



The Southeast Breeze

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

View from the Vice Chair

By Luther Wallis, Chapter Vice Chair



Spring is Upon Us with a Fresh Beginning

There is an enthusiasm on the Board these days as we enter into Spring Time. Your Board is filled with new faces and some seasoned ones as well. There will be some great offerings for Bicycling, Canoe/Kayaking, Cape Hikes, and Hiking, both local and away. Keep an eye out for Social Events, Leadership Training, and Solo Wilderness First Aid Training. There will be more offerings from our Family Events as well.

Our Youth Program has partnered with the Marshfield Girl Scouts. I look forward to seeing that relationship grow. In addition, we are very excited about the support we will be offering in the D.W. Field Park restoration project in Brockton. We are also interested in finding a way to be involved in our own Bay Circuit Trail. (www.baycircuit.org)

Our Chapter is evolving. Have you checked out the new look of the SEM web site? www.amcsem.org. You're reading this in the e-Breeze. Look for e-Blasts, and the Short Notice Email List (SNEL). You can also follow us on Twitter and friend us on Facebook. This is your Chapter. Come out and play and perhaps volunteer in something that is dear to your heart.

Our leaders have some great trips planned for you this Spring.
See the activity listings at the end of this newsletter.

GET OUTSIDE!

CONTACT THE SEM CHAPTER CHAIR: chair@amcsem.org
CONTACT THE SEM CHAPTER VICE CHAIR: vicechair@amcsem.org
SEM CHAPTER WEBSITE: www.amcsem.org

NOTICES

Regular Meetings:

SEM Executive Board

April 11, 6:30pm

(contact chair@amcsem.org for more info)

Hike Planning Meetings 2012 (6:30pm 1st Wed. 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 monthly e-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.

Next Month's e-Breeze Deadlines: 7th trips; 15th 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

AMC ACTIVITY PARTICIPATION POLICY

AMC encourages involvement in its mission and activities through its membership, programs, policies, and procedures. Our goal is to be a community that is comfortable, inviting, and accessible for people of any age, gender, race, religion, ethnicity, ability, sexual orientation, or socioeconomic status. Some AMC programs are designed for a certain age range of members or for a special activity or topic. However, any person who meets the minimum qualifications (age, skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available. Individuals under 18 must be accompanied by a responsible adult. All participants in AMC activities are required to sign the AMC waiver form provided by the leader. Preview the waiver at: amcsem.org, Forms.

The Southeast Breeze, the e-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

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STAFF:

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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.

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(We've had requests for a TOC, so let's give it a try!)

Put your e-Breeze on all of your electronic devices
and take it with you wherever you go!



MEMBERSHIP COMMITTEE



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 or 781-924-5228.

EDUCATION COMMITTEE

WILDERNESS FIRST AID (WFA)

APRIL 28 & 29, AMC NOBLE VIEW CAMP, RUSSELL, MA

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. Registration cutoff April 7. SEMers given preference if registered by January 31. [FLYER]



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 by April 7. See www.outdoors.org/lodging/cabins-campgrounds/camps-noble.cfm. (This event is concurrent with, but independent of, WFA training.) [FLYER]

INTRODUCTION TO MAP & COMPASS – MAY 19

SEM has engaged REI to offer a one day Map & Compass training session. Training will be offered at Rocky Woods in Medfield, rain or shine, unless thunderstorms threaten. Course fee is \$60. Register with Len Ulbricht, Education Chair, at lenu44@gmail.com [FLYER]



During this field outing, we'll help you see three dimensions of the land in the two dimensions of a topographic map by teaching you how to read contour lines, landmarks and other map features. We'll also talk about magnetic north, true north, and magnetic variation (declination), and help you make sense of it all. From there, you'll learn how to take a bearing from the terrain and your map so that you can triangulate your position and plan a route. Maps and compasses will be provided.

Skills you'll learn: Learn how to read topographic lines and other basic features on a map. Learn how to orient a map to match the environment both with and without a compass. Learn basic compass features and how to utilize the map with a compass. Learn how to plot your current position on your map. Use a map & compass to navigate to new locations. Build confidence in your navigation skills.

CONSERVATION COMMITTEE

CONSERVATION CORNER



Bringing it home – simple things YOU and I can do to better our homes, our communities, and the Earth

Cars and Fuel Economy

by Maureen Kelly, Conservation Chair

Most of us love our vehicles and the freedom they give us to go where we want. Do you remember how it felt to have your license, your mother's car, and a full tank of gas? The freedom and independence felt limitless; everything was possible. But, with the numbers of cars on the road today, our dependence on imported oil, the increase of CO₂ into the atmosphere, our desire to reduce our energy consumption and increase our sustainability as a society, we can't continue to produce the current number and size of gas-powered cars. We will need to both reduce the amount of time we drive our cars and improve the environmental impact of the cars we do drive. For our future generations, we need to create communities where we can walk more, bike more, use public transport more, car share more and work from home more. Until then, we can try to be more efficient with the cars we drive today.

10 ways to improve your gas mileage

1. Align your car
2. Tune up your engine and use the proper oil
3. Properly inflate your tires
4. Slow down
5. Drive smoothly - avoid jerky stops and starts
6. Use cruise control and overdrive gears
7. Lighten up – remove unnecessary weight from your car including car racks
8. Reduce drag - transport large items in the trunk if possible, rather than on the roof
9. Don't idle
10. Replace a broken or missing gas cap

www.thedailygreen.com/environmental-news/latest/save-gas-47031702

Alternatives to gas-powered combustion engine cars

1. Electric cars – propelled by an electric motor powered by a rechargeable battery pack
2. Hybrid cars – have a smaller and more efficient gas engine and an electric motor that helps acceleration and low-speed driving
3. Diesel powered vehicles – 30% more efficient than gas powered engines and new technology has improved diesel performance and is cleaner than the diesel of the past
4. Alternative fuel vehicles – ethanol, natural gas, propane, biodiesel and hydrogen are all derived from products other than petroleum and some are renewable resources

www.fueleconomy.gov/feg/why.shtml#tips

For more information on fuel economy, check out these websites: www.fueleconomy.gov/feg/drive.shtml, www.consumerreports.org/cro/cars/new-cars/buying-advice/best-worst-cars-review/best-worst-fuel-economy/best-and-worst-fuel-economy.htm. For questions or comments, email Maureen Kelly at conservationchair@amcsem.org

