



The Southeast Breeze

Quarterly newsletter of the Appalachian Mountain Club, Southeastern Massachusetts Chapter
Spring 2011 — March, April, May

A Cold View from the Chair

By Jim Plouffe, Chapter Chair



In the last View I wrote about the new members of our AMC Executive Board. This time I would like to highlight the hard work and dedication of our returning members. To introduce them, I have chosen to use sports analogies. This is my own feeble attempt at convincing myself that fair weather is right around the corner. I'm actually writing this shortly after stepping inside from shoveling my driveway in the bitterly cold winter air. Brrrr. Any person that can correctly identify the sports gets 5 bonus points.

Conservation – Starting at Quarterback is the always intuitive, Joanne Jarzowski. Last year, Joanne stepped up to the ball and completed a pass with a grant for a new projector. What's next? We'll have to see!

Communications - Next, playing Point Guard, is Cheryl Lathrop, our grammar policewoman. Expanding on her predecessor's work, Cheryl has transformed SEM's communications. Want to know more about the Chapter? Check the website or Facebook us. Yes, that's a verb, right Cheryl?

Membership - Of course, no team is complete without our Center Forward, Len Ulbricht. When I joined the board in 2008, it took two people to fill Len's position. What else needs to be said? Len is doing the job of two people – and doing it very well! Only about 10% of our members are active in the organization. Len is working hard to improve this by involving new members and armchair members alike.

Trails - Batting clean-up is the one returning member that would cause a stir at any airport checkpoint. No, that isn't Death holding that scythe, it is Kevin Mulligan! From MA to NH, Kevin has brushed his way to organizing events and clearing our trails.

Ski - As a midfielder, Barbara Hathaway, has made a huge impact on SEM's Ski Program. Under her leadership the Ski Committee was brought back from the edge of oblivion. Whether skiing downhill or cross-country, Barbara has her goggles and poles at her side.

Biking - With our expert Bowler, Joe Tavilla, we can expect to go long distances. He is returning to make sure the wheels turn consistently. Joe has initiated a popular Easy Rider program to introduce newer bike riders to the joys of the road.

We could not do without Past-Chapter Chair Wayne Anderson, as Manager. We rely on his insight and knowledge of the past to help us work as a cohesive team. It is through his guidance that I hope, even though we may all be playing different games, the ideal of playing on one team will prevail to make our Chapter stronger.

VOLUNTEERS NEEDED!

Volunteers needed to bring paper cups to meetings. (Oh, and to do many other things too!)
SEM has many opportunities to make a difference in the AMC's ideals of recreation, education, and conservation.
Contact Jim Plouffe, **YOUR** Chapter Chair, to find out how you can make a difference!

chair@amcsem.org

CHAPTER WEBSITE: www.amcsem.org
Find us on FACEBOOK. Follow us on TWITTER.
SIGN UP FOR OUR SHORT NOTICE ACTIVITY LIST at AMCSEM.ORG

Meeting Events Calendar

SEM Executive Board Meetings (6:30 pm)

Mar 09--Sunshine Café, Rt. 44, Lakeville
Apr 13--Bourne Community Center
May 11--Sunshine Café, Rt. 44, Lakeville
Jun 08--Bourne Community Center
(contact chair@amcsem.org for more info)

Hike Planning Meetings (6:30 pm)

Mar 02, Jun 01 Sunshine Café, Rt. 44, Lakeville
(contact hikingchair@amcsem.org for more info)

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

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

SUMMER BREEZE DEADLINES (covers Jun, Jul, Aug):
Apr. 07 trips; Apr. 15 articles, pictures

SUBMIT PIX TO OUR WEBSITE!

Send them to webmaster@amcsem.org.

SEM VOLUNTEER OPPORTUNITIES

Curious about the inner workings of your chapter? Volunteer for the Executive Board! Have technical skills? Volunteer for our website! Have writing/editing skills? Volunteer for *The Breeze*! Like kids? Volunteer for CYP! Want to get out more? Volunteer to lead a hike, bike, or paddle! We have lots of volunteer positions open! Please contact chair@amcsem.org if you'd like to get more involved with the chapter.

FIND US ON FACEBOOK!

FOLLOW US ON TWITTER!

CHAPTER WEBSITE: www.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, Forms.

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 Patroliia.

Appalachian Mountain Club Southeastern Massachusetts Chapter (SEM)

2011 Executive Board & Staff

Chapter Chair	chair@amcsem.org Jim Plouffe, 508-562-0051
Vice Chapter Chair	vicechair@amcsem.org Luther Wallis, 508-923-1935
Past Chapter Chair	pastchapterchair@amcsem.org Wayne Anderson
Treasurer	treasurer@amcsem.org Leslie Carson, 508-833-8237
Secretary	secretary@amcsem.org Karen Singleton, 508-730-7701

Biking	bikingchair@amcsem.org Joe Tavilla, 508-428-6887
Biking (Vice)	bikingvicechair@amcsem.org Open
Canoe/Kayak	paddlingchair@amcsem.org George Wey, 781-789-8005
Canoe/Kayak (Vice)	xxxxxx@amcsem.org Betty Hinkley, 508-241-4782
Cape Hiking	capehikingchair@amcsem.org Pat Sarantis, 508-430-9965
Cape Hiking (Vice)	capehikingvicechair@amcsem.org Bill Vickstrom, 774-454-7386
Communications	communicationschair@amcsem.org Cheryl Lathrop, 508-668-4698
Comms. (Vice)	xxxxxx@amcsem.org Open
Conservation	conservationchair@amcsem.org Joanne M. Jarzowski, 508-212-4427
Conservation (Vice)	conservationvicechair@amcsem.org Maureen Kelly, 508-224-9188
CYP Chair	cypcoordinator@amcsem.org Sally Delisa, 781-834-6851
Education	education@amcsem.org Mike Woessner, 508-577-4879
Education (Vice)	educationvicechair@amcsem.org Open
Hiking	hikingchair@amcsem.org Chris Pellegrini, 508-244-9203
Hiking (Vice)	hikingvicechair@amcsem.org Walt Granda, 508-971-6444
Membership	membershipchair@amcsem.org Len Ulbricht, 508-359-2250
Membership (Vice)	membershipvicechair@amcsem.org Open
Skiing	xcskichair@amcsem.org Barbara Hathaway, 508-880-7266
Skiing (Vice)	xcskivicechair@amcsem.org Farley Lewis, 508-775-9168
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Trails (Vice Chair)	trailsvicechair@amcsem.org Open

Social Chair	Jodi Jensen, 781-762-4483
Social Networking	Susan Salmon (moderator)
Webmaster	Bill Desmond, webmaster@amcsem.org
Asst. Webmaster	Kerry Grenier, asstwebmaster@amcsem.org
Web Proofreader	Kate Patroliia

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

MOVED? Send your new address to: AMC, 5 Joy St., Boston, MA 02108. Or the **Member Center** at www.outdoors.org/membercenter, or 800-372-1758.

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



WAYNE ANDERSON, Past Chapter Chair, SEM (2009-2010)

(All retiring Chapter Chairs were recognized for their service at the AMC Annual Meeting.)

Joining the AMC in 2002 and working his way up the leadership ladder in just a short period of time, Wayne Anderson has exhibited an enthusiasm that has benefited both the Southeast Massachusetts Chapter and the AMC as a whole. Becoming the Vice Chair of the Hiking Committee in 2006 and proceeding up to Hiking Chair in 2008, and then Chapter Chair in 2009, Wayne has shown his commitment to recreation, education, and conservation, the three most important values that the AMC holds.

Wayne's accomplishments include:

- The establishment, under his leadership, of the SEM CYP committee, first as an Ad Hoc Committee and subsequently, as a permanent committee within the Chapter By-Laws
- Established and helped maintain the widely acclaimed SEM annual trip to Cold River Camp.
- Has been resourceful in trying to bring together several of the committees in various group activities (biking/paddling/hiking) for our Chapter-wide events, Chapter Hut Weekend and Spring Bash, while encouraging individual committees to bring in new leaders for beginning recreation activities. One success story is the newly developed Easy Riding Series in the SEM Biking Committee.
- Has always been very encouraging and patient with new hikers. Listens and instructs new attendees with an understanding temperament.
- Very generous with his time, opening up his house for meetings and his business to have workshops, such as winter hiking workshops and other various leadership education.

