



The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | June 2019

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A very fit group concludes the Spring Conditioning series. Photo by Len Ulbricht

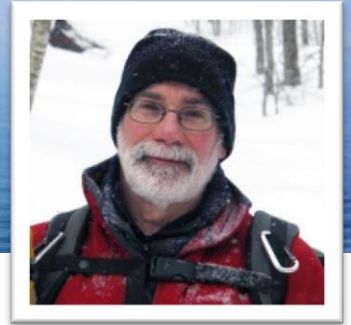
Spring series prepares hikers for summer

By Pamela Johnson, Co-Lead

Len Ulbricht has been leading the Blue Hills Spring Conditioning Series for many years—over five, for sure. (Len is traveling, so we can't confirm the exact number!) Anyway, here's how the series typically goes: Every Tuesday morning for nine weeks, beginning in March, Len takes the group out to hike the most challenging ups and downs on the Skyline trail in the Blue Hills. Each week the hike gets a bit longer, culminating in the planned grand finale of a 10-mile hike. The goal is to get you in shape for upcoming summer activities! Many folks meet their personal "conditioning goals" well before the nine weeks are up, and Len enjoys the company of only a few hikers at the finish.

This year he changed things up a bit. Craig MacDonald and Pam Johnson joined him as Co-Leaders and after the first two hikes we decided to offer a "Short Distance" hike and a "Long Distance" hike each week. Game on! The group loved the hike options and quickly got into stride!

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View from the Chair: Overcoming Inertia

Len Ulbricht, our excellent Chapter Chair, is off hiking in a foreign locale right now. He asked me to fill in for him this month by writing the “View” column for the June *Breeze*. I thought it might be a good opportunity to share with you how I overcame my own considerable inertia to finally become more active with our Appalachian Mountain Club chapter, and what that’s meant to me.

I joined the AMC in 1995, almost 25 years ago. But, like many others – what, with all my family, home, and career responsibilities - I was largely inactive as a member for the first seven or eight of those years. Sure, I’d occasionally use my AMC membership to get a discount on bunks at Joe Dodge Lodge for me and my sons, sign up a son for an AMC Teen Wilderness Adventure, or take part myself in a paid program led the AMC’s professional staff up at Pinkham Notch. But that was about the extent of my involvement with the club. Finally, I discovered the AMC Southeastern Mass. Chapter. Specifically, I discovered that *I could get the same high level of training and wonderful outdoor experiences by participating in chapter trips and workshops, often at little or no cost*, and usually accompanied by priceless camaraderie. What a revelation!

In the interim, I’ve become a four-season hike leader for the chapter; served proudly as your hiking vice chair, hiking chair, and multiple (non-contiguous) stints as communications chair; and led or participated in too many chapter trips for my simple, typically math-challenged brain to keep track of. I’ve had awesome outdoor experiences, fine-tuned my outdoor and leadership skills, and developed wonderful friendships that almost certainly would not have been possible otherwise.

For me, overcoming inertia to become a more active member in our AMC-SEM Chapter has been an important and rewarding part of my life. It could be for you too! Just take a few minutes to skim this issue of the *Breeze*, visit www.amcsem.org, or check out the many opportunities we can offer for you to [Be Outdoors](#) at our [online trip listings](#) to see if anything tickles your fancy.

Thanks!

Paul Miller

AMC-SEM Communications Chair

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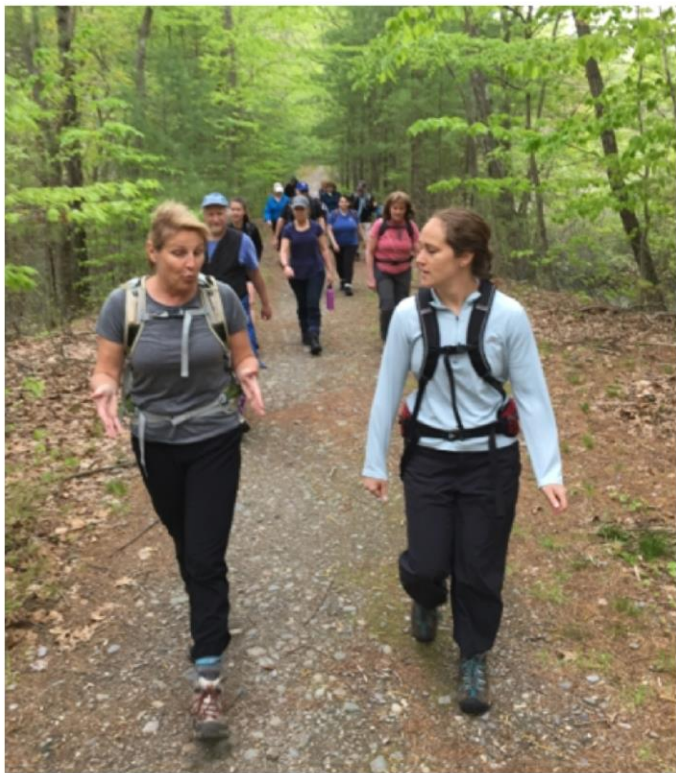
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The hike gets off to a pleasant start. *Photo by Sue Svelnis*

New Member hikers defy Nature

By Ellen Thompson & Sue Svelnis

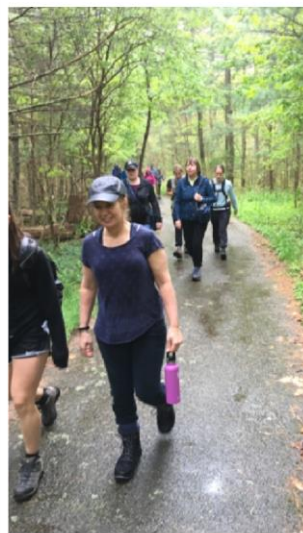
On Sunday, May 19, the SEM Membership Committee hosted a hike for new members at Wompatuck State Park in Hingham. Sue Svelnis led 16 hikers for approximately four miles over a variety of trails, stopping to view some of the bunkers and remnant structures left behind from when the land was used as an ammunition depot during World War II.

Ellen Thompson, our SEM Membership Chair, brought along brochures and instructions on how to locate the various Activity Listings for the chapter. In addition to Sue and Ellen, seasoned hikers Bill Cannon and Hadley Donaldson were on hand to share their experiences hiking with the SEM chapter.

The forecast called for clouds and warm temperatures, which allowed for a leisurely and pleasant hike for the first three miles. Then an unforeseen downpour arrived that forced a hasty retreat back to the Visitor Center for homemade granola bars and cookies. I guess this was Nature's way of breaking in a new group of hikers.



Damp, but undaunted, new members explored Wompatuck State Park in March. *Photo by Sue Svelnis*

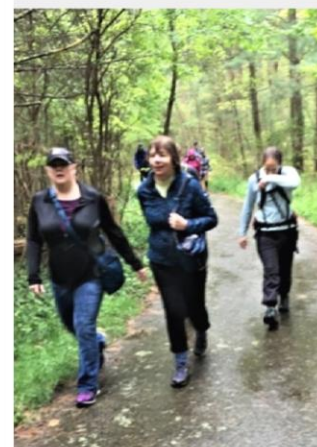


New Member hikers learned more from veterans about proper gear and equipment.

Photo by Sue Svelnis

A fickle forecast caught the group in a downpour.

