

Southeast Breeze



Southeastern Massachusetts Chapter — Appalachian Mountain Club

EDITOR/LINDA THOMAS

april '85

IMPORTANT DATES...

Mark your calendar now for these important AMC events . . . special opportunities to meet lots of other members.

- Sat., May 18. Spring Supper Meeting
Camp Farley (see special insert)
- Sat., Sept. 28. 4th Annual Century Bike
Ride (Raindate Sept. 29).
- Sat.-Sun., Oct. 26-27. AMC Fall Town
Meeting, Pinkham Notch, NH.
- Sat., Nov. 16. S.E. Mass. Annual Meeting
Camp Burgess. Outings, dinner
meeting, election of officers.
- Sat., Jan. 18, 1986. AMC Club-wide Annual
Meeting/Andover, MA.

Remember, the next deadline is April 5 for the May "Breeze" and June "Appalachia." Material submitted for "Appalachia" will automatically be included in the appropriate "Breeze." Please supply 2 typed copies of material.

All trip notices must be submitted through the appropriate activity committee. Other contributions may be sent directly to L. Thomas, 56 Pleasant St., Bridgewater, MA 02324 (697-8640).

HOT OFF THE PRESS!

Be the first on your block to get a copy of the "Southeast Breeze"! Just sign up to help out with folding, addressing, and zip sorting. This exciting activity happens around the 19-20th of each month at my house in Bridgewater. With 4-5 people it can be done in an evening. Call if you can help out!--Linda Thomas (697-8640).

CONSERVATION CORNER...

by Pam Carter (398-2605)

"New England's worst traffic jam may not be on Boston's Southeast Expressway after all. On many weekends, it may be in the White Mountains where tens of thousands of people come to get away from it all and where developers in the past four years have erected so many outlet shopping centers on a two-lane alley through the valley that traveling a mile can take an hour . . ." according to a front page article in the Feb. 24, 1985 Boston Globe! It went on to say that the White Mt. Nat'l. Forest is the second most used national forest for recreation in the nation "and the Conway thoroughfare is New Hampshire's busiest on any weekend."

So! . . . Shall we ignore it and hope it will go away? And hope everyone reading articles like that one will stop going to the North Conway area? Well, suppose they did! They might just head off towards the western side of the Park instead . . . in the direction of Lincoln and Woodstock area!

Well, what CAN we do about the problem. . .

- Concentrate on car-pooling for each and every AMC activity no matter what the locale!
- Refrain from scheduling activities at peak times within popular tourist areas (we no longer schedule hikes or bike rides on the Cape in July and August).
- Arise early Saturday morning to make that drive to a weekend activity rather than after work on Friday.
- Research recreational possibilities outside of White Mt. Nat'l. Forest . . . like the Berkshires, and
- Encourage non-members to become aware of the struggle popular recreational areas are having to cope with from today's recreation-minded society!

BIKING...

Pauline Watt (826-4605)
Vicki Vinal (934-2777)
Dave Fogg (384-3851)

Don't forget the last two Bike Workshops!
7-10 PM, St. Peter's Parish Hall, Memorial
Dr., Plymouth. \$2/session. Call committee
people for details (also Mar. "Breeze" and
April "Appalachia").

Tues., Apr. 2: Preparing for the Road.
Small groups will discuss tune-ups
(hands-on), conditioning and diet, and bike
touring.

Tues., Apr. 9: On-the-Road Repairs.
Hands-on minor repairs.

Sat., Apr. 13: Bike/Hike/Trailwork. See
SPECIAL! section.

Sat., Apr. 14: AYH Breakfast 'n Bike
Trip. Start 9 AM w/breakfast at Train
Hostel, E. Bridgewater, then 20-35 mi.
ride. Preregister \$2. Cyrus Cominos
(378-4046 evenings). Same event again 4/28.

Sat., Apr. 20: Bike Leaders Only! Special
ride and training sessions. Duxbury Area.
Contact Vicki Vinal if you want to lead a
trip, but haven't scheduled it yet.

