**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.

**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.

**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
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

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

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
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

SE Breeze Editor
blast.editor@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, see box above!

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

EXECUTIVE BOARD

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

Vice 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

Administrative Assistant
breeze.editor@amcsem.org
Karen Singleton, 508-730-7702

Chapter Youth Program (CYP)
cypcoordinator@amcsem.org
Sally Delisa, 781-834-6851

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

Family Events Chair
familyeventschair@amcsem.org
Chris Pellegrini, 508-233-9203

Social Networking Moderator
susan.salmon@amcsem.org

Webmaster
webmaster@amcsem.org

Breeze Editor
breeze.editor@amcsem.org

Chapter 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

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

Photograph by Jeffrey Wheeler, AMC Southeastern Massachusetts Chapter
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

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)
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 beds,
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 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 his 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!

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 couriers they flew,
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 I found out later was Wilderness First Aid. While not generally a fan of three-letter acronyms, this one has stood the test of time. Everyone 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 this WFA training this past weekend, November 17 and 18, at Borderland State Park. 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 outdoor 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 WFA’s to exercise a lot more ingenuity than would otherwise be required, and 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 effective 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 back packs, 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 to the stress environment. 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!

Take A Long Hike

By Ray Anderson

Hello fellow hikers.

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

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

Sleeping warm I found that I became colder in my bag by morning. I was convinced dampness seeped up through my tent floor and through my pad into my sleeping bag. Obvious solution—buy a warmer bag. Then I remembered several hikers who placed contractor insulation paper on their tent floor and put their sleeping bag over that. I can tell you it makes a difference, in the same way insulation retards cold and moisture from getting into your house. Tyvek insulation paper does the same thing that Dupont and other insulation paper will. A local carpenter cut me the piece above, and it weighs next to nothing.

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

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

Happy trails!

Ray’s Hiking Blog: www.TakealongHike.com
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, après 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 person 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.
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 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-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.

Tips

Dress warmly; band aids 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. Overnight 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 before 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')

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.
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?

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/

HIKING / BACKPACKING

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

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

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)

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)

Thurs., 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)

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 (wgranda@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)

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)

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 Thursdays

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

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ShArE Pictures Adventures Say "hello"

Send your photos to sendphotos@amcsem.org
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 night 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 is mandatory. Please bring water and snacks suitable for cold weather plus proper footwear for condition. Rain or storm cancels. L Claire Bailey ((508) 243-3848 before 9pm, cbraye57@comcast.net)

Fri., Feb. 14, Thurs. Mom. Hike or Snowshoe; Ponkapoag, 6 Mi Hike or Snowshoe around Ponkapoag Pond area. Bring water and snacks suitable for cold weather plus proper footwear for conditions. Meet: 10:00 AM at Ponkapoag Golf Course Parking lot, Canton, MA. L Claire Bray ((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. Optional for Sat. 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. (508) 695-8675, L Leslie Carson ((508) 833-8237, ltc929@comcast.net), L Wayne Anderson (wander007@mscxi.com), L Mike Woessner (striidermw@hotmail.com), L Mau reen Kelly (mokel773@aol.com), R Leslie Carson (64 Mill Road, East Sandwich, MA 02537, mokel773@aol.com)

Feb., Sat. 2, Feb. 19, Feb. 26. Winter Hiking Series #3. Come join us for some winter fun hiking to Mt. Pierce, a 4,000 footer in the Presidents with great views. Get a chance to try out your winter equipment. Afternoons warm up at the Highland Center. L Leslie Carson ((508) 833-8237, ltc929@comcast.net), L Wayne Anderson (wander007@mscxi.com), CL Karen Singleton, R Leslie Carson (64 Mill Rd, East Sandwich, MA 02537, ltc929@comcast.net)

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

Wed., Feb. 8. Cape Cod Trail Walk (B3C). Meet at 8:30am, Noons Landing Ponkapoag Pond off Rte 6A, L Nancy Braun (508-487-4004 any, nancytruro@comcast.net)

Thursdays Apr. 18. Thursday Hike. 10am at Oldtams Foxboro, MA Hike thru Harvard Clark Forest B3C Bring snacks & water. Sturdy boots needed. 9.5 miles. Take Rt 140 north from Foxboro. Drive approx. 1/4 mile off Rte 140 to the left, follow the salt marsh and bear left, the conservation area will be on rt. You will see Eskers, a beaver dam & Great Blue Heron Rookery. L Muriel Guenther ((508-695-7461 before9pm, murielguentner@comcast.net)

Thurs., June 6. Pumpkorn Brewster, Wooded hike Rte 6 to 124 N L on 6 to Stony Brook, MA. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

May 2. Thursdays May 2. Morning Hike. 10:00am at Wollomponoag Hike, Wrentham, MA (B3C) Bring snacks and sturdy boots. Rain cancels. Find your way to Route 140 Wrentham Center and travel for approximately 1 1/2 miles to Elysum St. on left. Continue on Elysum to top of hill and bear left, the conservation area will be on rt. You will see Eskers, a beaver dam & Great Blue Heron Rookery. L Muriel Guenther ((508-695-7461 before9pm, murielguentner@comcast.net)

June, Thu., Dec. 13. Barnstable-Bridge Creek Conservation (C3D). Flat terrain, beautiful views from salt marsh, mudflats, marsh, salt marsh and trees. Bring lunch. Meet at 9:45am. 2 hours. L Richard Kaiser (508-432-3277, jtkaiser@comcast.net)

