

“Reunite With Old Friends and Make Some New Ones”

# The Southeastern Massachusetts Chapter Of the Appalachian Mountain Club

Invites You to the

## *Annual Meeting*

Followed by the

## *Annual Dinner*

Saturday, November 2, 2013

## Salerno's in Onset



4:30 pm - Registration and Happy Hour

5:30 pm - Annual Meeting - no charge

6:30 - pm Buffet Dinner - \$20 per person/\$30 after Oct. 19

Distinguished Service Award, Raffles, Other Awards, SEM Green Vests for Sale

*Speaker: Gina Hurley*

*“A Dozen Life Lessons Outdoor Adventure Has Taught Me”*

Bring your old sneakers to recycle - [nikereuseashoe.com](http://nikereuseashoe.com) Bring your worn-out fleece to donate

Click [here](#) to register. Click [here](#) with questions.

*All SEM members, potential members, spouses and friends are welcome*

### Trip at a Glance

Activity: Hiking  
 Offered By: Southeastern MA  
 Status: Open  
 Location: Sandwich, MA,  
 Massachusetts,  
 Cape Cod, MA



## Annual Winter Hiking Workshop

### Saturday November 2

Learn how much fun winter hiking can be at our annual workshop! Experienced SEM winter hike leaders will cover clothing, equipment, nutrition, and conditioning for safe and enjoyable winter hiking. Registration is required for this activity. [More information >>](#)

**Registrar: Paul Miller**

[hikingvicechair@amcsem.org](mailto:hikingvicechair@amcsem.org)

**Leader: Paul Miller**

[hikingvicechair@amcsem.org](mailto:hikingvicechair@amcsem.org)

**N F** New members especially welcome and Great for first timers in activity area

## SAVE THE DATES

**Fall Gathering** (all chapters)  
 Oct. 18-20  
 Annual Meeting & Dinner  
 Nov. 2  
 SEM WFA (Wilderness 1st Aid)  
 11/9-11/10  
 Hike Planning Meetings 6:30pm  
 12/4/13, 3/5, 6/4, 9/3, 12/3  
 Board Meetings 6:30pm  
 10/9, 11/13  
**AMC 138th Annual Summit**  
 1/25/14  
 SEM Intro to Winter Fun  
 2/7-2/9/2014



### 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](mailto: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](mailto: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](mailto: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](http://amcsem.org)) or call 800-372-1758.

## 2013 Executive Board

### Chapter Chair

[Chair@amcsem.org](mailto:Chair@amcsem.org)  
 Cheryl Lathrop, 508-668-4698

### Vice Chapter Chair

[vicechair@amcsem.org](mailto:vicechair@amcsem.org)  
 Maureen Kelly, 508-224-9188

### Secretary

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 Karen Singleton, 508-730-7702

### Treasurer

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 Patty Rottmeier  
 508-982-1099 (c), 508-228-4207 (h)

### Past Chapter Chair

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 Joe Tavila

### Cycling/Biking (Vice)

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 Cheryl Washwell

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### Canoe/Kayak (Vice)

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 Andrea Holden, 774-219-2426

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### Membership

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### AD Hoc Committees

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 Bill Pellegrini

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### **Volunteer with us!**

Contact [chair@amcsem.org](mailto:chair@amcsem.org)



# View from the Chair

*By Cheryl Lathrop*



First the “Annual Meeting” where we elect our SEM chapter officers for 2014. You needn’t pay for, nor attend, the annual dinner to vote. Just come to the meeting!

Then Happy Hour followed by a yummy buffet dinner with something for everyone. An interesting speaker—one of our own SEM members! All mixed in with door prizes and raffles. Bring your old sneakers and your old fleece as we’ll be collecting for charity.

So, catch up with all your old SEM buddies! Meet our new members! Reserve your spot now!

*Cheryl Lathrop*

Chapter Chair

Got something to say? Got a good idea? Want to volunteer?  
Feel free to contact me anytime about anything! [chair@amcsem.org](mailto:chair@amcsem.org)



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

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

# GET INVOLVED

Be a volunteer and reap the rewards

## 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 downhill and cross-country. Contact [xcskichair@amcsem.org](mailto:xcskichair@amcsem.org) for more information.

## 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](#) at the bottom of the webpage. Contact your Chapter Chair at [chair@amcsem.org](mailto: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](mailto:cypcoordinator@amcsem.org)

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](mailto:chair@amcsem.org) and we'll match up your interests and capabilities with our needs.



## REUNITED

### AMC SEM HELPS REUNITE 30 YEAR OLD FRIENDSHIP

"Sam" Ruth Janke  
North Region  
&  
Louise Riemenschneider Foster  
Southeastern MA

Photo taken on the summit of Luxmore on the Kepler Track in New Zealand in 2010 during an AMC Adventure Travel Trip Led by "Sam" Ruth Jamke; in red. Louise is not pictured. Provided by "Sam" Ruth Jamke

## 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, ani-

mal 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](mailto:educationvicechair@amcsem.org)

# Jim Casey; I'm an official Red Liner now, I have a PATCH~!!



My RLBH Patch

**I**t was August 25, 2013 at 7:15pm when I walked the last trail to complete my Red Lining of the Blue Hills. It took just under two years, but I managed to hike every trail, just

over 120 miles of them, in the Blue Hills Reservation with the help of my AMC friends.

I joined the Thursday night Red Liners back in early 2011. First thing I needed to do was print out the oversized Blue Hills Reservation map so I could track each trail, then I was off; up to Great Blue for a spectacular view from the tower overlooking Boston, then over to Buck Hill (and yes, I saw a buck there, so it's an appropriate name), next we headed through the Great Swamp, then to Rattle Snake Hill, then out to Chickatawbut Tower, around Houghton's Pond, over to Tucker Hill, mile after mile I began to highlight the trails with my red marker (Red Lining~!).

Each Thursday night our AMC group met at different



This little fella was only about 6 inches long, but he was feisty

locations around the Blue Hills Reservation and headed off for roughly two hours of hiking the scenic reser-

vation. I was amazed at how big and diverse the Blue Hills is. We ran into deer, hawks, snakes, turtles, frogs, Great Blue Heron and much more.

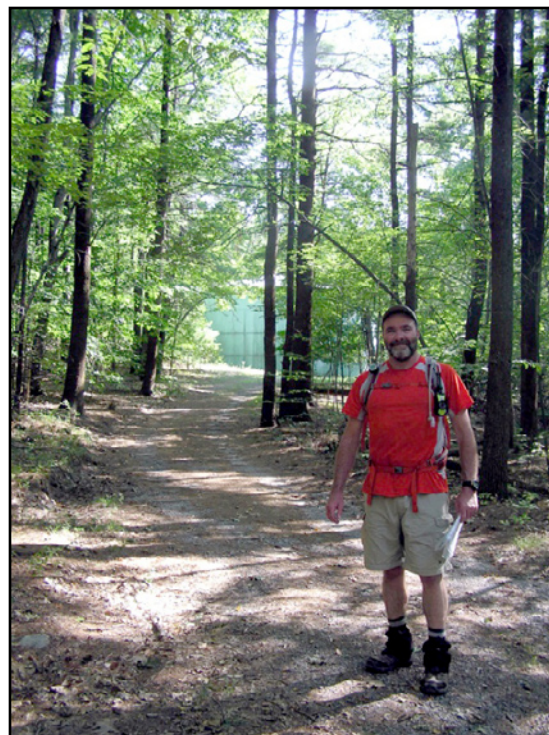
We also ran into several lost hikers. In fact, one time when I was leading a hike, we ran into some hikers who got separated from their group and couldn't figure out how to get back to their car. It was approaching dusk, and they had no map or headlamp. We headed them in the right direction, pointing them to a main trail so they could safely hike back.

I love to hike and enjoy hiking with others – especially telling stories and just having a lot fun in the process. The RLBH series was right up my alley; rain or shine, we hiked each Thursday night through the reservation on a pre-planned set of trails. On more than one occasion, we arrived back at our vehicles with headlamps lighting the way.

I met a bunch of great people, had a ton of laughs and actually accomplished a goal. (My mom was so proud, I had finally accomplished a goal and it only took me 51 years. )

Special thanks to the RLBH Hike leaders; Maureen Kelley, Joe Keogh, M i c h a e l Swartz, and all the Red Liners for helping me achieve this incredibly fun goal.

Now I'm getting ready to White Line the Blue Hills....yes, I'm going to hike every trail during Winter~!!



My last trail to the Water Tank above the Trailside Museum

# Cathy MacCurtain My journey began.....



**M**y journey began in April 2012 when I joined the conditioning hikes lead by Ken Jones. I had been recently laid off and was trying to keep busy while looking for employment. After each hike I would highlight the trails I had hiked. I continued hiking the Blue Hills and surrounding areas with the DCR and the AMC.

