



The Southeast Breeze

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

WRITTEN BY YOU FOR YOU

Participate in your chapter!
Attend the Annual Meeting & Dinner!

2012 AMC SEM ANNUAL MEETING

Saturday, November 3, 2012

Salerno's Function Hall • Onset, MA 02558

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. |

To register go to <http://www.amcsem.org/events.html> for secure online registration using our PayPal account OR mail your check with the Registration Form on page 4.

Deadline to Register is Wednesday, October 17th

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 magazine - 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 e-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 Patroliia. **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

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 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	xcskichair@amcsem.org Barbara Hathaway, 508-880-7266
Skiing (Vice)	xskivicechair@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.

NOT GETTING YOUR e-BREEZE? CALL: 800-372-1758

SWAP * BARTER * SELL * TRADE * FREE

- 1) Yaktrax - original "walk" model, size large. \$10
- 2) One liter bottle parka/jacket, brand: Forty Below, hardly used. \$10
- 3) Outdoor Research Wind mitts- outer shell is size extra large, Gortex - inner mitten is size large with enough room for wearing thin liner gloves. For large hands. Includes clips for attaching to jacket. \$20

Contact: Dexter Robinson, dexpcdoc@gmail.com, 781-294-8840



Men's Nike Air Flight Condor shoes

Size 12, worn once. \$50 (or best offer)

Contact Sue Salmon: 508-285-2440

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.

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.

To register go to <http://www.amcsem.org/events.html> 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.

SEE THE BALLOT ON THE NEXT PAGE.

CHAPTERWIDE EVENTS

2012 - 2013 BALLOT

TO BE VOTED ON AT THE ANNUAL MEETING

Chair	OPEN
Chapter Vice Chair	OPEN
Secretary	Karen Singleton
Treasurer	Patty Rottmeier
Biking Chair	Jon Fortier
Cape Hiking Chair	OPEN
Communications Chair	OPEN
Conservation Chair	Maureen Kelly
CYP Chair	OPEN
Education Chair	Len Ulbricht
Hiking Chair	Walt Granda
Hiking Vice Chair	Paul Miller
Membership Chair	OPEN
Paddling Chair	OPEN
Skiing Chair	Barbara Hathaway
Trails Chair	Lou Sikorsky

Please contact the Chapter Chair if you are interested
in running for a position on the Executive Board.

CHAIR@AMCSEM.ORG

CHAPTERWIDE EVENTS

Chapter Hut Weekend 2012

FABULOUS FUN AT COLD RIVER CAMP!



CHAPTER HUT WEEKEND 2012



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.

GOT PIX FOR OUR CHAPTER WEBSITE?

Send them to: sendphotos@amcsem.org

HIKING COMMITTEE



RED LINE the BLUE HILLS NEWS

RLBH finished its last hike of the season on Thursday, September 13. They held their annual finale dinner on September 20. Watch the Breeze and activity listings for the first hike in Spring 2013!



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

2012 HIKING PLANNING MEETINGS

March 6, June 5, Sep 4, Dec 4
6:30pm

Reminder: The AMC/SEM Annual **Winter Hiking 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.

HIKING COMMITTEE

Mt. Osceola and East Peak



HIKING COMMITTEE

SEM Local Hike Standouts

Our youngest and oldest hikers tackle the trails at the Bradley Estate in Canton on Sept. 27. Ninety years separates one-year-old Megan from Eddie DeSantis, veteran of FDR's Civilian Conservation Corp and a 15-20 mile per week AMC hiker.



CAPE HIKING COMMITTEE

CAPE HIKE

TRURO BLUEBERRY HILL
9/20/12



HIKING COMMITTEE



Take a Long Hike

By Ray Anderson 

Hello fellow hikers.

Hello fellow hikers. Today I'd like to talk about hiking with children.

Kids need to stay active. They also thrive in new and challenging situations. Why not take them on an overnight camping trip in the mountains? I have a grandson named, Jack. He's ten years old and a typical gadget-gamer of our modern age. It was time to introduce him to hiking.

Last year, we climbed Mt. Zealand and stayed in the AMC hut. The day we hiked was neither the time nor the place for games and gadgetry; we were out to enjoy nature and get some exercise. I had two quarters in my pocket, and made a wager with Jack: If he saw the first animal, he would get a quarter. "Be on the lookout," I'd said. I showed him the trail markers and gave him the job of following the blazes on the trees while I walked behind. A couple of times he wandered, not finding a blaze. "Then, look behind you," I'd said. And, sure enough, he would see a blaze, which confirmed our heading.

