

the southeast Breeze

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



March 2013

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- 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 newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published 12 times a year.

Editor: Andrea Holden
breeze.editor@amcsem.org

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



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

XC & Downhill Mid-week Ski Feb. 4-6, 2013

By Len Ulbricht
SEM Education Chair
educationchair@amcsem.org

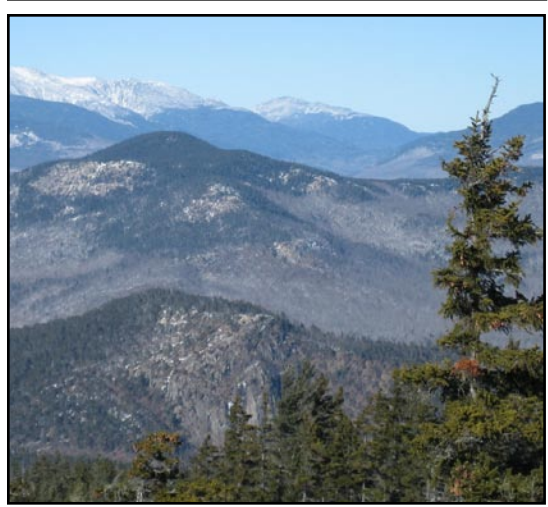
Six hardy SEMers traveled to the Whites for three days skiing with a two night stay at the Shapleigh Bunkhouse and hearty meals at the Highland Center. XC skiers took in Bretton Woods and the Jackson XC Ski Center. Jackson is the larger of the two though both offer classic and skate XC skiing on groomed trails. Downhillers took in one day each at Waterville Valley (on the drive up), Attitash and Bretton Woods.

Conditions were great considering the

washout rain one week earlier. Snow was well groomed with powder-like surface. Windy conditions on the first day were followed the next by clear bright sunshine offering brilliant views of the Presidentials. The last day was topped off by snow showers providing a light powder coverlet.

Apres ski time at Shapleigh began with Judith's famous crab cake dip and conversation sprang from favorite mystery authors to Internet gaming to college life and days of yore, on and on through dinner time. Evening skies brought out a Milky Way panorama with Orion and Jupiter glistening overhead. We didn't go away hungry, with yummy traditional and vegetarian offerings both nights. After dinner movies capped the evenings – ice climbing the Frankenstein Cliffs and an Everest climb by local North Conway mountaineers. Definitely a do again trip.

Photos provided by Len Ulbricht



Executive Board

SAVE THE DATES

OPEN HOUSE BCC, Bourne
March 9

Leadership Training Borderland SP
April 6

CYP Leadership Training Blue Hills
April 6

Family Hiking Series Borderland SP
March 9

Wilderness First Aid Noble View
April 27 & 28

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*

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View from the Chair

By Cheryl Lathrop

Brrr... Finally we're getting some winter weather! Finally some snow! After you shovel it, I hope you play in it. Don't know how to play in the snow? We'll teach you! Just sign up for an AMC winter activity—and our trained and qualified leaders will take you out to hike, snowshoe, or ski in it. (Thank you winter activity leaders for taking us to play in the snow!)

Our annual March Open House is coming up soon. If you're new, come find out what the AMC is all about. If you're a long-time member, come and tell the newbies what it's all about. If you're a medium-time member, come just for fun. Bring your friends, neighbors, and relatives. Free food! A night out!

As I write this here in February, my "view from the chair" sees another one foot of snow heading our way. Oh boy! Grab your skis and snowshoes, and . . .

I'LL SEE YOU ALL OUTSIDE!

Got something to say? Got a good idea? Want to volunteer?
Feel free to contact me anytime about anything!
chair@amcsem.org

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)

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

View our [Brochure](#)



CYP is a terrific match for **Youth Groups** interested in working on a Camping Interest Project.

- **Trails-maps-compasses**
- **Backpacks and essential clothing**
- **Outdoor cooking**
- **Leave No Trace**
- **Hiking safety**
- **Plant identification**
- **Local hikes**

PROGRAMS FOR GIRL SCOUTS

Whether you are a Daisy, Brownie, Junior, Cadette, Senior or Ambassador, we have some fun activities for you. Check out what we can do for you!

PROGRAMS FOR BOY SCOUTS

Whether you are a Cub Scout, Webelos Scout or Boy Scout, we have some fun activities for you.

OUR APPROACH

AMC has decades of experience in providing outdoor programs for youth, in many cases providing young people with their first backcountry experiences. Our approach is hands-on and place-based. With programs in local outdoor settings, CYP helps kids and adults alike learn about the joys and rewards of outdoor exploration and adventure.

KNOW A GROUP WHICH MIGHT BE INTERESTED?

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



Up Coming.....April 6

Kids in Youth Groups enjoy nature with volunteer Chapter Youth Program (CYP) Leaders. CYP Leadership Training will be available on April 6 in the Blue Hills and possibly in Kittery, ME in July. For more information or to sign up, contact cypchair@amcsem.org or Sally Delisa, 781-834-6851

Questions? Contact Sally Delisa
cypcoordinator@amcsem.org 781-834-6851

----- Because it's -----

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(Hyannis, Ma.)

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.

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
membershipchair@amcsem.org



AMC ACTIVITY PARTICIPATION POLICY

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

Family Events

The Family Events Committee brings AMC families together by offering outdoor adventures suitable for adults and children of all ages. By participating in our events, families can learn about and enjoy regional natural resources, as well as meet other families who have the same interests.

FAMILY HIKING SERIES

This hiking series is meant to introduce families to the joy of hiking. There will be 4 hikes in the series; hike one or hike them all. At each hike we will increase our distance and time.

Got kids?

Join us for our very first hike in our Family Hiking Series!

March 9, 2013

Hike #1 will be at Borderland State Park. We will climb some rocks, cross some streams and enjoy lunch by the pond. We will be hiking for approximately 1 hour before our lunch break and 1 hour after.

Bring your family, pack a lunch and enjoy a local treasure. Appropriate for children 3 and up. Children under 3 are welcome in child carriers.

Contact leader Christine Pellegrini 508-244-9203 (best time to call: 6-8pm) chrispellegrini@yahoo.com for more information or to register.

*Registration Required.

Hike #2 4/13/13

Hike #3 5/11/13

Hike #4 6/22/13



[View our webpage](#)

[Contact Family Events Chair](#)

The Family Events Committee of SEM AMC is led by dedicated volunteers who keep us connected through the planning of trips and posting of information through our email list. Join us on one of our upcoming adventures. There are other families ready to share the outdoors with you!

Thursday Morning Hike Moosehill-Hope February 7th

By Ken Thomas

Thursday Morning Hiker

"I've got bad news and good news", so said our hike leader, Hans, here at Moosehill Audobon in Sharon, Massachusetts. "The bad news is I can only lead the hike for part of the way. I have been feeling sick for a while. The good news is we have a volunteer leader in Debbie that will continue the hike."

So after we circled up and introduced ourselves, we headed out.

Hans first showed us the "maple sugar shack." Here he shared with us the information he gives the maple sugar tours, all about the process of turning maple sap into that nectar, pure maple syrup. Fascinating and rather technical - 40 gallons of sap to one gallon of syrup, 219 degrees. Our next adventure brought us across the 100 yard long boardwalk over the frozen swamp. This is one end of the Billings Loop up the hill past some trees that are being "girdled" (systematically being killed to return the hill to a true field.) Here Hans showed us the Bluebird boxes he keeps track of for the Audobon society.

