

Southeastern Breeze

Spring Issue

April / May / June 2000



The Southeastern Breeze is published quarterly by the S.E. Mass. Chapter of the Appalachian Mountain Club. It is mailed on or about the 18th of March, June, September and December. **Chapter Chair:** Dexter Robinson (781) 294-8840; **Vice Chair:** Anne Chace 824-8871; **Treasurer:** Joey Gallus 428-5391; **Secretary:** Linda Wells 379-1963; **Education Chair:** Bob Vogel 238-7732; **Newsletter:** Wayne Taylor 252-6995. E-mail: wjtaylor@jci.net.

Leadership Training — There's Still Time! Come out to Borderland State Park on April 1st

Did you ever think about leading one of our hikes, bike rides, canoe or ski trips? Or about becoming a co-leader on a trip? Why not start now! April 1 is your chance to find out if it's for you. The chapter will be offering a **FREE** one-day leadership training course at Borderland State Park. The days activities will consist of lectures about how to organize and conduct a SEM AMC activity, as well as exercises for the students and several 'role plays' in which you will get to try out your new skills leading your fellow students.

AMC is a volunteer organization. The activities we offer are led by members who started out as participants, then decided that they too could lead an activity. Without these volunteers there would be no activities. Conversely, with new volunteers each year, we can offer more and more diverse activities. That's where you come in! If you've enjoyed participating in our activities and want to help others get that enjoyment; if you've watched other leaders and co-leaders, and said "I could do that"; if you just want to learn more about leadership so you can appreciate the activities more, this is for you.

Training will run from 8:30 a.m. until 5:00 p.m., and will feature a Free Lunch.
Register with Bob Vogel, 238-7732 (6-9 pm) E-mail: rvogel@mediaone.net

Message from SEM Chapter Chair Dexter Robinson

Looking Forward into the New Millennium — Vision 2010

By the time you read this column, Y2K will be a distant memory. You may have wondered how this possibly could have affected the AMC other than their reservation system. Actually the club has been looking beyond 2000 to the year 2010 by preparing and finalizing a document entitled "A Vision for the Year 2010, Expanding Common Ground" or known simply as "Vision 2010".

This six-page document, drafted by the club leadership and staff with considerable input from chapter chairs and vice-chairs, provides a framework for where the club resources will be applied and for measuring accomplishments. Three key strategic objectives are laid out in the document:

- * Engaging the public: Model environmental education facilities
- * Engaging our members: Conservation and Recreation
- * Building our resources: People and Support.

A few examples of activities to support these

objectives include offering high quality education, conservation and recreation programs to people of all ages and experience; securing additional protection of the most endangered and threatened landscapes and watersheds in the Appalachian region; and launching efforts to attract and retain younger members.

"Vision 2010" has already started to have an impact since we are expected to relate chapter goals and funding requests to it. At the recent club Annual Meeting, I presented some of our chapters goals to the Executive Committee and Board of Directors.

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My First AMC Hike: A new program to get you started

No, AMC isn't only about hiking. But if you haven't tried it yet, here's your chance...

Starting this spring, we will be offering several local hikes under the banner of a new chapter program called "My First AMC Hike!" These hikes are specifically aimed at two audiences: New members who wonder how to get started hiking with us; and members who read the listings each month and always say "One of these days..."

The hikes in this new series will be structured a bit differently from most other chapter hikes. We will start with a relatively easy loop hike of three miles or so over level or only slightly rolling terrain, to make the trip as accessible to the membership as a hike can be. During this shorter, less strenuous portion of the hike, we will provide information about the SEM Chapter, how we run our hikes, hiking equipment, etc.

At the conclusion of this 'easy' loop, those wishing to may continue on for an additional four miles or so at a faster pace more challenging terrain, where available.

We hope this approach will help introduce more of our members to an activity that is so enjoyable to so many.

So, don't just read about the chapter's hikes. If you haven't yet hiked with us, check out the Hiking and Backpacking listings for more details about how to go on **MY FIRST AMC HIKE!** But call and sign up early, because one problem is that AMC hikes often do fill up, leaving those who hesitate sometimes out in the cold.

Bob Vogel, Education Chair



Southeast Breeze

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December/January/February

View from the Chair

by Dexter Robinson

As I sit here relaxing in my Vermont cabin watching early October snow flakes falling amidst a blaze of fall colors, I am reminded that winter is not too far away. No, you don't have to practice Garrison Keillor's winter advice of hibernating in your home close to a fire and concentrating on nothing more than survival and making babies. Instead, winter is really a great time to be outdoors. In addition to our beginner winter hiking series this year, we will be offering an intermediate series that will include winter hikes in New Hampshire and Vermont. Our winter festival is earlier in the month to take advantage of more of the winter season. Join us at Borderland on January 6 for the Winter Festival to learn more about winter hiking and snowshoeing. (See page 8 for details)

Other future activities include Spring Fling in May 2001, with international folk dancing (if I can arrange it), plus the summer picnic

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25th Anniversary set for 2001

Looking for pictures to produce multi-media show

Calling all shutter bugs, videographers and picture collectors ... We need your help to make our Silver Jubilee a resounding success. The SEM Chapter will celebrate its 25th Anniversary in November 2001, and we are hoping to create a multi-media show and video highlighting chapter events, personalities and activities of the past quarter century.

In order to produce this video, we need pictures and lots of them. We need photos of present and past members, chapter activities from all of our major areas of interest, seasonal shots, locations of interest, special spots, and memorable trips or events ... anything that will help us all relive the fun and adventure of the last 25 years.

Please start looking through your photo collections and set aside those you will permit the chapter to borrow. Photos will be returned after use, although we cannot promise to use each and every shot submitted. We need a wide range of pictures to choose from. Please select photos that are in excellent condition, and be sure to mark each one on the back with your name, address and phone number so we can get them back to you. We can't be responsible for anything sent to us that isn't so identified.

We also are interested in any video tape you may have recorded at chapter events or activities, if you will permit us to make a copy of what you have and use it in creating the anniversary video.

Please mail whatever you're willing to lend us to Wayne Taylor, 409 Fairview Avenue, Rehoboth, MA 02769.

Silver Jubilee Volunteers needed ... Anyone interested in helping with the decorations, designing the flyer/invitation, developing the list of 25th Anniversary honorees, or assisting with the video production is welcome and should contact Anne Chace at 824-8871.



The Southeast Breeze is published quarterly by the Southeastern Massachusetts Chapter of the Appalachian Mountain Club. **Chapter Chair:** Dexter Robinson (781) 294-8840; **Vice Chair:** Anne Chace 824-8871; **Treasurer:** Donna Desrochers 673-7833; **Secretary:** Linda Wells 379-1963; **Education Chair:** Bob Vogel 238-7732; **Membership Chair:** Jennifer Simmons 761-7888. **Newsletter Editor:** Wayne Taylor 252-6995 or e-mail: wjtaylor@mediaone.net. **Website address:** <http://www.amcsem.org> All area codes are 508 unless noted.

Editor's Notebook

New Publishing Schedule ... Beginning with this issue, the Southeast Breeze is adopting a seasonal publishing schedule. Next will be the Spring 2001 issue, which will cover activities for the months of March, April and May. It should arrive in your mailbox sometime in mid-February. It is our hope that a seasonal quarterly newsletter will do a better job of grouping activities according to the time of year when we offer them most.

Tell us about your last great outdoors adventure ... Your comments and suggestions about this newsletter are always welcome ... as are your contributions of articles, poetry, photographs or anything else related to your membership in AMC. If you're submitting something, please be respectful of our deadline, which is the 22nd of the month, two months prior to the publication date (e.g. January 22 for the March/April/May issue). The newsletter will endeavor to publish submitted articles on a space-available basis. Give us a call at 252-6995 or drop us an e-mail at wjtaylor@mediaone.net if you've got something to submit.

Not getting your copy of the Breeze? If you're not receiving the newsletter, please call Membership Chairperson Jennifer Simmons (761-7888) or drop her an e-mail (jensimmons@massed.net) to be sure you're on the list.

"Membership in a bottle"

A great gift for your favorite outdoors enthusiast.

Single Membership \$40.00

Family Membership \$65.00

Nalgene Bottle with \$10 Gift Certificate
good for AMC lodging, workshops and books.

New members only

**Contact: Jen Simmons at
761-7888**

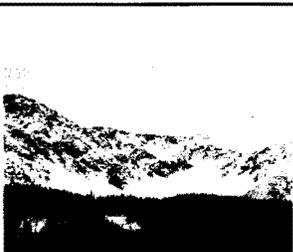


Photo: Wayne Taylor, March 1997

ON THE COVER ...

Almost looks like the Boot Spur and Hillman's Highway in Tuckerman Ravine, Mt. Washington ... But guess again. The scene on the masthead of the Breeze's winter issue is actually the Continental Divide near Arapahoe Basin, just west of Loveland Pass, Colorado.

Newsy Bits

Stand-off at Myles Standish ... Trail bikers (the ones who do wheel-stands, not those who pedal) were banished from riding in Myles Standish State Park about five years ago by the Mass. Dept. of Environmental Management. Now, trail bike enthusiasts are trying to regain access to the park. There has been a series of meetings this fall, trying to gather all interested parties (hikers, campers, equestrians, bicyclists and motorized riders) to discuss what kind of usage Myles Standish should be open to in the future. A number of interested SEM/AMC members (representing themselves, not the Club) have attended these sessions. A group of consultants has been engaged by the State and is expected to make recommendations about future park usage sometime soon.

'Tis the season ... Wasn't 2001 supposed to have something to do with a space odyssey? Turns out it's going to be more like a year-long anniversary bash. First, in February, the Mothership (that's AMC) celebrates its 125th. Then, of course, in November, we in SEM will celebrate our Silver Jubilee. It's a fair bet that by the time next December rolls around, some of us will likely be all partied out.

Other upcoming events ... There's a ton of other Club stuff on the horizon as well. In early April, the Chapter will again run its Leadership Training program at Borderland State Park. This education program is intended to bring more leaders into our various outdoors activities — from biking and paddling to hiking and skiing — and also to refresh current leaders in what it takes to run an enjoyable and safe AMC trip. Later that month, as a continuation of AMC's 125th, the Club will be putting on its annual Spring Weekend. Then in early May, of course, we'll have our own rite of Spring with the SEM Spring Fling. Then before you know it, we'll be back into fly season.

Class Ads ... At the suggestion of one of our more thoughtful members, we're going to try out a new classified ad section in this issue of the Breeze. Many of us may have outdoor gear that's not being used, but still has plenty of life left in it for use by others. So why not see if anyone out there is interested in picking up some good, serviceable gear that's pre-owned. *Check out what's for sale on page 7.*

Hiking and Backpacking

Chair — Walter Wells 279-1963

Vice Chairs — Charlie Farrell 822-2123

Erika Bloom 996-3290

Hike Rating: First character indicates distance in miles. Second character indicates leader's pace over average terrain. Third character indicates terrain.

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

Hikers unsure of their ability should try only one level higher than previously completed. **Note: NO PETS** without permission of Trip Leader. Individuals under 18 must obtain prior consent from Trip Leader.

Fourth Annual Winter Hiking Series

Again this year, the hiking committee will be offering a series of winter hikes, concluding with an overnight backpack, to acquaint hikers with the pleasures of hiking in winter. These will be non-technical hikes (i.e. no crampons or ice axes required). We will begin with an easy hike, and each hike will be a little more difficult than the last, including a 4000-footer to provide above-treeline experience. The final hike will be an overnighter.

Sat. Dec. 9 "Winter Hiking Series" Greeley Ponds off the Kancamagus Highway in NH. This is the first in the winter hiking series for this season. Join us as we explore this wonderful area in the early part of the winter season. Hopefully, there will be snow to try out your snowshoes. Some winter gear will be required. Register with L Charlie Farrell 822-2123 (6-9 pm) CL Walt Wells 279-1963.

Wed. Dec. 13 Hiking Committee Trip Planning Meeting. 7:00 pm at the Unitarian Universalist Church in Middleboro. Call Walt Wells 279-1963 for directions. Anyone is welcome.

Sat. Dec. 16 (B3B) - Mt. Liberty/Mt. Flume. Dust off your winter equipment for this classic 4000 fter. Full winter gear required. Register with L Dexter Robinson 781-294-8840 (7-9 pm) email dexasue@massed.net. CL John Pereira 254-8303 (7-10 pm) iceclimbing@backpacker.com.

Sun. Dec. 31 (C3D) "Exploring Massachusetts Series" Hike # 5 - Whitney and Thayer Woods, Cohasset. Say farewell to

Y2K with this cold weather beginners hike. Some winter day hiking gear may be required. Newcomers and family hikers are welcome. L Steve Tulip 977-9039 (7-10 pm) e-mail:stulip@dpyus.jnj.com. Please register with CL Rick Barnes 830-0479 (7-9 pm) e-mail: RWBarnzee@aol.com.

Mon. Jan. 1 (C3C) Borderland State Park. Pleasant short hike around ponds and through woods on this first hike of the New Year. L Bob Vogel 238-7732 (7-9 pm).

Sat. Jan. 6 Winter Festival — Borderland State Park. Contact Dexter Robinson 781- 294-8840 e-mail dexasue@massed.net

Sat. Jan. 13 (B3B) Mt. Pierce - Hike #2 in the Winter Hiking Series. We will climb the Crawford Path to the summit of Mt. Pierce for our first above treeline hike. Some winter gear is required for this hike. Register with CL Bob Vogel 238-7732 (7-9 pm) email:rvogel@mediaone.net L Charlie Farrell 822-2123 (7-9 pm) CL John Pereira e-mail: iceclimbing@backpacker.com

Sun. Jan 14 (C3D) Waumpatuck State Park A nice easy 5-mile hike thru woods. A good beginner trip. Bring your snowshoes if there is snow. Register with L Patrick Holland 781-925-4423 (7-9 pm) email: pat.holland@littlebrown.com. CL Dick Carnes 781-871-5764.

Fri.-Sun. Jan. 19-21 (B3B) Winter hiking in Vermont. Camel's Hump on Sat.; nearby snowshoeing on Sun. Stay Fri. and Sat. night at trip leader's cozy cabin in Washington, VT. Previous winter hiking experience and full winter gear required. Approx. cost: \$15 covers one dinner and two breakfasts. Group size limited to 6. Register with CL Patrick Holland (7-9 pm) 781-925-4423 e-mail: pat.holland@littlebrown.com. L Dexter Robinson 781-294-8840 e-mail: dexasue@massed.net. Winter leader in Training: Richard Jussaume.

Sat.-Sun. Jan. 27-28 (A3B) Mt. Madison- Intermediate level backpack to Mt. Madison. Stay Sat. night at the Valley Way Campsite with a possible trip up Mt Adams. Full winter gear is required. Register with L Bob Emory 222-8460 (7-9 pm) e-mail: canoker1@cs.com. L Walt Wells 279-1963 (7-9 pm) wwells50@aol.com. CL John Pereira e-mail: iceclimbing@backpacker.com.

Sat. Feb. 3 (B3B) Mt. Chocora—Hike #3 in the Winter Hiking Series. Climb the Champney Falls Trail with a

Hiking and Backpacking continued

side trip to Pitcher and Champney Falls. Some winter gear is required for this hike. Register with CL Steve Tulip 977-9309 (7-9 pm) stulip@dpyus.com L Walt Wells 279-1963 (7-9 pm) wwells50@aol.com CL Erika Bloom 996-3290 (7-9 pm) ebloom@mediaone.com.

Sun. Feb. 4 (C4D) Lloyd Center for Environmental Studies, South Dartmouth. An easy afternoon walk through the Lloyd Center trails. Afterwards, can see great views of Buzzards Bay from the Center and view their aquaria, touch tank, and displays. Great for families! Register with L Erika Bloom 996-3290 (7-9 pm) e-mail ebloom@mediaone.net

Sat. Feb. 10 (B3B) Mt. Monadnock - Climb the White Dot Trail to the top of this popular peak. Full winter gear required. Register with L Patrick Holland 781-925-4423 (7-9 pm) e-mail pat.holland@littlebrown.com CL Steve Tulip 977-9309 (7-9 pm)

Sat. Feb. 10 (B3B) Blue Hills. "My First Winter Hike" training hike. Come learn the basics of winter hiking. Some winter equipment is required, depending on conditions. Register with L Paul Vermette 603-598-6623 (7-9 pm) Pvermette@aol.com. CL Bob Vogel 238-7732 (7-9 pm) Rvogel@mediaone.net

Sat. Feb. 17 (A3B) Mts. Pierce and Eisenhower. Intermediate day hike to two popular southern Presidential peaks. Full winter gear is required. Register with L Walt Wells 279-1963 (7-9 pm) wwells50@aol.com CL John Pereira iceclimbing@backpacker.com Winter Leader in Training: Rich Jussaume.

Sun. Feb. 18 (C3D) World's End Reservation. An easy 4-mile hike thru woods at this popular park. Register with L Patrick Holland 781-925-4423 (7-9 pm) pat.holland@littlebrown.com CL Dick Carnes 781-871-5764 (7-9 pm)

Mon. Feb 19 Upton State Forest. Join us for a nice easy Presidents Day hike. Approx. 3 miles on either the Whistling Cave or the Dean Pond loops. Register with L Richard Jussaume 508-930-2445 (cell phone) richjuss@ici.net.

Sat. Feb 24 (B3A) Mt. Lafayette. Challenging 8-mile winter hike to this popular summit via the Old Bridle Path. Previous above-treeline winter experience and full winter gear are required. Moderate to fast moderate pace. May return via Mt. Lincoln, Haystack and Falling Waters Trail. Register with L Dexter Robinson 781-294-8840 (7-9 pm) dexsue@massed.net CL John Pereira 254-8303 (7-9 pm) iceclimbing@backpacker.com

Sun. Feb. 25 (C4D) West Island Beach and State Reservation, Fairhaven. Leisurely walk along the beach and estuary and

through woods. May involve short walk through residential area connecting two parts of hike. Register with L Erika Bloom 996-3290 (7-9 pm) ebloom@mediaone.net

Sat-Sun Mar. 3-4 (B3B) Ethan Pond. This is the final hike of the Winter Hiking Series. Backpack to this beautiful mountain pond and stay at Ethan Pond Campsite. Learn the fundamentals of backpacking in the winter. Register with L Charlie Farrell 822-2123 (7-9 pm) L Walt Wells 279-1963 (7-9 pm) wwells50@aol.com.

Local Hikes on Cape Cod

Thursday & Sunday Hikes - Dec to March.

Cape Hikes Committee Chair: Janet Kaiser 375-0574
Co-Chair: Janet DiMattia 394-9064.

Thursday Hikes start 9:30 am, last about 2 hrs, 5-7 miles.
Sunday hikes start 1:00 pm, last 2-2 1/2 hrs, 6-8 mi.
Moderate pace. NO DOGS.

Sun. Dec. 3 Wellfleet, White Crest Beach. From Rte 6, E on LeComte Hollow Rd. to end, L on Ocean View Rd. to beach prkg. lot. L Frank Handlen 349-7396

Thurs. Dec. 7 Dennis, Indian Lands, S on Old Bass River Rd from Rte. 6A in Dennis Village. R into prkg lot in 4.0 mi. at Town Hall. L Barbara Hollis 240-1973

Sun. Dec. 10 Harwich, Herring River. Exit 9 S off Rte 6 onto Rte 134. Turn L at 3rd traffic light on Upper County Rd. then L onto Great Western Rd. Follow approx. 2.2 mi. Park inside fence on L at Sand Pond. L Peter Selig 432-7656 CL Janet DiMattia 394-9064

Thurs. Dec. 14 Truro, Paradise Hollow. Park on Geo. Nelson Rd. on W side of Rte. 6, 1/2 mi N of "Entering Truro" sign. L Patrick Kimball 255-3717

Sun. Dec. 17 Dennis. Run Pond. From intersection of Old Bass River Rd. go W on Setucket Rd. approx. 1.0 mi and park in small lot on N side (bike path) of road. E of junction with Mayfair Rd. L Richard Kaiser 375-0574

Thurs. Dec. 21 Yarmouth. Chase Garden Creek. From Getty Station at flashing light, go E on Rte 6A 0.5 mi. Turn L at Rod & Gun Club sign and park in prkg area. L Janet Kaiser 375-0574

Sun. Dec. 24 NO HIKE



Local Cape Hikes continued

Thurs. Dec. 28 Wellfleet. Marconi area. Follow signs from Rte. 6 (Marconi Beach Rd L to HQ prkg) Go past HQ bldg. take 1st R park on road. L Barbara Hollis 240-1973

Sun. Dec. 31 Brewster. Nickerson State Park. Park at Flax Pond parking area. L Jack Handlen 255 5292.

Thurs. Jan. 4 Yarmouth. Inkberry Tr. N from Rte 28 on Winslow Gray Rd. at light, 0.4 mi to prkg on L. L Frank Handlen 349-7396

Sun. Jan. 7 Mashpee. So. Cape Beach. From Mashpee Rotary take Great Neck Rd. S for approx. 2.5 mi. Turn L on Great Oak Rd. and follow to end to town beach prkg lot, approx. 3 mi. L. Gary Miller 540-1857

Thurs. Jan. 11 Truro. Paradise Valley, Park on George Nelson Rd. on W side of Rte 6, 1/2 mi. N of "entering Truro" sign. L Jack Handlen 255-5292

Sun. Jan. 14 Wellfleet. Marconi Area. Follow signs from Rt 6 (Marconi Beach Rd. L to HQ prkg) Turn R after HQ and park at end of road. L Barbara Hollis 240-1973

Thurs. Jan. 18 Yarmouth. Grays Beach. Exit 8 N from Rte. 6 to Rte 6A. Go N on Old Church St. at playground to Center St. to pkg. lot at beach at end of road. L Janet Kaiser 375-0574

Sun. Jan. 21 Bourne. Four Ponds Conservation. From Rte. 28 between Otis Rotary & Bourne Bridge, turn W on Barlows Landing Rd. Go 0.7 to prkg. lot on R. L Gary Miller 540-1857

Thurs. Jan 25 Mashpee. Mashpee River Woodlands. Exit 5 S from Rte. 6 to Rte. 149 to N toward Falmouth on Rte. 28. At 2.6 mi past Botello Home Center, turn L on Orchard Rd. (the next major crossroad). At end of road, turn R then immediately L on Mashpee Neck Rd. At 1.0 mi park on R, off rd. L Al Johnson 775-8959

Sun. Jan. 28 Eastham. Salt Pond Visitors Center. From Rte. 6 at traffic light turn R on Nauset Rd. and park in Visitor Center prk. lot on R. L Frank Handlen 349-7396

Thurs. Feb. 1 Yarmouth. Buck Island. Exit 7S from Rte. 6 to L on Higgins Crowell Rd. Turn R at lights onto Buck Island Rd. and park at Sandy Pond Recreation Area on R opposite Buck Island Village. L Al Johnson 775-8959

Sun. Feb. 4 Harwich, Hawks Nest. Rte 6 to Exit 11, S on Rte. 137, first R on Spruce Rd. At 0.5 mi park on side of road. L Janet DiMattia 394-9064

Thurs. Feb. 8 Dennis. Indian Lands. S on Old Bass River Rd. from Rte. 6A in Dennis Village, R into pkg lot in 4.0 mi at Town Hall. L Janet DiMattia 394-9064

Sun. Feb. 11 Wellfleet. Griffin Island. Turn N off Rte 6 at Wellfleet Center sign onto Main St. Turn L on Chequessett Neck Rd. "at the dory." Park in Great Island pkg lot on L at end of Chequessett Neck Rd. L Frank Handlen 349-7396

Thurs. Feb.15 Sandwich. Ryder Conservation. Exit 2 S from Rte. 6 onto Rte 130. Turn L onto Cotuit Rd. After traffic lights go approx. 1.0 mi to Ryder Conservation Land sign and pkg lot on R. L Barbara Hollis 240-1973

Sun. Feb. 18 Yarmouth. Dennis Pond. On Summer St. off Rte 6A at Old Yarmouth Inn. Park in Dennis Pond pkg lot. L Richard Kaiser 375-0574

Thurs. Feb. 22 Brewster. Parsons Perch. Exit 9 N off Rte. 6 onto Rte 134 and turn R at 2nd traffic light onto Setucket Rd. At 1.0 mi turn R onto Slough Rd and at 0.8 mi park on L at Walker Pond prk area. L Harry Dombrosk 385-9502

Sun. Feb 25 Sandwich. Scorton Creek/Talbot Conserv. From Rte. 6 Exit 5 N onto Rte 149, turn L on 6A. At 3.6 mi cross concrete bridge, take next L to Scorton Creek pkg lot. L George Bowman 362-0163

Thurs. Mar 1 Wellfleet. Duck Harbor. Turn N off Rte 6 at "Wellfleet Center" sign. Turn L on Chequessett Neck Rd. "at the dory", follow to end, turn R opposite Great Island pkg lot. Park in lot at end of road. L Janet Kaiser 375-0574

Sun. Mar. 4 Truro. The Pamets. From Rte. 6 Truro, turn E at " Pamets Road" sign. Meet at end of So. Pamet Rd. L Ron VanderWiel 255-3361

LONGER CAPE HIKES

Saturdays and Sundays
BRING LUNCH

Sat. Dec. 9 Wellfleet. Great Island to Jeremy Point. Turn N off Rte 6 at "Wellfleet Center" sign onto Main St. Turn L on Chequessett Neck Rd. "at the dory" Park in Great Island Prk lot on L. L Brigitte Falzone 394-6393

Sat. Jan. 20 Truro. The Pamets. From Rte 6 Truro, turn E at "Pamets Road " sign. Meet at end of So. Pamet Rd. L Ron VanderWiel 255-3361



Longer Cape Hikes continued

Sat. Jan. 27 So. Orleans. Meet at Chas. Moore Ice Arena. 10 am Call L for directions. L Patrick Kimball 255-3717

Sun Feb. 4 Barnstable. Sandy Neck Beach. Hike to lighthouse! Rte. 6A to Sandy Neck Beach prk lot at end of Sandy Neck Rd. 10 a.m. L Peter Selig 432-7656

Sat. Feb 17 Orleans. Freemans Way. Park in rear of So. Orleans shopping Center on Rte 28 just N of Rte 39. 10 a.m. L Patrick Kimball 255-3717

Sat. Feb. 24 Brewster. Nickerson State Park. Meet in main parking lot at entrance on Rte 6A. L Jack Handlen 255-5292

Sat. Mar. 10 Brewster. Brewster Ponds. Fishermans Landing Rd. off Rte 124 to lot at pond. L Patrick Kimball 255-3717

View from the Chair

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in August. The Chapter's 25th Anniversary Annual Meeting will be held on November 3, 2001, at the BR Monposett Inn in Halifax and will include special entertainment.

In August, the SEM Executive Board sent a letter (with AMC endorsement) to Bluewater Network adding our chapter to the list of more than 60 other organizations that want a complete prohibition of PWCs (personal watercraft) from the Cape Cod National Seashore. In turn Bluewater Network sent a letter with the list of supporting organizations to Superintendent Maria Burks of the National Seashore. The letter stated that "we support the protection of the Cape Cod National Seashore from the irreparable damage wrought by PWCs by foregoing the creation of PWC special regulations and enforcing a complete prohibition of these destructive machines. PWCs, widely known by the trade name Jet Skis, are high-speed thrill-craft, commonly used for no purpose other than to provide the operator with a high-impact thrill-ride. Unfortunately, these thrills come at an extraordinarily high price for national parks in the form of degraded air and water quality, threatened public safety, endangered wildlife, shattered natural quiet and diminished visitor enjoyment." Several weeks ago the Boston Globe reported that the National Park Service did advocate such a prohibition.

In September the Board heard an excellent presentation by Outdoor Exploration, a non-profit organization that fosters community integration and skill development for people with and without disabilities. We hope to work with them next year.

In the last newsletter I reported on the public meeting in Boston to provide the Forest Service with comments related to the update of the White Mountain National Forest management plan. They have been busy completing a summary document of all public comments received. However, the summary which was due out in September was delayed due to wild fires in the West. Monthly meetings resumed in October. Your voice and comments do make a difference. Contact Amy McNamara, AMC Land Conservation Advocate at 617-523-0655 x385 for more information.

Finally I would like to thank all Board members and all of you who have helped make our activities a success this year. Without your support we would be unable to serve our members. A special thanks to retiring Board members: Joey Gallus, treasurer, Muriel Thomas, canoe chair and Mary Dubois Leeson, ski chair. Incidentally, we are still looking for someone to chair our ski committee

In reality the 21st century officially begins in 2001. So why not start out the new millennium by coming out and getting involved in our activities. I can promise you that you will get more out of it than you put in.



Skiing

Fri - Mon, Jan. 12-15, 2001. Martin Luther King Weekend at Applebrook. Please join us for the SE Mass. annual long weekend of x-country skiing, hearty meals and great company (and the "hot tub under the stars"!). Ski possibilities include Bretton Woods, Great Glen, or The Balsams. Downhill, snow shoeing and ice skating also possible. \$135-\$200 for 3 nights lodging, 3 breakfasts, 1 full dinner and 1 supper, all at cozy Applebrook Inn in Jefferson, N.H. Reserve early as the news of the fun is spreading! Call L. Sarah Beard 758-2613 or CL. Bob Kalchthaler 947-4924.



AMC Activities Risk Statement: Activities listed here involve varying degrees of danger. When you participate in these activities, you should be prepared physically and mentally, and equipped with appropriate gear. You should be aware of the risks and conduct yourself accordingly. Volunteer trip leaders are not responsible for your safety; you are. Before registering for any activity, you should discuss your capabilities with the trip leader. In order to participate in chapter activities, individuals under age 18 must be accompanied by a parent or responsible adult, or obtain prior consent from the trip leader. Those accompanied by a minor are responsible for the minor's actions.

SKIING continued

Fri - Mon, Jan. 12-15. MLK Weekend at Wonalancet Cabin, NH. Ski out the back door into miles of ungroomed backwoods trails in the Mt. Chocorua area. Rustic heated cabin has cold running water, full kitchen, large bunkroom and outdoor facilities. Trip open to 16 intermediate to advanced skiers. Bring snowshoes for opt. 3-hour hike on Monday. \$45 includes lodging and meals. Bring trail lunches. \$20 non-refundable deposit required. Ls Marilyn Dunn and Tom Waddell, 781-837-5537, (before 8 pm) e-mail: keene_nh@hotmail.com.

Sat - Sun, Feb. 3-4. Intermediate Backcountry Ski / Snowshoe, Crawford Notch, NH. Carrying snowshoes, we'll ski up Sawyer River Rd., a gradual incline of 4 mi. Donning snowshoes, we'll hike 1.25 mi. into lovely Sawyer Pond Scenic Area. 10+ mi. RT. Backcountry skis not required, but participants should be in good physical condition. Previous snowshoe experience not required. Snowshoe rentals available near trailhead. Sunday we'll ski in the Mt. Washington area. Lodging at local inns or AMC Hostel. Please call L Mary DuBois Leeson, 997-4489, or CL Wayne Taylor, 252-6995, (before 9 pm) to register.

Trails

Chair — Lou Sikorsky 678-3984
Vice Chair — Pat Holland 781-925-4423

Welcome to another new year on the trails. We are planning three trailwork trips to Lonesome Lake in 2001—one each in May, August and September. And if we have enough interest, we may add a fourth trip to our adopted trail area.

Locally, we'll run trips to the Warner Trail in May, to the Bentley Loop in Myles Standish State Park on National Trails Day in June, and possibly to do some trail work in the New Bedford area (if I can get participants). Please call me at 678-3984 or e-mail me at hikinglou@cs.com if you are interested in helping out. This will give Pat and me a better idea of how to plan our trips for the year. Trailwork is a constant process, and there is always something that needs to be done — from picking up trash, to removing blowdowns, to building bog bridges.

It is possible we may be able to set up local trailwork training with the Education Chair this year, but we really need your input before going forward with any planning. Last year, we planned and published trips, but it turned out there was not enough interest from chapter members to accomplish all that we scheduled. Hopefully this year we'll have a lot more participation on our trips than we had last year.

New !!!!

Classified Ads

We'll be running this new feature as a courtesy to members of the SEM/AMC chapter. There is **NO CHARGE**, and ads will appear on a **space-available** basis. This space is strictly for offering outdoor gear; it's not the place to try to sell your car or off-load that piece of exercise equipment you never use. The newsletter editor reserves the right to decide what is and is not appropriate use of this space.

Outdoor Clothing

- *Outdoor Research* winter gaitors, XL, \$10.00
- *Lowe Alpine* winter climbing gloves, L, \$10.00
- *Columbia* nylon winter shell pants, minimal wear, mens L, \$10.00
- *CB* shell winter shell parka, minimal wear, mens L, \$15.00
- *REI* Peruvian fleece hat, one size fits all, black \$5.00
- *EMS* supplex nylon hiking pants, worn once, mens L, \$10.00

Call Dexter, 781- 294-8840 (7-9 pm)

To submit your ad, please send it to Wayne Taylor, 409 Fairview Avenue, Rehoboth, MA 02769, or e-mail: wjtaylor@mediaone.net. Don't forget to include your name, address, phone and e-mail address. Submissions must be received by the 22nd of January (Spring issue), April (Summer), July (Fall) and October (Winter).

Make a gift that keeps on giving

You can share your passion for outdoor recreation and conservation with future generations of hikers, paddlers and other outdoor enthusiasts through a bequest to the Appalachian Mountain Club.

If you already have named AMC in your will, please notify us so we can thank you and welcome you to the Summit Society.

For information on how to include AMC in your will or to learn about charitable gifts that earn income, contact the Planned Giving Office at 617-523-0655, ext. 309, or e-mail: summitsociety@amcinfo.org.



Whether you're new to winter sports,
an old pro, or somewhere in between...
Please come out and join us.

Winter Festival

January 6, 2001
Cost: \$5.00 per person
Register by Jan. 5
Borderland State Park



Schedule

- 9:00—9:30 am **Registration** and hot drinks
- 9:30—10:30 am **Introduction to Winter Hiking:** Indoor instruction in equipment use and selection, clothing and nutritional needs, and hiking skills.
- 10:45-12:00 pm **Introduction to Showshoeing:** Possible outdoor instruction if there is snow cover. (A limited number of snowshoes will be available). Bring your own equipment or rent from EMS or REI.
- 12:00-1:00 pm **Lunch:** Hearty soup and Bread will be provided. Bring your own extras.
- 1:00-2:00 pm **Winter Photography Workshop**
- 1:00-3:30 pm **Outdoor Skiing, Snowshoeing or Hiking:** Lessons for beginners, as well as an afternoon of gamboling about the Park for novices and veterans alike.

Storm date: Jan. 7. Schedule may vary on Sunday.
If event is cancelled due to severe weather, checks will be returned

FOR MORE INFORMATION: Call Dexter Robinson, 718-294-8840 or Walt Wells, 508-279-1963

Directions to Borderland State Park, Easton: Take Exit 9 off I-495 (Bay Road) and head east. After 0.4 mi. you will pass Anne's Restaurant on left. After 7-10 mins you will reach the junction of Rte 123 and 106 (Shaws Plaza and Burger King). Turn left on Rte 106 West and go 0.5 mi. Turn right on Poquanticut Street and follow signs for 3.5 mi to Park entrance on right. Follow signs Visitor Center.

Cost is \$5 for members
Registration Deadline: Jan. 5, 2001
Make check payable to: **SEM / AMC**
Mail completed form and check to:
Pauline Jordan
32 Hirst Street
Fall River, MA 02723

Registration Form for 2000 Winter Festival

Name _____

Address _____

City/State/Zip _____

Tel. _____ Number attending _____ Amt. Enclosed _____

I am interested in Winter Hiking I am interested in Snowshoeing



Southeastern Massachusetts Chapter
APPALACHIAN MOUNTAIN CLUB
5 Joy Street
Boston, MA 02108

Non-Profit Organization
U.S. Postage
PAID
Taunton, MA 02789-9998
Permit No. 511

Dated Material; Please Expedite !

Southeastern Breeze



The Southeastern Breeze is the Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club published 4 times each year. It is mailed on or about March 18, June 18, September 18 and December 18.

Chapter Chair: Dexter Robinson 781-294-8840
Vice-Chair Anne Chace 824-8871
Treasurer Joey Gallus 428-5391
Secretary Linda Wells 279-1963
Newsletter: Bruce Dunham 587-0679
Email: ndrma@concentric.net

Winter Issue

January/February/March 2000



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Leadership Training for all Chapter Activities

Leadership Training Day - April 1, 2000

On April 1st at Borderland State Park in Easton, MA, the chapter will conduct a workshop for all chapter members who wish to lead, or co-lead, activities for the Southeastern Massachusetts Chapter. This training will be for all chapter activities such as local walks, hikes in the White Mountains, Winter Hikes, Skiing, Canoeing, and Biking.

To Register call:

Bob Vogel (508) 238-7732 Email: (rvogel@mediaone.net)

This Workshop is FREE.

Among the topics will be: Trip Planning; Leadership Styles; Liability.

The goals of the Leadership Training Workshop are:

- To provide information to the leaders to assist them in leading safe and enjoyable AMC trips.
- To raise each leader's level of outdoor leadership awareness.
- To help leaders become aware of the skills they need to develop.
- To build confidence and enthusiasm about leading AMC trips.
- To teach leaders how to plan, organize and lead AMC trips.

Lunch will be provided FREE for participants

Required before leading some activities, this training is also an excellent introduction for all potential leaders and those who wish to co-lead AMC trips.

Instruction will be provided by AMC staff and leaders.

SOLO 2000 Wilderness First-Aid Training



Date: May 13-14, 2000

Place: YMCA Lyndon Center in Sandwich, MA

Registration to:

Louise Desrochers
53 Christine Lane
Taunton, MA 02780
Telephone: (508) 822-1372
Email: LouiseDes@tmlp.com

Register by May 3, 2000

Costs: \$120 for AMC Members, \$145 for non-members (sleep in cabins, bring own sleeping bags, meals included are 2 lunches, Saturday Dinner and Sunday Breakfasts and snacks).

DAY: \$95.00 for AMC Members, \$115 for non-members which includes 2 lunches and snacks.

Leaders may apply for a scholarship to the Executive Board by sending a request to the Chapter Chair. The amount of the scholarship will be determined by the Board. In 1999 it was \$70

The 16 hours of instruction will help individuals to develop basic skills in patient assessment, shock, long-term care & soft tissue injuries, fractures/dislocations, splint improvisation, preparedness, and learning how to evacuate the injured person

Winter Festival

January 22, 2000

Cost: \$5.00 per person

Register by January 21

Whether you are new to winter sports or have enjoyed them for years, Please join us!

Schedule

- 9:00-9:30 A.M.**Registration and coffee, tea, cocoa
 - 9:30-11:00 A.M.**Introduction to Winter Hiking, snowshoeing, camping. Indoor instruction in equipment selection and use. clothing and nutritional needs, hiking and snowshoeing skills. A limited number of snowshoes will be available. Snowshoes can be rented at places like Eastern Mountain Sports.
 - 11:00 A.M. -12:30 P.M.**Introduction to Cross-Country Skiing with AMC Major Excursions Leader Bob Bentley. Indoor instruction in Skiing Technique, clothing and equipment selection. Possible Outdoor instruction. Bring your own equipment if you have some or rent from Eastern Mountain Sports.
 - 12:30 -1:30 P.M.**Lunch - Hardy Soup and Bread will be provided. Bring your own extras.
 - 1:30-2:00 P.M.**Snowshoeing Video
 - 2:00-3:30 P.M.**Outdoor Skiing, Snowshoeing or Hiking. Lessons for beginners as well as skiing, snowshoeing or if insufficient snow, Hiking throughout the Park for the Novice and experienced alike.
- Storm Date of January 22. Schedule may vary on Sunday

To Register: Please use the form below. **QUESTIONS?** Call (Off-Cape) Bruce Dunham 508 587-0679 or (On-Cape) Linda Church 508 495-1308
 If the Winter Festival is cancelled due to severe weather. Checks will be returned

Directions: Take EXIT 9 off Route 495 (Bay Road) and head EAST. After four-tenths of a mile, you will pass Anne's Restaurant on the left which is located next to a small lake. After 7-10 minutes you will reach the junction of Route 123 & 106 (Shaw's Plaza and a Burger King) in Easton. Turn left onto Rte. 106 West (Foundry Street) Go one-half mile and turn RIGHT onto Poquanticut Street. Go **1.3 miles** passing a Farm. Turn left after one-tenth pass the farm onto MASSAPOAG Ave. Go **2.2 miles** to entrance on the right. After turning into entrance, take first left through a gate and follow sign to VISITOR CENTER where the workshops will take place.

SEM/AMC REGISTRATION FORM FOR THE 2000 WINTER FESTIVAL

Name _____

Address _____

City/State/Zip _____

Tel. _____ No. Attending _____ Amt. enclosed _____

I am interested in Skiing I am interested in Winter Hiking and Snowshoeing

Mail check payable to SEM/AMC to: Linda Church
 86 Riddle Hill Road # G
 Falmouth, MA 02540



Cross-Country Skiing



Skiing Chair..... Mary DuBois- Leeson 997-4489

Skiing Vice-Chair....Bob Kalchthaler 947-4924

Fri.-Mon. Jan. 14-17. Martin Luther King weekend at Applebrook, Jefferson, N.H. The tradition continues! All Chapters welcome to join us for a long weekend of cross-country skiing, hearty meals and great company. Ski possibilities include Bretton Woods, Great Glen, Balsams. Down-hill, snowshoeing possible. \$125-18.00 per person includes 3 nights, 3 breakfasts, 1 full dinner and 1 supper all at cozy Applebrook Inn. Don't forget the famous "Hot tub under the stars!" Call Sarah Beard at 758-2613 or CL Diane Wright at (860) 429-9239 before 9 PM.

Fri.-Mon. Jan 14-17. Martin Luther King weekend in the White Mountains of N.H. Located in the heart of Ski country, choose your favorite winter sport and adventure from a comfy ski house in Crawford Notch. Ski at Attitash, Bretton Woods, Wildcat, Great Glen and Jackson Ski Touring. Backcountry excursions will be led on ski or snowshoe on the beautiful trails in the Notch. All levels are Welcome; backcountry outings geared for intermediates in good physical condition. Cross-country rentals and lessons available. Cost of \$185 includes 3 nights lodging, 3 breakfasts and 1 candlelight dinner with Happy Hour. Call Mary DuBois-Leeson at 997-4489 before 9 PM. For more information or to register. CL Wayne Taylor.

Fri.-Mon Jan 14-17. Martin Luther King weekend at Wonalancet Cabin. Ski out back door of cabin into miles of ungroomed backwoods trails in the Mt. Chocorua area. Rustic heated cabin

has cold running water , full kitchen, large bunkroom and outdoor facilities. Trip open to 16 intermediate to advanced skiers. Bring snowshoes for optional 3 hour hike on Monday. \$40i includes lodging, meals. Bring trail lunches. Register with non-refundable \$20 deposit L's Marilyn Dunn and Tom Waddell (781) 837-5537 before 8 PM. Please. Email: keene_nh@hotmail.com

Sun. Jan 23. Enjoy an afternoon of cross-country skiing at lovely (and close!) Borderland State Park. We'll hike if there no snow. Complete the day with a Pot-Luck supper at the home of Karen Reamsnyder at 823-4424 for time, directions and a food item.

Fri.-Sun. Feb. 4-6 Snowshoe Instruction, Part 1. Always wanted to go snowshoeing, but never had anyone to go with? Here's your opportunity! Find out why so many people are falling in love with snowshoeing! Known for it's abundance of snow. Crawford Notch is the perfect place to take to the trails with an experienced AMC/Sherpa Snowshoe Leader. Bring your own snowshoes or rent them in the Notch. Previous snowshoeing experience is not required but participants need to be in good physical condition with the proper clothing, as a full day of snowshoeing is planned. Part 2 of the snowshoe instruction will be March 10-12. Cost of \$100.00 for each weekend includes 2 nights lodging, 2 hearty breakfasts and instruction. Call Mary DuBois-Leeson at 997-4489 before 9 PM. for info or to sign up.

Fri.-Mon. Feb.18-21. White Mountains, N.H. Pack up your winter gear and join the fun for one of the best ski weekends of the year! Cross-country skiing at Jackson, Bretton Woods, Bear Notch. Rentals and Instruction available. All levels welcomed! Backcountry ski or snowshoeing for intermediates in good physical condition on the scenic trails surrounding Mt. Washington. Down-hill at Attitash, Bretton Woods, Wildcat, Sunday River. Lodging offers all the comforts of home plus a wood stove and spectacular views. Cost of \$185 includes 3 nights lodging, 3 breakfasts, and 1 candlelight dinner with Happy Hour. Please call L. Mary DuBois-Leeson at 997-4489 before 9 pm. to register or call CL Bob Kalchthaler at 947-4924 before 9 pm.

Fri.-Mon Feb 18-21. Martin Luther King weekend at Wonalancet Cabin. Ski out back door of cabin into miles of ungroomed backwoods trails in the Mt. Chocorua area. Rustic heated cabin has cold running water , full kitchen, large bunkroom and outdoor facilities. Trip open to 16 intermediate to advanced skiers. Bring snowshoes for optional 3 hour hike on Monday. \$40i includes lodging, meals. Bring trail lunches. Register with non-refundable \$20 deposit L's Marilyn Dunn and Tom Waddell (781) 837-5537 before 8 PM. Please. Email: keene_nh@hotmail.com

Fri.-Sun. March 10-12 Snowshoe Instruction, Part TWO. Always wanted to go snowshoeing, but never had anyone to go with? Here's your opportunity! Find out why so many people are falling in love with snowshoeing! Known for it's abundance of snow, Crawford Notch is the perfect place to take to the trails with an experienced AMC/Sherpa Snowshoe Leader. Bring your own snowshoes or rent them in the Notch. Previous snowshoeing experience is not required but participants need to be in good physical condition with the proper clothing, as a full day of snowshoeing is planned. _ Cost of \$100.00 for weekend includes 2 nights lodging, 2 hearty breakfasts and instruction. Call Mary DuBois-Leeson at 997-4489 before 9 P.M. for information or to sign up.

Interested in Weekday Trips close to Home?

Bob Kalchthaler is looking for companions to cross-country ski or snowshoe with him during the week at local areas. Bob lives at 3 King Philip Road, Lakeville, MA 02347 and can be reached at 947-4924

All Area Codes are 508 unless Noted

Hiking and Backpacking



Hiking Chair....Walter Wells 279-1963
Vice-Chair....Charlie Farrell 822-2123

Hike Rating: First character indicates distance in miles. Second character indicates leader's pace. (average terrain) Third character indicates terrain

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

Hikers unsure of their ability should try only one level higher than previously completed.

NOTE: NO PETS without permission from the Trip Leader. Individuals under 18 must obtain prior consent from the Trip Leader.

Sat Jan. 1 Borderland State Park (C3C) Pleasant short hike, around ponds and through woods
 L Ray Butts 880-8597 CL. Bob Vogel 238-7732
 rvogel@mediaone.net

Sat. Jan.8 Mt. Willard. (C3B) Second hike in the Winter Hiking Series L Walt Wells 279-1963
 wwells 50@aol.com CL. Charlie Farrell 822 2123
 7-9 P.M. CL Steve Tulip

Sun. Jan.9 Gilbert Hills State Park.(B3C) Local winter training hike. 6 mile loop through woods and around pond w/ a side order of winter hiking information. L Bob Vogel 238-7732 6-9 P.M.
 rvogel@mediaone.net **CL.Richard Jussaume**
 285-8940 after 8 P.M. richjuss@ici.net Please register w/ Co-leader

Wed. Jan. 12 Hike planning meeting for April – June 2000 All members are invited to attend the meeting. New hiking leaders are needed. Contact Walter Wells for information/directions 279-1963 6-9P.M.
 wwells50@aol.com

Sun Jan 16 Ponkapoag Pond (B3C) A nice hike around the pond with a side trip on the Boardwalk. Bring your snowshoes if there is snow.L Linda & Walt Wells 279-1963 6-9 pm. wwells50@aol.com

Sat. Jan 29 Blue Hills Sky Line Trail (B3B) Pray for snow. Bring your snowshoes. Distance depends on conditions.
 L Walt Wells 279-1963 7-9 P.M.
 wwells50@aol.com CL. **Richard Jussaume** 285-8940 after 8 P.M. richjuss@ici.net Please register w/Co-leader

Sun. Jan.30 Blue Hills (B3B) Super Bowl Appetizer-Burn off those calories with a vigorous hilly hike-Not the Skyline Trail. L Bob

Vogel 238-7732 6-9 P.M. rvogel@mediaone.net
CL. Sue Bastoni 747-7160 6-9 P.M.
 lily2cats@aol.com Please register w/ Co-leader

Sat Feb. 5 Mt. Waumbek(B3C) Third hike in the Winter hiking series. Our first mtn. above 4000ft. Full winter gear required. L Walt Wells (508-279-1963 7-9P.M. wwells50@aol.com CL. Charlie Farrell 822-2123 7-9P.M. Linda Church .

Please register w/ Co-leader

Sun Feb. 6 Borderland State Park (B3C) Nice hike through woods and around ponds. Bring your snowshoes if there is snow.. Starts 1pm.
 L Bruce Dunham 587-0679 6-9 P.M.

Sat Feb. 12 Blackstone River and Canal (B3C) An easy 7.5 miles along the river and old canal
 L Charlie Farrell 822-2123 7-9 P.M.
 CL. Ray Butts 880-8597

Sat. Feb.12 Blue Hills Skyline Trail (B3B) Excellent conditioning hike. 8.5 miles w/good views. Not for beginners. Start @ RT.138, end @ skating rink. Winter conditions hike L Steve Tulip 828-2689 7-10 P.M. stulip@jpius.nj.com CL. Sue Bastoni 747-7160 7-9 P.M. lily2cats@aol.com

Sun. Feb 13 Myles Standish State Park. Winter training hike. 7 mile hike through rolling terrain w/ a side order of winter hiking information. L Linda Church 495-1308 8:30-10 P.M.
 church@whoi.edu CL Bob Vogel 238-7732 6-9 pm
 rvogel@mediaone.net

**Hiking
 Continued
 on Page 5**



Hiking-Continued from Page 4

Sat. Feb. 26 Mt. Pierce (B3B) Fourth hike in the winter hiking series. Our first 4000 ft. w/above treeline exposure. Full winter gear required. L. Jeff Lerman (617)-926-1298 7-9PM. jlerman@shore.net L. Walt Wells 279-1963 7-9 PM. wwells50@aol.com Register w/Walt Wells

Sat. Mar 4 Worlds End Hingham. (B3D) Hills exposed to ocean breezes, great view of Boston, weather. Permitting. Excellent beginners hike. Register w/Co-leader L. Steve Tulip 828-2689 7-10 PM. stulip@jpius.jnj.com
CL. Sue Bastoni 747-7160 7-9 PM
 lily2cats@aol.com

Sat/Sun Mar.11&12 Sawyer Pond Backpack. The final part of the Winter Hiking Series. An overnight backpack to the beautiful Sawyer Pond area. Limited to 10 hikers. Full winter gear is required. L. Jeff Lerman (617) 926-1298 7-9 P.M. jlerman@shore.net
 CL. Walt Wells (508-279-1963 6-9 P.M.
 wwells50@aol.com L. Charlie Farrell 822-2123
 Please register with Jeff Lerman.

Sat. Mar 18 Horseneck Beach (B3C) Moderate paced hike on beach, suitable for beginners
 L. Ray Butts 880-8597
 CL. Charlie Farrell 822-2123

Sun. Mar. 19 Borderland State Park (B3D) An afternoon hike of about 5 miles, total time of 2.5 hrs. Around ponds and thru woods. L. Bruce Dunham 5870679 6-9 p.m Register with
CL. Erika Bloom 996-3290 6:30-9:30 PM
 eloom9239@aol.com.



Hiking Chair Walter Wells

Local Hikes on Cape Cod



Thursday & Sunday Hikes—September to May.
 Coordinators: Janet Kaiser 375-0574 Harry Dombrosk 385-9502 & Barbara Hollis 240-1973
 Thursday hikes start 9:30 a.m., last about 2 hr., 5-7 mi. Sunday Hikes start 1:00 p.m., last 2-2 1/2 hr., 6-8 mi. Moderate pace, heavy rain cancels
 No dogs. Area codes are 508 unless Noted

Sun. Jan. 2. Bourne, Canalside. Park in main visitor pkg. lot at traffic lights on Rte. 6 on northside of canal for hike along canal.
 L. Al Johnson 775-8959

Thurs. Jan. 6. Wellfleet, White Crest Beach. From Rte. 6, East on LeCount Hollow Rd. to end, left on Ocean View Drive to public beach parking lot on R.
 L. Larry Cotreau 385-2943

Sun. Jan. 9. Sandwich, Maple Swamp. Exit 4 South, off Rte. 6 on Chase Road. Turn Right, (West), immediately onto Service Rd. At approx. 1.0 mile, park in lot on Left.
 L. Janet Kaiser 375-0574

Thurs. Jan. 13. Brewster, Nickerson State Park. From Rte. 6A enter park and take first L on Flax Pond Rd. Park at end of rd. near boat ramp.
 L. Jack Handlen 255-5292

Sun. Jan. 16. Wellfleet, Marconi Area. From Rte. 6, Wellfleet, turn R. (East) at lights following signs to Marconi Beach, turn L. going past Marconi Head-Quarters bldg., take next R., and park at end of road. L. Barbara Hollis 240-1973

Thurs. Jan. 20. Yarmouth, Grays Beach. Exit 8 N. from Rte. 6 to Rte. 6A. Go N. on Old Church St. at playground to Center St., to pkg. lot at beach at end of rd. L. Al Johnson 775-8959

Sun. Jan. 23. Mashpee, South Cape Beach. From Mashpee Rotary take Great Neck Rd. S. for approx. 3.0 mi. Turn L. on Great Oak Rd. and follow to end to town beach pkg. lot. L. Gary Miller 540-1857

Thurs. Jan. 27. Harwich, Hawks Nest. Rte. 6 to Exit 11 S. on Rte. 137. Take first Right on Spruce Rd. At 0.5 mi. park on side of road.
 L. Lee Baldwin 432-0805

Sun. Jan. 30. Yarmouth, Inkberry Trail. From Rte. 6, Exit 7 South. Turn L. on Higgins Crowell Rd then L. at lights on Buck Island Rd. Turn R. at end on Winslow Gray Rd. Go 0.5 mi. park on Right at Raymond J. Syrjala Conserv. Area
 L. Ruth Handlen 349-7396

Thurs. Feb. 3. Wellfleet, Marconi Area. From Rte. 6, Wellfleet, turn R. (East) at lights following signs to Marconi Beach, then L. going past Marconi Head-Quarters bldg., take next R., and park at end of road. L. Larry Cotreau 385-2943

Sun. Feb. 6. Sandwich, Ryder Conservation. Exit 2 S. from Rte. 6 on Rte. 130. Turn L. on Cotuit Rd. After traffic lights go approx. 1.0 mi. to "Ryder Conserv. Land" sign and pkg. lot on Right.
 L. Richard Kaiser 375-0574

Thurs. Feb. 10. Mashpee, Johns Pond. N. on Currier Rd. off Rte. 151 and quick R. on Hooppole Rd. Follow signs to Town Landing through trailer park.
 L. Harry Dombrosk 385-9502

Sun. Feb. 13. Yarmouth, Dennis Pond. S. on Summer St. off Rte. 6A at Old Yarmouth Inn. Park in Dennis Pond pkg. lot. L. Lee Baldwin (432-0805).

Thurs. Feb. 17. Falmouth, Beebe Woods. Follow signs to hospital on Ter Heun Drive, off Rte. 28. Go beyond hospital and JML Facility and park in sm. dirt pkg. lot on Left.
 L. Janet Kaiser 375-0574

Sun. Feb. 20. Sandwich, Scorton Creek/Talbot Conservation. Exit 5 N from Rte. 6 to L. on 6A. At 3.6 mi. cross concrete bridge, take next L to Scorton Creek pkg. lot. L. George Bowman 362-0163

Thurs. Feb. 24. Brewster, Parsons Perch. From intersection of Rtes. 6A & 134, take 6A East 0.8 mi. Turn R on Airline Rd. At 1.3 mi. continue across to Slough Rd. and park on L. at 0.8 mi. at Walker Pond pkg. area. L. Harry Dombrosk (385-9502

Sun. Feb. 27. Truro, Paradise Valley. Approx. 0.25 mi. past "Entering Truro" sign on Rte. 6 turn L. George Nelson Rd. Park on side of rd.
 L. Jack Handlen 255-5292

Thurs. Mar. 2. Wellfleet, Great Pond. From Rt. 6 Turn R. on Cahoon Hollow Rd. (opposite Sunoco Sta.), just before cemetery. Go approx. 1 mi. to Great Pond Pkg. lot on Left. L. L. Brigitte Falzone.

**Local Hikes on Cape Cod
 continued on Page 6**

Cape Hikes -Continued

Sun. Mar. 5. Brewster, Nickerson State Park. Park in main pkg. lot at entrance on Rte. 6A. L. Don Costa 760-5478

Thurs. Mar. 9. Eastham, Tilcon Grave (formerly Roaches). Turn R(East) on Railroad Avenue off Route 6, then R. at stop sign, on Nauset Rd. Pass Tilcon Gravel and park on L. on Oak Leaf Rd. L. Janet Kaiser 375-0574

Sun. Mar. 12. Harwich, Herring River. Exit 9 S. off Rte. 6 onto Rte. 134. Turn L. at 3rd traffic light on Upper County Rd., then L. onto Great Western Rd. Follow approx. 2.2 mi. Park inside fence on left at Sand Pond. L. Ruth Handlen 349-7396

Thurs. Mar. 16. Barnstable, Deacons Farm. Exit 5 N. off Rte. 6 on Rte. 149. Park at grass triangle just beyond church on L. and walk S. to trail head behind fire station. L. Harry Dombrosk 385-9502

Sun. Mar. 19. Eastham, Doane Rock. From Rte. 6 Turn R. on Nauset Rd. at lights at Visitor Center. Bear R. off Nauset Rd. to Doane Rd. Turn R. at Picnic Area sign and park in 2nd pkg. lot. L. Hortense Kelly 255-3021

Thurs. Mar. 23. Dennis, Indian Lands. S. on Old Bass River Rd. from Rte. 6A in Dennis Village. R. into pkg. lot in 4.0 mi. at Town Hall. L. Barbara Hollis 240-1973

Sun. Mar. 26. Brewster, Punkhorn Parklands. Exit 9 N. off Rte. 6 onto Rte. 134. Turn R. at 2nd traffic light, on Setucket Rd. then R. on Run Hill Rd. Go 1.0 mi. past Brewster D.P.W. and park in Punkhorn Parklands main pkg. lot at end of rd. L. George Byron 896-3359

Thurs. Mar. 30. Mashpee, South Cape Beach. From Mashpee Rotary take Great Neck Rd. S. for approx. 3.0 mi. Turn L. on Great Oak Rd. and follow to end to town beach pkg. lot. L. Gary Miller 540-1857

Sat. April 1. Leadership Training At Borderland State Park in Easton. For Information and details Call Bruce Dunham 587-0679 This training is useful information for local hikes on Cape Cod as well as hikes in Plymouth and Bristol Counties and the White Mountains.

**All Telephone Numbers are
Area Code 508
Unless Noted**

Message from SEM Chapter Chair Dexter Robinson

A new Executive Board was elected by chapter members at our Annual Meeting on November 13, 1999. As the newly elected chapter chair, I would like to welcome our new board members as well as thank those who are serving a second and, in some cases, a third year. I would also like to thank those who have completed their terms and hope they will remain active leaders in our chapter.

A very special thanks goes to Louise Desrochers, our chapter chair for the past two years. Louise has been very dedicated to the chapter serving in the role of treasurer, conservation chair, vice-chair, and finally chair. She has been great to work with, and I look forward to her involvement in future activities.

I would also like to recognize Bruce Dunham who is stepping down as editor of the Breeze. Bruce has contributed greatly and has worked tirelessly in many roles, not the least of which has been the monumental task of editing and producing the Breeze.

We have lots in store for the year 2000. In addition to our assortment of hikes, bike rides, canoe and kayak trips, ski excursions, trail-work and conservation, we hope to do more leader training this year. Our leadership training program will kick off with a one-day course on April 1 that will be mostly, if not completely, staffed by SEM leaders.

There will also be our four annual social/learning/fun events: the Winter Festival on Jan. 22; Spring Fling on April 22; Summer Picnic in August; and the Annual Meeting in November. And I must not forget Chapter Hut Weekend in either October or November. We have even begun to think about 2001, the 25th anniversary year of the Southeastern Massachusetts Chapter. More on that later.

It has been interesting for me to look back and see how I got involved with the AMC. Relatively speaking, I am a new-comer. I joined the chapter in 1993 after a thrilling day-climb of Mt. Washington with some friends. My first hike with the chapter was in the Blue Hills with Bruce Dunham, doing the famous end-to-end season "warm-up" hike. By then, I was "hooked on hiking" and decided to work on the NH 4000 footer list by leading hikes for the chapter. I thought winter hiking might be fun and attended the chapter winter hiking program. That led to courses with International Mountain Climbing School (IMCS) in North Conway with several winter ascents of Mt. Washington and other 4000 footers, plus a 14,000 footer in California.

Many of these outdoor experiences can only be described as magical. I have learned many new things, developed new skills, and met many wonderful people. I have gotten out of my association with AMC much more than I have given. Seven years ago, there is no way you could have convinced me that I would be doing the kinds of outdoor activities I am enjoying today.

So what better way to start the new millennium than by coming out and getting involved in all that the chapter has to offer – developing new skills and meeting new people. We have a very capable set of leaders who are more than willing to help you get started. Please join us!

Dexter Robinson

SEM Web Site Assistant needed

Chapter Chair Dexter Robinson is looking for one or more persons interested in assisting with the chapter web site. If interested, please call him at 781-294-8840, 7-9 p.m. Or Email: dexsue@massed.net

Canoe & Kayak

Muriel Thomas, Chair 428-3593.
Dave Williams, Vice-Chair 238-3638.

SEMass Canoe Info:
Nancy Wigley 548-2362 Upper Cape
Al Johnson 775-8959 Mid-Cape
Larry Cotreau 385-2943 Lower Cape

All phone nos. are Area Code 508, unless noted

For trips that list a Leader with phone no., call and sign up with that Leader for time, and directions to the Put-In.

Wed. and Thur. trips leave from Put-In at 10:30 sharp.

PFD's must be worn from Sept. 15 until May 15, and must be in canoe the rest of the year.

Paddlers participate at their own risk. Bring lunch on all trips.

Canoes for rent:

Sandwich: Carolyn 888-4923

Harwich: Carrie 430-9892

Easton: Dave 238-3638

Kayak for rent:

Harwich: Carrie 430-9892

Sat. Mar 25. Leader's Choice.

Experienced Paddlers only.

Ed York edyork@capecod.net 385-6118.

Sat. Apr 1. Herring River from Hinkley Pond if adequate water. L. Al Johnson 775-8959
email: ajohnson2@capecod.net

TRIP PLANNING MEETINGS

(please call, we would like you to attend!)

Are you hoping to paddle with us in the upcoming season? NOW is the time to participate in the planning. Perhaps you know of an interesting river or lake which you are pretty sure would be a fun day's outing. Come with details to one of our meetings and experienced folks can provide input or help with the details and perhaps even share the leadership with you! Off Cape trips are of interest to many of the group.

Muriel Thomas -- Centerville on Saturday, January 22 at 3:00 with snow date on January 23. Telephone 428-3593 or E-Mail: mmtctrv@aol.com

Art and Peg Hart February 26, Saturday 3:00 888-2847 or (781) 762-5251

Email: ajhart@webtv.net

Nancy Wigley March 25, Saturday 3:00 548-2362 or nwigley@cape.com

Spring Fling

At the Bourne Community Building

April 22, 2000

- **Catered dinner**
- **Dancing with Live Music**
- **Activities during the day**

**To Register or for more information:
Call Dexter Robinson (781) 294-8840
Email: dexsue@massed.net**

SEM Member Bulletin Board

Member notices on space availability basis

Advance

August Camp Notice

Experience the majestic views and the adventure of hiking with fellow AMC members in Mt. Ranier National Park at AMC's 2000 AUGUST CAMP. Choose Session One - July 15-29 or Session Two- July 29- August 5. Watch for details and application in the "Camps" insert of the March Issue of AMC Outdoors.

Membership Chair

For membership Information Contact Jennifer Simmons in Seekonk at 508 669-5350

Breeze Volunteers

Thanks to the following volunteers for putting labels on the October/November/December Breeze: Joanne Staniscia, Claire Braye, Barbara Hathaway, Ray Butts, Elsie Laverty, Linda Church.

Change of Address

Contact 5 joy Street at (617) 523-0655 Extension 308 Email: hdnrscoll@amcinfo.org

Questions about the Chapter

Contact Past Chapter Chair Bruce Dunham at 508 587-0679 or Email: ndrma@concentric.net

AMC Activities Risk Statement: The activities listed in the Southeastern Breeze involve varying degrees of danger. When you participate in one of this activities, you should be both physically and mentally prepared and equipped with the appropriate gear. You should be aware of the risks involved and conduct yourself accordingly. The Volunteer trip leader is not responsible for your safety; you are. Prior to registering for any activity, you are encourage to discuss your capabilities with the trip leader. In order to participate in Southeastern Massachusetts Chapter activities, individuals under 18 must be accompanied by a parent or responsible Adult, or obtain prior consent from the trip leader. Those accompanied by a minor are responsible for the minor's actions.

History of Southeastern Massachusetts Chapter

The development of the Southeastern Massachusetts Chapter stemmed directly from the formation of the Boston Chapter.

The formation of the Boston Chapter was initiated by the members of the Club living in the Boston area in conjunction with the Club's membership Committee. In the process of forming the Boston Chapter, it was not known at the onset whether the geographic area should include all or only a portion of eastern Massachusetts. The Southeastern Massachusetts area became a focal point for further consideration. In the process of discussing this question with Club members who resided in the latter area, it came to light that there was a significant feeling that a chapter or chapters should cover all Boston and Southeastern Massachusetts areas, that is, those parts of Massachusetts not already included in chapter areas. It was also noted that the formation of a chapter or chapters would have an enormous impact on the Club. All persons involved were concerned with the potential impact of the new chapters on the Club and other chapters already existent.

In August, 1974, a questionnaire was sent to all members residing in eastern Massachusetts areas not already covered by a chapter requesting a statement of interest in the formation of a chapter in the area. A notice was printed in the Bulletin (now called AMC Outdoors) informing members of this upcoming questionnaire. This poll proved useful in determining that not one chapter but two chapters might be preferable. Four-out-seven expressed preference for the formation of two chapters, one centering around greater Boston and the second in Southeastern Massachusetts. Two-out-seven expressed

preference to have one large eastern Massachusetts chapter and one-out-seven felt no new chapter(s) should be formed.

From this poll, it was evident that a second poll to only those members residing in Southeastern Massachusetts should be made. In January 1975, D. Bruce Langmuir, Chairman of the recently formed Boston Chapter of the AMC, sent a questionnaire to the 720 members in the Southeastern Massachusetts area comprising the counties of Plymouth, Bristol, Barnstable, Nantucket, and Duke. He asked for a response to such questions as: "Do you favor a Southeastern Massachusetts Chapter?"; "Will you serve as an officer or on a committee?" and "Suggestion?"

A sufficient number of members responded to prompt Bruce to organize an Ad Hoc Start-up Committee. He did this by personally telephoning to a number of responders to ask their assistance.

On October 8, Charlie Culler, Paul Brodeur, Sam Raymond, D. Arthur Robinson, Lee Rogers, and Howard Shearer met at Jim Fox's home in Halifax to discuss organization procedures. Bruce Langmuir and Doug Prescott, Chairman, Club Membership Committee, also attended. Bruce and Doug outlined some suggestions for the formation of a chapter. They alerted the committee to its responsibilities and how to establish a list of priorities. Without their assistance it is doubtful whether sufficient progress could have been made in a little over three months to have assured an election of officers in January, 1976.

Culler was elected coordinator and Fox secretary for the Ad Hoc Committee.

During the next three months, seven more meetings were held either in Halifax or North Falmouth, and gradually other AMC members joined the committee to assist in the decision making process. These include Susan Anderson, Bob Bentley, Bill Brown, Ed Kelly and Russell Ottey.

Sam Raymond and Paul Brodeur edited two informative newsletters to keep area members

aware of the progress being made in their behalf. Gradually the slate of initial officers and committee members was prepared after dozens of telephone calls to potential candidates, a list of possible chapter names was suggested, and plans were finalized for an initial chapter meeting with an election of officers and the signing of a petition to the AMC Council.

During this gestation period, the period, the officers of the Council (now Club Board of Directors at 5 Joy Street) received copies of all minutes of meetings of the organization committee.

Bruce Langmuir, by now the Chairman of the new Boston Chapter, continue to act as mentor and, while the committee occasionally hit some some whitewater, he was always there to help. Doug Prescott was also of much assistance and prompt in responding to call for information vital to progress.

On January 21, 1976, an organization meeting was held at the East Bridgewater Congregational Church to which all Southeastern Massachusetts Members and others interested in forming a chapter were invited. There were 152 members present.

Members of the AMC were asked to sign a petition requesting the authority to establish a Southeastern Massachusetts Chapter. The importance of the occasion was highlighted by the presence of Bruce Langmuir and Robert Wagner, Vice-President of Chapters.

Several members of the organizational committee gave reports and there was an extended question and answer period. The name "Southeastern Massachusetts Chapter" was finally selected by voice vote from a list containing such possibilities as "Sachem Chapter", and "Pilgrim Chapter", and "Massasoit Chapter". The AMC members then voted for a initial slate of officers for a one year period.

The Chapter formation petition was presented to the AMC Council (now AMC Board of Directors) where it was warmly received and approved in February 1976.



Southeastern Massachusetts Chapter
APPALACHIAN MOUNTAIN CLUB
5 Joy Street
Boston, MA 02108

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Southeastern Breeze

Summer Issue

July / August / September 2000



The Southeastern Breeze is published quarterly by the S.E. Mass. Chapter of the Appalachian Mountain Club. It is mailed on or about the 18th of March, June, September and December.
Chapter Chair: Dexter Robinson (781) 294-8840; **Vice Chair:** Anne Chace 824-8871;
Treasurer: Joey Gallus 428-5391; **Secretary:** Linda Wells 379-1963; **Education Chair:** Bob Vogel 238-7732; **Newsletter:** Wayne Taylor 252-6995 or e-mail: wjtaylor@mediaone.net.
All area codes are 508 unless noted.

Join us August 12 at Borderland for the SEM Summer Picnic

The Summer Picnic is coming? The summer picnic is coming!

So don't forget to mark your calendars. It's Saturday, August 12th. It's at Borderland State Park in Easton. And if you've got an appetite for typical picnic fare — as in burgers, hotdogs and ice cream — and you want to share in some heart-thumping activity or just sit around and chat, then the SEM Summer Picnic is the place to be. And based on last year's event, we are expecting a nice crowd of members to show up and share in the festivities. This year, we are offering a total of three different hiking activities at Borderland. So, if you've a mind to, this is where you can get involved.

Here's the schedule of events:

- 8:30-11:30 ... 6-mile brisk hike
- 10-11:30 ... Easy 3-mile hike (geared for beginners and children)
- Noon PICNIC LUNCH
- 2:00 ish ... "Second Chance" hike around Borderland (to work off those calories from lunch)

If you're available and would be willing to lead, or co-lead, any of these hikes, please contact Bob Vogel (238-7732, rvogel@altavista.com) or Cindy Letoumeau (947-5533, clet@aol.com).

Even if you're only willing to be a back-up, please contact us.

Inside the Summer Breeze

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Wonalancet Cabin: An AMC base for trips in the Southern White Mountains

The Wonalancet Cabin is an AMC-owned facility located in central N.H. It sleeps 16 in bunk-room fashion and is available on an exclusive-use basis.

Open House

For AMC leaders interested in leading trips from the cabin, there will be an open house Fri. evening to Sun. afternoon, July 21-23. The trip is free for current AMC leaders. Advanced and intermediate hikes are both planned. The advanced hikes will go up either Mt. Whiteface, Mt. Passaconway (both 4000 footers) or Mt. Chocoura (3500 ft). Leaders may come for the weekend or just for the day. For more details, contact Tom Waddell, 781-837-5537, ene_nh@hotmail.com.



Proud to be an Appie for half a century ... DeWolf Merriam (left), who joined the AMC when he was in high school, accepts his 50-year membership pin from Chapter Chair Dexter Robinson. The presentation was made at the Spring Fling in Bourne.

The View from the Chair: by Dexter Robinson

Greetings. It seems like summer has arrived in full force as I sit and write this message in the 90-degree heat of early May after an enjoyable morning hike at Massasoit State Park. *What happened to Spring?* Actually, a lot has been happening over the past few months, and some of us, as you'll see in the pages ahead, have been busy planning outdoor events for the summer months.

We had a very successful leadership training day on April 1 (thanks to Bob Vogel for putting this together). The Spring Fling was well-attended, with about 70 people enjoying the meal and Contra dancing. We also were pleased to have one of our 50 year membership recipients, DeWolf Merriam, present to receive his pin. He gave us a short account of why he joined the Club when he was in high school and what AMC membership has meant to him all these years.

In case you haven't noticed, our chapter website has moved. We now have a registered domain name, and our new address is: www.amcsem.org. Check out the events, trip photos, and other information the site has to offer. Comments and feedback are always encouraged and appreciated.

Chapter Demographics

Some of you might be wondering what the demographic makeup of the Southeastern Mass chapter is. Thanks to the PC, it's pretty easy to generate a breakdown of our membership by town. Out of our 2400-person total membership, the top five towns include

Turn to page 6, column 3

Hiking and Backpacking

Chair — Walter Wells 279-1963

Vice Chair — Charlie Farrell 822-2123

Hike Rating: First character indicates distance in miles. Second character indicates leader's pace over average terrain. Third character indicates terrain.

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

Hikers unsure of their ability should try only one level higher than previously completed.

Note: NO PETS without permission of Trip Leader. Individuals under 18 must obtain prior consent from Trip Leader.

Sat. July 8 – Mt. Moosilauke (B3B) Strenuous hike on the Beaver Brook Trail, passing beautiful cascades. Open summit with great views if the weather is good. Please register by 7/2 with Leader Dexter Robinson 781-294-8840 (7-9 pm), or e-mail: dexasue@massed.net. CL Pat Holland-781 925 4423 (7-9 pm), e-mail: pat.holland@littlebrown.com

Sat. July 8 – "My First NH Peak" – Welch and Dickey Mtns (C3C) You've done local hikes — now step up to NH! Come join us as we climb two of the best little mountains in NH. This trip will get you hooked on mountain hiking. L Bob Vogel 238-7732 (7-9 pm) e-mail: rvogel@altavista.net. Register with CL Pauline Jordan 676-5146, e-mail: hirst30@aol.com

Sun. July 9 – "My First 4000 Footer" — Mt. Tecumseh (B3B) A good 4000 footer for those ready to move up to bigger and better! Come traverse this peak and experience real NH hiking. (Also open to those with previous 4000 footer experience) L Bob Vogel, 238-7732, rvogel@altavista.net. Register with CL Cindy Letourneau, 947-5533, Clet8@aol.com

Wed. July 12 – HIKE PLANNING MEETING for October through December 2000. All SEM members are welcome to attend. New hiking leaders are needed. Contact Walt Wells, 279-1963 (7-9 pm), wwells50@aol.com. Meeting held in the basement room at the Unitarian Universalist Church, 25 South Main St. Middleboro, starting at 7:00 pm.



Bob Vogel emerges from the boulder cave just below the summit of Mt. Percival in the Squam Range.

Thurs. July 13 - Horseneck Beach (C3D) Enjoy a mid-summer's evening as we take advantage of a late sunset and moonlight to walk Horseneck Beach in Westport. L Bob Vogel, 238-7732, e-mail: rvogel@altavista.net. Register w/ CL Bob McConnell, 563- 9279 (5-8 pm),bigbadbob@peoplepc.com

Sat. July 15 – Mt. Whiteface and East Sleeper (A3B) — A fine hike through the Sandwich Range Wilderness to Mt. Whiteface and beyond to East Sleeper and back. L Charlie Farrell 822 2123 (7-9 pm) Register with CL Pat Holland, 925-4423 (7-9 pm), pat.holland@littlebrown.com

Sat/Sun July 22/23 – Bondcliff Backpack (A3B). From Zealand Rd over Mts. Zealand, Guyot and Bond to Mt. Bondcliff. Sat. night at Guyot campsite. Group size limited to 8 (some backpacking experience necessary). Register w/ L Walt Wells, 279-1963 (7-9 pm), wwells50@aol.com. CL Rick Barnes, 830- 0479, rwbarnzee@aol.com; CL Jon Pereira, 254 8303, u_j1pereira@umasd.edu.

Sat. July 22 – Mt. Moriah (A3B) via the Carter/Moriah and Rattle River Trails. Fine views of the Gorham area. Some steep sections with ledge and stream crossings. L Bob Vogel, 238-7732 (6-9 pm), rvogel@altavista.net. Register w/ CL Craig Smith, 563-9279, csmith360@juno.com

Sun. July 23 – Gilbert Hills St. Park (B3C) - Pleasant hike among low hills and around a pond; about 7-8 miles total. Register w/ L Ray Butts, 880-8597, rdbutts@earthlink.net

Sat. July 29 – Gooseberry Neck in Westport (C3D) — Beach walk along rocky and sandy shores, with emphasis on marine life. Also shore, marsh, and meadow birding, WWII history and lunch in view of a shipwreck. L Bob Vogel, 238-7732 (6-9 pm), rvogel@altavista.net. Register with CL Bob Bailey, 636-4094, baleyr@massed.net.

Sat. Aug 5 — Ames Nowell State Park. (C3C) - Eco demonstration hike through a managed state park and adjacent wild area heavily damaged by ORVs. 3 hr-walk. L Dick Carnes, 781-871-5764 (7-9 pm) poorich46@aol.com. Register with CL Bob Bailey, 636-4094, baleyr@massed.net.

Sat/Sun Aug 5/6 – No. and So. Kinsman Intermediate Backpack (A3C) - 15+ miles via Kinsman Ridge, Fishing Jimmy, and Lonesome Lake trails. Stay at Kinsman Pond Campsite. Return via Cannonballs. Group limited to 8. Register by 7/30 with L Dexter Robinson, 781-294-8840 (7-9 pm),dexasue@massed.net. CL Bob McConnell, 999-2743 (5-8 pm); CL Rick Barnes 830-0479 (7-9 pm) rwbarnzee@aol.com.

Sat/Sun Aug 5/6 – Great Gulf Wilderness Backpack (AA3A) — Strenuous two-day backpack along the Great Gulf Trail. Not for beginners. Group size will be limited. Leader Jeff Leman, 617-529-4147 (before 9 pm), jeleman@shore.net. Register with CL Sue Bastoni, 747-7160 (before 9 pm), e-mail: lily2cats@aol.com.

Sat. Aug 12 – Borderland St. Park (C3D). Join us at the Annual SEM Summer Picnic for hiking, biking, games and laughs. Call for schedule and details. L Bob Vogel, 238-7732 (6-9 pm) rvogel@altavista.net. CL Cindy Letourneau, 947-5533, Clet8@aol.com

All area codes are 508 unless noted

Hiking and Backpacking (continued)

Wed. Aug 16 – Miles Standish Evening Hike (C3D) Take advantage of the late sunset and bright moonlight to enjoy a 3-mile evening stroll around scenic East Head Reservoir in Miles Standish St. Forest. L Bob Vogel, 238-7732 (6-9 pm), rvogel@alstvista.net. Register with CL Rick Barnes, 830-0479 (6-9 pm), jarlbarnes@aol.com

Sat. Aug 19 – Freetown State Forest (B3C) A new hike through a wooded area. About 7 miles. L Ray Butts, 880-8597. CL Charlie Farrell, 822-2123.

Sun. Aug 20 – Wamer Trail (A2C) From Moose Hill in Sharon to High Rock in Wrentham. Leader Dave Bennett, 222-6943 (6-9 pm), dbennett62@mediaone.net. Please register with CL Wayne Taylor, 252-6995, wjtaylor@mediaone.net

Sat/Sun. Aug 26/27 – Sawyer Pond Backpack (B3C) Sawyer River Trail to Sawyer Pond Campsite; return via Sawyer Pond Trail. A good beginner backpack. Easy grades in and out. L Walt Wells, 279-1963 (7-9 pm), wwells50@aol.com. Register w/ CL Pauline Jordan, 676-5146, hirst30@aol.com. CL Erika Bloom, 996-3290, bloom9239@aol.com

Fri-Mon. Sept 1-4 – The Crockers and the Bigelows of Maine (A3B) — Car camp at local campgrounds (fee involved) and day hike to these fine western Maine 4000 footers. Group cooking or local restaurant for meals. Limited group size. Register with L Walt Wells, 279 1963, wwells50@aol.com CL Charlie Farrell, 822-2123, cfarrell@ici.net

Fri-Sun. Sept 8-10 – Wonalancet 4000 Footer Food Fest (A3B) Can we burn off more calories than we can cook and eat? Come find out! Saturday a full day of peak bagging: Mts. Passaconaway and Whiteface. Home for a delicious supper. Sunday up for breakfast, then off for a shorter, relaxed hike before heading home. Stay at AMC Wonalancet Cabin (fee charged) Friday and Saturday. Group meals. Limited to 10. L Bob Vogel, 238-7732 (6-9 pm), rvogel@altavista.net. Register with CL Sue Bastoni, 747-7160 (6-9 pm), lily2cats@aol.com

Wed. Sept 13 – Ponkapoag Pond (B3D) Nice evening walk around beautiful Ponkapoag Pond, including the Boardwalk if time allows. Register with L Walt Wells, 279-1963 (6-9pm), wwells50@aol.com. CL Dick Carnes 781-871-5764 (7-9 pm), poorich46@aol.com

Sat. Sept 16 – Mt. Chocorua (B3B) A must-do mountain! We will hike in from the south side. L Charlie Farrell, 822-2123 (7-9 pm). Register with CL Stephen DeBellis, 978-430-3843 (7:30-10:30 pm or weekends).

