



Breeze

the southeast



December 2012

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

SAVE the Dates

Family Weekend

Aug. 23-25, 2013

Chapter Hut Weekend

Sep. 20-22, 2013

Annual Meeting

Nov. 2, 2013



Register for AMC's 137th Annual Summit!

Visit [here](#) for more information

Chapter Meetings

SEM Executive Board
6:30pm selected 2nd Wednesdays

Pictures and Article Submissions

Submit articles and photos for both The Breeze and our website to breeze.editor@amcsem.org

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: Andrea Holden

AMC, 5 Joy St. Boston, MA 02108,
800.372.1758
www.outdoors.org/membercenter

Attention

XC and Downhill Skiers

The February 4-6 mid-week downhill ski trip has been expanded to include cross country skiing for two fun filled days of skiing Tuesday and Wednesday at Bretton Woods, Attitash, or Wildcat, and optional third day skiing at Waterville Valley on Monday drive up.....see [Skiing](#) for details.



Carolyn Crowell is awarded 2012 SEM Distinguished Service Award by Chapter Chair Jim Plouffe

2012 SEM Distinguished Service Award

Carolyn Crowell, a member since 1962, received the SEM Distinguished Service Award at the Annual Meeting. Every year SEM awards the DSA to a member that has given volunteer service above and beyond.



SIGN up for the BREEZE 800-372-1758



2013 Executive Board Committee Chairs

Chapter Chair

chair@amcsem.org
Cheryl Lathrop, 508-668-4698

Vice Chapter Chair

vicechair@amcsem.org
Maureen Kelly, 508-224-9188

Treasurer

treasurer@amcsem.org
Patty Rottmeier
508-982-1099 (c), 508-228-4207 (h)

Secretary

secretary@amcsem.org
Karen Singleton, 508-730-7702

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



Photograph by Jeffrey Wheeler, AMC Southeastern Massachusetts Chapter

Available Volunteer Positions

Communication (Vice)
OPEN

Conservation (Vice)
OPEN

Education (Vice)
OPEN

XC Ski (Vice)
OPEN

Trails (Vice)
OPEN

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

WHY VOLUNTEER FOR 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

NOTICES

Chapter Meetings

SEM Executive Board
6:30pm selected 2nd Wednesdays
contact chair@amcsem.org

Hike Planning Meetings

6:30pm 1st Wed. quarterly
contact hikingchair@amcsem.org

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

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

Pictures 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.

Get a copy of the e-Breeze <http://www.amcsem.org/newsletters.html>

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, see box above!

Please contact chair@amcsem.org if you'd like to get more involved with the chapter.

Biking

bikingchair@amcsem.org
vicebikingchair@amcsem.org

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
Farley Lewis, 508-775-9168

Cape Hiking (Vice)

capehikingvicechair@amcsem.org
Peter Selig

Cape Hiking (Vice)

capehikingvicechair@amcsem.org
Janet DiMattia, 508-394-9064

Communications

communicationschair@amcsem.org
Andrea Holden, 508-989-4239

Conservation

conservationchair@amcsem.org
Joanne Jarzowski, 508-775-7425

Chapter Youth Program (CYP)

cypcoordinator@amcsem.org
Sally Delisa, 781-834-6851

Education

education@amcsem.org
Len Ulbricht, 508-359-2250

Hiking

hikingchair@amcsem.org
Walt Granda, 508-971-6444

Hiking (Vice)

hikingvicechair@amcsem.org
Paul Miller, 508-369-4151

Membership

membershipchair@amcsem.org
Ed Miller, 774-222-0104
5-9pm, no calls after 9pm please

XC Ski

xcskichair@amcsem.org
Barbara Hathaway, 508-880-7266

Trails

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Lou Sikorsky, 508-678-3984

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Jim Plouffe

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Webmaster

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Breeze Editor

breeze.editor@amcsem.org

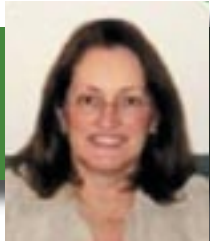
Blast Editor

blast.editor@amcsem.org

Send your photos to
sendphotos@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: <http://amcsem.org/documents.html>



View from the Chair

By Cheryl Lathrop



Hello!

I had the distinct privilege of being elected as Chapter Chair at the AMC SEM Annual Meeting on November 3, 2012. In fact, your entire 16-member 2013 executive board was elected that night. On page 2 of the e-Breeze, you'll see the new 2013 board. And on behalf of the chapter, I thank each and every volunteer for stepping up.

I'm especially excited to work with my fellow officers. Maureen Kelly is Vice Chapter Chair. I am a hike leader and the former Communications Chair; Maureen is a hike leader and the former Conservation Chair. Returning for another year are Karen Singleton, board secretary, and Patty Rottmeier, board treasurer. You'll be in good hands this year!