CONSERVATION COMMITTEE

SEM's NEW CHAPTER PROJECT: D.W. FIELD PARK

By Maureen Kelly, Conservation Chair



On March 22, Jim Plouffe and I met with the board of the D.W. Field Park Association to discuss partnering with them on projects to improve the D.W. Field Park in Brockton. They welcomed us warmly and listened to Jim describe the AMC in general and the SEM chapter in particular. Our two overall goals for the project are to improve D.W. Field Park so that more people will use the park and to empower the people who care about the park with the tools to maintain it into the future.

We listed the needs we saw in the park. During this visit we only toured the southern part of the park. Those needs included cleaning up the trash and adding new trash and recycling receptacles, trail work on the trail around 30-Acre Pond (we assumed the trails in the northern section needed work as well), cutting new trails to completely connect the park by trail, GPS-ing the trails and producing a map for the park, marking the trails with markers, adding bike racks, adding a small boat access area to the pond where non-motorized boats are allowed, adding nature signage and signage about not feeding the birds (this was one of the major activities happening in the park on the day we came through), adding portable toilets to



the south section of the park, creating a small field for soccer, Frisbee, kites, etc., replacing benches on the south side, restore the stone retaining walls around the dams, connect with the Fuller Craft Museum and bring some art into the park, develop a place for concerts, theater, lectures, connect with the Garden Club to plant a wildflower or perennial garden.

The members of the Association smiled as we looked up when we finished the list. It was almost the same as their own list of improvements for the park. Both groups realized that improvements in the park would require a long-term commitment but we wanted to get started quickly to show good faith on our part and to take advantage of the enthusiasm of the Association. Together the 2 groups came up with 3 starting priorities:

- 1) Starting in the southern section remove the trash around 30-Acre Pond
- 2) Clear and mark the trails throughout the park starting in the southern section and widen the trails if possible
- 3) Clear as much of the underbrush as possible next to 30-Acre Pond to open up views to the pond

April 21 is the kick-off event—Brockton Clean-Up Day, MA Park Serve Day, and the day before Earth Day; we thought it was fitting. The first part of the day will be the working part – cleaning up trash and possibly starting trail maintenance. In the afternoon, we'd like to have some fun and introduce the local people to AMC activities like hiking, biking, and paddling. The population around Brockton is diverse and we hope to increase SEM's diversity by finding new members there. We hope it will be both a productive and fun day. Check the online listings for specific events.



Here's where YOU come in: we need your help to make this project a reality.

Please consider joining us to help. If you can't commit to our first event but you are interested in helping, please send an email to Jim Plouffe, chair@amcsem.org or Maureen Kelly, conservationchair@amcsem.org with your thoughts and suggestions. This project is truly exciting; the chance to improve a local, urban park and bring more people into the "outdoors" that we all love.

HIKING COMMITTEE

RED LINE the BLUE HILLS NEWS



The RLBH hiking group has designed and ordered patches for all of its “finishers.” Finish your trails now so you can get one for your pack!

RLBH is a Thursday night hiking series that runs from April to October, 6-8:00pm. Each of these people below has finished hiking all 140 miles of trails in the Blue Hills – many several times. The first time around they mark their trail map with a **RED** pen. The second time around with a **BLUE** pen. The third time **GREEN**.

The fourth **ORANGE**. This

year the RLBH hike leaders are: Joe Keogh, Maureen Kelly, and Michael Swartz. Contact the registrar to sign up:

On March 10, Joe Keogh finished **Green Lining** at junction 3151. It took him a year and a half and he now gets to retire his third map and start a new one with orange lines!

On March 18, Ellen Correia finished **Red Lining** her trails. Ellen attended the very first RLBH hike in 2006. She’s an original!

THE FIRST WHITE LINER! On March 18 Jodi Jensen was the first hiker to finish **White Lining** the Blue Hills. White lining is completing all 140 trails in “winter” – you can only hike from December 22 until March 22.



JOE KEOGH FINISHES GREEN!

Congratulations to all of these hikers!

APRIL 12 we start hiking again! Join us!

VISIT RLBH WEBSITE: amcsem.org/RLBHWS/index.htm
CONTACT RLBH LEADER: RLBH_leader@amcsem.org
CONTACT RLBH REGISTRAR: RLBH_registrar@amcsem.org

HIKING COMMITTEE



Take a Long Hike

By Ray Anderson 

Hello fellow hikers. Look at the picture of the trail. A good trail path, easy to follow, right? But say it's mid-day and overcast, and you're not paying attention. You stop to break and remove your backpack. You void on the right side of the trail, come back over the trail and snack on the other side. You grab your camera, cross back over again and take a picture. Back and forth you go, cropping pictures, poking around, and when you pack up to leave, you head off in the opposite direction from which you came.

Happens more than you might think. Especially when everything looks the same, as in this picture.

Tip: Pick the same side--always--and lay your poles, or something, on that side. I'm right-handed, so I always lay my poles on the right. When I pack up, I'm never confused about direction.

And the most important time to do this--when you tent at night. Have one pole tip pointing in the direction you want to head out in the morning. Twice, on thru-hikes, in the morning, I saw another thru-hiker poling to me, as I hiked toward him. We both knew one of us was heading wrong, because both times we knew each other and our mutual goal. One of those times I was wrong. Not anymore.



Visit Ray's hiking blog: www.TakeaLongHike.com

HIKING COMMITTEE

First “Intro To AMC Hiking” Hike is a Real Crowd Pleaser!

