



The Southeast Breeze

The newsletter of the Appalachian Mountain Club, Southeastern Massachusetts Chapter
Summer 2009 — June, July, & August

View from the Chair

By Wayne Anderson, Chapter Chair



Hey you! Yes you! I see you there, still sitting on the sofa. Don't you know that summer is here? The weather is great. Get outside! Don't just be an arm chair AMC member — you're missing all the fun. The rest of us are out hiking, biking, and paddling. And we'd love to have you come join us!

We want "No Child Left Inside", but we also want "No Adult Left Inside" either!

We have lots of activities all summer long. Check our website (amcsem.org) for chapter-wide activities. We had a great time at our Spring Bash. And we have our Summer Picnic coming up in July and our Chapter Hut Night coming up in September.

Check out our short notice Yahoo email list for spontaneous fun. Go to amcsem.org and sign up for emailings. Fun activities will magically appear in your email in-box.

Look for Trip Listings at trips.outdoors.org for pre-planned fun. You can search for hikes, bikes, paddles, backpacks, education — or whatever! Our AMC trip leaders have been busy planning and organizing outdoor fun for you.

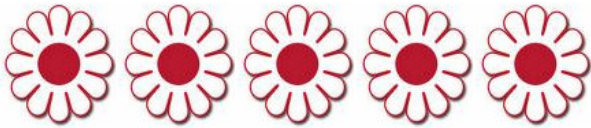
We had a Family Camping Workshop this spring where we taught families how to car camp. And then we had our first Family Camping Event where families actually tried it out. This summer, we'll have more Family Camping.

We have a special hike set up for Grandparents and Grandkids in June. There are beginner hikes planned for those just starting out. We have our new Discover Nature series—we've already spied a Bald Eagle nest in Lakeville! And we'll have some fun and educational conservation activities: whale watching and seal watching. Don't forget there are always the summer Trail Work events where we "Get Out. Get Dirty. Give back."

We are always investing in education and training. This spring we had a workshop to train more leaders, another to train hikers for the Summer Hiking Series, and yet another to teach beginners how to backpack. We were getting ready for summer fun!

Don't forget our usual summer local hikes, New Hampshire 4000-footer hikes, bikes, and paddles — usually one of each running every weekend! Some of us are always out having fun and never get our backpack put away. It lives by the front door in the living room. The bike never makes it back onto its hooks. And the kayak lives on top of the car always ready for a spontaneous paddle.

So, get off the sofa and let's see you out on the trails, the roads, or the waterways. Use your AMC membership and come join us for some outdoor fun and exercise. Let no adult be left inside this summer!



Spring 2009 Events Calendar

SEM Board Meetings (7:00 pm)

June (no meeting)
 July (no meeting)
 Aug 12 Bourne Community Center
 Sep 09 UU Church, Main St, Middleboro

Hike Planning Meetings (7:00 pm)

Jun 03 UU Church, Main St, Middleboro
 Sep 02 UU Church, Main St, Middleboro

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

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)

FALL BREEZE DEADLINES (covers Sep, Oct, Nov)

Jul. 7 trip listings
 Jul. 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 & VICE CHAIRS

Chapter Chair Wayne Anderson, chair@amcsem.org
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508-577-4879

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Secretary Susan Salmon, secretary@amcsem.org
508-285-2440

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

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508-420-4137

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508-540-5779

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508-562-0051

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508-359-2250

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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.

OUR "EVERY WEEK" HIKES



THURSDAY EVENING HIKERS



TUESDAY MORNING HIKERS



THURSDAY MORNING HIKERS



Red Line the Blue Hills

On March 25, 2009, [Walt Granda](#) was the first to finish blue-lining the Blue Hills! He has done every trail twice!

Check out all the Red Line the Blue Hills finishers at our new website address:
amcsem.org/RLBHWS/index.htm.

Activity Digest — Get chapter activities sent to your email inbox -- AMC's new online activity digest allows members to sign up for an email summary of upcoming chapter activities. Members can select chapters, committees, activities, and regions of interest. Sign up through the AMC Member Center at www.outdoors.org/membercenter.

AMC Outdoors changes in submission deadlines — As part of its transition to 6 issues per year, deadlines and requirements will change starting with the September/October issue, a new double issue. Trip leaders can find a complete Q&A at www.outdoors.org/volunteers/forms/.



BIKE NEWS

MILEAGE as of 3/31/09

Leo Leonardi	893
Gianluca Marchi	541
Louis Outor	408
Jack Jacobsen	401
Gerard Nelson	355
Joe Tavilla	338
John Sullivan	336
Susan O'Connor	325
Larry Cohen	316
Paul Currier	293
Glenn Mathieu	277
John Fortier	244
Pam Patrick	228
Daniel Egan	211
Steven Knigge	169
Bob Kennedy	167
Linda Church	150
Roger Scholl	135
Wil Mason	134
Fred Chase	103

GO ELECTRONIC! 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.

READING LIST

Water is something we just cannot live without. We drink it, bathe in it, swim in it, and paddle and fish in it. Water is used in industry and agriculture and water power is used to generate electricity. There is much more that we can learn about water in Alice Outwater's fascinating book *Water: A Natural History*. Ms. Outwater presents a history of the water resources of this country, including one chapter in which Boston plays a leading role. She takes us through the natural cycle of water as it moves through our northern forests and as it used to move through southeastern Massachusetts. Learn more about this important resource. Then look into your local watershed association and become an active member.

If you plan to visit northern New England this summer and are interested in learning more about bogs, forests, krummholz, and alpine areas, Peter Marchand's book *North Woods* is an excellent read. Marchand is a college professor in Vermont and got the idea for this book after many conversations with hikers. It is a great introduction to northern forests and includes some plant identification. This is a wonderful book for anyone with a budding interest and also for folks who are long-time naturalists.

