



# *The Southeast Breeze*

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

WRITTEN BY YOU FOR YOU

Participate in your chapter!  
Attend the Annual Meeting & Dinner!  
It's not too late!

## **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 2013 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.

# NOTICES

## Regular Meetings:

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

**Hike Planning Meetings 2012** (6:30pm 1<sup>st</sup> Wed. quarterly)  
(contact [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org) for more info)

## Where to find activities (hikes, bikes, paddles, etc.)

1. The monthly e-Breeze - arrives by email
2. AMC Outdoors magazine - arrives by snailmail
3. Online trip listings ([activities.outdoors.org](http://activities.outdoors.org))
4. Sign up for *short notice* trip listings at [www.amcsem.org](http://www.amcsem.org)

## Pix and Article Submissions

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

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

## SEM Non-members

Not an SEM chapter member? Want the e-Breeze? Contact the AMC Member Center and set your preferences. Or get a copy at our website at [www.amcsem.org](http://www.amcsem.org).

## Volunteers needed!

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

Find us on Facebook \* Follow us on Twitter  
CHAPTER WEBSITE: [www.amcsem.org](http://www.amcsem.org)

## AMC ACTIVITY PARTICIPATION POLICY

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

*The Southeast Breeze*, the e-newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published 12 times a year. **Editor:** Cheryl Lathrop, **Asst. Editor:** Ann McSweeney, **Proofreader:** Kate Patroia. **Change of Address** to AMC, 5 Joy St., Boston, MA 02108, 800.372.1758, or [www.outdoors.org/membercenter](http://www.outdoors.org/membercenter)

## 2012 Executive Board & Committee Chairs

|                     |  |
|---------------------|--|
| Chapter Chair       | <a href="mailto:chair@amcsem.org">chair@amcsem.org</a><br>Jim Plouffe, 508-562-0051                                |
| Vice Chapter Chair  | <a href="mailto:vicechair@amcsem.org">vicechair@amcsem.org</a><br>Luther Wallis, 508-923-1935                      |
| Treasurer           | <a href="mailto:treasurer@amcsem.org">treasurer@amcsem.org</a><br>Patty Rottmeier                                  |
| Secretary           | <a href="mailto:secretary@amcsem.org">secretary@amcsem.org</a><br>Karen Singleton, 508-730-7701                    |
| Past Chapter Chair  | <a href="mailto:pastchapterchair@amcsem.org">pastchapterchair@amcsem.org</a><br>Wayne Anderson                     |
| -----               |  |
| Biking              | <a href="mailto:bikingchair@amcsem.org">bikingchair@amcsem.org</a><br>Jon Fortier, 508-982-1855                    |
| Biking (Vice)       | <a href="mailto:bikingvicechair@amcsem.org">bikingvicechair@amcsem.org</a><br>open                                 |
| Canoe/Kayak         | <a href="mailto:paddlingchair@amcsem.org">paddlingchair@amcsem.org</a><br>George Wey, 781-789-8005                 |
| Canoe/Kayak (Vice)  | <a href="mailto:paddlingvicechair@amcsem.org">paddlingvicechair@amcsem.org</a><br>Betty Hinkley, 508-241-4782      |
| Cape Hiking         | <a href="mailto:capehikingchair@amcsem.org">capehikingchair@amcsem.org</a><br>Pat Sarantis, 508-430-9965           |
| Cape Hiking (Vice)  | <a href="mailto:capehikingvicechair@amcsem.org">capehikingvicechair@amcsem.org</a><br>Farley Lewis, 508-775-9168   |
| Communications      | <a href="mailto:communicationschair@amcsem.org">communicationschair@amcsem.org</a><br>Cheryl Lathrop, 508-668-4698 |
| Comms. (Vice)       | <a href="mailto:communicationsvicechair@amcsem.org">communicationsvicechair@amcsem.org</a><br>Open                 |
| Conservation        | <a href="mailto:conservationchair@amcsem.org">conservationchair@amcsem.org</a><br>Maureen Kelly, 508-224-9188      |
| Conservation (Vice) | <a href="mailto:conservationvicechair@amcsem.org">conservationvicechair@amcsem.org</a><br>Open                     |
| CYP Chair           | <a href="mailto:cypcoordinator@amcsem.org">cypcoordinator@amcsem.org</a><br>Sally Delisa, 781-834-6851             |
| Education           | <a href="mailto:education@amcsem.org">education@amcsem.org</a><br>Len Ulbricht, 508-359-2250                       |
| Education (Vice)    | <a href="mailto:educationvicechair@amcsem.org">educationvicechair@amcsem.org</a><br>Open                           |
| Hiking              | <a href="mailto:hikingchair@amcsem.org">hikingchair@amcsem.org</a><br>Walt Granda, 508-971-6444                    |
| Hiking (Vice)       | <a href="mailto:hikingvicechair@amcsem.org">hikingvicechair@amcsem.org</a><br>Paul Miller, 508-369-4151            |
| Membership          | <a href="mailto:membershipchair@amcsem.org">membershipchair@amcsem.org</a><br>Jim Casey, 781-924-5228              |
| Membership (Vice)   | <a href="mailto:membershipvicechair@amcsem.org">membershipvicechair@amcsem.org</a><br>Vickie Beaulieu,             |
| Skiing              | <a href="mailto:xcskichair@amcsem.org">xcskichair@amcsem.org</a><br>Barbara Hathaway, 508-880-7266                 |
| Skiing (Vice)       | <a href="mailto:xskivicechair@amcsem.org">xskivicechair@amcsem.org</a><br>Farley Lewis, 508-775-9168               |
| Trails              | <a href="mailto:trailschair@amcsem.org">trailschair@amcsem.org</a><br>Lou Sikorsky, 508-678-3984                   |
| Trails (Vice)       | <a href="mailto:trailsvicechair@amcsem.org">trailsvicechair@amcsem.org</a><br>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](mailto:webmaster@amcsem.org)  
Breeze Editor [communicationschair@amcsem.org](mailto:communicationschair@amcsem.org)

