

the southeast **Breeze**



Available Volunteer Positions

- Biking (Vice)
- Communication (Vice)
- Conservation (Vice)
- Education (Vice)
- XC Ski (Vice)
- Trails (Vice)

Please contact the Chapter Chair Cheryl Lathrop at chair@amcsem.org if you are interested in a position on the Executive Board.



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
editor.breeze@amcsem.org

Appalachian Mountain Club
5 Joy St. Boston, MA 02108

February 2013

Cover photo by Jim Casey

SIGN up for the BREEZE call 800-372-1758 or email amcinformation@outdoors.org

See our website for details:

www.amcsem.org and click on the "Upcoming Events" tab

SAVE THE DATES

OPEN HOUSE BCC, Bourne

March 9

Leadership Training Borderland SP

April 6

Wilderness First Aid Noble View

April 27 & 28th

Family Weekend

Aug. 23-25

Chapter Hut Weekend

Sep. 20-22

Annual Meeting & Dinner

Nov. 2

Hike Planning Meetings 6:30pm
3/6, 6/5, 9/4, 12/4

Executive Board Chapter Meetings

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* - email
2. *AMC Outdoors magazine* - mail
3. *Online trip listings* activities.outdoors.org
4. Sign-up for **short notice trips** <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 will be edited at the editor's discretion. Send to breeze.editor@amcsem.org

Breeze Deadlines

Monthly on the 7th, trips; 15th articles/pix

Sign-up for the Breeze

Call 800-372-1758 or email amcinformation@outdoors.org

Where to find Breeze Publications

<http://www.amcsem.org/newsletters.html>

Volunteers Wanted

Volunteer for the Executive Board. Do you have skill and want to see where you fit? Lead hikes bike, ski, snowshoe, x-country or paddle trips. We have volunteer positions open! Contact chair@amcsem.org

Executive Board

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View from the Chair

By Cheryl Lathrop

I've seen a lot of you outside this winter. But, how about the rest of you? Come on now—turn off the TV and get off the sofa. Put something on your feet—hiking boots, yaktrax, microspikes, snowshoes, cross country skis, downhill skis—and get out there!

A special thank you to all of our SEM leaders for leading winter activities and truly making us a 4-season club. Yes, it's cold out there, but it's also fun! And you leaders are what make it fun for the members. You keep our chapter vibrant and alive throughout what could be a long cold dreary winter.

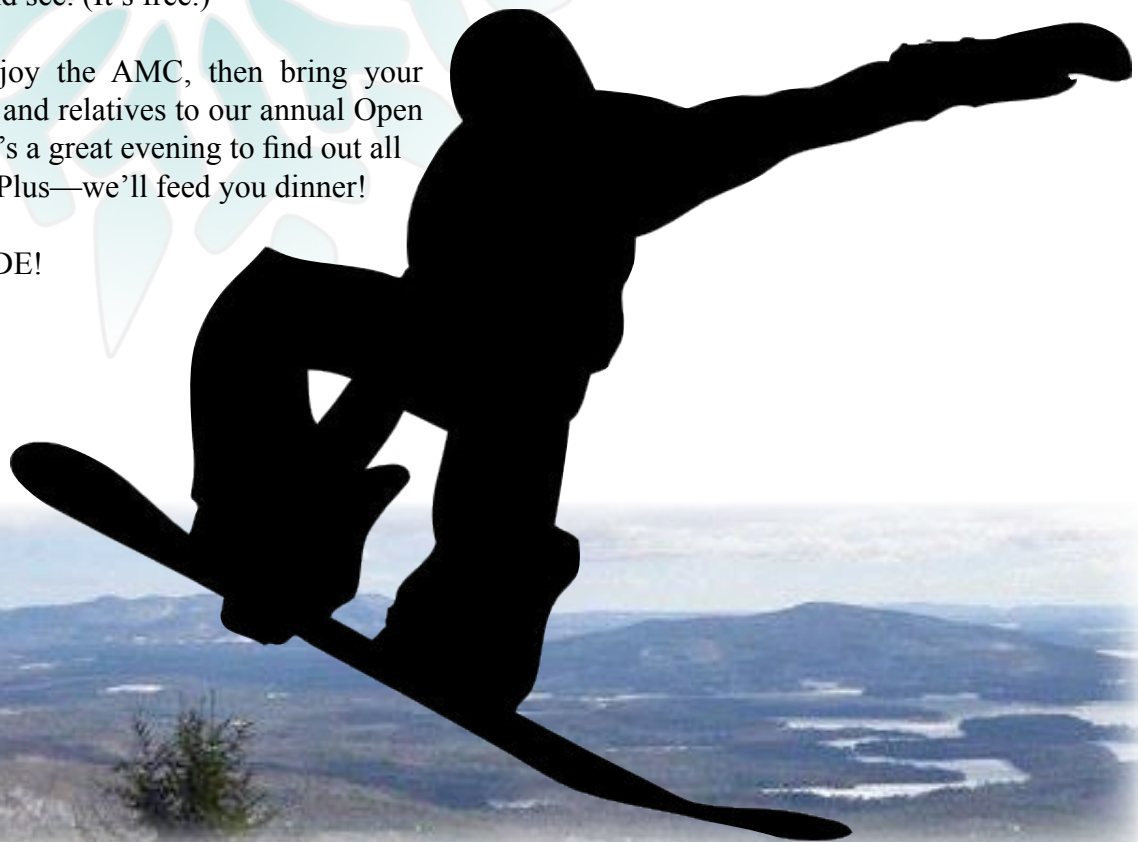
Things are going well in the chapter. We have a full Executive Board—and I couldn't do my job without every one of the board members. It surely is a team effort to keep the chapter running. We have a few Vice Chair openings (see the front of the Breeze). It's a great learning experience and volunteer work always looks good on your resume! (My activities as SEM Communications Chair over the past few years helped me land more than one freelance job!)

I recently approved some new hike and paddle leaders. Congrats to them all for completing the leader requirements. Leading is a great way to give back for all the times you've been a follower. Plus, when you lead an activity, you get to pick the location! Our annual chapter Leadership Training session is coming up in April. So, if you've ever been curious about what it takes to be a leader, sign up and see. (It's free.)

Finally, if you enjoy the AMC, then bring your friends, neighbors, and relatives to our annual Open House in March. It's a great evening to find out all about AMC SEM. Plus—we'll feed you dinner!

SEE YOU 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)

CHAPTER YOUTH PROGRAM (CYP)

No Child Left InSide

The Chapter Youth Program (CYP) Leaders work with youth groups.
Our goal is to get kids out and enjoying nature.

**Know of a group which might be interested?
Contact Sally Delisa, cypcoordinator@amcsem.org**

Photo by Herb Swanson, Courtesy of AMC

Benefits to Youth

Youth have the opportunity to:

- Have fun outdoors
- Connect with their local park
- Learn about nature
- Get some fresh air and exercise

Leaders have the opportunity to:

- Share their wonder of the natural world
- Give back to their community
- Make a difference in the life of a child



Photo by Herb Swanson, Courtesy of AMC

**CHECK
IT OUT!**



On the last day of 2012 **Alan Greenstein** completed Blue Lining all the trails in the Blue Hills Reservation, on the Wompatuck Trail at marker 3171. It took him 10 months to complete this hike and he was awarded his patch!!



SEM MEMBERSHIP OPEN HOUSE

Join us Saturday March 9, 2013

An opportunity to mix with trip leaders and other members to share interests and experiences and pick up ideas on activities that may be of interest to you. Members new to SEM these past 12 months are invited, as are friends, neighbors, co-workers who you think may be prospective members and of course long term arm chair members who wish to resume active participation.

