

Breeze

the southeast

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



THE WAYWARD CANOE [PG 5](#)

Photo by Art Hart

December 2013

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[Breeze Newsletters](#)

[Calendar](#)

[Photos](#)

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Biking (Vice Chair)
Conservation (Vice Chair)
CYP (Vice Chair)
Membership (Vice Chair)
Skiing (Chair)
Trails (Chair)
Webmaster

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



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

Editor: Andrea Holden
breeze.editor@amcsem.org

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

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

'Stroll Down Memory Lane' Hike

Courtesy Elsie Laverty

Erika Bloom, Bob Vogel, Linda Church, Louise & Paul Anthony, Anne Chace, Stephanie Olbrych, Elsie Laverty, Deborah Lepore, Bruce Dunham, Charlie Farrell, Shubha Chungi, Hans Luwald ; John Poirier, Bobby Vogel



SAVE THE DATES

Hike Planning Meetings 6:30pm
12/4/13, 3/5, 6/4, 9/3, 12/3

AMC 138th Annual Summit
1/25/14

Board Meetings 6:30pm electronic
11/13, 1/8, 2/12, 3/12, 4/9, 5/14, 6/11, 9/10,
10/8, 11/12

SEM Intro to Winter Fun
2/7-2/9/2014



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

Advanced Notice

Wilderness First Aid
April 5 & 6, 2014
AMC's Noble View Camp

Leadership Training
May 3, 2014 at Borderland State Park

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

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Volunteer with us!

Contact chair@amcsem.org



View from the Chair

By Cheryl Lathrop

As November ends (where did it go so fast?!) and December begins (how did it get here so quickly?!), we get to celebrate several family-oriented holiday seasons here at the end of the year. We are thankful for our many blessings here in the AMC.

Sadly we lost one of our executive board members unexpectedly in November: Barry Farnsworth, our Vice Education Chair. (See obituary later in the Breeze.) This just reminds us of how precarious and precious life is. Our thoughts and prayers are with Barry's family.

I wish everyone a joyous holiday season. Please treasure your family and friends. Please party responsibly. Please be safe on the roads.

Happy Holidays to all. And, don't forget to get outside!!! Our hardworking SEM volunteer leaders have set up some wonderful winter activities for you!

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**

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)



Barry C. Farnsworth

Barry C. Farnsworth, age 58, died unexpectedly Tuesday, November 19, in his home in West Bridgewater, MA. Barry was our Vice Chair of Education and a Red Line the Blue Hills hiker.

Barry was born April 2, 1955, in Brockton, Massachusetts. He was a veteran of the Air Force, an engineer, an inventor, and an avid outdoorsman. Barry was a Commissioner with the Old Colony Council Boy Scouts of America. He was well-known for his booming voice, his intellectual personality, and his love of chess and science-fiction novels. Barry is survived by his wife and five children. We will all miss Barry, and sincerely thank him for his contributions to our chapter. See full obit [here](#).

An Appreciation

Barry Farnsworth, Vice Chair of SEM's Education Committee, passed away suddenly November 19. After many years in leadership roles with the Scouts, Barry volunteered as Education Vice Chair to promote training levels of SEM trip leaders. Most recently he managed registration for our fall WFA offering and supported the weekend's operation. He had hoped to contribute his experience with map & compass training in the Scouts to our chapter, and take over as Chair next year.

Thank you, Barry, for your commitment to SEM.
We will miss you.

Photo Courtesy of Shutterstock

Volunteer Volunteer Volunteer Volunteer Volunteer

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.

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.



NIKE REUSE-A-SHOE RECYCLING PROJECT

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

Drop off your old sneakers with any leader they will get them to the vice chair, Maureen Kelly, vicechair@amcsem.org.

Check out the website: www.nikereuseashoe.com



THE WAYWARD CANOE

Submitted by Art Hart
SEM AMC member and trip leader

We were a group of 10 paddlers and 2 guides in 6 canoes on a 9 day trip paddling 100 miles down the headwaters of the St John river in north-western Maine. This section of the river is considered to be the longest free flowing wild river east of the Mississippi. On the entire trip we encountered only 2 bridge crossings for logging trucks and a half dozen camps. Plans by the Corps of Engineers to build a major dam in the early 1960's which would have flooded much of this wild and scenic river were later abandoned. Much of this section is now protected by the Nature Conservancy. Because it's not fed by any major lakes it's best run from May or early June before sections become too shallow for paddling.

Our put in and first night campsite

was Baker Lake near the Quebec border. We arrived after hours of driving 100 miles on rough logging roads, sometimes having to detour due to spring washouts. Sightings of moose, deer and a black bear provided some interest on the long drive.

I was paddling with Dave a long time SE AMC canoe/kayak leader, we met the previous year on an Allagash River trip where he urged me to join the AMC. For many years Dave and his wife Barb led annual SEMA AMC Columbus weekend Saco River trips.