But he was more interested in quarters. "Grandpa, do birds count?" he asked, as he spotted what looked like a crow. "No," I said. A few minutes later, he pointed with a wry grin, "What about frogs?" "Well, I suppose," and I handed him a quarter. "But I mean a real animal. I've got one more quarter if you see something first that's furry and runs on legs."

At the hut, by the waterfall, we snacked. Several hikers and a family sat nearby. I was beginning to think that we might not see any animals, for I hadn't even spotted a squirrel. After lunch Jack asked if fish counted as he looked in a rocky pool of water. I just looked at him and matched his wry grin. But on the way over to the hut, I saw a blur of something dart to my right. "Grandpa, a chipmunk!" "Right!" I handed Jack his quarter.

The mountains and kids; it's a great combination.

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

SKIING COMMITTEE

New this Winter

Multiday Midweek Alpine Skiing

The entire Shapleigh bunkhouse has been reserved for two days, Monday and Tuesday nights February 4 & 5, for a winter weekday snow fest. Arrangements include two breakfasts and dinners at the Highland Center, and discount lift tickets available to nearby ski areas. Pricing has been structured so that as more beds are filled the per person cost decreases. Max cost is \$162 based on 50% occupancy, discount lift tickets extra. See trip listing for details.



Contact Len Ulbricht (lenu44@gmail.com) for further information.



CONSERVATION COMMITTEE



Book Review

American Canopy-

Trees, Forests, and the Making of a Nation

Eric Rutkow

ISBN 978-1-4391-9354-9

I found American Canopy when browsing at the Bourne Public Library and was captivated by its striking cover illustration cover, Cathedral Forest. an Alfred Bierstadt painting, American Canopy is not your typical layman's book about trees or forests with a focus on the here and now – tree varieties and their recognition or evolution of forest groves. It's about 400 years of history of the American forest, a seemingly unbounded asset in the early 1600s that fell to man's widespread clear cutting practices, 40% having been cut and gone 300 years later, but through the subsequent forest management practices has today recovered to 75% of the original stands of timber. Along the way, American Canopy touches on fascinating tidbits of American history: the King's trees needed to insure Britain's preeminence of the seas, Liberty Tree impact on revolutionary planning, Weyhauser's cut and get out logging practices, the rise of forest management science under Theodore Roosevelt, FDR's own woodlot being the roots of the CCC, and a graduate student's cutting the oldest tree in the country, a 5000 year old bristlecone pine, to count the rings because his core boring tool broke. What was he thinking. But this book is not all history, as it also relates how forests worldwide play a role in global warming today. Destroy forests and carbon dioxide increases, but retain or expand forests and carbon dioxide is removed from the atmosphere. American Canopy instills a deeper appreciation for the forests we have and the woods we hike through.

--Len Ulbricht



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!



www.facebook.com/AMCSEM



NEWS FROM "JOY STREET"

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

(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/>

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*.



TEAM WILLY—Will I Leave A Legacy, Yes!

Are you interested in investing in the future of AMC? Then we hope that you will consider joining Willy Ashbrook, Chair of Team Willy and member of AMC's Board of Directors, as well as, other club members in leaving your legacy with the AMC through your estate plans. Please know that a gift at any level will have a major impact on all AMC programs. To learn more, visit www.outdoors.org/plannedgiving or call Jim Hamilton at 617.391.6585.

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 Annual Meeting, November 3, 2012

SEM Winter Hiking Series, November 3, 2012

SEM Wilderness First Aid (fall) November 17-18, 2012

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

SEM Chapter Hut Weekend, September 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 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)

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, lrc929@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)

Thu., Oct. 11. Pequitside Farm/Mildred Morse Allen Wildlife Sanctuary Walk. Meet at 10am at Pequitside Farm (LOWER) Parking Lot, 79 Pleasant Street, Canton, MA across from reservoir near "The Little Red House" historical property. Leisurely four mile walk on 124 acre sanctuary along trail system through meadow and forest. Visit to Canton Historical Society and Art Exhibit included. Free to Audobon Members, small fee for non-members. Sturdy walking shoes required. Bring water and lunch. Apple cider and snack after the hike. Directions: FROM RT I-93: Take exit 2A (Route 138 south towards Stoughton). After .7 miles, turn right at the traffic lights onto Washington Street go 1.6 miles. Take Left at light onto Pleasant St. Go PAST large white building on right and enter smaller parking lot across from the reservoir on right near "The Little Red House". The Little Red House parking lot is 0.3 miles on the right side of Pleasant St From RT 24 N toward Boston. Merge onto I-93 S via Exit 21B on the left toward I-95 S and follow directions above. L Barbara Hathaway (508-880-7266, barb224@tmlp.net), CL Deborah Lepore (617-778-4339), R Deborah Lepore (Canton, MA, 617-778-4339 B4 9:00PM, DLepore2@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 walk through Whitney and Thayer Woods in Cohasset. This Trustee of the Reservations land provides beautiful trails and carriage roads for our 4-6 mile hike. 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 beginners or anyone who wants a leisurely stroll. 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)

