



# The Southeast Breeze

Quarterly newsletter of the Appalachian Mountain Club, Southeastern Massachusetts Chapter  
Winter 2011/2012 — December, January, February

## View from the Chair

By Jim Plouffe, Chapter Chair



It's been one year; one year since I accepted the position as Chapter Chair for the Chapter. It is the ultimate of volunteer positions, in this type of club. While some volunteers give up a Saturday here or there and some volunteers lead a hike or a bike or a paddle, once in a while, this position, as Chapter Chair, has me running regular meetings, planning club wide events, coordinating weekend events, attending other meetings, annual dinners, retreats, and many other things that take up time. The work as a Chapter Chair goes beyond these "time taking" events and includes the time it takes to prepare agendas, write articles, and collect paperwork and other less noticeable but important tasks that take place behind the scenes. I tell you this, not to pat myself on the back, because I don't really need the pat on the back. I enjoy doing this type of work and find it rewarding just to see that I can make a difference in my microcosm.

I have told you this because last night I sat in a room with "my" Executive Board and conducted a meeting that will hopefully bring this Chapter forward in the year 2012. At this meeting, I was looking around and realized that for every minute I spend planning, executing and attending my meetings and events, the people in front of me, acting in their volunteer capacity, spent an equal amount of time doing their best to try and achieve the same goals and intentions that I strive to accomplish.

In the first sentence of the previous paragraph, I put quotation marks around the word "my" because I want to point out that while a Chapter Chair is the chief executive of the Chapter, the board is actually run by the other volunteers who make up the Executive Board. Their work in creating events and programs, attending meetings, publishing newsletters, planning hikes, bikes and paddles, running pot-luck dinners and similar events, actually makes this Chapter work, and work efficiently at that. So, I would argue, it isn't "my" Executive Board, but rather, I am "their" Chair. Without them, this chapter wouldn't be successful and hence I wouldn't be.

This has been a long and drawn out way to say Thank You to the SEM Executive Board that I worked with for the past year and an advance Thank You to the new SEM Executive Board that assembled last night. Thank You.

Our Executive Board Meetings are open to anyone who wishes to attend. Our next meeting will be held at the Bourne Community Center on March 14, 2012 and you are welcome to attend. We usually meet at 6:00 PM for a bite to eat and officially start the meeting at 6:30 PM. Contact me at [Chair@amcsem.org](mailto:Chair@amcsem.org) and I'll add you to our e-mail list for board notifications.

## DID YOU SEE OUR BRAND NEW WEBSITE! [WWW.AMCSEM.ORG](http://WWW.AMCSEM.ORG)

The Breeze is now totally electronic! It's now the "e-Breeze" !

Access the "Member Center" to sign up to receive the e-Breeze by e-mail:

From our own SEM web site: [www.amcsem.org](http://www.amcsem.org) (lower right)

From the AMC web site: [www.outdoors.org](http://www.outdoors.org) (upper right)

By phone: 800-372-1758 Monday-Friday from 9-5:00 Eastern Time

By mail: AMC Main Office, 5 Joy Street, Boston, MA 02108

OR get a copy on our website at [www.amcsem.org](http://www.amcsem.org). Click on "Breeze Newsletters" on the left.

# NOTICES

## Regular Meetings:

### SEM Executive Board

March 14, 6:30pm

(contact [chair@amcsem.org](mailto:chair@amcsem.org) for more info)

### Hike Planning Meetings (6:30pm 1<sup>st</sup> Wednesday quarterly)

(Dec 7, Mar 7, Jun 6, Sep 5)

(contact [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org) for more info)

## Where to find activities (hikes, bikes, paddles, etc.)

1. The Breeze - arrives by email
2. AMC Outdoors - arrives by snailmail
3. Online trip listings
4. Sign up for *short notice* trip listings at [www.amcsem.org](http://www.amcsem.org)

## Pix and Article Submissions

We encourage SEM members to submit articles and photos for both The Breeze and our website. Materials for publication will be edited for content and to fit available space. Please send to [communicationschair@amcsem.org](mailto:communicationschair@amcsem.org).

**January Breeze Deadlines:** Dec. 7 trips; Dec. 15 articles/pix

## SEM Non-members

Not an SEM chapter member? Want the Breeze? Contact the Member Center and set your preferences. Or get a copy at our website at [www.amcsem.org](http://www.amcsem.org).

## Volunteers needed!

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](mailto: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](http://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](http://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. **Editor:** Cheryl Lathrop, **Asst. Editors:** Ann McSweeney, **Proofreader:** Kate Patroia. **Change of Address** to AMC, 5 Joy St., Boston, MA 02108, 800.372.1758, or [www.outdoors.org/membercenter](http://www.outdoors.org/membercenter)

## 2012 Executive Board & Committee Chairs

Chapter Chair	<a href="mailto:chair@amcsem.org">chair@amcsem.org</a> Jim Plouffe, 508-562-0051
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Treasurer	<a href="mailto:treasurer@amcsem.org">treasurer@amcsem.org</a> Patty Rottmeier
Secretary	<a href="mailto:secretary@amcsem.org">secretary@amcsem.org</a> Karen Singleton, 508-730-7701
Past Chapter Chair	<a href="mailto:pastchapterchair@amcsem.org">pastchapterchair@amcsem.org</a> Wayne Anderson
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Skiing (Vice)	<a href="mailto:xskivicechair@amcsem.org">xskivicechair@amcsem.org</a> Farley Lewis, 508-775-9168
Trails	<a href="mailto:trailschair@amcsem.org">trailschair@amcsem.org</a> Lou Sikorsky, 508-678-3984
Trails (Vice)	<a href="mailto:trailsvicechair@amcsem.org">trailsvicechair@amcsem.org</a> <a href="#">Open</a>

## AD HOC COMMITTEES:

Social Chair Jodi Jensen, 781-762-4483  
Family Events Chair Chris Pellegrini, 508-244-9203

## STAFF:

Social Networking Susan Salmon (moderator)  
Webmaster [webmaster@amcsem.org](mailto:webmaster@amcsem.org)  
Breeze Editor [communicationschair@amcsem.org](mailto:communicationschair@amcsem.org)

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



PHOTOGRAPH BY MIKE WOESSNER

## **SEM CHAPTER HUT WEEKEND**

**By Susan Salmon**

The annual SEM September Chapter Hut Weekend (CHW) at Cold River Camp was a great success again this year. We had the biggest turnout yet with 65 people attending the 4-day event. Lots of activities were planned for all levels of ability and interests. There was even a demonstration on how to bake using a reflector oven in front of a fire. The cornbread was delicious!

Cold River Camp (CRC) is a volunteer-managed, family-oriented, full-service facility of the Appalachian Mountain Club. CRC is located within the quiet and peaceful Evans Notch Valley on Rte. 113 in Chatham, NH. First built as a church camp, the original buildings were purchased by the AMC in 1919 with additional cabins added later, and campers still share the quiet and simple times of the camp's beginnings. While many choose to hike within Evans Notch, others venture further into the nearby Presidential and Mahoosuc ranges. For canoeists and kayakers, the nearby Androscoggin and Saco Rivers offer daylong adventures and the quiet rural roads invite joggers and bikers. Guests looking for other activities will find many antique shops in nearby towns, as well as the outlet malls and a golf course in neighboring North Conway.

