



The Southeast Breeze

Quarterly newsletter of the Appalachian Mountain Club, Southeastern Massachusetts Chapter
Summer 2010 — June, July, August

View from the Vice Chair

By Claire Goode, Chapter Vice Chair

Yahoo!! Summer is finally here!! We have so much planned this season; I hope you all have an opportunity to fit a few more activities into your summer this year.

Let's start with the Green June Conservation events. Our Conservation Chair, Joanne Jarzowski has put together a great line-up that includes:

- June 5th - a great family friendly hike walking through the dunes in Provincetown. Children should wear Texas or high shoes and be prepared for walking in soft sand.
- June 12th – a whale watch out of Plymouth. See endangered large whales (and more) in their natural habitat. Learn about the conservation efforts in place to help protect them from their two biggest threats—ship strikes and entanglements in fishing gear. This is another great family event.
- June 19th – a walk to Scorton Creek Marsh with a talk about how salt marshes form, their history, life in the marsh, salt marsh die-back and sea-level rise. Waterproof footwear recommended.

The next event that we'd like to see everyone at is our *Annual Summer Picnic on Saturday, July 17th*. This year we've changed the venue to be a little closer to home. It's at Myles Standish State Forest!! How cool is that; it's right in our own backyard. I can't wait to participate in the 4th Annual Cherry Pit Spitting Contest. There are plenty of activities planned and lots of great food. What can be better than that?

In this issue of *The Southeast Breeze*, you'll see a few requests for volunteers. We are always looking for volunteers to help out. You can help out as much or as little as you'd like. If you'd like to run one of the activity committees the best place to start is by becoming a vice chair to learn the ropes. If you don't want to be that involved, we are always looking for leaders and co-leaders for all of our activity committees. And for the ones who just want to help out every once in a blue moon, we have plenty of smaller tasks we need help with too, such as helping coordinators with event planning, proofing articles, checking people in for events, door greeters and handing out raffle tickets. If you're interested in any of these volunteer tasks, please contact anyone on the Executive Board. We're waiting to hear from you.

Lastly, I'd like to take a moment to say a little something about Dave Jonas from Dighton who passed away recently. I met Dave on a hike and briefly spoke with him. I remember him because of his sincere smile and happy demeanor.

He seemed he was always having fun no matter what he was doing. He will be missed.

(Claire is a Cape Hike Leader. She has also held the office of chapter Treasurer in the past.)

Did you know SEM has a website? With news, events, articles, and pictures!

www.amcsem.org



Events Calendar

SEM Executive Board Meetings (7:00 pm)

Jun -- no meeting
 Jul -- no meeting
 Aug 11 Bridgewater, MA

Hike Planning Meetings (7:00 pm)

Jun 02 UU Church, Main St, Middleboro
 Sep 01 UU Church, Main St, Middleboro

SEM Annual Meeting

Nov 06 Raynham, MA

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 (at the bottom of the page).

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: www.amcsem.org (“schedules”)
4. SEM short notice email list: www.amcsem.org

FALL BREEZE DEADLINES (covers Sep, Oct, Nov)

Jul. 07 trip listings
 Jul. 15 articles, pictures

SUBMIT NEWS & PIX TO OUR WEBSITE!

If you have interesting news or pictures, send them to the communicationschair@amcsem.org so we can put them on our chapter website, amcsem.org.

AMC SEM chapter website: amcsem.org

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. Preview the waiver at: amcsem.org/leadership.html, Forms.

Appalachian Mountain Club Southeastern Massachusetts Chapter (SEM)

2010 EXECUTIVE BOARD & VICE CHAIRS

| | |
|---------------------|---|
| Chapter Chair | Wayne Anderson, chair@amcsem.org 508-697-5289 |
| Vice Chapter Chair | Claire Goode, vicechair@amcsem.org 508-759-7362 |
| Past Chapter Chair | Mike Woessner, pastchapterchair@amcsem.org 508-577-4879 |
| 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 |
| Biking (Vice) | Open |
| Canoe/Kayak | Bill Fischer, paddlingchair@amcsem.org 508-420-4137 |
| Canoe/Kayak (Vice) | Open |
| Cape Hiking | Pat Sarantis, capehikingchair@amcsem.org 508-430-9965 |
| Cape Hiking (Vice) | Open , capehikingvicechair@amcsem.org |
| Communications | Cheryl Lathrop, communicationschair@amcsem.org 508-668-4698 |
| Comms. (Vice) | Open |
| Conservation | Joanne M. Jarzobski, conservationchair@amcsem.org 508-212-4427 |
| Conservation (Vice) | Open , conservationvicechair@amcsem.org |
| Education | Hagit Moverman, education@amcsem.org 508-238-9264 |
| Education (Vice) | Open |
| Hiking | Jim Plouffe, hikingchair@amcsem.org , 508-562-0051 |
| Hiking (Vice Chair) | Chris Pellegrini, hikingvicechair@amcsem.org 508-406-5319 |
| Membership | Len Ulbricht, membershipchair@amcsem.org 508-359-2250 |
| Membership (Vice) | Open |
| Skiing | Barbara Hathaway, xcskichair@amcsem.org 508-880-7266 |
| Skiing (Vice Chair) | Farley Lewis, farley@comcast.net , 508-775-9168 |
| Trails | Kevin Mulligan, trailschair@amcsem.org |
| Trails (Vice Chair) | Open |
| ----- | |
| Webmaster | Susanne Piche, webmaster@amcsem.org |
| Asst. Webmasters | Kerry Grenier, Bill Desmond, Chad Wohlers |
| ----- | |
| CYP Coordinator | Sally Delisa, cypcoordinator@amcsem.org , 781-834-6851 |

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

The Southeast Breeze, the newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published 4 times a year. SEM members are encouraged to submit letters, articles, and photos; materials for publication (space permitting) cannot be returned unless accompanied by SASE. Mail to: Cheryl Lathrop, 17 Robert St., Walpole, MA 02081. Digital submissions are preferred: communicationschair@amcsem.org. Articles will be edited for length, typographical errors, and clarity. **Editor:** Cheryl Lathrop, **Asst. Editor:** Ann McSweeney, **Proofreader:** Kate Patroia.

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

NON-SEM AMC MEMBERS: Want the quarterly *Southeast Breeze* newsletter? Send your address and a \$10 check payable to “AMC SEM” to: Leslie Carson, ATT: Non-Member Breeze Subscription, 64 Mill Road, East Sandwich, MA 02537.



SEM Chapter & Friends of MSSF Summer Picnic

July 17, 9:00 am – 4:00 pm
Charge Pond Pavilion,
Myles Standish State Forest

Morning activities include:

- Nature walk • Hike
- Short and long bike rides
- Flat water paddle

Activities will be followed by lots of good food beginning at around 1:00 pm with our *partial-pot-luck* lunch and our *Fourth 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 bring a cooler with sufficient ice for items that must be kept cold. Alcohol is not allowed in the State Forest.

Charge Pond is an 18-acre pond open to swimming, fishing, and paddling, but has no life guard. Overnight campsites in Area A are available. Reservations for the best sites should be made through Reserve America. And don't forget the sun, fun, and camaraderie of getting together with your friendly, like-minded fellow SEMers and Friends of MSSF! All this for just \$5 pp for individual adults, or \$10 per family.

Pre-registration is required. To register, please contact Fred Yost at 508-699-9305 (fey_iam@hotmail.com), Joanne Jarzowski 508-212-4427 (conservationchair@amcsem.org) or Claire Goode at 508-759-7362 (ctgoode@comcast.net). Please bring your camp chairs.

Communications Committee has an opening!

