



# *The Southeast Breeze*

Monthly newsletter of the Appalachian Mountain Club, Southeastern Massachusetts Chapter  
January, 2012

## View from the Chair

By Jim Plouffe, Chapter Chair



As you know, our chapter newsletter, The Southeast Breeze, is now totally electronic. And, if you look at the masthead of this Breeze, you'll notice that it doesn't indicate the usual season and 3-month time span. That's because the chapter has embarked on a pilot program to publish the Breeze monthly, rather than quarterly. You'll find all the same great articles and pictures that you're used to seeing. And you'll find the usual 3-month trip listings (so you can plan ahead).

We only have 650 people receiving the electronic Breeze out of ~3000 chapter memberships. That's about 1/6 of our membership. Due to SPAM laws/rules, neither the chapter nor Joy St. can change people's preference from the paper-Breeze (which is no more) to the electronic-Breeze. Each member must make the change themselves, by either logging into the AMC "Member

Center" [<http://www.outdoors.org/membercenter>] or by calling Donna of AMC Member Services, at 800-372-1758 (9-5, M – F).

I encourage everyone to share this copy of your Breeze with your other AMC friends, and encourage them to use the url or phone number I've just mentioned to convert their newsletter preference from paper (which is no more) to electronic. That way they won't miss any more issues of The Breeze and it'll be delivered directly into their email inbox!

Our leaders have some great ski trips planned for you this winter—both cross country and downhill. And also great hikes and bikes. See the activity listings at the end of this newsletter. AND GET OUTSIDE!

## 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 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 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 (activities.outdoors.org)
4. Sign up for *short notice* trip listings at 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.

**February Breeze Deadlines:** 1/7 trips; 1/15 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.

## 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 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/Forms](http://amcsem.org/Forms).

*The Southeast Breeze*, the newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published 12 times a year. **Editor:** Cheryl Lathrop, **Asst. Editor:** Ann McSweeney, **Proofreader:** Kate Patroliia. **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	chair@amcsem.org Jim Plouffe, 508-562-0051
Vice Chapter Chair	vicechair@amcsem.org Luther Wallis, 508-923-1935
Treasurer	treasurer@amcsem.org Patty Rottmeier
Secretary	secretary@amcsem.org Karen Singleton, 508-730-7701
Past Chapter Chair	pastchapterchair@amcsem.org Wayne Anderson
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Biking	bikingchair@amcsem.org <a href="#">Open</a>
Biking (Vice)	bikingvicechair@amcsem.org <a href="#">Open</a>
Canoe/Kayak	paddlingchair@amcsem.org George Wey, 781-789-8005
Canoe/Kayak (Vice)	paddlingvicechair@amcsem.org Betty Hinkley, 508-241-4782
Cape Hiking	capehikingchair@amcsem.org Pat Sarantis, 508-430-9965
Cape Hiking (Vice)	capehikingvicechair@amcsem.org Farley Lewis, 508-775-9168
Communications	communicationschair@amcsem.org Cheryl Lathrop, 508-668-4698
Comms. (Vice)	communicationsvicechair@amcsem.org <a href="#">Open</a>
Conservation	conservationchair@amcsem.org Maureen Kelly, 508-224-9188
Conservation (Vice)	conservationvicechair@amcsem.org <a href="#">Open</a>
CYP Chair	cypcoordinator@amcsem.org Sally Delisa, 781-834-6851
Education	education@amcsem.org Len Ulbricht, 508-359-2250
Education (Vice)	educationvicechair@amcsem.org <a href="#">Open</a>
Hiking	hikingchair@amcsem.org Walt Granda, 508-971-6444
Hiking (Vice)	hikingvicechair@amcsem.org <a href="#">Open</a>
Membership	membershipchair@amcsem.org Jim Casey,
Membership (Vice)	membershipvicechair@amcsem.org <a href="#">Open</a>
Skiing	xcskichair@amcsem.org Barbara Hathaway, 508-880-7266
Skiing (Vice)	xcskivicechair@amcsem.org Farley Lewis, 508-775-9168
Trails	trailschair@amcsem.org Lou Sikorsky, 508-678-3984
Trails (Vice)	trailsvicechair@amcsem.org <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
Breeze Editor	communicationschair@amcsem.org

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

# 25 YEAR MEMBERSHIP RECOGNITION

The following SEM members achieved 25 years of continuous AMC membership between August 2010 and November 2011. Thank you for your long term support of the Appalachian Mountain Club!