By Paul Miller, Hiking Vice Chair

As part of our ongoing efforts to encourage even more club members to come out and join us on the trails, the SEM Hiking Committee has scheduled a series of “Introduction to AMC Hiking” hikes. These fun and enjoyable local hikes are ideal for any reasonably active person to experience the fun, camaraderie, and great exercise of AMC hiking firsthand.

Walt Granda, Joanne Staniscia, and I led the first hike in this series Saturday morning, March 17th in Foxboro State Forest – a local gem that’s popular with hikers and mountain bikers alike (not to mention XC skiers and snowshoe-ers in the winter). Eighteen people -- including six “first timers” -- pre-registered and showed up on time at the trailhead (two other women arrived late, but, reportedly, had a nice hike on their own.).

During our approximately six-mile hike along the Acorn and Warner Trails, we hit many of the high points in the (F. Gilbert Hill) State Forest in Foxboro, including the scenic overlook to the west and semi-historic High Rock, with its plaque commemorating Mead Bradner, an AMC member who had been instrumental in creating the Warner Trail, which extends approximately 30 miles from Canton, MA all the way to Diamond Hill State Park in Cumberland, RI.

At our post-hike debriefing, all six first-time AMC hikers mentioned that they had enjoyed the hike and would be back for more. Thanks to everyone who came out for this fun hike. We hope to see you on the trail again soon!



Literally the high point of this enjoyable, but non-intimidating hike – the group poses at High Rock in Foxboro State Forest
(Photo by Walt Granda)

HIKING COMMITTEE

WINTER 2012 HIKING
BLUE HILLS
FEB. 16 PONKAPOAG HIKE
DO YOU BELIEVE IT?!



BIKING COMMITTEE

MEET THE NEW BIKING CHAIR!

As you may have heard, the Cycling Committee has a new chair - ME! And I have some big goals for us in 2012. Before I get to that though, I would like to thank the executive board for their support as well as Dan Egan for accepting the position of vice-chair. I would also like to thank the past chair Joe Tavilla for leading us down the road(s) for the last 6 years. It's been more than a few months since we had a chair and even longer without a vice-chair, so this is all new to us and I don't know about Dan, but I'm sweating it!

As I look at the forecast, even though the calendar says winter, the weather sure is shouting spring! We all should be dusting off and lubing up the bikes if you haven't already and getting out there. April, May and June are fantastic months for riding when the weather cooperates and Dan and I will be working with the bike leaders to plan some great rides. What we need from the members are some ideas of what, where and when.

This year our goals are to: expand the types of rides, introduce some clinics, schedule more beginner rides, bring on more ride leaders, and expand the use of social media to keep you informed.

If you've been on a ride with us in the past, well, I hope to see you again this year. If you have been a closet cyclist, well, I hope to see you on one of our beginner or other rides that suites your style and pace.

Remember, we need to hear what you want, so please send your ideas and comments to bikingchair@amcsem.org.



Jon Fortier

Biking Chair

BIKING COMMITTEE



AMC SEM has a very active biking program!

It's the Lifestyle

By Dan Egan, Biking Vice Chair

"The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not." -- Mark Twain

In addition to exercise and nutrition many AMC bicyclists find that pet ownership reduces the stress of the work-a-day world. Aerobic exercise from bicycling facilitates the flow of blood to the brain so that you maintain a great mood and it simultaneously enhances your memory. Once you've established this regimen of exercise and good nutrition a typical AMC member has more energy for community involvement. A healthy life style is the key. And keep a sense of humor!

We offer a good bike ride, great people, and a hint or two on nutrition regimens, i.e., "Keep your finger out of that cookie jar". Come on out and play. We're having a great time!

See our "Cyclists' Culinary Corner" below for some recommended eats!

BIKING COMMITTEE

Cyclists' Culinary Corner

Mother Jacobsen's Kale Soup

Submitted by: Jacob Jacobsen, AMC Cyclist Leader

Ingredients:

4 medium potatoes,
1 lb. of linguica or chourico
,3 carrots,
1 good sized onion,
1 lb. of chopped kale (fresh or
frozen)
1 turnip,
1 can of red kidney beans
minced garlic or garlic powder,
onion powder,
parsley flakes,
black pepper,
crushed red pepper,
potato flakes,
3 chicken bouillon cubes

In a large stock pot (3 or more gallons) dissolve 3 chicken bouillon cubes in boiling water then shut off heat. Peel and dice your potatoes, onion and turnip and add to pot. Dice up your carrots and add to pot. Cut your linguica into chunks and add to pot. Add 1b. of chopped kale to pot. Add water (amount of water varies depending on how thick or thin you want your soup). Next, season it with the following spices: minced garlic,

onion powder, garlic powder, black pepper, crushed red pepper, parsley flakes and paprika. Bring to a boil, then lower flame and cover your pot. Cook for about 40 minutes stirring off and on. Add some potato flakes to thicken the broth and give it a little more flavor. You can also add more water as you go along if you think the soup is too thick. After it's been cooked for 40 minutes, add a can of red kidney beans that have been thoroughly rinsed off and drained in a colander. Turn off heat, cover pot and let sit on stove for 1/2 hour before serving or before refrigerating. For some reason, kale soup always tastes better the next day so you may want to leave it in the fridge overnight before using. I like to serve it with buttered dinner rolls for dipping. This is a really delicious and nutritious meal that I hope you enjoy. P.S. In addition to the vegetables and linguica listed above, some people like to add additional vegetables like cabbage, asparagus, peas, green beans, diced tomatoes. My mom used to add some stew beef to it too.



WHY VOLUNTEER FOR THE AMC?

Gain work experience! Add to your resume!

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



COMMUNITY CONNECTIONS

Upcoming Community Outdoor Activities You Might Be Interested In

Send items to communicationschair@amcsem.org

PERSONAL POSTS

NEWS FROM OUR MEMBERS

This section of the Breeze highlights our members.

If you have news, or know of news, contact the communicationschair@amcsem.org

SWAP STUFF

SWAP * BARTER * SELL * TRADE

HAVE OUTDOOR STUFF? NEED OUTDOOR STUFF?