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

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

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

# SWAP \* BARTER \* SELL \* TRADE \* FREE

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- 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,  
dexpdoc@gmail.com, 781-294-8840

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THE E-BREEZE WILL PUBLISH FREE ADS FOR MEMBERS TO SWAP/BARTER/SELL/TRADE/FREE OUTDOOR EQUIPMENT.

Send your ads to: [communicationschair@amcsem.org](mailto:communicationschair@amcsem.org). Please put "BREEZE – SWAP" in the subject line.

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

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# CHAPTERWIDE EVENTS

## 2012 AMC SEM ANNUAL MEETING

Saturday, November 3, 2012

Salerno's Function Hall

196 Onset Avenue, 2<sup>nd</sup> 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 2013 Board)
- 6:30 – 7:30 pm Dinner Buffet
- 7:30 – 7:50 pm Awards
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- 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.

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### 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.

**SEE THE PROPOSED BALLOT ON THE NEXT PAGE**

# CHAPTERWIDE EVENTS

## 2013 PROPOSED 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      |
| Membership Chair     | OPEN             |
| Paddling Chair       | OPEN             |
| Skiing Chair         | Barbara Hathaway |
| Trails Chair         | Lou Sikorsky     |

Open positions will be filled by nominations from the floor.

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

[CHAIR@AMCSEM.ORG](mailto:CHAIR@AMCSEM.ORG)

# 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](mailto: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.

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**GOT PIX FOR OUR CHAPTER WEBSITE?**

**Send them to: [sendphotos@amcsem.org](mailto:sendphotos@amcsem.org)**

# HIKING COMMITTEE



RED LINE the BLUE HILLS NEWS



The RLBH Thursday night hiking group wrapped up its 2012 hiking season with a finale dinner. Watch for their first hike next spring as they begin their 8<sup>th</sup> season.

See the RLBH website: [www.amcsem.org/RLBHWS](http://www.amcsem.org/RLBHWS) See all RLBH finishers at: [www.amcsem.org/RLBHWS/m\\_finishers.htm](http://www.amcsem.org/RLBHWS/m_finishers.htm)

## 2012 HIKING PLANNING MEETING

December 5

## 2013 HIKING PLANNING MEETINGS

March 6, June 5, Sep 4, Dec 4

6:30pm

Contact [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org)

# HIKING COMMITTEE



## WINTER HIKING WORKSHOP

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 Kiahs Way, East Sandwich, MA.

Contact the [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org) for more information.

Go to the Winter Hiking Workshop, then the AMC SEM Annual Meeting - same day, same place!