Janet DiMattia  
Bernard Oakley  
Elizabeth Fernandes  
Justino Fernandes  
David Costa  
Tom Bolmer

Joanne Fritsch  
Chester Wolfe  
Kent Schreiner  
Laurence Cotreau  
George Stocker  
Pat Cashmore

Jim Davis  
Baerbel Davis  
Kevin Brault  
Ralph Upton  
Joan Pelletier  
Russ Pelletier

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## **BIKE NEWS: 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)



## **Chapter Youth Program Leadership Training**

**When:** February 11, 2012 (Snow Date February 12, 2012)

**Time:** 10:00-3:00 with lunch break and short hike weather permitting.

**Where:** Place to be determined near exit 12 off Route 3 in Marshfield, MA

**Register or Questions:** Contact Sally Delisa, CYP Chair

[<cypcoordinator@amcsem.org>](mailto:cypcoordinator@amcsem.org)

**Phone:** 781-834-6851

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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)





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## WILDERNESS FIRST AID (WFA)

AMC NOBEL VIEW CAMP, RUSSELL, MA

APRIL 28 & 29

WFA training (instruction by SOLO, see <http://www.soloschools.com/index.cfm?event=course.wfa>) is again offered this spring at Noble View camp (<http://www.outdoors.org/lodging/cabins-campgrounds/camps-noble.cfm>). This training is required for SEM's level 2-5 hikers with re-certification every two years. Optional CPR instruction also offered. Scholarships are available for committed SEM leaders and leaders-to-be to defray training costs. This is a popular program and fills up quickly. Register with Len Ulbricht at [lenu44@gmail.com](mailto:lenu44@gmail.com). Registration cutoff April 7. SEMers given preference if registered by January 31.

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## SEM'S SPRING SOCIAL WEEKEND

AMC NOBEL VIEW CAMP, RUSSELL, MA

APRIL 28 & 29

A cabin and several campsites (see <http://www.outdoors.org/lodging/cabins-campgrounds/camps-noble.cfm>) have been reserved for a SEM social weekend of hiking, biking and whatever. (This event is concurrent with, but independent of, WFA training.) Please join us for a fun weekend to kick off the 2012 warm weather season of outdoor recreation. Register with Len Ulbricht at [lenu44@gmail.com](mailto:lenu44@gmail.com) by April 7.

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“AMC’s Noble View Outdoor Center sits high on a hilltop, with breathtaking views of the Pioneer valley, miles of hiking trails, and camping and cabin accommodations. Its 358.5 acres of rural solitude maintain the ambiance of the original 1800s New England farm. Surrounded by 117,000 acres of forest, rivers, and streams, Noble View offers a habitat for many threatened and endangered species, and is an ideal site for outdoor activities, nature study, and photography.”



# Take a Long Hike

Hello fellow hikers. At the November winter hiking workshop, we learned the basics of hiking in winter. Here are some pointers from our AMC-SEM experts.

- 1) **Dress in layers.**
- 2) **Fleece is best for warmth. And if fleece gets wet, it still insulates.** Down is warm, but useless when wet.
- 3) **Don't dress too warm while you are moving; save your warmest clothing for when you stop moving.** Your sweat needs to be wicked away. If you are covered in a puffy down jacket while moving, you trap all that moisture.
- 4) **Keep food handy, bite sized, and ready to eat.** You will burn an enormous amount of energy and need to snack often. Cut bite-size portions ahead of time, and keep in baggies or in containers you can unscrew with gloves.
- 5) **Store your water bottle upside-down.** Water freezes at the top; when you turn the bottle right-side up, you won't have ice.
- 6) **Fasten pull-ties on those little zipper handles.** When you void, you can keep your gloves on. And when you snack, you can keep your gloves on as you unzip pockets. Use shoelace, trash bag ties, anything.
- 7) **Add Tang or Gatorade to water to reduce the freezing point.** You need to drink extra liquids. It seems counter-intuitive when it's cold, but you will sweat a lot. A flavoring added to water also adds taste.
- 8) **Pack a small container of glasses/goggles anti-fog stuff.**
- 9) **Bring a spare hat; pack extra gloves and socks.** The wind may sail your hat; you may not be able to retrieve it. You could drop a glove in a stream.
- 10) **Wear gaiters.** They will keep snow from getting into your boots. Your socks stay dry.
- 11) **Keep spare batteries covered and in a pocket so that they are warm and ready, if needed.**



