Southeastern Massachusetts Chapter—Appalachian Mountain Club

Annual Dinner & Festivities
November 6, in Bridgewater
A revised format is being used this year—all the fun and no boring presentations! Plus new features like the used equipment sale. This is an event that all members should attend. It isn’t a club if its members never meet. Besides, the dinner will be excellent, as usual, the evening’s entertainment, exciting and all the rest of us will be there.

All the details and a registration form are on a sheet inside. Register now.

AMC Fall Meeting
Oct. 22 to 24 Hebron CT
This is one of the three annual get-togethers of the whole AMC (formerly Fall Town Meeting). The functions of these meetings range from governance and education, to social and getting out and enjoying fall foliage in Connecticut. Those interested in club affairs should consider attending. Write for registration packet to: Doug McKain, 5 Brownstone Rd., Berlin, CT 06037. Enclose a self-addressed, stamped envelope. Contact a SEM Chapter Officer for more information.

Hello Hikers!
Well, 93’s biggest hiking season, summer, has flown by. I hope the chapter is offering trips that interest all of you, and if not, give me a call and we will see if we can.

The number of hikers seems to be down a little this summer, that’s why I bring up the subject. I know myself, I didn’t get to hike as much as I would like to, but I would have to say time was and is my biggest problem, not the variety of hikes.

I was fortunate to be able to hike two of the season’s three long weekends, Memorial and Labor Day. The 4th of July was sacrificed at home. The Memorial weekend trip, with Jeff Hogan leading, was a great experience. We hiked from Lafayette Campground up to Galehead Hut. The winds were so strong, (approx. 80 mph), it was difficult to stand up with our large packs without being blown over. It had to be my most exciting experience so far in the Whites. I was so tired I ended up being the last one to reach the hut, and that was with a lot of help from Jeff. It took me a good while to get warm once we got to Galehead, probably because I hadn’t taken in enough fuel (food) during the hike. Another lesson sorely learned is that I wasn’t in as good shape as I thought. The hike we did would have been ambitious on a good day, and when the weather got bad, it bordered on difficult. I’ll be better prepared next year. Got to get some of those power bars.

This year’s Chapter Hut Night was a small success. Small as in small group. Hut Night was held this year at Bascom Lodge, atop Mt. Greylock, the highest point in Massachusetts. Some of us arrived Friday night, in time for dinner and the great local musicians who played for us. We also were treated to a talk on “Leave No Trace,” a low impact concept, by a north to south through hiker. Saturday, we awoke to a very thick cloud cover, the morning and full day hikes were delayed about an hour, until we got word that it was sunny everywhere except right on top of the mountain. We were led on our hikes by AMC naturalists working at Bascom. The long hike started at the point where the AT starts over Greylock from

From the Chapter Chair
As chairperson of one of the eleven groups of AMC folks who actually interact with each other in entities known as CHAPTERS, I often find myself trying to define ‘us.’ I’m saying who we are, what we do, and why!

A new nominee to the board wants to know why our chapter couldn’t put in an application to lease one of the writers’ shacks on the Cape Cod National Seashore for chapter trips. A member who just transferred from another chapter asked why our Lonesome Lake adopted trail was so far away—she’d never been to the Whites. Bike rides on paved paths are her activity of choice.

The concept of the Appalachian Mountain Club is difficult to explain. What is it about this club that inspires so much enthusiasm and long term commitment on the part of so many of our chapter members? Is it the Northern Forest Initiative that draws the ‘founding fathers’ of this chapter to actively participate year after year? Or do we members possess topflight expertise in our various sports activities? But winning personal recognition or shaping economic politics don’t seem to enkindle much enthusiasm around the campfire.

Maybe the answer to WHO or WHY we are is hinted at in a thankyou letter which the SEM board received from Jeffrey Hogan, our chapter recipient of a scholarship to the AMC Mountain Leadership School in June.

‘The courses were well organized... and served to refine many of the skills that I had originally acquired from our own chapter’s wonderful leadership training program. Please feel free to call upon me to help the executive board in cultivating our chapter’s training program.

‘Thanks for affording me this unique opportunity. The experience has inspired my enthusiasm for leading hikes and organizing the family hike program.’

Is the heart of the AMC in the experiences which we share, give away, and then pass on? Does our deep-seated enthusiasm grow every time we challenge ourselves to go that one step further because we’re in the company of our friends? What better explanation for ‘us’ and our commitment to the AMC!

Suzanne Scolamiero

CHAPTER MAJOR ACTIVITIES CALENDAR

Oct. 22-24 .............. AMC Fall Meeting
Nov. 6 .............. Chapter Annual Meeting
Jan. ................ AMC Annual Meeting

April 29-May 1 ........ AMC Spring Meeting
Sandwich MA—We are the Host Chapter!