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A happy hiker: Jerry Yos

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**GOT PIX FOR OUR CHAPTER WEBSITE?**  
Send them to: [sendphotos@amcsem.org](mailto:sendphotos@amcsem.org)



# HIKING COMMITTEE

## ADIRONDACK CAMPING TRIP

**September 13-16**

By Mike Woessner

This past September Mike Woessner, Cindy Woessner, Sue Salmon, Kevin Mulligan, Lesley Carson, Ken Carson, Sui-Wen and George Yang of the Southeastern Massachusetts Chapter of the AMC spent a few days camping in the Adirondack State Park in northern New York State. The Adirondack Park is 6 million acres of both privately owned and public lands. Unlike New Hampshire which has a lakes region and the White Mountains, the Adirondacks are a mixture of both mountains and lakes. The tallest mountain being Mt. Marcy at just over 1 mile high and the longest lake, Lake Champlain, on the eastern border at 90 miles long stretching into Canada.

The group first visited the Adirondack Museum in Blue Mountain Lake. The museum's vast campus features displays in 22 modern exhibition galleries and historic buildings. There are lush grounds and sweeping views. The exhibitions tell the unique story of the Adirondacks and its people.

The next stop was dinner at the Adirondack Mountain Club's (ADK) Loj in Lake Placid. The Loj is located on Heart Lake and is indeed in the Heart of the Adirondacks. Trails from here offer access to the high peaks region from the north. While a ½ hour drive to the west puts you in Saranac Lake, prime canoeing country.

After spending the night in tents at the ADK camp ground the group climbed Mt. Algonquin, the second highest peak at 5,115 ft. weather and time prohibited summiting. However, the group had many fine views of surrounding peaks and Lake Placid Olympic village. The hikers returned to their base camp and enjoyed a hearty spaghetti and meatball dinner, then a roaring campfire before retiring for the night.

The plan for the following day was to canoe Saranac Lake into Lake Flower. However, temperatures in the low 50s and a strong wind changed plans to some shopping, site seeing and lunch in Lake Placid Village. Then the group drove up the Veterans Memorial Auto Road to the summit cone of Whiteface Mountain. From there they hiked the ¼ mile up to the summit at 4,857 ft. The group enjoyed many fine views of northern New York, Vermont, Lake Champlain and Canada. After a tour of the observation deck some of the group took the elevator down 276 ft. to a 424 ft. tunnel, all bored thru solid granite. That night's dinner was at one of Lake Placid's fine restaurants to celebrate a great trip and plans were made for future trips.

(photos on next page)

# HIKING COMMITTEE

## ADIRONDACK CAMPING TRIP

September 13-16

Pictures By Mike Woessner



Algonquin summit attempt



Dinner in camp



Summit of Whiteface



ADK base camp



Leslie & Ken



George & Sui-Wen

# HIKING COMMITTEE

This year's Hut to Hut trip  
Lafayette summit



# HIKING COMMITTEE

## Sandwich Dome Hike 10/20/12



# HIKING COMMITTEE



## Take a Long Hike

By Ray Anderson 



Hello fellow hikers. September ended another season of Red Lining the Blue Hills (RLBH). We had our end-of-season celebration and awards dinner at the Fat Cactus restaurant in Braintree. Twenty-four hikers attended, and the pictures below tell the story. The man in glasses pointing to his patch is Jerry Yos. Jerry is 82 years old and was awarded his first-time patch for completing all the trails

in the Blue Hills Reservation. Congratulations, Jerry! The man in the yellow shirt with the big smile is Alan Greenstein. Standing behind



him, to the right, is Randy

Mills. Both hikers received recognition for attending the most hikes this season—20 out of 23 scheduled weekly hikes. Randy was a rookie this year; Alan has received patches before for his accomplishments. Congratulations to both. Our three leaders



appear in the other picture. From left to right, we have Michael Swartz, Joe Keogh, and Maureen Kelly. Our thanks go to them for leading us on all the great Thursday night hikes this past season. And that's our SEM-AMC Breeze editor, Cheryl, with her Red Line the Blue Hills T-shirt!



We hope more new members will sign up next year for the RLBH hikes. April isn't that far away.

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

# CYP COMMITTEE

## CYP LEADERSHIP TRAINING SESSION

A Chapter Youth Leadership Training session will take place on December 1, 2012 at YMCA Camp Harrington in Boylston, MA. People who are interested should contact Sally Delisa, CYP Chair for more information. [delisasally@yahoo.com](mailto:delisasally@yahoo.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](mailto:lenu44@gmail.com)) for further information.