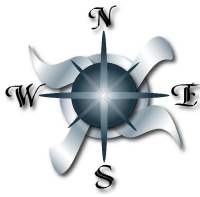
MOUNTAIN LEADERSHIP SCHOOL (MLS)

Mountain Leadership School is a 5-day leadership training program, based out of the AMC Highland Center in Crawford Notch, NH. Senior volunteer instructors, facilitate groups through hands-on experience and skill development in trip planning, accident scene management, personal leadership skills development, managing difficult group dynamics, Leave No Trace, map & compass skills and safe wilderness travel.

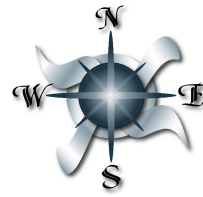
June 17 - 21, 2009 (Jun 15-21 with WFA)
August 12-16, 2009 (Aug 10-16 with WFA)

All active AMC leaders can apply for a limited number of scholarships of \$150. Please contact mlsinstructor@gmail.com or Jess Wilson at jwilson@outdoors.org.

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



I was lost in the woods... Until a map and compass saved me!



by Ann McSweeney

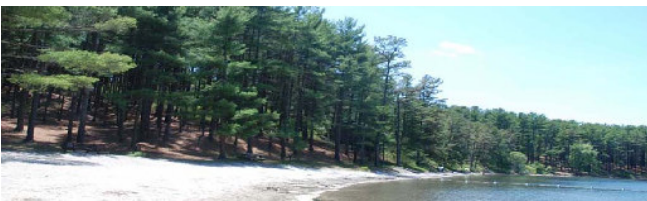
Last July I was the co-leader on a Red-Line-the-Blue-Hills hike. At one point we climbed an obscure trail to a granite hilltop where all signs of the trail disappeared. I sent people in different directions looking for the trail with no luck. Now what? Finally our leader took out her map and compass and pointed us in a direction. She said “Walk this way and the trail will show up.” About 50 yards later it did. I was so impressed. I wanted to learn how she did that.

In September I signed up for the New Hampshire Chapter’s Map and Compass Weekend. It was a two-day weekend of classroom instruction and practice followed by bushwhacking two small trail-less mountains using only a map and compass. In a very short time I learned a critical skill. Being able to use a map to set a bearing, hiking on that bearing, and arriving at my destination has given me a great deal of confidence in the woods. (This is what I saw my leader do that July day on the granite hilltop.)

In January, a group of us Red Liners participated in the New Hampshire Chapter’s Intermediate Snowshoe Weekend at Cardigan Lodge. This was a three-day workshop that began with classroom instruction on Friday night. When we weren’t snowshoeing, we were inside learning. In addition to essential survival instruction, we practiced map and compass skills. On Sunday we spent a very successful day bushwhacking through beautiful snow and arriving dead-on at our destination.

Learning to read a map and use a compass is a great skill. You don’t have to drive to New Hampshire to do it. Don’t wait. Sign up for our own SEM Chapter Workshop and you won’t get lost in the woods this summer!

Our Critical Treasure: Myles Standish State Forest



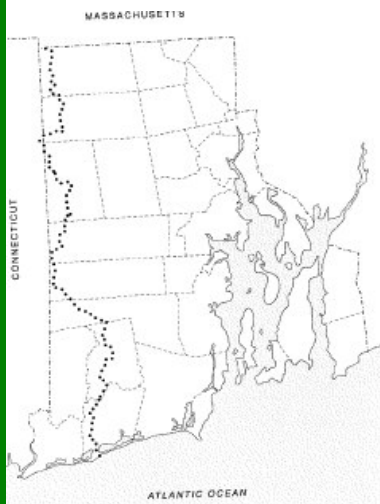
Join SEM members on June 6 from 9:30am-3:00pm for the introduction of Myles Standish State Forest as a Critical Treasure of Southern New England. Myles Standish SF contains ecologically significant kettle ponds and one of the largest pitch pine/scrub oak forests in New England. It is the largest recreation area in southeast Massachusetts, with

opportunities for hiking, biking, paddling, camping, and picnicking. Please come celebrate this wonderful property and learn how to help protect it.

June 6 is also National Trails Day, so join the team and help maintain the 13 miles of trails, including the Bentley Loop which is named after SEM member Bob Bentley. Register for trail work (see the trip listing under Trail Work). Further details about this Critical Treasure Event will be posted on the SEM web site and on the short notice list. Or e-mail conservationchair@amcsem.org.

The North-South Trail

by Fred Wason



The North-South Trail is a 77-mile premiere hiking, equestrian, and mountain biking trail. The trail winds along the western edge of Rhode Island following footpaths, abandoned forest roads, and paved backcountry roads. This latest addition to the region's trail system was established in the early 1990's. The North-South Trail begins on the shores of the Atlantic at East Beach in Charlestown, RI. It passes through forests and swamps, over boulder-covered hills, and by old farms on its journey north. The North-South trail ends in Douglas, MA where it joins the Mid-State Trail. This trail is for those who enjoy full-day hikes, covering from 8-10 miles, and who want to explore reforested farm land with its reminders of days gone by. On the trail you will pass old cellar holes, climb over stone walls, and enjoy the rolling panorama of southern New England from open hilltops. (Sorry, no four-thousand footers here!) Many of the forested paths are trails used by the Indians of this region many years ago. The North-South Trail offers an opportunity to explore a new region that is within a couple of hours drive from southeastern Massachusetts. Twenty-seven of its trail miles are on paved backcountry roads that are scenic and not highly traveled. There is no camping on the trail, but campgrounds and motels are available within a short distance of the trail heads.

Short-notice AMC SEM day hikes will be offered during the coming seasons in an attempt to complete the entire length of this trail over the next year or so. Watch for upcoming information on exploring the North-South Trail and visit mysite.verizon.net/fmwason for all the necessary information on these hikes.

NEW BOOKS AVAILABLE:

Discover Martha's Vineyard, by Lee Sinai
Discover Cape Cod, by Michael O'Connor
Massachusetts Trail Guide, 9th Edition, by John S. Burk



**Go Paperless! Get
The Breeze
Electronically!**



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 weekly Discovering Nature series this summer.

Mt. Kilimanjaro Climbs and
Wildlife Safaris in Tanzania

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PAID ADVERTISEMENT

The Breeze accepts paid advertisements for activities that support the mission of the AMC. Please see www.amcsem.org/comms.html for ad policy.