The 25 cabins of various sizes accommodate from 1-6 guests. Each cabin has a kerosene lamp, bureau, closet, linens (summer season only) and most have fireplaces. There is a recreation hall for evening programs or a game of ping pong. You'll find a library for quiet reading and relaxation, where a woodstove provides warmth on chilly evenings, and a library table that offers space for writing or the use of your computer. There are three bathhouses, which are handicapped accessible, offering hot showers and toilets, as well as a drying room. Conant Lodge, the main gathering spot of the camp, is where two delicious meals are served daily. Early morning coffee is always available and each camper makes up his or her own lunch from a bountiful lunch buffet in the morning. All are welcomed on brisk mornings or cool evenings to a fire in the large, stone fireplace. A teahouse, located along a scenic trail on the camp grounds, provides a delightful spot to read, paint, or enjoy a cup of tea.

The camp gates opened Thursday at noon with people arriving throughout the day and evening. It was a day to relax, settle in, and enjoy the first of the daily social hours and hearty meals. A hike and a kayak trip took place Friday morning. A group of seven kayaked Kezar Pond in Fryeberg, ME. Although the day was overcast, they enjoyed the still water paddle and found a sandy beach to stop for lunch. The sun broke through during lunch and they finished the trip in sunshine. Along the way, they saw a bald eagle perched in a tree and some trees in brilliant fall foliage. Fourteen people went on the Mount Meader hike. It was a 6.7 mile hike to the

summit at 2782'. The first section of the hike was fairly level offering great views of the pond and mountains overlooking Basin Pond. After passing Hermit Falls, the trail alternated between easy sections and some steeper areas until the summit was reached.

Most people arrived Friday throughout the day and everyone enjoyed the evening festivities. The social hour started things off with complimentary wine, beer, and soft drinks, as well as, various appetizers. After dinner there was a camp fire to gather round and an outdoor showing of the movie "A Bug's Life" to watch. Others gathered in the lodge for friendly conversation.

We were up early Saturday morning to make our lunches and eat a big breakfast. We were soon ready to embark on the day's activities. One group hiked Caribou Mountain, a 6.9 mile hike to the summit at 2840'. Although the trail was wet and muddy from the rain the night before, there were great views of Kees Falls and the valley below. Another group hiked up South Baldface, about an 8 mile hike to the summit at 3570'. Although it was overcast and foggy, there was plenty of colorful mushrooms and foliage to take in. The emerald pool was also a scenic side trip off the main trail. The group wasn't able to summit because of the wet, slippery conditions on the ledges but everyone enjoyed the hike and returned safely.

The kayak trip took place on the Saco River from the Route 113 bridge to Canal Bridge in Fryeberg, ME. The seven mile paddle started under misty skies and the ten paddlers were off in a very slow current. There was a portage around Swan Falls after which the current picked up. Soon after the falls, they found a sandy beach to stop for lunch. The sun peeped in and out the rest of the paddle for a pleasant finish.

The Saturday night outdoor movie was "Southbound", a movie about a young woman's experience hiking the Appalachian Trail.

After another hearty breakfast Sunday morning, we cleaned up, packed up, and headed home. A vote was taken and once again, everyone chose to come back to Cold River Camp. Hope we see you there next year!



KAYAKING



HIKING



PACKING LUNCH FOR THE DAY



RELAXING IN THE LODGE

# THREE FINISH THE FORTY-EIGHT !



Kevin Mulligan, Leslie Carson, and Ken Jones (left) completed hiking their 48<sup>th</sup> 4000-footer of "The 48" on Saturday, October 8, 2011. Owl's Head was their final peak to summit. Congrats to them all! What a feat!

The term Four-Thousand Footers (or "4Ks") refers to a group of forty-eight mountains in New Hampshire at least 4,000 feet (1,219 meters) above sea level. To qualify a peak must also meet a more technical criterion of topographic prominence important in the mountaineering sport of peak-bagging. Most often, the term "four-thousand footers" refers to the White Mountains Four-Thousand-Footers List established (and revised from time to time) by the Appalachian Mountain Club.

See all the photos at:  
<https://picasaweb.google.com/4000foot/OwlsHeadBackpack>



The Day's Hiking Group



East Branch Pemi East



Descending the slide on the way down



Overnighting at Fraconia Brook tent site

## THOUGHTS FROM THE THREE "48" FINISHERS...



**KEVIN's QUEST FOR THE 48:** I joined the AMC 3 years ago in order to meet some new friends and get back into shape. Hiking was something I never did before, but it looked interesting and I wanted to give it a try. I met Ken and Leslie on my very first hike, and I will never forget that weekend as we spent two nights camping in frigid conditions on Mt. Greylock. I made it through stage 1 hypothermia, completely exhausted myself getting to the top, and learned everything about "what not to do" Despite those learning experiences, I was blessed with deep friendships and I was hooked. I immediately started hiking in the Blue Hills and met my partner in crime, Sue Salmon. We climbed many of those mountains together, and the rest is history. For me, it was the process. If we made it to the top, that was icing on the cake. Being with friends and experiencing every one of the 48 peaks for their own unique beauty is what it is all about. As luck would have it, I was fortunate enough to share the last peak with those same people that I first started out with on Greylock that cold November day 3 years prior. It does not get any better than that. Thank you all and I look forward to new adventures. Keep climbing!



**LESLIE's QUEST FOR THE 48:** At age 50 I joined AMC thinking that I would like to do some hiking, since none of my friends and family would hike with me. My first hike was the Appalachian trail in western Mass. I LOVED it and met some great people. They encouraged me to join other hikes, some of which were 4000 footers in the White Mtns. Once I hiked a few, people started talking about "the 48 4K footers". At first, I had no idea of what they were talking about, but I started adding a few dates of my hikes to the list in the back of the White Mountain Guide. Then in earnest, I started keeping track of what I was doing and decided I would give myself until the age of 60 to finish them. I usually hiked twice a month year round and when I became a leader, I decided to lead hikes to the mountains I hadn't climbed so I could add them to the list. This past winter (2011) I realized I had only a few more to go, so scheduled the hikes to finish. Hurricane Irene almost interfered with me completing the 48 but fortunately, several of us were able to re-schedule for Columbus Day weekend and finally finish together. What a great accomplishment (ahead of time)! Now on to the New England 67 and beyond!



**KEN's QUEST FOR THE 48:** I started my 4000 footer trek with Lafayette and Lincoln back in 1994 with no real ambition on completing them. Friends just told me it was just the best hike ever. They were right and I was hooked. The problem with the NH 48 is that there are so many great summits but I guess that's not a problem at all. The problem is the last dozen or so are not up on a ridge, there are no spectacular views, and a few are just drudgery. I never felt the urge to climb them. As I would find out however, these last summits all had their own unique characters that I will always remember. As Father Time marched on and the big 60 came and went, I was encourage by Leslie and Kevin to get cracking. With Owls Head penciled in this September as our #48, there was no turning back. Irene pushed us into October giving me a little more time to finish, and the leaves were turning giving us all a little more incentive to head north. Owls Head was another unique opportunity, with great friends, challenging river crossings, a slide like I've never seen and some wonderful hiking by moonlight. A long day but an experience and view of Franconia Ridge that I will remember always. Thanks for the push!

## SEM's NEW COMMITTEE: "Family Events"

The Family Events Committee brings AMC families together by offering outdoor adventures suitable for adults and children of all ages. By participating in our events, families can learn about and enjoy regional natural resources, as well as meet other families who have the same interests.

Our annual activities have included themed hikes, apple picking, and cookouts. Our famous Cookies and Eggnog hike in Borderland State Park is a favorite. This is a relatively new program for the SEM Chapter but we are planning to expand our list of activities.