It was early May and the ice had only been out of the lake a couple of days. We spent the first day dodging rocks in the fast current on the Baker Branch until it joined the southwest Branch. Here the river widened to become the main St John where we passed 8 foot high ice

flows stranded on the banks. Campsites on the river were ideal and a couple of cabins were available for use by paddlers. Our group used the cabin at Ledge Rapids on a raw, wet windy night to eat dinner and share a bottle of wine. Overnight the river had risen considerably so in the morning we were faced with large standing waves where the day



before had been an easy run. We ran a ledge close to the left bank plunged thru the waves taking on buckets of cold water. We immediately had to eddy out and bail our 18 ft Old Town Trippers.

Big Black rapids were next, normally a class 2 but now a raging class 3. We bushwhacked along the high right bank to scout the best line and were able to run it successfully. The beautiful campsite where the Big Black river joins the St John was occupied by a party of paddlers from Quebec the only other group we encountered on the river the entire trip. It had been a long 26 mile day but we paddled on to the next campsite. Heavy rain and snow in Quebec, the source of the Big Black branch was adding to the flow in the main St John, we watched huge trees that had been ripped from the banks upriver floating by our campsite.

It was here that we encountered the "wayward canoe". We were relaxing after dinner watching a moose on the far bank when we noticed a half submerged canoe floating in the current. Jamie, one of our guides, and Dave grabbed PFD's, jumped in a canoe and paddled the 200 yards across the river to try and retrieve the canoe. The rest of us at the campsite scanned the river for it's occupants. Jamie and Dave chased the "wayward canoe" and were able to nudge it to the opposite bank where our Guide bailed it out and paddled it back to camp while Dave ferried the other

canoe across the wide swift moving river. When we inspected the canoe it appeared to be undamaged with all camping gear still securely tied in. Now our concern was for it's occupants. How far upriver did they capsize, had they survived the cold water or where they stranded on the river bank wet and hypothermic in the freezing night?

Our campsite was also occupied by 4 fisherman, it was the first campsite that could be reached with a 4 wheel drive on logging roads. It was getting dark and the nearest phone was over 40 miles away but they agreed to drive out and alert

site to see if the Quebecois had seen anything. Overcoming a bit of language barrier they determined that they had seen the canoe in the river and hiked to the base of Big Black rapids searching for the paddlers but found nothing.

The next morning at first light a Maine game warden arrived at the campsite in his vehicle and shortly after a warden pilot flew over heading upriver. Within a few minutes the warden pilot radioed that he had spotted 2 canoes each with 3 occupants some miles upriver, we were pretty sure these were the paddlers of the "wayward canoe.

We were much relieved with this news so we broke camp and continued our trip. Later we learned that the canoe after capsizing had floated many miles and thru one major rapid and several minor ones before we retrieved it, amazing that it had survived in such good condition. The paddlers were in the

river for some time before their companions were able to rescue them. When they were reunited with their canoe they immediately arranged transportation back to their cars and left for home in New Hampshire, apparently the mishap having dampened their desire to continue the trip!



the Warden Service. They had driven only a few miles when they met a truck with a radio and the driver alerted authorities. The fishermen also hiked into the Big Black camp-

We continued to find the river unusually high. An afternoon snow storm on a rest day left a blanket of snow at another campsite and we broke ice in the wash basins most mornings. The river was full to the



banks and fast when we reached Big Rapids, the last before the town of Dickey, our take out. Many of the rocks were now submerged, even one that a town local described as “big enough to park a pick up truck on”! We hugged the left bank and avoided any rocks still above water in this 3 mile long rapid. One canoe in our group did swamp but it was close to the river bank and the paddlers were able to bail it and continue, wet but OK. We learned

later that the river at Big Rapids had measured over 61,000 cubic feet per second, the highest ever recorded for that date.

Our last night we camped at the base of Big Rapids and next morning after the “lumberjack breakfast” at a Fort Kent restaurant across from the New Brunswick border crossing we left for the 450 mile drive home. Perfect ending to the premier Maine canoe trip.

Who ARE you?

Chris and Bill Pellegrini - Family Hiking

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

What is your name?

Christine Pellegrini

How long have you been involved in hiking?

7 years

How long have you been an AMC member?

7 years

How long have you been a trip leader?

5 years

What do you enjoy about being a trip leader?

Watching a new hiker summit their first 4000 foot mountain or taking someone hiking for the first time.

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

Just have fun planning interesting hikes for yourself and then everyone else will have a great time.

What/where are some of your hikes?

Locally in SE MA, Western MA, White Mountains, NH, Maine.

Where would you like to hike that you have not been yet (your dream trip)?

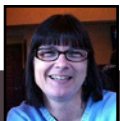
Probably the Grand Canyon or in some of the National Parks out West.

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

Take your time to work yourself up to big mountains and buy the best gear you can afford first so you don't have to keep upgrading your gear.

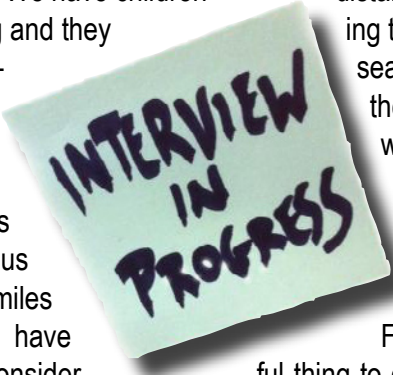
Now that you are leading family hikes, what other factors must you consider when hiking with children?