Sun., Oct. 14. Blue Hills Fast and Hilly. Stay in shape for the bigger mountains by hiking the Skyline Trail at a moderately fast pace. We'll hike the North-South loop, then out to Buck Hill and back. Meet at 8:45; not a beginner hike. L Maureen Kelly (508-224-9188 before 8pm, mokol773@aol.com), R Maureen Kelly (508-224-9188 before 8pm, mokol773@aol.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)

(FT) (NM) Mon., Oct. 29. Borderland Full Moon Hike. Come hike around the ponds and through the woods on this (hopefully) clear crisp Fall evening beneath the full moon. (Space limited). L Bob Vogel (vogel.r@comcast.net), R Nancy Coote (nmcoote@yahoo.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. 8. Thursday, Nov 8, Hike World's End (C3C). Meet at 10:00 AM, World's End, \$5.00 per person entrance fee for non-Trustees members. This will be a moderately paced walk of approximately 4-5 miles, exploring the landscape of a unique peninsula in Boston Harbor. The terrain is moderately hilly (over the 4 drumlins), with a mixture of carriage ways and sometimes rocky paths. Boots or shoes with good traction are recommended; light traction devices may be helpful if icy conditions exist. The reservation has stunning views, but is exposed to the sea and wind, so dress accordingly, in layers and with good wind protection! Bring water, thermos with hot drink, snacks or lunch. Directions: From Rt. 3, take Exit 14, Rt. 228 North for 6.5 mi. Turn left onto Rt. 3A (at traffic light), and follow for 0.7 mi. Turn right onto Summer St. (traffic light). At the major intersection with Rockland St. (another traffic light), continue straight across onto Martin's Lane. Follow for 0.7 mi. to entrance at end of road. After stopping at the entrance gate to show your Trustees card or pay \$5, park in the first lot you see on the left. There are portable toilets to the left of the parking area, up a small hill. For more information visit: <http://www.thetrustees.org/places-to-visit/greater-boston/worlds-end.html>. L Eva Borsody das (borsody@gmail.com)

Sun., Nov. 11. Blue Hills Fast and Hilly. Stay in shape for the bigger mountains by hiking the Skyline Trail at a moderately fast pace. We'll hike the North-South loop, then out to Buck Hill and back. Meet at 8:45; not a beginner hike. L Maureen Kelly (508-224-9188 before 8pm, mokol773@aol.com), R Maureen Kelly (508-224-9188 before 8pm, mokol773@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)

Sat., Dec. 1. Winter Hike Series #1 Blue Hills. Join us on the 1st winter hike of the season. Learn the basic's of winter hiking as we discuss heat management, nutrition, equipment and other winter concerns. Great opportunity for three seasons hikers to experience the joys of winter hiking. L Walt Granda (wlgranda@aol.com), L Leslie Carson (ltc929@comcast.net), L Maureen Kelly (moke1773@aol.com), L Eva Borsody das (borsody@gmail.com), CL Paul Miller , CL Jim Casey , R Walt Granda (508-999-6038 before 9:00 PM, wlgranda@aol.com)

Thursdays

Dec. 6. Thursday Morning Hike: Warner Trail, Wrentham (B3C). Meet at 9:45am, end of Randall Road, Wrentham. Bring water, snacks, and lunch. I-495 Exit 15, then right onto Route 1A, Wrentham. Right at Randall Road (King Philip Plaza sign). Rain cancels. L Joanne Staniscia (508-528-6799 7-9 p.m., joannes1@localnet.com)

Thu., Dec. 13. Thursday Morning Blue Hills Hike. A 4-5 mile hike on the Blue Hills Reservation. We will be hiking between Hancock and Great Blue Hill on the Breakneck Ledge Loop. Meet on Hillside Street across from the Reservation Headquarters and the State Police Barracks. L Sue Chiavaroli (508-252-4146, brillo6452@yahoo.com)

(CE) Thu., Dec. 27. Thursday morning Rocky Woods Hike. Morning hike on the 6+ miles of trails in Rocky Woods, Medfield, MA. Varied terrain with some hills. Depending on snowfall, snowshoes may be required. 10:00 A.M. start. L Fred Wason (508-838-6049, fmwason@gmail.com)

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., 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)