Continued on page 2
Hello, Hikers (continued from page 1)

the south, stopped at the top for lunch, and ended at the bottom to the north. Some of our members also participated in a nature walk from the Mt. Greylock Visitors Center (now managed by AMC). It was an easy loop hike with lots to see and learn. We were entertained Saturday evening by SEM AMC's own world traveller, the always pleasant Louise Desrochers, who had recently returned from a month in Alaska. Louise shared stories and photos with us and answered lots of questions.

Next year's Hut Night will be back in the Whites, hopefully Galehead Hut, and under caretaker status. P.S. We finished the puzzle, at least some of us did, we owe them thanks for proving there were no missing pieces. – Next planning meeting will be Oct. 7th for the winter hiking schedule, December, January, and February. Call me for time and location, 376-4911.

Don Auclair, Hiking chair

**SAFE TRIPS** All trips involve some risk. Participants assume responsibility for their own welfare. Discuss your abilities with trip leader prior to the trip.

**BIKING**

Tom Waddell, Co-Chair, (617-837-5537)
Richard Iovanni, Co-Chair (617-331-6662)
Nancy Wigley, Vice-Chair, Cape, (548-2362)


Riders are encouraged to have bike in good working order (preferably 10 spd). If weather doubtful, check with leader. Riders are encouraged to check with trip leader about pace of trip and ability and equipment needed to participate. Helmets are required (HR in the description) on many bike rides and highly recommended on most others (HHR).

**Tue. Oct. 19. Wompatuck State Park Mountain Bike Ride, Hingham MA, 6 p.m.** Moderate pace, interesting terrain. A good mix of singletracks and woods roads. Call L Bill Boles (583-0067) after 7 p.m. to sign up.

**Sat. Oct. 23. Beautiful afternoon ride in Taunton/Norton area.** All downhill – Really! Approx 20 mi with additional loop if desired. Potluck at leader’s home will follow. Call Marie Gravel (822-1296) or Elise Leverty (823-0634).

**Sat. Nov. 6. Annual Meeting Ride.** Bridgewater area, 30 miles intermediate. Call for details L Ernest Goff (880-3863).

**CANOEING**

NOTE: Boats are available for rent on SEM-AMC trips. Contact trip leader.

**FLATWATER**

Lois Rogers, Chair (477-8557)


**Sat. - Mon. Oct. 9 - 11. Saco R. Swans Falls to Hiram.** Choice of 2 or 3 day trip. CL. Barbara and Dave Williams (238-3638).


**Sat. Oct. 23. Princes Cove, tidal.** L. Herb Edgren (617-472-7271)

CL Nancy Wigley (548-2962).

**WHITEWATER**

Paul Farrington, Chair (285-7041)


**HIKING**

Don Auclair, Chair (376-4911)

Donna Newman, Vice-Chair (477-3854)

Al Johnson, vice-chair, Cape (775-8959)

**HIKE RATING** First character indicates distance; Second character indicates leader's pace (average terrain); Third character indicates terrain.

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<tr>
<th>Miles</th>
<th>Pace/mph</th>
<th>Terrain</th>
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Hikers unsure of their ability should try only one level higher than previously completed.

NOTE: No pets allowed on any hikes. CHILDDREN are not allowed on Adult Hikes. Please see listing for Family Hikes. Backpacking equipment for use on Southeastern Mass. trips only is available free of charge to members. A fee will be charged for non-members. A refundable deposit is required on all rentals. Call Bruce Dunham, Equipment Mgr. (587-0679).

**Sun, Sep 28 Borderland State Park, Easton B3D.** Easy afternoon hike for beginners capable of walking 5 miles. Call 6-9:30 pm L Ray Butts (635-5092), CL Dan Dempsey (238-7530).

**Sat. Oct. 2, Wapack Trail B3B.** Day hike in S New Hampshire near border. Enjoy fall foliage as we hike up two 1800’ peaks and along a ridge. Possible supper stop after hike. Bring lunch and sturdy hiking boots. Call 6:30 pm L Bruce Dunham (587-0679), CL Carol Swete 759-4458.


**Fri. - Sat., Oct. 29 - 30, Mt. Moosilauke-Halloween Hike.** Be prepared for cool weather, Limited cabin/platform space available. Cost $15/1 night, $25/2 nights. BYOF. L Carol Swete (759-4458), CL Jeff Hogan (823-9762).

**Sat. Oct. 30, Mid-State Section VIII B3C.** From Rt. 12 at Jewell Hill Road, Ashburnham to NH state line Rt. 119 and Old Pierce Road. Approx. 8 miles.
Southeastern Mass. Chapter, AMC
Annual Dinner and Festivities—November 6
Rondileau Center, Bridgewater State College.

