson929@comcast.net), L/R Jim Plouffe (508-562-0051 7-9 PM, jimplouffe@comcast.net)

Tue, Mar 10. Borderland Evening Full Moon Hike (C3D) Night. Join us as we hike around the ponds & through the woods under the full moon. Enjoy the winter weather & the quiet of the woods & fields at night. Insulated boots & flashlight reqd. Group size limited; please register early. Hike ~6-8:00pm L Dick Carnes, L/R Cheryl Lathrop (508-668-4698, cheryl4698@verizon.net)

Sat, Mar 14. Winter Snowshoe Series Hike #4 (B3B). 4th in series of 4 snowshoe hikes. We'll chase snow, but most likely be at one of the following: Kettles & the Scaur, Champney Falls (Upper), Hedgehog Mountain Summit, Kearsarge North. L Chris Pellegrini, CL Eva Borsody Das, CL Bill Pellegrini, L/R Steve Tulip

(Stulip2005@comcast.net), L Jim Plouffe (508-586-1394, jimplouffe@comcast.net)

Thu, Mar 19. Myles Standish SF, Cranberry Rd, S. Carver (B3C) Meet at Ranger Station parking lot at 10 am for 5-6 mi hike. Bring water, lunch, hiking boots, if icy also Yaktrax or Stabilicers. From Rt 495 ex 2, N on Tremont St to S Carver, R on Cranberry Rd, follow signs, parking on R. From North: Rte 3 S, ex 5, R on Long Pond Rd. L Ellie MacPherson (508-224-6465, camell55@verizon.net)

Sat, Mar 21. Myles Standish state forest (C4D). EASY. ~2 hrs in Myles Standish SF, one of largest contiguous pitch pine/scrub oak communities north of Long Island. Bring lunch & join us at the picnic tables after the hike. L Barbara Leland (babsleland@yahoo.com), CL/R Claire Goode (508-759-7362 before 9pm, ctgoode@comcast.net)

Thu, Mar 26. Lloyd Center (C3C). Lloyd Center for the Environment, 430 Potomska Rd. 10am. Observation deck 1st, then hike 5 mi around salt marsh, Slocum River. Bring lunch. From the north: Rt. 24S, Rt. 140S, I-195W, ex 12, Faunce Cor Rd. Cross Rt. 6, bear L at fork onto Chase Rd for 3.5 mi. At stop sign, go R onto Russells Mills Rd 0.9 mi. L onto Rock O'Dundee Rd 0.9 mi, pass Gaffney, turn R onto Potomska for 1.7 mi. Lloyd Ctr on right. Rain cancels. L Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.com)

Sat, Mar 28. Franconia Ridge - Lafayette, Lincoln, Little Haystack (B3B). Join us as we trek across a wonderful section of Franconia Ridge bagging 3 4000-ft summits weather permitting. Full above tree line gear reqd for 8.8 mile 3480' elevation gain trip. ~8.5 hours. L/R Ken Jones (207 Walnut St, Bridgewater, MA 02324, 508-697-0142 7-9 PM, lotsoluck@comcast.net)

Thu, Apr 2. Noon Hill/Shattuck Reservation, Medfield (C3C). 3-4 mi hike on Trustees Reservations property, portion Bay Circuit Trail, pond views, peak lookout, poss Chas. River stop. www.thetrustees.org for trail map. Bring lunch, stabilicers if icy. 10am start. From intersect of Rtes 1&27 travel 5 mi on 27 thru Walpole Ctr to traffic lt at South St Medfield. Left onto South St for 3/4 mi, bear right onto Noon Hill St, about 1 mi to pkg area on left. L Len Ulbricht (508-359-2250 before 9 pm, lenulbricht@comcast.net)

Sat, Apr 4. Family Camping Series Workshop. Get the family into the woods!

Come for a full day workshop & learn the skills to get your & your family out camping. Learn to pitch a tent, light a stove, set up a tarp, tie knots, light a camp fire. Get confidence to set up camp & enjoy the outdoors. \$10 reg fee includes lunch. Reg deadline 3/15. This starts our Family Camping series. L/R Mike Woessner (508-577-4879, Stridermw@hotmail.com)

Thu, Apr 9. Red Line Blue Hills (C3C). Red Line the Blue Hills (RLBH) Hiking Series — the 4th year! Join us every Thurs evening after work (~6-8:00pm) as we continue our project of hiking every trail in the Blue Hills Reservation "red lining" our maps as we go. Contact registrar for 1-time registration, then it's show-and-go. Locations & times vary each week. L Cheryl Lathrop, L Joe Keogh, R Linda Glynn (508-496-4009, lglynn55@yahoo.com)

Thu, Apr 9. Blackstone hike (C3C). Interesting walk along historic Blackstone Canal, side trip to Goat Hill. Poles, lunch, water. Directions: Online @DCR or Riverbend Visitors Center @287 Oak St., Uxbridge, Ma. L Elsie Laverty (508-823-0634 before 9pm, elavmca@tmlp.com)