We extend a special thank you to our outgoing 2012 officers: Jim Plouffe as Chapter Chair and Luther Wallis as Vice Chapter Chair, for leading us so well in 2012. And a thank you to all 2012 committee chairs for a great year! Be sure to read our 2012 Annual Report, available on our website, amcsem.org (click on 'documents'); you'll find summaries for each of our committees for 2012.

Now some very exciting news from your Executive Board! Your board has gone electronic! We had our first board meeting with the new board on November 14. Everyone was remote. Folks dialed in for audio using freeconferencecall.com. They logged in for visual at join.me where they saw my computer screen running PowerPoint slides and being shared over the internet. We use a shared calendar to keep us on track at google.com. We use a blog at blogspot.com for our monthly committee reports. And we are sending out meeting/event invitations using evite.com. No more driving. No more paper. And all these tech services are free.

I look forward to an exciting year in 2013 of AMC SEM activities brought to you by your committee chairs! Get ready for some great hikes, cape hikes, bikes, paddles, trail work, training, conservation, CYP, and skiing—as well as family and social events.

I'LL SEE YOU ALL OUTSIDE!

Cheryl Lathrop
Chapter Chair



The E-Breeze will publish FREE ads for members to Swap/Barter/Sell/Trade/Free Outdoor Equipment. Send your ads to: communicationschair@amcsem.org, use "BREEZE - SWAP" in the subject line.

GEAR

SWAP * BARTER * SELL * TRADE * FREE



Outdoor Research Wind Mitts \$20



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

White, Tandem, Hurricane Kayak \$850

One season use. Open cock pit with yellow cover, one dry hull for first aid kit and/ or towel and extra clothes. Asking \$850. Easy to handle, Paddles not included. Call Rona Robin-



son 508-364-0568. (Hyannis, Ma.)

Tatarian™ X 55 Women's Backpack \$50 or BO

Brand new with tags, has discolorations on top lid, see picture of seams provided. Made for a women's frame, Capacity: 2253 - 3455 cu.in. /55 L, Pack weight: 3.76 lbs. (1.71 kg), Harness system adjusts to fit tor-



so range of 14 in. - 20 in. top loading, internal frame backpack top lid converts easily into a lumbar pack fabrics: 210D Silicon treated nylon diamond ripstop



provides outstanding water repellency and shedding 1000D nylon pack cloth bottom for abrasion resistance Front kangaroo pocket 4 large external side pockets Waterproof zippers Hydration ready (bladder not included. Andrea Holden, aholden2578@comcast.net, 508.989.4239 Located in Attleboro for pick up or meet.

Send your photos to sendphotos@amcsem.org

CHAPTER WIDE EVENTS

See our website for details: www.amcsem.org and click on the "Upcoming Events" tab

Family Weekend

Aug. 23-25, 2013

Chapter Hut Weekend

Sep. 20-22, 2013

Annual Meeting

Nov. 2, 2013

Photograph by Jim Casey



Photograph by Jeffrey Wheeler



Photograph by Scott Kimball NH Chapter



Photograph by Stanley Grass

As always, feel free to contact your chapter chair, or vice chapter chair at any time.

Chapter Chair: Cheryl Lathrop (chair@amcsem.org) ~ Vice Chapter Chair: Maureen Kelly (vicechair@amcsem.org)

CHAPTER YOUTH PROGRAM (CYP)



CYP LEADERSHIP TRAINING SESSION

Chapter Youth Leadership Training session will take place on **December 1, 2012** at YMCA Camp Harrington in Boylston, MA. Please contact CYP Chair Sally Delisa, delisasally@yahoo.com



Adaption of *Twas the Night Before Christmas Poem*

By Jim Plouffe

Twas the night before Christmas, when all through the brush
Not a creature was stirring, not even a thrush.
The stockings were hung by the great oak with care,
In hopes that St. Nicholas soon would be there.

The children were nestled all snug in their sheds,
While visions of sugar-plums danced in their heads.
And mamma in her fleece, and I in my gaiters',
Had just settled our brains for a long winter's hiatus.

When out on the snow pack there arose such a clatter,
I sprang from the -20 sleeping bag to see what was the matter.
Away to the vestibule I flew like I'd cry,
Tore open the screen and threw up the fly.

The moon on the breast of the new-fallen snow
Gave the lustre of mid-day to objects at a gear show.
When, what to my wondering eyes should appear,
But a miniature sleigh, and eight tiny reindeer.

With a little old driver, so lively and quick,
I knew in a moment it must be St. Nick.
More rapid than eagles his coursers they came,
And he whistled, and shouted, and called them by name!

