



# The Southeast Breeze

Monthly e-newsletter of the Appalachian Mountain Club, Southeastern Massachusetts Chapter  
February, 2012

## View from the Chair

By Jim Plouffe, Chapter Chair



Welcome to the second issue of our new electronic monthly e-Breeze!

Last month we had **650** people receiving the **new monthly electronic-Breeze** out of ~3000 chapter memberships. This month we have **1145** signed up! For anyone still not receiving their monthly e-Breeze yet, log into the AMC "Member Center" [[www.outdoors.org/membercenter](http://www.outdoors.org/membercenter)] or call Donna of AMC Member Services, at 800-372-1758 (9-5, M – F), to sign up. (Remember that the paper Breeze is no more and that you need to change your newsletter preference from paper to electronic.)

NOTE: We need a **Bicycling Chair** for the Executive Board. And we have some Vice Chair positions open; see page 2 of this newsletter for the open positions. And contact me if you'd be interested!

Look what we have for upcoming events:

- SEM Leadership Training, March 24 (Foxboro)
  - SEM New Member Open House, March 31, 5:30-9:00pm (Bourne)
  - SEM Wilderness First Aid, April 28 & 29 (Noble View Camp)
  - SEM Spring Social Weekend, April 28 & 29 (Noble View Camp)
- (See our website [www.amcsem.org](http://www.amcsem.org) for all the details.)

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, AS ALWAYS – GET OUTSIDE!**

**CONTACT THE SEM CHAPTER CHAIR: [chair@amcsem.org](mailto:chair@amcsem.org)**

**SEM CHAPTER 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 e-Breeze - arrives by email
2. AMC Outdoors - arrives by snailmail
3. Online trip listings ([activities.outdoors.org](http://activities.outdoors.org))
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).

**Next Month's Breeze Deadlines:** 7<sup>th</sup> trips; 15<sup>th</sup> 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 12 times a year. **Editor:** Cheryl Lathrop, **Asst. Editor:** 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
Vice Chapter Chair	<a href="mailto:vicechair@amcsem.org">vicechair@amcsem.org</a> Luther Wallis, 508-923-1935
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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Biking	<a href="mailto:bikingchair@amcsem.org">bikingchair@amcsem.org</a> <a href="#">Open</a>
Biking (Vice)	<a href="mailto:bikingvicechair@amcsem.org">bikingvicechair@amcsem.org</a> <a href="#">Open</a>
Canoe/Kayak	<a href="mailto:paddlingchair@amcsem.org">paddlingchair@amcsem.org</a> George Wey, 781-789-8005
Canoe/Kayak (Vice)	<a href="mailto:paddlingvicechair@amcsem.org">paddlingvicechair@amcsem.org</a> Betty Hinkley, 508-241-4782
Cape Hiking	<a href="mailto:capehikingchair@amcsem.org">capehikingchair@amcsem.org</a> Pat Sarantis, 508-430-9965
Cape Hiking (Vice)	<a href="mailto:capehikingvicechair@amcsem.org">capehikingvicechair@amcsem.org</a> Farley Lewis, 508-775-9168
Communications	<a href="mailto:communicationschair@amcsem.org">communicationschair@amcsem.org</a> Cheryl Lathrop, 508-668-4698
Comms. (Vice)	<a href="mailto:communicationsvicechair@amcsem.org">communicationsvicechair@amcsem.org</a> <a href="#">Open</a>
Conservation	<a href="mailto:conservationchair@amcsem.org">conservationchair@amcsem.org</a> Maureen Kelly, 508-224-9188
Conservation (Vice)	<a href="mailto:conservationvicechair@amcsem.org">conservationvicechair@amcsem.org</a> <a href="#">Open</a>
CYP Chair	<a href="mailto:cypcoordinator@amcsem.org">cypcoordinator@amcsem.org</a> Sally Delisa, 781-834-6851
Education	<a href="mailto:educationchair@amcsem.org">educationchair@amcsem.org</a> Len Ulbricht, 508-359-2250
Education (Vice)	<a href="mailto:educationvicechair@amcsem.org">educationvicechair@amcsem.org</a> <a href="#">Open</a>
Hiking	<a href="mailto:hikingchair@amcsem.org">hikingchair@amcsem.org</a> Walt Granda, 508-971-6444
Hiking (Vice)	<a href="mailto:hikingvicechair@amcsem.org">hikingvicechair@amcsem.org</a> <a href="#">Open</a>
Membership	<a href="mailto:membershipchair@amcsem.org">membershipchair@amcsem.org</a> Jim Casey,
Membership (Vice)	<a href="mailto:membershipvicechair@amcsem.org">membershipvicechair@amcsem.org</a> <a href="#">Open</a>
Skiing	<a href="mailto:xcskichair@amcsem.org">xcskichair@amcsem.org</a> Barbara Hathaway, 508-880-7266
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>
<b>AD HOC COMMITTEES:</b>	
Social Chair	Jodi Jensen, 781-762-4483
Family Events Chair	Chris Pellegrini, 508-244-9203
<b>STAFF:</b>	
Social Networking	Susan Salmon (moderator)
Webmaster	<a href="mailto:webmaster@amcsem.org">webmaster@amcsem.org</a>
Breeze Editor	<a href="mailto:communicationschair@amcsem.org">communicationschair@amcsem.org</a>

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

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# VOLUNTEERS NEEDED !

