



# *The Southeast Breeze*

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

WRITTEN BY YOU FOR YOU

## View from the Chair

By Jim Plouffe, Chapter Chair

Many months ago I wrote a *View From the Chair* about how we can use some good people to volunteer for some small tasks, such as bringing paper cups to meeting or taking pictures at an event. This is my attempt at getting more people involved in a way that doesn't scare anyone into believing that we will be overloading them with tasks.

However, at this point in my "Chairship" (I think I am coining that word), I am going to ask for some people to volunteer for some very hefty tasks. This November, most of our Executive Board will be leaving their post as their terms are up, mine included.

This leaves me with a huge problem. I have run the length of my terms as allowed by the Chapter Bylaws and leaving with me are my Vice-Chair, Cape Hikes Chair, Education Chair, Communications Chair, among others. Without an influx of many responsible, driven members to fill these positions, I worry that our Chapter will not survive as well as it has in the recent past, which, if I can toot the horns of my fellow Executive Board members, was extremely well.

There are two things that I need hefty volunteers for. The first is a Nomination Committee. This Committee, in short, will be responsible for finding and nominating a slate of officers for the 2013 Executive Board. The second is a slate of officers.

Are you interested in helping to pick the new board or possibly being on the Executive Board? If so, please e-mail me as soon as you can. I can answer questions as to the responsibilities and commitments that are required as an Executive Board Member.

Just a note, though... I am not going anywhere and will remain on the board as Past-Chapter Chair, a voting member of the Executive Board and the person to whom the next Chapter Chair can bounce ideas and thoughts off of and by whom that person can learn what the position involves.



**CONTACT THE SEM CHAPTER CHAIR:** [chair@amcsem.org](mailto:chair@amcsem.org)  
**CONTACT THE SEM CHAPTER VICE CHAIR:** [vicechair@amcsem.org](mailto:vicechair@amcsem.org)  
**VISIT THE SEM CHAPTER WEBSITE:** [www.amcsem.org](http://www.amcsem.org)  
**FIND US ON SEM FACEBOOK:** [www.facebook.com/AMCSEM](http://www.facebook.com/AMCSEM)  
**FOLLOW US ON SEM TWITTER:** [www.twitter.com/amcsem](http://www.twitter.com/amcsem)

# NOTICES

## Regular Meetings:

**SEM Executive Board** (6:30pm selected 2<sup>nd</sup> Wednesdays)  
(contact [chair@amcsem.org](mailto:chair@amcsem.org) for more info)

**Hike Planning Meetings 2012** (6:30pm 1<sup>st</sup> Wed. quarterly)  
(contact [hikingchair@amcsem.org](mailto: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](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 e-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 AMC 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: [www.amcsem.org](http://www.amcsem.org), Documents.

*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 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
-----	
Biking	<a href="mailto:bikingchair@amcsem.org">bikingchair@amcsem.org</a> Jon Fortier, 508-982-1855
Biking (Vice)	<a href="mailto:bikingvicechair@amcsem.org">bikingvicechair@amcsem.org</a> Dan Egan, 508-717-2687
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:education@amcsem.org">education@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> Paul Miller, 508-369-4151
Membership	<a href="mailto:membershipchair@amcsem.org">membershipchair@amcsem.org</a> Jim Casey, 781-924-5228
Membership (Vice)	<a href="mailto:membershipvicechair@amcsem.org">membershipvicechair@amcsem.org</a> Vickie Beaulieu,
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>

## AD HOC COMMITTEES:

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

## STAFF:

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

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

The e-Breeze newsletter is delivered and managed by the AMC-licensed Blackbaud Sphere system.

# TABLE OF CONTENTS

(QUICK BOOKMARK LINKS TO AREAS OF INTEREST)

[Administrative](#)  
[Biking Committee](#)  
[Chapter Activities](#)  
[Conservation Committee](#)  
[Education Committee](#)  
[Hiking Committee](#)  
[Membership Committee](#)  
[News From Joy Street](#)  
[Social Committee](#)

---

Put your e-Breeze on all of your electronic devices and take it with you wherever you go! Your smart phone, your tablet...

---

## SEM STATS

### PADDLE STATS

As of May 26th, the AMCSEM Paddling Group has completed a total of fourteen (14) paddling trips. A total of eight-four (84) people participated in the fourteen (14) trips.

--George Wey, Paddle Chair

### BIKING STATS

Even with all the rain in the last month we managed to squeeze in 6 road rides totaling 148 miles attended by 31 riders.

--Jon Fortier, Biking Chair

# MEMBERSHIP COMMITTEE

## It's June! How's that New Year's Resolution coming along?

By Julieanne Capone, Membership Committee



What was your New Year's Resolution for 2012? To exercise more? try something new? volunteer? be more social? watch less TV? bike X miles? climb X 4,000 footers? stop procrastinating??

Luckily it's not too late to conquer your goals, 2012 is approaching its halfway mark but who's really counting? No one said you had to have everything checked off by winter's end, right? Our SE Mass. AMC Chapter offerings are great ways to jump start that "list" of dreams and aspirations you've been meaning to achieve.

One big reason goals aren't met is because we don't hold ourselves accountable and quantify results. Fortunately, the SEM Chapter offers programs such as Red Line the Blue Hills where hikers can map their completion of each leg of the Blue Hills Trails, the Biking Committee has a 2,000 Mile Club where cyclists can record their gains, and the AMC has a 4,000 Footer Club for those aspiring to climb all 48 peaks! The SEM AMC Membership Committee is looking for members to be more active through volunteering to lead activities, maintaining trails, joining a committee, helping to publish 'The Breeze', or simply signing-up for an activity.



Don't know where to start? All activities offered through the SEM Chapter have a rating system based on distance/pace/terrain and trip leaders can always be contacted with questions. Be proactive and turn your dreams into reality!

**Get involved today and let people think you started your "list" on January 1<sup>st</sup>!**

Visit [www.amcsem.org](http://www.amcsem.org)

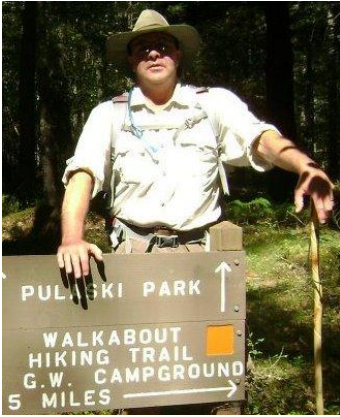




# MEMBERSHIP COMMITTEE

## Become the Membership Chair? Sure...Why not?

By Jim Casey, Membership Chair



While reading my first SEM Breeze Newsletter in Spring 2011, I noticed the following paragraph: *“Volunteers needed to bring paper cups to meetings. (Oh and to do many other things too!) SEM has many opportunities to make a difference in the AMC’s ideals of recreation, education, and conservation. Contact the Chapter Chair, to find out how you can make a difference!”*

