View from the Chair
By Jim Plouffe, Chapter Chair

Do you know what’s happening in your chapter?

Did you read the May/June issue of the hardcopy AMCoutdoors magazine?
Did you see the picture of the SEM-ers on page 41?
Did you see the reference to our Red Line the Blue Hills hiking program on page 36?

Do you subscribe to the SEM short notice list? It has all the late breaking activities and cancellations. Go to our chapter website www.amcsem.org and sign up (bottom center).

Do you get the monthly e-Breeze, our chapter newsletter? No?
Call 800-373-1758 to sign up.

Do you get the monthly SEM email Blast? No? Call 800-373-1758 to sign up.

Do you know where the online trip listings are? No? Go to activities.outdoors.org. It’s all there! Do you know where quick-links to the same activities are? On our chapter website at www.amcsem.org, click on the “schedules” tab.

Do you go to our SEM Facebook page? It has great pictures and descriptions of all our hikes and other activities. All posted by our members. So, go ahead and “like” us! (And follow us on Twitter.)

We’ve got great stuff going on all the time! Are you an “arm chair member”? Yes? Well, get up and come join us in some fun! We have a great summer planned for you...

CONTACT THE SEM CHAPTER CHAIR: chair@amcsem.org
NOTICES

Regular Meetings:
SEM Executive Board (6:30pm selected 2nd Wednesdays) (contact chair@amcsem.org for more info)
Hike Planning Meetings 2012 (6:30pm 1st Wed. quarterly) (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.amc.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 AMC Member Center and set your preferences. Or get a copy at our website at www.amc.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: 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

2012 Executive Board & Committee Chairs

Chapter Chair chair@amcsem.org Jim Plouffe, 508-562-0051
Vice Chair Chair vicechair@amcsem.org Luther Wallis, 508-923-1935
Treasurer treasurer@amcsem.org Patty Rottmeier
Secretary secretary@amcsem.org Karen Singleton, 508-730-7701
Past Chair Chair pastchapterchair@amcsem.org Wayne Anderson

Biking bikingchair@amcsem.org Jon Fortier, 508-982-1855
Biking (Vice) bikingvicechair@amcsem.org Dan Egan, 508-717-2687
Canoe/Kayak paddlingchair@amcsem.org George Wey, 781-789-8005
Canoe/Kayak (Vice) paddlingvicechair@amcsem.org Betty Hinkley, 508-241-4782
Cape Hiking capehikingchair@amcsem.org Pat Sarantis, 508-430-9965
Cape Hiking (Vice) capehikingvicechair@amcsem.org Farley Lewis, 508-775-9168
Communications communicationschair@amcsem.org Cheryl Lathrop, 508-668-4698
Comms. (Vice) communicationsvicechair@amcsem.org

Conservation conservationchair@amcsem.org Maureen Kelly, 508-224-9188
Conservation (Vice) conservationvicechair@amcsem.org

CYP Chair cypcoordinator@amcsem.org
Sally Delisa, 781-834-6851
Education education@amcsem.org Len Ulbricht, 508-359-2250
Education (Vice) educationvicechair@amcsem.org

Hiking hikingchair@amcsem.org Walt Granda, 508-971-6444
Hiking (Vice) hikingvicechair@amcsem.org Paul Miller, 508-360-4151
Membership membershipchair@amcsem.org Jim Casey, 781-924-5228
Membership (Vice) membershipvicechair@amcsem.org Vickie Beaulieu,
Skiing xcskichairst@amcsem.org Barbara Hathaway, 508-880-7266
Skiing (Vice) xcskivicechair@amcsem.org Farley Lewis, 508-775-9168
Trails trailchair@amcsem.org Lou Sikorsky, 508-678-3984
Trails (Vice) trailsvicechair@amcsem.org

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

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

The chapter includes ~3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.
TABLE OF CONTENTS
(QUICK LINKS TO YOUR AREAS OF INTEREST)

   Administrative  
   Biking Committee  
   Cape Hiking Committee  
   Chapter Activities & Trips  
   Chapterwide Events  
   Conservation Committee  
   CYP Committee  
   Education Committee  
   Family Events Committee  
   Hiking Committee  
   Membership Committee  
   News From Joy Street  
   Paddling Committee  
   Social Committee  
   Ski Committee  
   Trails Committee

(Note: Not all committees are active each month.)