The trick is to stay dry, and keeping warm is a function of keeping dry. We were shown all types of clothing as well as footwear. We looked at snow shoes and discussed traction systems like crampons and microspikes. We learned a lot, and now many of us will join each other in the chapter's Annual Winter Hiking Series. Happy Trails!

Ray Anderson 🌲

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



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### **NEWS FROM OUR MEMBERS:** Carolyn Crowell

“I created the first archives and kept them up to date for several years. I finally gave up the job because I felt someone else should have the opportunity to be on the Board, because that's where you learn how the Club works. The first Chapter Hut night was a special event of the Club's 125 year anniversary celebration. We had so much fun it was decided to make it an annual event. I don't take part in Chapter activities now as I can't keep up any more. I'm 85; I joined the club in 1962. I still volunteer as Info Vol at Pinkham or Highland Center.”

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

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**MIDSTATE TRAIL HIKERS**

# NEWS FROM JOY ST.

The following is info from the AMC central office at Joy St. in Boston

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**AMCs 136<sup>th</sup> Annual Business Meeting & Farewell Celebration Gala for Andy Falender:** AMCs 136<sup>th</sup> Annual Business Meeting will be held on Saturday, January 28, 2012, at the UMass Boston campus on Columbia Point, South Boston. The day's activities will include committee meetings (starting at 8am) and the 136<sup>th</sup> Business Meeting at 3pm. All members are welcome to attend but *pre-registration is required as no walk-in spots are available*. This year's event is different from years past as we will not be hosting workshops or an AMC showcase. For more information about the day program, go to [www.outdoors.org/annualmeeting](http://www.outdoors.org/annualmeeting). In the evening, we will be celebrating Andy Falender who after 23 years as President of the club is retiring. The Farewell Celebration to Andy is on Saturday evening, January 28<sup>th</sup>, starting at 6pm. The event is being held at the John F. Kennedy Presidential Library and Museum, Columbia Point, South Boston. Registration is required (separate from the day program). To register and for more information on the evening program, go to [www.outdoors.org/farewellandy](http://www.outdoors.org/farewellandy)

**AMCs Adventure Travel Leadership Training:** The AMC Adventure Travel Leadership Training Program was a tremendous success! It was held in Litchfield, Connecticut on November 18-20, 2011. The trainers were a wealth of information for the participants – having over 80 years combined experience leading Adventure Travel for the AMC. The participants also brought significant experience to the training, most having led many Chapter trips for the Club for a number of years. For more information on AMC's Adventure Travel program, please see [www.outdoors.org/adventuretravel](http://www.outdoors.org/adventuretravel)



**AMCs Adventure Travel group** is geared to all ages and abilities. Whether you like to hike, bike, or paddle, AMC-AT offers over 30 volunteer-led worldwide adventures year round. Check out this year's family trip to Grand Teton and Yellowstone National Park at <http://activities.outdoors.org/search/index.cfm/action/details/id/58463> or for a complete trip listing, go to [www.outdoors.org/adventuretravel](http://www.outdoors.org/adventuretravel).

**AMC Books has released its first eBooks**, available now for Kindle, Apple, and Nook devices. New eBooks include Katahdin: An Historic Journey; AMC Guide to Winter Hiking and Camping; Best Backcountry Skiing in the Northeast; four books from the popular Best Day Hikes series, including guides to Boston, the Whites, Washington, DC, and the Catskills and Hudson Valley; and two paddling titles, Quiet Water New Hampshire and Vermont and Quiet Water New Jersey and Eastern Pennsylvania. Starting in spring 2012, AMC Books will release many of its new books simultaneously in print and eBook format.