The Family Events Committee of SEM AMC is led by dedicated volunteers who keep us connected through the planning of trips and posting of information through our email list. Join us on one of our upcoming adventures. There are other families ready to share the outdoors with you!

Contact: [familyeventschair@amcsem.org](mailto:familyeventschair@amcsem.org)

### LOOK AT ALL THE FUN WE'RE HAVING!



# SEM HIKING SERIES

SEM has many popular “hiking series” that run all year long (or most of the year). Look at the fun we’re having. Visit our website’s hiking page for more details on these hiking series. And—GET OUTSIDE!

SEM HIKING WEB PAGE: [www.amcsem.org/hiking.html](http://www.amcsem.org/hiking.html)



RLBH: Oct. 1, Entire Skyline Trail hike



Thursday Morning Hikers: Quincy Quarries



Full Moon Hiking Series



RLBH: April 14, first hike of the season

The Hiking Committee is looking for a **Hiking Vice Chair** to help the Chair plan hikes.  
Been hiking with us? Enjoyed it? This is your chance to give back!  
If you’re interested, please contact: Walt Granda at [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org).

The Hiking Committee is always looking for more **hike leaders**.  
If you’re interested, please contact: Walt Granda at [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org).





## SEM 2000 MILE BIKE CLUB

STATS AS OF: 9/30/2011

SEM 2000 MILE BIKE CLUB: Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 miles or more per year. Contact a bicycling leader to register your mileage and for more information:

Leonard Leonardi	Franklin	5035
Gerry Nelson	Bourne	4188
Malcom Galvin	Harwich	3128
Louis Outor	Rochester	3064
Joe Barry	Yarmouthport	2958
Joe Tavilla	Barnstable	2920
Lee Eckhart	Assonet	2519
Dan Egan	Brockton	2511
Larry Cohen	S Easton	2430
Ron Sikora	Cotuit	2377
Fred Chase	E. Providence	2252
Jean Orser	Orleans	2225
Pam Patrick	Orleans	2210
ED Foster	Cotuit	2207
Mark Tisdale	Marston Mills	2049
Lawton Gaines	Canton	2023
Paul Currier	Sandwich	1929
John Sullivan	Marshfield	1916
Barry Gallus	Cotuit	1661
Patty Kent	Marshfield	1524
Jack Jacobsen	Fairhaven	1135

### WANTED:

**Bicycling Chair.** The SEM Chapter is looking for a dedicated person to run our Bicycling committee. This position includes running planning meetings, attending monthly Executive Board Meetings and other various Chair responsibilities.

**Ride Leaders & Co-Leaders.** Enthusiastic about cycling? Like showing others your favorite roads? If yes, then share your enthusiasm and routes with your fellow AMC members!

Contact: Jim Plouffe, 508-586-1394, [chair@amcsem.org](mailto:chair@amcsem.org)

## SEM Annual Meeting & Dinner



On Saturday, November 5, SEM held its Annual Meeting and Dinner, at Salerno's Function Hall in Onset, MA. We first held our business meeting where we elected the 2012 Executive Board. Then we had a delicious buffet dinner and birthday cake. And our guest speaker was Hylton Haynes of the New England Forestry Foundation who spoke on forestry in New England versus other parts of the world.

This year, it was also SEM's 35<sup>th</sup> birthday celebration! Read about the history of our chapter's creation at:  
[www.amcsem.org/assets/pdf/sem\\_formation\\_history.pdf](http://www.amcsem.org/assets/pdf/sem_formation_history.pdf)

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## Distinguished Service Award (DSA)



At the 2011 SEM Annual Meeting, Cheryl Lathrop received the SEM chapter's Distinguished Service Award (DSA). Cheryl is currently in her 4<sup>th</sup> year as Communications Chair and Member of the Executive Board. She (and her staff) manages our chapter website, Breeze newsletter, email blasts, brochures, social networking, short notice list, calendar, and annual report. Most notably during the last couple of years, Cheryl brought the chapter into the 21<sup>st</sup> century by eliminating all paper communications, and going totally electronic. She also introduced the chapter to social networking with the creation of a Facebook page and a Twitter account. In addition, she managed the conversion of the old website to a new modern website that conforms to AMC templates. Cheryl is also a hike leader and active 4-season hiker. Please congratulate Cheryl Lathrop as the 2011 recipient of this chapter award.

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**Got something to say? Want to be a regular Breeze columnist?  
Contact the Breeze editor to volunteer!  
[communicationschair@amcsem.org](mailto:communicationschair@amcsem.org)**

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**Know what's happening?  
If not, then find us on FACEBOOK and follow us on TWITTER to find out!**

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**Got a little free time to help us grow?** Are you a people person who likes to help others? Are you concerned about environmental issues? Do you enjoy outdoor activities? Do you have some free time? If this sounds like you, then you may be interested in some opportunities to help our chapter of the AMC grow and better accomplish its mission. Get in touch with us and we'll be happy to tell you more. Contact: [chair@amcsem.org](mailto:chair@amcsem.org)





# Take a Long Hike

Hello fellow hikers. I'm Ray Anderson, and I've been asked to write a column for *The Breeze*. I've been a member of AMC for many years, but because I haven't been off hiking somewhere, this has been my first year as an active chapter member. I plan to write about chapter events and anything to do with hiking. If you have questions, or any input on what I do here, I'd love to hear from you. Just email me at [rknuteson@aol.com](mailto:rknuteson@aol.com)

What follows is a recap of a very pleasant AMC night this October.

**Want to do something different? Want something exhilarating you can do with your family?** Then consider hiking under a full moon. This is what I did on a recent Appalachian Mountain Club hike.

Regular chapter members and, in some cases, their spouses and children joined us. This time we met at Borderland State Park in No. Easton, Massachusetts. During the winter's full moons, we plan to hike/walk at other scenic spots. I may suggest Wompatuck State Park, in Hingham, or the Ponkapoag Pond trail at Blue Hills.



It was a beautiful night on Tuesday, October 11th, as we hiked around a large pond and through open meadows, with a full moon showing the way. We had headlamps in case the moon clouded over, but it remained clear, and we were able to see the gentle path before us.



Early on, we had seen a deer in the meadow. The beautiful animal fixed an eye on us, and we looked at the deer for a long minute, all under a full moon. I wished I could have taken a picture but it was too dark, and I didn't have the right equipment.

We had split into two separate groups with different leaders to make it easy for everyone to stay together. Walt Granda led one group, and Bob Vogel, the other. There was chatter in our group, and there was also time for reflection. We were a content and happy bunch.

Once, our leader, Bob, suggested we be absolutely quiet and still for several minutes. We did so and tried to listen to nature and drink up the sounds of night. Truthfully, we heard nothing as we all peered at the moon. I do believe we would have heard sounds of nature if we could have stilled a little longer.

It started to get cold, and we circled back to our starting point. Everyone enjoyed a pleasant evening and looked forward to the next full moon. Have any of you ever done something like this?

See you next time.

Ray Anderson 🌲

Ray's hiking blog: [www.TakeALongHike.com](http://www.TakeALongHike.com)

## Another RLBH finisher!



We have another RLBH finisher! On October 15, Nancy Coote finished red-lining her map. This means that she has hiked every trail (140 miles) in the Blue Hills! Way to go Nancy! Congrats! That's a whole lotta hiking!



## And yet another RLBH finisher!



We have yet another RLBH finisher! On September 17, Michael Swartz finished green-lining his map. This means that he has hiked every trail (140 miles) in the Blue Hills three times! The first time red-lining, the second time blue-lining, and the third time green-lining the trails on his map. Next up? Orange-lining!