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# BIKING COMMITTEE

## AMC SEM "2000 Mile Club" Sept 30 2012

|                 |              |      |
|-----------------|--------------|------|
| LEONARD         | FRANKLIN     | 4780 |
| LEONARDI        |              |      |
| ROBYN SAUR      | E. FALMOUTH  | 4100 |
| GERRY NELSON    | BOURNE       | 4088 |
| DAN EGAN        | BROCKTON     | 3750 |
| JOE TAVILLA     | OSTERVILLE   | 3302 |
| KEVIN MCNATT    | MANSFIELD    | 3294 |
| RON SIKORA      | COTUIT       | 3010 |
| ROGER SCHOLL    | ROCHESTER    | 2879 |
| LARRY COHEN     | S EASTON     | 2272 |
| FRED CHASE      | E PROVIDENCE | 2232 |
| BARRY GALLUS    | YARMOUTH     | 2033 |
| ED FOSTER       | COTUIT       | 1996 |
| BERNIE MEGGISON | ORLEANS      | 1991 |
| LAWTON GANES    | CANTON       | 1932 |
| JOE BARRY       | YARMOUTHPORT | 1835 |
| STEVE COTE      | RAYNHAM      | 1810 |
| JIM KILPEA      | WAREHAM      | 1806 |
| LINDA CHURCH    | FALMOUTH     | 1785 |
| PAUL CURRIER    | SANDWICH     | 1765 |
| PAM PATRICK     | ORLEANS      | 1673 |
| JOHN SULLIVAN   | MARSHFIELD   | 1631 |
| BOB KENNEDY     | BROCKTON     | 1610 |
| LEE ECKHART     | ASSONET      | 1406 |
| JACK JACOBSEN   | FAIRHAVEN    | 830  |



# BIKING COMMITTEE





## WHY VOLUNTEER FOR THE AMC?

Gain work experience! Add it to your resume!

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**Got a little free time to help us grow?** Are you a people person who likes to help others? Are you concerned about environmental issues? Do you enjoy outdoor activities? Do you have some free time? If this sounds like you, then you may be interested in some opportunities to help our chapter of the AMC grow and better accomplish its mission. Get in touch with us and we'll be happy to tell you more. Contact: [chair@amcsem.org](mailto:chair@amcsem.org)



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## The Breeze accepts:

**COMMUNITY CONNECTIONS:** Upcoming Community Outdoor Activities You Might Be Interested In. Send items to [communicationschair@amcsem.org](mailto: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](mailto: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](mailto: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](mailto:communicationschair@amcsem.org)

**COLUMNISTS:** Got something to say? Want to be a regular Breeze columnist? Contact the Breeze editor to volunteer! [communicationschair@amcsem.org](mailto:communicationschair@amcsem.org)

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## HAVE YOU BEEN TO OUR **FACEBOOK** PAGE YET? LIKE US!



[www.facebook.com/AMCSEM](http://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](mailto:cmartell@outdoors.org))

### Adventure Travel Leader Training

Visit some of the most exciting places in the world as the leader of an AMC Adventure Travel Trip! AMC Adventure Travel Leadership Training is scheduled for Friday-Sunday, November 16-18, 2012. This workshop provides important training to people who have AMC activity leadership experience (no beginners please) to transition from leading weekend chapter activities to more complex and longer trips, domestically and overseas. AMC Adventure Travel Leadership Training emphasizes planning, cost estimating, trip management, people skills, and risk management. You'll also learn procedures and guidelines for researching, proposing, and leading Adventure Travel trips and have the chance to exchange ideas, problems, and solutions with some of the AMC's most skilled leaders. Cost is approximately \$85, which includes 2 nights lodging, 2 breakfasts, 2 lunches and 1 dinner. For more information or if you have questions, contact Merri Fox (860-485-1697) or see

<http://www.outdoors.org/recreation/adventure-travel/leadership-training.cfm>

### First Day Trips

AMC's leaders will offer First Day events on January 1, 2013 as part of a nationwide celebration of state parks. Plan a trip or plan to attend. Whether you are on foot, snow shoe or on the water, it's a great way to start the New Year. All trips are listed at

<http://activities.outdoors.org>. If you will be in some other part of the country, you can still enjoy a First Day trip by visiting

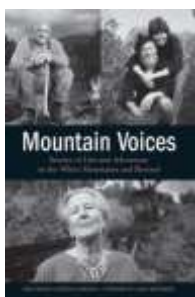
<http://www.americasstateparks.org/first-day-hikes>

### Learn Outdoor Skills - Become an AMC Leader

AMC chapters offer over 7000 trips every year. You can improve your outdoor skills or even become one of these awesome volunteer leaders by attending a local chapter training. For a complete list of skills and leadership trainings, visit

<http://activities.outdoors.org/search/index.cfm?act=12>. Meet great people. Get outdoors. Have fun!