Vice Communications Chair – Attend executive board meetings to watch and learn, help the Communications Chair publish the *Breeze* and oversee the chapter website for a year. Then take over as Communications Chair and oversee a wonderful staff of webmasters, editors, and proofreaders to help you! Contact: communicationschair@amcsem.org.

Outdoors on Nantucket and Martha's Vineyard

Attention SEMers looking to go to the islands for an outing. Are you in need of some hints as to where to hike, bike, or paddle? SEM now has two volunteers to serve as on-island points of contact (POCs) for information on outdoor activities on the islands. Trip leaders, thinking about an excursion off-Cape to the islands? You can also touch base with our SEM POCs for help in planning on-island group events. Be the first on your committee to schedule an island trip. Contact Len Ulbricht at membershipchair@amcsem.org for referral to the appropriate island POC.

Volunteer Call for the SEM Membership Committee

The Membership Committee has two goals. First, we want to welcome new members and ease their transition to becoming active SEM members. Second, we want to promote SEM activities to nonmembers and encourage them to join. Help is always welcome. We need volunteers to staff SEM "show and tell" displays at local organizations, to help with new-member events, and to assist the chair in planning membership initiatives. To learn more about how to participate in SEM's membership goals, contact Len Ulbricht, the Membership Chair, at membershipchair@amcsem.org or 508-359-2250.

We remember . . . "Dave from Dighton"



Dr. David M. Jonas, 54, passed away on Thursday, March 11, 2010, after a long and courageous battle against brain cancer. David received his degrees from Bowdoin College and Tufts School of Veterinary Medicine.

He volunteered at causes that were close to his heart; enjoyed farming on his land, fishing, hiking, and riding his motorcycle; and loved to write—he published his first children's book in 2009. Contributions may be made in David's memory to The Dana-Farber Cancer Institute directed toward brain tumor research (10 Brookline Place West, 6th Floor, Brookline MA 02445-7226 or www.dana-faber.org).

VISIT OUR WEBSITE: amcsem.org

The SEM WEB SITE needs your help!



Web Site Committee Member – Provides high-level oversight of the SEM website content and functions in an advisory role. Technical skills are not necessary.



Assistant Webmaster – Technical web development skills (i.e., Dreamweaver) needed. Work under direction of the Webmaster.

Contact: communicationschair@amcsem.org



FACEBOOK ?

Should SEM facebook? --that's a verb!

Find us on Facebook and become a fan ('like' us). If we get enough interest, we are considering having a Facebook page to publicize events. Go to facebook.com and search for "Appalachian Mountain Club, Southeast Mass Chapter."

Next question then is: Should we tweet? But, we'll save that one for another day!



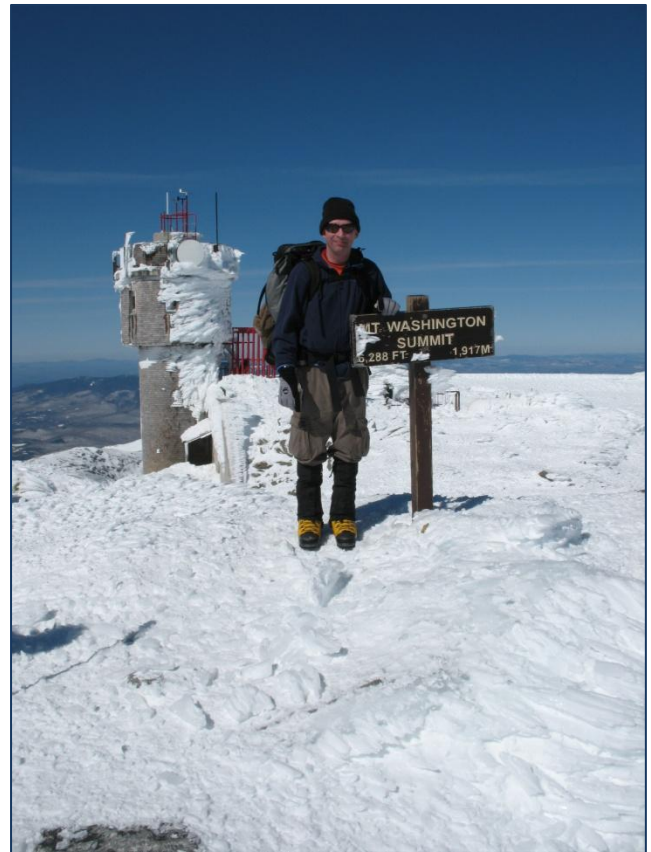
SPRING BASH -- a GREAT SUCCESS !

The Chapter **SPRING BASH** on April 30-May 2 was a great success! It was a great time with great people at a great location – our own local Ponkapoag Camp in the picturesque and historic Blue Hills Reservation. A cabin in the middle of the woods and hikes, bikes, and paddles. Also cookouts and campfires. It doesn't get any better than that! You'll want to come next year!



JOIN US FOR SUMMER
HIKING, BIKING, & PADDLING!

Scott Dowd at the (local) top of the world—
Mt. Washington.



**SAVE THE DATE:
ANNUAL MEETING
Saturday, Nov. 6**

StoneForge Tavern, Raynham, MA. Social hour, delicious dinner, election of 2011 Executive Board, and local speaker, John Gould. Topic: "Storm Chasing, Severe Weather, and Tornadoes."

Visit the AMC Member Center—

—to get the chapter newsletter electronically, renew your membership, update your member profile, or get a weekly digest of upcoming chapter activities!

[www.outdoors.org/membership/member-center.cfm]

VIVA LA BICICLETTA!



"I believe that we cyclists possess the best quality of children: a sense of curiosity and the desire to explore, the capacity to see even familiar places from a different perspective, to live in the moment and experience pure fun, to turn whatever comes our way into an adventure, and to take pleasure in the simplest and most elemental things: a cold drink on a sweltering day, smooth new asphalt on a twisty descent, a breathtaking panorama, a new gadget for our bikes, an ice cream stop with friends, a cool shower and a hearty bowl of steaming pasta at the end of a hard ride.

Whether we are sport riders, cyclotourists, or racers, roadies or mountain bikers, and regardless of our age, education, profession, or economic status, we share these same qualities, experience the same emotions, and share the same love for the simple and humble little machine that has the power to liberate us, transform our lives, and help us experience the wonder and magic that still exist in our world. VIVA LA BICICLETTA!"

[anonymous source]

 **2000 Mile Bike Club – 3/31/10**

| | |
|------------------|-----|
| Joe Barry | 965 |
| Luca Macchi | 755 |
| Leonard Leonardi | 421 |
| Larry Cohen | 385 |
| Joe Tavilla | 358 |
| Dan Egan | 349 |
| Michael Powers | 325 |
| Ron Sikora | 316 |
| Jack Jacobsen | 256 |
| Pam Patrick | 218 |
| Paul Currier | 208 |
| Ed Foster | 191 |
| Mark Leahy | 165 |
| Barry Gallus | 161 |
| Caroline Roy | 128 |
| Lawton Gaines | 16 |

**SEE SEM UPCOMING EVENTS:
WWW.AMCSEM.ORG**

Make this June a GREEN JUNE

Join SEM for some special events throughout June exploring the sand dunes of Provincetown and the Salt Marshes in Sandwich or join us on a whale watch to meet the endangered whales that live just off our shores. Help us make it a **GREEN JUNE!**

When you're hot and sweaty this summer, think about winter hiking to cool off. . .