Sun., Apr. 28: South Shore Biking. Tour
the beautiful coastal areas of Cohasset,
Scituate, and Norwell. Approx. 27 mi.--
intermediate. Bring lunch, dress for
wind. L Art Wessel (878-9626); CL Rick
Lawrence (837-9085).

Sun., May 5: Cape. Bike Osterville,
Centerville, and Craigville beaches and
back roads. 32 mi.--intermediate.
L Pauline & Charles Watt (826-4605).

Tues., May 7: Evening Bike/Bridgewater.
Back roads, etc. Meet 6 PM Bridgewater/
Raynham Regional High School parking lot
(off Rte. 104 towards Raynham). L Linda
Thomas (697-8640).

ADVANCE NOTICES:

Fri.-Mon., May 24-27: Bike Inn-to-Inn,
VT. Intermed./advanced 35-50 mi. per day
with gear. Approx. \$100 covers lodging
(inn or B & B) and some meals.
Non-refundable dep. of \$35 to L Linda
Thomas; CL Dave Fogg (384-3851). Trip
size ltd.

Sat.-Sun., June 8-9: Martha's Vineyard.
Intermediate biking. Stay at inn in
Edgartown. Approx. \$36 for lodging/ferry.
SASE and non-refundable \$25 deposit by May
7 to L Bernadette Jewell (477-1332).



NOTE: Get advance notice on bike trips by
sending for a copy of the full BIKING
SCHEDULE from March through November!--Send
an SASE (stamped, self-addressed envelope
to Vicki Vinal, 21 Elm Hill Lane, Duxbury
MA 02332 (934-2777).

TRAILWORK... +

Sat., Apr. 13: Trailwork/Bike/Hike Day.
Combination work and play event. Meet
9:30 AM at Herring Run on north side of
Cape Cod Canal for trail work. Bring
clippers. Chip in \$1 for a hearty
franks-and-beans lunch, then it's off to
bike along the canal or take an easy hike
to Sagamore Hill. Please preregister for
lunch with Carolyn Crowell (888-4923).
Other info, call John Smart (888-4811) or
Vicki Vinal (934-2777).

OF INTEREST...

For those of you who may remember Peter
Sparrow, one of our early very active
members, we have belated wedding
congratulations. Peter married Christi
Miriam Tank last June, out in Menomonee
Falls, WI. Both Peter and his wife work
therapists at Sacred Heart Rehabilitati
Hospital. Their new address is 3157A So
18th St., Milwaukee, WI 53215.

CANOEING...

Chuck Wright (564-4250)
Barbara Hughes (362-3954)

The canoe program is intended to suit the interests and abilities of persons from rank beginners to whitewater experts. Beginners are introduced to canoeing at special instruction days, and there are also many suitable day trips. If you'd like to try canoeing, call one of us for advice. You don't have to have a boat to join us as we have a boat to rent and boat owners frequently need partners. We do our best to see that everyone who wants to, gets on the water.

Day trips usually begin about 10 AM, stop for lunch, and end about 3 PM. For flatwater trips, wind is the prime consideration in determining relative difficulty. Most trips will be easy if the wind is light. Tidal trips are more apt to run into strong wind requiring strong--or at least efficient--paddling ability.

Weekend trips require only marginally more ability than day trips. They offer the opportunity to explore water farther from home, include camping, and often an evening paddle. They provide an opportunity to become more "immersed" (argh!) in the experience. Non-whitewater canoeing is done primarily to get outdoors, explore new or familiar waters, exercise, birdwatch, etc. Skill is secondary.

In whitewater canoeing, there is more emphasis on the development of skills. Whitewater rivers are rated according to their difficulty and paddlers earn ratings as they master these levels of difficulty. It is but a small step from flatwater skills to Class I river skills but a long way to Class IV or V skills.

Mastering these skills is undertaken for the challenge and the thrill. These skills also open up the opportunity to undertake wilderness trips. For some, these are the ultimate goal--trips down the wild rivers of Labrador or Alaska, etc.--trips to be remembered for a lifetime.

