



The Southeast Breeze

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

WRITTEN BY YOU FOR YOU

View from the Chair

By Jim Plouffe, Chapter Chair

SEM 1st Annual Family Weekend was a great success!
Mark your calendar for next year: August 23-25, 2013.



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.amcsem.org

Pix and Article Submissions

We encourage SEM members to submit articles and photos for both The Breeze and our website. Materials for publication will be edited for content and to fit available space. Please send to communicationschair@amcsem.org.

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

SEM Non-members

Not an SEM chapter member? Want the Breeze? Contact the AMC Member Center and set your preferences. Or get a copy at our website at www.amcsem.org.

Volunteers needed!

Curious about the inner workings of your chapter? Volunteer for the Executive Board! Have technical skills? Volunteer for our website! Have writing/editing skills? Volunteer for the *Breeze!* Like kids? Volunteer for CYP! Want to get out more? Volunteer to lead a hike, bike, or paddle! We have lots of volunteer positions open! Please contact chair@amcsem.org if you'd like to get more involved with the chapter.

Find us on Facebook * Follow us on Twitter
CHAPTER WEBSITE: www.amcsem.org

AMC ACTIVITY PARTICIPATION POLICY

AMC encourages involvement in its mission and activities through its membership, programs, policies, and procedures. Our goal is to be a community that is comfortable, inviting, and accessible for people of any age, gender, race, religion, ethnicity, ability, sexual orientation, or socioeconomic status. Some AMC programs are designed for a certain age range of members or for a special activity or topic. However, any person who meets the minimum qualifications (age, skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available. Individuals under 18 must be accompanied by a responsible adult. All participants in AMC activities are required to sign the AMC waiver form provided by the leader. Preview the waiver at: 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 Patrolia. **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 Chapter Chair	vicechair@amcsem.org Luther Wallis, 508-923-1935
Treasurer	treasurer@amcsem.org Patty Rottmeier
Secretary	secretary@amcsem.org Karen Singleton, 508-730-7701
Past Chapter Chair	pastchapterchair@amcsem.org Wayne Anderson

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Biking (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 Open
Conservation	conservationchair@amcsem.org Maureen Kelly, 508-224-9188
Conservation (Vice)	conservationvicechair@amcsem.org Open
CYP Chair	cypcoordinator@amcsem.org Sally Delisa, 781-834-6851
Education	education@amcsem.org Len Ulbricht, 508-359-2250
Education (Vice)	educationvicechair@amcsem.org Open
Hiking	hikingchair@amcsem.org Walt Granda, 508-971-6444
Hiking (Vice)	hikingvicechair@amcsem.org Paul Miller, 508-369-4151
Membership	membershipchair@amcsem.org Jim Casey, 781-924-5228
Membership (Vice)	membershipvicechair@amcsem.org Vickie Beaulieu,
Skiing	xcskchair@amcsem.org Barbara Hathaway, 508-880-7266
Skiing (Vice)	xskvicechair@amcsem.org Farley Lewis, 508-775-9168
Trails	trailschair@amcsem.org Lou Sikorsky, 508-678-3984
Trails (Vice)	trailsvicechair@amcsem.org Open

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.

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

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

**SWAP * BARTER * SELL *
TRADE * FREE**

**Women's Huffy 10 Speed Hybrid Bicycle
and New Helmet. Free.
Contact Sue Salmon: 508-285-2440**

**Men's Nike Air Flight Condor shoes,
size 12, worn once. \$50.
Contact Sue Salmon: 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.



**Custom
Hiking
Tours
2013**
Hike cloud
forest in
Panama
www.explorebocachica.com
Special pricing for AMC SE Massachusetts members

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

2012 AMC SEM ANNUAL MEETING

Saturday, November 3, 2012

Salerno's Function Hall
196 Onset Avenue, 2nd floor • Onset, MA 02558
Telephone: 508-291-6182

Agenda:

- 5:00 – 6:00 pm Happy Hour (cash bar open throughout the evening)
6:00 – 6:30 pm Business Meeting (including election of 2012 Board)
6:30 – 7:30 pm Dinner Buffet
7:30 – 7:50 pm Awards
7:50 – 8:00 pm Break
8:00 – 8:45 pm Guest Speaker: John Galluzzo, a local historian and the adult education and citizen science coordinator for Mass Audubon's South Shore Sanctuaries will give a presentation on his latest book, Half an Hour a Day Across Massachusetts - Finding Open Space in all 351 Cities and Towns.

Reminder. The AMC/SEM Annual Winter Workshop will be held November 3rd from 1:00 to 4:00 p.m. at the Lakewood Hills Property Owners Association Clubhouse, 7 Kiah's Way, East Sandwich, MA. Contact the hikingchair@amcsem.org for more information.

To register go to www.amcsem.org for secure online registration using our PayPal account **OR** mail your check (payable to AMC SEM) with the Registration Form below.

✂ *****

AMC Southeast Massachusetts Chapter Annual Meeting Registration Form

Name(s) of attendees: _____

Phone or Email Contact Info: _____

\$20.00/per person for registrations received on or **before** Saturday, October 6th

\$30.00/per person for registrations received **after** Saturday, October 6th

If registering by mail, please send this completed form, along with appropriate payment, to: AMC SEM, c/o Patricia Rottmeier, 2 Killdeer Lane, Nantucket, MA 02554.

Deadline to Register is Wednesday, October 17th.

CHAPTERWIDE EVENTS

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

AMC's Cold River Camp is in Evans Notch, NH, on the easternmost part of the White Mountain National Forest.

[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

EDUCATION COMMITTEE



**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.

HIKING COMMITTEE



RED LINE the BLUE HILLS NEWS

Bill Vickstrom finished blue-lining on 08.21.12. That's his 2nd time around all 140 miles of trails! Walking on every inch of every one of them! Everyone receives a patch whenever they finish a colored round.

See the RLBH website: www.amcsem.org/RLBHWS See all RLBH finishers at: www.amcsem.org/RLBHWS/m_finishers.htm

Tripyramid Loop Hike, 8/25/12



North Tripyramid Summit



Middle Tripyramid Summit



Descent from South Tripyramid



Descent rest stop amid boulders & scree

HIKING COMMITTEE

Franconia Ridge Hut-to-Hut, August 6-9



Three day, 25 mile trek across some of the White Mountains most scenic wilderness areas.