*Photo by
Sue Svelnis*



Spring Conditioning

Continued from page 1

The hikes continued to cover the most challenging routes (think loops of North and South Skyline over and over) and the intrepid hikers all became stronger and stronger! Think Big Blue, Houghton Hill, Tucker Hill, North Boyce Hill, Buck Hill, and reverse and repeat! Every week we enjoyed the company of 10 to 15 hikers—in each group!

The day of the planned grand finale 10-miler found us under dripping skies. For the safety of the group we moved over to the Ponkapoag area as one group of 17 hikers, and we blasted out almost nine miles at a walloping pace of 20 minutes per mile! Yes, indeed, this group is fit! Everyone was surprised at how quickly we moved on the flat trails!

Our final hike brought us all together one last time to hike the North-South Skyline loop from the Route 138 parking lot. Several members of our group had other commitments (we missed you!), but we ended up with 18 happy hikers on the final day. We enjoyed a delicious lunch at the Blue Hills Grill and all had a chance to chat about upcoming trips and travel plans. Many thanks to Len for another great series, and cheers to Craig and Pam for stepping into leadership roles. Have a great summer everyone!

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Prince Edward Island, Canada

Summer/Fall Weekly Cottage Rental

2-bedroom newly constructed
oceanfront cottage that sleeps 6.

Sweeping views of the pond,
ocean & lighthouse.

Enjoy kayaking, bicycling,
and beach walking.

\$900/wk. Contact Scott at 603-254-5032
or scottm@plymouth.edu



May 23 was a grand day for a trek around Moose Hill and the Audubon Sanctuary with leader Nancy Perlman and co-lead Diane Simms. *Photo by Mo Walsh*

Tossed food scraps endanger wildlife From the LNT News Update

Whether it's an apple core from the window of a moving car, or an orange peel casually left on the side of a trail, our food waste attracts wildlife to areas with high human activity. ***Food thrown alongside roads draws wildlife nearer to roadways and increases the likelihood they will end up as road kill.*** Scraps tossed on the trail bring wildlife closer to the trail corridor as they seek out food.

One apple core will not completely disrupt the local ecosystem, but cumulatively, we know that feeding wildlife damages their health, alters their natural behaviors, and exposes them to predators and other dangers. This is because when an animal finds or receives human food consistently over time from campers and visitors, they no longer seek their own food in nature. This is extremely dangerous because, like humans, animals need a varied diet to get all the nutrients to be healthy, strong, and in good reproductive health. When going to the campground or trail yields an easy meal of fruit or human processed foods, they eat and get full on single food items instead of a range of natural foods that all provide different nutrients. So when that squirrel or deer or bird that looks so hungry comes up to eat trail mix out of your hand, know that you put the animal at risk of losing a healthy life, a prolonged existence, and the opportunity for healthy offspring.

Enjoy your world. Leave No Trace.



Glen Clark, left, Bill Fischer, Carol Houghton, Paul Corriveau, & Margot Fitsch head out. *Photos by Jean Orser*

Paddlers tour Cape Cod waters

By Ed Foster, Paddling Chair

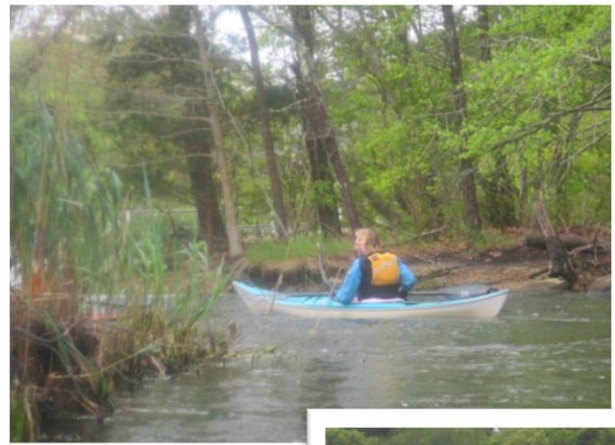
On a cloudy, cool day with the NOAA forecast of a high of 57 F, 10-13mph NW wind, and no rain, we decided to paddle.

With a 2.6' high tide at the entrance to the Bass River at 9:56 a.m., we hoped conditions would be perfect for going under the North Dennis bridge. We headed counterclockwise into the wind and found relief when we reached the far shore. Soon we were at the Crab Creek Conservation Area bridge and enjoyed a swift ride under the road into Weir Creek and Mill Pond.

There was an abundance of bird life: osprey, swans, ducks, geese, and blue herons. Carol spotted a blue heron in front of a dog house near the water; we paddled close to photograph it and discovered it was plastic! Fooled us.

Heading back to the bridge, we found the water flowing in had slowed down and we all made it under successfully. We continued to paddle around Follins Pond past the Leif Ericsson rock and spring, stopping for lunch after noon. Afterwards we circled Dinah's Pond and went under the Route 6 bridge to see the Cape Cod Rail Trail bridge and extension. We took a direct route back past Mayfair Marina to the put-in—spotting some white egrets in the grass.

Another good day on the water!



Above: Carol Houghton checks the shore line.



Right: Osprey and nest on a rock in Mill Pond.



Left: Another osprey peers down from a high nest.

Right: Lunch break for Paul Corriveau, left, Bill Fischer, Glen Clark, and Carol Houghton.



Left: Paul, Carol, and Glen, head back under the Route 6 bridge. The Cape Cod Rail Trail bridge is in the background.



Volunteer of the Month: Cathy Giordano

By Jane Harding, Cape Hiking Chair

Each month the SEM recognizes 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 the Cape Hiking Committee recognizes **Cathy Giordano** for her numerous contributions.

Cathy is the hands-down choice for Volunteer of the Month. She has served for the last three years as Cape Hikes Co-Chair or, as some might say, my right-hand colleague. She has willingly given her time to make Cape Hikes the success that it is. She has participated on the monthly board meeting calls, missing very few. She writes up her notes and sends them to me so we can collaborate on the action items. She has willingly volunteered on many occasions to write the justification for Volunteer for the Month.

Cathy has been an active participant in AMC-SEM off-Cape activities. She has been a presenter for the last three years at Leadership Training, giving the presentation on Show 'n' Go Hikes. This spring she reached out to all the leadership trainees who wanted to lead on the Cape to offer assistance in taking the next step to becoming a leader. She is currently mentoring three of the trainees.

To sum up my thoughts: I could not succeed at my job without Cathy's support. Thank you, Cathy, for all you do!

Cathy will receive a Volunteer of the Month Certificate and a \$50 gift card.

'Intro to Backpacking' program open to all interested hikers

By Bob Vogel, Hike Leader

If you missed the June 18 "Introduction to Backpacking" workshop, you can still participate in this program. You will receive the written info to help you get started, and info on the upcoming backpacks.

Have you ever wished you knew how to go backpacking? Does the idea of 'Carrying your house on your back' appeal to you? Or maybe you just wish you could go hiking in New Hampshire without the need to get up at a ridiculous time, drive for many hours, go for your hike, and drive for many more hours, only to arrive home late and pooped? Backpacking is the answer, and you—yes, you!—could be doing it this summer.

Now that you want to go, you are probably asking yourself, "Hey, how does someone like me learn how to go backpacking?" Oh, and, "Just how much is it going to cost me to outfit myself with everything I need?"

Well, to find out you sign up, noting that you didn't make the workshop, and you will receive the written info to help you get started and info on the upcoming backpacks.