In his personal life, Wayne has adopted his own trail in the White Mountains, leads his granddaughter on hikes, and volunteers his time to do trail maintenance in the Blue Hills Reservation of Massachusetts. While trying to figure out how Wayne fits all this into a normal day, the SEM Chapter is deeply indebted to him for his dedication and determination to make this Chapter even better than it already is.

By Jim Plouffe, current Chapter Chair (2011)

UP FOR ANOTHER RED LINING PROJECT? In case you get tired of Red-Lining the Blue Hills—there are 1,420 mi of trails to cover in the White Mountains! Hike every trail in the AMC NH White Mountain Guide Book! Patches and certificates awarded to all finishers. See the GRID WEBSITE: www.48x12.com

The SEM Communications Committee has an opening!

Vice Communications Chair – Attend executive board meetings to watch and learn; and help the Chair publish the *Breeze* and oversee the chapter website for 2011. Then take over as Communications Chair in 2012 and oversee a wonderful staff of webmasters, editors, and proofreaders! Contact: communicationschair@amcsem.org.



NEW HIKE LEADER PROFILE: BILL VICKSTROM

Q: When did you join the AMC? Sometime in the 1990s. Growing up, my parents were members of the Worcester Section so I did a few activities with that chapter when I was younger.

Q: Why do you hike? I like to be outside and experience nature, good scenery, enjoy great company, get exercise and also to explore new places that can only be best reached on foot. Having a desk job, I appreciate every chance to get out.

Q: What is your hiking and outdoor experience? I have been an enthusiastic hiker since my early years. My father was an avid hiker and I remember climbing Mt. Wachusett when I was five and also doing many hikes with him.

Q: Why did you want to become an AMC hike leader? I have always led hikes with small groups and the AMC offered the chance to share some of my experiences on a larger scale. After participating in the Red Line Blue Hills series for several years, I decided it was time to step up and take AMC's Leadership Training Program.

Q: Do you have a favorite hike or favorite hiking story? I have a lifetime of memorable hikes but the ones that stand out above all others were trips in Grand Canyon, Zion and Bryce Canyon National parks and also in Sedona, AZ.

Q: What is the one hiking adventure you dream of? I would like to hike in more of the national parks, with Yosemite Half Dome being at the top of my list.



SEM 2000 MI CLUB -- 12/31/2010

Leonard Leonardi	6735	Barry Gallus	3107
Louis Otour	4874	Jean Orser	3025
Luca Macchi	4600	Jim Kelpela	2120
Joe Tavilla	4394	Ted Rowan	2545
Fred Chase	4150	Lawton Gaines	2508
Gerry Nelson	3637	John Sullivan	2413
Dan Egan	3625	Ron Sikora	2383
Pam Patrick	3486	Lee Ekhart	2348
Ed Foster	3361	Wil Mason	2122
Paul Corriveau	3240	Jim Kelpela	2120
Joe Barry	3164	Mark Tisdale	2007
Larry Cohen	3125	Jack Jacobsen	2002



ALL 48 NOW COMPLETE !

On January 15, 2011, Dexter Robinson completed, in winter, the summing of all 48 of New Hampshire's 4000 footers. The final hike was to Mt. Passaconaway in the southern White Mountains. He celebrated this event with friends, most of whom are SEM winter hikers. Dexter's most difficult winter hikes included Mt. Adams, requiring 4 attempts, and Mt. Isolation, a 2-day overnight backpack. He notes that the winter list is a challenge given the limited 3 month window of opportunity, variable weather, ground conditions, and required equipment.

WINTER FUN



White Lining. January 2011, first "White Lining" hike in the Blue Hills. White Lining is Red Lining (RLBH) in the winter!



Gunstock downhill ski trip. Lake Winnepesaukee is in the background. Skiers: Brian Kelly, Hagit Moverman, and Susan Krumholz.



When the family insists you get your hiking stuff out of the living room on Christmas Day!



They look happy enough. But, we can't believe they're warm in their non-high-tech clothes!

Share Skills With Youth Become a Volunteer Leader with the Chapter Youth Program (CYP) of AMC SEM. The spring training workshop is scheduled soon! Our group works with facilities to plan and lead children in outdoor activities. If you're interested in the gratifying experience of getting kids out on the trails and discovering nature, please contact the SEM CYP Chair for workshop details. cypcoordinator@amcsem.org



MEMBERSHIP OPEN HOUSE
for
New, Prospective, and Armchair Members



Pot Luck dinner
Saturday March 19, 2011

- Introduce new members and those considering joining AMC to SEM's outdoor activities and special events. Find out how to get started. Armchair members who would like to resume participation in activities are welcome.
- Socialize with members and volunteer leaders. You may meet a familiar face on your first trip.
- Get your feedback – what works, what doesn't. What are your interests and ideas?
- Invite a friend or neighbor to learn about AMC and our SEM chapter.
- Bring a pot luck dish to share.
- Centrally located for on-Cape and off-Cape residents. Plenty of parking.

The Bourne Community Center
239 Main Street, Buzzards Bay, MA 02532
Plan on arriving between 5:30-6:00 pm with your dish to share.
Registration required, space is limited.

Please register with Len Ulbricht at membershipchair@amcsem.org or 508-359-2250.

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WASTE NOT WANT NOT

By Susan Salmon

Did you know?

- ❖ The amount of wood and paper we throw away every year is enough to heat 50,000,000 homes for 20 years.
- ❖ The U.S. comprises 5% of the world's population yet we generate 40% of the world's waste.
- ❖ A ton of glass produced from raw materials creates 384 lbs of mining waste and 27.8lbs of air pollution.
- ❖ Using 50% recycled glass cuts the mining waste by 75% and reduces the air pollution by 14-20%.
- ❖ Americans throw away enough aluminum every three months to rebuild our entire commercial air fleet.
- ❖ Aluminum can recycling saves 95% of the energy needed to make aluminum from bauxite ore.
- ❖ Recycling plastic saves twice as much energy as burning it in an incinerator.
- ❖ Styrofoam (polystyrene) is not recyclable; it cannot be made into new Styrofoam. A cup in a landfill today will still be there 500 years from now.
- ❖ Energy saved from recycling helps the environment by reducing energy related pollution and greenhouse gas emissions.

You can make a difference!

- ❖ Reduce your waste by avoiding the use of single use bottles, coffee cups, and bags.
- ❖ Bring reusable bags when shopping.
- ❖ Don't leave the water running while brushing your teeth or washing dishes.
- ❖ Replace the most often used light bulbs in your home with compact fluorescent light bulbs (CFLs). If every household did this, electricity used for lighting would be cut by half!
- ❖ Use it up, wear it out, make it do, or do without.
- ❖ Recycle.

We will miss: Carrie Priscilla Dobson



Carrie Priscilla Dobson of Harwich, previously of North Falmouth, died November 20, 2010, after a long battle with carcinoid cancer. She had been a Cape Cod resident since 1968. Carrie was a volunteer for Cape Cod Museum of Natural History, Wild Care, Inc., Cape Playhouse, Fresh Air Children's Program, Brewster in Bloom, Harwich Council on Aging Travel Desk, a board member of Cape Cod Opera, a past board member of Opera New England of Cape Cod, a past board member of Cape Cod Women's Organization, a longtime member of Polly's Place Cancer Support Group, and a past canoe/kayak chair for AMC SEM. Carrie swam daily and was an avid kayaker. Donations may be made to the Carcinoid Cancer Foundation, Inc.



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CHAPTER ACTIVITIES

CLUB-WIDE ACTIVITIES

Apr. 29-May 1 **SPRING FLING**

CHAPTER- WIDE ACTIVITIES

Mar. 19 **OPEN HOUSE**

Mar. 26 **LEADERSHIP TRAINING**

Apr. 2,3 **WILDERNESS FIRST AID**

Sep. 22-25 **CHAPTER HUT WEEKEND**

NOTE ACTIVITIES MARKED FOR :

FT = First Timer **NM** = New Member

FULL LIST at **AMCSEM.ORG**

HIKING / BACKPACKING

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.