Sat, Apr 11. Blue Hills True End-to-End Skyline Trail (A3B). Traverse the "entire" Blue Hills Skyline Trail from Fowl Meadow to Shea Rink on this annual day long hike. Excellent conditioning hike, not for beginners. L Dexter Robinson (781-294-8840, dexsue@comcast.net), CL/R Kevin Mulligan (774-284-0870 7-9 pm, kevin.mulligan@covidien.com)

Thu, Apr 16. Crooked River, Wareham, MA (C3C). Pretty 5-mi hike along marshes, forest, tidal estuaries, ocean. 10am. From I-195 ex 21 to Rt 28 S, to Main St, around small park to Wareham ctr, L on Rte. 6 E, over bridge, R fork onto Narrows Rd, R on Indian Neck Rd, continue to L on Crooked River Rd, pkg 100 yds from corner by side of road. Heavy rain cancels. L Donald Savino (508-295-4562 before 9pm, donaldsavino@comcast.net)

Thu, Apr 16. Red Line Blue Hills. See 4/9

Mon, Apr 20. Discovering Nature. Come join in this spring & summer as we "Discover Nature" on a series of Monday evening walks at the Blue Hills, Borderland & possibly other locations. We'll all learn together, by observing nature, studying nature guides & keeping a notebook of observations. Some weeks

we'll hike a modest distance; other weeks we'll stay in one small area. Space limited, register soon. L Bob Vogel (508-238-7732 6-9 PM, hike_with_bob_v@comcast.net)

Thu, Apr 23. Red Line Blue Hills. See 4/9

Fri, Apr 24-26. Family Camping Series Campout. Join us for Spring Bash at Camp Burgess on Cape Cod. We'll set up our tents in a tree-covered area. Bath facilities close by; all meals available in dining hall. If you like, you may do your own cooking. Many activities planned: kayaking, hiking, biking, climbing wall. See the Breeze for more details on Spring Bash. L/R Mike Woessner (508-577-4879, Stridermw@hotmail.com)

Mon Apr 27. Discover Nature. See 4/20

Thu Apr 30. Red Line Blue Hills. See 4/9

Thu, Apr 30. Massasoit State Park (B3C). 5-6 mi scenic hike around ponds & lakes. Meet 10am Middleboro Ave pkg lot. Bring lunch. Directions: From North, Rt. 24S; from West, I-195E, Rt 24N, both to Rt. 44E. Turn right at 1st set of lights, follow to end. Go L at Sunoco Sta/stop sign, travel 2 mi. to park on right. Rain cancels. L Barbara Hathaway (508-880-7266 before 9 pm, barb224@tmlp.com)

Sat, May 2. Burrage Pond Wildlife Management Area B3C. Join us for ~6 miles in the Burrage Pond Wildlife Management Area in Hanson. Flat walking. Could see some wildlife. Includes the Tunk, old Indian crossway from the Bridgewater to Scituate, & small portion of Bay Circuit Path. L Barbara Leland (babsleland@yahoo.com), CL/R Wes Blauss (781-447-0460 before 9, blauss81@comcast.net).

Mon, May 4. Discover Nature. See 4/20

Thu, May 7. Red Line Blue Hills. See 4/9.

Fri, May 8. Massasoit State Park Moonlight Hike (C3D). Meet at 6 pm in main pkg lot for 2-3 hr hike. View the almost full moon as we walk between ponds. Bring water, flashlight & insect repellent. Directions: From Rt 24 take ex 13A to Rt 44E. R at traffic light, following South St E 2 mi to stop sign. L at Sunoco Sta/ Middleboro Ave for 3 mi. Park entrance on R just after Lake Rico. L Charlie Farrell (508-822-2123 by 9P, c.farrell@verizon.net), CL Barbara Hathaway (508-880-7266 by 9P, barb224@tmlp.com)

Sat, May 9. Mt Monadnock, Jaffrey, NH. B3B. Great early spring hike at one of the most popular peaks in the east. Hike one of the lesser used but most challenging trails

in Southern NH. Scramble up large steep rocks using your hands as much as your feet. Fantastic views. L Jim Plouffe (508-586-1394, jimplouffe@comcast.net), CL Walt Granda, R Walt Granda (508-999-6038 before 9 pm, wlgranda@aol.com)

Mon, May 11. Discover Nature. See 4/20

Thu, May 14. Red Line Blue Hills. See 4/9.