Oddly enough the same things you consider with adults: pace, time,



distance and terrain. Kids can't do the distances or elevation gain of an adult. I think they can probably scramble as well if not better than some adults. We have children as young as 2 1/2 hiking and they have a hard time keeping up unless we slow the pace down considerably. Having said that children on our hikes have frequently surprise us with their abilities. Five miles is the longest hike we have done so far. Another consideration is we have to keep them interested. You want to make sure there are things to do on the hike besides just walk. If there

are things to look at like fire towers or waterfalls and maybe some rocks to scramble they won't be so worried about the time or distance. We have theme hikes during the holiday seasons and choose seasonal hikes like spring when the wildflowers are in bloom or fall when the leaves are turning.



What else would you like us to know about hiking?

Family Hiking: It's a wonderful thing to do for family time and it can be done any time of year. When we started hiking it was with our son Taylor when he was a teenager. When our grandchildren came

along we started them hiking at very young ages. It's about having fun and getting the family outside for exercise and fresh air. Developing a child's interest and love for nature is so important for their future and the future of the earth. Best of all once you have made some initial purchases it's basically free. We got into leading hikes with families because we were essentially already doing it on our own and as AMC hike leaders it just made sense. Hiking in general: It is wonderful exercise and there is nothing better than summiting a mountain, taking in the views from the top, and marveling at your accomplishment at the end. That pretty much sums it up for us.

HOLIDAY PUZZLE

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Want to sell your stuff?

Send to breeze.editor@amcsem.org with details.



**Rossignol
Touring X Country
Skis w/ bindings.
190/05741776**

**Women's boots to
match size 7 1/2 to 8**

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Great Condition, bought
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Madeleine
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*Images are for illustration purposes only and are not the items for sale, please contact seller for details

Answers on [Page 11](#)

Erika Bloom Awarded - 2013 Distinguished Service Award (DSA)

By Max Sarazin

Erika Bloom awarded our chapter's highest award, the Distinguished Service Award (DSA). The DSA has been given out since 2000 and is given to someone who has "distinguished service" — above and beyond the usual SEM high level of volunteer service. The recipient this year was Erika Bloom — the creator and manager of this Short Notice Email List!

As a Hike Committee Leader, Erika progressed from participant to Co-Leader to Hike Leader to Winter

Hike leader. In addition to other trips, for years she led weekly Conditioning Hikes at the Blue Hills. Erika also served as Hiking Vice Chair, then Hiking Chair for 3 years. In 2002, Erika investigated the options and set up this Short Notice Email List, sometimes abbreviated as SNEL. For the past 11 years, she has continued to run the SNEL system.

Please congratulate Erika when you see her on the trails (or when you see her on the top of Mt. Kilimanjaro)!



2013 DSA Award Winner
Erika Bloom. Courtesy Ken Carson.

Take A Long Hike

Backpacking with children

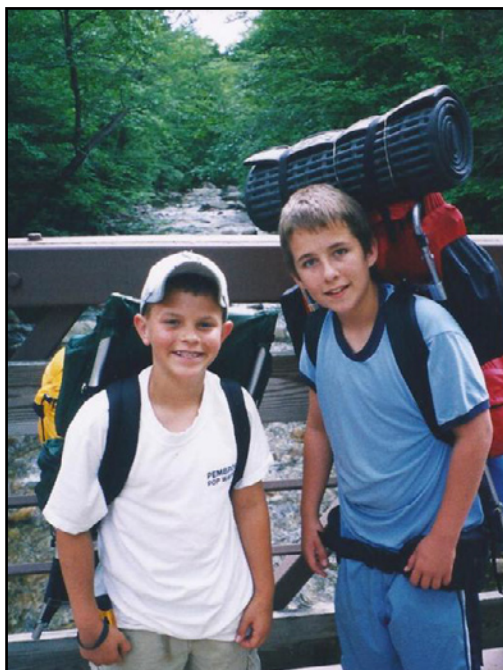
by Ray Anderson



Young kids need to stay active. They also thrive in new and challenging situations. Why not take them on an overnight camping trip in the mountains?

A few years ago, I took my step-grandson, Anthony, and his friend on a hike in the White Mountains of New Hampshire. I pulled out two old backpacks and drove us up to the Mount Liberty trailhead. They asked me on the ride up if we would see snakes and bears; I told them to stay alert and be watchful.

Late morning, we started the climb up to the Mount Liberty tent site, which is about three-quarters of the way to the summit. At the site, I showed them how to get water and treat it. I handed them their private tent set-up instructions and told them to figure it out. It was a nice afternoon with plenty of time before sunset; they put their heads together and did fine.



Anthony (right) and CJ--White Mountains

I wanted to teach them about the wilds and quickly realized they would put up with some instruction, but not lots. So I took it easy on them. The next morning on the summit, they were wide-eyed as they huddled looking at views. The boys felt like they had accomplished something.

On the way back down, I let each of them navigate and quizzed them about what they would do if they got lost. At trail junctions, I asked



them to pull out their maps and show me where they were. I had my watch and showed them how long it took to hike a certain segment--another way to confirm what you are doing, I'd said.

These pictures tell the story. We didn't see any snakes or bears, but I taught them what camping basics I could in the time we had. They've turned into fine young men.