As we continued along the Billings Loop we passed



Weeto - Moswetuset
Local Native American Tribe

BREEZE - AMC Southeastern Massachusetts Chapter - 800-372-1758 amcinformation@outdoors.org Sign up



Giant Sugar Maple

George and Martha (don't ask I still haven't figured out which is which.) These are giant sugar maples it is thought were growing before we were a country! They already had three buckets each as maple sugar season has started early. A walk past the Billings barn and off trail we came across a "weeto"- Moswetuset (local native-American tribe) for "our home". The was constructed by the staff at Moosehill.

Back on trail we followed the Pasture Trail around the bottom of Moose Hill eventually coming out onto the upper pasture of Moosehill Farm, owned by the Trustees for Reservation. As we crossed this pasture we could see where they were preparing to start their coop farming project in the spring. An opening in the woods led us to the Woodland Trail.

This trail led us

through a mixed hardwood setting, down a gully up through a deep white-pine forest. Here we came across two cellar holes from a while ago. Here we stood wondering about the history of this place, deep in the woods yet hearing Route 95 in the distance.

Highland Trail led off this trail to the left and brought us to some really neat forest settings which led down to a road under some high tension wires. No deer spotted here but they were around!

Eventually we met up with the Pepperbush Trail which brought us to the Vernal Pond Trail. The Vernal Pond Trail led us back to the Nature center of Moosehill-Audobon. Here we figured we covered 4+ miles of beautiful terrain. Lunch for some, early departure for others.

The bad news is our hike was over. The good news is it is there to explore again

and again.

Can you tell it is one of my favorite places?

Thank you Hans and Debbie!



Hans Luwald at Moosehill Sugarshack

Reporting of Accidents

Aaron Gorban, AMC's Director of Outdoor Leadership Training, presented the 2012 summary of reported accidents to attendees of the Outdoor Leadership Development Committee (OLDC) during the AMC Summit on January 26 in Norwood. In his presentation Aaron emphasized that there are six criteria that warrant completing the Volunteer Accident Report Form, which is found on SEM's website under "Documents".

Aaron also pointed out that though 22 incidents were reported last year, based on his experience he feels there were others that were not reported. He is encouraging all trip leaders to be diligent in following up each accident/ incident with a Volunteer Accident Report. Please review Aaron's summary of 2012 reported incidents, which follows.
Len Ulbricht, SEM Education Chair

6 criteria that warrant completing the Volunteer Accident Report Form

The first three typically come to mind as reportable but the last three also need to be reported even when there is no injury.

An accident/incident that causes the participant

- to leave the trip with injury prior to it's conclusion
- to be evacuated by an AMC group or outside rescue team
- to seek medical treatment after the event

Also necessitating a report are incidents

- that cause a loss of property
- that involve behavior impacting safety or well being of the group
- of a near miss nature wherein the participant underwent a significant mechanism but without injury.

2012 AMC Volunteer-Led Activity Incident Data

OLDC Meeting, January 26, 2013

Incident Report Submission

The AMC runs an estimated 7000 volunteer-led activities each year. Volunteer leaders are asked to submit an Incident Report Form each time a participant has an accident/incident that causes the participant to leave the trip prior to its' conclusion, to be evacuated by the AMC group or an outside rescue team, or to seek medical attention after the event. An incident report form should also be submitted if there is loss of property due to the incident, a behavioral incident that impacts the safety or well-being of the group, or a near-miss incident in which a participant underwent a significant mechanism that did not result in an injury. In 2012, 22 incident report forms were submitted to the Leadership Training & Risk Management Department. It is our expectation that more than 22 reportable incidents occurred. In fact, since tracking this data, we've experienced under reporting of incidents annually. In addition, many of the submitted forms were filled out incompletely and lacking information in all

requested fields. We request that each of the OLDC members review this information, share it with your chapter/committee leadership chairs & activity leaders, and reevaluate reporting procedures within your representative committees.

Out of the 22 reports received,



20 of the forms documented an injury and 2 of the forms documented an illness. Although the number of reports is too small to establish trends, we've identified a few interesting facts.

Location of Injury

As seen in 2011, many of the 2012 injuries affected the hand, wrist, lower arm, or shoulder of the participant: 48% of the reported injuries. Most of these were trips and falls wherein the patient landed on an outstretched hand, resulting in hand lacerations, wrist sprains/fractures,

and shoulder dislocations. 2012 marks the second consecutive year that upper body injuries outnumbered lower leg injuries.

Activity at Time of Incident

Day hiking continues to yield the most incidents: 41% of the total. As a day hiking appears to be the most commonly offered activity by volunteer leaders, this leading percentage is to be expected. The number of accidents/incidents reported during "free" time (6-27% of the total) while at various camps and facilities, on the other hand, is higher than expected.

The injuries sustained at camp or at a facility including burns and cuts while cooking, lacerations requiring stitches after falls during play, and multiple injuries sustained from falls. We urge leaders to remind their participants to be wary of risks throughout their time spent on AMC trips, before, during and after the main trip activity.

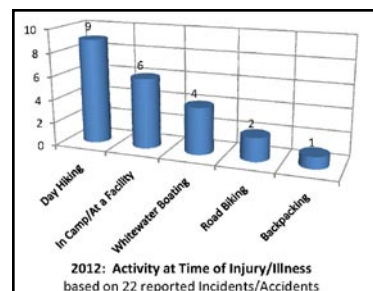
Age

Only 9 of the 22 submitted forms documented the age of the patient. We continue to encourage leaders to fully fill out the incident report forms to help us find trends in our incident data. Out of the 9 known ages,

6 patients were over the age of 50 and one was under the age of 10

Time of Incident

The first year AMC established incident trends, we were surprised to find that majority of documented volunteer-led incidents occurred between the hours of 11am and 3pm. This is contrary to the common assumption that most accidents happen near the end of the day. In 2012, 15 of the 22 incident report forms documented the time of the incident. True to our previous trend, 10 of the 15 incidents occurred at 3pm or earlier in the day. As in previous years, we hypothesize that early start times for activities combined with late lunch breaks can create individuals with low blood sugars who are more likely to trip or fall. **We again urge leaders to break for snacks regularly, and take lunch breaks when needed.**



Noble View Weekend

By Jodi Jensen
Social Committee Chair
socialchair@amcsem.org

“This past January, our chapter hosted the first winter weekend at Noble View Outdoor Center. The intention was to provide people new to winter hiking and snowshoeing an opportunity to try an AMC weekend close to home.

Only a 2 hour drive west of Boston in Russell, MA, Noble View is located in the “foothills” of the Berkshires. Eighteen attendees occupied the North Cottage Bunkhouse Friday through Sunday.



Photos Provided by Jodi Jensen

Maureen Kelly did an outstanding job planning this event. We were fortunate enough to have our own Joyce Wallis prepare fantastic meals, with the help of her husband, Luther. (You won't go hungry on these trips.) Along with co-leader, Walt Granda, we were offered 3 hiking opportunities on Saturday including a beautiful full moon night hike and bonfire!

After a superb breakfast Sunday morning, we all enjoyed a 3 hour hike before having lunch and heading home. Everyone agreed this was a successful weekend and should be an annual event. AMC has provided my husband and I with wonderful outdoor experiences and these weekend trips have given us the opportunity to develop great friendships. We now see familiar faces at every AMC event. We look forward to our “annual” AMC trips, which continue to grow every year.”