In April 2013, I again joined the Tuesday morning conditioning hikes. After speaking with other hikers in the group, I learned about the redline group and was intrigued by the idea of hiking all the trails in the Blue Hills. Having completed some of the trails already, I began redlining in April with the goal of finishing by the end of September.

Upon realizing how challenging my goal was, I continued to hike on Tuesday mornings when the conditioning hikes ended, and also on the weekends. After each Thursday night hike I was more motivated to conquer the Blue Hills and was hiking whenever I had the time. When I was going to hike a remote section, I would ask a co-hiker or friend to accompany me. My husband hiked with me on weekends.

I finished my last section of trails on Saturday September 7. It was a rewarding experience as it allowed me to meet so many great people along the trails. Thanks to everyone that helped me!



## The Appalachian Mountain Club's **138th Annual Summit** Saturday, January 25, 2014

Four Points by Sheraton Norwood Hotel & Conference Center

You can find additional information about the Annual Summit, including meeting schedules, workshops and information on our evening speaker, Kristen Kelliher [visit >>](#)

Photos courtesy of Jean Orser



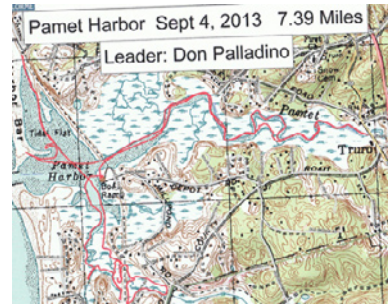
Could not have asked for a better day. Arrived at Pamet Harbor and yes there was a \$6 fee but were welcomed by the Assistant Harbor Master who even helped some carry their kayak down the wooden stairs to the launch.

We launched an hour before high tide and unlike previous trips this time paddled south from the harbor into the marsh. Since the tide was coming in there was ample water to paddle all the way to Mill Pond Road and explore the entire tidal marsh before returning to the harbor and proceeding north on the Little Pamet River toward

Corn Hill. We stopped at precisely noon on the protected side of the Harbor Bar for lunch.

# Pamet River Truro

## September 3, 2013



After lunch, and Jean's brownies for all, we paddled east up the Pamet River to "Truro Center" before returning with the outgoing tide to the launch site. However, perhaps a first for an AMC paddle, on the return trip we ran into a Boston Whaler with an outboard that had quit, so they threw a line to Gary Robinson who

pulled the Whaler with three on board safely back to the harbor. Jean has photos of this noteworthy event - AMC Public

Service Award perhaps? Well done Gary. We were welcomed back to the harbor by the Harbor Master who has quite a story of his own about his service in

WW II to tell.

Saw little wildlife, a few herons and gulls, and overall an enjoyable 7.5 mile paddle. Next year we'll have to bone up on the history of the area, or perhaps paddle the upper Pamet.

Paddlers: Jean Orser, Paul Corriveau, Vicki Blair-Smith, Gary Robinson, Don Palladino (Leader), Louise Foster, Ed Foster, Pat Carden, Bob Zani



## PADDLE TRIP REPORT - Hingham Bay/Weir River

September 7, 2013

By George Wey

*Paddlers: Vicki Blair-Smith and George Wey*

It was another great day for a paddle. We launched at the usual time 10:30 and crossed Hingham Harbor to the Trustee's Reservation. Paddled along the shore then around Worlds End and down the Weir River. At the Straits Pond sluice gate we turned around and headed back up river stopping at Trustee's Reservation for lunch.

Many years ago I was involved in the re-construction of Nantasket pier in Hull, so after lunch we decided to paddle over and check the condition of the pier after those many years. It appeared to be still in good condition.

Heading back we encountered a southwesterly breeze after rounding Worlds End. Paddled by the four Hingham Harbor Islands keeping Langlee, Sarah & button on our left and Ragged on our right. Reached the put-In at approximately 3:00 after a 11 mile paddle.



## PADDLE TRIP REPORT - Mashpee Wakeby Ponds

September 11, 2013

By Ed Foster

*Paddlers: Ed Foster - Leader, Vicki Blair-Smith, Bill Fischer, Gary Robinson, Bob Zani*

We set off planning to do a counter-clockwise loop around the ponds. We'd be exposed to the wind going north but it would be at our backs and returning south we'd be protected by the western shore. By the time we got to the narrows between Mashpee and Wakeby we figured the wind was mild enough that we could go up the western shore of Wakeby Pond, making a figure 8 and putting on a little more mileage before the lunch stop. Even so we got to the beach at Conaumet Cove a little early. After lunch we continued our journey hugging the shore back to the put in. We arrived just as about half a dozen power boaters were arriving to launch or pull their boats. It took a while for the congestion to ease but the ramp finally cleared enough to let us bring our cars down, load up our boats, and depart. 7.5 very pleasant miles.



Mount Rainier from Van Trump Park, Mt. Rainier National Park.

## August Camp 2014

Experience Van Trump Park, Mt. Rainier National Park and Mount St. Helens with AMC's August Camp, July 19 to Aug. 16, 2014.

Come for one or two weeks, starting any Saturday. It's a full service summer camp for grown-ups, with hikes at all levels every day! Detail-savailable in December at [www.augustcamp.org](http://www.augustcamp.org).

Questions?

Contact Sam Jamke, 472-2536 before 8 pm or [regionaldirectornh@amc-nh.org](mailto:regionaldirectornh@amc-nh.org)

### AMC ACTIVITY PARTICIPATION POLICY

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



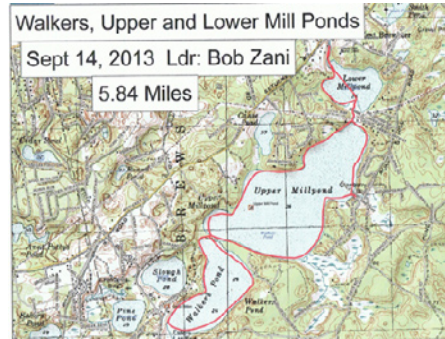
# Walker, Upper and Lower Miller Ponds

September 14, 2013

By Bob Zani

*Paddlers: Bob Zani Leader, Paul Corriveau, Jean Orser, Margot Fitsch, Joanne Snyder, Betty Hinkley, Annmarie Gavin, Steve Gavin, Bill Fischer*

Great day for a paddle which turned out to be 5.8 miles on Walkers, Upper and Lower Mill Ponds. Launched from the Punkhorn because of a very intimidating \$30.00 sign at the Slough Road put in. Margot indicated that it was inactive after Labor Day but the sign didn't say so, so the decision was made to relocate.



Photos courtesy of Jean Orser



# Herring River

September 18, 2013

By Jean Orser

*Paddlers: Jean Orser, L, Paul Corriveau, CL, Bill Fischer, Bob Zani, Margot Fitsch, Gary Robinson, Ed Foster, Louise Foster*

A perfect day for paddling the Herring River with a Boston high tide at 11 am of 10.8 ft and 5 mph southwest wind; so marsh was filled with very calm water. We started up short-cut to Coy Brook and felt there was water was too high to go under the bridge

so most of us returned to river and took a new short-cut to Coy Brook that Ed had recommended. Meanwhile Ed, Paul and Gary explored another channel and were not seen until lunch time. We paddled up Coy Brook to the Lothrop Ave bridge and returned to take a short-cut channel Bob found to the East Reservoir which we circumnavigated

Photos courtesy of Jean Orser

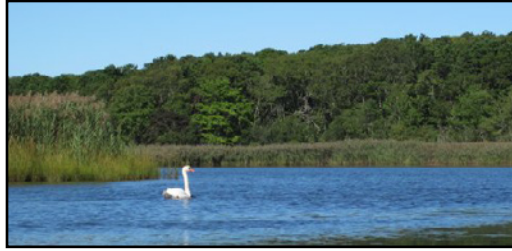
## Herring Cont'd



## Herring Cont'd

keeping our distance from the 2 swans. We took channel to the right of our entrance and paddled on the Herring River to the North Road Footbridge where we had lunch and regrouped with the explorers and exchange our adventures. After lunch we continued on the river to the West Reservoir where we viewed the Herring Run. Along the way we passed bright scarlet tupelos and a plant with pink flower clusters which Nancy Wigley says is salt marsh fleabane which

has "a faint odor of camphor, a known flea repellent, hence the name fleabane" from page 160 of "Trailside Treasures" by Nancy Wigley. Wildlife seen included osprey, great blue herons, a hawk, swans and several jelly fish. Mileage for the main group was 7.2 and the explorers had another mile or so. Thanks to Bob for all his help with his map and gps.