Another growing activity is sea kayaking, which combines the enjoyment of flatwater paddling with the capacity to travel farther,

faster, and in more varied conditions. You also develop seamanship skills--navigation, assessment of weather and sea conditions, rescue skills, etc.

Come on out and paddle with us!

Sat., Apr. 13: Hockomock River, West Bridgewater. L Ruth Irwin (447-4637).

Sun., Apr. 14: Walkers Pond, Brewster. 2-1/2 mi. through Walkers, Upper Mill and Lower Mill Ponds to Stony Brook Mill. Meet hiking group for lunch. L Chuck Wright (564-4250).

Sat., Apr. 20: Herring River, Harwich. Paddle this interesting river, with a mix of tidal conditions, and a narrow, winding stream. 6 mi. L Bud Carter (398-2605).

Sat.-Sun., Apr. 20-21: Whitewater Instruction. Learn whitewater paddling techniques on Class 2 and 3 water with qualified instructors. L, Bob Nixon (822-5768).

Sat., Apr. 27: Upper Charles, Medway/Millis. Flatwater, Class I trip. See spring at its loveliest on 10 mi. run thru woodlands and marsh. Reg. by 4/25. L Ruth Irwin (447-4637).

Sat., Apr. 28: Quabog, Warren. A chance to practice skills learned in whitewater instruction. Class II. L Russ Ottey (563-6637).

Sat., May 4: Scorton R., Sandwich. Paddle a tidal creek thru conservation area with an informed naturalist. L Carolyn Crowell (888-4923).

Sat., May 11: Leader's Choice. Another chance to practice whitewater skills. L Bob Nixon (822-5768).

Sun., May 12: Canoe and Sea Kayaks. A gathering and paddle on Buzzards Bay, N. Falmouth. Meet 10 AM at Negansett Harbor, N. Falmouth. L Chuck Wright (564-4250).

ADVANCE NOTICE:

Sat.-Mon., May 25-27, Battenkill, VT. Paddle and camp with L Bob Milburn (294-0875); CL Ann Mitchell (587-3078).

HIKING/CAPE-THURSDAYS

Harry Dombrosk/Cape Hikes (385-9502)

. . . all meet 9:30 AM and last about 2 hours.

April 4: Wellfleet. Meet at Audubon Sanctuary, Rte. 6. L Wally Hanger (385-2651).

Apr. 11: 7 Ponds. Meet Gull Pond Public Landing, off Gull Pond Rd., Wellfleet. L R. Nicholson (349-2494).

Apr. 18: Griffin Island. Meet end of Chequesset Neck Rd., Wellfleet. L Ted Tucker (385-8158).

Apr. 25: Eastham. Meet Salt Pond Vis. Ctr., Rte. 6. L Marilyn Cray (255-1140).

May 2: Truro. Pkg. lot, Head of Meadow Beach. L Hortense Kelly (255-3021)

HIKING/CAPE-SUNDAYS

. . . all meet 11 AM, last approx. 3-4 hrs. Bring lunch!

Apr. 7: Nickerson. Main pkg. lot, Rte 6A, Brewster. L Luann Angelone (432-8159).

Apr. 14: NEW! Meet the AMC Canoe Flotilla for joint lunch near Mill Pond in Brewster. Hikers meet 11 AM Bike Path pkg. lot, Headwaters Drive, Harwich. Mid-Cape Hwy to Exit 10--north on Rte. 124. L Bill Leahy (432-5359).

Apr. 21: Truro Dunes North. Meet Old Coast Guard Sta., No. Pamet Rd. off Rte 6. L R. Nicholson (349-2494).

Apr. 28: Explore at Nickerson State Park. Meet pkg. lot at end of Flax Pond Rd., first left after entering park from Rte. 6A, Brewster. L Bud Carter (398-2605).

May 5: Truro Dunes South. Meet Old Coast Guard Sta., No. Pamet Rd., off Rte 6. L R. Nicholson (349-2494).