Sat. Sept 16 – Blue Hills Skyline Trail (A2B) A true end-to-end hike from Shea Rink in Quincy to Rte. 95 in Canton/Westwood. Not for beginners. L Dick Carnes, 781 871-5763 (7-9 pm), poorich46@aol.com. Register with CL Pat Holland 781 925-4423 (7-9 pm), pat.holland@littlebrown.com

Sat Sept 23 – Mt. Osceola (B3B) and possibly East Osceola, from Tripoli Rd. L Charlie Farrell, 822-2123 (7-9 pm) Register with CL Cindy Letourneau, 947-5533 (7-9pm)

Sat. Sept 23 – Mt. Cardigan (A3B) Varied and scenic, this is my favorite NH hike. We will approach via the Vistmont and Skyland Trails over Orange Mt. and Rim Rock, continue to Mt. Firescrew and return to Cardigan Lodge on the Manning Trail. This is a 7 hr. hike with lots of exposed ridge. Be prepared for a variety of weather conditions. Leader Dave Bennett, 222-6943, dbennett62@mediaone.net. Register w/ CL Erika Bloom, 996-3290 (7-9 pm), ebloom9239@aol.com

Sat. Sept 30 – Marconi Beach (B2C) 3 miles on sandy ocean beach then back via dense oak forest and pitch pine and an eerie white cedar swamp. Register with L Dick Carnes. 781-871-5764, poorich46@aol.com. CL Bob Bailey, 636-4094, baileyr@massed.net

Sat. Sept 30 – Mt Liberty (B3B) 8-mile round trip to the southern end of Franconia Ridge via the Whitehouse and Liberty Spring trails. Leader Linda Church, 495-1308 (8-10 pm), lchurch@whoi.edu. Register with CL Wayne Taylor, 252-6995 (7-10 pm), wjtaylor@mediaone.net.

AMC Activities Risk Statement: Activities listed here involve varying degrees of danger. When you participate in these activities, you should be prepared physically and mentally, and equipped with appropriate gear. You should be aware of the risks and conduct yourself accordingly. Volunteer trip leaders are not responsible for your safety; you are. Before registering for any activity, you should discuss your capabilities with the trip leader. In order to participate in chapter activities, individuals under age 18 must be accompanied by a parent or responsible adult, or obtain prior consent from the trip leader. Those accompanied by a minor are responsible for the minor's actions.

Local Hikes on Cape Cod

NEW! Cape Moonlight Hikes 7:30 pm

Mon. July 17 — Bourne, Canalside. Park in main visitor pkg. lot on Rte. 6 on north side of canal for moonlight hike. L Pam Carter, 398-2605.

Mon. Aug 14 — Mashpee, So. Cape Beach. From Mashpee Rotary take Great Neck Rd. S. for approx. 2.5 mi. Turn L. on Great Oak Rd. and follow to end to town beach pkg. lot, approx. 3 mi. L Gary Miller, 540-1857.

Thurs. & Sun. Hikes—September to May

Coordinators: Janet Kaiser, 375-0574, Harry Dombrosk, 385-9502, and Barbara Hollis, 240-1973. Thurs. hikes start at 9:30 am, last about 2 hr., 5-7 mi. Sun. hikes start a 1:00 pm, last 2-2 1/2 hr., 6-8 mi. Moderate pace. No Dogs.

Thurs. Sept 14 – Harwich, Herring River. Exit 9 S. off Rte. 6 onto Rte. 134. Turn L. at 3rd traffic light on Upper County Rd., then L. onto Great Western Rd. Follow approx. 2.2 mi. Park inside fence on L. at Sand Pond. L Janet Dimattia, 394-9064. Pot luck lunch after hike at leader's house.

Sun. Sept 17 – Brewster, Punkhom Parklands. Exit 9 N. off Rte. 6 to Rte. 134. Turn R. at 2nd traffic light, on Setucket Rd. then R. on Run Hill Rd. Go 1.0 mi. past Brewster DPW. and park in Punkhom main lot at end of pavement. L George Byron, 896-3359.

Thurs. Sept 21 – Mashpee, South Cape Beach. From Mashpee Rotary take Great Neck Rd. S. for approx. 2.5 mi. Turn L. on Great Oak Rd. and follow to end to town beach pkg. lot, approx. 3 mi. L Gary Miller, 540-1857.

Sun. Sept 24 – Eastham, Doane Rock. From Rt. 6 Turn R. on Nauset Rd. at lights at Visitor Ctr. Bear R. off Nauset Rd. to Doane Rd. Turn R. at Picnic Area sign and park in 2nd pkg. lot. L Janet Kaiser, 375-0574.

Thurs. Sept 28 – Bamstable, Deacons Farm. Exit 5 N. off Rte. 6 on Rte. 149. Park at grass triangle just beyond church on L. and walk S. to trailhead behind fire station. L Harry Dombrosk, 385-9502.

Flatwater Canoe and Kayak

Chair — Muriel Thomas 428-3593

Vice Chair — Dave Williams 238-3638

PFDs are mandatory in boat all year and MUST be worn Sept 15 - May 15. PFDs are recommended for all trips.

For trips other than Wed. or Thurs., call and register with leader for time and directions. All phones are area code 508 unless noted.

Wed and Thurs trips start (in the water) at 10:30 am unless otherwise noted. Bring change of clothing in dry bag, food and drink, hat, sunscreen and bug repellent as needed.

Canoe Rentals for AMC trips:
\$6/members, \$15/non members.
Easton - Dave 238-3638
Sandwich - Carolyn 888-4923
Harwich - Carrie 430-9892

Kayak rental for AMC trips: same as above
Harwich - Carrie 430-9892

BEGINNER CANOE TRAINING - Sun, June 25 at Ashumet Pond, Falmouth/Mashpee. POSSIBLE KAYAK TRAINING if leaders can be arranged. Please contact Leader Dave Shephard, 548-8717, davesheprd@aol.com for details and to register. No fee. AMC members given first consideration.

Sat. July 1 – Join the Friends of Meeting-house annual fundraiser—Orleans Pond Group - Lynne Eldredge, 255-1702

Thurs. July 6 – Onset Island Park ***time change 9:30 am***- meet at RR Station in Buzzard's Bay - L Dave Shephard, 548-8717, davesheprd@aol.com and Carrie Dobson, 430-9892, cpdob@capecod.net

Sat. July 8 – Hyannis Harbor/Lewis Bay. L Dick Coveny, 790-1016, LSI@capecod.net

Thurs. Jul 13 – Pocasset River and Tobey Island - L Russ Ottey 566-6637 - call for directions

Fri. July 14 – Moonlight Paddle/Pot Luck - 6:00 pm - Long Pond, Harwich. Bring lantern or flashlights for your boats. L Carrie Dobson, 430-9892, cpdob@capecod.net

Sat. July 15 – North River - L Art Hart 888-2847, 781-762-5251, ajhart@webtv.net

Thurs. July 20 – Mashpee River - 0.5 mi E on Rte 28 from Mashpee Rotary take R on Quinaquisset Ave, go 0.7 miles to Mashpee Neck Rd and follow to launching ramp. L Art Hart, 888-2947, 781-762-5251, ajhart@webtv.net

Sat. July 22 – Pilgrim Lake, Provincetown - L Al Johnson 775-8959

Thurs. July 27 – Wareham Scenic Shores - Rte 495 off at Exit 2, go over highway and thru 2 sets of lights to a wide intersection (see gas station). Take R, travel a couple of miles. Take L at Oak St. and continue 1/2 mile to town pier, large parking area. L Al Johnson, 775-8959.

Sat. July 29 – East Branch Westport River - L Rick McNally, 636-7179, richardmcnally@mcworld.com

Thurs. Aug 3 – Coonamesset Pond - Meet at Old Meeting House (now Jewish Community Ctr.) L Dave Shephard, 548-8717, e-mail davesheprd@aol.com.

Sat. Aug 5 – Indian Lakes, Marstons Mills - Pot Luck supper immediately after at Muriel Thomas' house. L Al Johnson, 775-8959.

Thurs. Aug 10 – Bass River — Canoes available for use. Park @ Wilbur Park off High Banks Rd, Yarmouth. L Carbo Bergstrom 255-8732 (after 5 pm).

Sat. Aug 12 – Wellfleet Harbor - L Max Sarazin, 255-8379, msarazin@capecod.net

Mon-Wed Aug 14-16 – Knubble Bay Camp, Maine. Experienced paddlers only. Leaders Dave Williams, 238-3638, bdpaddlers@aol.com, and Dave Shephard, 548-8717, davesheprd@aol.com

Thurs. Aug 17 – Child's River, Waquoit (Falmouth) - Park and put in at Edwards Boat Yard on Rte 28. Ls Mary and Tom Gelsthorpe, 888-1481.

Sat. Aug. 19 – Swan River, Dennisport. L Dave McGlone, 385-6314, dmcglone@capecod.net

Sat. Aug 26 – Walker's Pond, Brewster - L Al Johnson, 775-8959

Thurs. Aug 24 – Bass Hole, Yarmouthport ***time 10:00am*** Ls Lee and Barb Rogers, 362-3954, rb@capeonramp.com

Sun. Aug 27 - Fri. Sept 1 - Washburn Island (come for the DAY of your choice, Herbie will come to put-in and lead you to island, if you call and pre-arrange - L Herb Edgren, 617-472-7271 or Muriel Thomas, 428-3593.

Sat. Sept 2 - Waquoit Bay, Falmouth. L Al Johnson, 775-8959.

Wed. Sept 6 - Bass River, So. Yarmouth. S on 134 from Exit 9 to sharp R at 3rd light onto Upper County Road. Bear L onto Highbank Rd. Turn R into Wilbur Park immediately after crossing Bass River. L Carbo Bergstrom, 255-8732.

Sat. Sept 9 - Indian Lakes, Marstons Mills - L Dick Coveny, 790-1016, LSI@capecod.net

Sun. Sept 10-17 - Wildmess camping - Adirondacks, NY. Ls Art Hart, 888-2847, 781-762-5251, ajhart@webtv.com, or Dave Shephard, 548-8717, davesheprd@aol.com

Wed. Sept 13 - Town Cove, Orleans. Rte 6 East to Exit 12. Take R at set of lights, go thru next set of lights (school on L, Police Station on R). Take R at next set of lights and go to Barley Neck Inn. Take R to Town Landing at Cove. L Al Johnson, 775-8959.

Sat. Sept 16 - Swan River, Dennisport - L Dick Coveny, 790-1016, LSI@capecod.net

Wed, Sept 20 - Mashpee River- (see directions at top of column 2). L Ralph Upton, 398-9680

Sat. Sept 23 - Mashpee/Wakeby. L Al Johnson, 775-8959.

Wed. Sept 30 - The "Nip." Rte 495 to Rte 24 to Exit 104. Go West over bridge to pkg lot on immediate right. L Al Johnson. 775-8959.

Hope you join us on some of these outings. It also would be great if we could always be thinking conservation and bring a trash bag to keep our waterways in pristine condition. Remember, we are always looking for new places to paddle and for new co-leaders/leaders, so speak up if you have a good thought or two on these issues.

Biking

Chair — Connie Austin 420-8943

Helmets required on all rides.

Please call leaders before 9 pm for time, directions and to determine whether you are qualified for their trip. Please pay particular attention to the distance, terrain and miles per hour level. All phones are area code 508 unless noted.

Sun. July 9 – Rock Harbor to Coast Guard Beach. Return by way of Nauset Light. Bring lunch. Total 16 miles, mostly flat, at 10-12 mph. L Paul Ligor, 775-6885, paligor@aol.com

Sat. July 15 – Mattapoisett. Popular ride, moderate pace, about 30 mi. Back roads to beach with ice cream stop. L Elsie Laverty, 823-0634

Sun. July 16 – Ponds to the Bay. Beautiful, fairly flat ride past several ponds along quiet country roads from Lakeville to Mattapoisett. 38 miles, shorter ride of 17 miles also available. Beginning at 9 am. L Cindy Letourneau (7-9 pm only), 947-5533.

Sat. July 22 – Cape Cod Canal: Easy 14-mi ride; bring picnic supper. L Blanche Greig, 771-3696.

Sat. July 29 – Dennis Beach Hop & Picnic Fun Ride. Intermediate (20-40mi) Leisurely pace. Bike to 3 or 4 beaches along Cape Cod's scenic north shore. Number of stops depends on group's pace. Picnic at beach & linger. Not for beginners. Spare tire required. Register by prior Thurs, with L Steve De Bellis, 978-430-3843 (till 10:30 pm weeknights).

Sat. Aug 12 – Easy 30-mile ride through Sharon, Easton, Norton, Mansfield and Foxboro. Geared to all abilities; mostly flat with 3 small hills. Bring lunch. L Rich Iovanni or CL Pat Balsan, 695-6909.

Sat. Aug 19 – Somerset Creamery ride: Taunton to Somerset and back, with ice cream stop at Somerset. About 24 miles RT, some hills, not too many. Call co-leaders John and Louise Poirier, 822-1372.

Sun. Aug 20 – 50+ miles at 14-16 mph. Strong intermediate riders. Cycle the hills of the Plymouth coast and the state forest. L Sheila Place, 420-4438 (before 9 pm).

Sat. Aug 26 – Tour de Rocks: Visit the "other" rocks. About 25 miles at moderate pace to profile rock and Dighton Rock State Park. Possible swim after ride. Elsie Laverty, 823-0634 (before 9 pm).

Sat. Aug 26 – Chatham Islands & Beach Hop & Picnic Fun Ride. Intermediate (20-40 mi) Leisurely pace. Bike to 3 or 4 beaches along the Cape's scenic south shore from Dennis through Chatham. Number of islands/beaches depends upon group pace. Picnic at beach & linger. Not for chin-on-handlebar riders. Spare tire required. Register by prior Thursday with L Steve De Bellis, 978-430-3843 (till 10:30 pm weeknights).

Sat. Sept 9 – Martha's Vineyard: Day trip to the island from Falmouth Harbor. Moderate biking level. L Alice Oberdorf, 771-8261.

Sat. Sept 9 – Cranberry Country, Middleboro. Carver. About 30 miles, mostly flat, past active cranberry bogs. Leaders Louise and John Poirier, 822-1372.

Sat. Sept 16 – Intermediate ride, 30-35 miles, 13-16 mph pace. Rochester vicinity. L Jim Kilpela, 295-1361 (before 9 pm) or e-mail jmkilpela@aol.com

Sat. Sept 23 – Dennis To Orleans Coast-to-Coast Beach Hop & Picnic Fun Ride. Intermediate (25-40 mi) Leisurely pace. Cape Cod Rail Trail to Orleans (west coast), then to Orleans (east coast). Bike to 2 or 3 beaches Dennis to Orleans. Number of beaches/photo ops/stops depends on group pace. Picnic at beach & linger. Not for chin-on-handlebar riders. Spare tire required. Register by prior Thursday with L Steve De Bellis, 978-430-3843 (till 10:30 pm weeknights).

Sat. Sept 30 – Beautiful ride through farmland to Horseneck Beach for lunch. Approx. 25 miles. May include optional loop to winery. L Elsie Laverty, 823-0634

Kudos to the Breeze Label Crew!

Many thanks to **Barbara Hathaway** and her volunteer crews for affixing all those mailing labels to the backside of the Breeze every three months. Let's hear it for **Claire Braye, Ray Butts, Dave Costa, Mary Gravel, Elsie Laverty, Joanne Staniscia, Gayle Goddard-Taylor, and Jackie and Steve Tulip.** Want to help out next time? Call Barbara at 880-7266.

Beal Island



Kayaking on Maine Coast

Loretta O'Brien — 781-784-6971

Most trips are from Beal Island Campground, the AMC's only coastal island facility, offering secluded meadowland camping surrounded by more than 60 acres of beautiful woodland and rocky coast. Island access is by canoe or kayak from AMC's Knubble Bay Camp.

Sat.-Tues., July 1-4 - Thousand Islands, NY Contact Loretta O'Brien, 781-784-6971.

Fri.-Sun., July 7-9 - Chart and Compass: Learn the basics for finding your way along the coast. Plenty of on-water practice. Paddling instruction not provided, but novices are welcome. Kayaks available if rented in advance. Register w/ L Dave Wilson, 207-465-9732, dwilson@mint.net.

Fri.-Sun., Aug 11-13 - Beal Island Kayak/Lobster Bake Weekend: Paddle among Maine's coastal islands and join us for annual Lobster Bake on Beal Is. Trips offered for novice, intermediate, and advanced kayakers depending on level of interest. Fee. Contact L Loretta O'Brien, 781-784-6971.

Fri.-Sun., Sept 15-17 - Founders' Weekend: Join us as we celebrate 30 years at Beal Island. All prior campers, canoeists and kayakers are welcome. Fee. Contact Loretta O'Brien, 781-784-6971, for more information.

Fri.-Mon., Oct 6-9 - Fall Kayak Weekend: Join us for Columbus Day weekend for a variety of paddling trips. Depending on number of participants, trips may be offered for novice, intermed. and adv. kayakers. Kayaks available if rented in advance. Ls Al Hansen and Gail Rondeau. Register with Gail via e-mail: gailrond@nh.ultranet.com.

Fri.-Sun., Nov 3-5 - Work/Committee Weekend: Join us at Knubble Bay for a weekend of fun and construction. Help prepare the camp for winter and continue construction on our new cabin. Register with Dave Wilson, 207-465-9732, dwilson@mint.net

A Mountain Hiking Primer:

Education Chair Bob Vogel shares outdoor insights for the less experienced

When you look at the equipment list for a three-season day hike, you probably ask yourself "Do I really need all this gear?"

No, you probably *don't* need all of it for any given hike. For a local day hike at Borderland, for instance, the requirements that the leader sets may be much lower. But when you sign up for *any* trip, the leader should explain what equipment you will be expected to bring. And if the leader doesn't tell you, ask. It's better to resolve any questions when you are signing up, rather than at the trailhead when you don't have the equipment the leader expects and requires you to have.

As you start to get involved in mountain hiking, you will find the leaders become much more particular about what equipment you have, and that you bring it on every trip. When it's 60°F and you are starting your ascent of Mt. Haystack, you may wonder about the necessity of carrying a pair of gloves. In fact, when you descend from the mountains, you may still be wondering about that necessity. But this list was not developed on the basis of what you will probably need on a given day; it's based on the experience of leaders who have hiked extensively and know what you are likely to need frequently enough to justify carrying that equipment.

The gear list is always a compromise. It would always be better to have even more supplies available, but the trade-off is that if you carry everything on every trip you might never get anywhere. And you most certainly wouldn't enjoy the hike.

Q: Why not cotton clothes? I wear jeans all the time in the summer.

Hypothermia. Cotton clothes absorb perspiration and become damp, and damp clothes conduct heat away from your body.

Q: A flashlight? You said it was a day trip.

Any trip into the mountains can run into delays. It may not even involve your group. You may come upon someone who is hurt, and end up delayed from helping them. It's *much* better to have a flashlight and not need it, than to be in the woods after dark.



*Experienced hikers like Louise Desrochers (left) and Linda Wells each carry well-provisioned packs, but shed them gratefully when asked to mug for the camera. It's better to pack the gear you *might* need than to wish you had it when you actually do.*

Register Now for National Mountain Conference:

Stewardship and Human Powered Recreation for the New Century

The National Mountain Conference (NMC) will hold a three-day meeting in Golden, CO on Sept. 14-16 aimed at uniting the human powered recreation community to protect the mountain environment and public access.

Professionals and experienced volunteers will address such issues as: mountain resource protection; recreational impacts and development pressures on mountain areas; and backcountry management for minimal impact.

The conference's third day will feature a field trip to a case study site that deals with recreation, development and natural resources management issues.

The National Mountain Conference steering committee is composed of representatives from AMC, as well as the American Alpine Club, American Hiking Society, Colorado Mountain Club, The Mountaineers and the World Commission on Protected Areas.

Registration forms are available online at www.nationalmtnconference.org, or call/write NMC Conference Coordinator, c/o AMC Research Dept., POB 298, Gorham, NH 03581, 603-466-2721 x184.

A View from the Chair

(continued)

Hingham (119), Plymouth (90), Duxbury (76), Attleboro (58) and Brockton (57). About a third of our members live on the Cape and islands.

I am please to report that Massachusetts will be the first state in the nation to receive funding from the federal land protection program, the Land and Water Conservation Fund. Three towns (Norton, Westminster and Ipswich) will receive a total of \$447,500 to permanently protect conservation and recreation land in each community. This funding from the National Parks Service will allow us to permanently protect another 95 acres of open space for citizens across the Commonwealth to enjoy.

In Norton, a fifty acre parcel will be protected with a \$200,000 grant from the LWCF and matched at fifty percent by the town. The parcel, known as Johnson Acres, was originally part of the historic Polly Goodwin Farm.

In late April, I attended AMC's Spring Gathering, an all club meeting, in Bridgton, ME. The Chapter Chairs met and voted on guidelines for activity group size (hiking, biking, etc.) and voted additional funds from the Supplemental Dues Allocation for special projects. But the weekend wasn't all meetings. I did get outdoors to hike and also took a photography workshop.

I attended a listening session in Boston with the Forest Service from the White Mountains in early May. The Forest Service is in the process of updating the White Mountain National Forest management plan. Feedback was encouraged on their preliminary plan, and everyone who presented their opinions appeared to favor AMC's stand on protecting current roadless areas, as well as opposing any non-winter entry of off-road vehicles into the forest plan. A straw poll revealed that many want the AMC to recommend further limitations on snowmobile use, increase the wilderness areas, and show greater concern over current logging levels.

Finally, I am pleased to announce the members of 2000 Nominating Committee: Louise Desrochers, John Poirier, Rich Iovanni, Mary Gravel, and Don Costa. If you would like to nominate anyone for the Executive Board (or if you would like to be nominated yourself), please call Louise at 822-1372.



Photo by Mary Astorance

SEM /AMC Chapter Hut Night

October 14 – 15

Mizpah Spring Hut

Join us at 3,800 feet for the Year 2000 edition of **Chapter Hut Night**. This fall we'll be at the Mizpah Spring Hut, nestled just a half-mile below the summit of Mt. Pierce (AKA Clinton) and above scenic Crawford North. Mizpah is the AMC's newest hut, built in 1964, and features large, south-facing windows, varied-size bunkrooms, a separate library and game room. It offers great day hiking and superb views of the southern Presidentials and Crawford Notch from the summits of nearby Mts. Jackson and Webster. **Group size is limited to 30 people. Cost is \$45 per person.** This includes a hearty dinner on Saturday night, Oct. 14th, and a carbo-loading Sunday morning breakfast. Special diet meals are available if ordered in advance. **Register by Sept. 1st** with trip coordinators Walt Wells, 279-1963 or Charlie Farrell, 822-2123.

Trail Work

Chair — Lou Sikorsky 678-3982

We continue to need your support to help us keep our adopted trails in the same excellent condition that we have kept them in for many years. It would be great to see some new faces out there along with the few die-hards that keep us in business.

I wish to personally thank all of you who attended our trip to Lonesome Lake in May. Our group did an outstanding job, even though we were short-handed.

We have work for people of all ages and abilities; we even had a 4-year-old (my son) on the Lonesome Lake trip, and he joined us again in Myles Standish State Park on National Trails Day. So if he can pitch in and help, I would sure hope that those of you who use our trails would consider lending a hand as well.

I continue to look for someone to serve as vice chair for the Trails Committee ... someone who will eventually take my place. I

know there's some one out there who wants to get involved.

Our trips haven't been very well attended this year, and if we don't have people start to take care of the trails that our chapter — or should I say your chapter — has adopted, then I fear we will be forced to give them back. Needless to say, we wish to avoid that happening if at all possible.

So if you're willing to help, please give me a call at 878-3984 or e-mail me at Louie_s@compuserve.com. I will be happy to train anyone who shows an interest.

Sept 22-23 - Lonesome Lake: The last work trip of the year, and the last of the \$10 trails trips as well. Sorry, but we've had some severe financial constraints imposed on us. So next year, the price of this trip will likely be going up, and we will probably only be staying at the hut in the spring.

Cost for this last trip of the year will be only \$10. I'll need that fee paid in full by Aug. 5. Group is limited to 12, so I am expecting this one to fill up real fast. Call Lou at 678-3984.

WMNF Parking Passes: No more warnings; now you'll be fined!

It was just a matter of time. This year, the White Mountain National Forest (WMNF) is not only ticketing cars without parking passes; it's assessing fines (reportedly as high as \$50) for scofflaws. And just like "real" parking tickets, if you don't pay them, you get turned in to the authorities.

So remember to get your pass if you'll be parking your vehicle in the well-marked "fee areas" of the WMNF. Passes can be obtained in many different places ... check out www.fs.fed.us/r9/white/recreation/fee_demo/index.html on USDA Forest Service's WMNF Web site for information as to where. FYI: you can also buy them at REI, via the mail and at various retail establishments in the northern NH area.

Prices are \$20 for an annual pass (valid for 1 year from the date of purchase); \$25 for two household vehicles; \$5 for a 1-7 day pass; and \$3 for a daily pass.



Conservation and Trails Committees Unite at New Bedford Nature Trail

A dedicated group of volunteers came out on a rainy April Saturday to help rebuild bridges at the Flora B. Pierce Nature Trail in northern New Bedford. The Earth Day project was jointly organized by the SEM/AMC Trails and Conservation committees.

More work needs to be done to revitalize this local walking trail. The Trails and Conservation Committees are again joining forces to complete the work that needs to be done. But more volunteers are needed. Four work days are scheduled throughout the summer months to finish the project: **June 17, July 15, Aug. 19 and Sept. 16.** These Saturday projects will begin at 9 am, with a barbecue following.

We need all the help we can get, so come lend a hand ... even if only for a few hours. Call Lou Sikorsky, 678-3984, or Cindy Letourneau, 947-5533, at least one week prior.

Our Parks and Forests Need Your Voice: Contact Sens. Kennedy and Kerry today

The Commonwealth of Massachusetts could receive more than \$48 million each year in federal funding for bike paths, hiking trails, public swimming pools and beaches, state parks and state forests. This can happen only if the U.S. Senate passes the Conservation and Reinvestment Act (CARA), an historic piece of conservation legislation that will dedicate \$2.8 billion a year to conservation funding nationwide.

In May this year, the U.S. House voted 3:1 in favor of this bill, thanks to an influx of faxes, letters and phone calls made by people like you to their Representatives. Now, we need to transfer our energy to the Senate, where the bill currently awaits a vote.

In Southeastern Massachusetts, many of the places we visit regularly have already benefited from LWCF funding. These include Scusset Beach, South Cape Beach, Scargo Lake, Buttonwood Park, Massasoit State Park, Savery Park, Wompatuck State Park, Hillstorm Farm Park, and Cape Cod National Seashore, as well as the National Wildlife Refuges in Mashpee and Monomoy Island. To learn more about other LWCF projects, visit www.capweb.net/outdoors/lwcf/lwcf.cfm.

HOW YOU CAN HELP

Contact Senators John Kerry and Ted Kennedy and ask them to pass CARA this year. Call Sen. Kennedy's office at 202-224-4543 and Sen. Kerry's at 202-224-2742, or write a quick letter today at <http://www.capweb.net/outdoors/lwcf/lwcf.cfm> Your voice matters!

For more information or to join the LWCF action team, contact Amy McNamara at 617-523-0655 x385 or amcnamara@amcinfo.org.

Hannah Driscoll, AMC

Rise to the Summit: Make a Gift for Future Generations of AMCers

You can share your passion for outdoor recreation and conservation with future generations of hikers, paddlers and other outdoor enthusiasts through a bequest to the Appalachian Mountain Club.

If you have already named AMC in your will, please notify us so we can thank you and welcome you to the Summit Society

For information on how to include AMC in your will or to learn about charitable gifts that produce income, contact Norie Mozzone at 617-523-0655 ext. 309, 5 Joy Street, Boston, MA 02108, or nmozzone@amcinfo.org.



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Southeastern Breeze

Oct/Nov/Dec 2000

View from the Chair

by Dexter Robinson

Greetings. I can hardly believe that the summer has slipped away. All the rain didn't help much. But it held off long enough to allow our summer picnic to proceed. I enjoyed meeting some new members and families and catching up with older members. Our thanks to Bob Vogel and Cindy Letourneau for organizing this annual event.

Although your Executive Board does not meet during June and July, chapter business still goes on. Our Nominating Committee completed its job of securing people to fill board positions. We are still looking for someone to serve as Skiing Chair. My thanks to the committee: Louise Desrochers, John Poirier, Rich Iovanni, Mary Gravel, and Don Costa.

Unfortunately, I was unable to make the June meeting of Chapter Chairs. But from the minutes I received, the main focus of

Turn to page 6, column 1

Inside the Fall Breeze

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Chapter Annual Meeting Set for Nov. 4th

The Southeastern Mass. Chapter's 2000 Annual Meeting will be held on Saturday, November 4, at the Fireside Grill in Middleboro. There will be a social hour before the buffet dinner, followed by a business meeting and the election of officers for the Chapter executive board. This year's speaker will be Craig Della Penna, who will talk about the Rails to Trails Conservancy and its work here in New England. **For more information, see page 8.**

Executive Board Nominations for 2001

The Nominating Committee presents the following slate of nominees for the 2001 Chapter Executive Board. Members attending the Annual Meeting on November 4 will have the opportunity to vote on these nominees. Additional nominees may be made by any 10 members who specify their candidate for office. These additional nominations should be presented to Nominating Committee Chair Louise Desrochers (508-822-1372) or Chapter Secretary Linda Wells (508-279-1963) not later than 21 days prior to the Annual Meeting. Nominations may not be made from the floor except in the case of death, incapacity or withdrawal of the nominee.

Chapter Chair	Dexter Robinson
Chapter Vice Chair	Ann Chace
Treasurer	Donna Desrochers
Secretary	Linda Wells
Hiking Chair	Walter Wells
Biking Chair	Connie Austin
Canoe/Kayak Chair	Arthur Hart
Ski Chair	Vacant
Trails Chair	Lou Sikorsky
Communications Chair	Wayne Taylor
Educations Chair	Bob Vogel
Membership Chair	Jennifer Simmons
Conservation Chair	Cindy Letourneau



The *Southeastern Breeze* is published quarterly by the S.E. Mass. Chapter of the Appalachian Mountain Club. **Chapter Chair:** Dexter Robinson (781) 294-8840; **Vice Chair:** Anne Chace 824-8871; **Treasurer:** Joey Gallus 428-5391; **Secretary:** Linda Wells 379-1963; **Education Chair:** Bob Vogel 238-7732; **Membership Chair:** Jennifer Simmons 761-7888. **Newsletter Editor:** Wayne Taylor 252-6995 or e-mail: wjtaylor@mediaone.net. **Website address:** <http://www.amcsem.org> All area codes are 508 unless noted.

Editor's Notepad

New Schedule ... Beginning with the next issue, the Breeze will adopt a seasonal publishing schedule. Next will be the Winter issue, covering activities for the months of December, January and February. It should arrive sometime in mid-November. It is our hope that a seasonal quarterly will do a better job of grouping activities according to the time of year when we offer them most.

Tell us about your last great outdoors adventure ... Your comments and suggestions about this newsletter are always welcome ... as are your contributions of articles, poetry, photographs or anything else related to your membership in AMC. If you're submitting something, please be respectful of our deadline, which is the 22nd of the month, two months prior to the publication date (e.g. October 22 for December issue). The newsletter will endeavor to publish submitted articles on a space-available basis. Give us a call at 252-6995 or drop us an e-mail at wjtaylor@mediaone.net if you're got something to submit.

Not getting your copy of the Breeze? If you're not receiving the newsletter, please call Membership Chairperson Jennifer Simmons (761-7888) to be sure you're on the list.

AMC Fall Gathering — October 20 - 22

Cannonicus Camp & Conference Center, Exeter, RI. Spend a great weekend with AMC's Narragansett Chapter during RI's peak foliage. For more info, visit <http://users.ids.net/~amcni>, or call Susan Cerullo at 401-295-0870.

"Membership in a bottle"

A great gift for your favorite outdoors enthusiast.

Single Membership \$40.00

Family Membership \$65.00

Nalgene Bottle with \$10 Gift Certificate
good for AMC lodging, workshops and books.

New members only

Contact: Jen Simmons at 761-7888
or e-mail: jensimmons@massed.net



ON THE COVER

One of the most recognizable of peaks in the White Mountains, the snow-covered summit of Mt. Lafayette in the Franconia Region is a favorite destination of many fall hikers. Photo taken from Sunset Hill.

SEM/AMC's 25th Anniversary

LOOKING FOR VOLUNTEERS !

The SEM/AMC Chapter will be celebrating its 25th year on November 3, 2001. We're now looking for volunteers to assist us in our Anniversary Celebration. We've got a few ideas about how we'd like to celebrate — a multimedia show and a special program and ad booklet, for example — but we need several people to help us. If you'd like to join the effort, please call Ann Chace at 824-8871.

AMC Volunteer Opportunities

Opportunities in the Whites ! Public Education Information Volunteers are needed at AMC roadside visitor centers and high mountain huts 2 weekends (or 4 days per year). Help visitors plan a safe hike, practice wise forest stewardship, learn more about the AMC, or just find a good spot for lunch! Training is April 20-22, 2001; we can arrange a mentor for you in the meantime.

Trail Crew Program: Staff will lead volunteers in the clearing, repair or reconstruction of popular trails. One- and two-week programs are based in the White Mountain National Forest and Maine's Acadia National Park and Baxter State Park. Opportunities are available for teens, adults, and seniors.

Adopt-A-Trail: Take on basic trail maintenance duties for your favorite stretch of trail.

Appalachian Trail Corridor Monitors: Help preserve the wild nature of the AT as you bushwhack the boundary lines of this National Scenic Trail. Inspect the area and identify issues that affect trail use in the Mahoosuc Range. **For more information,** call 603-466-2721 ext. 192 or e-mail Allison Ruth Nelson at apaules@amcinfo.org.

Lake Nippenicket Clean-up

Sat., Nov. 4 — Volunteers needed from 9-12. Call Maryhelen Shuman-Groh, 821-4704.

Hiking and Backpacking

Chair — Walter Wells 279-1963

Vice Chair — Charlie Farrell 822-2123

Hike Rating: First character indicates distance in miles. Second character indicates leader's pace over average terrain. Third character indicates terrain.

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

Hikers unsure of their ability should try only one level higher than previously completed. **Note: NO PETS** without permission of Trip Leader. Individuals under 18 must obtain prior consent from Trip Leader.

Sat. Oct.7 (A3B) "Exploring Massachusetts Series" Hike #1- Mt. Graylock State Reservation, Lanesboro. Strenuous full day hike over 5 mountaintops and along the AT in Mass. Area offers many great views with foliage peeping, plus a visit to Bascom Lodge. Car spotting possible at campground. Limited to 10. Not for beginners. L Steve Tulip 977-9309 (7-10 pm) e-mail: stulip@dpyus.jnj.com. Please register with CL Erika Bloom 996-3290 (6-9pm) e-mail: ebloom9239@aol.com.

Sat. Oct 7 (B3B) Camels Hump, Vermont - Enjoy the fall foliage by hiking to this spectacular Vermont 4000 fter. Please register with L John Pereira 254-8303. CL Richard Jus-saume 285-8940 (7-9 pm) email: richjuss@ici.net.

Wed. Oct. 11 Hike planning meeting for Jan.-Mar. 2001. All SEM members are welcome to attend. New hiking leaders are needed. Contact Walt Wells, 279-1963 (7-9 pm) e-mail: wwells50@aol.com. Meeting held in basement room at the Universalist Unitarian Church, 25 South Main St., Middleboro starting at 7:00 pm.

Sat/Sun Oct 14/15 *Chapter Hut Night* at Mizpah Hut

Sun.Oct.15 (C3B/C) "Exploring Massachusetts Series" Hike #2- Mt Tom State Reservation, Holyoke..Moderately strenuous but short climb to the top. Discover geological formations and precipitous cliffs along the way to spectacular views of the Pioneer Valley, Conn. River and out to the Berkshires and southern NH/VT. Good intermediate climb for those interested in the higher peaks of New England. Beginners welcome. L Steve Tulip 977-9309 (7-10 pm) e-mail: stulip@dpyus.jnj.com. Please register with CL Cindy Letourneau 947-5533 (7-9pm) e-mail: Clet8@aol.com

Sun Oct. 22 (A3B) "Exploring Massachusetts Series" Hike #3-Monroe State Forest, Monroe. Hike among towering hardwoods and evergreens in this remote old growth/ old field forest. Moderate elevation gains thru forest to Spruce Mtn. and Hunt Hill. Limited to 10 hikers. L Steve Tulip 977-9309 (7-10 pm) e-mail: stulip@dpyus.jnj.com. Please register with CL Patrick Holland 781- 925-4433 (7-9 pm.) e-mail: pat.holland@littletbrown.com.

Sat Oct 28 (B3B) Mt. Monroe, NH. Join us for Walt Wells' 48th 4000 fter on this moderately paced 8.2 mile hike via the Edmonds and Crawford paths. Please register with L Dexter Robinson 781-294-8840 (7-9 pm) e-mail dexsue@massed.net or CL Linda Wells 279-1963 (6-9 pm) e-mail: wwells50@aol.com

Sat. Nov 4 (B3B) Massasoit State Park, Taunton. Hike past beautiful Lake Ricco, thru wooded areas and around other ponds. Moderate pace, suitable for beginners. A great hike any time of the year. Register with leaders John Poinier or Louise Desrochers 822-1372 (6-10 pm).

Sat. Nov. 4 "The Fourth Annual Winter Hiking Workshop" Join us for an afternoon of classroom instruction on the basics of winter hiking and camping. We'll go over dressing for the winter environment, heat management, hydration, proper diet, cold weather injuries, shelter, snowshoes, etc. Find out how enjoyable hiking in the winter months can be if you are prepared for it. This class is a must if you plan on going on the Winter Hiking Series. Register with Walt Wells 279-1963 or Charlie Farrell 822-2123. Note: this workshop will be held before the Chapter Annual Meeting.

The Fourth Annual Winter Hiking Series

Winter can be a fun and enjoyable season to hike. The views are better, trails are smoother, and best of all, there are no bugs!

Again this year, the hiking committee will be offering a series of winter hikes, concluding with an overnight backpack, to acquaint hikers with the pleasures of hiking in winter. These will be non-technical hikes (i.e. no crampons or ice axes). We will begin with an easy hike, and each hike will be a little more difficult than the last, including a 4000 fter to provide above-tree-line experience. The final hike will be an overnigher.

The kickoff to the series will be an indoor workshop to be held on Sat., Nov. 4, the same day as the SEM Annual Meeting, from 1:30 until 4:30 pm. Contact Walt Wells 279-1963 or Charlie Farrell 822-2123 for more info and to register.

Hiking and Backpacking (continued)

Sun Nov. 12 (B3B/C) "Exploring Massachusetts Series" Hike # 4—Appalachian Trail section in S.W. Mass. Discover the beauty of western Massachusetts as we climb over the Mt. Race and Mt. Everett ridge on the AT. Get a feel for alpine style bare rock and high elevation without all the work of the Presidential Range. Limited to 10 hikers. L Steve Tulip 977-9309 (7-10 pm) e-mail: stulipdpys.jnj.com. Please register with CL Wayne Taylor 252-6995 (7-10 pm) e-mail: wjtaylor@mediaone.net.

Sun Nov. 19 (C4B) Map and Compass workshop-High Rock area of Gilbert Hills State Park in Foxboro. Improve your navigation skills while using your map and compass. Leaders John Poirier and Louise Desrochers 822-1372.

Sat/Sun Nov. 25/26 (B3B) Backpack to Ethan Pond Campsite. Sharpen up your between season skills as we head into winter. Limited group size. Register with L Walt Wells 279-1963 (6-9 pm) CL John Poirier 822-1372.

Sun. Nov. 26 (B3C) George Washington Management Area. Join us on an easy 6 mile hike on the Walkabout Trail in this area of R.I. Twenty-two miles west of Providence and two miles east of the Connecticut border, this should be a beautiful low-key hike for burning off those extra calories from Turkey Day. Register with L Richard Jussaume 285-8940 (7-9 pm) email: richjuss@ici.net

Sat. Dec. 9 "Winter Hiking Series" Greeley Ponds off the Kancamagus Highway in NH. This is the first in the winter hiking series for this season. Join us as we explore this wonderful area in the early part of the winter season. Hopefully, there will be snow to try out your snowshoes. Some winter gear will be required. Register with L Charlie Farrell 822-2123 (6-9 pm) CL Walt Wells 279-1963.

Sat. Dec. 16 (B3B) - Mt. Liberty/Mt. Flume. Dust off your winter equipment for this classic 4000 fter. Full winter gear required. Register with L Dexter Robinson 781-294-8840 (7-9 pm) email dexsue@massed.net. CL John Pereira 254-8303 (7-10 pm) iceclimbing@backpacker.com.

Sun. Dec. 31 (C3D) "Exploring Massachusetts Series" Hike # 5 - Whitney and Thayer Woods, Cohasset. Say farewell to Y2K with this cold weather beginners hike. Some winter day hiking gear may be required. Newcomers and family hikers welcome. L Steve Tulip 977-9309 (7-10 pm) e-mail: stulip@dpys.jnj.com. Please register with CL Rick Barnes 830-0479 (7-9 pm) e-mail RWBarnzee@aol.com.

Mon. Jan. 1 (C3C) Borderland State Park. Pleasant short hike

around ponds and through woods on this first hike of the New Year. L Bob Vogel 238-7732 (7-9 pm) CL Ray Butts 880-8579. (7-9 pm).

Local Hikes on Cape Cod

Thursday & Sunday Hikes - Oct to Jan. Cape Hikes Committee Chair: Janet Kaiser 375-0574; Co-Chair: Janet DiMattia 394-9064. Thursday Hikes start 9:30 am, last about 2 hrs, 5-7 miles. Sunday hikes start 1:00 pm, last 2-2 1/2 hrs, 6-8 mi. Moderate pace. No dogs.

Sun. Oct 8 - Sandwich, Scorton Creek/Talbot Conservation. Exit 5 N from Rte. 6 to L on 6A. at 3.6 mi. cross concrete bridge, take next L to Scorton Creek prkng lot. L George Bowman, 362-0163.

Thurs. Oct. 2 - Mashpee. John's Pond. N on Currier Rd. off Rte. 151 and quick R onto Hooppole Rd. Follow signs to Town Landing thru trailer park. L Harry Dombrosk 385-9502.

Sun. Oct 15 - Falmouth, Beebe Woods. Follow signs to hospital on Ter Heun Drive off Rte. 28. Go beyond hospital and JML Facility and park in sm. dirt prkg lot on Left. L Janet Kaiser 375-0574, CL Barbara Hollis 240-1973.

Thurs. Oct. 19 - Orleans, Pochet Island. From Rte. 6A or Rte 28 in Orleans, Main St to Beach Rd. to prkg lot for Nauset Beach. Park at S end. L. Pat Kimball 255-3717.

Sun. Oct. 22 - Yarmouth, Inkberry Trail. From Rte. 6 Exit 7 S. Turn L on Higgins Crowell Rd. then L at lights on Buck Island Rd. Turn R at end on Winslow Grey Rd. Go 0.5 mi. Park on right at Raymond J. Syrjala Conserv. Area. L Peter Selig 432-7656 CL Janet DiMattia 394-9064.

Thurs. Oct 26 - Doane Rock. From Rte. 6 turn R on Nauset Rd. at lights at Visitor Center. Bear R off Nauset Rd to Doane Rd. Turn R at Picnic Area sign and park in 2nd prkg lot. L. Frank Handlen 349-7396 CL Janet Kaiser 375-0574.

Sun. Oct 29 - Eastham, Salt Pond Visitors Center. From Rte. 6 at traffic light turn R on Nauset Rd and park in Visitor Center Prkg lot on R. L. Frank Handlen 349-7396.

Thurs. Nov. 2 - Wellfleet, Griffin Island. Turn N off Rte. 6 at "Wellfleet Center" sign onto Main St. Turn L. on Chequessett Neck Rd. "at the dory". Park in Great

Local Cape Hikes continued

Island prkg lot on L at end of Chequessett Neck Rd. L. Brigitte Falzone 394-6343.

Sun. Nov. 5 - Barnstable Conservation Land. Exit 5 S off Rte. 6 onto Rte. 149 to R on Service Rd. Park under power lines on Left. L. Janet Kaiser 375-0574 CL Barbara Hollis 240-1973.

Thurs. Nov. 9 - Brewster. Parson's Perch. Exit 9 N off Rte. 6 onto Rte 134 and turn R at 2nd traffic light onto Setucket Rd. At 1.0 mi turn R onto Slough Rd. and at 0.8 mi. prk on L at Walker Pond prkg area. L Harry Dombrosk 385 9502.

Sun. Nov. 12 - Brewster. Nickerson State Park. From Rte. 6A enter Park and park in main parking lot. L Don Costa 760-5478.

Thurs. Nov. 16 - Bourne. Four Ponds Conservation. From Rte. 28 between Otis Rotary & Bourne Bridge turn W on Barlows Landing Rd. Go 0.7 mi. to prkg lot on R. L Hilary Hunt 993-6680.

Sun. Nov. 19 - Truro. Pamet. From Rte. 6 Ruro, turn E at Pamet Rd. sign. Meet at end of So. Pamet Rd. L Ron VanderWeil 255-3361.

Thurs. Nov. 23 - (Thanksgiving) Yarmouth, Dennis Pond. Exit 7 N from Rte 6 turn R (East) onto Rte. 6A. Turn R (South) onto Summer St at Old Yarmouth Inn. Park in Dennis Pond prkg lot. L Richard Kaiser 375-0574.

Sun. Nov. 26 - Sandwich. Ryder Conservation Lands. N on Rte 130 from Rte 28 for 1.0 mi. to R onto Cotuit Rd. 1.8 mi to "Ryder Cons. Land" prkg sign on Left. L Barbara Hollis 240-1973.

Thurs. Nov. 30 - Bourne. Canalside. Park in main visitor prkg lot at traffic light on Rte 6 on N side of canal for hike along canal. L Donna Nickerson 528-3043.

Sun. Dec. 3 - Wellfleet, White Crest Beach. From Rte 6, E on LeComte Hollow Rd. to end, L on Ocean View Rd. to beach prkg. lot. L Frank Handlen 349-7396.

Thurs. Dec. 7 - Dennis, Indian Lands, S on Old Bass River Rd from Rte. 6A in Dennis Village. R into prkg lot in 4.0 mi. at Town Hall. L Barbara Hollis 240-1973.

Sun. Dec. 10 - Harwich, Herring River. Exit 9 S off Rte 6 onto Rte 134. Turn L at 3rd traffic light on Upper County Rd. then L onto Great Western Rd. Follow approx. 2.2 mi.

Park inside fence on L at Sand Pond. L Peter Selig 432-7656 co-L Janet DiMattia 394-9064.

Thurs. Dec. 14 - Truro, Paradise Hollow. Park on George Nelson Rd. on West side of Rte. 6, 1/2 mi N of "Entering Truro" sign. L Patrick Kimball 255-3717.

Sun. Dec. 17 - Dennis. Run Pond, From the intersection with Old Bass River Rd. go W on Setucket Rd. approx. 1.0 mi and park in small lot on N side (bike path) of road. East of junction with Mayfair Rd. L Richard Kaiser 375-0574.

Thurs. Dec. 21 - Yarmouth, Chase Garden Creek, >From Getty Station at flashing light go E on Rte 6A 0.5 mi. turn L at Rod & Gun Club sign and park in prkg area. L Janet Kaiser 375-0574.

Sun. Dec. 24 - NO HIKE

Thurs. Dec. 28 - Wellfleet, Marconi HQ. Follow signs from Rte. 6 (Marconi Beach Rd L to HQ prkg) Go past HQ bldg. take 1st R park on road. L Barbara Hollis 240-1973.

Sun. Dec. 31 - Brewster, Nickerson State Park. Park at Flax Pond parking area. L Jack Handlen 255 5292.

Thurs. Jan. 4 - Yarmouth, Inkberry Tr. N from Rte 28 on Winslow Gray Rd. at light, 0.4 mi to prkg on L. L Frank Handlen 349-7396.

Sun. Jan. 7 - Mashpee, So. Cape Beach. From Mashpee Rotary take Great Neck Rd. S for approx. 2.5 mi. Turn L on Great Oak Rd. and follow to end to town beach prkg lot, approx. 3 mi. L. Gary Miller 540-1857.

LONGER CAPE HIKES ON SAT / SUN. - BRING LUNCH

Sat. Oct 14 - Brewster, Punkhorn Parklands. Exit 9 N off Rte 6 onto Rte. 134. Turn R at 2nd traffic light onto Setucket Rd. then R onto Run Hill Rd. Park in Punkhorn Parklands main pkge lot past dump at end of road. 10 am.

Sunday, October 15. Truro, Paradise Valley. 9-10 mi. Approx. 0.25 mi. past Entering Truro sign on Rte 6, L on George Neilson Rd. Park on side of road. 11:00 am. Please register with L. Alice Oberdorf 771-8261.

Sunday, November 5. Wellfleet, Marconi Area. 8-9 mi. From Rte 6, Wellfleet, turn right (E) at lights, follow signs to Marconi Beach. Turn left, pass Marconi HQ bldg, take next right and park at end of road. 11:00 am. Please register with L. Alice Oberdorf 771-8261.

Local Cape Hikes continued

Sat. Nov. 18 - Wellfleet & Truro, Truro Ponds. From Rte 6 in No. Wellfleet, drive east on Gull Pond Rd 1 mi to granite marker "Gull Pond Landing". N 1/4 mi, then E to parking lot. 10 am. L Patrick Kimball 255-3717.

Sat. Dec. 9 - Wellfleet, Great Island to Jeremy Point. Turn N. off Rte 6 at "Wellfleet Center" sign onto Main St. Turn L on Chequessett Neck Rd. "at the dory". Park in Great Island prkg lot on L. 10 am. L Brigitte Falzone 394-6343.

View from the Chair

continued from p.1

discussion at this meeting was about AMC Club policies including Code of Conduct, Sexual Harassment, Conflict of Interest, and Leadership Guidelines. There was discussion about conflict of interest and interchapter trips. Several chapters shared their experience and current guidelines.

The Chapter Chairs recommended 1) that all Chapters include in their newsletters a similar and consistent disclosure statement concerning conflict of interest particularly in regard to interchapter trips and 2) that the new Education Committee broaden the Interchapter Excursion Committee to review consistency with trip postings, procedures for trip approvals, and review problems and issues that develop. I can report that earlier this year our chapter Executive Board approved a policy and developed procedures to guide our chapter leaders who run trips that require collecting a fee from participants.

Andy Falender, AMC Executive Director, reported that the AMC contributed 60% or 2069 of the comments to the Forest Service relative to the White Mountain National Forest management plan which is in the process of being updated. More than 50 percent commented on ORVs (off-road vehicles), with the "overwhelming majority" dead set against ever allowing them in the forest. Andy commented that the response we generated on forest planning, just like the response on CARA (Conservation and Reinvestment Act) proves that our members truly are interested in protecting, as well enjoying and wisely using the mountains, rivers, and trails of the Appalachian region.

Finally, I want to remind you about our Annual Meeting (see page 8) which will feature a very interesting speaker who has written several books on rail trails and spoken to many groups on this subject.

Hope to see you there. Till next time. ▲ ▲

Skiing

Wed. Oct. 4. Ski planning meeting/pot luck supper at the home of Mary DuBois Leeson in So. Dartmouth. All are welcome. Bring your ideas for winter ski trips. Call Mary at 997-4489 for directions and food items.

Fri - Mon, Jan. 12-15, 2001. Martin Luther King Weekend at Applebrook. Please join us for the SE Mass. annual long weekend of x-country skiing, hearty meals and great company (and the "hot tub under the stars"!). Ski possibilities include Bretton Woods, Great Glen, or The Balsams. Downhill, snow shoeing and ice skating also possible. \$135-\$200 for 3 nights lodging, 3 breakfasts, 1 full dinner and 1 supper, all at cozy Applebrook Inn in Jefferson, N.H. Reserve early as the news of the fun is spreading! Call L. Sarah Beard 758-2613 or CL. Bob Kalchthaler 947-4924.

Fri - Mon, Jan. 12-15. MLK Weekend at Wonalancet Cabin, NH. Ski out the back door into miles of un-groomed backwoods trails in the Mt. Chocorua area. Rustic heated cabin has cold running water, full kitchen, large bunkroom and outdoor facilities. Trip open to 16 intermediate to advanced skiers. Bring snowshoes for opt. 3-hour hike on Monday. \$45 includes lodging and meals. Bring trail lunches. \$20 non-refundable deposit required. Ls Marilyn Dunn and Tom Waddell, 781-837-5537, (before 8 pm) e-mail: keene_nh@hotmail.com.

Sat - Sun, Feb. 3-4. Intermediate Backcountry Ski / Snowshoe, Crawford Notch, NH. Carrying snowshoes, we'll ski up Sawyer River Rd., a gradual incline of 4 mi. Donning snowshoes, we'll hike 1.25 mi. into lovely Sawyer Pond Scenic Area. 10+ mi. RT. Backcountry skis not required, but participants should be in good physical condition. Previous snowshoe experience not required. Snowshoe rentals available near trailhead. Sunday we'll ski in the Mt. Washington area. Lodging at local inns or AMC Hostel. Please call L Mary DuBois Leeson, 997-4489, or CL Wayne Taylor, 252-6995, (before 9 pm) to register.

AMC Activities Risk Statement: Activities listed here involve varying degrees of danger. When you participate in these activities, you should be prepared physically and mentally, and equipped with appropriate gear. You should be aware of the risks and conduct yourself accordingly. Volunteer trip leaders are not responsible for your safety; you are. Before registering for any activity, you should discuss your capabilities with the trip leader. In order to participate in chapter activities, individuals under age 18 must be accompanied by a parent or responsible adult, or obtain prior consent from the trip leader. Those accompanied by a minor are responsible for the minor's actions.

Adventure on Mt. Rainier

By Dexter Robinson



At 14,410 feet, Mt. Rainier is the second highest peak in the contiguous U.S. states. It is the most glaciated peak in the lower 48 and the "crown in the jewel" of the Cascades in Washington State. In good weather, it is easily visible from Seattle

Well, as you can tell, I survived the Mt. Rainier course/climb trip. (Mt. Rainier is the most glaciated peak in the lower 48, the "crown in the jewel" of the Cascades in Washington State. In good weather it is quite visible from Seattle). But unfortunately, no one in our climbing group summited. In fact, no one in the previous two weeks made it to the top of Mt. Rainier due to bad weather.

I had a big plane snafu getting out of Boston. I sat on the tarmac for two hours due to weather problems in Dallas. Upon arrival in Dallas I learned that my connector flight, the last flight to Seattle of the day, was cancelled. I got routed through San Diego then put on Alaska Airlines to Seattle. Of course luggage got delayed as well and arrived several hours later. I went down to Paradise on the south side of Rainier to do some conditioning hiking but arrived there in snow and rain. The inn was charming with fire place and piano. Monday's weather proved no better with steady rain driven by high winds. I enjoyed a few waterfalls before returning to Seattle to join my climbing team.

The team ranged in age from 20-something to my age (two others were my age), and all walks of life from a doctor from ND to a Pittsburgh steel worker to a bankruptcy lawyer from East Texas. We met Monday night, divided up group gear (tents, wanes, pulleys, rope, etc.). We had three guides, all very experienced climbers with significant mountaineering experience. Took off Tues. morning via van for the White River campgrounds and trailhead to Glacier Basin, our base camp, all located on the east side of the mountain. The hiking was a little rough at first getting use to a 60 lb pack (although I had one some pack conditioning ahead of time) and walking in plastic mountaineering boots over soft slushy snow. The first day hike was only 4 miles but uphill and challenging as we did not have our first rest stop until after an hour of hiking (my only complaint with the trip).

Base camp (6500 ft) in Glacier Basin was a nice place surrounded by ridges. We were on a slight rise amongst the fir trees which helped break the wind. For Tues. P.M. we practiced snow travel, self arrest with our ice axes, and rope travel. Tues. night the wind came up and it rained a little. Wed. brought mixed clouds, showers, and some sun. We broke camp and started up toward high camp at Camp Shurmann (9500 ft.). The winds picked up dramatically. After a while we stopped and struggled to get roped up for the long climb on the glacier. At about 7500 feet a ranger came down and informed us that the sustained winds at Camp Shurmann were 40-50 mph gusting to 70 mph. The wind was already blowing us over at times. The ranger's avalanche test pit indicated severe avalanche conditions since two feet of new, wet, heavy snow had fallen on the mountain. It would take 2 sunny days at least for conditions to change. The guides (we had 3 of them) gave us a choice of continuing to the camp to experience windy conditions or returning to base camp to do other instruction. Since I had already spent two windy nights in a tent a couple winters ago on Mt. Madison, just before the great northern New England ice storm, I opted to return to base camp. That proved to be a good move since those that went up spend another grueling 5-6 hours trudging up the glacier to high camp then struggling to set up their tents.

The wind did not let up until late the next day. Back at base camp we got avalanche/snow condition instruction along with a review of map and compass. The next day we took light packs and hiked back up to where we had turned around continuing on across the Inter-glacier and bypassing several crevasses. It was quite a beautiful site gazing out on the Cascades. We got to about 9000 feet, just before high camp, a place known as Steamboat Prow before turning around due to high winds. After descending a little and getting out of the wind we just stretched out and enjoyed the scenery for about 30 minutes.

So, unfortunately, we missed our summit bid by about two days. Ideally, we would have hiked the second day to high camp, had some more instruction, then gone to bed early. Then we would have left around midnight for the summit (safer to travel when colder), reaching it around 7 a.m. then returning to high camp and out the next day. But I knew the chances of summiting were only 50/50 when I went out and was really after the technical mountaineering experience on a glacier. We returned to Seattle on Friday and enjoyed a nice dinner at a restaurant on the ocean. (the group at high camp did entertain the thought of trying to summit Thursday night but the snow and wind conditions were still not favorable plus none of the guides felt anyone had the strength to hike for 24+ hours.). My plane trip out took 24 hours but the return was a thankfully uneventful 5 hour non-stop flight to Boston.

So all in all it was good trip. I learned a great deal. Got some more equipment and camping ideas. Was surprised at how some things worked as well as some that did not. I am now interested in doing a NH winter Presidential traverse preceded by an avalanche course. It would also be good for us to plan a more advanced winter trip for our leaders with lots of above treeline experience. ▲ ▲

2000 Annual Meeting
Southeastern Massachusetts Chapter
APPALACHIAN MOUNTAIN CLUB

When: Saturday, Nov. 4, 2000
 Where: Fireside Grill, Middleboro, MA
 Cost: \$20.00 per person

Evening Program: "Tales from the Trail" with Craig Della Penna — Craig is the New England representative of the nation's largest trails organization, the Rails to Trails Conservancy. (RTC) He will talk about trail development in our region. RTC's vision is to enrich America's communities and countryside by creating a nationwide network of public trails from former rail lines and connecting corridors.

Dinner will be a buffet-style meal of garden salad, baked stuffed shells parmesan, chicken & broccoli, vegetable of the day, rolls and butter, Kahlua mousse for dessert and coffee.

Winter Hiking Workshop will be conducted during the afternoon. Call Walter Wells (279-1963) for details.

Registration deadline: October 28, 2000. Call Dexter Robinson at 781-294-8840 with questions.

Schedule

6:00—7:00 pm Happy Hour (Cash Bar)
 7:00—8:00 pm Dinner Buffet
 8:00—8:30 pm Business Mtg / Election
 8:30—9:30 pm "Tales from the Trails"

Directions to Fireside Grill in Middleboro (508-947-5333)

Take Exit 6 off Route 495 onto Route 44 East. Head east for about two-tenths of a mile until you reach the Middleboro rotary. Bear right past a Friendly's restaurant. The Fireside Grill is located close to the rotary, next to Friendly's. (Route 28 will also take you to the rotary.)

Cost is \$20 for members and non-members

Registration Deadline: Oct. 28, 2000

Make non-refundable check payable to:

SEM./AMC

Mail completed form and check to:

Dexter Robinson
 227 Winter Street
 Hanson, MA 02341

Registration Form for 2000 Chapter Annual Meeting

Name _____

Address _____

City/State/Zip _____

Tel. _____ Number attending _____ Amt. Enclosed _____



Southeastern Massachusetts Chapter
APPALACHIAN MOUNTAIN CLUB
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Southeast Breeze

Fall Issue 2001
Sept. / Oct. / Nov.

SEM / AMC Silver Jubilee 25th Anniversary Annual Meeting set for November 3rd in Halifax

SEM/AMC celebrates its 25th Anniversary this year, and something special is planned for the Annual Meeting to commemorate this milestone in our chapter's history. The meeting will be held on November 3 at the Monponsett Inn in Halifax. An invitation will be sent separately to all Chapter members.

In addition to the business meeting and election of new officers for the Executive Board, there will be a social hour and sit-down dinner, plus live music and dancing, and one or two surprises in our "Breezin' Through the Years" celebration.

Executive Board Nominations

The Nominating Committee presents the following slate of nominees for the 2002 Chapter Executive Board. Members attending the Annual Meeting on Nov. 3 will be asked to vote on these nominees.

Chapter Chair	Anne Chace
Vice Chair	Bob Vogel
Treasurer	Donna Desrochers
Secretary	Barbara Vogel
Hiking Chair	Erika Bloom
Cape Hikes Chair	Janet DiMattia
Biking Chair	Nancy Beach
Canoe/Kayak Chair	Vacant
Skiing Chair	Barbara Hathaway
Trails Chair	Patrick Holland
Education Chair	Steve Tulip
Conservation Chair	Louise Anthony
Membership Chair	Linda Cronin
Communications	Wayne Taylor

(See p.2 for information on nominating procedures)

View from the Chair by Dexter Robinson

I can hardly believe that my term as Chapter Chair is winding down, and I want to thank everyone who has assisted me with managing chapter affairs, particularly the Executive Boards of the past two years. Although my term must end in November, I will continue coordinating Spring Meeting 2002, an all-club event hosted by our chapter. The planning committee assisting me includes Erika Bloom, Dick Carnes, Anne Chace, Vicki Fitzgerald, and Wayne Taylor. More people will be needed to help particularly on the weekend of the event (April 26-28, 2002). The title of our weekend is "Cape Cod Caper". Stayed tuned for more details in upcoming issues of the Breeze and on the SEM / AMC website (www.amcsem.org).

Plans for the 25th Annual Meeting in November also are well underway. Thanks to Anne Chace for coordinating this special Annual Meeting that I understand will contain not a few surprises.

In mid-July, I took part in a car camping weekend for leaders. Although our numbers were few, we had a marvelous time, great weather, and were treated to wonderful meals cooked by each of the participants. We hiked the Smarts Brook trail to the summit of Sandwich Dome and swam in the cool brook. We also scrambled up Mt. Cardigan via the challenging Holt trail. It was great opportunity to share our most challenging leading experiences along with what we learned. We hope to do this event again next year and expand it to include leaders of other activities.

Conservation continues to be a major AMC focus. Chapter Chairs met in August for a retreat focusing on this topic, and I made a presentation on our efforts to protect Ames Nowell State Park and Myles Standish State Forest from the damage caused by illegal ORV riding. Executive Director Andy Falender reports that in June the AMC began taking an exhaustive look at state public land management in New England. AMC and other organizations spend a significant amount of time fighting "fires" to prevent mismanagement of our public lands. Andy says that the club would like to set "the bar high for state agencies that are entrusted with the responsibility of managing our forests and parks."

Andy also reported that, in June, Acting Governor Swift withdrew the proposed Greylock Center plan, a 1,063-acre resort development below Mount Greylock, the state's highest peak. The project was widely criticized as an inappropriate use of a valuable natural area. The State is considering some components of the proposal that include expanding recreational trails

Continued on Page 7 ...



The Southeast Breeze is published quarterly by the Southeastern Massachusetts Chapter of the Appalachian Mountain Club. **Chapter Chair:** Dexter Robinson (781) 294-8840; **Vice Chair:** Anne Chace (508) 824-8871; **Treasurer:** Donna Desrochers (508) 673-7833; **Secretary:** Linda Wells (508) 379-1963; **Education Chair:** Bob Vogel (508) 238-7732; **Membership Chair:** Jennifer Simmons (508) 761-7888. **Newsletter Editor:** Wayne Taylor (508) 252-6995 or e-mail: wjtaylor@mediaone.net. **Website address:** <http://www.amcsem.org>

Editor's Notebook

Tell us about your last great outdoors adventure ... Your comments and suggestions are always welcome, as are your contributions of articles, poetry, photography or anything else related to your AMC membership. If you're submitting something, please be respectful of our deadline, which is the 22nd of the month, two months prior to the publication date (e.g. Oct. 22 for the Dec./Jan./Feb. issue). The newsletter will publish submissions on a space-available basis. Call us at 508-252-6995 or drop an e-mail to wjtaylor@mediaone.net if you've got something you'd like to submit.

Mark Your Calendars ...

SOLO Wilderness First Aid Training

Sept 15-16 at Camp Lyndon, Sandwich, MA

Sixteen hours of instruction covering first aid in a wilderness setting where medical assistance isn't readily available. Learn to handle: Patient assessment, dislocations, sprains, fractures and shock. Learn how to improvise splints and evacuate a patient. And most important: learn preparedness and accident avoidance. SEM Hiking committee rules require current WFA certification for Class 2 and up leaders, and WFA certification needs to be renewed every two years.

Cost: \$130 includes lodging Friday and Saturday nights (Cabins, BYO sleeping bags); deluxe group cooked meals Sat breakfast through Sun. lunch. Commuters: \$110, includes 2 lunches. (Non-AMC members: \$20 additional.) Space limited, please register ASAP

For more information, or to register contact: Bob Vogel, 508-238-7732 rvogel@mediaone.net

"Membership in a bottle"

A great gift for your favorite outdoors enthusiast.

Single Membership \$40.00

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good for AMC lodging, workshops and books.*

New members only

**Contact: Jen Simmons at
508-761-7888**



On the Cover — The southern flank of Mt. Washington on a bright, early Fall morning ... as seen from the summit of Mt. Jackson.

(Sept. 1987. Wayne Taylor)

The Highland Fling!

2001 AMC Fall Gathering

**October 19-21, 2001 at Graymoor Spiritual Life Center,
The Hudson Highlands on the Appalachian Trail**

The New York-North Jersey Chapter extends a warm invitation to attend *The Highland Fling*. The weekend starts with a light supper available until the wee hours, schmoozing and socializing. Saturday's workshops and activities start at 8:30 am and continue until 4 pm, followed by "A Chat with Laurie and Andy." Happy Hour and a banquet offering international cuisine reflecting the ethnic diversity of our Chapter rounds off the evening. Scottish dancing for those with energy left.

Cost: \$125/person (double room) from soup to haggis. Discount for campers.

For registration and info, visit: www.amc-ny.org/fall2001 or send SASE to Fran Braley, 31 Webatuck Road, Wingdale, NY 12594.

Become A Major Excursions Leader

Nov 30-Dec 2, Litchfield, CT

Visit some of the world's most exciting places as an AMC Major Excursions leader. This workshop provides training to enable you to lead the club's more complex and longer Major and Interchapter Excursions. *Previous outdoor leadership training is highly desirable.* Emphasis is on planning, cost estimating, trip management, people skills, and risk management. Includes procedures and guidelines for researching, proposing, and leading major excursions. Exchange ideas, problems, and solutions with some of the AMC's most skilled leaders. Small group size assures abundant discussion and access to instructors.

Cost: approx. \$65, includes 2 nights lodging, 2 breakfasts, and 1 dinner. We'll share space with CT Chapter Leadership Training, which is being conducted at the White Memorial Foundation in Litchfield, CT.

For registration and info, send SASE to Janet Taylor, 4 Trotting Horse Dr., Lexington, MA 02421. (781-862-1897, before 9 pm). Or email jtaylor@massed.net.

2002 Executive Board (from p. 1)

Nominating Procedures

Additional nominations may be made by any 10 members who specify their candidate for office. These nominations should be presented to Nominating Committee Chair Rich Iovanni (508-695-6909) or Chapter Secretary Linda Wells (508-279-1963) not later than 21 days prior to the Annual Meeting (Oct. 13). Nominations may not be made from the floor except in the case of the death, incapacity or withdrawal of the candidate. (*Nominating Committee Members: Paul and Louise Anthony, Keith Jacobson, Muriel Thomas.*)

Hiking and Backpacking

Chair — Walter Wells 508-279-1963

Vice Chairs — Charlie Farrell 508-822-2123

Erika Bloom 508-996-3290

Hike Rating: First character indicates distance in miles. Second character indicates leader's pace over average terrain. Third character indicates terrain.

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

Hikers unsure of their ability should try only one level higher than previously completed. **Note: NO PETS** without permission of Trip Leader. Individuals under 18 must obtain prior consent from Trip Leader.

Sat./Mon. Sept 1/3 - Pemigewasset Wilderness Backpack (B3C) Explore the remnants of the railroad era. Limited to eight participants. Map and compass and bushwacking experience required. Register with leaders John Poirier or Louise DesRochers at 508-822-1372 (6-9pm)

Sat. Sept 8 - Mt. Washington day hike. (A1A) Early start at a quick pace. Several thousand feet of elevation gain. Taking the Huntington Ravine Trail to the summit. Back down the Tuckerman Ravine Trail. This is a difficult trail for experienced, in-shape hikers only. Register with L John Pereira 508-254-8303 (6-8 pm) or email locclimbing@backpacker.com. CL Dexter Robinson 781-294-8840 (7-9 pm)

Sat/Sun Sept 15/16 - Wilderness First Aid. Contact Bob Vogel to register or for information 508-238-7732 (7-9 pm) email rvogel@mediaone.net.

Sat/Sun. Sept 22 /23 - Lonesome Lake Hut trip, a fun family weekend in NH's Franconia Notch State Park, jointly led by Boston family outings and SEM/AMC. The hike into this back-country hut is a short 1.75 miles, with a continuous moderate grade and 900 feet elevation gain. Cost is \$71/adult, \$46/ child under 16 yrs, includes 1 dinner, 1 breakfast and Sat. night bunk space. Register with SEM Leader Erika Bloom 508-996-3290 (7-9 pm) email ebloom@mediaone.net. Boston family outings leader is Valerie Paul 508-231-1483 email valerie.paul@verizon.net.

Sat. Sept 22 - Cardigan Mtn. (B3B) My First NH Hike. Short, strenuous climb up the Holt Trail. Moderate hike down from



Hiking Chair Walt Wells (here with son David on the summit of Mt. Monroe) completed his 48th NH 4,000-footer in early June. Pauline Jordan finished off her list on Mt. Madison in early July. Congratulations to Walt and Pauline and, for that matter, anyone else that's bagged all of the 48.

the summit on the Manning Trail. Has the feel of a big mountain hike with half of the effort. Register with Leader Patrick Holland. 781-925-4423 (7-9 pm) email pat.holland@littlebrown.com CL Steve Tulip 508-977-9309 (7-9 pm) email stullp@dpyus.jri.com

Sun. Sept 23 - Welch / Dickey Mtns. (C3B) Two great little peaks with more outstanding views than anything in the area. The loop trail crosses extensive ledges and outcroppings, and ascends the two summits. Register with CL Laura Smeaton 617-695-9903 (7-10 pm) email smeaton@sdc.harvard.edu. L Bob Vogel 508-238-7732 (7-9 pm) email rvogel@mediaone.net

Sat. Sept 29 - Zealand Valley (A3D) Nice walk through the valley from Zealand trailhead to Crawford Notch via the Ethan Pond Trail. Possible stops at Zealand Hut and Thoreau Falls. Register with leader Bob Emery 508-222-8460 (6-8p.m.) CL Pauline Jordan 508-676-5146 after 9 pm email Hirst30@aol.com

Sun. Sept 30 - Mt. Moosilauke (B3B) Summit climb from south-side's Ravine Lodge via the Gorge Brook and Carriage Road trails. Great 360-degree views. Register with L Wayne Taylor 508-252-6995 (6-9 pm) email wjtaylor@mediaone.net CL Mike Vining 781-344-0103 (7-9 pm) ▶

Hiking and Backpacking continued

Sat/Sun. Oct 6/7 - CHAPTER HUT NIGHT- Carter Notch Hut Register with Walt Wells 508-279-1963 (7-9 pm)

Sat. Oct 13 - Wapack Trail (B3B) Fall foliage hike with views of Mt Monadnock and surrounding area. Stop for dinner on the way home. Limited to 10 participants. Register with leaders, Louise DesRochers or John Poirier 508-822-1372 (6-9 pm)

Sat. Oct 13 - North Shore: Forests and Food (C4D) Explore Ravenswood Park (fine stands of Hemlock) and Haliubut Point State Park (granite quarry and beautiful cliffs). Stop at Woodmans in Essex for chowder after. Register with leader Patrick Holland 781-925-4423 (7-9 pm) email pat.holland@littlebrown.com CL Laura Smeaton, 617-695-9903 (7-10 pm) email smeaton@sdac.harvard.edu

Sat. Oct 20 - Sandwich Dome (A3B) Hike to the summit of NH's highest non-4000 footer from the Waterville Valley side. Register with Co-Leader Elizabeth Balaschak 508-823-2312 (7-9 pm) email ekbesq@mediaone.net. Leader Wayne Taylor 508-252-6995 (7-9 pm) email wjtaylor@mediaone.net

Sun. Oct 21 - Freetown State Forest (B3C) Hike 7-8 miles around ponds and through the woods. Register with Leader Bill Markson 508-947-6739 (7-9 pm) email mogulero@yahoo.com CL Charlie Farrell 508-822-2123 (7-9 pm)

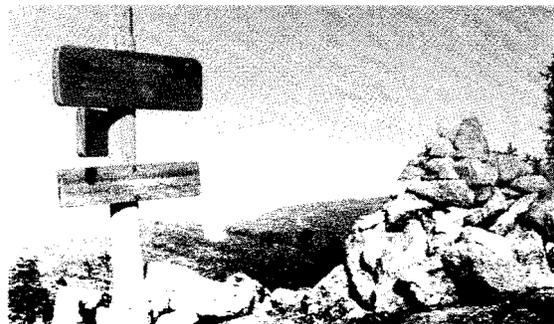
Sat. Oct 27 - Advanced Map and Compass - Blue Hills Area (C4B) Back by popular demand. Previous map and compass experience required. Focus on overcoming obstacles. Group size is limited. Register with L John Poirier 508-822-1372 (6-9 pm) CL Louise Desrochers

Sun. Oct 28 - Alander Mountain/Bash Bish Falls (B3C) Start at the spectacular Falls, then short strenuous ascent to Alander Mtn. with great views to the west into New York State. Register with Leader Patrick Holland 781-925-4423 (7-9 pm) email pat.holland@littlebrown.com CL Steve Tulip 508-977-9309 email stulip@dpyus.jnj.com

Sat. Nov 10 - FIFTH ANNUAL WINTER HIKING WORKSHOP Come learn about hiking and camping in the winter months. This is the annual kick-off event for the Winter Hiking Series. Contact Walt Wells 508-279-1963 or Charlie Farrell 508-822-2123 to register.

Sat./Sun. Nov 10/11 - Mt. Adams and Mt. Jefferson backpack (A2A) Early start. Heavy packs. Winter and technical gear required. Several thousand ft. elevation gain. Major routes: Six Husbands Trail to tree line; Buttress Trail back below tree line. Register with L John Pereira 508-254-8303 (6-8 pm) email iceclimbing@backpacker.com. CL Dexter Robinson 781-294-8840 (6-9 pm) email dexsue@massed.net

Sun. Nov 11 - Monroe State Forest, Mass. (B3B) Moderate hike through beautiful old growth forest in the northern Berkshires along the Spruce Mountain Trail. Register with L Patrick Holland 781-925-4423 (7-9 pm) email pat.holland@littlebrown.com CL Steve Tulip 508-977-9309 (7-9 pm) email stulip@dpyus.jnj.com.



Webster Cliff Trail

Sun. Nov 18 Gilbert Hills State Forest. (B3C) Good beginner hike through the forest and hills. Exact route to be determined. Register with CL Sally Smoot 508-339-7257 (7-9 pm) L Steve Tulip 508-977-9309.

Sat. Nov 24 - Blue Hills. (A3B) Get out of the house and away from the mall for a late fall walk. Register with leader Charlie Farrell 508-822-2123 (7-9 pm) CL Mike Vining 781-344-0103 (7-9 pm)

Sat./Sun. Nov 24/25 Ethan Pond Backpack (B3B) Work off that turkey with this moderate paced backpack to the pond and beyond. Depending on conditions, full winter gear may be required. (Last year we had over a foot of snow on the ground.) Register with Leader Walt Wells 508-279-1963 (7-9 pm) email wwells50@aol.com L Steve Tulip 508-977-9309 (7-9 pm) stulip@dpyus.jnj.com

ROCK CLIMBING see page 8

AMC Activities Risk Statement: Activities listed here involve varying degrees of danger. When you participate in these activities, you should be prepared physically and mentally, and equipped with appropriate gear. You should be aware of the risks and conduct yourself accordingly. Volunteer trip leaders are not responsible for your safety; you are. Before registering for any activity, you should discuss your capabilities with the trip leader. To participate in chapter activities, individuals under age 18 must be accompanied by a parent or responsible adult, or obtain prior consent from the trip leader. Those accompanied by a minor are responsible for the minor's actions.

Cape Cod Hikes

Chair — Janet DiMattia (508) 394-9064

Thurs. hikes start at 9:30 am; **Sat. hikes** start at 10:00 am - bring lunch; **Sun. hikes** start at 1:00 pm unless noted. NO DOGS allowed. (See p.4 for Hike Rating information)

Call Leaders for more information

Thurs. Sept 13 - Harwich, Herring River (C3D) - Exit 9 S off Rte 6 onto Rte 134. Turn L at 3rd light on Upper County Rd. then immediate L onto Great Western. Follow approx. 2.2 mi. Park inside fence on L at Sand Pond. L Janet DiMattia 508-394-9064. Potluck lunch at leader's following hike.