# CHAPTER ACTIVITIES

Note: These activities are taken directly from the AMC central online activity listing system.  
<http://activities.outdoors.org>

## SAVE THE DATE

### CLUB-WIDE ACTIVITIES

AMC Annual Meeting, January 28, 2012 (day)  
[[www.outdoors.org/about/annualmeeting](http://www.outdoors.org/about/annualmeeting)]  
AMC Andy Falender farewell, January 28 (evening)  
[[www.outdoors.org/FarewellAndy](http://www.outdoors.org/FarewellAndy)]

### CHAPTER-WIDE ACTIVITIES

SEM Leadership Training, March 2012  
SEM Open House, March 2012  
SEM Wilderness First Aid (spring), April 28-29, 2012  
SEM Spring Social Weekend, April 28-29, 2012  
SEM Chapter Hut Weekend, Sept 20-23 2012  
SEM Wilderness First Aid (fall) 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](mailto: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](mailto: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, [lwu9944@verizon.net](mailto:lwu9944@verizon.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](mailto:barb224@tmlp.com)), CL Wayne Cardoza ((603) 673-2518 before 9:00pm, [wmc\\_amc@comcast.net](mailto:wmc_amc@comcast.net)), R Barbara Hathaway ((508) 880-7266 before 9:00pm, [barb224@tmlp.com](mailto:barb224@tmlp.com)) [Current waiting list]

**(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](mailto:barb224@tmlp.net)), R Barbara Hathaway ((508) 880-7266 before 9:00 pm, [barb224@tmlp.net](mailto: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](mailto:barb224@tmlp.net)), CL Wayne Cardoza ((603) 673-2518 before 9:00pm, [wmc.amc@comcast.net](mailto:wmc.amc@comcast.net)), R Barbara Hathaway ((508) 880-7266 before 9:00pm, [barb224@tmlp.net](mailto:barb224@tmlp.net))



## SOCIAL COMMITTEE

**Bowling/Dinner Social Event, Saturday, January 7, 2012.** Bowling and dinner at King's Bowling, Dedham, at Legacy Place. Reservation at 5pm for 10. A fun way to meet new people and visit with friends. If interested please call. We can add more as needed. Contact Terry O'Sullivan (registrar) [617-335-0102](tel:617-335-0102) or Jodi Jensen (leader) at [781-249-8346](tel:781-249-8346) or [jodiajensen@gmail.com](mailto:jodiajensen@gmail.com)

## HIKING / BACKPACKING

**HIKE PLANNING MEETINGS:** are held the first Wednesday of March, June, September, December. Contact [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org) for more information.

**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.

Miles	Pace (mph)	Terrain
AA = 13+	1 = very fast (2.5)	A = v. stren.
A = 9 - 13	2 = fast (2)	B = strenuous
B = 5 - 8	3 = moderate	C = average
C = <5	4 = leisurely	D = easy

**IMPORTANT:** No pets w/o prior permission of trip 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.

(FT) (NM) Sun., Jan. 1. Borderland New Years Day Hike. New Year's Day at Borderland. Hike starts PROMPTLY at 10:00 A.M. We will hike from 10:00 until approximately 1:00 covering up to 6, mostly level, miles. (With a few short steep little sections.) If you are coming, please be there on time, ... we will leave on time! (And please allow time to get through the gate!) Plan: (Weather, ground conditions permitting) We will hike from the Visitor Center to the far end of the park. There is a nice spot for a quick snack, weather permitting. (If the weather is bad bring food that can be munched while hiking.) We will then loop around and head back toward the visitor center while checking out the ponds. We can squeeze about 6 miles into this if we try :-). All designed to get us started on a good physically fit New Year :-). Equipment list: Unless there is fresh, deep, snow we won't need snow shoes. If there IS deep fresh snow bring your snowshoes, or SEM has some snowshoes to loan :-). If you need to borrow ASK ahead (You may need to pick them up.) Dress, in layers, for the weather and an extended time outdoors. Notes: For this hike: 1) All 'non-cotton' clothes are best, but if you don't have them some cotton will be acceptable. But bring a change of clothes in case you get damp. However, please NO JEANS or COTTON SWEAT PANTS! Remember, if you substitute you are taking the responsibility for being warm and dry! 2) Rain gear is required, it may be windy along the ponds. And it may shower/snow, you can never tell. At the far end we are over an hour from the cars. That's a long time to be cold and wet.. 3) Borderland now has a parking pass system. \$2 per day or \$35 per year. Bring correct change and allow a few minutes to get through the gate. :-). (4) Cell phones must be turned off. 5) Friendly leashed dogs, with friendly owners, permitted :-). Any questions PLEASE ask before the trip. We wouldn't want to turn you away at the trailhead, or have you come and be unprepared, thus being cold and uncomfortable and perhaps shortening the trip for everyone. If you are missing something let me know. Maybe we can work out something for you. See you there, Bob. L Bob Vogel ((508) 238-7732, [hike\\_with\\_bob\\_v@comcast.net](mailto:hike_with_bob_v@comcast.net))