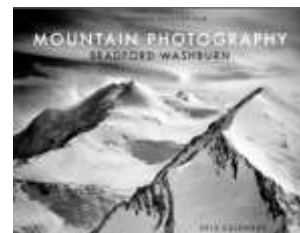
### New AMC Book



AMC Books has just released of *Mountain Voices: Stories of Life and Adventure in the White Mountains and Beyond*, compiled and edited by Rebecca Oreskes and Doug Mayer. In this collection of interviews that have appeared in *Appalachia*, fifteen profiles capture fascinating stories of travel, adventure, and lifelong passion for nature, along with the spirit of the people who choose to live in the craggy, remote North Country. Over nearly two decades, authors Doug Mayer and Rebecca Oreskes have interviewed extraordinary people whose lives are intricately linked to New Hampshire's White Mountains.

In their own words, Brad and Barbara Washburn enumerate their groundbreaking mountaineering exploits, and Rick Wilcox discusses search and rescue efforts. Woodsmen like Ben English tell of their work on hiking trails, and George Hamilton recounts his career in AMC's high huts. White Mountain icons such as boot maker Karl Limmer and Ellen Teague of the Mount Washington Cog Railway offer accounts of their esteemed careers in the mountains. Guy and Laura Waterman detail the development of their backwoods ethics philosophy. Historical photographs accompany each interview.

A perfect companion to the book is the new *2013 Mountain Photography Bradford Washburn Calendar*, full of spectacular images from Alaska, the Swiss and French Alps, and New Hampshire's White Mountains.



You can order directly from the AMC at [www.outdoors.org/amcstore](http://www.outdoors.org/amcstore) or by calling 800-262-4455.



# NEWS FROM "JOY STREET" (CONTINUED)

## Registration is Open for AMC's 137th Annual Summit!

The 137th Annual Summit of the Appalachian Mountain Club will be held on Saturday, January 26, 2013, at the Four Points by Sheraton in Norwood, Massachusetts. We are pleased to announce that Audrey Peterman, President and Co-founder of [Earthwise Productions](#), will be the keynote speaker.

Audrey, along with her husband, Frank, has been credited with making millions aware of the National Park System and its relevance to their lives. Audrey is a national-award winning environmentalist and is a role model for engaging citizens in conservation. She brings a unique understanding of what motivates people of color to connect with the outdoors.

Audrey participated in several White House initiatives including the launch of America's Great Outdoors and the White House Conference on Conservation. Additionally, Audrey is the recipient of the *Environmental Hero Award* from the National Oceanic and Atmospheric Administration, as well as the *Marjory Stoneman Douglas Outstanding Citizen Conservationist Award* from the National Parks Conservation Association.



**Special Celebration: YOP 45!** Join AMC in celebrating our Youth Opportunities Program's 45th year of helping at-risk and urban youth get outdoors!

To register or obtain more information log onto our [Annual Summit website](#).

**Added Bonus:** Book ten (10) seats for the dinner program and we will reserve a table for you.

For other inquiries, please contact Cindy Martell, Event Coordinator, at 617-391-6603 or [cmartell@outdoors.org](mailto:cmartell@outdoors.org).

# CHAPTER ACTIVITIES

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

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

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

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

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## SAVE THE DATE

### CLUB-WIDE ACTIVITIES

AMC Annual Summit [Annual Summit website](#)

### 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 2<sup>nd</sup> Annual Family Weekend, August 23-25, 2013

SEM Chapter Hut Weekend, September 2013

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

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## CHAPTER ANNOUNCEMENTS

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

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### NOTE ACTIVITIES MARKED FOR :

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

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FULL LIST of ACTIVITIES at [AMCSEM.ORG](http://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](http://amcsem.org).

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## GOT PIX FOR OUR CHAPTER WEBSITE?