I had just joined the AMC at the request of my wife (she was not happy with me camping by myself, she said I was getting too old to go out alone) I knew I wanted to get involved, but didn’t know how to go about it (plus I was a little shy). Anyway, after reading the above notice in the Breeze, I sent the chair an email and within the hour I received a call back from Jim Plouffe, the SEM Chapter Chair. It was great speaking with Jim. He made me feel very welcome and right at home. We talked for a bit about my interests and the chapter as a whole and then Jim told me he would have Len Ulbricht, the Membership Chair, contact me to explain how I could help in the club. The next thing I know, I’m attending an Executive Board Meeting as Len’s guest. I learned there were two positions opening up that fall; one was the Education Chair and the other the Membership Chair. Everyone at the meeting was nice, friendly and easy to talk to. They all had the same interests and seemed to really enjoy volunteering for the chapter. After viewing the meeting activities for a bit the question finally came up....”Jim would you be interested in filling one of the open positions?” It didn’t take me long to respond, “Sure, I’ll do the membership one” and with a round of handshakes and smiles, I was part of the Executive Board...oh wait, not officially, it would not be official until the vote at the Annual Meeting in November. But it didn’t matter...I was INVOLVED and ACTIVE. No turning back now!

OK, so why am I writing this? Well the SEM Chapter has approximately 3,425 members with only about 10-15% active in the chapter. Now some of those members are what we call “arm chair” members...they just like to contribute financially to support the organization’s conservation of natural resources and keep the club strong, but most are just people like me who don’t know how to get started, and some are, again, people like me who get nervous trying new things or meeting new people. Well, let me tell you right now...WE DON’T BITE & IT’S FUN!!!...lol

Let me tell you about my first year in the AMC SEM CHAPTER. Since I joined the club and stepped up to be Membership Chair, I have completed the Wilderness First Aid/CPR training, finished the Winter Hiking Series, held an Open House with my Membership Committee partners Vickie & Julieanne, represented the Chapter at the LL Bean Boot Mobile Event at Boston Common, and climbed several mountains, as well as a few winter overnights at Mount Greylock and the AMC Lonesome Lake Hut, attended the Chapter Hut Weekend at Cold River Camp, not to mention numerous other hikes and events. Most important I have enjoyed every second of it meeting YOU, the chapter members. I have recently been approved as a Class 2 hike leader, so now I get to hike with new members all the time. Not bad for my first year.

I know, I know, I’m a wind bag....ok, here’s my big finish.

My name is Jim Casey, I’m still a NEWBIE, but I’m YOUR NEWBIE. As Membership Chair, I am here to help you get started. So send me an email and say Hi at [membershipchair@amcsem.org](mailto:membershipchair@amcsem.org) or call me 6:00-9:00 pm at 781-924-5228, if you have questions about volunteering, joining activities, joining the board, membership issues, the newsletter or anything else you can think of.... Or as I said above, just say Hi and let me know how your membership committee is doing.... (I’ll probably regret that last one, lol)

C U on the TRAILS!!

# EDUCATION COMMITTEE

## Map & Compass Training

By Len Ulbricht, Education Chair

May 19 brought bright and sunny conditions for REI M&C training at Rocky Woods in Medfield, MA. We had 8 SEMers coming from as far as Cape Cod to attend.

It was a fun day starting out with learning the fine points of a compass, declination impact on the compass needle (true north and magnetic north differ), and topo map coordinates and scale (AMC trail maps not the same as USGS topo maps). After following a 3 leg compass course loop to see if we could return to our starting point (not all of us did on the first try), it was on to the trails and reading the terrain. Ever wonder where you are on the trail? We did and after comparing the terrain to our topo trail map the 8 of us came up with 3 or 4 different opinions. How embarrassing. Thought we knew all about reading a topo map. Our instructor thence forth covered the fine points of terrain reading as we proceeded to our bushwhack start point. First, from the topo map plot your course. Then compensate for declination (do we add or subtract?) to find compass course to follow. Okay, put Fred in the shed and march. Into the woods we go, around the tree, over stumps, re-check your course, under blowdowns, circle the erratic. What do you know, we made it. Now do it again. Twice more and still no one became lost. Beat the 10% rule. On to triangulation. Take bearings on visible terrain features, compensate for declination (do we add or subtract?) and plot those bearings. Voila, we are here. Lastly, how to prepare for white out conditions, the dos and don'ts, to end the day of training. Thank you, REI.



Those of you who missed the course may consider the following recommendations from the REI instructor. If you are looking for some good books on map and compass navigation, consider *Basic Illustrated Map and Compass*, 3d ed., by Cliff Jacobson (Falcon Guide, 2008, \$10), *Be Expert with Map and Compass: The Complete Orienteering Handbook* by Bjorn Kjellstrom and Carina Kjellstrom Elgin (John Wiley & Sons, 2010, \$18.95), and *Wilderness Navigation*, 2d ed., by Bob and Mike Burns (The Mountaineers Books, 2004, \$14.95). For basic a compass, consider baseplate compasses and avoid lensatic compasses; baseplate models work best for backcountry navigation. Suunto, Brunton, and Silva are the best manufacturers. Solid, entry-level compasses are the Suunto A-10 (\$14.50), the Brunton 7DNL (\$15), and the Silva Polaris (\$14). The Brunton 9020G (\$11) and 8010G (\$17) are entry-level compasses that allow you to preset your declination by offsetting the entire central capsule.

---

The Education Committee offers a variety of classes and programs to support the goals of the Appalachian Mountain Club and promote the safe enjoyment of the outdoors. If you have further questions, or wish to express interest in a particular kind of class or training, contact our Education Chair, [education@amcsem.org](mailto:education@amcsem.org)



# EDUCATION COMMITTEE

## WFA Training / Spring Social Weekend at Noble View Camp

by Len Ulbricht, Education Chair



Noble View Sunrise-Panorama

What a great turnout and smashing good weekend, April 28-29. We were filled to capacity and turned many away. (Sign up early next time!) Attendees came from SEM, Boston, Narragansett, and Mohawk Hudson. 15 took SOLO-taught WFA training (11 from SEM) and 8 enjoyed a social weekend taking in fabulous views and hiking trails for all abilities, bubbling brooks and waterfalls, spring wildflowers and flowering

trees, brilliant sunshine and brisk winds, all capped off with hearty meals provided by our own Joyce and Luther Wallis. The weekend began with a Friday pot luck dinner initiated by Kathy Stanley (thank you again for stepping up). Kathy brought along her Dutch oven to make beef stew, Bryan Jones baked his camping recipe corn frittata concoction, and all brought assorted goodies from appetizers to desserts. What a great kickoff to the weekend. All 26 of us gathered for breakfast, lunch, appetizers, social hour or two and dinner in the Cold River Camp tradition. The breakfast scones, chicken chili lunch and spaghetti pie dinner with homemade bread were my favorites. As to the camp itself, the Noble View cabins are modernized and wood burning stove heated (a step up from Cold River). They are situated on an easterly facing bluff with an absolutely magnificent view out toward Springfield and well beyond. Open year round, Noble View is an easy 2-½ hours from SEM territory, even suitable for day outings.