Sat. Sept. 15 - Truro, South Pamet (A2B) Bring Lunch. From Rte. 6 Truro, turn E at Pamet Rd. sign. Meet at end of So. Pamet Rd. L Brigitte Falzone 508-240-1973

Sun. Sept 16 - Wellfleet, Marconi Beach area (C3D) - Follow signs from Rte. 6 (Marconi Beach Rd.) L to HQ parking. Go past HQ bldg, take 1st R, park on road. L Barbara Hollis 508-240-1973

Sun. Sept 16 - Barnstable Conservation Land, Trail of Tears end to end. (B2B) Bring lunch. S. on Rte 149 off Rte 6 at Exit 5, R on Service Rd. Park under power lines. L Peter Selieg 508-432-7656

Thurs. Sept. 20 - Eastham, Salt Pond Visitors Center (C3C) From Rte 6 at lights, turn R on Nauset Rd. and park in Visitors Center pkg lot on R. L Frank Handlen 508-349-7396

Sun. Sept 23 - Mashpee, South Cape Beach S.P. (C3C) - From Mashpee Rotary take Great Neck Rd. S for approx. 2.2 mi. Turn L on Great Oak Rd and follow to end to Town Beach pkg lot, approx. 2.5 mi. L Gary Miller 508-540-1857

Thurs. Sept 27 - Sandwich, Maple Swamp (C3B) Exit 4 S, off Rte. 6 on Chase Rd. Turn R (West) immediately onto Service Rd. At approx. 1 mi, park in lot on left. L Janet Kaiser 508-375-0574

Sun. Sept 30 - Sandwich, Scorton Creek (C4D) Exit 5 N from Rte. 6 to L on 6A. At 3.6 mi. cross concrete bridge, take next L to Scorton Creek pkg lot L George Bowman 508-362-0163

Sun. Sept 30 - Wellfleet, Newcomb Hollow Beach (B3B) At second light in Wellfleet turn R on Gross Hill Lane, turn L on Ocean View Drive to end following signs to Newcomb Hollow Beach. L Ron VanderWiel 508-255-3361

Thurs. Oct 4 - Barnstable, Deacons Farm (C4D) Exit 5 off Rte 6, to N. Park behind Fire Station on R. L Harry Dombrosk 508-385-9502

Sat. Oct 6 - Brewster, Punkhorn Parklands (A2B) Exit 9 N off Rte 6 onto Rte 134. Turn R at 2nd traffic light onto Setucket Rd, then R onto Run Hill Rd. Go 1 mi past Brewster D.P.W and park in Punkhorn Parklands main prkg lot at end of pavement. Bring Lunch. L Brigitte Falzone 508-394-6343

Sun. Oct 7 - Barnstable, Sandy Neck Beach (B3B) Rte. 6A to Sandy Neck Beach Parking Lot at end of Sandy Neck Rd. L Pam Carter 508-398-2605

Thurs. Oct 11 - Dennis, Indian Lands (C3D) Go South on Old Bass River Rd. from Rte 6A in Dennis Village. In 4 mi. turn R into pkg lot at Town Hall after RR crossing. L Barbara Rogers

Sun. Oct 14 - Truro, Ryder Beach (C3C) Route 6 North to first left (Prince Valley Rd) after Wellfleet/Truro line to dead end, then right on Old County Road. Take next left (Ryder Beach Road) to parking area. L Frank Handlen 508-349-7396

Sun. Oct 14 - Wellfleet, Jeremy Point - Bring Lunch (A1B) Turn N off Rte 6 at "Wellfleet Center" sign onto Main St. Turn L on Chequessett Neck Rd. "at the dory." Park in Great Island pkg lot on Left. L Peter Selig 508-432-7656

Thurs. Oct 18 - Barnstable, Spruce Pond (3CD) Exit 5 off Rte 6. Park in grass triangle immediately at left. L Heidi Moss 508-362-6440

Sun. Oct 21 - Brewster, Nickerson State Park (C4C) Park in main prkg lot at entrance on Rte. 6A. L Don Costa 508-760-5478

Thurs. Oct 25 - Falmouth, Bourne Farms (C3C) From Rte 28 turn on Thomas Landers Rd. S toward 28A. See sign on 28A for Bourne Farms. L Nancy Wigley 508-548-2362

Sat. Oct 27 - Wellfleet, Griffin Island (A2B) Bring lunch. Turn N off Rte 6 at "Wellfleet Center" sign onto Main St. Turn L on Chequessett Neck Road "at the dory." Park in Great Island pkg lot on L at end of road. L Brigitte Falzone 508-394-6343

Sun. Oct 28 - Wellfleet, White Crest Beach (C3C) From Rte 6, E on LeCount Hollow Rd. to end. L on Ocean View Rd to beach pkg lot. L. Frank Handlen 508-349-7396



Local Cape Hikes (continued)

Thurs. Nov 1 - Dennis, Run Pond.(C4C) From the intersection with Old Bass River Rd. go W on Setucket Rd. approx. 1 mi. and park in small lot on N side of Rd (bike path) E of junction with Mayfair Rd. L. Barbara Hollis 508-240-1973

Sat. Nov 3 - Brewster, Nickerson State Park (B3B) Go into main entrance of Park. Take first L onto Flax Pond Rd. Park at end of boat ramp. L. Bob Freeman 508-432-4341

Sun. Nov 4 -Yarmouth, Inkberry Trail (C3D) From Rte. 6 Exit 7 S. Go N from Rte. 28 at light onto Winslow Hollow Rd parking on left .4 mi. L. Janet DiMattia 508-394-9064

Sun. Nov 4 - Truro, North Pamet (B3B) From Rte. 6 Truro, turn E at Pamet Rd. sign. Meet at end of Pamet Rd. L. Ron VanderWiel 508-255-3361

Thurs. Nov 8 - Mashpee, South Cape Beach (C3C) From Mashpee Rotary take Great Neck Rd S for approx. 2.2 mi. Turn L on Great Oak Rd. and follow to end to Town Beach Pkg Lot., approx. 2.5 mi. L. Gary Miller 508-540-1857

Sun. Nov 11 - Harwich, Hawks' Nest State Park (C3C) Rte. 6 to Exit 11 S on Rt. 137. Take first R on Spruce Rd. At 0.5 mi park on side of Rd. L. Janet DiMattia 508-394-9064

Thurs. Nov 15 - Brewster, Parson's Perch (C4D) From intersection of Rtes. 6A & 134, take 6A E 0.8 mi. Turn R on Airline Rd. At 1.3 mi continue across to Slough Rd. and park on L at 0.8 mi at Walker Pond pkg area. L Harry Dombrosk 508-385-9502

Sat. Nov 17 - Truro, Pamets - Bring Lunch. From Rte. 6 Truro, turn E at Pamet Rd. sign. Meet at end of So. Pamet Rd. (B3B) L. Bob Freeman 508 432-4341

Sun. Nov 18 - Mashpee Johns Pond (C3C) N. on Currier Rd. Off Rte 151 and quick R on Hooppole Rd. Follow signs to Town Landing through trailer park. L Farley Lewis

Sun. Nov 18 - Barnstable, Sandy Neck (A2B) To the Light-house. Starting time 10:00 - Bring lunch - Rte. 6A to Sandy Neck Beach Pkg Lot at end of Sandy Neck Rd. L Peter Selig 508 432-7656

Thurs. Nov 22 - THANKSGIVING DAY HIKE - So. Yarmouth, Bud Carter Trail (C3B) Limited pkg on road. Park at leader's house at 22 Driftwood Lane. Exit 8 S from Rte. 6. L at light onto White's Path. At end L onto No. Dennis Rd. Go approx 3/4 mi to Driftwood Lane on R. L Pam Carter 508-398-2605

Sun. Nov 25 - Wellfleet Duck Harbor (B3B) Turn N. off Rte 6 at "Wellfleet Center" sign. Turn L on Chequessett Neck Rd. "at the dory" and follow to end. Turn R opposite Great Island pkg lot. Park in lot at end of this road. L Janet Kaiser 508-375-0574

Thurs. Nov 29 - Cape Cod Canal (C3C) Park at Visitors Center on N side. L Donna Nickerson 508-528-3043

Biking

Chair — Connie Austin 420-8943

Co-Chair — Elsie Lavery 823-0634

HELMETS REQUIRED.

Beginner = mostly flat, 15-18 miles, 10-12 mph pace
Intermediate = some hills, 25-35 miles 13-16 mph
 Call leaders before 9 pm to match rides to biking ability.

Sat. Sept. 8 - Popular ride on country roads with stop at the Acushnet Peach and Apple Festival. Approx. 25 miles at leisurely pace. L Elsie Lavery 508-823-0634

Sun. Sept. 9 - Easy ride. Rock Harbor to Coast Guard Beach. Meet 1 pm. Directions: Rt. 6 to Orleans Circle to Rock Harbor. L George Byron 508-760-3883

Sat. Sept. 15 - Wellfleet. Intermediate, 40 mi. L Jim Kilpela 508-295-1361 or jmkilpela@mediaone.net before 9 pm

Sat. Sept. 22 - Sharon. The best foliage ride along Mass Audubon roads with lunch at Borderland, viewing Lake Massapoag and last ice cream of the season at Crescent Ridge. 30-35 mi. Beginner/intermediate depending on participants. L Nancy Beach 508-699-0032 / 617-899-5285

Sun. Sept 23 - Repeat of June's washout. Horseneck Beach area with visit to local brewery or winery. 25-30 miles, Easy pace. L Elsie Lavery 508-823-0634

Sat. Oct. 6 - Cape Cod Rail Trail. Ride all or part of this beautiful path with lunch stop along the way. Dennis to Eastham and back is approx. 60 miles or opt for short route. L Elsie Lavery 508-823-0634

Sat. Oct. 13 - Rehoboth. Foliage finale on country roads, past horse farms and stopping at quaint country store. 30-35 mi. Beginner /intermediates, depending on participants. Nancy Beach 508-699-0032 / 617-899-5285

Sat. Oct. 20 - Rochester/Lakeville/Marion—Intermediate, 35 mi. Pretty countryside, backroads. Mostly flat! Jim Kilpela 508-295-1361, jmkilpela@mediaone.net before 9 pm.

Biking continued

Nov. 10 - Plainville/Wrentham/Cumberland - Horse farms and quiet country roads, in search of ice cream or hot chocolate, depending on weather. 25-30 mi, intermediate, beginners welcome. L Nancy Beach 508-699-0032/617-899-5285

Canoe and Kayak

Chair — Arthur Hart (781) 762-5251

Vice Chair — Dave Williams (508) 238-3638

WEBSITE: <http://community.webtv.net/ajhart/SEMASSAMCCANOEKAYAK>

RENTALS: Members \$6/day, Non-members \$15 — *Old Town 17' FG Canoe* (Dave in Easton 238-3638); *Grumman 17 ft Alum. Canoe* (Carolyn in Sandwich 888-4923); *Chinook 17 ft Sea Kayak* (Carrie in Harwich 430-9892) **SAT. TRIPS:** call L or CL to register and for time and directions to put-in. Ls will screen for suitable experience. **WED. or THURS. TRIPS:** no registration required unless listed. Allow time to park, launch and be ready to go at 10:30 am

Contact L or Art Hart, 781/762-5251, ajhart@webtv.net, for more details on Sat. or Wed trips

Sat. Sept 1 - Chase Garden Creek from Gray's Beach, Yarmouthport. L Jeff Tubman 508-896-7858

Wed. Sept 5 - Pamet Harbor and River, Truro. L Dick Covey 508-790-1016, dickcovey@mediaone.net Launch at Town ramp. Rt 6 N to Pamet Roads/Truro Center exit, under Rt 6 to L on Castle Rd and quick R on Depot St to harbor

Sept 8-15 - Rangely Lakes ME canoe & camping. L Dave Shephard 508-548-8717 or davesheprd@aol.com

Sat, Sept 15 - Mill Creek and Sandwich Harbor, Sandwich. L Carolyn Crowell 508- 888-4923 or ccrowel@capecod.net

Wed, Sept 19 - Back River, Pocasset. L Ray Buchan 508-564-6562 Launch from Monument Beach marina, Emmons Rd off Shore Rd.

Sat, Sept 22 - Bassett's Island from Hen Cove, Cedar Point Dr off Shore Rd, Pocasset. CLs Nancy Wigley 508-548-2362 or nrwigley@cape.com, and Muriel Thomas 508-428-3593 or mmtctrv@aol.com

Wed. Sept 26 - Herring Pond, Bourmedale from Town launch, South end of Pond on Herring Pond Rd.

Sat. Sept 29 - Leader's choice. L Jeff Tubman 508-896-7858 or jtbmn@capecod.net.

Wed. Oct 3 - Walkers Pond, Brewster - Town boat launch off Slough Rd at South end of pond

Sat Oct 6 - Blackstone River, Northbridge/Uxbridge. L Art Hart 781/762-5251 or ajhart@webtv.net

Wed. Oct 10 - Washburn Island, Falmouth. Rt 28 to Mashpee Rotary to Great Neck Rd to Great Oak Rd to sign for Great River Boat Landing.

Sat. Oct 13 - Assabet/Concord Rivers. L Art Hart, CL Deb Sager 978/663-3965 debsag@earthlink.net

Wed. Oct 17-Scorton Creek, E Sandwich. Launch at Old State Wildlife Area 0.2 mile on gravel road off Rt 6A just West of Scorton Creek bridge

Sat. Oct 20- Paddle Martha's Vineyard. CLs Pam Browning 508/696-0295, pambrowning@webtv.net, and Dave Shephard 508/548-8717, davesheprd@aol.com. Cost \$16 or less. Advance registration may get group discount

Wed. Oct 24- Osterville Grand Island- Cotuit Rt 28 to Putnum Rd (1/2 mile West of Rt 149), South 1.9 mile to Old Shore Rd to Town Landing.

Sat. Oct 27- Neponset River, Norwood to Hyde Park. L- Art Hart 781/762-5251 or ajhart@webtv.net

Wed. Oct 31- Herring River and West Reservoir, West Harwich. Rt 28 to Town Landing at Herring River bridge.

View from the Chair (continued from p. 1)

and developing an environmental education center.

In the last issue, I announced two projects for which the chapter had received special funding. To date, five leaders plan to take the "Leave No Trace" course and will receive travel/tuition reimbursement. We still have funding for three more leaders. The second project involved supplying first-aid kits for all chapter leaders. The Board is in the process of purchasing and distributing them.

Finally, although serving as chapter chair has been challenging, it has offered me the opportunity to meet and work with many AMC members in our chapter, other chapters, and to work closely with AMC staff at Joy Street. The latest chapter membership list I received indicates 2702 chapter members. I strongly encourage old as well as new members to get involved with chapter activities whether it be participating in a trip or helping out with a special function or activity. I can guarantee that you will receive much more from the involvement than what you contribute. ▲ ▲ ▲



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APPALACHIAN MOUNTAIN CLUB
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Dated Material; Please Expedite !



CHAPTER HUT NIGHT at Carter Notch Hut October 6 - 7, 2001

Join us for our annual rite of autumn - **Chapter Hut Night in the Whites**. This fall we'll be at Carter Notch Hut, the eastern-most point in the AMC's high hut system, situated at about 3,300 feet and a moderate hike of 3.8 miles up the Nineteen Mile Brook Trail.

Carter is a self-service facility in the Fall, so we'll be cooking our own group meals for Sat. supper and Sun. breakfast. **Cost:** \$30/person, all inclusive. Space is limited to 30 people. **Register ASAP with Walt Wells, 508-279-1963.**

ROCK CLIMBING AND BOULDERING

Contact: John Pereira, 508-254-8303 (6-8 pm)
email: iceclimbing@backpacker.com

With interest in the sport soaring, SEM/AMC has begun offering a beginner-level rock climbing program. Prior experience is not a prerequisite; a sense of adventure is.

Top roping trips are coordinated by John Pereira and Brian Donelan, who have six and 22 years of experience, respectively, and have climbed extensively in the Northeast. *Bouldering* trips will be coordinated by Pereira, with assistance from Donelan and other experienced climbers. **Equipment:** Rock climbing shoes are required for all activities and a harness is required for the top roping climbs. Safety helmets will be provided. Cancellations possible due to uncooperative weather or other circumstances.

Top Roping (Weekends)

Sept 22 - Rumney, NH

Oct 13/14 - Rumney, NH

Nov 3 - Purgatory Chasm, MA

Bouldering (Tuesdays)

Sept 11 - Lincoln Woods, RI

Oct 23 - Lincoln Woods, RI

Nov 13 - Lincoln Woods, RI

**EMS Club Day is Saturday, October 27th —
Club members get 20% off all in-stock items**



Southeast Breeze

Spring Issue 2001
March / April / May

Leadership Training Day Saturday, April 7, 2001

SEM/AMC will conduct an all-day **free** leadership training workshop on April 7 at Borderland State Park for members who wish to lead, or co-lead, activities for the chapter. There are no prerequisites except the desire to learn!

Register with Bob Vogel, 238-7732 (6-9 pm) or e-mail: rvogel@mediaone.net

The workshop will help current and prospective leaders gain the knowledge they need to plan, organize and lead safe and enjoyable AMC trips, and help them build confidence and enthusiasm about leading chapter activities.

Among the workshop topics will be: trip planning, leadership styles, leader's liability. Instruction will be by AMC staff and/or leaders. **FREE LUNCH** will be provided by the Chapter!

This training is an excellent introduction for all potential leaders — hiking, biking, paddling or skiing — who wish to lead SEM/AMC trips.

Change Proposed to By-Laws

Your Executive Board is proposing a change to the Chapter By-Laws that would create a new "Cape Hiking Committee" and also authorize an additional seat on the Board to represent this committee.

This proposal seeks to formalize the existing Cape Hikes group that already provides an active program of day hikes and local walks on Cape Cod for many of our members. The Board recognizes these activities are quite different from those planned and led by the existing Hiking Committee. By seeking formalization of the Cape Hikes group, the Board wishes to assure that this committee and the members who enjoy its activities are provided the same access to committee funding and Chapter-sponsored programs as any of the other standing committees within SEM/AMC.

Members attending the Spring Fling on May 5th will be asked to vote on the proposed amendment during a short business meeting to be held at the event.

View from the Chair by Dexter Robinson

Welcome to the first *Southeast Breeze* of the new millennium, which officially began in 2001. It's been a busy winter season with many activities. About 30 people came out to the Winter Festival in early January, where we had snow for the first time in many years. Those who came enjoyed presentations by Walt Wells, Erika Bloom, and Charlie Farrell on winter hiking. EMS's Fred Abrams presented an introduction to snowshoeing, and later, John Pereira gave a photo workshop while some enjoyed a hike and the opportunity to try out snowshoes. Our winter program was a success as we offered more hikes and overnights this year than ever before and included a more advanced winter series for the first time.

In the last issue, I reported on the Executive Board's endorsement of a prohibition of personal watercraft (PWC) in the Cape Cod National Seashore. For similar reasons, the Board voted at its November meeting to oppose the re-introduction of off-road vehicles (ORVs) into Myles Standish State Forest. At the Board's urging, I wrote letters to the Dept. of Environmental Management (DEM) and to the editors of 12 local newspapers stating our position. DEM is studying the feasibility of allowing ORVs back into the forest after prohibiting them for some 4 years.

A public hearing was held December 13th to comment on a draft trail and resource management plan prepared for DEM by a consulting firm. This meeting — punctuated by loud, intimidating outbursts from the trail riding community — was an opportunity for all concerned about the future of Myles Standish to express themselves. On behalf of the Board I read a statement stating our opposition to ORV use in the forest. (Copies of that statement and our letters are posted on the SEM Website.) One only need hike a short distance in Myles Standish to observe the ongoing damage to trails and the environment caused by these vehicles.

My wife and I along with SEM member Dick Carnes had a first-hand look at more recent ORV damage to the wild western section of Ames Nowell State Park in Abington, where ORV riding is prohibited. Our quiet hike there was interrupted by two loud 3-wheel ORVs that came crashing through the woods on the hiking trail. One got stuck in a wet swamp-like area and proceeded to churn mud and water in all directions. Park officials there have been unable to enforce the ORV ban and have received no help from DEM. If you are concerned about this and the vanishing quiet places in eastern Massachusetts, I suggest you write or call DEM, which appears not to be living up to its mission of "exercising care and oversight for the natural, cultural, and historic resources of the Commonwealth and to provide quality public recreational opportunities which are environmentally sound." Our chapter website now contains some photos of ORV damage at our state forests and parks.

In mid-November the AMC Facilities Committee voted to close the Wonalancet Cabin immediately based on life-safety concerns over the settling of the roof and heavy winter snow loads. There was much reaction by club members to the abrupt closing and its timing. Wonalancet Cabin is on the edge of the WMNF, near

continued on page 7 ...



The *Southeast Breeze* is published quarterly by the Southeastern Massachusetts Chapter of the Appalachian Mountain Club. **Chapter Chair:** Dexter Robinson (781) 294-8840; **Vice Chair:** Anne Chace 824-8871; **Treasurer:** Donna Desrochers 673-7833; **Secretary:** Linda Wells 379-1963; **Education Chair:** Bob Vogel 238-7732; **Membership Chair:** Jennifer Simmons 761-7888. **Newsletter Editor:** Wayne Taylor 252-6995 or e-mail: wjtaylor@mediaone.net. **Website address:** <http://www.amcsem.org> All area codes are 508 unless noted.

Editor's Notebook

Tell us about your last great outdoors adventure ... Your comments and suggestions about this newsletter are always welcome, as are your contributions of articles, poetry, photography or anything else related to your membership in AMC. If you're submitting something, please be respectful of our deadline, which is the 22nd of the month, two months prior to the publication date (e.g. April 22 for the June/July/August issue). The newsletter will publish submissions on a space-available basis. Call us at 252-6995 or drop us an e-mail at wjtaylor@mediaone.net if you've got something you'd like to submit.

Not getting your copy of the Breeze? If you're not receiving the newsletter, please call Membership Chairperson Jennifer Simmons (761-7888) or drop her an e-mail (jensimmons@massed.net) to be sure you're on the list.

Mark Your Calendars ...

Wilderness First Aid training: SEM/AMC will once again sponsor a Wilderness First Aid (WFA) training course this fall at Camp Lyndon in Sandwich, MA. It won't be till September, but if you're interested in furthering your first aid skills, save the weekend of Sept. 15-16. Registration details will follow in the next issue of the Breeze. This excellent course is taught by the SOLO organization of Conway, NH. SEM Chapter leaders should note that there will be partial scholarships available to help defray the cost of the course.

Chapter Hut Night: This rite of Fall is planned for the weekend of October 6-7 at Carter Notch Hut. Foliage is often at its peak on this weekend. More details will follow in subsequent issues of the Breeze.

"Membership in a bottle"

A great gift for your favorite outdoors enthusiast.

Single Membership \$40.00

Family Membership \$65.00

*Nalgene Bottle with \$10 Gift Certificate
good for AMC lodging, workshops and books.*

New members only

**Contact: Jen Simmons at
761-7888**



ON THE COVER ...

The view looking north toward Bondcliff and the remote woods of the Pemigewasset Wilderness.

The stream in the foreground is the East Branch of the Pemigewasset, beside which runs the Wilderness Trail. The trail follows the bed of a logging railroad, which last operated in the area in the late 1940s.

Photo: Wayne Taylor, May 1998

Newsy Bits

UPDATES

Bascom Lodge ... After 18 years of managing this facility on the summit of Mt. Greylock, AMC has decided to fold its tent. The decision to stop managing Bascom Lodge is due mostly to environmental issues relating to failing water and waste disposal systems at the summit. Mass. DEM is responsible for maintaining these systems and has asked the Club to commit to full or substantial funding of the estimated \$1 million cost of new systems. AMC is unwilling to make that kind of financial investment; however, the Club will continue to provide trails stewardship on Mt. Greylock.

Greylock Glen ... Mass. Inspector General has put a halt to this controversial development project until his office has investigated the many concerns raised by AMC and others.

VOLUNTEER OPPORTUNITIES

Volunteers needed for 2002 Club-wide meeting ... Our Chapter will be hosting a weekend meeting next Spring for everyone in AMC — from the Delaware Valley to Maine — and we might just need a little help to make sure everything goes off smoothly. Hosting this major event alternates among all the local chapters, and every six years we have the honor of showing our fellow Club members from other parts of the Northeast what we do for fun and recreation here in Southeastern Massachusetts.

The event will likely be held sometime in late April 2002 and will involve activities on Friday night, Saturday and half a day on Sunday. We're looking for SEM/AMCers willing to volunteer on the days of the event and also, if you've got the time and creative energy, to participate in the planning process. For instance, we're looking for ideas on how to entertain our guests after dinner on Saturday night.

Anyone interested in helping us out can call SEM/AMC Chapter Chair Dexter Robinson at 781-294-8840, 7-9 pm, or email him at: dexsue@massed.net.

Interchapter Trailwork on the AT... Work on Mt. Greylock, the state's highest mountain, on Sat., May 26th. Here's your chance to give back to the Appalachian Trail, the hiking path we all love. Join a multi-state effort to maintain the AT in Massachusetts. Saturday workday begins at 9AM. Meet at the Mt. Greylock Visitors Center.

All levels welcome from beginners to experts. Instruction provided. Bring water, lunch, snacks. Be prepared for rain and cold. Bring work gloves.

Afterwards, savor a scrumptious dinner at South Congregational Church in Pittsfield -- \$12 for social hour, dinner and English Country dancing. Reserve by May 14th. Call the Mt. Greylock Visitors Center at (413) 443-0011, Ext. 16. Be sure to ask about camping sites and other overnight accommodations. A confirmation packet will be mailed with directions, what to bring, etc.

Hiking and Backpacking

Chair — Walter Wells 279-1963

Vice Chairs — Charlie Farrell 822-2123

Erika Bloom 996-3290

Hike Rating: First character indicates distance in miles. Second character indicates leader's pace over average terrain. Third character indicates terrain.

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

Hikers unsure of their ability should try only one level higher than previously completed. **Note: NO PETS** without permission of Trip Leader. Individuals under 18 must obtain prior consent from Trip Leader.

Sat. Mar. 10 Blue Hills / Skyline Trail (A2B) Hike this popular trail from end to end. Total distance: about 8.5 miles. Register with L Walt Wells 279-1963, 6-9 pm, or email wwells50@aol.com L Charlie Farrell 822-2123.

Wed. Mar. 14 Hiking Committee Trip Planning Meeting. 7:00 pm at the Unitarian Universalist Church in Middleboro, 25 South Main St. Questions? Call Walt Wells 279-1963, 6-9 pm. Everyone is always welcome.

Sat. Mar. 24 Ponkapoag Pond / Blue Hills (B3D) An easy 5 mile hike around the pond with a possible side trip down the Boardwalk if the water level is right. The Boardwalk is a 1/3rd mile wooden walkway thru a white cedar swamp) Register with Ls Linda or Walt Wells 279-1963, 6-9 pm, or e-mail wwells50@aol.com CL Pauline Jordan 676-5146, 6-9 pm

Sun. Mar. 25 "My First AMC Hike": Myles Standish State Park (B3D) Don't just read along, come along on this easy 3-mile loop, followed by a faster 4-mile loop for those interested. Register with L Bob Vogel 238-7732 6-9 pm or e-mail rvogel@altavista.net Or CL Linda Church 495-1308, 7-9 pm, or e-mail lchurch@whoi.edu

Sun. Apr. 1 Hike the woods on Bill Markson's land (B3D) An easy hike thru woods and swampy areas in Lakeville, MA. Register with L John Poirier 822-1372, 6-9 pm, or e-mail JCPoirier@mediaone.net CL Bill Markson 947-6739, 6-9 pm, e-mail mogulero@yahoo.com

Sat. Apr. 7 Leadership Training at Borderland State Park. A great training program for existing trip leaders or those interested in becoming trip leaders. Open to everyone. See story on p.1. Contact Bob Vogel 238-7732, 6-9 pm, or e-mail rvogel@altavista.net

Sun. Apr. 8 Blue Hills Haul (B2B) Come explore this hilly reservation, not via the Skyline Trail, while we get a good workout. Great views. great fun! This is not for beginners! Register with L Bob Vogel 508 238-7732, 6-9 pm, e-mail rvogel@altavista.net. CL Linda Church. 495-1308, 7-9 pm, or e-mail lchurch@whoi.edu

Sat. Apr. 21 Wapack Trail (B3B) Vigorous hike through woods and over peaks with many scenic vistas. Register with L John Poirier 822-1372 6-9 pm CL Louise Desrochers.

Sun. Apr. 22 George Washington Management Area, Rhode Island (B3C) Easy, 8-mile loop hike in the woods of Western Rhode Island. Register with L Richard Jussaume 285-8940 6-9 pm or e-mail richjuss@ici.net CL Pauline Jordan 676-5146 or e-mail hirst30@aol.com.

Sat. Apr. 28 Horseneck Beach (B3C) Join us on our annual beach walk. Register with L Charlie Farrell 822-2123 or Ray Butts 880-8579 7-9 pm

Sat. Apr. 28 2nd Annual Spring Thaw Special (B3C) Leader's choice of a moderate mountain in southern New Hampshire or Massachusetts that can be climbed without winter gear. Moderate to leisurely pace for those who took the winter off. Register with CL Wayne Taylor 252-6995, 6-9 pm, or e-mail wjtaylor@mediaone.net L Bob Vogel 238-7732, 6-9 pm, or e-mail rvogel@altavista.net.

Sun. Apr. 29 "My First AMC Hike": Borderland State Park (B3D) Don't just read along, come along on this easy 3- mile loop, followed by a faster 4 mile loop for those interested. Register with L Bob Vogel 238-7732, 6-9 pm, or e-mail rvogel@altavista.net.

Sat. May 5 Young Members Hike, Myles Standish State Park. A joint hike with Boston Chapter Young Members. Register with L Linda Church 495-1308 7-9 pm or e-mail lchurch@whoi.edu

Sun. May 6 Blue Hills / Massachuseuck Trail. (B3C) Nice trail thru woods by Ponkapoag and Houghton's Ponds to Chickatawbut Hill. Register with L Richard Jussaume 285-8940, 6-9 pm, or email richjuss@ici.net. CL Bill Markson 947-6739 6-9PM or email mogulero@yahoo.com.

Sat. May 12 Mount Monadnock (B3B) Join us in this popular hike via the Cascade Link and Pumpelly trail to the summit of Monadnock. Spectacular views. Register with Ls Walt or Linda Wells 279-1963 or e-mail wwells50@aol.com.

Sat. May 19 Welch and Dickey Mountains (B3B) Moderate hike with lots of views in all directions. Rocky terrain with ledges. Some hiking experience recommended. Good intro hike to the White Mtns. Register with L Louise Desrochers 822-1372 CL John Poirier 822-1372. CL Pauline Jordan 676-5146

Hiking and Backpacking continued

Sat. May 19 Middle and South Carter Mtns. (A3B) Up the Imp Trail, across the Carter Moriah Trail and down the 19 Mile Brook Trail. Register with L Bob Emery 222-8460 7-9 pm. CL Rick Barnes 830-0479 or e-mail: rwbarzee@aol.com.

Sun. May 20 Mt. Moriah (A3B) Up and down the Carter Moriah Trail with many fine views of the north country. Register with L Bob Emery 222-8460 7-9 pm. CL Rick Barnes 830-0479 or e-mail: rwbarzee@aol.com

Sat. May 26 - Mon. May 28 The Bonds and South Twin Mountains. (A3B) Two night backpack. Possible camp-out on Friday night for early start Sat. on long hike to Bondcliff and Mt Bond, with overnight at Guyot Campsite. Second day hike to So. Twin with overnight at 13 Falls Campsite in Pemi Wilderness. Register w/ L Wayne Taylor, 252-6995 6-9 pm, e-mail wjtaylor@mediaone.net. CL Richard Jussaume, 285-8940 or e-mail richjuss@ici.net.

Sat. / Sun. June 2-3 Zealand Hut overnight. (B3C) Join us for a hiking weekend at this popular hut. In via the Zealand Tr. with optional pm hike to Thoreau Falls. Sun. possible early hike to scenic Zeacliff Overlook. Hut fee: \$62 Limit: 8 hikers. Register ASAP with L Erika Bloom 996-3290 7-9 pm or e-mail ebloom@mediaone.net. Checks must be received by May 1. Other L Wayne Taylor, 252-6995 7-9 pm, wjtaylor@mediaone.net.

Sat. June 9 Mt Monroe, NH (B3B) Join us for Walt Wells' 48th 4000 ft. on this moderately paced 7.8 mile hike via the scenic Ammonoosuc Ravine Trail. Optional stay over at Lakes of the Clouds Hut. Register with L Dexter Robinson 781-294-8840 7-9 pm or e-mail dexsue@massed.net Or CL Linda Wells 279-1963 or e-mail wwells50@aol.com

Local Hikes on Cape Cod

Thursday & Sunday Hikes

Cape Hikes Committee Chair: Janet Kaiser 375-0574

Co-Chair: Janet DiMattia 394-9064.

Thurs. hikes start at 9:30 am, last about 2 hrs, 5-7 miles.

Sun. hikes start at 1:00 pm, last 2-2 1/2 hrs, 6-8 mi.

Moderate pace. NO DOGS.

Thurs. Mar. 8 Yarmouth, Bud Carter Trail. From Rte 6 Exit 8S onto Station Rd.. Turn L at first traffic light onto Whites Path, follow to end. L across bridge to Driftwood Lane. Park at 16 Driftwood Lane if no space avail at trailhead. L Pam Carter 398-2605

Sun. Mar. 11 West Barnstable. Barnstable Conservation Land. Exit 5 S off Rte 6 onto Rte. 149 to R on Service Rd. Park under power lines on left. L Barbara Hollis 240-1973

Thurs. Mar. 15 Yarmouth, Inkberry Trail. From Rte 6 Exit 7 S. Turn L on Higgins Crowell Rd. then L at lights on Buck Island Rd. Turn R at end of Winslow Grey Rd. Go .5 mi. Park on R at Raymond J. Syrjala Conserv. Area. L. Janet DiMattia 394-9064

Sun. Mar. 18 Wellfleet, White Crest Beach. From Rte 6 E on LeConte Hollow Rd. to end, L on Ocean View Rd. to beach prkg lot. L Frank Handlen, 349-7396

Thurs. Mar. 22 Dennis Run Pond. From the intersection with Old Bass River Rd. go W on Setucket Rd. approx. 1 mi and park in small lot on N side of road (bike path), E of junction with Mayfair Rd. L Janet Kaiser 375-0574

Sun. Mar. 25 Brewster, Nickerson State Park. From Rte 6A enter Park and park in main parking lot. L Jack Handlen 255-5292

Thurs. Mar. 29 Wellfleet, Great Island. Turn N off Rte 6 at "Wellfleet Center" sign onto Main St. Turn L on Chequessett Neck Rd. "at the dory" and follow to end. Park in Great Island pkg lot on Left. L Frank Handlen 349-7396

Sun. Apr. 1 Truro, North Pamet. From Rte 6 Truro, turn E at Pamet Rd. sign. Meet at end of So. Pamet Rd. L Ron VanderWiel 255-3361

Thurs. Apr 5 Barnstable, Deacons Farm. Exit 5 off Rte 6, go N Park behind Fire Station on R. L Harry Dombrosk 385-9502

Sun. Apr. 8 Eastham, Doane Rock. From Rte. 6 turn R on Nauset Rd. at lights at Visitor Center. Bear R off Nauset Rd. to Doane Rd. Turn R at Picnic Area sign and park in 2nd pkg lot. L Janet Kaiser 375-0574

Thurs. Apr. 12 Dennis, Indian Lands. S. on Old Bass River Rd. from Rte 6A in Dennis Village. R into pkg lot in 4 mi at Town Hall. L Barbara Hollis 240-1973

Sun. Apr. 15 Barnstable, Sandy Neck. Rte 6A to Sandy Neck Beach pkg. lot at end of Sandy Neck Rd. L Pam Carter 398-2605

Thurs. Apr. 19 LITTER PICK-UP HIKE. Bring gloves and plastic bag. Sandwich, Ryder Conservation Lands. N on Rte 130 from Rte 28 for 1 mi to R onto Cotuit Rd. 1.8 mi to Ryder Cons. Land pkg sign on left. L Nancy Wigley 548-2362

Sun. Apr. 22 Wellfleet, Duck Harbor. Turn N off Rte 6 at "Wellfleet Center" sign. Turn L on Chequessett Neck

AMC Activities Risk Statement: *Activities listed here involve varying degrees of danger. When you participate in these activities, you should be prepared physically and mentally, and equipped with appropriate gear. You should be aware of the risks and conduct yourself accordingly. Volunteer trip leaders are not responsible for your safety; you are. Before registering for any activity, you should discuss your capabilities with the trip leader. To participate in chapter activities, individuals under age 18 must be accompanied by a parent or responsible adult, or obtain prior consent from the trip leader. Those accompanied by a minor are responsible for the minor's actions.*

Local Cape Hikes continued

Rd. "at the dory", follow to end, turn R opposite Great Island pkg lot. Park in lot at end of road. L Janet Kaiser 375-0574

Thurs. Apr. 26 Harwich, Herring River. Exit 9 S off Rte 6 onto Rte 134. Turn L at 3rd traffic light on Upper County Rd. then L onto Great Western Rd. Follow approx. 2.2 mi. Park inside fence on L at Sand Pond. L Janet DiMattia 394-9064

Sun. Apr. 29 Yarmouth, Inkberry Trail. N from Rte 28 on Winslow Gray Rd. at light, .4 mi to pkg on L. Frank Handlen 349-7396

Thurs. May 3 Mashpee, River Woodlands. Exit 5 S from Rte 6 to Rte 149 to N toward Falmouth on Rte 28. at 2.6 mi past Botello Home Center, turn L on Orchard Rd (the next major intersection). At end of Orchard Road. turn R then immy L onto Mashpee Neck Rd. At 1 mi park on R off rd. at sign "Mashpee River Woodlands". L Nancy Wigley 548-2362

Sun. May 6 Truro, So. Pamet. From Rte 6 Truro, turn E at "Pamet Road" sign. Meet at end of So Pamet Rd. L Ron VanderWiel 255-3361

Thurs. May 10 West Barnstable Conservation Lands. Exit 5 S off Rte 6 onto Rte 149 to R on Service Rd. Park under power lines on Left. L Barbara Hollis 240-1973

Sun. May 13 Brewster, Nickerson State Park. From Rte 6A enter Park. Park in main parking lot. L Jack Handlen 255-5292

LONGER CAPE HIKES

Saturdays and Sundays — Meet at 10 am unless otherwise noted. BRING LUNCH

Mar. 24, 31, Apr. 7, 14, (4/21 rain date) "ELBOW TO END" beach walking series. Hike from Chatham to Race Point. Call L Peter Selig 432-7656 for further information.

April 28 Eastham, Doane Rock. From Rte 6 turn R on Nauset Rd at lights at Visitor Center. Bear R off Nauset Rd. to Doane Rd. Turn R at Picnic area sign and park in 2nd parking lot. L Brigitte Falzone 394-6346

May 5 NO HIKE. SEM SPRING FLING see page 8

May 12 Wellfleet - Griffin Island and Bound Brook. Turn N off Rte 6 at Wellfleet Center sign onto Main St. Turn L on Chequessett Neck Rd "at the dory". Park in Great Island pkg lot on L at end of road. L Ron Vanderwiel 255-3361

SUMMER FULL MOON HIKES

Call L Peter Selig 432-7656 for time.

Mon. June 4 Cape Cod Canal. Call L Pam Carter 398-2605 for time

Mon Aug. 6 Harding Beach. From Rt 28 Barn Hill Rd to Beach Rd to Harding Beach.



Looking east from Mt. Desert Island, Maine

Canoe and Kayak

Chair — Arthur Hart (781) 762-5251

Co-Chair — Dave Williams 238-3638

RENTALS AVAILABLE: AMC Members \$6 day, Non-members \$15 — *Old Town 17 ft FG Canadienne Canoe* (Dave in Easton 238-3638); *Grumman 17 ft Alum. Canoe* (Carolyn in Sandwich 888-4923); *Chinook 17 ft Sea Kayak* (Carrie in Harwich 430-9892)

WHAT TO CARRY OR WEAR ON A DAY TRIP:

* CG-Approved Personal Flotation Device (PFD) which should be worn at all times even though it is only required to be worn between Sept 15 to May 15. * Hat w/ brim * Sunglasses with cord, 100% UV screen * Water shoes or boots * Other clothing suitable for the water temp. rather than air temp., especially in Spring and Fall! * In a dry bag, a complete change of warm clothes (wool or pile in Spring and Fall), a pack towel, sweater and windbreaker, wool cap, neoprene gloves, 2 piece rain suit and in good weather a swimsuit * Also sunscreen, bug dope, Swiss army knife, duct tape and some band aids, moleskin and some toilet paper in a zip lock bag, a compass and map of the area. * *Most important, water and lunch.*

OUTFITTING: A canoe should have 10-ft bow and stern lines (painters) secured with bungee cord but readily accessible. Kayaks should have grab loops on each end. A bailer and sponge and perhaps a small folding canoe type chair, to make the lunch stop more enjoyable, complete a typical outfit.

INTERNATIONAL SCALE OF RIVER DIFFICULTY

This rating system may be listed on some of our quick water trips so paddlers should be aware of this rating system. It is explained in detail in AMC River Guides and most other paddling books. Briefly, there are 6 classes which run from Class I: Easy to Class VI: Extreme (as in, you might not come home!!). If you have any questions about your ability or the difficulty of a trip you should ask the leader.

SAT. TRIPS: call L or CL to register and for time and directions to put-in. Leaders will determine if your experience is suitable for the trip.

WED. or THURS. TRIPS: no registration required unless listed. Allow time to park, unload and be in the water ready to go at 10:30 am

Canoe and Kayak continued

Spring Paddling Schedule

Sat. Mar. 24 Weweantic River, Wareham. Quickwater to class I; paddlers should be prepared for cold water. L Jeff Tubman 896-7858, jltbmn@capecod.net

Sat. Mar. 31 Pleasant Bay tidewater trip, Cape Cod. Open boat and kayak paddlers experienced with cold and windy water are welcome. L. Ed York 385-6118 (recorded details after 5 pm Mar 30 or earlier for tips and conversation)

Sat. Apr. 7 Nemasket River, Middleboro. L Leon Rogers, 362-3954, leeandbarb@capeonramp.com

Sat. Apr. 14 Town/Hockomock River, Bridgewater and W. Bridgewater. L Dave Williams, 238-3638.

Wed. Apr. 18 Herring River, W. Harwich. Park and launch from S side of Rt 28, W of bridge. L Jeff Tubman, 896-7858 jltbmn@capecod.net

Sat. Apr. 21 Upper Charles River, Norfolk/Medfield. Quickwater (depending on water level). L Art Hart 781/762-5251 ajhart@webtv.net

Sun. Apr. 22 KAYAK POOL SESSION. Buckland Middle School, Middleboro. Learn and practice kayak wet exits and water safety. Members \$10. Register w/ Art Hart 781/762-5251, ajhart@webtv.net

Wed. Apr. 25 Leaders Choice (Cape Cod) L Al Johnson 775-8959.

Sat. Apr. 28 Ockway and Popponeset, Mashpee. L Ralph Upton 398-9680

Wed. May 2 Toby's Island, Pocasset. L Dick Coveney 790-1016, dickcoveney@mediaone.net

Sat. May 5 SPRING FLING PADDLE - Monponsett Lake, Halifax. Meet at Halifax Beach with lunch at noon. L Leon Rogers 362-3954, leeandbarb@capeonramp.com

Wed. May 9 Scorton Creek- Sandwich. L Carolyn Crowe, 888-4923.

Sat. May 12 Pamet River, Truro. L Jeri Housley, 888-8264

Wed. May 16 Monomoy Is., Chatham. Tidewater often w/ difficult wind and current; kayak spray skirts mandatory.

Put in off road connecting to Morris Island near as possible to inlet opp. harbor. Legal to park on side facing town. L Dick Coveney, 790-1016, dickcoveney@mediaone.net

Sun. May 20 Picnic with the hikers, Walkers Pond, Brewster. Paddlers bring extra food (soup to nuts) to share with hikers. L Muriel Thomas 428-3593, mmtctr@aol.com, CL Nancy Wigley, 548-2362 nwigley@capecod.com

Thur. May 24 Waquoit Bay, Falmouth. L Nancy Wigley 548-2362, CL Muriel Thomas, 428-3593

Fri. May 25 - Mon. May 28 Memorial Day Weekend Canoe Camping. Leader's choice, location to be determined. L Dave Shephard 548-8717, davesheprd@aol.com

Thur. May 31- Bass R. South - S. Yarmouth. L. Max Sarazin

Biking

Chair — Connie Austin 420-8943

Co-Chair — Elsie Laverty 823-0634

HELMETS REQUIRED.

Beginner = mostly flat 15-18 miles, 10-12 mph pace

Intermediate = some hills, 25-35 miles 13-16 mph

Call leaders before 9 pm to match rides to biking ability.

Wed. Mar. 14 Cape Cod Canal / Sagamore, Intermediate Ride starting at 6 pm, 25 miles, 13-16 mph pace. Contact CLs Paul Currier (833-2690, pbencurrier@hotmail.com) or Jim Kilpela (295-1361, jmkilpela@mediaone.net)

Sun. Mar. 25 Intermediate ride, 25-30 miles. 13-16 mph. Call L Sheila Plase (420-4438)

Wed. Apr. 11, Cape Cod Canal / N. Falmouth, Intermediate ride starting at 6 pm, 25 miles, 13-16 mph pace.

Contact CLs Paul Currier (833-2690, pbencurrier@hotmail.com) or Jim Kilpela (295-1361, jmkilpela@mediaone.net)

Sun. Apr. 22 Rochester, Intermediate Ride, 30-35 miles, 13-16 mph pace, contact CLs Jim Kilpela (296-1361) jmkilpela@mediaone.net or Paul Currier (833-2690).

Sat. Apr. 28 Raynham / Bridgewater. Easy 20-25 mi. Good for beginners who want to start riding with a group. L Elsie Laverty (823-0634) before 9 pm. CL Nancy Beach

Wed. May 9 Wareham / Marion, Intermediate Ride starting at 6 pm. 25 miles, 13-16 mph pace. Contact CLs Jim Kilpela (295-1361, jmkilpela@mediaone.net) or Paul Currier (833-2690, pbencurrier@hotmail.com)

Sat. May 12 Beautiful East Bay Bike Path. Approx. 30 easy miles with shorter option possible. Contact L Frank Wagner (880-7743) or CL Marie Richards (533-2872)

Sun. May 13 Beginner Ride. North Cape Cod area, to be determined by leader. Contact L Linda Church (485-1308) lchurch@whoi.edu for details.

Sun. May 20 N. Falmouth / Woods Hole, Intermediate Ride, 30-35 miles, 13-16 mph pace. Contact CLs Paul Currier (833-2690, pbencurrier@hotmail.com) or Jim Kilpela (295-1361, jmkilpela@mediaone.net) for details

Sat. June 23 11 AM. Beginner ride, 16 miles. some easy hills. Rock Harbor to Coast Guard and Nauset Light Beach. Bring lunch. Paul Ligor (775-6885) paligor@aol.com

TUESDAY NITE BIKE RIDES (May 22 -- Aug 28)

Rides begin at 6 pm, last about 2 hrs and will vary in length from 15-18 miles at beginners pace. Helmets required. L Alice Oberdorff (771-8261), CL Connie Austin (420-8943). Call leaders to determine if trip is appropriate for you.

Tues. May 22. Cape Cod Canal: Meet at east end of Canal, cape side. From Rt. 6A take Tupper Rd. to Freezer Rd. to Army Corps of Engineers parking lot.

Tues. May 29 Rail Trail Dennis/Yarmouth. Meet at Rte.

Biking continued

134 (go south from Rte. 6, Ex 9) at head of Rail Trail pkg lot... for ride to Fisherman's Landing.

Tues. June 5 N. Falmouth to Canal. Meet at North Falmouth Library at west end of Rte. 151 on left. Coastal ride to drawbridge on Canal.

Trails

Chair — Lou Sikorsky 678-3984

Vice Chair — Pat Holland 781-925-4423

We need your support to help keep our trails in the excellent condition that they have been kept in for many years, and it would be great to see some new faces out there. Our thanks to all of you who have been so supportive in your past efforts and to those who made our trip last May a huge success.

The work we do is not that difficult, and we always have a great time. Our crew has done everything from picking up trash to cutting back brush to rebuilding bridges and switch-back steps. We fielded trips to Lonesome Lake in May and September, where we stay the weekend at the AMC hut and work on our adopted trails - the Lonesome Lake, Around the Pond and Upper Lonesome Lake trails. While there, our Crew Gourmet Chefs cook up excellent meals, and our leaders usually offer up a day hike on Sunday before departing, if time and weather allow. If you want to help, contact Lou Sikorsky, 678-3984, e-mail: hikinglou@cs.com, or Pat Holland, (781) 925-4423, e-mail: pat.holland@littlebrown.com.

We'd be happy to talk with you and answer any questions about what we do. Our participation level was way down last year, and we could lose some of our adopted trails if we don't do the work they need. So how about a little help in keeping them in good shape. We'll be planning other trips, so check out the website (www.amcsem.org) for further offerings. Also if you are interested in trails education, please contact Lou. Thanks, and we hope to see you on the trail.

Sat. May 12 Warner Trail Clean-up. This is the local trail that we maintain for the Friends of the Warner Trail. We will meet at 9 am. For directions and any questions, call Lou at 678-3984 or Pat at (781) 925-4423.

Fri.-Sat. May 25-26 Come join us at Lonesome Lake Hut for work on our adopted trails and have some real fun. We will stay two nights at the hut. We have reservations for 18 bunks, and due to financial constraints, we can only take 18 people. We need a **definite commitment** from all who wish to go by no later than April 22. The cost is \$30. Now where can you stay in the Whites on a weekend for that price. Full payment is needed to reserve your spot. Space is limited, so don't delay. Call Lou or Pat ASAP to register.

SEM / AMC Classifieds

This feature is a courtesy to SEM/AMC members. There is NO CHARGE, and ads will run on a space-available basis. This space is strictly for offering outdoor gear; it's not the place to try to sell your SUV or off-load that piece of exercise equipment you never use. Editor will decide what is and is not appropriate use of this space.

Canoeing and outdoor equipment:

- * Wmns. size 6.5 Rocky Boots, exc. cond, \$10
 - * Voyager Camera Dry-Bag, 12 x 14, new, \$10
 - * U.S. Divers mask / snorkel set, used once, \$15
 - * Wilderness Systems Throw Bag, new, \$5
 - * Kit: Contoured Knee Pads, strapping, deck pad, D-rings, adhesive, new \$10
 - * Rain chaps, wms. sm. used once \$5
- Call Anita, 781-749-1067, before 9 pm

Bike rack:

Gutter mounted Thule bike rack, \$100. 6 Locks plus home made roof rack mounts. Custom mounts now available at stores John Smart, 296 Old Plymouth Rd., P.O. Box 1212, Sagamore Beach, MA 02562, e-mail: weejock@juno.com

To submit your ad, please send to Wayne Taylor, 409 Fairview Avenue, Rehoboth, MA 02769, or e-mail: wjtaylor@mediaone.net. Don't forget to include your name, address, phone and e-mail address. Submissions must be received by the 22nd of January (Spring issue), April (Summer), July (Fall) and October (Winter).

View from the Chair (continued from p. 1)

Mt. Chocorua. It is run by volunteers and offers a low cost alternative to other AMC facilities. Your Executive Board voted unanimously to have me write to Peter Madeira, Regional Director, AMC Outdoor Programs Centers, asking why the cabin was closed so suddenly and why maintenance funds were routinely denied despite the availability of substantial reserves. I expressed the Board's feeling that Wonalancet Cabin serves a valuable function for AMC members and the hope that it would be re-opened or replaced as soon as possible. Peter promptly replied reiterating the report of the building inspector who deemed the cabin unsafe for winter occupancy. However, he also expressed the need for a completed Long Range Plan to address future directions for the cabin. I am happy to report that the Boston Chapter has been very pro-active in trying to resolve the fate of the cabin. Two of its members have volunteered to sit on the Wonalancet Working Committee to assist in the creation of a solution to its current problems.

So there's a lot happening in the club and the chapter. On April 7 we have leadership training at Borderland State Park. And the Spring Fling comes up on May 5, with international folk dancing (see registration details on next page). We are trying something different at this year's Spring event by having a pot luck meal. If you sign up and bring something for the potluck, the entire event is FREE. I hope to see you there. ▲ ▲ ▲

SPRING FLING 2001

Saturday, May 5th
Beal House / Sampson Hall in Kingston
Cost: \$5 for dancing only

Join the fun at the Annual SEM/AMC Spring Fling ... *International Dancing with Marcie Van Cleave* ... and a potluck dinner (The entire event is FREE if you contribute a dish to the meal). Spring Fling is a great way to get out and enjoy the season and visit with AMC friends, old and new. Check the canoeing, biking and hiking notices in this issue for the special activities planned during the day and call the leaders for further details.

Evening Schedule

- 5:00 pm Social Hour (appetizers and wine provided by SEM/AMC)
New Member Information
- 6:00 pm Potluck Dinner (bring a dish and the dancing's free)
- 7:15 pm International Dancing (with Marcie Van Cleave)

Please register with Dexter Robinson (781-294-8840, 7-9 pm, or e-mail: dexsue@massed.net) and indicate what you're planning to bring for the potluck (salad, vegetable, main course or dessert).

Directions to Beal House / Sampson Hall, Kingston — *From the north:* take Rte 3 south to Exit 9. Go right off ramp onto Rte 3A toward Kingston. Go 0.7 mi and bear left onto Rte 106 at junction of Main and Summer Sts. Go 0.2 mi on Rte 106. Beal House is on left across from Unitarian Church. *From the south:* take Rte 3 north from Sagamore Bridge to Exit 9 and follow directions above. or from Rte 495, take Rte 58 north to junction of Rte 106 in Halifax. Go right on Rte 106 and follow for about 5.5 mi. Hall is on right across from Unitarian Church. *From the northwest:* take Rte 58 south to Rte 27 and follow Rte 27 to Rte 106. Beal House is on your right across from Unitarian Church. *From the west:* take Rte 44 to Rte 80. Follow Rte 80 north to junction with Rte 3A. Take left at the traffic light onto Rte 3A and proceed a short distance to Rte 106. Follow directions above. One also can follow Rte 106 east from Rte 24 or Rte 18.

Cost is \$5 for dancing only
Registration Deadline: April 20, 2001
Make check payable to: **SEM / AMC**
Mail completed form and check to:
Dexter Robinson
227 Winter Street
Hanson, MA 02341

Registration Form for 2001 Spring Fling

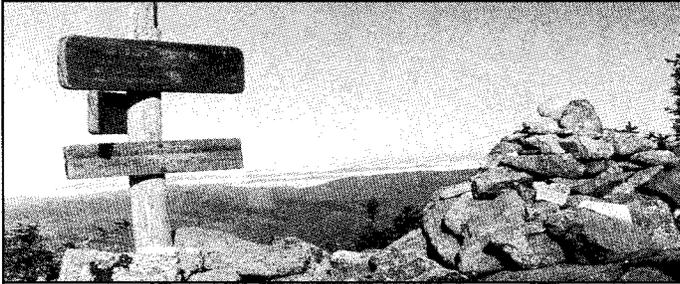
Name _____
 Address _____
 City/State/Zip _____
 Tel. _____ Number attending _____ Amt. Enclosed _____



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Southeast Breeze

Summer 2001
(June / July / August)

View from the Chair by Dexter Robinson

It seems like this winter made up for the last two. Although the heavy snow was great for skiing and our winter hiking series, some of us who are planning hikes in the Whites in June and July may be greeted with a lot of the remaining white stuff.

I'm happy to report that **Leadership Training** on April 7 at Borderland State Park was very successful, with about 15 people attending. Many thanks to Bob Vogel, organizer, and all those who helped with this important event.

In the last issue of the Breeze, I reported on efforts by dirt bikers to regain the access they lost to **Myles Standish State Forest** back in the mid 90s. On March 1, the Department of Environmental Management's final resource management plan for Myles Standish was presented. To the surprise of many attending that meeting, DEM had already started implementing the recommended tasks to be completed prior to construction of a new 30-mile dirt bike trail, as outlined in the plan. More amazing is that DEM seems oblivious to the total cost of this project, which has numerous expensive recommendations. However, there are still major state and federal regulatory hurdles to overcome before this trail is constructed.

Check out the environment alert page on our website (www.amcsem.org/conservation.htm), which contains letters and some photos of ORV damage to our state forests and parks. As a result of letter writing, state environmental police finally took some action this winter on illegal ORV riding in Ames Nowell State Park, handing out over \$1300 in fines.

I attended the **125th AMC anniversary** annual meeting in February and heard more about the Club's aggressive \$30 million capital campaign to raise funds for new centers for outdoor education, endowments to support conservation, education and trails. Specifically, the expansion of Cardigan Lodge, the Crawford Notch Education Center and the Maine recreation corridor were mentioned as ways of achieving the goals of the 2010 vision statement. Check the March edition of AMC Outdoors for more details.

SEM/AMC has received partial funding for two projects I submitted on behalf of the chapter. One provides for travel and tuition expenses for up to eight chapter leaders to attend AMC's "Leave No Trace" trainer course; the other will cover the cost of first-aid kits for all our chapter leaders. ►

Plans are well underway for our **25th SEM Annual Meeting** in November. In addition, we have selected Camp Burgess on the Cape as the location for Spring Meeting, 2002, the all-club event sponsored by our chapter.

Finally, I hope to see you at the Summer Picnic on Saturday, August 4, at Borderland State Park. ▲ ▲ ▲

SEM/AMC Summer Picnic

Saturday, August 4
Borderland State Park, Easton

Come one, Come all! Meet your fellow Appies. Get out and get some exercise. Play some games. Chow down on a good burger or hot dog. Any way you look at it, the SEM Summer Picnic is the place to be! It's a great opportunity for new members to get involved and learn more about the AMC ... and for current members to meet new members.

Schedule

8:30-11 am A brisk 6 mile hike to work up an appetite.

10-11:30 am An easier 2 mile hike at moderate pace, geared for beginners and those with children.

11:30 am Games and activities for kids of all ages. (Volleyball, Frisbee, Croquet ...)

Noon Picnic Lunch, featuring Burgers/ Dogs, Salad, Veggie fare, Ice Cream, etc.

1 pm New member orientation: Our history. How to get involved. Chapter future plans, etc. Informational handouts

2 pm "Second Chance" hike to work off some of those calories!

Cost: \$5/adult and \$2/ kid.

Used equipment sale: Bring your used outdoor equipment. A sale table will be available. A good chance to sell equipment you no longer use, or pick up some good usable equipment at a bargain price.

Register until August 2nd, and pay at the door. (All activities meet at the Visitor Center.) Please bring a lawn chair.

For more information, or to register contact: Bob Vogel 508-238-7732 rvogel@mediaone.net



The *Southeast Breeze* is published quarterly by the Southeastern Massachusetts Chapter of the Appalachian Mountain Club. **Chapter Chair:** Dexter Robinson 781-294-8840; **Vice Chair:** Anns Chace 508-824-8871; **Treasurer:** Donna Desrochers 508-673-7833; **Secretary:** Linda Wells 508-379-1963; **Education Chair:** Bob Vogel 508-238-7732; **Membership Chair:** Jennifer Simmons 508-761-7888; **Newsletter Editor:** Wayne Taylor 508-252-6995 or e-mail wjtaylor@mediaone.net; **Website address:** <http://www.amcsem.org>

Newsy Bits

Nominations sought for Chapter Executive Board

Technically speaking, all members of the SEM/AMC Executive Board conclude their terms at the end of 2001. This means that nominations are now being sought to fill each of the positions listed in the staff box above, as well as the Chairs of the various activities that appear elsewhere in this issue of the Breeze. If anyone knows of a fellow club member that should be considered for any of these leadership positions on the Executive Board, please submit your suggestions to Rich Iovanni, Chairman of the Nominating Committee, at 508-695-6939.

The Ed and Marie Webb Dead River Endowment Fund

For 20+ years, Joel and Naomi Freedman have enjoyed paddling Maine's Dead River. While running the Dead is the Freedman's favorite summer ritual, more than half the fun is getting there. Paddling with Ed and Marie Webb on the canoe shuttle they run in West Forks, ME.

Marie Webb passed away last year, but Ed will continue to run the shuttle. To honor their spirit of hospitality and dedicated work in river conservation, the Freedmans have established the Ed and Marie Webb Dead River Endowment Fund in conjunction with AMC's 125th Anniversary Capital Campaign. It is the Club's first endowment fund to be solely dedicated to river conservation.

To continue the Webb's work to conserve our great rivers, please consider making a gift to the fund. If interested in setting up a named endowment fund to honor the work or memory of a friend, please call the Development Department at 617-523-0655 ext. 347.

Not getting your copy of the Breeze?

If you're not receiving the newsletter on a regular basis, please call Membership Chairperson Jennifer Simmons (508-761-7888) or drop her an e-mail (jansimmons@massd.net) to be sure you're on the list.

"Membership in a Bottle"

A great gift for your favorite outdoors enthusiast.

Single Membership \$40.00

Family Membership \$65.00

Nalgene water bottle with \$10 Gift Certificate
good for AMC lodging, workshops and books.

New members only

Contact: Jen Simmons
508-761-7888

ON THE COVER ..



Looking northwest from the Webster Cliff Trail ... the low-lying valleys of the North Country are shrouded in a late summer morning's fog.

Photo: Alan Anters, 1995

Mark your Calendars

SOLO Wilderness First Aid Training Sept. 15-16 at Camp Lyndon, Sandwich, MA

SOLO's WFA training includes 16 hours of instruction covering first aid in a wilderness setting where medical assistance isn't readily available. Learn to handle: Patient assessment, dislocations, sprains, fractures and shock. Learn how to improvise splints and evacuate a patient. And most important - learn preparedness and accident avoidance.

Cost: \$130 includes lodging Friday and Saturday nights (Cabins, BYO sleeping bags), deluxe group cooked meals Sat breakfast through Sunday lunch. Commuters \$110, includes 2 lunches. (Non-AMC members \$20 additional).

Note: Current or in-process SEM-AMC leaders may apply for partial reimbursement via a SEM scholarship. Last year the chapter covered ~75% of leaders' costs. Remember: SEM Hiking committee rules require current WFA certification for Class 2 and up leaders. WFA certification needs to be renewed every 2 years.

Space limited - please register ASAP. For more information, or to register contact: Bob Vogel, 164 Chestnut St., N. Easton, MA 02356, 508-238-7732, rvogel@mediaone.net

The Highland Fling!

Fall 2001 Clubwide Gathering

October 19-21, 2001 at Graymoor Spiritual Life Center,
The Hudson Highlands on the Appalachian Trail

The New York-North Jersey Chapter of AMC extends a warm invitation to attend *The Highland Fling*. The weekend starts with a light supper available until the wee hours, schmoozing and socializing. Saturday's workshops and activities start at 8:30 am and continue until 4 pm, followed by "A Chat with Laurie and Andy". Mouth watering hors d'oeuvres at Happy Hour and a banquet offering a scrumptious International cuisine reflecting the ethnic diversity of our Chapter rounds off the evening. Scottish dancing for those with energy left.

Cost: \$125/person (double room) from soup to haggis. Discount for campers.

For registration and info, visit www.amc-ny.org/fall2001 or send SASE to Fran Braley, 31 Webatuck Road, Wingdale, NY 12594.

SEM/AMC 25th Anniversary

Saturday, November 3, 2001

Save the date on your calendar for this once-in-a-lifetime extravaganza: Chapter Annual Meeting and Silver Jubilee Anniversary Celebration at the Monponsett Inn in Halifax. More details to come.

Hiking and Backpacking

Chair — Walter Wells 279-1963

**Vice Chairs — Charlie Farrell 822-2123
Erika Bloom 996-3290**

Hike Rating: First character indicates distance in miles. Second character indicates leader's pace over average terrain. Third character indicates terrain.

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

Hikers unsure of their ability should try only one level higher than previously completed. **Note: NO PETS** without permission of Trip Leader. Individuals under 18 must obtain prior consent from Trip Leader.

Sat./Sun. June 2-3 Zealand Hut overnight. (B3C) Join us for a hiking weekend at this popular hut. In via the Zealand Trail, with optional pm hike to Thoreau Falls. Sun. possible early hike to scenic Zeacliff Overlook. Hut fee: \$62 Limit 8 hikers. Register w/ L Erika Bloom 508- 996-3290 (7-9 pm) or by e-mail ebloom@mediaone.net before May 1st. CL Wayne Taylor 508-252-6995 (7-9 pm) wjtaylor@mediaone.net

Sat. June 2 Ames Nowell State Park - Abington (C4D) Easy 5 mile hike around Cleaves Pond including circa 1780-gravesite and grist mill, natural cranberry bog, and farmhouse cellar hole. Two boardwalks into natural bogs, very scenic. Register w/ L Dick Carnes 781-871-5764 (7-9 pm) rcarnes2@aol.com CL Pat Holland 781-925-4423 (7-9 pm) pat.holland@littlebrown.com

Sat. June 9 Mt. Monroe, NH (B3B) Join us for Walt Wells' 48th 4000ft on this moderately paced 7.8 mile hike via the scenic Ammonoosuc Ravine Trail. Register with leader Dexter Robinson 781-294-8840 (7-9 pm) dexsue@massed.net or CL Linda Wells 508-279-1963 wwells50@aol.com

Sun. June 10 Mt. Jefferson (B3B) Mt. Jefferson via the Caps Ridge Trail. A steep, rough, but short assault on this over 5700 ft. peak. Register w/ L Bob Vogel 508-238-7732 (6-9 pm) rvogel@mediaone.net. CL Patrick Holland 781-925-4423 (7-9 pm) pat.holland@littlebrown.com

Tues. June 12 Borderland Evening hike (C3D) through woods and around ponds. Register with leader Bob Vogel 508-238-7732 (6-9 pm) rvogel@mediaone.net

Wed. June 13 Hiking Committee Meeting. Planning for Sept.-Nov. 2001 7:00 pm. Universalist Unitarian Church, 25 South Main St. Middleboro. All are welcome. New leaders and co-leaders are needed. Call Walt Wells at 508-279-1963 or email at wwells50@aol.com if you have questions or need directions.

FAMILY HIKES — Families with children have always been welcome to participate in our hikes, depending on levels of experience and the discretion of trip leaders. This summer we begin a series of walks and hikes geared specifically for families. You'll see them highlighted below with an asterisk.

* **Sat. June 16** Garnel Farm/Scarton Creek, East Sandwich (C4D) Nature Walk along the new trails at Garnel Farm and Tabot's Point conservation area. Woods and saltmarsh views. Families welcome. Register w/ L Carolyn Crowell 508-888-4923 until 9 pm ccrowell@capecod.net

Thurs. June 21 Summer Solstice Evening Hike (B3C) Whitney-Thayer-Turkey Hill, Hingham. Summer solstice evening hike on and around Turkey Hill Farm. Great hill-top views for solstice sunset. Rhododendrons may still be in bloom. Register w/ L Dick Carnes 781-871-5764 7-9 pm rcarnes2@aol.com CL Patrick Holland 781-925-4423 pat.holland@littlebrown.com

* **Sat. June 23** West Island Walk, Fairhaven (C4D) Join us as we explore the public beach on West Is. Families welcome. Bob Bailey will be our naturalist/biologist. We'll pass the annual piping plover nesting areas, see other shorebirds, as well as estuaries that sometimes contain heron and egrets. Register with CL Bob Bailey, 508-636-4094 (7-9 pm) bailey@massed.net L Erika Bloom 508-996-3290 (7-9 pm) ebloom@mediaone.net

Sat. June 23 Mt. Adams NH (A3A) Great views from the second highest peak in the White Mountains. Up and down the spectacular Airline Trail. Register w/ L Bob Emery 508-222-8460 (6-8 pm) hikerrobert@cs.com CL Pauline Jordan 508-676-5146 (7-9 pm) hirst30@aol.com

Sat./Sun. June 23/24 White Mtn. Waterfalls, NH. (B3C) Short day hikes to some of the finest waterfalls in the White Mountain National Forest. We will camp Sat. night. Register w/ L Dexter Robinson 781-294-8840 (7-9 pm) dexsue@massed.net CL Patrick Holland (7-9 pm) pat.holland@littlebrown.com

* **Sat. June 23** Caratunk Wildlife Refuge (B3D) Come explore this R.I. Audubon sanctuary, located in Seekonk, Mass. (There may be a small fee for entrance.) Families welcome. Register with Leader Wayne Taylor 508-252-6995 (7-9 pm) wjtaylor@mediaone.net CL Bob Vogel 508-238-7732 (7-9 pm) rvogel@mediaone.net

* **Fri/Sun July 6-8** Moosilauke Ravine Lodge (Joint Trip, Boston-Family Outings and SEM Chapter) Join us for a family weekend at Ravine Lodge at the base of Mt. Moosilauke. Accommodations are shared bunkroom style in the lodge and cabins with bath/showers inside the lodge building. Approx. cost of \$86/adult, ▶

Hiking and Backpacking continued

\$49/ child under 14 yrs. Includes two nights lodging, meals. Friday supper through Sunday breakfast (except lunch and trail snacks) On Saturday a strenuous hike(8 mi. and 2450 ft. elevation gain) will be offered to the summit of Mt. Moosilauke (4802 ft) with an alternate, easier hike (5 mi, 1000 ft. elevation gain offered along the Al Merrill Loop. Register with Leader Erika Bloom 508-996-3290 (7-9 pm) ebloom@mediaone.net L Bob Vogel 508-238-7732 (6-9 pm) rvogel@mediaone.net. Other CL'S TBD

Sat/Sun July 7-8 Nancy/ Norcross Ponds/Nancy Cascades backpack. (AA3B) Hike in on the Signal Ridge Trail and the Carrigain Notch Trail to the Nancy Pond Trail. Camp along this trail in the area of the former Camp 19 site. Then on to explore the ponds and Cascades. Register w/ L Walt Wells 508-279-1963 (7-9 pm) wwells50@aol.com CL Mike Woessner 508-384-8344 (7-9 pm) mike.woessner@med.va.gov

Thurs. July 12 Blue Hills evening hike (B2C) Fast paced evening hike over the Blue Hills. Register with leader Bob Vogel 508-238-7732 (6-9 pm) rvogel@mediaone.net

Sat. July 14 Mt. Osceola NH. (B3B) Moderately strenuous hike with beautiful views from the summit. Limited to eight participants. Register w/ L John Poirier 508-822-1372 (6-9 pm) CL Louise Desrochers, same phone number.

Sat. July 14 Scar Ridge Bushwack. For those who have had some map and compass training and are looking to expand their navigational abilities. Register w/ L Bob Emery 508-222-8460 (6-8 pm) hikerrobert@cs.com. CL Charlie Farrell 508-822-2123

* **Sat. July 14** Boston Harbor Islands (C4D) Explore 2-3 islands, very easy, beautiful views and boat ride. Great way to beat the heat. Families welcome. Register w/ L Patrick Holland 781-925-4423 (7-9 pm) pat.holland@littlebrown.com CL Erika Bloom 508-996-3290 (7-9 pm) ebloom@mediaone.net

Sat. July 14 Franconia Ridge, Mts Flume to Lafayette (AA2B) A strenuous hike up to Mt. Flume, then across Franconia Ridge to Mt. Lafayette and down the Old Bridle Trail. Register w/ L Paul Vermette 603-598-6623 (5-8 pm) pjvermette@yahoo.com or CL Dexter Robinson 781-294-8840 (7-9 pm) dexsue@massed.net

* **Sun. July 15** Mt. Wachusett (C3B) Explore this peak in summer. Families welcome. Register w/ L Erika Bloom 508-996-3290 (7-9 pm) ebloom@mediaone.net CL Bill Markson 508-947-6739 (6-9 pm) mogulero@yahoo.com

Fri/Sun. July 27-29 Summer hiking in Vermont (A2C) Long 11 mile hike on Sat. (Monroe Skyline) crossing summits of Mts. Abraham and Ellen on the Long Trail. Stay at leaders cabin in Washington VT with swimming pond. Group choice on Sunday hike. Approximate cost for food: \$15. Register by 7/21 with L Dexter Robinson 781-294-8840 (7-9 pm) dexsue@massed.net CL John Pereira 508-254-8303 (7-9 pm) iceclimbing@backpacker.com

Sat. July 28 Mt. Madison (A3A) Up the Howker Ridge Trail and down via the Watson Path. Register w/ L Bob Emery 508-222-8460 (6-8 pm) hikerrobert@cs.com CL Patrick Holland 781-925-4423 (7-9 pm) pat.holland@littlebrown.com

* **Sat. July 28** (FAMILY HIKE) Slocum's River Reserve, So.Dartmouth (C4C) 10 am. Hike new trails through recently protected farmland on the shores of the Slocum River. Focus on the natural history and ecology. Register with CL Bob Bailey 508-636-4094 (7-9 pm) L Dick Carnes 781-871-5764 (7-9 pm) rcarnes2@aol.com

Sat./Sun. July 28-29 Mt. Isolation NH. (A3B) via the Rocky Branch Trail, with one night at Rocky Branch Shelter #2. Register w/ L Bob Vogel 508-238-7732 (6-9 pm) rvogel@mediaone.net CL Paul Vermette 603-598-6623 (5-8 pm) pjvermette@yahoo.com

Sat. Aug. 4 SEM / AMC Summer Picnic. Register for am hikes with Bob Vogel by August 3rd. 508-238-7732 (before 9 pm) rvogel@mediaone.net

* **Sun Aug. 5** (FAMILY HIKE) Lloyd Center afternoon walk (C4D) An easy walk on the beautiful coastal grounds of the Lloyd Center for Environmental Studies in So. Dartmouth. We'll also spend time inside with their touch tanks and aquaria. Bob Bailey will be our naturalist as we pass kettle ponds and estuaries. Register with co-leader Bob Bailey 508-636-4094 (7-9 pm) bailey@massed.net L Erika Bloom 508-996-3290 (7-9 pm) ebloom@mediaone.net

Thurs. August 9 Myles Standish State Forest (C3D) Evening hike through woods and around ponds. Register w/ L Bob Vogel 508-238-7732 (6-9 pm) rvogel@mediaone.net

Sat. August 11 The Bonds in a Day (AA2B) Starting at Lincoln Woods we'll hike to Bondcliff and Mt. Bond and possibly continue on to W. Bond. This is a long 21-mile day hike. Register w/ L Paul Vermette 603-598-6623 (5-8 pm) pjvermette@yahoo.com or John Pereira 508-254-8303 (7-10 pm) iceclimbing@backpacker.com

SIGN UP TODAY TO BE ON THE E-MAIL LIST FOR "SHORT NOTICE HIKES"

Members can now sign up to be notified by e-mail when a "short notice" hike is announced. These are official SEM hikes that were not planned early enough to be included in the Breeze or AMC Outdoors. The only way to find out about them is to sign up for a free e-mail list that will automatically notify you when a short notice hike is announced. To sign up, visit the chapter's website at www.amcsem.org, click on "Hiking Schedule", and scroll down to the "Short Notice Trip Mailing List" section. Click on the link to sign up. You'll be asked for your e-mail address and a password of your choosing. Then just sit back, relax, and wait for upcoming announcements to arrive via e-mail!

Hiking and Backpacking continued

Sat./Sun. August 11/12 Mt. Carrigain/ Pemi Backpack (AA3B) Hike to former Desolation Shelter area via Signal Ridge/Carrigain Notch route and camp. Optional Sat. pm climb to Mt. Carrigain via the steep Desolation Trail. Register w/ L Erika Bloom 508-996-3290 (7-9 pm) ebloom@mediaone.net CL Wayne Taylor 508-252-6995 (7-9 pm) wjtaylor@mediaone.net

Sat. August 18 The Bulge, the Horn, and Mt. Cabot (A2B) The Horn has some of the finest views in the region. Register w/ L Charlie Farrell 508-822-2123 CL Paul Vermette 603-598-6623 pjvermette@yahoo.com

Sat. August 25 Mt. Jefferson (A3A) Unlimited views on this hike. We'll hike up the Castle Trail and down the Israel Ridge Trail. Register with L Bob Emery 508-222-8460 (7-9 pm) hikerobert@cs.com CL Wayne Taylor 508-252-6995 (7-9 pm) wjtaylor@mediaone.net

Sat /Mon. September 1/3 Pemigewasset Wilderness Backpack (B3C) Explore the remnants of the railroad era. Limited to eight participants. Map and compass and bushwacking experience required. Register with leaders John Poirier or Louise Desrochers 508-822-1372 (6-9 pm)

ADVANCE NOTICE

* **Sat/Sun, September 22-23.** Lonesome Lake Hut trip. Join us for a fun family weekend, joint with BOS/Family Outings and SEM chapter. Hike into this backcountry hut is a short 1.75 miles, with a continuous moderate grade and 900 feet of elevation gain. This is in the Franconia Notch State Park area of New Hampshire. Cost: \$71/adult, \$46/child under 16. Price includes 1 dinner, 1 breakfast and Saturday night bunkspace. Register with SEM leader Erika Bloom (508) 996-3290 (7-9 pm) ebloom@mediaone.net. Other leader (BOS/Family Outings) Valerie Paul (508) 231-1483 valerie.paul@verizon.net

Local Hikes on Cape Cod

Cape Hikes Chair: Janet DiMattia 508-394-9064

Thurs. hikes start at 9:30 am

Sat. hikes at 10 am (Bring Lunch)

Sun. hikes at 1 pm. unless noted

NO DOGS allowed on any hikes

Notice to Cape Hikers

Starting in Sept., all hikes will be found in one chronological list and will be rated individually for distance-pace-terrain. Example (B3D) See Hike Ratings on page 3. ▶

Advance Notice

First Fall Hike - Thurs Sept 13. Harwich, Herring River (C3D) Exit 9S off Rte 6 onto Rte 134. Turn L at 3rd traffic light onto Upper County Rd then immediate L onto Great Western. At approx. 2.2 mi. on L park inside fence at Sand Pond. L Janet DiMattia 508-394-9064. Potluck Lunch close by at L's house following hike.

Summer Full Moon Hikes

Mon. June 4 - Cape Cod Canal - 7:00 pm. L Pam Carter 508-398-2605. Meet N. side of canal at Visitor's Center.

Mon. Aug. 6 Harding's Beach, Chatham - 7:00 pm. L Peter Selig 508-432-7656. From Rte 28 take Barn Hill Rd to Beach Rd to Harding Beach.

OUTDOOR EXPLORATION: *For People with Disabilities*

Outdoor Explorations (OE) is a social change organization that uses the outdoors for advancing community-wide inclusion of people with disabilities. By bringing together people with and without disabilities for Wild Work Community Service Projects, Outdoor Skills Clinics, and Adventure Trips, OE hopes to provide opportunities for people of all abilities to learn from each other.

Challenge yourself with a diverse group of adventure seekers. Participate in a complete outdoor experience as you work together to set up camp, prepare meals, and explore nature.

Kayaking off the Cape Cod Coast

Join OE for a weekend of kayaking fun at Washburn Island off the Cape Cod Coast. We have the boats, the camp sites, and lots of camping equipment to share. Besides doing some great paddling along the coast of Vineyard Sound, camp on the island, embark on a night hike, investigate tide pools, go swimming, and explore the island with a naturalist. You might even see the pink Lady Slipper Orchids common this time of year or witness the daily activity of the red fox, piping plover, and box turtle. Note: Prior paddling experience with OE or another outfitter is a prerequisite. Friday 7:30 am - Sunday 6 pm, June 22-24 Washburn Island, Waquoit Bay, MA Fee: \$250

Contact us to sign up: Outdoor Explorations, 98 Winchester Street, Medford, MA 02155 phone: 781.395.4999 fax: 781.395.4183 TTY: 781.395.4184 email:information@outdoorex.org Website: www.outdoorex.org

AMC Activities Risk Statement: *Activities listed here involve varying degrees of danger. When you participate in these activities, you should be prepared physically and mentally, and equipped with appropriate gear. You should be aware of the risks and conduct yourself accordingly. Volunteer trip leaders are not responsible for your safety; you are. Before registering for any activity, you should discuss your capabilities with the trip leader. To participate in chapter activities, individuals under age 18 must be accompanied by a parent or responsible adult, or obtain prior consent from the trip leader. Those accompanied by a minor are responsible for the minor's actions.*

Canoe and Kayak

Chair — Arthur Hart 781/762-5251

Co-Chair — Dave Williams 508/238-3638

RENTALS AVAILABLE

AMC Members \$6 day. Non-members \$15—*Old Town 17 ft FG Canadiane Canoe* (Dave in Easton 238-3638), *Grumman 17 ft Alum. Canoe* (Carolyn in Sandwich 888-4923), *Chinook 17 ft Sea Kayak* (Carrie in Harwich 430-9892)

WHAT TO CARRY OR WEAR ON A DAY TRIP

* CG-Approved Personal Flotation Device (PFD) which should be worn at all times even though it is only required between Sept 15 to May 15. * Hat w/ brim * Sunglasses with cord, 100% UV screen * Water shoes or boots * Other clothing suitable for the water temp. rather than air temp., especially in Spring and Fall * In a dry bag, a complete change of warm clothes (wool or pile in Spring and Fall), a pack towel, sweater and windbreaker, wool cap, neoprene gloves, 2 piece rain suit and in good weather a swimsuit * Also sunscreen, bug dope, Swiss army knife, duct tape and some band aids, moleskin and some toilet paper in a zip lock bag, a compass and map of the area. * *Most important, water and lunch.*

SAT. TRIPS

Call Leader or Co Leader to register and for time and directions to put-in. Leaders will determine if your experience is suitable for the trip.

WED. or THURS. TRIPS

No registration required unless listed. Allow time to park, unload and be in the water ready to go at 10.30 am.

NOTE

Strong winds may make some trips unsuitable for open canoes or kayaks without spray skirts. Check with leader.

CHANGES

Visit Canoe/Kayak Chair's website for changes or corrections and for listings of unplanned trips:

community.webtv.net/ajhart/SEMASSAMOCANDEKAYAK

Sat. June 2 Blackstone River, Northbridge. L Art Hart 781-762-5251 ajhart@webtv.net

Thurs. June 7 Back R., Toby's Is. Pocasset. RT 28 to Barlow's Landng Rd. to right on Shore Rd., crossbridge and park on right in gravel lot. L Russ Ottey 508-563-6637

Sat. June 9 Waquoit Bay Falmouth L Lee Rogers 508-362-3954 leeandbarb@capeonramp.com

Thurs. June 14 Pleasant Bay/Leaders choice, Orleans L Jeff Tubman 508-896-7858

Sat. June 16 Slocum R., Dartmouth. L Rick McNally 508-636-7179 rjmcnally1@juno.com

Thurs. June 21 Wellfleet Harbor, Wellfleet. W on Main St. from Rt 6A to L on Commercial St. to far end of parking lot at public beach. POTLUCK following L Max Sarazin

Sat. June 23 Barnstable Harbor, Barnstable. L Dick Coveney 508-790-1016 dickcoveney@mediaone.net

Thurs. June 28 Pilgrim Lake, Provincetown L Al Johnson 508-775-8959

Sat. June 30 Monomoy Is. Chatham. Tidal wind and current can be difficult, kayak spray skirts req. Put in off connecting road to Morris Is. near as possible to Inlet opp. harbor, legal to park facing town. L Jeff Tubman 508-896-7858

Sat. July 7 Barnstable Harbor, Barnstable L Jeff Tubman 508-896-7858 or jltbmn@capecod.net

Thurs. July 12 Nauset Marsh, Eastham. Orleans Rotary to Rt 6 North 1.8 mile to right on Hemenway Rd. to town landing. L Max Sarazin, CL Art Hart

Sat. July 14 Oyster Pond and Oyster River. L Don Costa 508-760-5478 or PizzzzaMan@aol.com

Thurs. July 19 Mashpee River, Mashpee. Rt 28 to South on Qunaquisset Ave to right on Mashpee Neck Rd to town landing. L Ralph Upton 508-398-9680

Sat. July 21 North River, Marshfield. L Dave Williams 508-238-3638

Thurs. July 26 Coonamessetr Pond, Falmouth. Rt 151 to South on Sandwich Rd 1.5 mile to right on Hatchville Rd. 1/2mile to dirt road on right 1/4 mile to parking. L Dave Shepard 508-548-8717 davesheprd@aol.com

Sat. July 28 -Nemasket and Taunton River Middleboro. L Art Hart 781/762-5251 ajhart@webtv.net



Thurs. Aug 2 Lewis Bay, Yarmouthport. Gray's Beach. L Dick Coveney 508-790-1016 dickcoveney@mediaone.net

Sat. Aug 4 Palmer River, Rehoboth. L Rick McNally 508-636-7179 rjmcnally1@juno.com

Thurs. Aug 9 Indian Lakes, Marston's Mills - Rt 149 to 'Indian Lakes' sign on W. side, keep right to dirt road to pkg and beach. L Jeff Tubman 508-896-7858, jltbmn@capecod.net

Aug 11 - 19 Maine paddling and camping/Leaders Choice. Contact Art Hart 781/762-5251 or ajhart@webtv.net

Thurs. Aug 23 Mashpee and Wakeby Ponds, Mashpee. Rt 130 to State Boat Ramp

Sat. Aug 25 Lake Rico, Massasoit State Park, Taunton. I-495 to exit 5, South on Rt 18, less than 1 mile to right on Middleboro Ave. 2.1 mile past Park entrance to parking on left or by the dam. Contact Art Hart 781-762-5251 or ajhart@webtv.net

Thurs. Aug 30 Bass River, Yarmouth. Rt 6 to exit 9. South on Rt 134, at 3rd light & right to Highbank Rd., cross Bass River and quick left to Wilbur Park launch.