(PHOTO COURTESY OF SCOTT DOWD)

SEM thanks the American Red Cross for their excellent CPR and First Aid course—



Southeastern Massachusetts Chapter
Appalachian Mountain Club



March 20, 2010

Ms. Vivianne Cousineau
American Red Cross Building
281 Pleasant Street
Brockton, MA 02301-3231

Dear Vivianne,

On behalf of the Appalachian Mountain Club's Southeastern Massachusetts Chapter, I would like to express our sincere appreciation to you and your staff for an excellent course in CPR/First Aid. I'm told you showed great generosity of your time and effort in preparing and presenting the course. Your staff volunteer instructor was both informative and entertaining.

This training is especially valuable to our leaders who are out in the wilderness leading hikes and other activities where unexpected injuries can occur. Once again, thank for your time and effort.

Sincerely,



Wayne Anderson
SEM Chapter Chair

Winter Hiking Series 2009-2010

By Mike Woessner



This year's Winter Hiking Series featured four hikes. We started the series off in November with a Winter Hiking Workshop on the Cape. About 40 people attended. They learned about winter hiking equipment and various techniques for keeping warm in cold weather.

In December, 34 people showed up to hike in the Blue Hills. There wasn't any snow, but the weather was cold. During the hike, participants got to try out gear and discuss winter hiking techniques with seasoned leaders.

In January we finally got some snow. Though not enough for snow shoes, we hiked in crampons, yak trax, micro spikes and stabilicers over the peaks of Mts. Welch and Dickey in the White Mountains. The weather was extremely cold at the summit with wind chills way below zero. In all, 19 participants and leaders braved these elements.

The third hike of the series was to the summit of Mt. Jackson, in the Presidential Range of the White Mountains. This was the first 4,000-footer of the series. We divided the group in half to form two small groups and headed out on a day with temperatures in the single digits. Sixteen hikers summited Mt. Jackson to be rewarded with blues skies. We had a clear view of Mt. Washington and most of the Presidential Range.

The series concluded with an overnight backpack on Mt. Greylock, which, at over 3,100 ft., is the highest elevation in Massachusetts. We first hiked into Deer Hill Campground and set up camp, then headed out to the summit. Once again we were lucky to have beautiful weather with blue skies and great views. Temperatures were in the 40s—spring-like conditions!

After summiting, we hiked back to camp for a hearty meal, a campfire, and a good night's sleep in our cozy tents in the snow. The next day rose clear and not too cold. Everyone was up and out early to enjoy a quick hot breakfast and then a short hike back to our cars. A small ceremony was held in the parking lot to honor the two participants that completed this year's winter hiking series—Mike Woessner presented certificates to Julieanne Capone and Karen Newberger.



See additional pictures in the Electronic Breeze!

Chapter Hut Weekend 2010

September 23 - 26



Is this going to be an annual event? Well, if it is, you can't beat Cold River Camp in Evans Notch, NH. Following the wild successes of the past 2 years, we will be spending another great weekend there hiking, biking, & paddling. The cost, per person, per night, is \$65—and includes all meals, a comfortable cabin (w/ a fireplace), and a wine/cheese reception. Registration is now open! Word of mouth is likely to make this year's Chapter Hut Weekend more popular than ever, so register early to guarantee a spot.



Registration deadline: August 15. Register with Jim Plouffe at hikingchair@amcsem.org. Submit your payment via PayPal on our website at amcsem.org, or mail your payment to the SEM treasurer: Leslie Carson, 64 Mill Road, East Sandwich, MA 02537. Payment should be made by August 15 and is refundable in full until August 30. See you up there!



www.outdoors.org/lodging/camps/camps-coldriver.cfm
www.amccoldrivercamp.org

TRAILS & TRACKS — GET OUT. GET DIRTY. GIVE BACK.

I would like to thank Dexter Robinson and members of the AMC that participated in the workshop run by Friends of the Blue Hills. It was a great success.

The June schedule with our most important events (National Trails Day and Lonesome Lake) is upcoming and I would ask members to sign up asap. Please contact Lou Sikorski or Kevin Mulligan (hikinglou@comcast.com or kevin.mulligan55@yahoo.com) as we need a headcount. We are looking for a campsite the evening of the Lonesome Lake trail work day, and we will ask members to meet at 9:00 in the morning at the Lafayette campground and trail head. Kevin will provide details to members shortly. We will have food, and above all, fun. We look forward to your support.

SCHEDULED TRAIL WORK EVENTS:

June 6: National Trails day at Myles Standish: Lou Sikorski

June 12: Lonesome Lake trail work on adopted trail: Lou Sikorski and Kevin Mulligan

August 14: Lonesome Lake trail work on adopted trail: Lou Sikorski and Kevin Mulligan





2010 AMC FALL GATHERING

OCTOBER 15-17, 2010

Hosted by the Worcester Chapter
Prindle Pond Conference Center Hilltop, Charlton, MA

- Explore Central Massachusetts by hiking, cycling, paddling, rock climbing and more...
- Family-oriented activities will be offered, too, so bring your children & grandchildren!
- Enjoy the camaraderie of fellow AMC members in the evening starting with a social hour followed by lively entertainment and a bonfire to wrap it all up.

We'll see you there with boots on!

FOR MORE INFORMATION:
WWW.AMCFALLGATHERING2010.COM



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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.

CHAPTER ACTIVITIES

CLUB-WIDE ACTIVITIES

Oct. 15-17 **AMC FALL GATHERING 2010**
More info: www.amcfallgathering2010.com.

CHAPTER-WIDE ACTIVITIES

Jul. 17. **SEM SUMMER PICNIC**
SEM Chapter & Friends of MSSF Summer Picnic
July 17, 9:00 am – 4:00 pm
Charge Pond Pavilion, Myles Standish State Forest
(see page 3 for more details)

Sep. 23-26. **SEM CHAPTER HUT WEEKEND.**
SEM annual Chapter Hut Weekend. Back to Cold River Camp in Evans Notch, NH. Stay 1/2/3 nights. Can't beat location, activities, & price. Cost is \$65/night & incl. cabin w/fireplace, & meals. Open to all; pref. to AMCSEM members if space becomes ltd.). R James Plouffe (hikingchair@amcsem.org) (see page 6 for more details)

Nov. 6. **SEM ANNUAL MEETING**
Stone Forge Tavern, Raynham, MA. Speaker: John Gould. Topic: "Storm Chasing, Severe Weather, and Tornadoes".

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 req'd 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.

Rating codes (e.g. C4D): first letter indicates distance in mi, middle number indicates pace, second letter indicates terrain.

| 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 |

IMPORTANT: No pets w/o prior permission of trip leader. Individuals under 18 years of age must be accompanied by a parent or responsible adult, and obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 week prior to the trip so Ls can discuss prior hiking exp., conditioning, clothing, and equipment.

Thu., Jun. 3. Red Line the Blue Hills (C3C). Every Thursday. 6-8:00pm. Hike trails in the Blue Hills, 'redlining' our maps as we go. Or just come for fun! One-time screening and registration; then it's show-and-go. Locations vary each week. L Joe Keogh, L Cheryl Lathrop, R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Thu., Jun. 10. Red Line the Blue Hills. See 6/3.

Thu., Jun. 10-13. SEM Backpack Series #3 (A3B). Beg. Backpack #3, Washington, NH to Mt. Sunapee along Monadnock-Sunapee Greenway trail. Addition of Lovewell Mtn. L Dexter Robinson (781-294-8840, dexsue@comcast.net), L Fred Wason, CL Leslie Carson (lrcarson929@comcast.net), R Fred Wason (fmwason@verizon.net)

Thu., Jun. 17. Red Line the Blue Hills. See 6/3.

Thu., Jun. 24. Red Line the Blue Hills. See 6/3.