Wilderness First Aid is Coming

WFA (Woofers as some call it) is all set for a return visit to AMC's Noble View Camp in Russell MA April 27 & 28.

This course covers back woods first aid for those hikers who want to be prepared should a medical situation arise when they are in a remote area far from a quick 911 EMT response.

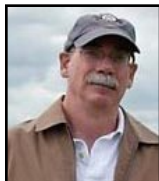
Whether one is hiking up north or out west, camping or backpacking away from populated areas, biking distant routes or paddling the hinterlands, accidents do happen and adverse health conditions do arise.

WFA prepares you to treat and stabilize victims until professional help arrives, which could take many hours and perhaps overnight. If you venture into remote areas, whether or not you are an AMC trip leader, WFA will give you confidence you can handle that unexpected situation we all hope will never occur.

Contact Len Ulbricht at lenu44@gmail.com for further information.

Close Encounters with Grey Jays on Mt. Pierce

By Paul Miller
Vice Chair
SEM Hiking Committee
hikingvicechair@amcsem.org



The previous week's freaky thaw and heavy rains "up north" didn't

bode well for the third trip in our 2013 Winter Hiking Series to Mt. Pierce in the Presidential Range of New Hampshire on February 1st. But this turned out to be yet another outstanding winter experience for the 14 enthusiastic participants, mostly from SEM, but also with representation from a handful of other AMC chapters.

Several of us had the luxury to drive up the day before and spend the night at either the AMC Highland Center in Crawford Notch or other nearby accommodations to be able to make it to the Mt. Clinton Road trailhead by the 8:45 am meeting time established by trip leaders, Leslie Carson and Wayne Anderson (Maureen Kelly and I served as co-leaders). Those who hadn't spent the night had to get up well before dawn to make it up to the trailhead on time; a necessary evil for most SEM hikes up in New Hampshire. I managed to duck out of work early on Friday following our weekly staff meeting. During my drive up to



The group pauses for a photo on the bridge over Gibbs Brook, photo by Jim Casey

Crawford Notch that afternoon, I didn't get any real sense of "winter" until I hit Franconia Notch, and even there I only saw one brave soul attempting to negotiate the steep and what looked to be extremely icy slopes at Cannon Mt. Ski Area. Even in Crawford Notch, there wasn't an awful lot of snow on the ground and the snow guns were going full force at Bretton Woods in an attempt to make the ski trails skiable for the upcoming weekend. All this didn't portend well for our planned winter hike on Mt. Pierce the next day, but I tried hard to keep thinking positive thoughts. When I got out of my car at the Highland Center, it certainly was cold and windy enough, but once again,

there wasn't much snow cover on the ground. While checking in at the Highland Center, I asked about the conditions on the Crawford Path to try to gain a sense for what kind of equipment we would need for our hike the next day. "Ice, ice, and more ice," I was told. Hm-mmmnnnn. After enjoying an excellent

buffet dinner and glass of Shiraz at the Highland Center with fellow SEMer, Alan Greenstein and the several other friendly AMC members with whom we shared a table, I retreated to the inviting library on the second floor of the Highland Center and skimmed through an excellent wilderness first aid manual published



View of Ike and the Southern Presidentials from the Crawford Path, photo by Jim Casey



Feeding the “friendly” Gray Jays, photo by Jim Casey

by the National Ski Patrol. (My fellow hikers will be relieved to know that, now, in addition to knowing how to fashion a splint from a foam pad and a bungee cord, I know practically everything there is to know about delivering a baby in the backcountry...)

After a hearty breakfast Saturday morning at the Highland Center, Alan and I drove up the road to the hiker’s parking area off the Mt. Clinton Road and met up with the rest of the group. It was certainly cold enough for a winter hike (the thermometer in Alan’s car read 3 degrees F.), but the skies were sunny and there didn’t appear to be too much wind, all good signs. After “circling up” and doing the usual introductions, we all donned our MicroSpikes and headed up the predictably icy Crawford Connector path, crossed the bridge over pretty, fast-flowing Gibbs Brook, and started up the Crawford Path proper. This appeared to be

in relatively good shape, with only occasional water and a few slick spots in the hard-packed snow. After climbing a bit, we broke up into “faster” and “slower” groups to accommodate different people’s hiking preferences. Ultimately, both groups still managed to reach the summit of Mt. Clinton in time to eat lunch together. Predictably, at the point where the Crawford Path intersects with the Mizpah Cutoff we encountered several friendly Grey Jays, pretty, but aggressive “moochers” that know that hikers often stop at this spot for a quick snack and almost always swoop down to get their fair share.

Just before reaching the intersection of the Crawford Path and the Webster Cliff Trail on which we would hang a right to take us up to the summit of Mt. Pierce, we broke out of the trees and were treated to fabulous views of Mt. Eisenhower and beyond it up the Southern Presidential ridge to Mounts Franklin, Monroe, Wash-

ington (with the summit peeking in and out of the clouds), and even Jefferson well in the distance. The only really icy section we encountered -- and where full crampons would have worked better than the MicroSpikes -- was on the short, steep stretch of the Webster Cliff Trail leading up to the summit of Pierce. The two groups joined up on the summit where we enjoyed our lunch, drank in the views, and took some more pictures. As an extra gift for this winter hike, it actually started snowing lightly while we were on the summit and continued to do so on and off for the rest of the hike.

After lunch (and what appeared to be a brief nap for Jim Casey who was really grooving in his new ultra-warm, down-filled hiking duds), we continued on the Webster Cliff down to the AMC’s closed-for-the-season Mizpah Hut. While most of this portion of the trail is relatively level and winds its way prettily through snow-draped coniferous trees, the last stretch down to the hut does get pretty steep. This requires careful foot place-

ment any time of the year, and especially in the winter. From the hut, we took the Mizpah Cutoff back to the Crawford Path, meeting up with our still-hungry feathered friends at the same spot and then followed the Crawford Path and Crawford Connector back to the trailhead, first stopping for a group photo on the bridge over Gibbs Brook.

We arrived back to the trailhead at around 2:40 pm, with plenty of daylight left. After unshouldering our backpacks, pulling off our MicroSpikes, and thanking the leaders for what turned out to be another beautiful and convivial winter hike, some of us headed across the street to the Highland Center for either a cold beer for those lucky people planning to spend a second night in NH, or hot coffee for us not-so-lucky people who had to hit the road for the long drive back home to Massachusetts.

Next month, we finish up the 2013 SEM Winter Hiking Series with our overnight trip into beautiful Carter Notch, one of my favorite spots on earth. Can’t wait!



On the summit of Mt. Pierce, photo by Jim Casey

Winter Fun with Some New Toys

By Gina Hurley

SEM Communications Vice Chair



Some of you may be thinking that winter is nearly over, so why write about it, especially as many people are thinking about spring and summer activities. Well even though Punxsutawney Phil did not see his shadow, and is predicting an early spring, snow is still falling, and temperatures are cold enough to make any winter activity exciting. A year and a half ago my husband and I finished summitting New Hampshire's 48 four thousand footers. After completing them, we decided, like many people do, to try to summit all 48 in the winter months. Last winter we summited several peaks

“my husband and I finished summitting New Hampshire's 48 four thousand footers”

but began to feel that our equipment, which was mostly equipment we used for summer hikes and backpacking, or winter skiing, was not sufficient. Specifically we were concerned about having the appropriate clothing, traction for both light and heavy ice conditions, and the right pack size. As this winter began, we were committed to summitting several more 4,000 footers, and decided that new equipment was a must. We all know that our “toys” can be expensive, and so we have spent most of this winter adding to our collection. Here are some of our recent purchases and how they performed.