Ray's Hiking Blog: www.TakeaLong-Hike.com

Bill Cannon & Ellen Thompson - finishing Redline Trails

By Bill Cannon

A friend of mine that I met through the Boy Scout Troop we belong to, told me about Red Lining and thought I would like it. He was wrong. I love Red Lining.

I started on May 26th, 2011. It was the CC Camp hike. We came out of the woods in darkness and had trouble finding the trail back to the road. On our way back to the cars, people were stopping and asking where the party was. It was a great hike. Great leaders, and great hikers. I was hooked that night.

I wasn't as interested in Red Lining my map as I was in the actual hikes.

After some time I went back and started filling it in. Over the next 2 years I have made some great friends, heard some great stories, learned a lot about hiking and found

a wonderful outdoor resource. I think the best part was filling in the Orphan trails.

Ellen was a huge inspiration to me finishing. We

encouraged each other as we completed a lot of common trails together. Then I did my personal orphans. I hiked 5 days a week for the last 2 weeks. I couldn't wait to get to the trails. During that time I felt a bonding, for lack of a better description, with the Blue Hills. I paid attention more being by myself. I saw deer every time out. I watched the trails and markers and followed along my map a lot more.

The fall foliage and temperatures were not to hard to take either. Now it's time to Blue Line. This time rather than dread those orphans and trails I missed, I will be looking forward to doing them. One on one with the Blue Hills.



Bill Cannon & Ellen Thompson awarded RLBH patch for finishing the Red Line the Blue Hills Trails

By Ellen Thompson

What can I say about red lining of the blue hills? This experience was far more rewarding and exciting than I ever could have dreamed. At 6:00 once a week, tired from working all day, I have had the privilege of hiking around the woods with a fabulous group of people. It did not matter if the weather was incredibly hot, freezing cold, pouring rain, (except for Thunderstorms) we hiked, and I always had a ball. Kudos to Bill Cannon for taking the extra hikes with me so I was able to finish this October.

Special thanks to Joe Keogh, Michael Schwarz, Maureen Kelly, Jim Casey for leading these hikes.



RLBH Photos and articles provided by Joe Keogh

Skyline End-to-End Hike Provides Fitting Finale to RLBH Season



By Paul Miller
SEM Hiking Chair

The SEM Redline the Blue Hills (RLHB) Series that SEM hike leader, Bob Vogel, started a number of years ago just seems to keep getting more and more popular every year. Under the current leadership of Joe Keogh, Maureen Kelly, Michael Swartz and others, it's not unusual for 20-30 hikers to show up at 5:45 pm for the regular Thursday afternoon RLBH hikes,



Bob Vogel. Courtesy Ken Carson

held every Thursday in the spring, summer, and fall. Not only has this provided a great vehicle for getting SEM members out on the trails on a regular basis for these

often wacky, but always sociable, weekly hikes, it's also turned into a virtual "factory" for producing a slew of new and very capable SEM hike leaders!

While I didn't get a chance to participate in any of this year's Thursday evening RLBH hikes, I was lucky enough to join the group for the now-traditional RLBH season finale; a relatively challenging 8.7-mile long Skyline Trail End-to-End hike in the Blue Hills.

For this year's Skyline "End-to-End" on Saturday, Nov. 16th, 28 hikers showed up at the Shea Rink in Quincy. We laced on our hiking boots, signed in, socialized a bit, and then car-pooled to the end of Royal St. in Canton to begin the actual hike. While the day had begun overcast, the skies now began to clear and with the thermometer rising quickly towards the low 60s; it became obvious to everyone that we had lucked out with some superb hiking weather! After enter-

ing the woods, we caught up with the Skyline Trail and intentionally went in the wrong direction for a short stretch to reach the start of



Courtesy Ken Carson



Courtesy Ken Carson

HOLIDAY PUZZLE ANSWERS

Turkey, Stuffing, Pumpkin Pie, Cranberry Sauce, Santa, Christmas Tree, Gifts, Snow Flake, Ornament, Cookies, Happy Holidays

It is the Season
to shop AMC's new online store

SHOP THE STORE

Your purchases through the AMC Store support our mission of protecting the Northeast outdoors.

the trail at the Rte. 95/128 (or is it now Rte. 93?) cloverleaf. Then, we did an “about face” and headed back eastward on the Skyline toward Little Big Blue Hill. While this is relatively gentle terrain by “Skyline” standards, we had to be careful not to slip on the thick bed of leaves covering the sloping trail. (I may have been the first of several hikers to go down, but luckily for me, it was a “soft” landing.)

After hustling across busy Rte. 138 near the Trailside Museum and Blue Hills Ski Area, the group started a real climb up to the top of Big Blue on a steep, rugged section of the Skyline Trail. Looking back, we caught our first views of the day.

After passing the Blue Hill Observatory, we arrived at the 614-foot summit of Big Blue, where we stopped to regroup and to provide hikers who’d never been to the top of the Eliot Tower to enjoy the expansive views from that vantage point.