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 . Please put "BREEZE – SWAP" in the subject line.



Got an AMC-related outdoorsy business?
Run a paid business card-sized ad in the Breeze for \$10/month (\$100/year)!
Contact: communicationschair@amcsem.org



Got something to say? Want to be a regular Breeze columnist?
Contact the Breeze editor to volunteer! communicationschair@amcsem.org

Know what's happening?

If not, visit our website, find us on FACEBOOK, or follow us on TWITTER!
amcsem.org * www.facebook.com/AMCSEM * www.twitter.com/amcsem



NEWS FROM "JOY STREET"

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

AMC Launches New Mobile Website

Smartphone users can now connect to www.outdoors.org and access a new, mobile-optimized version of AMC's website. We've made the most common online tasks, including checking lodging availability, finding local chapter programs, checking current conditions, and renewing your membership much easier to do with a mobile device. Check it out and let us know what you think!

AMC's 4th Annual Spring Fling – April 27-29

Join us at AMC's Mohican Outdoor Center for a fun-filled weekend. Take a hike on scenic trails within the 67,000 acres of the beautiful Delaware Water Gap National Recreation Area or along the Appalachian Trail. Or bring your bike and take a ride on some of the park's quiet roads and rail-trails. Or spend some time paddling around Catfish Pond (kayaks, canoes and gear are provided). Activities are available for individuals and families. Register early as last year's event sold out quickly.

<http://activities.outdoors.org/search/index.cfm/action/details/id/57863>

AMC Headquarters, 5 Joy Street, Boston, Massachusetts



CHAPTER ACTIVITIES

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

activities.outdoors.org

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

SAVE THE DATE

CLUB-WIDE ACTIVITIES

AMC's 4th Annual [Spring Fling](#), April 27-29

CHAPTER-WIDE ACTIVITIES

SEM Wilderness First Aid, April 28-29

SEM Spring Social Weekend, April 28-29

SEM Map & Compass, May 19

SAVE THE DATE

SEM Chapter Hut Weekend, Sept 20-23

SEM Wilderness First Aid (fall) November 2012

SEM Annual Meeting, November 4, 2012

SEM Winter Hiking Series, November 4, 2012

(See our website for details: www.amcsem.org,
and click on the "Upcoming Events" tab)

CHAPTER ANNOUNCEMENTS

Watch our [website](#) for the latest in AMC SEM!

NOTE ACTIVITIES MARKED FOR :

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

FULL LIST of ACTIVITIES at AMCSEM.ORG
(see 'schedules' tab)

Additional activities are posted on our Short Notice List.
Sign up for this list on our website, amcsem.org.

CHAPTER FUN

SEM Pot Luck Dinner, March 31

[SEE FLYER](#)

SEM [Spring Social Weekend](#), April 28-29.

Hiking, biking, and whatever!

AMC Noble View Camp, Russell, MA

SEM Chapter Hut Weekend. Thu., Sep. 20-23.

Cold River Camp, Evans Notch 1-3 nights. Can't beat location, activities, price. Preference given to SEM Members. L/R Jim Plouffe (508-586-1394, Chair@amcsem.org)

CHAPTER EDUCATION

SEM [Wilderness First Aid](#), April 28-29

SEM [Map & Compass](#), May 19



Know what's happening?

If not, visit our website, find us on FACEBOOK, or follow us on TWITTER!

amcsem.org * www.facebook.com/AMCSEM * www.twitter.com/amcsem

HIKING / BACKPACKING

HIKE PLANNING MEETINGS: are held the 1st Wednesday of March, June, September, December. Contact hikingchair@amcsem.org for 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. Sign up for the SEM Short Notice E-Mail Trip List at www.amcsem.org.

Rating codes (e.g. C4D): first letter indicates distance in mi , middle number indicates pace, second letter indicates terrain.

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 leader. Individuals under 18 years of age must be accompanied by a parent or responsible adult, and 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 week prior to the trip so Ls can discuss prior hiking exp., conditioning, clothing, and equipment. Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

(FT) (NM) Sat., Mar. 31. Membership Open House. Membership open house and pot luck dinner at the Bourne Community Center, 239 Main St. Buzzards Bay, Ma. This is a great opportunity for new or inactive member as well as non members to learn about the great outdoor activities that the AMC has to offer. This will give you an opportunity to meet our volunteer leaders and ask about upcoming events. Arrive at 5:30 to register and view a slide presentation of past activities. Bring a friend or neighbor to share a pot luck dish and a chance to win a door prize. Registration is required. L Jim Casey (membershipchair@amcsem.org), R Jim Casey ((781) 924-5228, membershipchair@amcsem.org)

(AN) (CE) Tuesdays

Apr. 3. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. Meet at 9:30 at Houghton's Pond parking area. Call in case of change. L Ken Jones ((508) 697-0142 6-9 PM except Thursdays, lotsoluck@comcast.net), CL Luther Wallis ((508) 923-1935, lew89@comcast.net), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

Thursdays

Apr. 5. Thurs. Morning Hike, Gilbert Hills State Forest, Foxboro, MA.. Meet 10:00 a.m. at Headquarters, 45 Mill St., Foxboro. Starting out from Headquarters, we will follow a variety of trails in the eastern section. Gentle terrain through mixed forest passing lakes/ponds with a stop at a reconstructed CCC site. Wear layers and proper footwear. Bring lunch, snacks and water. For directions Google Gilbert Hills State Forest. L Joanne Staniscia ((508) 528-6799 7-9 p.m., joannes1@localnet.com)

(AN) (CE) Tuesdays

Apr. 10. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some

of the more rugged trails in the Reservation with some elevation gain. Meet at 9:30 at Houghton's Pond parking area. Call in case of change. L Ken Jones ((508) 697-0142 6-9 PM except Thursdays, lotsoluck@comcast.net), CL Luther Wallis ((508) 923-1935, lew89@comcast.net), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