Sat, May 16. Introduction to 3 Season Backpacking. Join us for a 1/2 day workshop designed to provide persons with no/limited experience backpacking with info on the does & don'ts, equipment & attitude necessary to successfully enjoy the backpacking experience. Upon completing this workshop, 3 backpacks of varying lengths (2-3 day) are planned for the summer/fall hiking season. Program is geared for beginners, but all are invited to attend. L Leslie Carson , L Dexter Robinson , L/R Fred Wason (508-699-7635 6:30 to 9:30 pm, fmwason@verizon.net)

Mon, May 18. Discover Nature. See 4/20

Thu, May 21. Red Line Blue Hills. See 4/9

Sat, May 23-25. Wildcats/Carters Weekend (A3B). Spend the holiday weekend hiking the Wildcats on Sat and the Carters (Carter Dome, South & Middle Carters) on Sun Stay 2 nights at Carter Notch Hut (self-service \$32/pp). L Wayne Anderson (508-697-5289, wanderson@mxcsi.com), L/R Leslie Carson (64 Mill Road, East Sandwich, MA 02537, 508-833-8237 6-9 PM, ltcarsen929@comcast.net)

Mon, May 25. Discover Nature. See 4/20

Thu, May 28. Red Line Blue Hills. See 4/9

Cape Cod Hikes

Chair: John Gould, 508-540-5779, capehikingchair@amsem.org.
Vice Chair: Pat Sarantis, 508-430-9965.

Most Cape Hikes are "Show & Go." For additional info, contact trip Leader/Co-Leader (L/CL) or visit trips.outdoors.org. (Set Committee to "Cape Hikes.")

Miles	Pace (mph)	Terrain Type
AA = 13+	1 = v. fast (2.5)	A = v. strenuous
A = 9 - 13	2 = fast (2)	B = strenuous
B = 5 - 8	3 = moderate	C = average
C = <5	4 = leisurely	D = easy

Sun, Mar 1. Falmouth - Beebe Woods Adventure (C3C/B). Join us on this 2.5 hr hike on flat & rolling terrain. Stop to see Scamp, the llama & the baby lambs. Meet at 12:45 for 1pm departure. From the Bourne Bridge take Rte 28 S to Falmouth. Go through 1st set of lights & continue to R on Depot Rd. Follow to end to park in Conservatory lot. L Linda Church (508-495-1308 7-9pm, lchurch@whoi.edu)

Thu, Mar 5. Santuit Pond & River, Mashpee/Barnstable (C3C). NEW HIKE in lovely Conservation area bogs, pond & river. From Ex 5, Rt 149 S to roundabout, take 1st right on Race Ln. 1 m to L on Old Mill Rd (joins School St) 1 mile to L on Santuit/Newtown Rd. 1.8 miles to yellow gate on R. Park on side. From Rt. 28, turn north on Santuit/Newtown Rd. 0.8 mile to yellow gate on L. Meet 9:45. 2 hours. L Nancy Wigley (508-548-2362, nrwigley@verizon.net), CL Heidi Moss (508-362-6440, mossheidi@hotmail.com)

Sat, Mar 7. Brewster, Secret Side of Nickerson State Park (B3B). Explore the great divide between NSP watershed & Brewster watershed. Meet at 9:45 Fisherman's Landing on left off Deer Park Rd./Nook Rd. 2 miles in from park entrance at Rt. 6A. 4 hrs. Bring lunch. L Todd Kelley (508-945-9929, kelleytrailblazer@yahoo.com)

Sun, Mar 8. Harwich-Herring River (C3C). Walk with views of beautiful Herring River, along the reservoir & around cranberry bogs in conservation area. Take Exit 9A off Rt 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, Mar 12. Harwich-Hawk's Nest State Park (C3C). Exit Rt. 6 at Exit 11. Head W on Spruce Street opposite off ramp. Go ~1/2 mile and park on L side of road. Meet at 9:45. 2 hours. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sat, Mar 14. Truro-Truro Hills (B3B). Hike from Ballston Beach & the Pamet Valley to the Jenny Lind Tower & back. Meet at 9:45. Rt. 6 to S. Pamet Rd. to Ballston Beach parking lot. 4 hours. Bring lunch. L Todd Kelley (508-945-9929, kelleytrailblazer@yahoo.com)

Sun, Mar 15. Quaker Woods, West Falmouth (C4C). Walk back in time 350 yrs to one of the earliest Cape settlements, see first Quaker Burial Grounds on the Cape. Meet 12:45. 2 hours. From N or E take Rt 28 South to Brick Kiln exit. R at end of ramp. After 0.5 m. go R on 28A, then 0.6 m. to L at Old Dock Rd. Go 0.2 m to park. If rain, check w/L. L John Gould (508-540-5779, jhgould@comcast.net)

Thu, Mar 19. Dennis-Crowe to Crowe Loop (C3C). 2 hr. hike on paths, beach, & quiet roads. Meet 9:45. From Rt 6 take exit 9 onto Rt 134 north to Rt 6A. Take R on 6A then L onto School St. then R onto South St. to lot at end on right past

cemetery. L Maria Sylvester (508-385-4045, Sylvester_maria@hotmail.com)

Sat, Mar 21. Mashpee River Woodlands, East - Mashpee (C3C). Wooded walk with views of river. Couple of hills. From Mashpee Rotary take Rt 28 east, at first right, turn onto Quiniquesset. Park in lot 200 yds. on right. If parking on road, police request tires off pavement. Meet 9:45. 2 hrs. L Bill Zimmer (508-790-4143, z130regatta@comcast.net)