Biking

Chair — Connie Austin (508) 420-8943

Co-Chair — Elsie Laverty (508) 823-0634

HELMETS REQUIRED ON ALL RIDES.

Beginner = mostly flat 15-18 miles, 10-12 mph pace

Intermediate = some hills, 25-35 miles, 13-16 mph

Call leaders before 9 pm to match rides to biking ability.

Sat. June 2 Horseneck Beach Ride, a repeat of the popular autumn ride. Approx. 25 miles, possible brewery or winery stop. Register w/ L Elsie Laverty 508-823-0634

Sat. June 16 Gilbert/Moose Hill (Foxboro, Sharon) 25-30 Intermediate. Register w/ L Nancy Beach 508-699-0032

Sat. June 23 11 a.m. Beginner ride, 16 mi., easy hills. Rock Harbor to Coast Guard/ Nauset Light beaches. Bring lunch. L Paul Ligor 508-775-6885 paligor@aol.com

Sat. July 14 Wareham/Rochester with beach and ice cream stop. Approx. 25 leisurely miles. Beginners welcome. L Elsie Laverty 508-823-0634

Sat. July 28 Plainville, Wrentham, Cumberland, RI (Ice Cream!) 25-30 miles, Intermediate. (heat sensitive) L Nancy Beach 508-669-0032

Sat. August 11 Rehoboth 25-30 miles, Intermediate (heat sensitive) L Nancy Beach 508-669-0032

Sat. August 25 Walpole/Natick 25-30 Intermediate (heat sensitive) L Nancy Beach 508-669-0032

TUESDAY EVENING CAPE BICYCLE RIDES

Rides start at 6 pm and vary from 13 to 18 miles. L Alice Oberdorf 508-771-8261 CL Connie Austin 508-428-8943

June 5 N. Falmouth to Canal: Meet at N Falmouth Library at the W end of Rte 151 on left, ride County Rd to drawbridge on Canal.

June 12 Rock Harbor: Meet at harbor pkg. lot at end of Rock Harbor Rd. off Orleans Rotary (end Rte 6), for ride to Visitor's Ctr and beach.

June 19 Hyannis to Osterville coastal: Meet at pkg lot of Veteran's Beach, entrance on Ocean St. at Gosnold St., for ride to Dowse's Beach in Osterville.

June 26 Cotuit: Meet at Shopping Ctr parking lot (old Star Market) on Rte 28 across from Putnam Ave. for area ride.

July 3 N. Falmouth to Canal: Meet at N Falmouth Library at the W end of Rte 151 on left, ride County Rd to drawbridge on Canal.

July 10 Chatham: Meet at A&P pkg lot in Chatham on R on Rte 28 opposite Crowell Rd. for ride to fish pier, lighthouse, etc. Blue Hydrangeas in bloom.

July 17 Shining Sea Bike Path: Meet at pkg lot at bike path on Woods Hole Rd in Falmouth for ride to Wood's Hole, Quisset Harbor.

July 24 Yarmouthport: Meet at Gray's Beach pkg lot for coastal ride. ▶

SEM / AMC Classifieds

This feature is a courtesy to SEM/AMC members. There is NO CHARGE, and ads will run on a space-available basis. This space is strictly for offering outdoor gear.; Editor will decide what is appropriate use of this space.

COLMAN DOME TENT—7'x7' Sleeps 3. Good for kids and car camping. \$20. Call Bill Ruel, 781-878-7713, before 9 pm

RASCAL KAYAK —Turquoise polyethylene. Weighs ~ 35 lb. Very stable, tracks well. \$275. Call Madeleine, 508-548-5334, after 7 pm. Mimfalsw@cs.com

Please send your ad to Wayne Taylor, 409 Fairview Ave., Rehoboth, MA 02769, wjtaylor@mediacore.net. Don't forget to include your name, address, phone and e-mail address. Submissions must be received by July 22 (Fall) and October 22 (Winter) for inclusion in future issues..

Biking continued

July 31 Brewster to Eastham: Meet at Nickerson State Pk, Rte 6A in Brewster for ride to Rock Harbor/Eastham.

Aug. 7 Dennis: Meet at Dennis Town Hall parking lot for ride to Dennis beach and Scargo Tower.

Aug. 21 Rail Trail: Meet at Rt. 134 off Rte. 6 at the head of the Cape Cod Rail Trail for ride to Fisherman's Ldg.

Aug. 28 Cape Cod Canal: Meet at N end of railroad bridge in Buzzard's Bay for Northside canal ride.

Trails

Chair — Lou Sikorsky (508) 678-3984

Vice Chair — Pat Holland (781) 925-4423

NATIONAL TRAILS DAY Sat., June 2nd

Myles Standish State Forest

Join thousands of outdoor enthusiasts across the country and give something back for all those hikes you've been enjoying! We need your help to get the Bentley Loop Trail back in shape after a real winter's worth of wear and tear. Contact Lou (508-678-3984, hikinglou@cs.com) or Patrick (781-925-4423, pat.holland@littlebrown.com) to sign up or get more information.

Stetson Meadows, Norwell

Volunteers needed for trail work at conservation land in Norwell along the North River. This beautiful area was in danger of becoming a golf course recently, so they need our support to blaze new trails and get more people to use and protect the property. 9 am to noon Bring tools and work gloves. Cookout afterward. For more information, call: The North and South Rivers Watershed Assoc. 781-659-8168



CHAPTER HUT NIGHT

October 6-7, 2001

CARTER NOTCH HUT

Join us for Chapter Hut Night in the Whites, our annual rite of Autumn. This year we'll be at Carter Notch Hut, eastern-most point in the AMC hut system, where we've reserved 30 spaces.

Carter is a self-service facility in the Fall, so we'll be cooking our own group meals for Sat. supper and Sun. breakfast. All inclusive cost is \$30/person. Register by Sept. 1st with Walt Wells, 508-279-1963.

FALL LEADERSHIP TRAINING

Saturday, August 25th on the Cape

SEM/AMC will conduct Leadership Training on August 25 on Cape Cod. While specifically targeted towards potential leaders for Cape hikes, it is appropriate for other activity leaders as well. Come learn to plan, organize and safely conduct outdoor group activities. Learn about leadership styles, emergency preparedness, AMC & SEM policies and procedures, as well as liability issues. The day features a combination of lectures, group activities and role plays.

And best of all it's free. Even the lunch! Register w/ Janet DiMattia 508-394-9064 jdimmattia@earthlink.

New !!

ROCK CLIMBING

Due to interest in the sport, SEM/AMC will be offering beginner-level climbing trips to members. No experience is needed, just a sense of adventure.

All of the top roping trips will be coordinated by John Pereira and Brian Donelan, who have six and 22 years of experience, respectively. Both have taught rock climbing to numerous individuals and organizations and have climbed extensively throughout the Northeast. Bouldering trips also will be coordinated by Pereira, with assistance from Donelan and two other experienced climbers, Shawn Matson and Jen Klockers.

Rock climbing shoes will be required for all of the activities, and a harness is required for top roping activities. Safety helmets will be provided. Activities may be canceled due to uncooperative weather or other circumstances. Any questions or to register for an activity, contact John Pereira at 508-254-8303 (6-8 pm) iceclimbing@backpacker.com.

Congrats to Grads of Spring Leadership Training:

Joe Courcy, Ruth Eastman, Rick Fordyce, Bill Flynn, Lorna Harrison, Barbara Hathaway, Farley Lewis, Heidi Moss, Richard McNally, Catherine Nichols, Bill Ruel, Laura Smeaton, Mike Woessner ...

Bouldering

June 28 - Lincoln Woods

July 19 - Lincoln Woods

August 9 - Lincoln woods

Top Roping

June 9 - Purgatory Chasm

July 14 - College Rock

August 18 - Rumney



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Southeast Breeze

Winter Issue 2001-02
Dec. / Jan. / Feb.



WINTER FESTIVAL

Saturday, January 12, 2002
9:00 am - 4:00 pm
Borderland State Park

Winter is a wonderful time of year! Come join us for an introduction to winter hiking, snowshoeing, and cross-country skiing. We'll have presentations on gear, clothing, how to stay warm, etc., along with snowshoe and skiing expeditions at Borderland (hiking if there's no snow). There will be some snowshoes available for participants to try out. Cost: \$5 adults, \$2 children (12 and under) includes morning refreshments, and a light lunch (soups and bread). Bring anything else you need.

Please register by January 9 with Erika Bloom (508) 996-3290, email: ebloom@mediaone.net.

SEM/AMC To Host Spring Meeting 2002 "Cape Cod Caper" set for April 26-28

Springtime on the Cape! What better way to enjoy Southeastern Massachusetts' crown jewel (and not have to put up with all the summer traffic). SEM/AMC will be hosting the Clubwide Spring Meeting with a Cape Cod weekend "caper" that promises to be energetic, informative, and fun all at the same time.

The Friday-Sunday meeting will be held at Camp Burgess, a YMCA camp in Sandwich, which is where the Chapter hosted Spring Meeting in the early '90s. The meeting provides the opportunity to meet members and leaders from other AMC chapters, discuss current issues with AMC leaders and staff, take part in various SEM/AMC-led activities, share meals with old friends and new, and kick up your heels with International Dancing on Saturday night.

Multiple food and lodging packages are available. For more information, please contact Erika Bloom, (508) 996-3290, email: ebloom@mediaone.net



View from the Chair by Anne Chace

First let me express my sincere thanks and gratitude to past Chapter Chair Dexter Robinson for his outstanding leadership over the past two years. Thank you, Dexter, for everything you have done!

Welcome to the Silver Jubilee Year for SEM/AMC!

Over the next 12 months, the chapter will be focusing attention on appreciating what resources we have here in our own backyard. We are indeed blessed with an abundance of places to explore and recreate: national and state parks, reservation and conservation areas, rivers, marshes, lakes, parks and camps. All are right here in southeastern Massachusetts.

But our chapter's most important resource is you, our members, and I look forward to meeting many of you personally in the coming months. I also invite each of you to become acquainted or reacquainted with your chapter. Join other members for activities. Help out on a committee that fits your interests. Come to the AMC Spring Gathering on the Cape this April, when our chapter hosts the entire club.

Even if you never participated in the past, make an early resolution to take the plunge. Go on a local hike or walk, participate in a trail work weekend, pedal your bicycle, paddle a canoe, join a conservation effort. Take a break. Have some fun!

If you have any ideas or suggestions about the chapter, I encourage you to call one of the activity chairs or me. We look forward to hearing from you and meeting you.

Acknowledgement

Special thanks to the 25th Anniversary Banquet Committee: Bob Bentley, Louise Desrochers, Paula Remick, Dexter Robinson, Patti Ryder and Wayne Taylor.





The Southeast Breeze is published quarterly by the Southeastern Massachusetts Chapter of AMC. **Chapter Chair:** Anne Chace (508) 824-8871 **Vice Chair:** Bob Vogel (508) 238-7732 **Treasurer:** Donna Desrochers (508) 673-7833 **Secretary:** Barbara Vogel (508) 238-7732 **Education Chair:** Steve Tulip (508) 997-9309 **Membership Chair:** Linda Cronin (508) 447-2597 **Newsletter Editor:** Wayne Taylor (508) 252-6995 or e-mail: wjtaylor@mediaone.net. **Webmaster:** Dexter Robinson (781)294-8840 **Website address:** www.amcsem.org



Editor's Notebook

Tell us about your last great outdoors adventure ... Your comments and suggestions are always welcome, as are your contributions of articles, poetry, photography or anything else related to your SEM/AMC membership. When submitting material, please be respectful of our deadline, which is the 22nd of the month, two months prior to the publication date (e.g. Jan. 22 for the Mar./Apr./May issue). The newsletter will publish your submissions on a space-available basis. Call us at 508-252-6995 or drop an e-mail to wjtaylor@mediaone.net if you've got something you'd like to submit.

Milestones

Congratulations to these longtime AMC members:

- Joseph Gazzola (50 yrs.)
- David Babin (25 yrs.)
- Cornelius Dahill (25 yrs.)
- David and Genovefa Pleau (25 yrs.)
- Walter Morin (25 yrs.)
- Sidney Bamford (25 yrs.)

In Memoriam: We note with sadness the passing of Nancy Ellis of Orleans. Nancy had been an active SEM/AMC member and had recently moved to Florida.

"Membership in a bottle"

A great gift for your favorite outdoors enthusiast.

Single Membership \$40.00

Family Membership \$65.00

*Nalgene Bottle with \$10 Gift Certificate
good for AMC lodging, workshops and books.*

New members only

Contact: Linda Cronin at
508-447-2597



On the Cover — Vermont farm in winter. Along the woodline is a groomed cross-country ski track, which is part of the vast network of ski and snowshoe trails at the Craftsbury Outdoor Center in Vermont's Northeast Kingdom. (Feb. 1994, Wayne Taylor)

We Celebrate our 25th Anniversary



Bruce Dunham: Distinguished Servant

Former Chapter Chair, Breeze Editor, and Hiking Committee Chair Bruce Dunham (left) was the inaugural recipient of the SEM/AMC Distinguished Service Award — a 14K gold plated Sierra Cup — which was presented by Bob Bentley, a founding member of the Chapter. The award was made at the 25th Anniversary Celebration and Annual Meeting in early November at BR's Monponsett Inn in Halifax.

Member Perspective:

Inclusion: Diversity of Activities and Participants

by Bob Vogel, former SEM/AMC Education Chair

Who is the SEM/AMC? SEM/AMC is all of us. But when you look at who takes part in SEM activities, you find a much smaller group. There are many reasons for this. Some members join AMC as a way to support conservation and don't desire to actively take part in our activities. Others are at a stage in their lives where work or families limit the time, or money, available for pastimes like hiking, biking or paddling.

But another reason why people aren't involved is because we tend to offer 'hard core' activities. Check our listings and you will find hikes to the 4000 foot peaks of NH, summer or winter. But there are a shortage of what one participant calls "Weenie Walks", those easier 3 to 5 mile walks over easier terrain that are the level of exertion more in keeping with some members abilities or desires.

(continued on back page)

Hiking and Backpacking

Chair — Erika Bloom 508-996-3290

**Vice Chairs — Charlie Farrell 508-822-2123
Patrick Holland 781-925-4423**

Hike Rating: First character indicates distance in miles. Second character indicates leader's pace over average terrain. Third character indicates terrain.

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

Hikers unsure of their ability should try only one level higher than previously completed. **Note: NO PETS** without permission of Trip Leader. Individuals under 18 must obtain prior consent from Trip Leader.

Fri. Nov. 30 Massasoit State Park, Taunton (C3C) Let's hike by the light of the silvery (full) moon. Take an adventurous nighttime hike through woods and open fields. We are planning to dine out by moonlight. Prepare to be creative as we cook up a fine feast. "Bring your own food and beverage." This is a good time to try out that new backpacker stove and winter gear. Headlamps are mandatory. Register with leader Steve Tulip 508-977-9309 6-9p.m. email stulip@dpyus.jnj.com CL Pat Holland 781-925-4423 7-9 p.m. email pat.holland@littlebrown.com

Sat. Dec. 8 Hedgehog Mt. UNH Trail, NH. (B3B) This is the first hike in the Winter Hiking Series. Fine views for a modest effort and a great way to get us going on winter hiking. Learn about cold weather hiking. Register with L Charlie Farrell 508-822-2123 7-9 pm CL Mike Woessner 508-384-8344 7-9 pm

Wed. Dec. 12 Hike Planning Meeting. Meet at the Universalist Unitarian Church, 25 South Main St. Middleboro at 7:00 pm. Call Erika Bloom for info or directions. 508-996-3290 (7-9 pm) email ebloom@mediaone.net. All are welcome to attend.

Sat. Dec. 22 Worlds End Reservation, Hingham. (C4D) Take a break from the holiday madness with a nice stroll at the edge of Hingham Harbor. Fine views of the islands and Boston skyline. Gentle rolling hills and open fields/woods. Small entrance fee. Register with co-leader Laura Smeaton 617-695-9903 7-9 pm email smeaton@sdac.harvard.edu Leader Patrick Holland 781-925-4423 7-9 pm email pat.holland@littlebrown.com

Tues. Jan. 1 Borderland State Park, Easton(C3C) Pleasant hike through woods and around ponds on this first hike of the new year. Register with leader Dexter Robinson 781-294-8840

7-9 pm email dexsue@massed.net CL Mike Woessner 508-384-8340 7-9 pm email mike.woessner@med.va.gov

Tues. Jan. 1 Boulder Loop Snowshoe, NH. (snow dependent trip) Hope for snow to try out those snowshoes along the short (3-plus miles) Boulder Loop Trail with excellent views for a moderate 950 feet elevation gain. Possible group meal on return. Register with leader Erika Bloom 508-996-3290 7-9 pm email ebloom@mediaone.net CL Patrick Holland 781-925-4423 7-9 pm email pat.holland@littlebrown.com

Sat. Jan. 5 Caribou Mt., ME. (B3B) Moderate hike to a broad open summit with views of Evans Notch and Wild River Valley. Previous winter hiking experience and full winter gear required. Limited to 8 hikers. Register with L Patrick Holland 781-925-4423 6-10 pm email pat.holland@littlebrown.com CL Walt Wells 508-279-1963 7-9 pm.

Sat./Sun. Jan. 5-6 Carter Hut overnight "food fest" (A3B) Hike to Carter Hut, which has unheated bunkhouses and kitchen facilities. Participants will bring food to share for a backcountry feast! Side trip to Carter Dome peak(weather/time dependant). Full winter gear and previous winter hiking experience required. Cost is \$19. Register by Dec. 1 with leader Erika Bloom 508-996-3290, email ebloom@mediaone.net CL Bob Vogel 508-238-7732 email rvogel@mediaone.net

Sat. Jan. 12 Mt. Monadnock (B3B) Beginner/Intermediate hike up this popular mountain up the White Cross Trail and down the White Dot Trail. Some winter hiking experience and winter gear is required. Register with leader Patrick Holland, 781-925-4423 6-10 pm email pat.holland@littlebrown.com CL Bill Ruel, 781-878-7713 7-9 pm email eruel@iopener.net

Sun. Jan. 13 Camedy Comer, Lakeville. (C2C) Across Bill Markson's farm to the Assonet Cedar Swamp and out onto the ice in the swamp (temperture and conditions permitting). Register with L Bill Markson 508-947-6739 email mogulero@yahoo.com CL Richard Jussaume 508-930-2445 7-9 pm email richjuss@jci.net

Sun. Jan.13 Wompatuck State Park, Hingham. (C3C) Easy walk through woodlands along forest roads and trails. A nice intro to winter hiking. Good snowshoeing if there is enough snow. Register with co-leader Bill Ruel, 781878-7713 7-9 pm email eruel@iopener.net Lr Patrick Holland 781-925-4423 email pat.holland@littlebrown.com

Sat. Jan. 19 Mt. Crawford, NH. (B3B) This is the second hike in the winter hiking series. Climb moderate grades to the 3100 foot summit of Mt. Crawford on the Davis Path. Register with leader Walt Wells 508-279-1963 7-9 pm. CL Erika Bloom 508-996-3290 7-9p.m. email ebloom@mediaone.net



Sun Jan. 20 Pemigewasset Snowshoe, NH. (B3B/C) Enjoy a mostly flat snowshoe along the Lincoln Woods Trail, which is groomed, then follow the Osseo Trail into the woods for a ways. Return via the same route. Can be combined with Sat's Mt. Crawford winter hike by staying overnight locally. Register with co-leader Mike Vining, 781-344-0103 7-9 pm. L Erika Bloom 508-996-3290 7-9 pm email ebloom@mediaone.net

Sat. Jan. 26 Mt. Lafayette, NH. (A3B) Challenging 8 mile winter hike to this popular summit via the Old Bridle Path. Previous above tree-line winter experience and full winter gear are required. Moderate to fast pace. Register with L Dexter Robinson 781-294-8840 7-9 pm email dexsue@massed.net CL Paul Vermette 603-598-6623 5-8 pm email pjvermette@yahoo.com

Sun. Jan. 27 Come play in the snow! (B3B) Local snowshoe (hike if no snow) to prove you can have fun in the winter without getting cold. (SEM has snowshoes to loan.) Blue Hills is our destination, fun is our plan. L Bob Vogel 508-238-7732 rvogel@mediaone.net

Sat. Feb 2 Blue Hills Skyline Trail (B3B) This can be a challenging hike if conditions are right. Snowshoes required if there is enough snow. Register with IL Bill Ruel 781-878-7713 7-9 pm email eruel@iopener.net CL Walt Wells 508-279-1963 7-9 pm.

Sat. Feb. 2 Lincoln Woods, NH. (B3C) No summits on this hike. A good beginner/intermediate trek along the East Branch of the Pemigewasset River to Black Pond with beautiful winter landscapes. Register with CL Laura Smeaton 617-695-9903 7-9 pm email smeaton@sdac.harvard.edu Leader Patrick Holland 781-925-4423 7-9 pm email pat.holland@littlebrown.com CL Steve Tulip 508-977-9309 email stulip@dpyus.jnj.com

Sat. Feb. 9 Mt. Tom, NH. (B3C) This is the third hike in the winter hiking series. We'll climb to the summit of Mt. Tom via the Avalon and A/Z Trails. Register with leader John Pereira 508-254-8303 7-9 pm email iceclimbingbackpacker.com CL Patrick Holland 781-925-4423 7-9 pm email pat.holland@littlebrown.com

Sat. Feb 16 Mt. Eisenhower, NH. (B3B) Climb to the summit Eisenhower via the Edmonds Path. Full winter gear is required on this hike. Register with leader Walt Wells 508-279-1963 7-9 pm Leader Charlie Farrell 508-822-2123 7-9 pm.

Sat/Sun. Feb. 23-24 The Hancocks Backpack, NH. (A3B) Hike to the base of the Hancocks, set up camp, then bag the summits. Excellent views of the Sandwich Range and the Pemigewasset Wilderness. Previous winter hiking experience and full winter gear required. Register with L Patrick Holland 781-925-4423 6-10 pm email pat.holland@littlebrown.com CL Paul Vermette 603-598-6623 5-8 pm pjvermette@yahoo.com



Sat./Sun. Mar.2-3 Backpack to Sawyer Pond, NH. (A3C) This is the final hike in the Winter Hiking Series. Hike in on fire road 34 and the Sawyer Pond Trail to the Sawyer Pond Campsite. Winter gear for an overnight stay is required. Register with Leader Erika Bloom 508-996-3290 7-9 pm. email ebloom@mediaone.net CL Walt Wells 508-279-1963 7-9 pm CL Bill Ruel 781-878-7713 7-9 pm email eruel@iopener.net

Sat./Sun. Mar. 9-10 Grey Knob Cabin Overnight, NH. (A2B) Hike to RMC Grey Knob cabin and weather/time permitting, dash to the summit of Mt. Adams. Cabin is \$8/pp. Previous winter hiking experience and full winter gear required. Limited to six participants. Register with Leader Patrick Holland 781-925-4423 6-10 pm email pat.holland@littlebrown.com CL Mike Woessner 508-384-8344

Fri. evening/Sun. Mar.15-17 Snowshoe/Yurt trip to Philips Brook Backcountry Recreation Area (NH) For experienced snowshoers. Join us as we drive to a yurt for the first night, then enjoy a strenuous snowshoe into a backcountry yurt for the second night. Facilities are self service and very basic. Approx. lodging cost \$50.00. Register with L Erika Bloom 508-997-3290 7-9 pm email ebloom@mediaone.net L Bob Emery 508-222-8460 6-8 pm. email hikerrobert@cs.com CL Bill Ruel 781-878-7713 7-9 pm email eruel@iopener.net

Sun, Mar 24 Borderland State Park. (B3D) Come hike as we celebrate Spring!! Winter's over, let's get out and move. Good trip for new members, or those just coming out of hibernation! L Bob Vogel 508-238-7732 email rvogel@mediaone.net

AMC Activities Risk Statement: Activities listed here involve varying degrees of danger. When you participate in these activities, you should be prepared physically and mentally, and equipped with appropriate gear. You should be aware of the risks and conduct yourself accordingly. Volunteer trip leaders are not responsible for your safety; you are. Before registering for any activity, you should discuss your capabilities with the trip leader. To participate in chapter activities, individuals under age 18 must be accompanied by a parent or responsible adult, or obtain prior consent from the trip leader. Those accompanied by a minor are responsible for the minor's actions.

Cape Cod Hikes

Chair — Janet DiMattia (508) 394-9064

Thurs. hikes start at 9:30 am — Sat. hikes start at 10 am (Bring lunch) — Sun. hikes start at 1 pm unless noted. NO DOGS allowed. Heavy rain or snow CANCELS. See page 3 for Hike Rating information. Call Leaders for more information on individual hikes.

Sun. Dec. 2 Barnstable Conservation Area (C3B) Hike new trails coming in from south side. Exit 5 off Rte. 6. Go S on Rte 149 1.5 mi. to roundabout. Turn R on Race Lane 1.5 mi. to R on Crooked Cartway, park at end. L Heidi Moss 508-362-6440.

Thurs. Dec. 6 Falmouth, Long Pond (C3B) From Mashpee Rotary, W. on Rte 151 3.2 mi., turn L on Sandwich Rd. at lights. In 3.7 mi. turn R on Brick Kiln Rd. at lights. In 0.8 mi. turn L on Gifford St at lights. In 1 mi. enter Goodwill Park on R and park immediately. L Janet Kaiser, CL Farley Lewis 508-775-9168

Sun. Dec. 9 Yarmouth, Buck Island (C3C) S. from Exit 7 on Rte. 6 to L on Higgins Crowell Rd. Turn R at lights and park at Sandy Pond Recreation Area on R opposite Buck Island village L Barbara Hollis. HOLIDAY PARTY at 16 Driftwood Lane following hike.

Thurs. Dec. 13 Yarmouth, Inkberry Trail (C3C) N from Rte 28 on Winslow Gray Rd. at light, 0.4 mi to pkg on L. Leader Janet DiMattia 508-394-9064

Sun. Dec. 16 Truro, Longnook to Jenny Lind Tower and return. (B2B) N on Rte 6 to Eon Longnook Rd (4th right after Pamet Rd) Meet at end of Longnook Rd, Truro, at beach pkg lot. L. Ron VanderWeil 508-255-3361

Thurs. Dec. 20 Yarmouth, Chase Garden Creek (C3B) Exit Rte 6 at Exit 8. Go N to 6A. From Getty Station at flashing light go E on Rte 6A 0.5 mi. turn L at Rod & Gun Club sign and park in pkg area. L Janet Kaiser 508-375-0574

Sun. Dec. 23 Harwich, Herring River (C3B) Exit 9 S from Rte 6 onto Rte 134. Turn L at 3rd traffic light on Upper County Rd then L onto Great Western Rd. Follow approx. 2.2 mi. Park inside fence on L at Sand Pond. Leader Janet DiMattia 508-394-9064

Thurs. Dec. 27 NO HIKE

Sun. Dec. 30 Brewster, Nickerson State Park (B3C) Park in main parking lot at entrance on Rte. 6A. Leader Bob Freeman, 508-432-4341

Thurs. Jan. 3 Harwich, Hawks Nest State Park (B3C) Rte. 6 to Exit 11 S onto Rte 137. Take first R onto Spruce Rd. At .05 mi. park on side of road. Leader Bob Freeman 508-432-4341

Sat. Jan. 5 Wellfleet, Newcomb Hollow and Wellfleet Ponds (B2B) Meet Newcomb Hollow Beach parking lot. Go N on Rte. 6 to second light Wellfleet Center, turn R on Gross Hill Rd. follow to end at Ocean View drive, turn L and follow to end. Leader Ron VanderWeil 508-255-3361

Sun. Jan. 6 Mashpee River Woodlands East (C3C) Take Orchard Street off Rte 28 then a R on Quiniquisset Ave., then L on Mashpee Neck Rd. and continue 1 mi. Parking lot on R. Leader Nancy Wigley 508-548-2362

Thurs. Jan. 10 Dennis, Indian Lands (C3D) S. on Old Bass River Rd. from Rte 6A in Dennis Village. R into pkg lot in 4.0 mi. at Town Hall. Leader Barbara Rodgers 508-362-3945

Sun. Jan. 13 Eastham, Doane Rock (C3C) From Rte. 6 at traffic light by the National Seashore Visitor center turn right and follow road to Doane Rock area on R, park in second parking lot. Leader Janet Kaiser 508 375-0574

Thurs. Jan. 17 Cotuit - Eagle Pond (C3C) Meet at "Cotuit Landing" corner of Rte 28 and Putnam Ave. in Cotuit to carpool to trailhead. L Farley Lewis 508-775-9168

Sun. Jan. 20 Mashpee, South Cape Beach (C2C) From Mashpee Rotary take Great Neck Rd. S for approx. 2.8 mi. Turn L on Great Oak Rd. and follow to end of town beach pkg. lot approx. 2.5 mi. L Gary Miller 508-540-1857

Thurs Jan. 24 Yarmouth, Grays Beach (C3C) Exit 8 N from Rte 6 to Rte. 6A. Go N on Old Church Rd. at playground to Center St. to pkg lot at Beach at end of road. Chili party following hike at L's home. L Janet Kaiser 508-375-0574

Sat. Jan. 26 Yarmouth, Inkberry Trail (B2C) N from Rte 28 on Winslow Gray Rd. at light 0.4 mi to parking on Left. Meet 10:00. Bring Lunch. L Peter Selig 508-432-7656

Sun. Jan 27 Falmouth, Beebe Woods (B2C) Follow signs to Hospital on Ter Heun Drive, off Rte 28. Go beyond Hospital and JML Facility and park in sm. Dirt pkg lot on Left. L Linda Church 508-495-1308

Thurs Jan. 31 Brewster, Parsons Perch (C4D) From intersect of Rtes. 6A & 134, take 6A E 0.8 mi. Turn R on Airline Rd. At 1.3 mi. continue across to Slough Rd. and park on L at 0.8 mi. at Walker Pond pg. area. L Harry Dombrosk 508-385-9502

Cape Cod Hikes continued

Sun. Feb. 3 Barnstable Conservation Land (C3B) Exit 5 S off Rte 6 onto Rte. 149 to R on Service Rd. Park under power lines on Left. L Heidi Moss 508-362-6440

Thurs. Feb. 7 Yarmouth, Bud Carter Trail (C3B) From Rte 6 Exit 8 S onto Station Rd. Turn L at first traffic light onto Whites Path, follow to end. L across bridge to Driftwood Lane. Park at 16 Driftwood Lane if no space avail at Trailhead. L Pam Carter 508-398-2605

Sun. Feb. 10 Mashpee River Woodlands West (C3D) Take Orchard Street off Rte. 28 then R on Quiniquisset Ave (do not turn onto Mashpee Neck Rd) and watch for sign on L indicating Mashpee River Woodlands pkg area. This area is near Rte. 28. L Nancy Wigley 508-548-2362

Thurs. Feb. 14 Barnstable, Spruce Pond (C3C) Exit 5 off Rte. 6 N on 149 park at triangle. L Heidi Moss 508-362-6440

Sun. Feb. 17 Truro, South Pamet (B2B) Rte. 6 to Truro, exit Pamet Rds. Take Pamet Rd. S to Ballston Beach pkg lot. Leader Ron VanderWeil 508-255-3361

Thurs. Feb. 21 Brewster, Nickerson State Park- Part 1 (C2B) Park at main pkg area. Leader Jack Handlen 508-255-5292

Sat. Feb. 23 Barnstable Conservation Area (B2B) Exit 5 onto Rte 149 to R on Service Rd. Park under power lines on L. 10 am Bring Lunch. L Bob Freeman 508-432-4341

Sun. Feb. 24 Brewster, Nickerson State Park - Part 2 (C2B) From Rte 6A enter park and take first L on Flax Pond Rd. Park at Flax Pond. Leader Jack Handlen 508-255-5292

Thurs. Feb. 28 Barnstable, Deacons Farm (C3C) Exit 5 from Rt 6. Go N on 149. Park at grass triangle in front to church on L and walk N to trailhead behind firehouse. Leader Harry Dombrosk 508-385-9502

SEM / AMC Classifieds

This feature is a courtesy to SEM/AMC members. There is NO CHARGE, and ads will run on a space-available basis. Space is strictly for offering outdoor gear. Editor will decide what is and is not appropriate use of this space.

FOR SALE: Petzl headlamp w/ extra battery, excellent condition, \$20. Dexter Robinson, 781-294-8840

To submit your ad, please send to Wayne Taylor, 409 Fairview Avenue, Rehoboth, MA 02769, or e-mail: wjtaylor@mediaone.net. Include your name, address, phone and e-mail address. Submissions must be received by the 22nd of Jan (Spring issue), Apr (Summer), July (Fall) and Oct (Winter).

Skiing

Chair — Barbara Hathaway 508-880-7266

Sun. Jan. 6 Local day trip. Leaders' Choice. Possibilities include Borderland, Blue Hills, Myles Standish, Ponkapoag, Great Brook Farm in Carlisle or Wildblown XC. We'll hike if there's no snow. Call CL Barbara Hathaway 508-880-7266 or L Bob Kalchthaler 508-947-4924 for more information.

MLK WEEKEND AT APPLEBROOK INN, N.H. (Jan. 18 -21) All chapters welcome to join us for our 15th MLK weekend of cross-country skiing, great company and hearty meals. Ski possibilities include Bretton Woods, Great Glen, Balsams, Jackson Village. Downhill, snow shoeing and ice skating also possible. \$135 to \$199 per person includes 3 nights lodging, 3 breakfasts, 1 full dinner and 1 supper, all at cozy Applebrook Inn in Jefferson, N.H. Don't forget the famous "hot tub under the stars"! Register with leader Sarah Beard (508) 758-2613, 7-9 p.m. Co-leader Bob Kalchthaler (508) 947-4924.

Fri.-Sun. Feb 1-3 Intermediate Backcountry Ski and Snowshoe in Crawford Notch area. Routes to be determined by snowcover / group experience. Register with L Wayne Taylor 508-252-6995 or CL Mary Dubois Leeson 508-997-4489

Sat. Feb. 16 Local day trip. Leaders' Choice, depending on snowcover. Call L Wayne Taylor 508-252-6995 7-9 pm or CL Sarah Beard 508-758-2613, 7-9 pm, for more information.

Sat. Feb. 23 Local day trip. Leaders' choice. Call L Bob Kalchthaler (508) 947-4924, CL Sarah Beard (508) 758-2613.

CRAFTSBURY OUTDOOR CENTER (Fri./Mon. Mar. 1-4) Join fellow AMCers for the ultimate ski weekend in Craftsbury, VT, where snow conditions are often described as "the best in the East" and 100 km of groomed ski trails, plus backcountry, ice skating and showshoeing await you. \$330 pp/pvt. bath or \$285 pp/shared bath, includes 3 nights lodging, 3 wholesome, healthy hearty meals a day, and trail passes. Enjoy hot chocolate and a warm fire by the skating pond or pamper yourself with a massage or sauna after an exhilarating day of activities. Register with CL Barbara Hathaway, 508-880-7266, 7-9 pm

SKI-YOUR-BUTT-OFF WEEKEND (March 15-17) -- Joins us at the Mountain Fare Inn in Campton, NH, for a weekend of cross-country/alpine skiing in the Waterville Valley region. There is a comprehensive network of groomed XC trails nearby, plus downhill at Waterville Valley, Loon, and Cannon. Depending on interest, we also may lead an intermediate backcountry trip in the area. Stay Friday and Saturday nights at this comfortable country inn, with two breakfast meals, one dinner, and happy hour included. Cost: \$130 per person. Register with leader Anne Chace (508) 824-8871, or (if interested in the backcountry ski) with leader Wayne Taylor (508) 252-6995, wjtaylor@mediaone.net

Trails

Chair — Patrick Holland 781-925-4423

Greetings from the New Trails Chair

The sun is setting on the long legacy of Lou Sikorsky as Trails Chair and I have been prevailed upon to try and fill his shoes. And why would anyone even attempt such an impossible task? The reason is actually pretty simple: I Love the Outdoors

For me being out in nature is an escape from all the noisy clutter and frustrations of modern life. Cell phones, fax machines, rude drivers, the cable company, Pat Roberson and more are constantly working to raise my blood pressure, make me vent at the wrong people and just succumb to cynicism. But out on the trails, all that sheds away and becomes less important. When people ask me why I love the cold, the heat, the bugs, the cuts and scrapes, sore muscles, dirt and wet from playing in the outdoors, I tell them because its pure. It's just you, nature, your gear and the confidence in your abilities to get you home safe and sound. The rewards for your efforts can be breathtaking—a sunset over the Presidentials or sublime autumn leaves dancing in a rushing stream.

Now to get out there and enjoy all that I usually have to do two things: drive and hike. Which we usually don't give too much thought to (aside from car maintenance, trip planning, etc.). But consider this: in order for you to get in your car, gas up and hit the road you had to take advantage of an intricate socio-economic system. Engineers with college degrees designed the car, trained factory workers built it, our banking system gave you the means to buy it, our government regulates commerce so there's always gas for your tank, your taxes go toward keeping the roads in good repair, and our legal system keeps them reasonably safe.

Similarly, when you get to the trailhead and start hiking, you take advantage of another social/economic system. Your taxes fund the National Park/Forest system, conservation groups (like the AMC) work to protect the land, and volunteers clear the downed trees, cut back the brush, repair the bridges and more. All these people and organizations function so you—the outdoor person—can get out and restore your spirit.

But what do these different systems have in common? And why should you care? Well for the most part, no effort of ours contributed to the creation of them. We are born into a ready made world of hospitals, schools, banks, jobs, roads, laws, parks and trails. Everyone who came before us did all the work creating and maintaining these systems. So I could argue we owe a debt to our present day society and

those past generations. After all we've done pretty well by them. Now you can pay back this debt in different ways. Some would entail a major life change: Military service, the Peace Corps, missionary work. But there are a myriad of other choices for those of us who can't take a couple of years out of our lives: being a big sister/brother, delivering meals to shut ins, protecting open space in your town, helping the homeless, anything that takes some of your personal time/energy and gives it back for the greater good of us all. You don't have to save the world, just work to make it a better place.

SEM/AMC offers many opportunities to give something back. We always need leaders for the activities the chapter offers or help with the social events. And we need your help in building and maintaining those trails! In the next issue of the Breeze there'll be a schedule for Spring thru Fall 2002 offering trail work for all levels and ages. From easy brushing, clearing blowdowns and blazing to more strenuous work building stairs, repairing rock walls and installing water bars. By the way, easy does not mean unimportant, its all valuable work. We'll even do some "My First Trail Work" days to get people introduced to what its all about (its not rocket science folks). And there'll be the trips up north to work in New Hampshire. We're also considering sending people to trail maintenance training at Camp Dodge in NH if there's enough interest.

So the next time you're thinking about what to do about that "debt" of yours or want to give back for all those "breathtaking and sublime" rewards, keep us in mind. We're not asking for a lot, just a day or two. Plus we have a fun time and you get lots of complements from passing hikers (not to mention impressing your co-workers on Monday morning). I hope to see you out there next year!

Patrick Holland

Canoe and Kayak

Sat. Jan 11 Paddlers Meeting. Come help set the committee's course for the 2002 paddling season. We need your ideas about training, safety, new trips and to set the Spring schedule. Location to be announced on our web page or contact Art Hart 781-762-5251 or ajhart@webtv.net.

Paddling Videos and Guide Books - We have a few paddling videos and guide books for loan to members. If interested contact Art Hart, 781-762-5251 or ajhart@webtv.net.

Canoe Loaners - We would like to see better utilization of our canoes. Any SEM/AMC member interested in getting started may request the loan of one of our 17 ft Grumman aluminum canoes for an extended period of time. Contact Art Hart, 781-762-5251 or Dave Williams, 508-238-3638.



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Inclusion: Diversity of Activities and Participants

(continued from page 2)

Why is this? Are we trying to weed out the less able or less ambitious? NO!!! Not at all. One 'feature' of the AMC, as a volunteer organization, is that the volunteer leaders get to run the type of activities that they like to participate in. As Education Chair for the past two years I've struggled with a situation that I haven't been able to solve. Those that want to run ambitious activities are more likely to volunteer to become leaders. This is good in that we always need new leaders. But it doesn't help solve the 'diversity of offerings' issue.

A Three Pronged Proposal

I'd like to suggest a three pronged approach to helping us diversify our offerings. First I'd like to encourage existing leaders to help out by offering some easier trips. That doesn't mean that you have to cut back on your hard core activities. But if each leader could add just one easy trip each Breeze it would help us get more members involved. This could help us get a jump start.

For a long term solution it will also take a second step. We need more leaders for the easy, more inclusive, activities. And, being a volunteer organization, that will only happen if people like you step up to the plate. Being an AMC activity leader may sound like a challenging task. It may sound like something that you couldn't possibly do. You might be right, but chances are you will find as you

get involved that it isn't as hard as it sounds. SEM is very good at training leaders. We offer free leadership training in the Spring and Fall. (Some chapters charge \$100 for it.) We also do a better job of tutoring new leadership candidates than some other chapters. We will advise you, we help you become a co-leader. We provide support as you help start leading, and can act as a co-leader on your trips to get you going. Even if you never progress beyond co-leading you will be helping as having a good group of co-leaders makes it easier for the current leaders to offer more trips.

Finally as a third step to being more inclusive I'd like to ask members who don't currently participate in our activities, but who would like to, to get involved with planning for next year's activities. We need to know what activities you would like to see offered. Your leaders are human, and like everyone we sometimes get in a rut. We need to have some fresh suggestions for trips: Nature walks where we go slower and look at birds, trees, etc.; bike rides that are shorter or slower; trips to different locations.; activities that are more accessible to people with disabilities (A wheelchair accessible hike at Myles Standish or the Canal along the bike paths?) Longer trips? Shorter trips? Trips where we stay in motels? Suggestions are always welcome.

So if you have any, please let me know. Email me at rvogel@mediaone.net or call me at 508-238-7732. I can't promise we'll run every event you suggest, but if you don't ask, I'm afraid we probably won't think of it on our own. *Help us help you!*

▲▲▲



Southeast Breeze

Fall 2002 (Sept./Oct./Nov.)

Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club

SEM / AMC 2002 Annual Meeting

Save the date: Nov. 16th at White's of Westport

Come join old friends and new at the Chapter's 2002 Annual Meeting, to be held Saturday, November 16, at White's of Westport. Happy Hour begins at 6 pm, with a buffet dinner following at 7. Dinner will include Caesar salad, stir fry vegetables, potatoes, chicken, baked scrod, seafood pasta, roast tenderloin of pork with apple raisin stuffing, assorted party pastries, and coffee. Our speaker will be Frank Shea, who will talk about the Old Growth Forest of Mt. Wachusett. In addition to the business meeting and election of new officers for the Executive Board, we will be presenting the 2002 Distinguished Service Award to a deserving SEM chapter member.

Cost of attendance is \$20 per person. Checks payable to SEM/AMC must be sent to Treasurer Donna Desrochers, 295A Indian Town Rd., Westport, MA 02790.

Directions: from Cape — I-195 W to Exit 10 (Horseneck Beach/Westport Rte 88). Take first exit to Rte 6 W and go 1/2 mile to Whites. From North — Rte 24 S to I-195 E to Exit 9. Bear right and take first right.

Executive Board Nominations

The Nominating Committee presents the following slate of nominees for the 2003 Chapter Executive Board. Members attending the Annual Meeting on Nov. 16 will be asked to vote on these nominees. Additional nominations may be made by any 10 members who specify their candidate for office. These nominations should be presented to Nominating Committee Chair Muriel Thomas (508-428-3593) or Chapter Secretary Barbara Vogel (508-238-7732) not later than 21 days prior to the Annual Meeting. Nominations may not be made from the floor except in the case of the death, incapacity or withdrawal of the candidate.

Chapter Chair	Anne Chace
Vice Chair	Bob Vogel
* Treasurer	Mike Woessner
Secretary	Barbara Vogel
Hiking Chair	Erika Bloom
Cape Hikes Chair	Janet DiMattia
Biking Chair	Nancy Beach
Canoe/Kayak Chair	Ed Foster
Skiing Chair	Barbara Hathaway
Trails Chair	Patrick Holland
Education Chair	Steve Tulip
Conservation Chair	Louise Anthony
Membership Chair	Linda Cronin
* Communications	Linda Church

* Indicates new nominees; all others are incumbents

View from the Chair

by Anne Chace

The United Nations has declared 2002 the International Year of the Mountain (IYOM). How can we as AMC members acknowledge this designation? Several ideas come to mind. First, we can renew our membership in the Club or invite relatives and friends to join. "Membership in a Bottle" makes a great gift and the Southeastern Mass. chapter reaps some monetary benefits, as well. We can share our love of the outdoors with others. As New Englanders, we live in a mountain ecosystem and economy; therefore, we need to be practical with our use of resources by practicing conservation and recycling. We should consider taking a "Leave No Trace" training course and learn to recreate on the land with low impact. Our chapter has scholarships to encourage leaders to attend this AMC course. Contact Vice Chair Bob Vogel for more information (rvogel@attbi.com). And for more information about IYOM, visit www.mountain.org or www.mountains2002.org.

The Chapter Board recently approved a letter of solicitation seeking SEM member support of the AMC 125th capital campaign. The money will be used to fund outdoor education programming, create an endowment, maintain and create new trails, renovate existing huts and lodges, and build a new environmental education center, including the Highland Center at Crawford Notch where ground breaking occurred on June 21st.

AMC has received a coveted pledge of \$1 million from the Kresge Foundation. This pledge is dependent on the AMC raising \$3 million in new gifts by December 31, 2002. The Kresge grant has a dual purpose: to raise the money and also to obtain pledges from new donors, like you and me. Contributions and pledges of any amount are welcome. If you have never contributed to the AMC before, please consider this 125th campaign. Dream a little: Chapter hut night in the new Highland Center in Crawford Notch! Make your pledge as generous as possible and thanks for your support.

SOLO Wilderness First Aid Course

October 5-6 at Camp Lyndon on the Cape

Space is still available for this year's WFA training course, which will teach you basic skills for treating accidents in the wild. But please hurry, as space is limited.

For details and to register, contact SEM Education Chair Steve Tulip (508-977-9309, sjtulip@attbi.com) or Co-Chair Laura Smeaton (617-695-9903, Smeaton@sdac.harvard.edu).



The Southeast Breeze is published quarterly by the Southeastern Massachusetts Chapter of AMC.

Chapter Chair: Anne Chace (508) 824-8871

Vice Chair: Bob Vogel (508) 238-7732

Secretary: Barbara Vogel (508) 238-7732

Treasurer: Donna Desrochers (508) 673-7833

Education Chair: Steve Tulip (508) 977-9309

Membership Chair: Linda Cronin (781) 447-2597

Conservation Chair: Louise Anthony (508) 758-4215

Newsletter Editor: Wayne Taylor (508) 252-6995

WEBSITE ADDRESS: <http://www.amcsem.org>

Editor's Notebook

Tell us about your last great outdoors adventure ... Your comments and suggestions are always welcome, as are your contributions of articles, poetry, photography or anything else related to your AMC membership. When submitting something, please respect our deadline, which is the 20th of the month, two months prior to the publication date (e.g. Oct. 20 for the Dec/Jan/Feb issue). We'll publish your submissions on a space-available basis. Contact us at 508-252-6995 or witaylor@attbi.com.

Not getting your copy of the Breeze? Call Membership Chair Linda Cronin (781-447-2597) or drop her an e-mail (linda.cronin@whrsd.k12.ma.us) to be sure you're on the list.

Chapter News Notes

How to Sign Up for an SEM/AMC-led Activity

Just as there's a prescribed list of gear to bring on most AMC activities, so too is there a prescribed way to sign up for planned outings. In many cases, leaders want to "screen" potential participants to assure that their level of experience and physical conditioning are appropriate for the planned activity. Screening requires a two-way conversation, so when a trip listing says "register with ..." please phone (don't email) the leader/co-leader to sign up.

Also, please don't wait till the last minute to register. Trip leaders have a lot of details to plan and organize, and a call the night before to register for tomorrow's activity could well result in your not being allowed to participate.

Seeking Nominations for SEM Distinguished Service Award

At last year's 25th anniversary Annual Meeting, the Chapter inaugurated its annual Distinguished Service Award, which honors a member of SEM/AMC whose service to the Chapter and its members goes above and beyond the call of duty. The DSA Nominating Committee — which includes last year's recipient, Bruce Dunham, plus Chapter Chair Anne Chace, Conservation Committee Chair Louise Anthony, and award founder, Bob Bentley — is currently seeking nominees. If you would like to nominate a Chapter member for this prestigious award, please phone Bob Bentley at (508) 866-3057.

"Membership in a Bottle"

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Contact: Linda Cronin
linda.cronin@whrsd.k12.ma.us

New Members Only
781-447-2597

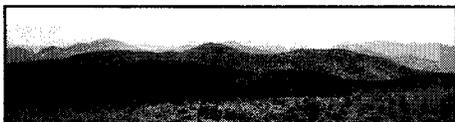


Photo credit: Wayne Taylor, May 1998

On the cover ...

From the South Twin, looking south over the Bond Range toward the Hancock and Mt. Carrigain.

Clubwide News Bits

Nov. 22-24 Workshop: How To Become A Major

Excursions Leader — Visit some of the most exciting places in the world as the leader of an AMC Major Excursion! This workshop provides important training to enable you to lead Major and Interchapter Excursions. It helps persons who have AMC activity leadership experience (no beginners) transition from leading weekend chapter activities to more complex and longer Interchapter and Major Excursions. Previous outdoor leadership training is highly desirable. Emphasis is on planning, cost estimating, trip management, people skills, and risk management. Includes procedures and guidelines for researching, proposing, and leading Interchapter and Major Excursions. Exchange ideas, problems, solutions with some of the AMC's most skilled leaders. Small group size assures abundant discussion and access to instructors. We will provide the help you need to make it as easy as possible to qualify as a Major or Interchapter Excursions leader.

Cost: approx. \$65 incl. 2 nights lodging, 2 breakfasts, 2 lunches, and 1 dinner. What a bargain! The Leadership Training is being conducted at the White Memorial Foundation in Litchfield, CT. For registration package, send SASE to Jan Taylor, 4 Trotting Horse Drive, Lexington, MA 02421 (781-862-1897 before 9pm). Email jliztaylor@rcn.com. Space is limited, so register as soon as possible.

AMC Fall Gathering 2002: Oct. 25-27

"The Shenandoah Shindig"

Save these dates — Friday through Sunday, October 25-27 — for the 2002 Fall Gathering, "The Shenandoah Shindig," hosted by the DC Chapter of AMC. It's an exciting, clubwide event that will take place in Front Royal, Virginia, on the very edge of the beautiful Shenandoah National Park.

Besides the usual AMC committee meetings, there will be a variety of chapter-led hiking, paddling and bicycling trips, tours of Civil War battlegrounds and the Appalachian Trail conference headquarters in Harpers Ferry, WV, plus campfire sing-alongs, wine tastings and a lot more. Mark your calendar and watch for registration information in the mail or visit www.outdoors.org or www.amc-dc.org for more details on this event.

Rise to the Summit

Make a Gift for Future Generations of AMCers

You can share your passion for outdoor recreation and conservation with future generations of hikers, paddlers and other outdoor enthusiasts through a bequest to the Appalachian Mountain Club. If you have already named AMC in your will, please notify us so that we can say thank you and welcome you to the Summit Society.

For information on how to include AMC in your will or to learn about charitable gifts that produce income, please contact the Planned Giving Office at (617) 523-0655 ext. 309, 5 Joy Street, Boston, MA 02108, or via email at summitsociety@amcinfo.org.

Hiking and Backpacking

Chair — Erika Bloom (508) 996-3290 (7-9 pm)

ebloom@attbi.com

Vice Chairs — Patrick Holland (781) 925-4423

Charlie Farrell c.farrell@verizon.com

Ratings: First character indicates distance in miles. Second indicates leader's pace over average terrain. Third character indicates terrain.

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

Hikers unsure of their ability should try only one level higher than previously completed. **Note: NO PETS** without permission of Trip Leader. Individuals under 18 must obtain prior consent from Trip Leader.

L = Leader

CL= Co Leader

Sat., Sept 7 – Orienteering in NH (B3C) How good are your map and compass skills? Bring your compass and put them to the test on a permanent orienteering course set up by The NH Orienteering Club. More of a fun romp through the woods than an actual hike. Register with Leader Patrick Holland 781-925-4423 pat.holland@aoltwb.com Co-leader Mike Woessner 508-384-8344 mike.woessner@med.va.gov

Sat., Sept 7 – Tripyramid Scramble, NH (A3A) Long hike. Step slides. What more could you ask for? Oh, yeah, two 4K peaks. Joint trip with Boston Chapter. Reg. w/ L Bob Vogel 508-238-7732 (6-9 pm) rvogel@attbi.com. CL Paul Vermette 603-598-6623 (5-8 pm) pvermette@att.net.

Sun., Sept 8 – Old Colony Rail Hike, Taunton (B3C) 10:30 AM start. Maximum 6 miles on former rail line that MBTA may bring back into service. Come walk through history and be prepared for mud. Register w/ L Anne Chace 508-824-8871 (7-9 pm).

Wed., Sept 11 - Hike Planning meeting. Meet at the Universalist Unitarian Church, 25 S. Main St., Middleboro at 7:00 pm. All are welcome to attend; new leaders and co-leaders needed (will train!). Contact Erika Bloom for info or directions 508-996-3290 (7-9 pm), ebloom@attbi.com.

Sat-Sun., Sept 13-15 Lonesome Lake Trailwork (see Trailwork section).

Sat-Sun., Sept 21-22 – Chapter Hut Night at Cardigan Lodge, NH. See details in last Breeze. Registration closed in August but can contact Erika Bloom for any openings or cancellations, 508-996-3290 (7-9 pm) email ebloom@attbi.com

Sat-Sun., Sept 21-22 - The Osceolas (A3B) and Welch Dickey (C3B) - Come view the foliage in the southern Whites. Possible car camping on Fri. night. Car-spot on Sat., then a nice, longish day hike, grabbing both peaks of Osceola, from the Kank to Tripoli Rd.. Car camp locally and work out the next-day stiffness on Welch Dickey. Reg with Leader Wayne Taylor 508-252-6995 (7-9 pm) wjtaylor@attbi.com. CL Terri Pinto 401-683-2713 (7-9 pm) tpinto22@netscape.net

Thurs., Sept 26 – Pine hills evening hike (C3C) Hike wooded higher elevations of Plymouth, wildlife sightings very possible. Comfortable evening hike. Reg.w/ L Rick Barnes 508-830-0479 (6-9 pm) RWBarnzee@aol.com. CL Pam Masters 508-224-7236 Hiitsme-pam1@aol.com.

Sat., Sept 28 – Mt. Waumbek (B3B) We will hike via the Starr King trail to the summit of Mt. Waumbek, return same route. Register with CL Mike Vining 781-344-0103 (7-9 pm). L Walt Wells 508-279-1963 (7-9 pm).

Sat., Oct 5 – Norris Reservation, Norwell & Two Mile Reservation, Marshfield (C4D) Easy hikes through two Trustees of Reservations properties. Both have North River views and are steeped in colonial history. Great hike for families, seniors, everybody - come on down! Register with L Bill Ruel, 781-878-7713, M-F 7-9 pm, camperbill824@aol.com M-F only.

Sat-Sun., Oct 5-6 Wilderness First Aid Course, see info elsewhere in this Breeze.

Sat., Oct 12 - Foliage Hike at Mt Toby Reservation, Deerfield MA (B3C) Easy hike out in the Connecticut River Valley, good for beginners. Great views from the fire tower at the top. Register w/ L Patrick Holland 781-925-4423 (6-9 pm) pat.holland@aoltwb.com CL Barbara Leland 508-295-9745 (7-9 pm) BRBRL@ol.com

Sun., Oct 13 – Freetown State Forest (B2-3C) Leaders' dogs only on hike. Register with L or CL. L Bill Markson (email preferred) mogulero@yahoo.com 508-947-6739. CL Barbara Leland 508-295-9745 (7-9 pm) BRBRL@aol.com

Sun., Oct 20 , Metacomet-Monadnock Trail (B3B) Mt Tom Reservation, section 6, Rt. 141 to Conn. River. A 6 mile foliage hike across a spectacular section of this trail. Beautiful views from the cliffs of Mt. Tom and Whiting, virgin hemlock forests, bird viewing platform with 360 degree view of the surroundings. L Dexter Robinson, 781-294-8840, 7-9 pm, dexsue@attbi.com, CL Linda Church, 508-495-1308 7-9 pm, lchurch@whoi.edu

Sun., Oct 20 - "Leave No Trace" @ Gilbert Hills State Forest, Foxboro (B3C) 7 mi., nice wooded hike with gentle slopes, around a pond and climb 'High Rock' while learning about "Leave No Trace" ethics. L. Bob Vogel 508-238-7732 (6-9 pm) rvogel@attbi.com Reg. w/ CL Colleen Bernier 508-954-7491, colleeni869@yahoo.com or CL Melanie Jansky 781-963-0146 (7-9 pm) mellie6246@yahoo.com.

Sat. Oct 26 – Blue Hills Skyline Trail (B3B) Hike from skating rink to Rte. 138 (spotting cars). Register with L Pauline Jordan 508-676-5146 hirst30@aol.com. CL Walt Wells 508-279-1963.

Sun., Oct 27 – Urban Adventures, Mt. Auburn Cemetery, Cambridge (C4D) Pre Halloween walk through a beautiful, landscaped historic cemetery. And a chance to see the graves of famous people: Mary Baker Eddy, Buckminster Fuller, Winslow Homer, Isabella Stewart Gardner and more. Stop for coffee and a sweet at the Middle East Café (Harvard Sq.) after. Register with L Patrick Holland 781-925-4423 6-9pm pat.holland@aoltwb.com CL Laura Smeaton 617-323-6727 smeaton@sdac.harvard.edu

Sat., Nov 2 – Warner Trail (B3C) Edgehill St. over Moose Hill... best hike on the Warner Trail. Register with CL Barbara Leland 508-295-9745 (7-9 pm) BRBRL@aol.com. L Charlie Farrell 508-822-2123 (7-9 pm).

Sat., Nov 2 - Mt. Washington (A3A) A late fall hike to New England's highest peak. Above tree-line winter experience required as well as full winter hiking gear. Route to be determined by conditions. L Dexter Robinson, 781-294-8840, 7-9 pm, dexsue@attbi.com, CL Paul Vermette, 603-598-6623, 5-8 pm pvermette@att.net

HIKING and BACKPACKING continued

Sat., Nov 16—Annual Winter Hiking Workshop (1-4 pm) , Universalist Unitarian Church, 25 S. Main St., Middleboro (rear door-basement)

Join us for our annual winter hiking workshop. Lots of info on hiking and snowshoeing in winter - clothing, equipment, food, etc. Equipment to show & tell. Important information for those participating in the beginning winter hiking series, or just seeking general winter hiking info. Please register with Erika Bloom (508) 996-3290 7-9 pm, ebloom@attbi.com

Sat.–Sun. Nov 23-24 – Mt. Jackson - Newman Tentsite Backpack (A3C) Backpack over Mt. Jackson and Saturday stay overnight at Newman tent site. Great trip to try out your winter gear. Register with Leader Walt Wells 508-279-1963. CL Bob Emery 508-222-8460, other CL Pauline Jordan 508-676-5146.

ROCK CLIMBING

Rock Climbing can be fun and rewarding if done correctly. The following activities are being offered to introduce people to the sport and help them learn basic techniques. No prior experience is needed, just a sense of adventure.

The top roping activities will introduce basic principles of belaying, rappelling, and climbing techniques. Bouldering activities will help participants gain valuable hand and feet technique that can be applied on roped climbs. All activities require participants to provide their own rock shoes. In addition, participants taking part in the top roping activities will need their own harness.

All activities will be led by John Pereira or Brian Donelan, both of whom have completed an AMGA approved top rope instructor training program. To register or to obtain more information, contact John at 508-254-8303 or iceclimbing@backpacker.com

Please keep in mind that the top roping and bouldering activities are tailored for beginners and those who have prior experience will find the material covered a bit redundant. All activities have the possibility to be canceled due to weather or other acts of God.

Bouldering

Sept. 21
Oct. 26

Top Roping

Sept. 14
Oct. 19

TRAIL WORK

Sept 13-15: Lonesome Lake Trail, Franconia Notch. Some changes here: We will no longer be staying at Lonesome Lake hut but will car camp at Lafayette Campground. Lunch and dinner on Sat. will be provided. Plan to arrive Friday afternoon/evening, work all day Sat. and until noon Sun. to finish up loose ends. There's work for all levels and abilities: brushing, drainage construction and repair, even moving large rocks if you'd like. Newcomers welcome!

**To register, please call Patrick Holland, 781-925-4423 (6-9 pm)
pat.holland@aoltwbq.com**

AMC Activities Risk Statement: Activities listed here involve varying degrees of danger. When you participate in these activities, you should be prepared physically and mentally, and equipped with appropriate gear. You should be aware of the risks and conduct yourself accordingly. Volunteer trip leaders are not responsible for your safety; you are. Before registering for any activity, you should discuss your capabilities with the trip leader. To participate in chapter activities, individuals under age 18 must be accompanied by a parent or responsible adult, or obtain prior consent from the trip leader. Those accompanied by a minor are responsible for the minor's actions.

Cape Cod Hikes

Chair—Janet DiMattia (508) 394-9064

Vice Chair—Heidi Moss (508) 362-6440

Thurs hikes: 9:30-11:30 am; Sun hikes 1-3:15 pm; NO DOGS; Heavy rain cancels. If in doubt, call leader. PLEASE NOTE - Sat hikes will be listed separately under "LONGER CAPE HIKES." Sat. hikes are faster-paced: 10 am to 2pm. Bring Lunch.

Thurs. Sept 12 – Harwich Herring River (C3C) Exit 9S from Rt 6 onto 134. Turn L at 3rd traffic light onto Upper County Rd, then immed. L onto Great Western. Go 2.2 mi. Park on L inside fence at Sand Pond. L Janet DiMattia 508-394-9064. POTLUCK PICNIC at L's nearby, following hike.

Sat. Sept. 14 - See Longer Cape Hikes

Sun. Sept 15 -- Brewster, Nickerson State Park (C3B) Go to main entrance of pk on 6A. Take first L onto Flax Pond Rd, continue to end, park at Cliff Pond. L Jack Handlen 508-255-5292.

Thurs. Sept 19 – Mashpee, Mashpee River Woodlands West (C3C) Drive W on R 28 go around Mashpee rotary and go E on 28. turning first R at Quiniquessett Ave. Woodland pkg lot 500 ft on R. Cars may park along road near entrance but wheels must be off pavement per police order. L Nancy Wigley 508-548-2362.

Sat. Sept 21 -- See Longer Cape Hikes

Sun. Sept 22 – Provincetown, Beech Forest to Clapps Pond (B2C) From Rt 6 take R onto rd to Province Lands Visitor Center. Pk at Beech Forest pkg lot. L Ron VanderWeil 508-255-3361.

Thurs. Sept 26, Mashpee, South Cape Beach (C3C) From Mashpee rotary take Great Neck Rd. S for 2.8 bearing L on Great Oak Rd and follow to end approx 2.5 to town pkg lot. L Gary Miller 508-540-1857.

Sat. Sept 28 -- See Longer Cape Hikes

Sun. Sept 29 – Harwich, Hawks Nest State Park (C3B) Rt 6 to exit 11S on Rt 137. take immed. first R on Spruce Rd. Park on side of road 0.5-0.7 mi. in. L Janet DiMattia 508-394-9064.

Thurs. Oct 3 – Wellfleet, Marconi Beach (C3D) From Rt 6 turn R on Marconi Beach Rd. Go L to HQ building, take first R. Pkg at end of road. L Barbara Hollis 508-240-1973.

Sat. Oct 5 – See Longer Cape Hikes

Sun. Oct 6 – Brewster, Nickerson State Park (C3B) Go to main pkg lot at entrance of pk off 6A. L Don Costa 508-760-5478.

Thurs. Oct 10 – Pocasset, 4-Ponds Conversation Area Trails (C3C) traveling on Rt 28 from the canal turn R at sign for Wing's Neck (this will be Barlows Neck Landing Rd not marked) Go 0.7 to pkg lot on R. L Nancy Wigley 508-548-2362 ▶

Sat. Oct 12 -- See Longer Cape Hikes

Sun. Oct 13 -- **Barnstable, Sandy Neck Beach** (B3B) From 6A take Sandy Neck Rd. to pkg lot at end. L Pam Carter 508-398-2605.

Thurs. Oct 17 -- **Brewster, Punkhorn Parsons Parch** (C4D) Exit 9 N on 134 to second light, turn R onto Setucket Rd. R on Run Hill Rd. Pass the main pkg lot at end of pavement bearing L at first junction. Go 0.5 to pkg lot on R. L Harry Dombrosk 508-385-9502.

Sat./Sun. Oct 19-20 - No scheduled AMC hikes. Participate instead in the Cape Pathways Fall Hiking Weekend.

Thurs. Oct 24 -- **Eastham, Doane Rock** (C3C) From Rt 6 turn R on Nauset Rd & Nat'l Seashore Visitor Center. Follow rd to Doane Rock Picnic area and park in 2nd lot. Co-L's Jack Handlen, Ruth Handlen 508-255-5292.

Sat. Oct 26 -- See Longer Cape Hikes

Sun. Oct 27 -- **Mashpee, Johns Pond** (C3C) From Rt 151 go N on Currier Rd. and a quick R on Hoopole Rd. take R on Back Rd. through trailer park. Follow signs to Town Beach. Picnic following. Grills available. Bring your own food. L Farley Lewis 508-775-9168.

Thurs. Oct 31 -- **Yarmouth, Inkberry Trails** (C3C) From Rt 28 in W. Yarm. turn N at light (opp. Molly's Res.) onto Winslow Gray Rd. to pkg lot on L at 0.4 mi. L Janet DiMattia 508-394-9064.

Sat. Nov 2 -- See Longer Cape Hikes

Sun. Nov 3 -- **Truro, North Pamet** (B2B) From Rt 6 in Truro turn E at Pamet Rd. Meet at end of S. Pamet Rd. L Ron VanderWeil 508-255-3361.

Thurs. Nov 7 -- **Sandwich, Old State Game Farm and Talbot Conservation Area Trails** (C3C) Driving W on 6A go over Spoonon Creek bridge. take first L. Go to pkg area at end of dirt rd. L Nancy Wigley 508-546-2362.

Sat. Nov 9 -- See Longer Cape Hikes

Sun. Nov 10 -- **Mashpee, South Cape Beach** (C3C) From Mashpee rotary take Great Neck Rd for 2.8 bearing L onto Great Oak Rd. and follow to end approx 2.5 mi. to Town beach pkg lot. Co-L Gary Miller, Farley Lewis 508-775-9168.

Thurs. Nov 14 -- **Wellfleet, Duck Harbor** (C2B) Turn L off at light to Wellfleet Center (Main St) Take L at dory onto E. Commercial St. Take R at harbor on Chequessett Neck rd. Turn R opp. Great neck Pkg and follow rd to end. L Janet Kaiser 508-375-0574.

Sat. Nov 16 -- No scheduled hike - SEM Annual Dinner

Sun. Nov 17 -- **Falmouth, Beebe Woods** (B2C) Go thru lights on Rt 28 at Falmouth Hospital. take R at Depot Ave. Follow road to pkg lot at the end. This will be a 2 1/2 hour hike. L Linda Church 508-495-1308.

Thurs. Nov 21 -- **Barnstable, Bridge Creek Conservation** (C4D) Exit 5 off Rt 6 N. Park at triangle in front of church on L. Walk to trailhead behind firehouse. L Harry Dombrosk 508-385-9502.

Sat. Nov 23 -- See Longer Cape Hikes

Sun. Nov 24 -- **Cotuit, Little River Sanctuary** (C3C) Meet at Cotuit Landing Shopping Center at corner of Rt 28 and Putnam Ave in Cotuit to carpool to trailhead. L Farley Lewis 508-775-9168.

Thurs. Nov 28 -- **THANKSGIVING DAY** -- **Yarmouth, Bud Carter Trail** (C3B) From Rt 6 take exit 8 S. At first light L onto White's Path. At end take L and follow N. Dennis Rd. approx. 3/4 mi. Park on side of road or on Driftwood Lane. L Pam Carter 508-398-2605.

Sat. Nov 30 -- See Longer Cape Hikes.



LONGER CAPE HIKES

10 am - 2 pm -- *Faster paced, 8-10+ mi.* -- **BRING LUNCH**

SAT. Sept 14 -- **WELLFLEET, Great Pond**. From Rt 6 take Cahoon Hollow Rd to pkg lot at Great Pond. L Ron VanderWeil 508-255-3361.

SAT. Sept 21 -- **WELLFLEET, Griffin Island**. Turn L off Rt 6 at Wellfleet Center light. Take L at dory onto E. Commercial St. R at Wellfleet onto Chequessett Neck rd. Park in Great Island pkg lot on left. L Brigitte Falzone 508-394-6343.

SAT. Sept 28 -- **BARNSTABLE, Conservation Land/Trail of Tears**. From Rt 6 take exit 5 S on Rt 149. At roundabout take R on Race Lane 1.7 to pkg lot on R. L Peter Selig 508-432-7656.

SAT. Oct 5 -- **TRURO, North Pamet to Jenny Lind**. From Rt 6 turn E at Pamet Rd. Meet at end of S. Pamet Rd. L Ron VanderWeil 508-255-3361.

SAT. Oct 12 -- **WELLFLEET, Great Island**. Turn L off r. 6 at Wellfleet center light. take L at dory onto E. Commercial St. R at Wellfleet harbor onto Chequessett Neck Rd. Park in Great Island pkg lot. L Brigitte Falzone 508-394-6343.

SAT. Oct 19 - No scheduled hike - Pathways Weekend.

SAT. Oct 26 -- **FALMOUTH, Moraine Trail** - 5 hours with car shuttle. meet at Rt 151 opp the Falmouth Animal Hos. approx 2/10 mi. east of entrance to Rt 28. L's Nancy Wigley 508-548-2362 Heidi Moss 508-362-6440.

SAT. Nov 2 -- **BREWSTER, Punkhorn**. Exit 9 N off Rt 6 onto 134. Turn R at 2nd light onto Setucket Rd. then R on Run Hill Rd. Pk at main pkg lot at end of pavement. L Brigitte Falzone 508-394-6346.

SAT. Nov 9 -- **BARNSTABLE, Sandy Neck**. Rt 6A to Sandy Neck Rd. park at lot at end of road. L Peter Selig 508-432-7656.

SAT. Nov 16 -- No scheduled hike. SEM Annual Meeting.

SAT. Nov 23 -- **WELLFLEET, Gull Pond**. from Rt 6 take Gross Hill rd. to pkg on Town landing at Gull Pond. L Ron VanderWeil 508-255-3361.

SAT. Nov 30 -- **BARNSTABLE, Conservationland**. Exit 5 off Rt 6. Go S on Rt 149 to roundabout. Take R on Race Lane. R on Crooked Pathway. Pk at end. L Heidi Moss 508-362-6440.

Canoe and Kayak

Chair — Ed Foster (508) 420-7245

<http://community.webtv.net/ajhart/SEMAMCPADDLERS>

All trips: Allow time to park, unload, and be on the water ready to paddle at 10:30 am. Registration is required only for those trips that don't have directions to the put-in.

PFDs: A Coast Guard approved Personal Flotation Device (PFD) should be worn at all times.

What to bring: In addition to a PFD, a complete change of clothes in a dry bag, water, lunch, and sunscreen.

NOTE: The possibility of strong wind and/or rough water may make some trips unsuitable for open canoes or kayaks without spray skirts. Check with the leader.

Sat. Aug 31 - Bass River south to Nantucket Sound, Wilbur Park, Yarmouth. Rte 134 south (exit 9A off Rte 6) to sharp right at third light onto Upper County Road. Bear left onto Highbank Road, then left into Wilbur Park immediately after Crossing the Bass River bridge. Dick Coveney, 508-548-6821, dickcoveney@adelphia.net

Wed. Sep 4 - Hen Cove/Bassets Island, Pocasset. From Rte 28 turn at sign for Wing's Neck which will be Barlow's Landing Road (unmarked), proceed to Shore Road intersection and turn left, then turn right onto Cedar Point Drive and follow it to the parking lot on Hen Cove. Nancy Wigley, 508-548-2362, nrwigley@cape.com

Sat. Sep 7 - Marion Harbor, Buzzard's Bay. Route 195 to exit 20, Rte 105 south. Bear Left onto Front Street and then turn left onto Island Wharf Road to parking lot on left. Dick Coveney, 508-548-6821, dickcoveney@adelphia.net

Wed. Sep 11 - Megansett Harbor, Falmouth. From 28A in Megansett (North Falmouth) turn onto County Road and follow it to the end to Megansett Yacht Club and Town Landing. Nancy Wigley, 508-548-2362, nrwigley@cape.com

Sat. Sep 14 - Cotuit Bay/Prince Cove, Cotuit. South on Main Street off Rte 28 just east of Rte 130 (Cotuit sign), left onto Putnam Avenue and then right onto Old Shore Rd to parking, or south on Putnam Road off Rte 28 and then straight onto Old Shore Rd when Putnam bends sharply right. Bill Fischer, 508-420-4137, wmbarsfischer@attbi.com

Wed. Sep 18 - Bass River and Follens Pond, Wilbur Park, Yarmouth. Rte 134 south (exit 9A off Rte 6) to sharp right at third light onto Upper County Rd. Bear left onto Highbank Rd, then left into Wilbur Park immediately after Crossing the Bass River bridge. Dave McGlone, 508-385-6314, dmcglone@capecod.net

Sat. Sep 21 - Stage Harbor, Chatham. Right off Rte 28 onto Stage Harbor Rd and follow to prkg lot on other side of bathhouse. Don Costa, 508-760-5478, pizzzaman@aol.com

Wed. Sep 25 - Lower Weweantic River, Wareham. Rte 195 west to exit 20. Right on Rte 105 and then back onto Rte 195 east. Go 2.2 miles to a rest area and then follow the signs in the rest area to the boat ramp. Don Savino, 508-295-4562

Sat. Sep 28 - Gull Pond, Wellfleet. Right on Gull Pond Road from Rte 6 to left at granite marker and continue down to beach. Max Sarazin, msarazin@capecod.net. Send any questions by email, please do not call.

Wed. Oct 2 - Slocums River, Dartmouth. I-195 to exit 12. South on Faunce Corner Rd, cross Rte 6 to Old Westport Road to Chace Rd. Turn right onto Russells Mills Rd, go through village to town park on left. Rick McNally 508-636-7179, rjmcnally1@juno.com

Sat. Oct 5 - Herring River, West Harwich. Rte 28 to the bridge over the Herring River. Park on the east side of the Herring River and the south side of Rte. 28. Peter Selig, 508 432-7656, pandmselig@hotmail.com

Wed. Oct 9 - Onset Harbor. Rte 25 west from the Bourne bridge to exit 1 (Onset Rte 6 east/28 south). Go 1.2 miles to right onto Main Avenue and then 0.3 miles to left onto Riverside Drive. The beach is on the left, park on the grass. Don Savino, 508-295-4562

Sat. Oct 12 - Nemasket & Taunton Rivers - Oliver Mill, Middleboro to Summer St, Bridgewater. Car Shuttle required. Call leader for directions to put-in. Art Hart, 781-762-5251, 508-888-2847, ajhart@webtv.net

Wed. Oct 16 - Mashpee-Wakeby Ponds, Mashpee. Rte 28 to Rte 130 north. Go 2 miles to right at "State Landing" sign. Katy DePew, 508-771-6217, dkdepew@attbi.com

Sat Oct. 19 - Shoestring and Popponeset Bays, Cotuit. Go S on Main Street off Rte 28 just east of Rte 130 (Cotuit sign). Right onto School St. Left onto Crockers Neck Rd (at the Cotuit High Ground Golf course) which becomes Santuit Rd and go 1 mile to town landing on right (at "Children" sign). Unload at landing and park along the road. Bill Fischer, 508-420-4137, wmbarsfischer@attib.com

Wed. Oct 23 - Follins and Mill Ponds, Dennis/Yarmouth. Take Mayfair Rd off Old Bass River Rd to Follins Pond Rd to prkg lot. Peter Selig, 508 432-7656, pandmselig@hotmail.com

Sat. Oct 26 - Back River and Eel Pond, Bourne. Shore Rd to Emmons Rd to marina. Ray Buchan, 508-564-6562, raybuchan@reliance.org

Wed. Oct 30 - Herring River, Harwich. Rte 28 to the bridge over the Herring River. Park on the east side of the Herring River and the south side of Rte. 28 Max Sarazin, msarazin@capecod.net. Send any questions by email, please do not call.

HELMETS REQUIRED

Biking

Chair — Nancy Beach (508) 699-0032
Vice Chair — Jim Kilpela (508) 295-1361

Inflated tires/water also necessities. Spare tire/pump helpful.
Beginner rides: mostly flat, 15-18 mi @ 10-12 mph pace
Intermediate rides: some hills, 25-35 mi @ 13-16 mph pace
Call leaders before 9 pm to register and match rides with abilities.

Sat., Sept. 7 – Annual Martha's Vineyard Bike Ride – Beautiful day trip to the Vineyard via the Island Queen (ferry) from Falmouth. Ride to South Beach and Edgartown and see Oak Bluffs. Bring lunch. 25 miles @ 10-12 mph pace. Alice Oberdorf, 508-771-8261 alice@capecod.net

Sat., Sept 14- Lakeville – Why is it called Lakeville? Beautiful lakes, quiet streets and pine forests. Great leisurely ride at 10mph pace, 20-25 miles. Bob Katchelder 508-947-4925 bobksteelers@aol.com

Sun., Sept 15 – Plainville, Wrentham, Cumberland – Pretty rural ride past reservoir, farms and religious retreats and Ice Cream at Diamond Hill State Park. Intermediate 30 mi., a bit hilly. Nancy Beach 508-699-0032 nbeach@naisp.net

Sat., Sept 21 – Westport – Adorable seaside town with spacious farms and abundance of wildlife with gentle ocean breezes. Charlie Sullivan 508-678-4464

Sun., Sept 22 – Great Back Roads on Cape Cod – 35-50 miles somewhere in the Mashpee, Barnstable, Sandwich, Falmouth area. All abilities welcome. Detailed cue sheets so everyone can go at his own pace. Bike computers/odometers and a cue sheet holder are strongly recommended. Leader intends to do a 16-17 mph average pace but will wait at various intermediate points for everyone to regroup. Call for distance, starting time, and starting place. If the ride is cancelled due to weather, leader will try to run it the following Sunday. Ed Foster 508-0420-7245, erfoster@attbi.com.

Sat. Sept 28 – Eastham/Wellfleet – See the Cape after the summer traffic has left. Start at the famous national Seashore Visitor Center and cruise down quiet back roads to stunning Wellfleet and Truro with awesome ocean views. Intermediate 40 mi., some hills. Jim Kilpela 508-295-1361 jmkilpela@attbi.com

Sat. Oct. 5 – Norton/Taunton/Attleboro – Pretty ride past ponds, reservoirs and old farms on surprisingly quiet backroads of these areas with foliage at it's best. Intermediate 30 mi. flat. Stephanie Olbrych 508-286-0067 solbrych@bluemoonind.com

Sun. Oct. 13 – Sharon – Pleasurable ride through Moose Hill Reservation, Lake Massapoag ending with coffee or ice cream. Intermediate 30 mi. Hilly. Nancy Beach 508-699-0032 nbeach@naisp.net

Sat. Oct 19 – Dighton Rock – Ride along back roads of farms and villages, stopping at Profile Rock on the way to historical and mystical Dighton Rock with a veteran AMC Rock. Leisurely pace 25-30 Flat. Elsie Laverty 508-823-0634 elavmca@tmlp.com

Sun. Oct 20 – Great Back Roads on Cape Cod – 35-50 miles somewhere in the Mashpee, Barnstable, Sandwich, Falmouth area. All abilities welcome. Detailed cue sheets so everyone can go at his own pace. Bike computers/odometers and a cue sheet holder are strongly recommended. Leader intends to do a 16-17 mph average pace but will wait at various intermediate points for everyone to regroup. Call for distance, starting time, and starting place. If the ride is cancelled due to weather, leader will try to run it the following Sunday. Ed Foster 508-0420-7245, erfoster@attbi.com.