YouTube video: <http://www.youtube.com/watch?v=Vudev3qXvs&feature=plcp>

HIKING COMMITTEE

Mt. Tecumseh

July 21, 2012



HIKING COMMITTEE

Lincoln-Lafayette Hike

June 30, 2012



HIKING COMMITTEE



Take a Long Hike

By Ray Anderson 

Hello fellow hikers.



I go nuts in outdoor stores. Everything looks good, and I try to rationalize that items I don't need may come in handy.

Hiking Tip: Improvise and save \$. Here are a couple of ways you can be frugal and get the job done.

Sleeping warm I found that I became colder in my bag by morning. I was convinced dampness seeped up through my tent floor and through my pad into my sleeping bag. Obvious solution---buy a warmer bag. Then I remembered several hikers who placed contractor insulation paper on their tent floor and put their sleeping pad over that. I can tell you it makes a difference, in the same way such insulation retards cold and moisture from getting into your house. Tyvek insulation paper does the same thing that DuPont and other insulation paper



will. A local carpenter cut me the piece above, and it weighs next to nothing.



Mesh Dunk and Storage Bags To air out stinky clothes, to soak or chill something in a stream, to store garbage, etc., meshed ditty bags, sold in outdoor shops, are popular on the trail and in camps. But the citrus bags (holding oranges and grapefruit), which my wife brings home from the grocer work just fine. I save them and use a couple of new ones on every extended hike. They do the job, and I'll never run out.

You work hard for your dollars, so improvise and save a few. Happy trails!

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

HIKING COMMITTEE

Thursday Hikers Myles Standish



HIKING COMMITTEE

Acadia, July 8-13



HIKING COMMITTEE

Where would you like to go? AMC Adventure Travel can help you get there!

(Submitted by Robin Melavalin)

Join other outdoorsy folks on an AMC hike in Morocco, the Alps, New Zealand, Patagonia, Hawaii, Ireland, Death Valley or Yosemite. There are over 20 trips to choose from, with a wide variety of activities and skill levels, and more will be added this fall. Sign up now for travel in 2013 and get ready to start packing! Trips are listed at this link <http://activities.outdoors.org/search/index.cfm?type=2&sortby=date>.

Want to lead AMC Adventure Travel programs? We are always looking for more co-leaders and leaders. Design trips to suit your schedule, abilities and activity interests (hiking, biking, skiing, horseback riding, paddling, etc.) and go to the places you want to. Always dreamed of visiting Alaska? Hiking hut-to-hut in the Alps? Kayaking in Baja? Here's your chance! The leader and co-leader travel at low cost or free, depending on the number of participants. The annual training for AT leadership is in CT the weekend before Thanksgiving, with registration due Nov 1. You must be a leader in your local chapter before co-leading an AT trip, but if you are in the process of becoming a leader you may attend the training since it is only offered once a year. The training registration packet and more information about the requirements are available online at <http://activities.outdoors.org/search/index.cfm/action/details/id/63554>.

For more information contact Cindy Martell at cmartell@outdoors.org.



Bavarian Alps



Trek in Morocco

HIKING COMMITTEE

Washington Summit, August 4, 2012



Maureen Kelly, Julieanne Capone, Jim Casey, Doug Griffiths, Nan Ferris and Natalie Darling

Winter Hiking Workshop

Saturday, November 3

Attention 3 season hikers! This year's Winter Hiking Workshop is geared to extend your hiking into winter. Topics include boots, clothing, day hiking and overnight equipment. The hiking committee will be offering a series of hikes to acquaint 3 season hikers with the pleasures of winter hiking.

L Walt Granda, R Walt Granda (508-999-6038, wlgranda@aol.com)

CONSERVATION COMMITTEE

AMCSEM is Supporting the
D.W. Field Park's 8th Annual Mini-Triathlon
Sunday, September 23, 2012 at 9:00am

The women are leading the way! One team of 3 SEM women will be participating in this event to promote our role in revitalizing D.W. Field Park and to support the Brockton Neighborhood Health Center. Karen Singleton will be riding the 14 mile bike leg, Audrey Wood will be paddling the 1.7 mile kayak leg and Maureen Kelly will be running the 4 mile road race leg. Participants will receive a free T-shirt, free post-race feast and free professional massage. We hope to interest more individuals or teams in joining us for the race. If you would like to be part of the race, contact Maureen at conservationchair@amcsem.org. If you don't want to participate, come and cheer us on! For more information check out the website <http://www.dwftriathlon.org/WebSite/Main.htm?1332158534406>.



TRAILS COMMITTEE

Announcement from Brendan Taylor North Country Trails Volunteer Programs Supervisor Appalachian Mountain Club



*Region Leader George Brown
instructing some volunteers in trail
maintenance*

We are looking for a Region Leader for our Adopt-A-Trail Program in the White Mountains.

We have two Region Leader positions to fill, one in the Northern Presidential region of New Hampshire and the Northern Mahoosuc region in Maine. The responsibility of the Region Leader is to oversee all of the AMC maintained trails within their region and aid the volunteer adopters in their effort to complete basic maintenance. This includes going out on the trail with adopters on occasion to look at the trail conditions, teaching basic trail skills when needed, and collecting trail work reports from adopters. These work reports are compiled by the Region Leader and entered into a Region Leader report, which is passed along to the North Country Trails Volunteer Programs Supervisor who uses them to plan volunteer work party projects. Collecting these reports is a requirement of this position, as is attending 2 annual meetings of Region Leaders in the Spring and Fall, and hiking all of the trails in your region at least once every two years.

The job description is on the following page --

Contact:

Brendan Taylor
North Country Trails Volunteer Programs Supervisor
Appalachian Mountain Club
P.O. Box 298
Gorham, NH 03581
603-466-8128 Phone
603-466-2822 Fax
btaylor@outdoors.org

TRAILS COMMITTEE



Adopt-A-Trail Program



Region Leader Description of Duties

WHITE MOUNTAIN TRAILS

The job of the Region Leader is to insure that basic trail maintenance has been completed according to AMC standards. Each Region Leader supervises a group of Adopters in a designated Region of the White Mountains and will also have opportunities, throughout the year, to lead volunteer trail crews. All Region Leaders will automatically be included as At-Large members of the White Mountain Trails Sub-Committee.