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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 bike planning meetings, attending monthly Executive Board Meetings, and other various Bicycling 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)



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## WHY VOLUNTEER FOR THE AMC?



Gain work experience!

Put your volunteer experience on your resume!

One approach used by many people is to add a section to their resumes called "Community Service" or "Volunteer Work." They list the highlights of their volunteering here, to show that they have interests outside of their employment history already described.

Also, consider integrating your volunteer work into the section of your resume called "Work Experience." Even if you were not paid a salary and did not consider the volunteering to be "employment," it certainly was productive work and should count as "experience." The key is to translate what you gained from the volunteer activity into the language of the paid work world. So, if you did tutoring, use the title "Tutor." If you coordinated a project, identify your work accurately as "Project Coordinator."

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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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# TRAINING OFFERED!

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## 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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## LEADERSHIP TRAINING for TRIP LEADERS

MARCH 24, FOXBORO, MA

Leadership Training will be held on March 24, 2012 in Foxboro, MA. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. It is an all day course with a mix of classroom and outdoor role play exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to chapter members. Register by March 17 with Len Ulbricht at [educationchair@amcsem.org](mailto:educationchair@amcsem.org)



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## WILDERNESS FIRST AID (WFA)

AMC NOBLE VIEW CAMP, RUSSELL, MA

APRIL 28 & 29



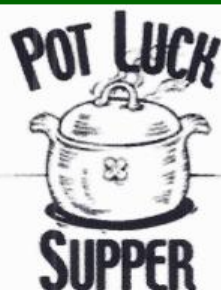
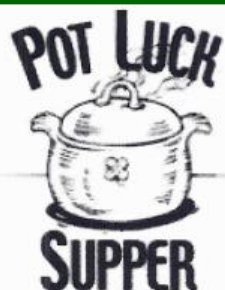
WFA training (instruction by SOLO, see

<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 [educationchair@amcsem.org](mailto:educationchair@amcsem.org). Registration cutoff April 7. SEMers given preference if registered by January 31.

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## UPCOMING EVENTS

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MEMBERSHIP OPEN HOUSE

for

New, Prospective, and Armchair Members

Pot Luck dinner

Saturday March 31, 2012

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

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

Please register with Jim Casey at [membershipchair@amcsem.org](mailto:membershipchair@amcsem.org) or 781-924-5228.



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### SEM'S SPRING SOCIAL WEEKEND APRIL 28 & 29, AMC NOBLE VIEW CAMP, RUSSELL, MA

Hiking, biking, and whatever. Join us for a fun weekend to kick off the 2012 warm weather season of outdoor recreation. Register with Len Ulbricht at [educationchair@amcsem.org](mailto:educationchair@amcsem.org) by April 7. See [www.outdoors.org/lodging/cabins-campgrounds/camps-noble.cfm](http://www.outdoors.org/lodging/cabins-campgrounds/camps-noble.cfm). (This event is concurrent with, but independent of, WFA training.)

## Southeastern Mass Chapter AMC 2,000 Mile Club

Jack Jacobsen founded the 2,000 Mile Club in 2003 to recognize our Southeastern Mass AMC member's accomplishments of cycling 2,000 miles or more in a calendar year. Mileage must be accurately logged and recorded and may be a combination of road cycling and mountain biking miles. The club was waning in the early years but was successfully revived in 2007 by Victor Oliver. 2011 marks the 8<sup>th</sup> year of the organization, as the first year of recording our mileage was 2004. Embroidered patches of recognition are awarded to first time members only. Mileage is compiled and recorded by our registrar Dan Egan. Send your mileage quarterly to him at [danielfrancisegan@hotmail.com](mailto:danielfrancisegan@hotmail.com)



### 2,000 Mile Club Patches

2011 first-time members, e-mail your name, first year of qualification, and mailing (USPS) address to Paul Currier [currierpaul@comcast.net](mailto:currierpaul@comcast.net) to receive your patches. Also, past first timers that have not received your patches please do the same.

For further information about the 2,000 Mile Club, please contact Dan at [danielfrancisegan@hotmail.com](mailto:danielfrancisegan@hotmail.com), Jack at [cyclejac51@yahoo.com](mailto:cyclejac51@yahoo.com) or Paul at [currierpaul@comcast.net](mailto:currierpaul@comcast.net).

### 2000 Mile Club Mileage Report Southeastern Massachusetts Appalachian Mountain Club 12-31-2011

Leonard Leonardi	Franklin	7255
Gerry Nelson	Bourne	5783
Joe Tavilla	Osterville	3686
Malcom Galvin	Harwich	3618
Paul Corriveau	Orleans	3490
Louis Outor	Rochester	3424
Joe Barry	Yarmouthport	3329
Jean Orser	Orleans	3280
Ron Sikora	Cotuit	3039
Lee Eckhart	Assonet	3016
Fred Chase	E. Providence	2816
Dan Egan	Brockton	2751
Larry Cohen	S Easton	2701
Jim Kilpea	Wareham	2655
Pam Patrick	Orleans	2627
Ed Foster	Cotuit	2584
Mark Tisdale	Marston Mills	2537
Paul Currier	Sandwich	2507
John Sullivan	Marshfield	2364
Robyn Saur	Falmouth	2264
Barry Gallus	Cotuit	2216
Ted Rowan	Falmouth	2215
Lawton Gaines	Canton	2174



# Take a Long Hike

## Female Hikers, Unite

Hello fellow hikers. This column is for all hikers, backpackers, and campers. Most of my blog subscribers are male and most comments I've received have been from men. Judging by the increased numbers of females on trails, I would have expected more readership and feedback from women. Every year I see more of the fair sex out on trails, and that's a positive development for the AMC hiking community.