"Now Dasher! now, Dancer! now, Prancer and Vixen!
On, Comet! On, Cupid!, On Donner and Blitzen!
To the top of the pine! to the top of the rock wall!
Now dash away! Dash away! Dash away all!"

As dry leaves that before the wild hurricane fly,
When they meet with an obstacle, mount to the sky.
So up to the mountain-top the coursers they flew,

With the sleigh full of Toys, and St. Nicholas too.
And then, in a twinkling, I heard on the tent roof
The prancing and pawing of each little hoof.
As I drew in my head, and was turning around,
Through the side window St. Nicholas came with a bound.

He was dressed all in fur, from his head to his foot,
And his clothes were all tarnished with ashes and soot.
A bundle of Toys he had flung on his back,
And he looked like a peddler, just opening his pack.

His eyes-how they twinkled! his dimples how merry!
His cheeks were like roses, his nose like a cherry!
His droll little mouth was drawn up like a bow,
And the beard of his chin was as white as the snow.
The stump of a pipe he held tight in his teeth,
And the smoke it encircled his head like a wreath.
He had a broad face and a little round belly,
That shook when he laughed, like a bowlful of jelly!

He was chubby and plump, a right jolly old elf,
And I laughed when I saw him, in spite of myself!
A wink of his eye and a twist of his head,
Soon gave me to know I had nothing to dread.

He spoke not a word, but went straight to his work,
And filled all the Smart-wool, then turned with a jerk.
And laying his finger aside of his nose,
And giving a nod, up to the tree tops he rose!

He sprang to his sleigh, to his team gave a whistle,
And away they all flew like the down of a thistle.
But I heard him exclaim, 'ere he drove out of sight,
"Happy Christmas to all, and to all a good-night!"