Dinner will be complimentary; provided by AMC SEM.

The Bourne Community Center
239 Main Street Buzzards Bay, MA 02532
Plan on arriving between 5:30 and 6 pm

Space is limited. Register with:

Ed Miller, Membership Chair, at membershipchair@amcsem.org





WFA/CPR

Spring 2013

April 27 & 28, 2013

AMC Nobel View Outdoor Center, Russell, MA

The WFA course runs 8-4 Saturday and Sunday. CPR follows the Saturday session. Pricing is as follows: \$190 AMC Member Price, \$215 for non-AMC members. CPR is optional for additional \$35. Pricing includes shared cabin accommodation and meals. Social gathering Friday and Saturday evening. Noble View description: <http://www.outdoors.org/lodging/cabins-campgrounds/camps-noble.cfm>

Register with Len Ulbricht, Education Chair, at lenu44@gmail.com

Wilderness First Aid Course (WFA)

This course deals with medical emergencies that may occur in the back woods when you are more than one hour from medical care and 911 help may not be accessible. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save life in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify.

psst...



On January 10, **Joe Keogh** finished his Orange Line of the Blue Hills on top of Tucker Hill at the end of the Athol trail. It took him a little less than 10 months to complete this round of trails.



VOLUNTEER

AMC SEM Open Volunteer Positions

Biking (Vice)
Communication (Vice)
Conservation (Vice)
Education (Vice)
XC Ski (Vice)
Trails (Vice)

Contact the Chapter Chair Cheryl Lathrop for more information if you are interested in a position on the Executive Board. chair@amcsem.org

WINTER HIKING

By Ray Anderson



Hello fellow hikers. At the November winter hiking workshop, we learned the basics of hiking in winter. Here are just some of the pointers from our own AMC-SEM experts.

1. Dress in layers.
2. Fleece is best for warmth. And if fleece gets wet, it still insulates. Down is warm, but useless when wet.
3. Don't dress too warm while you are moving; save your warmest clothing for when you stop moving. Your sweat needs to be wicked away. If you are covered in a puffy down jacket while moving, you trap all that moisture.
4. Keep food handy, bite sized, and ready to eat. You will burn an enormous amount of energy and need to snack often. Cut bite-size portions ahead of time, and keep in baggies or in containers you can unscrew with gloves.
5. Store your water bottle upside-down. Water freezes at the top; when you turn the bottle right-side up, you won't have ice.
6. Fasten pull-ties on those little zipper handles. When you void, you can keep your gloves on. And when you snack, you can keep your gloves on as you unzip pockets. Use shoelace, trash bag ties, anything.
7. Add Tang or Gatorade to water to reduce the freezing point. You need to drink extra liquids. It seems counter-intuitive when it's cold, but you will sweat a lot. A flavoring added to water also adds taste.
8. Pack a small container of glasses/goggles anti-fog stuff.
9. Bring a spare hat; pack extra gloves and socks. The wind may sail your hat; you may not be able to retrieve it. You could drop a glove in a stream.
10. Wear gaiters. They will keep snow from getting into your boots. Your socks stay dry.
11. Keep spare batteries covered and in a pocket so that they are warm and ready, if needed.

The trick is to stay dry, and keeping warm is a function of keeping dry. We were shown all types of clothing as well as footwear. We looked at snow shoes and discussed traction systems like crampons and microspikes. We learned a lot and now many of us will join each other in the chapter's Annual Winter Hiking Series. Happy Trails!

Ray's hiking blog: www.TakeaLongHike.com

2013 LEADERSHIP TRAINING

Leadership Training will be held on Saturday, April 6, 2013 at Borderland State Park, N. Easton, MA. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifi-

cations to become a leader. Non-trip leader candidates are also welcome. It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to chapter members.

For more information click [here](#) or contact Len Ulbricht at len44@gmail.com.



EMS down mummy sleeping bag \$75.00

Long (82 inches) like new. Picture is example only.



Women's Avian Light WTPF multi sport shoe \$25.00

Hardly worn (too small) size 8. Men's 6 1/2 to 7 1/2 and Women's 8 1/2 to 10 Picture is example only.



LL Bean original style Stabilicers \$10.00

Size small. Picture is example only

Tatarian™ X 55 Women's Backpack \$30



New w/ tags, discolorations on seams of top lid. Made for a women's frame, Harness system adjusts to fit torso

range of 14 in. - 20 in. top loading, internal frame, top lid converts to lumbar pack fabrics: outstanding water repellency. Front kangaroo pocket



4 large external side pockets Waterproof zippers Hydration ready. Andrea Holden, aholden2578@comcast.net, 508.989.4239, leave message (Attleboro)

Contact Joanne Staniscia jstaniscia@comcast.net 508-528-6799

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.

Winter Series Hike #2: Morgan-Percival

What a View!