Sun, Mar 22. Falmouth-Long Pond + Short section of Moraine Trail (C3C). Walk along pond, moraine, & town forest. From Mashpee rotary, take 151 W 3.4m to L at Sandwich Rd. Go 3.7m S to R on Brick Kiln; then 0.9m W & pass thru traffic light at Gifford to first parking area on R just beyond light. Meet at 12:45. 2 hours. L Farley Lewis (508-775-9168, farlewis@comcast.net)

Thu, Mar 26. Provincetown- see whales! (B3C). Walk on beach to Race Pt Lighthouse with binos in hand. Should see whales from lighthouse! Meet 9:45 at Race Pt Beach parking lot in Provincetown. Walk will take 3 hrs, but we'll eat lunch as we scan for whales with binos for another hr. Plan on 4 hours total! L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sat, Mar 28. Bourne Woodlands & Monks Pond (C3C). 2 hikes for the price of 1 in Bourne area. Woodlands, marshes, ocean views, great company. Flat to rolling terrain. Short drive to 2nd hike. Meet at Leary Property Pkg lot. Apprx 1.5 mi from Bourne Rotary (Rt. 28 S) to R on Clay Pond Rd. At lights take R on County Rd. 8/10 mile to pkg on L. Meet 9:45 a.m. for 10 a.m. start. 2 hrs. L Linda Church (508-495-1308, lchurch@whoi.edu)

Sun, Mar 29. Brewster-Nickerson SP (C3C). Late winter walk around ponds, woodland trails, few hilly sections. Meet 12:45. Enter State Pk from rt 6A in Brewster. Stay on main rd to L on Flax Pond Rd. Go to pkg at end of road. 2 hrs. Heavy rain cancels. Any doubt call L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Thu, Apr 2. Provincetown - Whales and Trails (B3C). Meet at Herring Cove Beach, 9:45 in far right of pkg lot to the right of entrance. Bike trail, pine barrens, dike, thru marsh to arrive at Race Pt Lighthouse. Bring binos! Walk 3 hrs. Eat lunch as we scan for whales with binos for another hr! Plan on 4 hrs. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sat, Apr 4. Sandwich: Maple Swamp to Barnstable Conservation (B3B). Hike from Sandwich to Barnstable on bike trails & dirt roads including Otis Atwood land. Hills, some steep grades, rewarding views. 4 hrs, bring lunch. Meet at 9:45am at end pt in W Barnstable to shuttle cars. From Rt 6 ex 5 turn S on Rt 149. Take quick R on Service Rd, park at power lines on left. L Heidi Moss (508-362-6440 9am-8pm, mossheidi@hotmail.com), CL Todd Kelley (508-945-9929, kellytrailblazer@yahoo.com)

Sun, Apr 5. Falmouth, Hatchville Woods (C3C). Gentle walk along woodland trails to Coonamesett Pond. Back through wetlands habitat & cranberry bogs. Meet 12:45 for 1:00 start. 2 hr hike. Rte 151 W 3.4 miles from Mashpee rotary. L on Sandwich Rd at lights. 1.6 mi to R on Hatchville Rd. .5 miles to parking lot on L at pumping station. L Hilary Hunt (508-495-0439 8:00am-8:00pm, hhunt@cape.com)

Thu, Apr 9. Barnstable-Bridge Creek Conservation (C3D). Flat terrain, cedar upland, maple swamp & salt marsh, bogs, stone walls. Meet at 9:45am 2 hrs from ex 5 off Rt 6 N on Rt 149...park along grass triangle on immediate L beside W. Parish Church. L Farley Lewis (508-775-9168, farlewis@comcast.net)

Sat, Apr 11. Wellfleet, Duck Harbor to the Hollows (B3B). Hike from Duck Harbor over Bound Brook Island out to Lombard & Paradise Hollows. Meet at 9:45. Rt 6 to Wellfleet Center. L. on Commercial St. R. on Kendrick Rd. to Chequessett Neck Rd. R on Griffin Island rd. to end at Duck Harbor. 4 hrs. Bring lunch. L Todd Kelley (508-945-9929, kellytrailblazer@yahoo.com)

Sun, Apr 12. Eastham-Doane Rock to Nauset Beach (C3D). Meet at 12:45 for Easter Sunday walk in the woods to the Three Sisters & Nauset Light. Rain cancels. If in doubt call L. From Rt 6 take R at Salt Pond Visitors Center & proceed to pkg lot on R at Doane Rock picnic area. 2 hours. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Thu, Apr 16. Barnstable, Barnstable Conservation (A2B). Traditional hike in Barnstable Conservation area. Meet at Parking lot (power line) on Service Rd. between Ex 5 & Ex 4. Exit Rt 6 at Ex 5, go S 100 yds to service rd. Meet at 9:45 a.m. 2 hours. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sat, Apr 18. Provincetown - Whales and Trails (B3C). Meet at Herring Cove Beach, 10:45 in pkg lot to the right of entrance. (Yes, the time is correct). Walk on bike

trail, pine barrens, over dike, thru marsh to Race Pt Lighthouse. Bring binos! Hike 3 hrs, lunch 1 hr while scanning with binos for whales! Altogether we'll be gone 4 hrs! L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun, Apr 19. East Falmouth-Mashpee, Quashnet River (C3C). Walk in upland woods alongside pretty stream. From Mashpee rotary, Rte 28N to Falmouth 2.1 miles, take R on Martins Rd to parking area. 2 hours. Meet 12:45. If rain forecast call L John Gould (508-540-5779, jhgould@comcast.net)