HIKING



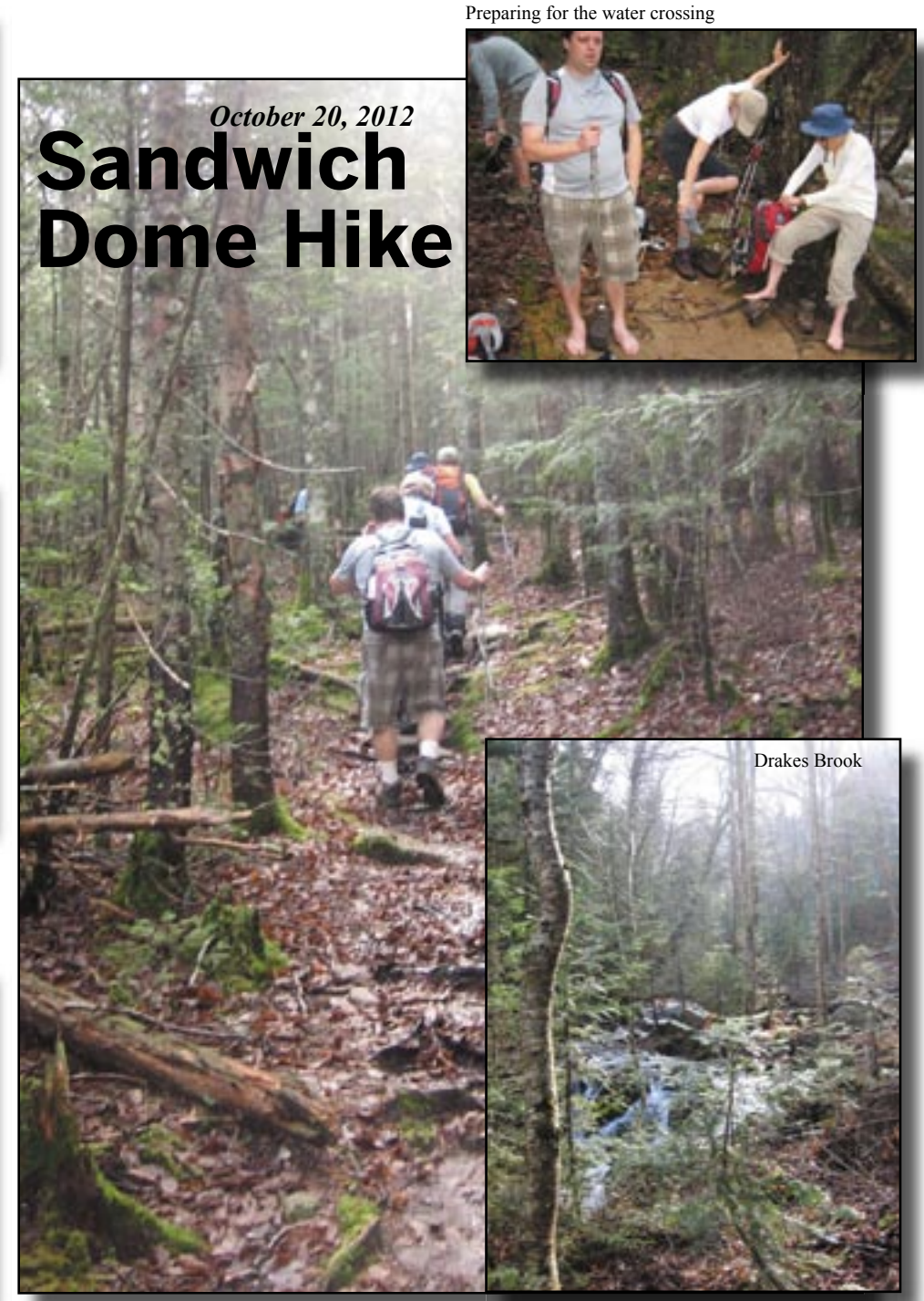
Crossing Drakes Brook



Sandwich Wilderness from Jennings Peak lookout



View of Jennings Peak



Preparing for the water crossing

October 20, 2012 Sandwich Dome Hike

Drakes Brook

Wet Trail

Two-Day "Woofa" Training Course Proves to be Time Well Spent

By Paul Miller
SEM Vice Hiking Chair



While participating in my first SEM Board Meeting several years ago, the then-Education Chair brought up the subject of the upcoming "woofa" training session. Sure, I didn't want to sound like an idiot, but my curiosity about this woofa stuff got the better of me, so I swallowed my pride and asked, "What's woofa?" It turns out that what sounded to me like "woofa," was actually "WFA," which everyone else around the table already knew stands for "Wilderness First Aid." While not generally a fan of three-letter acronyms, this intrigued me and I decided to take advantage of this WFA training at some point in the near future.

I finally got around to taking the WFA training this past weekend, November 17 and 18, at Borderland State Park in Easton. It turned out to be two days well spent, and not just because I need WFA certification to become a level 2 SEM hike leader (qualified to lead hikes in the Whites). I really did learn a lot! Most importantly, the training got me (and the 18 other participants) thinking about how

we would respond to a wide range of backcountry medical issues and emergencies, from simple scrapes, sprains, contusions, and insect bites; to more serious fractures, frostbite, hypothermia, burns, soft tissue punctures, head and spinal injuries, cardiac incidents, and the sometimes subtle symptoms of shock that accompany most serious injuries.

Like many other reasonably experienced outdoors people, I've picked up quite a bit of practical first aid knowledge over the years; at least some of it in formal training. But what this course really hit home for me was the different approach WFA practitioners need to take.

In the WFA context, "wilderness" means at least a mile or an hour away from the trailhead, where the "golden hour" rule used by ambulance-based EMTs simply does not apply. That's because, in a wilderness environment, there's no way you could get an injured hiker, ice climber, XC skier, mountain biker, or paddler to the ER within the first hour following injury. As we learned in this course, hours or even days is more likely. This requires "WFAs" to exercise a lot more ingenuity than would otherwise be required, and



PHOTO CAPTION: SEM Hike Leader, Ken Jones, models improvised splint created during the recent SEM WFA training at Borderland State Park.

in a few situations, provides us with a bit more latitude in how we could respond to a serious injury than would be allowed if the EMTs were a quick cell phone call away. We also learned how important it is during backcountry medical emergencies not to do anything that could further endanger the patient and to consider the safety of the WFA provider(s) as well as other group members.

While two days really isn't enough time to adequately cover all the topics included in this course, the combination of indoor classroom lectures, demonstrations, and discussions and outdoor practice exercises proved to be very ef-

fective at compressing the training and maximizing the learning experience.

During the outdoor exercises, we broke up into teams and responded to a number of different interesting backcountry medical emergency scenarios by improvising with the materials at hand in our backpacks, on our bodies, and in the environment. These exercises were very effective in getting us to think about how we would actually apply what we learned in the classroom in typically stressful backcountry medical emergencies. The photo shows the forearm splint that another teammate and I fashioned for SEM hike

leader, Ken Jones, during one of these exercises. We improvised the splint from a fallen tree branch, a few fleece gloves for padding, and a whole bunch of cloth cravats. While not pretty to look at, the splint did a good job of immobilizing the injury and keeping the "patient" relatively comfortable while we walked

him out of the woods in a simulated self-rescue. I hope that I'll never have to actually apply what I learned during this past weekend while leading or participating in an AMC hike. But, if necessary, it's reassuring to know that I and our other WFA-trained hike leaders are in a much better position to respond

appropriately than would otherwise be the case. Len Ulbricht, SEMs Education Chair did a great job organizing this WFA session. Len made all the scheduling and logistical arrangements; interfaced with SOLO Wilderness Medicine (the well-respected organization that delivered the training); dealt with all

the financial matters: and perhaps equally important, kept us 19 WFA trainees and our knowledgeable and animated SOLO instructor, Chris Nafziger, well fed and well caffeinated over the two days of the training.