Main Event: A Slide Show — Hut to Hut Hiking in the Austrian Zillertal Alps.
by Roger Zimmerman and Sony Martineau

These AMC Major Excursion Leaders have been leading this trip for 10 years. It promises to be a great slide program of spectacular Alpine scenery. They will also answer questions about their trips.

The Day's Schedule
- Activities: hiking and biking 9 a.m.–3 p.m. Call Ray Butts (hiking) 636-8992 or Ernie Goff (Biking) 880-3863. for details
- Hiking Workshop (for New Members and Beginners) 2–3:30 p.m. Bruce Dunham describes our chapter's hiking program.
- Happy Hour (cash bar and hors d'oeuvres) 3:30–4:45 p.m. A good time to look at all the outing pictures and talk.
- Business Meeting 4:45–5:15 p.m. NEW, REDUCED FORMAT!
- Dinner 5:30–6:30 p.m. Buffet style: baked chicken, Swedish meatballs, rice with mushrooms and more, including dessert and beverage
- Evening Slide Program 6:30–7:30 p.m. as promised
- Square Dancing 7:30–10 p.m. Fun for all and all for fun
- Photo displays of many of this year's outings
- Used equipment sale. (Call Bruce Dunham for info.) 587-0679
- This is an event not to be missed! New Members, find out who you have joined; you will be greeted at the door 3:30–4.

SEM Chapter AMC
Annual Dinner 1993 Registration Form
(Register by Nov. 2)

Name: ________________________________
Address: ________________________________
Town: __________________ State: ______ Zip: ______
Phone: ___________ Number of people attending: ______ Fee enclosed $____

The Cost is $19.75 for members and $22.75 for non-members. Checks payable to SEM/AMC. Detach and mail with registration fee before November 2 to: Mary Angulo, 300 Sea St. Hyannis, MA 02601
Directions to Bridgewater State College:
From Route 24 north or south: Take Bridgewater exit, Route 104 (exit 15) east to STOP sign (approximately three miles); turn left and follow straight toward Bridgewater Center. Follow rotary half right around Town Common and proceed straight down School Street (passing Fire Station on left); at STOP sign turn left and take next right (Park Avenue);
From Route 495: Follow Route 495 south to Bridgewater exit (you must leave Route 495 south and proceed on Route 24 north). Once on Route 24 north take Exit 15 and proceed as directed above from that point.
From the east: Follow Route 106 west to Route 104 into Bridgewater. Pass Waterford Village on the right. After passing over railroad tracks turn left at island (Summer Street). Take first left (Park Avenue).
Low-Impact Tripping

You're a 'Low Impact' rider, and you know it. You're conserving gas, taking up less space in the parking lot, tucking those power bar wrappers in your pockets and... yikes! What's this you say? A little banana peel on the side of the road won't hurt anyone? Think again, my low impact friends.

When is the last time you saw a banana tree in New England? Or oranges growing on the side of the road? Remember this little equation: Non-native fruit equals trash on the road. They don't degrade quickly, they're just quickly degrading to your personal style.

No one has to tell you they attract animals to the side of the road; you knew that. You just haven't figured out how to get that mushy thing home. Hey, how about that power bar wrapper? How about an empty zip lock that (I promise you) weighs less than an average valve stem cover?

Pass the word—Pack A Peel—and stay low impact all the way. We all thank you for it.

Carol Swete

MEMBERSHIP

Elise Laverty, Chair (823-0634),
Jeanine Washburn, Co-Chair (947-8536).

Sat. Oct 23. Potluck supper for new members and old faithfuls. Good opportunity to meet other members in a congenial setting. We will have an easy bike ride first for those interested, or just come to eat. For details call Marie Oravol (822-1296) or Elise Laverty (823-0634).

Jeanine and I have been sending out a lot of 'welcome' letters this year, and would like to see some of the faces that go with the names on our lists. A good opportunity for us to meet is at the Annual Dinner on November 6. We'll be at the door to greet you and introduce you to some of the other members. Do come—it's a fun event. To get the most out of your membership, you need to participate and, as the saying goes, just do it.

EDUCATION

Ray Butts, Chair (636-8922)

Note the Beginners Hiking and Backpacking workshop in conjunction with the Annual Meeting, Nov. 6.

The Southeastern Massachusetts Chapter of the Appalachian Mountain Club has made preliminary plans for a leadership training day on February 5, 1994. Jean Twehaus and Mark Treadup of the Joy St. Staff will join us and give the presentations. The Tentative Plans call for meeting at a motel/hotel probably just over the bridge on the Cape. The all day Saturday affair will begin with coffee in the morning. A substantial meal will be served at midday, with the conference breaking up at about 4:00 p.m.

