



the southeast Breeze

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

August 2013

Visit AMC SEM Website

Breeze Newsletters

Calendar

Photos

Open Volunteer Positions

- Conservation (Vice)
- Chapter Youth Program CYP (Vice)
- Skiing (Vice)
- Membership (vice)

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

SAVE THE DATES

- SEM 2nd Annual Family Weekend
Aug. 23-25
- Chapter Hut Weekend
Sep. 19-22
- Fall Gathering (all chapters)
Oct. 18-20
- Annual Meeting & Dinner
Nov. 2
- Hike Planning Meetings 6:30pm
9/4, 12/4
- Board Meetings 6:30pm
9/11, 10/9, 11/13

Chapter Youth Program Leadership Training
 August 17th. - York, ME
 If you are interested in attending or would like more information, contact: Sally Delisa, Chapter CYP Chair cypcoordinator@amcsem.org or call 781-834-6851



Some hikers were nice and relaxed, Family Hiking Series #4 Photo by Christine Pellegrini



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

AMC SEM 100-MILE HIKING CLUB

Log your miles; earn an awesome patch!

SEM Hiking Committee has just initiated an "100-Mile Hiking Club" for SEM members who get out on the trails regularly with the club.

To get your name included on the online spreadsheet so you can record your miles hiked with the AMC after July 1st (using the honor system), just send an email to either hikingchair@amcsem.org or hikingvicechair@amcsem.org.



credit www.lovetheoutdoors.org

Kayak Hurricane, white 14', tandem, brand new seats, has been garaged in order to get seats from factory (old ones rusted), easy to steer, dry storage with sealed cover, can be driven by one person too. Only used one summer. Asking \$800, Rona ronarobinson@hotmail.com 508-364-0568. Includes yellow seat cover to protect inside of the kayak.



Men's Conquest Boots, size 7. Very warm and comfortable but not a good fit for a woman's foot. \$60 Sue Salmon atsfranc321@gmail.com

Men's Mavic Cycling Shirt, Medium. Worn once and washed. Asking \$30. Sue Salmon at sfranc321@gmail.com



<actual item pictures>

Want to sell your stuff?
email commschair@amcsem.org with the details.



<actual item pictures>

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

1. The monthly **Breeze** - email
2. **AMC Outdoors magazine** - mail
3. [Online trip listings](#)
4. Sign-up for [short notice trips](#)

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

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

Want SEM activities delivered right to your email inbox?

Sign up for AMC "digests". Access the Member Center from our home page (amcsem.org) or call 800-372-1758.

2013 Executive Board

Chapter Chair

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

Vice Chapter Chair

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

Secretary

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

Treasurer

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

Past Chapter Chair

pastchapterchair@amcsem.org
Jim Plouffe, 508-562-0051

Cycling/Biking

bikingchair@amcsem.org
John Fortier, 508-982-1855

Cycling/Biking (Vice)

bikingvicechair@amcsem.org
Joe Tavila

Cycling/Biking (Vice)

bikingvicechair@amcsem.org
Cheryl Washwell

Canoe/Kayak

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

Canoe/Kayak (Vice)

paddlingvicechair@amcsem.org
Betty Hinkley, 508-241-4782

Cape Hiking

capehikingchair@amcsem.org
Farley Lewis, 508-775-9168

Cape Hiking (Vice)

capehikingvicechair@amcsem.org
Peter Selig, 508-394-9064

Cape Hiking (Vice)

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

Communications

commschair@amcsem.org
Andrea Holden, 774-219-2426

Communications (Vice)

commsvicechair@amcsem.org
Gina Hurley, 508-362-6573

Conservation

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

Chapter Youth Program

(CYP)
cypchair@amcsem.org
Sally Delisa, 781-834-6851

Education

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

Education (Vice)

educationvicechair@amcsem.org
Barry Farnsworth, 508-272-1522

Hiking

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

Hiking (Vice)

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

Membership

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

XC Ski

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

Trails

trailschair@amcsem.org
Lou Sikorsky, 508-678-3984

Trails (Vice)

trailsvicechair@amcsem.org
Wayne Anderson, 508-697-5289

AD Hoc Committees

Social Chair

socialchair@amcsem.org
Jodi Jensen, 781-762-4483

Social (Vice)

socialvicechair@amcsem.org
Ellen Correia

Family Events Chair

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

Family Events Chair

familyeventsvicechair@amcsem.org
Bill Pellegrini

Staff

Social Networking Moderator
social.nw.moderator@amcsem.org
Susan Salmon

Webmaster

webmaster@amcsem.org
Cheryl Lathrop/Andrea Holden

Breeze Editor

breeze.editor@amcsem.org
Andrea Holden, 774-219-2426

Blast Editor

blast.editor@amcsem.org
Andrea Holden, 774-219-2426

~
Volunteer with us!

Contact chair@amcsem.org
~



View from the Chair

By Cheryl Lathrop

Do you know how easy it is for me to find my AMC hikes? Or a bike or paddle if I want to go? Do I go search? No! I let the activities come right to me—right into my email inbox. So convenient!

I used the AMC Member Center, and signed up for my 3 AMC “digests” –I picked hiking, biking, and paddling. But, you can choose any three. Access the AMC Member Center from our own [SEM website](#). Log in and choose your digests. Or call the 800 number for help doing it (800-372-1758).

Also, don't forget our SEM “SNEL”—ShortNoticeEmail-List. If you sign up and join the Yahoo group, last minute (spontaneous) activities again come right to your email inbox. So convenient. Sign up is on our [SEM website](#). (Note: The SNEL also notifies us of last minute changes and cancellations.)

And, as always, a big big thank you to all of our volunteer activity leaders who set up these great outdoor adventures for us every week!

**I'LL BE OUTSIDE ON THE TRAILS, ROADS, and WATERWAYS THIS AUGUST!
WHERE WILL YOU BE? NOT ON THE SOFA, I HOPE! GET OUTSIDE!**

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



Photo Credit: The Outdoors Guy

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)

GET INVOLVED

Be a volunteer and reap the rewards

If you'd like to give back to your SEM chapter, we'll find something small for you to do to get started. Contact the Chapter Chair at chair@amcsem.org and we'll match up your interests and capabilities with our needs.

Are you a detail person, long-time chapter member & former board member?

We're forming a committee to update our chapter Bylaws and Operating Rules.

See our current [Bylaws and Operating Rules](#). Contact your Chapter Chair at chair@amcsem.org.

Like to work with groups of children? Want to share your outdoor knowledge with the next generation?

Our Chapter Youth Program (CYP) is looking for a leader. A typical CYP might include a local walk with some nature lesson or trail game. Contact Sally Delisa cypcoordinator@amcsem.org

Like to ski? Want to see more ski trips?

Our Ski Committee needs a Vice Ski Chair to work with our Ski Chair to help to plan ski events, both down-hill and cross-country. Contact xcskichair@amcsem.org for more information.

Conservation minded? Want more conservation activities?

Our Conservation Committee needs a Vice Conservation Chair to work with our Conservation Chair to help plan conservation events and education. Contact conservationchair@amcsem.org for more information.



PADDLE TRIP REPORT - Follins/Mill Ponds

July 2, 2013

By Jean Orser, Leader

Paddlers: Jean Orser, Leader, Paul Corriveau, Co-Leader, Vickie Blair-Smith, Bill Fischer, David Metcalf, Bob Zani

A perfect day to paddle Follins/Mill Ponds as wind was 12-16mph with some gusts, but we stayed close to shore and the wind felt great. We left put-in and paddled counterclockwise around Follins Pond to Weir Creek and easily passed under the North Dennis road bridge (Boston hi tide 8:29 am 8.8 ft) into Mill Pond. We passed several crabbers and Crab Creek Conservation area. We circumnavigated the pond noting that there no longer was a putting green behind one house. There was a stiff incoming current at the bridge, but everyone made it thru quite easily. We continued paddling Follins Pond stopping to look at a spring historians say was used by Leif Eriksson around 1000 A.D. and boulders with holes typical of Norse mooring holes. Lunch on beach at 12:15 pm. Then on to Dinahs Pond and Kelleys Bay and back to the put-in at 2 pm for a total of 7.5 miles according to Bob and Bill. Along the way we saw 2 osprey nests with birds, a cormorant eating a snake, swans, geese and a egret. There was very little boat traffic which was great. A nice relaxing day to be on the water.