Thank you Len and thank you Chris!



The top of Great Blue Hill. Red Line the Blue Hills hikers (RLBH) in May 2012

Take A Long Hike

By Ray Anderson



Hello fellow hikers.

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

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

Sleeping warm I found that I became colder in my bag by morning. I was convinced dampness seeped up through my tent floor and through my pad into my sleeping bag. Obvious solution---buy a warmer bag. Then I remembered several hikers who placed contractor insulation



paper on their tent floor and put their sleeping bag over that. I can tell you it makes a difference, in the same way such insula-

tion retards cold and moisture from getting into your house. Tyvek insulation paper does the same thing that Dupont and other insulation paper will. A local carpenter cut me the piece above, and it weighs next to nothing.

Mesh Dunk and Storage Bags To air out stinky clothes, to soak or chill something in a stream, to store garbage, etc., meshed ditty bags,



sold in outdoor shops, are popular on the trail and in camps. But the citrus bags (holding oranges and grapefruit), which my wife brings home from the grocer work just fine. I save them and use a couple of new ones on every extended hike. They do the job, and I'll never run out.

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

Happy trails!

Ray's Hiking Blog: www.TakeALongHike.com

Annual Meeting 2012

► SKIING

ATTENTION XC and Downhill Skiers

The February 4-6 mid-week downhill ski trip has been expanded to include cross country skiing for two fun filled days of skiing Tuesday and Wednesday at Bretton Woods, Attitash, or Wildcat, and optional third day skiing at Waterville Valley on Monday drive up. The entire Shapleigh bunkhouse has been reserved for two days, and pricing includes two breakfasts and two dinners at the Highland Center. Come and enjoy great

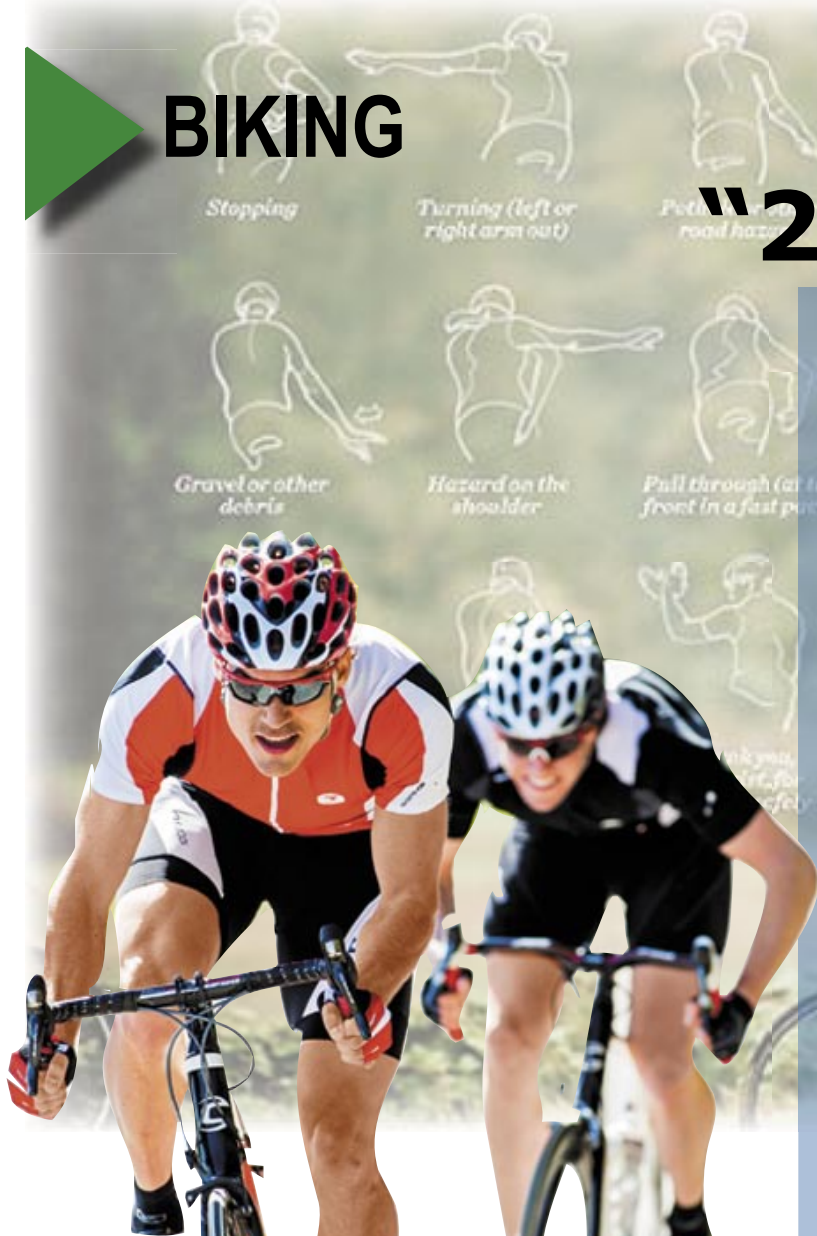
skiing, apres ski socializing and meals to please. Please note that a trip leader will not be managing the group and each skier should act accordingly and use their own judgement in selection of terrain suitable to their skill level, be it XC or downhill. Pricing has been structured so that as more beds are filled the per person cost decreases. Max cost is \$162 per per-

