



SOUTHEASTERN MASSACHUSETTS CHAPTER

YOUR CONNECTION TO THE OUTDOORS

November 2014



Maureen Kelly,
Chapter Chair

VIEW FROM THE CHAIR

Maureen Kelly, Chapter Chair
Cheryl Lathrop, Past Chapter Chair



Cheryl Lathrop,
Past Chapter Chair

Transitions

I hope you all enjoyed our SEM Annual Meeting and Dinner Saturday night! It was great to see you all.

During our Annual Meeting we conducted our chapter business: presented the Annual Report to the membership, heard the Treasurer's year end summary report, and elected the 2015 Executive Board. This is where Cheryl handed the baton into the very capable hands of Maureen Kelly, former Chapter Vice Chair. (Check page 2 of this Breeze to see the other elected officers and board members for 2015.) After our chapter business was conducted, we held our very festive Annual Dinner where we had a great buffet, honored our leaders, and heard our wonderful speaker, Laura Waterman.

Cheryl would like to thank the 2014 Executive Board members for their dedication and hard work. It was a pleasure working with all of you. Maureen looks forward to working with the new Executive Board, as the chapter continues to grow and thrive.

We're both looking forward to a winter full of fun SEM activities. And always remember, that nothing happens without the hard work of all of our volunteer leaders. Thank you leaders for getting us outside!

As always, we're both available if you have something to say! We're just an email away.

Maureen & Cheryl

Maureen Kelly, Chapter Chair, chair@amcsem.org
Cheryl Lathrop, Past Chapter Chair, pastchapterchair@amcsem.org

2015 Executive Board

Chair	Maureen Kelly	Education Chair	Doug Griffiths
Chapter Vice Chair	Open	Education Vice Chair	Open
Secretary	John Pereira	Hiking Chair	Paul Miller
Treasurer	Patty Rottmeier	Hiking Vice Chair	Leslie Carson
Past Chapter Chair	Cheryl Lathrop	Membership Chair	Jodi Jensen
Biking Chair	Cheryl Washwell	Membership Vice Chair	Ed Miller
Biking Vice Chair	Open	Membership Vice Chair	Ellen Thompson
Cape Hiking Chair	Farley Lewis	Paddling Chair	Betty Hinkley
Cape Hiking Vice Chair	Peter Selig	Paddling Vice Chair	Ed Foster
Communications Chair	Gina Hurley	Skiing Chair	Barbara Hathaway
Communications Vice Chair	Open	Skiing Vice Chair	Open
Conservation Chair	Open	Trails Chair	Cathy MacCurtain
Conservation Vice Chair	Open	Trails Vice Chair	Wayne Anderson
CYP Chair	Sally Delisa		
CYP Vice Chair	Open		

Ad Hoc Committee Chairs and Other Chapter Contacts

Social Director	Melissa Powers
Social Vice Chair	Open
Social Networking Moderator	Susan Franconi
Webmaster	webmaster
Breeze Editor	Gina Hurley
Blast Editor	Gina Hurley
SNEL Administrator	snel.admin@amcsem.org

Contact Chapter Chair at chair@amcsem.org if you are interested in any open position.

Upcoming Executive Board Meetings:
November 12,
January 14, February 11

Save the Date

- [Wilderness First Aid](#)
November 8-9, 2014
- AMC [Annual Summit](#)
Jan. 24, 2015, Norwood, MA
- [Winter Fun Weekend](#)
Feb. 6-8, 2015, Noble View

Important Chapter Information and Links

Find activities (hikes, bikes, etc.)

1. Links in the monthly *Breeze*
2. [Online trip listings](#)

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.

Submissions must be copy ready. Title and credit for all photos must be included.

Send to breeze.editor@amcsem.org

Breeze Deadline

On the 15 of the preceding month.

Sign-up for the Breeze

Call 800-372-1758 or email

amcinformation@outdoors.org

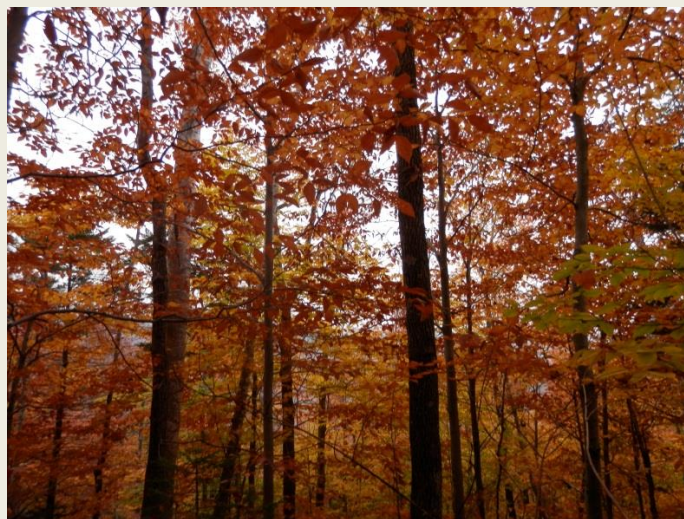
Where to find [Breeze newsletters](#)
(current and past).