## Mashpee River

September 21, 2013

By Nancy Wiggley

Photo Courtesy Margot Fitsch

*Paddlers: Nancy Wiggley (L), George Wey, Ray Buchan, Margot Fitsch, Steve and Annmarie Gavin, Joyce Keay, Pat Carden, Pat and Bob Sarantis, Peter Meggison and Ken Burnes*

Twelve kayakers enjoyed the last day of summer under excellent conditions while on the AMC Mashpee River trip on Saturday, September 21, 2013. We launched at 10:30 a.m. from the Town landing onto Ockway Bay (free parking after Labor Day) and with a tail wind went past Gooseberry Island and up the beautiful Mashpee River with its wooded conservation lands on both sides. The theme of the trip was to view the wetland wildflowers which grow in abundance and bloom at this time of year along the edges of the river especially in the section near Route 28. Flowers seen were: Cat-tails, red Cardinal flowers, blue Forget-me-nots, the mauve-color blossoms of Joe Pyeweed, Climbing hempweed, the

rare Burr-marigolds (yellow blossoms), Salt marsh fleabane with its clusters of pink blossoms and fragrance of camphor, golden Jewelweed reputed for being the natural antidote for poison ivy, etc. as well as ribbons of green aquatic plants undulating in the current of the shallows. The population of wild rice which has been seen in years past has proliferated substantially. Birds seen were: Great Blue Heron, Little Green Her-



Ockway Bay TL



Hidden cove

## Cont'd Mashpee

on, flock of Red-wing Blackbirds, Kingfishers, an adolescent Swan, Cormorants, five Mallard ducks, and a large group of Canada Geese. We stopped for lunch just south of Canaway Cove on a high point of land which afforded spectacular views of

the river in both directions. After lunch we explored Canaway Cove. "It is here that there is an old wooden aqueduct, a ghost of days when it carried water west from the river to the cranberry bogs. Canaway Cove marks the farthest reach of the sea's salt water where it meets the freshwater flowing south from Mashpee/Wakeby Ponds.

The Mashpee River, famous for its "salters" or sea-run brook trout, once drew statesman-fishermen such as Daniel Webster and President Grover Cleveland." The return trip had us back by 2 p.m. where we noted the rising astronomically high moon tide ( 11.1 ft. )which now covered much of the launching ramp.



Exploring after lunch



Climbing the hill to have lunch

My sincere appreciation to the following people (listed in order from the sign-in sheet) for joining me to see the wildflowers best viewed as we did from the water. Your company and camaraderie made for a memorable trip. Special thanks to Margot Fitsch who has provided the photos for your enjoyment.



Pat Carden



Wild Rice



Cardinal Lobelia



Burr Marigolds



Lucia lives in Montreal. About 15 years ago there was a pretty girl sitting on an overturned dinghy reading a book. When she saw all the AMC canoes she said she wished she could go, so Libby offered her

## Lucia; a long lasting friendship

the seat in Max's bow. But Max offered to come back the next day instead and take her down Swan River. She had a wonderful time and all including swimming from his canoe.

She was staying with an aunt by Swan Pond, but a few years ago the aunt died, so she has a friend in Brewster where she now stays for a week.

Until a couple years ago Max took her paddling or flying. Last year they spent the day

in Provincetown, but this year they explored all around Rock Harbor, and they went out to eat at Seafood Sams. Usually they go out to eat or he cooks for her here, like scallop casserole or baked stuffed lobster. Max used to take her to the Pilot's Breakfast where they all love her.

Lucia was a model, and her daughter is an actress in Canada. Another former Canadian friend, a neighbor, is Trixie shown on left with Lucia.



Photo Courtesy of Ed Foster

# Barnstable Harbor Western Creeks

By Ed Foster

*Paddlers: Ed Foster - leader, Paul Corriveau, Bill Fischer, Louise Foster, Betty Hinkley, Jean Orser*

Autumn is particularly lovely in the Great Marshes of Barnstable Harbor with the marsh grasses showing beautiful golden hues. However when trying to navigate through narrow creeks and drainage ditches those grasses can pose problems. More about that later.

We set off north across the harbor toward Wells Creek. The entrance to Wells Creek is very difficult to see until you're practically on top of it but previous paddles had shown us what landmark to aim for so we got to it with no difficulty, especially with the wind at our backs. We paddled up Wells Creek as far as we could go while leaving enough room to turn around and not have to back paddle out. Instead of going all the way back to the entrance we took a previously discovered "short cut" through the

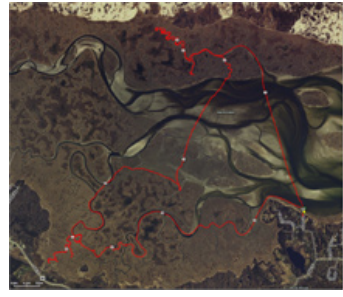
marsh. Alas, we found ourselves blocked by tall marsh grass and couldn't see where the route was. Frustrated we backtracked to Wells Creek and took another path through the marsh a little further east. When we emerged into Barnstable Harbor we encountered a 15 MPH wind right in our faces. Deciding that eating lunch under those conditions would not be pleasant we decided to cross the harbor and hope that the south side would provide some protection from the wind.

Once across the harbor we couldn't find any dry land to use as a lunch spot. We were also half a mile east of the Bridge Creek, which was our goal. It was a relatively calm paddle to Bridge Creek but once in the creek we again got periods of gusty winds. Again our goal was to use the man made drainage ditches to get from Bridge Creek to Brickyard Creek and once again the marsh grasses blocked/hid the route. Since by now we were really hungry we found a relative high point (which was still under a couple inches of water), and pulled out to have lunch.

The boats provided a dry place to sit but a few paddlers ate standing up.

After lunch we made one last attempt at finding a route to Brickyard Creek and this time were successful . . . sort of.

Now the high tide mostly flooded the marsh and made it difficult to find the channel (it turned out we crossed it twice without seeing it). We finally stumbled onto a channel that led us to Brickyard Creek and from then on the trip back to the put-in was uneventful. We did a total of 11.7 miles on what should have been closer to a 9 mile trip. This is a much easier trip in the spring (see the 27 April trip report) because the grasses aren't high enough to hide the channels but the marsh is SO much prettier in the fall. Maybe by next year I'll have it perfected.



# Waquoit Bay

September 25, 2013

By **Bill Fischer**

Photos Courtesy **Jean Orser**

*Paddlers: Bill Fischer - George Wey - Jean Orser- Paul Corriveau - Louise Foster - Ed Foster*

The conditions for a early fall paddle were near perfect today on Waquoit Bay. It is truly a wonderful place to paddle with many options regarding where to go and how long to paddle. We went Down the Childs River and turned left onto the Sea Pit River . We then paddled across Waquoit Bay with a lite breeze coming over our left shoulder. I was worried there would be enough water to make it thru the culvert under Meadow Neck Road but as it turned out there was plenty. We then moved into Hamblin Pond and down Little River back to Waquoit Bay.

We paddled across the Bay with the slight wind now coming over our right

shoulder. We made it to Washburn Island just after noon and stopped at lovely beach for a private lunch. Washburn Island is a true gem on Cape Cod. Well worth the paddle for anyone who enjoys beach, water and sun. After lunch 5 Paddlers went South to Tim's Pond and to the Portage over to the Childs River. One Paddler went North up Waquoit Bay and the Sea Pit River back to the put-in. We all made it back to the put-in around 2pm. 7+ miles of wonderful paddling.



## WANTED - SKI COMMITTEE LEAD

Looking for someone to take over the ski committee and plan xc ski & downhill ski events in the winter.

Contact the current ski chair at [xcskichair@amcsem.org](mailto:xcskichair@amcsem.org)

# Take A Long Hike



By Ray Anderson

Hello fellow hikers. Hiking in the rain happens all

the time. You get used to it. Getting wet is one thing; sleeping in dampness is another. Anyone who's slept in a damp sleeping bag will tell you of their misery on a cold night.

You may know of hikers who quit their thru-hike because they got tired of dealing with rain. I saw it happen during the usual rainy spring on the A.T. and on Vermont's Long Trail during a weeks-long stretch of downpours. Hikers complained of damp sleeping bags and wet clothes that couldn't dry. These hikers didn't sleep comfortably.

A simple, fool-proof way to seal a sleeping bag from rain and dampness, is to wrap it in the ubiquitous green trash bag before putting it in your backpack.

This, more than anything, keeps my bag dry. Always. I also store "for sleeping only" a dry t-shirt and underpants in the sleeping bag.