Saturdays

Dec. 8. Truro/Bay Sea Turtle Walk(B3C). Meet at 9:45am, 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. CALL THAT MORNING FOR CARPOOL INFO. L Nancy Braun (508-487-4004 any, nancytruro@comcast.net)

Thu., Dec. 13. Barnstable-Bridge Creek Conservation (C3D). Flat terrain, cedar upland, maple swamp and salt marsh, bogs, stone walls. Meet at 9:45am. 2 hrs. From Exit 5 off Rte 6 North on Rte 149. Park along grass triangle on immediate left beside church. L Farley Lewis (farlewis@comcast.net)

Sat., Dec. 15. Truro/Bay Sea Turtle Walk(B3C). Meet at **10:45 a.m.***, 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. CALL THAT MORNING FOR CARPOOL INFO. L Nancy Braun (508-487-4004 any, nancytruro@comcast.net)

Sun., Dec. 16. Brewster Nickerson State Park (C3C). Winter woods walk on trails and dirt roads. Meet at 12:45 at the main Pkg lot immediately on the R after entering the park. Two hours. Bad weather cancels. Doubt? call L. L Janet DiMattia (jandimattia@verizon.net)

Sun., Dec. 16. Eastham, Doane Rock (C3C). Hike Nat'l Seashore Lands to Three Sisters/Nauset Light. Meet 12:45 2 hrs. Rte 6 turn R at Eastham Visitor Center. Go to Doane Rock Picnic area Pkg lot on R about 1 mi. Bad weather canels. Doubt? call L. L Janet DiMattia (jandimattia@verizon.net)

Thu., Dec. 20. West Yarmouth, Sandy Pond (C3C). Wooded trails, pond views. Route 6 Exit 7S, left on Camp Street, left on Buck Island Road, and left at Sandy Pond Recreation Area. Meet at 9:45am. 2 hours. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Saturdays

Dec. 22. Truro/Bay Sea Turtle Walk(B3C). Meet at 9:45am, 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. CALL THAT MORNING FOR CARPOOL INFO. L Nancy Braun (508-487-4004 any, nancytruro@comcast.net)

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 Carrier (508-833-2690 8 am-7 pm, pbencurrier@hotmail.com)

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

(FT) (NM) (XCE) Tuesdays

Dec. 4. 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

Dec. 11. 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

Dec. 18. 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

Dec. 26. Tuesday Scenic Cycling on Wednesday. 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) Fridays

Dec. 28. Sunset/Full Cold Moonrise 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)

Tuesdays

Jan. 1. 10th Annual New Year's Day Ride. Kick off our SEMAMC cycling schedule and our annual quest to attain 2,000 or more miles. This is an intermediate ride for 27 miles with several bailouts for less miles. This beautiful trip includes the coast and harbor of Marion Center; Sea Shell Beach; Converse Road Loop; and Point and Delano Road Roads to Planting Island and Kittansett Golf Club offering a cross-the-bay view of all three bridges. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Jan. 1. 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)

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., 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, [havesnq@comcast.net](mailto: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

SKIING (XC and DOWNHILL)

Contact the ski chair: xcskichair@amcsem.org

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

Sun., Dec. 30. X-C Ski Instructional Workshop. X-C Ski Instructional Workshop Sun Dec 30 (Sat Jan 12 backup date), - Learn to use your new skis or brush up on technique. Suitable for all abilities, rentals available. Reg with L Art Paradice, 978-372-7442 (7-9PM) paradice1@mindspring.com, L Bob Bentley 508-866-3057 bentleyr@h2otest.net. L Art Paradice (978-372-7442 7 to 9 PM, paradice1@mindspring.com), L Bob Bentley (508-866-3057 7 to 10 PM, bentleyr@h2otest.com)

New this Winter: Multiday Midweek Alpine Skiing

The entire Shapleigh bunkhouse has been reserved for two days, Monday and Tuesday nights February 4 & 5, for a winter weekday snow fest. Arrangements include two breakfasts and dinners at the Highland Center, and discount lift tickets available to nearby ski areas. Pricing has been structured so that as more beds are filled the per person cost decreases. Max cost is \$162 based on 50% occupancy, discount lift tickets extra. See trip listing for details. Contact Len Ulbricht (lenu44@gmail.com) for further information.

TRAILS & TRAILWORK

Contact the trails chair: trailschair@amcsem.org

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

CONSERVATION

Contact the conservation chair: conservationchair@amcsem.org

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

FAMILY EVENTS

Contact the family events chair: 508-244-9203

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

SOCIAL COMMITTEE & SOCIAL EVENTS

Contact the social chair: 781-762-4483

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

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