Volunteers Wanted

Volunteer for the Executive Board. Do you have skill and want to see where you fit? 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 [homepage](#) or call 800-372-1758.



Fall Foliage on the Webster Cliff Trail
(Photo courtesy of Gina Hurley)

SEM ACTIVITIES AND TRIPS

UPCOMING ACTIVITIES

Schedules -- QUICK-CLICKS

The QUICK-CLICK links below are connected to the AMC query results, providing instant access to currently scheduled activities for AMC and AMCSEM. With no parameters to input!

[Biking](#) | [Cape Hiking](#) | [Hiking](#) | [Paddle](#) | [Skiing](#) | [Trails](#) | [Conservation](#)

[CYP](#) | [Family Events](#) | [Social](#) | [Education](#) | [Membership](#) | [Executive Committee](#)

[All SEM activities](#)

[All AMC activities](#)

[Sign up for the AMC Activity Digest](#)

[SEM VOLUNTEER OPPORTUNITIES](#)

Where else can you find SEM activities listed?

[Links in SEM e-Breeze newsletter](#)

[Short Notice Email List](#)

[UNDER THE "UPCOMING EVENTS" TAB AT AMCSEM.ORG](#)

(also includes community events and activities from other AMC chapters!)

Short Notice Email List (SNEL)



Sign-Up Now!

Receive email about short-notice trips, cancellations, changes, and announcements.

Sign up now! Go to: www.amcsem.org

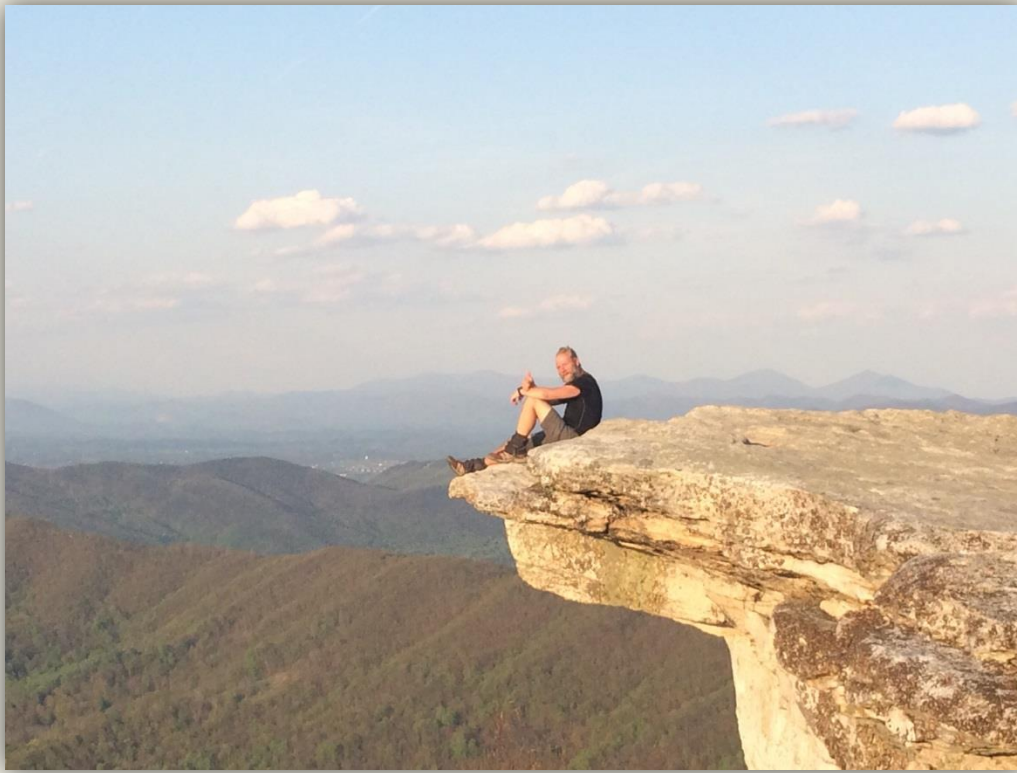
[Instructions for posting SNEL trips](#)

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 (skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available."

An Interview with Mark St. John, an AT Thru-Hiker

By Gina Hurley



(Mark St. John at McAfee Knob in Va; Photo Courtesy of Mark St. John)

Last month's Breeze featured an article about Trail Magic. Mark St. John, a recent thru-hiker, saw the article and contacted me. Through various communications Mark gave me an interview about his thru-hike of the Appalachian Trail. I hope you enjoy reading about his journey.

1. Why the AT and why this year?

The stars aligned perfectly for me. The company that employed me for over 18 years had been acquired and I knew in March 2013 that I would no longer have a job at the end of March 2014. I had a severance package that allowed me to be paid while I was hiking. I started researching the trail and acquiring gear. In December 2013 I signed a lease to rent my house while I was on the trail to keep expenses to a minimum.