In addition to color-lining his map, Michael also is working on white-lining his map—hiking all the trails in the Blue Hills in official winter (~Dec. 22~Mar.22).

Michael is one of the three co-leaders of this popular Thursday night hiking series.



WILDERNESS FIRST AID CLASS, November, 2011



# RED LINE THE BLUE HILLS

## 2011 WRAP-UP



The popular Thursday night hiking series, Red Line the Blue Hills, had a great 6<sup>th</sup> year! This group tries to hike all trails in the Blue Hills—all 140 miles of them—and marks their map with a red marker (red-lining). The first time around is red; second is blue; third is green; and fourth is orange. (Yes, lots of other people show up just for fun, as it is a lively social group with its own website, summer picnic, and year-end finale dinner.)

The RLBH series also includes two standard all-day Saturday hikes: A Skyline Trail end-to-end hike (followed by a hike to the Blue Hills Brewery) and a Fowl Meadow hike (to mark off all of Fowl Meadow in the fall after the bugs die).

There were 2 “green” finishers this year – Walt Granda (March 18) and Michael Swartz (September 17). They are both now onto orange-lining.

There were 25 scheduled hikes; 1 rain cancel (this “hike” was moved to the Suffolk Grill); 1 potluck summer picnic at the Blue Hills pavilion; and 1 season end dinner at the Fat Cactus. There were a total of 94 different hikers, and 50 people hiked 3 or more hikes. The hike with the most mileage was the Summer Solstice Hike—6 miles. And 180 people are on the mailing list! (Luckily they don’t all show up at once.)

### 2011 STAFF

Leaders: Maureen Kelly, Joe Keogh, and Michael Swartz.

Co-leaders: Ellen Correia, Jerry Yos

Registrar and Webmistress: Jodi Jensen

Cartographer: Maureen Kelly

Sign-in/Attendance: Ellen Correia

Social Coordinator: Nancy Coote

Sweep: Jerry Yos

Website: [www.amcsem.org/RLBHWS/index.htm](http://www.amcsem.org/RLBHWS/index.htm)

6-year Attendance Chart: [www.editgrid.com/user/jpkeo/RLBHsht1a](http://www.editgrid.com/user/jpkeo/RLBHsht1a)

**IT’S JUST A WALK IN THE WOODS.**

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Been to our new chapter website?  
**Check it out: [www.amcsem.org](http://www.amcsem.org)**

# Vernal Pools

By Sue Salmon

Vernal Pools are temporary bodies of water often found in shallow depressions, which fill in the spring (vernal means spring). They are formed by the collection of precipitation, runoff, and rising groundwater. Since they are temporary, fish cannot become established making the pools good habitats for many species to reproduce. To be considered a vernal pool, these temporary pools must also support specific animal species, called Indicator Species. Indicator Species are animals that rely completely on vernal pools for part of their lifecycle. The wood frog, spadefoot toad, two types of fairy shrimp, and four species of mole salamander are all indicator species.

Heavy rains in April and May bring out wood frogs, salamanders, and other amphibians. They travel from their winter habitat in the nearby forest to vernal pools for breeding. If conditions are just right on an early spring night, you might see mole salamanders or wood frogs making the migration. The right conditions include temperatures in the 40s, thawed ground, light wind, rain, and darkness. Migration may occur over several days if the conditions remain favorable.

The vernal pool is relatively short lived and the developing offspring must race to develop beyond their need for the water before the pool dries up. Many become food before they make it out and others die in the overheated shallows of the disappearing pool. They become food for birds, snakes, and mammals, such as raccoons or shrews. Spotted turtles eat the egg masses of spotted salamanders, in addition to, insects and amphibian larvae. Those that make it to maturity and survive the return to the forest, come back to the vernal pool to continue the life cycle.

## Seasons of a Vernal Pool

In early spring a vernal pool comes alive with amphibian migration, mating, egg laying and hatching. By late spring, the animals are growing fast. Tadpoles have legs, fairy shrimp mate and die and their eggs fall to the bottom of the pool. Beetles, bugs, midges, worms, and crustaceans are at peak numbers.

By summer, the water level declines, temperature increases, and oxygen decreases. Amphibians finish their metamorphosis and leave the pool. Diving beetles dart through the water and striders skate on the surface.

Worms and some midges still remain by early autumn in muddy puddles. On rainy nights, marbled salamanders come to breed. Females dig nests, lay eggs and remain until the pool starts to fill.

Under the ice in late winter, the pool is full of life. When the ice and snow melt and the pool fills, the cycle begins again.

Vernal pools are protected in Massachusetts by regulations, the primary one being the Wetlands Protection Act. If you think you might have a vernal pool on your property, contact your town's conservation agent to ask for assistance in getting the pool certified. Once certified, the state regulations and local bylaws can be applied to provide protection for the vernal pool ecosystem from such things like development, cutting down trees, or filling in the pool.



*Wood Frog*



*Spadefoot Toad*



*Fairy Shrimp*



*Spotted Salamander*



*Marbled Salamander*

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# NEWS FROM JOY ST.

The following 2 pages are info from the AMC central office at Joy St. in Boston

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## **AMC Adventure Travel Trip Openings**

AMCs Adventure Travel volunteers create, plan and lead domestic and international trips fostering a dynamic and active group environment. Each trip is unique but all strive to fulfill AMCs mission of promoting stewardship and appreciation of the natural world. For complete information about AMCs Adventure Travel program go to [www.outdoors.org/adventuretravel](http://www.outdoors.org/adventuretravel). If you have any questions about AMCs Adventure Travel program or would like information about becoming an Adventure Travel leader, contact Colleen Yout at [cyou@outdoors.org](mailto:cyou@outdoors.org) or 617-391-6596.

A sample of upcoming 2012 trips:

Nepal	April 14-26
SE New Mexico	April 21-29
Hawaii	April 28-May 13
Italy	May 2-13
Ireland	May 19-26

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## **Appalachian Mountain Club Announces Publication of *AMC Guide to Outdoor Digital Photography***

By Jerry Monkman  
Paperback • \$19.95

The Appalachian Mountain Club is pleased to announce the release of the *AMC Guide to Outdoor Digital Photography*.

Written by professional photographer Jerry Monkman, this book is designed for outdoorspeople eager to expand their photography skills, or experienced photographers looking to hone technique shooting adventure and nature subjects. Monkman serves as coach and guide each step of the way, from packing gear and finding inspiration to taking great shots and editing photos in the “digital darkroom”.

AMC Guide to Outdoor Digital Photography features fundamental techniques and concepts that every outdoor photographer needs to know. Using easy-to-follow instructions, case studies, and expert advice, Monkman covers essential gear and gear safety, telling stories with photos, the special challenges of shooting in different conditions, perfecting composition and exposure, processing images using editing software, and the ever-important undertaking of keeping those digital photographs organized and safe.

This must-have guide will expand your creativity and your skill set as you head out on your next adventure with camera in hand.

Inside you'll find:

- Accessible techniques for new and experienced photographers
- Comprehensive coverage of the photography process
- Tips and advice for shooting in all conditions, weather, and seasons
- Crisp, large, full-color photographs
- Digital darkroom techniques
- Case studies with detailed explanations
- Digital resources appendix

## About the Author

Jerry Monkman is a conservation photographer whose nature and adventure photographs have appeared in magazines and books around the world, including *National Geographic Adventure*, *Outdoor Photographer*, *Audubon*, *Men's Journal*, and *National Wildlife*. His work can be found at [www.ecophotography.com](http://www.ecophotography.com).