Now and then, I see something referring to women hikers. Recently, it was Trail Dames at [www.traildames.com](http://www.traildames.com). I don't know much about this group or how active they are, but their site looks interesting. They have eleven chapters, all in the east except for a chapter in Michigan. I suspect this is because of the increasing popularity of women, young and old, hiking the Appalachian Trail. Trail Dames held their own conference this past June in Virginia.



Another blogger mentioned the Women's Adventure Club of Centre County PA, which ran an Appalachian Hiking Series For Women this past summer. When I thru-hiked the A.T. some years ago, I remember how grateful I was to a young lady who had---all day---hailed my sack of soaked and dirty laundry I'd left at the shelter.

Of course, the big hiking news last year was Jennifer Pharr Davis ([www.mensjournal.com/jennifer-pharr-davis-beats-appalachian-trail-record](http://www.mensjournal.com/jennifer-pharr-davis-beats-appalachian-trail-record)) who now holds the speed record for thru-hiking the Appalachian Trail. She trimmed 26 hours off the previous record set by a man! Click above and you'll see the stunning article from Men's Journal. That she hiked the entire length of the A.T. in 46 days, 11 hours, and 26 minutes is incomprehensible to me. She was chosen as one of National Geographic's Adventurers of the Year.

This picture is from a hike with friends to AMC's Mizpah Springs Hut. Most of the women I see on hikes are fit and tough. Welcome!

Ray Anderson 

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



**NEWS FROM OUR MEMBERS:  
PAT SARANTIS  
CAPE HIKES CHAIR, CAPE HIKES LEADER**

See the latest issue of "PRIMETIME CAPE COD"  
for a great article on one of our own!  
([www.primetimecapecod.com](http://www.primetimecapecod.com), January 2012, p.24)

This new section of the Breeze highlights our members.  
If you have news, or know of news, contact the [communicationschair@amcsem.org](mailto:communicationschair@amcsem.org).

**SWAP \* BARTER \* SELL \* TRADE**  
HAVE OUTDOOR EQUIPMENT ?    NEED OUTDOOR EQUIPMENT ?

**For sale: Kayak, by Perception. 10'4" long, 42 lbs. with paddle.  
Excellent condition. \$200. Contact: 508-999-9999. (sample only)**

THE E-BREEZE WILL PUBLISH FREE ADS FOR MEMBERS TO SWAP/BARTER/SELL/TRADE OUTDOOR EQUIPMENT.  
Send your ads to: [communicationschair@amcsem.org](mailto:communicationschair@amcsem.org) . Please put "BREEZE – SWAP" in the subject line.

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

Know what's happening?

If not, then find us on FACEBOOK and follow us on TWITTER to find out!

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

## NEWS FROM "JOY STREET"

The following is information from the AMC's central office at Joy St. in Boston

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**John D. Judge**, a successful nonprofit and government leader, has been named President of the 136-year-old Appalachian Mountain Club (AMC) following a nationwide search. Judge, 44, will become the fourth chief executive of the AMC effective February 1, 2012. He will succeed Andrew J. Falender, who is retiring after 23 years of successful leadership as AMC President.

More info: <http://www.outdoors.org/about/newsroom/press/2012/john-judge-president.cfm>

**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. 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. Starting in spring 2012, AMC Books will release many of its new books simultaneously in print and eBook format.

## CHAPTER ACTIVITIES BELOW



# CHAPTER ACTIVITIES

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

[activities.outdoors.org](http://activities.outdoors.org)

(All activity information appears exactly as entered by the activity leader.)

## SAVE THE DATE

### CLUB-WIDE ACTIVITIES

(none)

### CHAPTER-WIDE ACTIVITIES

SEM Leadership Training, March 24  
SEM Open House, March 31  
SEM Wilderness First Aid (spring), April 28-29  
SEM Spring Social Weekend, April 28-29  
SEM Chapter Hut Weekend, Sept 20-23  
SEM Wilderness First Aid (fall) November 2012  
SEM Annual Meeting, November 2012

(See our website for details: [www.amcsem.org](http://www.amcsem.org), and click on the "upcoming events" tab)

## 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., 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))



## CHAPTER TRIPS

(FT) (NM) (AN) (XCE) (SN) Thu., Sep. 20-23.