Appropriate Clothing: Although we have many articles of clothing for skiing and hiking, the three critical clothing items we needed were light weight gloves, newer wicking shirts, and a thin, packable down coat.



Gina Hurley and her husband Mark on Mt. Jefferson

- **Gloves:** We bought light weight gloves with a stretch fabric that are breathable, moisture-wicking, and wind, water, and abrasion resistant. We purchased these at Eastern Mountain Sports, and they have performed well. We have used these on many winter hikes, and they supplement our heavy duty gloves nicely.

- **Wicking Shirts:** I am sure many of you have wicking apparel. The long sleeve shirts I have are fine, but getting old. In addition, when buying clothing for winter activity you want to buy some of them larger so that you can layer, and still have enough room to move comfortably. You can find wicking shirts in many stores these days, not just outdoor recreation stores. In fact, some department stores carry these items regularly and can even be less expensive. We found ours at Sears and they are great.

- **Thin, Packable Down Coat:** We realized that hiking above 4,000 feet



Photo Provided by Gina Hurley

New Toys continued

requires many layers, and different coats for such layering. Having an outer parka is important, but as important is a thin, packable down coat that can be worn as an outer layer, and also as an inner layer

under a heavier coat. Since we already had a heavier, outer layer, we bought a hooded Nordic Track down coat for the mid-weight. We also found this product at Sears. We used them recently on the top of Mount Monroe (5,372 feet) and they were comfortable and warm.

Traction: Snowshoes are great, and we've had ours for years. Our crampons were old, and the strap style made them difficult to stay tight on our boots. In addition, we needed a lighter traction tool, for less icy terrain. We bought the Hillsound Trail Crampon (about \$60) for lighter use, and the Hillsound Crampon Pro (about \$80) for more aggressive terrain. The Pro has simple ratchet buckle bindings, which make them very easy to put on and take off, and unlike our previous crampons, stay tight on our boots.

Pack: Winter hiking requires a pack larger than one used for day hiking, but not as large as needed for backpacking trips. You want a pack large enough to carry all of your gear, from light weight to heavy weight, from gloves to coats, from snow shoes to crampons, and sleeping bag or bivy, in case you have to spend an unplanned night out! I recently

“Now is a great time to buy, as most winter equipment is on sale”

bought the EMS Trail 50. With 3,010 cubic inches, and 3 lbs. 5 oz. it is a great size for winter day hikes, or a one-two day backpacking trip. It has pockets to store items you need to get at quickly, and lots of straps to hook your equipment to, such as snowshoes, crampons, or foam pad. The best part is this was recently on sale for 70% off!

There are always new “toys” to buy for our outdoor activities. Now is a great time to buy, as most winter equipment is on sale. Having the right equipment makes the experiences more enjoyable. These are just a few of my new winter “toys” that will make summiting the rest of the 4,000 footers a little bit easier.

New Pack and new crampons... working well!

Winter toys!!



Photo provided by Gina Hurley



Gina Hurley near Lakes of the Clouds Hut, just below Mt. Washington.

Leadership Training *Why Take It?*

In order to foster safe outdoor recreation enjoyable to all, AMC has for many years offered a variety of training programs – both for personal growth and trip leaders/organizers (checkout <http://www.outdoors.org/recreation/leadership/index.cfm>). The most basic program is Leadership Training. This program covers the essential elements our trip leaders need to understand when organizing, planning and managing groups of hikers, bikers, paddlers, or skiers. It is offered by all AMC chapters to train leaders with a common set of guidelines for situations they will likely face in running an outdoor activity. Anyone wishing to lead trips for our chapter should take this program.

Suppose one is uncertain as to whether or not they want to lead trips. Can they take it? Or how about members new to AMC who are not seeking to lead but want to learn how our organization operates. Can they take it? And there are those members who just wish to participate and not lead. Can they take it?

Yes! Yes! Yes! to all three questions. Leadership Training is for participants, too. You will learn how leaders manage groups, screening considerations leaders undertake and may ask you about to insure group compatibility, how to deal with accidents and AMC liability protections, and ways to personally prepare for your outdoor experience whether it's hiking, biking, paddling or skiing. You'll also meet and interact with SEM trip leaders who present course materials. So give LT some thought.

SEM offers Leadership Training once a year. The next offering is coming up on April 6. It's not too late to register.

Contact our Education Chair, Len Ulbricht at lenu44@gmail.com for further information.

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 lenu44@gmail.com.

Skins and Skulls at the Highland Center Lodge

Provided by AMC Outdoors/ [Great Kids](#). [Great Outdoors](#) is an Appalachian Mountain Club blog. Written by Heather Stephenson

Has your child touched the tiny pelt of an ermine? Or noticed that the eye sockets of coyotes face forward more than those of deer?

"Skins and Skulls" gives them a chance to do this and more. For me and my daughter, the hands-on presentation we recently enjoyed at AMC's [Highland Center Lodge](#) in New Hampshire was a fun learning experience and a perfect break between a morning of snowshoeing and sledding and a hearty hot lunch in the dining hall.

I like to see animals alive and in their natural environments, but the reality is that a fox won't sit still for you to pet its fur. And measuring the size of a moose rack or noticing the little grooves left behind by the veins and arteries that were in its velvet

is best done when the moose itself is not around.

What could be explained in a book about animals is much more easily discovered and understood by seeing and touching their bones and fur. For example, it makes more sense to me now that ermine's winter white fur was once used as a sign of royalty and high status in Europe. Just think how many pelts of animals that range from 6 to 13 inches long would be needed to edge a cape! And now when I notice an animal like the deer with eyes on the side of its head, the better to notice what's coming after it, I will understand that it is avoiding a predator, which likely has forward-facing eyes that allow it to see and judge depth during the hunt.

"Skins and Skulls" is one of many free programs offered by guides at the lodge for all guests. Others include naturalist walks, snowshoe treks, guided hiking and cross-country skiing, and evening talks or movies about natural history or outdoor adventure. Special programming for kids



Photo by Heather Stephenson

is often increased during vacation weeks, so call the lodge at 603-278-4453 to see what's planned. The lodge also has a natural outdoor playscape to explore, a recently enlarged collection of children's books in its library and basement game room, and the L.L.Bean gear room, from which guests can borrow boots, coats, snowshoes, and other gear. There's even a toboggan at the door that you can borrow for sledding.

For more information, read about [family-friendly amenities](#) at the Highland Center.

August Camp 2013 in North Cascades, WA

Provided by Éva Borsody Das



In 2013 August Camp returns to the breathtaking North Cascades of Washington State. We'll hike in the North Cascades National Park, Mt. Baker-Snoqualmie National Forest, and Ross Lake and Lake Chelan National Recreation areas. Choose from a variety of 3-4 hikes every day, or add in backpacking, rafting or kayaking to expand your experience. No matter what you do, you'll be surrounded by amazing vistas! NEWSFLASH! Hike with AMC Southeast MA leader LESLIE CARSON as she joins the ranks of August Camp leaders during weeks 3 and 4 of Camp!