Don't Miss the SEM Chapter Summer Picnic!



July 25, 2009, 10:00am–4:00 pm
Lloyd Center for Environmental Studies
450 Potomska Rd., So. Dartmouth, MA



Morning activities will include your choice of:

Nature walk
Canoe/kayak paddle
Bike rides (short and long)
Hike

...followed by lots of good eatin' beginning at around 1:00 pm with our *partial-pot-luck* lunch

...and our *Third Annual Cherry Pit Spitting Contest*...

The Chapter will provide hamburgers, veggie burgers, soft drinks, watermelon (and cherries). Participants should supply the side dishes and salad. (If your last name begins with A-I, please bring side dishes; if J-R, please bring salad; if S-Z, please bring dessert.) Please be sure to drop off your food at the kitchen prior to the start of activities.

And don't forget the sun, fun, and camaraderie of getting together with your friendly, like-minded fellow SEMers! All this for just \$5.00 pp for individual adults, or \$10.00 per family.

To register, please contact Fred Yost at 508-699-9305 (conservationchair@amcsem.org) or Claire Goode at 508-759-7362 (ctgoode@comcast.net). Directions at www.lloydcenter.org. Please bring your camp chairs as last year we were near capacity with over forty people.



June 6 — National Trails Day

Get out. Get dirty. Give back. Join the whole nation in a day of service to our trails. Check chapter event listings for local trail work events at: trips.outdoors.org. (In Southeast MA we'll be at Myles Standish State Forest working on the Bentley loop. There is work for all ages. Barbecue follows!)

NEW SEM WEBSITE COMMITTEE: Keep an eye on our AMC SEM website over the next few months! Our new Website Committee is taking charge of updating the content and design. Send your ideas to billpellegrini@yahoo.com.

CHAPTER ACTIVITIES

Newcomer Activities

Easy Sunday Hike: 6/7

Family Activities

Grand/parent/child hike: 6/27

Fish Hatchery Tour: 7/18

Family Camping: 7/24

Save the Date

WFA Course: Sep. 12-13

Chapter Hut: Sep. 17-20

Fall Gathering: Oct. 16-18

Annual Meeting: Nov. 7

HIKING / BACKPACKING

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

Vice Chair — Chris Pellegrini, 508-406-5319,
hikingvicechair@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

Tue., Jun. 2. Tuesday Morning Blue Hills Hike (B2B). Great exercise hiking steep rocky hills; moderately fast pace. 7 AM start. Hiking boots required. L Erika Bloom (508-951-1001 before 9 pm, erika.bloom@comcast.net)

Thu., Jun. 4. Red Line the Blue Hills (C3C). Red Line the Blue Hills (RLBH) Hiking Series - the fourth year! Join us on Thursday evenings after work (approx. 6-8:00pm) as we continue our project of trying to hike every trail in the Blue Hills Reservation (Metro Boston). We'll "red line" our maps as we go. Contact registrar for one-time registration, then it is show-and-go. Locations vary each week. L Cheryl Lathrop, L Joe Keogh, R Linda Glynn (508-496-4009, lg1710@110.net)

Sun., Jun. 7. Easy Sunday Afternoon Hike, Borderland State Park (C4C). Leisurely 3-hour late spring hike through

woods, around pond. Flowers blooming, birds singing. Bring water, snack, \$2 parking. L Cheryl Lathrop, CL/R Claire Goode (508-759-7362 5-9:00pm, ctgoode@comcast.net)

Tue., Jun. 9. Tuesday Morning Blue Hills Hike (B2B). See 6/2

Thu., Jun. 11. Red Line the Blue Hills (C3C). See 6/4.

Sat., Jun. 13-14. Beginner Backpack #1 (AA3C). Beginner Backpack, Dry River Trail, White Mountains, NH. 12-14 miles round trip. Limit of 10. L Fred Wason, L Leslie Carson, L Dexter Robinson, R Fred Wason (508-699-7635 6:30 pm - 9:30 pm, fmwason@verizon.net)

Tue., Jun. 16. Tuesday Morning Blue Hills Hike (B2B). See 6/2.

Thu., Jun. 18. Red Line the Blue Hills (C3C). See 6/4.

Sat., Jun. 20. Summer Series Hike #1, Mt Tom, MA (B3C). Join us for our annual Summer Series Hikes. This is the first of four hikes in NH and MA. L Jim Plouffe, L Fred Wason, R Jim Plouffe (508-586-1394, hikingchair@amcsem.org)

Thu., Jun. 25. Red Line the Blue Hills (C3C). See 6/4.

Sat., Jun. 27. Mt. Eisenhower (B3B). A classic hike via the Edmands Path to the summit. If we time it right we may be able to enjoy the alpine flowers. Map and compass instruction will be done as part of the hike. Participants must bring a compass. Group size limited to 10. L Dexter Robinson, CL Peter Sharpe, R Dexter Robinson (781-294-8840 7 - 9pm, dexsue@comcast.net)

Sat., Jun. 27. Parent/Grandparent Family Hike (C4D). Join us for a family hike at Blue Hills. All ages are welcome. Hike will be 2-4 hrs. L Chris Pellegrini, L Bill Pellegrini, L Jim Plouffe, R Wayne Anderson (508-697-5289 6-9, wanderson@mxcsi.com)

Tue., Jun. 30-Jul. 3. White Mountain Hut to Hut Trek (B3B). Join us as we trek across Franconia, Garfield and Zealand Ridges while enjoying lodging and meals at the AMC Greenleaf, Galehead and Zealand White Mountain Huts. Our trek will cover more than 20 miles over rugged terrain while enjoying

magnificent and unique scenery. This strenuous trip is not for beginners. Approximate trip cost is \$240. Trip rating B3B. L Ken Jones, L Leslie Carson, R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, 508-697-0142 5-7 PM - Except Thursdays, lotsoluck@comcast.net)

Thu., Jul. 2. Red Line the Blue Hills (C3C). See 6/4

Thu., Jul. 9. Red Line the Blue Hills (C3C). See 6/4.