Sat., Jun. 26. Race Brook/Mount Everett Hike (B3B). 8mi. hike along AT. Race Brook Falls Trail to Jug End. Fantastic waterfalls/views. Exp'd hikers only. L Walt Granda (508-999-6038 before 9:00pm, wigranda@aol.com), L George Sousa (508-822-4684 7:00-9:00pm, georgevsousa@comcast.net), R Walt Granda (508-999-6038 before 9:00pm, wigranda@aol.com)

Thu., Jul. 1. Red Line the Blue Hills. See 6/3.

Tue., Jul. 6-9. White Mountain Hut-to-Hut Trek (B3B). Join us as we trek across the Northern Presidential Range, enjoying lodging/meals at AMC Mizpah, Lakes & Madison White Mountain Huts. Cover >23mi. over rugged terrain & enjoy magnificent & unique scenery. Strenuous & not for beginners. Approx. trip cost is \$250. Trip rating B3B. L Ken Jones (508-697-0142 6:00pm-10:00pm except Thursdays, lotsoluck@comcast.net), L Leslie Carson, R Ken Jones (207 Walnut Street, 508-697-0142 6:00pm-10:00pm except Thursdays, lotsoluck@comcast.net)

Thu., Jul. 8. Red Line the Blue Hills. See 6/3.

Thu., Jul. 15. Red Line the Blue Hills. See 6/3.

Sat., Jul. 17. Blue Hills - Milton (B3B). Meet at Houghton's Pond pkg. lot, Hillside St., 9:30am. Bring food & water. I-93/Rt. 128, Exit 2, Rt. 138N to R at Hillside St. Straight to lot after stop sign. Heavy rain cancels. L Claire Braye (508-857-0320, cbraye57@comcast.net)

Thu., Jul. 22. Red Line the Blue Hills. See 6/3.

Sat., Jul. 24. Mt. Carrigain (A3B). 10 Miles Round Trip up Signal Ridge Trail - Magnificent views of Whites from observation tower. L Leslie Carson (508-833-8237, lrcarson929@comcast.net), CL Len

Ulbricht, R Len Ulbricht (508-359-2250 before 9 PM, lenulbricht@comcast.net)

Thu., Jul. 29. Red Line the Blue Hills. See 6/3

Sat., Jul. 31. Eisenhower, Monroe, ? Washington Day Hike (A3A). Join us for summer hike up Edmands Path to Eisenhower, over to Monroe and weather permitting, Washington. CL Bill Pellegrini (billpellegrini@yahoo.com), CL Wayne Anderson (wanderson@mxcsi.com), L/R Christine Pellegrini (508-406-5319 6-9pm, chrispellegrini@yahoo.com)

Thu., Aug. 5. Red Line the Blue Hills. See 6/3.

Sat., Aug. 7. Mt. Liberty-Mt. Flume Loop (A3B). Challenging hike ascending Flume Slide to Mt. Flume across to Mt. Liberty (conditions permitting). 10 + miles round trip. L Leslie Carson (508-833-8237, lrcarson929@comcast.net), CL Maureen Kelly (notlits@aol.com), R Leslie Carson (508-833-8237 before 9 PM, lrcarson929@comcast.net)

Thu., Aug. 12. Red Line the Blue Hills. See 6/3.

Sun., Aug. 15. Great Brook Farm State Park Hike (C4D). Leisurely hike thru GBF in Carlisle, MA. Visit glacial erratics, swamp walk and ice cream after. L Mike Woessner (508-577-4879, stridermw@hotmail.com), CL TBD, R Mike Woessner (12 Bradley Ln., Westford, MA 01886, 508-577-4879, Stridermw@hotmail.com)

Thu., Aug. 19. Red Line the Blue Hills. See 6/3.

Thu., Aug. 26. Red Line the Blue Hills. See 6/3.

Sat., Aug. 28. Mount Webster/Mount Jackson Hike (B3B). 7.6mi. hike via Webster Cliff trail to Mt. Jackson. Exp'd hikers only. Some steep/rocky sections. CL Luther Wallis, L/R Walt Granda (508-999-6038 before 9:00pm, wigranda@aol.com)

CAPE COD HIKES

Chair: Pat Sarantis, 508-430-9965,
capehikingchair@amcsem.org.
Vice Chair: OPEN,
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. 5. Dunes and Wildflowers, Shacks and Ocean Nature Walk. Dunes from P-town to the

Atlantic with 360-degree views! See web for directions. 9:45am, 2hrs. L Nancy Braun (nancytruro@comcast.net). R Joanne Jarzobski (joannejarzobski@yahoo.com)

Sat., Jun. 19. Saving Our Salt Marshes Nature Walk. Walk to Scorton Creek Marsh w/talk about salt marshes. Directions on web. L Nancy Wigley (nrwigley@verizon.net)

Mon., Jul. 26. Full Moon Hike (C3C). Sandy Neck to Scorton Creek. Meet at 6:45pm in lower parking lot. 7:00pm start. L Elissa Crowley (508-362-5062, e.crowley@verizon.net)

Wed., Aug. 25. Chatham Full Moon Hike (C3C). Full moon hike along Harding's Beach Tr. to Stage Harbor. Meet at southeast end of 2nd pkg. lot. From Rt. 28W Chatham, take right on Barn Hill Rd. to right on Harding's Beach Rd. to end. 6:45pm. 2hrs. L Todd Kelley (kelleytrailblazer@yahoo.com)

BIKE RIDES

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

Vice Chair: open, bikingvicechair@amcsem.org

NOTE: Approved helmets, water bottles, & spare tires req'd. 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 |

WANTED: Ride Leaders & Co-Leaders. Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm & routes w/ your fellow AMC members? Contact Bike Chair Joe Tavilla (508-428-6887, SilverSki@Earthlink.net) for more info.

AMC SEM 2,000 Mile Club. Our unique 2,000-mi Club! Certificates of achievement & embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair or vice chair to reg. your mileage and for more info. L Joe Tavilla (508-428-6887 7-7, bikingchair@amcsem.org).

Tues. Turn Those Tires on Tues. Rides scheduled all year long, weather permitting. 25 mi of road or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location and directions. Intermed. pace. Riders and bicycles in top shape; tires and

riders pumped and ready to roll; helmets and water reqd. L Paul Currier (508-833-2690 8 am-7 pm, pbencurrier@hotmail.com)

Wed., Jun. 2. Every Wednesday. Various Cape Cod locations, Follow-the-Leader style ride, easy pace for 25 miles. 10:00AM start. L Mark Tisdale (tisdalem@comcast.net)

Mon., Jun. 7. Monday Night Ride. Easy pace for 20mi. at various locations throughout SE MA. 6:00pm start. L Jack Jacobsen (508-353-3708 8:00am-8:00pm, cyclejac51@yahoo.com)

Wed., Jun. 9. Every Wednesday. See 6/2.

Sun., Jun. 13. Plymouth Pine Hills. Group pace for 35mi. on quiet roads through Plymouth. Lunch stop in Pine Hills. 9:00am start. L Jon Fortier (508-982-1855 8:00am-7:00pm, jon.of.carver@gmail.com)

Mon., Jun. 14. Monday Night Ride. See 6/7.

Wed., Jun. 16. Every Wednesday. See 6/2.

Mon., Jun. 21. Monday Night Ride. See 6/7.

Wed., Jun. 23. Every Wednesday. See 6/2.

Sat., Jun. 26. Full Strawberry Moon Ride. Sagamore & canal trail to Buzzards Bay. Sunset over Onset Bay, tour MA Maritime, moonrise over Plymouth Bay. Some hills. L Paul Currier (508-833-2690 8:00am-7:00pm, paulbcurrier@comcast.net)

Sun., Jun. 27. Coastal Wine Trail. Coastal Wine Trail in Dartmouth, Westport, and Tiverton; visiting two wineries. Wine tasting/group lunch near the ocean. 55 miles. L Jon Fortier (508-982-1855 8:00AM-7:00PM, jon.of.carver@gmail.com)

Mon., Jun. 28. Monday Night Ride. See 6/7.