MEAL CALL



PAINTED TRILLIUM



OUR SOUS CHEF  
(HOME MADE BREAD)



SPRINGTIME FLOWERING TREE



LITTLE RIVER



EXECUTIVE CHEF EXTRAORDINAIR  
(HOMEMADE SCONES)

# CONSERVATION COMMITTEE

## D.W. FIELD PARK REVITALIZATION PROJECT

By Maureen Kelly, Conservation Chair



### UPDATE:

#### **Meeting with the City of Brockton Parks Commission May 10, 2012**

Jim Plouffe, Chapter Chair and Maureen Kelly, Conservation Chair met with the City of Brockton Parks Commission tonight. We wanted to introduce ourselves to the Commission, tell them about our proposed plans for DW Field Park, and ask their permission to perform the work we want to do.

Jim gave the Commission background information on the AMC and on the first work day we had at the Park on April 21, 2012. He then began to tell the Commission about the plans we have for revitalizing DW Field Park. The members of the Commission were welcoming and happy to hear about our plans except for the small boat ramp. NO boats! NO horses! This was the mantra one member repeated. It is in the original bequest; we cannot have boats or horses. Other than that the commission liked our ideas of trail maintenance and trash pickup, widening and opening up the visibility of some of the more remote trails, GPS-ing the trails and producing a map and replacing benches.

The issue of homeless camps in the southern end of the park was raised and we responded that the plan in opening up the visibility of the trails in that area by cutting some of the brush would discourage the homeless from setting up camp in areas around 30-Acre Pond. The more visible the area is, we also hope, the more people will use the park and this activity will help to make the area less desirable for the homeless camps.

Jim asked the Commission if he could work directly with Tim Carpenter, Parks Commissioner, to get approval for a specific project rather than going before the entire Commission. The Commission voted to give Mr. Carpenter that power and they wished us well with our project. It was a positive meeting that made a strong connection with the Parks Commission and a gave SEM a simple approval procedure for permission to do the projects we want to undertake.

### **SEM's Nike Reuse-A-Shoe Program:**

[www.amcsem.org/news.html](http://www.amcsem.org/news.html)

[www.nikereuseashoe.com](http://www.nikereuseashoe.com)



# CONSERVATION COMMITTEE

## D.W. Field Park Project- Continued

By Maureen Kelly, Conservation Chair

Our second work day for the D.W. Field Park Project will be Sunday, June 10, 2012 from 8:00 - 12:00 AM. Our first day was a success with 18 volunteers pulling out trash and trimming branches on the trail that rings 30-Acre Pond. We will continue with the same activities on June 10 to finish cleaning and clearing this trail and we will mark areas where we want to open up the overgrown land surrounding the trail. Cutting down some of the brush between the trail and the road, and the trail and the pond, will give more visibility to walkers and increase safety.

Please consider joining us in our project. We have the support of the City of Brockton Parks Commission and the D.W. Field Park Association (a "friends" group). We are improving the condition of a beautiful urban park in Southeastern Massachusetts. The Nike Reuse-A-Shoe sneaker recycling box will be there and lunch will be provided. Contact Jim Plouffe at [chair@amcsem.org](mailto:chair@amcsem.org) or Maureen Kelly at [conservationchair@amcsem.org](mailto:conservationchair@amcsem.org). Thanks!

---

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. Here's where YOU come in: we need your help to make this project a reality. Please consider joining us to help. If you are interested in helping, please send an email to Jim Plouffe, [chair@amcsem.org](mailto:chair@amcsem.org) or Maureen Kelly, [conservationchair@amcsem.org](mailto: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.

### SEM's Nike Reuse-A-Shoe Program:

[www.amcsem.org/news.html](http://www.amcsem.org/news.html)

[www.nikereuseashoe.com](http://www.nikereuseashoe.com)

# CONSERVATION COMMITTEE

## Invasive Plants

By Susan Salmon

I recently attended a three day training program called Keystone Cooperators where I learned a lot about forest ecology and management, wildlife management and land conservation. One of the topics we covered was invasive plants in Massachusetts.

Invasive plants are primarily introduced through landscape horticulture or plant cultivation for human use. It often takes many years before it becomes apparent that a non-native plant has become invasive. Invasive plants are adaptable, aggressive, and have a high reproductive capacity. Their heartiness, combined with a lack of natural enemies, often leads to uncontrolled populations that choke out native plants. Deer or other grazing animals usually prefer native plants, further enhancing the invasive plants ability to replace natives. The end result is a marked loss of native plants and a decrease in plant diversity. The loss of native plants disrupts the food chain by leaving grazing animals little to no food, further reducing the area's biodiversity.

Oriental Bittersweet, Burning Bush, and Norway Maple are just some of the plants we have introduced that have become invasive. Oriental Bittersweet is a woody vine that was introduced into the United States in the 1860s as an ornamental plant and is often associated with old home sites from which it has escaped into surrounding natural areas. It infests forest edges, woodlands, fields, hedgerows, coastal areas, and salt marsh edges, especially those suffering some form of land disturbance. While often found in more open, sunny sites, it also tolerates shade allowing the oriental bittersweet to invade forested areas.



Oriental Bittersweet Fruit



Oriental Bittersweet Leaves



Burning Bush comes from Northeastern Asia, Japan and Central China. It was introduced to the United States around 1860 as an ornamental plant used in landscaping. Although now on the Massachusetts Prohibited Plant list, it remains very popular. Burning Bush can be found along roadways, at commercial and industrial sites and in park and residential

landscapes. It forms dense thickets, displacing many native woody and herbaceous plants in a variety of habitats including forests and coastal scrublands. Hundreds of seedlings are often found below the parent plant in what is termed a “seed shadow.”

Norway Maples are native to Europe, from Norway southward. In the United States, they either escaped from cultivation or are the offspring of trees used as ornamental specimens. The Norway Maple frequently invades urban and suburban forests. Its extreme shade tolerance, especially when young, allows it to penetrate beneath an intact forest canopy. Research has recently shown that forests, which have been invaded by Norway Maple, suffer losses in diversity of native forest wildflowers compared with forests in which the canopy is dominated by native species such as sugar maple. This is at least in part due to the dense shade cast by Norway maples, and the shallow roots, which compete with other vegetation. They also produce a large quantity of seeds that can germinate rapidly and crowd out native species.