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))

(FT) (NM) Thursdays

Apr. 12. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Sun., Apr. 15. Blue Hills Fast & Hilly. Stay in shape for the bigger mountains by hiking the Skyline Trail at a moderately fast pace. We'll hike the North-South loop, then out to Buck Hill and back. Meet at 8:45; not a beginner hike. L Maureen Kelly ((508) 224-9188 before 8pm, MoKel773@aol.com), R maureen kelly ((508) 224-9188 before 8pm, mokel773@aol.com)

(AN) (CE) Tuesdays

Apr. 17. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. Meet at 9:30 at Houghton's Pond parking area. Call in case of change. L Ken Jones ((508) 697-0142 6-9 PM except Thursdays, lotsoluck@comcast.net), CL Luther Wallis ((508) 923-1935, lew89@comcast.net), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays

Apr. 19. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(CE) Thu., Apr. 19. Oldham Trail & Harold B. Clark Forest. Pretty hike through forests and over streams and around ponds. B3C. Req. equip.:hiking boots,raingear,water & snacks. I-95 take 7B & take 140N to Foxboro Ctr go 1/2 way around rotary and cont. N on 140 for 1/2 mile on left conservation park lot. Meet 10:00am -questions L/Muriel Guenthner-508/699-7461. L Muriel Guenthner ((508) 699-7461 Before 9:00pm, murielguenthner@comcast.net)

(NM) Sun., Apr. 22. New Member Intro Hike - Noon Hill, Medfield. Hike three-four miles on Trustees property. Portion of Bay Circuit Trail, pond views, peak outlook, possible Charles River stop. See www.trustees.org for trail map. Bring lunch. 10:00am start. L Len Ulbricht (lenu44@gmail.com)

(AN) (CE) Tuesdays

Apr. 24. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. Meet at 9:30 at Houghton's Pond parking area. Call in case of change. L Ken Jones ((508) 697-0142 6-9 PM except Thursdays, lotsoluck@comcast.net), CL Luther Wallis ((508) 923-1935, lew89@comcast.net), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

Thu., Apr. 26. Cliff Walk, Newport RI. Meet at 10 a.m. at foot of Narragansett Ave facing the Cliff Walk. Park on street. Leisurely 3.5 mi. walk each way. 2/3 paved, 1/3 rocky walk behind Newport Mansions. Return by Mansions on Bellevue Ave. to complete 7-mi. loop. Sturdy walking shoes required. Bring water, snack. Lunch at local restaurant. Heavy rain cancels. Call leader for carpool info. L Barbara Hathaway ((508) 880-7266 before 9 pm, barb224@tmlp.net)

(FT) (NM) Thursdays

Apr. 26. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(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. SEM'S SPRING SOCIAL WEEKEND AT NOBEL VIEW CAMP APRIL 28 & 29 A cabin and several campsites (<http://www.outdoors.org/lodging/cabins-campgrounds/camps-noble.cfm>) have been reserved for an 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 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 Reservation featuring a variety of small hills with outstanding panoramas, ponds, wetlands and deep woods. L Leslie Carson ((508) 833-8237, lrc929@comcast.net), CL Paul Miller ((508) 369-4151, paulallenmiller@verizon.net), R Paul Miller (paulallenmiller@verizon.net)

(AN) (CE) Tuesdays

May. 1. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. Meet at 9:30 at Houghton's Pond parking area. Call in case of change. L Ken Jones ((508) 697-0142 6-9 PM except Thursdays, lotsoluck@comcast.net), CL Luther Wallis ((508) 923-1935,

lew89@comcast.net), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

Thursdays

May. 3. Thurs. Morn.Hike Wollomonpoag Conservation area. Wollomonopoag Conservation area, Wrentham. (B3C) Hike starts at 10:00am. 5+ miles of trails, eskers, beaver dam, and pond, as well as marshes, and a mature forest. Also observe a Great Blue Heron Rookery. 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)

(FT) (NM) Thursdays

May. 3. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., May. 5. Mt. Kearsarge North Hike (B3B). Join us for a great hike up Mount Kearsarge North (3,268'). We'll take the Mt Kearsarge North Trail (3.1 miles) to the summit. At the summit we will take some time to enjoy the 360 degree views and then descend back down the same trail to the parking area. Total elevation gain 2600 ft, approx, 6.2 miles RT. Approx hike time 6 hours. 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)

(AN) (CE) Tuesdays

May. 8. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. Meet at 9:30 at Houghton's Pond parking area. Call in case of change. L Ken Jones ((508) 697-0142 6-9 PM except Thursdays, lotsoluck@comcast.net), CL Luther Wallis ((508) 923-1935, lew89@comcast.net), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays

May. 10. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thu., May. 10. Thurs Morn. HIke M-M Trail, Mt Norwottuck (B3C). 5.4 mile hike along Metacomet-Monadnock trail from Rte 116 to Harris Mountain Rd. A very Picturesque hike will take us to Mount Norwottuck, Horse Caves, Rattlesnake Knob and Long Mountain. After the hike a side trip to a local country store for ice cream. Heavy Rain will cancel. L Walt Granda ((508) 999-6038 Before 9:00 PM, wlgranda@aol.com), R Walt Granda ((508) 999-6038 Before 9:00 PM, wlgranda@aol.com)

(FT) (NM) Saturdays

May. 12. Intro. to AMC Hiking-Wollomonopoag Conservation Land Hike. Introduction to hiking-5+ mile walk on conservation land in Wrentham. Features large eskers, beaver dams, ponds, a mature forest and a Great Blue Heron Rookery.(B3C). Contact L to register,

Ellen Correia, 508-954-4099, ellenrcorreia@gmail.com. L Ellen Correia ((508) 954-4099 before 9:pm, ellenrcorreia@gmail.com), CL Jodi Jensen , R Ellen Correia ((508) 954-4099 before 9:00pm, ellenrcorreia@gmail.com)