2. Had you been a hiker or completed other long distance hikes before the AT?

Hiking for me started in 2011 when I completed a section hike of the AT in Massachusetts. The following year (2012) I section-hiked the AT in Vermont and also completed the NH 48 4K peaks. In 2013 in preparation for the AT I did a one-day Presidential Traverse (19 miles), the 100 Mile Wilderness (120 miles) and completed the northern section of the Long Trail in Vermont (173 miles).

3. Did you do a 'solo' hike or did you hike with a group?

I started with (BaconDog) and by day three had met up with a group making a total of eight of us. Within a week we had separated, some falling back due to physical or equipment issues (knees, feet, etc.). I continued on and hiked with Kamikaze, Fargo and The GOAT (Greatest Of All Time) until we got to Waynesboro, Va. We split up at that point as most were going to Aqua Blaze (canoe the Shenandoah River in lieu of hiking the miles). I continued by myself until MA where I met up with Happy and then Tree in Vt - and hiked with them to Gorham NH. I left Gorham solo and ran into Kamikaze in Rangeley ME. The GOAT skipped about 40 miles to meet us in Monson ME to complete the last 114 miles. Of the eight of us that started out, three of us completed the hike - Kamikaze and I on 08/09 and BaconDog on 08/25. (I should note that one of the eight (WetBandit) hiked south from Katahdin to Boiling Springs, PA last year and completed his northbound hike from Springer Mountain to Boiling Springs this year).

4. What was your trail name and how did you acquire it? Did most hikers have trail names?

My trail name was Gandalf and it was given to me in Georgia due to my gray beard. Most hikers I knew had trail names - in fact, it was difficult to remember their 'real' names as you only referenced them by their trail names.

5. How long is the AT? How long did it take you to thru hike it?

The official mileage of the AT changes each year due to reroutes and upgrades. This year the official mileage was 2185.3. I completed the hike in 150 days.

6. What was your average miles hiked per day, and what was the most distance you covered in a day?

I blogged on TrailJournals.com and by blogging it keeps track of my statistics. Here they are from the Trail Journals site:

➤ Trip Miles	2185.3
➤ Total Days	150
➤ Number of Zero Days	19
➤ Number of Hiking Days	131
➤ Avg Miles per Day	14.57
➤ Avg Miles per Hiking Day	16.68
➤ Avg Miles per Week	101.98
➤ Number of Trail Towns	19
➤ Nights in Shelter	34
➤ Nights in a Tent	65
➤ Nights under Stars	1
➤ Nights in Hotel	18
➤ Nights in Hostel	20
➤ Nights in House	12
➤ Longest Day	32.6
➤ Shortest Day	3.2
➤ Days over 20 Miles	32

- Days between 15-20 54
- Days between 10-15 29
- Days between 5-10 15
- Days between .1-5 1
- Most Consecutive Days Off 2
- Longest Section (no days off) 264.7 miles
- Longest Section (no days off) 13 days

7. Did you come across a lot of trail magic? What kind?

I came across considerable trail magic – especially down south. Here are some examples:

- There was a church in Franklin, NC that sent vans daily to all the hotels to pick up hikers and bring them to the church for a free pancake and bacon breakfast.
- There were several church groups that would setup at a road crossing (gap) and have hot dogs, coffee, soda, chips, etc.
- There was a woman (Frogger) who was section hiking and her father (Energizer Bunny) was following by van and would meet her at the road crossings. We met up with them daily and he always had something for us. On his last day of the two weeks that Frogger was hiking, he filled baggies with snacks and wrote our trail names on each baggie and then placed each one on stairs leading to the trail from a road crossing so that we would find them.
- While eating breakfast in Andover, ME – a woman came by and tapped me on the shoulder.
 - Woman: “thru-hiker?”
 - Me: “Yes”
 - Woman: “northbound?”
 - Me: “Yes”
 - Woman: “Congratulations – you’re almost there”.

I finished my breakfast and went to pay my bill. The owner stated that I was all set – someone had paid my bill. I looked around and saw the woman who had tapped me on the shoulder sitting at a table with a big smile. I went over and thanked her. She said that is the way she likes to do trail magic.

8. What person(s) did you meet that left a lasting effect on you?

I met a woman at Pine Grove Furnace, PA (1/2 gallon challenge) and we struck up a conversation. Apparently she had section hiked the entire AT except for a section in Maine. In 2013 she traveled from the PA area to Maine to complete her hike – this was about the same time that “Inchworm”, a female thru-hiker went missing and in the same area that she was to hike. She drove back from Maine without starting the hike – nervous about being a solo woman hiker. I reassured her that there were quite a few women hiking this year and that you can count on your fellow hiker to watch out and assist you should you encounter any issues. She took my photo as I was leaving and thanked me for “restoring her faith in the hiking community”. Months later, I’m in Gorham NH when this woman approaches me and identifies herself as the woman I had met at Pine

Grove Furnace. She stated to me that "the reason I'm here is because of you – I am going to finish that section". I never saw her again – but am confident that she completed section hiking the AT this year.