**SEM Chapter Hut Weekend.** Cold River Camp, Evans Notch 1-3 nights. Can't beat location, activities, price. Cost PP, PN, incl. cabin, fireplace, meals. Preference given to SEM Members. L/R Jim Plouffe (508-586-1394, [Chair@amcsem.org](mailto:Chair@amcsem.org))

# 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.

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, [lrc929@comcast.net](mailto:lrc929@comcast.net)), CL Maureen Kelly ((617) 943-4288, [MoKel773@aol.com](mailto:MoKel773@aol.com)), R Maureen Kelly ((617) 943-4288, [MoKel773@aol.com](mailto: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](mailto: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](mailto: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](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))

(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](mailto: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 (jodiajensen@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)

(FT) (NM) Thu., Mar. 1. Thurs. Morn. Hike Copicut Woods, Fall River (B3C). Meet at 10:00 a.m. Indian Town Rd. Parking lot. Required equipment: hiking boots, rain gear, water and snacks. Heavy rains will cancel. Snow or ice will require yaktrax or stabilicers. L Walt Granda ((508) 999-6038 Before 9 P.M., wlgranda@aol.com)

(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 (jodiajensen@gmail.com)

(FT) (NM) Sat., Mar. 17. Intro. to AMC Hiking-Foxboro State Forest. Experience the fun, camaraderie, and great exercise of AMC hiking on the very enjoyable-but non-intimidating-Acorn and Warner Trails. L Walt Granda (wlgranda@aol.com), CL Paul Miller ((508) 369-4151 before 9:00 PM, paulallenmiller@verizon.net), R Paul Miller ((508) 369-4151 Before 9:00 PM, paulallenmiller@verizon.net)

Sun., Mar. 18. Blue Hills Fast & Hilly. Hike the North - South loop and Buck Hill of Skyline Trail at a fast pace for speed conditioning. L Maureen Kelly ((508) 224-9188 before 8pm, MoKel773@aol.com), R Maureen Kelly ((508) 224-9188 before 8pm, mokel773@aol.com)

#### Thursdays

Mar. 22. Myles Standish SF, Plymouth MA, B3C. Meet 10 AM parking lot #2 for a 5-6 mile loop, see web for directions. Bring water and snack, winter snow and ice devices as necessary, storm cancels. L: Ellie MacPherson 508-224-6465, cell 978-478-7106, elliemacp@comcast.net. L Ellie MacPherson ((508) 224-6465, elliemacp@comcast.net), R Ellie MacPherson (55 Manomet Beach Blvd, Plymouth, MA 02360, (508) 224-6465, elliemacp@comcast.net)

(SN) Sat., Mar. 24. Leadership Training for Trip Leaders March 24, 2012. Leadership Training will be held in Foxboro, MA. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. It is an all day course with a mix of classroom and outdoor role play exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to chapter members. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@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)

#### Thursdays

Apr. 12. Thursday Morning Hike, Moose Hill, Sharon, MA. Meet at 10 am at the Moose Hill Audubon Parking lot for a 6 mile hike over relatively flat terrain with some gentle climbing. Fee for parking is \$3 for Seniors , free for members and Sharon Residents. Bring hiking boots, water, lunch and rain jacket. Heavy rain cancels. From North, take I-95S, exit 10 (Coney Street). Turn left off exit and make first right onto Rte. 27N (Walpole). Take first left onto Moose Hill Street, and continue past TTOR's Moose Hill Farm to top of hill and turn left onto Moose Hill Parkway. Parking lot is on left. From South, take I-95N, Exit 8 (Main Street, Sharon). Turn right off exit and follow for one mile. Turn left onto Moose Hill Street. Follow to top of hill and turn right onto Moose Hill Parkway. Parking is on left. L Hans Luwald ((781) 828-0572 Before 9pm, hans.luwald@gmail.com), CL Debbie Lepore ((781) 828-0572 Before (pm))

Sun., Apr. 15. Blue Hills Fast & Hilly. Hike the North - South loop and Buck Hill of Skyline Trail at a fast pace for speed conditioning. L Maureen Kelly ((508) 224-9188 before 8pm, MoKel773@aol.com), R maureen kelly ((508) 224-9188 before 8pm, mokel773@aol.com)

(NM) Sun., Apr. 22. New Member Intro Hike - Noon Hill, Medfield. Easy 3-4 miles hike introducing new AMC members to Trustees property. Wooded trails, pond views, Charles River, peak lookout. L Len Ulbricht (lenu44@gmail.com)

Thu., Apr. 26. Cliff Walk, Newport RI. Meet 10am at foot of Narragansett Ave facing Cliff Walk. Park on street. 3.5 mi. each way. 2/3 paved, 1/3 rocky. Return by Bellevue Ave, stop for lunch at local restaurant. Sturdy walking shoes. Bring water, snack. Heavy rain cancels. L Barbara Hathaway ((508) 880-7266 before 9 pm, barb224@tmlp.net)

(SN) Sat., Apr. 28-29. Wilderness First Aid (WFA). WFA training (instruction by SOLO, see <http://www.soloschools.com/index.cfm?event=course.wfa>) is again offered this spring at AMC's Noble View camp (<http://www.outdoors.org/lodging/cabins-campgrounds/camps-noble.cfm>). Learn what to do in case of a hiking related accident deep in the woods when professional help is hours away. Optional CPR instruction also available. This is a popular program and fills up quickly. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

(NM) (SN) Sat., Apr. 28-29. SEM'S SPRING SOCIAL WEEKEND AT NOBLE VIEW CAMP. A cabin has been reserved for an SEM social weekend of hiking, biking and whatever. Register by April 7. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