Mis	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 L. Under 18 yrs must be accompanied by parent or responsible adult, & 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 wk prior to trip so Ls can discuss prior hiking exp., conditioning, clothing, & equipment.

(CE) Thu., Mar. 3. Walkabout Trail, George Washington Management Area, RI (B3C). Hike 6 mis with lunch stop. NOTE Registration reqd. L/R Art Hart (508-888-2847 9am-9pm, ajhart32@comcast.net)

Sat., Mar. 5. **Snowshoe Series #4.** Intermediate/Advanced - Excellent snowshoeing up Champney Falls Trail to Middle Sister Cutoff. Good views of Mt. Chocorua. L/R Leslie Carson (508-833-8237 after 6pm, lrc929@comcast.net), CL M. Kelly

(NM) Thu., Mar. 10. Thursday Morning Blue Hills (B3C). Perambulate Buck Hill with side trip to summit & views of Boston & Mass Bay. 5 mi on lesser traveled trails. No difficult ups or downs. 10 am start at Houghtons Pond parking lot. Stabilizers if icy. Rain cancels. L Len Ulbricht (508-359-2250 before 8pm, lenulbricht@comcast.net)

Sun., Mar. 13. **Midstate Trail Section Hike #1** (B3B). Join our first of 10 section hikes across Mass. on the Midstate Trail. More info at <http://mysite.verizon.net/fmwason/>. L/R Fred Wason (508-699-7635, fmwason@verizon.net), L Bill Vickstrom, CL Ellen Correia.

Sun., Mar. 13. Fast & Hilly (B2B). Hike the North - South loop & Buck Hill of Skyline Trail fast. Meet at 8:45. L/R Maureen Kelly (508-224-9188 before 8pm, MoKel773@aol.com).

(FT) (NM) Thu., Mar. 17. Hiking Allens Pond (B3C). Meet 10:00am, Allens Pond Wildlife Sanctuary. Req. equipment: hiking boots, rain gear, water & snacks or lunch. Heavy rain will cancel. Snow or ice will require yaktrax or stabilizers. L Walt Granda (508-999-6038 before 9:00pm, wigranda@aol.com)

Sat., Mar. 19. Moose Hill Sanctuary - Sharon. Meet at 9:45 Sanctuary HQ. Walk the Vernal Pool, Hobbs Hill & Bluffs Loops. Bring lunch. L Bill Vickstrom (774-454-7386 7-9PM, wrvick@aol.com), R Bill Vickstrom (11 Ashberry St, Plymouth, MA 02360, 774-454-7386 7-9PM)

Thu., Mar. 24. Boyden Wildlife Refuge/Westville Conservation, Taunton (C3C). Boyden Wildlife Refuge, 1298 Cohannet St & Westville Conservation Area, Taunton. Meet 10AM. Scenic trails by river. Rain cancels. L Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net)

Sat. Mar 26. **Leadership Training.**

Thu., Mar. 31. BCT Sherborn Forest/Rocky Narrows (B3C). 10 am start. 6+ mis. Mostly level with an up/down section. Group size limited. Contact leader for details. L/R Len Ulbricht (508-359-2250 before 8pm, lenulbricht@comcast.net).

Apr. 2-3 **Wilderness First Aid course**

Thu., Apr. 7. Myles Standish State Forest, South Carver (B3C). Meet 10AM at Ranger Station parking lot for a 5-6 mi loop hike. Water, snacks, boots. Rain cancels. See web for directions. L Ellie MacPherson 508-224-6465, elliemacp@comcast.net.

(NM) Sat., Apr. 9. Mount Holyoke Range (B3B). Hike along the Metacomet-Monadnock Trail from Mt Holyoke trailhead to Mt Norwottuck. L/R Walt Granda (508-999-6038 before 9pm, wigranda@aol.com), CL Steve Long (ds2long@comcast.net)

(FT) (NM) Thu., Apr. 14. **Red Line the Blue Hills** (C3C). Hike 6-8:00pm Thursdays at different locations in the Blue Hills. Register once then show-n-go. Red-line your map, or just come for fun. Very social group. Moderate pace. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly, L

Michael Swartz, L Ellen Correia, R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Thu., Apr. 14. SEM Hike, Lakeville, MA (B3C). Registration reqd. Number of participants limited. 7-8 mi walk thru pine woods along lake shore to local conservation area at Betty's Neck. Call for meeting place & time. Bring lunch, water, & sturdy hiking shoes/boots. May have some wet spots. L/R Elsie Laverty (elavmca@tmlp.com)(23 Macy St., Raynham, MA 02767, 508-823-0634 before 9pm)

(NM) Sat., Apr. 16. Mount Kearsage (C3C). Bare summit with views in all directions. 10:30 start at trailhead. Carpooling recommended. Registration reqd. L/R Len Ulbricht (508-359-2250 before 8pm, lenulbricht@comcast.net), CL Peter Sharpe (774-254-5013, sharpep121@hotmail.com)

Sun., Apr. 17. Fast & Hilly (B2B). Hike the North - South loop & Buck Hill of Skyline Trail fast. Meet at 8:45a. L/R Maureen Kelly (508-224-9188 before 8pm, MoKel773@aol.com)

Sun., Apr. 17. **Midstate Trail Section Hike #2** (B3B). Join our second of 10 section hikes across MA. on the Midstate Trail. More info at <http://mysite.verizon.net/fmwason/>. L/R Fred Wason (508-699-7635, fmwason@verizon.net), L Bill Vickstrom, CL Ellen Correia

Thu., Apr. 21. Red Line the Blue Hills (see Apr 14)

Thu., Apr. 21. 2 For 1: Fort Barton, Weetamoo Woods, Tiverton, RI (B3D). Great view of Mount Hope Bay; some stairs on steep hills, boardwalks in low areas. Lunch at Weetamoo Woods. Meet 10am at foot of Ft. Barton. L Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net)

Sat., Apr. 23. Ipswich River Sanctuary - Topsfield. Hike thru wetlands, fields & forests, eskers, & along wandering river. Meet at 9:45 at HQ. Bring lunch. L Bill Vickstrom (774-454-7386 7-9 PM, wrvick@aol.com), R Bill Vickstrom (11 Ashberry St, Plymouth, MA 02360, 774-454-7386 7-9 PM)

Thu., Apr. 28. Red Line the Blue Hills (see Apr 14)
Thu., May. 5. Red Line the Blue Hills (see Apr 14)

Thu., May. 5. Blue Hills Quarry Walk, 651 Willard St, Quincy (B3C). Meet 10 AM Shea Rink parking lot. 5-6 mi with some rocky ledges; boots, water, snack. See web for directions or call L Ellie MacPherson, 508-224-6465, elliemacp@comcast.net, cell 978-478-7106. Storm cancels.

Sun., May. 8. Fast & Hilly (B2B). Hike the North - South loop & Buck Hill of Skyline Trail fast. Meet at 8:45a. L/R Maureen Kelly (508-224-9188 before 8pm, MoKel773@aol.com)

Thu., May. 12. Red Line the Blue Hills (see Apr 14)

Thu., May. 12. Thursday Morning Hike: Redemption Rock. Slow-paced hilly woods walk along Mid-State Trail from Redemption Rock to Crow Hill. 6 mi hike. lunch atop Crow Hill. L Jerry Yos (781-935-4647 before 11pm)

(FT) (NM) Sat., May. 14. Summer Series Hike #1 Blue Hills (B3C). 6-7 mi conditioning hike for Summer Series. First timers have the opportunity to learn safe hiking practices. L/R Walt Granda (508-999-6038 before 9pm, wlgranda@aol.com), CL Maureen Kelly (508-224-9188 4-8pm, mokol773@aol.com) **SAVE THE DATE:** June 4 Hike #2 Monadnock. Aug 13-14 weekend hiking.)