9. What pack did you use? How much did your pack weigh fully loaded?

I used a Gregory Baltoro 75. When I left Hiker Hostel (Springer Mt) it was 39 lbs. fully loaded. Somehow I kept adding more weight – mostly food – along the way. My best guess was it was between 40-45 lbs.

10. What other equipment did you have with you?

The equipment varies as you go along the trail. I sent back many things (including my stove) as I continued north. The following is what I used at some point during the hike.

- Shoes: Asolo TPS 520 (first 300 miles and PA); Solomon XA-Pro trail runners
- Socks -Darn Tough Socks
- Shirts - Icebreaker Merlino wool t-shirts
- Sleeping Bag - Western Mountaineering 20 degree
- Air Mattress - Thermarest Neo Air
- Tent - Tarptent Notch
- Trekking Poles – Black Diamond Alpine Carbon Cork
- Stove – Jet Boil
- Water Filter – Sawyer Squeeze
- Cell Phone – iPhone 5s (Verizon)
- Camera – Cannon Powershot D20 (Waterproof)
- External Battery - Anker

11. Did you sleep in a tent or shelters most nights? Any huts?

I tried to stay in my tent as often as possible at a location where there was a shelter – as there is water and a privy at most shelters. I stayed in my tent as shelters tend to have mice issues, tend to be colder in the early months and disease (noro-virus, colds, etc.) tend to linger in a shelter. Although, if it was raining I would stay in a shelter because you don't want to pack up in the rain and/or carry a wet tent. As for huts, we stayed at Lake of the Clouds Hut in NH and performed a 'work-for-stay' so that we could stay for free.

12. Did you run into any wildlife? What kind?

I saw three bears - one in the Shenandoah National Park, one in New Jersey and another in New Hampshire. I also saw a moose in New Hampshire and a porcupine in Vermont and countless snakes. I was 'attacked' by a peregrine falcon hiking out of Duncannon PA (apparently they had a nest under the bridge that I was crossing). There were some turtles resting on a log as I hiked out of Harpers Ferry.

13. How did you resupply?

At the beginning I sent resupply boxes to myself on the trail. That didn't work out well – as either I would miss the stop (i.e. PO closed on weekend) or the food

that was shipped was not what I needed. I decided it would be easier to resupply in town so I would look at a map and determine how many days it would be to the next town and shop for enough food to get me there. Usually there were no more than four days on the trail between towns.

14. What was your favorite trail food?

I think I was the poster child for Little Debbies. I loved their Streusel Cakes and Cheese Danish – plus they traveled well (really didn't get too crushed in the pack). I also ate a LOT of pepperoni and cheese in a tortilla wrap and used MIO – an additive to water.

15. Did you keep a journal of your trip? Is it on-line for others to read?

I kept a daily journal on TrailJournals.com. It was my way to communicate with family and friends that were following me. This is available to the public at www.trailjournals.com/saint

16. People say the White Mountains are the hardest part of the trail. Would you agree?

I would have to disagree. I found Maine to be more 'rugged' than the Whites. This might be due to the fact that I had already hiked most of the AT in New Hampshire and knew the terrain and had not hiked the southern part of the AT in Maine. New Hampshire, by far, has the most 'striking' views, but I really enjoyed Maine due to the remoteness of the trails.

17. How did you keep your motivation?

The views are the motivation I would use to get up a mountain on a nice day. I was fortunate that the weather for the most part was favorable. Continuous days of rain can you drag you down – this only happened in New York when it rained four straight days. I had also dedicated my hike to raise funds and awareness for the Multiple Myeloma Research Foundation. No matter how difficult some of the days may have been – I knew it didn't compare to what some of these patients endure daily.

18. Did you have any health problems or need to leave the trail for a period of time?

I was sick once through the 100 Mile Wilderness, but needed to press on to meet family and friends that I was summiting with. The other incident occurred in Lyme, NH when I slipped on a wet root and hit my head on a rock and blacked out. I was fortunate to be with two other hikers who stopped the bleeding on my forehead and "Krazy Glued" my head back together. I was evaluated by Hanover Fire/Rescue, took a day off and then continued on.

19. Describe the feeling of finishing.

Finishing was definitely not what I had anticipated. The final week as we hiked through the 100 Mile Wilderness I was fortunate to be with three other hikers who I had hiked with from Ga to Va. We reminisced and I really thought I would be emotional when I summited however it was more like "OK – done. What's

next?”. I truly was happier that I had reached my fundraising goal of \$10K for MMRF than I was arriving at the summit of Katahdin.

20. Describe how it has been to re-integrate back into your life before the hike?

My first experience with 're-entry' was when we were driving back from Maine. It took five weeks to hike from MA to ME and it was going to take five hours to drive back. There is not a day that goes by that I don't think of the trail and my trail family. There is a certain amount of 'closure' that I had to go through. I had planned the hike for a year and it took five months to complete – it takes time to readjust and refocus.

21. Would you do it again, or another long distance thru-hike?

If I was to hike the AT again, I would most likely go Southbound. There are many other trails such as the PCT and the CDT that I would consider however they also would take several months to complete so I do not see them in the near future.