son for both days, with meals, based on 50% occupancy, discount ski tickets extra. A greater turnout lowers your cost, a tough to beat deal. \$50 deposit reserves a spot, balance due January 5. [See trip listing for details.](#)

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



► BIKING



“2000 Mile Club”

LEONARD LEONARDI	FRANKLIN	4780
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

Is Kilimanjaro on your bucket list?

Join AMC's 12-day trip from June 20-July 2 to climb Mount Kilimanjaro

By Robin Melavalin

Join the AMC's 12-day trip from June 20-July 2 to climb Mount Kilimanjaro (19,341') with just a day-pack. A UNESCO World Heritage Site (<http://whc.unesco.org/en/list/403>), Kilimanjaro is called the Crown of Africa with its snow-capped peak rising above Tanzania's cultivated farmland where locals grow coffee, bananas, cassava and maize. Just south

"hike the largest mountain on the continent of Africa"

of the equator, the highest freestanding mountain in the world rises majestically from the rolling savanna plain up through five microclimates with diverse ecosystems: rainforest, heather, moor-



Woman with Maasai children

land, desert and arctic. It is known for having beautiful forests. Our local guides will describe the flora and fauna of this unique mountain, its geologic and volcanic history, the effects of global warming and other human

impacts, and the cultures of the people who call this land "home."

This is a strenuous trek with 10,000 feet of elevation gain over 8 days, hiking at a moderate pace, with between 3-11 hours of hiking per day. Each year about 15,000 people hike Kilimanjaro in hopes of reaching the summit, but only 40% are successful. While there are shorter routes to the summit, such as the "Coca Cola Route," they are stressful for the body. The success rate for summiting on our eight-day trek via the Lemosho Route is better than on shorter climbs, giving our bodies time to adjust to the increasing elevation. While some routes require night hiking to

the summit with headlamps, we will do it during daylight to enjoy the views, if the weather cooperates, during the peak of the journey. Another reason the Lemosho route was selected is because it is less crowded than some of the others.



THIS ONE RUNS ON MONEY AND MAKES YOU FAT



THIS ONE RUNS ON FAT AND SAVES YOU MONEY

Tips

Dress warmly; bandaids across the tip of the nose stymies frostbite; no bare skin; down mittens help; ear protection is a necessity; use the chemical toe warmers; watch for black ice. Don't expect the same speed and distance of in-season rides.



We will have the support of local porters who will carry our camping gear, food, tents and luggage. Over-

nights before and after the trek are at lodges near Arusha; shared tents will be used during the trek. We've heard the meals on the trek are impressive; they will be made by our own chef and served in a comfortable dining tent with tables and chairs. Want a gentle wake-up call? The crew brings hot coffee, tea,

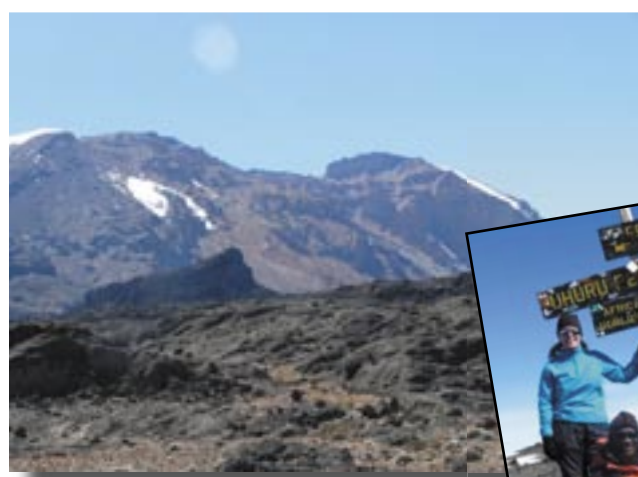


or cocoa to your tent in the mornings.