Photos provided by Jean Orser



Wilderness First Aid Training

The fall SEM offering of WFA (Woofer as some call it) will be held November 9 & 10, 2013 at the Chapel Meeting House in Foxboro, MA. It is taught by a professional instructor from SOLO schools.

The WFA course runs 8-4 that Saturday and Sunday. CPR follows the Saturday session. Pricing is as follows: \$145 AMC Member Price, \$170 for non-AMC members. CPR is optional for additional \$35.

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, paddling the hinterlands or backcountry skiing, accidents do happen and adverse health conditions do arise. 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. 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.

To register or for further information, contact Barry Farnsworth, Education Vice Chairperson, at educationvicechair@amcsem.org



PADDLE TRIP REPORT - Oyster Pond to Mill Pond

July 10, 2013

By Bob Zani

Paddlers: Bob Zani Leader; George Wey, Tom Jones, Cheryl Doran, Fred Anderson, Bill Hor-rigan, Jean Orser, Paul Corriveau, Betty Hinkley, Vicky Blair-Smith Sweep

Nice paddle with nice weather cooperating. We had a good workout from Mill Pond back to Stage Harbor with a strong headwind, an adverse tide, and a fair chop. Total of 9.6 miles.



PADDLE TRIP REPORT - Lewis Bay

July 17, 2013

By Ed Foster

Paddlers: Ed Foster - leader; Paul Corriveau, Jean Orser, George Wey, Hugh Blaire-Smith

I was the last to arrive at the put-in and there was only one parking spot left. Max was at the put-in planning to paddle directly to Egg Island and a Power Squadron cookout. We set off in a clockwise direction and explored the small cove at the southeast end of Lewis Bay. Two paddlers opted to carry over the sand spit connecting Pine Island to the mainland into Pine Island Creek, an attractive little cove, while the others paddled around. After emerging from the cove we headed into Uncle Roberts Cove past several fields of oysters bags. Two paddlers went under the Great Island Road bridge and pretty far up the salt marsh before running out of water. After leaving Uncle Roberts Cove it was a quick paddle to Egg Island to meet up with Max and his Power Squadron buddies for lunch and Jean's brownies. After lunch Max persuaded us to enter a Bocce competition, AMC vs. Power Squadron; we got creamed but discovered that George had a real knack for the game. Paul wanted to play another match so we had a short men vs. women game; the men won. It was getting a bit late so we decided to paddle directly back to the put-in, logging 6 very easy and pleasant miles under light southeast winds.



PADDLE TRIP REPORT - Egg island

July 17, 2013

By Max Sarazin

Paddlers: Max Sarazin (solo)

Today's Egg Island Rendezvous was as good as any with a light breeze . Paddling solo, Max went thru fleets of Optimist prams, Lasers, and Cape Cod Knockabouts . We arrived to see Lee Johnson with his USPS flag on a 9 foot pole with 3 guys on the highest point which had just come out of the water at 1055 with low tide scheduled for 1303 . USPS members arrived by kayak, sail & power . Max unloaded grille and got charcoal going to cook his rack of ribs then there was room for everything else after a short grillin . People asked about the ribs and they are Plumrose from Stop & Shop, the only good ones . Max went to move his canoe as the tide was dropping further and noticed the anchor line was gone, and just before asking for help to find his anchor he noticed he was at the wrong end of the canoe! Don't tell anyone.

Soon after, the AMC arrived with Ed Foster, Bill Wey, and Jean Orsor & Paul Carriveau . They joined in and saw what a wonderful organization the U.S. Power Squadron is, people that is - we like to party! AMCers can still take the basic boating course and join in on our upcoming Bass River Rendezvous . Anyway we got down to business with a bocce game of USPS vs AMC with Max & Joan Croft referees, course USPS won as they get more practice . AMC and the Wampys both played bocce, but one day the trip leader wasn't too happy when Max broke out the bocce balls and that ended it except when we scheduled a PaddleQue to Bees River in Eastham . The men beat the ladies in the second round . New rules in effect as of last year consisting of a woman's tee a little closer when a male member tosses out the jack ball too far, but of course women lie and cheat and men only lie when they cheat.

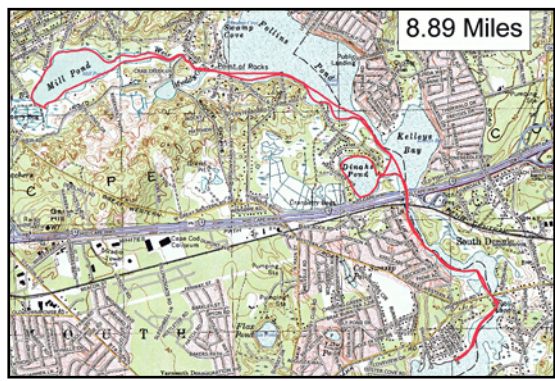
PADDLE TRIP REPORT - Bass River

July 20, 2013

By Bob Zani

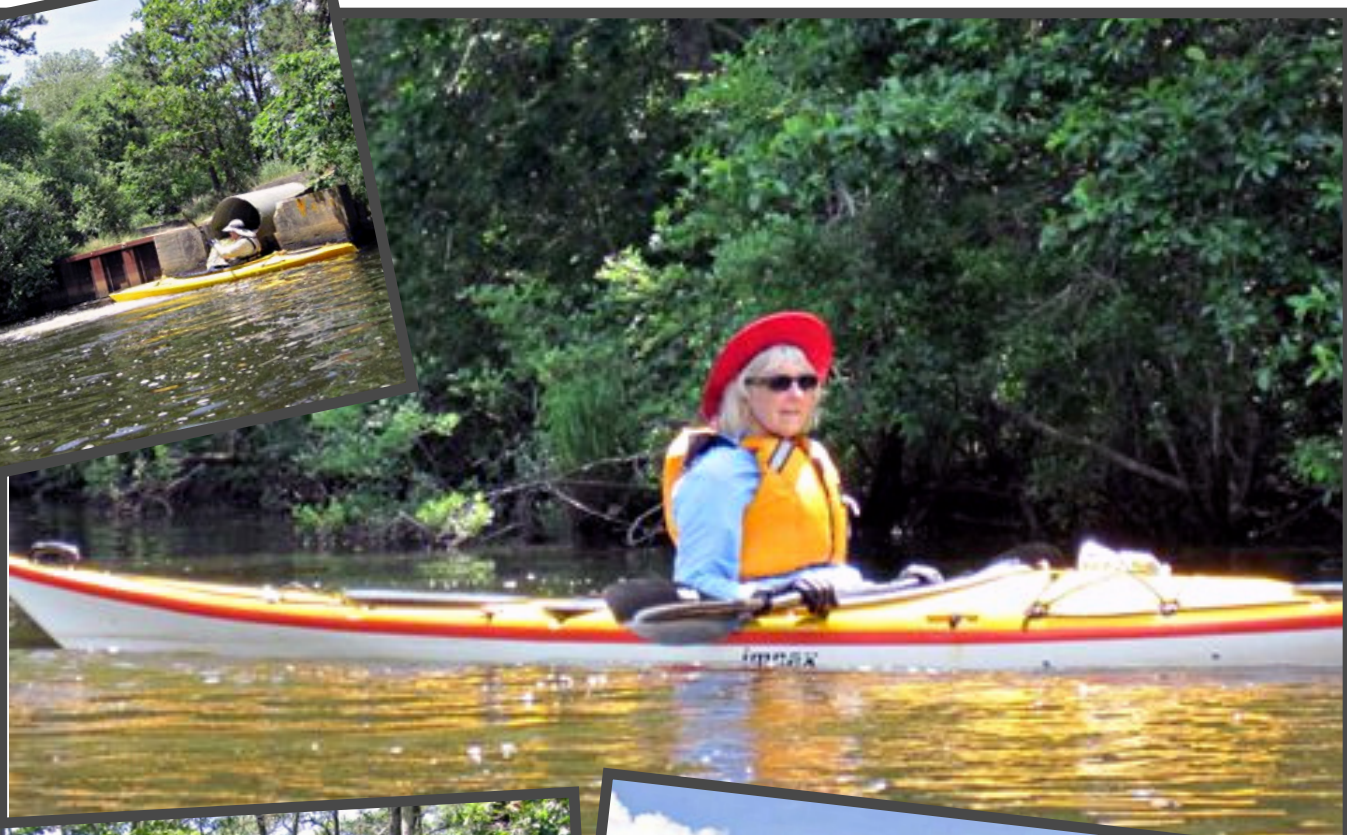
Paddlers: Bob Zani Leader, Jeff Hyman, Paul Corriveau, Jean Orser, Kerry Griffin