Sat. Oct. 26 – Rochester – Scenic Fall ride includes Wareham and Onset area too, featuring rural farms, lakes and ocean views. Intermediate 40 mi. Jim Kilpela 508-295-1361 jmkilpela@attbi.com

Sat. Nov. 2 – Rehoboth Ramble – Ride with the residents of this quiet, rural, historic town with charming farms and quaint villages. Leisurely 20-25 mi. Wayne Taylor 508-252-6995 witaylor@atbi.com

Sun. Nov. 10 – Foxboro/Mansfield – Gilbert Hills State Forest to Mansfield Airport along quiet roads before the snow falls. Leisurely/Intermediate on demand 30 mi. Nancy Beach 508-699-0032 nbeach@naisp.net

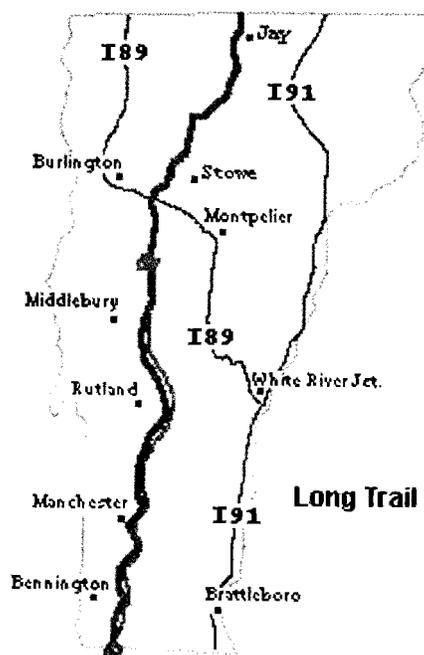
TUESDAY EVE. CAPE COD BICYCLE RIDES

will continue in September and October. Rides start @ 6 pm/ and vary between 13-18 mi. Contact L. Paul Currier 508-833-2690 pbencurrier@hotmail.com

Traveling Lt. On the LT continued from p. 8

white tail deer one morning and in the spruce forest on White Stone Mountain saw a black bear some 1000 feet away scampering up the mountain. Pico Camp nearly terrorized me all night with porcupines chewing underneath the building and mice scampering about in the moonlight that shown through the windows. But the real animal highlight was being able to stand 30 feet from a moose who stayed calm and continued grazing while I took several pictures.

Midway through the trip my water filter failed so I had to use tablets and boil water. Upon reaching the summit of Killington Mountain I had hoped to replenish my water at the summit restaurant but it was closed. Similarly I took the historic LT/AT route past the famous Long Trail Inn and hoped for a nice breakfast but it too was closed. On the second day of intense showers and wind my rain pants succumbed so that by the last day my boots and all 3 pairs of socks were wet. Nothing would dry in these conditions.



I should have conditioned more for this trip walking and hiking longer distances. It was something of a shock to my system to hike back to back 10-14 mile days. On the first day some skin on the inside of my left foot peeled off requiring daily attention with band aids, moleskin and lots of duct tape. The marathon nature of this trip resulted in the loss of 7 pounds. I should have made more of an effort to put on weight before the trip! Traveling alone also was a challenge. Although I was with other hikers the first few days, pretty soon I was alone and was the only one at three of the shelters. One day I saw no one at all. Yes, I did carry a cell phone so I could reassure my wife as to my whereabouts as well as make crucial changes in the re-supply items.

Overall, it was a great trip. I learned a lot about long distance backpacking and picked up many ideas from other hikers. My favorite sections included the White Stone mountain area with its spruce forest of young and old trees and the sun beaming through in many places. Also, a long stretch on the way to Sunrise Shelter featured several miles of meandering flat trail lined with thousands of trout lilies and trillium. I plan to complete the remaining 90 miles of the Long Trail this fall. Pictures, maps, and a log of the trip can be viewed at: home.attbi.com/~dexsue/.



Southeastern Massachusetts Chapter
APPALACHIAN MOUNTAIN CLUB
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Traveling Light Along Vermont's Long Trail

Story and photos by Dexter Robinson

This past Spring I had an adventure solo backpacking 155 miles of the Long Trail from Williamstown, MA to Lincoln Gap, VT. The trip occurred over 14 consecutive days with one resupply by my loving wife at a road crossing.

The Long Trail (LT) is Vermont's 270-mile footpath through the backcountry of the state from the MA/VT state line to the Canadian border. It was built by the Green Mountain Club between 1910 and 1930 and is the oldest long distance hiking trail in the country. It was the inspiration for the Appalachian Trail which coincides with it for 100 miles.

I faced a number of challenges during this trip that included extremes of weather, equipment failure, trail conditions, water shortages, and foot problems. Despite this, I enjoyed the varied terrain, animals, abundance of spring flowers lining the trail as well as meeting other hikers.

The first 30 miles of the trail was across a snow covered landscape climaxed by a trudge through 6 inches of snow on Glastenbury Mountain complete with snow showers and hail. During the first three nights the temperature dropped below freezing. But then it warmed up and became muggy and buggy with mosquitoes competing with black



flies to see who could be the most annoying. At the end I saw very little of the Breadloaf Wilderness in central VT since the trail never dropped below 3000 feet and was in the clouds most of the time. All-day rolling thundersnows, sustained winds, and poor trail condi-

tions characterized those final two days.

I stayed in 3-sided shelters most of the time but on one occasion I missed my destination - a tent site area, and soon found myself on the summit of Bromley Mountain with no intention of going back down. However, signs warned of little water in this area. Since the next shelter was too far away, I rationed my limited remaining water and hiked until I found a slowly moving stream. I camped with my one-person bivvy sack in the woods not far from a gravel forest road. Unknown to me until the next day, on the other side of road, was a large self-priming water pump!

The trail passed through terrain that varied from flat woods that seemed to go on endlessly, to pastures with blossoming and fragrant apple trees, and lots of 3000 foot mountains. Killington Mountain was the first and only 4000 footer I crossed and heralded the more rugged terrain of the last 50 miles. The first 100 miles coincides with the Appalachian Trail and is well maintained and blazed. After that I found the Long Trail to be poorly marked and maintained in some sections. Of course, given the time of year there was lots of mud and water. There were a variety of footbridges along the way ranging from creosote logs to cable suspension bridges. One bridge was washed out and required careful crossing.

Animal life was in abundance. I scared up a

Continued on page 7, column 2.

Southeast Breeze

Summer 2002 (June/July/August)

Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club

View from the Chair

by Anne Chace

That Time of Year

It may not have been a typical winter, but now it's time to dust off the hiking boots and get the day/back packs ready to go. Check those bike tires and put the canoe/kayak rack on the car. And don't forget about all the trailwork that needs to be done ... it's that time of year.

During this, our chapter's Silver Jubilee year, make it a point to GET OUTDOORS! Find an activity or two that interest you and call one of our leaders. Activity chairs and leaders have been busy during the "off season" preparing trips to meet varied interests. Support them by going on the trips. Just pick up the phone and call or click on your e-mail. Answer the screening questions and take the plunge. Even if you've never participated in a chapter activity, make a special effort to get out on one this season, for the true spirit of the AMC is our chapter activities, and SEM/AMC has some of the best offerings. And remember: you snooze, you loose! Trips can fill quickly, so don't wait until the last minute. And be kind and call the leader to cancel if you are unable to attend. This way someone can be taken of the wait list. Not quite ready to take the plunge? Try a "My First AMC Hike" for a great introduction. We're a very friendly chapter and our leaders are ready waiting to meet YOU!

Three Cheers.....and them some!

Our chapter really rolled out the "red carpet" for the AMC clubwide Spring Gathering on April 26-28 at Camp Burgess in Sandwich, MA. Attendance totaled just under 200. It was great to see several members of our chapter and board present and participating. And judging from the abundant comments we received, it's clear most everyone there had a wonderful time. Special thanks to Dexter Robinson for chairing this this successful event—it was truly another outstanding "Dexter Production" — and thanks as well to the many others who gave of their time and talent in planning this event and serving in several capacities throughout the weekend. All deserve high praise.

In particular, from Dexter's event committee — Erika Bloom, Dick Cairns, Vicki Fitzgerald and Wayne Taylor — as well as the many members who served as volunteer registration table assistants and as hosts for the event's hikes, birding, canoeing, biking and Cape Cod excursions — Pauline Jordan, Janet Dimattia, Mike Woessner, Bob Vogle, Louise Desrochers, John Poirier, Monique Szechenyi, Linda Church, Linda Wells, Walter Wells, Sue Robinson, Gene Binder, Georgia Binder, Peter Selig, Farley Lewis, Carolyn Crowell, Jim Kilpela, Jeri Housley, Janet Kaiser, Richard Kaiser, Michael Detrey, Diane Silverstein, Ed Foster, Paul Currier, Heidi Moss and Bob Freeman. (I hope I did not leave anyone out) Thank you one and all!

Dates to Remember

There's a lot going on this summer ... and this fall. So be sure to mark your calendars with some of these important dates, and look elsewhere in this issue for details about these events.

June 1 — National Trails Day (10th Anniversary), Myles Standish

August 10 — Annual Summer Picnic, Peddocks Is., Boston Harbor

September 14-15 — SOLO Wilderness First Aid (WFA) training

September 28-29 — Chapter Hut Night, Cardigan Lodge, NH

November 16 — Annual Meeting, White's of Westport.



Our hosting of the AMC Spring Gathering was a great success ... whether participants were camping or bunked down in heated cabins. Clubwide meetings were held, various chapter-led activities run and the rains held off until the very end.

Our "Cape Cod Caper" is a big success

Dexter Robinson, Spring Gathering Coordinator

On the weekend of April 26-28, our chapter hosted Spring Gathering 2002 for approximately 195 people at Camp Burgess in Sandwich. The weekend events ranged from all-club meetings to activities that included local hikes, bird walks, paddles, bike rides, visits to local attractions, and several events led by YMCA staff such as an ecology boat trip and summing of their climbing wall. Executive director, Andy Falender, and club president, Laurie Burt, met with the group to answer questions and describe plans for the new AMC education center in Crawford Notch. Marcie Van Cleeve led us through dances from around the world for the Saturday night entertainment. Registrants received an SEM 25th anniversary bandana along with an EMS water bottle. We used a set of questions about participants and general outdoor knowledge to select the winner of donated gifts — a set of trekking poles from REI and a hydration backpack full of goodies from EMS.

I would like to thank the 34 volunteers who helped with setup, registration, snacks, happy hour, and the many activities we offered during the weekend. A special thanks to the Spring Gathering Committee: Erika Bloom, registrar and my right-hand person through out the weekend; Dick Carnes, whose signs and maps got rave reviews; Anne Chace, who coordinated snacks, happy hour and helped with donations; Vicky Fitzgerald who helped with snacks, happy hour and registration; and Wayne Taylor who handled publicity and helped with donations.

ANNUAL SUMMER PICNIC

Saturday, August 10 — PEDDOCKS ISLAND, Boston Harbor

Something completely different this year! Take the boat from Hingham to Peddocks Island, enjoy lunch and an interpretative walk with a Friends of the Harbor Islands guide. Or take a water taxi from Peddocks to George's Island, explore the Civil War fort and take in the fine harbor views. Boats are also going to the outer islands and to Boston Light—the oldest continually operating lighthouse in the US. There is also the option of camping out on the island Saturday night.

Cost: Members—Adults, \$15; children under 12, \$12

Non-members—Adults \$18, children \$15

(All inclusive, includes RT boat ticket & lunch)

Space is limited; sign up by July 15. Rain date: Sunday, Aug. 11

For more info and to register, call Patrick Holland (781) 925-4423 (6-9 pm) or email: pat.holland@aoltwbq.com



The Southeast Breeze is published quarterly by the Southeastern Massachusetts Chapter of AMC.

Chapter Chair: Anne Chace (508) 824-8871

Secretary: Barbara Vogel (508) 238-7732

Education Chair: Steve Tulip (508) 977-9309

Conservation Chair: Louise Anthony (508) 758-4215

Vice Chair: Bob Vogel (508) 238-7732

Treasurer: Donna Desmochers (508) 673-7833

Membership Chair: Linda Cronin (781) 447-2597

Newsletter Editor: Wayne Taylor (508) 252-6995

WEBSITE ADDRESS: <http://www.amcsem.org>

Editor's Notebook

Tell us about your last great outdoors adventure ... Your comments and suggestions are always welcome, as are your contributions of articles, poetry, photography or anything else related to your AMC membership. When submitting something, please respect our deadline, which is the 20th of the month, two months prior to the publication date (e.g. July 20 for the Sept/Oct/Nov issue). We'll publish your submissions on a space-available basis. Contact us at 508-252-6995 or witaylor@sttbi.net.

Not getting your copy of the Breeze? Call Membership Chair Linda Cronin (781-447-2597) or drop her an e-mail (linda.cronin@whrsd.k12.ma.us) to be sure you're on the list.

Chapter Opportunities

Seeking Nominations for Executive Board ...

SEM/AMC members elect the Chapter's Executive Board at our Annual Meeting, which will be held this fall on November 16th at White's of Westport. A Nominating Committee is formally charged with developing a slate of officers to be put before members attending the Annual Meeting. This year, that committee is chaired by Muriel Thomas. If you or someone you know of may be interested in serving on the Executive Board — or in a particular position on the Board — or if you're simply interested in learning more about the roles and responsibilities of the SEM Board, please contact the Nominating Committee by calling Muriel Thomas at (508) 428-3593.

Board Vice Chair Positions Open ...

There are lots of ways to get involved with your Chapter. One of the most rewarding is to become a member of the SEM/AMC Executive Board. Each of the Board's Committees typically has a vice chair, who assists the Committee Chair and often serves in the role in preparation for later taking over as chair. The Biking, Canoe/Kayak, Communications, Conservation, and Membership committees are all currently seeking individuals interested in being nominated for vice chair roles. If interested, please contact Chapter Chair Anne Chace at (508) 824-8871.

Know of Anyone Who Deserves an Award?

The first annual SEM/AMC Distinguished Service Award (DSA) was given last year to Bruce Dunham, a long-time member and tireless contributor to our chapter in so many ways. The DSA Committee is seeking nominations for the 2002 DSA Award, which generally speaking goes to a chapter member whose service to the club goes above and beyond the call. If you have a deserving someone in mind, contact Bob Bentley at (508) 868-3057.

"Membership in a Bottle"

A great gift for your favorite outdoors enthusiast.

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Contact: Linda Cronin
linda.cronin@whrsd.k12.ma.us

New Members Only
781-447-2597

Clubwide News Bits

• Pack Off the Kids to AMC's Teen Wilderness Adventures

Lace up your boots, strap on your pack, and join us for an unforgettable summer experience with AMC Teen Wilderness Adventures. It's a fantastic way to explore spectacular outdoor places in the company of exceptional leaders and newfound friends. Teen Wilderness Adventures consists of 5 to 22 day summer trips in the White Mountains of New Hampshire and western Maine. The series of adventures for teens, ages 12-18, encourages youths to learn more about their environment, face new challenges and make new friends. Teens can learn a variety of new skills, including canoeing, rock climbing, backpacking, trail work, white water and sea kayaking, mountain biking, leadership skills, and Leave No Trace skills and ethics. For more information, call Dara Houdek at (603) 466-2721 x209, or check out the program at www.outdoors.org/education/twa.

• AMC Fall Gathering 2002: Oct. 25-27

"The Shenandoah Shindig"

Save these dates — Friday through Sunday, October 25-27 — for the 2002 Fall Gathering, The "Shenandoah Shindig," hosted by the DC chapter. It's a clubwide event that will take place in Front Royal, Virginia, on the very edge of Shenandoah National Park.



Besides the usual AMC committee meetings, there will be a variety of chapter-led hiking, paddling, and bicycling trips, tours of Civil War battlefields and the Appalachian Trail Conference HQ in Harpers Ferry, plus campfire sing-alongs, wine tastings and more! Mark your calendar and watch for registration information in the mail and at www.amc-dc.org in early August.

Left: A young participant at our Cape Cod Cape keeps busy while waiting for a hike to begin.

See p. 8 for more photos of the fun we had at SEM/AMC's Spring Gathering 2002 on Cape Cod.

• Rise to the Summit:

Make a Gift for Future Generations

You can share your passion for outdoor recreation and conservation with future generations of hikers, paddlers and other outdoor enthusiasts through a bequest to the Appalachian Mountain Club. If you have already named AMC in your will, please notify us so that we can say thank you and welcome you to the Summit Society.

For information on how to include AMC in your will or to learn about charitable gifts that produce income, contact the Planned Giving Office at 617.523.0655 ext. 309, 5 Joy Street, Boston, MA 02108, or E-mail us at summitsociety@amcinfo.org.

Hiking and Backpacking

Chair — Erika Bloom (508) 996-3290

Vice Chairs — Patrick Holland (781) 925-4423

Charlie Farrell c.farrell@verizon.com

Ratings: First character indicates distance in miles. Second indicates leader's pace over average terrain. Third character indicates terrain.

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

Hikers unsure of their ability should try only one level higher than previously completed. **Note: NO PETS** without permission of Trip Leader. Individuals under 18 must obtain prior consent from Trip

Sat., June 1 - National Trails Day; See Trailwork section.

SUMMER MOUNTAIN HIKING SERIES: We've planned a series of hikes for fit lowland hikers who want to head for the mountains. You must register for each hike individually (register early – limited space available). Participants must complete each hike without significant problems in order to progress to the next hike in the series, as there is a progression of elevation gain and difficulty. Check out the Summer series hikes on June 2, 15, 22, July 13, August 3, and a backpack on August 24/25. (The June 15 and 22 hikes are similar levels; it's OK but not necessary to go on both). Certificates awarded to those who complete at least 4 hikes in the series.

Sun. June 2 - Summer Mountain Hiking Series #1: Blue Hills Hike/ Introduction to mountain hiking and equipment. Hike along the Skyline Trail, with significant elevation gain and loss to help you prepare for summer hiking in the mountains of New Hampshire. Leaders will talk about proper gear and preparation at the trailhead and/or along the trail (weather permitting). Reg. w/ L Alan Ruiz, 508-543-0930 gandalf7@mindspring.com; other L Bob Vogel, 508-238-7732 (6-9 pm) rvogel@attbi.com

Sat., June 8 - 2nd Annual Blue Hills Haul! (A2B) Explore this hilly reservation as we get a good, fast, workout. Great views. Great fun! Not for the out of shape! L Bob Vogel, 508-238-7732 (6-9 pm) rvogel@attbi.com

Sat., June 8 - Mt. Osceola & East Osceola, NH (A3B) Mt. Osceola from the Waterville Valley side. On to East Osceola through the Chimney if time permits. Register w/ L Walt Wells, 508-279-1963 (7-9 pm), wwells50@aol.com. CL Bob Emery 508-222-8460 (6-8 pm).

Tues., Jun 11 - Weekday Evening Hikes! (B/C3C) Leader's choice of locations: from Blue Hills to the Canal. Times, distances and locations to vary each trip. Don't watch TV, come hike! L Bob Vogel 508-238-7732 (6-9 pm) rvogel@attbi.com for details. (Email contact preferred for these trips!)

Wed., June 12 - Hike Planning Meeting. Meet at the Universalist Unitarian Church, 25 S. Main St. Middleboro at 7:00 pm. All are welcome to attend; new leaders and co-leaders needed (will train!). Call Erika Bloom for info or directions 508-996-3290 (7-9 pm), ebloom@attbi.com.

Sat., June 15 - Summer Mountain Hiking Series #2A: Welch and Dickey, NH (C3B) Excellent views for a modest effort on Welch (2605') and Dickey (2734') peaks. Total 4.4 miles, 1800 feet of elevation gain make for a good workout. Similar level hike to #2B June 22; not necessary to go on both to complete the series. Register with L Charlie Farrell 508-822-2123 (7-9 pm). CL Cindy Letourneau 508-947-5533 Clet8@aol.com

Sun., June 16 - Great Swamp, So. Rhode Island (B4D) Great swamp nature walk. We'll explore the woods, fields and waterways of this wildlife management area in South Kingston Rhode Island. This trip is for a half day, or for those wanting to we'll continue on for a few more hours. Slow pace with plenty of observing the flora and fauna. Register with Leader Bob Emery 508-222-8460 (6-8 pm). CLs Colleen Bernier 508-679-9319, COLLEENI869@yahoo.com; Dick Cames 508-285-5790 rcames2@aol.com

Sun., Jun 16 - "Hey Dad, Take a Hike!" (C4D) Send Dad! Or bring Dad. (Non-Dads too!) Leisurely 4 mile pm walk through woods and around ponds at Borderland State Park. Great starter hike. L Bob Vogel CL Barbara Vogel, 508-238-7732 (6-9 pm) rvogel@attbi.com

Sat., June 22 - Summer Mountain Hiking Series #2B: Squam Range, NH: Morgan, Percival, Squam, Doublehead (B3B) Similar level hike to #2A June 15; not necessary to go on both to complete the series. GREAT views, lots of exercise. Ladders and rock caves. Register with L Bob Vogel 508-238-7732 (6-9 pm) rvogel@attbi.com CL Linda Church 508-495-1308 (7-9pm), lchurch@whoi.edu

Sat., June 22 - Webster Cliff, NH (B3B) Great views into Crawford Notch. We will go up the Webster Cliff Trail and down the Webster Jackson Trail. Reg. w/ CL Rick Fordyce, 508-430-0268 (7-9 pm). L Charlie Farrell, 508-822-2123 (7-9 pm) c.farrell@verizon.net.

Sun., June 23 - Blue Hills Joint Venture with BARPCV (C3C) That's the Boston Area Returned Peace Corps Volunteers. This will be a moderate ramble with ex-Peace Corps volunteers. Enjoy fine views and interesting stories. Reg. with L Patrick Holland 781-925-4423 pat.holland@aolwbg.com (6-9 pm) Co-leader Bill Markson 508-947-6739 mogulero@yahoo.com

Tues., June 25 - Evening hike thru Wrentham State Forest (C4C) Starting at 7 pm, this hike will be thru the Wrentham part of the Gilbert Hills State Forest. We will hike approx. 4mi. over varied terrain on established trails. There will be a few good views of Boston depending on weather. Terrain will vary from swamp to rocky hills. Don't forget bug spray! Register with Leader Mike Woessner 508-384-8344 (7-10 pm), Stridermw@hotmail.com. CL Bob Vogel 508-238-7732 (6-9 pm), rvogel@attbi.com

Wed., Jun 26 - Weekday Evening Hikes! (B/C3C) (See June 11.)

Sun., Jun 30 - "My First AMC Hike!" @ Blue Hills (B3D) Easy 3-mile loop followed by a faster, steeper 4-mile loop for those interested. Don't just read these listings every month, come hike! Lots of info for new hikers and new AMC members. L Bob Vogel 508-238-7732 (6-9 pm) rvogel@attbi.com

Sat., July 6 - Franconia Ridge, NH (AA2B) Come hike the entire Franconia Ridge. We'll go up the Flume Slide Trail to Mt. Flume across to Liberty, Little Haystack, Lincoln, and Lafayette, coming down the Old Bridal Path. Register with L Paul Vermette (603-598-6623 (5-8 pm) pjvermette@yahoo.com. CL Ben Freeman.

Wed., Jul 10 - Weekday Evening Hikes! (B/C3C) (See June 11)

Sat., July 13 - Summer Mountain Hiking Series #3: Mt Moosilauke, NH (B3B) This will be our first 4000 footer! Hike the Beaver Brook trail, which is part of the Appalachian Trail, to the summit and enjoy outstanding views of the Green Mountains and Franconia Ridge. Register with Leader Patrick Holland (6-9 pm) 781-925-4423 pat.holland@aolwbg.com Co-leader Rick Barnes 508-830-0479 (8-10 am, 7-10 pm) rwbamzee@aol.com ▶

HIKING and BACKPACKING continued

Sat.-Sun., July 13-14 The Moat Range Backpack (A3C) A nice backpack over 3 low summits (highest is 3196 feet) with nice views. Not a fast-paced hike: we're out here to have a good time and enjoy the mountains. Reg. w/ L Walt Wells 508-279-1963 (7-9 pm), wwells50@aol.com. CL Bob Emery 508-222-8460 (6-8 pm).

Sun., July 14 - Bastille Day - Massasoit State Park (B3C) Hike past Lake Rico; moderate pace suitable for beginners. Register with L Bill Markson, 508-947-6739, mogulero@yahoo.com. CL Colleen Bemier 508-679-9319, colleeni869@yahoo.com.

Sat., July 20 - Cuttyhunk (C4D) Ferry to Cuttyhunk, hike the island's beaches, possible swim. Fee for ferry. Register with L Charlie Farrell 508-822-2123 (7-9 pm). CL Dick Carnes 508-285-5790 (7-9 pm).

Sat., July 20 - Mt. Flume, NH (A3A) A very long, strenuous day. We'll go up the Osseo trail to Mt. Flume; the ascent has switchbacks, wood staircases/ladders, and is very steep. Descent is also extremely steep and difficult in the case of rain. We will car spot. Not for beginners. Register w/ L Pauline Jordan 508-676-5146, hirst30@aol.com; CL Patrick Holland 781-925-4423 (6-9 pm), pat.holland@aoltwb.com

Sun., July 21 - Gooseberry Neck Beach Hike, Westport (C4D) Beach-comb out and birdwatch back with some WWII history, too. Register with Leader Bob Bailey, 508-636-4094, bailey@rcn.com; CL Melanie Jansky, melli6246@yahoo.com

Wed., July 24 - Weekday Evening Hikes! (B/C3C) (See details, June 11)

Sat., Aug. 3 - Cherry & Webb evening hike, Westport (C4D) Leisurely hike around a classic barrier beach. Explore natural history of a saltmarsh, surf beach and dunes. Register with CL Mike Vining 781-344-0103. L Bob Bailey 508-636-4094 (6-9 pm), bailey@rcn.com.

Sat. Aug. 3 - Summer Mountain Hiking Series #4: Little Haystack & Lincoln, NH (B3A) Come above treeline on the Franconia Range and climb a 5000-foot peak. Register w/ Leader Linda Church 508-495-1308 (7-9 pm), lchurch@whoi.edu CL Bob Vogel 508-238-7732 (6-9 pm) rvogel@attbi.com

Sun., Aug 4 - BARPCV Joint Venture, Part II: The Wapack Trail (B3B) See June 23 for BARPCV explanation. This time we'll hike the southern section of the Wapack trail near Rindge, NH. Register with L Patrick Holland, 781-925-4423 (6-9 pm) pat.holland@aoltwb.com CL Steve Tulip, 508-977-9309 stulip@dpyus.jni.com

Wed., Aug 7 - Weekday Evening Hikes! (B/C3C) (See details, June 11)

Sat., Aug 10 - Annual SEM Summer Picnic: the Boston Harbor Islands

Sat.-Sun., Aug 10-11 - Peddocks's Island Overnight (C4D) Spend the night in the harbor, enjoy beautiful sunset over the Boston skyline. Explore the ruins and unique environment of the island. Camping is free but the island ferry is \$10. Can be combined with the Summer Picnic. Register w/ L Patrick Holland 781-925-4423 pat.holland@aoltwb.com (6-9 pm). CL Bill Ruel 781-878-7713 eruel@iopener.net

Sun., Aug. 11 - Destruction Brook, So. Dartmouth (C4D) Leisurely exploration of woods and stream in a coastal maple/oak/pine forest. A bit of history mixed in with the natural history. Register with Leader Bob Bailey, 508-636-4094 bailey@rcn.com. CL Dick Carnes, 508-285-5790 rcarnes2@aol.com

Sat., Aug. 17 - Hancock Loop (A3B) A steep and rough loop up to Mt. Hancock. A long day hike of approximately 9 miles; not for beginners. Register with Leader Pauline Jordan 508-676-5146, hirst30@aol.com. CL Mike Woessner 508-384-8344 (7-10 pm), stridermw@hotmail.com.

Sun., Aug. 18 - Welch & Dickey Loop (C3C) Beautiful first or anytime hike; great views, about 4.5 miles. Bring a camera and lunch too. Some sections are steep and can be dangerous in the rain. Register with CL Rick Fordyce, 508-430-0268 (7-9:30 pm), refordyce@yahoo.com. Leader Pauline Jordan, 508-676-5146 (call after 9 pm), hirst30@aol.com.

Wed., Aug. 21 - Weekday Evening Hikes! (B/C3C) (See June 11)

Sat-Sun, Aug. 24-25 - Summer Mountain Hiking Series #5: Hancock's Backpack (B3B) Cap off the summer series with an overnight in the Pemigewasset Wildemess, plus the opportunity to bag two legal 4K-footers. We'll hike in the Hancock Notch Trail to Cedar Brook Trail and camp near junction with the Hancock Loop Trail. Summits day will depend on weather and group energy level. Register with CL Mike Vining, 781-344-0103 (7-9 pm) or L Wayne Taylor, 508-252-6995 (7-9 pm), wjtaylor@attbi.com.

Sat-Sun, Aug. 24-25 - King Ravine/Craig Camp, NH (A2A) We'll take the Short Line Trail to the ravine, scale the headwall and spend the night at the RMC Craig Camp cabin. Hike out on Sun. Limited to six. Register with leader Patrick Holland 781-925-4423 (6-9pm), pat.holland@aoltwb.com. CLs Dexter Robinson, 781-294-8840 dexsue@attbi.com and John Pereira, 508-254-8303 iceclimbing@backpacker.com

Sat., Aug. 24 - Mt. Pierce, NH (B3B/C) Easier 4K peak: Day hike via the Crawford Path (oldest footpath in the country) to the tip of Mt. Pierce. May add a one-mile ridge walk over to Mt. Eisenhower (another 4K-foot peak), if conditions allow. Reg. w/ Leader Laura Smeaton, 617-695-9903 (6-10 pm) smeaton@sdac.harvard.edu. CL Bob Emery 508-222-8460 (6-8pm).

Sat., Sept. 7 - Tripyramid Scramble, NH (A3A) Long hike. Steep slides. What more could you ask for? Oh, yeah, two 4K peaks. Joint trip with Boston Chapter. Reg. w/ L Bob Vogel 508-238-7732 (6-9 pm) rvogel@attbi.com. CL Paul Vermette 603-598-6623 (5-8 pm) pjvermette@yahoo.com

Sun., Sept. 8 - Old Colony Rail Hike, Taunton (B3C) 10:30 am start. Maximum 6 miles on former rail line that MBTA may bring back into service. Come walk through history and be prepared for mud. Register w/ L Anne Chace 508-824-8871 (7-9 pm).

ADVANCE NOTICE:

Sat.-Sun. Sept. 21-22 - CHAPTER HUT NIGHT, AMC Cardigan Lodge, NH. See details elsewhere in this issue.

AMC Activities Risk Statement: Activities listed here involve varying degrees of danger. When you participate in these activities, you should be prepared physically and mentally, and equipped with appropriate gear. You should be aware of the risks and conduct yourself accordingly. Volunteer trip leaders are not responsible for your safety; you are. Before registering for any activity, you should discuss your capabilities with the trip leader. To participate in chapter activities, individuals under age 18 must be accompanied by a parent or responsible adult, or obtain prior consent from the trip leader. Those accompanied by a minor are responsible for the minor's actions.

Rock Climbing

Rock Climbing can be fun and rewarding if done correctly. The following activities are being offered to introduce people to the sport and help them learn basic techniques. No prior experience is needed (except for *Intro to Sport Climbing*), just a sense of adventure.

The Top Roping activities will introduce basic principles of belaying, rappelling, and climbing techniques. Bouldering activities will help participants gain valuable hand and feet technique that can be applied on roped climbs. The Introduction to Sport Climbing activity will introduce fundamental skills of leading a climb by using fixed protection. All activities require participants to provide their own rock shoes. In addition, participants taking part in the top roping activities will need their own harness. For those interested in participating in the sport climbing activity, you must have prior climbing knowledge, be able to climb 5.8 comfortably and have basic climbing equipment.

All activities will be led by climbing coordinators John Pereira or Brian Donelan. To register or to obtain more information, contact John at 508-254-8303 or iceclimbing@backpacker.com

Please keep in mind that the top roping and bouldering activities are tailored for beginners and those who have prior experience will find the material covered a bit redundant. All activities have the possibility to be canceled due to weather or other acts of God.

Bouldering

Tues., June 25 - 6-8 pm

Tues., July 30 - 6-8 p

Tues., Aug. 20 - 6-8 pm

Top Roping

Sat., June 22

Sat., July 20

Sat., Aug. 17

Introduction to Sport Climbing

Sat. July 27

Cape Cod Hikes

Chair—Janet DiMattia (508) 394-9064

Vice Chair—Heidi Moss (508) 362-6440

NO DOGS. Heavy rain or snow cancels.

FULL MOON HIKES

Mon., June 24 - Full Moon Hike – Bourne, Canalside (C3C) Begins at 7 pm. Park in main visitor pkg lot on Rte 6 northside of canal. L Pam Carter 508-398-2605

Tues., July 23 – Full Moon Hike – Mashpee, South Cape Beach (C3C) Begins at 7 pm. From Mashpee rotary take Great Neck Rd. S 2.8 mi. Bear L n Great Oak Rd. and follow to end of town beach prkg lot, approx. 2.5 mi. L Janet Kaiser 508-375-0574

Thurs., Aug 22 – Full Moon Hike – Chatham Harding Beach (C3C) Begins at 7 pm. From Rte. 28 turn on Barn Hill Rd. to Beach Rd. to Harding Beach. L Peter Selig 508-432-7656.

ADVANCE NOTICE - First Fall Hike

Thurs. Sept. 12 - Harwich, Herring River (C3C) Starting at 9:30 am. Exit 9 off Rte 6 onto Rte 134S. Turn left at 3rd traffic light onto Upper Country Rd., then immediate L onto Great Western. At approx. 2.2 mi, park inside fence on L at Sand Pond. L Janet DiMattia, 508-394-9064. Potluck lunch close by at Leader's house following hike.

Trails

Chair—Patrick Holland (781) 925-4423

Vice Chair—Lou Sikorsky (508) 678-3984

June 1-2: Myles Standish State Forest, Carver. Annual workfest on the Bentley Loop. June 1 is the 10th Anniversary of National Trails Day, so join thousands of volunteers across America to help restore and repair our nations trail system. 9 am-4 pm Cookout after and option to car camp overnight. Hike, bike swim, or lounge in camp on Sunday

June 22: Warner Trail, Foxboro. SEM is an official adopter of this unusual trail that runs from Diamond Hill State Park, RI to Canton, MA. But we'll only be working on a section near Foxboro. This is a good introduction to trailwork. Mostly brush cutting Bring lunch, work gloves. 9 -2 pm

June 15-17 * July 26-28 * Sept 13-15: Lonesome Lake Trail, Franconia Notch. Some changes here: We will no longer be staying at Lonesome Lake hut but will car camp at Lafayette Campground. Lunch and dinner on Sat. will be provided. Plan to arrive Friday afternoon/evening, work all day Sat. and until noon Sun. to finish up loose ends. There's work for all levels and abilities: brushing, drainage construction and repair, even moving large rocks if you'd like. Newcomers welcome!

To register for any of these work dates, please call Patrick Holland, 781-925-4423 (6-9 pm) pat.holland@aoltwbq.com

Mass. Forests and Parks Need Your Help

Did you make it out to Myles Standish State Forest to look for wildflowers this spring? Or gone swimming at Scusset Beach State Reservation or biked the Cape Cod Rail Trail? If you plan to hike any of the AT in Massachusetts this year, chances are good that you will pass through at least one of the eight state forests through which the trail meanders.

Our forests and parks matter more today than ever before. Over 12 million visitors a year seek out Massachusetts' forests and parks to bring spiritual and physical health to their lives. They seek out swimming holes and fishing streams, sunsets and wildflowers, quiet hikes and peaceful bird watching. In addition, public lands are sources of clean water, act as natural classrooms, and provide plant and wildlife habitat.

Our forests and parks are losing ground despite the fact that they are essential to our quality of life. Visitor services, routine maintenance and acquisitions to the forests and parks system have suffered for years due to lack of funding and inadequate staffing. Neglect has lead to resource degradation and poses potential public health and safety liabilities.

Inspired by the need to protect our special places, the AMC has joined with the Environmental League of Mass., the Mass. Audubon Society, MASSPIRG and the Mass. Chapter of the Sierra Club to form the Forests and Parks Partnership and lead a statewide effort to improve our state forests and parks system. Over 50 other groups from across the Commonwealth have joined AMC to call on the legislature and governor to renew its commitment to our Forest and Park System. Hikers, paddlers, and park advocates across the state are joining together to demonstrate support for our forests and parks. Your help is needed as well!

Visit www.forestsandparks.org for fact sheets and suggestions for getting involved. Download the citizen petition, "Five-Star Forests and Parks." Ask your friends, family and co-workers to sign and show their support for our public lands. The website also has a "Summer of Parks" calendar, which lists hikes, events and other opportunities for you to get out and enjoy our public lands this summer. To learn more, contact Bryan Wentzell, AMC's Conservation Outreach Coordinator, at 617-523-0655 ext. 386 or bwentzell@amcinfo.org. ▲ ▲ ▲

Canoe and Kayak

Chair — Ed Foster (508) 420-7245

<http://community.webtv.net/ajhart/SEMASSAMCPADDLERS>

All trips: Allow time to park, unload, and be on the water ready to paddle at 10:30 am. Registration is required only for those trips that don't have directions to the put-in.

PFDs: A Coast Guard approved Personal Flotation Device (PFD) should be worn at all times.

What to bring: In addition to a PFD, a complete change of clothes in a dry bag, water, lunch, and sunscreen.

NOTE: The possibility of strong wind and/or rough water may make some trips unsuitable for open canoes or kayaks without spray skirts. Check with the leader.

Sat. June 1 - Blackstone River, Northbridge and Uxbridge. Paddle the historical canal and locks - Flat & quickwater with 2 short carries. Care shuttle is required. Art Hart, 781-762-5251, ajhart@webtv.net

Wed. June 5 - Leader's choice. Jeff Tubman, 508-896-7858, jltbmn@capecod.net

Sat. June 8 - Charles River, Millis to Natick. Register w/ L Loretta O'Brien, 781-784-6971 (h), 781-769-6417 (w) LorettaSO@aol.com

Wed. June 12 - Swan Pond/River, Dennisport. Clipper Lane off Upper County Rd to parking area at pond. Canoes bring charcoal, grilles, lighter & lunch including something to throw on the grille. Kayaks bring lunch including something to throw on grille. Max Sarazin, msarazin@capecod.net

Sat. June 15 - Leaders choice somewhere on Cape Cod. Ed Foster, 508-420-7245, erfoster@attbi.com

Wed. June 19 - Long Pond, Brewster. Exit 10 off mid-Cape Highway, go North on Rte. 124 and turn right onto Crowell Bog Road to parking area and pond on right. Nancy Wigley, 508-548-2362, nwigley@cape.com.

Sat. June 22 - North River, Marshfield. Call leader for info and to register. L Dick Coveney, 508-790-1016, dickcoveney@attbi.com

Wed. June 26 - Cotuit Bay. Circumnavigate Oyster Harbors. From Rte 28 (0.5 miles west of Rte 149) go south on Putnam Rd 1.9 miles to Old Shore Rd on left. Go down Old Shore Rd to landing to unload boats. Park on Putnam Rd (unless you have a Barnstable Beach sticker). L Jerry Raymond, 508-420-2146 CL Katy Depew, 508-771-6217, dkdepew@attbi.com

Sat. June 29 - RESCUE TECHNIQUES (pool session). Sandwich HS Pool, Sandwich. 1-4 pm. \$10 for AMC members, \$15 for non-members. Reg. with Ed Foster, 508-420-7245, erfoster@attbi.com

Sat. June 29 - Regatta for Friends of Meeting House Pond (non AMC) Meet at 9 am at the town landing on Barley Neck Rd. From Rte 28 in Orleans, go E on Main St., then right on Pochet Rd and right on Barley Neck Rd 0.3 mile to the Town Landing on right. For more info, contact Lynne Eldridge, eldelridge@capecod.net.

Wed. July 3 - Indian Lakes, Marstons Mills. Rte. 149 to "Indian Lakes" sign on west side of road. Keep right to dirt road to parking and beach. L Jerry Raymond, 508-420-2146 CL Katy Depew, 508-771-6217, dkdepew@attbi.com

Sat. July 6 - Leaders Choice. L Dave Williams, 508-238-3638

Wed. July 10 - Lewis Bay, Yarmouth. Take Berry Ave S off Rte 28, go 0.7 mi, take right onto Hampshire Ave, and go 100 yds to pkg lot on left. Dick Coveney, 508-790-1016, dickcoveney@attbi.com

Sat. July 13 - Pamet Harbor, Truro. Rte 6 north to Pamet Village exit. Right at end of ramp onto South Pamet Rd. In 0.1 mile take a left, then immediately bear right onto Depot Rd and follow it 1.4 miles to the Pamet Harbor boat ramp. L Dick Coveney 508-790-1016, dickcoveney@attbi.com CL Jeri Housley, housley@us.ibm.com

Wed. July 17 - Bass River, So. Yarmouth/Dennis. Rte 134 south (Exit 9 off Rte 6) to sharp right at third light onto Upper County Rd. Bear left onto Highbank Rd, then left into Wilbur Park immediately after crossing the Bass River bridge. Peter Selig, 508-432-7656, pandmselig@hotmail.com

Sat. July 20 - Centerville River, Centerville. From Rte 28 (1.5 miles east of Rte 149), go south on Osterville-West Bamstable Rd at light (White Hen Pantry). Bear left on Main St, then right on East Bay Rd after passing thru Osterville. Town landing is on the left just before entrance to Dowses Beach. Meet at 9:30 am to accommodate tide and shuttle cars. L Katy Depew, 508-771-6217, dkdepew@attbi.com CL Jerry Raymond, 508-420-2146

Wed. July 24 - Scorton Creek, Sandwich. West on Rte 6A from Rte 149 for 3.6 mi. Left on dirt road immediately after crossing concrete bridge to Scorton Creek parking lot. Dick Coveney, 508-790-1016, dickcoveney@attbi.com

Sat. July 27 - Monomoy, Chatham. Spray skirts required. Call L for directions. Dick Coveney 508-790-1016, dickcoveney@attbi.com

Wed. July 31 - Ockway Bay to Popponesset, Mashpee. From Rte 28 at Mashpee Rotary go south on Great Neck Rd 2.5 miles to town landing and pkg on left. L Art Hart, 781-762-5251, ajhart@webtv.net

Sat. Aug 3 - Walker's Pond, Brewster. From Rte 6 take exit 9N and bear right on Airline. Go right on Satucket and take the next right onto Slough to the town landing at the south end of Walker's Pond. Lee and Barbara Rogers, 508 362-3954, leeandbarb@capecod.com

Wed. Aug. 7 - Wellfleet Harbor, Wellfleet. West on Main St from Rte 6, left on Commercial Street, right at Marina to far end of Mayo Public Beach. Max Sarazin, msarazin@capecod.net

Sat. Aug 10 - Pocasset River, Bourne. Go south on Rte 28 from the Boume Bridge rotary 3.3 miles and turn right onto Barlows Landing Rd. After 1.7 miles turn right onto Shore Rd. In 0.25 miles cross the bridge over the Pocasset River and turn left to the landing. Unload gear and park across Shore Rd in the dirt lot. Dave McGlone, 508-385-6314, dmaglone@capecod.net

Wed. Aug 14 - East Branch of the Westport River, Westport. Rick McNally, 508-636-7179, rjmcnally1@juno.com

Sat. Aug 17 - Mashpee Wakeby Ponds, Mashpee. Rt. 28 to Rte. 130 N, 2 mi to right at "State Landing" sign. L Jerry Raymond, 508-420-2146 CL Katy Depew, 508-771-6217, dkdepew@attbi.com

Wed. Aug 21 - Waquoit Bay/Washburn Island from Child's River, Falmouth. From Mashpee rotary, take Rte 28N toward Falmouth. After about 3 mi, cross a bridge and take first left after Edward's Boatyard onto White's Landing Road. Lee and Barbara Rogers, 508 362-3954, leeandbarb@capecod.com

Sat. Aug 24 - Taunton River to Dighton Rock, Taunton and Berkley - shuttle required. Call for directions. Art Hart, 781-762-5251, ajhart@webtv.net

Wed. Aug. 28 - Pleasant Bay, Chatham/Harwich. Exit 11 (Rte 137) south from Rte 6 and an almost immediate left onto Pleasant Bay Rd. After 2 mi turn right onto Rte 28 and after an additional 0.8 miles take a left onto road down to Pleasant Bay and parking. Peter Selig, 508-432-7656, pandmselig@hotmail.com

Biking

Chair — Nancy Beach (508) 699-0032

Vice Chair — Jim Kilpela (508) 295-1361

HELMETS REQUIRED

Inflated tires and water also necessities. Spare tire and pump helpful.

Beginner rides: mostly flat, 15-18 mi @ 10-12 mph pace

Intermediate rides: some hills, 25-35 mi @ 13-16 mph pace

Call leaders before 9 pm to register and match rides with abilities.

Sat., June 1 – Sharon. Pleasurable ride through Moose Hill Reservation, Lake Massapoag stopping at Crescent Ridge Ice Cream or Starbucks, majority rules. Quite hilly approx 30mi. @ approx. 12 mph pace. Nancy Beach, 508-699-0032, nbeach@naisp.net

Sat., June 8 – Westport Ocean, farms and fields of this beautiful town stopping at winery and ice cream place. Some hills, approx. 30 mi. at leisurely pace. Norm Paquin, 508-673-4356 dabears75@hotmail.com

Sat, June 15 – Dighton Rock Ride along back roads of farms and villages, stopping at Profile Rock on the way to historical and mystical Dighton Rock with SEM/AMC's "rock." 25-30 miles @ leisurely pace. Elsie Laverty, 508-823-0634

Sat, June 22 – Sakonnet Point, RI Saltmarsh ponds, coastal farms and birds galore highlight this ride along the Sakonnet River, from Tiverton thru the village of Little Compton to the Point and its views toward Newport. Anyone heard of Gray's Ice Cream? Intermediate level, approx 30 mi. @13-16 mph. Wayne Taylor, 508-252-6995 wjtaylor@attbi.com

Sun., June 23 – Woods Hole From Mashpee HS to Woods Hole and back, 33 miles, all abilities welcome. Detailed cue sheets are provided so everyone can go at their own pace. An odometer is recommended. Leader intends to keep a 16-17 mph average pace but will wait at the 18 mile point for everyone to regroup and take a snack. Ed Foster, 508-420-7245 erfoster@attbi.com

Sat, June 29 – Rochester Reschedule Scenic summer ride in rural Rochester/Marion/Lakeville, featuring horse and sheep farms. Lunch with the Clydesdales. Intermediate level 13-16 mph Jim Kilpela, 508-295-1361 jmkilpela@attbi.com

Sat, July 13 - Borderland Park, then through Sharon, visiting Moose Hill Reservation (hilly side of town) stopping at Lake Massapoag and Crescent Ridge Ice Cream. Approx. 30 mi. @ approx. 12mph pace Nancy Beach, 508-699-0032, nbeach@naisp.net

Sat, July 20 - Plymouth from Cape Cod Canal - Ride bay side route via Scusset Beach, Cedarville, historic Ellisville Harbor and Manomet Bluffs. Approx. 40 mi @ 13-16 mph pace Paul Currier, 508-833-2690 pbcurrier@hotmail.com

Sat, July 27 - Woods Hole from Falmouth. Scenic Cape views with lunch in Woods Hole. Beginner/Intermediate group ride, approx. 27 mi. @ 12mph pace. Perfect for less experienced cyclists to move to next level. Jim Kilpela, 508-295-1361 jmkilpela@attbi.com

Sun., Aug. 4 - Cape Cod 35 - 50 mi. All abilities welcome. Detailed cue sheets are provided so everyone can go at own pace. Bike computer/odometer is recommended. Leader intends to do a 16-17 mph average pace but will wait at a predetermined point, about midway, for everyone to regroup and have a snack break together. Call for distance, starting time and place. If the ride is cancelled due to rain, L will try to run it the following Sunday. L Ed Foster, 508-420-7245, erfoster@attbi.com

Sat., Aug. 17 – Wrentham to Norfolk. From N.E. villages to beautiful state owned farm properties and rural roads. Yes, we will find ice cream. Nancy Beach, 508-699-0032 nbeach@naisp.net

Sat, Aug. 24 - Freetown/Lakeville/Rochester area. Travel thru Freetown State Forest, see Profile Rock and scenic rural ponds. Intermediate level, 45-50 mi. 13-16 mph pace. Jim Kilpela, 508-295-1361 jmkilpela@attbi.com

Sun., Aug 25 – Cape Cod (see Aug 4 listing for details)

SUNDAY RIDES ON THE CAPE COD CANAL

Beginning June 9. Rides start at 11 am. Leisurely rides down the Cape Cod Canal and back with a picnic lunch at the railroad bridge end. Meet at the Army Corps of Engineers parking lot at the end of Freezer Road off Tupper Rd., Cape side of the canal. L Paul Ligor 508-775-6885. 13 mi. approx. Helmets required. All levels welcome.

TUESDAY EVE. CAPE COD BICYCLE RIDES

Rides start at 6 pm. and vary between 13-18 mi. Helmets required. L Alice Oberdorf (508-771-8261) CL Connie Austin (508-420-8943). Early season rides are led by Paul Currier (508-833-2640).

June 4 - Rock Harbor: Meet at harbor pkg. lot at end of Rock Harbor Rd. off Orleans Rotary (end Rte 6), for ride to Visitor's Center and beach.

June 11 - N. Falmouth to Canal: Meet at N Falmouth Library at the W end of Rte 151 on left, ride County Rd to Canal.

June 18 - Cotuit: Meet at Cotuit Landing Shopping Center prkg lot on Rte 28 across from Putnam Ave. for area ride.

June 25 - Eastham: Meet at Visitor Center pkg. lot, Route 6.

July 2 - Falmouth: Meet at Shining Sea Bike Path pkg lot at bike path on Woods Hole Rd for ride to Wood's Hole, Quisset Harbor.

July 9 - Chatham: Meet at A&P prkg lot in Chatham on R on Rte 28 opposite Crowell Rd. for ride to fish pier, lighthouse, etc. Blue Hydrangeas in bloom.

July 16 - Brewster: Meet at Nickerson Park main prkg lot, Rte 6A.

July 23 - Yarmouthport: Meet at Gray's Beach prkg lot for coastal ride.

July 30 - N. Falmouth to Canal: Meet at N Falmouth Library at the W end of Rte 151 on left, ride County Rd to Canal.

Aug. 6 - Dennis: Meet at Dennis Town Hall parking lot for ride to Dennis beach and Scargo Tower.

Aug. 13 - Rock Harbor: Meet at harbor pkg lot in Orleans off Rotary for ride to Visitor's Center and out to area beaches.

Aug. 20 - Rail Trail: Meet at Rte. 134 off Rte. 6 at the head of the Cape Cod Rail Trail for ride to Fisherman's Landing.

Aug. 27 - Cape Cod Canal: Meet at N end of railroad bridge in Buzzard's Bay for Northside canal ride.



Southeastern Massachusetts Chapter
APPALACHIAN MOUNTAIN CLUB
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Boston, MA 02108

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ANNUAL CHAPTER HUT NIGHT AT CARDIGAN LODGE, NH

Sat-Sun, September 21-22 (option to arrive Fri. Sept. 20)

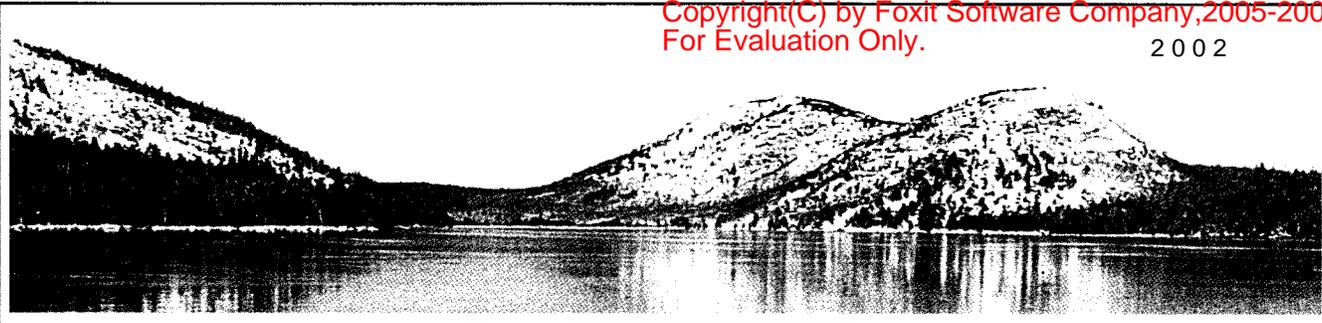
Join us for our chapter's annual "Hut Night," which will be held this year at Cardigan Lodge, a drive-to, full-service AMC facility. Lodging in group bunkrooms or tent sites, meals prepared by Lodge crew. Explore the area on your own, join a group hike to the top of Mt. Cardigan, or a less strenuous hike to nearby historical sites or nature trails. Activities start at 9:00 am Saturday, end Sunday afternoon. Register by August 15 (may fill sooner).

Chapter-subsidized cost for first 30 to register is \$40/adult, \$20/child (ages 4-15), includes supper and bunk Sat. night, breakfast and trail lunch Sunday. (After first 30 people, the Saturday cost rises to \$53/adult, \$33/child). Option to add on Sat. trail lunch (\$6), or arrive on Friday evening (\$53/adult, \$33/child extra includes Friday evening light supper buffet 6-9 pm, Fri. night bunk, Sat. breakfast and trail lunch). Tenting option (restroom/shower facilities in the lodge): \$28.50 (subsidized for first 30 registrants, then goes up to \$41.50) includes supper and shared tent site Sat. night, breakfast and trail lunch Sun.

For more info or to register, contact: Erika Bloom (not available after Aug. 8), 508-996-3290 (7-9 pm), email: ebloom@attbl.com; other leader is Patrick Holland, 781-925-4423 (6-10 pm), pat.holland@aoltwbq.com.

A Spring Gathering on the Cape





Southeast Breeze

Winter ~~2002~~ (Dec./Jan./Feb.)

Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club

View from the Chair

by Anne Chace

It is a privilege to submit my annual report to the members of the SEM AMC as the chapter chairperson for the year 2002. I am very proud of the activities, leadership and volunteers in our chapter. My sincerest thank you to the members of the executive board and activity leaders for a productive, enjoyable year. Your executive board has been busy and accomplished many things during the past 12 months. Your board members represent the best in volunteer spirit and enthusiasm for the chapter and club. It is an honor for me to work with such a wonderful group of dedicated AMC volunteers. I proudly represent the chapter as a member of the Chapter Committee, and have attended the three meetings held this year, as well as the summer chapter chairperson retreat. I also serve on the AMC Diversity Committee.

Following are highlights of the past year and acknowledgements of outstanding service to our chapter and AMC. Following the outstanding 25th anniversary celebration, "Breezin' Through the Years," and a holiday party hosted by the Vogel Family, the newly elected executive board for 2002 plunged right into work. We attempted to fill all vacancies for vice-chairs, however continue to have openings for Conservation and Membership. If you are interested in either opportunity, please contact Louise Anthony, Linda Cronin, or myself.

Bob Vogel did an excellent job of preparing the annual budget and has continued to assist Donna Desrochers, treasurer, throughout the year. Bob has faithfully served as vice-chairperson and has been an excellent advisor and assistant to me. Our executive board minutes are accurately and expertly prepared and distributed by Barbara Vogel, secretary.

Other goals accomplished during the year were the planning of a Leadership Appreciation Day, training chapter activity leaders through scholarships to Outdoor Explorations, enrolling and maintaining a membership base of 3,000, raising funds for the 125th AMC capital campaign, conducting leadership and WFA training programs for members, assisting members with training scholarships, and providing a broad level of activities for chapter members. In addition to these activities, we were

honored to host the club-wide AMC Spring Gathering in April 2002. Under the leadership of Dexter Robinson, our chapter welcomed members from all AMC chapters to a "Cape Cod Capeer Weekend." Members of the Spring Gathering Committee included Erika Bloom, Dick Cairns, Vicki Fitzgerald, Wayne Taylor and your chapter chairperson. Many chapter members graciously volunteered as hosts and hostesses, trip leaders, greeters and also came to participate in the fun activities. Thank you all! It was the best club gathering, ever!

Our chapter received a total of \$2,050 in Supplemental Dues Allocation (SDA) funds this year for the following activities: Spring Gathering, Outdoor Exploration leadership training scholarships, AMGA training for our Rock Climbing Coordinators, and new publication software for chapter communications. Each funding request required the submission of a written proposal approved by the members of the Chapters Committee, upon approval of the SDA sub-committee.

Forty members of the chapter pledged \$2,500 to the AMC capital campaign. These monies will go towards the Kresge Challenge Grant for one million dollars. Thank you for your generosity and foresight.

Two members of the board will be leaving office this November, Donna Desrochers and Wayne Taylor. Donna as served for two years as chapter treasurer. Thank you, Donna, for your service and dedication to our chapter. For the past three years, Wayne Taylor has edited and compiled our newsletter Southeast Breeze. He also upgraded the newsletter mailing to an electronic distribution and obtained a lower bid for printing. Wayne has prepared flyers, brochures, annual reports and programs for our chapter. He also served as Interchapter Excursion Liaison and a vital member of the 25th anniversary committee. In addition, Wayne leads biking, hiking and ski trips. Thank you, Wayne.

I look forward to working with all of you next year as together we achieve new goals and create new opportunities for our SEM AMC chapter. I look forward to meeting many more chapter members as we enjoy, wisely use and help maintain mountains, trails, and rivers. See you on the trail!

Anne Chace
Chapter Chair



Southeast Breeze is published quarterly by the Southeastern Massachusetts Chapter of AMC.

Chapter Chair: Anne Chace (508) 824-8871

Secretary: Barbara Vogel (508) 238-7732

Education Chair: Steve Tulip (508) 977-9309

Conservation Chair: Louise Anthony (508) 758-4215

Vice Chair: Bob Vogel (508) 238-7732

Treasurer: Mike Woessner (508) 384-8344

Membership Chair: Linda Cronin (781) 447-2597

Newsletter Editor: Wayne Taylor (508) 252-6995

WEBSITE ADDRESS: <http://www.amcsem.org>

Editor's Notebook

Tell us about your last great outdoors adventure...

Your comments and suggestions are always welcome, as are your contributions of articles, poetry, photography or anything else. When submitting something, please respect our deadline, which is the 20th of the month, two months prior to the publication date (e.g. Jan. 20 for the Mar/Apr/May issue). We'll publish your submissions on a space-available basis. Contact the new editor of the Breeze, Linda Church, 508-495-1308 (7-9 pm) or lchurch@whoi.edu.

Not getting your copy of the Breeze? Call Membership Chair Linda Cronin (781-447-2597) or drop her an e-mail (linda.cronin@whrsd.k12.ma.us) to be sure you're on the list.

Chapter News Notes

How to Sign Up for an SEM/AMC-led Activity

There actually is a prescribed way to sign up for chapter outings. In many cases, leaders want to "screen" potential participants to see if their level of experience and physical conditioning are appropriate for the planned activity. Screening requires a two-way conversation, so when a trip listing says "register with," please phone (don't email) the leader/co-leader to sign up. Also, please don't wait till the last minute to register. Trip leaders have a lot of details to plan and organize, and a call the night before to register for tomorrow's activity could well result in your not being allowed to participate.

Volunteers Need for NEW Skills Clinic!

The best way to learn new outdoor skills is to have an experienced person teach you. The SEM/AMC Education Committee is seeking volunteers willing to share their knowledge and experience for an Outdoors Skills Clinic that the chapter is interested in organizing. Call Steve Tulip (508) 977-9309 or Laura Smeaton (617) 323-6727 for more information.

"Membership in a Bottle"

A great gift for your favorite outdoors enthusiast.

Single Membership \$40.00

Family Membership \$65.00

*Nalgene Bottle with \$10 Gift Certificate
good for AMC lodging, workshops and books.*

Contact: Linda Cronin
linda.cronin@whrsd.k12.ma.us

New Members Only
781-447-2597



Photo credit: Wayne Taylor, Jan. 1996

On the cover ...

Jordan Pond and The Bubbles on a New Year's weekend ski trip to Mt. Desert Island, Maine.

Clubwide News Bits

ATC NH 2003 — The Appalachian Mountain Club will be hosting the 34th Biennial Meeting of the Appalachian Trail Conference at Waterville Valley, New Hampshire from July 25th to August 1st 2003. This meeting will feature a wide variety of hikes, workshops and entertainment. The general and business meetings of the Appalachian Trail Conference will be held during this time. The meeting theme of "Stewardship Through Education and Action" reflects the vital and changing role of our organization.

This is a great opportunity for the AMC to showcase its many programs and activities to hikers throughout the country. AMC members who decide to attend will have a chance not only to meet AMC members from other parts of the country, but also to meet the volunteers who maintain the AT, one of the country's best-known long distance hiking trails.

This meeting is for those who hike and the volunteers who maintain hiking trails. For those who have attended previous ATC meetings, this is a great opportunity to come again and renew friendships with fellow hikers and volunteers. For those who have never attended ATC meeting, it is a great opportunity to meet with fellow hikers and the community of volunteers who maintain the country's hiking trails. Many topics of general interest to hikers will be presented within the framework of issues related to the Appalachian Trail.

Waterville Valley is surrounded by mountains and located close to numerous hiking opportunities. The Appalachian Trail is only a few miles from the site. The hiking options are unlimited. For more information, contact Ken Wenger at (978)-456-3722 or kwenger99@yahoo.com

"We are expecting a large turnout and hope to see you there!" according to Conference chair, Steve Crowe

Rise to the Summit

Make a Gift for Future Generations of AMCs

You can share your passion for outdoor recreation and conservation with future generations of hikers, paddlers and other outdoor enthusiasts through a bequest to the Appalachian Mountain Club. If you have already named AMC in your will, please notify us so that we can say thank you and welcome you to the Summit Society.

For information on how to include AMC in your will or to learn about charitable gifts that produce income, please contact the Planned Giving Office at (617) 523-0655 ext. 309, 5 Joy Street, Boston, MA 02108, or via email at summitsociety@amcinfo.org.

Hiking and Backpacking

Chair — Erika Bloom (508) 996-3290 (7-9 pm)

ebloom@attbi.com

Vice Chairs — Patrick Holland (781) 925-4423

Charlie Farrell c.farrell@verizon.com

Ratings: First character indicates distance in miles. Second indicates leader's pace over average terrain. Third character indicates terrain.

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

Hikers unsure of their ability should try only one level higher than previously completed. **Note: NO PETS** without permission of Trip Leader. Individuals under 18 must obtain prior consent from Trip Leader.

L = Leader

CL= Co Leader

Beginner Winter Hiking Series: A series of progressively more strenuous winter hikes for experienced 3 season hikers who wish to try the 4th (perhaps best!) season. If you missed the workshop Nov. 16, contact Erika Bloom for info and handouts. The series works best if you take part in all of the hikes, but participation in each hike is at the discretion of the leaders and depends on past experience. Register for individual hikes ASAP; preference given to those are completing the series until 10 days before each hike. Crampons are required; they can be bought, rented, or borrowed (full or instep crampons accepted). See the hiking schedule for Series trips Dec 14, Jan 4 & 25, Feb 8, March 1/2. Questions? Contact Erika Bloom (see above). And remember, you don't have to be cold!

Sun Dec 8 - Arnold Arboretum (C4D) A leisurely walk through one of the jewels of the Emerald Necklace to shake off the chill of approaching winter and experience the diversity of trees and plants inside the city limits of Boston. Register with CL Diane Phillips 508-378-2334 (8-10pm) dwpmountains@attbi.com L Laura Smeaton 617-323-6727 smeaton@sdac.harvard.edu

Weds Dec 11 - Hike Planning meeting. Meet at the Universalist Unitarian Church, 25 S. Main St., Middleboro at 7:00 pm. All are welcome to attend; new leaders and co-leaders needed (will train!). Contact Erika Bloom for info or directions 508-996-3290 (7-9 pm), ebloom@attbi.com.

Sat Dec 14 – Winter Hiking Series # 1 Blue Hills Hike/ Workshop (B4C) First of the winter hiking series; we will hike with stops to discuss winter hiking techniques, equipment and clothing. Bring a bag lunch for a panoramic feast. Register with CL Mike Woessner 508-384-8344 (7-10 pm) Stridermw@hotmail.com L Charlie Farrell 508-822-2123 (7-9 pm) cfarrell@verizon.net

Sat Dec 21 – Celebrate the Winter Solstice by the light of the silvery moon – Massasoit State Park (B3D) Walk through pine woods forest and by the lakes. Optional backpackers potluck dinner at picnic area. Register with CL Barbara Hathaway 508-880-7266 (7-9:30 pm) barb224@aol.com . L Steve Tulip 508-977-9309 (lv msg) sjtulip@attbi.com

Sat Dec 21 – Wampatuck (B3C) Easy to moderate walk through picturesque woods – good for families. Register with L or CL. L Bill Ruel 781-589-3321 (7-9 pm M-F) camperbill824@aol.com . CL Barbara Leland 508-295-9745 BRBRLEL@aol.com

Wed Jan 1 – Borderland (B2D) Start the year off right with a brisk 7-mile hike (snowshoe?) around the ponds and through the woods. Late start to allow sleeping-in after the parties. L Bob Vogel 508-238-7732 (6-9 pm) rvogel@attbi.com CL Barbara Leland 508-295-9745 BrbrLel@aol.com

Sat Jan 4 – Winter Hiking Series #2 Mt. Potash, NH (C3C) Excellent views for a modest effort and a good introduction to the Whites in winter. Register with Winter Leader in Training Mike Vining 781-344-0103 (7-9 pm). L Patrick Holland 781-925-4423 pat.holland@aol.com (6-9pm) CL Steve Tulip 508-977-9309 sjtulip@attbi.com (7-9pm)

Sat/Sun Jan 11/12 – Tom/Field/Willey Backpack (A3A) Sat Backpack to Tom Col and set up camp. Climb Field and Willey. Sun Climb Tom & back, hike out. Register with Winter Leader in Training Paul Vermette 603-598-6623 (5-8 p.m) pvermette@att.net . Other LIT Bill Ruel 781-589-3321 (7-9 pm M-F) camperbill824@aol.com, Ls Bob Vogel 508-238-7732 rvogel@attbi.com , Erika Bloom 508-996-3290 (7-9 pm) ebloom@attbi.com

Wed Jan 15 - Wednesday Evening Hike @ Borderland (C3D) Come join us as our evening hike (snowshoe?) takes us out in moonlight! L Bob Vogel 508-238-7732 (6-9 pm) rvogel@attbi.com

Sun Jan 19 – Slocum River Ramble (C4D) Hike/walk through the scenic and historic Slocum River Reserve in S. Dartmouth. Look for signs of the season, especially tracks if snow permits! Beginners and kids welcome. Local naturalist insight included. Hot drinks planned. 10 AM start planned. Register with L Mike Vining 781-344-0103 (7:30-9 pm). CL Bob Bailey 508-636-4094 (7-9 pm).

Continued on next page ►

Short-Notice Trips

For various reasons (often weather-related), AMC trips are sometimes planned on short notice, long after publication deadlines have come and gone. To find out if there's a trip planned that isn't in the Breeze or AMC Outdoors, you can sign up for an email alert service that will notify you of short-notice and weather-dependent trips for all SEM activities. Visit the Chapter Web site at www.amcsem.org and sign up.

HIKING and BACKPACKING continued

Sat Jan 25 – Winter Hiking Series #3 Mt. Tecumseh (B3B) Our first 4,000 footer! One of the easier winter 4ks and a good chance to learn winter techniques. Register with Leader in Training Bill Ruel 781-589-3321 (7-9 pm M-F) camperbill824@aol.com . L Bob Vogel 508-238-7732 rvogel@attbi.com CL Alan Ruiz 508-643-0950 gandalf7@mindspring.com

Sat Jan. 25 - Mt. Madison N.H. (B3B) Challenging winter hike to the summit via the Valley Way Trail. Previous above tree-line winter experience and full winter gear are required. Moderate pace. Register with leader Dexter Robinson 781-294-8840 (7-9 p.m.) dexsue@attbi.com CL Paul Vermette 603-598-6623 (5-8 p.m.) pjvermette@yahoo.com

Sat/Sun Jan 25/26 - Caribou Mt Backpack, ME (B3B) Moderate hike in a little visited part of the White Mountains with views of Evans Notch & the Wild River Valley from the summit-but we'll camp below treeline. Limited to 8 participants. Register with Leader Patrick Holland 781-925-4423 (6-9pm) pat.holland@aoltwbg.com CL Walter Wells, WaltandLinda@attbi.com 508-279-1963 (7-9 pm)

Sun Feb 2 – West Island Beach/Forest Walk (C3D) Brisk winter walk, must dress for the weather – winter winds can be chilly! Warm drinks provided. Leader's dogs only please. Register with L Erika Bloom 508-996-3290 ebloom@attbi.com

Sat Feb 8 – Winter Hiking Series #4 Mt. Jackson (B3B) Continuing the series, this hike is to a 4,000 footer with fine views. Register with Winter Leader in Training Mike Woessner 508-384-8344 stridermw@hotmail.com. L Bob Emery 508-222-8460 (6-8 pm). CL Walt Wells 508-279-1963 (7-9 pm) WaltandLinda@attbi.com

Wed Feb 12 - Wednesday Evening Hike @ Borderland (C3D) Come join us as our evening hike (snowshoe?) takes us out in the moonlight! L Bob Vogel 508-238-7732 (6-9 pm) rvogel@attbi.com

Sat Feb 22 – Myles Standish (B3C) Up one side of reservoir, out on Bentley Loop that will bring us back to come down the other side of the reservoir. Register with L Barbara Leland 508-295-9745 BRBRLEL@aol.com . CL Bill Ruel 781-589-3321 (7-9 pm M-F) camperbill824@aol.com

Sat/Sun Mar 1/2 - Mt Jefferson/Grey Knob Cabin (A2A) Long, strenuous hike with significant time above treeline. We'll spend the night at Grey Knob or Craig Camp cabins and hike out Sun. Previous above treeline experience required. Limited to 6 participants. Register with Winter Leader in Training Mike Woessner 508-384-8344 (7-9pm) strider@hotmail.com L Patrick Holland 781-925-4423 (6-9pm) pat.holland@aoltwbg.com CL Dexter Robinson 781-294-8840 (7-9 pm): dexsue@attbi.com

Sat/Sun Mar 1/2 – Winter Hiking Series #5 Ethan Pond Beginner Backpack (A3C) This is the final hike in the Winter Hiking Series, for those new to winter backpacking. Register with Winter Leader in Training Alan Ruiz 508-643-0950 (before 9 pm) gandalf7@mindspring.com L Walt Wells 508-279-1963 (7-9 pm) WaltandLinda@attbi.com L Charlie Farrell 508-822-2123 (7-9 pm) cfarrell@verizon.net

Sat Mar 8 - Snowshoe Hike to Notchview Reservation (B3B) Late winter snowshoe hike at Notchview Reservation in Windsor MA. Hike in the backcountry area and return to Visitors' Center for hot drinks. May run in conjunction with a XC Ski trip. Area descriptions and details can be found at www.thetrustees.org Register with L Steve Tulip 508-977-9309 (lv. msg. if evening call) stjulip@attbi.com CL Laura Smeaton 617-323-6727(7-9 pm) Smeaton@sdac.harvard.edu

Sun Mar 9 – Pemigewasset Snowshoe (NH) B3C/D Join us for an easier snowshoe ramble along the Pemigewasset River (East Side Trail). Scenic winter river scenes, possible animal tracks/sightings. Can borrow or rent snowshoes. Register with Winter Leader in Training Mike Vining 781-344-0103 (7:30-9 pm). L Erika Bloom 508-996-3290 (7-9 pm) ebloom@attbi.com

Sat/Sun Mar 15/16 – Exploring Evans Notch (B3B) Stay at AMC Cold River Camp in a rustic cabin-wood stove for heat. Hike up to Bicknell Ridge on Sat and Blueberry Mt. on Sun. Register with Winter Leader in Training Paul Vermette 603-598-6623 (5-8 pm) pvermette@att.net . L Patrick Holland 781-925-4423 (6-9pm) pat.holland@aoltwbg.com

Interested in Co-leading a Rock Climbing Activity?

Even though the rock climbing season is officially over, the chapter is in the midst of working out the details for the 2003 season. Any member who might be interested in co-leading an activity is encouraged to contact John Pereira (508-254-8303 or via email :iceclimbing@backpacker.com). Some type of climbing experience is recommended, but not a requirement to become a co-leader.

FYI: All potential co-leaders will be required to attend a rock climbing co-leader training course in April 2003 in order to co-lead an activity.

AMC Activities Risk Statement: *Activities listed here involve varying degrees of danger. When you participate in these activities, you should be prepared physically and mentally, and equipped with appropriate gear. You should be aware of the risks and conduct yourself accordingly. Volunteer trip leaders are not responsible for your safety; you are. Before registering for any activity, you should discuss your capabilities with the trip leader. To participate in chapter activities, individuals under age 18 must be accompanied by a parent or responsible adult, or obtain prior consent from the trip leader. Those accompanied by a minor are responsible for the minor's actions.*

Cape Cod Hikes

Chair—Janet DiMattia (508) 394-9064

Vice Chair—Heidi Moss (508) 362-6440

Thurs hikes: 9:30-11:30 am; Sun hikes 1-3:15 pm
NO DOGS; Heavy rain cancels. If in doubt, call leader.
PLEASE NOTE - Sat hikes will be listed separately under
"LONGER CAPE HIKES." Sat. hikes are faster-paced:
10 am to 2pm. Bring Lunch.

Sun. Dec. 1 - TRURO, Ryder Beach (B3C) Take Rt. 6 N to 1st L (Prince Valley Rd.) after Wellfleet/Truro line to the end, then R on Old County Rd. Immed. L on Ryder Beach Rd. park at end. L. Jack Handlen 508-255-5292

Thurs. Dec. 5 - BOURNE Canal Walk (C3D) Park at Visitors Center on N side. L. Donna Nickerson 598-528-3043

Sun. Dec. 8 - MASHPEE Ryder Conservation Area (C3C) N. on Rt 130 from 28 for 1 mi. to R on Cotuit Rd., 1.8 to Ryder Cons. Land pkg lot on left. L Nancy Wigley 508-548-2362

Thurs. Dec. 12 - WELLFLEET Marconi Beach (C3C) Go R on Marconi Beach Rd at light from Rt. 6. Go L to HQ, going past HQ bldg., take first R, park on road at end. L Barbara Hollis 508-240-1973

Sun. Dec 15 - CHRISTMAS PARTY and DENNIS, Run Pond Hike (C4C) Rt. 134 to Setucket Rd. west. from intersection of Old Bass River Rd. go 1 approx. 1 mi. and park in lot on N side of rd. Ls Richard and Janet Kaiser 508-375-0574

Thurs. Dec. 19 - HARWICH Herring River (C3C) Exit 9 S off Rt 6 onto 134. Turn L at 3rd light on Upper County Rd., then immed. L onto Great Western. Go 2.2. Park inside fence at Sand Pond. L Janet DiMattia 508-394-9064

Sun. Dec. 22 - BREWSTER Nickerson State Park (C3B) Go in main entrance of park. take first L onto Flax Pond Road. Go past Flax Pond all the way to Cliff Pond at the end of the rd. L Jack Handlen 508-255-5292

Thurs. Dec. 26 EASTHAM Doane Rock (C3C) From Rt 6 turn R at lights at Nat'l Seashore Visitor Center. Follow Rd. to Doane Rock and park in 2nd lot. L Barbara Hollis 508-240-1973

Sun. Dec. 29 BARNSTABLE Spruce Pond (C3C) Exit 5 off Rt 6 N. Park at triangle in front of church on L. Walk to trailhead behind firehouse L Heidi Moss 508-362-6440

Thurs. Jan. 2 - DENNIS Indian Lands (C3D) Exit 9 N from RT 6 to L at light on Bob Crowell Rd. L on Old Bass River Rd. Follow to Dennis Town Hall pkg on R approx. 1 mi. L Janet DiMattia 508-394-9064

Thurs. Jan. 2 - DENNIS Indian Lands (C3D) Exit 9 N from RT 6 to L at light on Bob Crowell Rd. L on Old Bass River Rd. Follow to Dennis Town Hall pkg on R approx. 1 mi. L Janet DiMattia 508-394-9064

Sun. Jan. 5 - MASHPEE Johns Pond (C3C) N on Currier Rd off RT. 151 and quick R on Hooppole Rd. R on Back Rd. Follow signs to Town Beach through trailer park. L Farley Lewis 508-775-9168

Thurs. Dec. 26 EASTHAM Doane Rock (C3C) From Rt 6 turn R at lights at Nat'l Seashore Visitor Center. Follow Rd. to Doane Rock and park in 2nd lot. L Barbara Hollis 508-240-1973

Sun. Dec. 29 BARNSTABLE Spruce Pond (C3C) Exit 5 off Rt 6 N. Park at triangle in front of church on L. Walk to trailhead behind firehouse L Heidi Moss 508-362-6440

Thurs. Jan. 2 - DENNIS Indian Lands (C3D) Exit 9 N from RT 6 to L at light on Bob Crowell Rd. L on Old Bass River Rd. Follow to Dennis Town Hall pkg on R approx. 1 mi. L Janet DiMattia 508-394-9064

Thurs. Jan. 2 - DENNIS Indian Lands (C3D) Exit 9 N from RT 6 to L at light on Bob Crowell Rd. L on Old Bass River Rd. Follow to Dennis Town Hall pkg on R approx. 1 mi. L Janet DiMattia 508-394-9064

Sun. Jan. 5 - MASHPEE Johns Pond (C3C) N on Currier Rd off RT. 151 and quick R on Hooppole Rd. R on Back Rd. Follow signs to Town Beach through trailer park. L Farley Lewis 508-775-9168

Thurs. Jan. 9 - EASTHAM Salt Pond (C3C) From Rt 6 turn R at lights at Nat'l Seashore Visitor center. Park at center pkg lot. L Peter Selig 508-432-7656

Sun. Jan 12 - WELLFLEET White Crest (C3C) From Rt 6 E on LeCount Hollow Rd. to end. L on Ocean View Dr to beach pkg lot on R. L Jack Handlen 508-255-5292

Thurs. Jan 16 - YARMOUTH - Grays Beach and CHILI PARTY (C3C) Exit 8 from Rt 6 to 6A. Turn L, then immed. R on Old Church Rd at playground to Center St. Bear R, follow to pkg lot at beach at the end. L's Richard and Janet Kaiser 508-375-0574

Sun. Jan. 19 - MASHPEE South Cape Beach (C3C) From Mashpee rotary take Great Neck Rd.2,7, bear L on Great Oak Rd. and follow to end - turning L to the town beach pkg lot at 2.5 mi. L Gary Miller 508-540-1857

Thurs. Jan 23 - WELLFLEET Marconi Beach (C3C) Go R at light from Rt 6 on Marconi Beach Rd. Go L toward HQ passing HQ bldg. Take 1st R. Pk at end of road. L Barbara Hollis 508-240-1973

Sun. Jan 26 - FALMOUTH Beebe Woods (B3C) From Rt 28 follow signs to hospital on Ter Heun Dr. Go beyond Hospital and JML Facility, park on L in dirt lot. L Linda Church 508-495-1308

Thurs. Jan. 30 -- BREWSTER Punkhorn Parson's Perch (D4D) Exit 9N on Rt 134 to second light, turn R onto Setucket Rd. R on Run Hill Rd. Pass the main pkg lot at end of pavement bearing L at first junction. Go 0.5 to pkg lot on R. L Harry Dombrosk 508-385-9502

CAPE COD HIKES *continued*

Sun. Feb. 2 - WELLFLEET Duck Harbor (C3B) Turn L off Rt 6 at Wellfleet Center light onto Main St. Take L at Dory onto E. Commercial St to Harbor. Take R on Chequessett Neck Rd. Take R at Great Island and follow all the way to end. L Janet Kaiser 508-375-0574

Thurs. Feb. 6 - COTUIT Little River Sanctuary (C3C) Exit 5 of Rt. 6. Take 149 S to Rt. 28. Park at Cotuit Landing Shopping Center on R to carpool to trail head. L. Farley Lewis 508-775-9168

Sun. Feb. 9 - BREWSTER Nickerson State Park (C3C) Go into main entrance of park. Follow main road 1.8 m and park at Fisherman's Landing on L. L Jack Handlen 508-255-5292

Thurs. Feb. 13 - BOURNE Canal walk. (3C3) Park at visitor center on N side of canal. L Blanche Greig 508-771-3696

Sun. Feb. 16 - SANDWICH Maple Swamp (C3C) Exit 4 S off Rt 6 on Chase Rd. Turn R immed. on Service rd. At approx. 1 mi. park in lot at L. L Heidi Moss 508-362-6440

Thurs. Feb. 16 -YARMOUTH Inkberry (C3C) From Rt 28 in W. Yarmouth turn N at light onto Winslow Gray Rd. parking at L 0.4 mi. L Janet DiMattia 508-394-9064

Sun. Feb. 23 -MASHPEE South Cape Beach (C3C) From Mashpee rotary take Great Neck Rd. Bear L at 2.7 on Great Oak Rd. and follow 2.5 mi. to Town Beach pkg lot . L Gary Miller 508-540-1857

Thurs. Feb. 27 - BARNSTABLE Deacon's Farm. (D4D) Exit 5 N off Rt 6. Park at triangle on L and walk N to trailhead behind fire house. L Harry Dombrosk 508-385-9502

Sun. March 2 - BARNSTABLE Conservation Land - Otis Atwood (C3C) Exit 5 from Rt 6. Go S on Rt 149 to immed. R onto Service rd. Park in lot on L by power lines. Call Janet Dimattia for details, 508-394-9064

LONGER CAPE HIKES

10 am -2 pm — Faster paced, 8-10+ mi. — BRING LUNCH

Sat. Dec. 7 - TRURO South Pamet and Ponds. From Rt. 6 turn E at Pamet Rd. Meet at end of S. Pamet Rd. L Bob Freeman 508-432-4341

Sat. Dec. 14- WELLFLEET Newcomb Hollow. At 2nd light in Wellfleet turn R on Gross Hill Lane, turn L on Ocean View Dr. to end following signs to Newcomb Hollow Beach. L Ron VanderWiel 508-255-3361

Sat. Dec 21 - DENNIS Dennis Pond. From Rt 6 take exit 7 N (Willow St) parking at lot on R approx. 0.5 mi. L Brigitte Falzone 508-394-6343

Sat. Dec. 28 - TRURO/WELLFLEET Ryder Beach and Duck Harbor, Rt 6 N in Truro to L on Prince Valley Rd. Go to end, R on Old County Rd. Immed.L on Ryder Beach Rd. park at end. L Janet DiMattia 508-394-9064

Sat. Jan. 4 - BARNSTABLE Trail of Tears. Exit 5 off Rt 6 onto Rt 149. Take immed. R on Service Rd. Park in lot on L by power lines. L Bob Freeman 508-432-4341

Sat. Jan. 11 - WELLFLEET Gull Pond. From Rt 6 take Gross Hill Rd. to pkg on town landing at Gull Pond. L Ron VanderWiel 508-255-3361

Sat. Jan. 18 - WELLFLEET Newcomb Hollow. At 2nd light in Wellfleet turn R on Gross Hill Lane, turn L on Ocean View Drive to end following signs to Newcomb Hollow Beach. L Brigitte Falzone 508-394-6343

Sat. Jan 25 - BREWSTER Nickerson Park and Hills. Park in main pkg lot at entrance on 6A. L Bob Freeman 508-432-4341

Sat. Feb. 1 - TRURO North Pamet to Jenny Lind. From Rt. 6 Truro turn E at Pamet Rd. Meet at end of S. Pamet Rd. L Ron VanderWiel 508-255-3361

Sat. Feb. 8 - HARWICH - Herring River to Coy Brook Woodlands. Exit 9S off Rt. 6 onto 134. Turn L at 3rd. light on Upper County Rd, then immed. L onto Great Western. At 1.4 turn R on Depot Rd.- go 0.2 and park in lot on L at bike crossing. L Janet DiMattia 508-394-9064

Sat. Feb 15 - BARNSTABLE Sandy Neck Rt 6A to Sandy Neck Beach pkg lot at end of Sandy Neck Rd. L Peter Selig 508-432-7656

Sat. Feb. 22 - PROVINCETOWN Beech Forest/Clapps Pond. From Rt. 6 take R on road to Province Lands Visitor Center. Pk at Beech Forest pkg lot. L Ron VanderWiel 508-255-3361

Sat. Mar. 1 - EASTHAM Doane Rock. From Rt 6 turn R at lights on Nauset Rd. & Nat'l Seashore Visitor center. Follow road to Doane Rock area and park in 2nd lot. L Brigitte Falzone 508-394-6343

Impromptu Fish Lecture on the Cape

On Sept. 19, Cape hikers were treated to an interesting impromptu talk when they had the good fortune of coming upon a group from the Fisheries and Game Division of Mass. Wildlife working on brook trout along the Mashpee River.