When I wake in the morning, I remove this underwear and place it in a plastic baggie, which I then put back in my sleeping bag. I can handle hiking in wet

clothes because I will become warm with movement and after food. But I never sleep wet or damp. In the picture with the unrolled bag, I've placed the trash bag on the left and my sleep underwear on

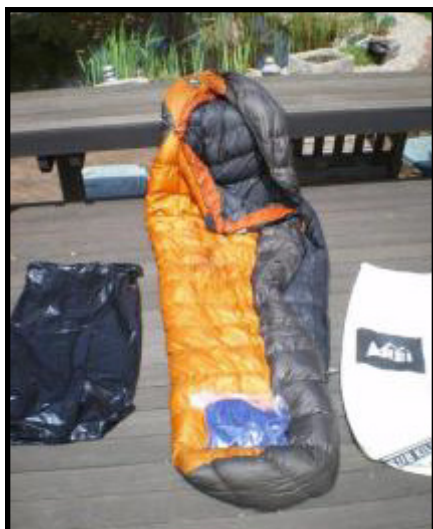
the bottom of the bag. The other picture shows everything rolled up in the trash bag except for the original sleeping bag sack, which stays home.

Give yourself a well-deserved night's sleep after hiking all day in rain. Keep your bag protected; sleep in dry underwear.

Ray's Hiking Blog: [www. TakeALongHike.com](http://www.TakeALongHike.com)

### HIKING TIP:

Wrap your sleeping bag; keep a separate set of underwear only for sleeping.



~ Congratulations ~

# KAREN SINGLETON

## 48th 4000 Footer

On Sunday September 15th Karen Singleton completed 48 mountains in New Hampshire Over 4,000 feet!



# Little River - Big Challenge

By Peggy Qvicklund

The trip was planned for Memorial Day Weekend. Karen would complete her 48th 4000 footer with fellow AMC members/friends and her brother who flew in from Idaho to be part of the celebration.

Now, think back to that weekend.

Rain predictions, cold temperatures, even forecasts of snow. Was this really late May? Yes, this is New England!

The group drove to the trailhead, then headed up North Twin trail, but met raging waters early on. Safety comes first, and they were forced to abandon their plans to reach North Twin Mt. (In fact, the AMC had issued a closure of Galehead Hut, urging all AMC groups to cancel their hikes.)

Coordinating another trip, Lesley and Maureen booked Galehead Hut again, this time Sept 14th. Despite good weather forecasts, the clouds were heavy over the Twins, making for misty hiking conditions. As we

followed the unofficial bushwhack trail alongside Little River, we met many hikers who had reached the crossing point, but turned around. "Too much water". "Not worth trying". But Karen was on a mission, and we had to follow her! Some shimmied over the log, some took off boots and waded, but we all got across the cold, rushing water safely.

By 2pm, we had reached North Twin summit, and, in the fog, we celebrated Karen's achievement with hoots and hollers and of course champagne!

On to South Twin and finally Galehead Hut where we continued to celebrate her accomplishment.

The turkey dinner served by the croo was a perfect ending to the big day.

Sunday morning brought cloudless skies and we watched the sun rise slowly over the mountain tops, warming us in the 39 degree temperatures of early morning.

A quick hike up Galehead Mt after breakfast then down a very muddy Gale River Trail to our cars.

Congratulations to Karen - you are an inspiration to us all!



# Who Are you?

**Paul Carrier ~ cyclist/leader**

## How long have you been involved in cycling?

60+ years – ever since I was big enough to get on a two-wheeler. I've only been involved in serious cycling since moving to the cape in 1998 and meeting up with some AMC riders who most graciously taught me about riding.

## How long have you been an AMC member?

Since 4/17/98 – I was kayaking in Barnstable Harbor alone and met up with a group of AMC paddlers. I joined AMC a week or so later. I've been paddling, cycling, and hiking with our chapter since then.

## How long have you been a trip leader?

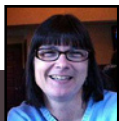
10 years or so. I lead about 65 rides a year:

- Tuesday afternoon/evening rides all year long
- New Year's Day ride
- Sunset/full moon rides all year long
- First day of spring, Last day of summer, Last day of autumn rides. I'll probably add the first day of summer next year.

## What do you enjoy about being a trip leader?

Showing riders what great places for riding we have in our chapter territory. The biggest reward is sharing places I have found with folks who have been here far longer than are and I unaware of these out of the way spots. The current byline for my Tuesday rides is: "Rides include views of & occasional stops at known & lesser known unique & interesting spots".

It is rewarding to receive gratitude and to be thanked for my rides and to know that our chapter chairs and vice-chairs appreciate my efforts.



Brought to you by Gina Hurley ~ Comms Vice Chair ~ [commsvicechair@amcsem.org](mailto:commsvicechair@amcsem.org) ~ suggest a member

## What advice would you give to someone who is thinking of becoming a trip leader?

Stop procrastinating – get out there with our leaders and make your intentions known; co-lead rides at first; then plan and co-lead rides. Visit our [website](#) – read our [publications](#) about cycling and [leadership](#).

## What/where are some of your favorite cycling rides/trips?

Skaket Beach, Orleans to Audubon in Wellfleet • Wellfleet or Truro to Provincetown • Shores and necks of Monument Beach, Pocasset, and Cataumet • Sagamore or Wareham to Plymouth • Falmouth to Woods Hole • South Coast: Rochester/Marion/Mattapoisett/Lakeville/Middleboro/ Westport/Horseneck Beach South Shore: Hull, Hingham, Cohasset, Scituate • Craigville/Hyannisport • Martha's Vineyard • The mainland (sunny) side of the canal in mid-morning/early afternoon in the winter.

## 8. Where would you like to ride that you have not been yet (your dream ride)?

I have no dreams of conquering Mt. Washington on my trusty old Trek! Perhaps the North Shore – Gloucester/Rockport area; coast of Maine; Prince Edward Island.

## What advice would you give someone who is just getting into cycling?

Visit the Massbike website [www.massbike.org](http://www.massbike.org) Ride for safety and pleasure. Stay on the right side of the road. Get and use a mirror. Use hand signals. Dress in bright clothing. Ride safely - get used to your bicycle in traffic-free areas. Watch what your fellow, more experienced riders are doing and ask them questions; ignore them if they ride in the middle of the street!

## There are many bikes out there. What factors should one consider when selecting/buying a bike?

Visit bike shops – the folks in the shop should assess your skill level and address your cycling needs. They should ask you many questions before recommending a type of bike – road, hybrid, mountain, and the levels of each category. The type of bike and a bike matching your riding intentions is far more important than a specific brand name.

Ask your fellow riders to refer you to a bike shop.

Visit and assess your local shop – it is nice to have a shop close by.





By Paul Miller  
SEM Vice Hiking  
Chair

“You like to do what?”

“Are you out of your mind?”

These are the reactions I usually get when I tell my (non-hiking) friends and family members that - as enjoyable as spring and fall hiking may be -- I like winter hiking the best.

Even my own sister, who has hiked extensively throughout New England, California, and more recently on the big mountains of the Pacific Northwest, thinks I have a screw loose for hiking in New Hampshire in the winter. After all, NH in the winter is notorious for its bitterly cold temperatures, deep snow, and high winds above treeline, right?

And while it's very possible that I do have a screw loose, I can still create a more-or-less rational argument for why winter is the best time to hike...even up in NH. And that's an opinion shared by many other SEM winter hikers. As we stress at our annual Winter Hiking Workshop (designed to prepare new winter hikers for the SEM's popular Winter Hiking Series) safe and enjoyable winter hiking requires the appropriate clothing and footwear; the right winter hiking gear; proper hydration, nutrition, and conditioning; adequate knowledge; mindful trip selection; a sharp eye to the weather; and a

general surfeit of caution.

That said; here's my personal “top ten list” of the reasons why I think winter hiking is the best:

#10 - Gives me a chance to use my snowshoes, crampons, microspikes, and other cool winter gear

#9 - It's easy to spot animal tracks in the snow

# Ten Reasons Why I Love Winter Hiking



Several hearty SEMers on the summit of Mt. Pierce in February 2013; Alan, Paul, Kim, Kat, Leslie. The cold, crisp air made the views even better! Photo by Ken Carson

#8 - The trails are less crowded

#7 - Excellent camaraderie

#6 - Generally better views (no leaves on the trees to get in the way)

#5 - The snow muffles sounds - making it quieter in the woods

#4 - No bugs

#3 - No humidity (usually)

#2 - The trails are generally

smoother and easier to negotiate (with snowshoes) because those darn, ankle-twisting rocks are buried under several feet of snow

#1 - The snow-draped landscapes often resemble an awe-provoking fantasyland

Of course, you're entitled to create your own top-ten list; but not until you've actually given winter hiking a try. If you're interested, a good first

step would be to join us for our free annual Winter Hiking Workshop in Sandwich, MA on November 2nd from 1:00 to

4:00 pm (before the SEM Annual Meeting and Dinner in nearby Bourne...). *Please note that Winter Hiking Workshop participation is required for new winter hikers who wish to participate in the upcoming SEM Winter Hiking Series.*

As usually, this year's winter series will start with an introductory winter hike in the Blue Hills early in December. This usually provides an opportunity to practice hiking with a full winter pack while wearing your snazzy new winter clothing and footwear (last year, we even had some light snow!). We'll follow this with progressively more challenging hikes up in New Hampshire, including a trip to beautiful Mt. Monadnock in January; Mt. Pierce, a 4,000 footer in the Presidential Range in February; and a fun overnight trip to the AMC Lonesome Lake Hut early in March. While the

AMC SEM Chapter  
**Hiking Series  
Schedule**

Nov. 2, 2013  
Winter Hiking Workshop  
Sandwich, MA

Dec. 7, 2013  
Winter Hike #1  
Blue Hills

Jan. 4, 2014  
Winter Hike #2  
Mt. Monadnock

Feb. 1, 2014  
Winter Hike #3  
Mt. Pierce

Feb. 28-March 2  
Winter Hike #4  
Lonesome Lake Hut  
overnight trip

Registration required for all activities  
and workshop participation required  
for new winter hikers

hike into Lonesome Lake is a relative breeze, we'll offer a choice of more challenging day hikes from there, possibly including a hike up the Fishin' Jimmy Trail to near-by Kinsman Pond and North Kinsman Mountain, and/or one up to the summit of majestic Cannon Mountain.