From the summit, we took the Skyline North loop back down and then up again over Wolcott, Hemingway, and Hancock Hills, which leads steeply down to the Reservation Headquarters on Hillside St., where we stopped to take advantage of the sole, but oh-so-convenient restroom. Here, I was pleased to bump into fellow-SEMers, Christina and Tom, who were hiking on their own that today, preparing for the upcoming SEM Winter Hiking Series! From the Reservation Headquar-

ters, we crossed Hillside Street and continued on the Skyline up over Tucker and Boyce Hills, carefully negotiating down one of the steeper and trickier spots on the trail and then climbed up to the top of Buck Hill, where we stopped for lunch, to enjoy the views, and munch on the homemade “summit treats” that



Joe and Micheal having lunch on Buck Hill. Courtesy Ken Carson

Maureen and Cathy had graciously prepared for the group (and lugged up in their daypacks!).

After lunch, we continued on over Buck Hill and descended steeply to Rte. 138 taking advantage of the stone steps that the CCC trail crews had built back in the 30s (along with most of the other trails and structures in the Blue Hills). Somehow, we got the heavy traffic on Rte. 138 to stop long enough to get everyone across and then continued hiking through some very pretty wooded sections, eventually reaching the top of Chickatawbut Hill and then on over Nahanton Hill, which skirts

the now partially enclosed Blue Hill Reservoir. When we got to Wampatuck Road, we noticed a lot of fire trucks, and a ranger informed us that, due to fire containment activities on Wampatuck Hill, we had to skirt around that short section of the Skyline Trail on the Pipeline Trail. After reconnecting with the Skyline, we climbed and/or scrambled up a steep section toward the top of Rattlesnake Hill, avoiding



Rocks in the BH, courtesy Ken Carson

the section of the trail that leads a short way up to the actual summit, which the DCR recently closed in its efforts to help protect the rattlesnakes that hang out there. From Rattlesnake Hill,

it’s “downhill all the way,” with the Skyline Trail taking us past the two St. Moritz ponds and back to the parking area at the Shea Rink, where many of us had left our cars.

After circling up one last time and thanking the leaders for a great hike, we organized rides back to Royal St. for those that had driven the rest of us over there in the morning and then many hikers headed over to the nearby Blue Hills Brewery for some post-hike socializing.

Me? I headed home for a nice hot shower to help sooth my tired muscles following this very enjoyable, 6.5-hour, 8.7-mile long hike that (according to Joe Keogh’s trusty GPS) involved 2,400 feet of elevation gain. Not too shabby for a “local” hike in the Blue Hills!

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>

A Golden Day

Ryder Conservation Lands in Sandwich

Photo Courtesy of David Selfe



Winter Workshop



What is Wilderness First Aid all About?

In simple terms, dealing with medical emergencies when 911 can't help you. That's what trip leaders taking groups into remoter areas may have to deal with. And not just trip leaders can benefit. Those of you taking family on camping trips into more isolated areas, or individuals who may be trekking in the back country either solo or with a few friends. WFA training will help you deal with medical situations should they ever occur, and we all hope they don't.

SEM sponsors WFA training twice a year. The most recent class held in Foxboro Nov. 9 & 10 covered the basics of assessing a situation and deciding what to do. What types of situations? Accidents like sprains and fractures (fairly common), environmentally induced hypothermia, frostbite and dehydration (it happens), and standard soft tissue injuries such a cuts, bruises and lacerations (when a



Accident scene
Courtesy of Christine Pellegrini



Debrief accident scene response
Courtesy of Christine Pellegrini

Band-Aid will not suffice). Along the way it also covered other topics including loss of consciousness (now what do you do?).

The class structure involves both lecture and demonstration fol-



Laceration injury
Courtesy of Christine Pellegrini

lowed by a series of role plays. A lecture (no view graphs thank goodness) and supporting demonstration typically preceded a role



Fracture with bone protruding
Courtesy of Jim Abate

play. We learned how to splint broken bones, protect a victim from the elements, and take safe action in lightning storms. The accompanying pictures illustrate one of the several role plays, soft



WFA Class Nov. 2013
Courtesy by Barry Farnsworth

tissue injuries. A group of hikers comes across an accident scene with several injured hikers. The group spreads out and seeks to treat each injury, all different, two or three rescuers per victim. Each rescuer gets to practice training skills which, in the illustrated case, were severe lacerations and a compound fracture. What would you do in such a circumstance? At close of role play it's debrief time to review what was done right and what could be done differently.

Eighteen attended this class, 11 from SEM, the remainder from other chapters and a few non-members. Our next offering will be the weekend of April 5 & 6, 2014. If you would like to be part of the next class, contact either your Education Chair or Vice Chair.