by Paul Miller,
SEM Hiking Committee
Vice-Chair

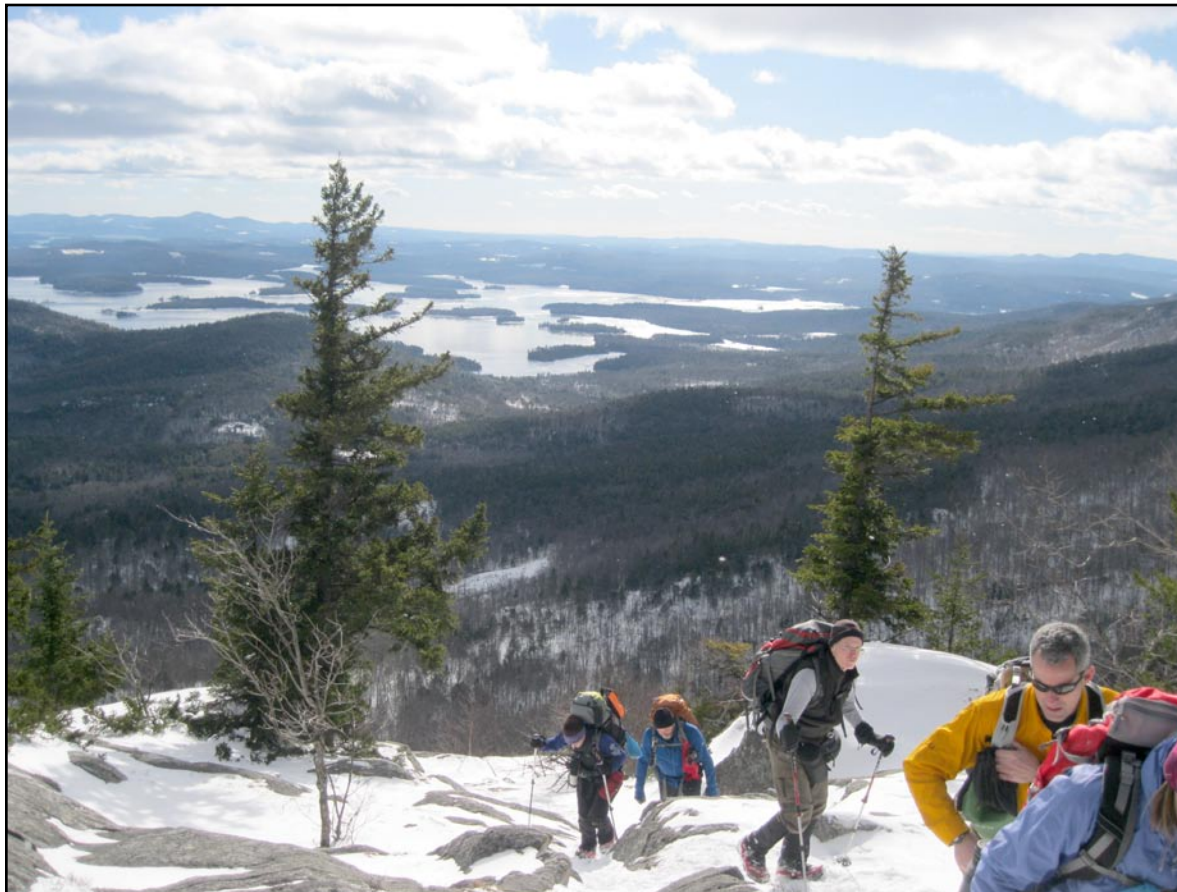
hikingvicechair@amcsem.org



Twenty pre-registered hikers showed up at the Mt. Morgan trail-

head in Holderness, NH on January 5th for the second hike in the SEM 2013 Winter Series, but only 17 returned to the trailhead at the end of the hike. This appeared to violate the "plus or minus 10 percent" rule that SEM hike leaders often kid about tongue in cheek. But in fact, all 20 hikers were accounted for. Three hikers, feeling the effects of the flu and other issues, were accompanied out mid-hike by leaders, but were otherwise safe and in good spirits. The leaders later rejoined the group to finish out the hike.

Once again for this hike - the always-popular 5.5-mile Mts. Morgan-Percival loop - we were blessed with near-ideal, early winter hiking conditions. The sky was mostly sunny. The temperature, ranging from the high 20s at the start to the low 30s at the end, was cool, but not bitter. There was some wind on the exposed summits, but not enough to



SEM hikers approaching the summits of one of the two peaks, with Squam Lake in the background. Photo provided by Sal Spada

become an issue. Lots of beautiful white snow blanketed the ground. And with the trail well broken in, but not icy, we could leave both our snowshoes and crampons in the cars and manage with Microspikes. These proved just fine for the conditions.

We usually do this hike in a clockwise direction; first summiting Mt. Morgan on the Mt. Morgan Trail and then following the Crawford-Ridgepole Trail to the summit of Mt. Percival, returning to the trailhead via

the Mt. Percival Trail and a pretty connecting trail. However, for this trip, we did the loop in a counter-clockwise direction. To avoid having to descend via a potentially icy section on the Mt. Percival Trail, we first summited Percival and then Morgan. From both summits, we enjoyed wonderful views of both nearby Squam Lake and the more expansive Lake Winnepesaukee in the distance. There were also some nice mountain views into the Pemi Wilderness

from the top of Percival. Seventeen happy hikers returned together to the trailhead with plenty of daylight left, making the drive back to Massachusetts a little less onerous. Another great hike in our Winter Series! For the third hike in the series on Feb. 2nd, we'll head up to Crawford Notch, NH to climb Mt. Pierce in the Southern Presidentials. This will bring most of us above 4,000 feet for the first time this year.

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>

Winter Series Hike #2 Morgan-Percival

Photos by Jim Casey



Winter Series Hike #2 Morgan-Percival

Photos by Sal Spada



Leaders Wanted

Contact Paddling Chair George Wey,
paddlingchair@amcsem.org, 781-789-8005



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/BARTER/SELL/TRADE/FREE OUTDOOR EQUIPMENT. Send your information to breeze.editor@amcsem.org, put "BREEZE – SWAP" in the subject line.

ADVERTISING

Got an AMC-related outdoor business? Run a paid business card - sized ad in the Breeze for \$10/mo (\$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!
Contact breeze.editor@amcsem.org

SPECIAL OFFERS FOR AMC MEMBERS.....

Receive a 10% discount on tours.
Bike New England Tours

Members get a 10% discount with proper ID.
Bona Fide Green Goods

Receive 20% off merchandise at Ibox's Boston store.
Ibox Boston

Go to [Chapter website](#) and login at the bottom right [Member Center](#) then click [Member Deals](#) for more information

AMC's 137th Annual Summit 2013

AMC's 137th Annual Summit provided a variety of professional development workshops, a showcase, chapter and committee meetings, dinner, presentation by guest speaker Audrey Peterman, volunteer awards, book signing, and more. This was an important communication event for all the chapters. All SEM attendees thought it was a great experience.



"Thankfully, we still have time to wake up, and adjust. Everything I do is to try to help that awakening along."

Audrey Peterman has visited more than 160 of the 397 units in our National Park System. But she didn't even know the parks existed until she and her husband, Frank, discovered them on a cross-country road trip after their youngest child graduated from college. They founded Earthwise Productions, a consulting and publishing company, in 1994 and since then have focused on breaking down barriers so that all Americans, regardless of ethnic heritage, can better appreciate our natural treasures.

Photo courtesy of Audrey Peterman

For a Q&A visit AMC's [Great Kids, Great Outdoors](#)

Courtesy of Heather Stephenson, Appalachian Mountain Club blog



Workshop: A Visual Update on AMC's Maine Woods Initiative



Workshop: "Ahhh....So Many Communications Tools?" Tips for Promoting Your Chapter or VMF with New and Existing Constituencies



NIKE REUSE-A-SHOE RECYCLING PROJECT

Recycle your old sneakers and athletic shoes.

The Nike recycling facility grinds them up into materials that are used to make indoor and outdoor track flooring. They won't accept dress shoes, sandals, flip-flops or cleats.

Drop off your old sneakers with any hike, bike or paddle leader and they will get them to the conservation chair, Maureen Kelly, vicechair@amcsem.org.

Check out the website: www.nikereuseashoe.com

Universal access, public lands, and backcountry composting

Provided by AMC Outdoors/
<http://trailsblog.outdoors.org/>

Posted by Sally Manikian

Along a mild section of Appalachian Trail in the hills around Norwich and Hanover, there is a small shelter (previously maintained by the Dartmouth Outing Club, now the responsibility of the Green Mountain Club) with a big responsibility. The Happy Hill shelter on the Appalachian Trail in Vermont is home to the first of the new generation of backcountry composting outhouses: a universally accessible, two chambered moldering privy.

As backcountry facilities are being replaced, renovated, and updated on our public lands across New England, these facilities are now being designed to meet the requirements of universal access. Land managers and non profit

partners balance the needs of accessibility (size of the building, width of the door, angle of the ramp) as well as the traditional design considerations of the science of composting and that intangible wilderness character. The Happy Hill outhouse, completed in 2012 by the Green Mountain Club, is the first attempt at striking that balance. (Here at AMC trails we have met the requirements of accessibility by building Garfield and Eliza's new shelters at the precise height off the ground, in order for a person to transfer off a wheelchair onto the shelter floor.)

"But why do you build an accessible building in the middle of the woods?", is often the question raised about accessibility in the backcountry.

There are many ways to answer this question. The first is political. As a civil

right, (the rights of the disabled community have now been recognized as civil rights), we as the abled community should not judge what the disabled community can or cannot accomplish. For decades the disabled community has fought in a variety of arenas for equality: equality of work, pay, access to buildings. This a similar kind of fight that other communities have fought for, and have resulted in desegregation and women's right to vote. During those fights for equality, the majority side fully believed they 'knew' how to make decisions about the minority sides abilities and interests; as a majority of able-bodied people, we really can not be in the business of judging the capabilities of the disabled.

The second is a philosophical one. Why do we modify outhouses to include

stairs to access the door? Most outhouses are on remote hiking trails that include hand over hand ledge climbs (Mahoosuc Notch to Speck Pond) or grueling long distances and rock hopping across streams (Guyot), and if a person can hike to those remote places, why do we need to modify the outhouse to have stairs? Certainly a person could step up into an outhouse if they can make it through Mahoosuc Notch. And if we give able-bodied individuals a set of steps, why can't we give disabled individuals a ramp or a transfer handrail?