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

Sun., Jan. 17. Eastham Nauset Marsh (C3C). Walk perimeter of vast historic marsh. From Rte 6 in Eastham, R on Gov. Prence Rd, R on Rt 26 to Ft Pond Rd to 1st pkg lot on L. Meet at 9:45 sharp to carpool to Salt Pond Conservation lot. L Gary Gray (508-430-9965, garygray@verizon.net) (FT) (NM) Sun., Jan. 24. Dennis, Flax Pond Conservation (C3C). Rolling hills near Flax Pond, golf course, wooded trails in wellfield area. Park on Seuketuck Rd at Flx Pond Conservation Lot. Meet at 9:45 a.m. 2 hrs. L Janet Kaiser (508-432-3277, rkjaiser@comcast.net)

Sun., Jan. 29. Bourne Cape Cod Canal (C3C). Meet 9:45 am at the Herring Run Visitor center MAIN area 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 Seuketuck Rd at Flx Pond Conservation Lot. Meet at 9:45 a.m. 2 hrs. L Janet Kaiser (508-432-3277, rkjaiser@comcast.net)

Sun., Jan. 30. Barnstable-Bridge Creek Conservation (C3D). Flat terrain, beautiful views from salt marsh, mudflats, marsh, salt marsh and trees. Bring lunch. Meet at 9:45am. 2 hours. L Richard Kaiser (508-432-3277, jtkaiser@comcast.net)

Sun., Dec. 22. Truro/Bay Sea Turtle Walk (B3C). Meet at 9:45am, Noons Landing, Route 6A, N. Truro. Car pool 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)

Sat., Dec. 19. Dennis, Flax Pond Conservation (C3C). Rolling hills near Flax Pond, golf course, wooded trails in wellfield area. Park on Seuketuck Rd at Flx Pond Conservation Lot. Meet at 9:45 a.m. 2 hrs. L Janet Kaiser (508-432-3277, rkjaiser@comcast.net)

Sun., Jan. 30. Barnstable-Bridge Creek Conservation (C3D). Flat terrain, beautiful views from salt marsh, mudflats, marsh, salt marsh and trees. Bring lunch. Meet at 9:45am. 2 hours. L Richard Kaiser (508-432-3277, jtkaiser@comcast.net)


Sun., Dec. 16. Eastham, Doane Rock (C3C). Hike N1 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)

Sun., Jan. 10. Harwich, Hawk’s Nest State Park (C3C). Take Spruce Street opposite exit ramp of Rte 6 11 mi. 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, patsarantis@gmail.com) (C3C). CallCdmselig@hotmail.com (508-432-7656, pmselig@hotmail.com) R cmselig@hotmail.com (508-432-7656, pmselig@hotmail.com)

Sun., Jan. 27. Harwich, Island Pond (C3C). Scenic walk through Lavan der farm, take rte 6 Ex 10 South to Rte 124. Turn L on Colony Way at crosswalk. Park at Harwich town pkg lot short distance on left. Meet
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 Cotuit Pond. Meet promptly at 9:45am. Carpool shuttle from parking area provided. Call L Paul Currier ((508) 833-2690 Before 9 PM) or by 9 AM on race day. (janeharding@comcast.net) (508-432-7656, pandmselig@hotmail.com) (508-430-9965, patsarantis@gmail.com) (508-430-9965, patsarantis@gmail.com)

Thu., Feb. 7. Harwich - Herring River Chili Pot Luck at Janet Kaiser’s house. Herring River and with reservation on Rt 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), paul@pandmselig.hotmail.com or phone (508) 432-7656, pandmselig@hotmail.com. R pandmselig@hotmail.com (02633, 508-432-7656, pandmselig@hotmail.com)

Thu., Feb. 14. Dennis-Crowe to Cray’s Cove Loop (C3R), 2 hr, hike on paths, beach, and quiet roads. Ultralight - very hilly. 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 School 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 (C3M). Beach walk/marsh loop to 2nd crossover. Mostly soft sand. Rte 6, Ex 5 to Rte 149 N to Rte 6A; L on R Sandy Neck Rd to pkg lot at end. Meet 12:45 for 1:00 start, 2 hrs. L Pai Sarantis (508-428-1758, pai@pandmselig.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 provided. Contact L Paul Currier ((508) 833-2690 Before 9 PM) or by 9 AM on race day. (janeharding@comcast.net) (508-432-7656, pandmselig@hotmail.com) (508-430-9965, patsarantis@gmail.com) (508-430-9965, patsarantis@gmail.com)

Thu., Feb. 28. Sandwich Scorton Creek (C3S), Take exit 4 off Rte 6 N on Scorton Rd. Rte 134 SC to Rte 6A. On Rte 134 SC, turn L at Whitney Pond Road to Cotuit Rd. County Rd, follow to 6A turn right. Entrance to Scorton is dirt road on right near use car dealership. Scene

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Biking Schedule

WANTED: Ride Leaders and Co-Leaders. Are you enthusiastic about cycling? Do you know several 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) 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) 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) Fridays Dec. 28. Sunset/Full Cold Moonrise Ride. Start in Sandwich Recreation Area (Freezer Rd) and ride along the canal and through Gray Gables & Mashpee Island for sunset over Buzzards Bay and Hunter’s Moonrise over the canal. This is an intern

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(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 abilities, rentals available. Reg with L Art Paradice, 978-372-7442 (7-9PM) paradice1@mindspring.com, L Bob Bentley 508-866-3057 bentleyr@h2otest.net. L Art Paradice (978-372-7442 7 to 9 PM, paradice1@mindspring.com), L Bob Bentley (508-866-3057 7 to 10 PM, bentleyr@h2otest.com)

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

(AN) (CE) Mon., Feb. 4-6. Midweek downhill skiing. Two days of downhill skiing. Two days of downhill skiing (Tues. Feb 5 and Wed Feb 6) at Bretton Woods, A close

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

CONSERVATION

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

SOCIAL & EVENTS

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

FAMILY EVENTS

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

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