If you'd like to register for the Winter Hiking Workshop, please contact me (Paul Miller) at [paulallenmiller@verizon.net](mailto:paulallenmiller@verizon.net), or if you don't have e-mail, give me a call at 508-369-4151 (before 9:00 pm please...). And check out the [Breeze](#) and the [AMC online trip listing](#) system for details on this year's SEM winter hikes.

## RLBH Thursday NIGHT HIKERS



Twenty-one of the RLBH Thursday Night hikers gathered at the Olive Garden in Stoughton for a wind-up dinner to the 2013 series.

Lots of great food, beverage and lively conversation made for a fun gathering.

The Leadership Team of the series, Joe Keogh, Maureen Kelly, Michael Swartz, Jim Casey & Nancy Coote, thanked everyone for their participation & enthusiasm.

Bill Doherty was acknowledged for having the best attendance this year.



**SIGN up for the BREEZE call 800-372-1758  
or email [amcinformation@outdoors.org](mailto:amcinformation@outdoors.org)**

# CYCLING



**This is a great time of year to get out on that bike.**

[Tuesday evening Cape ride.](#)

[Sunset/Full Harvest Moon cycling](#) on Friday, 10/18

[Cycling Wellfleet Oysterfest](#) on Saturday 10/19

### RIDE LEADERS WANTED.

Because we have a short notice list you could maybe plan a ride or two in your area. We cover a lot of terrain and some very beautiful areas.

Coordinating a biking committee, interested? Contact [bikingchair@amcsem.org](mailto:bikingchair@amcsem.org)

Want to sell your stuff?  
Send to [commschair@amcsem.org](mailto:commschair@amcsem.org) with details.



**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 Mavic Cycling Shirt**, Medium. Worn once and washed. **Asking \$30**. Sue Salmon at [sfranc321@gmail.com](mailto:sfranc321@gmail.com)



<actual item >

**Men's Conquest Boots**, size 7. Very warm and comfortable but not a good fit for a woman's foot. **\$60 or Best Offer** Sue Salmon at [atsfranc321@gmail.com](mailto:atsfranc321@gmail.com)



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**(2) 2012 14.5 FT Wilderness Systems Tsunami Kayaks** (1) RED, (1) Orange, both Poly construction Upgraded seats that are adjustable padded with Rudder systems, barely used. **Both for 2,000 or separate for 1,000** Email Rich Sunbird20@comcast.net Attleboro, MA



**Annual Celebration**  
**Thursday, October 10, from 7-9 p.m.** - Fuller Village, 1372 Brush Hill Road, Milton

Please join us at our [Annual Celebration!](#) We will have heavy hors d'oeuvres, a silent auction, music, cash bar and much more! Tickets are \$35 in advance (\$40 at the door).

Mr. Jack Murray, the newly appointed Commissioner of the Department of Conservation and Recreation, will be our keynote speaker. We will also be presenting our Community Partners Award to three individuals and organizations who have had a big impact on the Blue Hills Reservation this year.

Please also consider becoming a sponsor of our Annual Celebration or donating an item to our Silent Auction.

## Word Search - Hiking

Q P V G L X N F A W X K A E P  
W O A I F J N H S I X Y Z W W  
A A A M I N I L X C S A Z K P  
U R T S K C A N S K N K C A Q  
T Q P E V W C B D I R C C Y D  
F A X F R L O A Q N I K U T F  
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S A W O U X S H W O Z K I T A

BOOTS  
CAIRNS  
COMPASS  
GORETEX  
MAP  
PACK  
PEAK  
POLES  
SNACKS  
SUMMIT  
TRAIL  
WATER  
WICKING

Provided by Gina Hurley - Communications  
Vice Chair [commsvicechair@amcsem.org](mailto:commsvicechair@amcsem.org)

## Connecticut Chapter - "AT Day, 2013"

Saturday, Oct 19

Each year, on "AT Day", we celebrate our good fortune in having over 50 miles of the Appalachian Trail, or "AT", in Connecticut. "AT Day" has become the chapter's biggest annual event and a great opportunity to enjoy fall color. .

We have a long list of [activities to choose](#) from.

We have a series of hikes, which together, cover the entire length of the Connecticut section of the AT with additional hikes in Macedonia Brook State Park, near Kent, through which the AT once went. We also have a bike ride, three trail work parties, and even a chance to learn how to rock climb.

Join us at our Grand BBQ from 3:00pm, \$6 for BBQ or earlier if people turn up before, until sunset at Macedonia Brook State Park. BBQ is rain or shine. *Directions: Take Route 341 for 3 miles west from Kent to Macedonia Brook Road and follow north to the park entrance. Continue on the park road to the pavilion on the right.*

# ACTIVITIES

## SOUTHEASTERN MASSACHUSETTS ANNOUNCEMENTS(S)

**ANNUAL MEETING & DINNER.** Saturday, Nov. 2. Salernos, Onset, MA. Vote for 2014 board members, dinner, speaker, awards, raffles, see old friends. **RESERVE YOUR TABLE NOW FOR YOU & YOUR SEM BUDDIES.** Let's get all the SEM 'old-timers' there this year!

AMC SEM is always looking for volunteers to volunteer a little or a lot. Contact the chapter chair at [chair@amcsem.org](mailto: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](mailto: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](mailto: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](mailto:pbencurrier@hotmail.com))

## Chapter Trips

(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](mailto:currierpaul@comcast.net) 508-833-2690. L Paul Currier (508-833-2690 8 - 7, [currierpaul@comcast.net](mailto: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](mailto:currierpaul@comcast.net) 508-833-2690. L Paul

Currier (508-833-2690 8 - 7, [currierpaul@comcast.net](mailto: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](mailto:currierpaul@comcast.net) 508-833-2690. L Paul Currier (508-833-2690 8 - 7, [currierpaul@comcast.net](mailto: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](mailto: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 Straight-away, 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](mailto:currierpaul@comcast.net))

Sat., Oct. 19. Cycling Wellfleet Oysterfest. Come experience October on the Cape at the Wellfleet Oysterfest. We will be riding on the CCRT from Nickerson State Park to the end in Wellfleet, then ride back roads to the Oysterfest. Total distance 35 miles. Spend the day sampling oysters, "chowda", and other fish delights. Browse through the crafts, listen to music, watch the oyster shuckers contest. Great way to spend a day on the Cape. Optional car camping at Nickerson Friday and/or Saturday night. L Jodi Jensen (781-249-8346, jodiajensen@gmail.com) CL Sandy Santilli (smsantilli@comcast.net), R Jodi Jensen (jodiajensen@gmail.com)

(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)

(FT) (NM) Sat., Nov. 2. SEM Annual Meeting & Dinner. Annual Meeting/Dinner. Salernos, Onset. Elections, dinner, speaker, awards, raffles. RESERVE A TABLE NOW FOR YOU & YOUR SEM BUDDIES! L Jon Fortier (bikingchair@amcsem.org)

## CANOE/KAYAK

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

### Chapter Trips

Wed., Oct. 2. Nauset Marsh. Explore Nauset Marsh and Mill Pond. Perhaps venture into Salt Pond. L George Wey (geowey@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 8pm, jeanorser@gmail.com) CL Paul Corriveau (508-362-0451 before 8pm), 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)

Wed., Oct. 16. Chase Garden Creek Yarmouth Port Paddle. Paddle Chase Garden Creek and tributaries with lunch at Bray Farm. L Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com) CL Jean Orser (608-362-0451 before 8 pm, jeanorser@aol.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)

(FT) (NM) Sat., Nov. 2. SEM Annual Meeting & Dinner. Annual Meeting/Dinner. Salernos, Onset. Elections, dinner, speaker, awards, raffles. RESERVE A TABLE NOW FOR YOU & YOUR SEM BUDDIES! L George Wey (paddlingchair@amcsem.org)