*Left Norway Maple, Right Sugar Maple*

A distinguishing characteristic of the Norway Maple leaf is that it is wider than it is long. The Sugar Maple leaf is generally longer than wide. Norway Maple leaves are the last to change color in the fall; they remain green until early November then turn bright yellow. Late fall is the best time to survey for Norway Maples as they are very conspicuous at that time.

If you are interested in helping to protect the native plants and animals in Massachusetts, you can join the UMass Outsmart Invasive Species Project. They have developed an excellent smart phone application you can download for free called **Outsmart Invasive Species**. It provides photos and descriptions of invasive plants (and insects) to aid in identification. If you see a suspicious plant (or insect), take a photo of it with your smart phone. The application notes your exact location using the phone’s GPS system, has a place where you can enter any notes or details of the siting, and allows you to take and upload a photograph of the invasive specimen. The app can be downloaded from iTunes or Google Play.

Click on the links below for more information:

UMass Outsmart Invasive Species Project

[www.masswoods.net/outsmart](http://www.masswoods.net/outsmart)

Massachusetts Invasive Plant List

[www.massaudubon.org/Invasive\\_Species/plants.php](http://www.massaudubon.org/Invasive_Species/plants.php)

Massachusetts Prohibited Plant List

[www.mass.gov/agr/farmproducts/prohibitedplantlist.htm](http://www.mass.gov/agr/farmproducts/prohibitedplantlist.htm)

New England Wildflower Society

[www.newfs.org](http://www.newfs.org)

Project Native

[projectnative.org/Catalog.html](http://projectnative.org/Catalog.html)



# HIKING COMMITTEE



## RED LINE the BLUE HILLS NEWS

Did you see RLBH mentioned in the May/June *outdoors* Magazine? On page 36, bottom left corner (box).

**LATE BREAKING NEWS!** On May 24, Walt Granda became the first orange line finisher (his 4<sup>th</sup> time hiking all trails). Congratulations to Walt!

See all RLBH finishers at:

[www.amcsem.org/RLBHWS/m\\_finishers.htm](http://www.amcsem.org/RLBHWS/m_finishers.htm)



*Joe Keogh, RLBH leader (left), congratulating Walt Granda, finisher (right). Photo courtesy of Ray Anderson.*



**JUST ANOTHER THURSDAY EVENING IN THE BLUE HILLS**  
(Photo courtesy of Jim Casey)

Did you read the May/June issue of the hardcopy AMC *outdoors* magazine?  
Did you see the picture of the SEM hikers on page 41?

# HIKING COMMITTEE



## Take a Long Hike

By Ray Anderson 

Hello fellow hikers.

One AMC activity I'm enjoying is hiking on Thursdays at the Blue Hills Reservation in Milton, MA. We meet at a pre-designated trailhead and hike a different route from 6 to 8 PM every week. We start hiking in May and stop in October.

The hikers shown in the photo have all completed what is known as "Red Lining the Blue Hills." That means that each of them has put their boots on every inch of every trail in the Blue Hills. This is quite an accomplishment and, as you can see, the recent finishers are happy to show off their official patch.



Some of the hikers pictured have completed a "Red Line the Blue Hills" multiple times! If you hike and complete all the trails twice, you are a Blue liner. If you do it three times, you are a Green liner. Michael Swartz and Joe Keogh (Michael, smiling under the hat, stands next to Joe, who has a beard with blue sweatshirt) are Green Liners. Congratulations to them and to all the others. (Bob Vogel, the creator of the series 7 years ago, is back row center.)

For a complete listing of "Red, Blue, and Green Line" hikers, as well as a detailed map of all the Red Line trails, go to "hiking" under [www.amcsem.org](http://www.amcsem.org) (then "hiking series", then RLBH).

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

# HIKING COMMITTEE



Senior Hike Leaders  
Walt Granda & Joe Keogh  
Using Every Available Resource  
(Photo & caption courtesy of Alan Greenstein)



*(Photo courtesy of Jodi Jensen)*

Blue Hills Winter Hike with delicious soup  
at the leader Jodi Jensen's house afterwards  
(a yearly tradition).



*(Photo courtesy of Ken Jones, via Facebook)*

Conclusion of the Spring Tuesday Morning Blue Hills Hiking Conditioning Series today, 5/29. Enjoyed celebrating this accomplishment with many new friends. Now it's off to the higher summits where the rubber really meets the road.

--Ken Jones, Hike Leader



# HIKING COMMITTEE

## THE CLOUDS CLEARED JUST AS WE HIT THE SUMMIT!

By Jim Casey, Hike Leader



It was 8:30am when our SEM group of 16 gathered at the trailhead to **Mount Kearsarge North**. Kearsarge North rises 3,268 feet and has commanding 360 degree views of the Presidentials, Mount Washington Valley, the interior of Maine and North Conway itself. We planned to hike the Mount Kearsarge North Trail, which has approximately 2,600 feet of elevation gain, runs 6.2 miles round trip and eases its way up the south side of the mountain, curling West near the summit, then jumping up a final switch back to the peak.



*I said go left, not right!*

That Saturday was a little overcast when we started and we were concerned we might not get a chance to enjoy the amazing views at the top. But step by step we made our way up the nicely groomed trail, enjoying the conversation and taking in the short views off the sides of the trail.

This was my final co-lead to become a SEM hike leader and I must admit, I could not have picked a better group to take up the mountain. Everyone stayed together, hiked safe, kept pace and just enjoyed themselves completely. I thought it couldn't get any better.

Then we hit the summit. Just as we climbed atop the ledge that crowns this beauty, the clouds and fog began to clear. I could hear the group's excitement as the dense white blanket moved past Mount Washington and gave us our first glimpse of the majestic beauty. It took a little time for all the clouds to clear, but then a turn in any direction provided unobstructed views of the area, from the Presidentials to Maine...it was incredible!

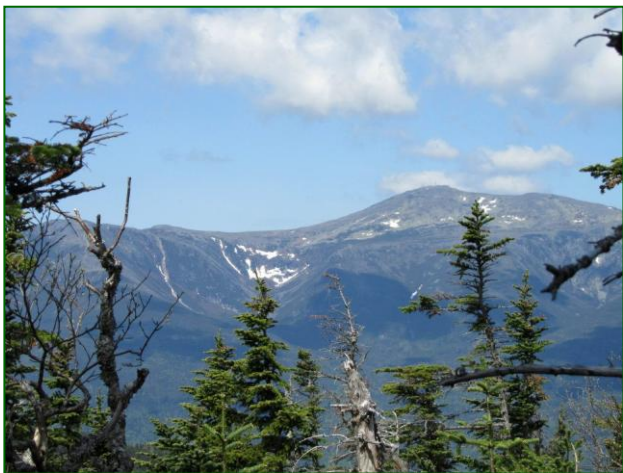
Thanks to everyone for making this a hike one to remember. I'm looking forward to leading more hikes down the road for the AMC and you!