HIKING/GENERAL

Walter Morin (697-6690)
Bruce Dunham (587-0679)
Joan Ramsey (749-6057)

The Feb. 19 Hiking/Backpacking meeting was a great success . . . with a strong program of day hikes and weekend backpack/camping trips

lined up. Also recommended for beginners are the Warner Trail Hikes on Apr. 14, 28, and May 11--see Appalachia/Boston Chapter.

Join us for an exciting season!

Sat., April 13: Ames Nowell State Park, Abington. Easy Walk 4-6 mi. Meet 10:30 AM at Park Hdqtrs., Linwood St. Bring lunch. L Phyllis Whitford (588-5834). Rain cancels.

Sat., Apr. 13: Trailwork/Hike/Bike Day. See pg. 2.

Sat., Apr. 27: Blue Hills. Ponkapoag Pond Area. 5 mi. Meet at MDC Skating Rink Rt. 138 at 11 AM. Bring lunch. L Mary Fagan (329-2496).

Sat., May 4: Blue Hills. A long hiking day, geared for intermediates. 15 mi. over the Skyline trail. L Bruce Dunham (587-0679, 7-9 PM), CL Claire Braye (238-3434).

Sun., May 12: Mt. Monadnock. Beginners, day hike to 3000-footer in So. NH. Leave early, bring lunch and daypack. Call to register and carpool. L Walter Morin (697-6690); CL Robert Benvissuto (697-2025).

ADVANCE NOTICE:

Fri., May 31: Beginners Backpack Evening. SPECIAL--EVERYTHING YOU WANTED TO KNOW ABOUT BACKPACKING. Demos on how and what to pack for day or weekend trips. Tips on equipment, boots, etc. 7:30 PM at Catholic Center, Bridgewater State College. Call for details and directions. Walter Morin (697-6690).

Watch the "Breeze" and "Appalachia" for more details on these upcoming weekends:

June 8-9: Mass AT to Seth Warner Shelter, VT. Beginners' trip, 14 mi. round trip.

June 15-16: Mt. Tecumseh and Osceolas. Easy day hikes to three 4000-footers.

June 22-23: The Hancocks. Day hikes to 2 4000-footers. Intermediate.

July 20-21: Mt. Carrigan. 4000-footer.

July 27-28: Wildcat and Carter Notch Hut.

More next month!

*** SPECIAL EVENTS... ***

Have it your way . . . take your pick of two great weekend trips . . .

① SE MASS CHAPTER "RIGHTS OF SPRING" WEEKEND
Camp Farley, Sandwich
(Fri.-Sun., May 17-19)

Exercise your "rights" . . . to hike, bike, canoe, relax, commune with nature and kindred spirits!

Days:

Biking--30-mi. trip around historic Sandwich on Sat., shorter trip on Sun.
L Vicki Vinal (934-2777), CL John Smart (888-4811).

Canoeing--Practice runs on the lake; leader's choice/easy trip; plus a tidal trip in Barnstable Harbor, requiring strength and experience, with L Anne White (888-4669).

Hiking--A hike and/or nature walk each day
Fishing--The lake's right there! (Swim if you dare!)

Conservation Corner . . . Sunday morning after breakfast . . . share your ideas, opinions . . . plus whatever else you can dream up to do!

Nights:

Friday night SLIDE SHOW EXTRAVAGANANZA--
Send your 10 best, funniest, prettiest, silliest, etc. slides to Carolyn Crowell, 133 Charles St., Sandwich, MA 02563. Be sure to label them with your name, plus a description of the event and people shown (will be returned).

Saturday SQUARE AND CONTRA DANCING with caller "Toots" Tousignant. Put on your dancin' shoes and drag a skirt out of the backpack (ladies only!).

Facilities: Unheated cabins with bunks, running water johns, large mess hall with fireplace, outdoor amphitheatre, lake, nature trails, etc.

Meals: Breakfast (Sat. and Sun.) plus Sat. night supper will be provided. Bring 2 lunches.

Bring: Sleeping bag, towel, toilet articles, flashlight, personal clothing, canoe, bike, etc.

Cost: Approx. \$25 per person

Registration: Send \$10 deposit (non-refundable) to Registrar, Vicki Fitzgerald, 220 High St., Duxbury, MA 02332 (585-3424) (Use form below).