Send them to:

[sendphotos@amcsem.org](mailto:sendphotos@amcsem.org)

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## *Like us on FACEBOOK*

[www.facebook.com/AMCSEM](http://www.facebook.com/AMCSEM)

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Know what's happening in your chapter?

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

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

## HIKING / BACKPACKING

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

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

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

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

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

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](mailto:wlgranda@aol.com)), R Walt Granda (589-999-6038 Before 9:00 PM, [wlgranda@aol.com](mailto: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](mailto:wlgranda@aol.com)), R Walt Granda (508-999-6038, [wlgranda@aol.com](mailto: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](mailto: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, mokel773@aol.com), R Maureen Kelly (508-224-9188 before 8pm, mokel773@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 (mokel773@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)

Sat., Jan. 5. Winter Series Hike #2 Mt Morgan/Mt Percival Loop (B3B). Second in our winter hiking series. This moderate 5.5 mile loop hike over Mount Morgan and Mount Percival offers great Squam Lake and mountain views. Full winter gear required. L Leslie Carson (ltc929@comcast.net), L Walt Granda (wlgranda@aol.com), CL Eva Borsody Das , CL Paul Miller , R Walt Granda (508-999-6038 Before 9 PM, wlgranda@aol.com)

Thu., Jan. 24. Thurs. Morn. Hike Houghton Section, Blue Hills. 6 mi hike around the Houghton section of the Blue Hills Bring water and snacks for cold weather plus proper footwear for condition. Rain or storm cancels. L Claire Braye ((508) 857-0320 before 9:00pm, cbraye57@comcast.net)

Sat., Feb. 2. Winter Hiking Series #3. Come join us for some winter fun hiking to Mt. Pierce, a 4,000 footer in the Presidentials with great views. Get a chance to try out your winter equipment. Afterward, warm up at the Highland Center. L Leslie Carson (508-833-8237, ltc929@comcast.net), L Wayne Anderson (wanderson@mxcsi.com), CL Karen Singleton , R Leslie Carson (64 Mill Rd., East Sandwich, MA 02537, )

Thu., Feb. 14. Thurs. Morn. Hike or Snowshoe; Ponkapoag. 6 Mi Hike or Snowshoe around Ponkapoag Pond area. Bring water and snacks suitable for eating in cold weather plus footwear for conditions. Meet: 10:00 AM at Ponkapoag Golf Course Parking Lot, Canton, MA. L Claire Braye ((508) 857-0320 before 9:00PM, cbraye57@comcast.net)

Sat., Mar. 2-3. Winter Hiking Series #4 Overnight. End the Winter Series with an overnight at Carter Hut. Winter equipment and sleeping bag required. Options for Sat. hikes. Friday night option to stay at Joe Dodge Lodge with great breakfast before hiking into the hut. Please contact registrar for details. Must confirm by Jan. 30th. L Leslie Carson (508-833-8237, ltc929@comcast.net), L Wayne Anderson (wanderson@mxcsi.com), L Mike Woessner (stridermw@hotmail.com), L Maureen Kelly (moke1773@aol.com), R Leslie Carson (64 Mill Road, East Sandwich, MA 02537, )

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CAPE COD HIKES



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

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

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

(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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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)

Thu., Jan. 3. 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 (508-385-4085, sylvester\_maria@hotmail.com)

Sun., Jan. 6. Yarmouth Three Ponds (C3C). Winter woods walk to secluded ponds. Meet 12:45 2 hrs. Ex 8 off Rte 6. R at 2nd traffic light. Go to L at end. Pkg off road in about 1 mi. Bad weather cancels. Doubt? Call L. L Janet DiMattia (jandimattia@verizon.net)

Thu., Jan. 10. Harwich, Hawk's Nest State Park (C3C). Take Spruce Street opposite exit ramp of Rt 6 Exit 11. Go approx. 1 mile and park on left side of road. Wooded hike through State Park and Harwich Conservation land. Meet 9:45, 2 hrs. L Peter Selig (508-432-7656, pandmselig@hotmail.com), CL pandmselig@hotmail.com (508-432-7656, pandmselig@hotmail.com), R pandmselig@hotmail.com (02633, 508-432-7656 before 10 pm, pandmselig@hotmail.com)