Len Ulbricht
Barry Farnsworth
education@amcsem.org
educationvicechair@amcsem.org



Lecture preceding role play

World's End hike

Photos courtesy Bill Nickerson





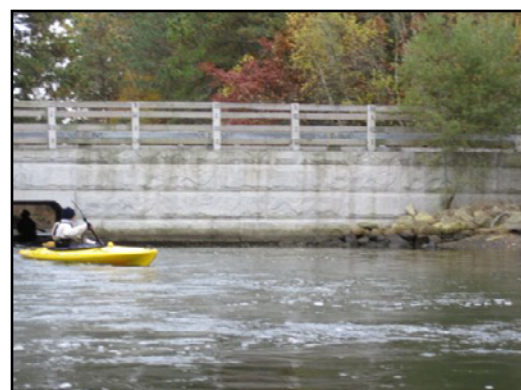
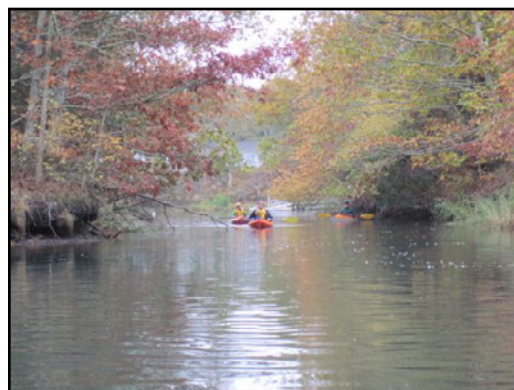
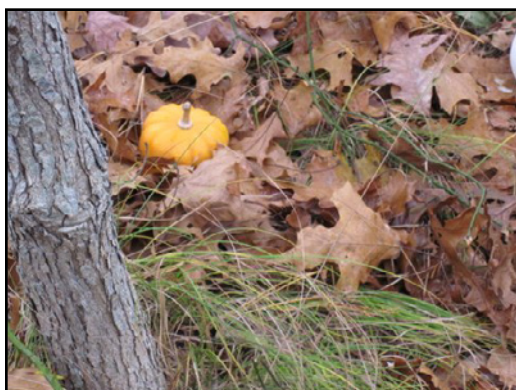
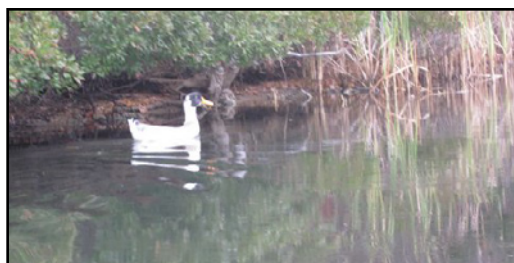
PADDLE TRIP REPORT - Follins/Mill Ponds

October 30, 2013

By Jean Orser

Paddlers: Margot Fitsch, Katy Hansen, Diane Carlson, Marilyn Leary, Gary Robinson, Paul Corriveau, CL, Jean Orser, Leader

Seven paddlers left an empty put-in on Follins Pond Road in Dennis paddling counter-clockwise around Follins Pond hugging the shore and exerting very little effort as the water was unbelievably calm and clear. A light drizzle started and continued on and off until after lunch. We went into a very colorful cove and then headed to Weir Creek. There was sufficient water to paddle under the North Dennis Bridge and we all flew under it into Mill Pond which was very scenic with swans, mallard ducks and one attractive duck Margot said was a blue Swedish/pekin mix. After circling Mill Pond we headed back to the bridge where the water was still rapidly flowing in and there was plenty of it so no danger of hitting a rock. Four paddlers managed to get under the bridge by using the ceiling to pull themselves thru. Three paddlers opted to portage over the bridge. Since they were out of their boats and it was close to noon we decided to have lunch on the Follins Pond side under some trees which nicely blocked the drizzle. Margot had brought a small pumpkin for our luncheon centerpiece. Afterwards we headed around Swamp Cove, onto Viking Rock; then into Dinah's Pond and Kelleys Bay reaching the put-in at 2:15. We probably paddled 6-7 miles depending on closely one hugged the shore. All agreed it was a good way to spend a drizzly day.



2013 Annual Meeting & Dinner

Courtesy Ken Carson









2014 Adventure Travel Trips

Adventure Travel has many exciting adventures lined up for 2014! Are you interested in hiking Big Bend, backpacking in Death Valley or maybe fly fishing in Montana? If international travel is more enticing, consider cycling in Tuscany or trekking in Peru. The adventures take our participants all over the globe in a dynamic and active group setting. To learn more about our program and view our trip listings, visit www.outdoors.org/adventuretravel.

Cascades trip group photo - Mt Adams in the background.
Photo credit: Eduardo Garcia

Annual Pizza Social

November 1st brought the first New Hampshire Chapter Annual Pizza Social at Lonesome Lake Hut. New Hampshire leaders led a group of about 24 people to the hut—some first-time visitors to one of the AMC huts, others veteran hikers of the White Mountains. They prepared homemade pizza for the event to enhance the enjoyment of the self-service that is available at the Huts this time of year. Also planned for the evening was a creative scavenger hunt and a hut trivia game to keep things exciting after the pizza dinner.

Next year's Annual Pizza Social will fall on Friday October 31st, providing the perfect opportunity for a Costume Party/Pizza Social combination event. To participate in the 2014 event, perspective participants should contact Denise Spoor at 603-466-8137 or by email at dspoor@outdoors.org. This information will be posted on the AMC website and in the AMC Outdoors magazine as well.



138TH ANNUAL SUMMIT
APPALACHIAN MOUNTAIN CLUB
JANUARY 25, 2014 FOUR POINTS BY SHERATON, NORWOOD, MA

Registration is Open!