Sat., Jul. 11. Summer Series Hike #2, Mt Tom, NH (B3B). Join us for our annual Summer Series Hikes. This is the second of four hikes in NH and MA. L Jim Plouffe, L Wayne Anderson, CL Len Ulbricht, R Jim Plouffe (508-586-1394, hikingchair@amcsem.org)

Tue., Jul. 14. Tues Morning Blue Hills Hike (B2B). See 6/2.

Thu., Jul. 16. Red Line the Blue Hills (C3C). See 6/4.

Fri., Jul. 17-19. Beginner Backpack #2 (AA3B). Three day beginner backpack, traversing an 18 mile section of "Monadnock Sunapee Greenway Trail". Limit 10 backpackers. L Fred Wason, L Leslie Carson, R Fred Wason (508-699-7635 6:30 pm - 9:30 pm, fmwason@verizon.net)

Tue., Jul. 21. Tues Morning Blue Hills Hike (B2B). See 6/2.

Thu., Jul. 23. Red Line the Blue Hills (C3C). See 6/4.

Fri., Jul. 24-26. Family Camping Series Campout. Come camp in the White Mountains. All are welcome. L Mike Woessner, R Mike Woessner (12 Bradley Ln., Westford, MA 01886, 508-577-4879, Stridermw@hotmail.com)

Sat., Jul. 25. Mt. Passaconaway (A3B). A 10 mile exploratory loop hike over Mt. Wonalancet to this graceful 4000 footer returning via the Dicey Mills trail. L Dexter Robinson, CL Chris & Bill Pellegrini, R Chris Pellegrini (508-406-5319 6-9 pm, chrispellegrini@yahoo.com)

Tue., Jul. 28. Tues Morning Blue Hills Hike (B2B). See 6/2.

Thu., Jul. 30. Red Line the Blue Hills (C3C). See 6/4.

Tue., Aug. 4. Tuesday Morning Blue Hills Hike (B2B). See 6/2.

Thu., Aug. 6. Red Line the Blue Hills (C3C). See 6/4.

Sat., Aug. 8. Summer Series Hike #3, Mt Moosilauke, NH (B3B). Join us for our annual Summer Series Hikes. This is the third of four hikes in NH and MA. L Jim Plouffe, L Dexter Robinson, L Ken Jones, CL Walt Granda, CL Peter Sharp, R Jim Plouffe (508-586-1394, hikingchair@amcsem.org)

Tue., Aug. 11. Tuesday Morning Blue Hills Hike (B2B). See 6/2.

Thu., Aug. 13. Red Line the Blue Hills (C3C). See 6/4.

Tue., Aug. 18. Tuesday Morning Blue Hills Hike (B2B). See 6/2.

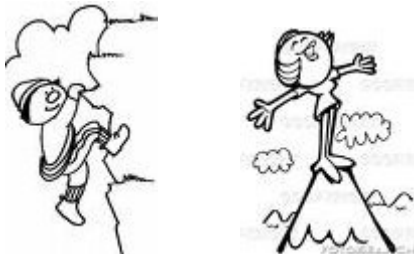
Thu., Aug. 20. Red Line the Blue Hills (C3C). See 6/4.

Tue., Aug. 25. Tuesday Morning Blue Hills Hike (B2B). See 6/2.

Thu., Aug. 27. Red Line the Blue Hills (C3C). See 6/4.

Sat., Aug. 29-30. Summer Hike Series #4, MT Greylock, MA (A3B). Join us for our annual Summer Series Hikes. This is the fourth of four hikes in NH and MA. L Jim Plouffe, R Jim Plouffe (508-586-1394, hikingchair@amcsem.org)

Thu., Sep. 3. Red Line the Blue Hills (C3C). See 6/4.



CAPE COD HIKES

Chair: John Gould, 508-540-5779, capehikingchair@amcsem.org.

Vice Chair: Pat Sarantis, 508-430-9965, capehikingvicechair@amcsem.org.

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

Sat., Jun. 6. Full Moon Hike: West Dennis Beach (C4C). Full Moon Hike: West Dennis Beach Exit 9A South onto Rte 134. Go straight, crossing 3 traffic lights. Continue straight across Rte 28 at lights, follow to end and turn Right on Lower County Rd. In 0.5 mile, turn left at sign for West Dennis Beach. Meet 7:00 p.m. at parking Lot near rotary. Less than 2 hours. 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 6:45 p.m. at Snail Road trailhead on R side of Route 6 east end of Ptown. Explore dunes, see dune shacks, bogs, and views. Hike 2 miles to the ocean, picnic, photo the sunset and 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 a 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 p.m. 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 Ride Ratings		
Miles	Pace/MPH	Terrain
AA = 50+	1 = 17+	A = Very Hilly
A = 35-50	2 = 13-16	B = Hilly
B = 25-35	3 = 11-13	C = Rolling
C = <25	4 = up to 11	D = Flat

Mon., Jun. 1. Monday Night Rides. Easy paced rides at various locations in Southeastern MA. 20-24 miles. Start Time - 6:00PM. L Jack Jacobsen (508-353 3708 8:00AM-7:00PM, cyclejac51@yahoo.com)

Tue., Jun. 2. Tuesday Night Rides. Easy paced rides at various locations on Cape Cod. Distance: 20-24 miles. Start Time: Between 5:00PM - 6:00PM. L Joe Tavilla (508-450-1934 8:00AM-8:00PM, silverski@earthlink.net)

Thu., Jun. 4. Thursday Night Rides. Easy paced rides at various locations in Southeast MA. Distance: 20-24 miles. Start Time: 6:00PM. L Jack Jacobsen (508-353-3708 8:00AM-7:00PM, cyclejac51@yahoo.com)

Sun., Jun. 7. Full Strawberry Moon Ride. Sagamore to Buzzards Bay. Sunset over Onset Bay - Moonrise over Plymouth Bay. See MassMaritime, Energy/Trash Trains. L Paul Currier (508-833-2690 8:00AM-7:00PM, pbencurrier@hotmail.com)

Mon., Jun. 8. Mon Night Rides. See 6/1.