Windy trip to start as we headed south. After a half mile or so we could see Grand Cove where we were to meet up with Margot and her group. Could not see them so assumed they had cancelled. We were fighting a fifteen plus knot headwind and a pretty good chop which was enhanced with the high speed boat traffic so we wimped out and turned to the north. The rest of the paddle was in mostly flat water with a few small swells at times when exposed to the wind. A total of 8.89 miles with a nice group of paddlers.



On arriving home and checking email, found out that Margot and her group had waited for us on the west side of the river. We couldn't see them so we never met but both groups had a nice paddle on a windy day.

Photos provided by Jean Orser



PADDLE TRIP REPORT - Barnstable Harbor,

July 24, 2013

By Ed Foster

Paddlers: Ed Foster - Leader, Paul Corriveau, Bill Fischer Jean Orser George Wey, Bob Zani

We followed the current up Clay's Creek a bit fearful that there might not yet be enough water to get through. That turned out not to be a problem, we easily made it to the junction of Bass Creek. Paddling out of Bass Creek had us going against the incoming tide and we had to work pretty hard at places.

Once into Barnstable Harbor we found the calmest conditions we had encountered there in quite a few years. it was an easy paddle to the tip of Chapin beach where we had an early lunch. However getting in and out of our boats was made a bit tricky by the strong cross shore current set up by the still incoming tide. After lunch we decided to take advantage of the incoming tide by going up Chase Garden Creek. One paddler decided to skip that so now there were only five of us. At Bray's farm two paddlers got out of their boats to stretch their legs and check out the chickens, goats, and cattle. Once back in the boats we decided that this was a good place to turn around so we headed out against a now reduced incoming tide. After a little over a mile of following the twists and turns of the creek the tide had finally come in enough to mostly flood the marsh so we could head straight over the marsh to the put-in. We made a slight detour to get a closer look at a small seal and then continued in a straight line to the put-in and the end of an 8.5 mile paddle.



DIY - Do It Yourself - Homemade Natural Bug Spray



By Andrea Holden
Communications Chair

Recipes provided by
[Wellness Mama](#)

Fresh or Dried Herbs Bug Spray

Ingredients:

- Distilled water
- Witch hazel or rubbing alcohol

- Dried herbs: peppermint, spearmint, citronella, lemongrass, catnip, lavender, cinnamon, cedarwood, eucalyptus etc.

How to Make Bug Spray From Fresh or Dried Herbs:

Boil 1 cup of water and add 3-4 TBSP of dried herbs total in any combination from the above. Use approx. 1 TBSP each of peppermint, spearmint, catnip and lavender, and also throw in a couple of dried cloves. Mix well, cover and let cool (covering is important to keep the volatile oils in!) Strain herbs out (use paper coffee filter, cheesecloth, or metal strainer) and mix water with 1 cup of witch hazel or rubbing alcohol. Store in a spray bottle in a cool place (fridge is great) Use as needed.

Vinegar of the Four Thieves Insect Repellent

Fair warning: this stuff stinks when wet, though the smell disappears as it dries. It works incredibly well, is very strong and has antiviral and antibacterial properties. It is based on a recipe that was used by [thieves during the Black Plague](#) to keep from getting sick. They used it internally and externally to avoid catching the disease and to keep the flies and other pests away. According to legend, it worked and they survived...



Ingredients:

- 1 - 32 ounce bottle of Apple Cider Vinegar
- 2 - TBSP each of dried Sage, Rosemary, Lavender, Thyme and Mint
- 1 - quart size or larger glass or plastic jar with airtight lid (reuse pickle, coffee or couscous canister, or peanut butter jars etc)

How to Make the Vinegar of the Four Thieves Insect Repellent:

Put the vinegar and dried herbs into large glass jar. Seal tightly and store on counter or place you will see it daily. Shake well each day for 2-3 weeks. After 2-3 weeks, strain the herbs out and store in spray bottles or tincture bottles (reuse spray bottles you already have), preferably in fridge. To use on skin, dilute to half with water in a spray bottle and use as needed.

Where to get dried herbs? [YourCraftSupplier](#) on etsy.com or [Atlantic Spice](#) in Truro MA, [Mountain Rose Herbs](#) in OR

Questions, suggestions, want to know how to DIY something else?
Send to Andrea Holden, commschair@amcsem.org



Female Hikers, Unite



By Ray Anderson

Hello fellow hikers.

This column is for **all** hikers, backpackers, and campers. Most of my blog subscribers are male and most comments I've received have been from men. Judging by the increased numbers of females on trails, I would have expected more readership and feedback from women. Every year I see more of the fair sex out on trails, and that's a positive development for the AMC hiking community.

Now and then, I see something referring to women hikers. Recently, it was Trail Dames at www.traildames.com. I

don't know much about this group or how active they are, but their site looks interesting. They have eleven chapters, all in the east except for a chapter in Michigan. I suspect this is because of the increasing popularity of women, young and old, hiking the Appalachian Trail. Trail Dames held their own conference this past June in Virginia.

Another blogger mentioned the Women's Adventure Club of Centre County PA, which ran an Appalachian Hiking Series For Women this past summer. When I thru-hiked the A.T. some years ago, I remember how grateful I was to a young lady who had---all day---hailed my sack of soaked and dirty laundry I'd left at the shelter.

A couple of years ago, Jennifer Pharr Davis captured the speed record for hiking the Appalachian Trail. She trimmed 26 hours off the previous record set by a man! Click above and you'll see the stunning article from Men's Journal. That she hiked the entire length of the A.T. in 46 days, 11 hours, and 26 minutes is incomprehensible to me. She was chosen as one of National Geographic's Adventurers of the Year.

The picture below is from a hike with friends to AMC's Mizpah Springs Hut. Most of the women I see on hikes are fit and tough. Welcome.

Ray's Hiking Blog: www.TakeALongHike.com



AMC MILEAGE CHART 2013

NAME	LOCATION	QUARTER 1	QUARTER 2	YTD TOTAL	COMMENTS
Robyn Saur	Falmouth	1,120	1,204	2,324	Riding in Florida this winter
Joe Barry	Yarmouth Port	978	618	1,596	Marco Island, FL, great cycling
Bernie Meggison	W Harwich	741	864	1,605	Glad it's finally SUMMER here on the Cape!
Linda Church	Falmouth	427	796	1,223	
Ron Sikora	Cotuit	255	1,178	1,433	
Paul Currier	Sandwich	230	656	886	Been cranking out the trips and mileage
Lawrence Cohen	S Easton	199	1,052	1,251	
Ed Foster	~	129	~	129	129 miles so far, road & mountain bike.
Joe Tavilla	Osterville	126	1,058	1,184	
John F Sullivan	Marshfield	110	471	581	

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. For more information, contact amc@outdoors.org or visit <http://www.amc.org>. **AMC Seal of Honor** Massachusetts Chapter - BREEZE

Have You Wanted To Try Backpacking?