However, we do not want to go ahead with plans unless a fair number of potential/veteran leaders are interested in participating. We foresee that the entire day will cost each person about $15.00 with SEM/AMC taking care of about half of the cost. Hence the day will cost leaders about $8.00.

So that we may get a clear idea of interest, would you write of call Ray Butts at 508-636-8892, or 892 Fisher Rd., North Dartmouth, MA 02747, telling him of your plans to attend (no commitment necessary).

BULLETIN BOARD

Found, one ladies blue chamois shirt in Ray Butts' car last April after Blue Hills hike, Call Ginger Blaise (857-1826).

Below, some of our Wilderness Canoeists on Upper Richardson Lake in Maine a few weeks ago. Might that be a camel in the center boat? We again proved that canoes can carry a seven day feast into the Northern Forest.
Lonesome Lake Trail Weekend

Thirteen lucky chapter members participated in this Fall's workday on our adopted trail. Hiking up to Lonesome on Friday evening; working on the trails Saturday and feasting a bit. Out on Sunday (some of us by hiking the rest of the way up Cannon Mountain and catching the tram down). The ditch and bog bridges should look familiar to many of you. Since it rained fairly hard most of Saturday we got to test the function of the ditches and drains more carefully than we would have liked.

The unexpected denouement of the trip was the engagement of Co-leader Steve Oulette and Jerri Anne — on Sunday morning just before we left. Truly a match made in Heaven (or, perhaps, the Lonesome Lake mud), but either way, a new high for the trails crew.

Water Quality: Septic Tanks

Please Note! Marilyn Lopes, extension specialist with the Barnstable County Home Extension system, U.S. Dept. Agriculture, UMass, gave me permission to use the following information.

According to the 1990 U.S. census there are 24,670,675 households in the U.S. that use septic tanks or cesspools, and this figure represents 24% of the total number of households in the census!

Since the purpose of a septic system is to treat liquid wastes from the home, proper maintenance is very important—not just to assure a lasting septic system—but to prevent contamination of one's well, groundwater, and nearby lakes, streams and coastal waters.

According to Ms. Lopes, many people fear that using the wrong toilet paper will damage their septic systems, and because toilet paper is one of the top ten purchases in the supermarket, consumers need to know which paper is 'best for my tank.' Should it be white? Can it be scented? Does it have to be thin? Etc. 'In reality,' she says, 'choosing the best toilet paper depends upon factors such as how much is used, frequency of pumping (which generally should be on an average of every 2-4 years, based on use, number of occupants, etc.).

'Consumers,' she says, 'can make a simple comparison (of toilet paper) by using the Mason Jar test. Put one square of paper in a jar with water and let it sit. Use only those papers that have started to dissolve after one hour.'

The bottom line: it is our individual responsibilities to be careful in what we put down into our septic systems (as in NO grease, hazardous household materials and wads of t.p.) and to give them sound maintenance. After all, water pollution is serious business.

Northern Forest: What YOU Can Do to Help Protect It

Go see it! Canoeing on Maine's West Branch of the Penobscot River, hiking on the Long Trail in Vermont or just resting quietly within its awesome proximity to pond, pristine woodlands, peak, river, wildlife . . . then let your legislators know you've been there. Suggest they go too. And ask them to find ways to protect it so it won't be lost forever. More info: SEAMC Conservation Committee.

Pam Carter, Conservation Co-Chair

Change of address: AMC, 5 Joy St., Boston, MA 02108 (617-523-0636).

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Club Officers: Chair, Suzanne Scolamiero, (617-545-0036); Vice-Chair, Bruce Dunham, (508-587-6879); Co-Secretary, Joan Lutz, (697-6204); Co-Secretary, Mary Graffigna, (255-8468); Treasurer, Mary Angulo, (771-1192); Historian, Don Auclair, (376-4911); Membership Chair, Elise Laverty, (823-0634); Membership Vice-Chair, Jeannine Washburn, (947-8538); Education Chair, Ray Butts, (636-8992). These officers and the activities chairs (and phone nos. in calendar headings) constitute the chapter Executive Board. We meet on the fourth Tuesday each month, 7:15 p.m., at the Bourne Community Center. Members are invited.

The Southeast Breeze is published ten times a year by the Communications Committee of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club. Subscriptions for Chapter members are provided as a member benefit. Subscriptions for members of other chapters or non-members are $5 for one year. Editor and Subscriptions: Dave Shepard, P.O. Box 44, Woods Hole, MA 02543 (508-548-9600 days, 548-6717 home). Co-Chair, Maureen McKeary (617-335-7736).

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Appalachian Mountain Club
Southeastern Massachusetts Chapter

DATE NOTICES