## CAPE HIKES

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

### Chapter Trips

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. Prence 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, farley@comcast.net)

Sun., Oct. 27. Mashpee/Barnstable, Santuit Pond and River. Water views, abandoned and working cranberry bogs, woodland trails. 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)

(FT) (NM) Sat., Nov. 2. SEM Annual Meeting & Dinner. Annual Meeting/Dinner. Salernos, Onset. Elections, dinner, speaker, awards, raffles. RESERVE A TABLE NOW FOR YOU & YOUR SEM BUDDIES! L Farley Lewis (capehikingchair@amcsem.org)

(FT) (NM) Sat., Nov. 2. Annual Winter Hiking Workshop. Learn how much fun winter hiking can be at our annual workshop! Experienced SEM winter hike leaders will cover clothing, equipment, nutrition, and conditioning for safe and enjoyable winter hiking as a prelude for participating in our popular Winter Hiking Series. The Series will start out with a local hike in December, then proceed to increasingly more challenging winter hikes in NH, culminating with an overnight trip to an AMC hut. (And you'll be done in time to attend the SEM Annual Meeting & Dinner nearby!). L Maureen Kelly (508-224-9188 before 8 pm, mokol773@aol.com), R paul miller (paulallenmiller@verizon.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 Meetinghouse 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 Conservation, 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)

Thu., Dec. 5. Hike - West Falmouth-Mock Moraine (C3C). Rolling woodland trails, water views, historical cites. 2 hours, Meet 9:45 AM. Heavy rain cancels. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com), R Catherine Giordano (508-243-3884 before 9 pm, cmgiordan@msn.com)

(FT) (NM) Sun., Dec. 8. Hike - Cotuit-Little River Sanctuary (C3D). Wooded walk with views

of Eagle Pond. Meet promptly at 12:45pm. Carpool shuttle from parking area in front of Rite-Aid Pharmacy located at intersection of Route 28 and Putnam Avenue in Cotuit. 2 hours. L Farley Lewis (508-775-9168 Not after 9pm, farlewis@comcast.net)

Thu., Dec. 12. Hike - Scorton Creek Sandwich (C3C). 2 hour hike along Scorton Creek through old state game preserve and around Talbot's point. We will hike past historic Hoxie pond and cranberry bogs. Take Rte 6 to Exit 4, turn N on Chase Rd. Turn L on Old County Rd. to end. Turn R on 6A, turn R on dirt road just after MBM auto sales. Park in dirt lot at end of Rd. Meet 9:45 AM. L Jane Harding (508-833-2864 before 9 PM, janeharding@comcast.net)

Sun., Dec. 15. Hike - Crowes Pasture, E Dennis (C3C). Wooded paths, beach, quiet roads. Ex 9 off Rte 6, Rte 134 N to R on Rte 6A then L on School St, R on South St, to lot at road end past the cemetery. 2 hrs, Meet 12:45. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Thu., Dec. 19. Hike - Island Pond Conservation Area, Harwich (C3C). Winter walk through woods and conservation area crossing Route 6 on bike path bridge. Meet 9:45. Going E on Rte 6 Exit 10, left on Rte 124 crossing Rte 6 then L on Headwaters Drive to bike path pkg on L. Two hours. Bad weather cancels. L Janet DiMattia (jandimattia@verizon.net)

#### Saturdays

Dec. 21. Truro/Bay Sea Turtle - Walk (B3C). Meet at 9:45a.m. N. Truro. Carpool to the trail head. Walk the bay beach looking for cold stunned sea turtles. Bring lunch. 3.5 hours. CALL THAT MORNING FOR CARPOOL INFO.50848740044132972785. L Nancy Braun (508-487-4004 any, nancytruro@comcast.net)

#### Saturdays

Dec. 28. Truro/Bay Sea Turtle - Walk (B3C). Meet at 9:45a.m. N. Truro. Carpool to the trail head. Walk the bay beach looking for cold stunned sea turtles. Bring lunch. 3.5 hours. CALL THAT MORNING FOR CARPOOL INFO.50848740044132972785. L Nancy Braun (508-487-4004 any, nancytruro@comcast.net)

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

Sun., Jan. 5. Hike - Hawksnest State Park Harwich (C3C). Winter woods walk dirt roads, trails. Meet 12:45. Two hours. From Rte 6 Exit 11 S. L at exit light then immediate R on Spruce Rd. Pkg approx 0.8 mi. on either side of road. Bad weather cancels. L Janet DiMattia (jandimattia@verizon.net)

Thu., Jan. 9. Hike - 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. Go 0.9 mi to R at beach pkg. Meet 9:45, 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Sun., Jan. 12. Hike - Mashpee River Woodlands, West Mashpee (C4C). Land/River of the Wampanoags. Stately beech and white pine forests. Spectacular views of river. Abandoned cranberry bogs w/remains of old aqueduct. Trout Pond. From Mashpee rotary go E on 28. First R onto Quinaquisset Ave. Go approx. 500' to Pkg on R. From E on 28, take L onto Orchard Rd, then R onto Quinaquisset. If parking on road, tires must be completely off pavement. 2hrs. Arrive @ 12:45P for prompt start @ 1P. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Thu., Jan. 16. Nickerson State Park Hike - Brewster (C3C). Meet at park entrance at 9:45 am for a 10:00 am start. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

(FT) (NM) Thu., Jan. 23. Walk - Indian Lands Dennis (C3C). Shortened winter walk along Bass River. Meet 9:45. From Rte 6 Exit 9A Immediate R on Old Main St. Bear L to pkg at South Dennis Town Offices pkg lot on R. Bad weather cancels. L Janet DiMattia (jandimattia@verizon.net)



Sat., Jan. 25. Hike - Long Pond & Collins Woodlot, Falmouth (B3C). Walk along pond and moraine, and through town forest. From Mashpee rotary, take Rt. 151 west 3.4m to L at Sandwich Rd. Go 3.7m south to R on Brick Kiln; then 0.9m west and pass through traffic light at Gifford to parking area on R just beyond light. Meet 9:45. Rain cancels. 3.5 hours. Bring lunch. L John Gould (508-540-5779, [jhgould@comcast.net](mailto:jhgould@comcast.net))

Sun., Jan. 26. Hike - Sandwich Canal (C3C). 2 hour hike along canal to end. Hike beach to Mill Creek past Sandwich boardwalk. Return through Sagamore. From Rte 6a Sandwich turn onto Freezer Rd. Go to end and park in lot at edge of canal. Meet at 12:45 PM for 1 PM start. L Jane Harding (508-833-2864 before 9 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net))

Thu., Jan. 30. Hike - 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. Continue to Great Island Parking lot on Left. Over 2 hours. L Janet Kaiser (508-432-3277 eve 7 to 9 p.m., [jtkaiser@comcast.net](mailto:jtkaiser@comcast.net))

Sun., Feb. 2. Hike - Sandwich Maple Swamp (C3B). 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 entrance to Maple Swamp is just past Mill Rd on right. Trip at a Glance Activity: Hiking - L Jane Harding (508-833-2864 before 9 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net))

Thu., Feb. 6. Hike - Island Pond, Harwich (C3C). Wooded hike, cranberry bog, lavender farm. Ex 10 off Rte 6, N on Rte 124. 1st L on Headwaters Drive to pkg lot on L at bike trail. Meet 9:45, 2 hrs. L Pat Sarantis (508-430-9965, [patsarantis@gmail.com](mailto:patsarantis@gmail.com))

Sat., Feb. 8. Hike - 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](mailto:rjkaiser@comcast.net))

(FT) (NM) Sun., Feb. 9. Hike - EastFalmouth-Mashpee, Quashnet River (C3C). Walk in upland woods along small stream. Heavy snow on ground, or rain, cancels. From Mashpee rotary, take Rt 28N toward Falmouth 2.1 miles, then take R on Martins Rd to parking area. Meet 12:45. 2 hours. L John Gould (508-540-5779, [jhgould@comcast.net](mailto:jhgould@comcast.net))

Thu., Feb. 13. Herring River - Harwich (hike) (C3C). Meet at Sand Pond at 9:45 am for 10:00 start. Woods walk, river views, bogs, reservoir. RT. 6, Exit 10,

Rr. 124 S for 1.3 mi. R on Main St. Go 2 miles and park at Sand Pond. L Peter Selig (508-432-7656, [pandmselig@hotmail.com](mailto:pandmselig@hotmail.com))

Thu., Feb. 20. Hike - Yarmouth Port, Gray's Beach (C3C). Hike in Conservation land areas over trails along marsh, through woods, includes the boardwalk with views of Sandy Neck, Chapin Beach. Rte 6 to Exit 8, Union Street to Rte 6A. Turn Left, go 1 block, Turn Right on Center St. Go 1.0 mile, follow signs to beach pkg lot at end. Meet at 9:45 a.m. Two hours. L Janet Kaiser (508-432-3277 7:00 to 9:00 p.m., [jtkaiser@comcast.net](mailto:jtkaiser@comcast.net))