Sun., Jan. 13. Mashpee, Santuit Pond (C3C). Water views, working bogs, woodland trails. Rte 6, Ex 5, S on Rt 149 to Rt 28. Then R on Rt 28, R on Santuit/Newton Rd for 0.8 mi to yellow gate on L. Meet at 12:45, 2 hrs. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Thu., Jan. 17. Eastham Nauset Marsh (C3C). Walk perimeter of vast historic marsh. From Rte 6 in Eastham, R on Gov. Prence Rd, R on Fort Hill Rd to 1st pkg lot on L. Meet at 9:45 sharp to carpool to Salt Pond Visit Ctr. 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Sat., Jan. 19. Bourne Cape Cod Canal (C3C). Meet 9:45 am at the Herring Run Visitor center MAINLAND side between Sagamore & Bourne bridges for a 2 hour hike. L Gary Miller (508-540-1857, Garymaxx@verizon.net)

(FT) (NM) Thu., Jan. 24. Dennis, Flax Pond Conservation (C3C). Rolling hills near Flax Pond, golf course, wooded trails in wellfield area. Park on Setucket Rd at Flax Pond Conservation, East of Yarmouth- Dennis Town Line. Meet 9:45 a.m. 2 hrs. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Sat., Jan. 26. Harwich, Herring River (B3C). Wooded walk with views of the beautiful Herring River. Walk both sides of West Reservoir, cranberry bogs. From Rte 6 E, Ex 10, R at top of ramp, Rte 124 for 1.3 mi, R @ Main St. straight 2 mi to park @ Sand Pond on R. Meet 9:45 a.m. 3.5 hrs. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sun., Jan. 27. Harwich, Island Pond (C3C). Scenic walk through Lavender farm, take rte 6 Exit 10 South to Rte 124. Turn L on Colony Way at crosswalk. Park at Harwich town pkg lot short distance on Right. Meet 12:45PM, start 1:00 PM. L Jane Harding (508-833-2864 call before 9 PM, janeharding@comcast.net)

Thu., Jan. 31. Sandwich, Ryder Conservation Hike (C3C). Rte 6 to exit 3, take Quaker Meetinghouse Rd. south to lights at Cotuit Rd. Turn L, Ryder Conservation Lands parking will be on right. Scenic hike to Lowell Holly Reservation with views of Maspee Wakefield pond. Meet at 9:45 AM start at 10 AM. 2 hrs. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Thu., Feb. 7. Harwich - Herring River Chili Pot Luck at Janet Kaiser's house. Herring River and reservoirs. Park on R at Sand Pond, Great Western Rd, 2 mi W from Harwich Ctr. Chili Pot Luck Party at Janet Kaiser's house in Harwich following hike. Meet 9:45. L Peter Selig (508-432-7656, pandmselig@hotmail.com), CL pandmselig@hotmail.com (508-432-7656, pandmselig@hotmail.com), R pandmselig@hotmail.com (02633, 508-432-7656, pandmselig@hotmail.com)

Thu., Feb. 14. 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 (508-385-4085, sylvester\_maria@hotmail.com)

Sun., Feb. 17. Barnstable, Sandy Neck (C3C). Walk beach/marsh loop to 2nd crossover. Mostly soft sand. Rte 6, Ex 5 to Rte 149 N to Rte 6A; L on 6A, R on Sandy Neck Rd to pkg lot at end. Meet 12:45 for 1:00 start, 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

(FT) (NM) Thu., Feb. 21. Cotuit-Little River Sanctuary (C3D). Wooded walk with views of Eagle Pond. Meet promptly at 9:45am. Carpool shuttle from parking area in front of Rite-Aid Pharmacy located at intersection of Route 28 and Putnam Avenue in Cotuit. 2 hours. L Farley Lewis (farlewis@comcast.net)

Thu., Feb. 28. Sandwich Scorton Creek (C3C). Take exit 4 off Rte 6 turn N on Chase Rd., turn L on Old County Rd, follow to 6A turn right. Entrance to Scorton is dirt road on right near use car dealership. Scenic hike through historical area with views of salt marsh. Meet at 9:45 AM start at 10 AM. 2 hrs. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

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## BIKE RIDES

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

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

| Bike Ride Ratings |           |                |
|-------------------|-----------|----------------|
| Mis               | Pace/MPH  | Terrain        |
| AA = 50+          | 1 = 17+   | A = Very Hilly |
| A = 35-50         | 2 = 13-16 | B = Hilly      |

|           |              |             |
|-----------|--------------|-------------|
| B = 25-35 | 3 = 11-13    | C = Rolling |
| C = <25   | 4 = up to 11 | D = Flat    |