SEM STATS

PADDLING STATS
Since the start of the paddling season, the first of April, we have held twenty-six (26) paddling trips. A total of one hundred and sixty-four (164) people have participated in these trips. Vicki Blair-Smith has been on the most trips with twenty-one (21) Gifford Allen second with seventeen (17) and third George Wey twelve (12). Fifty-two (52) participants have paddled at least once. Average per trip is six (6) paddlers.

--George Wey, Paddling Chair

SWAP * BARTER * SELL * TRADE * FREE

Free:
Women’s Huffy 10 Speed Hybrid Bicycle and New Helmet.

Sue Salmon:  
sfsalmon@hotmail.com  
508-285-2440

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.

PAID ADVERTISEMENT

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
CHAPTERWIDE EVENTS

First Annual SEM Family Weekend
Southeastern Massachusetts Chapter
At
AMC’s Noble View Outdoor Center
August 18th and 19th, 2012

MORE INFO

- Family Games
- Family Hiking
- Movie on the lawn (weather permitting)
- Outside campfire for cooking marshmallows

- Warm Comfortable Lodge
- Full kitchen for some great family style meals
- Hot Showers
- Social hour (for adults after kids bedtime!)

AMC’s Noble View Outdoor Center is in Russell, Massachusetts, only about 2 hours from Boston.....
far enough away to be an adventure, but close enough for a weekend trek.

5th Annual Chapter Hut Weekend
at Cold River Camp
Southeastern Massachusetts Chapter
of the AMC
September 20 – 23, 2012

MORE INFO

- Hiking
- Biking
- Paddling
- Movie on the lawn
- Social hour(s)
- Trail food cook-off

- Horseshoes
- Playground for children
- Campfires
- Warm Comfortable Lodge
- Library
- Hot Showers

AMC’s Cold River Camp is in Evans Notch, NH, on the easternmost part of the White Mountain National Forest.
Wilderness First Aid (WFA) training  
November 17 & 18, 2012  
Borderland State Park  
North Easton, MA  

The WFA course runs 8:30-4 Saturday and Sunday. SOLO has been engaged to provide the instruction. Pricing is as follows: $145 AMC Member Price, $170 for non-AMC members. Pricing includes lunch and break service both days.

Register with Len Ulbricht, Education Chair, at lenu44@gmail.com

Wilderness First Aid Course (WFA)  
Wilderness First Aid is a comprehensive lesson in how to react, respond, and save life in remote, life-threatening situations.

Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify.

---

Babesiosis cases double on Cape  

Lyme disease isn't the only tick-borne illness threatening Cape Codders. Cases of babesiosis and anaplasmosis doubled in Massachusetts between 2010 and 2011, and much like with Lyme disease the Cape and Islands are hot spots for the emerging diseases. Also known as Nantucket fever, babesiosis wasn't even identified until the 1970s… [READ MORE]
Michael Swartz finished orange-lining on 07.22.12. That’s his 4th time around all 140 miles of trails! Walking on every inch of every one of them! (Michael is also a leader of the popular Red Line the Blue Hills Thursday night hiking group.)

See the RLBH website:  [www.mcsen.org/RLBHWS](http://www.mcsen.org/RLBHWS)
See all RLBH finishers at:  [www.mcsen.org/RLBHWS/m_finishers.htm](http://www.mcsen.org/RLBHWS/m_finishers.htm)
Arethusa Falls/Frankenstein Cliff Hike
July 14th
Hello fellow hikers.

Hello fellow hikers. Have you ever wondered whether you should hike in boots or trail shoes? My old leather boots on the right in the picture are more than twice as heavy as my trail shoes on the left. I had read somewhere that if your backpack weighs over forty pounds, you are better off with boots for ankle support.

I also remember reading (and know from banged up knees) that extra weight on your feet tires you out and makes you vulnerable to trips and falls.

Here’s the thing: Pack light and you can wear trail shoes, otherwise known as hiking shoes, instead of heavier boots. For me, wearing trail shoes rather than boots has made a big difference in how I feel at the end of the day. I haven’t hiked in boots for almost seven years and have much more energy on the trail. If I keep my pack weight (includes food, but not water) under thirty pounds, I’m fine in well-built trail shoes.

Remember, we are not talking "sneakers." We’re talking supportive trail shoes, which are sold at the major hiking and outdoor stores. Although boots keep getting lighter as Gore-Tex replaces leather, trail shoes have become more versatile and are built to last. And they are quick and convenient. For a comprehensive summary of trail shoes, see this article on low-cut hiking boots in Backpacker magazine.