By Gina Hurley
Communications Vice Chair

Are you a day hiker who has thought about backpacking? When you hike do you wonder about the people you see carrying big packs with sleeping pads latched to them, or a pair of Crocs hanging off the back? If so, then you may be ready to take the next step, and venture into the world of backpacking. I began hiking over 20 years ago. I remember when I first became aware of backpackers, and was so intrigued by the idea of spending a night or two, or more, out in the woods, with everything you needed strapped to your back. What a concept! At first I thought those people were crazy, but the more I hiked, and had encounters with them, the more curious I became. Given that I hike with my husband, he, too, started to get the backpacking bug, and before you knew it we were thinking we should try it. But where does one start? How do you know what you need? We learned a lot by watching others, and talking to backpackers we came across on our day hikes. We also used the AMC resources, such as the *Outdoors* magazine, guide books and maps, and classes. Another great resource is *Backpacker* magazine. All of these helped us prepare for our first backpacking trip.

I remember that trip 20 years ago. We spent months buying all of the basic equipment....pack, sleeping bags, stove, and tent. We went to Kinsman Pond Campsite in New Hampshire. There is a shelter (three sided lean-to) and four tent platforms. It is run by the AMC. There is a caretaker there in the summer, and a fee is collected. There are several established AMC sites in New Hampshire with a shelter, tent platforms, water, and a caretaker. These established sites are great spots for first time backpackers. Given that there is a caretaker, you have someone to talk to and ask questions in case you run into any difficulties. Plus, caretakers are a great source for information regarding hiking in the area, and knowledgeable about backpacking, and the outdoors in general. On that first trip I brought

cotton sweatpants and Tupperware! Obviously I was a novice and had a lot to learn. But I remember walking out of the woods back to our car after two nights out thinking “We made it, we are backpackers!” In the twenty years we have been backpacking we have had some amazing trips, from overnights in New Hampshire to long-distance trips such as the John Muir Trail, the Tahoe Rim Trail, and the Long Trail. All of them have been amazing and very special. Being in the backcountry provides solitude and serenity. Something we all need.

So where to begin?

First: the equipment. You do not need to buy all of the equipment before venturing out. Today there are stores, such as EMS, where you can rent the basic equipment. The nice thing about this is that you do not have to put out a lot of money to try backpacking. Also, you can rent different types of products to see which one works best for you. Maybe the two person tent you tried last time was too small, and you would really like a three person tent, but are wondering if it will be too heavy. Renting can be a great option when first venturing out. Regarding food and a stove, for your first trip or two you can bring some simple food that does not require cooking. Examples are granola bars, GORP, jerky, tuna in a pouch, or peanut butter and bagels. These are just a few options to get you started. Once you have mastered some of the basics you can venture into carrying a stove, and cooking up some great backpacking meals.

Second: where to go on your first overnight? Considering that going out for one’s first backpacking trip may be a little anxiety provoking and can be a bit risky (what if I forget something, what if I hate it), selecting a spot that is within a few miles from the trailhead is a smart choice. New Hampshire has many options that fit this criterion, making these spots ideal for first time backpackers.

1. **AMC Kinsman Pond Campsite:** As I stated above there is a shelter and

four tent platforms at this campsite. It is reached in 4.5 miles by the Cascade Brook Trail and the Kinsman Pond Trail, off of Route 93.

2. **AMC Nauman Tentsite:** Seven tent platforms, no shelter. One of the best parts of staying at Nauman Tentsite is its proximity to the AMC Mizpah Spring Hut. It is literally steps away. You can get that hut feeling, without staying there. From 302 near the AMC Highland Center take Mt. Clinton Road to the Crawford path parking area. Take Crawford Path 1.9 miles to the Mizpah Cutoff for another 0.7 mile. This is a very popular area in the summer. If you start early you can set up your tent and then take the Webster Cliff Trail for 0.9 mile to the summit of Mount Pierce for great views of the Presidentials. You can loop back down via the Crawford Path and Mizpah Cutoff.

3. **Sawyer Pond Campsite** (no caretaker): This shelter and 5 tent platforms can be reached via the Sawyer Pond Trail, which runs from the Kancamagus highway to Sawyer River Road. This is a beautiful spot, right on the pond. The fall foliage is spectacular. It is a quick and easy 1.5 mile hike in from Sawyer River Road or a longer 4.5 mile hike in from the Kancamagus. If you are bringing children on their first backpacking trip, the route from Sawyer River Road is a great option. Just be aware that given the easy access and short distance to the trailhead it is often busy.

4. **Osgood Campsite** (no caretaker): No shelter here, just tent platforms. This is an easy to reach area, hiking 1.8 miles on the Great Gulf Trail off of Route 16, then 0.8 miles on the Osgood Trail. Although there are no great views from here, you can set up camp, and continue up the Osgood Trail to the AMC Madison Spring Hut, and Mount Madison. It is a strenuous hike from this point on so be prepared.

There are many other areas to consider for novice backpackers, these are just a few. I recommend [AMC’s Backcountry Camps and Shelters](#) for more information on these and other areas. Backpacking is a great way to enjoy the wilderness. Be safe, and get out there!

SEM annual
**CHAPTER HUT
WEEKEND (CHW)**

*Coming soon!
Look for details & signup
coming out soon!*

Cold River Camp
Sept. 19 - 22 (thu-sun)

For more information on
location and accommodations
visit Cold River Camp and
AMC Cold River



[Contact us](#) ~ [Brochure](#)

Cold River Camp

A place surrounded by mountains and by time.

Here, you can enjoy the astonishing pleasure of walking out the door of your own cabin in New Hampshire, crossing a river on a small bridge spanning the lovely Cold River, and beginning your day in the White Mountain National Forest. Here is a peaceful oasis ... surely a place to concentrate on the important things in life.

You need only to decide where to journey each day, from Little Deer and Big Deer just across the

bridge, to the great North Baldface just across the road! Magnificent hikes abound in every direction. Want larger challenges? With an early start, you can reach the Presidentials. Easy canoeing? The Saco and the Androscoggin Rivers are both close by.

Each adventure begins and ends with the good food, comfort, and companionship of the Cold River Camp. Perhaps that is why so many people return to this peaceful place year after year.

Join us this summer! Come, be part of the Cold River Camp community!

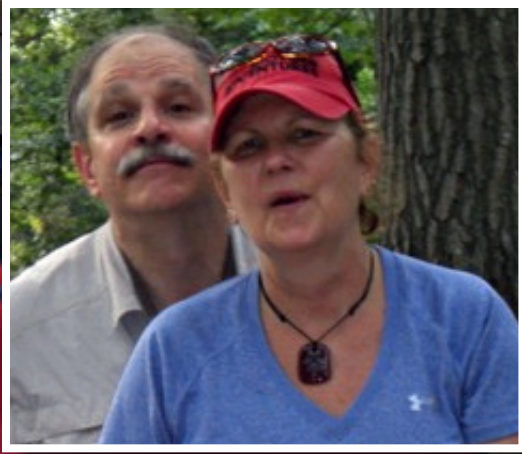
We look forward to seeing you.



**Atop
Mt. Washington
Presidential Range
Hut-to-Hut**
Courtesy of Alan Greenstein



Seventeen RLBH hikers took a night off the trail on July 18 to swim and gather around a cornucopia of delicious hot & cold food in the picnic grove adjacent to the new Houghton's Pond Bathhouse. Lots of good conversation and a fun evening were enjoyed by all in attendance. Courtesy of Alan Greenstein



Welch-Dickey Pleases in All Seasons

Paul Miller, SEM Vice Hiking Chair

Prior to this trip, I'd already hiked the popular Welch-Dickey loop near Waterville Valley in NH at least three or four times - but always in winter. These were all memorable trips to be

sure; the great views, fun scrambles, numerous exposed ledges, and (since these were all SEM trips) excellent company and scintillating conversation made the 2.5-hour drive each way well worth the effort.