# HIKING COMMITTEE

## Memorial Day Weekend at Carter Notch Hut, 2012



*(Photo courtesy of Sue Salmon, via Facebook)*



*(Photo courtesy of Sue Salmon, via Facebook)*



# BIKING COMMITTEE





# BIKING COMMITTEE

## Cyclists' Culinary Corner

### Challah Recipe

by Emily Colantonio

Challah (1 large loaf):

1 3/4 cups warm water  
2 tablespoons dry yeast  
1/2 cup honey  
1/4 cup butter, melted  
1/2 teaspoon salt (optional)  
4 eggs beaten  
7 to 8 cups unbleached white flour  
Melted butter for brushing loaf

Glaze:

1 egg yolk  
1 tablespoon water  
Poppy seeds  
(beat egg yolk and water and brush over loaf . Sprinkle poppy seeds)

Use a food processor or a bowl and wooden spoon. Pour warm water into a food processor with a steel blade and sprinkle yeast and process with one brief burst. Add honey, melted butter, salt, and beaten eggs and mix briefly. Add 2 cups flour and mix until combined. Continue to add flour 1 cup at a time. Dough should be sticky and should be firm enough to remove from bowl. Remove out onto a floured surface and knead until dough is smooth and elastic. The entire amount of flour (about 7 cups minimum) will probably be used, since the braiding will be more successful if dough is firm. Place dough in a oiled bowl and let rise in a warm spot until doubled – about 1 hour.

Punch dough down and turn onto a floured surface and knead until smooth and elastic. The following instructions are for 1 very large loaf. If you prefer 2 medium size loaves, just divide dough in half and proceed with each half described.

Take about two-thirds of the dough and divide into thirds with your fingers, moving from the center of each third out toward the ends - roll dough into three 18" inch lengths. Pinch the three lengths together firmly at one end and braid a tight braid. Place on Oiled baking sheet. Cut remaining third of dough into three equal parts. Roll out making shorter and thinner than first ropes. Braid and place on top of first braid. Brush with melted butter.

Cover lightly and let rise on a warm spot – double in bulk (about 45 minutes)

Add glaze and bake in a preheated oven at 350 for about 45 minutes (until loaf is rich brown)

## Look for these AMC leaders conducting these popular recurring rides:

By Dan Egan, Biking Vice Chair

**Larry Kornetski** - leads the **Dennis Beach Ride**....a ride that touches both sides of the Cape and about ten beaches all in the Town of Dennis with a lunch stop at a quaint sandwich and fried food chanty overlooking a canal entrance to a local harbor.

**Joe Tavilla**- leads a series of rides called the "**3-Cs**" **Ride-cycling, colleges, and chow**. The rides are thru quaint south suburban town with their storied town greens, typically dwarfed by the steeples of white clapboard churches and the occasional fabled country stores. The rides include a lunch stop at a local college where lycra sporting retirees mingling with jean clad young academics over much improved cafeteria fixings. Some colleges of the past have been MA Maritime, Wheaton, Bridgewater State, Brandeis, Babson, and Wellesley.

**Ed Foster**- leads a **yearly recurring ride** out of Mashpee that streaks down to North Falmouth Beach and then onto Woods Hole before turning North and heading for the Canal. A lunch stop in Bourne on the picnic tables of Gray's Market sustains the riders down thru the seven miles of canal and then onto the last twenty miles of inland Cape back roads to return to Mashpee High School-this 60 mile ride is for the seasoned biker. His Martha's Vineyard ride is also a treat.

**Paul Currier**-leads **full moon evening rides** along the Cape Canal passing weathered stone churches, ocean battered bluffs, manicured cape cod subdivisions, and grey shingled beach cottages in the golden glow of the twilight sun. He catches the sinking golden orb in Buzzards Bay and then streaks back in the dark with the usual tailing southwest breeze as the moon rises from the mouth of the east side of the Canal and tops the Sagamore Bridge.

**Jack Jacobsen** - runs a **Thursday night recurring ride** circumventing Lakeville, and Freetown in the cool of the evening in the Spring and the Summer. The lake vistas, the crimson cranberry bogs and long desolate stretches of forested roadway are treats as is the fresh scented refrigerated forested air blowing through your helmet and whistling by your ears.

# SOCIAL COMMITTEE

By Jodi Jensen, Social Chair

On May 5, Kevin Ryan led an incredible morning social trip through Mt. Auburn Cemetery to see and hear beautiful migratory birds. We don't need to travel far to enjoy beauty and nature.

Watch the trip listings and short notice list for other fun SEM social events organized by the Social Committee!



In the past, we cruised down the Connecticut River looking for bald eagles. We've gone to the movies. And we had a great Boston city walk on St. Patrick's Day, followed by pizza.



## WHY VOLUNTEER FOR THE AMC?

Gain work experience! Add it 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](mailto:chair@amcsem.org)



## COMMUNITY CONNECTIONS

Upcoming Community Outdoor Activities You Might Be Interested In

Send items to [communicationschair@amcsem.org](mailto: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](mailto: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](mailto: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](mailto:communicationschair@amcsem.org)



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, visit our website, find us on FACEBOOK, or follow us on TWITTER!  
[amcsem.org](http://amcsem.org) \* [www.facebook.com/AMCSEM](http://www.facebook.com/AMCSEM) \* [www.twitter.com/amcsem](http://www.twitter.com/amcsem)





## NEWS FROM "JOY STREET"

The following information is from the AMC's central office at Joy St. in Boston and is written by them. Please contact them for additional details on anything in this section.

---

**AMC's 2012 Fall Gathering** will be held on October 19-21, at the Greenkill YMCA Retreat Center in Huguenot, NY. This year's gathering is being hosted by the New York-North Jersey Chapter in honor of their 100th Anniversary as a chapter. Everyone is invited to this club-wide event which will include hiking, biking, paddling and many more activities in the Catskill Mountains. Watch for details in the upcoming issues of AMC's Outdoors magazine or by visiting the NY-NoJ Chapter's website <http://www.amc-ny.org/>

---

**The following adventure trips were added to the schedule for 2013:**

- Backcountry Skiing in Yellowstone, Jan 24–Feb 2
- Hiking New Zealand, Feb 9–25
- Skiing New Mexico, Feb 9–19
- St. John, USVI, Feb 10–19 or Feb 14–21 or March 16–24
- Trekking Patagonia, Feb 23 – March 4
- Death Valley and the Red Rocks, Nevada, April 19 – 28
- Morocco Trek, May 4 – 19
- Hiking the Superior Hiking Trail, Minnesota, Sept 20 – 29
- Biking Provence, Oct 11 – 19

For complete details on all these adventure travel trips plus more, visit: [www.outdoors.org/adventuretravel](http://www.outdoors.org/adventuretravel)

---

# CHAPTER ACTIVITIES

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

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

Please contact the activity leader directly for any additional information on an activity.