Steven Hurley, District Fisheries manager, showed Cape hikers brook trout, stickleback, and the rare brook lamprey, sharing many interesting facts about each of these species and giving hikers a demonstration of the method used for collecting the fish.

Thanks to leader Nancy Wigley for seizing this opportunity for a wonderful learning experience for Cape hikers and an added bonus to a lovely day hiking along the Mashpee River.

Skiing

Chair—Barbara Hathaway (508) 880-7266

Vice Chair—Sarah Beard (508) 758-2613

If there's snow locally, but no trip listed, contact Barbara Hathaway, 508-880-7266, barb224@aol.com, to check on short-notice trips.

Sat., Jan. 4 - Leader's Choice. Stay close to home and enjoy your day skiing the trails at Borderland in Easton, Great Brook Farm in Carlisle or Windblown in southern NH. Contact L Sarah Beard 508-758-2613, 7-9 pm, or CL Barbara Hathaway 508-880-7266, e-mail barb224@aol.com.

Sat., Jan. 11 - XC Ski Workshop at Weston Ski Trak.

Whether you've never skied before, just want to brush up on your technique or try out the latest equipment, this one's for you. Man-made snow on the teaching area guarantees lessons. \$36 (package deal) covers the cost of a group lesson by a certified ski instructor (\$15), trail pass (\$11), and rental of the latest equipment (\$12). Registration and payment needed by December 28 to reserve your spot. Contact Barbara Hathaway 508-880-7266 for details.

Jan. 17-20 - MLK WEEKEND AT APPLEBROOK B&B, N.H. All chapters welcome to join us for our 16th MLK weekend of x-country skiing, great company and hearty meals. Ski possibilities include Bretton Woods, Great Glen, Balsams, Jackson Village. Downhill, snow shoeing and ice skating also possible. Approx. \$140 to \$200 per person includes 3 nights lodging, 3 breakfasts, 1 full dinner, and 1 supper, all at cozy Applebrook B&B in Jefferson, N.H. Don't forget the famous "hot tub under the stars"! Register with Leader Sarah Beard, 508-758-2613, 7-9 p.m. Co-leader Bob Kalchthaler, 508-947-4924; bobksteelers@aol.com.

Sun., Jan. 26 - Winter Festival at Borderland. Winter hiking tips, snowshoe and ski presentations and demos.

Jan. 31 - Feb. 1 - Intermediate Backcountry Ski and Snowshoe on the AT above Crawford Notch. Conditions permitting, we'll snowshoe to Ethan Pond, then ski on to Shoal Pond and Thoreau Falls in the Pemigewasset Wilderness. Leaders' choice on Sunday. Will provide list of local overnight lodging options. Register with L Wayne Taylor, 508-252-6995 (before 9 pm), wjtaylor@attbi.com. L Mary Dubois Leeson, 508-997-4489.

Jan. 31- Feb 1 - Intermediate XC Skiing at Bretton Woods on the grounds of the magnificent, historic Mt. Washington Hotel. Snowshoeing, ice skating and tubing also available. Stay 2 nights at Carlson's Lodge, 10 min. away. Relax by the wood stove in their large, cozy living room. Approx. \$85 - \$95 per person for 2 nights lodging (2 dbl beds or 2 queens, pvt baths), Saturday breakfast and happy hour snacks. Register by Jan. 16 with L Barbara Hathaway 508-880-7266 or CL Kathy Moss 617-354-1363 before 9 pm.

Sun., Feb. 9- Leaders' Choice. Possibilities of skiing locally include Massasoit State Park in East Taunton, Borderland in Easton, or Great Brook Farm in Carlisle. Call L Bob Kalchthaler for details at 508-947-4924; bobksteelers@aol.com.

Sun. Feb. 16 - My First XC Ski Trip! Windblown, New Ipswich, NH. OK, you want to try XC Skiing, but don't want to buy the gear first. Come with us to a XC center where you can rent

gear and give it a try. Just \$29 w/ rental gear. See www.windblownxc.com. More experienced skiers welcome to come and ski too. (\$14 w/o rental gear.) Email for full details. Reg w/ L Bob Vogel 508-238-7732 rvogel@attbi.com CL Barbara Hathaway 508-880-7266, Barb224@aol.com
February 21-23 - Mountain Fare Inn. Cross country ski weekend at cozy inn near Waterville Valley. Two nights lodging, two full breakfasts, sauna, game room with woodstove, \$96 per person. Back country skiing if conditions permit (metal edges not required). Limited to 9 participants. Register with L Sarah Beard (508) 758-2613, 7-9 pm or CL Bob Kalchthaler (508) 947-4924, bobksteelers@aol.com.

Sat. March 8 - Notchview Reservation, Windsor, MA. This property has 27km of groomed and back country trails from gentle slopes to challenging hills; 2 trailside shelters and a visitor center to warm you. Planned to run in conjunction with snowshoe/hiking trip led by Steve Tulip. After the day's activities, the 2 groups will gather together for dinner before heading home. Watch for additional details in the next Breeze or contact Barbara Hathaway at 508-880-7266.

Biking

Chair — Nancy Beach (508) 699-0032

Vice Chair — Jim Kilpela (508) 295-1361

HELMETS REQUIRED

*Inflated tires/water also necessities. Spare tire/pump helpful.
Beginner rides: mostly flat, 15-18 mi @ 10-12 mph pace
Intermediate rides: some hills, 25-35 mi @ 13-16 mph pace
Call leader before 9 pm to register, match rides with abilities.*

"Tuesday Night - Bicycling the Afternoon" series continues throughout the winter on the beautiful Cape with L Paul Currier 508-833-2690 or pbencurrier@hotmail.com

Sat. Dec. 7 - Cape Cycle near the warm waters of the Cape with L Paul Currier 833-2690 pbencurrier@hotmail.com

Sat. Dec. 14 - Sharon rescheduled from Oct. Hilly, streets and forests to keep you warm. Leisurely 20-30 miles if above 45 degrees and clear streets. Nancy Beach 699-0032 nbeach@naisp.net

Sat. Jan. 11 - Cape. Beat those mid-winter blahs and get the blood circulating on the Cape with L Paul Currier 833-2690 pbencurrier@hotmail.com

Sat. Jan 25 - Plainville/Wrentham. Let's warm up on the hills and hide in the valleys of this rural ride. Leisurely 20-30 if above 45 degrees and clear streets. Nancy Beach 699-0032 nbeach@naisp.net

Sat. Feb 8 - Cape. Will see you with muckluks, parkas and appropriate gear for this ride. L Paul Currier 833-2690 pbencurrier@hotmail.com

FOR SALE

GIANT Road Bike

Triple chain ring, index gearing, two bottle cages and odometer. 19" carbon fiber frame, in very good condition with two new tires. Asking \$400.

E. Laverty, 508-823-0634



Southeastern Massachusetts Chapter
APPALACHIAN MOUNTAIN CLUB
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Boston, MA 02108

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Winter Festival

Sunday, January 26, 2003

12:00 — 4:00 pm

Borderland State Park

Join us for informative presentations on winter activities, such as snowshoeing, hiking and cross country skiing. Topics to include gear, clothing, etc. Light lunch provided (soup & bread, beverages). Optional hike/snowshoe starting at 9:00; some snowshoes available to borrow if it snows.

Cost \$5 adults, \$2 children (12 and under). **Register by Jan 20th** with hiking chair Erika Bloom, 508-996-3290 (7-9 pm) ebloom@attbi.com

For questions on skiing, contact cross country ski chair Barbara Hathaway 508-880-7266 (7-9 pm), Barb224@aol.com





SOUTHEAST BREEZE

FALL ISSUE (SEP/OCT/NOV)

Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club

A **Big** AMC thank you to all National Trails Day, June 7, 2003 volunteers. We moved dirt to fill in a section of a trail scar and rerouted a new section of the Myles Standish Forest Bentley Loop, enjoyed a delicious cookout, moved in, set up, cleaned up and moved out before heavy rain set in! Great T-shirts were given to everyone! Keep the first Saturday in June open next year and join in a great project. Great 2003 crew - Dexter Robinson, Lou Sikorsky, Ryan Sikorsky, Bob Bentley, Anne Chace, Barbara Leland, Steve Tulip, Louise Anthony, Paul Anthony, Pauline Jordan, Art Paradise, Mark Powers, Ann Linteris, Wilson Synder, Bob Vogel, Barbara Vogel, Bobby Vogel, Matt Vogel, Joyce Ames, Nick Goverdale, Linda Cronin, Barbara Hathaway, Travis Simkins, Rick Fordyce, Gail Fortin, Jamie Pereira, Walter Deeter, Steve Fish, Elsie Lavery, Michelle Correia, Evelyn Touaty, Glenn Nieuwenhuis, Steven Weaver, Andrew Weaver, Alex Golden, Robert Flauy, Paul Hale, Ethan Burke, John Dunlan, Jonathan Gabriel, Charlie Farrell, Russell Stanton, Patrick Holland

Sept 12-14 is the Lonesome Lake work weekend. Group camping at Lafayette Campground in NH. Contact: Pat Holland 781-925-4423 6-9pm
pat.holland@aoltwbg.com



Gunkholing while cycling w/Paul Currier

On one of our bike trips this year I noticed and watched the beauty of a pair of bald eagles riding the wind almost directly overhead. We were just a couple of miles out of Wareham-in the Tremont section. It was the first I've seen a pair in this area. A most magnificent sight as they soared with wings extended, riding the drafts and winds, searching for breakfast.

I stopped a Tuesday-evening-on-a-Wednesday ride to watch a coyote who had stopped to watch us. I was asked if that's why I stopped the ride-but of course! We all watched him as he watched us for a while. He then resumed trotting along the trail. I quietly tried to catch up with him and got fairly close-until he discovered me and headed into the thicket. He was a lean, clean well-groomed animal-just beautiful.

I stopped the ride a couple of weeks ago to watch a fox returning w/ prey-he looked like our older Keeshond playing w/ one of his toys-impish & playful looking like the proverbial cat caught w/ the canary. He watched us then resumed his trip to his den.

View from the Chair

by Anne Chace

The AMC's Outdoor Leadership Development Committee (OLDC) developed the "Acknowledgement of Risks, Assumption of Risks and Release Agreement for All Volunteer-Led Activities." By now, most all SEM chapter leaders and participants are familiar with this form. You may access a copy on our chapter web site www.amcsem.org. Quoting from the AMC Outdoor Leader Handbook, "this document was developed with input from many AMC volunteers as well as staff, and several lawyers expert in the fields of risk management, recreational law and legal liability." The SEM board elected to require the use of the AMC Liability Release Agreement for all chapter activities. Other chapters have also adopted the same policy. The Release Agreement will be used for all volunteer-led outdoor activity-Cape hikes, backpack trip, kayak trip, a trail work day, bike ride, skiing, rock climbing. The form is designed to be signed at the beginning of the trip, however the Release may be sent to participants in advance of the trip. The Release Agreement has three functions-participant acknowledges and understands the risks associated with the activity, to assume those risks and responsibility for their own safety and to release the leaders and AMC from liability for an accident that might occur during the activity. The Release Agreement is to be used only in its original form and should not be altered. Every participant is required to sign the Release Agreement. For additional information please visit the OLDC website: www.amcoldc.org

The 2003 Nominating Committee is busy compiling the slate of officers and committee chairpersons for 2004. Members of the committee include Paul Anthony, Connie Austin, Dave Bennett, Pauline Jordan and Barbara Leland. Our thanks to the committee for undertaking this important role and commitment to complete the task. A special edition of the Southeast Breeze will be published in Sept providing all the info about our chapter's 27th annual mtg on Sat. Nov 8th. Included in the special edition of the newsletter will be the registration form for the evening, 2004 nomination slate, and directions to the Falmouth Inn. Mark your calendars now and plan to attend the Chapter's highlight event of the year! Program Speaker for the evening is E. Robert Thieler, U.S. Geological Survey, on the topic - Coastal Erosion. It is also that time of year to request nominations for the annual Chapter Distinguished

Service Award. This award is presented at the annual mtg. Past recipients include Bruce Dunham, 2001 and Elsie Laverty, 2002. This award is meant to recognize someone who has been active in the Club, and more importantly, to acknowledge the contributions of a person who has given selflessly to the SEM Chapter and to the Club. The requirements are: that the person be a member of the AMC, active participant of the Chapter, and that she/he has provided over a period of years, a service to the SEM chapter and the AMC which has been exemplary. The Award Committee requires some background on the nominee including why this person is appropriate for the award, years of service to the chapter, and the club. Names of other AMC members who might be able to provide references for this person are also requested. Nominations are due to the Award Committee Chairperson, Bob Bentley no later than October 18, 2003
76557.1637@compuserv.com 508-866-3057

Hope to see new and familiar faces at Zealand Hut for the annual Chapter Hut night trip. Sat Sept 27 space left - \$50pp Patrick Holland 6-9pm 781-925-4423 pat.holland@aoltwbg.com. This years marks the 15th anniversary for this enjoyable event.

AMC Fall Gathering - Hosted by the Berkshire Chapter at the YMCA Beck-Chimney Corners Outdoors Center in Becket, MA. For more info contact Gary Forish forgary@comcast.net Additional info in AMC Outdoors.

Nov 21-23 -Major Excursions Leaders Training- White Memorial Center, Litchfield, CT Contact Jan Taylor 781-862-1897 before 9pm or jliztaylor@rcn.com

Dec 3-7 - Leadership Training Institute Conference - Highland Center, Crawford Notch, NH Contact Jane Anker 617-523-0655 x308 or janker@amcinfo.org



HIKING AND BACKPACKING

Chair-Erika Bloom 508-996-3290(7-9pm)
ebloom@attbi.com

Vice Chair-Patrick Holland 781-925-4423
Charlie Farrell cfarrell@verizon.com

MILES	PACE/ MPH	TERRAIN
AA=13+	1=Very Fast/2.5	A=Very Strenuous
A=9-13	2=Fast/2	B=Strenuous
B=5-8	3=Moderate	C=Average
C=<5	4=Leisurely	D=Easy

Hikers unsure of their ability should try only one level higher than previously completed. Note: No Pets without permission of Trip Leader. Individuals under 18 must receive consent from leader.

Wed Sept 10 Joint Hiking/Cross Country Ski Trip Planning Meeting 7 PM Unitarian

Universalist Church basement in Middleboro. All are welcome, and new leaders/co-leaders are needed – training is provided! Cross country skiers needed to help plan and/or lead ski activities too. For more info, contact Hiking chair Erika Bloom 508-996-3290 (7-9 pm), 508-996-3290 (7-9pm), ebloom@attbi.com Contact Ski Chairperson Barbara Hathaway at 508-880-7266.

Sept 13 Mt. Washington (A3A) A classic hike to New England's highest peak on the Ammonoosuc Ravine and Jewell trails. Strenuous full day hike for experienced hikers only. L Dexter Robinson, 781-294-8840 (7-9 pm) dexasue@attbi.com, CL Mike Woessner 508-577-4879, (7-9 pm) stridermw@hotmail.com, CL CL Rick Fordyce 508-430-0268 (7-9 pm)

Sept 20 Red Line Borderland (AA2C) Come hike ALL the trails in Borderland :-). Map and highlighter provided for this all day epic event. (Bail out points available for those whose resolve weakens as the day progresses.) L Bob Vogel 508-238-7732(6-9pm)rvogel@attbi.com

Sat Sept 20 Monroe State Forest, Western MA (A3C) Early fall hike celebrating the autumnal equinox in the northern Berkshires. Great views-Spruce Hill & Raycroft Lookout. Reg w/ L Patrick Holland 781-925-4423 pat.holland@aoltwb.com CL Steve Tulip 508-977-9309(lv msg) sjtulip@comcast.net

Sat-Sun Oct 4-5 Wilderness First Aid-contact Steve Tulip sjtulip@comcast.net

Sat Oct 4 Metacomet-Monadnock Trail(B3B) Mt Tom Reservation, section 6 Rt. 141 to Conn. River. A 6 mile hike across a spectacular section of this trail. Beautiful views from the cliffs of Mt. Tom and

Whiting, virgin hemlock forest, bird viewing platform with 360 degree view, and turn-of-the-century hotel ruins. L Dexter Robinson, 781-294-8840 (7-9 pm) dexasue@attbi.com CL Linda Church 508-495-1308 (7-9 pm) lchurch@whoi.edu

Fri-Mon Oct 10-13 (Columbus Day Weekend)

Leader's Choice – Grafton Notch Maine area backpack (A3B) Car camp on Friday night, then head out back for two night backpack. Grafton Loop Trail or Speck Pond are possibilities. Reg w/ L Wayne Taylor 508-252-6995 (7-9 pm) wjtaylor@comcast.net CL Mary Beth Berberick 508-543-2538 mary_beth_b@hotmail.com

Oct 18-19 Western MA Beginner Backpack –

Alander Mt to Bash-Bish Falls (A3B) Learn how to backpack in the Berkshires of western Mass. Short hike out to set up camp, then hike over ridge to Bash Bish Falls, and back. Hike out early Sunday for a trip to nearby Norman Rockwell Museum in Stockbridge, MA. Reg w/ L Steve Tulip 508-977-9309 (lv. Msg) sjtulip@comcast.net CL Patrick Holland 781-925-4423 pat.Holland@aoltwb.com CL Mary Beth Berberick 508-543-2538 mary_beth_b@hotmail.com

Nov 1 Mt. Garfield (A3B) Garfield trail. Starts at Gale River Loop Rd, an old tractor road; a steady incline and good footing. The ascent is short but very steep & rocky. Not for beginners; very early start. Reg w/ CL Fred Yost 508-699-9305 (7-10 pm) FEY_IAM@hotmail.com L Pauline Jordan 508-676-5146 hirst30@aol.com

Sun Nov 2 Mt. Galehead (A3B) Gale River Trail; long rocky hike with some water crossings (difficult in high water). The ascent becomes steeper & rougher; go to Galehead hut, then another 0.5 mi to summit. This hike is not for beginners; very early start. Reg w/ CL Fred Yost 508-699-9305 (7-10 pm) FEY_IAM@hotmail.com or CL Mike Woessner 508-577-4879 stridermw@hotmail.com L Pauline Jordan 508-676-5146 hirst30@aol.com

Nov 8 SEM Annual Meeting – see info in extra bulletin

Sat Nov 15 Annual SEM Winter Hiking

Workshop(afternoon). Come find out more about expanding your hiking into the fourth season. Handouts, talks, equipment demos. Highly recommended for anyone who wishes to participate in the upcoming annual winter hiking series which gets experienced 3 season hikers out into winter mountain hiking/snowshoeing conditions (hikes starts in December). To reg or more info: Erika Bloom 508-996-3290 (7-9 pm), ebloom1@comcast.net

Nov 16 Metacomet-Mattabesett Trail (A3C) Begin

HIKING AND BACKPACKING continued

at MA/CT border. Trail has frequent cliff views west over the CT Valley lowlands toward the Berkshire hills. Travel over the knife edge volcanic ridges on this well known trail. Reg w/ CL's: Sue Chiavaroli 508-252-1641 brillo6452@yahoo.com Ray Ajemian 508-697-6653 (6-9 pm) RPAjemian@aol.com L Steve Tulip sjtulip@comcast.net

Nov 15 Blue Hills End-to-End Skyline Trail (A3B)

A true end-to-end of the Blue Hills Skyline Trail from Willard Street to Fowl Meadows. Reg w/CL Fred Yost 699-9305 (7-10 pm) fey_iam@hotmail.com L Dick Carnes 285-5790 (7-9 pm)

ROCK CLIMBING

To register or to obtain more information on any climbing activity, contact John Pereira at 508-254-8303 or rockclimbing@amcsem.org. All activities will be led by John Pereira or Brian Donelan, both of whom have completed an AMGA approved Top Rope Instructor Training program. All activities require participants to provide their own rock climbing shoes. In addition, participants will need their own harness for all top roping activities & intro to sport climbing. All activities have the possibility to be canceled due to weather or other acts of God.

Beginner's Top Ropings - August 9, September 20, October 4, October 18

Advance Top Roping - September 13

Intro to Sport Climbing - September 27

Bouldering - August 23

Article for Sale

Sierra Designs Meteor Light CD, two person, 3-season backpacking tent, excellent condition, used about 10 times, single side entrance with vestibule. Still sold by REI and EMS. \$125. Dexter Robinson, dexsue@comcast.net 781-294-8840, 7-9pm

If anyone has any short articles about one of their adventures on an AMC trip and would like to share with everyone please email them to lchurch@whoi.edu Also if you want to sell a piece of clothing/equipment. I will print if space available.

CONSERVATION CORNER

These have been interesting times on the coast of Buzzards Bay. The recent oil spill has focused attention on renewable sources of energy. It has been reported that Massachusetts is one of the nation's leaders in the design and construction of solar energy systems. Most of these systems are exported to Europe. The fact that the sun in the Bay State is most intense at times of highest electricity demand indicates that the benefits of solar power could be greater than expected. Through a major effort, our beaches are open for the summer season, however, interest in this issue continues.

Treat the earth well. It was not given to you by your parents. It was loaned to you by your children.

-Kenyan Proverb

Louise Anthony

On Nov 7-9 celebrate the past, present & future of the White Mtns. National Forest. Activities will include natural & cultural history hikes, slide shows, activist workshops, local exhibitors, good food, music & dancing. Participants in this weekend will come away w/a better appreciation of the value of the White Mtns., as easy ways to get involved in protecting what makes this place so special. For more information, contact Bryan Wentzell bwentzell@amcinfo.org or 617-523-0655 ext. 386



AMC Member working to build a new bridge on the Lonesome Lake Trail

AMC Activities Risk Statement: *Activities listed here involve varying degrees of danger. When you participate in these activities, you should be prepared physically and mentally, and equipped with appropriate gear. You should be aware of the risks and conduct yourself accordingly. Volunteer trip leaders are not responsible for your safety; you are. Before registering for any activity, you should discuss your capabilities with the trip leader. To participate in chapter activities, individuals under age 18 must be accompanied by a parent or responsible adult, or obtain prior consent from the trip leader. Those accompanied by a minor are responsible for the minor's actions.*

CAPE COD HIKES

Chair-Janet DiMattia (508)394-9064

Vice Chair - Heidi Moss (508)362-6440

Thursday and Sunday Hikes

Thurs hikes 9:30-11:30 am. Sun hikes 1:00-3:15.

Moderate pace unless noted. NO DOGS Heavy rain cancels. If in doubt call L.

THURS Sept 11- HARWICH -Herring River. Exit 9S from Rt 6 onto Rt 134. L at 3rd light on Upper County Rd. then immed. L on Great Western. Follow 2.2 mi. to pkg inside fence on L at Sand Pond. Potluck lunch after at Ruth Handlen 508-432-1582 Great Western Rd. Harwich. L Janet DiMattia 508-394-9064

SUN Sept 14 -EASTHAM Salt Pond. From Rt 6 take R at light on Nauset Rd & Nat'l Seashore Visitor Ctr. and pk at Visitor Ctr pkg. L Ruth Handlen 508-432-1582

THURS Sept 18 -SANDWICH - Talbot Point Conservation. Driving West on Rt 6A go over Scorton Creek Bridge. Take immed. L on dirt road to pkg at end. L Nancy Wigley 508-548-2362

SUN Sept 21 -TRURO Long Nook to Jenny Lind. From Rt 6 go E on Looknook Rd. (4th R after Pamet Rd.) Go to end and park. L Ron VanderWiel 508-255-3361

THURS Sept 25 - CHATHAM - Morris Island. Rt 28 east to Chatham Rotary. Continue east on Main St. to Shore Rd. R past Chatham Light to Morris Island Rd. Go south to east side of causeway. L Patrick Kimball 508-255-3717

SUN Sept 28 -WELLFLEET White Crest. From Rt 6 R on LeCount Hollow Rd. L on Ocean View Dr. to beach pkg lot on R. L Jack Handlen 508-255-5292

THURS Oct 2 -BOURNE Canal Hike Pk on N side of canal 1/2 way between bridges at Visitor Center. L Blanche Greig 508-771-3696

SUN Oct 5 HARWICH - Hawknest State Park (B3C) From Rt 6 take Exit 11 S on Rt 137. Take immed. R on Spruce Rd. At 0.5 mi. pk on side of road. L Janet DiMattia 508-394-9064

THURS Oct. 9 BOURNE Sagamore Hill/Fish Pier. Park at Christmas Tree Shop on Cape side of Sagamore Bridge. L Gary Miller 508-540-1857

SUN Oct 12 -BARNSTABLE Conservation Land/Otis Atwood. Exit 5 from Rt 6. Go S on RT 149 to immed. R on Service Rd. Park in lot by power lines. L Heidi Moss 508-362-6440

THURS Oct 16 -SANDWICH/MASHPEE Ryder Conservation/Lowell Holly From Rt 28 in Mashpee take Rt 130. Go 1 mi. take R on Cotuit Rd. 1.8 mi. to Ryder Cons. land pkg lot on L. If traveling W on

mid-Cape highway, take Exit 3 S on Quaker meeting House Rd. At intersection L onto Cotuit Rd. Pkg lot on R. L Nancy Wigley 508-548-2362

SUN Oct 19 BARNSTABLE Sandy Neck. Rt 6A to Sandy Neck Rd. Pk at end in farthest lot. L Pam Carter 508-398-2605

THURS Oct 23 EASTHAM Nauset Light Beach Road. Rt 6 north to Brackett Rd. R. to Nauset Rd. L to Cable Rd. R. to Nauset Light beach pkg lot at end. L Patrick Kimball 508-255-3717

SUN Oct 26 -HARWICH Herring River. Exit 9S from Rt 6 onto Rt 134. L at 3rd light on Upper County Rd. then immed. L on Great Western. Follow 2.2 mi. to pkg inside fence on L at Sand Pond. L Ruth Handlen 508-432 1582

THURS Oct 30 -BREWSTER Punkhorn Parsons Perch Exit 9 N from Rt 6 on Rt 134. R at 2nd light on Setucket Rd. R on Run Hill Rd. Pass main pkg lot at end of pavement bearing L at first junction. Stay on Westgate Rd. 0.5 to secluded pkg lot on R. L Janet Kaiser 508-375-0574

SUN Nov 2-BREWSTER Nickerson State Park (C2B) Go in main ent. of park on Rt 6A. Take 1st L on Flax Pond Rd. Continue to end. Pk at Cliff Pond. L Jack Handlen 508-255-5292

THURS Nov. 6-BARNSTABLE Bridge Creek Conservation (C3C) Exit 5 from Rt 6. Go N short dist. and pk at grass triangle in front of church on L. Walk N to trailhead behind firehouse. L Nancy Wigley 508-548-2362

SUN Nov. 9 -WELLFLEET Duck Harbor (B3B) From Rt 6 turn L at light towards Wellfleet Center. Take L at dory on E. Commercial St. to harbor. Go R on Chequessett Neck Rd. Take R opposite Great Island Pkg and follow to end. L Janet Kaiser 508-375-0574

THURS Nov 13 ORLEANS Water Shed Rt 28 to South Orleans Post Office shopping center, just north of Rt 39. Park in rear. L Patrick Kimball 508-255-3717

SUN Nov 16 -COTUIT Little River Sanctuary Meet at Marston Mills Shopping Center at corner of Rt 28 and Putnam Ave. in Cotuit to carpool to trailhead. L Farley Lewis 508-775-9168

THURS Nov 20 -WELLFLEET Marconi Beach. From Rt 6 go R on Marconi Beach Rd. at lights. Go L past HQ bldg. Take 1st R at pk at end. L Barbara Hollis 508-240-1973

SUN Nov 23 - BARNSTABLE Conservation Land (B3B) Exit 5 from Rt 6. Go S on Rt 149 1.5 to round-about. R on Race Lane. R on Crooked Cartway. Pk at end. L Heidi Moss 508-362-6440

THURS Nov 27 -THANKSGIVING YARMOUTH Bud Carter Trail. From Rt 6 take exit 8 S. At first

light take L on White's Path. At end, L on North Main (becomes N. Dennis Rd. shortly) Go 3/4 mi. Pk along edge of road or at 16 Driftwood Lane. L Pam Carter 508-398-2605

SUN Nov 30 WELLFLEET Great Pond. From Rt 6 take R on Cahoon Hollow Rd. to pkg on L at Great Pond. L Ron VanderWiel 508-255-3361

THURS Dec 4 BREWSTER Ruth Pond (C3D) From entrance to Nickerson State Pk on Rt 6A, drive south on Deer Pk Rd to Nook Rd. Continue south on Nook Rd to pk lot at left of triangle, just before end of road. L Patrick Kimball 508-255-3717

Longer Cape Hikes... Saturday

10 am -2 pm. Faster-paced. 8-10+ mi. BRING LUNCH. Heavy rain cancels. If in doubt call L.

SAT Sept 13 -WELLFLEET Newcomb Hollow to Fox Bottom. From Rt 6 turn R on Gross Hill Rd. L on Ocean View Dr. Follow to end to pkg at Newcomb Hollow Beach. L Ron VanderWiel 508-255-3361

SAT Sept 20 -BARNSTABLE Conservation Land/ Trail of Tears Exit 5 from Rt 6. Go S on RT 149 to immed. R on Service Rd. Park in lot by power lines. L Peter Selig 508-432-7656

SAT Sept 27-BREWSTER Punkhorn Parklands (B3B) Exit 9 N from Rt 6 onto Rt 134. R at 2nd L on Setucket Rd, then R on Run Hill Rd. Go to pkg lot on L at end of pavement. L Brigitte Falzone 508-394-6343

SAT Oct 4 TRURO Ryder Beach/Duck Harbor. From Rt 6 in Truro L on Prince Valley Rd. Go to end. R on County Rd. then immed. L on Ryder Beach Rd. park at end. L Janet DiMattia 508-394-9064

SAT Oct 11 -TRURO Ballston Beach to Fox Bottom. From Rt 6 in Truro turn E at Pamet Rd. Meet at end of S. Pamet Rd. L Ron VanderWiel 508-255-3361

SAT Oct 18-WELLFLEET Great Island/Jeremy Point. From Rt 6 turn L at light towards Wellfleet Center. Take L at dory on E. Commercial St. to harbor. Go R on Chequessett Neck Rd. Follow to Great Neck Island pkg lot on L. L Peter Selig 508-432-7656

SAT Oct 25 -YARMOUTH Dennis Pond. From Rt 6 take Exit 7 N. Pk in lot on R less than 1/2 mi. L Brigitte Falzone 508-394-6343

SAT Nov 1 -BARNSTABLE Conservation Land. Exit 5 from Rt 6. Go S on Rt 149 1.5 to roundabout. R on Race Lane. R on Crooked Cartway. Pk at end. L Heidi Moss 508-362-6440

SAT Nov 8- SEM Annual Meeting FALMOUTH Hike before meeting

SAT Nov 15-TRURO Ballston Beach to Jenny Lind. From Rt 6 in Truro turn E at Pamet Rd. Meet at

end of S. Pamet Rd. L Ron VanderWiel 5087-255-3361

SAT Nov 22 -BARNSTABLE Sandy Neck. Rt 6A to Sandy Neck Rd. Pk at end in farthest lot. L Peter Selig 508-432-7656

SAT Nov 29 -EASTHAM CoastGuard & Nauset beaches (From Rt 6 take R at light on Nauset Rd & Nat'l Seashore Visitor Ctr. and pk at Vistor Ctr pkg. L Janet DiMattia 508-394-9064

FULL MOON HIKE

Tues-Sept 9 Mashpee South Cape Beach (C3C) From Mashpee Rotary take Great Neck Rd. S 2.7 mi. to L on Great Oak Rd. and follow to end to Town beach pkg approx. 2 1/2 mi. L Gary Miller 508-540-1857

CANOE/KAYAK

Chairman: Ed Foster (508) 420-7245, erfoster@attbi.com

Co-chairman: Bill Fischer (508) 420-4137, wmbarbarafischer@attbi.com

If you have difficulty reaching a trip leader, don't hesitate to call the Chairman or Co-Chairman.

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

All trips: Arrive at the put-in by 10 AM to allow time to park, register, unload, and be on the water ready to paddle at 10:30 am. Registration is required only for those trips which don't have directions to the put-in. However if you haven't paddled with us before, or are concerned about the suitability of the trip to your abilities or equipment, please contact the leader, Chairman, or Co-chairman. The listed trip distances represent what strong paddlers have done on previous trips. Shorter options are usually available and generally entail not exploring every possible estuary and bay.

A Coast Guard approved Personal Flotation Device (PFD) should be worn at all times.

What to bring: In addition to a PFD, a complete change of clothes in a dry bag, water, lunch, and sunscreen.

NOTE: The possibility of strong winds and/or rough water may make some trips unsuitable for open canoes or for kayaks without spray skirts. Check with the leader.

Canoe and Kayaking continued

Sat, Sep 6 - Herring River, West Harwich. 9 miles. Rte 28 to the bridge over the Herring River. Park on the east side of the Herring River and the south side of Rte. 28. Bob Zani, 508-430-1914, RCZ1@attbi.com

Wed, Sep 10 - Chase Garden Creek from Grays Beach. Yarmouthport. 8 miles. Take exit 8 north from Rte 6, cross Rte 6A, bear right onto Center Street at Cemetary and continue to the parking lot at end. Peter Selig, 508-432-7656, pandmselig@hotmail.com

Sat Sep 13 - Wellfleet Harbor, Wellfleet. 7 mile West on Main St from Rte 6, left on Commercial Street, R at Marina to far end of Mayo Public Beach We'll have a paddle-que. Max will bring charcoal & grills. Paddlers can bring something to cook on the grills. Heidi Ferriera, heidicf5@yahoo.com

Wed, Sep 17 - Megansett harbor & Fiddlers Cove, Falmouth. 8 miles. From 28A in Megansett (North Falmouth) turn onto County Road and follow it to the end to Megansett Yacht Club and Town Landing. Nancy Wigley, 508-548-2362, nrwigley@cape.com

Sat, Sep 20 - Indian Lakes, Marstons Mills. Rte. 149 to "Indian Lakes" sign on west side of road. Keep right to dirt road to parking and beach. Jerry Raymond, 508-420-2146

Wed, Sep 24 - Slocums River, Dartmouth. 8 miles. I-195 to exit 12. South on Faunce Corner Road, cross Rte 6 to Old Westport Road to Chace Road. Turn right onto Russells Mills Road, go through village to town park on left. Rick McNally 508-636-7179, rjmcnally1@juno.com

Sat, Sep 27 - Monomoy. 10 miles. Spray skirts required. Call leader for directions. Dick Coveney, 508-548-6821, dickcoveney@adelphia.net & Jeri Housley, housley@us.ibm.com

Sat, Oct 4 - Nemasket & Taunton River. Oliver Mill, Middleboro to Summer St, Bridgewater. 7 miles. Requires car shuttle. Register with leader Art Hart, 781-762-5251 or ajhart@webtv.net

Wed, Oct 8 - Mashpee-Wakeby Ponds/Cleveland Island. 7 miles. From Rt. 28 in Santuit/Cotuit take Rte. 130 north 2 miles to right at "State Landing" sign. Nancy Wigley, 508-548-2362, nrwigley@cape.com

Sat, Oct 11 - Centerville River, Centerville. 8 miles. Bill Fischer, 508-420-4137, wmbarsfischer@attib.com

Wed, Oct 15 - Herring River, West Harwich. 9 miles. Rte 28 to the bridge over the Herring River. Park on the east side of the Herring River and the

south side of Rte. 28 Bob Zani, 508-430-1914, RCZ1@attbi.com

Sat, Oct 18 - Coonamessett Pond, Falmouth. 5 miles. Meet at the Meetinghouse at the intersection of Hatchville Road and Sandwich Road 1.6 miles south of Rte 151 at 10:00 and we'll convoy to the put-in. Ed Foster, 508-420-7245, erfoster@attbi.com

Wed, Oct 22 - Hen Cove/Bassets Island, Pocasset. 7 miles. From Rte 28 turn at sign for Wing's Neck which will be Barlow's Landing Road (unmarked), proceed to Shore Road intersection and turn left, then turn right onto Cedar Point Drive and follow it to the parking lot on Hen Cove. Nancy Wigley, 508-548-2362, nrwigley@cape.com

Sat, Oct 25 - Gull Pond, Wellfleet. 5 miles. Right on Gull Pond Road from Rte 6 to left at granite marker and continue down to beach. We'll have a paddle-que. Max will bring charcoal & grills, paddlers can bring something to cook on grills. Heidi Ferriera, heidicf5@yahoo.com

Wed, Oct 29 - Sippican River, Wareham. 8 miles. Rte 195 west to exit 20. Right on Rte 105 and then back onto Rte 195 east. Go 2.2 miles to a rest area and then follow the signs in the rest area to the boat ramp. Arrive at 9:30 for a 10 am start to catch the tide Don Savino, 508-295-4562.

BIKING

Chair-Nancy Beach (508)699-0032

Vice Chair - Valerie Fontaine (508)947-3153

Inflated tires/water necessities. Spare tube/pump helpful. Beginner rides: mostly flat, 15-18 mi @ 10-12 mph pace Intermediate rides: some hills, 25-35 mi @ 13-16 mph pace. Call or e-mail leaders before 9pm to register and match rides with abilities.

DI STANCE	PACE/ MPH	TERRAIN
AA= 50+	1= 17+	A= very hilly
A= 35-50	2= 13-16	B= hilly
B= 25-35	3= 11-13	C= rolling
C= < 25	4= UP TO 11	D= flat

Sat, Sept 6 Westport-Adorable seaside town with spacious farms and abundance of wildlife with gentle ocean breezes. B2C

Sun, Sept 7 Cape Cod Canal-Easier bike ride on paved access road along canal(8 or 15(your choice) miles at easy 8 mph pace, with short stop to walk o the beach.) L. Bob Vogel 508-238-7732 rvogel@attbi.com C4D

Sun, Sept 14-N. Falmouth, Falmouth Heights, ect 30-35 miles, intermediate. Hilly but a beautiful ride along the coast. Bamboo forests, Woods Hole, Nobska Light, beautiful beaches, and more. pbencurrier@hotmail.com B2B



Southeastern Massachusetts Chapter
APPALACHIAN MOUNTAIN CLUB
5 Joy Street
Boston, MA 02108

Non-Profit Organization
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Taunton, MA 02789-9998
Permit No. 511

Sat, Sept 20-Norton/Taunton/Attleboro-Pretty ride past ponds, reservoirs and old farms on surprisingly quiet backroads of these areas. Inter. 30 mil. flat. B2D

Sat, Sept 27-Wareham-leisurely ride via scenic back roads to quaint Onset Village with stops at the Eastover Farm, Onset Beach, Ice Cream Shop, and the Tremont Nail Factory. About 32 miles but plan on plenty of time for this one. Elsie Laverty 508-823-0634 B3D

Sat, Oct 4-Myles Standish Workshop-learn good hill climbing methods, gearing selections, cadence and rest cycling followed by short one hour ride to practice your new skills. C4B Walter Mark 508-884-8185 wlfmark3@aol.com

Sat, Oct 11-Tour de Charles River Basin-Ride by Hatch Shell, Museum of Science as well as many other Boston Landmarks mostly on Trail. Charlie Sullivan 508-678-4464 C3D

Sun Oct 19-Rehoboth again-Back by popular demand. Quiet semi rural town, villages, horses and good foliage at this time. Nancy Beach 508-699-0032 nbeach@naisp.net B2C

Sun Oct 19-Rochester/Marion 30-35 miles, intermediate. Marion Harbor and various very scenic points along shoreline pbencurrier@hotmail.com

Sun, Nov 2-Wrentham/Norfolk-Pre thanksgiving warm up finishing with Lasagna/Salad at L's home nearby. nbeach@naisp.net 508-699-0032 B2C

Sun, Nov 9-Powder Point/Duxbury-from rural Kingston to the ocean. B2B 30-35 inter. Walter Mark 508-884-8185 wlfmark3@aol.com

Sun, Nov 16-Canal to Manomet/Plymouth 30-35-very hilly, inter. A beautiful coastal ride. pbencurrier@hotmail.com

TUESDAY FALL RIDES CONTINUE

The following rides leave at **6pm promptly** pbencurrier@hotmail.com

Sept 2-Canal-Cape side in RR bridge lot for ride to Mashnee & Gray Gables.

Sept 9-Canal-lot at Canal down from Friendly's in Sagamore-Continent side. Ride thru Sagamore.

Sept 16-Rail Trail in Dennis on Rte 134 for the second "Post Ride".

Sept 23-Canal-Sandwich in lot near Power Station-Freezer Road-ride thru Sandwich

Sept 30-Canal-RR Bridge lot in Buzzards Bay for canal and more.

Oct rides leave at 5:30 or so

Oct 7-Canal-Freezer road

Oct 14-Canal-Sagamore-down from Friendly's

Oct 21-Canal-RR bridge Cape side

Oct 28-Canal-RR bridge-Buzzards Bay

Nov rides-contact Paul for starting times Alternate Canal Freezer with Canal Friendly's. Start with Freezer Road Nov 4th.

Southeast Breeze

Spring 2003 (Mar/Apr/May)

Member of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club

View from the Chair

Your Chapter needs you! With all the talk of war and military personnel being shipped off to the Middle East we certainly do wish them well and God Speed. I need to bring to your attention another voluntary "draft", your AMC chapter is in need of a few men or women to fill some special needs. We have a vacancy for Vice-Chair for Biking and Trails. In addition, someone or family to take the role for 2003 as archivist/ historian/social chairperson and family activity chair. Also, I will soon be contacting members to solicit participation on the 2003 Nominating Committee. So, see there are many opportunities. If you should be interested in one and want more information on the specific roles please feel free to contact me. A.chace@atbf.com or (508) 824-8871. Our chapter is blessed with a great board and leaders for a wonderful array of activities. Whether you have been a chapter member for decades or two months we are interested in your availability to volunteer a few hours a month to aide the chapter. Try it & you may truly love it!

Thanks, Anne Chace

One Time Only Order Now

(Operator currently standing by)

25th Anniversary Multi-Media Show

"Breezin' Through the Years"

VHS Video @ \$15.00 each \$ _____

DVD Disk @ \$27.00 each \$ _____

Total Order \$ _____

(The Chapter receives \$2.00 for each item sold) Only orders paid in full will be accepted. Mail order form & check payable to SEM/AMC for exact amount to:

Anne Chace

168 Hart Street #28

Taunton, MA 02780

Questions: Call Anne Chace (508)824-8871

ANNUAL SPRING FLING

Join us at 4pm for a non-alcoholic happy hour followed at 5pm for a **fantastic potluck dinner**. Bring your favorite main dish, salad, vegetable or dessert to serve 6. Chapter will provide happy hour & paper products. At 6pm there will be a speaker & a slide program about the Bay Circuit Trail. So come and enjoy the food, company and find out what is in our own back yard on **Sat. May 3**. There also is going to be an equipment sale so bring in any equipment w/ a price in mind to sell. Also planned is a photo swap so bring in those pictures too.

DUXBURY SENIOR CENTER

10 MAYFLOWER STREET

DUXBURY, MA 02332

781-934-5774

Deadline is
April 28th so



Send your registration & check payable to SEM/AMC to:

Mike Woessner

252 Dedham St

Wrentham, MA 02093

Name: _____ Telephone # _____

Address: _____

_____ people @ \$5.00 = \$ _____

From the North-Rt 3 S to Exit 10(Rt 3A) Take a L off the exit & follow for about 4 miles. You will pass the Mile Post Restaurant on the R, go thru the intersection, Holy Family Parish will be on your R. Follow until you come to the Duxbury Fire Department on your L. Take the next L onto Mayflower St. The Senior Center is on the R.

From the South-Take Rt 3 N to Exit 10(Rt 3A) Take a R off the exit and then follow the directions above.

CANOEING AND KAYAKING

Chair - Ed Foster (508)-420-7245
erfoster@attbi.com

Vice Chair - Bill Fischer (508)420-4137
wmbabarafischer@attbi.com

All trips: Allow time to park, unload, & be on the water ready to paddle at 10:30am. Registration is required only for those trips which don't have directions to the put-in. A Coast Guard approved Personal Floatation Device (PFD) should be worn at all times. In addition to a PFD, a complete change of clothes in a dry bag, water, lunch, & sunscreen.

NOTE: The possibility of strong winds &/or rough water may make some trips unsuitable for open canoes or for kayaks without spray skirts. Check w/ the Leader

Sat. Mar 22 - Weweantic River, Wareham. Quickwater class 1-2. Wet suits required, call L for details. Jeff Tubman, 508-896-7858, jltbmn@capecod.net

Wed. Mar 26 - Upper Charles, Norfolk/Medfield. Call L for details. Art Hart, 781-762-5251; ajhart@webtv.net

Sat. Mar 29 - Nemasket River, Middleboro. Quickwater. Call L for details. Dave Shepard, 508-548-8717 davesheprd@aol.com

April TBD - Planning session for Summer & Fall Kayak/Canoe season. Let's all get together & plan the paddling schedule for June-Oct. All trip leaders & aspiring trip leaders are invited. Would people prefer to get together on a Sat, afternoon right after a paddle, Sun, afternoon, or a weekday evening. Let me know & I'll schedule a day. It'll be at my house in Cotuit unless someone else would rather host it at his place. Ed Foster 508-420-7245, erfoster@attbi.com

Wed. Apr 2 - Coonamessett Pond, Falmouth. Meet at the Meetinghouse at the intersection of Hatchville Rd & Sandwich Rd about 2 miles South of Rt 151 at 10:00 and we'll convoy to the put-in. Dave Shepard, 508-548-8717, davesheprd@aol.com

Sat. Apr 5 (Tentative date) - RESCUE TECHNIQUES (pool session). Learn & practice wet exits, self-rescue, & aided-rescue techniques. \$10 for AMC members, \$15 for non-members. Register with Ed Foster, (508) 420-7245, erfoster@attbi.com or Bill Fischer (508) 420-4137, wmbabarafischer@attbi.com

Wed. Apr 9 - Bass River & Nantucket Sound, Wilbur, Park Yarmouth. Rt 134 S (exit 9A off Rt 6) to sharp R at 3rd light onto Upper County Rd. Bear L onto Highbank Rd, L into Wilbur Pk immediately after Crossing the Bass River Bdge. Bob Zani 508-430-1914, RCZI@attbi.com

Apr 12 - Herring Pond, Bourne Dale. Take Herring Pond Rd off Rt 6E on the N. side of the Cape Cod Canal to

the town launch at the S. end of Great Herring Pond. Dave Shepard, 508-548-8717, davesheprd@aol.com

Wed. Apr 16 - Barnstable Hbr, Scorton Creek. Take exit 6 N off Rt 6 to Rt 6A. Turn right on Rt 6A & go 1.5 miles to left onto Scudder Lane to town landing. Dick Coveney, 508-548-6821, dickcoveney@adelphia.net

Sat. Apr 19 - Lower Weweantic & Sippican Rivers, Wareham. Rt 195 W to exit 20. R on Rt 105 & then back onto Rt 195 E. Go 2.2 miles to a rest area & then follow the signs in the rest area to the boat ramp. Don Savino, 508-295-4562, DONSAVINO@webtv.net

Wed. Apr 23 - Leader's Choice. Call L for information. Jeff Tubman, 508-896-7858, jltbmn@capecod.net

Sat. Apr 26 - Centerville River. Rt 28 to Old Stage Rd south at Centerville Shopping plaza. Turn R at S. Main St. at Light & left onto Hayward Rd to town landing. Steven LaBran, 508-420-4979, slabran@attbi.com

Wed. Apr 30 - Nauset Marsh, Eastham. From the Orleans Rotary, go N on Rt 6 for 1.8 miles to a R onto Hemenway Rd to the town Ldg. Bob Zani, 508-430-1914, RCZI@attbi.com

Sat. May 3 - Pamet Hbr, Truro. Rt 6 N to exit for Pamet Village. R at end of exit ramp onto S. Pamet Rd. After 0.1 mile take a left, then immediately bear right onto Depot Rd & follow it 1.4 miles to the Pamet Hbr boat ramp. Dick Coveney, 508-548-6821, dickcoveney@adelphia.net

Wed. May 7 - Megansett Hbr. & Fiddlers Cove, Falmouth Fr 28A in Megansett (N. Falmouth) turn onto County Rd & follow it to the end to Megansett Yacht Club & Town Ldg. Nancy Wigley, 508-548-2362, nrwigley@cape.com

Sat. May 10 - Oyster Pond to Stage Harbor, Chatham. R off Rt 28 onto Stage Harbor Rd & follow it to parking lot on other side of bathhouse. Don Costa, 508-760-5478, pizzzaman@aol.com

Wed May 14 - Hen Cove/Bassets Isle, Pocasset Fr Rt 28 turn at sign, for Wing's Neck which will be Barlow's Landing Road (unmarked), proceed to Shore Road intersection and turn left, then turn right onto Cedar Point Drive and follow it to the parking lot on Hen Cove. Nancy Wigley, 508-548-2362, nrwigley@cape.com

Sat. May 17 - Quivett Creek, Brewster. Call L for info Margot Fitsch, 508 896-5292, ivyabby@msn.com

Sun. May 18 - Picnic with hikers, Upper Mill Pond, Brewster. Town landing off Stony Brook Road.

NOTE!!! 10:00 am start so arrive at put-in no later than 9:45 am. Muriel Thomas, 508 428-3593, murtho@gis.net

Wed. May 21 - Onset Harbor. Rte 25 W from the Bourne bridge to exit 1 (Onset Rte 6 E/28 S). Go 1.2 miles to R onto Main Ave & then 0.3 miles to L onto Riverside Dr. The beach is on the L, pk on the grass. Don Savino, 508-295-4562, DONSAVINO@webtv.net

Sat. May 24 - Mashpee River. See page 8

HIKING AND BACKPACKING

Chair-Erika Bloom 508-996-3290(7-9pm)

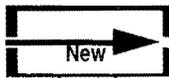
ebloom@attbi.com

Vice Chair-Patrick Holland 781-925-4423

Charlie Farrell cfarrell@verizon.com

MILES	PACE/MPH	TERRAIN
AA = 13+	1=Very Fast/2.5	A=Very Strenuous
A= 9-13	2=Fast/2	B=Strenuous
B=5-8	3=Moderate	C=Average
C= <5	4=Leisurely	D=Easy

Hikers unsure of their ability should try only one level higher than previously completed. Note: **NO PETS** without permission of Trip Leader. Individuals under 18 must obtain prior consent from Trip Leader.
L=Leader; CL=Co Leader



Sem/Amc short notice trip and Announcement Email List - If you have email access please sign up for the chapter's short

notice trip and announcement email list. Our leaders will at times offer activities that either are weather dependent (local cross country skiing), or were planned after the publication deadline for our Breeze (for example, Wednesday evening or other hikes). The only way to find out about these trips is to sign up for our Yahoo Group email list. To do so, go to our website www.amcsem.org & right from the homepage there is a Yahoo "button" to enter your email to sign up for the list. We'll also send out announcements of events (such as lectures/slide shows) that might interest SEM members from time to time. *We need as many members as possible to sign up for this list, in order to make it work.*

The Wednesday Evening Hikes return! Last year we hiked almost every Wed eve all summer. Contact Leader & sign up for the SEM Short Notice Trip List for details on other Wed Eve hikes as they are added.

Sat Mar 1 – Great Woods/Norton MA (C3D) Explore what's left of the Great Woods before it's all gone – flat, easy walk. View Old Mill Pd & hand dug canals. Reg w/ L Dick Carnes 508-285-5790 (7-9 pm) Rcarnes2@aol.com CL Anne Chace A.Chace@attbi.com

Sat/Sun Mar 1/2 - Mt Jefferson/Grey Knob Cabin (A2A) Long, stren. hike w/ significant time above tree-line. We'll spend the night at Grey Knob or Craig Camp cabins & hike out Sun. Previous above treeline experience reqd. Limited to 6 participants. Reg w/ W. Ldr in training Mike Woessner 508-384-8344(7-9pm)strider@hotmail.com

Sat/Sun Mar 1/2 – Winter Hiking Series #5 Ethan

Pond Beginner Backpack (A3C)Final hike in the Winter Hiking Series, for those new to winter backpacking. Reg. w/ Winter L in Training Alan Ruiz (508) 337-2195 before 9pm gandalf7@mindspring.com L Walt Wells 508-279-1963 (7-9 pm) WaltandLinda@attbi.com L Charlie Farrell 508-822-2123 (7-9pm)cfarrell@verizon.net

Sat Mar 8 - Snowshoe Hike to Notchview Reservation (B3B) Winter snowshoe hike at Notchview Reservation in Windsor MA. Hike in the backcountry area & return to Visitors Ctr for hot drinks. May run in conjunction w/ XC Ski trip. Area descrip & details can be found at www.thetrustees.org Reg w/ L Steve Tulip 508-977-9309 (lv. msg. if evening call) sjtulip@attbi.com CL Laura Smeaton 617-323-6727(7-9 pm) Smeaton@sdac.harvard.edu

Sun Mar 9 – Pemigewasset Snowshoe (NH) B3C/D An easier snowshoe ramble along the Pemigewasset River (E Side Trail). Scenic winter river scenes, possible animal tracks/sightings. Can borrow/ rent snowshoes. Reg w/ Winter L in Training Mike Vining 781-344-0103 (7:30-9pm) L Erika Bloom 508-996-3290 (7-9 pm) ebloom@attbi.com

Sat/Sun Mar 15/16 – Exploring Evans Notch (B3B) Stay at AMC Cold River Camp in a rustic cabin-wood stove for heat. Hike up to Bicknell Rdge on Sat & Blueberry Mt. on Sun. Reg w/ Winter L. in Training Paul Vermette 603-598-6623 (5-8 pm) pvermette@att.net . L Patrick Holland 781-925-4423 (6-9pm)pat.holland@aol.com

Sat Mar 22 – Massasoit State Park (B3C) The ice is gone & the peepers will be singing as we walk around the ponds. Reg w/ L Charlie Farrell 508-822-2123 C.Farrell@verizon.net CL Pauline Jordan 508-676-5146 Hirst30@aol.com

Sat April 12– Blue Hills Skyline Trail (B3B) Spring warm-up. Start at Rte. 138 in Canton, end at Shea Skating Rink. Not for beginners. Reg w/ L Dexter Robinson 781-294-8840 (7-9 pm) dexsue@attbi.com CL Walter Deeter 508-279-0626 wadeeter@aol.com

Wed Apr 16-Blue Hills (C3D) The Wednesday Evening Hikes return! Last year we hiked almost every Wed eve all summer. Contact Leader/Sign up for the SEM Short Notice Trip List for details on other Wed Eve hikes as they are scheduled! Reg w/ L Bob Vogel 508-238-7732 (rvogel@attbi.com)

Wed April 23 - Cape Cod Canal Wed. Evening Hike (C3D) 6:30 - 8:30 Reg w/ L Barbara Leland 508-295-9745 BRBRLEL@aol.com

HIKING AND BACKPACKING continued

Sat April 26 – Blue Hills End to End Skyline Trail (B3B) A true end to end of the Blue Hills Skyline Trail from Willard St. to Fowl Meadows. Reg w/L Dick Carnes 508-285-5790 (7-9 pm) CL Fred Yost 508-699-9305 FEY_IAM@hotmail.com

Sat April 26- Horseneck Beach (B3C) Beautiful spring walk on the beach. Possible stop for coffee & pie at end of hike. Reg w/L Charlie Farrell 508-822-2123 C.Farrell@verizon.net CL Ray Butts

Sun April 27 - Map & Compass outdoor workshop - Gilbert Hills State Park. Come learn or refresh your map & compass skills locally. The session will begin with introduction to topographical maps and instruction on orienting the map to magnetic north. The participants will then put this knowledge to use by bushwhacking between various topographically significant points on the map. Dress for the weather and be prepared to walk off trail. Bring lunch and plenty of water. Reg w/L John Poirier 508-822-1372

Sat. May 3 - Gilbert Hills State Forest, Foxboro (B3C) Nice wooded 7 mile hike with gentle slopes, around a pond. L Dexter Robinson 781-294-8840 (7-9 pm) dexsue@attbi.com, CL Rick Fordyce 508-430-0268 (7-9 pm)

Sun May 4-Mt. Wachusett Old Growth Hike (C3B) Old growth forest enthusiast & amateur naturalist Frank Shea will join us to talk about & point out features of the old growth forest. His slide show & talk on this subject was very well received at the 2002 SEM annual mtg, & you'll enjoy his commentary as we hike thru the forest (frequent educational stops). Reg w/L Erika Bloom at 508-996-3290(7-9pm) ebloom@attbi.com L Bob Vogel 508-238-7732(6-9pm) rvogel@attbi.com

Fri-Sun May 9-11 – Zealand Hut Family trip – Mother's Day Weekend (B4C) A joint trip with Boston Family Outings AMC group. Hut is self-service this time of year; we will carry in all our own group food, sleeping bags & other personal gear. Unheated group bunk rooms, very basic accommodations. Cost TBD (~\$65 PP), includes bunk, group food, & leaders' expenses. Register early (pay by April 5) w/SEM L Erika Bloom 508-996-3290(7-9pm) ebloom@attbi.com Boston Ls Valerie Paul valerie@africansafari.com & Randy Chaterjee

Sat May 10-Mt. Monadnock, NH (B3B) Join us for the annual spring trek up this beautiful southern New Hampshire peak. Reg w/L Walt & CL Linda Wells 508-279-1963(7-9pm) waltandlinda@attbi.com

Sat May 10-Moose Hill, Sharon (C3C) Explore the varied terrain of this Audubon gem. Great views from the bluffs, wildflowers in season. Reg w/L Dick Carnes 508-285-5790 Rcarnes2@aol.com CL Barbara Hathaway 508-880-7266 (7-9 pm) Barb224@aol.com CL Walter Deeter 508-279-0626 (7-10 pm) WADeeter@aol.com

Wed May 14 - Borderland State Park, Easton (C3D) Wed. Evening Hike! Reg w/L Bob Vogel 508-238-7732 (rvogel@attbi.com)

Fri May 16 - Leader's Choice Full Moon Hike at a local destination (B/C3C) We will hike by the light of the moon along a sandy ocean beach or in a nearby State Forest. Bring your dinner and a midnight snack. Hike 8 PM to ? Reg. w/L Steve Tulip 508-977-9309 sjtulip@attbi.com CL Barbara Hathaway 508-880-7266 (7-9 pm) Barb224@aol.com

Sat. May 17 - Lilacs in the Springtime (C4C) Meet at the Hunnewell Building in the Arnold Arboretum at 10 a.m. for a 2-3 hour walk through the park. Climb Peters Hill for a fantastic view of Boston; then climb Bussy Hill for a view of the Blue Hills. Hunnewell Building is located just inside the Arborway entrance. No reg, no dogs. Questions, email L Michele Bilodeau michele@boston-marketing.com. 617-429-2337 CLs Melanie Jansky, Barbara Leland.

Sat May 17-Old Colony Rail Line-Back by popular demand!(B3D) Hike Old Colony Rail bed thru Hockomock Swamp(Taunton to Easton). Be prepared for mud. Bring trail lunch & water. Reg. w/L Anne Chace 508-824-8871(7-9pm) A.Chace@attbi.com or CL Barbara Hathaway 508-880-7266(7-9:30pm) Barb224@aol.com

Sun. May 18 - Leaders' Choice (B3B) A moderate, warmer-upper hike in central or southern New Hampshire or possibly western Mass., depending on conditions. Reg w/ CL Wayne Taylor, 508-252-6995 (7-9 pm) wjtaylor@attbi.com. L Linda Church 508-495-1308, lchurch@whoi.edu

Wed May 21 - Myles Standish State Forest, Plymouth (C3D). Wed. Evening Hike! Reg w/L Barbara Leland 508-295-9745 BRBRLEL@aol.com

Sat., May 24 - Franconia Ridge Loop (A2A) Hike up Falling Waters to Little Haystack & across the exposed

AMC Activities Risk Statement: Activities listed here involve varying degrees of danger. When you participate in these activities, you should be prepared physically and mentally, and equipped with appropriate gear. You should be aware of the risks and conduct yourself accordingly. Volunteer trip leaders are not responsible for your safety; you are. Before registering for any activity, you should discuss your capabilities with the trip leader. To participate in chapter activities, individuals under age 18 must be accompanied by a parent or responsible adult, or obtain prior consent from the trip leader. Those accompanied by a minor are responsible for the minor's actions.

HIKING and BACKPACKING continued

ridgeline over Lincoln to Lafayette. Enjoy breathtaking views as we descend Old Bridal Path. Reg w/ CL Michele Bilodeau 617-983-2727 michele@boston-marketing.com L Paul Vermette 603-566-0881 pvermette@att.net

Wed May 28 Cutler Park, Dedham (C3D). Wednesday Evening Hike! Reg w/ L Michele Bilodeau 617-429-2337 michele@boston-marketing.com

Rock Climbing

Rock Climbing can be fun & rewarding if done correctly. The following activities are being offered to introduce people to the sport & help them learn basic techniques. No prior experience is needed, just a sense of adventure. The basic top roping activities will introduce principles of belaying, rappelling, & climbing techniques. Bouldering activities will help participants gain valuable hand & feet technique that can be applied on roped climbs. Intro to Sport climbing will introduce basic principles of lead climbing for those who would like to move up to the next level climbing while situated in a safe environment. The co-leader training date is being offered for those who would like to co-lead climbing activities & eventually move up to being a leader.

All activities require participants to provide their own rock shoes. In addition, participants will need their own harness for top roping activities, and the co-leader training date will require basic climbing gear as well. All activities have the possibility to be canceled due to weather or other acts of God.

Basic Top Roping-May 10, June 7

Bouldering-May 24

Intro to Sport Climbing-June 21

Rock Climbing Co-leader Training

May 17, June 14

CAPE COD HIKES

Chair-Janet DiMattia (508)394-9064

Vice Chair - Heidi Moss (508)362-6440

Thurs hikes:9:30-11:30am;Sun 1- 3:15pm

NO DOGS:Heavy rain cancels. If in doubt, call leader.

PLEASE NOTE-Sat hikes will be listed separately under "LONGER CAPE HIKES". Sat hikes are faster-paced:10am-2pm. Bring lunch.

SUN Mar 2 BARNSTABLE Conservation Land (B3B) Exit 5 from Rt 6. Go S on RT 149 to immed. R on Service Rd. Pk in lot by power lines. L Heidi Moss 508-362-6440

THURS Mar 6 MASHPEE Mashpee River Woodlands West (C3D) From the Mashpee rotary go E on Rt 28, turn R on Quinaquisset. Approx. 500 pkg on R. MPD requests that tires of parked cars be completely off paved road. L Nancy Wigley 508-548-2362

SUN. Mar 9 TRURO Ryder Beach (C3C) From Rt 6 in Truro L on Prince Valley Rd. Go to end. R on county Rd. then immed L on Ryder Beach Rd. park at end. L Jack Handlen 508-255-5292

Thurs Mar 13 Wellfleet Marconi Beach (C3C) Fr Rt 6 go R on Marconi Beach Rd. at lights. Go L past HQ bldg. Take 1st R at pk at end. L Barbara Hollis 508-240-1973

SUN Mar 16 BARNSTABLE Spruce Pond (C3D) Exit 5 from Rt 6. Go N short dist. and pk at grass triangle in front of church on L. L Heidi Moss 508-362-6440

THURS Mar 20 MASHPEE Johns Pond (C3C) N on Currier Rd off Rt 151, then quick R on Hoophole Rd. R on Back Rd. Follow signs to Town beach through trailer pk. L Farley Lewis 508-775-9168

SUN Mar 23 MASHPEE South Cape Beach (C3C) From Mashpee Rotary take Great Neck Rd. S 2.7 mi. to L on Great Oak Rd. and follow to end to Town beach pkg approx. 2 1/2 mi. L. Gary Miller 508-540-1857

THURS Mar 27 YARMOUTH Chase Garden Creek (C3C) From Rt 6 take Exit 8N to R on 6A. (Go 0.5 to L at Rod & Gun Club sign. Pk in pkg area. L Janet Kaiser 508-375-0574

SUN Mar 30 BREWSTER Nickerson State Park (C2B) Pk at main pkg lot at entrance on Rt 6A. L Don Costa 508-760-5478

THURS April 3 SANDWICH Ryder Conservation Land/ Lowell Reservation (C3C) From Rt 28 in Mashpee take Rt 130. Go 1 mi. take R on Cotuit Rd. 1.8 mi. to Ryder Cons. land pkg lot on L. If traveling W on Rt 6, take Exit 3 S on Quaker meeting House Rd. At intersection L onto Cotuit Rd. Pkg lot on R. L Nancy Wigley 508-548-2362

SUN April 6 YARMOUTH Inkberry Trail (C3C) From Rt 28 in West Yarmouth turn N at light on Winslow Gray Rd. opposite Molly's Rest. Go 0.4 to pkg on L. L Cheryl Newman 508-394-9064

THURS April 10 ORLEANS Pochet Island (C3C) From Rt 28 in Orleans take Main St. to L on Beach Rd. Follow signs to Nauset Beach pkg at end. L Peter Selig 432-7656

CAPE COD HIKES continued

SUN April 13 WELLFLEET White Crest Beach (C3B)
From Rt 6 R on LeCount Hollow Rd. L on Ocean View Dr.
to beach pkg lot on R. L Jack Handlen 508-255-5292

THURS April 17 DENNIS Flax Pond (C4C) Rt 134 N to L
on Setucket. Go approx 1 mi. and pk on R in small lot. L
Janet Kaiser 508-375-0574

SUN April 20 EASTER - BARNSTABLE Sandy Neck
(B3B) Rt 6A to Sandy Neck Rd. Pk at end in farthest lot.
This will be a 3 hour hike with sand walking. L Pam
Carter 508-398-2605

THURS April 24 MASHPEE National Wildlife Refuge
(C3C) This new hike is offered in celebration of EARTH
DAY (Apr 22) from Rt 28 in Falmouth S on Red Brook Rd
Go 1.5 mi. & pk on corner of Red brook Rd & Great Hat
Rd. (unmarked but the Rd on the L after Wintergreen Rd
loops back to Red Brook). L Nancy Wigley 508-548-2362

SUN April 27 COTUIT Little River Sanctuary (C3C)
Meet at Cotuit Landing Shopping Ctr at corner of Rt 28
& Putnam Ave. in Cotuit to carpool to trailhead. L Farley
Lewis 508-775-9168

THURS May 1 BOURNE Canal Walk (C3C) Pk on N
side of canal 1/2 way between bridges at Visitor Center. L
Blanche Greig 508-771-3696

SUN May 4 HARWICH HawksNest State Park(B3C)
From Rt 6 take Exit 11 S on Rt 137. Take immed. R on
Spruce Rd. At 0.5 mi. pk on side of road. L Janet
DiMattia 508-394-9064

THURS May 8 BREWSTER Punkhorn Parsons Perch
(D4D) Exit 9 N from Rt 6 on Rt 134. R at 2nd light on
Setucket Rd. R on Run Hill Rd. Pass main pkg lot at end
of pavement bearing L at first junction. Stay on
Westgate Rd. 0.5 to secluded pkg lot on R. L. Harry
Dombrosk 508-385-9502

SUN May 11 BREWSTER Nickerson State Park (C2B)
Go in main ent. of park on Rt 6A. Take 1st L on Flax Pond
Rd. Continue to end. Pk at Cliff Pond. L Jack Handlen
508-255-5292

**THURS May 15 BARNSTABLE Bridge Creek Conser-
vation/Deacons Farm (D4D)** Exit 5 from Rt 6. Go N short
dist. and pk at grass triangle in front of church on L.
Walk N to trailhead behind firehouse. L Harry Dombrosk
508-385-9502

SUN May 18 Annual HIKE/PICNIC with kayak-canoe-
ists. Hike starts at 1:00 following a gourmet lunch at
noon in BREWSTER Punkhorn Parklands (B3B) Exit 9 N
from Rt 6 onto Rt 134. R at 2nd L on Setucket Rd, then R
on Run Hill Rd. Go to pkg lot on L at end of pavement.
Hikers - Bring potluck picnic dish to share. Come to hike,
just picnic, or kayak! L George Byron 508-760-3883

THURS May 22 DENNIS Indian Lands (C3D) Search for
the first appearance of Lady Slippers. Exit 9N from Rt 6
onto Rt 134. At 1st light turn L on Bob Crowell Rd. At
end turn L to pkg lot on R by Dennis Town Offices. L
Barbara Rogers 508-362-3945

**LONGER CAPE HIKES -10 am-2 pm: Faster-paced. 8-
10+ mi. Bring Lunch**

SAT Mar 1 EASTHAM Doane Rock. From Rt 6 take R
at light on Nauset Rd & Nat'l Seashore Visitor Ctr.
Follow road to Doane Rock area and park on R in 2nd
lot. L. Brigitte Falzone 508-394-6343

SAT Mar 8 BREWSTER Nickerson State Park (C2B)
Pk at main pkg lot at entrance on Rt 6A. L Bob Freeman
508-376-6198

SAT Mar 15 WELLFLEET Great Pond - North & South.
From Rt 6 take R on Cahoon Hollow Rd. to pkg on L at
Great Pond. L Ron Vander Wiel 508-255-2362

**SAT Mar 22 BARNSTABLE Conservation Land/Trail
of Tears** Exit 5 from Rt 6. Go S on RT 149 to immed. R on
Service Rd. Park in lot by power lines. L Bob Freeman
508-376-6198

**SAT Mar 29 WELLFLEET Newcomb Hollow to Fox
Bottom.** From Rt 6 turn R on Gross Hill Rd. Take L on
Ocean View Drive. Follow to end to pkg at Newcomb
Hollow Beach. L Ron VanderWiel 508-255-3361

SAT Apr 5 YARMOUTH Inkberry Trail to Sandy Pond.
From Rt 28 in West Yarmouth turn N at light on Winslow
Gray Rd. opposite Molly's Rest. Go 0.4 to pkg on L. L
Brigitte Falzone 508-394-6343

Sat Apr 12 Wellfleet Center Island/Jeremy Pt f rom Rt
6 turn L at light towards Wellfleet Ctr. Take L at dory on
E. Commerical St. to Hbr. Go R on Chequessett Neck Rd.
Follow to Great Neck Island pkg lot on L. L Peter Selig
508-432-7656

Sat Apr 19 Truro Ballston Beach to Fox Bottom. L Ron
Vanderwiel 508-255-3361

CAPE COD HIKES continued

Sat Apr 26 Barnstable Conversation Land (B3B) Exit 5 from Rt 6. Go S on Rt 149 1.5 to roundabout. R on Race Lane. R on Crooked Cartway. Pk at end. L Heidi Moss 508-362-6440

Sat May 3 Truro Ballston Beach to Jenny Lind. From Rt 6 in Truro turn E at Pamet Rd. Meet at end of S. Pamet Rd. L Ron VanderWiel 508-255-3361

Sat May 10 Truro Paradise Valley/Duck Hbr From Rt 6 take L on George Neilson Rd. soon after entering Truro. Pk on side of road. L Brigitte Falzone 508-394-6343

Sat May 17 Providencetown Beech Forest/Clapps Pond/Dunes. From Rt 6 take R at light on road to Province Lands Visitor center. Pk at Beech Forest pkg lot on L. L Ron VanderWiel 508-255-3361

BIKING

Chair-Nancy Beach (508)699-0032

Vice Chair - open and needed.

Inflated tires/water necessities. Spare tube/pump helpful. Beginner rides: mostly flat, 15-18 mi @ 10-12 mph pace Intermediate rides: some hills, 25-35 mi @ 13-16 mph pace. Call or e-mail leaders before 9pm to register and match rides with abilities.

Sun. Mar 9 – N. Falmouth/Woods Hole/Falmouth Heights – Early Cape peace & tranquility ride w/ ocean views. 35 mi. + Intermediate Paul Currier 508-833-2690 pbencurrier@hotmail.com

Sun. Mar 16 – Massasoit State Park – Mountain bike beginner 10-12 miles, 6 mph pace Walter Mark 508-884-8185 wlfmark3@aol.com

Sat. Mar 29 – Rehoboth – quiet, rural roads thru historic N.E. town w/ farms & villages. Leisurely, some hills, ~ 25 mi. Nancy Beach 508-699-0032 nbeach@naisp.net

Sun. Mar 30 – Massasoit State Park – Mountain bike beginner 10-12 miles, 6 mph pace Walter Mark – 508-884-8185 wlfmark3@aol.com

Sun. Apr 6 – Rochester – Scenic spring ride thru rural farms, lakes and villages. Intermediate 35+ mi. Paul Currier – 508-833-2690 pbencurrier@hotmail.com

Sat. Apr 12 – Attleboro/Norton/Taunton – Pretty ride past ponds, reservoirs, old farms on surprisingly quiet backroads. Intermediate, Flat 30 mi. Stephanie Olbrych 508-286-0067 solbrych@bluemoonind.com

Sat. Apr 19 – Westport – Adorable seaside town with spacious farms & abundance of wildlife w/ gentle ocean breezes. Leisurely 25-30mi Charlie Sullivan 508-678-4464

Sat., Apr 26 – Bridgewater – Easy ride from Taunton to Bridgewater on backroads w/lunch stop at pretty park &

ice cream stop on return Aprox. 25 mi Elsie Laverty 508-823-0634 elavmca@tmlp.com

Sun. Apr 27 – Rochester/Lakeville/Marion featuring lakes, farms & the famous lunch with the Clydesdales. Intermediate 38-43 mi. Jim Kilpela 508-295-1361 jmkilpela@attbi.com

Sat. May 3 – Hingham/Scituate/Cohasset – rolling hills w/ nice stops at the harbor & lighthouse Leisurely 12-14 mph Dave Harris 781-749-6641 daveharris55@mac.com

Sun. May 4 – Sagamore – Beautiful Cape Cod Bay before the mad rush 35 +mi. Intermediate Paul Currier 508-833-2690 pbencurrier@hotmail.com

Sat. May 10 – Sharon- Moose Hill, Lake Massapoag, Borderland State Forest. 30-35 mi. Intermediate Nancy Beach 508-699-0032 nbeach@naisp.net

Sun. May 11 – Powder Point/Duxbury – from rural Kingston in the ocean. 30-35 Intermediate Walter Mark 508-884-8185 wlfmark3@aol.com

Sun. May 18 – Myles Standish State Forest – cycle thru pine forests & ponds heading toward historic Plymouth Hbr. 40 mil Intermediate Jim Kilpela 508-295-1361 jmkilpela@attbi.com

2003 Tuesday Evening Cape Bike Rides

Rides start at 6:00 pm. Approx. 12 mph, 13-18 miles.

Helmets Required. L. Alice Oberdorf (508-771-8261), CL Paul Currier (508-833-2690).

April 8. Cape Cod Canal, Cape side: Fr 6A in Sandwich, Tupper Rd to Freezer Rd. to Army Corps of Eng. pkg lot at end. Ride Canal & into historic Sandwich.

April 15. Cape Cod Canal, N Side: East end, Sagamore Bridge rotary, R by Friendly's to pkg. at canal. Ride around Sagamore Beach and along Canal.

April 22. Cape Cod Canal, Cape side: From Shore Rd in Bourne take Bell R to RR bridge canal parking lot. Ride to Mashnee Island & along Canal.

April 29. Cape Cod Canal, N Side: Rt 6 in Buzzards Bay to pkg lot by RR bridge. Ride Canal to Scusset Beach.

May 6. Rail Trail, Yarmouth: Rt 134 (Rt 6, exit 9), meet at head of Cape Cod Rail Trail. Ride to Fisherman's Landing in Brewster.

May 13. Falmouth Shining Sea Bike Path: meet at pkg lot on Woods Hole Rd, ride to Wd Hole & Quisset Hbr.

May 20. Eastham Visitor's Center: Rt 6 from Orleans Rotary N to Visitor's Center on R. Ocean Beaches, Rail Trail, Marconi Site.

May 27. Cape Cod Canal, Cape side: Fr 6A in Sandwich, Tupper Rd to Freezer Rd. to Army Corps of Eng. parking lot at end. Ride Canal & into historic Sandwich.

June 3. Rock Harbor, Orleans: Meet at harbor parking lot at end of Rock Harbor Rd off Orleans Rotary. Ride into Eastham to First Encounter Beach.



Southeastern Massachusetts Chapter
APPALACHIAN MOUNTAIN CLUB
5 Joy Street
Boston, MA 02108

Non-Profit Organization
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Permit No. 511

Canoeing & Kayaking continued from pg 2

South on Main St. off Rt 28 just E of Rt 130(Cotuit Sign), L onto Putnam Ave&then R onto Old Shore Rd to pkg, or S on Putnam Rd off Rt28 & then straight onto Old Shore Rd when Putnam bends sharply R. Bill Fischer,508-420-4137,wmbarbarafischer@attbi.com

Wed May 28-Pleasant Bay,Chatham/Harwich. Exit 11 (Rt137) S from Rt6 & an almost immediate L onto Pleasant Bay Rd. After 2 mi turn R onto Rt28 & after an another .8 mi take a L onto road down to Pleasant Bay & pkg. Peter Selig,508-432-7656,pandmselig@hotmail.com
Sat. May 31-Monomy. Spray skirts reqd. Call L for dirs. Dick Coveney,508-548-6821,dickcoveney@adelphia.net

Annual Leadership Training

The training will be held on **Sat. Apr 5th**, at Borderland State Park in Easton from 9am-4pm. This course offers training to anyone interested in hiking, trailwork, bicycling or canoe/kayak activities with the AMC.

We invite all members to participate and see how we run our volunteer programs thru leadership and active participation. This is a fun way to be involved. Whether you are a new member, just curious, or want to lead your own activities, come join us. It's free! We hope you will find this training, informative, educational and rewarding. For more information, please contact Education Chair Steve Tulip 508-977-9309, stulip@attbi.com or Laura Smeaton 617-695-9903, 6-10pm smeaton@sdac.harvard.edu

SKIING

Chair -Barbara Hathaway 508-880-7266

Vice Chair - Sarah Beard 508-758-2613

Sat Mar 8-Notchview Reservation, Windsor, MA This property has 27km of groomed & back country trails ranging from gentle slopes to challenging hills; 2 trail-side shelters & a visitor center to warm you. Planned to run in conjunction w/ showshoe/hiking trip led by Steve Tulip. After the day's activities, the 2 groups may gather together for dinner before heading home. To reg. contact Barbara at number above.

TRAILS

Chair- Patrick Holland 781-925-4423

Vice Chair - Lou Sikorsky 508-678-3984

Sat. May 17/18-Lonesome Lake, NH. Join in the first Lonesome Lake work weekend of the season. We need to get the trail in shape for the Memorial Day holiday & the spring hikers. Space is limited.

Sat. June 7-National Trails Day-Myles Standish State Forest, MA Our annual workday on the Bentley Loop trail. We have a large project planned & need a lot of help. This is a national event!

To register call the Chair or Vice Chair (see above)

The Chapter has been informed of the passing of Sydney Smith on 12/15/02. He would of been 90 this May. He was an active AMC member & a wonderful person. There will be a service this spring.