Tue., Jun. 9. Tues Night Rides. See 6/2.

Thu., Jun. 11. Thurs Night Rides. See 6/4.

Sat., Jun. 13. Cranberry Country Ride. Nice ride on quiet backroads of Carver, Rochester, Middleboro, Lakeville. Bogs, lakes, scenery. Lunch stop Eastover Farm.

L Jack Jacobsen (508-353-3708 8:00AM-7:00PM, cyclejac51@yahoo.com)

Sun., Jun. 14. Plymouth Ride. Chiltonville area of Plymouth, Eel river, Plymouth Beach, Plimouth Plantation, "the Pine Hills"-mostly quiet roads. Group pace, dropping nobody. L Jon Fortier (jfortier@cyber-dynamic.com)

Mon., Jun. 15. Monday Night Rides. See 6/1.

Tue., Jun. 16. Tuesday Night Rides. See 6/2.

Thu., Jun. 18. Thurs Night Rides. See 6/4.

Mon., Jun. 22. Mon Night Rides. See 6/1.

Tue., Jun. 23. Tues Night Rides. See 6/2.

Thu., Jun. 25. Thurs Night Rides. See 6/4.

Sat., Jun. 27. Mashnee Island Ride. One of our best Cape rides. Lots of waterviews and an On-The-Water lunch stop. L Joe Tavilla (508-450-1934 8:00AM-7:00PM, silverski@earthlink.net)

Tue., Jun. 30. Tuesday Night Rides. See 6/2.

Mon., Jul. 6. Monday Night Rides. See 6/1.

Tue., Jul. 7. Tuesday Night Rides. See 6/2.

Tue., Jul. 7. Full Buck Moon and Eclipse Ride. Ride the Canal, Gray Gables, Mashnee Island. Moonrise on Buzzards Bay. Sunset at Sagamore. Intermediate pace, 22+/- miles. L Paul Currier (508-833-2690 8:00AM-7:00PM, pbencurrier@hotmail.com)

Thu., Jul. 9. Thursday Night Rides. See 6/4.

Sat., Jul. 11. Mid Summer Biker's Dream. We'll ride but we'll also have a scenic lunch stop and an ice cream break. L Joe Tavilla (508-450-1934 8:00AM-7:00PM, silverski@earthlink.net)

Mon., Jul. 13. Monday Night Rides. See 6/1.

Tue., Jul. 14. Tuesday Night Rides. See 6/2.

Thu., Jul. 16. Thursday Night Rides. See 6/4.

Mon., Jul. 20. Monday Night Rides. See 6/1.

Tue., Jul. 21. Tuesday Night Rides. See 6/2.

Thu., Jul. 23. Thursday Night Rides. See 6/4.

Tue., Jul. 28. Tuesday Night Rides. See 6/2.

Thu., Jul. 30. Thursday Night Rides. See 6/4.

Mon., Aug. 3. Monday Night Rides. See 6/1.

Tue., Aug. 4. Tuesday Night Rides. See 6/2.

Wed., Aug. 5. Full Sturgeon Moon and Eclipse Ride. Sagamore to Buzzards Bay. Sunset over Onset Bay - Moonrise over Plymouth Bay. See MassMaritime, Energy/Trash Trains. L Paul Currier (508-833-2690 8:00AM-7:00PM, pbencurrier@hotmail.com)

Sat., Aug. 8. Dighton Rock Ride. Cruise thru Freetown, Lakeville, Berkley. Visit mysterious Dighton Rock-add your opinion to the source of the ancient inscriptions. L Jack Jacobsen (508-353-3708 8:00AM-7:00PM, cyclejac51@yahoo.com)

Mon., Aug. 10. Monday Night Rides. See 6/1.

Tue., Aug. 11. Tuesday Night Rides. See 6/2.

Thu., Aug. 13. Thursday Night Rides. See 6/4.

Sat., Aug. 15. Rock Harbor Ride. See two sides of the Cape, one ride. We'll visit Rock Harbor, National Seashore, lighthouses. Opportunity for photos, lunch, ice cream. L Joe Tavilla (508-450-1934 8:00AM-7:00PM, silverski@earthlink.net)

Mon., Aug. 17. Monday Night Rides. See 6/1.

Tue., Aug. 18. Tuesday Night Rides. See 6/2.

Thu., Aug. 20. Thursday Night Rides. See 6/4.

Mon., Aug. 24. Monday Night Rides.

See 6/1.

Tue., Aug. 25. Tuesday Night Rides. See 6/2.

Thu., Aug. 27. Thursday Night Rides. See 6/4.

Mon., Aug. 31. Monday Night Rides. See 6/1.

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").

Wed., Jun. 3. Herring River, Harwich. 10:30 Herring River, Harwich. Four (4) hour trip on Herring River up to East and West Reservoirs and return. Go to Nantucket Sound if time permits. Trip starts on Rt. 28 at Herring River Bridge in Harwich. Life jackets required. L Robert Zani (508-430-1914, rcza@comcast.net)

Sat., Jun. 6. Barnstable Harbor, Yarmouthport. 10:30 Barnstable Harbor, Yarmouthport. Take exit 8 N from Rte 6, cross Rte 6A, bear R onto Center Street at Cemetery and continue to the parking lot at end. Life vest required. Level 2/3. L Gifford Allen (508-563-3852, gifallen@verizon.net)

Wed., Jun. 10. Swan Pond River, Dennis. 10:30 Swan Pond River, Dennis. Clipper Lane off Upper County Road, Dennis. Life vest required. Level 2. L Jean Orser (508-362-0451, jeanorsers@aol.com)

Sat., Jun. 13. West Island, Fairhaven. 10:30 West Island, Fairhaven. From I 195 in Fairhaven, S on 240 to Scoticut Neck rd 2.7mi to L on Seaview st. Life vest and spray skirt required. L Don Savino (508-295-4562, donaldsavino@comcast.net)