Sun., May. 15. **Midstate Trail Section Hike #3** (B3B). Join the third of 10 section hikes across Mass. on the Midstate Trail. More info at <http://mysite.verizon.net/fmwason/>. L/R Fred Wason (508-699-7635, fmwason@verizon.net), L Bill Vickstrom, CL Ellen Correia

Thu., May. 19. Red Line the Blue Hills (see Apr 14)

Thu., May. 26. Red Line the Blue Hills (see Apr 14)

Thu., May. 26. North Hill Marsh (C3C). Th. morning C-3-C. Variety of trails & wildflowers. Meet 9:45 in parking area. L Sally Delisa (781-834-6851 before 9:00pm, delisasally@yahoo.com)

Sat., May. 28. **Skyline End-to-End** (A3C). Springtime hike on Skyline. Hike starts at Royal St. & ends at Shea Rink. L/R Chris Pellegrini (508-244-9203 6-9pm, chrispellegrini@yahoo.com)

CAPE COD HIKES

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.")

Mis	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

Thu., Mar. 3. East Falmouth-Mashpee, Quashnet River (C3C). Walk in upland woods alongside pretty stream. From Mashpee rotary, Rte 28N to Falmouth 2.1 mi, take R on Martins Rd to parking area. 2 hours. Meet 9:45. If rain/snow forecast, contact L. L John Gould (508-540-5779, jhgould@comcast.net)

Mar. 5. Truro, High Head: Dune Shacks (B3B). Meet 9:45 at parking lot by bike trail on High Head Rd. Hike dunes & beach from High Head to the eastern-most dune shacks & back. Breathtaking views of the dunes, ocean & cranberry bogs. 3 1/2 hrs. Bring lunch. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Mar. 6. Falmouth, Beebe Woods (C3D). Thru woods, past ponds & farm with sheep/llama/lambs. Meet 12:45 - 2 hours. Route 28 South then 0.6 mi

past hospital lights to right on Depot Avenue. Continue 0.4 mi up hill. If rain or snow forecast contact leader. L John Gould (508-540-5779, jhgould@comcast.net)

Thu., Mar. 10. Eastham-Coast Guard Beach (C4D). Easy hike thru woods & marshes. Nice views of Nauset Marsh & Atlantic Ocean. Meet at Salt Pond Visitor Center off Rte. 6 at 9:45AM. 2 hrs. L Farley Lewis (508-775-9168, farlewis@comcast.net)

Sat., Mar. 12. North Falmouth, Crane Moraine (B3C). Crane Wildlife Reservation, along moraine: vistas of Buzzards Bay, ponds, boulder fields. Four hours - bring lunch. Meet 9:45 across from Falmouth Animal Hospital, S side of Rt 151, just E of Rt 28. If rain check w/L. L John Gould (508-540-5779, jhgould@comcast.net), CL Bill Vickstrom

Sun., Mar. 13. Mashpee South Cape Beach (C3C). Flat hike thru woods for 2mi., then 2mi. on sandy peninsula. From Mashpee rotary, take Great Neck Rd. south 2.7mi., left on Great Oak Rd. Follow to town beach pkg. Meet at 12:45. 2hrs. Conditions dependent-email leader. L Gary Miller (508-540-1857, Garymaxx@verizon.net)

Thu., Mar. 17. West Yarmouth, Sandy Pond (C3C). Route 6, Exit 7S to left on Camp Street, then left on Buck Island Rd. Left at Sandy Pond Recreation Area. Meet at 9:45am. 2 hrs. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Mar. 19. Whales, Whales: Provincetown (B3B). Meet 9:45 upper parking lot Race Pt Beach. Walk soft sand thru dunes to Race Pt lighthouse. 3 1/2 hrs walk. extra time to watch for whales. Bring lunch & binos. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Mar. 20. Brewster, The Punkhorn (C3C). Woods, ponds. Rt 6, Ex 10, L on Rt 124 to 6A, L on 6A 1.2 mi, L on Stony Brook Rd 0.6 mi, L on Run Hill Rd 1.3 mi Lot on L. Meet 12:45; 1:00 start. 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Thu., Mar. 24. Dennis Crowe to Crowe Loop (C3C). 2hr. hike. Paths, beach, quiet Rds. Meet 9:45am. From Rt. 6, exit 9 onto Rt. 134N to Rt. 6A. R on 6A, L onto School St., then R onto South St. to lot on R past cemetery. L Maria Sylvester (508-385-4045, sylvester_maria@hotmail.com)

Sat. Mar 26. Leadership Training,

Sat., Mar. 26. Great Island Wellfleet (B3C). Great Island Wellfleet Meet 9:45 at Great Island parking lot on Chequesett Rd in Wellfleet. This will be a 4 hour beach hike out to Jeremy Point. Great bay views & Wellfleet Harbor. L Bill Vickstrom (774 454-7386 7-9pm, wrvick@aol.com)

Sun., Mar. 27. Brewster Nickerson State Park (C3C). End of winter woods walk. Route depending upon ground conditions. Meet 12:45 Nickerson State Park entrance pkg lot on Rte 6A. Two hours.

Snow/rain cancels. Doubt? Call leader. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Thu., Mar. 31. Hawksnest State Park, Harwich (C3C). Woods walk. Meet 9:45. Exit 11 off Rte 6, go diagonally across from exit to Spruce Rd & pk on side of Rd approx. half mi down. Two hours. Rain/snow cancels. Doubt call Leader. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Apr. 2. Provincetown: Whales Whales Whales (B3B). Walk beach to Race Point Lighthouse with binoculars. Meet 9:45am, Race Point Beach pkg. lot. 3hr walk. 1 hour look for whales & lunch! L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Thu., Apr. 7. Truro, Ryder Beach (C3C). Beach, woodland trails, hills, scenic bay views. Rte 6, L on Prince Valley Rd. to end. R on County Rd. L on Ryder Beach Rd. Park at End. Meet 9:45 a.m. >2 hrs. Janet Kaiser 508-432-3277. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Apr. 9. Provincetown: Whales & Trails (C3B). Meet at 9:45pm at Herring Cove Beach (far right of the right parking lot). Walk via bike trail/sand/salt marsh to Race Point Lighthouse. Four hours for lunch, whales. Bring binoculars! L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Apr. 10. Long Pasture Wildlife Sanctuary (C4C). Meadows, salt marsh, vernal pools, buttonbush swamp & other habitats make this a have for wildlife. Meet at 12:45. L Bill Vickstrom (774-454-7386 7-9pm, wrvick@aol.com). Contact leader for directions.

Thu., Apr. 14. Barnstable-Bridge Creek Conservation (C3D). Flat terrain, cedar upland, maple swamp & salt marsh, bogs, stone walls. Meet at 9:45am. 2 hrs. Rte 6 to Exit 5. North on Rte 149...park along grass triangle on immediate left beside West Parish Church. L Farley Lewis (508-775-9168, farlewis@comcast.net)

Sat., Apr. 16. Mashpee River Woods & Pine Barrens. Nice Spring hike along the Mashpee River Woodlands, then to the Pine Barrens, & back. Meet 9:45 for 3-4 hour hike. Bring lunch. L Bill Vickstrom (774 454-7386 7-9pm, wrvick@aol.com). Contact leader for directions.

Sun., Apr. 17. Harwich, Herring River (C3C). Wooded, Herring may be running. Rt 6, R on 124. 2 mi to Ctr, R on Main St/Gr Western 2 mi to Sandy Pond lot on R. Meet 12:45; 1:00 start. 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Thu., Apr. 21. Yarmouth Ponds (C3C). Hike in the 3 ponds/bogs area. Meet 9:45. From Rt 6 ex 8S to R at 2nd traffic light onto Old Townhouse Rd. L on W. Yarmouth Rd. Go ~1 mi to pkg on side of Rd. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Sat., Apr. 30. Provincetown: Snail Rd Dunes (B3B). Meet 9:45am at Snail Rd trailhead on Rt. 6, east end of Provincetown. Dunes, dune shacks &

cranberry bogs with 360-deg. views! 3.5hrs. Bring lunch & binoculars! L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., May. 1. Sandwich: Benjamin Nye Trail (C4C). Former game farm/fish hatchery. From Rte 6, Ex 4 N on Chase Rd for 1/2 mi, L on County Rd. @ 1 mi park across from Grange Hall. 2 hrs, meet @ 12:45 pm. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Sat., May. 7. Pochet Island. Meet at 9:45 at S end of Nauset Beach parking lot. Hike along remote beach to Pochet Island. L Bill Vickstrom (774-454-7386 7-9pm, wrvick@aol.com. Contact leader for directions.