Sat., Apr. 28. Blue Hills End-to-End. Come explore the Blue Hills featuring a variety of small hills with outstanding panoramas, ponds, wetlands and deep woods. L Leslie Carson ((508) 833-8237, ltc929@comcast.net), CL Paul Miller ((508) 369-4151, paulallenmiller@verizon.net), R Paul Miller (paulallenmiller@verizon.net)

#### Thursdays

May. 3. Thurs. Morn.Hike Wollomonpoag Conservation area. Wrentham. (B3C) 10:00am. L Ellen Correia, ellenrcorreia@gmail.com, C/L and R Muriel Guenthner, 508 699-7461 before 9:pm, murielguenthner@comcast.net. L Ellen Correia ((508) 954-4099 before 9:pm, ellenrcorreia@gmail.com), CL Muriel Guenthner ((508) 699-7461 before 9:pm,

murielguenthner@comcast.net), R Muriel Guenthner ((508) 699-7461 before 9:pm, murielguenthner@comcast.net)

Sat., May. 5. Mt. Kearsarge North Hike (B3B). Mount Kearsarge North (3,268') via the North Trail (elev. gain 2,600) 6.2 miles, register by 4/25. L Walt Granda ((508) 999-6038 Before 9:00 PM, wlgranda@aol.com), CL Jim Casey ((781) 351-6862, cmne@comcast.net), R Jim Casey ((781) 351-6862, cmne@comcast.net)

Sun., May. 13. Blue Hills Fast & Hilly. Hike the North - South loop and Buck Hill of Skyline Trail at a fast pace for speed conditioning. L Maureen Kelly ((508) 224-9188 before 8pm, MoKel773@aol.com), R Maureen Kelly ((508) 224-9188 before 8pm, mokel773@aol.com)

(C) (FT) (NM) Thu., May. 24. Thurs. Morn North Hill Marsh in Duxbury (C3C). North Hill Marsh in Duxbury. Wildflowers and blooming shrubs along woodland trails and around pond. L Sally Delisa ((781) 834-6851 before 9pm, delisasally@yahoo.com), R Sally Delisa ((781) 834-6851 before 9 pm, delisasally@yahoo.com)

Sat., May 26-28. Memorial Day Weekend Hut Trip. Carter Notch Hut - hike Carter Dome/Wildcats. Two nights, dinners and breakfasts included. Payment sent by 4/25 confirms spot. L Leslie Carson ((508) 833-8237, ltc929@comcast.net), CL Jim Plouffe ((508) 562-0051, jimplouffe@comcast.net), R Leslie Carson

(FT) (NM) Sat., Jun. 16. Intorduction to AMC Hiking - Long Pond-Ell Pond , Ashville,RI. Hike up to the cliff that overlooks Long Pond. L Susan Chiavaroli ((508) 252-4164, brillo6452@yahoo.com)

Sat., Jun. 30. Franconia Ridge Loop. One of the most spectacular hikes with beautiful views in the Whites! L Leslie Carson ((508) 833-8237, ltc929@comcast.net), CL Maureen Kelly ((617) 943-4288, MoKel773@aol.com), R Maureen Kelly

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## 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

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)

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)

Sun., Feb. 12. 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. 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)

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)

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, farlewis@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)

Sun., Apr. 1. Dennis, Crowe's Pasture (C3C). Marsh, beach, quiet roads. Rte 6, Ex 9N to R on Rte 6A. L on School St, R on South St to lot on R past cemetery. Meet 12:45, 2 hrs. bad weather? call leader. L Pat Sarantis ((508) 430-9965, patsarantis@gmail.com)

Thu., Apr. 5. Harwich-Island Pond/Hacker Conservation Area. Hike on bike trail, wooded trails. Meet 9:45. From Rte 124 head W on Headwaters Rd just N of the Rts 6 and 124 exchange. Park 0.4 mi. at the bike trail lot on the L. Heavy rain cancels. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Thu., Apr. 12. Harwich-Hawks Nest. New Hike - Hawknest State Park - Off Exit 11, Rt.6, Park at end of Spruce Rd in Harwich for 2 hour hike. Meet 9:45AM. L Peter Selig ((508) 432-7656, pandmselig@hotmail.com)

Saturdays

Apr. 14. Provincetown: Whales Whales Whales (B3B). Walk beach to Race Point Lighthouse with binoculars. Meet 9:45am, Race Point Beach pkg.lot. 3hr walking. 1+ hours looking for whales & lunch! (4+hours RT). L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Apr. 15. Brewster-Nickerson State Park. Woods hike around the ponds of Nickerson. Meet 12:45 Fisherman's Landing. Stay on main Rd in park going 1.7 mi to pkg lot on L. Heavy rain cancels. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Thu., Apr. 19. Yarmouth-Three Ponds. Hike through woods to bogs and three ponds. Meet 9:45. Exit 8 from Rt 6 R at second light, L on West Yarmouth Rd. Park on side of road in about a mile. Heavy rain cancels. Two hours. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Saturdays

Apr. 21. Provincetown: Whales and Trails (B3B). Meet at 9:45pm at Herring Cove Beach (far right of the right parking lot). Walk via bike trail/sand/salt marsh to Race Point Lighthouse. Four+ hours for lunch, whales. Bring binoculars! L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Apr. 22. Harwich, Herring River (C3C). Herring River and Run, C bogs. Rte 6 to Ex 10, R to Rte 124S 2 mi to center. R on Main St/Great Western Rd for 2 mi to Sand Pond pk lot on R. Meet 12:45, 2 hrs. L Pat Sarantis ((508) 430-9965, patsarantis@gmail.com)