Wed., Jun. 17. Lewis Bay, Yarmouth. Lewis Bay, Yarmouth. Take Berry Ave S off Rte 28, 0.7 miles, R onto Hampshire Ave, 100 yards to lot on L. Level 2/3. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Jun. 20. Wacquoit Bay, Falmouth. Wacquoit Bay, Falmouth. Mashpee Rotary Rt 28 W for 3.9 miles. L on White's Landing. Life vest required, spray skirt may be required depending on wind

conditions. Level 2/3. L Phyllis Evenden (508-563-6766, phyllis.evenden@gmail.com)

Wed., Jun. 24. n Harbor Outer Islands, Hull. Boston Harbor Outer Islands, Hull. Rte.3 exit 14.Nrte.228 aprox.6.5 miles L onto rte.3A to Hingham Harbor rotary. 1st. right onto Summer st.At 2nd. set of traffic lights L Geo. Washington blvd.to Nantasket ave./Main st.to Hull Gut.Aprox.dist.from rotary 7.5 miles. Level 3. L George Wey (781-789-8005, geowey@comcast.net)

Sat., Jun. 27. Bass River, Yarmouth. A nine mile paddle. rte 134 N exit 9 off US 6, L onto Access Road R onto Old Bass River Road. L onto Mayfair Road,L onto Follins Pond Road. Life vest required. Spray skirts may be required. L Paul Corriveau (508-362-0451, jeanorser@aol.com)

Wed., Jul. 1. Pleasant Bay, Chatham. Call or email for information. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Jul. 4. Herring River, Harwich. Herring River, Harwich. Four (4) hour trip on Herring River up to East and West Reservoirs and return. Trip starts on Rt. 28 at Herring River Bridge in Harwich. Wearing of life jackets required. Level: 2. L Robert Zani (508-430-1914, rcza@comcast.net)

Wed., Jul. 8. Nauset Marsh, Eastham. Nauset Marsh, Eastham. Plan on a nine plus mile paddle.Put-in: 1.5 mi N from the rte 6 Eastham rotary to Hemenway on the right. Life vests required. Spray skirts may be required. Level 3. L Joanne Snyder (508-240-6103, joannecarol@earthlink.net)

Sat., Jul. 11. Slocum River, Dartmouth. Slocum River, Dartmouth Put in: I-195 exit 12, S Faunce Corner Rd, cross rte 6 Old Westport Rd to Chase Rd, R on Russells Mills Rd to town park on L. Life vest required Level: 2/3. L Gifford Allen (508-563-3852, gifallen@verizon.net)

Wed., Jul. 15. Weweantic River, Wareham. Weweantic River, Wareham Put-in: From the Cape, rte 195 exit 20, reverse direction to visitor center and ramp. PFD and spay skirt required Level: 2/3. L Don Savino (508-295-4562, donaldsavino@comcast.net)

Sat., Jul. 18. Meetinghouse Pond, Orleans. Meetinghouse Pond, Orleans Put-in: From rte 28 E on Main St to R on Pochet Rd to R on Barley Neck Rd to town

landing on R. Life vest required. Level: 2/3. L Phyllis Evenden (508-563-6766, phyllis.evenden@gmail.com), CL Betty Hinkley (508-241-4782, bhinkley@mindspring.com)

Wed., Jul. 22. North River, Marshfield to Hanover. North River, Marshfield to Hanover. Put-in directions: Contact leader. Life vest required Level: 2/3. L Art Hart (508-888-2847, ajhart32@comcast.net)

Sat., Jul. 25. Mashpee River, Mashpee. Put in directions: Preregister for location. Spray skirts and life jackets are required. Level: 2/3. L Louise Foster` (508-420-7245)

Wed., Jul. 29. Herring River South, Harwich. Herring River, Harwich. Distance up to about 11 miles. Put-in: Park E. side Herring River bridge S. side of rte 28 Life vest required. Spray skirt may be required. Level: 2/3. L Robert Zani (508-430-1914, rcza@comcast.net)

Sat., Aug. 1. 10:30 Cotuit Bay. Cotuit Bay, call or email for information. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Aug. 5. Plymouth Harbor. 10:30 Plymouth Harbor. Put-in: N Rte. 3 Exit 6. R off ramp. L at lights onto 3A. R onto Nelson St to Playground Park. Life vest required, spray skirt may be required. L Robert Zani (508-430-1914, rcza@comcast.net)

Sat., Aug. 8. Leader's Choice. 10:30 Leader's Choice. Call or email for information. L Robert Zani (508-430-1914, rcza@comcast.net)

Wed., Aug. 12. 10:30 Onset Bay. Onset Bay. Put-in: Rt 25 exit 1 towards Onset. L onto 6E/28S. Pass Wallmart to right onto Main Ave. Go .2mi to left onto Riverside Dr. Follow curve to beach, park on grass. PFD and spray skirt. L Don Savino (508-295-4562, donaldsavino@comcast.net)

Sat., Aug. 15. 10:30 Lewis Bay, Yarmouth. Lewis Bay, Yarmouth. Put-in: Call or email for information. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Aug. 19. 10:00am East Branch, Westport River. Rte 195 to rte 88 (Hoursneck Beach) to 2nd traffic light (Old County Road), L and one mile to Head of Westport Village. R onto Drift Road just before the Westport River and park. Life vest required. L Haven Roosevelt (508-997-5160, havenesq@comcast.net)

Sat., Aug. 22. 10:30 Scorton Creek, B. Take exit 6 N off the mid-cape highway (Rte 6) to Rte 6A. R on Rte 6A and go 1.5 miles to L onto Scudder Lane to town landing. Life vest required, spray skirt may be required. L Robert Zani (508-430-1914, rcza@comcast.net)

Wed., Aug. 26. Allen's Pond, Dartmouth. Allen's Pond, Dartmouth, ten miles. Put-in: Route I-195 to Exit 12, cross Rte 6, S follow signs to Demarest Lloyd State Park. May be \$7.00 parking fee. Pfd, spray skirt, and flotation required. L Haven Roosevelt (508-636-0006, havenesq@comcast.net)

Sat., Aug. 29. 10:30 Walker, Upper Mil. rte 6 exit 10 N rte 124 L Tubman Rd L rte 6A L Stony Brook L Run Hill Rd put in on R. Life vests required.Level: 2. L Robert Zani (508-430-1914, rcza@comcast.net)

TRAIL WORK

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

GET OUT. GET DIRTY. GIVE BACK.