Wed., Jun. 30. Every Wednesday. See 6/2.

Sat., Jul. 3. Celebrate The Fourth. Ride Cape Cod on July 4th weekend. Lots of water views, lesser travelled roads, On-The-Water lunch stop at Sesuit Harbor. L Joe Tavilla (508-450-1934 8:00AM-7:00PM, silverski@earthlink.net)

Mon., Jul. 5. Monday Night Ride. See 6/7.

Wed., Jul. 7. Every Wednesday. See 6/2.

Sat., Jul. 10. Easy Rider - in the Cape Cod Canal area. 20 scenic miles at an easy riding pace. L Jon Fortier (508-982-1855 8:00AM-7:00PM, jon.of.carver@gmail.com)

Mon., Jul. 12. Monday Night Ride. See 6/7.

Wed., Jul. 14. Every Wednesday. See 6/2.

Sat., Jul. 17. Osterville Village Day. Less-traveled roads, Cape Cod. Fun, food, music, antique auto parade, Village of Osterville. 30mi. L Joe Tavilla

(508-450-1934 8:00am-8:00pm, silverski@earthlink.net)

Mon., Jul. 19. Monday Night Ride. See 6/7.

Wed., Jul. 21. Every Wednesday. See 6/2.

Sat., Jul. 24. Easy Rider. Quiet roads of Lakeville/Middleboro Follow-The-Leader style ride for 19 miles at an easy riding pace. L Jack Jacobsen (508-353-3708 8:00AM-8:00PM, cyclejac51@yahoo.com)

Sun., Jul. 25. Full Buck Moon Ride. Gray Gables, Monument Beach, and Mashnee Island, intermediate pace, ~22 miles. Sunset over Buzzards Bay, moonrise over Sagamore. L Paul Currier (508-833-2690 8AM-7PM, paulbcurrier@comcast.net)

Mon., Jul. 26. Monday Night Ride. See 6/7.

Wed., Jul. 28. Every Wednesday. See 6/2.

Mon., Aug. 2. Monday Night Ride. See 6/7.

Wed., Aug. 4. Every Wednesday. See 6/2.

Sat., Aug. 7. Easy Rider. Gentle pace, great water views, quiet Cape roads. Ideal for the new rider. 20mi. L Sheila Place (408-420-4438 8:00am-8:00pm, sbplace583@comcast.net)

Mon., Aug. 9. Monday Night Ride. See 6/7.

Wed., Aug. 11. Every Wednesday. See 6/2.

Mon., Aug. 16. Monday Night Ride. See 6/7.

Wed., Aug. 18. Every Wednesday. See 6/2.

Sat., Aug. 21. Easy Rider. Scenic roads of Mattapoisett/Rochester. Follow-The-Leader style ride for 23 miles at an easy riding pace. 9:00AM start. L Jack Jacobsen (508-353-3708 8:00AM-8:00PM, cyclejac51@yahoo.com)

Mon., Aug. 23. Monday Night Ride. See 6/7.

Tue., Aug. 24. Full Sturgeon Moon Ride. Sagamore and canal trail to Buzzards Bay. Sunset over Onset Bay, tour Mass Maritime, moonrise over Plymouth Bay. Some hills. L Paul Currier (508-833-2690 8:00AM-7:00PM, paulbcurrier@comcast.net)

Wed., Aug. 25. Every Wednesday. See 6/2.

Mon., Aug. 30. Monday Night Ride. See 6/7.

Fri., Sep. 10-12. Great North Woods. Explore the Great North Woods. Mileage & trip options including ride to Canadian border 45-60 miles per day. L Jon Fortier (508-982-1855 8:00AM-7:00PM, jon.of.carver@gmail.com)

SKI

Chair: Barbara Hathaway, xcskchair@amcsem.org, 508-880-7266

Vice Chair: Farley Lewis, farlewis@comcast.net, 508-775-9168

Winter will be here before you know it.....

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. 2. West Falmouth to Great Sippewisset Marsh. Rt. 28N (Falmouth) to W on Rt. 154. L on Rt. 28A to R on Old Dock Rd. Ramp is past bike path on R. Park at bike path pkg. area. Limitations: Life vest & spray skirt required. L Gifford Allen (508-563-3852, giffallen@verizon.net)

Sat., Jun. 5. Wellfleet Harbor. West on Main St. from Rt. 6 to L on Commercial St. to far end of Public Beach parking lot. Limitations: life vest req. Spray skirt may be req. L Don Palladino (508-349-2950, djp1958@comcast.net)

Wed., Jun. 9. Slocum River - Dartmouth. I-195 to exit 12, S on Faunce Corner Rd., cross Rt. 6 to Old Westport Rd. to Chase Rd., R on Russells Mills Rd. to town park on L. Limitations: Life vest req. L Haven Roosevelt (508-997-5160, havenesq@comcast.net)

Sat., Jun. 12. Meetinghouse Pond - Orleans. From Rt. 28E on Main St. to R on Pochet Rd. to R on Barley Neck Rd. to town landing on R. Limitations: Life vest req. L Betty Hinkley (508-241-4782, bhinkley@mindspring.com)

Wed., Jun. 16. Long Pond - Freetown. Rt. 495N, exit 4. Left on Main St. towards Lakeville to L on Rt. 18/105. Keep R on Rt. 18 to public parking on R. Limitations: life jacket & spray skirt required. L Gifford Allen (508-563-3852, giffallen@verizon.net)

Sat., Jun. 19. Lewis Bay - Yarmouth. Call or email for information. Limitations: life vest and spray skirt required. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Jun. 23. New Bedford Harbor. I-195, exit 17; R Coggeshall/Howland to light, R on Main, 1.7mi. to end, L on Church 436, R on Fort 0.06mi., furthest parking lot. Limitations: life vest and spray skirt

required. L Haven Roosevelt (508-997-5160, havenesq@comcast.net)

Sat., Jun. 26. Herring River - Harwich. Trip starts on Rt. 28 at Herring River Bridge in Harwich. Limitations: Wearing of life jackets required. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Jun. 30. Weir River/Harbor Islands - Hingham. Rt. 3 to exit 14. N on Rt. 228 towards Hingham/Hull for approx. 6.5mi. Take L onto Rt. 3A to Hingham Harbor rotary. Limitations: life vest required/spray skirt may be required. L George Wey (781-789-8005, geowey@comcast.net)

Sat., Jul. 3. Monks Cove Bourne. Rt. 28S towards Falmouth, R onto Barlows Landing Rd. R onto Shore Rd. to L at "Monks Cove" sign to water. Limitations: Life vest and spray skirt required. L Gifford Allen (774-392-0634, giffallen@verizon.net)
Wed., Jul. 7. Weweantic River - Wareham. From the Cape, Rt. 195 to exit 20; reverse direction to visitor center and ramp. Limitations: PFD and spray skirt required. L Haven Roosevelt (508-997-5160, havenesq@comcast.net)

Sat., Jul. 10. Barnstable Harbor - Yarmouth Port. Take exit 8N from Rt. 6, cross Rt. 6A and bear R onto Center St. at Cemetery and continue to the parking lot at end. Limitations: Life vest required. L Gifford Allen (774-392-0634, giffallen@verizon.net)