Right now we have the first backpack trip, scheduled for July 16-18, listed in the AMC system. I hope we can pick some more dates (and co-leaders) and then we'll post additional beginner backpacks. These backpacking trips—because Bob is getting old!—will be easier. No "Let's do the Bonds and stay at Guyot" trips here! But it will still be fun to hike into the woods and spend the night. Next up, hopefully, is a backpack to Shoal Pond, with optional hike to Thoreau Falls and up Zealcliff.

For more information or to sign up for "Introduction to Backpacking," contact me at vogel.r@comcast.net. I am a four-season hike leader for the Southeastern Mass. Chapter, as well as a hike leader for Boston Local Walks, and a three-season leader for Boston H/B.

Bob Vogel is compiling an "Intro to Backpacking" guide covering a range of topics from gear types, prices, and comparisons to backpacking destinations and—most important—food! To get your copy, contact him at vogel.r@comcast.net or look for installments in *The Breeze* or at www.amcsem.org.



New stairs and railing provide safer access to 1623 Trail.

Members help build stairs to Duxbury's historic 1623 Trail

By Skip Maysles, Trails Chair

Some readers of this newsletter may not be aware that next year, 2020, will mark the 400th anniversary of the landing of the *Mayflower*! Many South Shore communities have put into place 2020 Committees and they are planning events honoring this special occasion.

One such community, Duxbury, will plan many events, and one in particular will be a hike along the historic 1623 Green Harbor Path Trail. The earliest documented usage of this trail was from the year 1623, and some people believe it was used even earlier! It was first used by Native Americans and then by the Pilgrims as a path from Plymouth to Green Harbor, now Marshfield. This trail is almost 400 years old!

One of the access points to the 1623 Trail is directly behind the First Parish Church on Route 3A (Tremont Street), Duxbury, where there is a steep path with exposed roots and much erosion. This area has been identified as needing major work to make it safer and more accessible to all.

Back in November 2018, Sally Delisa, an SEMer and First Parish Church member, contacted SEM and asked if the Trails Committee would be interested in working on this stairs project. We said YES!

So, over the winter and early spring, Len Ulbricht, Pete

Tierney, myself, and several church members worked on preparations, along with Boy Scout Jack Champagne, who is installing a kiosk and information panel as his Eagle Scout project.

We had monthly face-to-face meetings at the church and many follow-up emails to discuss plans, details, and revisions and to define material and tools needed. In mid-April, our plans were in place, and ground-breaking was set for the end of April.

Over four weekends from the end of April into May, all parties gathered and started the clearing of the land, building the stairs/railings, and installing landscape timbers and crushed stone. As we were working, many hikers and dog walkers would stop and ask about our project. We received many good comments and thank yous! When it was done, we took a step back to examine the work, and we agreed it looked good!

A big THANK YOU goes to all who assisted:

First Parish Church: Doug, Lois, Peter, and Kathy.

Boy Scout Troop #62: Jack Champagne (and his parents, Mark and Colleen) and several other scouts.

AMC-SEM: Sally Delisa, Len Ulbricht, Rob MacDonald, Bill Doherty, Claire MacDonald, Rich Monarch, Patty Rottmeir, Pete Tierney, and Skip Maysles.



Above: Red flags (circled) mark the old path down the hillside to the trail.



Left: Crew member digs in preparation for the next level of the new stairs access to the 1623 Trail.



Hikers learn how the Arches at Hemlock Gorge were built.
**Geologist guides AMC-SEM & Boston
 chapter hikers on gorge(ous) outing**
 Article & Photos by Ken Cohen

On Saturday, June 8, our SEM Chapter (led by Ken Cohen) and AMC's Boston Chapter (led by Local Walks and Hikes Chair Lisa Fleischman) had the pleasure of guiding a group of 28 hikers over hilly terrain through DCR's Hemlock Gorge Reservation on the Needham/Newton line. A special guest, nationally known geologist Les Tyralla, joined the group for the entire walk, with fascinating descriptions of how the region was carved out over the millennia by the power of the Charles River and the geologic events dating back 400-500 million years.

The gathering learned that "puddingstone," a rocky conglomerate material, is the predominate rock in the make-up of the surrounding terrain. Although the trek was only two miles in length, the numerous geologic, historical, and visually appealing highlights kept the group interested for more than two hours.

One of the attractions, the Romanesque style Echo Bridge which spans the Charles River and connects Needham to Newton, was built in 1876. It's listed on the National Register of Historic Places. After traversing the bridge, the group hiked down to its base, listened to Les Tyralla describe how the bridge was constructed from local granite, and experienced the root of the bridge's name. Everyone took turns shouting across the river from one side of the span facing the opposing side. Echo repeats numbered up to one dozen per shout!

All told we witnessed the rushing waters of the Charles at three dams, learned about a "Silk Mill" from the 1800s (now an antiques mall), and were impressed by a "Nail Mill," built from local sandstone rocks, circa late 1700s.

The park's design was created by Frederick Law Olmstead, who is known as "The Father of Landscape Architecture." He's best-noted for his designs of Boston's spectacular "Emerald Necklace" and New York City's Central Park.

If you've never visited this fascinating reservation in its urban setting, you may want to put it on your "to-do" list.

There's limited parking available at Hemlock Gorge at Hamilton Place, Needham Heights, MA.



The Charles rushes past the former Silk Mill.

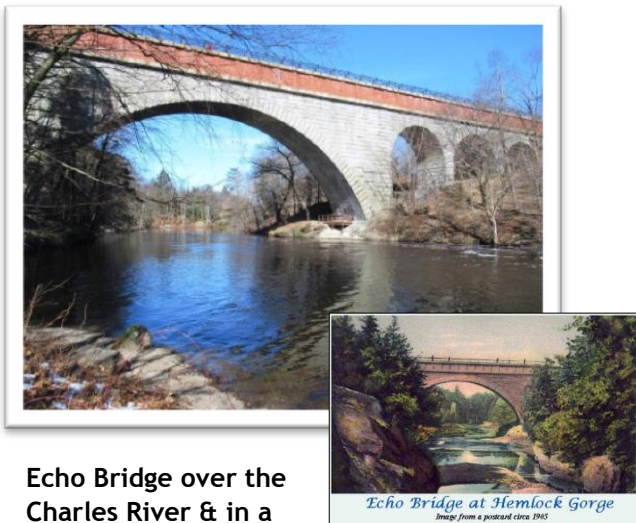


Roxbury "puddingstone" forms most of the town bedrock.

Continued on page 9

Hemlock Gorge & Echo Bridge

Continued from page 8



Echo Bridge over the Charles River & in a postcard circa 1905.



Geologist Les Tyralla, right, with Co-Leader Lisa Fleischman and hiker Jeff Li.



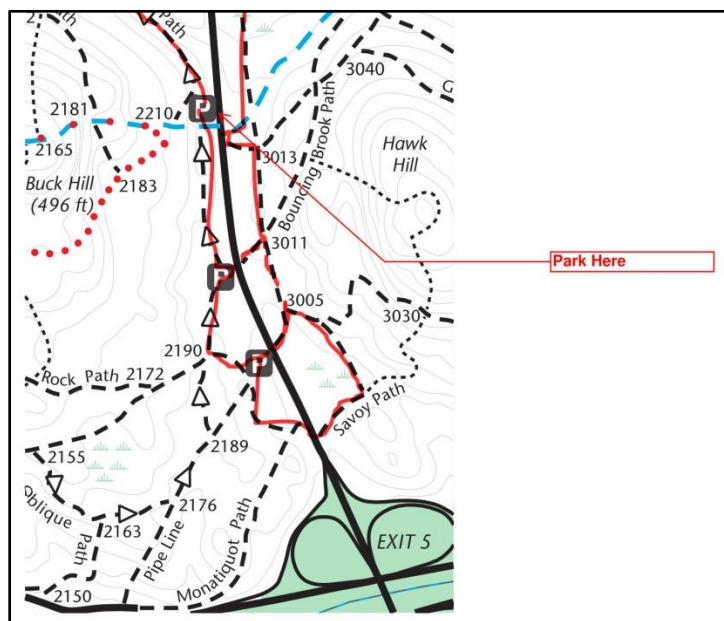
Circular weir dam at Hemlock Gorge.