These reasons, philosophical and political, challenge us as abled-bodied to think about the basic assumptions we use to guide our decisions about what is the 'right' way to do things. At any rate, these are the requirements that we work within, and in many ways are simply another set of considerations that we add to our decision making (cost, wilderness character, durability, sustainability). As a program manager responsible for 18 different outhouses across the White and Mahoosuc Mountains, as well as an individual who has strong connections to the differently abled community in New Hampshire, I believe in civil rights and the spectrum of access.

The Happy Hill outhouse is a feat of accessible engineering, thrifty budgeting (all materials were hand-carried in), and creative thinking from some of the premier composting minds of the Northeast. There were lessons learned in design (how to access the material underneath), to be incorporated in future outhouses.



Many Hands

Volunteers make AMC programs happen—and are repaid with friendships, skills, and outdoor fun

By Marc Chalufour and Heather Stephenson

AMC Outdoors, May/June 2011

The numbers are huge, and the scope vast. Some 16,000 volunteers contribute half a million hours of service to AMC every year. They maintain trails from Maine's Acadia National Park down to the Chesapeake Bay in Virginia. They lead trips ranging from explorations of local parks to excursions on Annapurna. They study alpine wildflowers and update web pages. Initially brought together by a shared interest in enjoying and protecting the outdoors, AMC's volunteers often find ways to put their own particular skills to work for the organization.

Here are the stories of three volunteers. They're from three different countries, represent three different chapters, and followed three different paths to AMC. But they also represent a common theme: They joined AMC as outdoor enthusiasts, then found their involvement developing into something deeper. Now they find their enjoyment not just in experiencing the outdoors, but also in helping others do so. All conversations have been edited and condensed.

Steve Ridgley 60, Amesbury, Mass.

Boston Chapter

- Member since 1983
- Youth Opportunities Program (YOP) leader since 1978
- Long-time YOP Canoeing Workshop Instructor
- Recipient of 2004 YOP Distinguished Service Award
- Recipient of 2008 Volunteer Leadership Award

How did you first become involved with AMC?

My dad was an AMC member back when you had to be sponsored. So we hiked together, way back in the early 1960s. When did you become involved with YOP?

I was working for a special needs school in Cambridge in 1978, and they were looking to do outdoors things. When I was looking for resources, AMC was a logical place to look. I went out on the trainings and began using YOP as a resource. Years later, they asked me to help resurrect the canoe program. I now work for the North Shore Academy in Beverly, so I'm still utilizing YOP as a vehicle for its primary mission, which is to provide the training and the equipment and the other supportive resources that allow youth agencies to incorporate the wonders of the outdoors into whatever they do.

What is it that you enjoy about volunteering for YOP?

If you like young people and you like the outdoors, you're already about two-thirds of the way to really enjoying what you're doing. The other third is when you see how powerfully positive a force the outdoors can be in a young person's life. Then it really becomes something that you want to continue to do.

What was your most rewarding moment as a volunteer?

There's just so many—so many times, so many kids, so many really wonderful experiences. I do remember this one: I was with some kids who were on their first backpacking trip, and we were up in the Presidentials, and the valleys were completely filled with clouds, with fog below. It was that wonderful look of a giant white sea, with just the high peaks of the Presidentials poking out above, as if they were floating like islands above it. And the kids were really psyched. They just couldn't believe they were out there and the sun was shining. And one of the kids looked down and said, "Boy, the people down below must be thinking it's a really bad day."

What are some of the biggest challenges you've had to face as a volunteer?

You have to spend so much time thinking about what this kid's going to be like in the outdoors, what're gonna be the challenges. Because it's not just that you take the kid

GETTING STARTED

There are countless ways to volunteer with AMC. Here are a few suggestions for getting started, depending on how much time you have to give.

A few hours per year

Attend a National Trails Day (June 4) or National Public Lands Day (September 24) event :: Work at an annual chapter event :: Participate in Mountain Watch

A few days per year

Adopt a Trail :: Be an info vol, volunteer naturalist, alpine steward, or evening presenter (and stay for free at AMC huts and lodges)

A few hours per month

Lead chapter trips :: Join a volunteer trail crew

A few hours per week

Be a Boston Visitor Center volunteer :: Serve as a committee member or chair in your chapter

and you throw them in the outdoors and something magical happens. You have to be the agent of that, and you have to be a very careful, thoughtful, therapeutic agent. **What has surprised you about your time as a volunteer?**

I think if you maintain that sort of contact with kids, then you maintain contact with the sense of excitement, surprise, and innocence that makes everything novel and exciting. It's just so neat—the water, the snow, wanting to go sliding down the hill, or build a snow fort, or hitting the big peaks of the waves in a canoe. Sure, you could steer it off to the side, but what the heck. Just plow right through the middle of them and get splashed! And that sense of beauty and adventure—I think that struck me originally and has continued to be sustaining.

Maria Earley 61, Wakefield, R.I.

Narragansett Chapter

- Member since 1996
- Trails volunteer since 1997
- Hike leader since 1997
- Former Membership Chair (4 yr)

- Former Interim Trails Chair (1 yr)
- Trail Adopter in the White Mountains since 2000 and in South Kingston, R.I., since 2007
- Recipient of 2005 Narragansett Chapter Appie of the Year; 2006-2008 and 2010 Stewardship Society Marian Pychowska Award

What first interested you in the outdoors?

I was brought up in a little village in Portugal and we did a lot of stuff outdoors. We gathered wood, we worked on the farm. I enjoyed the outdoors. It's good for your soul and it's good for your body, physically, and emotionally.

Why is volunteering important to you?

I think it's important to do something that you enjoy. It's important to do something to contribute to the society as a whole. And it's important to either help other people, or to help a cause, or in the instance of doing trail work, to improve what's there for others to enjoy.

What keeps you motivated as a volunteer?

The camaraderie of the people. The feeling of a good day's work: You are tired but you are rewarded. When you hike on a trail where somebody has done good trail work, you treasure that. I take the opportunity when I can to say, "See this work over here? This was done by our trails committee."

Many people are familiar with AMC's trail work in the White Mountains, but you're a trail adopter in Rhode Island, is that right? That's correct. It's a series of trails in South Kingston called Tri-Pond. It's heavily used because it's right in the middle of the community and kids actually cross the trail to shortcut to school. And you have a nature center where they have classes and take people on short walks.

Were you familiar with the trails in South Kingston before you became involved in AMC?

Actually, I wasn't. And it's 5 miles from where I live. Once you're a member of the club, you hear about these places, join a hike, and then you get to learn. We try to have hikes all over the state, with people from different areas.

What are some of the challenges that you've faced as a volunteer?

The big challenge is not having enough volunteers. A lot of work is done by calling people. We have very few people that will call and say "I'll be there to help out," you know? You've got to seek out people. As a membership chair, how did you attract new people to AMC? I tried to promote the benefits of being a member: Enjoying other

people pursuing the same interests, enjoying the outdoors, the benefits of the exercise, that you don't have to spend a bundle of money to have a nice time. And a lot of times people have already heard about AMC, but you want them to be exposed. That's why I have new member hikes, because if somebody inquired about becoming a member, I would say, "Come and join us."

Michael O'Connor 44, Montreal
New Hampshire Chapter

- AMC member since 1997
- Trail Adopter since 2001
- Trail Adopter Region Leader since 2005
- North Country Adopt-a-Trail Registrar since 2008
- Volunteer Trail Crew Leader since 2008
- Alpine Steward since 2006
- Lead Volunteer for Alpine Stewardship since 2010
- Information Volunteer since 2002
- Information Volunteer Training Committee founding member, 2004-2007
- Fill-in Huts and Tent-Sites Caretaker since 1999
- Recipient of 2010 Volunteer Leadership Award; 2003-2010 Stewardship Society Warren Hart Award (for 224+ hours service)

How did you get involved volunteering with AMC?