22. What did you learn about yourself after this experience?

You spend quite a bit of time reflecting as you hike 2200 miles. The trail has taught me that there are some things you just can't change and there is no need to stress about them. Push on and push through - it will figure itself out. Also, never say "NEVER". A few years back when I was section hiking in Vermont, I said that I would NEVER hike the AT – and I did. Don't give up on anything – you are your own worse and best critic. Listen to yourself.

23. Where can we see some pictures of your thru-hike?

Here is a video about my trail family:

<https://www.youtube.com/watch?v=YEIzauDr85E>

Here is a video of the views along the AT:

https://www.youtube.com/watch?v=t_E2ECzIhtY



(Mark St. John finishes the AT on Mt. Katahdin, ME Va; Photo Courtesy of Mark St. John)

INTERESTED IN BIKING??

Read Some of Our Recent Biking Trip Reports.

You Will Want to Join the Next One!



Bike Leader-Jodi Jensen: I have been leading cycling for SEM the past few years. My motivation to be a cycling leader was my previous experience as a "club" ride participant. My chain fell off my bike during a long, slow climb. By the time I got the chain replaced, I discovered I was the only cyclist around. I was "somewhere" in Chelmsford without a map and no idea how to get back to Arlington. I vowed not to let this happen to anyone else. Hence, my rides are run like a hike, which includes a leader and a sweep. I keep them manageable to approximately 14 cyclists so I can keep an eye out for the rider.

The season always starts out on a bikepath to encourage cyclists without previous group experience to try it out. This year we rode along the beautiful 22 mile ride along the Blackstone River Bikepath in RI. This is the second time I have cycled with a group to this destination. Since it's early in the season, the bikepath is quiet, with the exception of an occasional deer, and beautiful views of the river. There is always a coffee/donut stop at Dunkin's along the route.

In September, the group cycled 40 miles on Martha's Vineyard, which included both bike paths and road. We enjoyed an ice cream in Vineyard Haven and chowda in Wood's Hole before our return home. As people who have ridden with me before, it's all about the food.

Recent Biking trips have included: Pioneer Valley starting in Sunderland with optional dinner at Bub's BBQ; Wellfleet Oysterfest with optional tent camping at Nickerson State Park; and Block Island with optional dinner in Galilee.

For 2015, a weekend cycling Martha's Vineyard Sept. 11-13 is in the works. Stay tuned.

Scenic Cycling-Paul B. Currier: It is around 10AM on January 1, 2014 and I watch a slow but steady procession of vehicles with racks of road bicycles pulling into Plumb Corner at Rochester Center. The temperature is already in the 40's with the high 50's predicted. What better weather could we have for my 11th

Annual SEMAMC New Year's Day Ride? We are not always so fortunate weather wise; in fact once recently we didn't ride until mid-February. But today is one the best to kick off our cycling season and our individual quests to attain 2,000 miles to qualify for the SEM AMC 2,000 Mile Club.

Until recently, I did not know that I had been leading rides for 12+ years. When asked how long I had been leading, I guessed at 7 or 8 years; planning the upcoming NYD ride proved me pleasantly incorrect. Since the founding years, I have brought my annual schedule of leading rides up to about 42 a year: New Year's Day, a Sunset/Full Moon ride every month; Tuesday rides one time a month all year long, and First day of spring, last day of summer and last day of fall thrown in for good measure. It is a long schedule involving much time and effort to plan and produce but for the most part it is rewarding to do so; at times, though, I'll admit, it does become a tad overwhelming.

I've done my Century and a few Metrics; but am now enjoying shorter 25-35 mile rides that offer chances to appreciate this most beautiful place in which we live. From (and including) Rhode Island through our South Coast towns, Cape Cod, and the South Shore, we are offered one the most interesting and scenic places to ride. And it is in constant change – the ocean, sky, birds, animals, flowers, plants, trees, and marshes. Toss in our spectacular architecture dating from the colonial to modern and the package is complete! Except for sunset at Skaket, eagles in Tihonet, the huge red moon of late summer rising under, though, and finally over the Sagamore Bridge, Sun dogs over Craigville Bach, the Boch Llama "farm"; Menemsha; the fox taking a few steps away but curiosity making him stopping to look back at us; the coyote patiently sitting and watching us pass by; the triple rainbow on the canal; the osprey splashing out of the water with fish in talon; whales off Herring Cove Beach: the Provincetown street performers; deer at Scusset; The Cliff at Sagamore Highlands; the smell of the marsh at First Encounter Beach; Chatham in bloom in mid-July; the Red Tail Hawk high in a dead tree scanning for lunch.

Knowing that my rides do not fit everyone's taste, our Chair of biking Cheryl Washwell and I would be willing to guide you along to share your favorite rides (faster, slower, shorter, longer, etc.) with us. Submit your route to Cheryl @ cawashwell@gmail.com for approval and we'll set a date for you to co-lead/navigate the ride. And soon you will feel the pride and pleasure of leading cycling rides and sharing your knowledge of your favorite areas with us.