Sat., Feb. 22. Hike - Mashpee River Woodlands (C3C). 2 hour hike along scenic parts of east and west sides of Mashpee River. Meet 9:45am. Take Quinaquisset Road from Route 28, just east of Mashpee Rotary. Parking is a short way on right. L Gary Miller (508-540-1857, [garymaxxx@gmail.com](mailto:garymaxxx@gmail.com))

(FT) (NM) Sun., Feb. 23. Hike-Beebe Woods, Falmouth (C3C). Hike a varied terrain of rolling woods, two ponds, stone walls, and an old farm. From Bourne bridge, take Rt 28 south to a traffic light by the entrance to Falmouth Hospital. Continue through the light and go 0.6 miles and turn right on to Depot Ave. Follow the narrowing road 0.4 miles up a hill to the end by Cape Cod Conservatory. Rain cancels. Meet 12:45. 2 hours. L John Gould (508-540-5779, [jhgould@comcast.net](mailto:jhgould@comcast.net))

Thu., Feb. 27. Hike - Yarmouth Three Ponds (C3C). Woods walk pass bogs and ponds. Meet 9:45. Two hours. Exit 8 from Rte 6. R at second light. L at end on West Yarmouth Rd. Pk in 1mi. well off road. Bad weather cancels. L Janet DiMattia (jandimattia@verizon.net)

## EDUCATION

### Chapter Trips

Sat., Nov. 9-10. Wilderness First Aid (WFA). WFA Training November 09, 2013 - November 10, 2013 (Sat - Sun) 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 (education@amcsem.org), R Barry Farnsworth (educationvicechair@amcsem.org)

## 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)

### Chapter Trips

(FT) (NM) Sat., Nov. 2. SEM Annual Meeting. AMC SEM Annual Meeting. Salernos Function Hall, Onset, MA. Vote for 2014 Executive Board. L Cheryl Lathrop (chair@amcsem.org)

(FT) (NM) Sat., Nov. 2. SEM An-

nual Dinner. SEMSEM Annual Dinner. Salernos Function Hall. Onset, MA. Dinner, speaker, raffles, awards. GET TOGETHER WITH ALL YOUR OLD SEM FRIENDS! RESERVE A TABLE TOGETHER! Annual Dinner. Salernos Function Hall. Onset, MA. Dinner, speaker, raffles, awards. GET TOGETHER WITH ALL YOUR OLD SEM FRIENDS! RESERVE A TABLE TOGETHER! L Cheryl Lathrop (chair@amcsem.org) L Maureen Kelly (vicechair@amcsem.org)

## HIKING

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

Get your 100-mile patch! Contact hikingchair@amcsem.org.

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

### Chapter Trips

(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](mailto:RLBH_leader@amcsem.org)) L Michael Swartz ([swartz@brandeis.edu](mailto:swartz@brandeis.edu)) L Ellen Correia ([ellencorreia@gmail.com](mailto:ellencorreia@gmail.com)), R Jodi Jensen (781-249-8346 early evening, [RLBH\\_registrar@amcsem.org](mailto:RLBH_registrar@amcsem.org))

(FT) (NM) (CE) Thu., Oct. 3. Thurs Morn - Blue Hills Hike - Braintree Pass Path. Meet at 10:00 a.m. parking lot at intersection of Chickatawbut and Rt. 28 for a 5 mile hike. Bring water, lunch, layers and sturdy footwear. L Catherine MacCurtain (781-848-9506 before 9:00 p.m., [camaccurtain@aol.com](mailto:camaccurtain@aol.com))

Fri., Oct. 4-6. Wilderness paddling/camping in the Maine North Woods at Lobster Lake. Join us for a weekend in the wilderness of the Maine North Woods. We will be paddling, canoe/kayak, out to a remote camp site on Lobster Lake. There should be great Fall color, stargazing and hopefully lots of moose watching. Expect comfortable days and cool to cold nights. This trip is not for beginners. You must be experienced paddling in open lakes and either have previously attended a trip similar to this or have backpacking experience. L Luther Wallis ([lew89@comcast.net](mailto:lew89@comcast.net)) CL Ken Jones ([lotsoluck@comcast.net](mailto:lotsoluck@comcast.net)), R Luther Wallis (508-923-1935 7-9PM, [lew89@comcast.net](mailto:lew89@comcast.net))

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](mailto:paulallenmiller@verizon.net)) L Maureen Kelly ([mokel773@aol.com](mailto:mokel773@aol.com)), R Paul Miller (508-369-4151 before 9:00 PM, [paulallenmiller@verizon.net](mailto: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, [mokel773@aol.com](mailto:mokel773@aol.com)) CL Paul Miller ([paulallenmiller@verizon.net](mailto:paulallenmiller@verizon.net)), R Maureen Kelly (508-224-9188 before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com))

(FT) (NM) Thu., Oct. 10. Thurs Hike BCT Sherborn Forest/Rocky Narrows (B3C). 10am start. 6+ miles. Mostly level with an up/down section. Fall foliage viewing by Charles River and from King Phillip lookout. L Len Ulbricht ([lenu44@gmail.com](mailto:lenu44@gmail.com))

Thu., Oct. 17. Thursday Morn. Hike Gilbert Hills State Forest,

Foxboro, MA (B3C). Meet 10:00 a.m. Lakeview Ballroom. Nice Fall hike following part of the Warner Trail to Headquarters where we will have lunch. Different trails on our return will loop back to the start. L Joanne Staniscia (508-528-6799 7-9 p.m., [jstaniscia@comcast.net](mailto:jstaniscia@comcast.net))

(FT) (NM) Thu., Oct. 17. Borderland Full Moon Hike. Come on a two hour, more or less, evening hike around the ponds, and maybe through the woods, on this 'Full Moon' hike at Borderland State Park in Sharon/Easton, MA. Please wear clothing and footwear appropriate for the weather. We walk at a 'moderate' pace, not fast, not dawdling. And we generally just get some exercise, see the park in the dark, see old friends and make new ones. (We hike monthly, October through March, except during heavy snow when they need the lot empty to plow, on a convenient evening that's at least close to the full moon.). L Bob Vogel ([vogel.r@comcast.net](mailto:vogel.r@comcast.net)) L Jim Casey ([cmne@comcast.net](mailto:cmne@comcast.net)) CL Nancy Coote, R Nancy Coote ([nmcoote@yahoo.com](mailto:nmcoote@yahoo.com))

Thu., Oct. 24. Borderland State Park/BCT. Meet at 10am at Borderland SP parking lot on Massapoag Avenue on the Sharon/North Easton border for a 6 mi hike. Portion of Bay Circuit Trail with pond views. Bring water, lunch, layers, sturdy footwear. Rain or storm cancels. Directions: see Borderlandstatepark website. Parking fee is \$2.00 at the entrance. L Deborah Lepore (781-828-0572 Before 9 PM, [DLepore2@GMail.com](mailto:DLepore2@GMail.com))

Thu., Oct. 24. Borderland State Park/BCT Hike. Meet at 10AM at Borderland SP parking lot on Massapoag Avenue on the Sharon/North Easton border for a 6 mi hike. Portion of Bay Circuit Trail with pond views. Bring water, lunch, layers, sturdy footwear. Rain or storm cancels. Directions: see Borderlandstatepark website. Parking fee is \$2.00 at the entrance. L Deborah Lepore (781-828-0572 before 9 PM, DLepore2@GMail.com)

Thu., Oct. 31. Thurs. Morn. 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 Halloween 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. 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) (AN) Sat., Nov. 2. Annual Winter Hiking Workshop. Learn how much fun winter hiking can be at our annual workshop! Experienced SEM winter hike leaders will cover clothing, equipment, nutrition, and conditioning for safe and enjoyable winter hiking as a prelude for participating in our popular Winter Hiking Series. The Series will start out with a local hike in December, then proceed to increasingly more challenging winter hikes in NH, culminating with an overnight trip to an AMC hut. L Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net), R Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net)

(FT) (NM) Sat., Nov. 2. SEM Annual Meeting & Dinner. Annual Meeting/Dinner. Salernos, Onset. Elections, dinner, speaker, awards, raffles! RESERVE A TABLE NOW FOR YOU & YOUR SEMBUDDIES! L Cheryl Lathrop (chair@amcsem.org) L Maureen Kelly (vicechair@amcsem.org), R Patty Rottmeier (2 Killdeer Lane, Nantucket, MA 02554, 508-982-1099, treasurer@amcsem.org)