At just about 4.5 miles long and only 1,650 of elevation gain, this is not a terribly challenging hike by NH standards. However, on my previous trips, the typically icy winter conditions made full crampons mandatory to prevent participants from slipping off the exposed, frequently steeply angled ledges into apparent oblivion. But what would it be like in summer, particularly if the ledges should be wet and slippery? After deciding to give Welch-Dickey a try in summer, I succeeded in roping Jim Casey into leading the trip with me (I believe his exact words were, "You do all the work, and I'll be glad to come along...") and we subsequently discussed this at some length. Since full crampons or even microspikes don't work very well in summer, we decided that if the trails were wet, the best approach would be to use extreme caution when negotiating the steeper ledges. What a strategy!

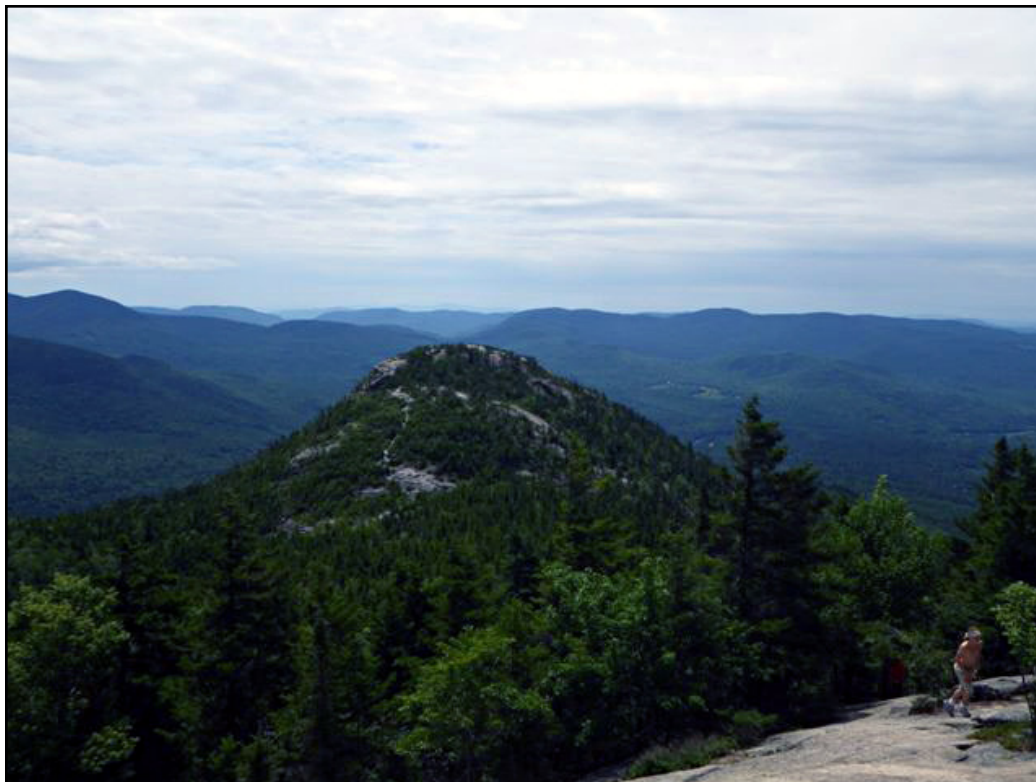
Luckily, despite numerous days of very hot and/or very wet weather in the weeks leading up to the hike (and, on the day of the hike itself, it was drizzling steadily when we left Massachusetts at 6:00 am for the drive up...), when we arrived at the trailhead off Orris Road in Campton, NH, a little before 9:00 am, the skies were mostly sunny and neither the temperature or humidity were excessive.

For reasons that still elude me, by the day of the hike, we were down to eight registered hikers. This, despite the fact that we had "wait listed" the previously oversubscribed hike several weeks before the scheduled date. When another couple cancelled the morning of the hike due to sudden illness, we ended up hitting the trail with just six hikers, including Jim and I. This turned out to be a good number, since it gave everyone a chance to interact and get to know each other.

While Jim and I had been a little concerned about stream crossings, the one crossing at the beginning of the hike



Kristen on one of the many ledges (Jim Casey photo)



Looking back at the tiny summit of Mt. Welch (Jim Casey photo)

Welch-Dickey Cont'd

soon after hitting the Mt. Welch Trail turned out to be a literal “hop, skip and a jump.” After passing through some pretty wooded areas, the trail started climbing a bit, with one or two fun scrambles. Then we hit the exposed ledges leading up to the tiny summit of 2,605-foot-high Mt. Welch and the fun really started, with more scrambles and some excellent views across the valley to Sandwich Dome and the Tri-pyramids. Atop Mt. Welch, we stopped for a snack and to take in the view up and across to the summit of Mt. Dickey (2,734 feet).

From the summit of Welch, the trail drops steeply back down into the woods and then parallels some more ledges before climbing up out of the trees to the expansive summit of Mt. Welch, where we stopped for lunch and to enjoy the views. This included some nice views across the Pemi Wilderness to Mts.

Lafayette, Lincoln, and Little Haystack on the distant Franconia Ridge. From the summit of Dickey, the trail looped back down to the trailhead, taking us along another series of exposed ledges, some quite expansive and many which offered more nice views in all directions.

We eventually arrived back at the trailhead, sweaty and well above “book time;” but fully intact, with smiles on our faces, and with plenty of time left to drive back down to Massachusetts before the popular racetrack in Loudon let out for the day, jamming up the interstate with pumped up NASCAR fans.

Winter or summer, this is wonderful hike! Several people have also told me that this is one of their favorite fall foliage hikes; but I guess I’ll have to find that out for myself...

Other Interests

*not endorsed by AMC

Swim Kayak Walk or Run

Against the Tide

Saturday, August 17

DCR's Nickerson State Park - Brewster MA

The Massachusetts Breast Cancer Coalition (MBCC)

invites you to join us for the annual statewide Against the Tide swim, kayak, walk or run fundraising event-celebrating its 21st anniversary this year! Proceeds go towards cancer prevention. Proceeds benefit MBCC toward our goal of breast cancer prevention. \$175 minimum donation per participant. To register or make a pledge on a participant, visit www.mbcc.org/swim or call 800-649-MBCC.



The “Surviving Six” atop Mt. Welch (Jim Casey photo)





AMC's Fall Gathering 2013

In the beautiful Delaware Water Gap National Recreation Area!

Home Location Accommodations Activities Meetings For Children FAQ

Registration for Fall Gathering 2013 will open July 1.

October 18-20

During the peak of the fall foliage

Activities include full and half-day hikes ranging from easy to hard, paddling trips, biking available throughout the camp roads (bikes and helmets available) or bring your own bike for a road or mountain bike ride. Horseback riding, plus canoe and boat rentals on the lake. For those over the age of 12, try the ropes course, zip line and climbing tower.

Also, tours of the nearby Grey Towers estate, once the home of conservation pioneer Gifford Pinchot, founder of the US Forest Service.

Saturday night join in the barn dancing with live music or relax around the campfire. For the kids and families, there are nature walks through a bog area, making critter creatures, biking (equipment available) for children ages seven and up. Saturday night you will have your own campfire with ghost stories, singing and a hayride.

Based at Camp Speers-Eljabar, a YMCA camp near Dingman's Ferry, PA, with on-site lake and trails. Stay in comfortable heated lodges and cabins, or tent. Family lodging. All meals provided.



Join fellow AMC members from Maine to DC!



Mohican Fall Foliage Special

Come early and hike and play for three days prior to the Fall Gathering. Stay at our southernmost AMC facility, Mohican Outdoor Center, located near Blairstown, NJ, where volunteers will be hosting a Fall Foliage Getaway on October 16-18.

Hike and paddle on the New Jersey side of the Water Gap. Hikes will be led by volunteers, or grab a map and venture out on your own. On Friday, take a scenic 45 minute drive to Camp Speers-Eljabar and the Fall Gathering.