Thu., Apr. 26. Truro, Ryder Beach (C3C). Beach, woodland trails, hills, scenic bay views. Rte 6, L on Prince Valley Rd. to end. R on County Rd. L on Ryder Beach Rd. Park at End. Meet 9:45 a.m. 2 hrs. L Janet Kaiser ((508) 432-3277, jtkaiser@comcast.net)

Sat., Apr. 28. Yarmouth, Greenough Ponds (B3C). Walk through Yarmouth Botanical Gardens, Dennis & Greenough Ponds. Meet at 9:45, 3 1/2 hr. Exit 7 off Route 6 North and take immediate right turn on Summer St. Follow dirt road 1/2 mile to beach parking lot. Bring lunch. L Richard Kaiser ((508) 432-3277, rjkaiser@comcast.net)

Thu., May. 3. Harwich, Island Pond (C3C). Rte 6 Exit 10 Rte 124S. L Old Colony Rd (crosswalk). Park R Harwich Town lot. Meet 9:45. 2 hrs. L Janet Kaiser ((508) 432-3277, jtkaiser@comcast.net)

Sat., May. 5. Provincetown: Herring Cove to Tip of Cape (B3B). Park in left corner of left pkg. lot at Herring Cove Beach in Provincetown. MEETING AT \*\*10:45\*\*am. Hike dunes/tidal flats to Long Point (tip of the Cape). 4hrs; Lunch. L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., May. 6. Falmouth, Long Pond (C3C). Rolling woods, scenic freshwater pond. Rt 28 S to Brick Kiln, east to Gifford. Take R, 1.5 mi, R into Goodwill Park. Pass gate and park. Meet 12:45 pm. 2 hrs. L Julie Early ((508) 776-4432 Evenings, jearly@capecod.net), CL Pat Sarantis (patsarantis@gmail.com)

Thu., May. 10. Brewster-Nickerson State Park. "Hike and picnic . Meet at 9:45am, Flax Pond Beach pkg lot. Take Main Road in park to L on Flax Pond Road to the beach pkg lot on the R. Bring a small lunch/something to share.". L Peter Selig ((508) 432-7656, pandmselig@hotmail.com)

## 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: Ride Leaders and Co-Leaders.** Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm and routes w/ your fellow AMC members? Contact Bike Chair Joe Tavilla (508-428-6887, SilverSki@Earthlink.net) for more info.

**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 the bicycling chair or vice chair to reg. your mi and for more info. L Joe Tavilla (508-428-6887 7-7, bikingchair@amcsem.org), L Victor Oliver (508-888-8435 7-7, bikingvicechair@amcsem.org)

Tues. Rides. Turn Those Tires on Tues. 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)

Volunteer Opportunities. 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. Please see the link below. L Jim Plouffe ((508) 586-1394, Chair@amcsem.org)

#### 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

WANTED: Chapter Youth Program (CYP) Leader. Share your outdoor skills with local groups of kids. Additional training and screening required. L Sally Delisa ([picpocit@verizon.net](mailto:picpocit@verizon.net))

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

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## 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").

Wed., Apr. 4. Centerville River. Hayward st. Put-in. See web for Directions. 10:30am. Wet/Dry suit req. L Bill Fischer ((508) 420-4137 to 9 pm, [wambarbarafischer@comcast.net](mailto:wambarbarafischer@comcast.net)), CL Vickie Blair/Smith

Sat., Apr. 7. Walker Pond. 10:30 am PFD wet/dry suit req. spray skirt. see web for directions. L Bill Fischer ((508) 420-4137 before 9pm, [wambarbarafischer@comcast.net](mailto:wambarbarafischer@comcast.net)), CL Vickie Blair/Smith

Wed., Apr. 11. Waquoit Bay. Put-in: Whites Landing, E. Falmouth on Rt 28 from Falmouth turn onto Whites Landing Rd at Edwards Boat Yard. Will circumnavigate Waquoit Bay. Level 2 skill rating. Max distance 10 miles. PFD, Spray Skirt, & Cold Water attire required. L gifford allen ((774) 392-0634 anytime, [gifallen@comcast.net](mailto:gifallen@comcast.net))

Sat., Apr. 14. Lewis Bay. Lewis Bay, Uncle Roberts Cove, lunch on Egg Island, and maybe a foray into Hyannis Inner Harbor. L Ed Foster ((508) 420-7245, [erfoster@comcast.net](mailto:erfoster@comcast.net))

### Wednesdays

Apr. 18. Swan Pond/River to Nantucket Sound. Take Clipper Lane off Upper Country Road, follow to parking on left. PFD, wet/dry suit required. L Betty Hinkley ((508) 241-4782, [bhinkley@mindspring.com](mailto:bhinkley@mindspring.com))

Sat., Apr. 21. Leader's choice. Sandwich Old Harbor or western end of Barnstable Harbor. L Ed Foster ((508) 420-7245, [erfoster@comcast.net](mailto:erfoster@comcast.net))

Sat., Apr. 28. Indian Lakes. Middle Pond and Mystic Lake - 7 miles. Preregistration for directions to put in. Wet suit/spray skirt required. L Louise Foster ((508) 420-7245 Anytime, [janelouise@comcast.net](mailto:janelouise@comcast.net))