## Ordering Information

AMC Books are available nationwide through booksellers and outdoor retailers, and are distributed by The Globe Pequot Press, Inc., Guilford, CT 06437. Booksellers please call 888-249-7586. The general public may order directly from the AMC at [www.outdoors.org/amcstore](http://www.outdoors.org/amcstore) or by calling 800-262-4455.

## About the AMC

Founded in 1876, the Appalachian Mountain Club is the oldest conservation and recreation organization in the nation. With over 100,000 members, advocates, and supporters; 16,000 volunteers; and over 450 full-time and seasonal staff in the Northeast and beyond, the nonprofit AMC promotes the protection, enjoyment, and understanding of the mountains, forests, waters, and trails of the Appalachian region. The AMC supports natural resource conservation while encouraging responsible recreation, based on the philosophy that successful, long-term conservation depends upon first-hand enjoyment of the natural environment.

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## Updates on AMC's New President Search and Vision 2020

### Andy Falender to Retire

As many of you are aware, AMC President Andy Falender will retire in January 2012 after nearly 23 years as first executive director and more recently president of the Appalachian Mountain Club. The search for a new AMC President is well under way. Bridgespan, our search consultant, has interviewed more than 100 people across the country. The Search Committee has reviewed over three dozen resumes and has interviewed over a dozen strong candidates. We are now in "second round" interviews with several people, and Bridgespan continues to bring strong, new candidates to our attention. We believe we are on track to have a new President in place around the start of the new year, but our primary focus is finding the best candidate possible for AMC. For details on the search for a new President, see [www.outdoors.org/presidentsearch](http://www.outdoors.org/presidentsearch).

AMC invites you to celebrate the achievements of President Andy Falender at our Annual Meeting, Saturday evening, January 28, 2012 at the John F. Kennedy Library in Boston! To register for this event, visit [www.outdoors.org/FarewellAndy](http://www.outdoors.org/FarewellAndy).

### Vision 2020

Following much hard work and the extensive input from AMC chapters, individual volunteers and members, staff, and AMC's Board of Advisors, AMC has launched Vision 2020, a plan encompassing four strategic initiatives to guide us in the coming decade:

- 1. Build a Vibrant and Diverse Community of 500,000 Constituents** including more families and young professionals. We will develop local partnerships that broaden our diversity and reflect our region, and build communities online that reach new audiences.
- 2. Help 500,000 Kids Get Outdoors** giving them transformative outdoor experiences available through AMC's Youth Opportunities Program, our destinations near urban areas and "close to home" family activities through our chapters and local partnerships. We will make our huts and lodges even more inviting to families. AMC will advocate for local, state, and national policy in support of getting young people outside.
- 3. Lead Regional Action on Trails, Land Protection, and Engaging Youth in Conservation** by protecting and maintaining 2,500 miles of trails, protecting an additional 2 million acres from development, and growing our river and waterway expertise and involvement. We will build our capacity to offer professional trails assistance to other organizations and expand teen trail crew opportunities. We will offer opportunities for our constituents to reduce their recreation-driven carbon footprint.
- 4. Broaden the Impact of AMC's Maine Woods Initiative on the 100 Mile Wilderness** by building on our experience and perspective as a land owner in Maine to make our Maine lodging and program operations financially self-sustaining, support local economic development, and protect 800,000 additional acres. Look for more recreational opportunities that promote the 100-Mile Wilderness region as a world-class destination for outdoor recreation.

To learn more about AMC's strategy for the next decade, visit [www.outdoors.org/Vision2020](http://www.outdoors.org/Vision2020).

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# CHAPTER ACTIVITIES

Note: These activities are taken directly from the AMC central online activity listing system.

## SAVE THE DATE

### **CLUB-WIDE ACTIVITIES**

AMC Joy St. Open House, January 27, 2012  
AMC Annual Meeting, January 28, 2012 (day)  
[www.outdoors.org/about/annualmeeting]  
AMC Andy Falender farewell, January 28 (evening)  
[www.outdoors.org/FarewellAndy]

### **CHAPTER-WIDE ACTIVITIES**

SEM Leadership Training, March 2012  
SEM Open House, March 2012  
SEM Wilderness First Aid (spring), April, 2012  
SEM Chapter Hut Weekend, Sept 20-23 2012  
SEM Wilderness First Aid, November 2012  
SEM Annual Meeting, November 2012

## CHAPTER ANNOUNCEMENTS

**WANTED: Bicycling Chair.** The SEM Chapter is looking for a dedicated person to run our Bicycling committee. This position includes running planning meetings, attending monthly Executive Board Meetings and other various Chair responsibilities. Jim Plouffe 508-586-1394, Chair@amcsem.org

**Share Skills With Youth** - Spring training scheduled soon to become a Volunteer Leader with the Chapter Youth Program of the Southeastern MA Chapter. 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 Coordinator for workshop details. cypcoordinator@amcsem.org

### **NOTE ACTIVITIES MARKED FOR :**

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

FULL LIST of ACTIVITIES at [AMCSEM.ORG](http://AMCSEM.ORG)  
(see 'schedules' tab)

Additional activities are posted on our Short Notice List.  
Sign up for this list on our website, [amcsem.org](http://amcsem.org).

## SKIING

### **MIDWEEK DOWNHILL SKI TRIPS**

**January 9 - March 2**



Downhill ski day trip biweekly to areas in southern NH, depending on conditions. For experienced intermediate level skiers only. L Len Ulbricht ((508) 359-2250 before 9:00pm, lenulbricht@comcast.net)

### **CROSS COUNTRY SKI TRIPS**



**(AN) (CE) Fri., Jan. 13-16.**

#### **XC Ski MLK Weekend, White Mountains.**

Boston 40+ joins SEM Chapter once again at cozy Applebrook B&B in Jefferson, NH, for skiing, snowshoeing, and lots of fun and games. \$200-\$360/pp includes three nights lodging, three hearty breakfasts, a four-course dinner Saturday night, and a light supper on Sunday. Optional salad & pizza (\$extra) and moonlight snowshoe Friday night. L Barbara Hathaway ((508) 880-7266 before 9:00pm, barb224@tmlp.com), CL Wayne Cardoza ((603) 673-2518 before 9:00pm, wmc\_amc@comcast.net), R Barbara Hathaway ((508) 880-7266 before 9:00pm, barb224@tmlp.com)

**(AN) Sat., Jan. 28. XC**

#### **Ski: Great Brook Touring Center.**

XC skiing at Great Brook Ski Touring, Carlisle, MA or Weston Ski Track. Conditions determine location. Meet at 10 a.m. Bring, water, snacks, lunch. Beginner/intermediate; ski rentals available. L Barbara Hathaway ((508) 880-7266 before 9:00pm, barb224@tmlp.net), R Barbara Hathaway ((508) 880-7266 before 9:00 pm, barb224@tmlp.net)

**(AN) (CE) Fri., Mar. 2-4.**

#### **XC Skiing, White Mountains.**

Boston 40+ and SEM join together at cozy Applebrook B&B in Jefferson, NH for skiing and snowshoeing. 2 nights lodging, 2 breakfasts, 1 dinner from \$100 to \$160 p/p. L Barbara Hathaway ((508) 880-7266 before 9:00pm, barb224@tmlp.net), CL Wayne Cardoza ((603) 673-2518 before 9:00pm, wmc.amc@comcast.net), R Barbara Hathaway ((508) 880-7266 before 9:00pm, barb224@tmlp.net)

# HIKING / BACKPACKING

**HIKE PLANNING MEETING:** Dec. 7. Contact [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org)

**IMPORTANT:** Hikers unsure of their ability should try only 1 level more difficult than previously completed. No pets without permission of trip Leader. Registration req'd for most trips. Hiking boots strongly recommended. For additional info or to register, contact the trip Registrar (R), Leader (L) or co-Leader (CL). Trip updates available at [activities.outdoors.org](http://activities.outdoors.org). Sign up for the SEM Short Notice E-Mail Trip List at [www.amcsem.org](http://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.