Probably 18 years ago, I drove through the White Mountains and it looked like a really cool place to stop. I started camping there and learned about the AMC and joined. Then I responded to an ad to volunteer to fill in as a caretaker. I registered campers, dealt with the composting toilet, answered people's questions. That was my introduction to AMC.

What keeps you going as a volunteer?

It's always something new. It's based on your previous experience. You become the leader teaching other people what you got taught 10 years ago. You can also see something from the other side. I've filled in for the hut croos and you get to see it from the croo side.

Does AMC fill all your free time?

It pretty much takes up all my vacation time. But that's not a bad thing. I thoroughly look forward to it. This summer I'm headed up to Madison Hut; I want to see the renovations.

Describe one of the more challenging situations you've been in as a volunteer.

A college group was cooking on the helicopter pad outside Galehead when I was filling in as caretaker. They had a big pot of pasta boiling on a small burner and it splashed

and burned one of the female students. I had to help the leader get what he needed but not be in his face, so he would accept my help. I did it in the background. I got him medical supplies. I found someone to walk down with him and the injured person.

The next day, the leader hiked back up and he thanked me. He said, "I didn't realize what you were doing yesterday. You basically made all the decisions for me and made me feel like I made them."

How did you learn to do that, to lead without telling people directly what they should do?

As an info vol, you see people come in at Pinkham Notch saying they want to do a certain hike. It's way too much mileage and there's not enough daylight. You have to delicately talk them down to something reasonable. In the beginning I was probably more abrupt. But you get better at it.

As a volunteer alpine steward, you once chose to stop your flower research because you had a hunch someone was in trouble. Is search and rescue part of your job?

It's all voluntary. In that case, there was something in the back of my head saying, "Remember that guy you passed? He was kind of bent over and looking green? Maybe you should go back and check on him." I ended up getting him to drink water, giving him snacks, and walking slowly with him and the woman he was with to the hut. The caretaker hiked out to his car to get him his medicine. If I hadn't turned around, it probably would have been an air rescue or he might have perished on Lafayette.

What are your favorite places outdoors?

That's tough. I've been to Baxter State Park twice, and I like the remote feeling. Of AMC places, Mizpah and Galehead huts. I've been to those most frequently and it feels like going home.

Available AMC SEM Open Volunteer Positions

- Biking (Vice)
- Communication (Vice)
- Conservation (Vice)
- Education (Vice)
- XC Ski (Vice)
- Trails (Vice)

Contact the Chapter Chair if you are interested in a position on the Executive Board. CHAIR@AMCSEM.ORG

ACTIVITIES

BICYCLING

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. 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)

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.

(FT) (NM) (CE) Tuesdays
Feb. 5. Morning Cycling on Cape Cod. Late Morning cycling on Cape Cod includes occasional stops at popular and lesser-known unique locations. L Paul Currier (508-833-2690 Until

7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Feb. 12. Morning Cycling on Cape Cod. Late Morning cycling on Cape Cod includes occasional stops at popular and lesser-known unique locations. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Feb. 19. Morning Cycling on Cape Cod. Late Morning cycling on Cape Cod includes occasional stops at popular and lesser-known unique locations. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Mon., Feb. 25. Sunset/Full Snow Moon Ride. Sunset/Full Snow Moon Ride - Ride Hills & Shores of Sagamore to Buzzards Bay for sunset & moonrise over canal. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays
Mar. 5. Scenic Cycling on Cape Cod. Scenic cycling on Cape Cod for 2 hours/22 miles with occasional stops at popular and lesser-known unique locations. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays
Mar. 12. Tuesday afternoon cycling. Afternoon cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Wednesdays

Mar. 20. Vernal Equinox ride - Salute to Spring. Skaket Beach, Orleans start, ride to Audubon. Return on inner nook and cranny roads to beaches for sunset at Skaket. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)
(FT) (NM) (CE) Wed., Mar. 27. Sunset/Full Worm Moon Ride. Ride the canal and Gray Gables to Mashnee Island for sunset over Buzzards Bay and moonrise over Plymouth Bay. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Apr. 2. Afternoon Cycling on Cape Cod. Scenic cycling on Cape Cod for 2 hours/22 miles with occasional stops at popular and lesser-known unique locations. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Apr. 9. Scenic Cycling on Cape Cod. Scenic cycling on Cape Cod for 2 hours/22 miles with occasional stops at popular and lesser-known unique locations. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Apr. 16. Afternoon Cycling on Cape Cod. Afternoon cycling on Cape Cod for 2 hours/22 miles with occasional stops at popular and lesser-known unique locations. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Apr. 23. Afternoon Cycling on Cape Cod. Scenic cycling on Cape Cod for 2 hours/22 miles with occasional stops at popular and lesser-known unique locations. L Paul Currier (508-833-2690 Until 7pm,

currierpaul@comcast.net)

(FT) (NM) (CE) Thursdays
Apr. 25. Sunset/Full Pink Moon Ride. Ride the hills and shores of Sagamore to Buzzards Bay for sunset and canal for Pink moonrise over Plymouth Bay. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Apr. 30. Scenic Cycling on Cape Cod. Afternoon cycling on Cape Cod for 2 hours/22 miles with occasional stops at popular and lesser-known unique locations. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
May. 7. Evening Cycling on Cape Cod. Evening cycling on Cape Cod includes occasional stops at popular and lesser-known unique locations. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
May. 14. Evening Cycling on Cape Cod. Scenic cycling on Cape Cod includes occasional stops at popular and lesser-known unique locations. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
May. 21. Evening Cycling on Cape Cod. Evening cycling on Cape Cod includes occasional stops at popular and lesser-known unique locations. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Saturdays
May. 25. Sunset/Full Flower Moon Ride. Ride the canal to Gray Ga-

bles and Mashpee Island for sunset over Buzzards Bay and Flower moonrise over Plymouth Bay. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
May. 28. Evening Cycling on Cape Cod. Evening cycling on Cape Cod includes occasional stops at popular and lesser-known unique locations. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Jun. 11. Evening Cycling on Cape Cod. Evening cycling on Cape Cod includes occasional stops at popular and lesser-known unique locations. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Jun. 18. Cape Cod Evening Bicycling. Evening cycling on Cape Cod includes occasional stops at popular and lesser-known unique locations. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Sun., Jun. 23. Sunset/Full Strawberry Moon Ride. Ride the hills and shores of Sagamore for sunset over Onset Bay and moonrise over Plymouth Bay. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Jun. 25. Evening Cape Cod Bicycling. Evening cycling on Cape Cod includes occasional stops at popular and lesser-known unique locations. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

CANOE/KAYAK

Saturdays
Apr. 13. Centerville River. Rt.28 to S on Old Stage Rd to light, R on S Main to L on Hayward to put-in. PFD, Spray skirt and wet/dry suit req. Paddle Centerville River and local Bays. Lunch on Nantucket Sound. L Bill Fischer (508-420-4137 before 9PM, wmbarbarafischer@comcast.net)

Wed., Apr. 24. Shoestring By. Shoestring Bay, Masphee River, Popponesset Bay, Pinquicket Marsh. About 8 miles. Wet suits, Sray skirts, PFD's required. Preregistration. 508-420-7245. L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net)