To register for this event (not for the Fall Gathering) on line, [click here](#). Or send an e-mail to amclodging@outdoors.org. Or call AMC Reservations at 603-466-2727 Monday to Saturday 9:00 AM - 5:00 PM.



Hornbecks Creek

Appalachian Mountain Club Fall Gathering 2013 - Delaware Water Gap National Recreation Area



Appalachian Mountain Club
Delaware Valley Chapter

August Camp 2013 in North Cascades Washington



Breathtaking North Cascades of Washington State. Photo by: Éva Borsody Das

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 ▶

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 hikes every day, or add in backpacking, raft-

Photo by [Monika Jaeger more >>](#)



ing on the Skagit River or kayaking in the San Juan Islands to expand your experience. No matter what you do, you'll be surrounded by amazing vistas!

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 Skagit River, 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 Highway, considered the most scenic drive in Washington State. Our designated airport is Seattle-Tacoma International, and our fleet of vans provides transport between

Photo by [Marianne Page more >>](#)



camp and SeaTac on each Saturday.

Registration forms and detailed Camp information can found [here](#). Plan your one or two week adventure now and be part of one of the oldest camps in the AMC.

Photo by [Nancy Crowther more >>](#)



Join the August Camp Yahoo Group!

This is a useful tool to communicate with other August Campers who are signed up to go this summer. Email each other about travel plans, ask the leaders questions, etc.

To join the Group:

[Click here to join our
Yahoo Group](#)

When you get to the page, click the button "Join This Group". If you don't already have a free Yahoo account, open one to become a Yahoo Group Member, then click to join the group.

ACTIVITIES

SOUTHEASTERN MASSACHUSETTS 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)

Tues. Rides. Turn Those Tires on Tues. Rides scheduled all year long, weather permitting. 25 mi of road or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location and directions. Intermed.

pace. Riders and bicycles in top shape; tires and riders pumped and ready to roll; helmets and water req'd. L Paul Currier (508-833-2690 8 am-7 pm, pbencurrier@hotmail.com)

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

Chapter Trips

(NM) (XCE) Tuesdays
Aug. 6. Tuesday Evening Cycling. 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 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 (508-833-2690 8 - 7, currierpaul@comcast.net)

only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(NM) (XCE) Tuesdays
Aug. 13. Tuesday Evening Cycling. 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 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 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 (508-833-2690 8 - 7, currierpaul@comcast.net)

(CE) Tue., Aug. 20. Sunset/Full Sturgeon Moon Ride. Ride Description: Road cycling. L Paul Currier currierpaul@comcast.net

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

(NM) (XCE) Tuesdays

Aug. 20. Tuesday Evening Cycling. 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 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 8 - 7, currierpaul@comcast.net)

(NM) (XCE) Tuesdays

Aug. 27. Tuesday Evening Cycling. 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 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 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Sep. 3. Tuesday Evening Cycling. 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 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Sep. 10. Tuesday Evening Cycling. 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 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Sep. 17. Tuesday Evening Cycling. 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 8 - 7, currierpaul@comcast.net)

Sundays

Sep. 22. Sayonara to Summer/Autumnal Equinox Ride. Start at Skaket Beach, Orleans and do a Tour de Shore of the bay including Rock Harbor and perhaps cut over to the ocean side in Eastham. Return on some inner nook & cranny roads that include Sunken Meadow, Crooks, Campground, Thumpertown, and First Encounter Beaches for Sunset at Skaket. Tires and riders pumped and ready to roll. Helmets and water required as is registration -cancellation/rescheduling sent only to registered riders. Leader: Paul Currier currierpaul@comcast.net or call daily until 7PM 508-833-2690 C2C. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Sep. 24. Tuesday Evening Cycling. 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 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Oct. 1. Tuesday Evening Cycling. 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 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Oct. 8. Tuesday Evening Cycling. 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 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Oct. 15. Tuesday Evening Cycling. 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 8 - 7, currierpaul@comcast.net)

(FT) (NM) (XCE) Fridays

Oct. 18. Sunset/Full Hunter's Moon Ride. Ride Description: Road cycling. L Paul Currier currierpaul@comcast.net or 508-833-2690 Ride the hills and shores of Sagamore and the canal trail to Buzzards Bay. We'll catch the spectacular sunset over Onset Bay during a tour of Mass Maritime and moonrise over Plymouth Bay. C2B Tires and riders pumped

and ready to roll. Helmets, spare tube & tire tools, and water required as is registration -cancellation/rescheduling sent only to registered riders. Directions: From the former Sagamore Rotary now the Sagamore Straightaway, head toward Scusset and take Canal Road past Friendly's to the Sagamore Recreation Lot. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Oct. 22. Tuesday Evening Cycling. 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 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Oct. 29. Tuesday Evening Cycling. 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 8 - 7, currierpaul@comcast.net)

CANOE/KAYAK

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

Chapter Trips

Sat., Aug. 3. Nauset Marsh. DESCRIPTION: Nauset Marsh, Eastham. We will paddle counterclockwise around the marsh. Enter Mill Pond if the tide allows and have lunch on the east side. Plan on a nine plus mile paddle. PUT-IN DIRECTIONS: 1.5 mi N from the rte 6 Eastham rotary to Hemenway on the right. Non Eastham residents park on Hemenway. L Robert Zani (508-246-3132, rzani1534@gmail.com)

Wed., Aug. 7. North River, Marshfield-Hanover. Wed., Aug. 7. North River, Marshfield-Hanover. Put-in, Marshfield side of Union St. bridge. Spot cars in Hanover. Level 2/3. PFD req. Spray skirts may be req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey (781-789-8005 anytime, geowey@comcast.net), R George Wey (781-789-8005

anytime, geowey@comcast.net)

Sat., Aug. 10. Shoestring Bay. Mashpee River, Thatch Island, Meadow Point, Pinquicket Cove, Santuit River, depending on conditions. Level 2- 3; 8 - 10 miles. Spray skirt PFD required. Call for directions to put in 508-420-7245. L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net), R Louise Foster (Cotuit, MA 02635, 508-420-7245 Any Time, louise.foster@alumnae.brynmawr.edu)

Wed., Aug. 14. Lewis Bay. Circle Lewis Bay. Explore Uncle Roberts Cove, lunch on Egg Island, and perhaps venture into Hyannis Inner Harbor. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Aug. 17. Bass River North. Bass River, Yarmouth. We will go north and if the tides oblige make our way into Mill Pond. Probably a nine mile paddle. PUT-IN DIRECTIONS: Exit 9 on rte 6 S on rte 134. Sharp R on Upper County Road and bear L onto Highbanks to the Wilbur Park put in on the left just after crossing over the Bass River. L Robert Zani (508-246-3132, rzani1534@gmail.com)

Wed., Aug. 21. Great Island Wellfleet Bay. Explore Wellfleet Bay and Great Island. 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)

Sat., Aug. 24. Leader's Choice. Exact location will depend on wind/weather conditions. Contact the leader the week of the trip for more definite information. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Sep. 4. 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., Sep. 7. Weir River, Hingham Bay Islands. Put-In, beach

pkg.lotoffRt.3A,justbeforeHingham Harbor Rotary. Level 2-3. PDF,spray skirt req. L George Wey(781-789-8005 anytime, geowey@comcast.net). L George Wey (781-789-8005 anytime, geowey@comcast.net)

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

Sat., Sep. 14. Walker, Upper and Lower Mill Ponds. DESCRIPTION: Walker, Upper Mill, and Lower Mill Ponds, Brewster. PUT-IN DIRECTIONS: Exit 10 off rte 6 S to the four way stop sign and R on Queen Anne Road. R on Depot Road at the next four way stop sign. This becomes Slough Road after crossing the Brewster Town line. Stay on the road for the put in on the right. L Robert Zani (508-246-3132, rzani1534@gmail.com)