Dec. 1. Myles Standish SF. Meet 10am at parking lot #2, see [www.mass.gov/dcr/parks/southeast/mssf.htm](http://www.mass.gov/dcr/parks/southeast/mssf.htm). Water, snack, boots, rain cancels. Moderate forest loop including large dry kettlehole. Leader Ellie MacPherson, 508-224-6465, [elliemacp@comcast.net](mailto:elliemacp@comcast.net), co leader John Bescherer, 508-419-1616, [notmtwain@yahoo.com](mailto:notmtwain@yahoo.com). L Ellie MacPherson ((508) 224-6465, [elliemacp@comcast.net](mailto:elliemacp@comcast.net)), CL John Bescherer ((508) 419-1616, [notmtwain@yahoo.com](mailto:notmtwain@yahoo.com))

**(FT) (NM)** Sat., Dec. 3. Winter Hike Series #1. First of 4. Learn basic's of winter hiking in the Blue Hills. We will learn heat management, nutrition, terrain, equipment... L Jim Plouffe ((508) 586-1394, [jimplouffe@comcast.net](mailto:jimplouffe@comcast.net)), L Wayne Anderson, CL Maureen Kelly, R Jim Plouffe ((508) 586-1394 5-7 PM, [jimplouffe@comcast.net](mailto:jimplouffe@comcast.net))

Dec. 8. Thursday Morning Hike: Warner Trail, Wrentham (B3C). Meet 9:45 at end of Randall Road, Wrentham. Bring water, snacks, lunch. Directions: 495 exit 15. Right onto 1A Wrentham. Right at Randall Road (King Philip Plaza sign). Rain cancels. L Joanne Staniscia ((508) 528-6799 7:00-9:00pm, [joannes1@localnet.com](mailto:joannes1@localnet.com))

**(FT) (NM)** Thu., Dec. 8. Full Moon Borderland Hike. Come join us as we hike around the ponds and through the woods, as conditions permit, under the (almost) full moon. Enjoy the fall weather, the moon over the ponds, the quiet of the woods at night. Headlamp or flashlight, although at times we may hike without them. Appropriate footwear for conditions. Please register by 12/1. Space limited. (\$1.00 fee to cover cost of special use permit.). L Bob Vogel ((508) 238-7732, [hike\\_with\\_bob\\_v@comcast.net](mailto:hike_with_bob_v@comcast.net))

**(CE)** Sun., Dec. 11. Midstate Trail Final Section. 12.8 miles on Midstate Trail from MA 9 in Spencer to E Hill Rd in Rutland. Moderately strenuous hike. L Fred Wason ((508) 838-6049, [fmwason@gmail.com](mailto:fmwason@gmail.com)), CL Ellen Correia ([ellencorreia@gmail.com](mailto:ellencorreia@gmail.com)), R Ellen Correia ([Ellencorreia@gmail.com](mailto:Ellencorreia@gmail.com))

Thu., Dec. 15. Massasoit State Park. At Massasoit SP, East Taunton's "hidden jewel," trails lined with pine needles wind around lakes and ponds on mostly flat to gently rolling terrain. Boots, water, lunch. Rain cancels. L Barbara Hathaway ((508) 880-7266 before 9 pm, [barb224@tmlp.net](mailto:barb224@tmlp.net))

**(FT) (NM)** Sat., Dec. 17. December Cookies and Egg Nog Hike. Join us for our Annual Cookies and Egg Nog hike in Borderland State Park. L Christine

Pellegrini ([cpellegrini928@gmail.com](mailto:cpellegrini928@gmail.com)), CL Bill Pellegrini ([bpellegrini928@gmail.com](mailto:bpellegrini928@gmail.com)), R Chris Pellegrini ((508) 244-9203 6-8, [cpellegrini928@gmail.com](mailto:cpellegrini928@gmail.com))

Sat., Dec. 17. Stinson Mountain (Easy fun winter hike, 5 miles, 3000'). The easy-moderate Stinson Mountain Trail gives excellent views for minimal effort. Hike or snowshoe, depending on trail conditions. Stop for coffee afterwards. L Bob Vogel, R/CL Cheryl Lathrop ([cheryl4698@verizon.net](mailto:cheryl4698@verizon.net))

**(FT) (NM)** Thu., Dec. 22. Thurs. Morn. Hike- HALE RESERVATION. 6 mile hike. Meet at 10:00 am Cat Rock parking area. Bring appropriate hiking gear, lunch and water. Rain Cancels. L Walt Granda ([wigranda@aol.com](mailto:wigranda@aol.com)), CL Hans Luwald ((781) 828-0572, [hans.luwald@gmail.com](mailto:hans.luwald@gmail.com)), R Hans Luwald ((781) 828-0572, [hans.luwald@gmail.com](mailto:hans.luwald@gmail.com))

Thu., Dec. 29. Thursday, Dec 29, Hike World's End (C3C). 10am, \$5 pp non-Trustees members, moderate, 4-5 miles, explore unique peninsula in Boston Harbor, stunning views, hilly, carriage ways, rocky paths. Wear layers, wind protection, traction if icy. Bring thermos, snacks. Directions at <http://www.thetrustees.org/places-to-visit/greater-boston/worlds-end.html>. L Eva Borsody Das ((781) 925-9733, [borsody@gmail.com](mailto:borsody@gmail.com))

**(FT) (NM)** Thu., Jan. 5. Noon Hill / Shattuck Reservation (C3C). Hike three-four miles on Trustees property. See [www.trustees.org](http://www.trustees.org) for trail map. Bring lunch. 10:00am start. Traction gear may be necessary. Rain cancels. Contact leader for directions. L Len Ulbricht ((508) 359-2250 Before 9:00pm, [lenulbricht@comcast.net](mailto:lenulbricht@comcast.net))

Sat., Jan. 7. Winter Hike #2, Mount Monadnock. 2nd of 4, Mount Monadnock will give you the experience of a true winter hike. L Jim Plouffe ((508) 586-1394, [jimplouffe@comcast.net](mailto:jimplouffe@comcast.net)), L Mike Woessner, CL Maureen Kelly, CL Wayne Anderson, R Jim Plouffe ((508) 586-1394 Between 5-9PM, [jimplouffe@comcast.net](mailto:jimplouffe@comcast.net))

**(FT) (NM)** Mon., Jan. 9. Borderland Full Moon Hike. Come join us as we hike around the ponds and through the woods, as conditions permit, under the full moon. Enjoy the winter weather, the moon over the ponds, the quiet of the woods at night. Headlamp or flashlight, appropriate footwear and winter clothing required. Please register by 12/31. Space limited. (\$1.00 fee to cover cost of special use permit.). L Bob Vogel ((508) 238-7732, [hike\\_with\\_bob\\_v@comcast.net](mailto:hike_with_bob_v@comcast.net))