Exploring Nantucket Bike and Walk in June

We had a blast on a weekend trip to Nantucket – This was coordinated and lead by me – Cheryl Washwell, Bike Chair and Patty Rottmeier, Treasurer.

- Departed Hyannis Fri 6/20/14 at 12:00pm on the Steamship Authority Traditional Ferry (Slow boat).
- Arrived in Nantucket 2:15pm at the Steamship Wharf. Luggage was transported by Patty's car to the Hostel in Surfside. Everyone biked to the Hostel thru downtown (route was thru the historic district) and to the Surfside bike path (3.4 Miles). All Checked in to the Hostel by 4pm.
- Dinner was at LoLa Burger (casual dining with fun atmosphere) at the rotary about 5pm-ish. Although the restaurant was about 2 miles from hostel, we squeezed 7 people in Patty's Mazda SUV and 4 in the little red Jeep Wrangler. 2 others biked in for additional fun.
- After dinner 9 of us rode back, 2 walked back (the long way) to the Hostel for the sunset and evening at the beach. With minimal light pollution, and clear sky, viewing the constellations was splendid, while listening to the surf.
- Saturday bike trip – Breakfast was provided at the Hostel by 7am. First Trek was the Siasconset Loop – started from Surfside to Siasconset (east side of island) by way of Polpis road. We rode about 13 miles of windy bike path with slight ups and downs, with no big hills. Once in Siasconset we were able to do a little touring around of the town with cute little houses from the 1800's. Since it was early (11am) we decided to continue to Cisco Beach & Cisco Brewery on the way to Cisco Beach for lunch. This leg of the trip was 11 – 17 miles on Milestone Rd (very flat and straight stretch) to the Rotary, then to Fairgrounds Rd bike path to Surfside bike path and then Surfside to Vesper Lane to Cisco bike path. We reached the Cisco Brewery where we were could pick up a lunch at one of the concession trucks from local restaurants and a beverage from the brewery...one favorite was the Blueberry Triple 8 Vodka with Lemonade. We enjoyed the outside seating, at the brewery, in the beautiful day we were blessed with. We then biked back on to Cisco Beach for a little beach time and get our feet wet in the surf. Now we had a few who wanted to find some ice cream so we back tracked on the Cisco bike path and continued into downtown to find the ice! That was a bit tricky thru the narrow roads and Saturday afternoon traffic (with 12 bikers), but we survived it. We made it to the Juice Bar for the homemade ice cream....Then back to the Hostel to clean up for dinner...
- Saturday night dinner was a NE Clambake (lobster, chowder, corn on the cob) or a non-seafood choice from Sayles Seafood. Food was served at Patty's (Rottmeier) house in Naushop on Old South Road for a little birthday revelry for the twins (Patty & Joanie). We had the car shuttling again, and by now we are still all getting along, so that was still fun also. Fun evening of eating, and exchanging stories.

- Sunday – 9am the Patty Coach came to pick up the luggage and the group sang “Happy Birthday” to the 2 birthday girls again. Lots of chuckles were had....Now it was time for all saddled to up for their bike ride to the



- Steamship. We had time before the boat departs at noon, so everyone strolled around downtown to window shop, have coffee, or buy gifts for their loved ones...Sandwiches were picked up on Broad Street (otherwise known as fast food alley) near the Steamship to take on the boat for lunch. One last laugh for the adventure was that once we unloaded the luggage from the car, there was one extra suit case that belonged to no one in the group...oops...we picked up someone else’s luggage from the Hostel...with a quick call to the Hostel, disaster was averted for one distressed camper. Boat sails back to America, with the happy bikers who hope to come back for another trip.

Bike Leader-Jack Jacobsen: My name is Jack Jacobsen and I'm from the little town of Fairhaven located on the south coast of the state. I've been leading bicycle rides for the AMC for about 11 years and I'd like to share some info on my favorite rides.

One of my favorite rides is actually right in my hometown of Fairhaven. It's a 27-mile ride that's very easy to do which makes it a good ride for beginners. It's also a very safe ride traveling a lot on the Phoenix/Mattapoisett Rail Trail and on quiet back roads. The ride has no hills on it - just flat, easy riding all the way. Beautiful ocean views of Buzzards Bay, New Bedford Harbor and West Island make this a really nice, scenic ride. A mile before the end of the ride we usually stop at Simmy's Restaurant for lunch. Check out the AMC schedule and don't miss out on this great ride. I like to do this one 6 or 7 times a year.

Another old favorite ride is the Dighton Rock State Park ride. It's a 35-mile ride that starts in Lakeville and passes through the quiet country towns of Freetown and Berkley. The highlight of the ride is the stop at Dighton Rock State Park overlooking the beautiful Taunton River. There's a little museum that houses the Dighton Rock with the ancient inscriptions carved on it. Originally the rock was sitting in the Taunton River but was lifted out in the 60's and placed in a museum. No one knows for sure who wrote the inscriptions but there are 4 different theories. It could have been the local Native American Indians or either Viking, Portuguese or Phoenician explorers who sailed down the river hundreds of years ago and left their marks on the Rock. The museum is free and open only by appointment so call ahead of time. Another good feature of the ride is availability

of rest rooms and waters either here or at another stop we make at the Freetown State Forest.