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

## SAVE THE DATE

### CLUB-WIDE ACTIVITIES

AMC's Fall Gathering, October 19-21 [www.amc-ny.org](http://www.amc-ny.org)

### CHAPTER-WIDE ACTIVITIES

National Trails Day, June 2

### 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 3, 2012

(See our website for details: [www.amcsem.org](http://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](http://AMCSEM.ORG)  
(see 'schedules' tab)

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

## CHAPTER FUN

**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](mailto:Chair@amcsem.org))

## CHAPTER PROJECTS

**D.W. Field Park Revitalization Project.** We need  
your help to make this project a reality. If you are  
interested in helping, please email Jim Plouffe,  
[chair@amcsem.org](mailto:chair@amcsem.org) or Maureen Kelly,  
[conservationchair@amcsem.org](mailto:conservationchair@amcsem.org)

**SEM's Nike Reuse-A-Shoe Program.**  
[www.amcsem.org/news.html](http://www.amcsem.org/news.html)  
[www.nikereuseashoe.com](http://www.nikereuseashoe.com)



*It's dark, but can you tell where Bambi is hiding?*  
(Photo courtesy of AMC SEM Facebook page.)

Know what's happening in your chapter?

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

[www.amcsem.org](http://www.amcsem.org) \* [www.facebook.com/AMCSEM](http://www.facebook.com/AMCSEM) \* [www.twitter.com/amcsem](http://www.twitter.com/amcsem)

## HIKING / BACKPACKING

**HIKE PLANNING MEETINGS:** are held the 1<sup>st</sup> Wednesday of March, June, September, December. Contact [hikingchair@amcsem.org](mailto: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](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 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) 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@verizon.net)

(C) Sun., Jun. 10. **Trail Work at D.W. Field Park.** Help us help DW Field Park in Brockton. We are continuing our efforts to revitalize this wonderful park. L Jim Plouffe ((508) 586-1394, jimplouffe@comcast.net), L Maureen Kelly

(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

(FT) (NM) Thursdays

Jul. 5. 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) Mon., Jul. 9-13. Acadia NP Multi-Sport July Camp. Join us for a week of hiking, biking, kayaking, and relaxing in one of Maine's premier outdoor destinations. We will be car camping using the Blackwoods Campground as our base camp. Leaders will plan multiple activities each day in and around the park. L Ken Jones ((508) 697-0142 6-9 PM except Thursdays, lotsoluck@comcast.net), CL Hadley Donaldson ((617) 823-1509), CL Luther Wallis ((508) 923-1935), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays

Jul. 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)



(FT) (NM) Sat., Jul. 14. Arethusa Falls /Frankenstein Cliff. A pleasant walk along Bemis Brook while viewing several waterfalls. Then the hike will proceed to the Frankenstein Cliff Trail for a possible view of Mt. Washington on a clear day. L Susan Chiavaroli ((508) 252-4164 7-9PM, brillo6452@yahoo.com), CL Anne Diggan , R Nancy Coote ((508) 596-8222 7-9 PM, nmcoote@yahoo.com)

(FT) (NM) Thursdays

Jul. 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)

Sat., Jul. 21. Mt. Tecumseh - A moderate 4K. Are you thinking about bagging your first 4K? Mt. Tecumseh is one of the easier 4K hikes, it's not too far north and it's a good way to start. Join us whether this is your first or your 48th. The hike will be moderately paced, 5.6 miles and 2400' elevation. L Maureen Kelly ((508) 224-9188 before 8pm, MoKel773@aol.com), CL Karen Singleton ((508) 730-7701 before 9pm, karen.singleton@comcast.net), R Maureen Kelly ((508) 224-9188 before 8pm, mokel773@aol.com)

(FT) (NM) Sat., Jul. 21. Into. to AMC Hiking/ Caratunk Refuge, Seekonk, MA. A leisurely hike at Caratunk Refuge. We will hike trails that wander around ponds, over brooks, through several kinds of forest, and along open fields and stone walls. After the hike there will be a cook-out at the leaders house. L Susan Chiavaroli ((508) 252-4164 7-9PM, brillo6452@yahoo.com)

(FT) (NM) Thursdays

Jul. 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)

(FT) (NM) Thursdays

Aug. 2. 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)

Fri., Aug. 3-5. Wildcat and Washington. Join us for 2 nights in Pinkham Notch at Joe Dodge Lodge. Hike Wildcat D on Friday to warm up your legs. Saturday we'll head out early for the Mt. Washington summit via the Tuckerman Ravine Trail. Return on the Boott Spur Trail. Sunday, a nice short walk to stretch your legs at Glen Ellis Falls. Cost includes 2 nights lodging in shared rooms, 2 dinners and 2 breakfasts. L Maureen Kelly ((508) 224-9188 before 8pm, MoKel773@aol.com), CL Brian Duane ((339) 244-4107 evenings before 10, brianduanearthlink.net), R Brian Duane ((339) 244-4107 evenings before 10pm, brianduanearthlink.net)

(AN) (CE) Mon., Aug. 6-9. White Mountain Hut to Hut Trek. Our Trip this year will trek across Franconia, Garfield, and Zealand Ridges while enjoying lodging and meals at the AMC Greenleaf, Galehead, and Zealand White Mountain Huts. L Ken Jones ((508) 697-0142

6pm-9 pm except Thur., lotsoluck@comcast.net), L Leslie Carson ((508) 833-8237), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6 pm - 9 pm except Thur., lotsoluck@comcast.net)

(FT) (NM) Thursdays

Aug. 9. 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

Aug. 16. 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., Aug. 18. Introduction to AMC Hiking-Walkabout Trail. Enjoy an untouched hiking trail that was cut and named by Australian soldiers back in 1965, while their ship, the Perth, was in dry dock in Newport, Rhode Island. The name refers to the wanderings of the Aboriginines of Australia. L Susan Chiavaroli ((508) 252-4164, brillo6452@yahoo.com), CL Nancy Coote (nmcoote@yahoo.com), R Nancy Coote ((508) 596-8222 7-9PM, nmcoote@yahoo.com)

(FT) (NM) Thursdays

Aug. 23. 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., Aug. 25. Tripyramid Loop. 11.1 mi loop, el. North Peak 4,140 ft, Middle Peak 4,110, net el change 2,800 ft. wet sections, steep sections, views. Experienced and conditioned hikers only. This is a long strenuous hike with steep rock ascent and loose gravel descent. L Len Ulbricht (lenu44@gmail.com), CL Karen Singleton (karen.singleton@comcast.net), R Len Ulbricht ((508) 359-2250 before 9 pm, lenu44@gmail.com)

(AN) (CE) Mon., Aug. 27-31. Gulf Hagas and Mount Katahdin Backpack. Join us for an night of tent camping in the Gulf Hagas area with a hike along the Rim Trail followed by three nights of lean to accommodations at Chimney Pond in Baxter State Park. Weather permitting we will summit Mount Katahdin, traverse the Knife Edge and summit Mount Pamola. We will also plan on climbing Hamlin Peak via Hamlin Ridge. Group dinners provided. L Ken Jones ((508) 697-0142 6-9 pm except Thursday, lotsoluck@comcast.net), CL Luther Wallis ((508) 310-3949, lew89@comcast.net), R Ken Jones (207 Walnut Street, Walnut Street, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays

Aug. 30. 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)

---

## 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.") Contact the Cape Hikes Chair: [capehikingchair@amcsem.org](mailto:capehikingchair@amcsem.org). Cape Hikes are generally suspended during the summer months due to parking problems.