Join AMC-SEM trash pick-up hike July 2nd on Blue Hills trails

By William Cannon, Conservation Chair

The Red Line the Blue Hills group and the Conservation team will host a Trash Pick-Up Hike on Tuesday, July 2. Volunteers will meet at 6 p.m. at the third parking area on Randolph Avenue (Route 28) from Exit 5B/North off US 93/Route 128. A poop sheet with precise directions will be sent to the Red Line group and registered volunteers several days before the hike.

The hike is flat and just three miles, so with a leisurely pace we should finish just before dark. This is a great way to give back to the DCR for giving us the opportunity to hike the Blue Hills each week. Also, for those who have not joined a Red Line hike, this is a great opportunity to meet some of the group and to learn about the series.





Craig MacDonald is awe-struck at the base of Arethusa Falls in the White Mountains of New Hampshire. *Photo by Claire MacDonald*

AMC 20s & 30s take over Harriman

Members in their 20s & 30s are taking over the AMC Corman Harriman Outdoor Center in New York's beautiful Hudson Valley—you won't want to miss out! The weekend of July 12-14 will include fun outdoor activities (hikes, swimming, paddling, biking, etc.), workshops, good food, live music, and a campfire.

The event will also include a meeting for 20s & 30s leaders from across the region, so if you're interested in getting involved as a volunteer, this is a great way to learn about how it all works. Of course, people of any and all ages are welcome to participate in this event! So sign up, and bring a friend! Spots sell quickly, so claim yours soon! Get [more info and registration](#) here.

2019 Distinguished Service Award nominations sought from members

By Barry Young, Past Chapter Chair

Nominations are now being accepted for the annual AMC-SEM Distinguished Service Award, our chapter's highest service award. Any active SEM Chapter member may nominate someone.

Nominees should fulfill the following criteria:

- Must be a current AMC-SEM member and have been active with the SEM Chapter for more than 5 years.
- Has significantly contributed to different committees.
- Has contributed to the AMC Club in addition to committee work.
- Has contributed "above and beyond" the usual SEM high level of volunteer service.

The selection process is conducted by a secret vote by the Nomination Committee which consists of previous award recipients and is coordinated by the previous year's winner. The winner of the award will be announced at our Annual Meeting on November 2nd, and until then the winner is a surprise! Winners receive a gold-plated Sierra Cup, a certificate, and have their name added to the AMC-SEM DSA plaque.

If you wish to nominate someone, start gathering your facts to support your nominee and fill out the DSA Nomination Form, which you can receive by contacting the Chapter Chair (chair@amcsem.org), or look for it under Documents on our website. To learn more about the award, you can visit our website at <http://www.amcsem.org/about.html>.



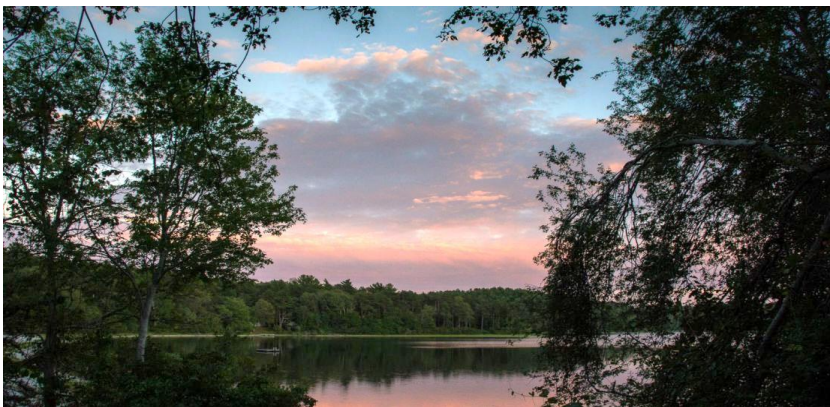
Joe Keogh, DSA honoree in 2017, presents the 2018 SEM Distinguished Service Award to Maureen Kelly in 2018.

Photo by Barry Young



Hikers alert for fragile Lady Slippers along paths in the woods

Ken Cohen led an enthusiastic group on the hunt for Lady Slippers, also known as the forest orchid, along the trails of Wilson Mountain and Whitcomb Woods. After a colder than normal spring, the endangered flowers were just emerging, but would soon blossom. *Courtesy Photos*



Save the Date **Fall Gathering 2019** October 18th to 20th **Camp Burgess in Sandwich, MA**

We are looking for volunteers for leading activities, workshops, registration, logistics. If you can help out for even a couple of hours, it would be much appreciated. Contact FG2019 Event Chair Barry Young at pastchapterchair@amcsem.org





“First Nighters” gather on the Horse Bridge over Route 24 to kick off Red-Lining the Blue Hills. *Photo by Sue Svelnis*

‘Red-Lining’ inspires both new and veteran hikers

By Alan Greenstein

There was great enthusiasm as 47 hikers gathered at the Donovan School, Randolph, MA, to kick-off the 14th year of the Red Line the Blue Hills (RLBH) hiking series on Thursday, April 11. It was the largest first night ever and included eight hikers who had not previously participated in the RLBH hikes, as well as Bob Vogel, the originator. Joe Keogh led the April 11 hike, as he has since 2008. RLBH has been the inspiration for many AMC-SEM members to participate in other local and NH hikes. Several Red Line/White Line hikers have attained Hike Leader status, and Mike Woessner, Wayne Anderson, Jim Plouffe, Cheryl Lathrop, Maureen Kelly, Barry Young, and Len Ulbricht have ascended to the Chapter Chair position after participating.

The objective of the series is to offer hikers the opportunity to hike every inch of every one of the 125 trails in the Blue Hills Reservation on Thursday nights commencing at 6:00 pm from mid-April through mid-September. Regular attendees can generally earn the patch which demonstrates their accomplishment in 1.5 seasons, with perhaps a few supplemental “on your honor hikes” to pick up any trails they missed.

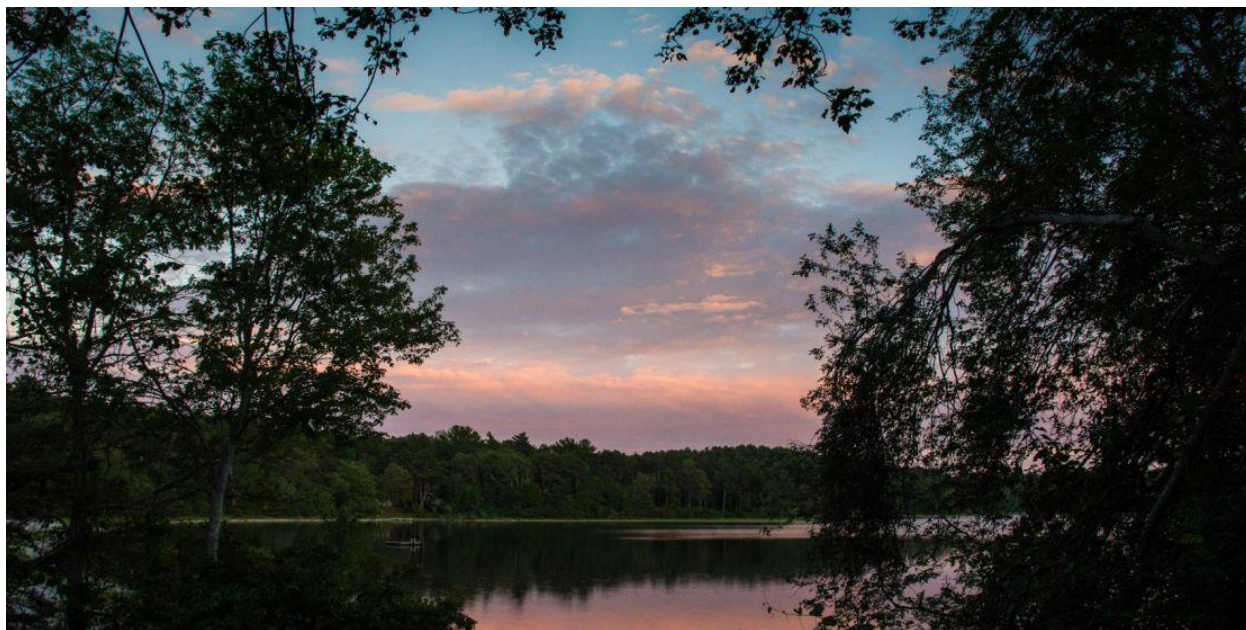
Inasmuch as trailheads vary from week to week, it is

imperative that interested hikers register (once) at suesvelnis@gmail.com in order to receive the weekly email information sheet. The list was refreshed this year. The previous email list was significantly obsolete and needed to be made current. If you want to participate and have not signed-up in 2019, it is necessary to send a new request.



Trails Vice Chair Pete Tierney, left, receiving his patch for a fourth completion of “The Circuit” from Joe Keogh.

Photo by Sue Svelnis



Sunset over lake at Camp Burgess on Cape Cod

Discover where the locals hike, bike, and paddle on Cape Cod at Fall Gathering 2019

Save the dates: October 18-20th, 2019!

Come join the Southeastern Mass. Chapter at AMC Fall Gathering 2019, October 18-20th on Cape Cod. As always, you'll have a chance to meet, socialize, and share ideas with members from AMC chapters up and down the East Coast. And at this Fall Gathering, you'll also have a special opportunity to let our local leaders "on Cape" share their favorite – and often hidden – hiking trails, bike routes, and paddling areas with you!

The Cape is particularly appealing in the fall when the leaves start to change, the air turns crisp, and the summer crowds disappear. The location we've selected for FG 2019 is the beautiful [Camp Burgess](#) in Sandwich, Massachusetts. This great facility spans nearly 300 acres of forests, meadows, trails, and freshwater ponds. It offers a large private lake; spotless cabins (many with lake views); indoor washrooms and shower facilities; and a bounty of on-site recreational opportunities including zip line; climbing wall; and basketball, volleyball, tetherball, and gaga ball courts.

At this event, you'll be able to explore the best "the Cape" has to offer! We're planning a wide variety of hikes, bike rides on quiet roads and pristine trails, and (weather permitting) one or two paddles. The hikes will include woodland hikes, hikes on the National Seashore, dune walks, and naturalist hikes. We're also planning to have live music, a trivia contest, yoga, campfires, and other activities to keep everyone engaged and entertained throughout the weekend.

One-night, two-night, or single-day options will be available along with delicious and healthy meals in the camp's expansive dining/meeting facility. Please save the date for FG 2019 and visit www.outdoors.org/fallgathering for more details! Registration opens July 1, 2019.

Activities

For the most current information, [search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

AA 13+

A 9-13

B 5-8

C less than 5

Indicates pace

1 very fast

2 fast

3 moderate

4 leisurely

Indicates terrain

A very strenuous

B strenuous

C average

D easy

Found in the description

L Activity leader

CL Activity co-leader

FT First Time

NM ... New Members

AN Advance Notice

C Conservation

BICYCLING

Ongoing. Vice Chair, Biking Committee, SEM's Executive Board is seeking a Biking Vice Chair to assist the Biking Committee Chair with planning, organizing and leading bike trips in Southeastern Mass. A particular focus of this position is to promote bike trips off Cape in Plymouth, Bristol and surrounding counties. This includes leading trips, identifying desirable routes, and encouraging development of additional bike leaders. L Leonard Ulbricht (chair@amcsem.org)

Fri., Jun. 21. Summer Solstice Bike Ride, Cape Cod Canal, MA. Come celebrate the arrival of Summer 2019 as we ride along the Cape Cod Canal and into the neighborhoods of Bourne. Distance: 22 (+/-) miles. Pace: Moderate, stay together group pace. No one is dropped. Apres ride gathering to toast and welcome the summer season. L Joe Tavilla (508-450-1934, silverski6184@comcast.net)

Sat., Jun. 29. Rochester- Marion Bike Ride, MA. 9am start. 33 mile ride over flat terrain. We'll ride through Rochester passing lakes, ponds and cranberry bog scenery then head for Marion with great views of the Weweantic River, Sippican Harbor, Kittansett Golf Club and Buzzards Bay. A few miles from the finish we'll stop at the Robins Nest for ice cream. Easy paced ride between 12-13mph. Helmets are required. To sign up and get info on the start location, contact the leader, L Jack Jacobsen, 8:00 AM- 8:00PM, at cyclejac51@yahoo.com or cell phone: 508-353-3708.

Tue., Jul. 16. Road Cycling - Sunset and Full Buck Moon Ride, MA. 22+/- Miles & 2+ hours. Flats & Hills. FULL BUCK MOON - Bucks begin to grow new antlers at this time. This full moon was also known as the Thunder Moon, because thunderstorms are so frequent during this month. Start time: about 2 hours prior to sunset. Contact leader for registration, location, etc. Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

Wed., Jul. 17. Road Cycling Nantucket Island, Hyannis, MA. Bicycle round the historic and beautiful Nantucket Island We will visit several villages and beaches along the way Mostly paths, but also some roads. We will stop "in town" for a burger type lunch or bring your own food. Before we depart the island, we will visit the Cisco brewery for beverages, food and entertainment galore. We will depart Hyannis via the Steamship Authority High Speed Ferry at 8:15 AM and return on the 6:15 PM boat, Trip time approx .1 hour. Cost is approximately \$65.00 round trip including bike. Attendees MUST be able to cycle 40-45 miles at a moderate pace of 12-16 MPH. Bikes must be ready to roll once we are off the ferry. Helmets are required, tires and brakes in working order. Stay tuned for updates Rain cancels this event. L Bernie Meggison (617-930-4029 8:00 AM - 8:00 PM, thosemeggisons@gmail.com, Long time cyclist and AMC leader.), R Bernard Meggison (617-930-4029)

Thu., Aug. 15. Evening Road Cycling - Sunset & Full Sturgeon Moon Ride, MA. 22+/- Miles & 2 ½ - hours. Flats & Hills - Full Sturgeon Moon - August The fishing tribes are given credit for the naming of this Moon, since sturgeon, a large fish of the Great Lakes and other major bodies of water, were most readily caught during this month. A few tribes knew it as the Full Red Moon because, as the Moon rises, it appears reddish through any sultry haze. It was also called the Green Corn Moon or Grain Moon. Start time: about 2 hours prior to sunset. Contact leader for registration, location, etc. paulbcurrier@comcast.net Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

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Activities

For the most current information, [search activities online](#)

BICYCLING

Sat., Aug. 17. Cycling & Wine Tasting in Westport Rivers Winery, Westport, MA. Join us for an approximately 30 mile ride through beautiful Westport & Dartmouth, MA. We will pass farms, stone walls, conservation land, river & the beach. The pace will be 12-15 mph, & there will be some hills. Following the ride, we will have a private wine tasting at Westport Rivers Winery. They specialize in white & sparkling wines. Participants must be 21 years or older to participate in the tasting, & the cost is \$25 per person. A helmet is required to ride. Bring water & a snack. L Jeannine Audet (508-493-8221 weeknight after 7:00 PM, weekends anytime, milmod@aol.com)

Sat., Sep. 14. Evening Road Cycling - Sunset & Full Harvest or Corn Moon Ride., MA. 22+/- Miles & 2 ½ - hours. Flats & Hills - Full Corn Moon or Full Harvest Moon -This full moon's name is attributed to Native Americans because it marked when corn was supposed to be harvested. Most often, the September full moon is actually the Harvest Moon, which is the full Moon that occurs closest to the autumn equinox. In two years out of three, the Harvest Moon comes in September, but in some years it occurs in October. At the peak of harvest, farmers can work late into the night by the light of this Moon. Corn, pumpkins, squash, beans, and wild rice the chief Indian staples are now ready for gathering. Start time: about 2 hours prior to sunset. Contact leader for registration, location, etc. paulbcurrier@comcast.net Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

Mon., Oct. 14. Sunset and Hunter's Moon or Blood Moon Road Cycling, MA. 22+/- Miles/ 2 +/- hours. Flats & Hills. Traditionally, tribes spent the month of October preparing for the coming winter. This included hunting, slaughtering and preserving meats for use as food. This led to October's full Moon being called the Hunter's Moon and sometimes Blood Moon or Sanguine Moon. Start time: about 2 hours prior to sunset. Contact leader for registration, location, etc. Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

Tue., Nov. 12. Sunset & Full Beaver Moon Road Cycling, MA. 22+/- Miles/ 2 +/- hours. Mostly flat - a couple of small hills. Beaver Moon: For both the colonists and the Algonquin tribes, this was the time to set beaver traps before the swamps froze, to ensure a supply of warm winter furs. This full Moon was also called the Frost Moon. Start time: about 2 hours prior to sunset. Contact leader for registration, location, etc. Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

Thu., Dec. 12. Sunset and Full Cold Moon Cycling, MA. 22+/- Miles/ 2 +/- hours. Flats & Hills. December is the month when winter begins for most of the Northern Hemisphere, hence, its full moon is called the Cold Moon. Start time: about 2 hours prior to sunset. Contact leader for registration, location, etc. Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

CAPE HIKES

Mon., Jul. 15. Full Moon Hike, Cape Cod Canal, Sandwich, MA. We will walk along the canal to Town Neck Beach and walk the beach to Mill Creek. With any luck we will time our arrival to see the moon rise over Mill Creek. We will then proceed along the creek to the Sandwich boardwalk and then through a Sandwich neighborhood to catch the sunset at the canal. Wear sturdy shoes, beach can be very rocky. If interested we will go for an ice cream post-hike. L Jane Harding (508-833-2864 Before 9 pm, janeharding@comcast.net)

EDUCATION

Sat., Jun. 22-23. Two-day Map and Compass Workshop (Sat/Sun), Blue Hills, Boston Area, MA. See listing under Hiking. R Paul Brookes (603-799-4399 After 8am and before 9pm, PaulBrookes1966@outlook.com)

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Activities

For the most current information, [search activities online](#)

EDUCATION

Sat., Sep. 21-22. Wilderness First Aid Two Day Workshop, Wildlands Trust Community Conservation Barn 675 Long Pond Rd., Plymouth, MA 02360. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. This training is required for AMCSEM trip leaders, but is a great experience for any outdoor enthusiast. Instruction is provided by SOLO, experts in providing wilderness medical training. L Douglas Griffiths (508-758-4315 after 6:00 pm, [reddougg@aol.com](mailto:redDoug@aol.com))

EXECUTIVE COMMITTEE

Ongoing. Vice Chair, Southeastern Mass Chapter, MA. Dear fellow SEM Member, The SEM Executive Board is seeking a chapter Vice Chair volunteer to: *Support the SEM Chapter Chair and our great activity leaders; *Help run the 2019 AMC Fall Gathering which will be held on Cape Cod; *Represent the SEM Chapter at a variety of club-wide and chapter events; *Interface with AMC HQ and learn how AMC functions behind the scenes; *Support conservation, education and recreation in Southeastern Massachusetts. You will assist with the development of chapter goals, budgets and special events (such as Fall Gathering 2019), assist other committee members in coordinating chapter activities, and participate in monthly Executive Board meetings and periodic AMC meetings of chapter chairs. Experience with or willingness to learn straightforward Excel spreadsheet and Power Point-type applications helpful. L Leonard Ulbricht (chair@amcsem.org)

HIKING

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

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

(FT) (NM) Tue., Jun. 18. Introduction to Backpacking Workshop, Easton, MA. Have you ever wished you knew how to go backpacking? Does the idea of "Carrying your house on your back" appeal to you? Or maybe you just wish you could go hiking in New Hampshire without the need to get up at a ridiculous time, drive for many hours, go for your hike, and drive for many more hours, only to arrive home late and pooped? Backpacking is the answer, and you, yes you, could be doing it this summer. Think about it. Drive up on a Friday evening, hike an hour or less into the woods. Set up your tent, roll out your bedding and go to sleep in the cool woods, listening to the sounds of nature. Maybe there's bubbling brook nearby. Maybe you hear the birds calling. In the morning you wake up, cook breakfast, pack up your stuff and hike. How far do you hike? As far as you want to. Some like to cover lots of ground, and climb lots of 4000 foot peaks (I was once one of those, years ago.) Or maybe you just want to go a shorter distance, over flatter terrain! (That's me now!) With backpacking, the choice is yours. You go where you want, at the pace you want. When you get "There", wherever it may be, you pitch your tent again, and set about cooking a nice supper. After supper maybe you sit around and talk, or maybe (especially if you are one of those 4000 footer bagging hikers) you hit the sack early. Next morning... hey, you know what to do, just from reading this. Cook breakfast, pack up and hit the trail, but this time towards your car (unless you are lucky enough to be on an extended trip.) You get out to your car early enough to have a leisurely drive home, avoiding the late Sunday traffic. And what do you do from Monday until the next Friday when you can go again? You tell all your friends about the great trip you had last weekend, everything you saw, and your plans for an even better trip the coming weekend. OK, now that you want to go, you are probably asking yourself "Hey, how does someone like me learn how to go backpacking?" Oh, and "Just how much is it going to cost me to outfit myself with everything I need?" Well, to find out you sign up for this free Introduction to Backpacking Workshop and that will get you the answers. [Even if you can't make this workshop, sign up (noting you can't make the workshop), and you will receive the written info to help you get started, and info on the upcoming backpacks.]. L Bob Vogel (vogel.r@comcast.net, Bob is a 4 season Hike leader for the Southeastern Mass Chapter, as well as a hike leader for Boston Local Walks and a 3 Season Leader for Boston H/B.) L Joanne Newton (vogel.r@comcast.net), R Bob Vogel (vogel.r@comcast.net)

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Activities

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HIKING

Tue., Jun. 18. Tuesday Morning Blue Hills Hiking Series, Blue Hills, Milton, MA. For your hiking pleasure, a continuing Tuesday Morning Series, Over time we plan to hike 'all' of the trails within the Blue Hills, meeting in different parking lots and hiking different routes each week. If folks are interested this series will run... well, for as long as folks/Leaders are interested. (Currently only the few weeks are posted. This is to allow modifications to this listing, and the addition of other Leaders, going forward.) So, if you are interested in hiking in the Blue Hills on Tuesdays, typically from 10 AM until, typically, sometime before 2:00, Contact the Registrar, Bob Vogel. He will provide full information about these hikes. That information will allow you to make an informed decision about your choice to partake in this exciting, slightly different, hiking series. (If you don't know Bob, please include a BRIEF 'My Hiking History', so we can get to know each other.) Note that, in addition to 'just hiking', this series also aims to provide 'skill building', both for participants, new Co-Leaders and existing Leaders. We will incorporate a range of 'educational opportunities' as we hike, (Map reading, GPS app usage, Group Management practice, Introduction to Trailwork, Come hike, get some exercise, have fun, and learn. Note: If this group grows in size, the plan is to split into sub-groups when we hike, to keep each 'hiking group' to a manageable size. Groups may split based on speed/distance abilities, willingness to hike with dogs, ability to hike for the full 4 hours, desired trails to hike, etc. This will be a "Register once, come as often as you want" series. L Bob Vogel (vogel.r@comcast.net, Bob is a 4 season Hike leader for the Southeastern Mass Chapter, as well as a hike leader for Boston Local Walks and a 3 Season Leader for Boston H/B.)(vogel.r@comcast.net)

Wed., Jun. 19-23. Ten Maine 4Ks - Hiking the Rangeley and Bigelow Mtns., Carrabassett Valley, Maine, ME. Join us on a 5 day trip to the Rangeley and Bigelow areas to hike 10 of the 14 Maine 4000 footers, experiencing some of the most astonishing views. Jointly sponsored by New Hampshire and Southeastern Mass chapters. We will not only be hiking these spectacular mountains, we will be enjoying time with great people. We will be staying at a delightful accommodation in the Carrabassett Valley and carpooling to the trailhead each day. This trip is for experienced hikers in good hiking condition as we will be hiking 5 consecutive days. L Leslie Carson (508-833-8237, lrc929@comcast.net) CL Dirgny Perdigon (dalexandra@gmail.com), R Dirgny Perdigon (dalexandra@gmail.com)

(FT) (NM) Thu., June 20. Red Line the Blue Hills, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 14th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Michael Swartz (617-840-4199, swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Sat., Jun. 22-23. Two-day Map and Compass Workshop (Sat/Sun), Blue Hills, MA. Come learn beginner to intermediate navigation skills using a map and compass to find your way in this two-day weekend workshop. No prior skills are required. All activities will take place at the Blue Hills Reservation; you will need appropriate hiking gear and be able to hike approximately 4 miles with a small day-pack. On Saturday we'll use the conference center at Brookwood Farms for both indoor and outdoor instruction. You'll learn how to read a topographic map, how to use a compass and how a map and compass work together. In the afternoon you'll get to practice your skills on a directed hike in the Blue Hills using the DCR trail map. On Sunday your group will plan your own route to find flags hidden both on and off the trail. For this hike, you will be using a topographical map which does not show the trails and will make use of terrain features such as valleys, brooks, and hills to stay found. Each group will have an instructor to help facilitate the learning. Prior reservation is required, and class size is limited to promote small group learning. To register for this workshop, you must commit to attending both Saturday and Sunday. You will need to purchase and bring to class a navigating compass with adjustable declination correction, the recommended compass is the Suunto M-3 (list price \$44). L Paul Brookes (603-799-4399 After 8am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) CL Doug Griffiths (redouggriff@aol.com) CL Pete Tierney (pxtierney@aol.com), R Paul Brookes (603-799-4399 After 8am and before 9pm, PaulBrookes1966@outlook.com)

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Activities

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HIKING

Mon., Jun. 24. Massasoit Hike, Massasoit State Park, 1365 Middleboro Ave, East Taunton, MA. This will be an approx. 2 hour hike commencing at the "Healthy Heart Trail" and looping back to our start at the main entry check point station. Plan to arrive at 9:45 AM as the hike will begin promptly at 10 AM and will cover approx. 4 miles of mostly flat terrain at a moderate pace. If you are new to hiking or want to get reintroduced to hiking, this will be a good hike for you. Trail map in online at <https://www.mass.gov/files/documents/2016/12/na/massasoit.pdf>. Parking lot is located off of the Middleboro Avenue main entrance. We will meet at the parking lot before the gatehouse. Pets are not permitted. Bring sturdy hiking shoes, snacks, water and a raincoat. L Joanne Newton (508-215-9470 After 5 PM; newt665@comcast.net) CL Roger Whidden (781-834-7722 After 5 PM, wsfi1@verizon.net), R Roger Whidden (781-834-7722 After 5 PM, wsfi1@verizon.net)

(FT) (NM) Thu., Jun. 27. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See Thurs., June 20, entry.

Sat., Jun. 29. Summer Hiking Series #2 Mt Cardigan, NH. Mt Cardigan is located in west central NH, southwest of the White Mountains. The bald dome offers fine views from the summit. At 3,155 ft, it is #27 on the "52 With a View" list. Starting out from Cardigan Lodge, the trail will take us through hardwood forest, scrub, with the final approach to the summit on ledges marked with cairns. We plan to hike to both the summit of Cardigan and the north peak, Firescrew, named for a spiral of smoke and fire which occurred in 1855. 6.0 mile loop hike with 1,900 ft elevation gain, at a moderate pace, approx. 4 - 4.5 hours. L Peggy Quicklund (774-893-3011 before 9 pm, qvickan@comcast.net, Hike leader since 2014. Has completed the NH 48, but mainly enjoys sharing the outdoors with like-minded folks.) L Anne Duggan (508-789-5538, abduggan12@gmail.com) CL Emilie Bent (508-577-3679 before 9 pm, emilieb1@yahoo.com), R Emilie Bent (508-577-3679 before 9 pm, emilieb1@yahoo.com)

Sat., Jun. 29. Saturday morning Ponkapoag Pond hike, Canton, MA - Note Early Start. Moderate to fast pace, with occasional stops. 5 ½ - 6 ½ mile hike around The Pond with one or two additional perimeter loops. Approx. 9:00 am-11:30 pm. Please arrive by 8:45 am for a 9:00 am start. Bring waterproof hiking shoes, bug spray, sun screen, snacks and water. We'll take a break at the AMC Camp, down near the pond, weather permitting. Steady rain cancels. Dogs on leash O.K. L Ken Cohen (508-942-1536 Before 7:30 pm, k-cohen@comcast.net, Year-round hiker and snow shoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Class I Hiking Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills. Active ad-hoc member of the Board of Trustees for The Friends of The Blue Hills. Avid nature photographer.)

(FT) (NM) Tue., Jul. 2. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See Thurs., June 20, entry.

(FT) (NM) Thu., Jul. 11. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See Thurs., June 20, entry.

Sat., Jul. 13. 52 With a View Hike - Mt. Success, Gorham, NH. Are you working on your 52 WAV list? Join us for a day hike to Mt. Success in the Mahoosuc range area. Along the way there is a spectacular ledge known as the Outlook with great views of the Presidentials. There may be some slippery slabs and wet, boggy areas which have been improved with bog bridges. Round trip is 6.0 miles with +/- 1950 ft. of elevation. An option may be to extend beyond the summit to explore an old plane crash from 1954. L Leslie Carson (508-737-6627, lrc929@comcast.net, Leslie is a 4 season hike and backpack leader with the AMCSEM chapter. She also leads for August Camp and AMC's Adventure Travel.) L Ken Carson (508-833-8237, kcciii@comcast.net) CL Emilie Bent R Emilie Bent (508-577-3679, emilieb1@yahoo.com)

Sun., Jul. 14. 52 With a View Hike - Mt. Hayes, Gorham, NH. Are you working on the 52 WAV list? Come hike another mountain with us in the Mahoosuc range - Mt. Hayes. It is the last peak at the southern end of this range and it also ranks last in terms of altitude reaching only 2555 feet at it's summit. The hike is approximately 6 miles round trip with an added side trip on a spur trail to Mascot Pond with +/- 1768 feet of elevation. Wide open ledges providing nice views are located 0.3 miles from the actual summit. L Ken Carson (508-737-8268, kcciii@comcast.net) L Leslie Carson (508-737-6627, lrc929@comcast.net), R Ken Carson (508-833-8237, kcciii@comcast.net)

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HIKING

(FT) (NM) Tue., Jul. 16-18. Backpacking Series - Backpack Hike #1 - Three Ponds, Three Ponds, Ellsworth, 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 we are offering a Beginner 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 with an informal workshop (details TBD), where you can learn about clothing, food, equipment, etc. It will be followed by several backpacks, ranging from 'Anyone can do this!' to 'More advanced'. This backpack, #1 in the Series, will take place near Three Ponds, in Ellsworth, NH. Tuesday 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.) Wednesday 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...And the last time we were there we saw a beaver working on his dam, as we stood 15' away!) 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. Interested? Email and get on the "Tell me more!" list. Series dates (dates and locations are tentative, and subject to revision): TBD: Workshop (Easton) July 16-18: Backpack #1 Near Three Ponds, Ellsworth, NH TBD: To Shoal Pond, possibly ascend Zealcliff, visit Thoreau Falls TBD: Possibly a backpack to Mt. Flume, with camping off the Osseo Trail. L Bob Vogel (vogel.r@comcast.net, Bob is a 4 season Hike leader for the Southeastern Mass Chapter, as well as a hike leader for Boston Local Walks and a 3 Season Leader for Boston H/B.) CL Samantha Fisher (sahavah@yahoo.com) CL Robert Branczewski, R Samantha Fisher (sahavah@yahoo.com)

(FT) (NM) Thu., Jul. 18. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See Thurs., June 20, entry.

(FT) (NM) Thu., July 25. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See Thurs., June 20, entry.

(FT) (NM) Thu., Aug. 1. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See Thurs., June 20, entry.

(FT) (NM) Thu., Aug. 8. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See Thurs., June 20, entry.

(FT) (NM) Thu., Aug. 15. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See Thurs., June 20, entry.

(FT) (NM) Thu., Aug. 22. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See Thurs., June 20, entry.

(FT) (NM) Thu., Aug. 29. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See Thurs., June 20, entry.

(FT) (NM) Thu., Sept. 5. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See Thurs., June 20, entry.

(FT) (NM) Thu., Sept. 12. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See Thurs., June 20, entry.

(FT) (NM) Thu., Sept. 19. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See Thurs., June 20, entry.

PADDLING

Sat., Jun. 29. Bass River South, Dennis, MA. From launch paddle 'fingers' & bays to river mouth on Nantucket Sound. Lunch on West Dennis Beach. Return & paddle around Grand Cove for 8-9 mile trip. Wear PFD & bring spray skirt in case of wind & waves. Bring lunch & water. Register by email to leader. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau (paulcorri@gmail.com)

Wed., Jul. 3. Paddle Herring River North, West Harwich, MA. Paddle upstream to Coy Brook to end & to East Reservoir & back to Herring River for lunch at North rd bridge. Afterwards paddle to West Reservoir to see herring run & then return to put-in. Wear PFD & bring spray skirt in case of wind & waves. Bring lunch & water. Register by email with Co-leader. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com), R Jean Orser (jeanorser@gmail.com)

Wed., Jul. 10. Paddle Mashpee/Wakeby Ponds, Mashpee, Cape Cod, MA. We'll paddle two fresh water ponds. Combined they form the largest pond on Cape Cod. Bring water and a lunch. PFDs are required and a spray skirt may be necessary depending on wind and wave conditions. Put in at Fisherman's Landing 373 Main Street, Mashpee. L Bill Fischer (508-420-4137 before 9pm, wmbbarbarafischer@comcast.net)

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PADDLING

Sat., Jul. 13. Chase Garden Creek, Yarmouth Port, MA. Paddle Chase Garden Creek & tributaries, Judahs & Whites Brook. See Bray Farm, Shell Processing Plant & Chapin Beach. Lunch along the way. Plan for 7-8 mile trip. Wear PFD & bring spray skirt in case of wind & waves. Bring lunch & water. Register by email with Co-leader. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com), R Jean Orser (jeanorser@gmail.com)

Wed., Jul. 31. Paddle Herring River North, West Harwich, MA. Paddle upstream to Coy Brook to end & to East Reservoir & then to Herring River for lunch at North Rd Bridge. After paddle to West Reservoir to see Herring Run & then return to put-in. Wear PFD, bring spray skirt in case of wind & waves. Bring lunch & water. Register by email with Co-leader. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com), R Jean Orser (jeanorser@gmail.com)

SOCIALS

Thu., Jun. 27. 20s & 30s June SEM Social, The New World Tavern, 56 Main Street, Plymouth, MA. Join us at The New World Tavern for our June SEM Social! Come meet fellow outdoor enthusiasts, and learn about upcoming events and activities. Whether you are new to the AMC, or have been around for a while, this is a great opportunity to meet new people, trade stories, and plan future adventures. There will be ice breaker activities provided. L Susan Schobel (susan.schobel@gmail.com)

(C)(FT)(NM) Fri., Oct. 18-20. 2019 Fall Gathering, Sandwich, MA. The 2019 AMC Fall Gathering will be hosted by AMC's Southeastern Massachusetts Chapter! Discover where the locals hike, bike, and paddle on Cape Cod-join us a weekend of outdoor fun at Camp Burgess, which boasts nearly 300 acres of forests, meadows, trails, and freshwater ponds, and offers activities like zip lining, a climbing wall, volleyball, and more! The fall is a great time to visit the Cape-the leaves start to change, the air turns crisp, and the summer crowds disappear. At this event, you'll be able to explore the best "the Cape" has to offer-we're planning a wide variety of hikes, bike rides, and paddles (weather permitting). The weekend will also include live music, yoga, and campfires. One-night, two-night, or single-day options are available. Start planning your fall getaway today! Registration opens and will be available on this page on July 1st. More information at www.outdoors.org/fallgathering. L Barry Young (Pastchapterchair@amcsem.org)



HAPPY TRAILS!