Wed., May. 2. Sippican Harbor to Bird Is.. Put in is at Island Wharf Rd., Marion. Will paddle out to Bird Is. and area of Sippican Hbr. Level 3, Sea Kayaks only, PFD, Spray Skirts, and cold water attire required. L gifford allen ((774) 392-0634 anytime, [gifallen@comcast.net](mailto:gifallen@comcast.net))

### Saturdays

May. 12. Long Pond, Brewster. DESCRIPTION: Long Pond, Brewster. Circle the pond; eat lunch on a sandy beach. PUT-IN DIRECTIONS: Exit 10 off Rt 6 N on Rt 124. Just after crossing the Brewster Town line R on Crowell's Bog Road LIMITATIONS: Life vest required. L Betty Hinkley ((508) 241-4782, [bhinkley@mindspring.com](mailto:bhinkley@mindspring.com))

Wed., May. 16. Weweantic River. Paddle down River to Great Hill Point and Sippican Neck. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., May. 19. Leader's choice. Barnstable Harbor or Sandwich Old Harbor. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Wed., May. 23. Duxbury Bay. Duxbury Bay, Put-in W end of Powder Pt. Bridge, Level 3, PFD & Spray Skirt Req., L George Wey (781-789-8005, geowey@comcast.net). L George Wey ((781) 789-8005 anytime, Geowey@comcast.net)

Sat., May. 26. Fiddler's Cove to Old Silver Beach. Fiddler's Cove to Old Silver Beach and Wild Harbor. Sea Kayaks only. Please call for put-in directions. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Wed., May. 30. West Island. Scoticut Neck to and around West Island West Island. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Jun. 2. Shoestring Bay. Several options depending on conditions. Preregistration for put in info. Spray skirts and perhaps wet suits required. L Louise Foster ((508) 420-7245 Anytime, janelouise@comcast.net)

Wed., Jun. 6. Jones River at Kingston Bay. Put-in is the boat ramp at the entrance to Jones River. Call for directions. The Harbor Master tells me the dam has been taken out opening a whole new area to paddling. Level 2, PFD required. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Sat., Jun. 9. W. Falmouth to Sippewisset Inlet. Put-in is the boat ramp (41° 36.232 - 70° 38.302) in W. Falmouth. Call for directions. Paddle will be south to the Sippewisset Inlets. ~12 miles, Level 3, Sea Kayaks only. PFD and Spray Skirts required. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Wed., Jun. 13. Westport River East Branch. Paddle down the river to islands in Westport Harbor. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Jun. 16. Cotuit Bay. S on Rt. 149. R on Rt. 28 to L on Putnam. (at lights). Straight on Old Shore to town landing PDF, spray skirt req. L Bill Fischer ((508) 420-4137 before 9pm, wmbabarbarafischer@comcast.net), CL E. Pratt

Wed., Jun. 27. Slocum River/ Little River. Eleven mile paddle down Slocum River and up Little River. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Jun. 30. Boston Harbor Inner Islands. Circumnavigate several Harbor Islands. Put-In. Hull Gut. Hull, Ma. Level 3 Paddle. PFD, Spray Skirts Req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey ((781) 789-8005 anytime, geowey@comcast.net)

Wed., Jul. 4. Swan River/Pond, Dennis, MA. R6 exit 9 for W Harwich/Dennisport, R134 S to 2nd set lights L Upper County Rd past Hart Farm, L Clipper Lane to put-in on Swan Pond. Limitations: Life Vest required, Spray Skirt may be required if windy. L Jean Orser

((508) 362-0451 before 6 pm, jeanorser@aol.com), CL Paul Corriveau ((508) 362-0451 before 6 pm, paulcorri@gmail.com)

Sat., Jul. 7. Jackknife Cove and Pleasant Bay. We'll paddle out to the Cut and see what changes winter hath wrought. Return around Strong Island. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Wed., Jul. 11. Boston Harbor Outer Islands. Circumnavigate several Outer Harbor Islands. Put-in, Hull Gut. Hull, Ma. Level 3 Paddle. PFD, Spray Skirts Req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey ((781) 789-8005 anytime, geowey@comcast.net)

Sat., Jul. 14. Follins Pond/Mill Pond, Dennis, MA. Route 6 exit to route 134 north, Left Setucket road, Left Mayfair road, Left Follins Pond road to town landing at the end. Limitations: life vest required, spray skirt may be required if windy. L Jean Orser ((508) 362-0451 before 6 pm, jeanorser@aol.com), CL Paul Corriveau ((362) 508-0451 before 6 pm, paulcorri@gmail.com)

Wed., Jul. 25. Mattapoisett to Haskell or West Islands. Put-in is Ned's Point, Mattapoisett. Call for directions. Depending on wind/sea conditions we will lunch at either Haskell Is. to the north or West Is. to the south. PFD and Spray skirts required. Sea Kayaks only. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Sat., Jul. 28. Bass River South, Dennis. Route 6 exit 9, Route 134 South, Right Upper County road, Left Main st, Right Cove road to town landing at end. Limitations: Life Vest required, Spray Skirt may be required if windy. L Paul Corriveau ((508) 362-0451 before 6 pm, paulcorri@gmail.com), CL Jean Orser ((508) 362-0451 before 6 pm, jeanorser@aol.com)