Thu, Apr 23. Brewster, Punkhorn Parklands(C3C). Wooded trails over hills with views of Upper Mill Pond & Walker Pond. Ex 9B from Rt 6 & go 2.0 mi. R on Satucket (which becomes Stony Brook Rd). After 3.0 mi R on Run Hill Rd. Go 1.3 mi to parking lot on left. 2 hours. Meet at 9:45. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Sat, Apr 25. Sandwich: Camp Burgess/Spring Bash (C3C). Enjoy Sandwich's Maple Swamp Conservation. Fields, lake shores & views of Cape Cod Bay. Some steep terrain. 2.5 hrs. Meet 9:30 behind dining hall. From Rt 6 ex 4 S on Chase/Great Hill Rd. Follow 2 mi to R at stop sign on Farmersville Rd, then 1/4 mi to R on Stowe Rd. Follow 3/4 mi to Camp Burgess on R. L Heidi Moss (508-362-6440 9am-8pm, mossheidi@hotmail.com)

Sun, Apr 26. Sandwich - Ryder Conservation/Lowell Holly (C3C). Explore woodland shores of Cape Cod's deepest pond. Meet 9:45 for 10 am start (time is correct). From Rt. 6 ex 4 S on Chase/Great Hill Rd. 2 mi to R at stop sign on Farmersville Rd. Drive 0.5 mi to L on Boardley Rd. then 0.3 mi to L on Harlow Rd. R at stop sign on Cotuit Rd. 0.5 mi to small pk lot on left. 2 hours. L Todd Kelley (508-945-9929, kellytrailblazer@yahoo.com)

Thu, Apr 30. Barnstable-Old Jail Conservation Area (C3C). Newly opened areas of conservation land contrast old footpaths thru the woods. Meet at Old Jail Lane Conservation Land Parking Lot. Take ex 6 to Rt 132 S 1.4 miles to lights at Phinney's Lane. Turn L. Go 1 mile & turn L onto Old Jail Lane. Go 0.5 mi to parking area on left. Meet at 9:45 a.m. 2 hours. L Elissa Crowley (508-362-5062, e.crowley@verizon.net)

Sun, May 3. Benjamin Nye Trail, Sandwich (C4C). Working cranberry bogs, Talbott point, red pine forest, Scorton

Creek, Hoxie Pond, Fish Hatchery and Game Farm from bygone days. From Rt 6 take Ex 4 (Chase Rd.) N (toward 6A). Go about 1/2 mile to L on County Rd. One mile to pkg on left across from Sandwich Grange Hall. Meet 12:45 2 hrs. L Nancy Wigley(508-548-2362,nrwigley@verizon.net)

Thu, May 7. Wellfleet, Great Island (B2C). Hike along bay, through woods, along dunes out to Great Island. Great views of Wellfleet Harbor. Meet 9:45 am at Great Island Pkg lot on Chequesett Rd. Wellfleet. 2 hours. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sat, May 9. Mashpee South Cape Beach (C3C). Flat hike thru woods for 2 mi, then 2 mi on sandy peninsula. From Mashpee rotary, take Great Neck Rd.S 2.7 mi, left on Great Oak Rd. Follow to town beach pkg. Meet 9:45. 2 hrs. L Gary Miller (508-540-1857, Garymaxx@verizon.net)

Sun, May 10. Brewster-Nickerson SP (C3C). Mothers' Day walk around perimeter of several ponds. Woodland trails, few hilly sections, Meet 12:45 at Fisherman's Landing. Park entrance off rt 6A in Brewster. Stay on main rd in pk for 1.8 miles, pkg on left. 2 hrs. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Thu, May 14. Truro, Ryder Beach (C3C). Beach to woodland trails, some hills with scenic views of Cape Cod Bay. 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. 2 hrs. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Sat, May 16. Barnstable-Sandy Neck (B3B). Hike along barrier beach to trail 4, returning along marsh trail. Mostly soft sand. 4 hrs, bring lunch. Meet at 9:45am From Sandwich Rt. 6A across from Amari Restaurant turn north at Sandy Neck Rd. Follow to end, park in lower lot. L Elissa Crowley (508-362-5062, e.crowley@verizon.net)