OR

② LONESOME LAKE TRAILWORK WEEKEND IN NH
— (Fri.-Sun., May 17-19).

Put something back into the trail system by helping the Trails Committee with spring maintenance on our chapter's adopted trail. 20 good workers needed for some hard work--and good fun--on one of the greatest travel bargains of all time . . . free lodging and chip in \$3 for food! Please reserve by May 12. L Bill Brown (285-4766) 202 Taunton Ave., Norton, MA 02776.

I KNOW IT'S TOUGH TO MAKE A CHOICE . . . BUT PLEASE PICK ONE!

CAMP FARLEY "RIGHTS OF SPRING" WEEKEND
May 17-19, 1985

___ Yes, sign me up. \$10 deposit enclosed.

I'm interested in:

___ Canoeing: Have canoe ___ Y ___ N
Need partner ___ Y ___ N
Have experience ___ Y ___ N

___ Biking
___ Hiking
___ Other _____

Name _____
Address _____

Tei. _____
Send to: Vicki Fitzgerald--address above.

LONESOME LAKE TRAILWORK WEEKEND
May 17-19, 1985

___ Yes, sign me up.

I can bring the following tools:

Name _____

Address _____

Tei. _____

Send to Bill Brown--address above.

NEWCOMER NOTES

by Suzanne & Bob Scolamiero, P. O. Box 277,
Scituate, MA 02040 (545-6015)

Welcome to all new AMC-ers and hello to those of you who have been enjoying the club activities for a while. We'd like to do some new things to encourage greater participation by all this year, so . . . WE NEED YOUR HELP!

Why not join us in contacting members of like interests by helping out with the Membership Committee? Attending just one or two committee meetings a year will give you a chance to make new friends and get involved. Whatever your reasons are for joining the club, this would be a great way to meet people with similar interests in a social setting. (Especially nice for those on the South Shore, as the meetings will be held in Scituate.) Call us for details! (545-6015)

MEETINGS...

Come to the new Education Committee meeting on Wed., April 17 at 7:30 PM. It's at the Bourne Memorial Community Bldg., Main St., Buzzards Bay.

All are welcome to join this new committee. We need your input on what educational programs you'd like to see this season, as well as for the Chapter's long-range goals. What do you need to know to enjoy the outdoors even more?

Please call for directions. If you can't make it on the 17th, but have some ideas or suggestions, please call or write. Vicki Fitzgerald, 220 High St., Duxbury, MA 02332 (585-3424, eves.)



Southeastern Massachusetts Chapter
APPALACHIAN MOUNTAIN CLUB
5 Joy Street
Boston, MA 02108

LEND A FOOT!

You've worked hard to get fit and had fun doing it. Now let's use that fitness for a good cause . . . to help hungry people right here in Massachusetts!

SUN., MAY 5 . . . join Southeast Mass. AMC members participating in the Greater Boston Walk for Hunger.

Walk 20 mi. (or any part thereof) in a circular route through Boston/Brookline/Newton/Cambridge. Get sponsors to pledge contributions for each mile you walk.

This is the 16th annual Walk for Hunger, but the first official SE Mass AMC participation . . . so let's have a good turnout!

The organizer is Project Bread, a non-denominational, non-profit group exclusively devoted to feeding the hungry and poor via soup kitchens, food pantries, shelter feeding programs, etc. Nearly 17,500 children under the age of six in Massachusetts suffer from malnutrition! This is a great way to help.

This year's goal of \$750,000 sounds big, but individual contributions mount quickly.

Vote with your feet to help hungry people right here in Mass. Join us on May 5 . . . or sign up to sponsor someone else.

For details and pledge papers, call Vicki Fitzgerald (585-3424, evenings).

Non-profit
Organization
U.S. Postage
PAID
Easton, MA 02334
Permit No. 5

M62100140
MISS CAROLYN CROWELL
R D 1 33 CHARLES ST
SANDWICH
MA 02563

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**Time
Dated!**