Wed., Aug. 1. Assonet River to Battleship Cove. Put-in is Hathaway Park (41° 47.621 - 71° 4.376), Assonet. We will paddle out to and down the Taunton River to Battleship Cove. Total distance ~15 miles. Sea Kayaks only, PFD and spray skirts required. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net), CL Haven Roosevelt ((508) 636-0006 anytime, havenesq@comcast.net)

Sat., Aug. 4. Monk's Cove to Bassetts Is.. Put-in is Monks Cove, Pocasset. We will paddle out and around Wings Neck then over to Basset's Island for lunch. Sea Kayaks, PFD and spray skirt required. Total distance under 12 miles. Call for directions to put-in. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Sat., Aug. 11. Lewis Bay. Lewis Bay, Uncle Robert's Cove, lunch on Egg Island, perhaps a foray into Hyannis Inner Harbor. L Ed Foster ((508) 420-7245, erfoster@comcast.net), CL Bill Fischer ((508) 420-4137)

Wed., Aug. 15. Weir River, Hingham Bay Islands. Put-In at Beach Pkg. Lot off Rt. 3A, just before Hingham Harbor Rotary. Level 3 Paddle. PFD, Spray Skirts Req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey ((781) 789-8005 anytime, geowey@comcast.net)

Sat., Aug. 18. Nauset Marsh, Eastham. 9mi.+paddle.put-in, 1.5mi.N of Rt. 6 Eastham Rotary R on Hemenway. PFD, Spray Skirts Req. Level 3 L George Wey (781-789 -8005, geowey@comcast.net) CL Bill Fischer. L George Wey ((781) 789-8005 anytime, Geowey@comcast.net), CL Bill Fischer ((508) 420-4137, wmbbararafischer@comcast.net)

Wed., Aug. 29. Clay's Creek and Barnstable Harbor. We'll pick our way through Clay's Creek and eventually emerge into Barnstable Harbor. Maybe get into Hallett's Mill Pond. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Wed., Sep. 5. Shoestring Bay. Several options depending on conditions. Preregistration for put in info. Spray skirts required. L Louise Foster ((508) 420-7245 Anytime, janelouise@comcast.net)

#### Saturdays

Sep. 8. Mashpee-Wakeby Ponds. Mashpee-Wakeby Ponds. Leisurely trip following shoreline, lunch on sandy beach. PUT-IN DIRECTIONS: From Rt. 28 take Rt. 130N 2 mi to R at "State Landing" sign. LEVEL: 2 LIMITATIONS: Life vest required. L Nancy Wigley ((508) 548-2362, nrwigley@verizon.net)

Sat., Sep. 15. Leader's choice. Sandwich Old Harbor or Barnstable Harbor, or maybe Hall's Creek depending on wind direction. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

#### Saturdays

Sep. 22. Indian Lakes, Marstons Mills. PUT-IN DIRECTIONS: Rt. 6, Exit 5S on Rt 149 for 2.9 miles. Right onto Mystic Drive (at Indian Lakes sign); 0.7 miles to lane on right "Town Way to Water" Life vest required. L Nancy Wigley ((508) 548-2362, nrwigley@verizon.net)

#### Saturdays

Sep. 29. Meetinghouse Pond, Little Pleasant Bay, Orleans. DESCRIPTION: Meetinghouse Pond, Little Pleasant Bay, Orleans. PUT-IN DIRECTIONS: From Rt 28 E on Main St to R on Barley Neck Rd, R at next fork (Barley Neck Rd) to town landing on R. Life vest & spray skirt required. L Betty Hinkley ((508) 241-4782 any time, bhinkley@mindspring.com)

Wed., Oct. 3. North River, Marshfield-Hanover. Put-In, Marshfield side of Union St. Bridge. Spot cars in Hanover. Level 2/3. PFD Req. Spray Skirts may be Req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey ((781) 789-8005 anytime, geowey@comcast.net)

#### Saturdays

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

Sat., Oct. 13. Chase Garden Creek, Yarmouth Port. Route 6 exit 8 to Union St North, Left route 6A & quick Right Center St to Greys Beach at end. Limitations: Life Jacket required, Spray Skirt may be required if windy. L Paul Corriveau ((508) 362-0451 before 6 pm, paulcorri@gmail.com), CL Jean Orser ((508) 362-0451 before 6 pm, jeanorser@aol.com)

Wed., Oct. 17. Leader's choice. Hall's Creek, Sandwich Old Harbor, or Barnstable Harbor depending on weather conditions. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Sat., Oct. 27. Herring River, Harwich. Route 6 exit 10, route 124 south, route 39 south, route 28 north Left at town landing just before Herring River bridge. Limitations: Life Vest required, Spray Skirt may be required if windy. L Jean Orser ((508) 362-0451 before 6 pm, jeanorser@aol.com), CL Paul Corriveau ((508) 362-0451 before 6 pm, paulcorri@gmail.com)

Wed., Oct. 31. Centerville River. Hayward St. put-in. See web for directions. 10:30 am  
PFD Wet/Dry suit required. L Bill Fischer ((508) 420-4137 before 9pm,  
wambarbarafischer@comcast.net), CL Vickie Blair/Smith

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## 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

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