Sun, May 17. Falmouth, Bourne Farm (C3C). Trails through open fields & woodlands at Bourne Farm, then down new bike path to Sippewissett Marsh. Meet 12:45 for 1:00 start. 2 hr hike. Rt 151 W to N. Falmouth. L at light to 28A. S for 2 miles. Parking lot on R at Bourne Farm. L Hilary Hunt (508-495-0439 8 am to 8 pm, hhunt@cape.com)

Sat, Jun. 6. Full Moon Hike: West Dennis Beach (C4C). Full Moon Hike: W Dennis Beach Ex 9A S onto Rt 134. Go straight, crossing 3 traffic lights. Continue straight across Rt 28 at lights, follow to end & turn

R on Lower County Rd. In 0.5 mile, turn L at sign for W. Dennis Beach. Meet 7:00pm at parking Lot near rotary. Less than 2 hrs. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net), CL Richard Kaiser

Mon, Jul. 6. Provincetown - Full Moon Hike - Snail Road Dunes (C3C). Meet at 6:45pm at Snail Rd trailhead on R side of Rt 6 east end of Ptown. Explore dunes, see dune shacks, bogs, & views. Hike 2 mi to ocean, picnic, photo sunset & moonrise. Hike will be on soft, hilly sand dunes. Bring snack and camera! Allow 2 hrs. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Wed, Aug. 5. Mashpee South Cape Beach (C3C). Full moon refreshment hike. Hike to view of Washburn Island, stop to enjoy beverage, cheese/crackers, which each bring for self and/or to share. From Mashpee rotary, take Great Neck Rd. S 2.7 mi, left on Great Oak Rd. Go 2.0 miles to L to town beach pkg. Meet at 6:45 pm 2 hours. L Gary Miller (508-540-1857, Garymaxx@verizon.net)

Bike Rides

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

NOTE: Approved helmets, water bottles, & spare tires reqd. If start time & location aren't indicated, contact ride leader (L).

NOTE: for additional SEM bike rides, check *AMC Outdoors*, visit www.amcsem.org, or use the AMC online trip listing system: trips.outdoors.org (set Committee to "Biking" & Chapter to "Southeastern Mass"), or sign up for the SEM Short Notice list: www.amcsem.org.

BIKE RIDES! Full Moon & Tuesday afternoon/evening cycling (Paul Currier pbencurrier@hotmail.com, 508-833-2690)

Sat, Mar 21. First Day of Spring. Spring officially arrives at 13 min before midnight on Fri Mar 20. We'll all enjoy the 1st full day of a Cape Cod Spring Day from our bikes. Call ride L for start time, location. ~35miles. L Joe Tavilla (508-428-6887, silverski@earthlink.net)

Sat, Apr 18. Dartmouth Ride. So. Dartmouth Ride, 37 mi. Stop at couple nice beaches with nice farm scenery along the way. Mostly flat terrain. 10 am start. Call anytime. L Jack Jacobsen (508-353-3708, cyclejac51@yahoo.com)

Mon, May 4. Monday Night Rides. The days grow longer & the popular Mon & Thurs night rides make a welcome return. Start time is always 6:00 pm but the location varies throughout SE Mass. 20-25 miles. L Jack Jacobsen (508-353-3708, cyclejac51@yahoo.com)

Thu, May 7. Thursday Night Rides. The days grow longer & the popular Mon & Thurs night rides make a welcome return. Start time is always 6:00pm but location varies throughout SE Mass. 20-25 miles. L Jack Jacobsen (508-353-3708, cyclejac51@yahoo.com)

Mon, May 11. Monday Night Rides
Thu, May 14. Thursday Night Rides
Mon, May 18. Monday Night Rides
Thu, May 21. Thursday Night Rides
Mon, May 25. Monday Night Rides
Thu, May 28. Thursday Night Rides
(See May 4 and May 7)

Sat, May 30. Swansea, Dighton, Rehoboth Ride. Travel by scenic Taunton River then head toward rural farm country of Dighton & Rehoboth. Flat to rolling terrain. 10 am start. L Jack Jacobsen (508-353-3708, cyclejac51@yahoo.com)

Paddles

Chair: Bill Fischer, 508-420-4137, paddlingchair@amcsem.org

For info on SEM canoe & kayak trips, check *AMC Outdoors*, visit amcsem.org, use the online trip listing system: trips.outdoors.org, (set Committee to "canoe/kayak", set Chapter to "Southeastern Mass").

For Apr/May, a wet/dry suit is reqd!