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

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

---

## 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) (schedules), or use the AMC online trip listing system: [activities.outdoors.org](http://activities.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.** 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](mailto:bikingchair@amcsem.org)) for more info.

**AMC SEM 2,000 Mile Club.** Join 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](mailto: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](mailto:pbencurrier@hotmail.com))

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 Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) Thu., Jun. 7. Thursday Night Bike Rides. 6pm at various start locations in SE MA. Easy paced, helmets required. Rides are between 18-22 miles and will run every Thur. night at 6pm right through the end of August. Call or email leader, Jack Jacobsen, for info. L Jack Jacobsen ((508) 353-3708, cyclejac51@yahoo.com)

Sat., Jun. 9. MSSF trail ride. 12 mile loop on differing trails in Myles Standish State Forest. Paved bike paths, single track, forest and gravel roads. One short semi technical section that can be by-passed. Ride has hills, but mostly rolling on the bike path's. "Mountain" type bike required. Front shock a plus, especially on the paved bike paths ;), but not required, knobby MTB tires not needed. Helmet and spare tube mandatory. Contact leader for registration. L Jon Fortier ((508) 982-1855, jon.of.carver@gmail.com)

#### 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 Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) Thu., Jun. 14. Thursday Night Bike Rides. 6pm at various start locations in SE MA. Easy paced, helmets required. Rides are between 18-22 miles and will run every Thur. night at 6pm right through the end of August. Call or email leader, Jack Jacobsen, for info. L Jack Jacobsen ((508) 353-3708, cyclejac51@yahoo.com)

#### 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 Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) Thu., Jun. 21. Thursday Night Bike Rides. 6pm at various start locations in SE MA. Easy paced, helmets required. Rides are between 18-22 miles and will run every Thur. night at 6pm right through the end of August. Call or email leader, Jack Jacobsen, for info. L Jack Jacobsen ((508) 353-3708, cyclejac51@yahoo.com)

#### 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 Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) Thu., Jun. 28. Thursday Night Bike Rides. 6pm at various start locations in SE MA. Easy paced, helmets required. Rides are between 18-22 miles and will run every Thur. night at 6pm right through the end of August. Call or email leader, Jack Jacobsen, for info. L Jack Jacobsen ((508) 353-3708, cyclejac51@yahoo.com)

(FT) (NM) (CE) Tuesdays

Jul. 3. Suunset/Full Buck 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. 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)

(FT) (NM) Thu., Jul. 5. Thursday Night Bike Rides. 6pm at various start locations in SE MA. Easy paced, helmets required. Rides are between 18-22 miles and will run every Thur. night at 6pm right through the end of August. Call or email leader, Jack Jacobsen, for info. L Jack Jacobsen ((508) 353-3708, cyclejac51@yahoo.com)

(FT) (NM) Thu., Jul. 12. Thursday Night Bike Rides. 6pm at various start locations in SE MA. Easy paced, helmets required. Rides are between 18-22 miles and will run every Thur. night at 6pm right through the end of August. Call or email leader, Jack Jacobsen, for info. L Jack Jacobsen ((508) 353-3708, cyclejac51@yahoo.com)

(FT) (NM) (CE) Tuesdays

Jul. 17. A Dennis South Shore Ride. We'll start in the evening on the Rail Trail on Rte. 134 in Dennis and ride to West Dennis Beach, then along the shore to Old Wharf Road and the cottage colonies. Continue to Wychmere Harbor and perhaps include an ice cream stop at Harwich Bob's Ice Cream Emporium. Return on the rail trail. 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)

(FT) (NM) Thu., Jul. 19. Thursday Night Bike Rides. 6pm at various start locations in SE MA. Easy paced, helmets required. Rides are between 18-22 miles and will run every Thur. night at 6pm right through the end of August. Call or email leader, Jack Jacobsen, for info. L Jack Jacobsen ((508) 353-3708, cyclejac51@yahoo.com)

Wed., Jul. 25. Wednesday Wheelers - Dennis. Start on the south side of Dennis to some interior roads over to Chatham Light and Morris Island. Must be able to keep a 14-15 mph AVERAGE pace. Lunch after the ride at Chapin's Beach Bar. Distance: 45 miles Pace: intermediate 14-15 mph average Start Time: 10:00 A.M. Terrain: Rolling with a few hills Start Location: Requires Registration This is a combined Charles River Wheelmen /

AMC ride. L Larry Kornetsky ((617) 513-6716, thecanoe@comcast.net), R Larry Kornetsky ((617) 513-6716, thecanoe@comcast.net)

(FT) (NM) Thu., Jul. 26. Thursday Night Bike Rides. 6pm at various start locations in SE MA. Easy paced, helmets required. Rides are between 18-22 miles and will run every Thur. night at 6pm right through the end of August. Call or email leader, Jack Jacobsen, for info. L Jack Jacobsen ((508) 353-3708, cyclejac51@yahoo.com)

(FT) (NM) (CE) Wednesdays

Aug. 1. Sunset/Full Sturgeon 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)

(FT) (NM) (CE) Tuesdays

Aug. 14. A Chatham Ride. An evening start on the Rail Trail in Harwich. Ride into Chatham and Stage Harbor, Morris Island, along the shore by the lighthouse and fish pier and continue into North Chatham to Allen's Point and a view of the breaks. Return to the Rail Trail and perhaps include an ice cream stop at Harwich Bob's Ice Cream Emporium before returning to the starting point. 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)

(FT) (NM) (CE) Fridays

Aug. 31. Sunset/Full Red 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)

---

## CHAPTER YOUTH PROGRAM (CYP)

**WANTED: Chapter Youth Program (CYP) Leaders.** 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) or [cypcoordinator@amcsem.org](mailto:cypcoordinator@amcsem.org)

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

---

## 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"). Contact the paddle chair: [paddlingchair@amcsem.org](mailto:paddlingchair@amcsem.org)



## Trip Ratings/Levels:

Level 1 - No previous or little sea kayak experience is required.