Wed., Jul. 14. Monomoy Island - Chatham. Reg. required for trip and put-in directions. Limitations: Life vest and spray skirt required. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Jul. 17. Bass River - Yarmouth. Rt. 6S, exit 9 on Rt. 134. Sharp R on Upper County Rd., bear L onto Highbanks to Wilbur Park after crossing over the Bass River. Limitations: Life vest required. Spray skirts may be required. L Jean Orser (508-362-0451, jeanorser@aol.com), CL Paul Corriveau (508-362-0451, jeanorser@aol.com)

Wed., Jul. 21. Allen Pond - Dartmouth. Rt. I-195, exit 12; cross Rt. 6. S follow signs to Demarest Lloyd State Park. May be \$7 parking fee. Limitations: PFD, spray skirt & flotation required. L Haven Roosevelt (508-636-0006, havenesq@comcast.net)

Sat., Jul. 24. Popponesett Bay - Mashpee. Popponesett Bay, Mashpee. Final destination will depend on wind conditions. Registration req., call for directions. L Louise Foster (508-420-7245)

Wed., Jul. 28. Plymouth. N Rt. 3, exit 6. Right off the ramp. Left at first lights onto 3A. Right onto Nelson Street to Nelson Street. Playground Park. Limitations: Life vest required, spray skirt may be required. L Bill Fischer (508-420-4137, wmbabarafischer@comcast.net), CL Gifford Allen (774-392-0634, giffallen@verizon.net)

Sat., Jul. 31. Fiddler's Cove - North Falmouth. Rt. 28 to W on Rt. 151, cross Rt. 28A onto County Rd., approx. 1mi. to launch site near Megansett Yacht Club. Limitations: Life vest required. Spray skirt may be required. L Gifford Allen (774-392-0634, giffallen@verizon.net)

Wed., Aug. 4. Lewis Bay - Yarmouth. Berry Ave. S off Rt. 28; go 0.7 mi., take a R onto Hampshire Ave. and go about 100 yds. to pkg. lot on L. Limitations: life vest required. Spray skirt may be required. L Bill Fischer (508-420-4137, wmbabarafischer@comcast.net)

Sat., Aug. 7. Walker, Upper and Lower Mill Ponds - Brewster. Rt. 6, exit 10; N Rt. 124. L on Tubman Rd. L on Rt. 6A. L on Stony Brook, L on Run Hill Rd. to put-in on R. Limitations: life vests req. Spray skirts may be req. L Betty Hinkley (508-241-4782, bhinkley@mindspring.com)

Wed., Aug. 11. East Branch Westport River - Westport. Rt. 195 to Rt. 88 (Horseneck Beach) to 2nd traffic light (Old County Rd.), L & proceed 1mi. to Head of Westport Village. R onto Drift Rd. just before Westport River & park. L Haven Roosevelt (508-997-5160, havenesq@comcast.net)

Sat., Aug. 14. Pleasant Bay - Chatham. Plan on 8-10mi. paddle. Call/email for put-in. Limitations: Life vest & spray skirt required. Registration required. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Aug. 18. Cotuit Bay - Cotuit. S on Rt. 149 to R on Rt. 28 to L on Putnam Ave. (at lights), straight onto Old Shore Rd. to Town Landing. Life jacket required; spray skirt may be required depending on conditions. L Bill Fischer (508-420-4137, wmbabarafischer@comcast.net)

Sat., Aug. 21. Waquoit Bay - Falmouth. From Mashpee Rotary, take Rt. 28W to L on White's Landing. After launching, park in large unpaved parking area. Life vest and spray skirt required. L Phyllis Evenden (508-563-6766, phyllis.evenden@verizon.net)

Wed., Aug. 25. Nauset Marsh - Eastham. A 9+ mile paddle. Call or email for information. Life vests and spray skirts required. Registration required. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Aug. 28. Leader's Choice. Call or email for information. Life vest required. Spray skirts may be required. Level: 2/3. L Jean Orser (508-362-0451, jeanorser@aol.com), CL Paul Corriveau (508-362-0451, jeanorser@aol.com)

Wed., Sep. 1. Slocum River - Dartmouth. I-195 to exit 12, S on Faunce Corner Rd., cross Rt. 6 to Old Westport Rd. to Chase Rd., R on Russells Mills Rd. to town park on L. Life vest and spray skirt required. L Haven Roosevelt (508-997-5160, havenesq@comcast.net)

Sat., Sep. 4. Leader's Choice. Call for information. Life vest and spray skirt required. Registration

required. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Sep. 8. Sandwich Harbor - Sandwich. Call or email for information. Life vest and spray skirt required. Registration required. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Sep. 11. Barnstable Harbor - Yarmouthport. Take exit 8N from Rt. 6, cross Rt. 6A, bear R onto Center St. at Cemetery and continue to the parking lot at end. Life vest required. L Paul Corriveau (508-362-0451, jeanorser@aol.com), CL Jean Orser (508-362-0451, jeanorser@aol.com)

Wed., Sep. 15. Leader's Choice. Call or email for information. Limitations: Life vest required. Spray skirts may be required. Registration required. L Libby Pratt (508-255-3280, elizpratt@yahoo.com), CL Margot Fisch (ivyabby@msn.com)

Sat., Sep. 18. Mashpee Wakeby Ponds. From Rt. 28 take Rt. 130N, 2mi. to R at "State Landing" sign. Limitations: Life vests required. Skirts may be required depending on conditions. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Wed., Sep. 22. Outer Islands of Boston from Hull. Rt. 3, exit 14. Rt. 228 towards Hingham to L; Rt. 3A to rotary. First right onto Summer St. Second traffic lights, L onto Geo. Wash. Blvd. to Nantasket Ave./Main St. to Hull Gut. Life vest and spray skirt required. L George Wey (781-789-8005, geowey@comcast.net)

Sat., Sep. 25. Herring River - Harwich. Trip starts on Rt. 28 at Herring River Bridge in Harwich. Limitations: Wearing of life jackets required. L Jean Orser (508-362-0451, jeanorser@aol.com), CL Paul Corriveau (508-362-0451, jeanorser@aol.com)

Wed., Sep. 29. Dike Creek - Dartmouth. I-195, exit 13S to Rt. 140; R on Rt. 6. L on Slocum Rd. L at stop sign to Bridge St., R over bridge, immediate L on Smith Neck Rd. Limitations: Life vest and spray skirt required. L Haven Roosevelt (508-997-5160, havenesq@comcast.net)

Sat., Oct. 2. Leader's Choice. Call or email for information. Limitations: Life vest, spray skirts, and wet or dry suits required. L Bill Fischer (508-420-4137, wmbbarafischer@comcast.net)

Wed., Oct. 6. Pamet Harbor - Truro. Rt. 6, R at "Pamet Harbor" sign to R at end of ramp and R onto South Pamet Rd. with L and R onto Depot Rd. to

put-in. Launching fee \$5. Life vest, spray skirt, & wet/dry suit required. L Don Paladino (508-349-2950, djp1958@comcast.net)

Sat., Oct. 9. Barnstable Harbor - Barnstable. Call or email for information. Limitations: Life vest, spray skirt, and wet or dry suit required. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Oct. 13. Onset Bay - Onset. Rt. 25, exit 1 towards Onset. L onto 6E/28S to L onto Riverside Dr. Follow curve to beach, park on grass. Limitations: Life vest, spray skirt, and wet or dry suit required. L Haven Roosevelt (508-997-5160, havenesq@comcast.net)

Sat., Oct. 16. Indian Lakes - Marstons Mills. Rt. 6, exit 5S on Rt. 149 to R at "Indian Lakes" sign on R, Mystic Rd. right after cemetery. Limitations: Life vest and wet or dry suit required, spray skirt may be required depending on wind condition. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Wed., Oct. 20. Centerville River - Centerville. From Rt. 28 Centerville, take Old Stage S to R on So. Main St. to L on Hayward Rd. to town way to water. Limitations: Life jacket, spray skirt, and wet or dry suit required. L Bill Fischer (508-420-4137, wmbbarafischer@comcast.net)