Sat., Jan. 14. Mt. Kineo Bushwhack. Not your run of the mill hike. Snowshoe, bushwhack remote Mt. Kineo. Scenic Three Ponds. Reg. by 1/4. L Bob Vogel ((508) 238-7732, [hike\\_with\\_bob\\_v@comcast.net](mailto:hike_with_bob_v@comcast.net)), L Walt Granda, CL Jim Casey, R Jim Casey ([cmne@comcast.net](mailto:cmne@comcast.net))

Sat., Jan. 21. Snow Shoe Series #2. Snowshoe off Kanc to East Pond 7.4 miles round trip, 1900 ft. elev. gain. May extend to Little East Pond. L Leslie Carson ((508) 833-8237, [lrc929@comcast.net](mailto:lrc929@comcast.net)), CL Maureen Kelly, R Maureen Kelly ((617) 943-4288, [MoKel773@aol.com](mailto:MoKel773@aol.com))

**(FT) (NM)** Thu., Jan. 26. Thurs Morn. Blue Hills Hike/Snowshoe (B3C). Bring snack, water and suitable footwear. Meet at Houghton's Pond Parking Lot 10:00 AM. L Claire Braye ((508) 857-0320, [cbraye57@comcast.net](mailto:cbraye57@comcast.net))

Fri., Jan. 27-29. Mt Greylock Snow Camp. Overnight back pack on Mt. Greylock in western MA. Summit Greylock, camp in the snow. L Mike Woessner ((508) 577-4879, [stridermw@hotmail.com](mailto:stridermw@hotmail.com)), CL Jim Plouffe, CL Leslie Carson, R Mike Woessner (12 bradley Ln., Westford, MA, (508) 577-4879, [Stridermw@hotmail.com](mailto:Stridermw@hotmail.com))

Thu., Feb. 2. Thursday Morning Hike Joe's Rock/Birchwald, Wrentham (C3C). 10 a.m. Joe's Rock, 121 Directions: 495 exit 15. Right then left at light. 4 m on right. Bring water, lunch to eat at leader's. Desserts, beverages provided. Traction devices if icy. Storm cancels. L Joanne Staniscia ((508) 528-6799 7-9 p.m., [joannes1@localnet.com](mailto:joannes1@localnet.com))

Sat., Feb. 4. Winter Hike Series #3 - Mt. Chocorua. Hike Mt. Chocorua via Liberty trail loop. 7.8 miles RT, 2600 ft. elev. Winter equipment required. L Leslie Carson ((508) 833-8237, ltc929@comcast.net), CL Maureen Kelly ((617) 943-4288, MoKel773@aol.com), R Maureen Kelly ((617) 943-4288, MoKel773@aol.com)

**(FT) (NM)** Mon., Feb. 6. Borderland "Full Moon" Hike. Come join us as we hike around the ponds and through the woods, as conditions permit, under the full moon. Enjoy the fall weather, the moon over the ponds, the quiet of the woods at night. Headlamp or flashlight, appropriate footwear and winter clothing required. Please register by 1/26. Space limited. (\$1.00 fee to cover cost of special use permit.). L Bob Vogel ((508) 238-7732, hike\_with\_bob\_v@comcast.net)

**(CE)** Thu., Feb. 9. Thursday morning Rocky Woods Hike. Morning hike on the 6+ miles of trails in Rocky Woods, Medfield, MA. Varied terrain with some hills. Depending on snowfall, snowshoes may be required. 10:00 A.M. start. L Fred Wason ((508) 838-6049, fmwason@gmail.com)

**(FT) (NM)** Thu., Feb. 16. Thurs. Morn. Ponkapoag Hike/Snowshoe (B3C). Bring snack, water and suitable footwear. Meet at Ponkapoag Golf Course and skating rink parking lot 10:00 AM. Rte. 138 in Milton, near Fire Station. L Claire Bray ((508) 857-0320, cbraye57@comcast.net)

Sat., Feb. 18. Snowshoe Series #3. Moderate snowshoe trip for those not looking to 'climb a mountain.' Reg by 2/14 w/CL. L Bob Vogel ((508) 238-7732, hike\_with\_bob\_v@comcast.net), CL Jodi Jensen (jodijensen@gmail.com), R Ellen Correia (ellencorreia@gmail.com)

Feb. 23. Halfway Pond Conservation, Plymouth, B3C. Meet 10 am at Long Pond Pkg off Clark Rd for a pretty 6 m walk around ponds, bogs and forest. Directions on web or call L Ellie MacPherson 508-224-6465, elliemacp@comcast.net. L Ellie MacPherson ((508) 224-6465, elliemacp@comcast.net)

**(AN)** Fri., Mar. 2-4. Winter Hiking #4 Overnight. Conclude the SEM AMC winter hiking series with an overnight to Lonesome Lake Hut for one or two nights. Options for hikes will be to Cannon and/or the Kinsmans. \$50/pp per night includes dinner and breakfast. Full winter gear required. Must register and pay by Jan. 25th. L Leslie Carson ((508) 833-8237, ltc929@comcast.net), L Wayne Anderson, L Jim Plouffe, L Mike Woessner, CL Maureen Kelly ((617) 943-4288, MoKel773@aol.com), R Leslie Carson ((508) 833-8237 6-9 PM, ltc929@comcast.net)

## CAPE COD HIKES

Most Cape Hikes are "Show & Go." For additional info, contact trip Leader/Co-Leader (L/CL) or visit [trips.outdoors.org](http://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., Dec. 1. Eastham, Salt Pond Visitor Ctr to Coast Guard Beach (C3C). Walk Natl Seashore Trail from Visitor Ctr to Coast Guard Beach return via Salt Pond. Meet at 9:45 at Visitor Ctr on Rte 6 in Eastham. 2 hours. L Pat Sarantis ((508) 430-9965, patsarantis@gmail.com)

Sun., Dec. 4. Brewster, Nickerson State Park (C3C). Winter hike on woods trails, by ponds, some hills. Meet at 12:45 at the front main pkg area off of Rte 6A in Brewster. Two hours. Bad weather/ice cancels. If in doubt call leader. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Thu., Dec. 8. Yarmouth Port, Gray's Beach (C3C). Hike in Conservation land areas over trails along marsh, through woods, includes the boardwalk with views of Sandy Neck, Chapin Beach. Meet at 9:45 a.m. Two hours. L Janet Kaiser ((508) 432-3277, rjkaiser@verizon.net)

Sat., Dec. 10. Truro/Bay Sea Turtle Walk(C3C). 9:45 a.m. Noons Landing Rte. 6A North Truro. Carpool to trail head. Walk bay beach looking for hypothermic sea turtles. 3 1/2 hours. Lunch. CALL LEADER FOR CARPOOL INFO THAT MORNING! L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Dec. 11. Harwich-Hawksnest State Park (C3C). Enjoy a early winter woods walk. Two hours. Meet 12:45. From Rte 6 take exit 11. Turn R on Spruce Rd diagonally across from exit. Park on side of road approx 0.6 mi. Bad weather/ice cancels. Doubt call L. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Thu., Dec. 15. Dennis, Crowe to Crowe Loop (C3C). 2hr. hike. Paths, beach, quiet roads. 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)

(FT) (NM) Thu., Dec. 22. Cotuit-Eagle Pond (C3C). Wooded walk around Eagle Pond. Meet at 9:45AM at Rite-Aid Parking Lot at junction of Rte.28 and Putnam Ave. 2 hrs. L Farley Lewis ((508) 775-9168 9AM-9PM, farlewis@comcast.net)