Volunteer Opportunities

Wed., May. 1. Mashpee/Wakeby Ponds. Life jackets & spray skirts req. DIRECTIONS: from rte 28 take 130N for 2 mi to R at "State Landing" sign. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau, CL (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., May. 1. MASHPEE/WAKEBY PONDS, Mashpee. Rte 28 to rte 130 N 2 mi R "State Landing" sign to put-in. Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Sat., May. 11. SWAN POND/RIVER PADDLE. Life Vest & Spray Skirt req. DIRECTIONS: rte 6 exit 9 134S to L Upper County Rd to L Clipper Lane. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau, CL (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., May. 15. Indian Lakes. Middle Pond and Mystic Lake; 6 -7 miles; Spray skirt, wet suit and PFD Required; Preregistration 508-420-7245. L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net)

Saturdays

May. 18. Walkers Pond, Brewster. Satucket Rd. in Brewster to S on Slough Rd to put-in on left. PFD and Spray skirt req. Paddle Walkers and Mill Ponds. L Bill Fischer (508-429-4137 before 9PM, wmbarbarafischer@comcast.net)

Sat., May. 25. Wellfleet Bay Blackfish Creek. Put-in: In Wellfleet turn onto Pilgrim Spring Rd. from Rte. 6 (just past fire-lookout tower). Straight on Indian Neck Rd. to the Indian Neck Beach parking area. Life vest and spray skirt req. L Don Paladino (508-349-2950, djp1958@comcast.net)

Wednesdays

May. 29. Cotuit Bay, Marstons Mills. Route 6 to S on rt 149, R on Rt 28 L on Putnam St, L on Old Shore to Town Landing. Unload and park back up on Putnam. PFD and spray skirt req. Paddle three bays, lunch on Deadneck. L Bill Fischer (508-420-4137 before 9PM, wmbarbarafischer@comcast.net)

Saturdays

Jun. 1. Meetinghouse Pond/Little Pleasant Bay, Orleans. Put-in: From 6-A or Rte 28 East, R on Main St.; R at fork onto Barley Neck Rd and continue to TL on R. PFD required; spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Wed., Jun. 5. BASS RIVER SOUTH-

Dennis. Rte 6 exit 9, rte 134 S, R Upper County, L Main, R Cove. LifeVest, Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Saturdays

Jun. 8. Centerville River. Rt.28 to S on Old Stage to light, R on S Main st. to L on Hayward st. to put in. PFD and spray skirt req. L Bill Fischer (508-420-4137 before 9PM, wmbarbarafischer@comcast.net)

Wednesdays

Jun. 12. Oyster Pond/Stage Harbor, Chatham. Put-in: Route 6, Exit 11 South to L on Route 28; at rotary take 1st exit (Stage Harbor Rd) to Oyster Pond. PFD required. Spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Saturdays

Jun. 15. Swan Pond/River, Dennis. Put-in: Clipper Lane off Upper County Road, Dennis; put-in is on the left. PFD required. Spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Sat., Jun. 22. Wellfleet Harbor Duck Creek. Put-in: From Route 6 in Wellfleet at the traffic light left toward Wellfleet Center. 0.3 m, left on East Commercial Street. 0.7 m to Town Marina. Right on Kendrick to Mayo Beach parking lot. Life vest and spray skirt req. L Don Paladino (508-349-2950, djp1958@comcast.net)

Wednesdays

Jun. 26. Childs River, Falmouth. Rt. 28 to Whites Landing Rd, Fal-

mouth (near Mashpee town line). PFD and spray skirt req. Nice river and possible Bay paddle. L Bill Fischer (508-420-4137 before 9PM, wmbarbarafischer@comcast.net)

Sat., Jun. 29. Boston Harbor Inner Islands. Circumnavigate several harbor Islands. Put-In, Hull Gut, Hull, Ma. Level 3. PDF, spray skirt req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey (781-789-8005 anytime, geowey@comcast.net)

Wed., Jul. 3. FOLLINS-MILL PONDS - Dennis. Rte 6 exit 9, rte 134 N, L Setucket, L Mayfair, R Follins Pond. Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Saturdays

Jul. 27. Cotuit Bay, Marstons Mills. Route 6 to S on rt 149, R on Rt 28 L on Putnam St, L on Old Shore to Town Landing. Unload and park back up on Putnam. PFD and spray skirt req. L Bill Fischer (508-420-4137 before 9PM, wmbarbarafischer@comcast.net)

Wed., Aug. 14. Shoestring Bay. Shoestring Bay, Mashpee River, Popponesset Bay, Pinquicket Cove; 8 miles; Spray skirt, and PFD Required; Preregistration 508-420-7245. L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net)

Wed., Aug. 21. Great Island Wellfleet Bay. Put-in: From Route 6 in Wellfleet at traffic light left toward Wellfleet Center. 0.3 m and turn left on East Commercial Street to Town

Marina. Right on Kendrick to parking lot for Mayo Beach. Life vest and spray skirt req. L Don Paladino (508-349-2950, djp1958@comcast.net)

Wed., Sep. 4. Pamet Harbor. Put-in: From Route 6 in Truro, right at exit for Pamet Roads Truro Center. Right onto South Pamet Road. Left on Castle Road, right onto Depot Road to Harbor. Life vest, spray skirt required. \$6 launch fee. L Don Paladino (508-349-2950, djp1958@comcast.net)

Sat., Sep. 7. Weir River, Hingham Bay Islands. Put-In, beach pkg.lot off Rt.3A, just before Hingham Harbor Rotary. Level 2-3. PFD, spray skirt req. L George Wey (781-789-8005 anytime, geowey@comcast.net). L George Wey (781-789-8005 anytime, geowey@comcast.net)

Wed., Sep. 11. Mashpee Wakeby Ponds. Perimeter of Mashpee Wakeby Ponds; Spray Skirt and PFD required. About 8 miles. Pre-register 508-420-7245. L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net)

Wed., Sep. 18. HERRING RIVER NORTH-W Harwich. Rte 6 exit 10, R 124 S, R 39 S, R 28 N, L Town Landing. Vest & Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Saturdays
Sep. 21. Mashpee River. Put-in: Rt. 6 to Exit 5; South on 149 to Right on Rt. 28 to Mashpee Rotary; take Great Neck Rd. South, 2.5 miles to unpaved parking lot on left marked Ocway Bay Boat Ramp. PFD required. Spectacular riverside wildflowers. L Nancy Wigley (508-548-

2362, nrwigley@verizon.net)

Wednesdays
Sep. 25. Leader's Choice paddle. Contact Leader for information. PFD/spray skirt req. L Bill Fischer (508-420-4137 before 9PM, wmbarrabarafischer@comcast.net)

Sat., Sep. 28. LONG POND, BREWSTER/HARWICH. Rte 6 exit 10, rte 124 N, R Long Pond Drive, L town beach. Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Saturdays
Oct. 5. Swan Pond/River, Dennis. Put-in: Clipper Lane off Upper County Road, Dennis; put-in is on the left. PFD required. Spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Wed., Oct. 9. INDIAN LAKES- Marston Mills. Rte 6 exit 5, rte 149 S, R Mystic Drive, R town landing. Life Vests & Spray Skirts req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., Oct. 16. CHASE GARDEN CREEK, YARMOUTH PORT. Rte 6 exit 8, Union N, L rte 6A, QUICK R Center - Grey's Beach. Life Vest & Skirt req. L Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com), CL Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com)