Sat., Oct. 23. Boatmeadow Creek - Eastham. Rock Harbor Rd. from Orleans Rotary to R onto Bridge Rd. Straight onto Bayview to town landing. Limitations: Life vest, spray skirt, and wet or dry suit required. L Max Sarazin (msarazin@comcast.net)

Wed., Oct. 27. Popponesset Bay - Mashpee. Registration required, call for directions. Limitations: Life vests, spray skirt, and wet or dry suit required. L Louise Foster (508-420-7245)

Sat., Oct. 30. Walker, Upper and Lower Mill Ponds - Brewster. Rt. 6S, exit 10 to R on Queen Anne Rd. R on Depot St./Slough Rd. to the put-in on the right. Limitations: life vests and wet or dry suits required. Spray skirts may be required. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

TRAILS

Chair: Kevin Mulligan, trailschair@amcsem.org

Sat., Jul. 10. Blue Hills Trail Work. Work party of volunteers from AMC & Friends of the Blue Hills to

perform trail maintenance in Blue Hills Reservation, Milton. Beginners welcome. About 4-5 hours of work. L Dexter Robinson (dexsue@comcast.net), R Dexter Robinson (781-294-8840 7-9:30 pm, dexsue@comcast.net)

EDUCATION

Chair: Hagit Moverman, 508-238-9264, education@amcsem.org

Watch the website & short notice list for events!

CONSERVATION

Chair: Joanne M. Jarzobski, 508-212-4427, conservationchair@amcsem.org

Sat., Jun. 5. Dunes and Wildflowers, Shacks and Ocean Nature Walk. Dunes from P-town to the Atlantic with 360-degree views! See web for directions. 9:45am, 2hrs. L Nancy Braun (nancytruro@comcast.net). L Nancy Braun (nancytruro@comcast.net), R Joanne Jarzobski (joannejarzobski@yahoo.com)

Sat., Jun. 12. Conservation Whale Watch. Join SEM for a whale watch at 9:00am, Plymouth. Pre-reg. req. Space Ltd. L Joanne (joannejarzobski@yahoo.com). L Joanne Jarzobski (508-775-7425, joannejarzobski@yahoo.com)

Sat., Jun. 19. Saving Our Salt Marshes Nature Walk. Walk to Scorton Creek Marsh w/talk about salt marshes. Directions on web. L Nancy Wigley (nrwigley@verizon.net)

MEMBERSHIP

Chair: Len Ulbricht, 508-359-2250, membershipchair@amcsem.org

Sat., Jul. 17. SEM Summer Picnic. Summer picnic at Myles Standish SF in Plymouth. Biking, kayaking, hiking. 9-4. Email Joanne at joannejarzobski@yahoo.com. L Joanne Jarzobski (508-775-7425, joannejarzobski@yahoo.com)



Southeastern Massachusetts Chapter
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CONSERVATION CORNER

by Joanne Jarzobski, Conservation Chair



AMC is kicking off a new club-wide initiative called **GREEN JUNE!**

Please join SEM for some special conservation events scheduled to celebrate Green June.

- Dunes & Wildflowers, Shacks & Ocean—June 5 at 10:00 AM—Provincetown
- Whale Watch—June 12 at 9:00 AM—Plymouth, MA
- Saving our Salt Marshes—Nature Walk—June 19 at 10:30 AM—Scorton Creek, Sandwich

All of our events are appropriate for families with children. Please visit the SEM website (amcsem.org), the AMC's Green June website (www.outdoors.org/greenjune), or email Joanne (conservationchair@amcsem.org) for details.

 **Think green - Conserve it...then reuse it...finally recycle it!**



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

ADDITIONAL CONTENT FOR ELECTRONIC SUBSCRIBERS ONLY !

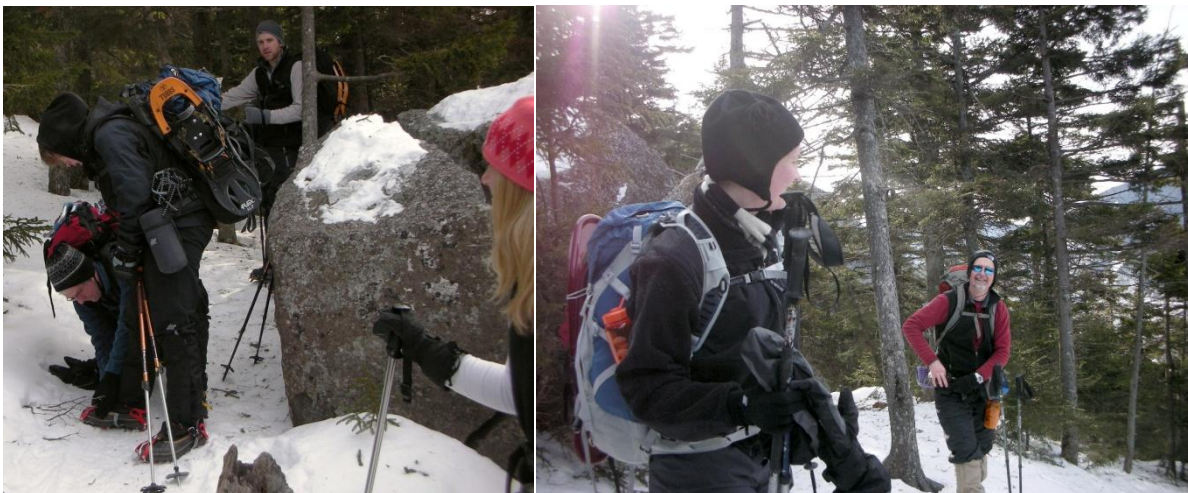
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[EQUIPMENT SWAP](#)
[MORE WINTER HIKING PICTURES](#)
[NEWS FROM JOY STREET](#)

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THE ELECTRONIC BREEZE WILL PUBLISH FREE ADS FOR MEMBERS TO SWAP/BARTER/SELL/TRADE OUTDOOR EQUIPMENT. Send your ads to: communicationschair@amcsem.org . Please put "BREEZE – SWAP" in the subject line.

More pictures from our 2009-2010 Winter Hiking Series!





NEWS FROM JOY STREET

***Save the date, AMC Fall Gathering is October 15-17 - 2010 Fall Gathering, hosted by the Worcester Chapter, will be held on October 15-17 at the Prindle Pond Conference Center Hilltop, Charlton, MA. Whether you enjoy hiking, biking, paddling, rock climbing or just like to socialize with other AMC members (or non-members), October is a great time to explore central Massachusetts. Plus family-oriented activities will be offered, so bring your children and grandchildren! Top it all off with lively Saturday evening entertainment and bonfire. This will be an event you won't want to miss! For more information, check out our website at www.amcFallGathering2010.com.

***Take advantage of EXCLUSIVE benefits for AMC members:

1.) Chapter groups - new and improved offer! Bring 5 participants on a chapter trip to AMC's Lodges or Huts, and the 6th stays free. Larger groups save even more – bring 18 participants and the 19th and 20th stay free; bring 27 participants and the 28th, 29th, and 30th stay free. Offer available year round. Book all of Shapleigh Bunkhouse (16 beds) for 2 nights midweek (Monday-Thursday) and the 3rd night is FREE. The 3 nights must be consecutive and may not include holidays. Chapter groups also are assigned a group coordinator who handles all reservations and logistics, free appetizers for your group's evening social, leader loyalty benefits, and more. Visit www.outdoors.org/chapters/groups for details, call AMC Group Sales at 603-278-3811 or email amcgroups@outdoors.org.