Sun., May. 8. Brewster: Nickerson State Park (C3C). Mother's Day walk around ponds, woodland trails, few hilly sections. Meet 12:45. Enter State Park from rte 6A in Brewster. Main rd to L on Flax Pond Rd. to pkg at end of Rd. Two hours. Heavy rain cancels. L Janet DiMattia (508-394-9064, jandimattia@verizon.net

Thu., May. 12. Mashpee South Cape Beach (C3C). Flat hike thru woods for 2mi., then 2mi. on sandy peninsula. From Mashpee rotary, take Great Neck Rd. south 2.7mi., left on Great Oak Rd. Follow to town beach pkg. Meet at 9:45am. 2hrs. L Gary Miller (508-540-1857, Garymaxx@verizon.net)

Sun., May. 15. Truro, Bearberry Hill (C3C). Sand path w hilltop 360 view. Rt 6 to Pamet Rd, R off ramp, L on S Pamet Rd to beach pkg lot. Meet 12:45; 1:00 start. 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Thu., May. 19. Wellfleet Great Island Hike/Picnic (C3C). Hike around Great Island. 2hrs. End-of-year picnic follows. Bring small lunch & something to share (veggies, dessert, etc.) Meet at 9:45am at Great Island pkg. lot on Chequesett Rd. in Wellfleet. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Tue., Jun. 14. Full Moon Hike: West Dennis Beach (C4C). Rte 6 Exit 9A S Rte 134, go straight, cross Rte 28, go to end, turn Right. 0.5 mi turn Left to beach pkg near rotary. Meet 7 p.m. < 2 hr Janet kaiser 508 432 3277. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

BIKE RIDES

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.

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. Enthusiastic about cycling? Like showing others your favorite roads? If yes, then 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 Mi 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 to reg. your miage & for more info. L Joe Tavilla (508-428-6887 7-7, bikingchair@amcsem.org).

Turn Those Tires on Tuesday

Rides scheduled all year long, weather permitting. 25 mi of Rd or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location & directions. Intermed. pace. Riders & bicycles in top shape; tires & riders pumped & ready to roll; helmets & water req'd. L Paul Currier (508-833-2690 8 am-7 pm, pbcurrier@hotmail.com)

Tue., Mar. 1. **Scenic Cycling On Cape Cod.** Great views & occasional stops at unique & interesting spots. Intermediate pace/24 mis/2hours. L Paul Currier (508-833-2690 8am-7pm, paulbcurrier@comcast.net)

Tue., Mar. 8. Scenic Cycling On Cape Cod. Great views & occasional stops at unique & interesting spots. Intermediate pace/24 mis/2hours. L Paul Currier (508-833-2690 8am-7pm, paulbcurrier@comcast.net)

Tue., Mar. 15. Scenic Cycling On Cape Cod. Great views & occasional stops at unique & interesting spots. Intermediate pace/24 mis/2hours. L Paul Currier (508-833-2690 8am-7pm, paulbcurrier@comcast.net)

Sat., Mar. 19. Sunset/Full Worm Moon Ride. Late day/early evening ride with a scenic sunset & moon ride in the Cape Cod Canal area. 22 mis/intermediate/FLAT. L Paul Currier (508-833-2690 8am-7pm, paulbcurrier@comcast.net)

Tue., Mar. 22. Scenic Cycling On Cape Cod. Great views & occasional stops at unique & interesting spots. Intermediate pace/24 mis/2hours. L Paul Currier (508-833-2690 8am-7pm, paulbcurrier@comcast.net)

Tue., Mar. 29. Scenic Cycling On Cape Cod. Great views & occasional stops at unique & interesting spots. Intermediate pace/24 mis/2hours. L Paul Currier (508-833-2690 8am-7pm, paulbcurrier@comcast.net)

Sat., Apr. 2. South Dartmouth Ride. 37 mis. Rural back Rds, views of Buzzards Bay, Slocum River &

bRd open farmland. L Jack Jacobsen (508-353-3708 7am-8pm, cyclejac51@yahoo.com)

Tue., Apr. 5 Scenic Cycling On Cape Cod. (see 3/1)
Tue., Apr. 12 Scenic Cycling On Cape Cod. (see 3/1)

Sun., Apr. 17. Sunset/Full Pink Moon Ride. Late day/early evening ride with scenic sunset & moonrise in the Cape Cod Canal area. Intermediate pace. L Paul Currier (508-833-2690 8am-7pm, paulbcurrier@comcast.net)

Tue., Apr. 19 Scenic Cycling On Cape Cod (see 3/1)
Tue., Apr. 26 Scenic Cycling On Cape Cod (see 3/1)
Tue., May. 3. Scenic Cycling On Cape Cod (see 3/1)

May. 5. **Thursday Rides At Six.** Easy pace/22 mis at various locations in Southeast MA. 6:00PM start. Details: contact ride leader. L Jack Jacobsen (508-353-3708 7am-8pm, cyclejac51@yahoo.com)

Tue., May 10 Scenic Cycling On Cape Cod (see 3/1)
Thu., May. 12. Thursday Rides At Six. (see 5/5)

Sat., May. 14. Rochester/Marion Ride. 31 mis. Stunning views of Buzzards Bay, Sippican Harbor & the ponds & farms of Rochester highlight this ride. L Jack Jacobsen (508-353-3708 7am-8pm, cyclejac51@yahoo.com)

Tue., May. 17. Sunset/Full Flower Moon. Late day/early evening ride with scenic sunset & moon rise in the Cape Cod Canal area. Intermediate pace/flat/22 mis. L Paul Currier (508-833-2690 8am-7pm, paulbcurrier@comcast.net)

Tue., May 17 Scenic Cycling On Cape Cod (see 3/1)
Thu., May. 19. Thursday Rides At Six (see 5/5)
Tue., May 24 Scenic Cycling On Cape Cod (see 3/1)
Thu., May. 26. Thursday Rides At Six (see 5/5)
Tue., May 3. Scenic Cycling On Cape Cod (see 3/1)
Tue., Jun. 7. Scenic Cycling On Cape Cod (see 3/1)

Sat., Jun. 11. Dighton Rock Ride. 37 mis. Rural back Rds of Lakeville/Freetown/Berkley. Lunch stop to see rock with the ancient inscriptions. L Jack Jacobsen (508-353-3708 7am-8pm, cyclejac51@yahoo.com)

Tue., Jun. 14. Scenic Cycling On Cape Cod. Great views & occasional stops at unique & interesting spots. Intermediate pace/24 mis/2hours. L Paul Currier (508-833-2690 8am-7pm, paulbcurrier@comcast.net)

Wed., Jun. 15. Sunset/Full Strawberry Moon Ride. Late day/early evening ride with scenic sunset & moon rise in the Cape Cod Canal area. Intermediate pace/flat/22 mis. L Paul Currier (508-833-2690 8am-7pm, paulbcurrier@comcast.net)

Tue., Jun. 21. Scenic Cycling On Cape Cod. Great views & occasional stops at unique & interesting spots. Intermediate pace/24 mis/2hours. L Paul Currier (508-833-2690 8am-7pm, paulbcurrier@comcast.net)

Bike Ride Ratings		
Mis	Pace/MPH	Terrain

Tue., Jun 28 Scenic Cycling On Cape Cod (see 3/1)

PADDLES

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 MA").