Sun., May. 13. Blue Hills Fast & Hilly. Stay in shape for the bigger mountains by hiking the Skyline Trail at a moderately fast pace. We'll hike the North-South loop, then out to Buck Hill and back. Meet at 8:45; not a beginner hike. L Maureen Kelly ((508) 224-9188 before 8pm, MoKel773@aol.com), R Maureen Kelly ((508) 224-9188 before 8pm, mokel773@aol.com)

(AN) (CE) Tuesdays

May. 15. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. Meet at 9:30 at Houghton's Pond parking area. Call in case of change. L Ken Jones ((508) 697-0142 6-9 PM except Thursdays, lotsoluck@comcast.net), CL Luther Wallis ((508) 923-1935, lew89@comcast.net), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays

May. 17. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(AN) (CE) Tuesdays

May. 22. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. Meet at 9:30 at Houghton's Pond parking area. Call in case of change. L Ken Jones ((508) 697-0142 6-9 PM except Thursdays, lotsoluck@comcast.net), CL Luther Wallis ((508) 923-1935, lew89@comcast.net), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(C) (FT) (NM) Thu., May. 24. Thurs. Morn North Hill Marsh in Duxbury (C3C). NORTH HILL MARSH HIKE May 24, 2012 Leader and Registrar: Sally Delisa Before 9:00 p.m. Home: 781-834-6851 Morning of hike (after 9:a.m.)--Cell: 781-864-7302 Distance: 4.6 miles Rating: C3/4C REGISTRATION: Registration is required. DESCRIPTION: Leader will be stopping for wildflowers and shrubs blooming along the trails. We will hike over some of Duxbury's upland trails and hills, past a large kettle hole and along an old cart path. Then, we'll drop down and hike past a cranberry bog and lastly around a large pond owned by Audubon. There will be a separation/snack break about half way. Following the hike, those wishing for more on their own may wish to cross the street and hike around Round Pond. The Bay Circuit Trail goes across that property and there is a bench overlooking the pond. Time: Sign-in at 9:45 for a prompt 10:00 a.m. departure. The hike will last about 2.5 hours with a separation (bathroom)/snack break. Weather/Cancellation Policy: Heavy rain, high winds or electrical storms will cancel. If in doubt, call Sally at her home number until 9:00 a.m. After 9:00 a.m., you may reach her on the cell phone. (Phone numbers at top of page) Cautions/Hazards: Deer Ticks are active all year on the South Shore. Please use proper precautions. There is some poison ivy along the trails. There may be some muddy areas. L Sally Delisa ((781) 834-6851 before 9pm, delisasally@yahoo.com), R Sally Delisa ((781) 834-6851 before 9 pm, delisasally@yahoo.com)

(FT) (NM) Thursdays

May. 24. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., May 26-28. Memorial Day Weekend Hut Trip. Weekend trip to Carter Notch Hut with hikes to Carter Dome and the Wildcats. Two nights, dinners and breakfasts included. Payment sent by April 25th to confirm spot. L Leslie Carson ((508) 833-8237, ltc929@comcast.net), CL Jim Plouffe ((508) 562-0051, jimplouffe@comcast.net), R Leslie Carson

(AN) (CE) Tuesdays

May. 29. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. Meet at 9:30 at Houghton's Pond parking area. Call in case of change. L Ken Jones ((508) 697-0142 6-9 PM except Thursdays, lotsoluck@comcast.net), CL Luther Wallis ((508) 923-1935, lew89@comcast.net), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays

May. 31. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays

Jun. 7. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Jun. 9. Hiking-Alander Mountain/Bash-Bish Falls. Dotted with picturesque towns and surrounded by rolling ridges of hardwood forests, the Berkshires are a must-visit hiking destination. Among the many locations from which to choose, Alander Mountain stands above the rest with its expansive views and interesting natural features. A 7.6-mile hike can be completed by following the Bash-Bish Gorge, South Taconic, and Bash-Bish Falls trails. Excellent views can be found along the ridge leading south to the mountain's wide-open western summit. Complete the hike by swinging through New York's Taconic State Park and past the Bay State's highest falls. The trailhead is on Falls Road in the town of Mount Washington, 0.3 mile east of the New York border. L Walt Granda ((508) 999-6038 before 9:00 PM, wlgranda@aol.com), CL Anne Duggan ((508) 748-6782 before 9:00 PM, ab.duggan@verizon.net), CL Jean Hauck ((781) 326-4075, jeanhauck@verizon.net), R Anne Duggan ((508) 748-6782 before 9:00 p.m., ab.duggan@comcast.net)

(FT) (NM) Thursdays

Jun. 14. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Sat., Jun. 16. Introduction to AMC Hiking - Long Pond-Ell Pond , Ashville,RI. A great hike for new members and and first time hikers. Hike along the Narragansett Trail lined with mountain laurel to a cliff that overlooks Long Pond. The hike then proceeds through a gorge lined with rhododendrons and hemlocks. L Susan Chiavaroli ((508) 252-4164, brillo6452@yahoo.com)

(FT) (NM) Thursdays

Jun. 21. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Jun. 23. Mt. Hale - Zealand Falls Trail Loop. 7.7 mi, el 4,054 ft, change 2,276 ft, moderate pace, scenic views, wet areas, pass Zealand Falls and hut. Magnificent views from the outlook at Zeacliff, and connecting trails lead to a number of other superb outlooks. Part of the AT. Beaver swamps, meadows, and ponds, with views of the surrounding mountains. L Len Ulbricht (lenu44@gmail.com), CL Anne Duggan (ab.duggan@verizon.net), R Brian Duane ((339) 244-4107 before 10 pm, brianduan@earthlink.net)

(FT) (NM) Thursdays

Jun. 28. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

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

CAPE COD HIKES

Most Cape Hikes are "Show & Go." For additional info, contact trip Leader/Co-Leader (L/CL) or visit trips.outdoors.org. (Set Committee to "Cape Hikes.")