Wed., Sep. 18. HERRING RIVER NORTH-W Harwich. Paddle up stream to Coy Brook to end & back to Herring River for lunch at North Rd bridge. Afterwards paddle to west & east reservoirs for total of 8 mi.Rte 6 exit 10, R 124 S, R 39 S, R 28 N, L Town Landing. Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8

pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Saturdays

Sep. 21. Mashpee River. Put-in: Rt. 6 to Exit 5 (Rt 149);South on 149 to Rt. 28;Right onto Rt. 28 to Mashpee Rotary;From rotary take Great Neck Rd. S;Go 2.5 miles to unpaved parking lot on left marked Ocway Bay Boat Ramp. PFD required. Spectacular riverside wildflowers. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Sat., Sep. 21. Leader's Choice. Exact location will depend on predicted wind/weather conditions. Contact the leader the week of the trip for more definite information. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wednesdays

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

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

Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., Oct. 2. Nauset Marsh. Explore Nauset Marsh and Mill Pond. Perhaps venture into Salt Pond. L Ed Foster (508-420-7245, erfoster@comcast.net)

Saturdays

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

Wed., Oct. 9. INDIAN LAKES-Marston Mills. Paddle Middle & Mystic fresh water lakes with lunch on beach at end of Mystic Lake. total 7 miles.Rte 6 exit 5, rte 149 S for 3 mi, R Mystic Drive (after cemetery at sign for "Indian Lakes") for 7/10 mi, R at sign "Town Way to Water" to put-in.Life Vests & Spray Skirts req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., Oct. 16. CHASE GARDEN CREEK, YARMOUTH PORT. Paddle 8 mi Chase Garden Creek & tributaries. Lunch at Bray Farm or on beach near Shellfishing Plant.Rte 6 exit 8, Union st N, L rte 6A, QUICK

R Center st to Grey's Beach at end. Life Vest & Spray Skirt req. L Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com), CL Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com)

Sat., Oct. 19. Barnstable Harbor. We'll explore some of the creeks in Barnstable Harbor, probably those on the western side. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Oct. 30. FOLLINS/MILL PONDS - Dennis. Paddle Follins Pond to Weir Creek & under bridge to circle Mill Pond passing Crab Creek Conservation area and back to circumnavigate Follins Pond & have lunch - total 8 miles.Rte 6 exit 9, rte 134 N, L Setucket, L Mayfair, R Follins Pond rd.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)

CAPE HIKES

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

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

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

Chapter Trips

Mon., Aug. 19. Full Moon Hike Cape Cod Canal. Two hour hike, to enjoy the sunset and full moon while we walk to end of canal, east on Town Neck Beach to Sandwich boardwalk and back through Sagamore village. From 6A take Tupper Rd and turn N onto Freezer Rd., park in lot at end of road. Meet 5:45 PM, hike starts 6 PM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Thu., Sep. 12. Nickerson State Park - Brewster. If >62 years old, obtain NEW LIFETIME FREE PARKING PASS at entrance. Meet at Fisherman's Landing for hike around waterways and woods. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sun., Sep. 15. East Dennis, Crowes Pasture (C3D). Scenic woods, sandy rd, by meadow to beach. Binoculars. Rte 6A East Dennis to L on School St, R on South St, straight past cemetery to pkg lot on R. 2 hours, Meet 1:15 pm. L Julie Early (508-776-4432, jearly@capecod.net)

Thu., Sep. 19. CataumetGreenways, Bourne (C3C). Wooded hike, bogs and farms, some hills. Stop at historic RR station. B Bridge to Otis Rotary, 1st exit Cataumet.L on 28A s, 1/4m R

on Longhill Rd., Lon County Rd., Ron Red Brook Harbor 1/2 m past stop sign park lot R 9:45 AM Heavy rain cancels. Bring water, snacks. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com)

Saturdays

Sep. 21. Provincetown: Snail Road Dunes (B3B). Meet 9:45am, Snail Road trail head on ocean side of Route 6, at the east end of Provincetown. Explore 360 views of dunes, historic dune shacks, pick some cranberries. Hike up and down to the ocean and back. Bring lunch. 3.5 hours. L Nancy Braun (508-487-4004 morning, evening, nancytruro@comcast.net)

Sun., Sep. 22. Harwich, Herring River (C3C). Wooded walk river/reservoir views, C bogs. Rte 6, Ex 10, R on Rte 124S 2 mi to ctr. R on Main St/Gr Western Rd for 2 mi to Sand Pond on R. Meet 12:45, 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Thu., Sep. 26. Hawks Nest - Harwich. Hike in State Park land and visit surrounding ponds. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sat., Sep. 28. 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 to North, right on 6A, at sharp turn go right on Summer St. to beach parking lot. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sun., Sep. 29. Bourne-Four Ponds (C3C). Two hour hike on Pine Trail, the newest trail, through diverse habitats, wetlands and forests. Route 28 to Barlows Landing Road to Bourne Four Ponds lot on right. Meet at 12:45PM. L Gary Miller (508-540-1857, garymaxxx@gmail.com)

Thu., Oct. 3. Scorton Creek Sandwich. Two hour hike, through woods, old state game farm, Nye estate and Talbot's Point. Take Rte 6 to Exit 4, turn N toward Cape Cod Bay, turn L on Old County Rd to 6A and turn R and just beyond used car dealership and before bridge turn R on dirt road. Meet at 9:45 AM, hike starts at 10 AM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Thu., Oct. 10. Eastham, Nauset Marsh (C3C). Walk perimeter of vast historic marsh. From Rte 6 in Eastham R on Gov. Prentice Rd, R on Fort Hill Rd to first pkg lot on L. Meet at 9:45 sharp to carpool to Salt Pond Visit Ctr. 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Sun., Oct. 13. Yarmouth, Three Ponds. Hike cranberry bogs and through woods passing by three ponds. L Janet DiMattia (jandimattia@verizon.net)

Thu., Oct. 17. Ryder Beach, Truro. 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 9:45 a.m.. 2 hours. L Janet Kaiser (508-432-3277 Before 9 p.m., jtkaiser@comcast.net)

Sat., Oct. 19. 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., Oct. 20. Maple Swamp Sandwich. Hilly hike through historic woodlands which date back to original settlers, home to Maple swamp, quaking bog and other sites. Take Rte 6 to Exit 3 turn S on Quaking Meetinghouse Rd and take immediate L on Service Rd, Maple Swamp approx. 1 mile on R. From upper Cape take exit 4 turn S over highway and take immediate right onto Service Rd, Maple Swamp approx. 1

mile on left. Meet 12:45 PM start 1 PM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Thu., Oct. 24. Barnstable-Crooked Cartway (C3C) Hike. Wooded walk to The Deck. Mostly flat, some hills. Take Rte. 149 (N or S) to Rotary at Cape Cod Airport, Marstons Mills. West on Race Lane for 1.1 miles. Right onto Crooked Cartway. Go to end. Meet at 9:45AM. 2 hours. L Farley Lewis (508-775-9168, farlewis@comcast.net)

Sun., Oct. 27. Mashpee/Barnstable, Santuit Pond and River. Water views, abandoned and working cranberry bogs, woodland trails. Starting time 12:45 for 2 hrs. The directions are: Rt. 6, Exit 5, South on Rt. 149 to Rt 28. Turn Rt. on Rt. 28, Ron Santuit-Newtown Road for 0.8 to yellow gate and parking lot on left. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Thu., Oct. 31. Mashpee South Cape Beach (C3C). Flat hike through woods for 2 miles, then 2 miles on sandy peninsula, or dirt fireroad. From Mashpee rotary, take Great Neck Rd.S 2.7 mi, left on Great Oak Rd. Follow to town beach pkg. Meet at 9:45. 2 hours. L Gary Miller (508-540-1857, Garymaxxx@gmail.com)

Saturdays

Nov. 2. Provincetown: Snail Road Dunes (B3B). Meet**10:45**am, Snail Road trail head on ocean side of Route 6, at the east end of Provincetown. Explore 360 views of dunes, historic dune shacks, pick some cranberries. Hike up and down to the ocean and back. Bring lunch. 3.5 hours. L Nancy Braun (508-487-4004 morning, evening, nancytruro@comcast.net)