Our full service tent village for 64 campers each week offers home-cooked meals, daily hikes at all levels, nightly campfires and wonderful camaraderie. The 2013 campsite is on the banks of the swift-flowing Skagit River, a popular rafting destination, in the shadow of glaciated 10,781 foot Mt. Baker, and just down the road from Cascadian Farms, known for their organic food and the best ice cream we've ever had! Our site is reached by the North Cascades High-

way, considered the most scenic drive in Washington State. Fly into Seattle-Tacoma International airport, from where our fleet of vans provides free transportation to Camp each Saturday.

Registration forms and detailed Camp information can found at <http://www.augustcamp.org>. Plan your one or two week adventure now and be part of one of the oldest camps in the AMC. One week registration \$875; \$50 discount if registering for 2 weeks. (\$50 more for non AMC members).

Week 1: July 13 - July 20
Week 2: July 20 - July 27
Week 3: July 27 - Aug. 3
Week 4: Aug. 3 - Aug. 10

REGISTER FOR AUGUST CAMP ▶

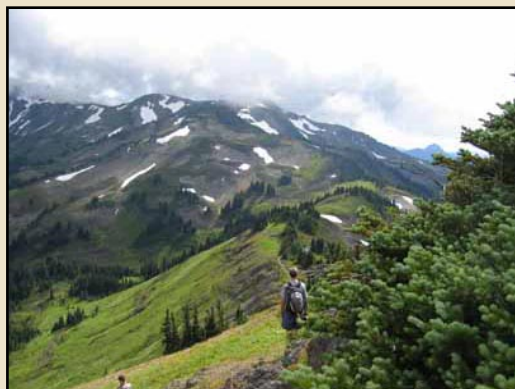


Photo by Éva Borsody Das

Non-AMC area of interest

visit our new website page

Community Activities

Article for SEM Cyclists Cape Cod Trail
"Planners tout Cape Cod Rail Trail extension"

New Museum opened with a focus on the White Mountains
"Museum of the White Mountains"

Upcoming Maple Syrup Festivals, Tours, and Children's Events
It's maple syrup season, a sweet inspiration to get your family outside.

These activities are not a part of the AMC, nor endorsed by the AMC.

VOLUNTEER

AMC SEM Open Volunteer Positions

Biking (Vice)
Conservation (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

Spring 2013 WFA/CPR

April 27 & 28, 2013

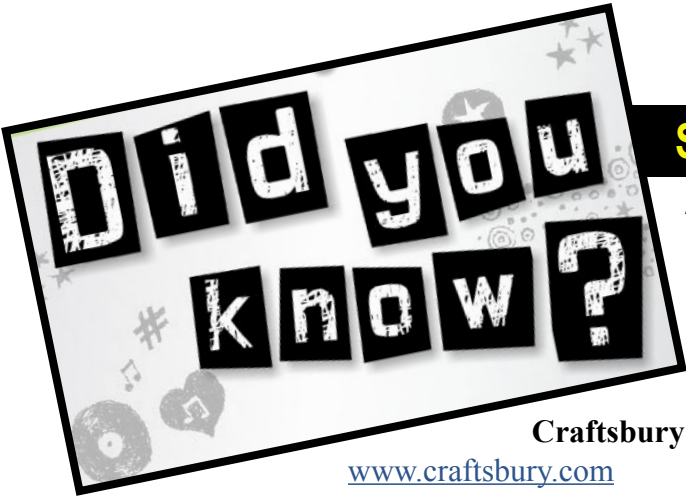
AMC Nobel View Outdoor Center, Russell, MA

The WFA course runs 8-4 that 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.



SPECIAL OFFERS FOR AMC MEMBERS.....

All member offers can be found in the [Member Center](#)

Coleman

www.coleman.com/proform

Use special member access code to save on selected gear.

Craftsbury Outdoor Center

www.craftsbury.com

AMC groups of 10 or more receive a 20% discount on their stay at Craftsbury.

Charles River Canoe & Kayak

www.paddleboston.com

10% discount on offsite boat rentals, instruction, and the regular price of a boat. No discounts on sale items.

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

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



ReUSE A SHOE

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 Vice Chair, Maureen Kelly, vicechair@amcsem.org
Check out the website: www.nikereuseashoe.com

ACTIVITIES

SOUTHEASTERN MA ANNOUNCEMENTS

AMC SEM is always looking for volunteers to volunteer a little or a lot. Contact the chapter chair at chair@amcsem.org if you'd like to volunteer.

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 has a unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair to register your mileage and for more info. (bikingchair@amcsem.org)

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.

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)

Tuesdays

Mar. 5. Scenic Cycling on Cape Cod. Afternoon 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: currierpaul@comcast.net or 508-833-2690. 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. 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: currierpaul@comcast.net or 508-833-2690. 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 for a Tour de Shore of the bay including Rock Harbor to Audubon in Wellfleet. Return on inner nook and cranny roads that include Sunk-en Meadow, Crooks, Campground,

Thumpertown, and First Encounter Beaches for sunset at Skaket. Tires and riders pumped and ready to roll. Helmets and water required as is registration - cancellation/rescheduling sent only to registered riders. L - Paul Currier: currierpaul@comcast.net or 508-833-2690. Start aro 2 hours prior to sunset. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Wed., Mar. 27. Sunset/Full Worm Moon Ride. Ride Description: Road cycling. L Paul Currier currierpaul@comcast.net or 508-833-2690 Ride the canal and Gray Gables to Mashnee Island. We'll catch the spectacular sunset over Buzzards Bay and moonrise over Plymouth Bay. C2D Tires and riders pumped and ready to roll. Helmets, spare tube & tire tools, and water required as is registration -cancellation/rescheduling sent only to registered riders. Directions: From the former Sagamore Rotary now the Sagamore Straightaway, head toward Scusset and take Canal Road past Friendly's to the Sagamore Recreation Lot. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Apr. 2. Afternoon Cycling on Cape Cod. 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 currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Apr. 9. Scenic Cycling on Cape Cod. Afternoon 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 currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Apr. 16. Afternoon Cycling on Cape Cod. 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 currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Apr. 23. Afternoon Cycling on Cape Cod. Afternoon 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 currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Thursdays
Apr. 25. Sunset/Full Pink Moon Ride. Ride Description: Road cycling. L Paul Currier currierpaul@comcast.net or 508-833-2690 Ride the hills and shores of Sagamore and the canal trail to Buzzards Bay. We'll catch the spectacular sunset over Onset Bay during a tour of Mass Maritime and moonrise over Plymouth Bay. C2B Tires and riders pumped and ready to roll. Helmets, spare tube & tire tools, and water required as is registration -cancellation/rescheduling sent only to registered riders. Directions: From the former Sagamore Rotary now the Sagamore Straightaway, head toward Scusset and take Canal Road past Friendly's to the Sagamore Recreation Lot. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Apr. 30. Scenic Cycling on Cape Cod. Afternoon 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 currierpaul@comcast.net 508-833-2690. 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 - 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 currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
May. 14. Evening Cycling on Cape Cod. Evening 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 currierpaul@comcast.net 508-833-2690. 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 - 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 currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690

Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Saturdays

May. 25. Sunset/Full Flower Moon Ride. Ride Description: Road cycling. L Paul Currier currierpaul@comcast.net or 508-833-2690. Ride the canal to Gray Gables and Mashnee Island. We'll catch the spectacular sunset over Buzzards Bay and moonrise over Plymouth Bay. C2D Tires and riders pumped and ready to roll. Helmets, spare tube & tire tools, and water required as is registration -cancellation/rescheduling sent only to registered riders. Directions: From the former Sagamore Rotary now the Sagamore Straightaway, head toward Scusset and take Canal Road past Friendly's to the Sagamore Recreation Lot. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