Sat., Jun. 6. National Trails Day. Come out and help clean up one of our adopted trails in Southeast Mass. We will be at Myles Standish State Forest working on the Bentley Loop. There is work for all ages. Barbecue to follow. Registration is required. We will meet at the rangers station at 9:30 a.m. and work till we get done. L Lou Sikorsky (508-678-3984, hikinglou@charter.net), L Bill Ruel (508-838-3841, camperbill@yahoo.com).

CONSERVATION

Chair — Fred Yost, 509-699-9305, conservationchair@amcsem.org

Sat., Jul. 18. Your Own Fish Hatchery Tour. Learn how the hatchery participates in the restoration of Atlantic Salmon and American Shad, see adult and young fish. Tour starts at 10:00 AM. We'll walk the hatcheries nature trail after the tour. This is a family friendly outing. L Fred Yost (508-699-9305 6-9 PM, fey_iam@hotmail.com)

CROSS COUNTRY SKI

Winter will be here before you know it...



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PLEASE RECYCLE YOUR BREEZE

CONSERVATION CORNER

by Fred Yost, Conservation Chair



To trash, recycle, or go electronic — that is the question!

What do you do with your old Breezes? Do you hoard them so you can read an old trip listing? Do you throw them in the trash after you've filled your calendar with cool conservation outings (or maybe hikes, bikes, or paddles). Or do you recycle them?

If all the Breezes were recycled each year, we could save more than 7 mature trees, almost 3000 gallons of water, 1700 kilowatt-hrs of electricity, almost 1 barrel of oil, and 1.25 cubic yards of solid waste annually. While recycling is a great option for limiting waste and conserving resources, there's another better option. You can go one step further and sign up for the electronic Breeze and eliminate the use of roughly 760 lbs. of paper each year. Think of the space you could save by putting your electronic Breeze on a flash drive or CD. You also get color pictures and more info. I like my paper copy also, but this is something that each of us can do to reduce our carbon footprint and limit the green house gas emissions that are creating global warming.

No trees were harmed in the writing of this Conservation Corner.



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

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HAVE OUTDOOR EQUIPMENT YOU NO LONGER WANT?

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** SAMPLE TEXT ONLY **

NEWS FROM "JOY STREET"

The following items were sent to chapter newsletter editors from Joy Street — the AMC central office.

*****Get chapter activities sent to your email inbox** -- AMC's new online activity digest allows members to sign up for a weekly, bi-monthly, or monthly email summary of upcoming chapter activities and advance notice trips. Members can sign up for as many as three digests, and select chapters, committees, activities, and regions of interest. Members can sign up through the AMC Member Center at www.outdoors.org/membercenter.

*****Changes in submission deadlines for AMC Outdoors** -- As part of its transition to six issues per year, deadlines and requirements will change starting with the September/October issue, a new double issue. Trip leaders can find a complete Q&A at <http://www.outdoors.org/volunteers/forms/>

*****Save the date for Fall Gathering, October 16-18, 2009** -- Hosted by the Berkshire Chapter in Beckett, MA at Chimney Corners, Fall Gathering will feature outdoor recreation, committee meetings, and entertainment amidst the splendor of Berkshire fall foliage. Updates will be available at <http://amcberkshire.org/>.

*****Check out AMC's top 10 spring mountain flower hikes on White Mountain Guide Online** -- White Mountain Guide Online subscribers can access the Top 10 Spring Mountain Flower Hikes, selected by AMC staff naturalists. Not a subscriber yet? You can sample this content when you sign up for a FREE 14-day trial subscription. The White Mountain Guide Online combines expert descriptions of over 500 trails and detailed maps in an online format that is easy to use and continually updated as conditions change. Post your own photos and trip and trail reports, and share them as part of our free online community. You can also take a virtual tour of your hike using 3D Google Earth satellite images! Get started today with a FREE 14-Day trial.

Visit: www.outdoors.org/wmgonline. An annual subscription is just \$15 (\$12 for AMC members).

*****Stay 4 nights, get the 5th free at AMC Huts & Lodges** -- A hut-to-hut hiking trip or vacation in the heart of the Maine Woods are among the most unique getaways in the U.S. It's easy to make exciting adventures like these a reality with savings of up to 20% when you stay five nights or more at any combination of AMC Huts or Lodges this summer. Discounted pricing has been extended to include all child rates, as well as private and family rooms at the Highland Center, Joe Dodge Lodge, and Cardigan Lodge in New Hampshire, plus private cabins at AMC's Maine Wilderness Lodges. These rates are available Sunday-Friday.

Visit www.outdoors.org/summerguide for more information.

*****Planning your summer family vacation? AMC family camps and teen adventures offer closer-to-home getaways** -- Created especially for families with kids ages 5 and up, AMC's Family Adventure Camps are based at AMC lodges in the White Mountains, NH, Lakes Region, NH, and the Maine Woods. AMC's expert staff will lead a full range of programs, including hiking, paddling, fly fishing, hands-on nature studies, and much more. Camps are all-inclusive, offering families the best value while making planning easy. New for 2009 - kids ages 5 and up are welcome at all camps, plus more hut overnight and special teen options. Learn more at www.outdoors.org/summerguide.

Just for teens ages 12 to 18, AMC's Teen Wilderness Adventures offer more than 30 outdoor adventures in the White Mountains and Lakes Regions of New Hampshire, as well as in Acadia National Park and western Maine. Summer trips range in length from 5 to 23 days, and many of them combine different outdoor activities such as backpacking, canoeing, kayaking, mountain biking, and rock climbing. New programs for 2009 include nature photography, 4,000-footer backpacking, conservation and service adventure, and introductory single and multi-sport adventures. For details, visit www.outdoors.org/teenwilderness.