Wed, Apr 1. Walker, Upper and Lower Mill Ponds. 10:30am. Walker Pond, Brewster. PUT-IN: Ex 10 off rt 6 S to the 4-way stop sign & R on Queen Anne Rd. R on Depot St at next 4-way stop sign. This becomes Slough Rd after crossing the Brewster Town line. Stay on the road for the put in on the right. L Bob Zani (508-430-1914, rcza@comcast.net)

Sat, Apr 4. Indian Lakes. 10:30. Indian Lakes, Marstons Mills. PUT-IN: Rt 6 ex 5 S on rt 149 to R at "Indian Lakes" sign on R, Mystic Rd right after cemetery. Meander down to R until reach put-in. LIMIT: Life vest reqd, spray skirt may be reqd depending on wind condition. LEVEL: 2. L Bill Fischer (508-420-4137, wmbarrabarafischer@comcast.net)

Wed, Apr 8. Lake Nippenicket and Town River, Bridgewater & W. Bridgewater. 10:30am. Lake Nippenicket & Town River, Bridgewater & W. Bridgewater. Explore a portion of the Hocomock Swamp, remote lake, marshes on Taunton River headwaters. Involves car shuttles. PUT-IN: Register with leader. L Art Hart (508-888-2847 9am-8pm, ajhart32@comcast.net)

Sat, Apr 11. Duxbury Bay South. 10:30am Nice long paddle of 11+ miles. PUT-IN: Duxbury Bay. N on Rt 3 to Ex 11 (Rt 14

east). After 0.5 miles bear right to stay on Rt 14. One mi after crossing Rt 3A make a left at "Tee" and an immediate R onto Powder Point Rd. Parking is on right just before Powder Point bridge. LIMIT: Life vest reqd spray skirt may be reqd. L Robert Zani (508-430-1914, rcza@comcast.net)

Wed, Apr 15. Monponsett Ponds & Stump Brook, Halifax. 10:30am Paddle a section of the Wampanoag Canoe Passage into Burrage Pond Wildlife Management Area. PUT-IN: Register with leader. LIMIT: Life vest reqd. L Art Hart (508-888-2847 9am-8pm, ajhart@comcast.net)

Sat, Apr 18. Mashpee-Wakely Pond. 10:30. PUT-IN: From rt 28 take rt 130 N 2 mi to R at "State Landing" sign. LIMIT: Life vests reqd. Skirts may be reqd depending on conditions. LEVEL: 2/3. L Bill Fischer (508-420-4137, wmbbarafischer@comcast.net)

Wed, Apr 22. Popponesset Bay, Mashpee. 10:30am Tides allow exploring many inlets in the area. Final destination depends on wind conditions. Stop mid-day for lunch. PUT-IN: Registration reqd, call for directions. LIMIT: Life vests & spray skirts reqd. L Louise Foster (508-420-7245)

Sat, Apr 25. Wellfleet Harbor, Wellfleet. 10:30am Trip dictated by the weather! Plan on ~10 miles. PUT-IN: W on Main St from rt 6 to L on Commercial St to far end of Public Beach parking lot. LIMIT: Life vest reqd. Spray skirt may be reqd. L Don Palladino (508-349-2950, djp1958@comcast.net)

Wed, Apr 29. Onset Bay. 10:30am. PUT-IN: From rt 25 ex 1 towards Onset. go to 2nd set of lights & turn L onto 6E/28S. Pass Walmart to right onto Main Ave. Go .2 mi to L onto Riverside Dr. Follow curve to beach, park on grass. LIMIT: Expect water temp below 50F so wet/dry suit reqd. PFD & spray skirt. All sea kayaks should have bulkheads/airbags front & rear. L Don Savino(508-295-4562,donaldsavino@comcast.net)

Sat, May 2. Oyster Pond, Oyster River, Stage Harbor, Mitchell River to M. 10:30am. Oyster Pond, Oyster River, Stage Harbor, Mitchell River to Mill Pond & return. PUT-IN: Ex 11 off rt 6, S on rt 137 to 4-way stop, L on Queen Anne, R where the sign says Downtown, R at next stop sign to rt 28, L on rt 28 to R at tlc light to R at Pond St where the put in is. LIMIT: Wearing of life jackets reqd. L Betty Hinkley(508-241-4782, bhinkley@mindspring.com)

Wed, May 6. Barnstable Harbor, Barnstable. 10:30am. Barnstable Harbor, Barnstable PUT-IN: Take ex 6 N off mid-cape highway (Rt 6) to Rt 6A. R on Rt 6A & go 1.5 miles to L onto Scudder Lane to town landing. LIMIT: Preregistration reqd. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat, May 9. Pamet Harbor, Truro. 10:30am PUT-IN: Rt 6 R at "Pamet Harbor" sign to R at end of ramp & R onto South Pamet Rd. with L & R onto Depot Rd to boat landing. Estimated launch fee \$5. LIMIT: Life vest reqd. Spray skirt may be reqd. L Don Palladino (508-349-2950, djp1958@comcast.net)

Wed, May 13. Fiddler's Cove, N Falmouth. 10:30am. Fiddler's Cove, N Falmouth. Leisurely 3 & #189; hr paddle on salt water harbors & cove. Lunch stop on sandy beach. PUT-IN: Rt 28 to W on rt 151, cross rt 28A onto County Rd, ~1 mi to launch site near Megansett Yacht Club LIMIT: Life vest reqd. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Sat, May 16. Bass River, Yarmouth south. 10:30. Bass River, Yarmouth south. Paddle can be from 8-12 miles depending on weather & desires of paddlers. PUT-IN: Ex 9 on rt 6 S on rt 134. Sharp R on Upper County Rd & bear L onto Highbanks to the Wilbur Park put in on the L just after crossing over Bass River. LIMIT: Life vest reqd. Spray skirts may be reqd. L Phyllis Evenden (508-563-6766, phyllisevenden@verizon.net)