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

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 on the beach to the Race Point Lighthouse with binoculars in hand. Should see whales from the lighthouse! Meet at 9:45am, upper Race Point Beach parking lot, Provincetown. Walk will take 3 hours; eat lunch as we scan for whales with binoculars for another hour+. (Four+ 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 9:45am, Herring Cove Beach parking lot, (far right of the right parking lot). Walk on bike trail, pine barrens, over dike, and through marsh to Race Point Lighthouse. Bring your binoculars! Hike will last 3 hours, but allow 1+ extra hour for lunch while scanning with binoculars for whales (4+ hours RT). L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Apr. 22. Harwich, Herring River (C3C). The herring may be running up the ladder this time of yr. West & East Reservoir, Herring River and Run, Cranberry Bogs. Rte 6 to Ex 10, R off ramp to Rte 124S 2 mi to center. R on Main St/Great Western Rd for 2 mi to Sand Pond parking 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 to woodland trails, hills, and scenic bay views. Route 6, then left on Prince Valley Road to the end. Right on County Road, then an immediate left on Ryder Beach Road. Park at the end. Meet at 9:45am. 2 hours. 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). Bike path to wooded trails, few rolling hills, pass lavender farm. Rte 6 Exit 10 Rte 124S. L Old Colony Rd at 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 the left corner of the left parking lot at Herring Cove Beach, Provincetown, to hike back and forth over the dune and tidal flats until we get to Long Point (tip of the Cape). Views of Cape Cod Bay and Provincetown Harbor. 4 hours RT. MEET AT **10:45**am. Bring lunch. L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., May. 6. Falmouth, Long Pond (C3C). Rolling woods around scenic freshwater pond. Take Brick Kiln Rd east off Rt 28 to Gifford. R on Gifford, 1.5 mi, R into Goodwill Park. Pass gate and park on R. 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, or use the AMC online trip listing system: trips.outdoors.org (set Committee to "Biking" & Chapter to "Southeastern Mass"), or sign up for the SEM Short Notice list: www.amcsem.org.

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. 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 (bikingchair@amcsem.org) 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 to register your mileage and for more info. (bikingchair@amcsem.org)

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)

Sun., Apr. 1. Early Season Beginner Ride. Early season beginner bike ride. Ride 10 miles along the Phoenix Bike Path and lightly traveled roads visiting Fort Phoenix and the New Bedford Hurricane Barrier. Possible continuation to Mattapoissett Harbor. This is for all skill levels and bike types. Children allowed but contact ride leader. Maybe its your

first ride of the season, or just want to try an easy group ride. Rain and less than 40f cancels. Registration not required but cancellations only sent to registered participants. Meet at the Stop and Shop on route 6 (at the end of Rte 240) for a 10am start. L Jon Fortier ((508) 982-1855, jon.of.carver@gmail.com)

Tuesdays

Apr. 3. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(NM) Fri., Apr. 6. Susnet/Full Pink Moon Ride. From Sagamore Rec Area ride through Sagamore and along the canal at an intermediate pace for 22 miles. Beautiful sunset over Buzzards Bay and moon rise over Plymouth Bay. Ride starts about 2 hours before sunset. Tires and riders pumped and ready to roll. Helmets, spare tube and tools and water required as is registration. Cancellation/rescheduling sent to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

Apr. 10. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

Apr. 17. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

Apr. 24. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

May. 1. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) Sat., May. 5. Sunset/Full Flower Moon Ride. Ride along the canal and through Gray Gables and Masnhee Island at an intermediate pace for 22 miles. Beautiful sunset over Buzzards Bay and Full Worm Moon rise over Sagamore. Ride starts in Sandwich Rec Area about 2 hours before sunset. Tires and riders pumped and ready to roll. Helmets, spare tube and tools and water required as is registration. Cancellation/rescheduling sent to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

May. 8. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

May. 15. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

May. 22. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

May. 29. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Mon., Jun. 4. Sunset/Full Strawberry Moon Ride. From Sagamore Rec Area ride through Sagamore and along the canal at an intermediate pace for 22 miles. Beautiful sunset over Buzzards Bay and moon rise over Plymouth Bay. Ride starts about 2 hours before sunset. Tires and riders pumped and ready to roll. Helmets, spare tube and tools and water required as is registration. Cancellation/rescheduling sent to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

Jun. 5. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique

locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, carrierpaul@comcast.net)

Tuesdays

Jun. 12. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, carrierpaul@comcast.net)

Tuesdays

Jun. 19. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, carrierpaul@comcast.net)

Tuesdays

Jun. 26. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, carrierpaul@comcast.net)

CHAPTER YOUTH PROGRAM (CYP)

WANTED: Chapter Youth Program (CYP) Leader. Share your outdoor knowledge and leadership skills with local groups of children. Give your time to these programs to help kids get outside who might not otherwise have the opportunity. A typical Chapter Youth Program (CYP) might include a local walk with some nature lesson or trail games. CYP leader training and screening is required. L Sally Delisa (picpocit@verizon.net)
cypcoordinator@amcsem.org

Watch our [chapter website](#) and the short notice list for notices for events!

PADDLES

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

Wed., Apr. 4. Centerville River. Centerville River 10:30am. Wet/Dry suit req. Fr Rt.28 take old Stage S into Main St. R on S Main st. to L on Hayward Road. L Bill Fischer ((508) 420-4137 to 9 pm, wmbarbarafischer@comcast.net), CL Vickie Blair/Smith

Sat., Apr. 7. Walker Pond. 10:30 am PFD, wet/dry suit req. spray skirt. Put-in. Rt. 6 exit 9 take Rt. 134N to R on Airline, R on Setucket, R on Slough Rd to L at put-in. Paddle Walker & Upper and Lower Mill Ponds. L Bill Fischer(508-420-4137 call before 9pm,wmbarbarafischer@comcast.net),CL V.Blair/Smith. L Bill Fischer ((508) 420-4137 before 9pm, wmbarbarafischer@comcast.net), CL Vickie Blair/Smith