Visit Ray’s hiking blog: www.TakeaLongHike.com
Acadia Trip Memories
Summer 2012

Team Acadia

On Cadillac Summit

On Dorr Summit

Farewell Dinner at Lompoc Cafe
Franconia Ridge Hike
Summer 2012

Summit of Lafayette
Franconia Ridge Trail
Falling Waters
Falling Waters Trail
Cyclists’ Culinary Corner

Roasted Asparagus and Tomatoes

Olive oil mist
1 lb asparagus, trimmed
1/2 cup cherry or grape tomatoes
1/3 cup sliced shallots
1 1/2 tsp chopped fresh thyme
1/4 tsp salt
1/4 tsp pepper

Preheat oven to 400°F. Combine 1 pound trimmed asparagus, 1/2 cup cherry or grape tomatoes, 1/3 cup sliced shallots, 1 1/2 tsp chopped fresh thyme, 1/4 tsp salt, and 1/4 tsp pepper on a jelly-roll pan. Coat lightly with olive oil mist. Bake at 400°F for 6 minutes or until crisp-tender.

(Recipe adapted from Cooking Light Magazine)

A sweet problem:
Princeton researchers find that high-fructose corn syrup prompts considerably more weight gain

Posted Mar 25, 2010By Laurie Bellero

A Princeton University research team has demonstrated that all sweeteners are not equal when it comes to weight gain:
Rats with access to high-fructose corn syrup gained significantly more weight than those with access to table sugar, even when their overall caloric intake was the same.
In addition to causing significant weight gain in lab animals, long-term consumption of high-fructose corn syrup also led to abnormal increases in body fat, especially in the abdomen, and a rise in circulating blood fats called triglycerides. The researchers say the work sheds light on the factors contributing to obesity trends in the United States.


Cyclists’ Bookshelf

YOU: The Owner’s Manual
By MEHMET OZ, MD and MIKE ROIZEN, MD

Between your full-length mirror and high-school biology class, you probably think you know a lot about the human body. While it’s true that we live in an age when we’re as obsessed with our bodies as we are with celebrity hairstyles, the reality is that most of us know very little about what chugs, churns, and thumps throughout this miraculous, scientific, and artistic system of anatomy. Yes, you’ve owned your skin-covered shell for decades, but you probably know more about your cell-phone plan than you do about your own body. When it comes to your longevity and quality of life, understanding your internal systems gives you the power, authority, and ability to live a healthier, younger, and better life.

The China Study
BY T.COLLIN CAMPBELL
PhD

This is the definitive guide to heart health. The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long-Term Health.
Trip Report - Boston Harbor Outer Islands, Wed 11 Jul

Participants: Alex Russo, Jim Michard and George Wey, Leader

It was a perfect day for paddling to the Boston Harbor outer islands, very little boat traffic and a calm flat sea except for gentle swells beyond the outer Islands. We put-in at 10:30, went through the Gut on the Peddocks Island side, paddled over to Georges Island, crossed the Narrows between Georges and Lovells Island, and went along the Great Brewster Spit which is exposed at low water. When we reached the channel between Great Brewster and Calf Island we decided to forgo lunch on Calf Island and head out to Graves Light. We passed by Middle Brewster, Calf and Little Calf Islands, crossed the Hypocrite Channel, then pass Green Island and the exposed ledges of the Roaring Bulls and finally reached The Graves. There we encountered seals and a scuba diver looking for lobsters. The Lighthouse was completed in 1903 about the same time the government created the North Channel into Boston Harbor. After circling The Graves we headed back towards Outer Brewster to have lunch and found a place on its rugged shoreline to land next to remnants of a structure built during WW2 (see attached pictures). After lunch we proceeded past Middle Brewster then over to Boston Light, the oldest manned lighthouse in the United States located on Little Brewster Island. We paddled adjacent to the main ship channel towards Georges Island then across to Hull, through the Gut on the Hull side and back to the Put-in, arriving back at 3:00 for a trip total of 13.3 miles paddled.  --George Wey
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

The Breeze accepts:

COMMUNITY CONNECTIONS: Upcoming Community Outdoor Activities You Might Be Interested In. Send items to communicationschair@amcsem.org

PERSONAL POSTS: This section of the Breeze highlights our members. If you have news, or know of news, contact the communicationschair@amcsem.org

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

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

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

HAVE YOU BEEN TO OUR FACEBOOK PAGE YET? LIKE US!
Save the Date for AMC’s Fall Gathering

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/
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

SAVE THE DATE

CLUB-WIDE ACTIVITIES
AMC’s Fall Gathering, October 19-21 www.amc-ny.org

CHAPTER-WIDE ACTIVITIES
TBD

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, 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)

Last minute activities (and cancellations) are posted on our Short Notice Email List (SNEL). Sign up for this list on our website, amcsem.org.

CHAPTER FUN

SEM FAMILY WEEKEND. August 18-19. AMC Noble View Outdoor Center. MORE INFO

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) MORE INFO

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 or Maureen Kelly, conservationchair@amcsem.org

www.nikereuseashoe.com

Know what’s happening in your chapter?
If not, visit our website, find us on FACEBOOK, or follow us on TWITTER
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.

<table>
<thead>
<tr>
<th>Miles</th>
<th>Pace (mph)</th>
<th>Terrain</th>
</tr>
</thead>
<tbody>
<tr>
<td>AA = 13+</td>
<td>1 = very fast (2.5)</td>
<td>A = v. stren.</td>
</tr>
<tr>
<td>A = 9 - 13</td>
<td>2 = fast (2)</td>
<td>B = strenuous</td>
</tr>
<tr>
<td>B = 5 - 8</td>
<td>3 = moderate</td>
<td>C = average</td>
</tr>
<tr>
<td>C = &lt;5</td>
<td>4 = leisurely</td>
<td>D = easy</td>
</tr>
</tbody>
</table>

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
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, Moke1773@aol.com), CL Jim Casey (Cmne@comcast.net), R Maureen Kelly ((508) 224-9188, Moke1773@aol.com)

(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)
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)

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 Aborigines 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)

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)

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)

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)

Sep. 6. 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)

Sep. 13. 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
Thu., Sep. 13-16. Adirondack Sampler. Visit the 6 million acre Adirondack Park in upstate New York. In September summer crowds are gone, there are no bugs. The nights are cool for sleeping and the water in the lakes is still warm enough to swim. Base tent camp at ADK Loj group site. Visit Adirondack Museum in Blue Mt. lake. Hike the high peaks and canoe Saranac Lake. Fees for museum, camping, rentals and food. Limited to 12 participants. $50 deposit due by 8/12. L Mike Woessner ((508) 577-4879, stridermw@hotmail.com), CL Kevin Mulligan, CL Luther Wallis, R Mike Woessner (12 Bradley Ln., Westford, MA 01886, (508) 577-4879, Stridermw@hotmail.com)

(FT) (NM) (AN) (XCE) (SN) Thu., Sep. 20-23. SEM Chapter Hut Weekend. Join us for our fifth annual trip to Cold River Camp, situated in Evans Notch, NH near the Maine border. Stay one, two, or three nights. The third night allows us to spend the entire day Friday hiking, biking, and kayaking. Can't beat the location, activities and the price. Cost is per person, per night and includes a comfortable cabin with a fireplace, meals and all the fun you can handle. Open to all AMC members clubwide, but preference will be given to SEM members if space becomes limited. L Jim Plouffe ((508) 586-1394, Chair@amcsem.org), R Jim Plouffe ((508) 586-1394)

(FT) (NM) Thursdays
Sep. 20. 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
Sep. 27. 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) Sun., Sep. 30. Wapack Trail end to end. Section #1, 9.1 miles from MA 119 to NH 123/124. Join us as we traverse the ridgeline of the Wapack Range in southern NH. This area is remote, with great views of southern NH and north central MA. This first section include a climb to the summit of Mt Watatic. Upon registering, further info will be provided. L Fred Wason ((508) 838-6049, fmwason@gmail.com), CL Steve Maxfield, R Steve Maxfield ((508) 944-0321, fredmax56@aol.com)

CAPE COD HIKES

Most Cape Hikes are “Show & Go.” For additional info, contact trip Leader/Co-Leader (L/CL) or visit trips.outdoors.org. (Set Committee to “Cape Hikes.”) Contact the Cape Hikes Chair: capehikingchair@amcsem.org. Cape Hikes are generally suspended during the summer months due to parking problems.
**BIKE RIDES**

NOTE: Approved helmets, water bottles, & spare tires req’d. If start time & location aren’t indicated, contact ride leader (L).

<table>
<thead>
<tr>
<th>Bike Ride Ratings</th>
<th>Mis</th>
<th>Pace/MPH</th>
<th>Terrain</th>
</tr>
</thead>
<tbody>
<tr>
<td>AA = 50+</td>
<td>1</td>
<td>17+</td>
<td>A = Very Hilly</td>
</tr>
<tr>
<td>A = 35-50</td>
<td>2</td>
<td>13-16</td>
<td>B = Hilly</td>
</tr>
<tr>
<td>B = 25-35</td>
<td>3</td>
<td>11-13</td>
<td>C = Rolling</td>
</tr>
<tr>
<td>C = &lt;25</td>
<td>4</td>
<td>up to 11</td>
<td>D = Flat</td>
</tr>
</tbody>
</table>

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.** 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)

**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)

(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)

(FT) (NM) (CE) Tuesdays
Sep. 11. A Dennis North Shore Ride. An evening start on Main St. in S. Dennis. Ride to Scargo Tower (hill) and continue to Harbor View Beach and a shore tour of the quaint roads and beaches of the north shore to Chapin Beach. Return on some streets (another hill) and some cycling roads to the start point. If time allows, a stop at Bray Farm. 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) Saturdays
Sep. 22. Autumnal Equinox/Sayonara to Summer Ride. 25 +/- mile ride From Skaket Beach in Orleans for a tour of the bay including Rock Harbor. Return on some nook and cranny roads including Sunken Meadow, Crooks, Campground, Thumpertown, and First Encounter Beaches for sunset at Skaket - one of our premier sunset locations. Tires and riders pumped and ready to roll about 2 hours before sunset. Helmets, tube and tools, and water required as is registration. Changes sent to registered riders only. 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

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, use the online trip listing system: trips.outdoors.org, (set Committee to “canoe/kayak”, set Chapter to “Southeastern MA”). Contact the paddle chair: 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.

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 Bassettts 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)


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. Allen's Pond. DeMarest Lloyd SP to Allen's Pond. I 195 Exit 12, South Faunce Corner Rd, cross Rt 6 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)


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)

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

Saturdays
Sep. 8. Mashpee-Wakeby Ponds. Mashpee-Wakeby Ponds. Leisurably trip following shoreline, lunch on sandy beach. PUT-IN DIRECTIONS: From Rt. 28 take Rt. 130N 2 mi to R at "State Landing" sign. LEVEL: 2 LIMITATIONS: Life vest required. L Nancy Wigley ((508) 548-2362, nrwigley@verizon.net)
Wed., Sep. 12. Onset Buttermilk Bay. Onset to Buttermilk Bay. Rt 25, Exit 1 to Onset, L on 6E/28S to Main Ave, 0.2 mi L Riverside Dr, Park on grass. pfd req. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

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

Wed., Sep. 19. Pocasset Harbors. A leisurely 8-mi. tour around Bassett's Island and the harbors of Pocasset. PFD req. Spray skirt rec. Launch 10:30AM. Call for location. L Wesley Ewell ((774) 313-7599 7:00AM-9:00PM, twofootartist@yahoo.com)

Saturdays

Sep. 22. Indian Lakes, Marstons Mills. DESCRIPTION: Indian Lakes, Marstons Mills. Leisurely trip following shoreline, lunch on sandy beach. PUT-IN DIRECTIONS: Rt. 6, Exit 5 South on Rt 149 for 2.9 miles and turn right onto Mistic Drive (will have Indian Lakes sign). Cont. 0.7 miles to lane on right "Town Way to Water" LIMITATIONS: Life vest required. L Nancy Wigley ((508) 548-2362, nrwigley@verizon.net)


Saturdays

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

TRAILS & TRAILWORK

Contact the trails chair: trailschair@amcsem.org

Watch our short notice list for trails events!

FAMILY EVENTS

Watch our chapter website and the short notice email list for notices for family events!

(FT) (NM) Fri., Aug. 17-19. SEM Family Weekend. Join SEM for its First Annual Family Weekend at Noble View Outdoor Center. We'll spend the weekend hiking, playing games and cooking smores. Don't miss this great family weekend just 2 hours from Boston. L Jim Plouffe ((508) 586-1394, jimplouffe@comcast.net), L Christine Pellegrini, R Jim Plouffe ((508) 586-1394, jimplouffe@comcast.net)

SOCIAL COMMITTEE & SOCIAL EVENTS

Watch our chapter website and the short notice email list for notices for social events!
SKIING (XC and DOWNHILL)

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!

Contact the ski chair: xcskichair@amcsen.org

Think green

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

MAY 1208, June 1203, July 1196, Aug 1193