Another highlight of the ride is a stop at a mini Fenway Park in Freetown. There's a Little League ball field in Freetown that's an exact replica of Fenway Park, the home of the Red Sox. It's got the Green Monster in left field and looks just like Fenway only on a smaller scale. The ride also features a couple of thrilling downhill runs that are always fun to do. Well that's all for now and I hope to see you at the rides. Jack Jacobsen cyclejac51@yahoo.com

Passings

On September 29 our beloved friend and hiking buddy Eddie DeSantis passed away peacefully at the age of 93 at The Ellis Nursing Home in Norwood. He was a man of great character, always cheerful and admired by everyone who knew him. During the depression he was in the Civilian Conservation Corps in New Hampshire where he acquired a passion for the outdoors and hiking. Eddie was a volunteer for DCR Blue Hills TrailWatch at Ponkapoag, a member of the AMC and Friends of the Blue Hills. As an active hiker with the AMC and the Blue Hills Adult Walking Group, he was known as the "candy man" and the "Mayor" of Blue Hills. When he wasn't hiking with the group, he walked every day at Ponkapoag, greeting walkers along the way. We will cherish our memories of him on the trails, his positive attitude, and his determination to get out no matter what kind of weather. He was an inspiration to all of us and will be sorely missed.



(Photo and text courtesy of Nancy Moran)

Hiking in Switzerland, Italy, and France! (Part 3 of 3)

By Gina Hurley

(Photos courtesy of Gina Hurley)

Part three of my trip took us from the Ligurian Sea and Cinque Terre in Italy, to the high elevations and mountains of Chamonix, France. The official name of the town is Chamonix-Mont-Blanc, but is often, and simply referred to as Chamonix. It took about a day and half to get from Cinque Terre to Chamonix, using both trains and buses. Chamonix is situated in the middle of the Alps region in south eastern France. It was the site of the first winter Olympics in 1924. The town is surrounded by stunning mountains and spectacular peaks. The population is around 9,800, and the town is filled with hikers, climbers, and skiers all year long. Given this, there are a few campgrounds in town, which is where we stayed for six nights. The view of Mont Blanc from the campground was amazing.



View of Mt. Blanc from the campground



Top of L'Aiguille du Midi

Our first full day in Chamonix we took two cable cars to the top of L'Aiguille du Midi. It was a beautiful clear day, and you could see the top of Mt. Blanc, which felt like it was close enough to touch. The peaks and terrain were covered in snow, and the many hikers had their mountaineering gear, and were roped for safety. Although the scenery is stunning and spectacular, the dangers of hiking in this area are very real. We took the cable car back down to the middle of the mountain, and hiked a few hours to the Grand Hotel du Montenvers. This hotel sits next to the Montenvers glacier, which is located on the northern slope of the Mt. Blanc massif.



Hotel Montenvers



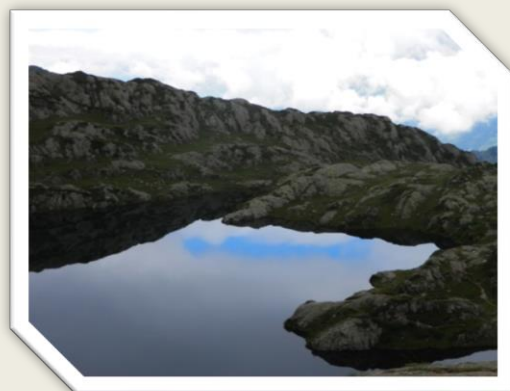
Montenvers Glacier

There is so much hiking in and around Chamonix it is hard to decide where to go. Our second hike started from Le Tours, about a 45 minute bus ride from Chamonix. After taking two chairlifts we started hiking towards Refuge Albert 1, a very modern mountain hut. The hut sits next to a glacier, and there were many roped mountaineering groups traversing the glacier. Hiking in the Alps is different from the hiking I have done in the United States. Most hikers take the chairlifts up at least part of the mountain to begin their hiking. The huts are also different, more modern, and more of a business.....serving food and drinks to hikers all day long. The scenery was beautiful. We sat on a big rock overlooking the glacier enjoying our packed lunch.



Hiking Trail to Refuge Albert 1

Our last great hike in Chamonix was to Le Brevent. We took a chairlift and tram to the top of Brevent, then hiked to Lac Brevent and another mountain hut. On the way we saw many goats, including this mother and baby.



Goats near Lac Brevent.

Instead of taking the tram back down, we hiked a ski trail, which made me want to return to Chamonix for a winter trip!

Hiking in Switzerland, Italy, and France was our dream hiking trip! I would do it again in a minute. If you are interested in hiking in Europe I hope you consider any of these places. You will not be disappointed!

SEM COMMITTEE ANNOUNCEMENTS

AMC SEM is always looking for volunteers to volunteer a little or a lot. Contact the chapter chair at chair@amcsem.org if you'd like to volunteer. We have outdoorsy opportunities (e.g., leading a hike); we also have indoorsy opportunities (e.g., web work, arranging events). Something for everyone!