The Region Leader should be an experienced Adopter and avid hiker. At least half of the assigned trails should be patrolled and reported on each year, so 100% coverage is obtained in two years. Region Leaders should be prepared for a two-year commitment, hopefully more, to maintain continuity with the Adopters and familiarity with the trails. Region Leaders will receive direction and assistance from the AMC North Country Trails Volunteer Programs Supervisor (NCTVPS). Region Leaders are required to complete both the Alpine and Basic Skills Sessions, or the Region Leader's Skills Session, every three years. Current Region Leaders are an excellent resource to new Region Leaders – feel free to contact them for advice.

Basic trail maintenance: drainage cleaning, brushing, blazing, cairn and screewall maintenance, blowdown removal, litter removal, camouflaging bootleg sites, etc. is the primary focus of Adopters. Region Leaders are responsible for patrolling every assigned trail, with the adopter if possible, accurately recording observations on the Trails Condition Report: AMC Trails Program Region Leader Report. Forward copies of the report to the NCTVPS.

The Region Leader will receive and maintain individual Adopter files. He/she should meet and get to know each Adopter as possible. The Region Leader is the **primary** recipient of Adopter work reports. Copies are mailed or e-mailed to the NCTVPS after the Region Leader checks for errors, answers inquiries, and responds to issues - all essential to good Adopter/Region Leader relations. Region Leader reports, particularly criticism of marginal or incomplete work, must be constructive and supportive. Any significant problems with Adopters will be reviewed with the NCTVPS before responding. Region Leaders send out letters or e-mails at least once a year (spring and/or fall) to their Adopters and keep in regular communication with them. A reminder at each report deadline is also very helpful.

Region Leaders keep track of who is submitting reports, and contact those who are not. This is essential to the health of the program, and the trails. To properly assess an Adopter's work, the Region Leader must know the original condition of the trail, as well as special trail characteristics: blazing color, type of use, trail environment, possible construction or relocation projects. Bringing long-ignored, basic maintenance up to standard often takes two to three years. Apart from Region Leaders, AMC trails are randomly monitored by the USFS, State Parks, AMC trails staff, and the general public. Any significant comments relating to Adopter work will be passed on to the Region Leaders.

This is a basic description of the responsibilities. If you are interested, we can follow up with a more detailed Region Leader Agreement.

BIKING COMMITTEE

Cyclists' Culinary Corner



Cream of Zucchini Soup

Gina's Weight Watcher Recipes

Servings: 4 • **Size:** 1 cup • **Old Points:** 1 pt • **Points+:** 2 pt
Calories: 65.3 • **Fat:** 1.0g • **Protein:** 3.5 g • **Carb:** 11 g •
Fiber: 2.8 g

- 1/2 small onion, quartered
- 2 cloves garlic
- 3 small zucchini skin on cut in large chunks
- 32 oz fat free chicken stock
- 2 tbsp reduced fat sour cream
- salt
- pepper

Combine chicken broth, onion, garlic and zucchini in a medium pot and cook on medium heat.

Bring to a boil, lower heat, cover, and simmer until tender, about 20 minutes. Remove from heat. **Purée:** Add the sour cream. Using an immersion blender, purée till smooth.

Stir in remaining ingredients, and adjust seasonings to taste. Serve hot.

Optional: Top with 2 tsp parmesan cheese - 1 point extra



Cyclists' Bookshelf

The Big Blue Book on Bicycle Repair

Written by C. Calvin Jones

(book review)

I am a Walter Mitty type mechanic. So when I saw this book I thought that I might add it to my bookshelf. After all, I usually buy the repair manuals to the automobiles I drive and those manuals have saved me a ton of dough over the years that I have owned the cars. However, you might think twice about this bicycle repair manual. It's not very user friendly. It skips from off-road bicycles to road bicycles and is generally tedious when it comes time to fix a derailleur or change a chain. Heaven forbid you should try to change a cable. Too few illustrations combined with boring text makes it a nice paper weight but not much more. (If you read this drop me an e-mail-thanks) My suggestion would be to find a video on YouTube before you start your repair. Those are far more straightforward and comprehensible. Remember to carry those spare tubes. I've added a chain tool to my kit. My record walk because of a broken chain is four miles. I just pretended I was in the Blue Hills hiking- a broken chain is worse than a flat tire. You can ride a flat even though it's slow. It's a no go with a broken chain.

– Dan Egan

Rides to Take Note Of:

Ed Foster
Vineyard—Weekend after Labor Day

Dan Egan
Head of the Charles—Sometime in October.

Paul Currier
Continues his Tuesday Night Twilight Sorties

Jack Jacobsen
Thursday evenings down on the South Coast.

PADDLING COMMITTEE

Trip Report Assonet River to Battleship Cove August 1, 2012

Participants: Audrey Wood, Hope Haff, Haven Roosevelt (C/L), and Gif Allen (L)

After fighting off a Canada goose and her 3 goslings, Haven and I were able to bring our kayaks down to the boat ramp. Audrey and Hope arrived and loaded their boats. We were off at 10:30 on an outgoing tide. Leaving the Assonet River entrance behind us, it quickly became apparent that we were not going to make Battleship Cove seven miles ahead. Although the Braga Bridge seemed just a short distance away, a outgoing tide pushing us along, the wind was cranking up the Taunton River slowing our progress. So shortly before noon we headed over to a secluded beach on the shores of the Fall River Country Club.

After a short lunch break, we continued down river with a new destination of Steep Brook. Steep Brook is half way from the entrance of the Assonet River to Battleship Cove. Low tide at Steep Brook was at 1:15 PM. On our way Linda Sullivan joined us. At Steep Brook we headed back leaving Linda to, regretfully, continue on by herself. The wind was now behind us and the tide had turned in our favor. Progress back was quick and easy; however, we were concerned if there would be sufficient water to make it back to the put-in. For those of us familiar with the Hathaway Park ramp, we knew the extreme muddy conditions that exist there. I mean this place makes low tide at Plymouth Harbor nice. Fortunately, we timed the tide correctly. Arriving any earlier would have been disastrous.

All packed up and on our way by 3:15 PM. Total distance: 11.7 miles.

... Gif Allen





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 outdoorsy 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!





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.

(cmartell@outdoors.org)

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/>

AMC Adventure Travel Training

Where would you like to go? AMC Adventure Travel can help you get there!