Sun., Nov. 3. Truro, Bearberry Hill (C3C). Sand path Ballston to Longnook Bchs, hilltop 360 view. Rte 6 to Pamel Rd, R off ramp, L at S Pamet Rd to beach pkg lot. Meet 12:45pm, 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Sun., Nov. 10. Nickerson State Park. Hike in back sections of the park. Trails, woods roads and ponds. L Janet DiMattia (jandimattia@verizon.net)

Thu., Nov. 14. Ryder Conservation Sandwich. Scenic hike along edges of Mashpee and Wakeby lakes through Lowell Holly conservation area. Take Rte 6 to exit 3 Quaker Meeting-house Road and turn S to traffic light, turn L on Cotuit Rd, go approx. 1.5 miles and Ryder Conservation is on the right. Meet 9:45 AM start 10 AM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Saturdays

Nov. 16. Truro- High Head Sand Dune Walk (B3B). Meet at**10:45** am at High Head Rd., as far as you can drive in toward the bike trail. We will hike over dunes and continue on the beach. Walk back via the bike path to Pilgrim Spring and panoramic views. 3.5 hours. Bring lunch. L Nancy Braun (508-487-4004 morning, evening, nancytruro@comcast.net)

Sun., Nov. 17. Ryder Beach. Hike from Ryder Beach to Atwood House with views of Cape Cod Bay. L Janet DiMattia (jandimattia@verizon.net)

Thu., Nov. 21. Sandy Pond Recreation, West Yarmouth. Wooded trails, pond views in mid-cape area. Route 6 Exit 7S, left on Camp Street, left on Buck Island Road, and left at Sandy Pond Recreation Area. Meet at 9:45am. 2 hours. L Janet Kaiser (508-432-3277 before 9:00 p.m., jtkaiser@comcast.net)

Sun., Nov. 24. Barnstable-Bridge Creek Conservation (C3D) Hike. Flat terrain, cedar upland, maple swamp and salt marsh, bogs, stone walls. Meet at 12:45am. 2 hrs. From Exit 5 off Rte 6 North on Rte 149. Park along grass triangle on immediate left beside church. L Farley Lewis (508-775-9168, farlewis@comcast.net)

Sun., Dec. 1. Flax Pond Con-

servation, Dennis. Rolling hills near Flax Pond, golf course, wooded trails in wellfield area. Park on Setucket Rd at Flax Pond Conservation, East of Yarmouth- Dennis Town Line. Meet 12:45 p.m. 2 hrs. L Janet Kaiser (508-432-3277 before 9 p.m., jtkaiser@comcast.net)

EXECUTIVE COMMITTEE

Seeking 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

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 exp., conditioning, clothing, and equipment.

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

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

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

Chapter Trips

(FT) (NM) Thursdays
 Aug. 1. 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
 Aug. 8. 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., Aug. 10. Mt Cardigan Hike. The bare rocky summit of Mount Cardigan, at 3,155 feet, affords a 360 degree view stretching from rural New Hampshire to the summits of the White Mountains. Starting at the AMC Lodge our hike will take us up the Manning Trail to Firescrew and over to the Mount Cardigan fire tower. Our descent back to the Cardigan lodge will take us over Rimrock and Orange Mountain via the Skyland, Vistamount and Clark Trails. Depending on weather and trail conditions the route could be changed by hiking down the Clark trail. L Walt Granda (508-999-6038 Before 9:00 PM, wlgranda@aol.com), CL Pau Miller , R Walt Granda (508-999-6038 Before 9:00 PM, wlgranda@aol.com)

(FT) (NM) Thursdays
 Aug. 15. 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., Aug. 17. Whiteface Mtn. Loop hike over Blueberry Ledge Trail to Rollins Trail to Dicey's Mill Trail. Strenuous hike with challenging rock ledge scramble and a water crossing. One of the more challenging hikes in the Whites. For experienced White Mtn hikers only. Magnificent views from bare ledge precipices. El 4010, el change 2838 Ft, 10 mile loop. L Len Ulbricht (lwu9944@verizon.net), CL sue franconi-salmon (sfranc321@gmail.com), R len ulbricht (lenu44@gmail.com)

(AN) (CE) Mon., Aug. 19-25. Mount Katahdin Backpack. Join us for an extended backpack through Baxter State Park. We will camp at Wassataquoik Stream, Russell Pond, Roaring Brook, and Chimney Pond. Weather permitting we will summit Mount Katahdin, traverse the Knife Edge and summit Pamola. We will also plan on climbing Hamlin Peak via Hamlin Ridge. Group dinners provided. L Ken Jones (508-697-0142 6-9 pm except Thursdays, lotsoluck@comcast.net), CL Luther Wallis (508-310-3949, lew89@comcast.net), R Ken Jones (207 Walnut

Street, Bridgewater, MA 02324, 508-697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays
Aug. 22. 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
Aug. 29. 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)

Fri., Aug. 30-Sep. 2. Labor Day Weekend in VT. Enjoy the weekend in VT hiking and car camping. Hikes include Camels' Hump, Mt. Mansfield, Mts. Ellen and Abraham. L Leslie Carson (508-833-8237, ltc929@comcast.net), R Leslie Carson

(FT) (NM) Thursdays
Sep. 5. 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
Sep. 12. 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., Sep. 14-15. N. & S. Twins and the Bonds. End of summer hiking, staying at Galehead hut with meals provided. Summit five 4K Footers with superb views. L Leslie Carson (508-833-8237, ltc929@comcast.net), CL Maureen Kelly (moke1773@aol.com), R Leslie Carson (508-833-8237,

ltc929@comcast.net)

(FT) (NM) Thursdays

Sep. 19. 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

Sep. 26. 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., Sep. 28. Introduction to AMC Hiking - Mount Tom Trail. An easy hike that strolls through forests, stream, as well as a cliff outlook. It is part of the Arcadia Wildlife Management Area. Great for new time hikers as well as new and current members. L

Sue Chiavaroli (508-496-6452, brillo6452@yahoo.com), CL Nancy Coote (508-596-8222 7-9PM, nmcoote@yahoo.com), R Sue Chiavaroli (508-496-6452, brillo6452@yahoo.com)

(FT) (NM) Thursdays

Oct. 3. 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., Oct. 5. Carter Notch via Wildcat River Trail. Join us as we venture into beautiful Carter Notch from the south via the relatively untrammelled Bog Brook and Wildcat River Trails. Can be combined with leaders' hike on Sunday, if desired. L Paul Miller (508-369-4151 before 9:00 PM, paulallenmiller@verizon.net), L Maureen Kelly (mokol773@aol.com), R Paul Miller (508-369-4151 before 9:00 PM, paulallenmiller@verizon.net)

Sun., Oct. 6. Mt Chocorua via Brook and Liberty Trails. Join us to hike Mt Chocorua up the Brook Trail and down the Liberty Trail. Chocorua's elevation is 3500' but it gives you the feel of a 4000' mountain with

360° views from the top. The hike will be 7.5 miles, 2600' elevation and will have some strenuous sections. This hike may be combined with leaders' Saturday hike. L Maureen Kelly (508-224-9188 before 8 pm, mokol773@aol.com), CL Paul Miller (paulallenmiller@verizon.net), R Maureen Kelly (508-224-9188 before 8 pm, mokol773@aol.com)

EDUCATION

(AN) (XCE) Sat., Nov. 9-10. WFA Training. The WFA course runs 8:30-4 Saturday and Sunday in Foxboro, MA. Optional CPR is available. SOLO has been engaged to provide the instruction. Pricing is as follows: \$145 AMC Member Price, \$170 for non-AMC members. Pricing includes lunch and break service both days. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save life in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. L Len Ulbricht (lenu44@gmail.com), R Barry Farnsworth (educationvicechair@amcsem.org)