Sat., Apr. 2. Leader's Choice. Probably Sandwich Harbor or Barnstable Harbor & their creeks. L Ed Foster (5084207245, erfoster@comcast.net)

Wed., Apr. 6. Walker Pond. 10:30 am PFD Prereq. Put-in: Rt.6 exit 9 take rte. 134 N to R on Airline, R on Setucket, Ron Slough Rd to L at put in. Paddle Walker Pond & Upper & Lower Mill Pond. Wet suit/dry suit. L Bill Fischer (508-420-4137, wmbabarafischer@comcast.net)

(CE) Sat., Apr. 9. Maashpee Wakeby Ponds. Approximately 8 mi along the shores of this pond. WETSUITS & SPRAY SKIRTS REQD. PREREGISTER FOR DIRECTIONS. L Louise Foster (508-420-7245, janelouise@comcast.net)

Wed., Apr. 13. Waquoit Bay. Put-in: Whites Landing Rd, E. Falmouth (41°34.730/70°31.907) Turn off rte 28 at Edwards Boat Yard. Circumnavigate Waquoit Bay. Level 2 skill rating. Max distance 10 mi. PFD, Spray Skirt, & Cold Water attire reqd. L Gifford Allen (774.392.0634 anytime, gifallen@verizon.net)

Sat., Apr. 16. Centerville River. 10:30 am Put in Fr Rt 28 Centerville take Old Stage S into Main st. R on.S Main St to L on Hayward Rd. PFD. L Bill Fischer (508-420-4137, wmbabarafischer@comcast.net)

Wed., Apr. 20. Leader's Choice. Paddle around some of the partially protected waters of Buzzards Bay. Location depends upon wind & water temperature. L Haven Roosevelt (508-636-0006 any time, havenesq@comcast.net)

(CE) Sat., Apr. 23. Indian Lakes. Approximately six mis around these lakes. WET SUITS & SPRAY SKIRTS REQD. PREREGISTER FOR DIRECTIONS. L Louise Foster (508-420-7245, janelouise@comcast.net)

Wed., Apr. 27. Long Pond, Lakeville. Leisurely 10-mi. tour around the edge of Long Pond. PFD, spray skirt & wet or dry suit reqd. Launch 10:30AM at state ramp off Rt.18, 8 mi. south of I-495 Exit 4. L Wesley Ewell (774-313-7599 7am-9pm, twofootartist@yahoo.com)

Sat., Apr. 30. Blackfish Creek & Lieutenant Island. Put-in: From Rte.6 Wellfleet turn onto Pilgrim Spring Rd. (just past the fire tower). Straight on Indian Neck Rd., right on Samoset Ave. & right on Nauset Rd. Life vest, spray skirt & wet or dry suit req. L Don Palladino (508 349 2950, djp1958@comcast.net)

Wed., May. 4. Leader's Choice. Leader's Choice, probably Sandwich or Barnstable Harbor. L Ed Foster (5084207245, erfoster@comcast.net)

Sat., May. 7. Onset Harbor & Creeks. A leisurely 8-mi. tour around scenic Onset harbor & its estuaries. PFD & wet or dry suit req. Spray skirt rec. Launch 10:30AM at Riverside Dr., off Main Ave. L Wesley Ewell (774-313-7599 7:00AM-9:00PM, twofootartist@yahoo.com)

Wed., May. 11. Weweantic River. I 195 Exit 20 reverse direction to Visitor Center, ramp. L Haven Roosevelt (508-636-0006 any time, havenesq@comcast.net)

Sat., May. 14. Cotuit Bay. 10:30 am Put in rte. 149 s to R on 28 L on Putnam to Old Shore. L Bill Fischer (508-420-4137, wmbabarafischer@comcast.net)

Wed., May. 18. Weir River/Hingham Bay Islands. Put-in: Beach pk'g.Lot off Rt.3A just prior to Hingham Harbor rotary. Level 3 Paddle. Life vests & spray skirts Req'd. L George Wey (781 789-8005, Geowey@comcast.net)

Sat., May. 21. Mill/Walker Ponds, Brewster. Rt. 6, Exit 10N. L Stoney Brook Rd; L Runn Hill Rd. to end. Life vest reqd. L Jean Orser (508-362-0451, jeanorser@aol.com), CL Paul Corriveau (508-362-0451, paulcorri@gmail.com)

(CE) Wed., May. 25. Around West Island. Fairhaven, I 195 S to Rte 240 cross Rte 6 to Scotic Neck Rd. L on Seaview(park) Spray skirt reqd. L Haven Roosevelt (508-636-0006 anytime, havenesq@comcast.net)

(CE) Sat., May. 28. Shoestring & Popponesset Bays. Several options, depending on conditions. 8 to 10 mis. SPRAY SKIRTS REQD, PREREGISTER FOR DIRECTIONS. L Louise Foster (508-420-7245, janelouise@comcast.net)

Wed., Jun. 1. Leader's Choice. Probably Barnstable Harbor & Clay's, Bass, & Lone Tree Creeks. L Ed Foster (5084207245, erfoster@comcast.net)

Sat., Jun. 4. Monks Cove to Widows Cove. Paddle across the CC Canal into Widows Cove. Level 4. Strong currents/open ocean conditions. L Gifford Allen (774.392.0634 anytime, gifallen@verizon.net)

(CE) Wed., Jun. 8. Slocum River, Little River. I 195 exit 12, S Faunce Corner Rd, cross Rt 6 Old Wetport Rd. to Chase Rd, R Russells Mills Rd to town park on L. PFD reqd. L Haven Roosevelt (508-636-0006 anytime, havenesq@comcast.net)

Sat., Jun. 11. Bass River South, Dennis. Route6, Exit9S; R Upper County; L Main; R Cove to Town Landing. Life vest reqd; spray skirt if windy. L Paul Corriveau (508-362-0451, paulcorri@gmail.com), CL Jean Orser (508-362-0451, jeanorser@aol.com)

Wed., Jun. 15. Great Pond to Green Pond, Falmouth. Paddle from Great Pond out into

Nantucket Sound to Green Pond & back. L gifford allen (774-392-0634 anytime, gifallen@verizon.net)

Sat., Jun. 18. Oyster Pond, Oyster River, Stage Harbor, Chatham. Route 6 Exit 11S (137). L Rte 28; R Queen Anne; R Pond St to Beach. Life jacket & spray skirt reqd. L Betty Hinkley (5082414782, bhinkley@mindspring.com)

Wed., Jun. 22. Westport River- East Branch. I 195 to Rte 88 S. L at 2d light (Old County Rd. One mi to Head Of Westport Village, park on East side of river. L Haven Roosevelt (508-997-5160 any time, havenesq@comcast.net)

Sat., Jun. 25. West Falmouth Harbor to Cleveland Ledge Light. Put-in is West Falmouth Harbor, will proceed out to Cleveland Ledge Light & then back to shore for lunch. L gifford allen (774-392-0634 anytime, gifallen@verizon.net)

Wed., Jun. 29. Nauset Marsh, Eastham. 9+ Mi.Paddle. Put-in: 1.5 Mi.North from Rt.6 Eastham rotary to Hemenway on Right.Life vests & spray skirts Req'd. Level 3. L George Wey (781 789-8005, Geowey@comcast.net)

Wed., Jul. 6. Boston Harbor Inner Islands. Circumnavigate several harbor Islands. Put-in:Hull Gut, Hull,Ma. Level 3 Paddle. Life vests & spray skirts req'd. L George Wey (781 789-8005, Geowey@comcast.net)

Sat., Jul. 9. Monks Cove to Bassets Island. Launch from Monks Cove & paddle south to Basse's Island for lunch. L gifford allen (774-392-0634 anytime, gifallen@verizon.net)

Wed., Jul. 13. Weweantic River. Brisk 10-12-mi. trip down the Weweantic River & into Wareham Harbor. PFD & spray skirt req. Launch 10:30AM at State ramp in rest area between Exits 20 & 21 on I-195 East. L Wesley Ewell (774-313-7599 7:00AM-9:00PM, twofootartist@yahoo.com)

Sat., Jul. 16. Leader's Choice. Probably Southway to Monomoy Is., returning thru Stage Harbor. L Ed Foster (5084207245, erfoster@comcast.net)

Wed., Jul. 20. Slocum River-Giles Creek. I 195 exit 12 S Faunce Corner Rd cross Rte 6 Old Westport Rd to Chase Rd, R on Russells Mills Rd to town park on L. L Haven Roosevelt (508-997-5160, havenesq@comcast.net)

Sat., Jul. 23. Follins/Mill ponds, Dennis. Route6 Exit 9N (134); L Bob Crowell; R Old Bass River; L Mayfair; L Follins Pond to end. Life vests reqd; spray skirt if windy. L Jean Orser (508-362-0451, jeanorser@aol.com), CL Paul Corriveau (508-362-0451, paulcorri@gmail.com)