Wed., Oct. 30. FOLLINS/MILL PONDS - Dennis. Rte 6 exit 9, rte 134 N, L Setucket, L Mayfair, R Fol-

lins Pond rd. Life Vest & Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

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

Thu., Feb. 7. Harwich - Herring River Chili Pot Luck at Janet Kaiser's house. Herring River and reservoirs. Park on R @ Sand Pond, Great Western Rd, 2 mi W from Harwich Ctr. Chili Pot Luck Party at Janet Kaiser's house in Harwich following. 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. Rte 6 exit 9 onto Rte 134 to Rte 6A., R on 6A, L onto School St., 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 9:45 a.m. Car pool shuttle from parking area in front of Rite-Aid Pharmacy located at the intersection of Rte. 28 and Putnam Ave. in Cotuit. Two hours. L Farley Lewis (farlewis@comcast.net)

Thu., Feb. 28. Sandwich Scorton Creek (C3C). Exit 4 off Rte 6 N on Chase Rd., turn L on Old County Rd, follow to 6A turn right. Entrance to Scorton is dirt road on right near used car dealership. Meet at 9:45, start 10 AM, 2 hrs. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Thu., Mar. 7. Dennis Pond, Yarmouth (C3C). Lots of nice pond views on this 2 hour hike. Route 6 exit #7 Willow street towards Yarmouth to Right on 6A to Right on Summer street to Dennis Pond. More directions on web. Meet 9:45AM. L Gary Miller (508-540-1857, Garymaxx@verizon.net)

Saturdays

Mar. 9. Provincetown: Whales Whales Whales (B3B). Walk beach to Race Point Lighthouse with binoculars. Meet 9:45am, Race Point Beach pkg.lot. 3hr walking. 2+ hours looking for whales & lunch! (5+ hours RT). L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Mar. 10. Truro, Ryder Beach (C3C). Beach, woodland trails, hills, scenic bay views. Rte 6, L on Prince Valley Rd. to end. R on County Rd. L on Ryder Beach Rd. Park at End. Meet 12:45 p.m. 2 hrs. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Thu., Mar. 14. Bourne-Cataumet Greenways (C3C). B Bridge to Otis

Rotary, 1st exit Cataumet. L on 28A S, 1/4m R on Longhill Rd, L on County Rd, R on Red Brook Harbor 1/2m past stop sign park lot R. 9:45 am. Ice cancels. L Cathy Giordano(508-243-3884, cmgiordan@msn.com). L Catherine Giordano (508-243-3884 before 9 pm, cmgiordan@msn.com), R Catherine Giordano (PO Box 1289, North Falmouth, MA 02556, 508-243-3884 before 9 pm, cmgiordan@msn.com)

Saturdays

Mar. 16. Provincetown: Whales and Trails (B3B). Meet at 9:45pm at Herring Cove Beach (far right of the right parking lot). Walk via bike trail/sand/salt marsh to Race Point Lighthouse. Five+ hours for lunch, whales. Bring binoculars! L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Mar. 17. Yarmouth Ponds (C3C). Hike wood to bogs and ponds. Rte 6 to exit 8S. R at 2nd light. L at stop sign to pkg off pavement either side about 1.mi. Meet 12:45. 2 hours. Bad weather cancels. Doubt? Call L. L Janet DiMattia (jandimattia@verizon.net)

Thu., Mar. 21. Dennis, Crowe to Crowe Loop (C3C). 2hr. hike. Paths, beach, quiet roads. Meet 9:45am. From Rt. 6, exit 9 onto Rt. 134N to Rt. 6A. R on 6A, L onto School St., then R onto South St. to lot on R past cemetery. L Maria Sylvester (508-385-4045, sylvester_maria@hotmail.com)

Thu., Mar. 28. White Crest Beach, Wellfleet (C3C). Wooded trails to Marconi White Cedar Swamp. Rte 6 to R on Lecount Hollow Rd to beach gatehouse. L on Ocean View Rd 0.9 mi to R at beach pkg lot. Meet 9:45, 2 hrs. L Pat Sarantis (508-430-9965,

patsarantis@gmail.com)

Saturdays

Mar. 30. Provincetown: Whales and Trails (B3B). Meet at 9:45pm at Herring Cove Beach (far right of the right parking lot). Walk via bike trail/sand/salt marsh to Race Point Lighthouse. Five+ hours for lunch, whales. Bring binoculars! L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Mar. 31. Brewster Nickerson State Park (C3C). Hike on woods trails possibly around ponds. Enter park from 6A. Stay on main rd for 1.7 to pkg at Fisherman's Landing on L. Meet at 12:45. 2 hours. Bad weather cancels. Doubt? Call L. L Janet DiMattia (jandimattia@verizon.net)

Thu., Apr. 4. Wellfleet, Griffin Island (C3C). Wooded trails, hills, out to dunes return. Meet 9:45 AM. Rte 6, left at lights toward Wellfleet Center, left on E. Commercial St. Turn Right on Chequessett Neck Rd. Turn Left and Park in Great Island pkg, lot. Over 2 hours. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Saturdays

Apr. 6. Provincetown: Whales Whales Whales (B3B). Walk beach to Race Point Lighthouse with binoculars. Meet 9:45am, Race Point Beach pkg.lot. 3hr walking. 2+ hours looking for whales & lunch! (5+hours RT). L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Apr. 7. Quashnet River. 2 hr. hike on paths along Quashnet River with short stop at herring run. From Mashpee Commons Rotary Route 28 towards FALMOUTH 2 miles , right on Martin Road to parking on

right. Meet 12:45. L Gary Miller (508-540-1857, Garymaxx@verizon.net)

cels. Doubt? Call L. L Janet DiMattia (jandimattia@verizon.net)

PL. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Thu., Apr. 11. Barnstable - Barnstable Conservation (B3B). Meet at transmission line on Service Road. Take Rt 6 to Rt. 149S and R on Service Road. Walk on Trail of Tears to Sandwich town line and return. Meet at 9:15 am for 9:30 am start, 3 hours. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Thu., Apr. 25. Mashpee-Mashpee River Woodlands (C3C). Wooded walk along Mashpee River. Take Orchard Rd. off Rte.28 to end. Turn R. then quick L onto Mashpee Neck Rd. Go 1.1 miles to Mashpee River Woodlands Pkg.Lot on R. Meet at 9:45AM. 2hrs. L Farley Lewis (farlewis@comcast.net)

Thu., May. 9. Ryder Conservation Area - Sandwich. Scenic hike, meet at 9:45 AM for 10 AM start. Rte 6 to Exit 3, turn south on Quaker Meetinghouse Rd to traffic lights turn L on Cotuit Rd. parking area on right. L Jane Harding (508-833-2864, janeharding@comcast.net)

Sat., Apr. 13. Yarmouth, Greenough Ponds (B3C). Walk through Yarmouth Botanical Gardens, Dennis & Greenough Ponds. Meet at 9:45, 3 1/2 hr. Exit 7 off Route 6 North and take immediate right turn on Summer St. Follow dirt road 1/2 mile to beach parking lot. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sat., Apr. 27. West Barnstable Conservation Area (B3C). Wooded hike to highest point in Barnstable, some hills. Rte 6 to Ex 5, Rte 149 S. R on Service Rd for 100 yds. Park in lot under power lines. Meet 9:45, 2 1/2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com), CL Tom Kastner (508-325-4486, lintfry@inbox.com)

Sat., May. 11. Brewster, Punkhorn Parklands (B3C). Hills, pond views. Exit 9B Rte 6; 2.0 mi. to R on Sattucket, to R on Stony Brook Rd, 0.3 mi R on Run Hill Rd. 1.3 mi park on left. Bring lunch 3.5 hours. Meet at 9:45AM. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Sundays

May. 12. Cape Cod Canal Trails, Bourne MA. Varied 4 miles bridge to bridge on Bournedale trails, others, Bourne Scenic Park, interesting "4 mile outlook" spot. Meet at Bournedale Herring Run Canal Visitor Center on Canal Scenic Highway MAINLAND SIDE. (web-directions) CARPOOLING REQUIRED, ARRIVE PROMPTLY 12:45. L Gary Miller (508-540-1857, Garymaxx@verizon.net)