May. 28. Evening Cycling on Cape Cod. Evening 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. L Paul Currier currierpaul@comcast.net 508-833-2690 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) (CE) Tuesdays

Jun. 11. Evening Cycling on Cape Cod. Evening 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 currierpaul@comcast.net 508-833-2690. 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 - 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 currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Sun., Jun. 23. Sunset/Full Strawberry Moon Ride. Ride Description: Road cycling. L Paul Currier currierpaul@comcast.net or 508-833-2690. Ride the hills and shores of Sagamore and the canal trail to Buzzards Bay. We'll catch the spectacular sunset over Onset Bay during a tour of Mass Maritime and moonrise over Plymouth Bay. C2B Tires and riders pumped and ready to roll. Helmets, spare tube & tire tools, and water required as is registration -cancellation/rescheduling sent only to registered riders. Directions: From the former Sagamore Rotary now the Sagamore Straightaway, head toward Scusset and take Canal Road past Friendly's to the Sagamore Recreation Lot. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Jun. 25. Evening Cape Cod Bicycling. Evening 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 currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

CANOE/KAYAK

Always looking for additional paddle leaders, both flat water and ocean. Contact paddlingchair@amcsem.org

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. A paddle down Shoestring Bay and up the Masphee River for a look at early spring flora and fauna as salt water transitions into brackish and then fresh water. Then across Popponeset Bay for lunch on Thatch Island, Meadow Point or Crockers Neck Beach. Before heading back, paddling into Piquicket Marsh, which should be very open this time of year. About 8 miles. Wet suits, spray

skirts and PFD's required. Preregistration required for info on put in location. Phone: 508-420-7245. L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net)

Sat., Apr. 27. Leader's Choice. Paddle on Cape Cod. Exact location will depend on weather. Contact leader the week of the trip for more information. L Ed Foster (508-420-7245, erfoster@comcast.net)

Volunteer Opportunities

Wed., May. 1. Mashpee/Wakeby Ponds. Paddle around 2 fresh water ponds about 7 miles with lunch at beach at end of Wakeby Pond. Life jackets & spray skirts req. DIRECTIONS: from rte 28 take 130N for 2 mi to R at "State Landing" sign to put-in. 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. Paddle 2 fresh water ponds about 7 mi with lunch at end of Wakeby Pond. Rte 28 to rte 130 N 2 mi R at "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)

Wed., May. 8. Pamet Harbor. Explore Pamet River and Harbor. Put-in Directions: From Route 6 northbound in Truro, right at the exit sign for Pamet Roads and Truro Center. At the junction signed for North and South Pamet Roads turn right, go a few hundred feet and turn right again onto South Pamet Road. Go under Route 6. After 0.1 m you come to Castle Road. Turn left, go

about 100 feet and veer right onto Depot Road. After 0.5 m the road forks. Stay right toward Pamet Harbor. At 1.3 m you come to the harbor parking area. There is a \$6 launching fee. Life vest and spray skirt required. L Don Paladino (508-349-2950, djp1958@comcast.net)

Sat., May. 11. SWAN POND/RIVER PADDLE. Paddle down river to mouth on Nantucket Sound for lunch & return circumnavigating pond, about 7 mi. Life Vest & Spray Skirt req. DIRECTIONS: rte 6 exit 9 to 134S (Harwich/Dennisport) past Patriot Square to L Upper County Rd past Hart Farm to L Clipper Lane to put-in. 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)

Wed., May. 22. Jackknife Cove and Chatham Cut. Pleasant Bay, from Jackknife Cove to the barrier beach at the Chatham cut, returning around Strong Island. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., May. 25. Wellfleet Bay Black-

fish Creek. Explore Blackfish Creek and Fox Island Marsh Put-in: In Wellfleet turn onto Pilgrim Spring Rd. from Rte. 6 (just past the fire-lookout tower). At the stop sign and junction where Cove Rd. joins from the right continue straight on Indian Neck Rd. At the intersection with Samoset Ave. on left bear right and then right on Nauset Road to the Indian Neck Beach parking area. Use the existing paths to access the beach. Life vest and spray skirt req. Wet or dry suit may be req. depending on conditions. 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 the three bays with 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 on Barley Neck Rd to Town Landing on R. PFD required; spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Wed., Jun. 5. BASS RIVER SOUTH-Dennis. Paddle Bass River 'fingers', Grand Cove to mouth at Nantucket Sound. Lunch West Dennis Beach. Life Vest & Spray Skirt required. Directions rte 6 exit 9, rte 134 South, R Upper County rd, L Main st, R Cove rd to landing at end. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8

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, wambararafischer@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)

Wed., Jun. 19. Jackknife Cove and Chatham Cut. Pleasant Bay, from Jackknife Cove to the Barrier Beach at the Chatham Cut and return around Strong Island. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Jun. 22. Wellfleet Harbor Duck Creek. Explore Duck Creek from Wellfleet Harbor Put-in: From Route 6 in Wellfleet at the traffic light just past P.J.'s turn left toward Wellfleet Center and Harbor. Go 0.3 m and turn left on East Commercial Street. Go 0.7 m to the Town Marina and Harbor. Turn right on Kendrick Ave. The parking lot for Mayo Beach is a few hundred feet on the left. 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, Falmouth (near Mashpee town line). PFD and spray skirt req. Nice river and possible Bay paddle. L Bill Fischer (508-420-4137 before 9PM, wambararafischer@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)

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

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

CAPE HIKES

Always looking for additional leaders to lead hikes on the cape! Contact the capehikingchair@amcsem.org

Thu., Mar. 7. Dennis Pond, Yarmouth (C3C). Lots of nice pond views on this 2 hour hike. From ROUTE 6A in Yarmouth take Summer street 1/2 mile to Dennis Pond. Comming from Route 6 take exit #7 onto Willow street towards Yarmouth to Route 6A. Right on 6A a mile or so to Right on Summer Street. (Don't take Willow Street entrance onto Summer that end is badly rutted). Meet 9:45AM. L Gary Miller (508-540-1857, Garymaxx@verizon.net)

Saturdays

Mar. 9. Provincetown: Whales Whales Whales (B3B). Walk on the beach to the Race Point Lighthouse with binoculars in hand. Should see whales from the lighthouse! Meet at 9:45am, upper Race Point Beach parking lot, Provincetown. Walking will take 3 hours; eat lunch as we scan for whales with binoculars for another 2 hours. (5+ hours RT.). L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Mar. 10. Truro, Ryder Beach (C3C). Beach to woodland trails, hills, and scenic bay views. Route 6, then left on Prince Valley Road to the end. Right on County Road, then an immediate left on Ryder Beach Road. Park at the end. Meet at 12:45pm. 2 hours. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Thu., Mar. 14. Bourne-Cataumet Greenways (C3C). Wooded trails, old RR station. Bourne Bridge Rt28 to Otis Rotary, 1st exit - Cataumet. L onto 28A S, R in 1/4m onto Longhill Rd., L on County Rd., R on Red Brook Harbor. Continue 1/2m past stop sign. Park in lot on R (Bourne Conservation Trust sign) Meet at 9:45 am. 2 hrs. Heavy rain/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 9:45am, Herring Cove Beach parking lot, (far right of the right parking lot). Walk on bike trail, pine barrens, over dike, and through marsh to Race Point