Southeast Breeze

Summer 2003 (June/July/Aug)

View from the Chair

"The Year of the Trail"

For 20 years our chapter has faithfully provided the maintenance and repair of an adopted trail-Lonesome Lake. Through the years members have fulfilled the role of trail stewards. If you have volunteered you know first hand what a great experience it is! You are truly amazed with the improvements accomplished in a day or weekend. Take advantage this year of the 3 adopted trail work weekends in May 16-18, **July 18-20** and **Sept 12-14**. Group camping at the Lafayette Campground in NH. Never been on a trail work weekend? Well, sign up for one of the weekends as "My First Trailwork Weekend." Contact: Pat Holland 781-925-44236-9pm. pat.holland@aoltwbq.com

Closer to home and just as exciting is **National Trails Day, Sat. June 7 9am-4pm**. Join the Trails and Conservation Committees for a workday repairing and building a portion of the Bentley Loop, Myles Standish State Forest, Carver, MA. The trail is named in honor of chapter member, trail worker and past chapter chair Bob Bentley. **We need you** and many volunteers to complete the major task of filling in an eroded section of trail and constructing a bypass. A cookout is planned and special commemorative articles will be given to all participants. **Register Today!** Contact Louise Anthony: 508-758-4215; lpAnthonyA@netscape.net Louise will provide the directions. Meeting location is the Visitor Center Headquarters parking lot. Arrive by 8:30am sharp in order to caravan to the trail parking area. Only heavy

rain postpones the event to the same schedule on Sun June 8. Members are urged to car pool. If you own tools, we need to borrow shovels, wheelbarrows, & hoes. Let Louise know what you can bring. The National Trails Day planning committee members include Louise Anthony, Bob Bentley, Anne Chace and Patrick Lolland.

More Upcoming Events-get your calendar

The SEM AMC Annual Meeting will be Sat, Nov 8 at the Falmouth Holiday Inn. More info in next Breeze

AMC Fall Gathering Oct 24-25 Hosted by the Berkshire Chapter, Becket-Chimney Corners YMCA Outdoor Center. Registration available on chapter web site at www.amcberkshire.org on Aug 15th.

Major Excursions Leader Training Nov 21-23 White Memorial Center, Litchfield, CT Reg. Jan Taylor 781-862-1897 or jlytaylor@rcn.com

AMC is host of the 34th biennial meeting of the Appalachian Trail Conference July 25-Aug 1 at the Waterville Valley Conference Center in NH. Over 160 organized hikes, 90 workshops, speakers, slide shows, and entertainment every night. Come for a day, weekend or entire week. Register at www.atc2003.org. Also check out the write up in the past winter issue of the Breeze.

AMC's August Camp - July 19-Aug 2 or Aug 2-16 in Maine-www.augustcamp.org

Sat Aug 9th - Annual Summer Picnic-Boston Harbor Islands.

We had such a good time last year, we're doing it again! Ferrys leave from Hingham harbor to Peddocks and Georges Island. There are water taxis to the outer islands and Boston Light as well. Also there's the option to camp out on Peddocks Island Sat. night.

Cost: Members- Adults \$15, children under 12 \$12
Non Members- Adults \$18, children under 12 \$15

(all inclusive, includes RT boat ticket & lunch)
Space is limited- so sign up by July 15th. Rain date is Sun Aug 11. For info and to register call Patrick Holland 781-925-4423 6-9pm pat.holland@aoltwbg.com

Wilderness First Aid Training Announcement

Our Chapter is hosting a Wilderness First Aid Training the weekend of **Oct 5&6, 2003**. SOLO (Stonehearth Outdoor Learning Opportunities) staff from Conway NH will be the instructors. This is a 16 hour training, so come prepared for 2 full days of learning to deal with outdoor first aid emergency treatment situations. Participants can choose to camp overnight or commute from the comfort of their very own homes. The training is going to be at Camp Lyndon in Sandwich, MA. Advisory Note: This is not a CPR course. Cost per person will be determined. SEM/AMC leaders may apply for scholarships upon successful completion of the course. Class limit is 25 people. Registration deadline is **Aug 15, 2003**. Register with Chapter Education Staff: Steve Tulip by email stulip@attbi.com or Laura Smeaton by phone: 617-323-6727 or e-mail Smeaton@sdac.harvard.edu

Miniature Golf Outing

Sat June 28 at 11:00am
Easton Family Golf Center
530 Turnpike Street, Easton



The center is close to the intersections of routes 106 and 138. The event is cancelled if it rains.
Contact: Linda Cronin 781-447-2597 or Anne Chace 508-824-8871. This is a good way to meet new members of our chapter and also fun for families.

Sat. Sept 27 is Chapter Hut Night

This year we're staying at Zealand Hut. Space is limited! Cost is \$50 pp. For more info or to register, call L Patrick Holland 6-9pm 781-925-4423 pat.holland@aoltwbg.com

Special AMC Chapters Weekend at the Highland Center

The Highland Center at Crawford Notch is slated to open Sept 1, 2003. This destination for adventure, learning and lodging is nestled in the heart of the White Mountains of NH, and offers world class views, all-inclusive outdoor adventures for families and individuals, meeting space and lodging for groups, and excellent educational opportunities for children and adults alike.

The AMC Chapters Weekend is scheduled for Sept 12-14, 2003. Chapters Weekend is an excellent opportunity for chapter members to enjoy the Highland Center and to meet other AMC chapter members. The Highland Center staff will be working with the AMC NH Chapter to host this year's Chapters Weekend at the Highland Center. The NH Chapter will organize guided hikes and workshops, while the Highland Center staff will conduct facility tours and plan an evening reception with a guest speaker.

The cost for chapter members will be \$29 per person per night for bunk lodging, breakfast and dinner. The \$29 bunk spaces are limited, so book your reservation by calling (603)466-2727. Private rooms are also available at a reduced rate. Chapter members can make reservations individually or as a group, but payment must be made in full at the time of booking.

Chapter trip leaders: Special rates are also available for chapter trips to the Highland Center. For more information, please contact your chapter chair or the Highland Center Hospitality Coordinator, Gosia Skorupka, at (603)466-2721 ext 210 or via email at gskorupka@amcinfo.org

The Appalachian Mountain Club is launching a new program at the Highland Center at Crawford Notch that will provide people the opportunity to commemorate the life of a special person or to honor a significant achievement. If you would like to learn more about the commemorative opportunities at the Center or receive a brochure, please contact Norie Mozzone at 617-523-0655 ext 309 or email at nmozzone@amcinfo.org

Upcoming Events at the Center

Learning Tools for Change: Conservation Leadership Training Nov 7-9 603-466-2727 Info: Faith Salter 617-523-0655

Leadership Training Institute Conference: Volunteers in Outdoor Leadership Dec 3-7 Info: Jane Anker 617-523-0655 ext 308 or [jancker@amcinfo.org](mailto:janker@amcinfo.org)

HIKING AND BACKPACKING

Chair-Erika Bloom 508-996-3290(7-9pm)
ebloom@attbi.com

Vice Chair-Patrick Holland 781-925-4423
Charlie Farrell cfarrell@verizon.com

MILES	PACE/MPH	TERRAIN
AA = 13+	1=Very Fast/2.5	A=Very Strenuous
A= 9-13	2=Fast/2	B=Strenuous
B=5-8	3=Moderate	C=Average
C= <5	4=Leisurely	D=Easy

Hikers unsure of their ability should try only one level higher than previously completed. Note: No Pets without permission of Trip Leader. Individuals under 18 must obtain prior consent from Trip Leader.

L=Leader;CL= Co Leader

Wednesday Evening Hikes: Each week we hike at a different location. Beats watching TV! Hikes are typically about two hours, with moderate pace & terrain, however check with leader for details about each hike. For general information about the series contact: Bob Vogel (508-238-7732 7-9 pm rvogel@attbi.com) or Barbara Leland (508-295-9745 BrbrLel@aol.com)

Wed Eve., Jun 4. Stony Brook Reservation, Hyde Park (C3D) L: Laura Smeaton (617-323-6727 7-9 pm smeaton@sdac.harvard.edu)

Wed Eve., Jun 11. Ponkapoag Pond, (C3D) Walt Wells (508-279-1963 7-9 pm WaltandLinda@attbi.com)

Wed Eve., Jun 18. Pembroke (C3D) Fire Ant hills, walk around old bogs, wildlife sightings, observation tower L: Bill Ruel (781 589-3321 7-9 pm Camperbill824@aol.com)

Wed Eve., Jun 25 Foxboro State Forest. (B3C) Hilly and a bit tougher for a change. L: Bob Vogel (508-238-7732 7-9pm rvogel@attbi.com)

Wed Eve., Jul 2. Massasoit State Park, Middleboro (C3D) L: Barbara Leland (508-295-9745 BrbrLel@aol.com)

Wed Eve., Jul 9 Hammond Pond/Webster Conservation Areas, Newton (C3D) L: Laura Smeaton (617-323-6727 7-9 pm smeaton@sdac.harvard.edu)

Wed Eve., Jul 16 Marshfield/Norwell (C3D) Walk through woods, along the north river, old mill site, forest of holly trees L: Bill Ruel (781 589-3321 7-9 pm Camperbill824@aol.com)

Wed Eve., Jul 23 Leader's Choice! (C3D) L: Barbara Leland (508-295-9745 BrbrLel@aol.com)

Wed Eve., Jul 30 Arnold Arboretum, Roslindale (C3D) Great trees! Don't miss! L: Laura Smeaton (617-323-6727 7-9 pm smeaton@sdac.harvard.edu)

Wed Eve., Aug 6 Ames Nowell, Abington (C3D) Walk around pond, old cellar hole, maybe giant turtles, old

cemetery. L Bill Ruel(781-589-3321 7-9pm)

Camperbill824@aol.com)

Wed Eve., Aug 13 Blue Hills. (B3C) Hilly & a bit tougher for a change. L Bob Vogel(508-238-7732 7-9pm rvogel@attbi.com)

Wed Eve., Aug 20 Fairhaven - West Island Beach (C3D) Estuary, small creek crossing, maybe piping plovers L: Erika Bloom (508-996-3290 7-9 pm ebloom@attbi.com)

Wed Eve., Aug 27 Leader's Choice (C3D) L: Barbara Leland (508-295-9745 BrbrLel@aol.com) CL: Bob Vogel (508-238-7732 7-9pm rvogel@attbi.com)

Sat May 31 Southern Sections I & II Wapack Trail (A3C) Car spotting near Windblown Ski Center, hiking south over Mt. Watatic. Reg w/ L Steve Tulip 508-977-9309 (9-noon M-F or lv msg) sjtulip@attbi.com CL Pauline Jordan 508-676-5146 hirst30@aol.com CL Walt Wells 508-279-1963 (7-9 pm)

WaltandLinda@attbi.com

Sat June 7 National Trails Day – see page 1-View from the Chair

Sat Jun 14 Massachuseuck Trail/Skyline Trail (A3C) We'll start on the Massachuseuck Trail and pick up the Skyline Trail and follow it to Shea Rink. Reg w/ L Walt Wells 508-279-1963 (7-9 pm)

WaltandLinda@attbi.com CL Steve Tulip 508-977-9309 (9-noon M-F or lv msg) sjtulip@attbi.com

Sun Jun 15 Father's Day "Hey Dad - Take a Hike!"

(C3D) Great opportunity for family outing with Dad @ Borderland (Easton) Gentle terrain, ponds, cookies :-) (Non-fathers welcome too!) Register with L Bob Vogel 508-238-7732 rvogel@attbi.com

Fri-Sun Jun 27-29 Mt Greylock/Mass MOCA (B3B)

Exercise your body and your mind! Car camp at Clarksburg State Park, hike on Mt Greylock Saturday and visit the Mass. Museum of Contemporary Art in North Adams on Sunday. Reg w/ L Patrick Holland 781-925-4423 (6-9pm) pat.holland@aoltwbg.com CL Alan Ruiz 508-337-2195 gandalf7@mindspring.com
June 28 Franconia Ridge (AA2A) Hike the entire Franconia Ridge. We will climb Flume Slide to Mt. Flume and then hike across the Franconia Ridge over Mt Liberty, Little Haystack, Mt. Lincoln, Mt Lafayette, and finally descend via the Old Bridal Path. Reg w/ CL Barbara Leland 508-295-9745 (6-9 pm) BrbrLel@aol.com, L Paul Vermette 781-209-0137 (5-8 pm) pivermette@yahoo.com

Sat Jul 12 Whiteface/Passaconaway (A3C) Up the Blueberry Ridge Trail with some scrambles and great views; across the Rollins Trail to Passaconaway summit then down Dicey's Mill Trail. Reg w/ CL Walter Deeter 508-279-0626 (bef 10 pm)

HIKING AND BACKPACKING continued

wadeeter@aol.com L Elizabeth Balaschak 508-759-1320
ekbesq@earthlink.net CL Laura Smeaton 617-323-6727
 (bef 10pm) Smeaton@sdac.harvard.edu

Sat July 12 Tripyramid (A3A) Parking at Livermore Road trailhead. Hike is for experienced hikers only. Going up North Slide & returning down South side Reg w/ CL Charlie Farrell 508-822-2123 (7-9 pm) c.Farrell@verizon.net L Pauline Jordan 508-676-5146 (after 9 pm) hirst30@aol.com

July 13 The Bonds and Mt Zealand (AA2A) 20 mile hike from the Lincoln Woods parking area up and over Bond Cliff, Mt. Bond, West Bond, and Zealand Mtn., and out to the Zealand Hut parking area via the Wilderness Tr, Bondcliff Tr, Twinway, and Zealand Tr. Reg w/ L Bill Ruel 781-589-3321 (7-9 pm) camperbill824@aol.com, L Paul Vermette 781-209-0137 (5-8 pm) pjvermette@yahoo.com

Sat Jul 19 Mt. Webster – The Webster Cliff Trail (B3B) We'll hike up the Webster Cliff Trail to Mt. Webster and descend the Mt. Webster Trail to the Webster Jackson Trail. Reg w/ L Charlie Farrell c.Farrell@verizon.net CL Walt Wells 508-279-1963 (7-9 pm) WaltandLinda@attbi.com

Fri-Sun Jul 25-27 Car Camp at Cathedral Pines Camp in Eustis, ME (B3B) Hike Saturday-Crocker: North Crocker 4168' and South Crocker 4000' via Caribou Valley Road, 6+ miles, some steep terrain. Previous mountain hiking experience required. Limit 8 participants. Sunday hike TBD. Leaders: Anne Chace 508-824-8871 (7-9 PM) and Laura Smeaton 617-323-6727

July 26 Wild Cat Ridge (A3A) Car spotting; leave Pinkham Notch, across to Lost Pond trail, up Wildcat Ridge to Carter Hut, through to Nineteenmile Brook Trail. Definitely not for beginners. Lots of steep up & down. L Pauline Jordan 508-676-5146 (after 9 pm) hirst30@aol.com CL Mike Woessner 508-384-8344 (6:30-9 pm) stridermw@hotmail.com

July 26 Kinsman Day Hike (A2B) Hike North and South Kinsman via the beautiful Basin-Cascades trail 1 and Kinsman Pond trail. Reg w/ CL Chris Yarger 508-643-0592 (7-11 pm) cyarger@lycos.com, L Paul Vermette 781-209-0137 (5-8 pm) pjvermette@yahoo.com

Sat Jul 26 Mt. Madison (C2A) Ridge crest of Mt. Madison; steep short trip, strenuous with rewards along the way as well as on top. Reg w/ L Barbara Leland 508-295-9745 (6-9 pm or lv. Msg) L Alan Ruiz (508) 337-2195 bef 9 pm gandalf7@mindspring.com

Sat Aug 2 The Wildcats, Carters, and Mt. Moriah in a day (AA2A) 18+ mile hike over 6 official 4,000' moun-

tains. We will hike up the Wildcat Ridge Trail, down, into Carter Notch, and then up the Carter-Moriah Trail. This hike will require an early start and car spotting. Reg w/ CL Chris Yarger 508-643-0592 (7-11pm) cyarger@lycos.com L Paul Vermette pjvermette@yahoo.com

Sat/Sun Aug 2/3 Moat Range Backpack (A3B) Overnight backpack over North, Middle and South Moat Mts. Nice views, exposed summits-nice hike! Reg w/ L Walt Wells 508-279-1963 (7-9pm) WaltandLinda@attbi.com CL Pauline Jordan 508-676-5146 hirst30@aol.com CL Elizabeth Balaschak 508-759-1320 ekbesq@earthlink.net

Aug 9/10 Boston Harbor Islands Overnight (C4D) Spend the night on historic Peddocks Island and enjoy beautiful views of Boston harbor. There are water taxis to the other islands. Round trip ticket for the ferry is \$10. Reg w/ L Patrick Holland 781-925-4423 (6-9pm) pat.holland@aoltwbg.com CL Bill Ruel 781-589-3321 (7-9 pm) Camperbill824@aol.com

August 16 Mt Isolation (AA2B) 14 mile hike to Mt. Isolation via the Rocky Branch Trail. Come see the amazing views from this 4000' mountain. Reg w/ L Bill Ruel 781-589-3321 (7-9 pm) camperbill824@aol.com, L Paul Vermette 781-209-0137 (5-8 pm) pjvermette@yahoo.com

Sat Aug 23 Mt. Monroe (A3B) Will do loop starting at Pinkham, incorporating Boot Spur and Tuckerman Ravine trails. Reg w/ L Linda Church 508-495-1308 lchurch@whoi.edu CL Wayne Taylor 508-252-6995 wjtaylor@attbi.com

Sat-Sun Aug 23-24 King Ravine/Craig Camp (A2A) We'll take the Short Line trail to the ravine, scale the headwall and spend the night at the RMC Craig Camp cabin. Hike out on Sun. Limited to six. Regr w/ L Patrick Holland 781-925-4423 (6-pm), pat.holland@aoltwbg.com Co-leader Dexter Robinson 781-294-8840 (7-9pm) dexsue@attbi.com

CLIMBING SCHEDULE

To reg. or to obtain more information on any climbing activity, contact John Pereira at 508-254-8303 or iceclimbing@backpacker.com. All activities will be led by John Pereira or Brian Donelan, both of whom have completed an AMGA approved Top Rope Instructor Training program. All activities require participants to provide their own rock shoes. In addition, participants will need their own harness for all top roping activities & intro to sport climbing, while the co-leader training date will require basic climbing gear. All activities have the possibility to be canceled due to weather or other

AMC Activities Risk Statement: Activities listed here involve varying degrees of danger. When you participate in these activities, you should be prepared physically and mentally, and equipped with appropriate gear. You should be aware of the risks and conduct yourself accordingly. Volunteer trip leaders are not responsible for your safety; you are. Before registering for any activity, you should discuss your capabilities with the trip leader. To participate in chapter activities, individuals under age 18 must be accompanied by a parent or responsible adult, or obtain prior consent from the trip leader. Those accompanied by a minor are responsible for the minor's actions.

HIKING and BACKPACKING continued

acts of God.

Beginner's Top Roping Jun 7, Aug 9 This activity will introduce principles of belaying, rappelling, and climbing techniques. If you are new to the sport this activity is highly recommended.

Advance Top Roping Jul 12, Jul 26 This activity will pick up where the beginner's top roping activity ends. Participants will be introduced to advance skills in belaying, rappelling, climbing techniques, and different methods of top roping systems.

Intro to Sport Climbing Jun 21 Intro to Sport climbing will introduce basic principles of lead climbing for those who would like to move up to the next level climbing while situated in a safe environment. It is highly recommended that participants have a solid top roping foundation and feel comfortable on 5.8s.

Bouldering Aug 23 Bouldering activities will help participants gain valuable hand and feet technique that can be applied on roped climbs.

Co-leader Training June 14 The climbing co-leader training date is being offered for those who would like to co-lead climbing activities and eventually move up to being a leader for the chapter.

Advance Trip Notice Oct 11 -13 Climbing weekend at Acadia National Park. Limited spaces are available so please register early.

CAPE COD HIKES

Chair-Janet DiMattia (508)394-9064

Vice Chair - Heidi Moss (508)362-6440

OFF SEASON FULL MOON HIKES-7PM

Fri June 13 Bourne Canal Walk. Pk on N side of canal 1/2 way between bridges at Visitor Center. L Pam Carter 508-398-2605.

Sat July 12 West Dennis Beach Walk. From Rt 6 take Exit 9 S. Cross rt 28 and follow to end. Turn R on Lower County Rd. 0.5 to L. Go around circle and pk on L of Snack Shack. L Janet Kaiser 508-375-0574

Mon Aug 11 Chatham Harding Beach. Chatham Harding Beach/Lighthouse (C3C) From rt 28 in West Chatham take Barn Hill Rd at sign for Hardings Beach. Bear R on Hardings Beach Rd. and go to pkg at end. L

Tues Sept 9 Mashpee

South Cape Beach (C3C)

From Mashpee Rotary take Great Neck Rd. S 2.7 mil to L on Great Oak Rd and follow to end to Town Beach pkg approx 2 1/2 mi L Gary Miller 508-540-1857



BIKING

Chair-Nancy Beach (508)699-0032

Vice Chair - Valerie Fontaine (508)947-3153

Inflated tires/water necessities. Spare tube/pump helpful. Beginner rides: mostly flat, 15-18 mi @ 10-12 mph pace Intermediate rides: some hills, 25-35 mi @ 13-16 mph pace. Call or e-mail leaders before 9pm to register and match rides with abilities.

Sat Jun 7-Middleboro-starting, then meandering through Plimpton and the Bridgewater's open farms, ponds, tranquility. Leisurely 25-30 mi. L Valerie Fontaine, 508-947-3153 vfont@comcast.net

Sun Jun 8 Cape Cod Canal-Easier bike ride on paved access road along canal (8 or 15 (your choice) miles at easy 8 mph pace, with short stop to walk on beach.) L Bob Vogel 508-238-7732 rvogel@attbi.com

Sat Jun 14-Wareham-Leisurely ride via scenic back roads to quaint Onset Village with stops at the Eastove Farm, Onset Beach, Ice Cream shop, and the Tremont Nail Factory. About 32 miles but plan on plenty of time for this one. Elsie Lavery 508-823-0634

Sun Jun 15-N. Falmouth-Woods Hole-Falmouth Heights, etc 30-35 or so miles. This time with snow bells instead of snowfall-maybe. A walk through Spohr gardens in Falmouth (I'll think of the name) Paul Currier 508-833-2690 pbencurrier@hotmail.com

Sat-Jun 21 Lakeville-why is it called Lakeville? Beautiful lakes, quiet streets, pine forests. Great leisurely ride at 10mph Bob K. 508-947-4924 bobksteelers@aol.com

Sat Jul 13-Rochester/Marion or maybe/Acushnet and more-this time w/out peepers and with everything in bloom. Beautiful gardens in Piney Point area. 30-35 Paul Currier 508-833-2690 pbencurrier@hotmail.com

Sat Jul 19-Easton- A leisurely ride through back roads of Easton..probably 15-20 miles with the promise of ice cream either during or after the ride(that's the dangling carrot..gotta have one to ride in mid-July!) We'll meet at Oliver Ames School in North Easton. Denise Malenfant djmalenfant@hotmail.com 508-823-7061

Sun Jul 20-Woods Hole from N. Falmouth. Scenic Cape Cod views with lunch in Woods Hole. Beginner/Intermediate group ride, approx 27 mi @ 12 mph pace. Ride designed for less experienced cyclists who would like to practice group riding skills. Jim Kilpela jmkilpela@attbi.com 508-295-1361

Sun Jul 27-Rehoboth-Reschedule from April, quiet rural roads thru historic NE town w/farms & villages. Intermediate this time. 30-35 mi. Nancy Beach 508-699-0032 nbeach@naisp.net

Sun Aug 3-Plympton-mostly flat thru cranberry bogs & farms into Middleboro, Halifax, Hanson, Kingston, mostly

BIKING continued

quiet roads. Some traffic on rt 58 & 106. Inter. at least 40mi. Walter Mark 508-884-8185 wlfmark@aol.com

Sun Aug 10-Sandwich/Sagamore/Scusset Beach area-renew the search for Whitey. 30-35 unless we uncover the bod...Paul Currier 508-833-2690

pbencurrier@hotmail.com

Sun Aug 24-Plainville-Up into those cute little hills into Cumberland and Wrentham passing horses & religious retreats into Foxboro, Gilbert Hills State Forest. 30-35 Inter. Nancy Beach 508-699-0032 nbeach@naisp.net

2003 Tuesday Evening Cape Bike Rides

Rides start at 6:00 pm. Approx. 12 mph, 13-18 miles.

Helmets Required. L. Alice Oberdorf (508-771-8261), CL Paul Currier (508-833-2690).

June 3 Rock Harbor, Orleans: Meet at harbor parking lot at end of Rock Harbor Road off Orleans Rotary. Ride into Eastham to First Encounter Beach

June 10 N. Falmouth Library: Meet at library on left at W end of Rte 151. Falmouth Coastal ride

June 17 Nickerson Park, Brewster: Meet at main entrance to Park on Rt 6A. Ride on quiet park roads and bike path and Cape Cod Rail Trail

June 24 Cotuit: Meet at new Stop and Shop parking lot at Rt 28 and Putnam Ave. Scenic Cotuit ride

July 1 Yarmouthport: Meet at Gray's Beach parking lot at the end of Centre St. off 6A for coastal area ride.

July 8 Chatham: Meet at old A&P parking lot on Rt 28 at Crowell Rd. for scenic Chatham Ride.

July 15-Falmouth Shining Sea Bike Path: Meet at the Falmouth parking lot on R on Woods Hole Road, ride to Woods Hole and Quisset Harbor.

July 22-Dennis: Meet at Town Hall parking lot on Old Main Street. Ride to Dennis beaches and Scargo Tower.

July 29 Cape Cod Canal, Cape side: From Shore Road in Bourne take Bell Rd to RR bridge canal parking lot. Ride to Mashnee Island and along Canal

Aug 5 Eastham Visitor's Center: Rte 6 from Orleans Rotary north to Visitor's Center on right. Ocean Beaches, Rail Trail, Marconi Site.

Aug 12 N. Falmouth Library: Meet at library on left at W end of Rte 151. Falmouth coastal ride.

Aug 19-Rock Harbor, Orleans: Meet at harbor parking lot at end of Rock Harbor Road off Orleans Rotary. Ride into Eastham to First Encounter Beach

Aug 26 Rail Trail, Yarmouth: Rte 134 (rte 6, exit 9), meet at head of Cape Cod Rail Trail. Ride to Fisherman's Landing in Brewster. Last ride of regular season.

Watch for notice of fall rides, earlier start times possible.

CANOEING AND KAYAKING

Chair - Ed Foster (508)-420-7245

erfoster@attbi.com

Vice Chair - Bill Fischer (508)420-4137

wmbarbarafischer@attbi.com

http://amcsem.org/canoe.html

If you have difficulty reaching a trip leader, don't hesitate to call the Chairman or Co-Chairman.

All trips: Allow time to park, unload, and be on the water ready to paddle at 10:30 am. Registration is required only for those trips which don't have directions to the put-in. However if you haven't paddled with us before, or are concerned about the suitability of the trip to your abilities or equipment, please contact the leader, the Chairman, or the Co-chairman.

A Coast Guard approved Personal Flotation Device (PFD) should be worn at all times. In addition to a PFD, a complete change of clothes in a dry bag, water, lunch, and sunscreen.

NOTE: The possibility of strong winds and/or rough water may make some trips unsuitable for open canoes or for kayaks without spray skirts. Check with the leader.

Wed, June 4 - Swan River, Dennisport. Clipper Lane off Upper County Rd to parking area at end. Bring something to toss on the grill along with your cooking utensil and favorite condiment. Grills and charcoal provided. Max Sarazin msarazin@capecod.net

Sat, June 7 - Charles River from Millis to Natick. Call leader for information Loretta O'Brien, 781-784-6971(h), 781-769-6417(w) LorettaSO@aol.com

Wed, June 11 - Washburn Island/Waquoit Bay, Falmouth. South off of Rte 28, 0.1 miles east of the Childs River, onto Seapit Road, a quick left on Seapit Road, then a left onto Town Landing Road. Dave Shephard, 508-548-8717, davesheprd@aol.com

Sat, June 14 - Herring River, West Harwich. Rte 28 to the bridge over the Herring River. Park on the east side of the Herring River and the south side of Rte. 28.

Peter Selig, 508-432-7656, pandmselig@hotmail.com

Wed, June 18 - Scorton Creek, Sandwich. West on rte 6A from rte 149 for 3.6 mi. Left on dirt road immediately after crossing concrete bridge to Scorton Creek pkg lot. Dick Coveney, 508-548-6821, dickcoveney@adelphia.net

Sat, June 21 - Palmer River, Rehoboth. Take Rte. 195 to Exit 2, go south on Kingsley Way (at end of egress ramp) to Rte. 6 west (right) and then a mile to Palmer

CANOEING AND KAYAKING continued

Road. Park on South (left) side of Rte6. Rick McNally, 508-636-7179, rjmcnally1@juno.com

Wed, June 25 - Parker River, Yarmouth. Call L for info Dick Coveney, 508-548-6821, dickcoveney@adelphia.net

Sat, June 28 - North River, Marshfield. Call leader for information and to register. Dick Coveney, 508-548-6821, dickcoveney@adelphia.net

Wed, July 2 - Barnstable Harbor, Yarmouthport. Take exit 8 north from Rte 6, cross Rte 6A, bear right onto Center Street at Cemetery and continue to the parking lot at end. Ed Foster, 508-420-7245, erfoster@attbi.com

Sat, July 5 - No trip

Wed, July 9 - Lewis Bay, Yarmouth. Take Berry Ave south off Rte 28, go .7 miles, take a R onto Hampshire Ave, and go about 100 yards to the parking lot on left. Dick Coveney, 508-548-6821, dickcoveney@adelphia.net

Sat, July 12 - Leader's choice. Don Savino, 508-295-4562, DONSAVINO@webtv.net

Wed, July 16 - Mashpee River, Mashpee. Going East on Rte. 28 from the Mashpee rotary bear Right onto Quinaquissett Ave., then right onto Mashpee Neck Road to town landing at end Dave Shephard, 508-548-8717, davesheprd@aol.com

Sat, July 19 - Marion Harbor, Marion. Route 195 to exit 20, Rte 105 south. Bear Left onto Front Street and then turn left onto Island Wharf Road to parking lot on left. Dick Coveney, 508-548-6821, dickcoveney@adelphia.net & Jeri Housley, housley@us.ibm.com

Wed, July 23 - Sciticut Neck, Fairhaven. Take Rte I 195 to exit 18 (Rte 240) in Fairhaven. Go 1.7 miles, cross over Rte. 6 going straight on to Sciticut Neck Rd. At 1.8 miles go left at Seaview Corner Store & continue down to ramp. Don Savino, 508-295-4562, DONSAVINO@webtv.net

Sat, July 26 - Bass River North, Wilbur Park, Yarmouth. Rte 134 south (exit 9A off Rte 6) to sharp right at third light onto Upper County Road. Bear left onto Highbank Road, then left into Wilbur Park immediately after Crossing the Bass River bridge. Bob Zani, 508-430-1914, RCZ1@attbi.com

Wed, July 30 - Wellfleet Harbor, Wellfleet. West on Main St from Rte 6, left on Commercial Street, right at Marina to far end of Mayo Public Beach. Max Sarazin msarazin@capecod.net

Sat, Aug 2 - Westport River, Westport Rick McNally, 508-636-7179, rjmcnally1@juno.com

Wed, Aug 6 - Bass River South - Wilbur Park, Yarmouth. Rte 134 south (exit 9A off Rte 6) to sharp right at third light onto Upper County Road. Bear left onto Highbank Road, then left into Wilbur Park immediately after Crossing the Bass River bridge. Janet DiMattia, 508-394-9064, jdimattia@earthlink.net

Sat, Aug 9 - Cotuit Bay, Cotuit Rt 28 to South on Putnam Rd (1/2 mi West of Rte 149), 1.9 mi to Old Shore Rd and Town landing. Unload at the landing and park on Old Shore Road Ed Foster, 508-420-7245, erfoster@attbi.com

Wed, Aug 13 - Nauset Marsh, Eastham. From the Orleans Rotary, go north on Rte 6 for 1.8 miles to a right onto Hemenway Road to the town Landing. Bob Zani, 508-430-1914, RCZ1@attbi.com

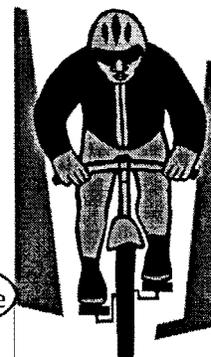
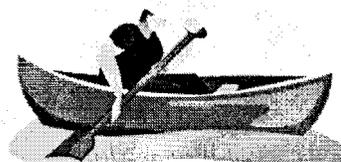
Sat, Aug 16 - Pamet Harbor, Truro. Rte 6 north to exit for Pamet Village. Right at end of exit ramp onto South Pamet Road. After 0.1 mile take a left, then immediately bear right onto Depot Road and follow it 1.4 miles to the Pamet Harbor boat ramp. Dick Coveney, 508-548-6821, dickcoveney@adelphia.net & Jeri Housley, housley@us.ibm.com

Wed, Aug 20 - Ockway Bay to Popponeset, Mashpee. From Rte 28 at the Mashpee Rotary go south on Great Neck Rd 2.5 miles to town landing and parking on left. Art Hart 781-762-5251, ajhart@webtv.net

Sat, Aug 23 - Leader's choice
Bill Fischer, 508-420-4137, wmbarsbarsfischer@attbi.com

Wed, Aug 27 - Monomoy. Spray skirts required. Call leader for directions. Dick Coveney, 508-548-6821, dickcoveney@adelphia.net

Sat, Aug 30 - Back River and Eel Pond, Bourne. Shore Road to Emmons Road to marina. Ray Buchan, 508-564-6562, rbuchan@cape.net

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Conservation Corner

Have you spent a morning huffing and puffing to a summit only to find a fuzzy, foggy vista? Many hikers mistakenly believe that “hazy” days are a natural summer weather pattern, but the obscured view is in reality caused by fine particulate matter emitted from any of hundreds of power plants that lie upwind. This is one more example of the air pollution that damages our health and the natural world around us.

Air pollution has become a greater problem as this administration attempts to weaken current air legislation and allow more pollutants into our atmosphere all under the guise of the Clean Skies Act. We need to make our elected officials aware of our concern for the quality of the air we breathe by speaking out against any weakening of the Clean Air Act. Support of the New Source Review that requires older plants to upgrade their facilities to modern standards is also critical.

A word from our new archivist

I'm looking for photographs and old copies of the Breeze that anyone might care to donate to the Chapter. I am currently collecting and organizing a scrapbook and would love a few more pictures to add to our collection. If you have some, please include the date and the names of the people in the picture. I would also be grateful for any old newspaper articles. They can be sent to me at 23 Macy St. Raynham, MA 02767 I appreciate all the help I can get. - Elsie Laverty

Recent Events

Cape hikers recently enjoyed a special hike at the National Wildlife Refuge in Mashpee. This new hike was offered by leader Nancy Wigley in celebration of Earth Day. The trail meandered through upland woodlands, by abandoned cranberry bogs, salt marsh, salt ponds and Atlantic White Cedar swamp. Many thanks to Brendon Annett from the National Estuarine Research Refuge who met the group at Abigail's Brook to explain the significance of the addition of this newly purchased property to the existing refuge. -Janet DiMattia

The 2003 Spring Fling was held at the Duxbury Senior Center. About 40 people showed up. It was pot luck, and the food was great!!! There was a slide presentation about the Bay Circuit Trail, a 200 mile long trail being created as an “Outer Emerald Necklace” around Boston. The trail was first proposed in 1929 and now over 150 miles are complete. Many sections are open, and would make great local SEM day trips. See their website at www.baycircuit.org - Bobby and Matt Vogel

Last Sat my canoe partner and I paddled Oyster River in Chatham and had a great time. We saw willets and a yellow leg. Signs of spring. Another special treat was the tour of Hardings Beach lighthouse -Linda Church

Article for Sale for \$100. Sierra design Mens X-L Black Full Side Zipper Gortex with Inner Snap Cup. Never been worn. 401-247-2147



SOUTHEAST BREEZE

WINTER ISSUE (DEC/JAN/FEB)

Newsletter of the Southeastern Massachusetts
Chapter of the Appalachian Mountain Club

VIEW FROM THE CHAIR

by Anne Chace

This is my final Breeze article as chapter chairperson. It has been a privilege to serve as your chairperson for the past two years. I am very proud and thankful for the dedication and leadership of the 2003 SEM Executive Board members: Barbara Vogel, Bob Vogel, Mike Woessner, Nancy Beach, Janet DiMattia, Ed Foster, Linda Church, Louise Anthony, Steve Tulip, Erika Bloom, Patrick Holland, Linda Cronin, and Barbara Hathaway. Thank you to our nomination committee: Paul Anthony, Connie Austin, Dave Bennett, Pauline Jordan and Barbara Leland: Appointed chairpersons: Dexter Robinson, Web Master, Elsie Laverty,

Historian, Connie Austin, Social, and Bob Bentley, Distinguished Service Award; and vice-chairpersons: Denise Malenfant, Valerie Fontane, Heidi Moss, Bill Fischer, Steve Tulip, Laura Smeaton, Patrick Holland, Charlie Farrell, Kathy Farren, Sarah Beard and Lou Sikorsky. I appreciate the efforts and enthusiasm of our activity leaders and co-leaders. You are the heart and soul of the chapter. Thank you leaders!

While my term on the board has come to an end, I will continue to be active with the chapter. I hope to co-lead hikes on the Bay Circuit Trail and Greenway next year. So, you will definitely see me on the trail!

My best wishes to the new chairperson, Bob Vogel and board members. Please give to each of them your respect and support. I believe the SEM AMC is the best chapter. Let's all do what we can to maintain the mission of the AMC in our corner of the world.



August Camp Will Conquer the Adirondacks' 4000 footers

AMC's August Camp is a 115 year old tradition affording a unique camping experience that springs to life one month every year in a new and exciting wilderness location. Some 60 campers live in an intimate tent village, enjoying hearty meals prepared by the 'croc', evening campfires and sing-alongs and a wide choice of beautiful hikes (for all levels), canoe trips and over-nights.

August Campers have explored the magnificent White Mountains of New Hampshire, Katahdin in Maine, Glacier National Park in Montana, Mount Rainier in Washington, Banff in Canada and the Sawtooth Mountains of Idaho.

August Camp 2004 continues this great tradition on the shores of the Ausable River in the High Peaks region of the Adirondacks in Keene Valley. Heaven on earth for Peak baggers, the area boasts 25 peaks above 4,000 feet, including Marcy, Giant and Whiteface. Nearby waterways of Saranac Lake, Ausable River and Lake Placid provide great opportunities for paddling.

The first session runs from July 17th to July 31st. The second session runs from July 31st to August 14th. You can register for one or two weeks in either session.

For more information, log onto www.augustcamp.org or call Marion Chalat (212 362-4946, marionchalat@msn.com or Sue Keroes, 781-275-2536, skeroes@earthlink.net.

See the March, 2004 issue of AMC Outdoors, Camp Supplement for registration information.

Your Communications Chair had the opportunity to be a hike leader at August Camp this past summer in Stratton ME and loved it. I met a lot of nice people who enjoy the outdoors like I do. I had never been hiking in ME before and I did a lot that one week. The trips that I led were to Sugarloaf, Saddleback, Sabbath Day Pond, and the Crockers. Most of the hiking was along the AT which is a great trail. Some people opted to canoe/kayak instead of hiking. After a long day on the trail or on the water we would come back to camp and get ready for the evening dinner and camp talk afterwards. My sun shower was great except when the sun was hidden by the clouds and I had to take a quick shower. The food was unbelievable for camping outdoors. Chicken Cordon Blue, French Onion Soup. I better stop as I'm making myself hungry. At the end of the week session most everybody participated in camp skits. One sleeps in military tents with

a cot and another camp person is paired up with you. Thru out the week we were becoming one big family and of course we had to exchange email addresses at the end. Hope to see you all there next year with me.

Linda Church

CONSERVATION CORNER

Energy issues continue to make news in Southeastern Massachusetts. In the Fort Rodman section of New Bedford, a discussion has started regarding the possibility of building two land based wind turbines. The energy produced by the turbines would be used to power the city's sewer treatment plant. In another area of the state, Massachusetts Electric customers will have the opportunity to participate in Greener Watts New England. This initiative provides a way for customers to support environmentally responsible energy production in New England.

Louise Anthony
conservationchair@amcsem.org

Give a Green Light to Green Energy
Renewable Electricity Choice for Massachusetts Electric
Customers-sent by Faith Salter

Have you ever huffed and puffed your way to a summit to find the view obscured by a haze of pollution? Did you know that in summer there are actually days when it is better for your health to stay indoors than to enjoy a strenuous hike? Did you ever wonder if there is something you can do about this? Your time has come. A lot of this pollution comes from emissions from electric power plants fueled by coal, oil, and natural gas. The results diminish our mountain views, negatively impact our farmland, forests, lakes and rivers, and contribute to rising asthma rates and even children's learning disabilities. MA Electric customers can "Green Up" their electricity consumption for just a few pennies a day. The Center for Ecological Technology (CET), a community-based non-profit organization in western MA, is offering Greener Watts New England thru MA Electric's "Green Up" program. Enjoy the advantages of reliable electricity while supporting the growth of environmentally responsible energy production in New England. AMC members earn referral dollars for their club and their chapter, which means your investment benefits the mountains, rivers, and streams of the Appalachian region in more ways than one. Choosing Greener Watts New England demonstrates that people will pay for cleaner, healthier electricity. Together, we will help build wind farms, solar powered buildings, and environmentally responsible hydropower facilities. To find out more, visit: www.GreenerWattsNewEngland.com or call (800) 6889-7957. Tell them you heard about it from AMC, and bring referral dollars to the work of your club and chapter.

HIKING AND BACKPACKING

Chair-Pat Holland 781-925-4423

hikingchair@amcsem.org

MI LES	PACE/ MPH	TERRAIN
AA=13+	1=Very Fast/2.5	A=Very Strenuous
A=9-13	2=Fast/2	B=Strenuous
B=5-8	3=Moderate	C=Average
C=<5	4=Leisurely	D=Easy

Hikers unsure of their ability should try only one level higher than previously completed. Note: No Pets without permission of Trip Leader. Individuals under 18 must receive consent from leader.

BEGINNER WINTER HIKING SERIES:

See trips below Dec 13, Jan 11, Feb 7, Mar 6-7. Introduction to winter mountain hiking & backpacking for those familiar with 3 season hiking. Progressive difficulty; must register for each hike separately. Spots saved for series participants only until 1 week after previous winter series hike. Winter gear, snowshoes, crampons required (snowshoes can be borrowed from chapter, first come, first served).

Wed Dec 3 By the light of the silvery moon Wednesday evening hike. Come hike the Cape Cod Canal with us. Reg w/ L Barbara Leland 508-295-9745 (7-9pm), BarbaraLeland@comcast.net CL Bob Vogel 508-238-7732 (6-9 pm), Rvogel@attbi.com

Sun Dec 7 Great Quittaca, Lakeville (A3C) Recently opened to the public. Come see these beautiful woods, on public water supply land. Hike with a woman who knows these woods well, CL Elsie Laverty. Reg w/ L Barbara Leland 508-295-9745 (7-9pm), BarbaraLeland@comcast.net

Wed Dec 10 – 7 PM Hike Planning meeting – all are welcome to attend, new leaders needed – training provided! Contact hiking chair for info. Unitarian Universalist Church basement – Middleboro.

Sat Dec 13 Winter Hike Series # 1: Blue Hills (B2B) Intro to winter hiking. Discuss gear and cold weather issues. Reg w/ CL Walter Deeter 508-279-0626 (7-9 pm), WADeeter@aol.com. L Bob Vogel 508-238-7732 (6-9 pm), Rvogel@attbi.com

Sat Dec 20 Worlds End Reservation, Hingham MA (C4D) Take a break from the holiday madness. Leisurely stroll in one of the S. Shore's hidden gems, landscaped by Fredrick Law Olmstead. Entrance fee is \$4.50. Option

for lunch at Stars in Hingham after. Reg w/CL Melanie Jansky 781-341-1214 (7-9pm), mellie6246@yahoo.com L Patrick Holland 781-925-4423 (7-9pm) pat.holland@aoltwbg.com

Thurs Jan 1 Welcome the New Year at Borderland

(B3C) Welcome in the New Year with this late morning start hike through Borderland State Park. Reg w/ L Bob Vogel 508-238-7732 (6-9 pm), Rvogel@attbi.com. CL Bill Ruel 781-589-3321, camberbill824@aol.com

Sun Jan 4 Hike or Snowshoe at Massasoit State Park, E. Taunton (C4D) Start the New Year off with the right snowshoe! Try out winter gear you received for the holidays! Winter insulated boots. Call Leader for directions & meeting times. L Anne Chace 508-824-8871 (7-9 pm), L Bill Ruel 781-589-3321, camperbill824@aol.com

Wed Jan 7th By the light of the silvery moon Wednesday evening hike. Come hike (snowshoe?) the (Leader's Choice - TBD) with us. Reg w/ L Barbara Leland 508-295-9745 (7-9pm), BarbaraLeland@comcast.net CL Bob Vogel 508-238-7732 (6-9 pm), Rvogel@attbi.com

Sun Jan 11 Winter Hiking Series #2 Pack Monadnock "plus" possible North Pack Monadnock (B3B) Reg w/ L Erika Bloom 508-996-3290 (6-9 pm), ebloom1@comcast.net. L Paul Vermette 603-566-0881, pjvermette@yahoo.com CL Barbara Leland 508-295-9745 barbaraleland@comcast.net

Sat Jan 17 Mt. Madison and Mt. Adams (A1A) We will ascend Valley Way to the summit of Mt. Madison and then back to the Madison hut (closed!) where we will then climb Mt. Adams via the Gulfside and Airline trails. 10 miles round trip with over 5,000 feet of elevation gain. Full winter gear and above tree-line experience required. Fast pace. Reg w/ L Paul Vermette 603-566-0881 (5-8 pm), pjvermette@yahoo.com. CL Barbara Leland 508-295-9745 barbaraleland@comcast.net

Sat-Sun Jan 24-25 Lincoln Woods Winter Car Camp at Hancock (B3C) Perfect first winter campout for those wanting to try it. Nice hike, snowshoe along old logging railbed, East Branch on the Pemigewasset River. Reg w/ LIT Barbara Leland 508-295-9745 barbaraleland@comcast.net L Bill Ruel, 781-589-3321 (7-9 pm), camperbill824@aol.com. CL Patrick Holland, 781-925-4423 (7-9 pm), pat.Holland@aoltwbg.com.

Sun Feb 1 Breakheart Reservation – Saugus (B4C) Hills & dales of Saugus, ledges and dense woods. Winter gear required. Call for carpool meeting place & times. Reg w/ L Anne Chace 508-824-8871. CL Melanie Jansky 781-341-1214, mellie6246@yahoo.com

Wed Feb 4th By the light of the silvery moon Wednesday evening hike. Come hike (snowshoe?) @ Borderland, Easton, MA with us. Reg w/ L Bob Vogel 508-

HIKING AND BACKPACKING continued

238-7732 (6-9 pm), Rvogel@attbi.com L Barbara Leland 508-295-9745 (7-9pm), BarbaraLeland@comcast.net
Sat Feb 7 Winter Hiking Series #3: Mt. Waumbek (B3B) Moderate grade up Starr King Trail to nice view at top, continue on to Mt. Waumbek. Full winter gear & snow shoes required. Expect very cold weather. Reg w/ Leader in Training Barbara Leland 508-295-9745 barbaraleland@comcast.net or CL Pauline Jordan 508-676-5146 (after 9:00 PM), Hirst30@AOL.COM CL Fred Yost 508-699-9305 (7-10 pm), FEY_IAM@Hotmail.com L Erika Bloom 508-996-3290 (7-9 pm), ebloom1@comcast.net

Sat Feb 7 Ames Nowell State Park, Abington (B4D) Hike/snowshoe around ponds, boardwalk, and woods trails. Good for beginner winter hikers. Reg w/ L Bill Ruel 781-589-3321 (7-9 pm), campberbill824@aol.com. CL Rick Hachey 508-584-1059, tennislover46@hotmail.com

Sun Feb 15 Mt. Monadnock, NH (B3B) Imagine, no crowds! Great views and a good way to get some time above treeline. Previous winter hiking experience & full winter gear req. Register w/CL Alan Ruiz 508-337-2195 (7-9pm), gandalf7@mindspring.com L Patrick Holland 781-925-4423 (7-9pm), pat.holland@aoltwbg.com CL Barbara Leland 508-295-9745 barbaraleland@comcast.net

Feb 21-22 Caribou Mt Backpack, ME (B3B) Explore a remote area of the White Mts. near Evans Notch. Superb views from the summit. Previous winter hiking experience & full winter gear req. Reg w/L Patrick Holland 781-925-4423 (7-9 pm), pat.holland@aoltwbg.com CL Walter Wells 508-279-1963 waltandlinda@comcast.net

Sat-Sun Mar 6-7 Winter Hiking Series #4: Backpack – winter gear required. May be able to share tent. Reg w/ CL Pauline Jordan 508-676-5146 (after 9:00 PM), Hirst30@AOL.COM or CL Alan Ruiz 508-337-2195 (7-9pm), gandalf7@mindspring.com . L Walt Wells 508 279 1963 (bef. 9 pm), WaltandLinda@comcast.net, L Erika Bloom 508-996-3290 (6-9 pm), ebloom1@comcast.net

Sat-Sun Mar 6-7 Mt. Adams/Crag Camp (A2A) Long, strenuous hike with significant time above treeline. We'll spend the night at Crag Camp and hike out Sunday. Previous winter above treeline experience required. Limited to 6 participants. Reg w/ L Patrick Holland 781-925-4423 (6-9 pm), pat.Holland@aoltwbg.com CL Dexter Robinson 781-294-8840 (7-9 pm), dexsue@comcast.net

Lonesome Lake Trail Maintenance

by Dexter Robinson

After all the hiking I've done, I thought perhaps it would be nice to give a little back, learn something about trail maintenance and maybe even meet some nice people. At 9:15 am 11 people hit the trail with assorted tools including rock bars, picks, shovels, loppers, ropes and large nylon straps. Normally these maintenance trips focus on brush cutting and cleaning out water bars, fairly easy work. This is what most participants expected, but instead we would be tackling two heavy duty projects. My group consisted of Brian, Paul, and Paul. Our project was taking place at the intersection of the Lonesome Lake trail and the Hi Cannon trail. The Hi Cannon is not our group's responsibility, but its lack of maintenance was affecting our trail, washing it out. The beginning to the Hi Cannon is essentially a steep dirt bar above the staircase to redirect the runoff into the woods. For anyone who has hiked, these staircases are not uncommon and are appreciated, but I now have a much fuller appreciation for the effort that goes into these trail improvements. The first thing we had to do was find rocks, in the woods, which you might think would be pretty easy considering our location. Unfortunately not just any rock will do. Mainly we needed big rocks with a couple of flat sides. the perfect rock would be 3' wide and 2' tall. We couldn't find any of those, but got close enough to keep Paul happy. Once found, we had to move the rock from its comfortable spot nestled on the hillside to our special place. This is where the 18lb. steel rock bars came into the picture, first to pry it up, then to help move it. These 5' long 1.5" diameter implements were crucial for this task, and the dumb laborers, who on hands and knees pushed and pulled, but not too far or fast. We also used gravity where we felt comfortable with the path and could reasonably expect it to stop rolling. Eventually, a beaten path developed from our mine site, about 50 yards up the slope, onto the Hi -Cannon Trail, but that first big one was quite the challenge. It actually got away from us at the end and we had to use 3/8" steel cable, a hoist and sling to get it back up the hill into our prepared hole. Of course it did not sit properly in the hole, so we then had to rig the cable and hoist between two trees in order to pull the rock up on a sling. Here we were on the busy Lonesome Lake trail, with a cable across the trail about 5' off the ground and a half ton rock hanging in mid-air. We were certainly a spectacle! It was 1pm and we had finished rock #1. The next day we did it all again. I enjoyed the camaraderie, problem solving, physical exertion & the sense of contributing improvement in the trail. I will definitely volunteer for this duty again in the future.

AMC Activities Risk Statement: *Activities listed here involve varying degrees of danger. When you participate in these activities, you should be prepared physically and mentally, and equipped with appropriate gear. You should be aware of the risks and conduct yourself accordingly. Volunteer trip leaders are not responsible for your safety; you are. Before registering for any activity, you should discuss your capabilities with the trip leader. To participate in chapter activities, individuals under age 18 must be accompanied by a parent or responsible adult, or obtain prior consent from the trip leader. Those accompanied by a minor are responsible for the minor's actions.*

CAPE COD HIKES

Chair-Heidi Moss (508)362-6440

capehikingchair@amcsem.org



Thursday hikes 9:30-11:30. Sunday hikes 1:00-3:15.

Moderate pace unless noted. NO DOGS.

Heavy rain, deep snow, or icy driving conditions cancels. If in doubt call L.

THURS Dec 4 - BREWSTER Ruth Pond. From entrance to Nickerson State Pk on Rt 6A, drive south on Deer Pk Rd to Nook Rd. Continue south on Nook Rd to pkg lot at left of triangle, just before end of road. L Pat Kimball 508-255-3717.

Following the hike (at the same location) - FIRST ANNUAL WINTER ACTIVITY WORKSHOP If hiking - bring lunch, otherwise come at 12:00 (directions above). Equipment demo, activity planning for x-country ski and snowshoeing, sign-up for e-mail notice of snow activities for Jan-Mar. L's Peter Selig 508-432-7656, Farley Lewis 508-775-9168

SUN Dec 7 - WELLFLEET General Store to Duck Pond. From Rt 6 take R on LeCount Hollow Rd. Turn R immediately and park behind Wellfleet General Store at the bike pkg lot. L Ron VanderWeil 508-255-3361

THURS Dec 11 - BOURNE Canal Walk. Pk on N side of canal 1/2 way between bridges at Visitor Center. L Donna Nickerson 508-528-3043

SUN Dec 14 - CHRISTMAS PARTY/HIKE - DENNIS Flax Pond Conservation. Rt 134 N to L on Sectucket. Go approx 1 mi. and pk on R in small lot. L Janet Kaiser 508-375-0574 Potluck Holiday Party following at 16 Driftwood Lane So. Yarmouth Pam Carter 508-398-2605

THURS Dec 18 - MASHPEE South Cape Beach. From Mashpee Rotary take Great Neck Rd. S 2.7 mi. to L on Great Oak Rd. and follow to end to Town Beach pkg approx. 2 1/2 mi. L Gary Miller 508-540-1857

SUN Dec 21 - YARMOUTH Inkberry Trail to Sandy Pond. From Rt 28 in West Yarmouth turn N at light on Winslow Gray Rd. opposite Molly's Rest. Go 0.4 to pkg on L. L Janet DiMattia 508-394-9064

THURS Dec 25 - NO HIKE - MERRY CHRISTMAS

SUN Dec 28 - WELLFLEET White Crest Beach. From Rt 6 R on LeCount Hollow Rd. L on Ocean View Dr. to beach pkg lot on R. L Jack Handlen 508-255-5292

THURS Jan 1 - NO HIKE - HAPPY NEW YEAR

SUN Jan 4 - BARNSTABLE Bridge Creek Conservation. Exit 5 from Rt 6. Go N short dist. and pk at grass triangle in front of church on L. Walk N to trailhead behind firehouse. L Janet DiMattia 508-394-9064

THURS Jan 8 - MASHPEE Mashpee River Woodlands West. From the Mashpee rotary go E on Rt 28, turn R on Quinaquisset. Approx. 500' pkg on R. MPD requests that

tires of parked cars be completely off paved road. L Nancy Wigley 508-548-2362

SUN Jan 11 - COTUIT Little River Sanctuary. Meet at Cotuit Landing Shopping Center at corner of Rt 28 and Putnam Ave. in Cotuit to carpool to trailhead. L Farley Lewis 508-775-9168

THURS Jan 15 - BREWSTER Calf Field Pond. Exit 9N from Rt 6 onto Rt 134. R at 2nd L on Setucket Rd. then R on Run Hill Rd. Go to pkg lot at end of pavement. L Pat Kimball 508-255-3717

SUN Jan 18 - FALMOUTH Beebe Woods. Go thru Falmouth hospital lights on Rt 28. Take R onto Depot Rd and follow to end to park. L Linda Church 508-495-1308

THURS Jan 22 - HIKE/CHILI POTLUCK YARMOUTH Grays Beach. From Rt 6 take Exit 8N to L on 6A. Immed. at playgrd. take R on Old Church Rd. Follow to end to pkg at beach. L Janet Kaiser 508-375-0574

SUN Jan 25 - TRURO North Pamet. From Rt 6 in Truro turn E at Pamet Rd. Meet at end of S. Pamet Rd. L Ron VanderWeil 508-255-3361

THURS Jan 29 - BOURNE Canal Walk. Pk on N side of canal 1/2 way between bridges at Visitor Center.

SUN Feb 1 - BREWSTER Nickerson State Park. Go in main ent. of park on Rt 6A. Take 1st L on Flax Pond Rd. Continue to end. Pk at Cliff Pond. L Jack Handlen 508-255-5292

THURS Feb 5 - SANDWICH Old State Game Farm/ Talbott Conservation Area Driving West on Rt 6A go over Scorton Creek bridge. Take immed. L on dirt road to pkg at end. L Nancy Wigley 508-548-2362

SUN Feb 8 - BARNSTABLE Spruce Pond. Exit 5 from Rt 6. Go N short dist. and pk at grass triangle in front of church on L. L Heidi Moss 508-362-6440

THURS Feb 12 - WELLFLEET Duck Harbor. From Rt 6 turn L at light towards Wellfleet Center. Take L at dory on E. Commercial St. to harbor. Go R on Chequessett Neck Rd. Take R opposite Great Island Pkg and follow to end.

SUN Feb 15 - WELLFLEET Gull Pond. From Rt 6 take R on Gull Pond Rd. (opp Moby Dick Restaurant). Follow 1.0 to pkg on L at Gull Pond Landing (granite marker at L turn). L Ron VanderWeil 508-255-3361

THURS Feb 19 - WELLFLEET White Crest Beach. From Rt 6 R on LeCount Hollow Rd. L on Ocean View Dr. to beach pkg lot on R. L Jack Handlen 508-255-5292

SUN Feb 22 - HARWICH HawksNest State Park. From Rt 6 take Exit 11 S on Rt 137. Take immed. R on Spruce Rd. At 0.5 mi. pk on side of road. L Janet DiMattia 508-394-9064

THURS Feb 26 - WELLFLEET Long Pond. From Rt 6 right on Cahoon Hollow Rd 2 mi. to parking for Great Pond. L Pat Kimball 508-255-3717

SUN Feb 29 - MASHPEE Johns Pond. N on Currier Rd off Rt 151, then quick R on Hoophole Rd. R on Back Rd. Follow signs to Town beach through trailer pk. L Farley Lewis 508-775-9168

THURS Mar 4 - WELLFLEET Marconi Beach. From Rt 6 go R on Marconi Beach Rd. at lights. Go L past HQ bldg. Take 1st R at pk at end. L Barbara Hollis 508-240-1973

LONGER CAPE HIKES

Faster-paced. 8-10+ mi.; Bring lunch 10:00-2:00
Heavy rain/snow cancels. If in doubt call L.

SAT Dec 6 - WELLFLEET Great Island/Jeremy Point. From Rt 6 turn L at light towards Wellfleet Center. Take L at dory on E. Commercial St. to harbor. Go R on Chequessett Neck Rd. Follow to Great Neck Island pkg lot on L. L Brigitte Falzone 508-394-6343

SAT Dec 13 - BREWSTER Nickerson State Park. Stay on the main rd in the park 1.0 to pkg on L at Fisherman's landing. L Janet DiMattia 508-394-9064

SAT Dec 20 - PROVIDENCETOWN Beech Forest/Clapps Pond/Dunes. From Rt 6 take R at light on road to Province Lands Visitor center. Pk at Beech Forest pkg lot on L. L Ron VanderWeil 508-255-3361

SAT Dec 27 - No hike

SAT Jan 3 - BARNSTABLE Conservation Land. Exit 5 from Rt 6. Go S on Rt 149 1.5 to roundabout. R on Race Lane. R on Crooked Cartway. Pk at end. L Heidi Moss 508-362-6440

SAT Jan 10 - EASTHAM Salt Pond, CoastGuard & Nauset beaches (From Rt 6 take R at light on Nauset Rd & Nat'l Seashore Visitor Ctr. and pk at Visitor Ctr pkg. L Janet DiMattia 508-394-9064

SAT Jan 17 - TRURO Paradise Valley/Duck Harbor. from Rt 6 take L on George Neilson Rd. soon after entering Truro. Pk on side of road. L Brigitte Falzone 508-394-6343

SAT Jan 24 - No hike

SAT Jan 31 - TRURO South Pamet. From Rt 6 in Truro turn E at Pamet Rd. Meet at end of S. Pamet Rd. L Ron VanderWeil 508-255-3361

SAT Feb 7 - YARMOUTH Inkberry Trail to Sandy Pond. From Rt 28 in West Yarmouth turn N at light on Winslow Gray Rd. opposite Molly's Rest. Go 0.4 to pkg on L. L Brigitte Falzone 508-394-6343

SAT Feb 14 - SANDWICH/BARNSTABLE Maple Swamp to Conservation Land with car spotting. From Rt 6 Exit 4 S on Chase Rd. Turn R immed. onto Service rd. Park in lot on L (approx. 1 mi.) L Heidi Moss 508-362-6440.

SAT Feb 21 - BARNSTABLE Sandy Neck. Rt 6A to Sandy Neck Rd. Pk at end in farthest lot. L Peter Selig 508-432-7656

SAT Feb 28 - No hike



XC SKIING

Chapter Chair-Barbara Hathaway
xcskichair@amcsem.org

Saturday, January 3 – My First X-C Ski Trip, Norsk X-C Center New London, NH Never tried X-C? Don't have the gear? No problem, rentals & lessons are available and we'll be sticking to the easier trails. Maybe have a late lunch/early dinner at the Flying Goose brew pub after. If you're interested in taking a lesson, please contact L by 12/26. Trail Pass \$15, Lesson & Rentals \$16 each. (We can get better rates w/ 10+ people). Reg w/L Patrick Holland 7-9pm 781-925-4423, pat.holland@aoltwb.com or CL Walter Mark 508-866-3057, wlfmark3@aol.com.

Saturday, January 10 – Weston Ski Track. Cross country ski workshop. Learn to use the new cross country skis you got for Christmas (rentals also available). Suitable for beginners who have never skied before or skiers wanting to brush up on their technique. SEM/AMC trip leaders will provide free instruction. Cost limited to trail pass and equipment rental, approx. \$25. Call to register before January 4 with L Bob Bentley at 508-866-3057 or L Art Paradise at 978-372-7442. Limit 20.

Sunday, Jan. 11 – Great Brook Farm, Carlisle, MA. Novice/intermediate. Tracked and groomed trails on farm and in adjoining State Park. Mostly flat to gently rolling hills with limited black diamond trails. Equipment rentals available. For add'l details on carpooling and to register, call L Barbara Hathaway at 508 880 7266 before 10p. CL Barbara Perry.

January 16-19 - MLK WEEKEND AT APPLEBROOK B&B, Jefferson, NH All chapters welcome to join us for our 17th annual weekend of xc skiing, great company and hearty meals. Ski possibilities include Bretton Woods, Great Glen, Balsams, or Bear Notch. Downhill, snowshoeing, easy back country, and ice skating also options. Approx. \$145 to \$210 per person includes 3 nights lodging, 3 breakfasts, 1 full dinner, and 1 supper, all at cozy Applebrook B&B in Jefferson, NH. Register with L Sarah Beard, (508) 758-2613, 7-9 p.m. CL is Bob Kalchthaler, (508) 947-4924

Saturday, January 24 – Windblown, New Ipswich, NH. My first XC Ski Trip! OK, you want to try XC skiing, but don't want to buy the gear first. Come with us to a XC center where you can rent gear and give it a try. Just \$29 for trail pass and rental gear. \$14 trail pass only. See www.windblownxc.com. More experienced skiers welcome, too. Email Bob for full details at rvogel@attbi.com. Register with L Bob Vogel at 508-238-7732. CL is Nick Georgantas at 508-697-9172.

XC SKIING continued

Sunday, Jan. 25 – Norsk XC Center, New Lonon, NH. Novice/Intermediate. Everything you want to know about Norsk is at www.skinorsk.com. Register with L Barbara Hathaway 508-880-7266 or CL Diane Phillips 508-378-2334 from 7-10, or Kathy Moss 617-354-1363 before 9p.

Saturday, January 31 – Local ski, leader's choice depending upon snow conditions. Call L Bob Kalchthaler 508-947-4924 before 9p for details.

Saturday, February 7 – Great Brook Farm, Carlisle, MA. Novice/intermediate. Tracked and groomed trails on farm and in adjoining State Park. Mostly flat to gently rolling hills with limited black diamond trails. Equipment rentals available. For add'l details on carpooling, dinner, and to register call L Barbara Hathaway 508 880 7266 or CL Diane Phillips 508 378 2334, both before 10p.

Sunday, February 8 – Blue Hills. Novice/intermediate. Ski morning to early afternoon on roads, hiking trails. Ponkapoag Golf Course alternate if snow conditions sparse. L Sarah Beard. Register with CL Nick Georgantas, evenings 7-9p @ 508-697-9172.

Sunday, February 22 – Windblown or Norsk, depending upon conditions. Novice/intermediate. Call for carpooling info, dinner details and to register with L Barbara Hathaway, 508 880 7266 before 10p or CL Walter Mark 508-884-8185 from 7-9p.

Fri.-Sun., Feb. 27-29. Ski in the Jackson area. Stay 2 nights at Parsley & Paisley B&B in Jackson, NH. Cost of \$125 p/p includes 2 nights lodging, 2 breakfasts, dinner Saturday and happy hour. Trip limited to 7. Register with L Anne Chace, 508-884-8871 (7 to 9p).

Fri.-Sun., Feb. 27-29. Pinkham Notch back country. 2 nights lodging accommodations. L Bob Bentley, 508-866-3057; CL Nick Georgantas, 508-697-9172. Register with CL Art Paradise, 978-372-7442. Limit 15.



Article for Sale

Nordic Track Ski Exerciser- PRO Model. Good Condition. Many special features. Folds to 24"W X 53" L X 17"H. Asking \$400.00 . If interested call Bruce Dunham (508)-587-0679

BIKING

Chair - Denise Malenfant
bikingchair@amcsem.org



Inflated tires/water necessities. Spare tube/pump helpful. Beginner rides: mostly flat, 15-18 mi @ 10-12 mph pace Intermediate rides: some hills, 25-35 mi @ 13-16 mph pace. Call or e-mail leaders before 9pm to register and match rides with abilities.

DI STANCE	PACE/ MPH	TERRAIN
AA=50+	1=17+	A=very hilly
A=35-50	2=13-16	B=hilly
B=25-35	3=11-13	C=rolling
C=<25	4=UP TO 11	D=flat

Sat Dec. 6 - Rochester/Marion. 30-35. Will limit to 25 or so if cold. Intermediate ride. B2D

Paul Currier 508-833-2690 pbencurrier@hotmail.com

Sun Dec 14 Off Road Bike Ride: Borderland State Park, Easton, MA. We will start of with 'easier' riding on the mostly hard packed dirt roads around the lakes at Borderland. [6-8 miles, depending on group] Then we will ride a longer ride out to Mountain St., up Mountain St. (Unpaved in sections) to a 'back entrance' and around the Morse/Quarry loops (rougher but generally not steep or 'advanced'. Trust me, Leader is not 'advanced' :-). [6-8 miles, depending on group] L:Bob Vogel 508-238-7732 (6-9 PM) rvogel@attbi.com

Sat Dec 13 Middleboro/Carver 20 or so miles: actual distance determined at the time, weather related. Flat, cranberry country, Very easy terrain. Pace dependant on group capabilities. Valerie Fontaine 508-947-3153 yfont@comcast.net

Thur Jan 1 – New Year's Day ride – 10:30 am or so. Flat Terrain, Slow Pace, possibly a most difficult ride. . . .C3D Paul Currier 508-833-2690 pbencurrier@hotmail.com

Sat Jan 17 – Sagamore to Manomet – perhaps return. 30-35. Will cut to 25 or so if cold. Limited to first 50 riders to sign up. B2B

Paul Currier 508-833-2690 pbencurrier@hotmail.com

Sat Feb 7 - N. Falmouth - Woods Hole - Falmouth Heights, etc 30-35 or so miles. Will cut ride to 20-25 if weather is cold. Intermediate ride. B2C

Paul Currier 508-833-2690 pbencurrier@hotmail.com



Southeastern Massachusetts Chapter
APPALACHIAN MOUNTAIN CLUB
5 Joy Street
Boston, MA 02108

Non-Profit Organization
U.S. Postage
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Taunton, MA 02789-9998
Permit No. 511

Cape Cod Full Moon Rides

Mon Dec 8 – Cold Moon – 5pm, Freezer Road, Sandwich

Wed Jan 7 – Wolf Moon – 5pm, Sagamore Rec area
(below Friendly's)

Fri Feb. 6 – Snow Moon - 5pm, Freezer Road, Sandwich
e-mail pbencurrier@hotmail.com or call Paul @ 508-833-2690 for starting times

Tues. Eve. Canal Rides: C3D
e-mail pbencurrier@hotmail.com or call Paul @ 508-833-2690 for starting times

December:

2 – Sagamore Rec Area
9 – Freezer Road
16 – Buzzards Bay
23 – Sagamore Rec Area
30 – Freezer Road

February:

3 – Buzzards Bay
10 – Sagamore Rec Area
17-Freezer Road
24-Buzzards Bay

January:

6 - Freezer Road
13-Buzzards Bay
20-Sagamore Rec Area
27-Freezer Road



Any takers?

The bike committee is looking for new bike leaders for the spring season. Great bunch of people. Will help you get started. Email bikingchair@amcsem.org.

For all you bikers out there start keeping track of your mileage starting Jan. 1. Email chair for more info



VIEW FROM THE CHAIR

by Bob Vogel

"So I make my first entry to-day..."

Thus Henry David Thoreau began his journal. Nothing written here will ever challenge Henry's writings. (Although some that know me wouldn't be surprised if I passed his 14 volumes of writing.)

For a brief introduction, for those who have not met me, I did my 'serious' hiking when in college, 1969-71. Then I retired, until my oldest (Robby, 5 at the time) said that he wanted to climb the NH 4000 footers too. We started, and he loved it! We joined AMC and took part in a Warner Trail hike. I took leadership training, first with SEM, then with Boston. I became a hike leader, then soon SEM Education Chair, organizing Leadership Training. (Still the best FREE leadership training any leader can get. See sign up info elsewhere.) As part of the SEM Hut Night 10/6/01 Bobby (11) and Mau(9) climbed Carter Dome, and thus finished their NH 4k peaks.

Since then I've gone on to lead SEM bike, trailwork, and XC ski trips, (and participated in Canoe/Kayak & Cape Hikes) so now have a bigger view of SEM. And now I find myself as Chair. I'd like to say I'm honored, but in reality sometimes I feel like I was just the one who didn't duck quick enough.

If you are new, and are interested in signing up for a SEM trip, I urge you to look at www.wamesem.org/hikesignup.html. Although written for hikes, it will give you an understanding of the general process. Signing up for your first trip can be intimidating, I almost gave up. Signing up an 8 year old, for a 10 mile hike, wasn't easy. Thanks to Charlie Farrell for understanding that an 8 year old, with 7 4k peaks to his credit, could be a good hiker! We *do* want you to come, but leaders have a responsibility to the whole group, so need your help. Work with them. A great opportunity to meet us is to come to Spring Fling. Hope to see you there!

SOUTHEAST BREEZE SPRING ISSUE (MAR/APR/MAY)

*Newsletter of the Southeastern Massachusetts
Appalachian Mountain Club*

Chapter website is amesem.org

*New members only -contact Kathy Farron
at membershipchair@amesem.org regarding
"Membership in a Bottle"*



***** Special Potluck*****

Thurs Mar 18(6-9pm) -open to new members and long-timers alike! Hosted by a hiking leader, but open to those interested in any activities; Meet & mingle w/fellow AMCers; great opportunity for new members to find out what we're all about. Will be held at L's house in Fairhaven so limited to 25; possible location change if interest is high. Reg w/L Erika Bloom eh160ml@comcast.net 508-996-3200(before 9pm)

Sun Apr 18(5-8pm)-See Mar 18(possible afternoon hike before potluck)

CANOE/KAYAK

Chair - Dick Coveney

Miles	Pace/MPH	Risk
AA=11+	1=3.5-4.0 No stops	A=Whitewater Skill required
A=8-10	2=3-3.5 One Lunch Stop	B=Surfing Skill Spray Skirt req'd
B=6-8	3=2.5-3 Three regroupings	C=Wet Exit & Rescue skill req'd
C=4-6	4=2-3 More than 3 regroupings	D=Newbie(Training provided)

We have several new policies this year. They result from safety concerns. As of Sept 1, '03, all participants in AMC activities are now required to sign the AMC waiver form provided by the leader.

PDF's mandatory in boat all year and MUST be worn Sept 15-May 15. Recommended for all trips. Paddlers participate at their own risk.

What to Bring: In addition to PDF, a complete change of clothes in a dry bag, water, lunch, and sunscreen. Also tow line, paddle float, loud whistle, compass, chart perhaps, spare paddle. Some trips especially in Spring and Fall may require wet or dry suit, or wool and pile clothing suitable for cold water immersion. Cotton is not good on the water. Poly & Acrylics dry much faster and wick better. **NOTE:** The possibility of strong wind and/or rough water may make some trips unsuitable for open canoes or kayaks without spray skirts. Most of our trips which are gentle lacking weather can become difficult with enough wind. Check with the Leader **ALL TRIPS:** Allow time to park, unload and be on the water ready to paddle at 10:30am. Registration is req'd for those trips which don't have directions to the put-ins or are shown as requiring registration. However, if you haven't paddled with us before, or are concerned about the suitability of the trip to your abilities or equipment, please contact the leader, the Chairman or the Co-chairman. Check out www.geocities.com/dickcov/index.htm for up to the minute info. Ex winds, etc.

Wed, Mar 24-Weweanic River, CIA, Registration req'd L Jeff Tubman, jltbmn@capecod.net

Sat, Mar 27-Weweanic River, same as above

Wed, Mar 31-Nemasket River, C4A, see info above

Sat, Apr 3-Herring River, B2D -Rt 28 to the bridge over the Herring River. Park on the E side of the river & the south side of rte 28. L Bob Zani, r.zani@comcast.net 508-430-1914

Wed, Apr 7-Pocasset River-North end of Bridge on County Rd. Park on E side, launch on W side L Dave McGlone, dmcglone@capecod.net

Sat, Apr 10-Nemasket River-C4A Reg. req'd. Class I paddle. L Jeff Tubman, jltbmn@capecod.net

Wed, Apr 14-Waquoit Bay-L Bill Fisher wambararafischer@attbi.com 508-420-4137

Sat, Apr 17-Nauset Marsh Inlet-1.5 mi N on rt 6 from Orleans Rotary to R onto Hemenway Rd to Town Landing. L Bob Zani, r.zani@comcast.net 508-430-1914

Sun, Apr 18- Pool Session, Sandwich H.S. Bring your boat & learn how to Wet Exit, Rescue yourself & another, basic Tow & more. Must know how to do by Fall. \$15 fee Reg. w/ Dick Coveney 508-548-6821 dickcoveney@adelphia.net

Wed, Apr 21-Jehu Pond, Mashpee-C4D-From Mashpee Rotary go 2.7 M on Great Neck Rd S to Great Oak Rd. 1.9 M on Great Oak. R at Sign for Great River Boat Ramp. Drive unmarked dirt rd to Pkg lot L Nancy Wigley 508-548-2362 7-9pm; nrwigley@cape.com

Sat, Apr 24-Charles River, B4D Call L Art Hart 781-762-5251; ajhart@webtv.net

Wed Apr 28-Bass River- S on rt 134 to sharp R at 3rd light onto Upper County Rd. Bear L onto Highbank to L into Wilbur Park immediately after crossing the Bass River. L Dave McGlone, dmcglone@capecod.net

Sat May 1-Coonamesset-S on Sandwich Rd from rte 151, 1.6 mi, W on Hatchville Rd. .5 mi to N on dirt road conservation area. .6mi; L Dave Shepard davesheprd@aol.com 508-548-8717

Wed May 5-Sippican -B3C-From I 195 E 2 Miles E of Exit 20(105 Marion) Enter Rest area. Follow sign to ramp. L Don Savino, donsavino@webtv.net 508-295-4562

Sat May 8-Spring Fling

Wed May 12-Oyster River to Stage Harbor, L Peter Selig, pandmselig@hotmail.com 508-432-7654

Sat May 15-Scorton Creek, B3B. W on rte 6A from rte 149 for 3.6 mi. L on dirt road immediately after crossing concrete bridge to pkg lot. L Dick Coveney dickcoveney@adelphia.net 508-548-6821

Wed May 19-Onset, B3C-Exit 1 off Rt 25 in Wareham. Cross 6W/28N to 6E/28S to R on Main Ave. .2 mi to L onto Riverside Drive. Park on grass at beach. L Don Savino, donsavino@webtv.net 508-295-4562

Sat May 22-Pamet Harbor, Truro B3C-L Dick Coveney, dickcoveney@adelphia.net 508-548-6821 \$5 launch fee

Wed May 26-Palmer River, Seekonk- L Rick McNally rjmcnally@juno.com

Sat May 29-Herring River, B2D- see Apr 3 for directions L Bob Zani, r.zani@comcast.net 508-430-1914

Wed Jun 2-Herring River, B2D-see Apr 3 for directions. Beautiful trip thru Salt Marsh to W. Reservoir. L Nancy Wigley 508-548-2362 7-9pm; nrwigley@cape.com

HIKING AND BACKPACKING

Chair- Patrick Holland 781-925-4423

hikingchair@amcsem.org

MILES	PACE/MPH	TERRAIN
AA = 13+	1=Very Fast/2.5	A=Very Strenuous
A= 9-13	2=Fast/2	B=Strenuous
B=5-8	3=Moderate	C=Average
C= <5	4=Leisurely	D=Easy

Hikers unsure of their ability should try only one level higher than previously completed. Note: No Pets without permission of Trip Leader. Individuals under 18 must receive consent from leader.

Mar 6-7 Winter Hiking Series #4, Backpack, Neuman campsite Winter gear required. May be able to share a tent. Reg w/CL Pauline Jordan 508-676-5146 (after 9pm) Hirst30@AOL.COM or Cl Alan Ruiz 508-337-2195 gandalf7@mindspring.com (7-9pm) L Walter Wells 508-279-1963

Sat-Sun Mar 6-7 Mt. Adams/Crag Camp (A2A) Long, strenuous hike with significant time above treeline. We'll spend the night at Crag Camp and hike out Sunday. Previous winter above treeline experience required. Limited to 6 participants. Reg w/ L Patrick Holland 781-925-4423 (6-9 pm), pat.holland@aoltwbg.com CL Dexter Robinson 781-294-8840 (7-9 pm), dexsue@comcast.net

Wed. March 10th 7pm Hike planning meeting All are welcome to attend, if you're curious to see how the well oiled machine of the Hiking Committee operates-join us. We'll be planning the hikes/trips for the Summer season. Pizza provided and we're always looking for new leaders-free training provided! Call the Hiking Chair. Patrick Holland 7-9pm 781-925-4423 pat.holland@twbg.com for info & directions.

Sat April 3 Blue Hills, Canton, MA (B3C) Spring warm up in the Blue Hills. Shake off the winter chill with this moderately paced loop hike which will include portions on the Skyline trail. Reg w/L Laura Smeaton 617-323-6727 7-9pm laurasmeaton@mac.com CL Elizabeth Balaschak 508-759-1320 7:30-9pm ekbesq@earthlink.net

Sat April 3 Mt. Whiteface, NH (A3B) Nice hike w/ nice views from the top. Challenging rock scramble near the summit. Reg w L Pauline Jordan 508-676-5146 (after 9pm) Hirst30@AOL.COM CL Walter Wells 508-279-1963 7-9pm waltandlinda@comcast.net

Tues April 13 Local evening hike - Location TBD (C4D). We'll meet for an evening. Hike approximately 6-8 pm, somewhere in the local SEM area. Headlamps or flashlights required! More info & reg w/L Erika Bloom ebloom1@comcast.net 508-996-3290 (before 9 pm).

Sat. April 17, Horseneck Beach, Westport MA (B3C) Annual spring walk out to Westport Point & around Gooseberry Island. Possible stop after hike at local restaurant for dessert. Reg w/L Charlie Farrell 508-822-2123 7-9pm CL Ray Butts

Sat April 24 Blue Hills Canton MA (A3B) True end to end. Good spring warm up hike. Not for beginners Reg w/L Dick Carnes 508-285-5790 7-9pm rcarnes2@aol.com CL Dexter Robinson 781-294-8840 7-9pm dexsue@comcast.net

Sat. May 1 Welch & Dickey, NH (B3B) Beautiful conditioning hike for the summer season. Parking pass required. Reg w/L Pauline Jordan 508-676-5146 (after 9pm) Hirst30@AOL.COM or CL Elizabeth Balaschak 508-759-1320 7:30-9pm ekbesq@earthlink.net

Tues May 4 Local evening hike - West Island/ Fairhaven (C4D). Evening hike, approximately 6-8 pm, through the woods and on the beach (& residential area connecting the two). Catch the rising full moon from the beach! Headlamps or flashlights required. Reg w/ L Erika Bloom ebloom1@comcast.net 508-996-3290 (before 9 pm).