Sun., Apr. 14. Sandwich-Maple Swamp. Hilly hike, meet at 12:45 PM, 1 PM start. Take Rte 6 to Exit 3 turn S on Quaker Meetinghouse Rd., 1st left on Service Rd just past Mill Rd on right. L Jane Harding (508-833-2864, janeharding@comcast.net)

Thu., May. 2. Dennis-Crowe to Crowe Loop (C3C). 2 hr. hike on paths, beach, quiet roads. Meet 9:45. Route 6 exit 9 onto Rte 134 north to Rte 6A. Take R on 6A, L onto School St., R onto South St. to lot on right. L Maria Sylvester (508-385-4045, sylvester_maria@hotmail.com)

(CE) Thu., Apr. 18. Barnstable, Sandy Neck. Walk marsh/beach loop to 4th crossover. Mostly soft sand. Rt 6, Exit 5 to Rt. 149N to Rt. 6A, L on 6A, R on Sandy Neck Rd. to last lot. Meet at 9:15 AM for 9:30 AM start, 3 hours. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sat., May. 4. Harwich, Herring River (B3C). Woods walk, river views, bogs and reservoir. Rte 6 Ex 10, Rte 124 S for 1.3 mi, R @ Main St. Go 2 mi, 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., May. 19. Sandwich Canal Hike. Hike canal to Sandwich boardwalk and back, meet at 12:45PM for 1 PM start. From 6A in Sandwich take Tupper Rd towards canal, turn R on Town Neck Rd, turn L on Coast Guard Rd and park in museum lot. L Jane Harding (508-833-2864, janeharding@comcast.net)

Sun., Apr. 21. Truro Ryder Beach (C3C). Woods, beach walk, ocean views. L on Prince Valley Rd just beyond Truro town line. R at end to immed. L on Ryder Beach Rd. Meet 12:45. 2 hours. Bad weather can-

Sun., May. 5. Mashpee-Barnstable: Santuit Pond/River. Meet 12:45PM for 1PM Hike. 2 hrs. Rte. 6, Exit 5, South on Rte. 149 to Rte. 28. R. on Rte. 28, R on Santuit-Newtown Rd. for 0.8 miles to yellow gate and

Sat., Jun. 22. Full Moon Hike: West Dennis Beach (C4C). Rte 6 Exit 9A S Rte 134, go straight, cross Rte 28,

go to end, turn Right. In 0.5 mi turn Left to beach pkg near entrance and concession bldg. Meet 7:00 p.m. < 2 hrs. L Janet Kaiser (508-432-3277)

EXECUTIVE COMMITTEE

Volunteer Opportunities

Until Filled. Chapter Youth Program (CYP) Leader. Share your outdoor skills with local groups of kids. Additional training and screening required. L Sally Delisa (picpocit@verizon.net)

HIKING

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

Sat., Feb. 2. Winter Hiking Series #3. Come join us for some winter fun hiking Mt. Pierce, a 4,000 footer and try out your winter equipment. L Leslie Carson (508-833-8237, ltc929@comcast.net), L Wayne Anderson (wanderson@mxcsi.com), CL Karen Singleton, R Leslie Carson (64 Mill Rd., East Sandwich, MA 02537,)

Thursdays

Feb. 7. Thursday Morning Hike, Moose Hill, Sharon, MA. Meet at 10

am at the Audubon Moose Hill parking lot for a 4 to 5 mile hike/snowshoe (all depending on condition) on a new route and new terrain mostly in the adjacent TTOR Moose Hill Farm property. Relatively flat route. Parking fee for non members is \$3 for Seniors. Bring winter gear, rain gear, lunch, water and possibly snow shoes. Rain cancels. Directions: From North, take I-95S, exit 10(Coney Street) .Turn left off exit and take first right onto Rt 27N (Walpole). Take first left onto Moose Hill Street and continue past TTOR Moose Hill Farm Parking at the top of hill. Turn left onto Moose Hill Parkway . Parking is on left. From South, take I-95N, Exit 8 (Main Street, Sharon). Turn right off exit and follow for one mile. Turn left onto Moose Hill Street. Follow to top of hill and turn right onto Moose Hill Parkway. Parking is on left. L Hans Luwald (508-668-0462 before 9 pm, hans.luwald@gmail.com)

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 proper 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)

(FT) (NM) Sat., Feb. 16. Intro. to AMC Hiking - Foxboro State Forest. Nice local hike with several short up and down sections tailored for newer hikers, but enjoyable for all. L Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net), R Paul Miller (169 South Washington St., North Attleboro, MA 02760, 508-369-4151 before 9:00 pm, paulallenmiller@verizon.net)

(FT) (NM) Thu., Feb. 21. BCT Sherborn Forest/Rocky Narrows (B3C). 10 am start. 6+ miles. Mostly level with an up/down section. Contact

leader for directions. L Len Ulbricht (lenu44@gmail.com)

Sat., Mar. 2-3. Winter Hiking Series #4 Overnight. End the Winter Series with an overnight at Carter Hut. Options for Sat. hikes. Must confirm by Jan. 30th. L Leslie Carson (508-833-8237, ltc929@comcast.net), L Wayne Anderson (wanderson@mxcsi.com), L Mike Woessner (stridermw@hotmail.com), L Maureen Kelly (mokol773@aol.com), R Leslie Carson (64 Mill Road, East Sandwich, MA 02537,)

(FT) (NM) Sat., Mar. 23. INTRO hike, Blue Hills. New member introductory hike. Perambulate Buck Hill with side trip to summit. 5-6 miles. Easy terrain. Boston views. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

(SN) Sat., Apr. 6. Leadership Training for Trip Leaders. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

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 Before9pm, murielguenther@comcast.net)

(FT) (NM) Thu., Apr. 25. Thursday Morning Hike at Caratunk Refuge 10:00AM Start. A 4 mile hike at the Caratunk Wildlife Refuge. Follow Route 152 south into Seekonk MA, past the Middle School then take a

left onto Brown Ave. The refuge is on your left about a mile down the road. L Sue Chiavaroli (508-496-6452 7-9PM, brillo6452@yahoo.com)

Sat., Apr. 27. Grand Monadnock via Monte Rosa. Nice loop hike that will take us to the little-visited summit of Monte Rosa on the way to Grand Monadnock. L Ken Jones (lotsoluck@comcast.net), CL Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net), R Paul Miller (169 South Washington St., North Attleboro, MA 02760, 508-369-4151 before 9:00 pm, paulallenmiller@verizon.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)

(FT) (NM) Sat., May. 11. Introduction to Hiking at Blue Hills. Great hike for new members and first time hikers. A leisurely hike in the Blue Hills Reservation. L Sue Chiavaroli (508-496-6452 7-9PM, brillo6452@yahoo.com)

SKIING

(XCE) Mon., Feb. 4-6. XC & Downhill Midweek Ski. XC and downhill mid-week ski with two days overnight at Shapleigh bunkhouse, meals included. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

(CE) Fri., Mar. 1-3. XC Skiing, White Mountains. Boston 40+ and SEM at Applebrook B&B, NH skiing/snowshoeing. 2 nights, 2 breakfasts, 1 dinner, \$100 to \$160 p/p. L Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net), CL Wayne Cardoza (603-673-2518 before 9:00pm, wmc.amc@comcast.net), R Barbara Hathaway (508-880-7266 before 9:00pm, barb224@tmlp.net)



Cross-country skiing near Zealand Falls Hut. Photo by Mike Kautz, Courtesy of AMC