(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), L Walt Granda , CL Jim Casey , R Jim Casey (cmne@comcast.net)

#### Thursdays

Jan. 19. The Monastery at Cumberland, Rhode Island. Thursday Morning Hike January 19, 2012 (C3D) 10:00 a.m. Hike/snowshoe. Mature forest. Some rolling hills and open meadows. L Joanne Staniscia ((508) 528-6799, joannes1@localnet.com), CL Muriel Guenther ((508) 699-7461 before 9:00 p.m., murielguenther@comcast.net), R Muriel Guenther ((508) 699-7461 before 9:00 p.m., murielguenther@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, ltc929@comcast.net), CL Maureen Kelly , R Maureen Kelly ((617) 943-4288, 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)

Thu., Feb. 2. Thursday Morning Hike Joe's Rock/Birchwood, 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)

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)

Fri., Feb. 10-12. 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), CL Jim Plouffe , CL Leslie Carson , R Mike Woessner (12 bradley Ln., Westford, MA, (508) 577-4879, Stridermw@hotmail.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 Braye ((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 (ellenrcorreia@gmail.com)

#### Thursdays

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)

Sat., Mar. 10. Snowshoe Series #4. Moderate snowshoe trip for those not looking to 'climb a mountain.' Reg by 3/6. L Bob Vogel ((508) 238-7732, hike\_with\_bob\_v@comcast.net), CL Ellen Correia , R Jodi Jensen (jodijensen@gmail.com)

(FT) (NM) Thu., Mar. 29. Thursday morning Blue Hills. Perambulate Buck Hill with side trip to summit. Views of Boston and Mass Bay. 5 miles on lesser-traveled trails. No difficult ups or downs. 10am start at Houghton's Pond parking lot. STABILicers if icy. Rain cancels. L Len Ulbricht (lenu44@gmail.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](http://trips.outdoors.org). (Set Committee to "Cape Hikes.")

Miles	Pace (mph)	Terrain Type
AA = 13+	1 = v. fast (2.5)	A = v. strenuous
A = 9 – 13	2 = fast (2)	B = strenuous
B = 5 – 8	3 = moderate	C = average
C = <5	4 = leisurely	D = easy

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](mailto: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](mailto: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](mailto: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, [farley@comcast.net](mailto:farley@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](mailto:jtkaiser@comcast.net))

### Thursdays

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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:jtkaiser@comcast.net))

Thu., Mar. 1. Dennis-Crowe to Crowe Loop (C3C). 2 hrs. Meet 9:45. From Rte 6 take exit 9 onto Rte 134 north to Rte 6A. Take R on 6A then L onto School St. then R onto South St. to lot at end on right past cemetery. L Maria Sylvester ((508) 385-4045, [sylvester\\_maria@hotmail.com](mailto:sylvester_maria@hotmail.com))

Thu., Mar. 8. Barnstable, Bridge Creek. Woods, bogs and marshlands. Rte.6 to Exit 5. North on 149 to grassy triangle by First Parish Church. Meet at 9:45am. 2 hrs. ?Weather: Call Leader. L Farley Lewis ((508) 775-9168 8AM-9PM, [farley@comcast.net](mailto:farley@comcast.net))