Wed, May 20. Cotuit Bay. 10:30am. Cotuit Bay. Trip includes circumnavigating Grand Island in Osterville Via Coutiit Bay, N Bay & W Bay. Lunch on Dead Neck/Sampsons Island. PUT-IN: S on rt 149 to R on rt 28 to L on Putnam Ave (at lights), str onto Old Shore Rd to Town Landing. LIMIT: Life jacket reqd. Spray skirt may be reqd depending on conditions. Registration reqd. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat, May 23. Centerville River. 10:30 am. Centerville River & Scudder Bay & maybe Eaere possible prior to returning to the put in. PUT-IN: From Rt28 in Centerville take Old Stage S - it runs into Main St. Take to light on So. Main St. R on So. Main St. to Hayward Rd. L on Hayward Rd to put in. Park on S Main St. LIMIT: Life jackets reqd. Spray skirts may be reqd depending on conditions. L Mike Pigo-Cronin (508-771-3134, mpcro@verizon.net)

Wed, May 27. Weir River/Harbor Islands, Hingham. 10:30am. Weir River/Harbor Islands, Hingham PUT-IN: Rt.3 to ex 14. N

on rt.228 towards Hingham/Hull for ~6.5 miles. Take L onto rt.3A to Hingham Harbor rotary. Continue past rotary on 3A ~100 yds. to parking lot w/boat ramp. Park along beach. LIMIT: Life jackets reqd. Spray skirts may be reqd depending on conditions. L George Wey (781-789-8005, geowey@comcast.net)

Sat, May 30. Monk's Cove. 10:30am. Weather permitting cross over to Onset. Or, south to the end of Wings Neck. PUT-IN: Rt 28 S towards Falmouth R onto Barlows Landing Rd R onto Shore Rd. Stay on Shore Rd half mile look to your left for a small sign saying "Monks Cove" L to water. 1 Parking permitted just east of the RR underpass. LIMIT: Life vest & spray skirt reqd. L Gifford Allen (508-563-3852, gifallen@verizon.net)

TRAIL WORK

Chair — Bill Ruel, 508-838-3841, trailschair@amcsem.org

Sat, May 9. Blue Hills Reservation - North Skyline Trail Work Event. Give back a little by helping maintain trails we all love. Work on a section of the N Skyline between Reservation HQ & Elliot Circle. Tools & training provided. L/R Ken Jones (508-697-0142 5-7pm Except Thurs, lotsoluck@comcast.net)

Tue, May 12. Borderland Tuesday Evening Trailwork. Come enjoy a walk in the woods & contribute by doing trailwork along the way. No experience or equipment reqd. We'll brush the trails to remove new growth & any blowdowns from the winter. Also picking up sticks, stones, & litter. L Bob Vogel (508-238-7732, hike_with_bob_v@comcast.net)

Fri, May 15-17. Lonesome Lake trail work. Our adopted trail! Possible stay at hut. Limit 10 people; reg by 3/30. L Lou Sikorsky (508-678-3984, hikinglou@charter.net), L Bill Ruel (508-838-3841, camperbill@yahoo.com).

Tue, May 19. Borderland Tuesday Evening Trailwork. See May 12.

Tue, May 26. Borderland Tues Evening Trailwork. See May 12.

Sat, Jun. 6. National Trails Day. Come help clean up one of our adopted trails in SE Mass. Myles Standish SF Bently Loop. Work for all ages! BBQ follows! Registration reqd. Meet at rangers station at 9:30am & work til done. L Lou Sikorsky (508-678-3984, hikinglou@charter.net), L Bill Ruel (508-838-3841, camperbill@yahoo.com)



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CONSERVATION CORNER

by Fred Yost, Conservation Chair



Earth Day, April 22, is a wonderful celebration of this planet. After a long cold winter, what could be better than some spring-cleaning outside in the fresh air and sunshine! You can join one of many local clean up efforts to celebrate. Ask at your town offices where the nearest parcel of town conservation land is and offer to pick up any trash in celebration of Earth Day. Many of you already use town conservation land for AMC activities like hikes, so this is a great way to let the town know that you appreciate land preservation. Another option is to join Bill Ruel and me for the Cape Cod Canal clean up on April 25. This is a very heavily used area, and you would be amazed at some of the things that Bill and I and a few friends picked up last year. Send me an e-mail if you're interested.

If you'd like to contribute in another way, check out these books:

[Low Carbon Diet: A 30-Day Program to Lose 5000 Pounds--Be Part of the Global Warming Solution!](#) by David Gershon.

[50 Simple Things You Can Do to Save the Earth](#) by The Earthworks Group.

Email Conservation Chair:

conservationchair@amcsem.org



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