Wed., Jul. 27. Quissett Harbor to Weepecket Island. Put in at Quissett Hbr., cross Woods Hole for lunch on the Weepecket Is. L gifford allen (774-392-0634 anytime, gifallen@verizon.net)

Sat., Jul. 30. Wellfleet Harbor & Great Island. Put-in: Route 6 in Wellfleet, left at traffic light toward Wellfleet Center. Go 0.3m. Left on East Commercial Street to Town Marina. Right on Kendrick Ave. to Mayo Beach parking on left. Life vest & spray skirt req. L Don Palladino (508 349 2950, djp1958@comcast.net)

Wed., Aug. 3. New Bedford Harbor & Acushnet River. 195 Exit 15, Rt 18 S, after 3 lights L Cove St (4th light), to last lot in Fort Taber Park. L Haven Roosevelt (508-636-0006, havenesq@comcast.net)

Sat., Aug. 6. Walker, Upper Mill, & Lower Mill Ponds, Brewster. Route 6 Exit 10N (124); L Long Pond; L Rte 6A; L Stony Brook; L Run Hill to end. Life vests reqd. Spray skirt if windy. L Betty Hinkley (508-241-4782, bhinkley@mindspring.com)

Wed., Aug. 10. Mattapoisett Harbor. Paddle Mattapoisett Hbr. & area. Total distance ~12 mi. PFD & spray skirt reqd. L gifford allen (774-392-0634 anytime, gifallen@verizon.net), CL Haven Roosevelt

Sat., Aug. 13. Monks Cove & Back River. A leisurely 8-mi. tour around Monk's Cove, Phinney's Harbor & scenic Back River. PFD req. Spray skirt rec. Launch 10:30AM at Monk's Park, off Shore Rd. in Pocasset. Barlow's Landing Rd. from Rte. 28 South to Shore Rd. L Wesley Ewell (774-313-7599 7am-9pm, twofootartist@yahoo.com)

Wed., Aug. 17. Allens Pond. Same as Slocum River but continue on Horseneck Rd. to State Park on L. Spray skrt reqd. L Haven Roosevelt (508-636-0006, havenesq@comcast.net)

Sat., Aug. 20. Leader's Choice. Probably Pleasant Bay to North Beach Cut. & around Strong Island. L Ed Foster (5084207245, erfoster@comcast.net)

Wed., Aug. 24. Boston Harbor Outer Islands. Circumnavigate several Outer Harbor Islands. Put-In: Hull Gut, Hull, Ma. Level 3 Paddle. Life vests & spray Skirts req'd. L George Wey (781 789-8005, Geowey@comcast.net)

(CE) Sat., Aug. 27. Shoestring & Popponesset Bays. Several options depending on conditions. 8 - 10 mis. SPRAY SKIRTS REQD. PREREGISTER FOR DIRECTIONS. L Louise Foster (508-420-7245)

Wed., Aug. 31. North River, Marshfield to Hanover. Put-In: Marshfield side of Union St. Bridge. Spot cars in Hanover. Level 3. Life vest req'd. Spray skirt may be req'd. L George Wey (781 789-8005, Geowey@comcast.net)

Sat., Sep. 3. Long Pond, Brewster. DESCRIPTION: Long Pond, Brewster. Circle the pond; eat lunch on a sandy beach. PUT-IN: Exit 10 off Rt 6 N on Rt 124. Just after crossing the Brewster Town line R on Crowell's Bog Rd LIMITATIONS: Life vest reqd. L Betty Hinkley (508-241-4782, bhinkley@mindspring.com)

Wed., Sep. 7. Centerville River. Hayward st. put-in. See web site for directions. 10:30am. PFD reqd. L Bill Fischer (508-420-4137, wmbarrarafischer@comcast.net)

Sat., Sep. 10. Leader's Choice. Probably Sandwich Harbor & Mill, Dock, and/or Spring Hill Creeks. Or possibly Barnstable Harbor. L Ed Foster (5084207245, erfoster@comcast.net)

Wed., Sep. 14. Onset Buttermilk Cove. Rt 25 exit 1 to Onset, L on 6E/28S to Main Ave, 0.2mi L Riverside Dr. Park on grass. L Haven Roosevelt (508-997-5160, havenesq@comcast.net)

Sat., Sep. 17. Mashpee-Wakeby Ponds. Mashpee-Wakeby Ponds. Leisurely trip following shoreline, lunch on sandy beach. PUT-IN: From Rt. 28 take Rt. 130N 2 mi to R at "State Landing" sign. LEVEL: 2 LIMITATIONS: Life vest reqd. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Wed., Sep. 21. Pocasset Harbors. A leisurely 8-mi. tour around Bassett's Island & the harbors of Pocasset. PFD req. Spray skirt rec. Launch 10:30AM. Call for location. L Wesley Ewell (774-313-7599 7:00AM-9:00PM, twofootartist@yahoo.com)

Sat., Sep. 24. Meetinghouse Pond, Little Pleasant Bay, Orleans. DESCRIPTION: Meetinghouse Pond, Little Pleasant Bay, Orleans. PUT-IN: From Rt 28 E on Main St to R on Barley Neck Rd, R at next fork (Barley Neck Rd) to town landing on R. Life vest & spray skirt reqd. L Betty Hinkley (508-241-4782 any time, bhinkley@mindspring.com)

Wed., Sep. 28. Swift Neck. Rt 25 W, Exit 2 Rt 6/28 to 6W L Swifts Beach Rd, after Lynne L Shore Ave to end. L Haven Roosevelt (508-997-5160 any time, havenesq@comcast.net)

Sat., Oct. 1. Fiddler's Cove to Wild Harbor & Herring Brook. N. Falmouth to Old Silver Beach. Will paddle south to Herring Brook. PFD & spray skirt reqd. L gifford allen (774-392-0634 anytime, gifallen@verizon.net)

Wed., Oct. 5. Westport River West Branch. 195 to Rt 88 S to Westport, bridge over River, R to boat ramp on River. L Haven Roosevelt (508-997-5160 any time, havenesq@comcast.net)

Sat., Oct. 8. Chase Garden Creek, Yarmouth Port. Route6 Exit 8N (Union); L Rte 6A; immediate R Center to Grey's Beach. Life jacket & spray skirt reqd. L Paul Corriveau (508-362-0451, paulcorri@gmail.com), CL Jean Orser (508-362-0451, jeanorser@aol.com)

Wed., Oct. 12. Pamet Harbor Truro. Put-in: From Route 6 in Truro, right at exit for Pamet Rds Truro Center. Right onto South Pamet Rd. Left on Castle Rd, right onto Depot Rd to Harbor. Life vest, spray skirt, wet/dry suit reqd. \$6 launch fee. L Don Palladino (508 349 2950, djp1958@comcast.net)

Sat., Oct. 15. Indian Lakes, Marstons Mills. PUT-IN: Rt. 6, Exit 5S on Rt 149 for 2.9 mis. Right onto Mystic Drive (at Indian Lakes sign); 0.7 mis to lane on right "Town Way to Water" Life vest reqd. L Nancy Wigley (nrwigley@verizon.net)

Wed., Oct. 19. Dike Creek. 195 Exit 13S, Rt 140, R on Rt 6 L Slocum Rd, L at stop sign to Bridge St. R over bridge L on Smith Neck Rd. L Haven Roosevelt (508-636-0006, havenesq@comcast.net)

Sat., Oct. 22. Long Pond, Harwich/Brewster. PFD - Sprayskirt-Wetsuit/drysuit req. Exit 10 off rte 6 N on rte 124. Just after crossing the Brewster town line R on Crowell's Bog Rd. L Bill Fischer (508-420-4137, wmbarrarafischer@comcast.net), CL Libby Pratt (508-225-3280, elizpratt@yahoo.com)

Wed., Oct. 26. Waquoit Bay & Creeks. A leisurely 10-mi. tour of Childs River, around Washburn Island & into scenic estuaries. PFD & wet or dry suit req. Spray skirt rec. Launch 10:30AM at State ramp on White's Landing Rd, off Route 28 in Falmouth. L Wesley Ewell (774-313-7599 7AM-9PM, twofootartist@yahoo.com)