#### Saturdays

Mar. 10. Provincetown Race Point (B3B). Race Point Panoramic sand Jeep road/dune shacks/beach. 3.5hrs. MEET AT \*\*10:45\*\*a.m. at Race Point Beach upper parking lot. Bring lunch. L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Mar. 11. Barnstable, Crooked Cartway. Wooded hike in Barnstable Conservation Lands. Exit 5 off Rte. 6, 149 S. to Race Ln. Right on Race Ln. to Crooked Cartway on Right. Go to end. Meet at 12:45pm. 2 hrs. ? Weather, Call Leader. L Farley Lewis ((508) 775-9168 9AM-9PM, farlewis@comcast.net)

Thu., Mar. 15. Eastham, Nauset Marsh Perimeter (C3C). Walk vast/historic marsh. Rte 6 Eastham, R on Gov Prence Rd, R on Fort Hill Rd to 1st pk lot on left. Meet PROMPTLY 9:45 to carpool to Salt Pond Visitor Ctr. 2 hrs, bad weather? call leader. L Pat Sarantis ((508) 430-9965, patsarantis@gmail.com)

Sat., Mar. 17. Harwich, Herring River (B3C). Woods walk, river views, bogs and reservoir. Rte 6 Ex 10, Rte 124 S for 1.3 mi, R @ Main St. Go 2 mi, park @ Sand Pond on R. Meet 9:45 a.m. 3.5 hrs. Bring lunch. L Richard Kaiser ((508) 432-3277, rjkaiser@comcast.net)

Sun., Mar. 18. Dennis, Flax Pond Conservation (C3C). Wooded trails over rolling hills, lowlands, abandoned bogs, shallow ponds, golf course views, well-field area. Park on Setucket Rd at Flax Pond Conservation, just East of Yarmouth- Dennis Town Line. Meet 12:45 pm. 2 hrs. L Janet Kaiser ((508) 432-3277, rjkaiser@verizon.net)

Thu., Mar. 22. Barnstable- Under the tunnel and through the woods (C3C). 2 hrs. Newer trails with a unique feature. From route 149, W. on Race Lane, lot short distance on Left. Meet at 9:45AM. L Gary Miller ((508) 540-1857, Garymaxx@verizon.net)

#### Saturdays

Mar. 24. Provincetown: Whales and Trails (B3B). Meet at 9:45 am, 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)

Thu., Mar. 29. Bourne-Four Ponds (C3C). Two hour hike on Pine Trail, the newest trail, through diverse habitats, wetlands and forests. Route 28 to Barlows Landing Road to Bourne Four Ponds lot on right. Meet at 9:45AM. L Gary Miller ((508) 540-1857, garymaxx@verizon.net)

Sat., Mar. 31. Truro-Ryder Beach (C3C). Saturday morning hike along beach, woods, views. Meet 9:45. From Rte 6 take L Prince Valley Rd just beyond Truro line. R at end then immed. L to pkg at end. Bad weather cancels. Doubt? Call L. Two hours. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.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)

Sun., Jan. 1. AMCSEM 9th Annual New Years Day Ride. Happy New Year - lots of options and views - see web site. L Paul Currier ((508) 833-2690 8:00 AM - 7:00 PM, 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)

#### Tuesdays

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)

#### Tuesdays

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)

#### Tuesdays

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)

#### Tuesdays

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)

#### Tuesdays

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)

#### Tuesdays

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)

#### Tuesdays

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)

#### Tuesdays

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)

#### Tuesdays

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)

#### Tuesdays

Mar. 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)

Thu., Mar. 8. Sunset/Full Worm Moon Ride. Ride along the canal/Gray Gables and Mashnee Island for Buzzards Bay sunset and Plymouth Bay moonrise. Flat- 22 miles. 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](mailto: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 <i>AMC Outdoors</i> , visit <a href="http://amcsem.org">amcsem.org</a> , use the online trip listing system: <a href="http://trips.outdoors.org">trips.outdoors.org</a> , (set Committee to "canoe/kayak", set Chapter to "Southeastern MA").
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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!

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**This is the new AMC SEM "monthly" e-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 e-Breeze, please recycle it when done.**