Lighthouse. Bring your binoculars! Hike will last 3 hours, but allow 2+ extra hours for lunch while scanning with binoculars for whales (5+ hours RT). 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). 2-hour hike on paths, beach, and quiet roads. Meet at 9:45am. From Route 6, take exit 9 onto Route 134N to Route 6A. Take a right on 6A, a left onto School Street, then a right onto South Street to the lot at the end on right past the 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 9:45am, Herring Cove Beach parking lot, (far right of the right parking lot). Walk on bike trail, pine barrens, over dike, and through marsh to Race Point Lighthouse. Bring your binoculars! Hike will last 3 hours, but allow 2+ extra hour for lunch while scanning with binoculars for whales (5+ hours RT). 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). Varied terrain: wooded trails, some hills, spectacular view of bay. Meet 9:45 AM. From Rte 6 left at lights toward Wellfleet Center, left on E. Commercial St. At harbor, 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 (B3B). Walk on the beach to the Race Point Lighthouse with binoculars in hand. Should see whales from the lighthouse! Meet at 9:45am, upper Race Point Beach parking lot, Provincetown. Walk will take 3 hours; eat lunch as we scan for whales with binoculars for another 2 hours+. (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. 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)

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 for 200 yds. 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)

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)

Sun., Apr. 14. Sandwich-Maple Swamp. Hilly hike through varied terrain, meet at 12:45 PM, 1 PM start. Land has history back to early Sandwich settlers. Hiking boots and poles recommended. 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)

(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 parking lot. Meet at 9:15 AM for 9:30 AM start, 3 hours. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

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

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)

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)

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

Sat., May. 4. Harwich, Herring River (B3C). Wooded walk with views of the beautiful Herring River. Walk both sides of West Reservoir, cranberry bogs. From Rte 6 E, Ex 10, R at top of ramp, Rte 124 for 1.3 mi, R @ Main St. straight 2 mi to park @ Sand Pond on R. Meet 9:45 a.m. 3.5 hrs. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sun., 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

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

Thu., May. 9. Ryder Conservation Area - Sandwich. Scenic hike, through Lowell Holly Conservation area around Mashpee-Wakeby Pond, meet at 9:45 AM for 10 AM start. Rte 6 to Exit 3, turn south on Quaker Meetinghouse Rd to traffic lights and turn L on Cotuit Rd. 1 - 1.5 miles parking area on right. L Jane Harding (508-833-2864, janeharding@comcast.net)

Sat., May. 11. Brewster, Punkhorn Parklands (B3C). Wooded, hilly trails with pond views. Route 6 Exit 9B, 2 miles to a right on Satucket, then bear right at Stony Brook Road. In 0.3 miles, turn right on Run Hill Road. 1.3 miles to parking lot on the left. 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 point to point 4 miles on trails alongside canal from bridge to bridge including Bourne-dale trails, through Bourne scenic park, interesting "4 mile outlook". Meet at Bourneale Herring Run Canal Visitor Center on Canal Scenic Highway about a mile from Sagamore bridge going towards Bourne Bridge MAINLAND SIDE. CAR-POOLING REQUIRED SO DON'T BE LATE. 12:45. L Gary Miller (508-540-1857, Garymaxx@verizon.net)

Sun., May. 19. Sandwich Canal Hike. Hike from canal along Town Neck Beach to Sandwich boardwalk and back through Sagamore village, 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)

Sat., Jun. 22. Full Moon Hike: West Dennis Beach (C4C). Route 6 Exit 9A south to Route 134, go straight and cross Route 28, then go to the end and turn right. After 0.5 miles, turn left to beach parking near entrance and concession bldg. Hike mile-long stretch on beach for sunset views. Return on beach for moon-rise! Option: Calm weather walk one more length of beach for 3rd mile Meet 7 p.m. Less than 2 hours. L Janet Kaiser (508-432-3277)

EXECUTIVE COMMITTEE

We need an "Event Planner" for the AMC SEM Executive Board. Do you have event planning skills? Our events are typically: Annual Meeting/Dinner, Holiday Party, Summer Picnic. Can you find and reserve a room, choose a menu that fits in our budget, worry about a projector and screen, set an agenda, and generally make an event happen? Contact the chapter chair at chair@amcsem.org.

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)

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

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

ing exp., conditioning, clothing, and equipment.

Always looking for additional hike leaders! Contact hikingchair@amcsem.org

Sat., Mar. 2-3. Winter Hiking Series #4 Overnight. End the Winter Series with an overnight at Carter Hut. Winter equipment and sleeping bag required. Options for Sat. hikes. Friday night option to stay at Joe Dodge Lodge with great breakfast before hiking into the hut. Please contact registrar for details. Must confirm by Jan. 30th. L Leslie Carson (508-833-8237, lrc929@comcast.net), L Wayne Anderson (wanderson@mxcsi.com), L Mike Woessner (stridermw@hotmail.com), L Maureen Kelly (mokel773@aol.com), R Leslie Carson (64 Mill Road, East Sandwich, MA 02537,)

(FT) (NM) Sat., Mar. 9. Family Hiking Series #1. Got kids? Join us for our very first hike in our Family Hiking Series. This hiking series is meant to introduce families to the

joy of hiking. There will be 4 hikes in the series; hike one or hike them all. At each hike we will increase our distance and time. Hike #1 will be at Borderland State Park. We will climb some rocks, cross some streams and enjoy lunch by the pond. We will be hiking for approximately 1 hour before our lunch break and 1 hour after. Bring your family, pack a lunch and enjoy a local treasure. Appropriate for children 3 and up. Children under 3 are welcome in child carriers. Contact leader for more information. L Christine Pellegrini (508-244-9203, chrispellegrini@yahoo.com), CL Bill Pellegrini (billpellegrini@yahoo.com), R Christine Pellegrini (508-244-9203 6-8pm, chrispellegrini@yahoo.com)

Sun., Mar. 10. Blue Hills Fast and Hilly. Stay in shape for the bigger mountains by hiking the Skyline Trail at a moderately fast pace. We'll hike the North-South loop, then out to Buck Hill and back. Meet at 8:45; not a beginner hike. L Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com), R Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com)

Thu., Mar. 14. BCT through Walpole Conservation Land. Meet at 10am at the VFW Post at 109 Robbins Rd in Walpole for a 4.5 mile hike on the BCT through Conservation Land. Mostly flat but with a number of steep, but short sections up and down eskers. DIRECTIONS: From intersection of Rt 1 and Rt 27 take Rt 27 North for 2.2 miles to Robbins Rd. (You will cross Rt 1A in Walpole Center. Continue on Rt 27 N under Railroad bridge. The second right is Robbins Rd) Take a right on Robbins Rd. Parking is on your left after 0.2 miles at the VFW Post. Bring hiking boots, traction devices, rain gear, water, lunch. Rain or storm cancels. L Hans Luwald (508-668-0462

Before 9 pm, hans.luwald@gmail.com), CL Debbie Lepore (781-828-0572 Before 9 pm, dlepore2@gmail.com)