The day's activities will include

- 138th Annual Business Meeting 4-5pm
- Clubwide committee meetings and workshops 8am-4pm
- Volunteer Leadership Awards Dinner with Guest Speaker, [Kristen Kelliher](#) 6pm

AMC Expo, Doors open at 8am

Outdoor destination exhibits - Chapter information - Sponsor booths - Mountain of Fleece

Accepting Nominations for Volunteer Awards Each year we are inspired by the dedication and hard work of our volunteers. The Annual Summit is an opportunity to recognize those who have gone above and beyond.

Who has inspired you this year? Visit www.outdoors.org/Awards and nominate a volunteer for the Distinguished Service, Volunteer Leadership, Joe Dodge or Emerging Conservationist Award.

Registration is required and opening October 1st

ACTIVITIES

SOUTHEASTERN MASSACHUSETTS ANNOUNCEMENTS(S)

AMCS SEM "Open House" coming up this spring! Great chance for new or prospective members to get to know the chapter. Intro to Winter Fun Feb. 7-9. WFA April 5-6. Leadership Training May 3.

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. We have outdoorsy opportunities (e.g., leading a hike); we also have indoors opportunities (e.g., web work, arranging events). Something for everyone!

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 (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)

Chapter Trips

(XCE) Tuesdays

Dec. 3. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C.

L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Dec. 10. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Dec. 17. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Dec. 17. Sunset/Full Cold Moonrise Ride. Ride the hills and shores of Sagamore and the Canal Trail to Buzzards Bay and Mass Maritime for sunset over Onset Bay. Return with a stop at Three-Mile Outlook and Cold Moon rise over the Sagamore Bridge. Helmets, water, registration, spare tube and tools required. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Saturdays

Dec. 21. Winter Solstice/Adieu to Autumn Ride. Early afternoon ride starting at Skaket Beach, Orleans to Mass Audubon in South Wellfleet and perhaps a cut over to the ocean side in Eastham. Return trip includes several beaches - Sunken Meadow, Crooks, Campground, Thumpertown, and First Encounter - and sunset at Skaket. Helmets, water, spare tube and tools, and registration required as changes will be sent to registered riders. Paul Currier currierpaul@comcast.net or call 8am-7pm 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Dec. 24. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Dec. 31. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Wednesdays

Jan. 1. SEM AMC 11th Annual New Years Day Ride. SEMAMC 11th Annual New Years Day Ride. Kick off our cycling schedule and our annual quest for 2,000 + miles. 30 miles with options for early bailout. This beautiful coastal ride includes Marion Harbor, Seashell Beach, Converse Rd. loop, The Stone Estate, Planting Island, and Kittansett Point. Helmets, water, Spare tube and tools required as is registration as changes will be sent to registered riders only. Paul Currier - currierpaul@comcast.net or call until 7pm. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Jan. 7. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Jan. 14. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Wednesdays

Jan. 15. Sunset/Full Wolf Moon Ride. Intermediate paced road cycling from Sandwich Recreation area on Freezer Road for ride on canal trail and streets of Gray Gables and Mashnee Island. Return to the canal for sunset near RR Bridge and ride along the canal for full Snow Moon Rise over the Sagamore Bridge. Helmets, water, registration, spare tube and tools required. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Jan. 21. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Jan. 28. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Feb. 4. Tuesday Cycling. Scenic cycling on Cape Cod - Late

AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Feb. 11. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Fridays

Feb. 14. Sunset/Full Snow Moon Rise Ride. Intermediate paced road cycling from Sandwich Recreation area on Freezer Road for ride on canal trail and streets of Gray Gables and Mashnee Island. Return to the canal for sunset near RR Bridge and ride along the canal for full Snow Moon Rise over the Sagamore Bridge. Helmets, water, registration, spare tube and tools required. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Feb. 18. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Feb. 25. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places.

Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

CAPE HIKES

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

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

Chapter Trips

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 sites. 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. 508 4874004 413 2972785. 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. 508 4874004 413 2972785. 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)

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)

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)

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. L Jane Harding (508-833-2864 before 9 PM, 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)

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)

(FT) (NM) Sun., Feb. 9. Hike - East Falmouth-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)

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)

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)

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)

(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)

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)

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 typi-

cal 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)

com) L Paul Miller (paulallenmiller@verizon.net) CL Maureen Kelly (mokol773@aol.com) CL Mike Woessner (stridermw@hotmail.com), R Walt Granda (508-999-6038 before 9:00 PM, wlgranda@aol.com)

HIKING

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

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

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) 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.

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)

Thu., Dec. 19. Blue Hills/Buck Hill Hike. We will hike 5 hilly miles in the Blue Hills from the State Police Barracks on Hillside Street to Buck Hill and return. Bring water, lunch, sturdy footwear, rain gear. Storm cancels. L Deborah Lepore (781-828-0572 Before 9pm, DLepore2@GMail.com) CL Hans Luwald (508-668-0462 before 9 am)

Thu., Dec. 26. Moose Hill Audubon Sanctuary Hike. Thursday morning hike at Moose Hill Audubon Sanctuary, Sharon, Ma. Small fee for Non-Mass Audubon members. This will be a good opportunity to try out new Christmas gifts! 3 Hour winter hike in one of the oldest & largest Mass Audubon Sanctuaries. Meet at 9:45 A.M. in the headquarter's parking lot. No registration required. Bring lunch & water. Snow shoe possible weather permitting. L Richard Carnes (508-947-3204 evenings, rcarnes2@aol.com)