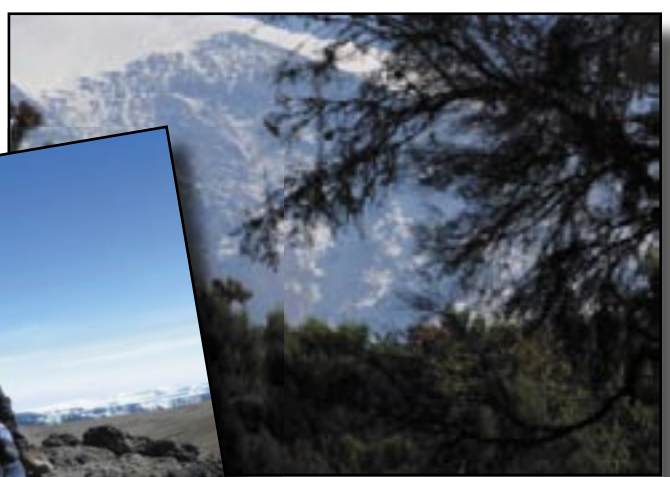
The price of \$3800 + flights (\$3400 if 15 participants) includes all lodging, guides and meals. Travel be-

fore or after the AMC dates for a safari or cultural experience can be arranged independently with the outfitter and are not part of the AMC trip.

Interested? Contact SEM H/B leader Robin Melavalin at Rmelavalin@rcn.com for an application.



Mount Kilimanjaro (19,341')



NEWS FROM JOY STREET

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.

This information is from the AMC's central office at Joy St. in Boston. Please contact Cindy martell, Event Coordinator for additional details 617-391-6603 or cmartell@outdoors.org.



enumerate their groundbreaking mountaineering exploits, and Rick Wilcox discusses search and res-

cue 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 Wa-

terman 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 or by calling 800-262-4455

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!

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>

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.

You can order directly from the AMC at www.outdoors.org/amcstore or by calling 800-262-4455.

COMMUNITY CONNECTIONS

Upcoming Community Outdoor Activities You Might Be Interested In. Send items to breeze.editor@amcsem.org

PERSONAL POSTS

This section of the Breeze highlights our members. If you have news, or know of news, contact the breeze.editor@amcsem.org

SWAP STUFF

The E-BREEZE will publish FREE ADS for MEMBERS to SWAP/BAR-TER/SELL/TRADE/FREE OUTDOOR EQUIPMENT. Send your ads to: breeze.editor@amcsem.org, put "BREEZE - SWAP" in the subject line.

ADVERTISING

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

COLUMNISTS

Got something to say, want to be a regular Breeze columnist? Contact the Breeze editor to volunteer! breeze.editor@amcsem.org

Want to get **WORD OUT** in the Breeze?



chapter announcements

Check our website **AMCSEM.ORG** for the latest news!

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 here <http://amcsem.org/>

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.

HIKING / BACKPACKING

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

Chapter Trips

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 (wlganda@aol.com), L Leslie Carson (lrc929@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, wlganda@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 snow-

fall, 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 (lrc929@comcast.net), L Walt Granda (wlganda@aol.com), CL Eva Borsody Das, CL Paul Miller, R Walt Granda (508-999-6038 Before 9 PM, wlganda@aol.com)

Thursdays
Jan. 17. Thursday Morning Hike Cumberland, RI. Nice Hike at Monastery Grounds, Cumberland, RI. Directions: take 295S to exit 1, take 114S approx. 1 1/2 miles Monastery Grounds will be on your right. Enter Grnds. and park to right. Start time 10am. Ice or snow equipment may-

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ShArE

Pictures
Adventures
Say "hello"

Send your photos to
sendphotos@amcsem.org



Sign up for the **SEM Short Notice E-Mail Trip List** at <http://amcsem.org>

be needed. Rain cancels. L Muriel Guenther (508-699-7461 Before 9pm, murielguenther@comcast.net)

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)

Fri., Jan. 25-27. Introduction to Winter Hiking at Noble View. Let us show you the joys of winter hiking and snowshoeing from a beautiful heated lodge in central Mass. Friday evening we will meet the group and discuss winter gear. Saturday and Sunday we'll have day hikes. Noble View has shared bunkrooms, a kitchen, electricity and wood stoves. All meals are included. Winter clothing, including winter boots, snowshoes and poles will be required (assuming we have snow). L Maureen Kelly (508-224-9188 before 8pm, mokel773@aol.com), L Walt Granda (508-971-6444 before 9pm, wigranda@aol.com), CL Kathy Stanley (kstanley@energy-advocates.com), R Maureen Kelly (508-224-9188 before 8pm, mokel773@aol.com)

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, lrc929@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, lrc929@comcast.net), L Wayne Anderson (wanderson@mxcsi.com), L Mike Woessner (stridermw@hotmail.com), L Maureen Kelly (mokel773@aol.com), R Leslie Carson (64 Mill Road, East Sandwich, MA 02537,)