Sat May 8 Massasoit State Park, MA (B3D) Celebrate spring with a hike in E. Taunton's hidden jewel on trails lined w/pine needles while enjoying the scenic ponds & lakes. Mostly flat, some small hills. Group lunch/get together after hike optional. Reg w/L Barbara Hathaway 508-880-7266 7-9pm barb224@tmlp.com CL Sue Chiavaroli 508-252-4164 7-9pm brillo6452@yahoo.com

Sat. May 15 Lilacs in Arnold Arboretum (C4D) Avoid the crowds on Lilac Sunday by joining us on Saturday. More flora & fauna to explore on this local walk. Reg w/L Laura Smeaton 617-323-6727 7-9pm laurasmeaton@mac.com CL Barbara Hathaway 508-880-7266 7-9pm barb224@tmlp.com

Sat. May 15 Mt Race & Mt Everett MA (B3B) Spectacular continuous vistas along a section of the AT in Western Massachusetts. Reg w/L Dexter Robinson 781-294-8840 7-9pm dexsue@comcast.net CL Dick Carnes 508-285-5790 7-9pm rcarnes2@aol.com

Sat. May 22 Mt Monadnock NH (B3B) Our annual trek up this popular mountain. Reg w/L Walter Wells 508-279-1963 7-9pm waltandlinda@comcast.net CL John Poirier 508-822-1372 7-9pm

HIKING AND BACKPACKING continued

Climbing Schedule

To register or to obtain more information on any climbing activities contact John Pereira at 508-254-8303 or rockclimbing@amcsem.org. All activities will be led by individuals who have completed an AMGA approved Top Rope Instructor Training program. All activities require participants to provide their own harness for all top roping and intro to sport climbing activities. All activities have the possibility to be canceled due to weather or any other acts of God.

Beginner's Top Roping

Activity will be held every last Saturday (except for May) of every month beginning in March. This activity will introduce fundamental climbing skills to those who would like to learn how to rock climbing.

March 27 May 22
April 24 June 26

Top Roping

Activity will be held every first Saturday of every month beginning in April. This activity is intended for those who have some experience in rock climbing and are looking to get out and climb with other people.

April 3 June 5
May 1

Intro to Sport Climbing-Apr 24

TRAILS

*Chair - Lou Sikorsky
trails@amcsem.org*

May 21-23 Lonesome Lake Trail Work Spring cleanup on our adopted trail. This could be a messy winter so we can use all the help we can get. Arrive Friday night, work all day Sat. w/ possible half day Sunday. Dinner at a restaurant Sat night provided and lunch and breakfast at the campsite. Reg w/Leaders Lou Sikorsky 508-678-3984 7-9pm or Pat Holland 781-925-4423 7-9pm pat.holland@twbg.com

Sat. June 5-National Trails Day-Bentley Loop at Myles Standish State Forest . Be part of the annual event! Last year was an outstanding success, lets make this year even bigger! Arrive 9:30am at rangers station for a day of work followed by a barbeque. Put this one on your calendar now so we can have a really big turn out. This is part of a nation wide event! For more information or to register contact Leaders Lou or Pat. See email address and phone number above.

AMC Activities Risk Statement: *Activities listed here involve varying degrees of danger. When you participate in these activities, you should be prepared physically and mentally, and equipped with appropriate gear. You should be aware of the risks and conduct yourself accordingly. Volunteer trip leaders are not responsible for your safety; you are. Before registering for any activity, you should discuss your capabilities with the trip leader. To participate in chapter activities, individuals under age 18 must be accompanied by a parent or responsible adult, or obtain prior consent from the trip leader. Those accompanied by a minor are responsible for the minor's actions.*

EDUCATION

Chair - Laura Smeaton

*educationchair@amcsem.org
SOLO/WFA*

The Education Committee sponsored a SOLO Wilderness First Aid Course on the weekend of October 4-5, 2003. We enjoyed a beautiful weekend at YMCA Camp Lyndon in Sandwich, and honed our skills in preventing and treating injuries ranging from minor cuts, scrapes and bruises to more serious events such as hypothermia, and fractured femurs. The following SEM co-leaders and leaders successfully completed (or updated) their WFA certification: Walter Deeter, Tom Feinburg, Valerie Fontaine, Rick Fordyce, Barbara Hathaway, Pauline Jordan, Bill Ruel, Laura Smeaton, and Bob Vogel. Congratulations to you all!

Leadership Training Institute (LTI)

While New England was experiencing the first snow-storm of the season the first weekend of December 2003, I was enjoying the winter wonderland in Crawford Notch, representing the SEM chapter at the inaugural AMC Leadership Training Institute. The weekend long event was held at the new AMC Highland Center. Participants toured the facility, learning about how 'green' technology was used wherever possible. The Training Institute gathered over 20 experts in the field for sessions such as Leave No Trace, Liability, Nature of Volunteer Leadership, and Fundamentals of Outdoor Leadership. However, some of the most valuable time I spent during the weekend was talking with and informally learning from leaders in other chapters of the AMC and with other organizations such as Boy and Girl Scouts. The Highland Center is a wonderful facility with the central aim of education. All equipment is provided for participants of their outdoor events, so it is a great opportunity to try a new activity!

Spring Leadership Training Day

The major Education committee event for Spring 2004 is Leadership Training Day on Saturday, April 17. For details about this event please see the detailed listing elsewhere in this issue of the Breeze. Volunteers are needed to help with this event, from assisting with training sessions and logistics such as role-plays and food. Please contact me at or call 617-323-6727 (6-10pm) if you can help. Thank you! SEE PAGE 6
Correction for the Winter Issue - The article "Lonesome Lake Trail Maintenance" was written by Nick Georgantas

CAPE COD HIKES

Chair-Heidi Moss (508)362-6440

capehikingchair@amcsem.org

Thursday hikes 9:30-11:30. Sunday hikes 1:00-3:15.

Moderate pace unless noted. NO DOGS.

Heavy rain, deep snow, or icy driving conditions cancels. If in doubt call L.

Thurs Mar 4 - WELLFLEET Marconi Beach. From Rt 6 go R on Marconi Beach Rd. at lights. Go L past HQ bldg. Take 1st R at pk at end. L Barbara Hollis 508-240-1973

Sun Mar 7 - BARNSTABLE Conservation Land/Trail of Tears. Exit 5 from Rt 6. Go S on RT 149 to immed. R on Service Rd. Park in lot by power lines. L Bob Freeman 508-432-4341

Thurs Mar 11 - MASHPEE Johns Pond. N on Currier Rd off Rt 151, then quick R on Hoophole Rd then R on Back Rd. Follow signs to Town beach through trailer pk. L Farley Lewis 508-775-9168

Sun Mar 14 - BREWSTER Punkhorn Parson's Perch. Exit 9 N from Rt 6 on Rt 134. R at 2nd light on Setucket Rd. R on Run Hill Rd. Pass main pkg lot at end of pavement bearing L at first junction. Stay on Westgate Rd. 0.5 to secluded pkg lot on R. L Janet Kaiser 508-375-0574

Thurs Mar 18 - BOURNE Sagamore Hill/fish pier. Park at Christmas Tree Shop on Cape side of Sagamore Bridge. L Gary Miller 508-540-1875

Sun Mar 21 WELLFLEET White Crest Beach. From Rt 6 R on LeCount Hollow Rd. At beach entrance L on Ocean View Dr. 1 mi to beach pkg lot on R. L Jack Handlen 508-255-5292

Thurs Mar 25 - BREWSTER Ruth Pond. From entrance to Nickerson State Pk on Rt 6A, drive south on Deer Pk Rd to Nook Rd. Continue south on Nook Rd to pk lot at left of triangle. L Pat Kimball 508-255-3717

Sun Mar 28 - YARMOUTH Inkberry Trail. From Rt 28 in West Yarmouth turn N at light on Winslow Gray Rd. opposite Molly's Rest. Go 0.4 to pkg on L. L Janet DiMattia 508-394-9064

Thurs Apr 1 - BOURNE canal walk. Pk on north side of canal at Visitors Center halfway between the bridges. L Donna Nickerson 508-528-3043

Sun Apr 4 - BARNSTABLE Bridge Creek Conservation. Exit 5 from Rt 6. Go N short dist. and pk at grass triangle in front of church on L. Walk N to trailhead behind firehouse. L Heidi Moss 508-362-6440

Thurs Apr 8 - MASHPEE South Cape Beach - From Mashpee rotary Great Neck Rd S 2.7 mi. L on Great Oak Rd, follow to town beach pk approx 2.5 mi. L Gary Miller

Sun Apr 11 - BARNSTABLE Sandy Neck. Rt 6A to Sandy Neck Rd. Pk at end in farthest lot. L Pam Carter 508-398-2605

Thurs Apr 15 - ORLEANS Pochet Island. From Rt 28 in Orleans take Main St to L on Beach Rd. Follow signs to Nauset Beach pkg at end. L Peter Selig 508-432-7656

Sun Apr 18 - WELLFLEET General Store to Duck Pond. From Rt 6 take R on LeCount Hollow Rd. Turn R immediately and park behind Wellfleet General Store at the bike pkg lot. L Ron Vanderwiel 508-255-3361

Thurs Apr 22 - SANDWICH Ryder Conservation From Rt 28 in Mashpee take Rt 130. Go 1 mi. take R on Cotuit Rd. 1.8 mi. to Ryder Cons. land pkg lot on L. If traveling W on mid-Cape highway, take Exit 3 S on Quaker meeting House Rd. At intersection L onto Cotuit Rd. Pkg lot on R. - L Nancy Wigley 508-548-2362. In honor of Earth Day meet at 9AM if you wish to to help pick up trash in the parking area.

Sun Apr 25 - COTUIT Little River Meet at Cotuit Landing Shopping Center at corner of Rt 28 and Putnam Ave. in Cotuit to carpool to trailhead. L Farley Lewis 508-775-9168

Thurs Apr 29 - EASTHAM Nauset Light Beach Road. Rt 6 north to Brackett Rd. R. to Nauset Rd. L to Cable Rd. R. to Nauset Light beach pkg lot at end. L Pat Kimball 508-255-3717

Sun May 2 - PROVINCETOWN Beech Forest/Clapps Pond/Dunes. From Rt 6 take R at light on road to Province Lands Visitor center. Pk at Beech Forest pkg lot on L. L Ron Vanderwiel 508-255-3361

Thurs May 6 - SANDWICH Old State Game Farm/Talbott Conservation Area. Driving West on Rt 6A go over Scorton Creek bridge. Take immed. L on dirt road to pkg at end. L Nancy Wigley 508-548-2362

Sun May 9 - HARWICH Hawks Nest State Park. From Rt 6 take Exit 11 S on Rt 137. Take immed. R on Spruce Rd. At 0.5 mi. pk on side of road. L Janet DiMattia 508-394-9064

Thurs May 13 - BOURNE Canal Walk. Pk on N side of canal 1/2 way between bridges at Visitor Center. L Blanche Greig 508-771-3696

Sun May 16 - WELLFLEET Duck Harbor. From Rt 6 turn L at light towards Wellfleet Center. Take L at dory on E. Commercial St. to harbor. Go R on Chequessett Neck Rd. Take R opposite Great Island Pkg and follow to end. L Janet Kaiser 508-375-0574

Thurs May 20 - WELLFLEET Marconi Beach. From Rt 6 go R on Marconi Beach Rd. at lights. Go L past HQ bldg. Take 1st R at pk at end. L Barbara Hollis 508-240-1973

Sun May 23 - BREWSTER Punkhorn Parklands. Exit 9 N from Rt 6 onto Rt 134. R at 2nd L on Setucket Rd, then R on Run Hill Rd. Go to pkg lot on L at end of pavement. L George Byron 508-760-3883

LONGER CAPE HIKES

Faster paced 8-10+ mi; Bring lunch 10:am-2pm
Heavy rain/snow cancels. If in doubt call L.

Sat Mar 6 - BREWSTER Nickerson State Park. Park at main pkg lot at entrance on Rt 6A. - L Bob Freeman 508-432-4341

Sat Mar 13 - TRURO Ryder Beach/Duck Harbor. From Rt 6 in Truro L on Prince Valley Rd. Go to end. R on County Rd. then immed. L on Ryder Beach Rd. Park at end. L Janet DiMattia 508-394-9064

Sat Mar 20-no hike

Sat Mar 27 - BARNSTABLE Conservation Land. Exit 5 from Rt 6. Go S on Rt 149 1.5 to roundabout. R on Race Lane. R on Crooked Cartway. Pk at end. L Heidi Moss 508-362-6440

Sat Apr 3 - YARMOUTH Inkberry/3 Ponds. From Rt 28 in West Yarmouth turn N at light on Winslow Gray Rd. opposite Molly's Rest. Go 0.4 to pkg on L. L Janet DiMattia 508-394-9064

Sat Apr 10 - SANDWICH Maple Swamp to Barnstable Conservation w/car shuttle. From Rt 6 Exit 4 S on Chase Rd. Turn R immed. onto Service Rd. 1mi to lot on left. L Heidi Moss - 508-362-6440

Sat Apr 17- no hike

Sat Apr 24-no hike

Sat May 1- FALMOUTH Moraine Trail w/car shuttle. Meet at W end of Rt 151 opp the Falmouth Animal Hospital just E of Rt 28. L Nancy Wigley 508-548-2362. This is a strenuous hike with some steep grades. The pace will be moderate.

Sat May 15 - WELLFLEET Gull Pond. From Rt 6 take R on Gull Pond Rd. (opp Moby Dick Restaurant). Follow 1.0 to pkg on L at Gull Pond Landing (granite marker at L turn). L Ron Vanderwiel 508-255-3361

Sat May 22 - BARNSTABLE Conservation Land/Trail of Tears. Exit 5 from Rt 6. Go S on RT 149 to immed. R on Service Rd. Park in lot by power lines. L Peter Selig 508-432-7656

Full Moon Hikes- meet at 7 pm

Mon May 3 - MASHPEE South Cape Beach. From Mashpee rotary Great Neck Rd S 2.7 mi. L on Great Oak Rd, follow to town beach pk approx 2.5 mi. L Janet Kaiser 508-375-0574

Wed June 2 - DENNIS West Dennis Beach. From Rt 6 take exit 9S. Cross rt 28 and follow to end. Turn R on Lower County Rd 0.5 to L. Go around circle and pk on L of Snack Shack. L Janet Di Mattia 508- 394-9064

Thurs July 1- CHATHAM Harding Beach/Lighthouse. From Rt 28 in West Chatham take Barn Hill Rd at sign for Hardings Beach. Bear R on Hardings Beach Rd. and go to pkg at end. L Peter Selig 508-432-7656

Fri July 30- Bourne Canal Walk. Pk on N side of canal 1/2 way between bridges at Visitor Center. L Pam Carter 508-398-2605

Sat. Aug 28- Barnstable Sandy Neck Rt 6A to Sandy Neck Rd. Pk at end in farthest lot. Meet at 5:30pm, bring picnic supper. L Heidi Moss 508-362-6440



We need *YOU*...

to be a *LEADER* for the SEM Chapter of AMC
Do you wish to share your love of the outdoors and your AMC activities with others?

Do you enjoy mentoring others to learn about the outdoors?

Your skills and enthusiasm are needed as co-leaders and leaders of all activities within the chapter. Spring *Leadership Training Day* is one of the critical steps to becoming an AMC leader for the SEM chapter.

The SEM chapter will provide lunch and snacks throughout the training day. You only need to bring yourself, your experience and enthusiasm, and the clothes and gear that you would normally use for your AMC outdoor activity.

During the day, current leaders will share their experiences leading AMC activities through interactive sessions. Experiential training will be emphasized through role-plays and simulations.

Details:

When: Saturday, April 17, 9am – 5pm

Where: Borderland State Park, Easton/Sharon, MA

Cost: \$2 (parking fee for Borderland State Park)

Questions and/or To Reg: contact Laura Smeaton (617-323-6727, 6-10pm) or educationchair@amcsem.org, (further info available on the SEM website at www.amcsem.org)

CONSERVATION CORNER

Conservationchair@amcsem.org

HOW DOES YOUR GARDEN GROW? *Tips for a healthier lawn and environment from the Falmouth Friendly Lawn Campaign.*

- ◆ Grass grows best with 6 inches of topsoil
 - ◆ You can add one quarter to one half inch of topsoil to your lawn each spring. This is called topdressing
 - ◆ After topdressing lawn, overseed w/fine fescues or tall fescues mixed w/some perennial ryegrass seed.
 - ◆ For more info visit www.umassturf.org
 - ◆ Native & non-native low maintenance plants can be used to replace sections of lawns.
 - ◆ Visit www.geocities.com/ashumet2001
- HAVE A GREAT EARTH DAY 2004- Louise Anthony*

BIKING

*Chair -Denise Malenfant
bikingchair@amcsem.org*

Inflated tires/water necessities. Spare tube/pump helpful. Beginner rides: mostly flat, 15-18 mi @ 10-12 mph pace Intermediate rides: some hills, 25-35 mi @ 13-16 mph pace. Call or e-mail leaders before 9pm to register and match rides with abilities.

DISTANCE	PACE/MPH	TERRAIN
AA=50+	1=17+	A=very hilly
A=35-50	2=13-16	B=hilly
B=25-35	3=11-13	C=rolling
C=<25	4=UP TO 11	D=flat

Sat. Mar 20 - Bike Shop Clinic & Massasoit State Park Ride : Learn how to change a flat , basic bike maintenance, good hill climbing methods, gearing selections, cadence and rest cycling followed by short one-hour ride to practice your new skills. C4B Walter Mark 508-884-8185 wlfmark3@aol.com or Denise Malenfant 508-823-7061 djmalenfant@hotmail.com.

Sat. Mar 20 - Welcome to Spring: Rochester/Marion. 35 miles. Beautiful coastal and forest reservation ride. A2D Paul Currier at pbencurrier@hotmail.com or 508-833-2690. e-m preferred.

Sat. Mar 27 - Lake & Reservoir Ride. Scenic 28 mile ride on quiet back roads of Rochester, Acushnet and Lakeville. Moderate pace. Jack Jacobsen 508-993-0450. CL e-mail pbencurrier@hotmail.com.

Sun. Apr 4 - Rehoboth again- Back by popular demand. Quiet semi rural town, villages, horses and crocus.

Nancy Beach 617-899-5285 nanclam@yahoo.com B2C

Sun. Apr 4 - Sagamore to Manomet – Gorgeous coastal ride. Some traffic on 3A but mostly on rural and coastal roads. Return through Buttermilk Bay. 40 miles. A2B Paul Currier at pbencurrier@hotmail.com 508-833-2690

Sat. Apr 10 - Westport. Adorable seaside town with spacious farms & abundance of wildlife w/ gentle ocean breezes. Call L Charlie Sullivan 508-678-4464 B2C

Sun. Apr 18 - Osterville & Hyannisport - Spring ride through lovely villages of Osterville and Hyannisport, before the crowds arrive. This will be an intermediate ride of 30 to 35 miles, with the possibility of a hill or two. Call Sheila Place at 508-420-4438 before 9:00. to register.

Sat. Apr 24 - Cranberry Bog Ride. Flat 32 mile ride through cranberry country of Rochester, Carver and Middleboro. Moderate pace. Jack Jacobsen 508-993-0450. CL e-mail pbencurrier@hotmail.com.

Sun. Apr 25 - Norton/Taunton. Enjoyable 28 mile ride through rural areas, farmlands past ponds and Wheaton College. Flat, gently rolling. B2C. Rain cancels. Call L Denise Malenfant 508-823-7061 before 9pm to register or djmalenfant@hotmail.com

Sat May 1-"Five Town Tour"-Late morning start, 30 miles, mostly flat at 12 mph pace. B3C Call Valerie Fontaine 508-947-3153 vfont@comcast.com

Sun. May 2 - Massasoit or Rochester – Halfway Tour – Starting at either location to meet up with our fellow cyclists in Lakeville area to ride together. Paul Currier 508-833-2690 pbencurrier@hotmail.com for Rochester start B2C Nancy Beach 617-899-5285

nanclam@yahoo.com for Massasoit start B2C

Sat. May 15 - East Bay Bike Path - Flat ride at easy pace, about 30 miles, along beautiful scenic route. Lunch in Bristol. Call for time and directions. L Elsie Laverty 508-823-0634 before 9pm.

Sun. May 16 - N. Falmouth - Woods Hole - Falmouth Heights, etc 35+ miles. Bamboo forests, astounding views of Martha's Vineyard, Falmouth Coast including Woods Hole and Nobska Light. A2B Paul Currier at pbencurrier@hotmail.com or 508-833-2690

Sun. May 23 - Falmouth - Beautiful ride in Falmouth area along the coast before the crowds arrive. Approx. 20 mile flat with some hills. L Linda Church lchurch@whoi.edu. 508-495-1308.

Watch for a special ride from Rochester to Berkley-Lakeville-Raynham area sometime in May

New !!! ... 2000 Mile Club - Now that Spring is here and you're ready to ride, set your odometer to 0 and set your goal for 2000 miles by year-end! All mileage in addition to AMC rides will apply ...Email bikingchair@amcsem.org for more information or to submit your mileage.

Spring 2004 Tuesday Evening Cape Bike Rides
Helmets required, 11-12 MPH average, be ready to leave at the starting time - L Paul Currier
- pbencurrier@hotmail.com or 508-833-2690

March starting times: Leave at 4:15 & 5:30; 12 or 25 miles,

- 2 Buzzards Bay C3D
- 9 Sagamore Rec Area C3B
- 16 Freezer Road C3C
- 23 Buzzards Bay RR lot C3D
- 30 Sagamore Rec Area C3B

Daylight Savings Time rides are about 12 mph average, 13-18 miles. Start at 6pm; possible earlier start time for those interested in longer rides; contact Paul at pbencurrier@hotmail.com (next page)



Southeastern Massachusetts Chapter
APPALACHIAN MOUNTAIN CLUB
 5 Joy Street
 Boston, MA 02108

Non-Profit Organization
 U.S. Postage
PAID
 Taunton, MA 02789-9998
Permit No. 511

April Starting Time: 6pm (5pm option)

- 6-Rail Trail, Yarmouth: Rt 134(Rt 6, exit 9), meet at head of Cape Cod Rail Trail. Second annual Spring Post Ride.
- 13 N. Falmouth Library: Meet at library on left at West end of Rte 151 for Fal. Coastal ride to Chappaquoit Point.
- 20 Cape Cod Canal, Cape side: From Shore Road in Bourne take Bell Rd to RR bridge canal pkg lot. Ride to Mashnee Island & along canal
- 27 South Cape Area-Park in Commons Lot at far end past the Star Market(across Rte 28 from gas station). Just off the Mashpee Rotary, Turn off Rt 28 into Maspee Commons & turn left to end

May Starting Time: 6pm(maybe 5pm option)

- 4 Freezer Rd, Cape Cod Canal, Cape side:From Rt6A in Sandwich, Tupper Road to Freezer Rd. to Army Corps of Eng. pkg lot at end. Ride into historic Sandwich & Canal * *Full Flower Moon* – will extend Canal ride for full moon
- 11 Eastham Visitor's Center: Rte 6 from Orleans Rotary N to Visitor's Center on right. Ocean Beaches, Rail Trail, Marconi Site
- 18 Yarmouthport: Meet at Gray's Beach parking lot at the end of Centre St. off 6A for coastal area ride and possibly a walk on the boardwalk.
- 25 Falmouth Shining Sea Bike Path: meet at pkg lot on Woods Hole Rd, ride to W.H & Quisset Hbr.

FULL MOON RIDES

Contact Paul pbencurrier@hotmail.com or 508-833-2690 for possible rides in Mar & Apr for time & location. Also, if interested in leading Tues bike trips call Paul.

SPRING INTO SPRING FLING

Come one, come all, but do please come. This year it is going to be held at the Bourne Community Center in Buzzards Bay, MA. In the AM we will offer easier hikes, bike rides etc in the general area. In the afternoon we will gather at the Center and have some talks, displays and provide an opportunity for members to meet and find out about our activities. We will also have a talk by two hikers who have completed the Appalachian Trail last summer. One is a SEM member and the other a Boston member who leads for SEM. Come and hear their stories about the AT. (If any others have completed the AT and want to share your stories please contact us and let us know. The more stories the better!) . We will conclude our day with conversations over a *pot luck supper* and then be on our way.

So address  your registration info to the below by May 1 st

Mike Woessner
 P.O. Box 120
 Wrentham, MA 02093

_____ kids at \$2 each = _____

_____ adults at \$4 each = _____

_____ *Name* _____ *Email address*

_____ *Address* _____ *Phone Nuumer*

**SOUTHEAST BREEZE
SUMMER ISSUE (JUNE/JULY/AUG)**



Abram Falls - Smoky Mountains

Reminder: If you haven't done so you should sign up for the SLM short notice email list. Go to www.amcsem.org and you will find the signup info. Then you will be notified of any trips that are planned after the publishing date for this Breeze. While you are there check out the website. Our Webmaster Dexter Robinson has done a truly great job of providing information that we can't fit into every Breeze. You will find information on things like how our activities are run, what to bring, links to good information elsewhere on the web, trip photos, how to become a leader (Hint, hint!) Yes, AMC activities are volunteer led. And, like all volunteer groups we are always looking for new leaders. If you enjoy hiking/biking/paddling/skiing with us, think about pitching in and helping us run more activities. You can start by co-leading, then move up as you gain confidence.

We also need people willing to do "behind the scenes" work, from serving on the Board to organizing social events to creating publications like the Breeze and website. If you have a skill we can probably put it to

Chapter website is amcsem.org
New members only -contact Kathy Farren
at membershipchair@amcsem.org
regarding "Membership in a Bottle"



Smoky Mountains

work. If you have a willingness to help out, but feel you might not have a skill we need, trust us, we can teach you to do something that needs to be done. And if you are looking for the opportunity to meet some great people, this is definitely it! Get involved. Contact Anne Chace, this year's Nominating Committee Chair at 508-824-8871 or email her at A.Chace@tmtp.com. SLM truly is a lot of work. But when we finally get the work done, and meet out on the trail/broad/water/snow and actually get to participate with fellow AMCers it's all worthwhile.

Speaking of which, if you've ever thought about climbing the mountains of NH, but were concerned about doing it alone, or thought you didn't know enough to tackle them, look to SEM Mountain Hiking Series, for a good opportunity to get started. See details inside.

And last, but certainly not least, one of my personal favorites-the Evening Hikes. A great "starter" activity, these are typically about two hours long, and sure beat sitting home watching TV. Why not join us, get some exercise, and meet some new people with similar interests? - Bob Vogel, Chapter Chair

CANOE/KAYAK

Chair - Dick Coveney

Miles	Pace/MPH	Risk
AA=11+	1=3.5-4.0 No stops	A=White water Skill required
A=8-10	2=3-3.5 One Lunch Stop	B=Surfing Skill Spray Skirt req'd
B=6-8	3=2.5-3 Three regroupings	C=Wet Exit & Rescue skill req'd
C=4-6	4=2-3 More than 3 regroupings	D=Newbie(Training provided)

We have several **new policies** this year. They result from safety concerns. As of Sept 1, '03, all participants in AMC activities are now required to sign the **AMC waiver form** provided by the leader.

PFD's mandatory in boat all year and MUST be worn Sept 15-May 15. Recommended for all trips. Paddlers participate at their own risk.

What to Bring: In addition to PDF, a complete change of clothes in a dry bag, water, lunch, and sunscreen. Also tow line, paddle float, loud whistle, compass, chart perhaps, spare paddle. Some trips especially in Spring and Fall may require wet or dry suit, or wool and pile clothing suitable for cold water immersion. Cotton is not good on the water. Poly & Acrylics dry much faster and wick better. **NOTE:** The possibility of strong wind and/or rough water may make some trips unsuitable for open canoes or kayaks without spray skirts. Most of our trips which are gentle lacking weather can become difficult with enough wind. Check with the Leader **ALL TRIPS:** Allow time to park, unload and be on the water ready to paddle at 10:30am. Registration is req'd for those trips which don't have directions to the put-ins or are shown as requiring registration. However, if you haven't paddled with us before, or are concerned about the suitability of the trip to your abilities or equipment, please contact the leader, the Chairman or the Co-chairman. Check out www.geocities.com/dickcov/index.htm for up to the minute info. Ex winds, etc.

Wed Jun2-Herring River, B2D Beautiful trip thru Salt Marsh to W. Reservoir. From W. Rt 6 to Exit 9(134) S to Rt 28 L go over Herring River Bridge. Park. E side of Herring River Bridge on S. side of Rt 28. From E. Rt 6 take Exit 10 S taking Rt 124 to Rt 39 to Rt 28. L Nancy Wigley 508-548-2362 7-9pm;nrwigley@cape.com
Sat. June5 Mashpee River, B3C E. on Rt 28 from Mashpee rotary to R. on Quinaquissett Ave. Mashpee

Neck Rd to Launching ramp. L Ed Foster 508-420-7245;erfoster@comcast.net

Wed. Jun 9 -Palmer River-Tidal River-B3C L Rick McNally nrjmcnally1@juno.com;508-965-9892

Sat. Jun12-Toby's Island -A3A Eel Pnd, Back River . L Gifford Allen;giffallen@verizon.net;508-563-3852

Wed. Jun16-West Island-A2B. 195 in Fairhaven to 240 S. Cross Rt 6 straight onto Sconticut Neck Rd. abt. 1.7M to Seaview, L down to ramp. L Don Savino donsavino@webtv.net;508-295-4562

Sat. Jun19-Swan River -C4D Winding River w/ pretty Marsh, hummocks. L Max;msarazin@capecod.net;508-255-8379 Clipper Ln off Upper County Rd to landing

Wed. June23-Lewis Bay, Hyannis-B3C-Fast current in channel, pretty marsh and coves. Berry Ave. S off Rt 28 , go .07 M R onto Hampshire Ave. about 100 yds to Parking on L. L Dick Coveney 508-548-6821;dickcoveney@adelphia.net

Sat. June 26-Ockway Bay-C3C Fr: Mashpee Rotary on Rt 28 S. on Great Neck Rd for 2.6 mi to L at Ockway Bay Boat Lndg. L Art Hart 508-888-2847;ajhart@webtv.net

Wed. June 30-Monomoy-B3A Call L Dick Coveney for registration & directions.508-548-6821

Wed. June 30-Walker Pond-C3D Santucket Rd from Rt 6A at blinker to L. on Slough Rd to town Indg. At S. end of Walker Pnd. L Janet DiMattia 508-394-9064;jdimattia@earthlink.net

Sat. July 3-Barnstable Harbor-A3B-Exit 8 N from Rt 6, cross 6A, bear onto Center St. at Cemetary & continue to parking at end. L Ed Foster 508-420-7245 erfoster@attbi.com

Wed. Jul 7-Onset -West River to Onset Bay to marshes & creeks on flowing tide. Exit 1 off Rt 25 in Wareham cross 6W/28N to 6E/28S to R on Main Ave. .2 M to L onto Riverside Drive. Park on grass at beach. L Don Savino;508-295-4562;donsavino@webtv.net

Wed Jul 7-Swan River-C4D L Janet DiMattia see info on June 19

Sat Jul10-Back River - call L Dick Coveney;508-548-6821;dickcoveney@adelphia.net

Wed. Jul 14-Pleasant Bay-A3B Mtg House Pnd Orleans L Peter Selig 508-432-7654;pandmselig@hotmail.com

Sat July17-Mashpee River -see June 5th L Ed Foster

Wed. July 21-Charles River-B4D -call L Art Hart for info 508-888-2847;ajhart@webtv.net

Sat. July24-Marion Harbor -A2B-call L Dick Coveney for info. 508-548-6821;dickcoveney@adelphia.net

Wed. July 28-Follins Pond-B3C- Mayfair Rd off Old Bass River Rd to Follins Pond to pkg at end. L Janet DiMattia 508-394-9064;dimattia@earthlink.net

Wed. July 28-Monomoy-B3A- See June 30th

Sat. July 31-Pinquickset Cove-Cotuit-B3C- S on Main St. off Rt 28 just E of Rt 130. R onto School Street. L onto Crockers Neck Rd. which becomes Santuit Rd. Go 1 M to town Indg R. Unload at landing & park along road. L Ed Foster 508-420-7245;erfoster@attbi.com (see page 5) cont.

HIKING AND BACKPACKING

Chair- Patrick Holland 781-925-4423

hikingchair@amcsem.org

MILES	PACE/MPH	TERRAIN
AA=13+	1=Very Fast/2.5	A=Very Strenuous
A=9-13	2=Fast/2	B=Strenuous
B=5-8	3=Moderate	C=Average
C=<5	4=Leisurely	D=Easy

Hikers unsure of their ability should try only one level higher than previously completed. Note: No Pets without permission of Trip Leader. Individuals under 18 must receive consent from leader.

Introduction to the Mountains

Always wanted to hike in the White Mountains? But felt they were out of your reach? This summer we have a series of hikes for people who've never hiked in the NH mountains or are new to hiking in general. We'll start with a local hike in the Blue Hills and end with a hike up Mt. Liberty in NH. The hikes will progress in difficulty but will never be too extreme. Of course all are welcome, not just beginners. For more information call the Hiking Chair, Patrick Holland 781-925-4423 7-9pm pat.holland@twbg.com

Sat June 12th Quitticus Middleboro B3C

Mostly flat hike along Lake Quittocus on land recently opened to the public. Reg. With L Elsie Laverty 508-823-0632 (before 9pm) Elavmac@tmlp.com CL Charlie Farrell 508-822-2123

Sun. June 6 Bay Circuit Trail B3C

Hike from Pembroke to Duxbury/Kingston on this recently completed trail Reg w/L Anne Chase 508-824-8871 7-9pm A.Chase@tmlp.com

Wed. June 9th Hike Planning Meeting 7pm

Middleboro, MA We'll be working on the Sept-Nov. hike schedule. All are welcome, not just leaders, and there's pizza! For directions or more info, contact Pat Holland 781-925-4423 6-9pm pat.holland@twbg.com

Sat June 26 Intro to the Mountains Series #1 Blue Hills Reservation, Milton B3B-C The first hike in the Summer mountain hiking series. Get a feel for what it's like hiking with significant elevation gain and loss, talk about what you need in your pack and why, etc. L Erika Bloom 508-996-3290 before 9 pm, ebloom1@comcast.net CL Patrick Holland 781-925-4423 6-9pm pat.Holland@twbg.com

Sun June 27 Franconia Ridge (AA2A) Hike the entire Franconia Ridge. We will climb Flume Slide to Mt

Flume and then hike across the Franconia Ridge over Mt Liberty, Little Haystack, Mt. Lincoln, Mt Lafayette, and finally descend via the Old Bridal Path. Reg. w/leader Paul Vermette 603-566-0881; pjvermette@yahoo.com
Fri-Mon Jul 2-5 Maine AT Backpack (AA3B). Hike the AT in the Rangeley-Stratton area of Maine between Rts.4&27. We will try to summit as many Maine 4000 footers as possible along the way. Experienced, in-shape backpackers only. Limited to 6. Reg. w/ L. Dexter Robinson, 781-294-8840, 7-9pm (dexsue@comcast.net), CL. Anne Chace, 508-824-8871 (7-9pm)

July 8th Wrentham State Forest C4C

Leisurely walk through Wrentham State Forest. Some small peaks with views of Boston Reg. w/L Mike Woessner 508-577-4879 6-9pm stridermw@hotmail.com
CL Fred Youst FEYIAM@hotmail.com

Sat July 10 Intro to the Mountains #2 Mt Cardigan, NH B3B For a smaller mountain, Cardigan has the look & feel of a much higher peak. Great views from the exposed summit. Reg w/L Dave Bennett 508-222-6943 7-9pm dbennett62@comcast.net CL Elizabeth Balachek 508-759-1320 7:30-9pm ekbesq@earthlink.net

July 10 The Bonds and Mt Zealand (AA2A) 20 mile Hike!!!! From the Lincoln Woods parking area up and over Bond Cliff, Mt. Bond, West Bond, and Zealand Mtn., and out to the Zealand Hut parking area via the Wilderness trail Bondeliff Tr, Twinway, and Zealand Tr. Register w/leader Paul Vermette 603-566-0881; pjvermette@yahoo.com

July 17-18 Lonesome Lake Trail Work, NH

See Trails section, if you haven't gone on one of our work weekends-you don't know what you're missing.

Sat July 31 Intro to the Mountains #3 Mt Esienhower

B3B The first 4000+ footer! Some decent elevation gain on this one but views from the summit are worth the effort Reg w/L L Patrick Holland 781-925-4423 7-9pm pat.Holland@twbg.com CL Dexter Robinson, 781-294-8840, 7-9pm dexsue@comcast.net

Sat. Aug 14 Intro to the Mountains #4 Mt Liberty, NH

A3B Intro to the Mountains #4 The last of the series and one of the best hikes in the White Mountains Reg w/L Dave Bennett 508-222-6943 7-9pm dbennett62@comcast.net CL Pauline Jordan 508-676-5146 (after 9pm) Hirst30@AOL.COM

August 5th Evening hike in the Blue Hills, C 3 B. Climb Great Blue for great views of Boston and surrounding area. L- Mike Woessner 508-577-4879 CL- Fred Yost.

Sat-Sun Aug 28-29 Great Gulf Backpack (A3B). Great Gulf trail to Spaulding Lake. Climb to Gulfside trail with possible climbs of Mts. Clay and Jefferson. Experienced, in-shape backpackers only. Group size limited to 8. Register with L. Dexter Robinson, 781-294-8840, 7-9pm (email for info: dexsue@comcast.net), CL Barbara Leland, 508-295-9745, 7-9 pm

HIKING AND BACKPACKING, continued

(barbaralend@comcast.net), C.J. Risk Fordyce 508-450-0268, 7-9 pm)

Rock Climbing

To register or to obtain more information on any climbing activities contact John Pereira at 508-254-8303 or rockclimbing@amcsen.org. All activities will be led by John Pereira who has completed an AMCA approved Top Rope Instructor Training program. All activities require participants to provide their own harness for all top roping and intro to sport climbing activities. All activities have the possibility to be canceled due to weather or any other acts of God.

Beginner's Top Roping

Activity will be held every last Saturday of every month. This activity will reinforce fundamental climbing skills to those who would like to learn how to rock climb.

June 26, July 31, August 28

Top Roping

Activity will be held every first Saturday of every month. This activity is intended for those who have some experience in rock climbing and are looking to get out and climb with other people.

June 5, July 3, August 7

Intro to Sport Climbing

August 21

Co-leader Training

The training activity is being conducted for those individuals who would like to volunteer their time to co-lead climbing trips, with the potential of leading a trip in the future.

June 12

TRAILS

trailschair@amcsen.org

Sat. June 5-National Trails Day-Bentley Loop at Myles Standish State Forest. Be part of the annual event! Last year was an outstanding success, lets make this year even bigger! Arrive 9:30am at rangers station for a day of work followed by a barbeque. Put this one on your calendar now so we can have a really big turn out. This is part of a nation wide event! For more information or to register contact Leaders Lou 508-678-3984 7-9pm or Pat 781-925-4423 7-9pm pat.holland@twbg.com

AMC Activities Risk Statement: Activities listed here involve varying degrees of danger. When you participate in these activities, you should be prepared physically and mentally, and equipped with appropriate gear. You should be aware of the risks and conduct yourself accordingly. Volunteer trip leaders are not responsible for your safety; you are. Before registering for any activity you should discuss your capabilities with the trip leader. To participate in chapter activities, individuals under age 18 must be accompanied by a parent or responsible adult, or obtain prior consent from the trip leader. Those accompanied by a minor are responsible for the minor's actions.

July 17-18 Lonesome Lake Trail Work - Summer cleanup on our adopted trail. Active Friday night, work all day sat, w/ possible half day on Sunday. Dinner at a restaurant Sat night provided and lunch and breakfast at the campsite. Reg w/ Leaders Lou Sikorsky 508-678-3984 7-9pm or Patrick Holland 781-925-4423 7-9pm pat.holland@twbg.com

CHAPTER HUT NIGHT 2004-THE HIGHLAND

CENTER OCT 29-30



JOIN US FOR HALLOWEEN WEEKEND IN CRAWFORD NOTICE: HIKE UNDER A FULL MOON ON SAT. NIGHT! BUNK SPACE IS LIMITED SO REGISTER EARLY! COST IS \$45 PER NIGHT FOR ADULTS, \$25 PER NIGHT FOR CHILDREN. DINNER, FRIDAY BREAKFAST AND DINNER SAT AND SUNDAY BREAKFAST ARE INCLUDED. TO REGISTER OR FOR MORE INFO CALL PATRICK HOLLAND 781-925-4423 6-8PM PAT.HOLLAND@TWBG.COM

Fall Gathering

The Fall Gathering will be hosted by the CT Chapter this year at the YMCA Camp in Woodstock, CT. Oct 22-24. Contact Carolyn Olsen, Co-Chair Fall Gathering Committee, CT chapter

For Sale

Since our knees won't let us backpack any longer, we have four good Therm-A-Rest air mattresses and a 2-man Eureka backpack tent to sell. All are in good guaranteed condition. We will accept the best offer. Contact messervcs@comcast.net



CANOE/KAYAK CONTINUED**Wed. Aug 4-North River -Pretty historic River-A3C**

Call L Dick C. 508-548-6821; dickcoveney@adelphia.net

Sat. Aug 7-Gull Pond-B3C-Wellfleet R on Gull Pond

Road from Rt 6.L at Stone marker down to water. Bring something to toss on grill(provided) L Max Sarazin 508-255-8379;msarazin@capecod.net

Wed. Aug 11-Monomoy-B3A-see June 30th

Sat. Aug 14-Pleasant Bay-A3B- Call L Peter Selig 508-432-7654;pandmselig@hotmail.com

Wed. Aug 18-Pocasset River-C2C-North End of Bridge on County Rd., prk on E side, launch on W side. L Dave McGlone 508-385-6314;dmcglone@capecod.net

Sat. Aug 21-Cotuit Bay B3C -Rt 28 to south on Putnam Rd at traffic light. 1.9 mi to Old shore Rd and Town Lndg L Ed Foster 508-420-7245;erfoster@attbi.com

Wed. Aug 25-Slocum River D2D- Call L Rick McNally for more info 508-965-9892;nrijmcnally1@juno.com

Sat. Aug 28-Leader's Choice - Call Dick Coveney 508-548-6821;dickcoveney@adelphia.net

***Annual Summer Picnic
Fun for everyone***

Saturday - Aug 14, 2004

Colt State Park in Bristol, RI

www.riparks.com/colt.htm

***9:00am-Organized morning activities
include:hiking/walking,
biking and paddling. The
East Bay Bike path is
nearby for rollerblading.***

***1:00pm-The cookout begins at 1:00
pm with games and a camp
fire to follow until ???***

*Sign up by sending the registration form and
your check to:*

*Louise Anthony
11 Long Plain Road
Mattapoisett, MA 02739*

*Contact: Louise at 508-758-4215 or
lpanthony@yahoo.com for any questions*

Number of Adults @ \$6 pp _____

Number of Children @ \$4 pp _____

Names _____

Address _____

email address _____

phone number _____

EDUCATION

*Chair - Laura Smeaton
education@amcsem.org*

- Advance notice : Wilderness First Aid (WFA)
Training from SOLO

When: Saturday-Sunday, October 23-24, 2004

Where: YMCA Camp Lyndon, Sandwich, MA

Why ? : To maintain your leadership status (if applicable), or to develop and practice skills needed to confidently handle accidents or emergencies when definitive care is more than 1 hour away.

Cost: Partial to full scholarship reimbursement available for current SEM/AMC leaders.

AMC members (\$130/\$150 for commuting/overnight), non-members add \$20 (overnight includes accommodation and meals)

Course limited to 30 participants

Registration deadline: earliest of October 6,2004 or when class is filled

To register and reserve your place: Send a check payable to SEM-AMC with your contact information (including email address and phone number) to Laura Smeaton at 28 Sheffield Road, Roslindale, MA 02131.

For more information: Read the course description at <http://www.soloschools.com/wfa.html>, or email education@amcsem.org with questions.

- Looking for an opportunity to help the SEM/AMC chapter out 'behind the scenes'? We can use your expertise as the Education committee vice chair!

We are looking for a volunteer to help with education and training activities as the chapter Education committee vice-chair. This person serves as an assistant to the Education Chair to help organize and run chapter leadership training, wilderness first aid training, and other training opportunities or events. This is an ideal position for someone who has enjoyed leading trips in the past, and is looking for a different (or additional!) way to contribute to the chapter and to the AMC. If you are interested or just curious, please contact Laura Smeaton at education@amcsem.org or 617-323-6727 (6-10pm).

SAFETY AND GROUP RIDING TECHNIQUES

- **Helmets are positively required**
- Water consumption is necessary.
- Hand Signals - Be clear and use the most acceptable signals:
 - Pointing with right or left hand in the direction of the turn.
 - Open palm down at left side indicates Slow Down/ Stopping.
- Always ride with traffic. Maneuver like any other vehicle. Stop at red lights and stop signs, use turn signals, etc. This makes bicycle behavior predictable to motorists.
- Ride 1'-2' from the edge of the road but don't move too close to the edge of the pavement. However, it may be impossible to do this and avoid traffic on narrow New England roads.
- Indicate road hazards to riders following behind by pointing and yelling.....loose, broken surfaces, potholes, sunken drains, glass, expansion joints in bridges, wet leaves, dogs, turning traffic, railroad crossings, parked cars, etc.
- Always cross RR tracks very carefully at a 90 degree angle.....or walk!
- Ride double only on low-traffic back roads (which there are too many in New England). If a car approaches, to avoid confusion among fellow riders, use a consistent rule ie, rider closest to center of road drops behind other rider.
- Practice looking behind without swerving or use mirrors.
- Don't ride too close! Leave at least 4' between bikes.
- Always pass another rider or pedestrian on their left and signal ahead with "on you left"
- As cars approach the rear of the line, the sweep rider yells forward "Car Back" and each rider passes it along up the line.
- 6' over or 6' under rule. Whenever you stop on the road, get your bike at least 6' off the road. This leaves room for subsequent bikes to stop too, without eventually blocking the roadway.

- To cross traffic for a left turn, the lead rider signals a left turn and switches lanes to turn. Each following rider, in order, should check for overtaking traffic, then signal and make his/her turn. Don't stagger forward and back riders... this is dangerous for bikes and frustrating for motorists.
- A rider who does not feel confident making the turn in order should pull decisively off the road and wait for the other riders to complete the turn. Allow the overtaken traffic to pass before getting back on the road and making the turn when traffic has cleared the intersection..
- Increase visibility by wearing bright colors, fanny bumpers, reflectors, etc.

PUBLIC RELATIONS ON THE ROAD

- There's much to be gained from a cooperative attitude toward motorists. If you consistently obey traffic rules, you're showing respect for them and the road and they are more likely to respect your rights, too.
- A slight turn of the head lets overtaking motorists know that you're aware of them and indicates that it should be safe for them to pass you.
- Give them a hand gesture when it's safe for them to pass you on a narrow, curvy road where the line of sight is limited.
- Consistently obey the rules of the road.
- Don't block doorways, driveways or sidewalks with parked bikes. This is especially important in large groups.
- Don't lean bikes against store windows or gas pumps.
- Ask to use the restrooms.....in smaller groups

SUGGESTED TOOLS

Tire iron, Spare tube, Patch kit, Pump

More tools would be recommended on extended rides

BIKE SAFETY CHECKLIST (details upon request)

Helmet, Water Bottle, Gloves, Personal identification
Tires (front and rear), Rims, Spokes, Hubs/Fork Ends
Handlebars and Stem, Brakes (Front and rear), Pedals
Crankset, Chain and Rear Cluster, Front Shifter, Rear Shifter, Frame

BIKING

Chair -Denise Malenfant
bikingchair@amcsem.org

Inflated tires/water necessities. Spare tube/pump helpful. Beginner rides: mostly flat, 15-18 mi @ 10-12 mph pace Intermediate rides: some hills, 25-35 mi @ 13-16 mph pace. Call or e-mail leaders before 9pm to register and match rides with abilities.

DISTANCE	PACE/MPH	TERRAIN
AA=50+	1=17+	A=very hilly
A=35-50	2=13-16	B=hilly
B=25-35	3=11-13	C=rolling
C=<25	4=UP TO 11	D=flat

Sun. June 13 - Plainville to the Cumberland Hill - by special request. Another quiet semi-rural scenic ride through back roads over hill and dale. A 2.5 B. Contact L Nancy Beach 617-899-5285 nanclam@yahoo.com

Sat. June 19 - Metric Century (62 miles) probably in the Rochester area but leader will opt for another area if interest is stronger. AA2B. Contact L Paul Currier by June 15th for location information pbencurrier@hotmail.com. 508-833-2690. E-mail preferred.

Sun. June 27 - Rochester Center to Berkley w/ Ice Cream stop at Eastover Farms. Nice ride through lakes and quiet wooded areas. Rochester-Freetown-Berkley-Lakeville, 43 miles. A2C. Contact L Jack Jacobsen 508-993-0450; CL Paul Currier pbencurrier@hotmail.com. E-mail preferred.

Sun. July 11 - Rehoboth without rain this time. Yes, quiet semi-rural scenic farms and dams, ducks and golf courses. A2C. Contact L Nancy Beach 617-899-5285 nanclam@yahoo.com

Sun. July 18 - Mattapoisett/Acushnet/Lakeville/ Rochester. Pleasant ride through scenic lakes areas and quiet back roads. Stop at Ned's lighthouse in Mattapoisett Harbor. 43 miles. A2C. Contact L Jack Jacobsen 508-993-0450; CL Paul Currier pbencurrier@hotmail.com. E-mail preferred.

Sun. July 25 - Wellfleet to Provincetown including Race Point. AA2B. Contact L Paul Currier pbencurrier@hotmail.com. 508-833-2690. E-mail preferred.

Sun. July 25 - Westport. Adorable seaside town with spacious farms and abundance of wildlife with gentle ocean breezes. B2C. Contact L Charlie Sullivan 508-678-4464.

Sun. Aug 1 - Duxbury. Few rolling hills, highlights include Powder Point beach, Myles Standish Monument & cranberry bogs. Start at 9:00am. A2B/C. For location, contact L Walter Mark 508-884-8185, wlfmark3@aol.com.

Sun. Aug. 8 - Watertown, Cambridge, Boston, Allston, Newton. Charles River loop, circling the widest part of the river. Easy paced ride with water views and stop for lunch at Cambridge Galleria Mall. C3C. Contact L Frank Clouse, 617-469-4479 7-9:30pm.

Sun. Aug 15 - Plympton. Mostly flat ride with some rolling hills around ponds and bogs in Lakeville, Freetown & Middleboro. Start at 9:00am. A2C/D. For location, contact L Walter Mark 508-884-8185, wlfmark3@aol.com.

Sun. Aug 22 - Eastham Visitors' Center. Ride will include Eastham, Wellfleet Harbor, Wellfleet by the Sea, Cohoon & Newcomb Hollow Beaches. A2B. L Paul Currier pbencurrier@hotmail.com. E-mail preferred.

WHAT'S NEW? WHAT'S NEW? WHAT'S NEW? WHAT'S NEW? Please check the "Short Notice Trips" for news about **training rides** between Brewster and Wellfleet (the Lower Cape) with Leader Kyle Durborow. Rides will average 12 mph for 13-20 miles. For further information, contact Kyle 508-255-7281. kyled@gis.net.

**2004 Tuesday Evening Summer Bike Rides
LEADERS/CO-LEADERS ARE NEEDED - CONTACT
PAUL CURRIER**

**Be pumped (you and your tires) and ready to leave at
6:00pm.**

**C3C (occasionally C3B - Sagamore & Scargo)
Helmets required**

**Leader Paul Currier - email preferred:
pbencurrier@hotmail.com**

or 508-833-2690 8:00am to 8:00pm

June 1 - Rock Harbor, Orleans: Meet at harbor parking lot at end of Rock Harbor Road off Orleans Rotary. Ride into Eastham to First Encounter Beach.

June 8 - North Falmouth Library: Meet at library on left at W end of Rte 151. Falmouth coastal ride.

June 15 - Nickerson State Park, Brewster: Meet at main entrance to park on Rte 6A. Ride on quiet park roads and bike path and Cape Cod Rail Trail.

June 22. - Cotuit: Meet at new Stop & Shop parking lot at Rte. 28 and Putnam Avenue. Scenic Cotuit ride.



Southeastern Massachusetts Chapter
APPALACHIAN MOUNTAIN CLUB
5 Joy Street
Boston, MA 02108

Non-Profit Organization
U.S. Postage
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Taunton, MA 02789-9998
Permit No. 511

June 30 - Yarmouthport: Meet at Gray's Beach parking lot at the end of Centre Street off 6A for coastal area ride.

July 6 - Chatham: Meet at old A & P parking lot on Rte. 28 at Crowell Road for scenic Chatham ride.

July 13 - Falmouth Shining Sea Bike Path: Meet in Falmouth at parking lot on R on Woods Hole Road, ride to Woods Hole and Quisset Harbor.

July 20 - Dennis: Meet at Town Hall parking lot on Old Main Street. Ride to Dennis beaches and Scargo Tower.

July 27 - Craigville Beach: Meet on Rte. 149 (exit 5, Route 6) just south of Rte. 6.

Aug. 3 - Eastham Visitor's Center: Rte. 6 from Orleans Rotary north to Visitor's Center on right. Ocean Beaches, Rail Trail, Marconi Site.

Aug. 10 - North Falmouth Library: Meet at library on left at W end of Rte. 151. Falmouth coastal ride.

Aug. 17 - South Cape Area: Park in Commons Lot at far end past the Star Market (across Rte. 28 from gas station). Just off the Mashpee Rotary. Turn off Rte 28 into Mashpee Commons and turn left to end.

Aug. 24 - Rail Trail, Yarmouth: Rte. 134 (Rte 6, exit 9), meet at head of Cape Cod Rail Trail. Ride to Fisherman's Landing in Brewster.

Aug. 31 - Cape Cod Canal, Cape side: From Shore Road in Bourne, take Bell Road to RR bridge canal parking lot. Ride to Mashnee Island and along Canal.

FULL MOON RIDES

Contact Paul Currier: **email preferred**
pbencurrier@hotmail.com or 508-833-2690 or watch Yahoo site for time and location.

Conservation Corner

Is all recycled paper the same?

- ◆ If the recycled paper is made from Post Consumer Waste, it is made from used paper like old newspaper and computer paper.
- ◆ Some recycled paper is made from scraps left over after other paper products are manufactured. This recycled paper is not made with post-consumer waste. These manufacturing scraps have always been reused by paper manufacturers.
- ◆ To save the planet, consider buying paper containing Post Consumer Waste.

Louise Anthony-Conservationchair@amcsem.org

Full Moon Cape Hike

Thurs. July 1 Chatham Harding Beach / Lighthouse:
From Rt 28 in West Chatham, take Barn Hill Road at sign for Hardings Beach. Bear Right on Hardings Beach Rd. Park at end. L-Peter Selig 508-432-7656

THE SOUTHEAST BREEZE



Bigelow Preserve

DEC/JAN/FEB ISSUE

*Newsletter of the Southeastern Massachusetts
Appalachian Mountain Club*

*New members only: contact Kathy Fallon at
membershipchair@amsem.org regarding
"Membership in a Hurry"*

Greetings from the Chair

Hello and welcome to all SEM members! I am very excited about the opportunities that the next year presents, and am honored to serve as your chapter chair. I invite all members to join a chapter activity this winter. Winter X-C skiing, snowshoeing or hiking, and biking are great ways to shed those holiday pounds (and keep them from appearing in the first place!), bear the winter "blues" and meet new friends. If you are new, or are unsure about how to sign-up for an activity or which activity might be best for you, please feel free to contact me (chair@amsem.org or 617-323-6727), or any board member (all activities are represented on the board). All activity chairs' contact information is available on the chapter website (www.amsem.org), and additionally under the activity headers in this newsletter. I personally look forward to seeing you on a SEM activity soon...

Highlights for SEM Winter Events and Activities:

The Hiking Committee is holding another annual Winter Hiking Series. See the hiking section for events being held over the next few months that are geared towards

those new to hiking during the winter. Winter is "the" season for the Ski Committee. There are many different X-C events including instruction for those wanting some extra guidance, and day and overnight weekend options both near and far. The Chapter Winter Festival, scheduled for Sunday, February 13, will bring together both these events to highlight that the outdoor recreation isn't hampered by cold, chill, snow or ice. The November AMC Outdoor magazine was right when they said that summer is not the only "in"-season on the Cape. Avoid the crowds (and the bugs – the insect variety in this case!), and enjoy a stroll or a more vigorous jaunt around the Cape – see the Cape Hikes section for details.

As snow is hard to predict in this part of the world, keep up to date with short notice trips. We anticipate local snowshoe and X-C ski events will take place in the case of sufficient snowfall. Sign up for the short notice list from the chapter website: www.amsem.org, so that you don't miss out!

White Mountain National Forest Comment Period:

DON'T MISS THE DEADLINE: December 16, 2004 for your opportunity to tell the federal government how you would like the White Mountain National Forest to be run for the next 10-15 years. The public comment period for the WMNF Forest Plan revision, and your chance to have your opinion voiced, is almost over. Three issues under consideration include wilderness and roadless

areas, ATV (all terrain vehicle use) within the WMNF, and timber and wildlife management. While our chapter does not encompass the WMNF, many of us recreate, vacation, and spend our precious free time in this very special place. The AMC website, at <http://www.outdoors.org/conservation/wmnf/>, has more information about the draft plan. Comments may be sent directly to wmnfplan@fs.fed.us. Alternatively, letters can be mailed to Forest Plan Revision, White Mountain National Forest, 719 Main Street Laconia, NH 03246.

Chapter Annual Meeting:

A crowd of old-timers and newcomers alike joined for dinner and conversation at the Chapter Annual Meeting on Saturday, November 6 at Rachel's Lakeside in Dartmouth MA. We learned about the flora and fauna of the Islands of Seychelles in the Indian Ocean, courtesy of invited speaker Chris Jacobs. AMC staff member Brian Wentzell, distributed White Mountain National Forest Comment Cards. In a raffle from completed comment cards, 2 attendees won AMC publications! However, the focus of the annual meeting was an opportunity to recognize outstanding volunteers, leaders and members of the chapter. Longstanding members (25 and 50 years) and outgoing executive board members were recognized and congratulated. A definite highlight of the evening was honoring Bob Bentley with the 2004 Distinguished Service Award. Finally, annual reports were distributed (see the chapter website for an on-line version), and the 2005 Executive Board was voted and approved.

I would like to take this opportunity to introduce you to the rest of the 2005 Executive Committee of the SEM chapter: Mike Woessner (Vice Chair), Linda Cronin (Secretary), Bill Ruel (Treasurer), Maura Robie (Conservation), Kathy Farren (Membership), Denise Malenfant (Biking), Heidi Moss (Cape Hikes), Dick Coveney (Canoe/Kayak), Patrick Holland (Hiking), Walter Mark (Ski), and Lou Sikorsky (Trails). I am very honored to be working alongside this group of talented individuals who bring so many skills (and hours!) to making your chapter the best it can be. Some of you might notice that the list above does not include Education and Communications chairs. The Board plans to vote on a candidate for Education at the November meeting. However, the valuable position of Communications chair is still open. If you are looking for a way to volunteer and contribute to the chapter in a vital role, please consider this position. One of the Communications chair's key responsibilities is the publication of this newsletter. If you are interested, please contact me either at 617-323-6727 or via email at chair@amcsem.org.

AMC Club-wide events:

The Club's annual meeting will be held in Waltham, MA on Saturday, February 5. I will be there, representing SEM at the Chapters Committee. There will be many different speakers and information sessions – check the AMC website for details.

Chapter Chair – Laura Smeaton

More Events

Summit 2005: AMC Annual Meeting

Saturday, February 5, 2005

Westin Hotel, Waltham, MA

Open to all AMC members and friends. Join us for a dynamic day of fun filled activities, our annual business meeting, and committee events. This year's afternoon workshops include a SOLO program on wilderness medicine and outdoor leadership, yoga for outdoor enthusiasts, discovering the international section of the Appalachian Trail, peak bagging strategies, an expert talk on restoring the Upper Charles River, AMC's air quality monitoring program, a HandMade in the Northern Forest program, book signing by the legendary Brad Washburn and more. The evening will include reception, dinner and keynote speaker, renowned mountaineer, Mark Richey. For more information call 617-523-0655 ext 309.

Naturalist Training

You are invited to attend a weekend workshop conducted by Audubon-Wellfleet and sponsored by the Narr. Chapter, Conservation Com. Leaders from other chapters are welcomed to attend. The focus is on conducting successful shore walks. The ducks or seals may not always be around and the wind may be too strong for migrating birds on the day of the walk but there is still plenty to talk about. Audubon will provide illustrated lectures on ducks and birds as well as Beach Combing 101: shells, crabs, common invertebrates. The afternoon walks on both Bay side and sea side (National Sea shore) will include these subjects as well as natural history and other related subjects that participants may want to explore. The instruction will begin at 10am Saturday and end around 3pm on Sunday. There is a fee of \$30 for instruction. Limited Sat. evening lodging (simple) is available at Audubon. The alternative is local motels offering a range of amenities. I am in the process of negotiating special rates. Dinner Saturday and breakfast on Sunday will be "Dutch" at local restaurants. Audubon will provide the lunch on Sunday. Please contact me for complete details. email jschempp1@msn.com

HIKING AND BACKPACKING

Chair- Patrick Holland 781-925-4423

hikingchair@amusem.org

MILES	PACE/ MPH	TERRAIN
AA=13+	1=Very Fast/2.5	A=Very Strenuous
A=9-13	2=Fast/2	B Strenuous
B=5-8	3=Moderate	C Average
C=<5	4=Leisurely	D=Easy

Hikers unsure of their ability should try only one level higher than previously completed. Note: No Pets without permission of Trip Leader. Individuals under 18 must receive consent from leader.

Wed Dec 8th Hike Planning Meeting 7pm Middleboro, MA We'll be working on the Mar-May schedule. All are welcome, not just leaders. Contact: Patrick Holland 781-925-4423

Sat Dec 11 Winter Hike Series # 1: Blue Hills (B2B) Intro to winter hiking. Discuss gear and cold weather issues. Reg w/L Mike Woessner 508-577-4879 6-9pm studermtw@hotmail.com CL Reg w/L Laura Smeaton 617-323-6727 7-9pm laurasm Eaton@mac.com

Sun Dec 18th Worlds End Reservation, Hingham MA (C4D) Take a break from the holiday madness. Leisurely stroll in one of the S. Shore's hidden gems, landscaped by Frederick Law Olmstead. \$4.50 entrance fee. Reg w/L Patrick Holland 781-925-4423 (7-9pm) pat.holland@aoltwbg.com CL Bill Ruel 781-589-3321 (7-9pm) campberbill824@aol.com

Sat. Jan 8th Winter Hike Series #2 Mt Potasi (B3C) Easy hike with great views from the exposed ledges. Good beginner winter hike. L. Walter Wells 508-279-1963 waltandlinda@comcast.net CL Bill Ruel 781-589-3321 (7-9pm) campberbill824@aol.com

Jan 15th-16 Caribou Mt Backpack, ME (B3B) Explore a remote area of the White Mts. near Evans Notch. Superb views from the summit. Previous winter hiking experience & full winter gear req. Reg w/L Patrick Holland 781-925-4423 (7-9pm) pat.holland@aoltwbg.com CL Walter Wells 508-279-1963 waltandlinda@comcast.net

Fri-Sun, Jan. 21-23 (H3R) Winter hiking in Vermont. Camel's Hump on Sat.; Mt. Hunger on Sun, Stay Fri. and Sat. night at kaders cozy cabin in Washington, Vt. Previous winter hiking experience and full winter gear required. Appx. Weekend cost: \$15 covers one dinner and two breakfasts. Group size limited to 6. Register with L. Dexter Robinson, 781-294-8840 e-mail dexsue@comcast.net, (7-9 pm), CL Paul Vermette, 603-566-0881 pjvermette@yahoo.com

Sat/Sun - Jan 29th-30 Berkshires Notchview Reservation Windsor, MA. Here's your opportunity to snowshoe & X-C ski (try one or both!) on the same trip. Notchview, located at 2300 ft, has over 3,400 acres (and 35 km of skiing trails) to explore. Planned to run in conjunction with X-C ski trip led by Barbara Hathaway (please refer to ski trip section). Other options are nearby Buck Stuep Manor or Stump Sprouts, depending on conditions. Rentals available at the latter locations. Reservations Sat at rustic Remington Lodge are exclusive to our group. Cost of \$65 is for bunk accommodations & shared baths. It includes happy hour & dinner Sat night, breakfast & a packed trail lunch Sunday. Register by Jan 9th by contacting: Laura Smeaton 617-323-6727 7-9pm laurasm Eaton@mac.com CL Sue Chivarelli 508-252-4166
January 29 Franconia Ridge (A2A) Hike the Franconia Ridge. We will climb Falling Water Tr. across the Franconia Ridge over Little Haystack, Mt. Lincoln, Mt. Lafayette, and finally descend via the Old Bridal Path. Register w/leader Paul Vermette 603-566-0881; pjvermette@yahoo.com or to leader Erika Bloom 508-



996-3290 before 9 pm; ebloom1@comcast.net

Sat. Feb 12th Winter Hike Series #3 Mt. Tom (B3B) The 1st 4000 footer of the winter intro series. Moderately strenuous w/decent views and Grey Jays at the summit. Reg w/L Erika Bloom 508-996-3290 before 9 pm; ebloom1@comcast.net CL Bill Ruel 781-589-3321 (7-9 pm) campberbill824@aol.com

Sun Feb 13th Winter Festival Borderland State Park
Sat-Sun Feb 26th-27th Lincoln Woods Winter Car Camp at Hancock (B3C) Perfect first winter campout for those wanting to try it. Nice hike, snowshoe along old logging railroad. Fast Branch on the Pemigewasset River. Reg L. Bill Ruel 781-589-3321 (7-9 pm) campberbill824@aol.com, CL Patrick Holland, 781-925-4423 (7-9 pm) pat.Holland@aoltwbg.com

HIKING AND BACKPACKING continued

February 26-Mar 1 Pemi Adventure (AA3B) Four day/ three night hike through the Pemi Wilderness. The hike will start on the Garfield Trail and end at the Lincoln Woods parking area. Possible summit attempts of Garfield, Galehead, South Twin, North Twin, Zealand, West Bond, Bond and Bondcliff. Reg. w/L Paul Vermette 603-566-0881; pvermette@yahoo.com or co-leader Lrika Bloom 508-996-3290 before 9pm; ebloom1@comcast.net.

Sat-Sun Mar 5-6 Mt. Adams/Crag Camp (A2A) Long, strenuous hike with significant time above treeline. We'll spend the night at Crag Camp and hike our Sunday. Previous winter above treeline experience required. Limited to 6 participants. Reg. w/L Patrick Holland 781-925-4123 (6-9pm); pat.holland@twbg.com CL Dexter Robinson 781-294-8840 (7-9pm); dexsue@comcast.net

Sat-Sun Mar 12-13 Winter Hike Series #4 Backpack to Neuman campsite. Winter gear required. May bag a peak. Reg. w/L Bill Ruel 781-589-3321; 7-9pm; camperbill824@aol.com CL Walter Wells 508-270-1963; waltw@comcast.net

Conservation Corner

As my term as Conservation Chair comes to an end, I want to thank all the dedicated SEM members that have helped with conservation projects, joined the Conservation Action Network, and written letters to support conservation issues. It has been a pleasure meeting new people while working on trails and removing litter. Visitors to our trails and beaches certainly benefit from all your efforts.

While the shore of Buzzards Bay is recovering from the oil spill, in the mountains, the gray haze of pollution continues to obstruct the view. The air quality in parts of Southeastern Massachusetts is also reported to be less than ideal. Several members have done their part by volunteering to test the air quality while they were hiking this summer.

All your efforts reminded me of the following Native Alaskan thought: Live Carefully-What you do will come back to you
- Louise Anthony

Spring Gathering at Bryn Mawr Camp and Retreat Center, Honesdale, Pennsylvania, April 29-May 1, 2005
Join AMC members, volunteers and staff for a fun and adventure filled weekend in the beautiful Pocono Mountains. springgathering2005@amcdv.org

AMC Activities Risk Statement: *Activities listed here involve varying degrees of danger. When you participate in these activities, you should be prepared physically and mentally, and equipped with appropriate gear. You should be aware of the risks and conduct yourself accordingly. Volunteer trip leaders are not responsible for your safety; you are. Before registering for any activity, you should discuss your capabilities with the trip leader. To participate in chapter activities, individuals under age 18 must be accompanied by a parent or responsible adult, or obtain prior consent from the trip leader. Those accompanied by a minor are responsible for the minor's actions.*

Come join us February 13th at Borderland State Park for our yearly Winter Festival.

From 8am to 3pm. There will be winter gear and snowshoe demonstrations, a cross country ski video and a hike. There is a \$5 per person charge plus a \$2 parking fee. To register contact either the Ski Chair or the Hiking Chair. (skichair@amcsem.org or hikingchair@amcsem.org)

*HAPPY HOLIDAYS AND A GREAT NEW YEAR FROM
YOUR COMMUNICATION CHAIR, LINDA*



Bill and Paul doing trail work on the Lonesome Lake Trail.

CAPE COD HIKES

Chair-Heidi Moss (508)362-6440
 capehikingchair@amcsem.org

Thursday hikes 9:30-11:30. Sunday hikes 1:00-3:15pm
 Moderate pace unless noted. Trail shoes/hiking
 boots recommended NO DOGS
 Heavy rain ,deep snow, or icy driving conditions
 cancels. If in doubt call L.

Thurs Dec 2 BOURNE Canal Walk. Pk on N side of canal 1/2 way between bridges at Visitor Center.

L Blanche Greig 508-508-771-3696

Sun Dec 5 COTUIT Little River Sanctuary. Meet at Cotuit Landing Shopping Center at corner of Rt 28 and Putnam Ave. in Cotuit to carpool to trailhead. L Heidi Moss 508-362-6440

Thurs Dec 9 - MASHPEE National Wildlife Refuge.

From Rt 28 in Falmouth S on Red Brook Rd. Go 1.5 mi. and pk on corner of Red brook Rd and Great Hat Rd. (unmarked but the road on the L after Wintergreen Rd loops back to Red Brook). L Nancy Wigley 508-548-2362

Sun Dec 12 YARMOUTH Three Ponds. Exit 8 off rt 6, go south on Station Ave. At 2nd light turn R on Old Townhouse Rd. Go 1.1 miles to stop sign. Turn L on Yarmouth Rd. Go approx 1 mile to parking areas both sides of road. L Janet DiMattia 508-394 9064

Thurs Dec 16 EASTHAM Salt Pond/CoastGuard

Beach. From Rt 6 take R at light on Nauset Rd & Nat'l Seashore Visitor Ctr. and pk at Vistor Ctr pkg. L Farley Lewis 508-775-9168

Sun Dec 19 DENNIS Flax Pond Conservation. Rt 134 N to L on Sectucket. Go approx 1 mi. and pk on R in small lot. L Janet Kaiser 508-375-0574. Christmas potluck following hike. Directions: From Rt 6 take exit 8 S. At first light take L on White's Path. At end L on North Main (becomes N. Dennis Rd. shortly) Go 3/4 mi. Pk along edge of road or at 16 Driftwood Lane. Hostess Pam Carter 508-398-2605

Thurs Dec 23 MASHPEE Mashpee River Woodlands

East. Take orchard St off Rt 28. R on Quiniquisset Ave. L on Mashpee neck Rd. and continue 1 mi. to pkg on R. L Nancy Wigley 508-548-2362

Sun Dec 26 BREWSTER Nickerson State Park. Go in main ent. of park on Rt 6A. Take 1st L on Flax Pond Rd. Continue to end. Pk at Cliff Pond. L Bob Freeman 508-432-4341

**Thurs Dec 30 BARNSTABLE Bridge Creek Conserva-
 tion.** Exit 5 from Rt 6. Go N short dist. and pk at grass triangle in front of church on L. Walk N to trailhead behind firehouse L Heidi Moss 508-362-6440

Sun Jan 2 NO HIKE

Thurs Jan 6 - MASHPEE Mashpee River Woodlands

West. From the Mashpee rotary go E on Rt 28, turn R on

Quiniquisset. Approx. 500' pkg on R. MPD requests that tires of parked cars be completely off paved road. L Nancy Wigley 508-548-2362

Sun Jan 9 TRURO South Pamet. From Rt 6 in Truro turn E at Pamet Rd. Meet at end of S. Pamet Rd. L Bob Freeman 508-432-4341

Thurs Jan 13 BOURNE Sagamore Hill/fish pier. Park at Christmas Tree Shop on Cape side of Sagamore Bridge. L Gary Miller 508-540-1857

**Sun Jan 16 BARNSTABLE Conservation Land/Trail of
 Tears** Exit 5 from rt 6 to immed R on Service Rd. park in lot by power lines. L Bob Freeman 508-432-4341

Thurs Jan 20 TRURO Ryder Beach. From Rt 6 in Truro L on Prince Valley Rd. Go to end. R on County Rd. then immed. L on Ryder Beach Rd. Park at end. L Janet Di Mattia 508-394-9064

Sun Jan 23 HARWICH Hawks Nest State Park. From Rt 6 take Exit 11 S on Rt 137. Take immed. R on Spruce Rd. At 0.5 mi. pk on side of road. L Peter Selig 508-432-7656

Thurs Jan 27 YARMOUTH Grays Beach. From Rt 6 take Exit 8N to L on 6A. Immed. at playgrd. take R on Old Church Rd. Follow to end to pkg at beach. Chili party following hike at L's house after hike. L Janet Kaiser 508-375 0574

Sun Jan 30 BARNSTABLE Spruce Pond. Exit 5 from Rt 6. Go N short dist. and pk at grass triangle beside church. L Heidi Moss 508-362-6440

Thurs Feb 3 WELLFLEET White Crest Beach. From Rt 6 R on LeCount Hollow Rd. At Beach gatehouse L on Ocean View Dr. to beach pkg lot on R. L Farley Lewis 508-775-9168

Sun Feb 6 WELLFLEET Newcomb Hollow Beach. From Rt 6 take R at Gross Hill Rd. Take L on Ocean View Dr. to end following signs for Newcomb Hollow Beach. L Bob Freeman 508-432-4341

Thurs Feb 10 MASHPEE South Cape Beach. From Mashpee rotary Great Neck Rd S 2.7 mi. L on Great Oak Rd., follow to town beach pk approx 2.5 mi.

Sun Feb 13 SANDWICH Maple Swamp. From Rt 6 Exit 4 S on Chase Rd. Turn R immed. onto Service Rd. 1 mi to lot on left. L Heidi Moss 508-362-6440

Thurs Feb 17 WELLFLEET Duck Harbor. From Rt 6 turn L at light towards Wellfleet Center. Take L at dory on E. Commercial St. to harbor. Go R on Chequesett Neck Rd. Take R opposite Great Island Pkg and follow to end. L Janet Kaiser 508-375-0574

Sun Feb 20 TRURO North Pamet. From Rt 6 in Truro turn E at Pamet Rd. Meet at end of S. Pamet Rd. L Bob Freeman 508-432-4341

Thurs Feb 24 HARWICH Herring River. Exit 9S from Rt 6 onto Rt 134. L at 3rd light on Upper County Rd. then immed. L on Great Western. Follow 2.2 mi. to pkg inside fence on L at Sand Pond. L Peter Selig 508-432 7656

Sun Feb 27 BREWSTER Nickerson State Park. Park at main pkg lot at entrance on Rt 6A. L Bob Freeman 508-432-4341

Thurs Mar 3 WELLFLEET Griffin Island. From Rt 6 turn L at light towards Wellfleet Center. Take L at dory on E. Commercial St. to harbor. Go R on Chequessett Neck Rd. Follow to Great Neck Island pkg lot on L. L Janet Di Mattia 508-394-9064

Longer Saturday Hikes

10 AM - 2 PM; Bring a lunch.

Dec 4 NO HIKE

Dec 11 MASHPEE Popponnesst Spit. From Mashpee rotary go approx 2.6 miles on Great Neck Rd South to L at New Seabury sign. Go 0.1 miles to 1st R, park in upper lot. CL Ken Burnes 508-539-3122; L Farley Lewis 508-775-9168

Dec 18 HARWICH Herring River/Coy Brook Woodlands. Exit 9S from Rt 6 onto Rt 134. L at 3rd light on Upper County Rd. then immed. L on Great Western. At 1.4 mi. take R on Depot Rd. Go 0.2 and pk in lot on L at bike crossing. L Janet Di Mattia 508-398-9064

Dec 25 - Christmas Day, NO HIKE

Jan 1 HARWICH Herring River. Two hour hike from 10 AM -12 noon. Meet at L's house at 255 Great Western Rd. Harwich. Exit 9S from Rt 6 onto Rt 134. L at 3rd light on Upper County Rd. then immed. L on Great Western. Follow 2.4 mi. to house on right. L Ruth Handlen 508-432-1582

Jan 8 EASTHAM Doane Rock/Nauset Beach. From Rt 6 take R at light on Nauset Rd & Nat'l Seashore Visitor Ctr. and pk at Vistor Ctr pkg. L Janet DiMattia 508--394-9064

Jan 15 NO HIKE

Jan 22 BREWSTER Nickerson State Park. Park at main pkg lot at entrance on Rt 6A. L Peter Selig 508-432-7656

Jan 29 Yarmouth Three Ponds/ Inkberry Trail. From Rt 28 in West Yarmouth turn N at light on Winslow Gray Rd. opposite Molly's Rest. Go 0.4 to pkg on L. Janet DiMattia 508-394-9064

Feb 5 WELLFLEET Great Island/Jeremy Point. From Rt 6 turn L at light towards Wellfleet Center. Take L at dory on E. Commercial St. to harbor. Go R on Chequessett Neck Rd. Follow to Great Neck Island pkg lot on L. L Peter Selig 508-432-7656

Feb 12 BARNSTABLE Conservation Land/Trail of Tears Exit 5 from rt 6 to immed R on Service Rd. Park in lot by power lines. L Bob Freeman 508-432-4341

Feb 19 TRURO Ryder Beach/Duck Harbor. From Rt 6 in Truro L on Prince Valley Rd. Go to end. R on County Rd. then immed. L on Ryder Beach Rd. park at end. L Janet DiMattia 508-394-9064

Feb 26 FALMOUTH Moraine Trail FALMOUTH Moraine Trail w/car shuttle. Meet at W end of Rt 151 opp the Falmouth Animal Hosp. just E of Rt 28. L Heidi Moss 508-362-6440

2005 SEM/AMC XC Ski Season

Sat., Jan. 8 – X-C Ski Instructional Workshop – Learn to use your new skis or brush up on technique. Suitable for all abilities, must have own equipment. Leaders choice. Reg with L Art Paradise, 978-372-7442 (6-10PM), CL Bob Bentley 508-866-3057.

Jan. 14-17, 2005 – MLK Weekend at Applebrook B&B

All chapters welcome to join us for our 18th annual weekend of xc skiing, great company and hearty meals. Possibilities for led trips include Bretton Woods, Great Glen, and Bear Notch. Downhill, snowshoeing, back country, and ice skating options on your own. Approx. \$160 - \$230 per person includes 3 nights lodging, 3 breakfasts, 1 full dinner and 1 supper, all at cozy Applebrook Inn in Jefferson, NH. Reg with L Sarah Beard (508) 758-2613 eves. Co-leaders Barbara Hathaway (508) 880-7266 and Bob Kalchthaler (508) 947-4924.

Jan. 14-17, 2005 - XC Ski the Backcountry in Maine's

North Woods. Looking for a wilderness adventure this winter? Join us for a long weekend of unlimited backcountry skiing in the White Cap Mt. Range of northern Maine. We will stay at the West Branch Pond Camps, which are accessible by car from Greenville, and explore miles of old logging roads and ski trails far from cell phones and civilization. Accommodations are rustic but cozy. Participants should have ski equipment designed for backcountry terrain. Approx. \$270/pp includes 3 nights lodging, 3 brkfst, 3 lunches, 2 dinners. Reg. by Dec.15. Details/reg with L Art Paradise, 978 372 7442 (6-10 pm). CL Bob Bentley 508 866 3057.

Sun., Jan. 23 – Norsk XC Center, New London, NH.

Novice/Intermediate. Everything you want to know about Norsk is at www.skinorsk.com. For trip details and to register, call L Walter Mark, 508 884 8185 (7-9pm). CL Rick Fordyce, 508 430-0268.

Sat./Sun. – Jan. 29-30. Berkshires. Notchview Reservation, Windsor, MA. This property has 27km of groomed and back country trails ranging from gentle slopes to challenging hills; 2 trailside shelters and a visitor center to warm you. Planned to run in conjunction with snowshoe trip led by Laura Smeaton. Depending upon conditions, other local options are Bucksteep Manor or Stump Sprouts for both skiing and snowshoeing. Reservations Saturday at rustic Remington Lodge are exclusive to our group. Cost of \$65p/p is for bunk accommodations and shared baths. It includes happy hour and dinner Sat. night, breakfast and a packed trail lunch Sunday. Reg with L Barbara Hathaway, 508-880-7266 by Jan. 7. CL Diane Phillips, 508 378 2334.

Sat., Feb. 5 – Waterville Valley, XC. Nicely groomed

trails for classic and skate skiing, as well as golf course trails for novice skiers. Ski equipment and snowshoe rentals available. Restaurants and shops, too! Register with L Walter Mark, 508 884 8185 (7-9pm). CL Anne Chace, 508-824-8871.

Sun., Feb. 13 – Winter Festival, Borderland State Park, Easton, MA. