



The Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the AMC

May 2015

View From the Chair



Maureen Kelly, Chapter Chair
chair@amcsem.org

Spring has arrived and Summer is Coming!

Make **this** the summer you get out and **learn to hike**. Start with our [Introduction to Hiking Workshop](#); Saturday, May 9 in Foxboro where you will learn everything you need to know to hike. Then sign up for our **Summer Hiking Series** of 4 hikes with gradually increasing difficulty.

Already love hiking and want to **take it to the next level**? Join our [Introduction to Backpacking Workshop](#); Saturday, May 9 in Foxboro where you will learn everything you need to know to overnight in the woods. Then sign up for our **Summer Backpacking Series** of 4 backpacks with gradually increasing difficulty.

Thanks to **our wonderful leaders and educators** for designing these workshops. You are the best.

See you Outdoors!

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	Open
Cape Hiking Vice Chair	Peter Selig	Paddling Vice Chair	Ed Foster
Communications Chair	Gina Hurley	Skiing Chair	Barbara Hathaway
Communications Vice Chair	Mark St. John	Skiing Vice Chair	Open
Conservation Chair	Joshua Tefft	Trails Chair	Cathy MacCurtain
Conservation Vice Chair	Open	Trails Vice Chair	Wayne Anderson

Ad Hoc Committee Chairs and Other Chapter Contacts

Social Director	Open
Social Vice Chair	Open
Social Networking Moderator	Susan Franconi
Webmaster	webmaster
Breeze Editor	Gina Hurley
Blast Editor	Gina Hurley
Short Notice Email List	snel.admin@amcsem.org

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

Upcoming Executive Board Meetings: May 13, June 10, Sept. 9

MARK YOUR CALENDARS———SAVE THE DATE AMC Club-wide and SEM Chapter-wide Events

COMMITTEE PLANNING MEETINGS

SEM QUARTERLY HIKE PLANNING MEETINGS (6:30pm)

Next meetings: 6/3, 9/2, 12/2- Contact [Hiking Chair](#) for details.

SAVE THE DATE -- 2015 EVENTS

AMC [August Camp](#) (Jul 18-Aug15)

SEM [Chapter Hut Weekend](#), (Sep. 17-20, [Cold River Camp](#))

AMC Fall Gathering (Oct 17-18, Upstate New York)

SEM [Annual Meeting & Dinner](#) (Nov 7, [Salernos](#))

SAVE THE DATE -- 2015 TRAINING

SEM [Wilderness First Aid](#) Training (May 2/3, Foxboro)

SEM Intro to Hiking & Backpacking [Workshop](#) (May 9, Foxboro)

AMC Info Vol & Naturalist Training (May 16-17, [Highland Center](#))

AMC Info Vol & Naturalist Training (Jun 5-7, [Gorman Chairback Lodge](#))

SEM "Leave No Trace" (Aug 15, Foxboro)

AMC [Wilderness Navigation](#) 101 (Sep 12, [Joe Dodge Lodge](#))

AMC [Mountain Leadership School](#)

Upcoming Chapter Activities

**Click on the links below to see the up-to-date listings for
all of our activities.**

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

[Social](#) | [Education](#) | [Executive Committee](#)

[All SEM activities](#)

[All AMC activities](#)

Want SEM activities delivered right to your email inbox?

[Sign up for the AMC Activity Digest](#) or call 1-800-372-1758



Volunteer of the Month Cathy Giordano

Each month the SEM will recognize one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! This month we recognize **Cathy Giordano** from the Cape Hiking Committee.

Cape Hikes would like to recognize Cathy Giordano for all of the work she has put into the Show and Go Presentations at Leadership Training. Cathy has led many hikes for the AMC, and is a very dedicated member of our hiking community. Recently she led an excellent memorial walk for Dave Hayden, a much missed member of Cape Hikes. We count on Cathy for good hikes and leadership. Cathy will receive a Volunteer of the Month certificate and a \$50 gift card.



Are you interested in volunteering?

We have something for everyone...Biking, Communications, Conservation, Education, Paddling, Skiing, and Social committees all need you! Contact the chapter chair at chair@amcsem.org to learn more about the opportunities that await you!

SEM TRAIL MAINTENANCE WORKSHOP

By Cathy MacCurtain



On April 25, the SEM Chapter hosted a Trail Maintenance Workshop at the Brookwood Farm Conference Center in Canton. We had a presenter from the AMC North Country, Molly Higgins, who began with a discussion of tool safety and discussed the different tools that are used in trail work. (Hazel hoe, loppers, Pulaski, pick mattock, long handle shovel, double bladed swizzle, bow saw and handsaws).

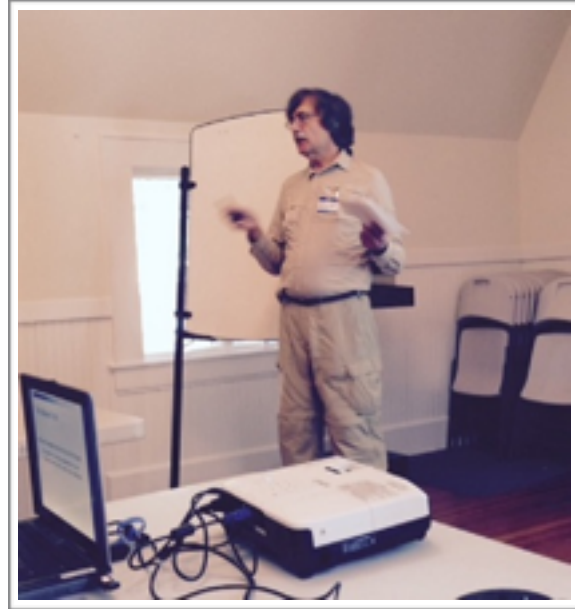
After the tool demonstration we hiked over to the trails behind the conference center to do some trail maintenance including: clearing blowdowns, trimming branches, and cutting and removing trees that were covering the trails. Following lunch, we hiked across the street, tools at the ready, to a section of trails that had been earmarked by the FOBH for some trail work. We brushed back and removed several small white pine trees. We continued on the trails removing blowdowns and trimming branches. Our biggest project was clearing and reconfiguring two drainage ditches in order to prevent further trail erosion.

We ended the day back at the Conference Center discussing all the skills and techniques that we learned and discussing future opportunities for trail maintenance work. Cathy MacCurtain was the leader and Pat Achorn was the co-leader of the workshop. Photos courtesy of Cathy MacCurtain.



Our Annual Leadership Training
By Doug Griffiths
Photos courtesy of Maureen Kelly

The Southeastern Massachusetts Chapter held its annual Leadership Training day-long program on Saturday April 15, 2015 in Foxboro at the ever popular Chapel Meeting house. We had great attendance, with 21 participants. Most of the participant were new to considering becoming activity leaders but a couple of people seeking to refresh their leader skills attended as well.



Leadership skill topics were presented by eight dedicated SEM volunteers plus one AMC staff member from New Hampshire. The format for the day included some lecture, plus additional practice role plays that introduce the element of real world decision making. This made for a fun and challenging day.

Please give a high five, when you see them, to our fantastic volunteer presenters who make these programs possible. Thanks go to Len Ulbricht, Bob Vogel, Eva Borsody Das, Maureen Kelly, Sally Delisa, Cathy Giordano, Farley Lewis, Susan Chiavaroli, and Jess Wilson (AMC staff).

If you missed it and have an interest, sign up next spring. We'll be back!



New to Hiking or Backpacking? Come Join Us May 9th!

Have always wanted to go on a backpacking trip, but not sure what to pack or where to start? Come join the SEM Chapter's [Introduction to Hiking](#) and [Introduction to Backpacking](#), **Saturday May 9th** (Foxboro, Ma.), to learn more about clothing, nutrition, choosing the right gear, weather hazards, backcountry stewardship and much more! This workshop will kick off the SEM Backpacking and Summer Hiking Series. Check the [website](#) for further details, or email hikingvicechair@amcsem.org for more information. You won't be disappointed!



Try this Natural Tick Repellent: In a spray bottle, mix 2 cups of distilled white vinegar and 1 cup of water. To make a scented solution so you do not smell like bitter vinegar all day, add 20 drops of your favorite essential oil. Eucalyptus oil is a calm, soothing scent that also works as a tick repellent, while peppermint and citrus oils give off a strong crisp scent that also repel ticks. After mixing the solution, spray onto clothing, skin, and hair before going outdoors. Reapply every four hours to keep ticks at bay, and examine your skin and hair when back inside to make sure no ticks are on the body.

EMS Partnership and Club Day

- AMC is excited to announce a new partnership with New England-based Eastern Mountain Sports!
- The campaign kicks off with EMS Club Day, taking place May 1st-2nd in all EMS stores from Maine to Virginia. Don't forget your AMC Member Card! During Club Day, AMC Members will have access to an exclusive Club Day discount of 20% off all full-priced items, with limited exclusions. EMS Rewards members will also get Double Points on their entire transaction during Club Day.
- Join us on Club Day May 1 and 2 to support the AMC and EMS – partners in building a vital outdoor community, and equipping our professional and volunteer trail crews throughout the region!

#EMSClubDay



Join us May 1st & 2nd to learn about local clubs that love the outdoors as much as you do! Club reps will be on site to answer questions about the best local rides, routes, and rivers.

Exclusive offer for members of outdoors clubs: 20% off full-price items, storewide. EMS Rewards members can earn Double Points!

20% OFF
ALL FULL-PRICE ITEMS STOREWIDE*

EASTERN MOUNTAIN SPORTS

Valid May 1-2, 2015 for outdoor club members. Show this flyer or club member ID & SAVE! Valid in store only.

*May be applied to one transaction per customer. Not valid on the purchase of a gift card or online gift certificate, taxes, shipping and handling, repurchase of returned merchandise, product rentals, EMS schools, certified devices, action cameras, kayaks, stand up paddleboards, 2015 bikes, racks, or Western Mountaineering. May not be combined with any other coupon or offer, valid for one-time use. Must surrender at time of redemption. Exclusions and restrictions may apply; visit ems.com/offers or store for details.



Planning a White Mountain Hiking Trip? The White Mountain Hiker Shuttle Map and Schedule for 2015 is now available.

The [Hiker Shuttle](#) operates daily from June 3rd through September 20th, and on weekends and holidays from September 26th through October 18th.

In Memorium: Joseph F. Quinn



The SEM is sad to report the loss of a wonderful friend. A true outdoorsman, kayaker, fisherman, professional photographer. Many may remember Joe with his 12' yellow Walden Vista kayak or his 10' green Walden kayak that he paddled in & fished from.....almost always with his camera along!

[JOSEPH F. QUINN Jr.'s Obituary on The Boston Globe](#)



The family of Betty Hinkley will have a memorial for Betty on the afternoon of Saturday July 11 at the Federated Church of Orleans. We look forward to celebrating her life with all those who knew her.

Teen Trail Crew Opportunity on the Bay Circuit Trail!

By Molly Higgins

Community Engagement Coordinator, Bay Circuit Trail

A long-awaited spring is finally making its way to New England, and with that will be the start of the field season for AMC's Trail Department. Trails crews has been getting outside, getting dirty, and giving back since 1919 when the White Mountain Professional Crew first started. Fast forward 96 years later and the trail crew is still protecting and restoring the natural resources and environments that AMC serves. Volunteers join us every year to help maintain and improve trails in the White Mountains, Maine, Western Massachusetts, New Jersey, and more, including international locations.

2015 will mark the pilot year for AMC's newest Teen Volunteer Trail Crew on the Bay Circuit Trail (BCT). The teen volunteers will be working in Harold Parker State Forest in North Andover, MA. This 3,000 acre protected forest just 20 minutes north of Boston hosts about 5 miles of the BCT. It provides an array of recreational opportunities such as mountain biking, hiking, horseback riding, camping, trail running, and more. Visitors can enjoy seeing varied ecosystems, diverse wildlife, and awesome natural features like as they make their way through the forest.

Not only will participants get to enjoy all of the great aspects of trail crew life like hearty meals and swapping stories around the campfire, they will also help improve and maintain the BCT through Harold Parker State Forest. The BCT and many trails will need lots of work to get "back into shape" after this harsh winter, and the 40 hours these teens will serve will be a tremendous help in doing so. A week long crew will be able to tackle some of the "bigger" projects that one-day work parties cannot.

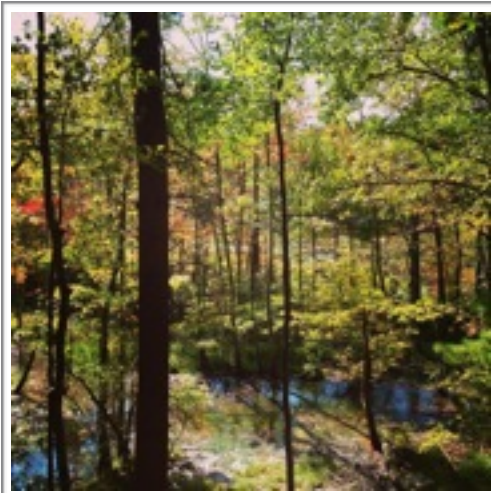
Know a teen that might be interested? Check out the information below!

Dates: July 19th – July 24th

Contribution: \$255 (AMC members) - \$285 (Non-members)

Perfect for: Beginners, Teens (15-18)

Click [here](#) for more information.



Come to August Camp 2015 in Oregon's beautiful Central Cascade Mountains

August Camp 2015 will take place in the Three Sisters Wilderness area in the Central Cascades of Oregon, southwest of Portland. This area offers terrific hiking and fascinating geological sites. Studded with volcanic peaks, mountain lakes, wildflower meadows, lava tubes and obsidian, miles of beautiful hiking trails, including the Pacific Crest Trail and the Three Sisters Wilderness Area -- it's legendary for a reason! In addition to the multiple hikes August Camp offers each day for all levels of ability, other activities



may include car camping at Crater Lake National Park, backpacking, sightseeing excursions, river rafting, canoeing and kayaking. This full service tent village accommodates 64 campers each week, and the fleet of rental vans provides transportation to trailheads, as well as between camp and the airport (Portland International) each Saturday. Delicious home-cooked meals and

trail lunches are provided; great camaraderie and nightly campfire make for a memorable experience. The application and camper information forms, as well as detailed camp information can found on the August Camp website at <http://www.augustcamp.org>. Plan your one or two week adventure now and be part of one of the AMC's oldest traditions.

Week 1: July 18 - July 25

Week 4: Aug 8 - Aug 15

Weeks 2 and 3 are currently filled. There IS still space available in weeks 1 and 4 – book now before it's too late!

Questions about August Camp? Contact [Lennie Steinmetz](#).

AMC's 2015 Information Volunteers and Volunteer Naturalist Trainings

Information Volunteers: AMC Information Volunteers are friendly folks who possess a firm knowledge base in outdoor recreation, as well as the trails around the location they serve in the White Mountains and at Cardigan Lodge in Alexandria, NH. Volunteers provide recreation information (trails, gear, trip planning, weather, etc.), conservation and natural history information, assist with retail sales and provide information on AMC membership these volunteers are an invaluable resource to both the public and the AMC!

Volunteer Naturalists: For more than 20 years, AMC Volunteer Naturalists have offered natural history programs to backpackers and hikers staying at AMC destinations. Naturalists draw on their own expertise, which can range from alpine ecology to logging history to wildlife management. Although diverse in their backgrounds, they all have a common appreciation for the complexities of nature, a desire to share their knowledge, and a dedication to the conservation of our natural resources. Through the Naturalist Program, the AMC promotes wise and responsible use of our natural resources by educating backcountry users and encouraging a deep sense of awareness for the mountain environment, including the ecology, social history, and resource management of the White Mountains. The program also serves to increase public awareness of AMC's mission.

Training Details: This year we are planning on combining our various trainings for both Information and Naturalist volunteers providing several dates and locations for our busy volunteers from the Mid Atlantic to New England region to choose from. We are happy to announce that the programs will expand to include naturalist volunteer opportunities at Mohican in New Jersey and at Gorman Camp in Maine. As a result we will be holding these multi-track trainings at both these locations as well as Highland Lodge throughout the 2015 spring season.

AMC Information and Naturalist Training Dates:

May 16-17 – Highland Center

June 5-7 – Gorman Chairback Camp

For more information contact the AMC at 800-372-1758.

PIECES OF SEM HISTORY PRESERVED!

Thanks to the record keeping of chapter member Bruce Dunham, we now have 18 of the missing Breezes in our Breeze Archive: 1982-1996, 1998.

<http://amcsem.org/newsletters.html>

Also thanks to Bruce's record keeping—

- We have a record of how our Distinguished Service Award was originally created:

<http://amcsem.org/about.dsa.creation.memo.pdf>

- And a record of how our chapter was created: http://www.amcsem.org/assets/pdf/sem_creation_history.pdf

Thank you Bruce for preserving some of our chapter history. And for your generosity in sharing it with us.

Breeze Information

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 15th of the preceding month.

Sign-up to receive the Breeze via email

Call 800-372-1758 or email amcinformation@outdoors.org

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

15TH ANNUAL HIKE-A-THON TO SUPPORT MOUNT WASHINGTON OBSERVATORY

seek **THE** peak **15** JULY 17-18

SEEK **YOUR** PEAK

- ▲▲ HIKE TO THE SUMMIT OF MOUNT WASHINGTON
- ▲▲ ALTERNATIVE MOUNTAIN TREKS
- ▲▲ NATURE WALKS
- ▲▲ BE A "VIRTUAL" HIKER



KICK-OFF PARTY

\$30,000+ IN GIVEAWAYS

AFTER PARTY

OUTDOOR EXPO

THE NATION'S PREMIER HIKING EVENT

SEEKTHEPEAK.ORG

For more details contact Krissy Fraser
(603) 356-2137 x231 or kfraser@mountwashington.org



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SACO RIVER Map from AMC's White Mountain Guide, 29th Edition, 2012. Reprinted by permission of Appalachian Mountain Club Books.



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Sign up to get all the latest AMC Club and Chapter wide news at the AMC Member Center! Don't miss out on all the outdoor fun!



SOUTHEASTERN MASSACHUSETTS ANNOUNCEMENTS AND ACTIVITIES

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!

Activities

HIKING KEY

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). FT=First Timer; NM = New Member; AN = Advance Notice; C = Conservation

Sat., May. 2. Leader's Choice Paddle, Cape Cod, Massachusetts, Cape Cod, MA. Probably Barnstable Harbor unless the winds force us to the south side of Cape Cod, then probably Hall's Creek. L Ed Foster (508-420-7245, erfoster@comcast.net)

(FT) (NM) (AN) Sat., May. 2. Beginner Hike at Boyden Wildlife Refuge in Taunton, Taunton, MA, Massachusetts, Southeast, MA. Gertrude M. Boyden Wildlife Refuge, 1298 Cohannet Street, Taunton, MA Meet at the visitor center at 10:00 a.m. Great beginner hike approximately 3 miles on level ground. Trail runs along the fragrance gardens and the scenic Three Mile River with views of turtles, ducks and nesting swans. You might also see a snake or an osprey. See a replica of the cabin where noted ornithologist Arthur Cleveland Bent wrote his books on birds. Wear suitable clothing and footwear for hiking. Bring water and snacks for the hike and a lunch to eat at the picnic area after the hike. Don't forget your insect repellent! Option for a second hike at a conservation area within walking distance. Both hikes would be a total of about 5 miles. L Barbara Hathaway (508-880-7266 before 9 pm, barb224@tmlp.net) CL Jeannine Audet (508-493-8221 before 9 pm), R Jeannine Audet (508-493-8221 before 9 pm)

Sun., May. 3. Hike Eagle Pond Cotuit, Massachusetts, Cape Cod, MA. From Rte 28 in Cotuit turn onto Putnam Ave at CVS and travel approximately 0.5 miles to dirt parking area on left. Meet at 12:45 PM for 1 PM start. L Jane Harding (508-833-2864 before 9 PM, janeharding@comcast.net) CL Nancy Wigley (nrwigley@verizon.net), R Jane Harding (508-833-2864 before 9 PM, janeharding@comcast.net)

Wednesdays

May. 6. Wednesday Blue Hills 'Conditioning' Hike Series, Massachusetts, Southeast, MA. Hike hilly Skyline Trail and adjacent trails on successive Wednesday mornings 4/1-5/20, progressively increasing distance, elevation gain and pack weight to condition for summer hiking season up north. Moderate to fast pace 3 to 4 hour hike, distance 3 to 6 miles. 9:30 am start. Not suitable for beginners. May finish series with extended day hike. Register once for entire series. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

Wed., May. 6. Swan Pond/River Dennis Paddle, Massachusetts, Southeast, MA. Paddle down river to mouth on Nantucket Sound for lunch & on return circumnavigate pond for 7-8 mi. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com) CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

(C) (FT) (NM) Thu., May. 7. Thurs Morn. Hike - Wollomonopoag Conservation Area, Wrentham, MA, Massachusetts, Southeast, MA.

Thu., May 8. Wollomonopoag Conservation Area, Wrentham, MA. Meet 10:00 am in Conservation parking lot off of Elysium St. Bring water, snack or lunch

& sturdy footwear. Rain cancels. L. Muriel Guenthner (508-699-7461 before 9:00pm mguenthner@comcast.net). B3C. L Muriel Guenthner (508-699-7461 Before 9:00pm, murielguenthner@comcast.net), R Muriel Guenthner (99 Birchwood Drive, Attleboro Falls, MA 02763, 508-699-7461 Before 9:00pm, murielguenthner@comcast.net)

(FT) (NM) (AN) Thursdays

May. 7. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Thu., May. 7. Hike - Beebe Woods, Falmouth (C3C), Falmouth C3C, Massachusetts, Southeast, MA. Enjoy spring in one of Falmouth's conservation areas, Beebe Woods. Hike among ponds along flat forested trails. Some loose rock. Sturdy shoes or hiking boots are recommended. Bring plenty of water, snacks, sunscreen, tic repellent. 2 hours. Meet at 9:45 to start promptly at 10:00. Heavy rain cancels. If in doubt, call leader. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com) CL Debbie Hayden

Sat., May. 9. Blue Hills Skyline End-to-End Hike, Blue Hills Reservation - Braintree and Canton, Massachusetts, Boston Area, MA. Skyline Trail from the Shea Rink in Braintree to the end of Royall St. in Canton. L Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net) L Maureen Kelly (mokol773@aol.com) L Anne Duggan (ab.duggan@verizon.net), R Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net)

Sat., May. 9. Introduction to Hiking and Backpacking Workshop, Foxboro, MA, Massachusetts, Southeast, MA. Introduction to Hiking and Backpacking Workshop for all interested. Held in Foxboro, 9-4. Free, but registration required. L Leslie Carson (508-833-8237, ltc929@comcast.net) L Bob Vogel (vogel.r@comcast.net) L Bryan Jones (508-746-2379, bjones1017@live.com), R Leslie Carson

(FT) (NM) (AN) (SN) Sat., May. 9. Hiking with the AMC - Workshop, Foxboro, Massachusetts, Southeast, MA. Are you new to hiking? Have you joined AMC, but haven't signed up for a hike? Do you want to know what equipment is needed and where to start? Come join some of SEM's leaders for the morning to learn about appropriate clothing, packs, footwear, gear,

nutrition and food, hydration, and much, much more. This workshop will kick off the summer season for the Summer Hiking Series. The workshop is free, but registration is required. It will be held in Foxboro, MA from 9:00 am to noon. Or register to stay in the afternoon too, for the continuing 'Backpacking' portion of the workshop. L Bob Vogel (vogel.r@comcast.net) L Leslie Carson (ltc929@comcast.net) L Bryan Jones (508-746-2379, bjones1017@live.com), R Leslie Carson (ltc929@comcast.net)

Sat., May. 9. Centerville River Paddle, Massachusetts, Cape Cod, MA. Contact leader for put - in info. Paddle Centerville River. L Bill Fischer (508-420-4137 BEFORE 9 PM, wambarbarafischer@comcast.net)

Sun., May. 10. Mother's Day Muffin Ride-Wrentham, Massachusetts, Southeast, MA. Join us for a beautiful 25 mile ride along country roads from Wrentham to Cumberland, RI. We will stop for muffins and coffee at Phantom Farm before returning to Wrentham. There are a couple of steep hills in which riders must be comfortable shifting gears. Not a ride for beginners. 9am start time. L Jodi Jensen (781-249-8346, jodiajensen@gmail.com)

Wednesdays

May. 13. Wednesday Blue Hills 'Conditioning' Hike Series, Massachusetts, Southeast, MA. Hike hilly Skyline Trail and adjacent trails on successive Wednesday mornings 4/1-5/20, progressively increasing distance, elevation gain and pack weight to condition for summer hiking season up north. Moderate to fast pace 3 to 4 hour hike, distance 3 to 6 miles. 9:30 am start. Not suitable for beginners. May finish series with extended day hike. Register once for entire series. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

(FT) (NM) Thu., May. 14. Thursday Morning Blue Hills Hike, Milton, MA, Massachusetts, Southeast, MA. Leisurely 4-5 mile hike. L Sue Chiavaroli (508-496-6452 7-9PM, brillo6452@yahoo.com)

(FT) (NM) (AN) Thursdays

May. 14. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camacurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

Sat., May. 16. Leader's Choice Paddle, Cape Cod, Massachusetts, Cape Cod, MA. Barnstable Harbor or Hall's Creek, depending on the wind. L Ed Foster (508-420-7245, erfoster@comcast.net)

(C) (FT) (NM) Sun., May. 17. Copicut Woods Bioreserve Hike, Fall River, MA, Massachusetts, Southeast, MA. We'll take a leisurely 3.5-mile loop hike through Copicut Woods Biosphere Reserve in Fall River with an optional short side trip to an ongoing White Cedar restoration project. Along the hike we will encounter vernal pools and an abandoned farm settlement. A pre-hike breakfast will take place for those who would like to join. L Walt Granda (wlgranda@aol.com) CL John Pereira (774-473-8145 6:00 to 8:30 P.M., Johnpereira33@gmail.com), R John Pereira (774-473-8145 6:00 to 8:30 P.M., Johnpereira33@gmail.com)

(FT) (NM) Sun., May. 17. Introduction to AMC Hiking at Caratunk Refuge, Seekonk, MA, Seekonk, MA, Massachusetts, Southeast, MA. Hike in one of Southern Massachusetts area of beautiful trails of ponds, brooks, forests, and open fields and stone walls. L Sue Chiavaroli (508-496-6452 7-9PM, brillo6452@yahoo.com)

Wednesdays

May. 20. Wednesday Blue Hills 'Conditioning' Hike Series, Massachusetts, Southeast, MA. Hike hilly Skyline Trail and adjacent trails on successive Wednesday mornings 4/1-5/20, progressively increasing distance, elevation gain and pack weight to condition for summer hiking season up north. Moderate to fast pace 3 to 4 hour hike, distance 3 to 6 miles. 9:30 am start. Not suitable for beginners. May finish series with extended day hike. Register once for entire series. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

(AN) Wed., May. 20. Paddle Bass River South, Dennis, Bass River, Dennis, MA, Massachusetts, Southeast, MA. Paddle grand cove, 'fingers' & to mouth on Nantucket Sound. Round trip 7-8 mi. Lunch West Dennis Beach. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), R Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

(FT) (NM) Thu., May. 21. Thursday Morning Hike in Blue Hills, Blue Hills, Massachusetts, Southeast, MA. A leisurely 5 mile hike in the Blue Hills. We will meet at Shea Ice Rink and follow the Skyline trail to Chickatawbut Tower where we will have lunch. After lunch we will cross Chickatawbut road and allowing lunch to settle by returning along Indian Camp Path at a gentle stroll through relatively flat woodlands. Make sure to bring two liters of water, snacks, and a lunch. Bring sturdy shoes, the skyline part of the trail is

rugged and rocky in parts. Also bring a rain jacket and appropriate layers of clothing depending on the weather. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com)

(FT) (NM) (AN) Thursdays

May. 21. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(AN) Sat., May. 23. Paddle Indian Lakes, Marston Mills, Marston Mills, MA, Massachusetts, Southeast, MA. Paddle Middle & Mystic fresh water ponds. Lunch on beach at end of Mystic Lake. About 7 mi. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), R Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., May. 27. waquoit bay paddle, Massachusetts, Cape Cod, MA. Contact leader for put-in info. See web for description. L Bill Fischer (508-420-4137, wmbarbarafischer@comcast.net)

(FT) (NM) (AN) Thursdays

May. 28. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(AN) Thu., May. 28. Weekday Hike at Mt. Everett in the Berkshires, Berkshires, Massachusetts, Berkshires, MA. Race Brook Falls Trail to AT to Mt Everett to Jug End. Distance 7.5 miles.. Strenuous hike. Experience required. L Anne Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com) CL Peggy Qvicklund (508-883-1623 before 9 pm, qvickan@comcast.net), R Peggy Qvicklund (508-883-1623 before 9 pm, qvickan@comcast.net)

(FT) (NM) (AN) (SN) Sat., May. 30. Summer Hiking Series - Hike #1 (Blue Hills), Blue Hills, Milton, MA, Massachusetts, Southeast, MA. Ever wanted to hike the mountains of New Hampshire, but didn't know how to start? Here's

the answer. The SEM Chapter is offering a 'Summer Hiking Series', during which we will take you from 'What you need to know' to the summits of NH 4000 foot peaks. The series starts May 9th with a local workshop (see separate listing), where you can learn about clothing, food, equipment, conditioning, etc. It will be followed by five hikes, ranging from 'Piece of cake,' to 'Boy, that was a real challenge!' Hike #1 in the Series will take place at the nearby Blue Hills in Canton. We will do a lot of 'up and down' hiking, to start getting in shape, while testing out our clothing and gear, and getting used to the 'flow' of a hike. Preference in this series will be given to those who have completed the workshop and the previous hikes in the series. Interested? Sign up for the workshop May 9th (if you are available). Then sign up for this hike (registrations accepted after May 9th.) Series dates (tentative): (Details of hikes 2-5 will be available when hikes are listed.) Workshop May 9th Hike #1: May 30th Hike #2: June 27th Hike #3: July 11th Hike #4: August 1st Hike #5: August 29th. L Bob Vogel (vogel.r@comcast.net) L Barry Young (508-339-3089 Before 9 PM, Barry.young@comcast.net), R Bob Vogel (vogel.r@comcast.net)

(FT) (NM) (AN) Thursdays

Jun. 4. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) (AN) (SN) Fri., Jun. 5-7. Backpacking Series - Backpack Hike #1 - Three Ponds, Three Ponds, Ellsworth, NH, New Hampshire, White Mountains, NH. Have you ever wanted to backpack into the woods of New Hampshire, but weren't sure how to get started? If that's the case, this summer the SEM Chapter is offering a 'Backpacking Series', where we will take you from 'What you need to know' to 'camping in the backwoods of the White Mountain National Forest'. The series starts May 9th with a workshop (see separate listing), where you can learn about clothing, food, equipment, etc. It will be followed by four backpacks, ranging from 'Anyone can do this!' to 'Hey, that was one HECK of a backpack!' This backpack, #1 in the Series, will take place near Three Ponds, in Ellsworth, NH. Friday night (for those who can make it) will give you an opportunity to camp 'near your cars' (In case this is backpack number 1 for you, and you want to start near your car, and a cozy cabin.... just in case.) Saturday night we will camp in the back country near Three Ponds. (This is prime territory for moose, so if we are

lucky, we may spot one...) This first backpack in the series will involve modest distance and elevation gain, and we'll have all day to "get there." Future backpack trips in the series will be more challenging. Preference in this series will be given to those who have completed the workshop and the previous backpacks in the series. Interested? Sign up for the workshop May 9th (if you are available). Then sign up for this backpack (registrations accepted after May 9th.) Series dates (tentative): (Details of hikes 2-5 will be available when hikes are listed.) Series dates (dates and locations are tentative, and subject to revision): May 9th: Workshop (Foxboro) June 5-7: Backpack #1 Near Three Ponds, Ellsworth, NH July 18-19th: Backpack #2 Mt. Sunapee greenway area August 15-16th: Backpack #3 Flume and Liberty, with camping off the Osseo Trail September 26-27th: Backpack #4 Mt Cabot, with the night at Unknown Pond. L Bob Vogel (vogel.r@comcast.net) L Leslie Carson (ltc929@comcast.net) CL Barry Young (Barry.young@comcast.net), R Barry Young (Barry.young@comcast.net)

(FT) (NM) (AN) Thursdays

Jun. 11. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

Sat., Jun. 13. Mt. Monadnock and Bald Rock, New Hampshire, Monadnock Region, NH. 5.5 mile loop on Mt. Monadnock and Bald Rock. L Maureen Kelly (mokol773@aol.com) CL John Pereira (774-473-8145 6-8:30 pm, johnpereira33@gmail.com), R John Pereira (774-473-8145 6-8:30 pm, johnpereira33@gmail.com)

(AN) Sat., Jun. 13. Paddle Chase Garden Creek, Yarmouth Port, Chase Garden Creek, Yarmouth Port, Massachusetts, Southeast, MA. Paddle Chase Garden Creek & tributaries. See Greys & Chapin beaches, shellfish plant & Brays Farm. Stop for lunch. Roundtrip 7-8 mi. L Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com) CL jean orser (508-362-0451 before 8 pm, jeanorser@gmail.com)

Wed., Jun. 17. Paddle - Harwich - Herring River North - Level 2, Massachusetts, Cape Cod, MA. Paddle - Harwich - Herring River North Meet at 10:00 am for 10:30 am Start. Put in on the south side of Rt. 28 at the Herring River (east bank). L Peter Selig (508-432-7675 x6, pandmselig@hotmail.com) CL pandmselig@hotmail.com (508-432-7656,

pandmselig@hotmail.com), R pandmselig@hotmail.com (02633, Chatham, MA 02633, 508-432-7656, pandmselig@hotmail.com)

(FT) (NM) (AN) Thursdays

Jun. 18. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) (AN) Thu., Jun. 18. Thursday Morning Blue Hills Hike, Milton, MA, Massachusetts, Southeast, MA. A leisurely 4-5 mile hike in the Blue Hills starting at 10:00 AM. L Sue Chiavaroli (508-496-6452 7-9PM, brillo6452@yahoo.com)

Sat., Jun. 20. Paddle - Chatham - Oyster Pond - Level 2, Massachusetts, Cape Cod, MA. Paddle- Chatham - Meet at 10:00 am for 10:30 am start - Starting at Oyster Pond to Oyster River to Stage Harbor to Mitchell River to Mill Pond and return. Lunch at entrance of Stage Harbor. L Peter Selig (508-432-7656, pandmselig@hotmail.com) CL pandmselig@hotmail.com (508-432-7656, pandmselig@hotmail.com), R pandmselig@hotmail.com (02633, 508-432-7656, pandmselig@hotmail.com)

(FT) (NM) (AN) Thursdays

Jun. 25. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(AN) Sat., Jun. 27. Paddle Follins/Mill Ponds, Dennis, Dennis, MA, Massachusetts, Southeast, MA. Paddle Follins Pond to Weir Creek & if tide is ok under bridge into Mill Pond passing Crab Creek Conservation area & back to circumnavigate Follins Pond stopping on beach for lunch. 7-9 mi. L Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com), R jean orser (508-362-0451 before 8 pm, jeanorser@gmail.com)