*****Get dirty and give back on June 6, 2009 for National Trails Day** -- Join the whole nation in a day of service to our trails. Check your chapter event listings for local trail work events at: <http://trips.outdoors.org>.

*****AMC Volunteer Trail Vacations for teens and adults** -- Trail crews in the Berkshires, White Mountains, Baxter State Park, and Acadia National Park are filling up fast, so reserve your spot today. There's a variety of programs designed for teens in the Berkshires of western Massachusetts and in the White Mountains of New Hampshire. Choose a program that works on the Appalachian Trail, in a Federal Wilderness Area, or in state and local parks. For adults, AMC has programs in the White Mountains and in Baxter State Park and Acadia National Park in Maine. This is a great opportunity to explore one of these beautiful locations while contributing to conservation efforts in these regions.

Information and registration for all AMC Volunteer trail Crew programs can be found at www.outdoors.org/volunteer. Or call Alex DeLucia, AMC Trails Volunteer Programs Supervisor at 603-466-2721 x8128 for program information in Maine and New Hampshire. For Berkshire Teen Trail Crew program information, call Matt Moore, AMC Southern New England Trails Coordinator, at 413-528-8003.

*****Still time to register for Mountain Leadership School** -- Now in its 51st year, MLS is a five-day wilderness leadership training program designed to help you lead groups with minimal impact in the backcountry. It's perfect for new or experienced trip leaders looking to improve their skills. Participants will discover and develop their own leadership style and learn new techniques such as Trip Planning, Map and Compass, Time Management, Group Dynamics, Leave No Trace, and Accident Scene Management. Scholarships are available for chapter trip leaders--check with your chapter chair for more information.

See www.outdoors.org/leadership for the 2009 Mountain Leadership School schedule. Call 603-466-2727 to reserve your space.

*****Leave No Trace Master Courses in the White Mountains** -- AMC and the Leave No Trace Center for Outdoor Ethics team up to provide Master-level educational courses in the White Mountains, NH. These are 5-day programs that provide instruction and training in becoming a Leave No Trace Master Educator. This program is designed for individuals with previous backpacking experience and an understanding of Leave No Trace Principles.

Information on AMC's 2009 LNT Master Courses can be found at www.outdoors.org/education/lnt. Or call Hawk Metheny, AMC LNT Coordinator & Backcountry Management Specialist, at 603-466-2721 x8115.

*****Save the date for AMC's 2010 Annual Meeting, January 30** -- Experience interactive workshops, engaging Expo, and club-wide meetings before AMC's celebration dinner and evening keynote speaker. Updates and information at www.outdoors.org/about/annualmeeting/index.cfm.

*****Adopt-A-Trail in the White Mountain National Forest or New Hampshire State Parks** -- Interested in a way to give back to the trails that you love? Now you can adopt a section of trail in the White Mountains, the Mahoosucs, and in several New Hampshire State Parks. AMC provides the trail maintenance training required to care for your section of trail. Visit www.outdoors.org/volunteer to learn more about the AMC Adopt-A-Trail program. For additional information, contact Alex DeLucia, AMC Trails Volunteer Programs Supervisor, at 603-466-2721 x8128.

*****Save the date: "Welcome to PA" Highlands Trail Celebration on May 16th @ 12pm in Riegelsville, PA** -- AMC, NYNJTC, and the Borough of Riegelsville are holding a celebration on Sat., May 16th in honor of the Highlands Trail reaching the NJ/PA border in Riegelsville, PA (Bucks County). Join in this exciting celebration by welcoming the Highlands Trail into PA via the Roebling Bridge. Refreshments, local hikes, bike rides, and canoe/kayak demos will all be part of the festivities. For more details, visit the Delaware Valley chapter's website at www.amcdv.org/HighlandsTrail/HighlandsCelebration.jsp or contact the AMC's Mid-Atlantic office at 610-868-6906 or AMCmidatlantic_trails@outdoors.org.

*****New from AMC Books: "Discover Cape Cod" and updated "Discover the White Mountains" and "Catskill Mountain Guide"**

[To newsletter editors: For review copies, cover images, or information on upcoming book events, email Amy Brais at abrais@outdoors.org]

AMC Books are available through bookstores and outdoor retailers, or directly from AMC at www.outdoors.org/amcstore or by calling 800-262-4455. When members order directly from AMC, they receive a 10% discount and know that all proceeds go to support AMC's mission.

"Discover the White Mountains, 2nd Edition" book signing event in Gorham, NH - Join authors Jerry and Marcy Monkman on Sat., May 9 at 6pm for a discussion about their revised guide featuring 50 of the best hikes, mountain bike rides, and paddling spots in the Whites. You're invited to stop by the White Mountain Café at 212 Main St in Gorham, New Hampshire. For more details, contact the Café at 603-466-2511.

"Discover Cape Cod" by Michael O'Connor

Just in time for summer, "Discover Cape Cod" is the newest addition to AMC's multi-sport Discover Series. Known for its spectacular coastline and 100+ miles of bike trails, Cape Cod in Massachusetts is an ideal destination for an activity-packed outdoor vacation for all ages. This essential new guidebook from the AMC brings the many outdoor treasures of the Cape to life as it details 50 of the best hikes, mountain bike trails, and paddling routes in this beautiful coastal area, including many trips within the Cape Cod National Seashore.

"Catskill Mountain Guide, 2nd Edition" by Peter Kick

No matter where you hail from in the Northeast, New York's Catskills are a top destination for a memorable outdoor experience. A must-have for every Catskills hiker, this revised and updated guide offers hikers up-to-date coverage of more than 300 miles of trails in the Catskills Mountains. Inside you'll find detailed descriptions of trails to suit every ability level--from an easy walk to the Kaaterskill Falls to strenuous climbs in the Indian Head Wilderness Area, including Devil's Path, a favorite route for backpackers. The book also includes a new, full-color GPS-rendered trail map, ensuring the most accurate and comprehensive trail information.

If you have general questions about any of these items, please contact Laura Hurley, AMC public relations assoc. director, at 617-391-6621 or lhurley@outdoors.org. Questions about individual items should be directed to the contact indicated.