Thursdays
Apr. 18. Thursday Hike. 10am at Oldham Trails in Foxboro, MA Hike thru Harold Clark Forest B3C Bring snacks & water. Sturdy boots needed. 95S take Rt.140N through Foxboro Ctr. around rotary continue 140N for 1/2 mile on left Conservation area across from Snow's Supply. L Muriel Guenther (508-699-7461 Before 9pm, murielguenther@comcast.net)

(NM) Thursdays
May. 2. Thursday Morning Hike. 10:00am at Wollomonopoag Hike, Wrentham, MA (B3C) Bring snacks and sturdy boots. Rain cancels. Find your way to Route 140N Wrentham Center and travel for approximately 1 1/2 miles to Elysium St. on left. Continue on Elysium to top of

hill and bear left, the conservation area will be on rt. You will see Es- kers, a beaver dam & Great Blue Heron Rookery. L Muriel Guenther (508-699-7461 before 9pm, murielguenther@comcast.net)

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)

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
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

CAPE HIKES

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. **ALL THAT MORNING FOR CARPOOL INFO.** L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Thu., Dec. 6. Punkhorn Brewster. Wooded hike Rte 6 to 124 N L on 6A to Stony Brook. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Thu., Dec. 6. Mock Moraine. Rolling hills, woods. Historical sites. Rte. 28 (McArthur Blvd.) south. Exit Thomas Landers Rd. Go R (west) off ramp, straight to stop sign. L on Rte. 28A, south for 1.4 m. Quick L past West Falmouth Library on Blacksmith Shop Rd. First L at tennis court into parking in lot. Meet 9:45 to hike at

10:00. Heavy rain /ice cancels. L Cathy Giordano (508 243 3884 before 9pm). L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com), R Cathy Giordano (PO Box 1289, North Falmouth, MA 02556, 508-243-3884 before 9pm, cmgiordan@msn.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 (farley@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 (508-487-4004any,nancytruro@comcast.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 cancels. Doubt? call L. L Janet DiMattia (jandimattia@verizon.net)

Thu., Dec. 20. West Yarmouth, San-

dy 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 Laverder 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)s

BIKING

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 (508-428-6887, 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)

Bike Ratings: First character indicates distance in mi: AA=50+; A=35-50; B=25-35; C=under 25. Second is L's pace in mph: 1=17; 2=13-16; 3=11-13; 4=up to 11. Third is terrain: A=very hilly; B=hilly; C=rolling; D=flat.

AMC SEM 2,000 Mile Club. AMC SEM is in the third year of 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 reg. your mi and for more info. (bikingchair@amcsem.org)

Tues. Rides. 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)

Chapter Trips

(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 inter-

mediate 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)

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

SKIING

Chapter Trips

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 abili-

ties, rentals available. Reg with L Art Paradise, 978-372-7442 (7-9PM) paradise1@mindspring.com, L Bob Bentley 508-866-3057 bentleyr@h2otest.net. L Art Paradise (978-372-7442 7 to 9 PM, paradise1@mindspring.com), L Bob Bentley (508-866-3057 7 to 10 PM, bentleyr@h2otest.com)

(AN) (CE) Fri., Jan. 18-21. XC Skiing, White Mountains. Boston 40+ Committee joins the Southeastern Massachusetts Chapter at cozy Applebrook B&B in Jefferson, NH, for skiing, snowshoeing, fun and games and great camaraderie. Three nights lodging, 3 breakfasts, and 2 dinners from \$200-\$350 p/p. Optional pizza and salad at the B&B followed by snowshoeing on the golf course behind the inn on Friday night. Ski groomed trails at Bretton Woods on Saturday; ski or snowshoe on Sunday, activity before returning home TBD. L Barbara Hathaway (508-880-7266 before 9p, barb224@tmlp.net), CL Wayne Cardoza (603-673-2518 before 9:00pm), R Barbara Hathaway (508-880-7266 before 9:00pm, barb224@tmlp.net)

(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, paradise1@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, paradise1@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, A closeResearchTranslateThesaurusNo results found.

EXECUTIVE COMMITTEE

Volunteer Opportunities

Until Filled. Chapter Youth Program (CYP) Leader. 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)

TRAILS & TRAILWORK

Contact the trails chair Lou Sikorsky trailschair@amcsem.org 508-678-3984

SOCIAL & EVENTS

Contact the social chair socialchair@amcsem.org 781-762-4483

CONSERVATION

Contact the conservation chair Joanne Jarzobski conservationchair@amcsem.org 508-775-7425

FAMILY EVENTS

Contact the family events chair Chris Pellegrini familyeventschair@amcsem.org 508-244-9203