Sun., Nov. 3. Blue Hills Fowl Meadow Hike. Join the 'Red

Line the Blue Hills' hikers as they finish their season by hiking 6.5 miles of Fowl Meadow along the Neponset River. The terrain will be mostly flat and probably wet in some areas. Meet at the end of Royall St. Canton at 9:30. Only non-Red Liners need to register. Red Liners can just show n go. Bring lunch and a smile. L Joe Keogh (jpkeo24@gmail.com) L Michael Swartz (617-840-4199 before 9 pm, swartz@brandeis.edu), R joe keogh (jpkeo24@gmail.com)

(FT) (NM) Thu., Nov. 7. Thurs Morn - Blue Hills Hike - Wolcott & Border Path. Meet at 10:00 a.m. parking lot on the left of the Trailside Museum for a 5 mile hike. Bring water, lunch, layers and sturdy footwear. L Catherine MacCurtain (781-848-9506 before 9:00 p.m., camaccurtain@aol.com)

(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, musculo-skeletal 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 (bfarns99@yahoo.com)

Thu., Nov. 14. Borderland State Park Hike (Thurs). Meet at 10:00am for a 6 Mile hike/snowshoe depending on conditions over a variety of trails. Bring: Water, snack and wear appropriate footwear. Rain or storm cancels. L Claire Braye (508-857-0320 Before 9 pm, cbraye57@comcast.net)

Sat., Nov. 16. Blue Hills End to End Hike. Join us at the end of our Blue Hills Redlining Season to hike the Skyline Trail from end to end. The hike is about 9 miles and 6 hours at a moderate pace. Best for intermediate hikers used to climbing hills. Great conditioning hike. We will make our traditional trip to the Blue Hills Brewery after the hike to support our local business! L Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) CL paul miller (paulallenmiller@verizon.net), R maureen kelly (508-224-9188 before 8 pm, mokel773@aol.com)

Thu., Nov. 21. Thurs. Morn. Hike Powisset Farm, (TTOR) , Dover, MA. Fairly new area with nice trails off the beaten path. We will hike 5.5 miles with a number of short ups and downs. Some nice views. L Hans Luwald (508-668-0462 before 9 PM, hans.luwald@gmail.com)

(CE) Sun., Nov. 24. Pre-Condition for Turkey Day!. Show and Go Blue Hills, 6 miles, some Skyline and some Massachusetts, Three miles of hilly terrain and three miles more level. Out by 9 AM and back before 1:00 PM. Meet at Trailhead for Skyline trail and Bugbee Path opposite State Police and Reservations Headquarters. Call Kathy with questions Cell 781-799-5351. L Kathleen Stanley (781-799-5351 Before 9:00 PM, kstanley@energy-advocates.com)

(FT) (NM) Thu., Dec. 5. Thurs Morn - Blue Hills Hike - Ponkapoag Pond. Meet at 10:00 a.m. at the Ponkapoag Golf Course parking lot in Canton for a 5 mile hike. Bring water, lunch, layers and sturdy footwear. L Catherine MacCurtain (781-848-9506 before 9:00 p.m., camaccurtain@aol.com)

Sat., Dec. 7. Winter Hike Series #1 Blue Hills. Join us on the 1st winter hike of the season. Learn the basic's of winter hiking as we discuss heat management, nutrition, equipment and other winter concerns. Great opportunity for three seasons hikers to experience the joys of winter hiking.

Also check out our winter hiking workshop Nov. 2. L Walt Granda (508-999-6038 Before 9:00 p.m., wlgranda@aol.com) L Paul Miller (paulallenmiller@verizon.net) CL Maureen Kelly (mokel773@aol.com) CL Mike Woessner (stridermw@hotmail.com), R Walt Granda (508-999-6038 before 9:00 PM, wlgranda@aol.com)

Thursdays

Dec. 12. Thursday Morning Hike: Warner Trail, Wrentham (B3C). Meet at 9:45am, end of Randall Road, Wrentham. Wear suitable footwear and bring water, snacks, and lunch. We will follow the Warner Trail from Crocker Pond back to the Library. Six mile hike with rocky climbs over several peaks with nice views. Rain cancels. L Joanne Staniscia (508-528-6799 7-9 p.m., jstaniscia@comcast.net)

Sat., Jan. 4. Winter Hike #2, Mount Monadnock. For the second winter hike of the season, the SEM Chapter will be climbing Mount Monadnock (elevation 3165 feet). This hike brings us to Monadnock State Park in New Hampshire and up one of the most climbed peaks in North America. Monadnock's bare, and rocky summit provides expansive views from the Boston skyline to Mt Greylock and the Green Mountains in Vt. This will give us a opportunity to test out winter hiking gear and skills before going to the next winter hike in the White Mountains. Also check out our winter hiking workshop on November 2. L Walt Granda (508-999-6038 before 9:00 p.m., wlgranda@aol.com) L Paul Miller

(paulallenmiller@verizon.net) L Maureen Kelly (mokol773@aol.com) L Mike Woessner (stridermw@hotmail.com), R Walt Granda (508-999-6038 Before 9 pm, wlgranda@aol.com)

(FT) (NM) Thu., Jan. 9. Thurs. Morn. Hike Copicut Woods, Fall River (B3C). Meet at 10:00 a.m. Indian Town Rd Parking lot. Required equipment: Hiking boots, rain gear, water and snacks. Heavy rains will cancel. Snow or ice will require yaktrax, stabilizers, or snowshoes. This 516-acre property is both a prime destination and the southern gateway to the Southeastern Massachusetts Bioreserve. Copicut introduces nature lovers and outdoor enthusiasts to an entire regional ecosystem. Experience forests, streams, and cedar swamps, amid an array of flora and fauna, from deer and coyote darting among stands of hardwoods and conifers, to hawks, owls, and salamanders. L Walt Granda (508-999-6038 before 9:00 PM, wlgranda@aol.com)

Thu., Jan. 23. Thursday Morn. hike Houghton's Pond. Meet at 10:00 for a 6 mile hike/snowshoe depending on conditions over a variety of trails. Bring: water, snack and wear appropriate footwear. L Claire Braye (508-857-0320, cbraye57@comcast.net)

Sat., Feb. 1. Winter Hike #3 - Mt. Pierce. Join us for the third hike in our 2014 Winter Series, which will bring us above 4,000 feet for the first time this year to the summit of Mt. Pierce, with it's

panaromic views of the southern Presidentials, Mt. Washington, and beyond. We'll take the historic (mostly protected) Crawford Path and return via the Webster Cliff Trail to the Mizpah Cutoff and then back to the trailhead via the Crawford Path. Previous winter hiking experience and/or participation in the SEM Winter Workshop on Nov. 2, 2013 required. L Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net) L Christine Pellegrini (chrispellegrini@yahoo.com) L Bill Pellegrini (billpellegrini@yahoo.com) CL Jim Casey , R Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net)

Thu., Feb. 13. Ponkapoag Pond Hike (Thurs.). Meet at 10:00am in Ponkapoag Golf Course Parking Lot for a 5 mile hike/snowshoe depending on conditions over a variety of trails. Bring: water, snack and wear appropriate footwear. L Claire Braye (508-857-0320, cbraye57@comcast.net)

## 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

### Chapter Trips

(FT) (NM) Sat., Nov. 2. SEM Annual Meeting & Dinner. Annual Meeting/Dinner. Salernos, Onset. Elections, dinner, speaker, awards, raffles. RESERVE A

TABLE NOW FOR YOU & YOUR SEM BUDDIES! L Barbara Hathaway(xcskichair@amcsem.org)

(AN) Sat., Jan. 11. Cross Country Ski Instructional Workshop. Learn to use your new skis or brush up on technique. Suitable for all abilities. We will review equipment, clothing, uphill and downhill methods, various terrain. Rental equipment will be available. Participants responsible for trail fee. Lack of adequate snow conditions may postpone or cancel. L Art Paradise (978-372-7442 7 to 9 PM, doubledice@me.com) CL Bob Bentley (), R Art Paradise (28 Garrison Street, Groveland, MA 01834, 978-372-7442 7 to 9 PM, Doubledice@me.com)

(AN) (CE) Sat., Jan. 18-20. Catamount Trail Backcountry Ski Touring.. Join us for the MLK weekend of ski touring along the Catamount trail in the Ludlow-Plymouth area (Tentatively Section 9,10, &11). We will stay at a cozy family inn in Ludlow. Participants should be capable of skiing 5-7 miles each day. Trails are classic New England backcountry, undulating, forested, and fun to ski. Approx. \$325 pp, Sat-Sun -Mon brkfst and Sat-Sun dinner included. Reg by Dec 15. L Art Paradise (978-372-7442 7 to 9 PM, doubledice@me.com) CL Bob Bentley(paradice1@mindspring.com)(), R Art Paradise (01834, Groveland, MA 01834, 978-372-74427 to 9 PM, Doubledice@me.com)