Sat., Oct. 29. Walker Pond. 10:30 am PFD + Wet suit/dry suit reqd, Spray skirt reqd. See website for directions. L Bill Fischer (508-420-4137, wmbarrarafischer@comcast.net)

TRAILS

May 21, Lonesome Lake Trailwork

SKI (XC & DOWNHILL)

(AN) (CE) Fri., Mar. 4-6. XC Skiing, White Mountains. Boston 40+ & SEM join together at Applebrook B&B in Jefferson, NH for skiing & snowshoeing. 2 nights lodging, 2 breakfasts, 1 dinner from \$85 to \$180 p/p. L/R Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net), CL Wayne Cardoza (603-673-2518 before 9pm, wmc.amc@comcast.net)

(AN) (CE) Sat., Mar. 5-6. Zealand Falls Ski Touring. X-Country ski into Zealand Hut. Intermediate skiers capable of skiing with ~25 lb pack. Carry extra clothes, sleeping bag, & community food. Spend night in hut & fix group dinner & breakfast. Meet at trailhead, ski in early, drop gear at Hut & ski around area Sat., & ski out Sun. Approx \$45. L Art Paradise (978-372-7442 7-10pm, paradise1@mindspring.com), L Bob Bentley (508-866-3057 7-10pm)

EDUCATION

Mar. 26 LEADERSHIP TRAINING
Apr. 2,3 WILDERNESS FIRST AID

CONSERVATION Watch our website!

MEMBERSHIP March 19, Open House

CHAPTER YOUTH (CYP) Watch our website!



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CONSERVATION CORNER

by Joanne Jarzobski, Conservation Chair



Join us for some special conservation events to celebrate EARTH DAY in April!

For more information, please email conservationchair@amcsem.org OR check the SEM website (amcsem.org).

The Conservation Chair is looking for volunteers to join the Conservation Committee.
If you'd like more information or to become a volunteer, please contact Joanne M. Jarzobski at conservationchair@amcsem.org

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



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NEWS FROM JOY STREET

***Save the date: Spring Fling at Mohican Outdoor Center April 29-May 1 -- AMC's third annual Spring Fling clubwide event at the Mohican Outdoor Center will be a fun-filled weekend featuring hikes on the scenic trails in the Delaware Water Gap, biking on the park's roads and rail-trails, a visit to the Lakota Wolf Preserve, paddling on Catfish Pond (canoes, kayaks and all gear provided!), and making S'mores around the campfire. A variety of guided activities for you to choose from will be provided throughout the weekend, and all meals are included. AMC members and non-members (families, too!) are invited. Bring your favorite musical instrument and join Mohican's own band Saturday night in playing the classics and a few originals. This will be a chance for all twelve chapters to come together just to relax and have fun - no meetings, no business agenda, just a chance to get acquainted with fellow outdoor enthusiasts from all over the Northeast. Register early by calling AMC Reservations (603-466-2727), as last year's event sold out quickly. Visit www.outdoors.org/lodging/mohican for more information on Mohican.

***Gorman Chairback Lodge and Cabins now open: use your chapter group discount -- AMC's newest destination in the Maine Woods, Gorman Chairback Lodge and Cabins, is now open. With a new "green," LEED-registered lodge, refurbished shoreline cabins, and a growing network of trails, Gorman Chairback is a great spot for hiking, fishing, paddling, skiing, and snowshoeing. Gorman Chairback is located near Moosehead Lake, surrounded by 66,000 acres of conservation land. Use your member discount, or if you are a chapter leader, take advantage of our special group discounts and services to plan a trip soon. To learn more, visit www.outdoors.org/mainelodges.

***AMC launches new lower rates for children and teens -- As part of its commitment to get more kids and families outdoors, AMC has lowered its everyday rates for children ages 3-12 and introduced a new rate for teens, who previously paid the full adult rate. Child rates at Cardigan and Joe Dodge Lodge now start at \$29/night for lodging, meals, and programs, a 25% savings over 2010. Highland Center and Maine Lodge rates are now \$34/night, and Hut rates are \$49/night. AMC will also be rolling out a new natural playscape and program options at the Highland Center this summer. For details, visit www.outdoors.org/kidsguide.

***Calling all Teen Adventurers: AMC's 2011 Teen Wilderness Adventures catalog is now available -- These 4-27 day programs allow teens to build outdoor skills while gaining confidence in the backcountry and meeting new friends. This year, we've expanded our offerings for older teens and added new offerings such as a 27-day Maine Wilderness Adventure and an Intermediate Whitewater Kayaking Adventure. To learn more, visit www.outdoors.org/teenwilderness or visit Teen Wilderness Adventures on Facebook at www.facebook.com/teenwildernessadventures.

***AMC Mountain Leadership School: call for volunteer instructors -- Mountain Leadership School is seeking qualified individuals to expand its volunteer instructor pool. MLS is the AMC's premier outdoor leadership training program, having trained leaders for outdoors organizations for over 50 years. The MLS program consists of 5 days of experiential learning, including a summer backpack in New Hampshire's White Mountains. Each student leads the group for one shift and co-leads the group for another shift.

The MLS program relies on the efforts of our volunteer staff to provide high-quality education to those aspiring to become outdoor leaders. Instructing is personally rewarding and is a uniquely powerful way to share your outdoors leadership knowledge and experience with enthusiastic, talented, and interesting students. Instructing MLS requires excellent outdoor, leadership, and communication skills and demands energy, maturity, and commitment.

The MLS Instructor's role is to teach in both classroom and backcountry settings using a variety of methods. The instructors provide structure and tactfully share honest feedback with the student leaders. Instructors oversee the program in the field by being constantly aware of the group's situation, progress within the program schedule, and student-leader performance.

For further information about this rewarding and challenging experience, please email mlsinstructor@gmail.com.

New Spring titles from AMC Books

[To newsletter editors: For review copies or cover images, email Melissa Tobin at mtobin@outdoors.org]

AMC Books are available through bookstores and outdoor retailers, or directly from AMC at www.outdoors.org/amcstore or by calling 800-262-4455. When members order directly from AMC, they receive a 20% discount and know that all proceeds go to support AMC's mission.

****"Passport to AMC's High Huts" By Ty Wivell -- Visitors to the Appalachian Mountain Club's famed huts in the White Mountains will find this compact, easy-to-carry book both a valuable guide to each of the eight huts in the AMC system and a treasured souvenir of their trip. Guests can have their passport stamped to commemorate their visit to each hut. Available in April.

****"Best Day Hikes in the Whites," 2nd Edition By Robert Buchsbaum -- This fully updated four-season guide from the publishers of the best-selling White Mountain Guide leads you to 60 of the finest views, most dramatic waterfalls, and best nature-rich trails the region has to offer. You'll explore the peaks bordering Franconia, Crawford, and Pinkham Notch; discover the many scenic trails along the Kancamagus Highway; visit several of AMC's high mountain huts; and tour the picturesque Sandwich Range. Available in April.

****"Best Day Hikes near Washington, D.C." By Stephen Mauro and Beth Homicz -- Discover 50 of the best day hikes in the Washington, D.C., area with this essential four-season guide, a new addition to AMC's Best Day Hikes series. Perfect for beginners, enthusiasts, families, tourists, or area natives, this easy-to-use book includes some of the finest trails of Washington, D.C., Maryland, and Virginia. Available in April.

****"Best Day Hikes in the Catskills," 2nd Edition By Peter Kicks -- With more than 600 miles of trails within just a few hours of New York City, the Catskills and Hudson Valley are a hiker's paradise, boasting varied and scenic terrain from Westchester County to Albany. This fully updated guide leads beginner and experienced hikers along 60 of the region's most spectacular trails. Available in April.

****"Best Day Hikes near Boston," 2nd Edition By Michael Tougias and John S. Burk -- From the barrier beach on Plum Island to the Middlesex Fells and Blue Hills, from the South Shore to Cape Cod, this guide offers a variety of trails for all ability levels and interests. This fully revised new edition adds ten more hikes for beginner and intermediate hikers. Available in April.