BICYCLING

- WANTED: Biking Vice Chair. Contact bikingchair@amcsem.org
- 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 8am-7pm, paulbcurrier@comcast.net)

CAPE HIKES

Looking for additional leaders to lead hikes on the cape! Contact the capehikingchair@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

PADDLING

Looking for additional paddle leaders! Contact paddlingchair@amcsem.org

SKIING

Looking for ski chair. 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. Also looking for xc and downhill ski leaders! Also looking for a Vice Ski Chair.

SOCIALS

Looking for leaders to lead social events. Contact: socialchair@amcsem.org

TRAILS

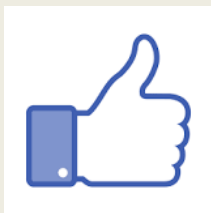
Looking for leaders to lead trail work events. Contact chair@amcsem.org. Looking for a trails chair. (We have a trails vice chair!)

NEW: AMC SEM Trips Can Appear in Your Email--Daily!

- An easy and convenient way to always know what's coming up!
- Go to the AMC Member Center (get there via amcsem.org, right-hand side).
- Then "Subscribe to Activity Digests" (choose hike, bike, paddle, etc.).
- And choose daily (or weekly, bi-weekly, or monthly).



The screenshot shows a web form for selecting activity digests. It includes a dropdown menu for 'Activity' with options: Backpacking, Bicycling, and -Evening. Below it is a dropdown for '*Email Frequency:' with options: Daily, Weekly, Bi-Weekly, and Monthly. A checkbox is checked with the text '*Yes! I'd like to receive a periodic digest of Group activity listings.' A 'Review' button is at the bottom.



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Cell Phone Use While Driving

By Alan Greenstein

Driving to your next AMCSEM event may require more focus on driving and less use of your cell phone. VT is most recent state to add a specific regulation prohibiting the use of a hand held cell phone while driving. The Vermont law went into effect on October 1, 2014. VT joined CT with this regulation. The VT law states that an electronic device "can be used for single button HANDS-FREE operations long as the device is in a cradle or otherwise securely mounted in the vehicle." MA has some individual town regulations regarding cell phone use and Maine has specified a distracted driver infraction. All the New England states prohibit texting while driving. Inasmuch as this area of motor vehicle regulation is receiving considerable attention and is changing quickly, make every effort to stay current on the laws in each state where you drive. Most importantly, stay alert and arrive at your AMC event happy and ready to have FUN.

Click [here](#) for more information.



AMC ADVENTURE TRAVEL LEADERSHIP TRAINING

November 14-16, 2014

Visit some of the most exciting places in the world as the leader of an AMC Adventure Travel trip! This workshop provides important training to people who have AMC chapter leadership experience (no beginners) to transition from leading weekend chapter activities to more complex and longer trips, domestically and overseas. Previous outdoor leadership training is necessary. Emphasis is on planning, cost estimating, marketing, trip management, people skills, risk management, and reporting. Includes procedures and guidelines for researching, proposing, and leading AMC Adventure Travel trips. Exchange ideas, problems, and solutions with some of AMC's most experienced and skilled leaders. Small group size assures abundant discussion and access to instructors. Cost: \$75 incl. 2 nights lodging, 2 breakfasts, 2 lunches and Saturday dinner at White Memorial Conservation Center in Litchfield, CT. Download registration package at: <http://snebulos.mit.edu/majorexursions/training>. Please register by October 25th. For details contact Registrar Merri Fox, merri.fox@pw.utc.com

Conservation Tip

Wash your laundry in warm or cold water. If every household in the United States switched from the hot-hot cycle to the warm-cold cycle, it would save energy comparable to 100,000 barrels of oil per day. Imagine how much more would be saved if you switched to cold-cold! Not only does washing your laundry in cold water save energy, it also helps your clothes keep their colors longer. To save even more energy, only run the laundry machine when you have a full load.

Have your Heard of KIDS.OUTDOORS.ORG?

What is it? A free online community for parents. Find over 100 outdoor places, trip ideas, and outdoor events in your area. Plus, expert advice on getting your family outside! You have to check this out!

The screenshot shows a web browser window displaying the homepage of KIDS.OUTDOORS.ORG. The browser's address bar shows the URL 'kids.outdoors.org'. The website features a large banner with a photo of a young boy and a woman, with the text 'KIDS outdoors' and 'An Appalachian Mountain Club community'. Below the banner, there is a navigation menu with links for 'PLAN YOUR TRIP', 'BLOG', 'DISCUSSIONS', and 'EVENTS'. The main content area includes a 'GET STARTED' section with a photo of a group of people outdoors, a 'JOIN THE COMMUNITY' button, a 'SHARE YOUR TRIP' button, and a 'JOIN THE AMC' button. There is also a 'SPONSORS' section featuring the L.L.Bean logo and the AMC logo. The bottom of the page shows a Windows taskbar with various application icons and a system tray displaying the time as 8:56 PM on 10/20/2014.