Sat., Dec. 24. Truro/Bay Sea Turtle Walk(C3C). 9:45 a.m. Noons Landing,Route 6A, N. Truro. carpool to trail head. Walk bay beach looking for hypothermic sea turtles.3.5 hours. Lunch. Call that morning for carpool info. L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Jan. 1. Provincetown, Clapp's Pond/Beech Forest (C3C). Meet 11:45 at Clapp's Pond trailhead on Rte 6, just past and opposite Shankpainter Rd. in Provincetown. Beautiful hike in plush woods with numerous and varied ponds. Moderate hills. 3 1/2 hours. L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Thu., Jan. 5. Mashpee South Cape Beach (C3C). Flat hike through woods for 2 miles, then 2 miles on sandy peninsula. From Mashpee rotary, take Great Neck Rd.S 2.7 mi,left on Great Oak Rd. Follow to town beach pkg. Meet at 9:45. 2 hours. L Gary Miller ((508) 540-1857, Garymaxx@verizon.net)

Sun., Jan. 8. Truro, Ryder Beach (C3C). Beach, pretty 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 12:45, 2 hrs. L Pat Sarantis ((508) 430-9965, patsarantis@gmail.com)

Thu., Jan. 12. Barnstable-Exit 5 to Exit 6 (C3C). Hike Cape Cod Pathways route through West Barnstable. Meet at 9:45AM at YMCA Pkg lot off Rte. 132 for car shuttle.2+hrs. Heavy rain/snow cancels. L Farley Lewis ((508) 775-9168 9AM-9PM, farlewis@comcast.net)

Thu., Jan. 19. Brewster, Punkhorn Parklands (C3C). Hilly trails Upper Mill, Walker Ponds. Exit 9B Rte 6, 2.0 mi. R on Satucket. Continue, bear slightly Right on Stony Brook Rd. 0.3 mi R on Run Hill. 1.3 mi to park on left. 2 hours. Meet 9:45 a.m. L Janet Kaiser ((508) 432-3277, jtkaiser@comcast.net)

Jan. 26. Barnstable Conservation (C3B). Hike Barnstable Conservation. Rt. 6 to Exit 5. Take Service Road West. Go 100 yards and park in lot under power line. Meet at 9:45 am 2 hrs. L Peter Selig ((508) 432-7656, pandmselig@hotmail.com)

Thu., Feb. 2. South Dennis Indian Lands and Chili Potluck. Shorter winter hike then chili potluck at Janet Kaiser's 508 432-3277. Meet 9:45 at South

Dennis Town Offices pkg lot Old Main St. or go directly to potluck at 11:45. Bad weather cancels hike not the chili. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Sun., Feb. 5. Barnstable, Sandy Neck (C3B). Walk beach/marsh loop to second crossover. Mostly soft sand. Rte 6, Ex 5, Rte 149N to 6A. L on 6A to R on Sandy Neck Rd in Sandwich to pkg lot at road end. Meet 12:45, 2 hrs. L Pat Sarantis ((508) 430-9965, patsarantis@gmail.com)

Thu., Feb. 9. Brewster, Nickerson State Park (C3B). Hike in Nickerson State Park. Meet at parking lot in front of park on Rte 6A at 9:45 am. 2 hrs. L Peter Selig ((508) 432-7656, pandmselig@hotmail.com)

Thu., Feb. 16. Dennis Crowe to Crowe Loop (C3C). 2hr. hike. Paths, beach, quiet roads. 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)

Thu., Feb. 23. West Yarmouth, Sandy Pond (C3C). Route 6, Exit 7S to left on Camp Street, then left on Buck Island Road. Left at Sandy Pond Recreation Area. Meet at 9:45am. 2 hours. 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](http://www.amcsem.org), or use the AMC online trip listing system: [trips.outdoors.org](http://trips.outdoors.org) (set Committee to "Biking" & Chapter to "Southeastern Mass"), or sign up for the SEM Short Notice list: [www.amcsem.org](http://www.amcsem.org).

Bike Ride Ratings		
Mis	Pace/MPH	Terrain
AA = 50+	1 = 17+	A = Very Hilly
A = 35-50	2 = 13-16	B = Hilly
B = 25-35	3 = 11-13	C = Rolling
C = <25	4 = up to 11	D = Flat

**WANTED: Bicycling Chair.** The SEM Chapter is looking for a dedicated person to run our Bicycling committee. This position includes running planning meetings, attending monthly Executive Board Meetings and other various Chair responsibilities. Jim Plouffe 508-586-1394, Chair@amcsem.org

**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)

### AMC SEM 2,000 Mile Club.

AMC SEM is in the third year of our unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact any bike leader to reg. your mi and for more info.

### Turn Those Tires on Tuesday

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

Dec. 6. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net

Dec. 6. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Sat., Dec. 10. Sunset/Full Cold Moon Ride. Scenic full moon ride in Canal area - see web site. L Paul Currier ((508) 833-2690 8:00 AM -7:00 PM, paulbcurrier@comcast.net)

Sat., Dec. 10. Sunset/Full Cold Moon Ride. 22 mile ride in Sagamore and the canal road for Buzzards Bay sunset and Plymouth Bay moonrise. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net), R Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Dec. 13. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier ((508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net)

Dec. 13. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Dec. 20. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier ((508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net)

Dec. 20. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Dec. 27. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier ((508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net)

Dec. 27. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Sun., Jan. 1. 9th Annual SEMAMC New Year's Day Ride. This beautiful, forgiving 27+/- mile intermediate paced ride includes the coast, beaches, forests, and harbors of Marion. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Jan. 3. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Mon., Jan. 9. Sunset/Full Wolf Moon Ride. Ride the canal and Gray Gables/Mashnee Island for Buzzards Bay sunset and Plymouth Bay moonrise. Flat- 22 miles. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net), R Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Jan. 10. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Jan. 17. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Jan. 24. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Jan. 31. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Feb. 7. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

**(NM)** Tue., Feb. 7. Sunset/Full Snow Moon Ride. Ride Sagamore Highlands/Beaches and the canal for Buzzards Bay sunset and Plymouth Bay moonrise; 22 miles; casual, intermediate pace. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Feb. 14. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Feb. 21. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Feb. 28. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

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## CHAPTER YOUTH PROGRAM (CYP)

**Share Skills With Youth** - Spring training scheduled soon to become a Volunteer Leader with the Chapter Youth Program of the Southeastern MA Chapter. 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 Coordinator for workshop details. cypcoordinator@amcsem.org

Watch our chapter website and the short notice list for notices for CYP events! ([www.amcsem.org](http://www.amcsem.org))

## TRAILS & TRAILWORK

Watch our chapter website and the short notice list for notices for trails events! ([www.amcsem.org](http://www.amcsem.org))

## FAMILY EVENTS

Watch our chapter website and the short notice list for notices for family events! ([www.amcsem.org](http://www.amcsem.org))

## SOCIAL COMMITTEE

Watch our chapter website and the short notice list for notices for social events! ([www.amcsem.org](http://www.amcsem.org))

## PADDLES

For info on SEM canoe & kayak trips, check *AMC Outdoors*, visit [amcsem.org](http://amcsem.org), use the online trip listing system: [trips.outdoors.org](http://trips.outdoors.org), (set Committee to "canoe/kayak", set Chapter to "Southeastern MA").

We're done for the winter. But, watch the trip listings for our spring re-start. We'll have a lot of nice trips planned for you!

## THAT'S ALL FOLKS!

This was your first issue of the AMC SEM totally electronic Breeze. No more paper Breezes. We'll save \$7,000/year by not printing and mailing paper Breezes—and that money can be applied to more efficient and modern chapter communications as well as chapter activities.

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 Think green - If you print your Breeze, please recycle it when done.