Wed., Apr. 11. Waquoit Bay. Put-in: Whites Landing, E. Falmouth (41°34.730/70°31.907) Go west from the Mashpee rotary on Rt 28 or east from Falmouth and 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)

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)

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)

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

Wed., Apr. 25. Leaders Choice. Leaders Choice. Either Slocum River and daffodils or Padanaram Harbor. Please call for directions. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

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

Wed., May. 2. Sippican Harbor to Bird Is.. Put in is at Island Wharf Rd., Marion (41° 42.285 - 70° 45.670). Will paddle out to Bird Is. and explore the area of Sippican Hbr. Level 3, 12 plus miles, Sea Kayaks only, PFD, Spray Skirts, and cold water attire required. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Sat., May. 5. Pamet Harbor Truro. Put-in Directions: From Route 6 northbound in Truro, right at the exit sign for Pamet Roads and Truro Center. At the junction signed for North and South Pamet Roads turn right, go a few hundred feet and turn right again onto South Pamet Road. Go under Route 6. After 0.1 m you come to Castle Road. Turn left, go about 100 feet and veer right onto Depot Road. After 0.5 m the road forks. Stay right toward Pamet Harbor. At 1.3 m you come to the harbor parking area. There is a \$6 launching fee. Life vest, spray skirt, and wet/dry suit required. L Don Palladino ((508) 349-2950, djp1958@comcast.net)

Wed., May. 9. Onset Harbor & Creeks. A leisurely 8-mi. tour around scenic Onset harbor and its estuaries. PFD and wet or dry suit req. Spray skirt rec. Launch 10:30AM at

Riverside Dr., off Main Ave. L Wesley Ewell ((774) 313-7599 7:00AM-9:00PM,
twofootartist@yahoo.com)

Saturdays

May. 12. Long Pond, Brewster. Long Pond, Brewster. Circle the pond and eat lunch on a sandy beach. Directions to put-in: Route 6N Exit 10 to Route 124. Just after crossing Brewster Town line, turn right on Crowell's Bog Road. PFD required. L Betty Hinkley ((508) 241-4782, bhinkley@mindspring.com)

Wed., May. 16. Weweantic River. Paddle down River to Great Hill Point and Sippican Neck. I-195 to Exit 20 to Visitor Center on 195 going East. PFD required. 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, Duxbury, Ma. Rte.3 Exit 11 to Rte.14 East 2.9mi. to Y intersection L onto Powder Pt. Ave. 1.1mi. to parking lot 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. Put-in is from a private beach (41° 38.904 - 70° 38.203) with limited parking in North Falmouth. Call for directions. Will paddle south to Old Silver Beach and into Herring Brook. On the way back we will stop and have lunch in Wild Hbr. This is open water paddling around Nye's Neck and then south to Herring Brook at Old Silver Beach. Sea Kayaks only, PFD and spray skirt required. Total distance approximately ~12 miles. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Wed., May. 30. West Island. Scenticut Neck to and around West Island. I 195 to Rt 240. Cross Rt. 6 to Scenticut Neck Rd., left on Seaview(park). PFD & spray skirt required. 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 (41° 59.886 - 70° 42.621) at the entrance to Jones River. Take exit 9 from Rte 3 and go NW on 3A, then right onto Landing Rd. and right onto River Rd. to the end. This is a beautiful river to explore. The Harbor Master tells me the dam has been taken out opening a whole new area to paddling. Very tide dependent paddle. Level 2, PFD required, spray skirt recommended. I did this river 3 years ago, but only to the dam. There may be some fast water. 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) on Old Dock Rd., W. Falmouth. You must park back at the bike path lot. Call for directions. Paddle will be south to Gifford's Ledge, and the Great and Little 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. I 195 to Rt 88S. Left at 2d light (Old County Rd.) 1 mile to Head of Westport Village. Park on either side of River. PFD required. 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 PFD, spray skirt req. Tour three bays and lunch on Samsons Island. L Bill Fischer ((508) 420-4137 before 9pm, wmbarbarafischer@comcast.net), CL E. Pratt

Wed., Jun. 20. Wellfleet Bay. Put-in: From Route 6 in Wellfleet at the traffic light just past P.J.'s turn left toward Wellfleet Center and Harbor. Go 0.3 m and turn left on East Commercial Street. Go 0.7 m to the Town Marina and Harbor. Turn right on Kendrick Ave. The parking lot for Mayo Beach is a few hundred feet on the left. Life vest and spray skirt req. L Don Palladino ((508) 349-2950, djp1958@comcast.net)

Sat., Jun. 23. Weweantic River. A liesurely 6-8 mi. trip to explore the headwaters of the Weweantic River, Sippican River, and Cohackett Creek. PFD req. Launch 10:30AM at State ramp in rest area between Exits 20 & 21 on I-195 East. L Wesley Ewell ((774) 313-7599 7:00AM-9:00PM, twofootartist@yahoo.com)

Wed., Jun. 27. Slocum River/ Little River. Eleven mile paddle down Slocum River and up Little River. I 195 Exit 12 South Faunce Corner Rd. Cross Rt 6 to Old Westport Rd. to Chase Rd. Right at Russells Mills Rd. to town park on left. PFD & spray skirt required. 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)

TRAILS & TRAILWORK

Watch our [chapter website](#) and the short notice email list for notices for events!

FAMILY EVENTS

Watch our [chapter website](#) and the short notice email list for notices for events!

SOCIAL COMMITTEE & SOCIAL EVENTS

Watch our [chapter website](#) and the short notice email list for notices for events like our Boston St. Patrick's Day walk!

SEM Spring Social Weekend, April 28-29. Hiking, biking, and whatever! AMC NobleView Camp, Russell, MA. (Details under Education Committee) ([See flyer](#))

SKIING (XC and DOWNHILL)

We had great fun this winter – cross country skiing and downhill skiing. Watch our [chapter website](#) and the short notice email list for notices for events for next winter!



If you print your e-Breeze, please recycle it when done

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