2.) Save 20% on Welcome Weekends at AMC Highland Center and Maine Lodges – Whether you're new to AMC or want to meet other members with similar interests, Welcome Weekends are a fun introduction to all that AMC and AMC Destinations have to offer. Several of these 2-night, all-inclusive packages start at just \$99.50 – a 20% savings off of regular package rates. Upcoming theme weekends include Earth Day, Wildlife Watching, Alpine Flowers, and more. For more information, visit www.outdoors.org/lodging/member-weekends.cfm.

***All summer long, 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 some of 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. Savings are available at AMC Huts and roadside lodges in New Hampshire and Maine. Discounted rates are available Sunday-Friday during the summer season. For summer vacation planning ideas, visit www.outdoors.org/summerguide.

***Register for 2010 AMC Volunteer Trail Vacations - AMC's Volunteer Vacations are not just for teens, adults can participate in a variety of locations in Maine and New Hampshire during the 2010 season. Spend a week with the AMC working in the White Mountains, NH and Baxter State Park and Acadia National Park, ME. For more information on all of our Volunteer Vacation opportunities for adults, please visit www.outdoors.org/volunteer or contact Alex DeLucia at 603-466-2721 x8128 or adelucia@outdoors.org.

***2010 Family Adventure Camps feature more Hut overnights and outdoor skills - AMC Family Adventure Camps are the perfect way to spend quality time with your family this summer. Combine a week of outdoor adventure with traditional mountain hospitality in spectacular settings in New Hampshire and Maine. Our expert staff will lead a full program of activities for kids ages 5-12, tailored for each camp location. New for 2010 -- more hut overnights and outdoor skills. Learn more at www.outdoors.org/summerguide.

***Give your teen a memorable summer with Teen Wilderness Adventures – AMC’s Teen Wilderness Adventures offer more than 30 exciting, rewarding outdoor adventures in the White Mountains and Lakes Regions of New Hampshire, as well as Acadia National Park and western Maine, for youth ages 12 to 18. Summer trips range in length from 5 to 23 days, and many of them combine different outdoor elements such as backpacking, canoeing, kayaking, mountain biking, and rock climbing. New this year, we’ve expanded our single- and multi-sport adventures and added new offerings such as a 7-Day Ocean Kayak Adventure and a Waterfalls and Swimming Holes Backpack Adventure. For details, visit www.outdoors.org/teenwilderness.

***Coming soon on White Mountain Guide Online: new recommended hikes with kids and spring flowers – Starting this June, White Mountain Guide Online subscribers can access these recommended hikes as selected by AMC staff. Not a subscriber yet? You can sample this content when you sign up for a FREE 5-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 then 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 5-day trial. Visit: www.outdoors.org/wmgonline. An annual subscription is just \$15 (\$12 for AMC members).

***Volunteer for AMC’s Mountain Watch Program -- new 2010 guidebooks and datasheets now available: Spring is here, and flowers are blooming! AMC's Mountain Watch program relies on volunteers like you to help us track changes in mountain plant seasonal events, such as flowering time, when you are out hiking the trails. Your observations, together with many other citizen scientists, will help us understand how climate change may affect plants in mountain environments over time.

This year, the program includes observations of flowering times as well as fruiting times for our target forest and alpine plants, so be sure to download the NEW 2010 guidebooks and datasheets at <http://www.outdoors.org/conservation/mountainwatch/mtplant.cfm>, or request them by emailing amcmtnwatch@outdoors.org. New training materials leading you through virtual observations of plant flowering and fruiting phases will also be posted online. We have also updated our online data entry system to include a map to locate your observation sites. Be sure to register and enter your data online: <http://www.outdoors.org/conservation/mountainwatch/volunteers/>.

Now that we have a good chunk of data (5 years worth!), our scientists are analyzing the flowering observations submitted by citizens and our own staff in detail, comparing flowering times to seasonal temperatures, elevation, and aspect. Results of this analysis are expected in the fall of 2010. If you would like to help further our data-collection this spring and summer, or if you’d simply like to learn a bit more about the environment you are traveling through, visit www.outdoors.org/mountainwatch. Enjoy the spring bloom!

***Registration for a family-friendly Major Excursion to Rocky Mountain National Park is now open - August 7-14, 2010. Introduce your family to the amazing beauty of Colorado's Estes Park. Experience the grandeur of the area through hikes and activities designed for maximum family enjoyment. Hikes will be matched to the ages, limits, and interests of the family members. More challenging hikes (5-7 mi) will be offered for parents who can split childcare duties. Others welcome without families. Accommodations will be at the YMCA of the Rockies with transportation by vans. Approximate trip cost - Adults 13 and over: \$1,665 per person adult double occupancy (Single supplement \$490), Children ages 6-12: \$620, Children under 6: \$425. Includes lodging, all meals, ground transportation, park passes and evacuation insurance. Airfare of ~ \$400-600 not included. Some hiking experience required. For more information, visit <http://snebulos.mit.edu/majorexursions/trips/1022.pdf>.

***Save the date for fall Major Excursions Adventure Travel Leadership Training, November 19-21, 2010 - Visit some of the most exciting places in the world as the leader of an AMC Major Excursion. This workshop provides important training to people who have AMC activity leadership experience (no beginners) to transition from leading weekend chapter activities to more complex and longer trips, both domestically and overseas. Previous outdoor leadership training is highly desirable. Emphasis is on planning, cost estimating, trip management, people skills, and risk management. Includes procedures and guidelines for researching, proposing, and

leading Major Excursions. Exchange ideas, problems, and solutions with some of the AMC's most skilled leaders. Small group size assures abundant discussion and access to instructors. For more information, email Colleen Yout at cyout@outdoors.org.

***Now Available from AMC Books and Maps: New Mahoosucs map, plus updated Discover Acadia, Quiet Water NH and VT, and Southern NH Trail Guide

"AMC Mahoosucs Discovery Map & Guide" - Straddling the border of New Hampshire and Maine, the Mahoosucs region offers a wide variety of four-season recreation opportunities. Features descriptions of the best trips in the region for all ability levels from short day hikes and paddling trips that are perfect for families, to the new 21.1 mile Grafton Loop Trail, to treks along the famous "toughest mile" of the Appalachian Trail through Mahoosuc Notch.

"Discover Acadia National Park, 3rd Edition" By Jerry and Marcy Monkman - Explore the 50 best hiking, biking, and paddling trips in Acadia for all ability levels, with hikes up Cadillac Mountain and cycling trips on the park's popular carriage roads. This completely revised edition features five new trips and the most up-to-date information on recreation in New England's only national park. Includes full-color, pull-out paper trails map.

"Quiet Water New Hampshire and Vermont, 3rd Edition" By John Hayes and Alex Wilson - Enjoy days of exploring the flat-water lakes, ponds, and rivers of New Hampshire and Vermont with this new guide from AMC's Quiet Water series. Great for families, anglers, and canoeists and kayakers of all abilities, the guide features 95 trips with detailed descriptions, maps, photographs, paddling routes, and GPS coordinates.

"Southern New Hampshire Trail Guide, 3rd Edition" Edited by Gene Daniell and Steven D. Smith - From the editors of the popular AMC White Mountain Guide comes the most comprehensive information available about the trails of Southern New Hampshire, including a new historic points of interest guide for Mt. Monadnock. The up-to-date edition describes nearly 200 trails from Monadnock, Cardigan, and Kearsarge to the Lakes Region and the seacoast, with new trails and nature areas. Includes full color, pull-out paper trails map.

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