Thu., Mar. 21. Thursday, March 21, Hike World's End (C3C). Meet at 10:00 AM, World's End, \$5.00 per person entrance fee for non-Trustees members. Come celebrate the vernal equinox with this moderately paced walk of approximately 4-5 miles, exploring the landscape of a unique peninsula in Boston Harbor. The terrain is moderately hilly (over the 4 drumlins), with a mixture of carriage ways and sometimes rocky paths. Boots or shoes with good traction are recommended; light traction devices may be helpful if icy conditions exist (hopefully not!). The reservation has stunning views, but is exposed to the sea and wind, so dress accordingly, in layers and with good wind protection, as well as sunglasses if bright out! Bring water, thermos with hot drink, snacks or lunch. Directions: From Rt. 3, take Exit 14, Rt. 228 North for 6.5 mi. Turn left onto Rt. 3A (at traffic light), and follow for 0.7 mi. Turn right onto Summer St. (traffic light). At the major intersection with Rockland St. (another traffic light), continue straight across onto Martin's Lane. Follow for 0.7 mi. to entrance at end of road. After stopping at the entrance gate to show your Trustees card or pay \$5, park in the first lot you see on the left. There are portable toilets to the left of the parking area, up a small hill. For more information visit: <http://www.thetrustees.org/places-to-visit/greater-boston/worlds-end.html>. L Eva Borsody das (borsody@gmail.com)

(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. 3-4 hours. Boston

views. Learn what Southeast Mass chapter of AMC offers and the variety of hiking experience available both locally and in more distant areas. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

(CE) Thursdays

Mar. 28. Thursday Morning Rocky Woods Hike 10:00 AM. Hike 6+ miles in Rocky Woods, Medfield, MA Varied terrain with some hills. Open cart paths and trails suitable for socializing as you hike. The trustee of reservations property, a \$2.00 fee per person may be charged. L Fred Wason (508-838-6049, fmwason@verizon.net)

(FT) (NM) Thu., Apr. 4. Thurs. Morn. Hike Horseneck/Westport Beach B3D. Meet at 10:00 AM Horseneck Beach main parking lot. 5 mile hike with an option to extend to 8 miles hiking Gooseberry Island. Bring snacks/lunch sturdy footwear, water, and rain jacket. Heavy Rain cancels. Directions: Rte 195 to Exit 10 Rte. 88 south. Follow Rte 88 to parking lot on your left. After the hike a short drive to a local restaurant for pie and ice cream. L Walt Granda (508-999-6038 before 9 pm, wlgranda@aol.com)

(SN) Sat., Apr. 6. Leadership Training for Trip Leaders. 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 qualifications 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. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

(FT) (NM) Thursdays

Apr. 11. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Sat., Apr. 13. Family Hiking Series #2. Got kids? Join us for our Family Hiking Series. This hiking series is meant to introduce families to the joy of hiking. Hike #2 will be at F. Gilbert Hills State Forest. We will climb some more rocks, cross bog bridges and enjoy lunch in the woods. We will be hiking for approximately 1 hour and 30 minutes before our lunch break and 1 hour and 30 minutes after. Bring your family, pack a lunch and enjoy another local treasure. Appropriate for children 3 and up. Children under 3 are welcome in child carriers. Contact leader for more information. L Christine Pellegrini (508-244-9203, chrispellegrini@yahoo.com), CL Bill Pellegrini (billpellegrini@yahoo.com), R Christine Pellegrini (508-244-9203 6-8pm, chrispellegrini@yahoo.com)

Sun., Apr. 14. Blue Hills Fast and Hilly. Stay in shape for the bigger mountains by hiking the Skyline Trail at a moderately fast pace. We'll hike the North-South loop, then out

to Buck Hill and back. Meet at 8:45; not a beginner hike. L Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com), R Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.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 Before 9pm, murielguenther@comcast.net)

(FT) (NM) Thursdays

Apr. 18. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thu., Apr. 25. Thursday Morning Hike at Caratunk Refuge 10:00AM Start. The trails take you by many bridges and flowing brooks surrounded with wildlife. The hike will have several ponds along open fields and stone walls. 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)

(FT) (NM) Thursdays

Apr. 25. Red Line the Blue Hills. Join

us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

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 and then back via some of the more popular trails. 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)

Sun., Apr. 28. Introductory Hike at Borderland State Park. Join us for an introductory hike at Borderland State Park in Easton. This will be a spring walk over pretty terrain, a little up and down but generally level. We will hike 5-6 miles to see lots of spring lady slippers. New hikers should have comfortable footwear (sneakers or hiking boots) and bring 16 oz of water and a small snack. We plan to leave around 9:00 am and return around 11:30. The park has a \$2.00 parking fee. <http://www.mass.gov/dcr/parks/borderland?> L Kathleen Stanley (781-799-5351 Before 9:00 PM, kstanley@energy-advocates.com), R Kathy Stanley (781-799-5351 Before 9:00 PM, kstanley@energy-advocates.com)

(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) Thursdays

May. 2. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays

May. 9. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(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)

(FT) (NM) Sat., May. 11. Family Hiking Series #3. Got kids? Join us

for our Family Hiking Series. This hiking series is meant to introduce families to the joy of hiking. Hike #3 will be at Blue Hills Reservation. This hike we will adding some elevation gain to our hiking skills. We will be hiking for approximately 2 hours before our lunch break and 2 hours after. Bring your family, pack a lunch and enjoy beautiful views of the Boston skyline. Appropriate for children 3 and up. Children under 3 are welcome in child carriers. Contact leader for more information. L Christine Pellegrini (508-244-9203, chrispellegrini@yahoo.com), CL Bill Pellegrini (billpellegrini@yahoo.com), R Christine Pellegrini (508-244-9203 6-8pm, chrispellegrini@yahoo.com)

Sun., May. 12. Blue Hills Fast and Hilly. Stay in shape for the bigger mountains by hiking the Skyline Trail at a moderately fast pace. We'll hike the North-South loop, then out to Buck Hill and back. Meet at 8:45; not a beginner hike. L Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com), R Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com)

(FT) (NM) Thursdays

May. 16. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays

May. 23. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary

each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., May 25-27. Memorial Weekend in the Whites. Hike the Twins and the Bonds and stay at Galehead Hut. Group meals included. Cost is \$100.00 pp for the weekend. Confirmation and payment must be submitted by 4/20/13. L Leslie Carson (508-833-8237, ltc929@comcast.net), CL Maureen Kelly (mokol775@aol.com), R Leslie Carson (508-833-8237, ltc929@comcast.net)

(FT) (NM) Thursdays
May. 30. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays
Jun. 6. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays
Jun. 13. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays
Jun. 20. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Sat., Jun. 22. Family Hiking Series #4. Got kids? Join us for our Family Hiking Series. Hike #4 is our final hike. We have learned a lot since our first hike and we plan to take what we learned and head to New Hampshire. The destination will be decided based on how our group has improved over the last 3 hikes. Appropriate for children 3 and older with some hiking experience. Children under 3 years are welcome in child carriers. Contact leader for more information. L Christine Pellegrini (508-244-9203, chrispellegrini@yahoo.com), CL Bill Pellegrini (billpellegrini@yahoo.com), R Christine Pellegrini (508-244-9203 6-8pm, chrispellegrini@yahoo.com)

com), R Christine Pellegrini (508-244-9203 6-8pm, chrispellegrini@yahoo.com)

(FT) (NM) Thursdays
Jun. 27. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

SKIING

Looking for someone to take over the ski committee and plan xc ski and downhill ski events in the winter. Contact the current ski chair at xcskichair@amcsem.org

(CE) Fri., Mar. 1-3. 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. Two nights lodging, 2 breakfasts, and 1 pizza/salad, 1 dinner from \$100-\$160 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 TBD before returning home. 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)