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

(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)

(XCE) Fri., Dec. 21. Winter Solstice/Adios to Autumn Ride. 22 +/-Miles or 2 Hours: Intermediate-paced road cycling. C2C Start at Skaket Beach, Orleans and do a Tour de Shore of the bay including Rock Harbor and perhaps cut over to the ocean side in Eastham. Return on some inner nook & cranny roads that include Sunken Meadow, Crooks, Campground, Thumpertown, and First Encounter Beaches for Sunset at Skaket. Tires and riders pumped and ready to roll. Helmets and water required as is registration - cancellation/rescheduling sent only to registered riders. Leader: Paul Currier currierpaul@comcast.net or call daily until 7PM 508-833-2690. L Paul Currier (508-833-2690 8 - 7, 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 Carrier ((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 Carrier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Jan. 8. 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

Jan. 15. 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

Jan. 22. 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) Sat., Jan. 26. Sunset/Full Wolf Moon Ride. Ride Description: Road cycling. L Paul Carrier currierpaul@comcast.net or 508-833-2690 Ride the hills and shores of Sagamore and the canal trail to Buzzards Bay. We'll catch the spectacular sunset over Onset Bay during a tour of Mass Maritime and moonrise over Plymouth Bay. C2B Tires and riders pumped and ready to roll. Helmets, spare tube & tire tools, and water required as is registration -cancellation/rescheduling sent only to registered riders. Directions: From the former Sagamore Rotary now the Sagamore Straightaway, head toward Scusset and take Canal Road past Friendly's to the Sagamore Recreation Lot. L Paul Carrier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Jan. 29. 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)

## CHAPTER YOUTH PROGRAM (CYP)

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

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

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## PADDLES

For info on SEM canoe & kayak trips, check *AMC Outdoors*, visit [amcsem.org](http://amcsem.org), use the online trip listing system: [trips.outdoors.org](http://trips.outdoors.org), (set Committee to "canoe/kayak", set Chapter to "Southeastern MA"). Contact the paddle chair: [paddlingchair@amcsem.org](mailto:paddlingchair@amcsem.org)

### Trip Ratings/Levels:

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

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

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

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

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

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

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## SKIING (XC and DOWNHILL)

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

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

### **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](mailto:lenu44@gmail.com)) for further information.

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 Paradise, 978-372-7442 (7-9PM) paradice1@mindspring.com, L Bob Bentley 508-866-3057 bentleyr@h2otest.net. L Art Paradise (978-372-7442 7 to 9 PM, paradice1@mindspring.com), L Bob Bentley (508-866-3057 7 to 10 PM, bentleyr@h2otest.com)

(AN) (CE) Sat., Jan. 19-21. Catamount Trail Backcountry Ski Touring.. Join us for the MLK weekend of ski touring the Catamount trail in the Londonderry VT area (parts of Section 7, 8 and 10). We will stay at a cozy Lodge in Londonderry. Participants should be capable of skiing 5-7 miles each day. Trails are classic New England backcountry, undulating, forested, and fun to ski. Total \$275 pp, Deposit of \$100 due at registration, Sat-Sun-Mon brkfst and Sat-Sun dinner included. Reg by Dec 15. Details/reg with L Art Paradise, paradice1@mindspring.com, 978-372-7442 (7-9PM), L Bob Bentley 508-866-3057, bentleyr@h2otest.net . L Art Paradise (978-372-7442 7 to 9 PM, paradice1@mindspring.com), L Bob Bentley (508-866-3057 7 to 10 PM, bentleyr@h2otest.com)

(AN) (CE) Mon., Feb. 4-6. Midweek downhill skiing. Two days of downhill skiing (Tues. Feb 5 and Wed Feb 6) at Bretton Woods, Attitash, or Wildcat while staying at Shapleigh bunkhouse. Pricing includes two breakfasts and two dinners at the Highland Center, discount lift tickets extra. Optional third day skiing (Mon. Feb 4) on drive up. Partial rebate on pricing if minimum number of participants is exceeded. \$50 deposit due upon registration, balance due in full by January 5. No refunds thereafter unless alternate can fill your spot. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (11 hilltop circle, medfield, MA 02052, lenu44@gmail.com)

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## TRAILS & TRAILWORK

Contact the trails chair: trailschair@amcsem.org

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

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## 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**

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