Level 2 - You should feel that you can perform the following: a) paddle 6 miles in a day given the weather conditions for that day; b) a wet exit; c) maintain a straight heading without the use of a rudder; and d) turn your kayak using forward and reverse "sweep" strokes.

Level 3 - All of the above, and in addition feel confident in: a) assisting and performing a deep water rescue; b) paddle 13 miles in a day given the conditions for that day; c) paddle in 10 to 15 knot winds with seas of 2 to 3 feet; d) be able to launch and land from a beach in these conditions; e) use a marine band VHF radio.

Level 4 - All of the above plus: a) paddle 15 miles in a day given the conditions for that day; b) paddle in 20 knot winds; c) handle open ocean, large swells.

Level 5 - All of the above, and be able to paddle 20 miles in 25 knot winds with adverse sea conditions.

Sat., Jun. 2. Shoestring Bay. From Mashpee Circle: Route 28 to Cotuit and Hyannis. Take Quinaquisset Avenue off to right, continuing past Willowbend Golf Course, and across bridge which becomes School Street. Make a right onto Grove Street and continue until it "T's" into Crocker Neck and turn right. Continue on this road (the name will change a few times) until you come to Town Way to Water on your right, just after passing Poponessett\* Road for the second time (it forms a loop) on right. This will be in slightly less than a mile. \*spelling for the road is not the same as for the bay. From Route 28 coming from Marstens Mills: Take left onto Main Street in Cotuit and continue past small grocery store on right to School Street. Make a right and continue to Crockers Neck Road and make a left. The Highground Golf Course will be on your right. Continue on this road (the name will change a few times) until you come to Town Way to Water on your right just after passing Poponessett\* Road for the second time (it forms a loop) on right. This will be in slightly less than a mile. \*spelling for the road is not the same as for the bay. L Bill Fischer (wmbarbarafischer@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 to Sippican Neck. Rt 195E Visitor's Center Ramp after Exit 20. Ten mile trip down Weweantic River to Great Hill Point and Sippican Neck. PFD spray skirt req'd. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

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)

Wed., Jul. 4. Swan River/Pond, Dennis, MA. R6 exit 9 for W Harwich/Dennisport, R134 S past Patriot's Square to 2nd set lights L Upper County road past Hart Farm, L Clipper Lane to put-in on Swan Pond Paddle down River to mouth on Nantucket Sound, lunch on sandbar & return circumnavigating 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. Lunch looking out over the cut, then cross the cut, go around Strong Island and return. 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. Paddle Follins Pond to Weir Creek bridge & if tide permits into Mill Pond passing Crab Creek Conservation area & back to circumnavigate Follins Pond. 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. 18. Westport River West Branch. Paddle down West Branch of Westport River to harbor and the Let. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Jul. 21. Monks Cove & Back River. Leisurely 8-mile tour around Monk's Cove, Phinney's Harbor, and scenic Back River. PFD and spray skirt required. Launch at 10:30am, Monk's Park off Shore Road in Pocasset. Barlow's Landing Road from Route 28S to Shore Road. Right on Shore road, left onto Valley Bars Rd. Park at RR overpass. L Wesley Ewell ((774) 313-7599 7am-9pm, twofootartist@yahoo.com)

Wed., Jul. 25. Mattapoisett to Haskell or West Islands. Put-in is Ned's Point (41° 39.064 - 70° 47.649), 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. Level 3, distance ~14 miles. 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. Paddle down river to mouth on Nantucket Sound with lunch on West Dennis Beach. 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), off Water St., 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. Level 3. If the tide has been calculated correctly, this should be an easy paddle. 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 (41° 42.235 - 70° 37.002), Pocasset. Pick up Barlows Landing Rd. off Rte 28 in Bourne. Follow it into Pocasset. Turn right onto Shore Rd. at the church. Go 8/10's of a mile and turn left onto Valley Bars Cir. 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. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Wed., Aug. 8. Slocum River Giles Creek. Eleven mile round trip down river, up Giles Creek and back. I-195, Exit 12, South Faunce Corner, cross Rt 6 to Old Westport Rd to Chase Rd, R on Russells Mills Rd to town park on left. PFD required. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@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 to Hemenway on R. PFD, Spray Skirts Req. Level 3 Paddle 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, wmbarbarafischer@comcast.net)

Wed., Aug. 22. Allens Pond. DeMarest Lloyd SP to Allens Pond. I 195 Exit 12, South Faunce Corner Rd, cross Rt6 to Old Westport Rd, R Russells Mills Rd, south on Horseneck Rd, straight on Barneys Joy Rd, follow signs to DeMarest Lloyd State Park. pfd req. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Aug. 25. Leader's Choice. Boston Harbor or Hingham Bay. Put-In: Hull Gut, Hull, Ma. Level 3 Paddle. PFD, Spray Skirt Req. L George Wey (781 789-8005, geowey@comcast.net). L George Wey ((781) 789-8005 anytime, geowey@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)

Sat., Sep. 1. Wellfleet Harbor. Put-in: From Route 6 in Wellfleet turn left at the traffic light 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)

---

## TRAILS & TRAILWORK

Contact the trails chair: [trailschair@amcsem.org](mailto:trailschair@amcsem.org)

(C) (FT) (NM) (XCE) Sat., Jun. 2. **National Trails Day.** Come out and support our adopted trail in Myles Standish State Forest. Meet at the ranger station at 9:30 am and work untill done sign up is required. L Lou Sikorsky ((508) 951-6077 Between 5&9 pm, [hikinglou@charter.net](mailto:hikinglou@charter.net)), L Bob Bently ((508) 331-1883 Between 6&8 pm), R Lou Sikorsky ((508) 951-6077 Between 5&9 pm, [hikinglou@charter.net](mailto:hikinglou@charter.net))

(C) (AN) (CE) Sat., Jun. 9. **Blue Hills Reservation: North Skyline Trail Work Event.** Give back a little this year by helping maintain the trails we all love. We will perform trail work on a section of the North Skyline between Reservation Headquarters and Elliot Circle. Tools and training will be provided. 9am -1pm. L Ken Jones ((508) 697-0142, [lotsoluck@comcast.net](mailto:lotsoluck@comcast.net)), R Ken Jones ((508) 697-0142 5:00-9:00pm (except Thursdays), [lotsoluck@comcast.net](mailto:lotsoluck@comcast.net))

(C) Sun., Jun. 10. **Trail Work at D.W. Field Park.** Help us help DW Field Park in Brockton. We are continuing our efforts to revitalize this wonderful park. L Jim Plouffe ((508) 586-1394, [jimplouffe@comcast.net](mailto:jimplouffe@comcast.net)), L Maureen Kelly

## FAMILY EVENTS

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

## SOCIAL COMMITTEE & SOCIAL EVENTS

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

## SKIING (XC and DOWNHILL)

Contact the ski chair: [xcskichair@amcsem.org](mailto:xcskichair@amcsem.org)

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

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