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, stabilicers, 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. 16. Myles Standish East Head Reservoir Loop Hike. Thursday Morning Hike in Myles Standish S.P. East Head Reservoir Loop. Meet at 9:45 A.M. in Headquarters parking lot. Bring lunch and water. 2-3 hour hike. Snow shoe possible. L Richard Carnes (508-947-3204 evening, rcarnes2@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)

(FT) (NM) Thursdays

Jan. 30. Thursday Morning Monastery Hike. Thursday Morning Hike. Nice easy hike on the beautiful Monastery grounds in Cumberland, RI - Bring lunch or snack. Snow equipment may be needed. Rain cancels. Rte. 295S to exit 11. Take 114S app. 1-1/2 mi. Take right into Monastery, go past playground and park on right. L Muriel Guenther (508-699-7461 Before 9:00pm, murielguenther@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 panoramic 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 hik-

ing 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)

Fri., Feb. 7-9. Intro to Winter Hiking and Cross Country Skiing at Noble View Camp. Let us show you the joys of winter hiking, snowshoeing and cross country skiing from a beautiful heated lodge in central Mass. Friday evening we will meet the group and discuss winter gear. Saturday and Sunday we'll have half - day hikes and ski trips both in the morning and the afternoon. Hot lunch will be served back at the Camp. Noble View has shared bunkrooms, a kitchen, electricity, showers, flush toilets and wood stoves. All meals are included. Winter clothing and gear will be required. L Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com) L Walt Granda (wlgranda@aol.com) L Barbara Hathaway (barb224@tmlp.net) L Jodi Jensen (jodiajensen@gmail.com) CL cathy maccurtain , R maureen kelly (508-224-9188 before 8 pm, mokel773@aol.com)

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)

Sat., Feb. 15-17. Winter Hike and Overnight at Cardigan High Cabin. Presidents Weekend trip to High Cabin. Full winter gear and previous winter hiking and camping experience required. Fee includes two night's stay. Participants responsible for all food and to help carry up firewood. L Mike Woessner (508-577-4879 Anytime, stridermw@hotmail.com) CL Kevin Mulligan , R Mike Woessner (12 Bradley Ln., Westford, MA, 508-577-4879, Stridermw@hotmail.com)

Fri., Feb. 28-Mar. 2. Winter Hike Series #4. Complete the SEM Winter Series with an overnight stay at Lonesome Lake hut for two nights. Opportunity to hike the Kinsmans or Cannon. 4 group meals (dinners, breakfasts) included. Winter gear/experience required. \$90 payment needed by 1/20/14 to ensure spot. L Leslie Carson (508-833-8237, ltc929@comcast.net) L Paul Miller (paulallenmiller@verizon.net) L Maureen Kelly (mokel773@aol.com) L Mike Woessner (stridermw@hotmail.com)

com), R Paul Miller (508-369-4151 before 9 pm please, paulallenmiller@verizon.net)

Thu., Apr. 17. Thurs. Morning Hike - Oldham Trail & Harold Clark Forest. Hike the Oldham Trail and Harold Clark Forest in Foxboro. Meet at 10:00 am at parking lot on Rt. 140 across from Sunoco Station. Heavy rain will cancel. Bring lunch or snack and water and wear appropriate footwear. L Muriel Guenther (508-699-7461 Before 9:00PM, murielguenther@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 xcskchair@amcsem.org

Chapter Trips

(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)

(CE) Fri., Jan. 17-20. XC Ski Weekend in White Mountains. SEM and Boston Forty+ join together for xc skiing, snowshoeing and camaraderie at Carlson's Lodge in Twin Mountain, a few miles from Bretton Woods. Friday, Saturday and Sunday nights lodging and continental breakfast (cereal, juice, toast, & coffee) are included in rates that range from \$87 to \$119 plus taxes per night per room. After registering with Leader, call Carlson's Lodge at 800-348-5502 to reserve your room. A 14-day cancellation policy applies. Pizza and salad on Friday night at Carlson's and Saturday and Sunday dinners at local restaurants are extra. Additional details provided prior to trip. L Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net) CL Wayne Cardoza (603-673-2518 before 9pm), R Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net)

(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, 978-372-7442 7 to 9 PM, Doubledice@me.com)

(AN) (XCE) Tue., Mar. 4-6. Mid-Week XC and downhill skiing. Join in for three fun filled days of XC or downhill mid-week skiing at Bretton Woods, Jackson, Attitash, Wildcat or other local ski area. Stay in the Shapleigh bunkhouse for three days, Tuesday March 4 through Thursday March 6, departing the 7th. Pricing includes three breakfasts and dinners at the Highland Center. Optional fourth day skiing on drive up. Come and enjoy great skiing, après ski socializing and meals to please. Please note that a trip leader will not be managing the group and each skier should act accordingly and use their own judgement in selection of terrain suitable to their skill level, be it XC or downhill. Pricing base on up to 10 participants and capped at \$215 per person for three days, with meals, discount ski tickets extra. A greater turnout lowers your cost, a tough to beat deal. Full payment due by February 10. No refunds after February 17. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)