Join other outdoorsy folks on an AMC hike in Morocco, the Alps, New Zealand, Patagonia, Hawaii, Ireland, Death Valley or Yosemite. There are over 20 trips to choose from, with a wide variety of activities and skill levels, and more will be added this fall. Sign up now for travel in 2013 and get ready to start packing! Trips are listed at this link: <http://activities.outdoors.org/search/index.cfm?type=2&sortby=date>.

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For more information contact Merri Fox, Registrar, merri.fox@pw.utc.com or 860-485-1697.

Sharing Your Photos Through AMC's Social Media

When you're outdoors on an AMC chapter trip, do you bring along your camera? If so, share your adventures with us! We're always looking for great images of people recreating, wildlife, plants, and landscapes for our Facebook Page and Twitter feed.

Send images (and captions/photo credit information) from your chapter's latest hike, paddle, volunteer trail day, bird watch, or other adventure to AMC's Social Media Associate, Josh Lake, jlake@outdoors.org. Please note that images shared may be used on any of AMC's social media pages and that you must have permission from all identifiable people in photographs before sharing the image with us. Thank you!

It's Time to Enter the 2012 AMC Photo Contest! Deadline is November 15!

AMC's 18th annual photo contest begins on September 4th. This year's Grand Prize winner will receive a spot in an upcoming photography workshop and an accompanying stay at an AMC destination.

Winners of the "Kids, Families, and Adults Outdoors," "Scenics and Nature," "AMC in Action," and "People's Choice" categories will receive great outdoor gear prizes from Outdoor Research, Tubbs Snowshoes, and other manufacturers.

For complete rules and entry instructions, visit www.outdoors.org/photocontest. Entries will be accepted until November 15th, with the winners appearing in a spring 2013 issue of *AMC Outdoors*.



"Flurry of activity at 6 AM"

by Christina Han, Connecticut Chapter.

Winner of the "AMC in Action" category in the 2011 AMC Photo Contest.

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

Register for Fall Gathering: www.outdoors.org/fallgathering

CHAPTER-WIDE ACTIVITIES

SEM Chapter Hut Weekend, September 20-23

SAVE THE DATE

SEM Chapter Hut Weekend, Sept 20-23

SEM Wilderness First Aid (fall) November 2012

SEM Annual Meeting, November 3, 2012

SEM Winter Hiking Series, November 3, 2012

SEM 2nd Annual Family Weekend, August 23-25, 2013

(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 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

SEM's Nike Reuse-A-Shoe Program.
www.amcsem.org/news.html
www.nikereuseashoe.com

Know what's happening in your chapter?

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

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

HIKING / BACKPACKING

HIKE PLANNING MEETINGS: are held the 1st Wednesday of March, June, September, December. Contact hikingchair@amcsem.org for information.

IMPORTANT: Hikers unsure of their ability should try only 1 level more difficult than previously completed. No pets without permission of trip Leader. Registration req'd for most trips. Hiking boots strongly recommended. For additional info or to register, contact the trip Registrar (R), Leader (L) or co-Leader (CL). Trip updates available at activities.outdoors.org. Sign up for the SEM Short Notice E-Mail Trip List at www.amcsem.org.

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

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

IMPORTANT: No pets w/o prior permission of trip leader. Individuals under 18 years of age must be accompanied by a parent or responsible adult, and obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 week prior to the trip so Ls can discuss prior hiking exp., conditioning, clothing, and equipment. Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

(FT) (NM) Thursdays

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)

(FT) (NM) Thu., Sep. 6. Thurs. Morn HIke Destruction Brook Woods (B3C). 5-6 mile hike on DNRT property. Meet at 10:00am, Slades Corner Parking lot. Bring lunch, snacks, water, and rain jacket. Heavy rain will cancel. Take Faunce Corner Road (Exit 12) on I-195E (Exit 12A for those traveling westbound). From intersection of Faunce Corner Mall Road and Route 6, head south on Old Westport Road then bear left onto Chase Road to the end. Turn right on Russells Mills Road and travel 1 mile to Russells Mills Village. At Davoll's General Store, turn right onto Slades Corner Road. Destruction Brook parking lot will be on your right after about 1 mile. After the hike you are invited to visit the River Project sculptures at the Slocums River Reserve. L Walt Granda ((508) 999-6038 before 9:00pm, wlgranda@aol.com)

(FT) (NM) Thursdays

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 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)

Thu., Sep. 13-16. Adirondack Sampler. Visit the 6 million acer 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)

Thu., Sep. 13. Ft. Barton & Weetamoo Woods, 2 for 1. Enjoy the view of Mt Hope Bay, Portsmouth & Bristol from the 30' high observation tower at historic Ft Barton. Some stairs for easy travel up steep hills, boardwalks in low areas by a stream. Drive 5 miles to Weetamoo Woods, home to numerous species of wildflowers, trees, ferns and shrubs. Stone walls, several slab bridges, and Borden Brook add to its beauty. Lunch by the stone-arched bridge; stop at famous Gray's Ice Cream after hike if not too cold. L Barbara Hathaway (508-880-7266 before 9PM, barb224@tmlp.net)

(FT) (NM) Sat., Sep. 15. We want YOU on our Introductory AMC Hike. Join us for an introductory hike at Borderland State Park, Easton. This will be a nice autumn hike over very pretty terrain, a little up and down but generally level. We will hike 5-6 miles and visit the Moyles Granite Quarry. New hikers should have comfortable footwear (sneakers or hiking boots) and bring 16 oz of water and a small snack. We plan to leave at 9:00 and return around 11:30. There is a \$2.00 parking fee.

<http://www.mass.gov/dcr/parks/borderland/>. L Maureen Kelly (508-224-9188 before 8pm, mokel773@aol.com), CL Kathy Stanley (781-799-5351 before 9pm, kstanley@energy-advocates.com), R Kathy Stanley (781-799-5351 before 9pm, kstanley@energy-advocates.com)

Sat., Sep. 15. Osceola and East Peak - 2 NH 4K peaks. Come along as we hike to Mt. Osceola and East Peak, two of the NH 4000 footers. Osceola features nice views from the site of a former fire tower. The hike between Osceola and East Peak features, optionally for those up for the challenge, "The Chimney". (For those not up to that challenge, an alternate path leads more gently around :-). (Heavy Rain date: 9/16). L Bob Vogel (hike_with_bob_v@comcast.net), CL Karen Singleton (karen.singleton@comcast.net), R Karen Singleton (karen.singleton@comcast.net)

(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

includes 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)

Thu., Oct. 4. Cliff Walk, Newport RI. Meet at 10 a.m. at foot of Narragansett Ave facing the Cliff Walk. Park on street. Leisurely 3.5 mi. walk each way. 2/3 paved, 1/3 rocky walk behind Newport Mansions. Return by Mansions on Bellevue Ave. to complete 7-mi. loop. Sturdy walking shoes required. Bring water, snack. Lunch at local restaurant. Heavy rain cancels. Call leader for carpool info. L Barbara Hathaway (508-880-7266 before 9PM, barb224@tmlp.net)

Sat., Oct. 6. North Moat Loop. Join us for a nice fall hike over North Moat via the Red Ridge and Moat Mountain trails. A beautiful trip traversing large amounts of open ledge. L Leslie Carson ((508) 833-8237, ltc929@comcast.net), CL Tom Madden ((774) 994-2057 Before 9 PM, tomjmaddenjr@gmail.com), R Tom Madden ((774) 994-2057 Before 9 PM, tomjmaddenjr@gmail.com)

(FT) (NM) Sat., Oct. 13. Intro to AMC Hiking at Whitney & Thayer Woods, Cohasset, MA. Join us on a great Introduction to AMC Hiking walk through Whitney and Thayer Woods in Cohasset. This Trustees of the Reservations land provides 10 miles of beautiful trails and carriage roads. Walk along the Milliken Memorial Path a "wild garden" that was created in the late 1920's and take in the views from Turkey Hill. This hike is for new members, first time hikers, or armchair members looking to get active again. Come join us~! L Jim Casey ((781) 924-5228 6pm to 9pm, cmne@comcast.net), CL Tom Madden ((774) 994-2057 Call before 9pm, tomjmaddenjr@gmail.com), R Jim Casey ((781) 924-5228 6pm to 9pm, cmne@comcast.net)

(CE) Sun., Oct. 14. Wapack Trail end to end Section #2. Section #2, 6.9 miles (4.5 hours+/-) from NH 123/124 to NH 101. Ridge line hiking with moderate elevation gain. Special features: Scenic woodlands and stone walls. Side Trail to Kidder Mt. offers spectacular views. Scenic Sharon and temple Mt. Ledges. Attractive birch glade south of Burton Peak. Extensive blueberry barrens. Fine outlook towards Perterborough. L Fred Wason ((508) 838-6049, fmwason@gmail.com), R Fred Wason ((508) 699-7635 10:00 am to 9:30 pm, fmwason@gmail.com)

Thursdays

Oct. 18. Thurs. Morn. Hike Gilbert Hills State Forest, Foxboro, MA (B3C). Meet at 10:00am, Lakeview Pavilion in Foxboro. I-95 Exit 7B, go halfway around the rotary in the center. After the rotary, take Route 140N for 1 mile to Lakeview Road on the left. Entrance is 0.3 miles down on the right. Park away from the building. Bring boots, water, snacks, and lunch. Approximately 7 miles, past lakes and through pine and oak forest - a lovely fall hike. No registration, but call with any questions. L Joanne Staniscia ((508) 528-6799 7:00-9:00pm, joannes1@localnet.com)

Sat., Oct. 20. Sandwich Dome. 3993' elevation with 2500' elevation gain. 8 miles RT. Commanding views of Sandwich Range. Several brook crossings. Loop hike via Sandwich Mtn trail and Drakes Brook trail. L Len Ulbricht (lenu44@gmail.com), CL Paul Miller (paulallenmiller@verizon.net), R len ulbricht (11 hilltop circle, medfield, ME 02052, lenu44@gmail.com)

Thursdays

Oct. 25. Thurs. Morn Hike Quincy Quarries, Blue Hills, Ma. 5-6 mile hike to the historic Quincy Quarries. Some ledges to cross, hiking boots, water, snack. Rain cancels. Directions: Meet at Shea Rink at 10 AM, 651 Willard St, Quincy, from Rte. I-93/128 exit 6, go north on Willard St 0.7 miles, parking on left. <http://www.mass.gov/dcr>. Leader:

Ellie MacPherson, elliemacp@comcast.net, 508-224-6465, cell before hike: 978-478-7106. L Ellie MacPherson ((508) 224-6465, elliemacp@comcast.net)

(CE) Sun., Oct. 28. Wapack Trail end to end Section #3. Section #3 5.4 miles from Nh 101 to Old Mountain Rd Greenfield, NH In this section we while ascend the southern slope of Pack Monadnock Mountaine to its summit. Continuing north across the summit, decending steeply into the Wapack National Wildlife Refuge continuing north on the ridgeline to ia steep ascent to the summit of North Pack Monadnock Mt.. Trail continues north descending steeply over ledges, then crossing, open pastures before reaching the Wapack Trail's northern terminus on Old Mountain Rd. L Fred Wason ((508) 838-6049 6:00pm to 9:30pm, fmwason@gmail.com), R Fred Wason ((508) 838-6049 6:00 pm to-9:30pm, fmwason@gmail.com)

Thu., Nov. 1. Thursday Morning Hike-Tully Trail Section #1. 6.5 mile hike from the Tully Lake Campground to the Royalston Falls Parking area on MA 32. This exciting hike passes Spirit Falls on its way to ledge views across the Tully River Valley. Heavy rain will cancel. L Walt Granda (508-999-6038 Before 9:00 PM, wlgranda@aol.com), R Walt Granda (589-999-6038 Before 9:00 PM, wlgranda@aol.com)

(FT) (NM) (SN) Sat., Nov. 3. Winter Hiking Workshop. Attention 3 season hikers! This years Winter Workshop is geared to extend your hiking into winter. Topics include boots, clothing, day hiking and overnight equipment. The hiking committee will be offering a series of hikes to acquaint 3 season hikers with the pleasures of winter hiking. L Walt Granda (wlgranda@aol.com), R Walt Granda (508-999-6038, wlgranda@aol.com)

Thu., Nov. 15. Thurs. Morn. Hike Borderland State Park. Meet: 10:00AM at Visitors Center. 6 Mi hike through trails of the the Park.Bring water and lunch.Rain cancels. L Claire Braye ((508) 857-0320 before 9:00PM, cbraye57@comcast.net)

Sat., Nov. 17. Parker Woodland Hike. 7 mile hike exploring the Parker Wildlife Refuge. George B. Parker Woodland Wildlife Refuge, in Coventry and Foster, is a magical place of ancient rock formations, Revolutionary War-era carriage roads, and great wildlife watching. With 860 acres of mostly forested land, Parker is a rewarding place to spend half a day exploring the extensive trail system far away from traffic noise.The historic 860-acre refuge features seven total miles of looped hiking trails, open fields, flowing brooks and most impressively more than 100 mysterious rock cairns (beehive-shaped stone piles ranging in height from two to over four feet.) Parker Woodland also contains the foundation of an eighteenth-century farmhouse, historic stone quarries, Revolutionary War-era carriage roads and the Isaac Bowen house, a colonial structure now on the National Register of Historic Places. L Walt Granda ((508) 999-6038 before 9:00 PM, wlgranda@aol.com), CL Kathy Stanley ((781) 799-5351 before 9:00 PM, kstanley@energy-advocates.com), R Kathy Stanley ((781) 799-5351 before 9 pm, kstanley@energy-advocates.com)

(XCE) Sat., Nov. 17-18. WFA Training. 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. Training to be held at Borderland State Park, Easton MA. 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. L Len Ulbricht (lenu44@gmail.com), R len Ulbricht (lenu44@gmail.com)

(FT) (NM) Sun., Nov. 18. Intro to AMC Hiking at The Tucker Preserve, Pembroke MA. Introduction to AMC Hiking. Join us for a beautiful hike along the Indian Head River, a tributary of the North River. This 78.6 acre preserve is off West Elm Street in Pembroke. It's just south of the Indian Head River and offers incredible views. This hike is for new members and beginners. L Jim Casey ((781) 924-5228 6pm to 9pm, cmne@comcast.net), CL Tom Madden ((774) 994-2057 6pm to 10pm, tomjmaddenjr@gmail.com), R Tom Madden ((774) 994-2057 Call before 9pm, tomjmaddenjr@gmail.com)

(FT) (NM) Thu., Nov. 29. Thursday Morning Hike: Blue Hills CC Camp. Meet at 10:00 AM at the Chickatawbut overlook parking area. Bring water, snacks, suitable footwear and rain jacket. Heavy rain cancels. L Walt Granda (508-999-6038 Before 9:00 PM, wlgranda@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.

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!

Thu., Sep. 13. West Falmouth-Bourne&Cardoza Farms(C3C). Wooded flats, hills, bogs, ponds, cattle tunnel. Meet 9:45 for 10:00 start, 2 1/4hours. Bourne Bridge, 28S, or 151 W to 28 S. Thomas Landers exit. R to stop sign; R on 28A. Quick L into lot. Heavy rain, wind cancels. L Cathy Giordano ((508) 243-3884 before 9 PM, cmgiordan@msn.com)

Sun., Sep. 16. Brewster, Nickerson State Park (C3C). Hike the ponds of Nickerson SP. Woods trails. Some hills. Entrance to park on 6A, Brewster. Stay on main road 1.7 mi to pkg at Fisherman's landing on R. Meet 12:45. Heavy rain cancels. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Thu., Sep. 20. Truro - Bearberry Hill (C3C). Sand path w 360 ocean view ending at LongnookBch. Rte 6 to Pamet Rd, R off ramp, L on S Pamet Rd to beach pkg lot at end. Meet at 9:45 for 10:00 start, 2 hrs. L Pat Sarantis ((508) 430-9965, patsarantis@gmail.com)

Sun., Sep. 23. E Sandwich Benjamin Nye (C3C). E Sandwich Benjamin Nye, meet at 12:45 PM start 1 PM. Rte 6 Chase Rd turn N, 1st L Old County Rd. Park in circular drive across from Nye home. L Jane Harding ((508) 833-2864 Before 9 PM, janeharding@comcast.net), R J Harding (20 Great Hills Drive, E Sandwich, MA 02537, (508) 833-2864 Before 9PM, janeharding@copmcast.net)

(CE) Thu., Sep. 27. Harwich, Herring River - (C3C). Hike along Harwich Reservoirs and River - Park at Sand Pond on Great Western Rd. L Peter Selig ((508) 432-7656, pandmselig@hotmail.com)

Sun., Sep. 30. Bourne-Four Ponds (C3C). Two hour hike on Pine Trail, the newest trail, through diverse habitats, wetlands and forests. Route 28 to Barlows Landing Road to Bourne Four Ponds lot on right. Meet at 12:45PM. L Gary Miller ((508) 540-1857, garymaxx@verizon.net)

Thu., Oct. 4. Dennis-Crowe to Crowe Loop (C3C). 2 hr. hike on paths, beach, and quiet roads. Meet 9:45. From Rte 6 take exit 9 onto Rte 134 north to Rte 6A. Take R on 6A then L onto School St. then R onto South St. to lot at end on right past cemetery. L Maria Sylvester ((508) 385-4045, Sylvester_maria@hotmail.com)

Thu., Oct. 11. Wellfleet/Truro Cross-cape hike (B3C). One-way hike from Cape Cod Bay, Truro to Newcomb Hollow Beach, Wellfleet. Meet 9:45 a.m. Newcomb Hollow Beach for car shuttle to Truro, Ryder Beach. Extended time: 2.5 to 3 hrs. From Rte 6 Orleans/Eastham Rotary, go 11 mi. Turn Right on Gross Hill Rd. Continue on Gross Hill Rd to Newcomb Hollow Beach. L Janet Kaiser ((508) 432-3277, jtkaiser@comcast.net)

Saturdays

Oct. 13. Provincetown: Snail Road Dunes (B3B). Meet 10:45am Snail Road trail head on ocean side of Route 6, at the east end of Provincetown. Explore 360 views of dunes, historic dune shacks, pick some cranberries. Hike up and down to the ocean and back. Bring lunch. 3.5 hours. L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Oct. 14. Mashpee/Barnstable Santuit Pond/River (C3C). Land of the Wampanoags preserved forever by the foresight of two towns. Rte. 6 Exit 5, Rte 149 to R on 28. R on Santuit/Newtown Rd. for 0.8 mi. to yellow gate on L. Meet 12:45. Two hours. L Nancy Wigley ((508) 548-2362, nrwigley@verizon.net), R Janet Dimattia ((508) 394-9064)

Thu., Oct. 18. Brewster Nickerson SP (C3C). Hike the outer trails and through campground. Some hills. Enter the park from 6A in Brewster. Take first L on Flax Pond Rd. Drive to pk at end of road. Meet 9:45. Two hours. Heavy rain cancels. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Saturdays

Oct. 20. Provincetown: Snail Road Dunes (B3B). Meet 9:45am, Snail Road trail head on ocean side of Route 6, at the east end of Provincetown. Explore 360 views of dunes, historic dune shacks, pick some cranberries. Hike up and down to the ocean and back. Bring lunch. 3.5 hours. L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Oct. 21. E Sandwich Maple Swamp Hike (C3C). Hilly hike through historic conservation land, meet at 1:45 PM, starts at 1 PM in Maple Swamp lot. Rte 6 Quaker Meetinghouse exit turn S, immediate L on Service Rd. Parking lot on right. L Jane Harding ((508) 833-2864 before 9 PM, janeharding@comcast.net)

Thu., Oct. 25. Harwich, Harksnest SP (C3C). Hawksnest State Park - Off Exit 11, Rt.6, Park on Spruce Rd in Harwich for 2 hour hike. Meet 9:45AM. L Peter Selig ((508) 432-7656, pandmselig@hotmail.com)

Sat., Oct. 27. Yarmouth, Greenough Ponds (B3C). Walk through Yarmouth Botanical Gardens, Dennis & Greenough Ponds. Meet at 9:45, 3 1/2 hr. Exit 7 off Route 6 North and take immediate right turn on Summer St. Follow dirt road 1/2 mile to beach parking lot. Bring lunch. L Richard Kaiser ((508) 432-3277, rjkaiser@comcast.net)

Sun., Oct. 28. Barnstable-Danforth Trails (C3C). Newer trails with a unique feature near Marstons Mills Airport. From Route 149, travel west on Race Lane to lot short distance on the left. 2 hours. Meet at 12:45. L Gary Miller ((508) 540-1857, Garymaxx@verizon.net)

(FT) (NM) Thu., Nov. 1. Barnstable-Bridge Creek Conservation (C3D). Flat terrain, cedar upland, maple swamp and salt marsh, bogs, and stone walls. Meet at 9:45am. 2 hours from Exit 5 off Route 6. North on Route 149. Park along grass triangle on immediate left beside West Parish Church. L Farley Lewis ((508) 775-9168, farlewis@comcast.net)

Saturdays

Nov. 3. Provincetown: Snail Road Dunes (B3B). Meet 9:45am, Snail Road trail head on ocean side of Route 6, at the east end of Provincetown. Explore 360 views of dunes, historic dune shacks, pick some cranberries. Hike up and down to the ocean and back. Bring lunch. 3.5 hours. L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Nov. 4. Harwich, Herring River (C3C). Wooded walk River/Reservoir views, C bogs. Rte 6, Ex 10, R on Rte 124 S for 2 miles to center. R on Main St/Grest Western Rd for 2 miles. Pk at Sand Pond on R. Meet at 12:45 for 1:00 start, 2 hrs. L Pat Sarantis ((508) 430-9965, patsarantis@gmail.com)

Thu., Nov. 8. Mashpee, South Cape Beach (C3C). Flat hike through woods for 2 miles, then 2 miles on sandy peninsula. From Mashpee rotary, take Great Neck Rd.S 2.7 mi, left on Great Oak Rd. Follow to town beach pkg. Meet at 9:45. 2 hours. L Gary Miller ((508) 540-1857, Garymaxx@verizon.net)

Sun., Nov. 11. Brewster, Punkhorn Parklands (C3C). Wooded, hilly trails with pond views. Route 6 Exit 9B, 2 miles to a right on Satucket, then bear right at Stony Brook Road. In 0.3 miles, turn right on Run Hill Road. 1.3 miles to parking lot on the left. 2 hours. L Janet Kaiser ((508) 432-3277, jtkaiser@comcast.net)

Thu., Nov. 15. Yarmouth Port, Gray's Beach (C3C). Hike in Conservation land areas over trails along marsh, through woods, includes the boardwalk with views of Sandy Neck, Chapin Beach. Rte 6 to Exit 8, Union Street to Rte 6A. Turn Left, go 1 block, Turn Right on Center St. Go 1.0 mile, follow signs to beach pkg lot at end. Meet at 9:45 a.m. Two hours. L Janet Kaiser ((508) 432-3277, jtkaiser@comcast.net)

Saturdays

Nov. 17. Truro- High Head Sand Dune Walk (B3B). Meet at 9:45 am at High Head Rd., as far as you can drive in toward the bike trail. We will hike over dunes and continue on the beach. Walk back via the bike path to Pilgrim Spring and panoramic views. 3.5 hours. Bring lunch. L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Nov. 18. Barnstable-Crooked Cartway (C3C). Wooded walk to The Deck. Mostly flat with some hills. Route 149 (north or south) to the rotary at Cape Cod Airport in Marstons Mills. Travel west on Race Lane for 1.1 miles, then turn right onto Crooked Cartway. Follow to the end. Meet at 12:45pm. Two hours RT. L Farley Lewis ((508) 775-9168, farlewis@comcast.net)

Sun., Nov. 25. Yarmouth, Three Ponds (C3C). Hike Cranberry bogs, woods roads to three ponds. Exit 8 from Rte 6. R at second light on Old Town house Rd. L at stop sign at end. Go approx. 1/2 mi on W. yarmouth Rd. Pk on side of road off the pavement. Meet 12:45. Two hours. Heavy rain cancels. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Thu., Nov. 29. Eastham, Salt Pond Visitor's Center (C3C). Park at National Seashore Salt Pond Visitor's Center, 2 Hour hike to ocean. Meet at 9:45 am. L Peter Selig ((508) 432-7656, pandmselig@hotmail.com)

Saturdays

Dec. 1. Truro/Bay Sea Turtle Walk(B3C). **Meet at 10:45am*** Noons Landing, Route 6A, N. Truro. Carpool to the trail head. Walk the bay beach looking for cold, stunned sea turtles. Bring lunch. 3.5 hours. bALL THAT MORNING FOR CARPOOL INFO. L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Dec. 2. Wellfleet, White Crest Beach (C3C). Wooded trails to Marconi White Cedar Swamp. Rt 6 to R on Lecount Hollow Rd to beach gatehouse. L on Ocean View Rd, Go 0.9 mi to R at beach pkg lot. Meet at 12:45 for 1:00 start, 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

BIKE RIDES

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

NOTE: for additional SEM bike rides, check *AMC Outdoors*, visit www.amcsem.org (schedules), or use the AMC online trip listing system: activities.outdoors.org (set Committee to "Biking" & Chapter to "Southeastern Mass"), or sign up for the SEM Short Notice list: www.amcsem.org.

Bike Ride Ratings		
Mis	Pace/MPH	Terrain
AA = 50+	1 = 17+	A = Very Hilly
A = 35-50	2 = 13-16	B = Hilly
B = 25-35	3 = 11-13	C = Rolling
C = <25	4 = up to 11	D = Flat

WANTED: Ride Leaders and Co-Leaders. WANTED: Ride Leaders and Co-Leaders. Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm and routes w/ your fellow AMC members? Contact Bike Chair (bikingchair@amcsem.org) for more info.

AMC SEM 2,000 Mile Club. 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) 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)

(FT) (NM) (CE) Saturdays

Sep. 29. Sunset/Full Harvest 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) (XCE) Tuesdays

Oct. 2. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 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) (XCE) Tuesdays

Oct. 9. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 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) (XCE) Tuesdays

Oct. 16. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 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) (XCE) Tuesdays

Oct. 23. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 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) (XCE) Mondays

Oct. 29. Sunset Full Hunter's Moon Ride. Start in Sandwich Recreation Area (Freezer Rd) and ride along the canal and through Gray Gables & Mashnee Island for sunset over Buzzards Bay and Hunter's Moonrise over the canal. This is an intermediate road cycling ride for 2 hours or 22 miles. Helmets, spare tube & tire tools, pump, and water required. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Nov. 6. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. 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) (XCE) Tuesdays

Nov. 13. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. 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) (XCE) Tuesdays

Nov. 20. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. 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) (XCE) Tuesdays

Nov. 27. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. 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) (XCE) Wednesdays

Nov. 28. Sunset Full Beaver Moonrise Ride. Start in Sagamore Recreation Area and ride into Sagamore Highlands for sunset over Buzzards Bay and Cold Moonrise over the canal. This is an intermediate road cycling ride for 2 hours or 22 miles. Helmets, spare tube & tire tools, pump, and water required. 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.

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

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 Mystic 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)

Wed., Sep. 26. New Bedford Harbor. New Bedford Harbor Acushnet River. I-195 Exit 15 Rt18S, At 4th light L Cove St to E Rodney French Blvd. Park at 1480 Rodney French on street. pfd req. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.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)

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

Saturdays

Oct. 6. Walker, Upper Mill, and Lower Mill Ponds, Brewster. Walker, Upper Mill, and Lower Mill Ponds, Brewster. Directions to put-in: Route 6 Exit 10, head north on Route 124 to a left turn on Long Pond Road to left on Route 6A to another left on Stony Brook. Left turn on Run Hill Road to the put-in on the right where the road turns to dirt. PFDs required. Spray skirts may be required if wind picks up. L Betty Hinkley ((508) 241-4782, bhinkley@mindspring.com)

Wed., Oct. 10. Swift Neck. Swift Neck. Rt 25 W Exit 2 Rt 6/28 to 6W L Swifts Beach Rd. (Wareham Service Sta.), after Lynn Rd L on Shore Ave to end. pfd req. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Oct. 13. Chase Garden Creek, Yarmouth Port. Route 6 exit 8 to Union St North, Left route 6A & quick Right Center St to Greys Beach at end. Limitations: Life Jacket required, Spray Skirt may be required if windy. Paddle Chase Garden Creek & tributaries Judah's & Whites Brooks. See Bray Farm, Shellfish Processing Plant and Chapin 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., Oct. 17. Leader's choice. Hall's Creek, Sandwich Old Harbor, or Barnstable Harbor depending on weather conditions. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Sat., Oct. 20. Childs River & Eel Pond. A leisurely 7-mi. tour of Childs River and Eel Pond estuaries. PFD and wet or dry suit req. Spray skirt rec. Launch 10:30AM at State ramp on White's Landing Road, off Route 28 in Falmouth near Mashpee town line. L Wesley Ewell ((774) 313-7599 7:00AM-9:00PM, twofootartist@yahoo.com)

Wed., Oct. 24. Dike Creek. Padanaram Harbor and Dike Creek. I-195 Exit 13S, Rt 140, R on Rt 6, L Slocum Rd., L at stop sign(Elm St) to Bridge St. R over bridge L on Smith Neck Rd. pfd req. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Oct. 27. Herring River, Harwich. Route 6 exit 10, route 124 south, route 39 south, route 28 north Left at town landing just before Herring River bridge.Limitations: Life Vest required, Spray Skirt may be required if windy.Paddle upstream to Coy Brook to end & back to Herring River & to North Road bridge for lunch; afterwards paddle to west & east reservoirs. L Jean Orser ((508) 362-0451 before 6 pm, jeanorser@aol.com), CL Paul Corriveau ((508) 362-0451 before 6 pm, paulcorri@gmail.com)

Wed., Oct. 31. Centerville River. Hayward St. put-in.10:30 am PFD, Wet/Dry suit required. Fr. Rt. 28 Centerville take Old Stage S into Main St. R on S Main St. to L on Hayward St. to put-in. L Bill Fischer ((508) 420-4137 before 9pm, wmbarbarafischer@comcast.net), CL Vickie Blair/Smith

TRAILS & TRAILWORK

Contact the trails chair: trailschair@amcsem.org

Watch our short notice list for trails events!

CONSERVATION

Contact the conservation chair: conservationchair@amcsem.org

Watch our short notice list for conservation events!

(C) (FT) (NM) Sat., Sep. 22. CoastSweep Plymouth Beach Clean Up. COASTSWEEP is part of the International Coastal Cleanup organized by Ocean Conservancy in Washington, DC. Volunteers from all over the world collect marine debris and record the types of trash they collect. This information is then analyzed and used to identify sources of debris and to develop education and policy initiatives to help reduce marine debris globally. Volunteers throughout Massachusetts turn out in large numbers each September and October for COASTSWEEP, the statewide coastal cleanup sponsored by the Massachusetts Office of Coastal Zone Management (CZM) and coordinated by the Urban Harbors Institute (UHI) of the University of Massachusetts Boston. Join me in cleaning up our local beaches. L Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com), R Maureen Kelly (508-224-9188 before 8pm, mokel773@aol.com)

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: xskichair@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
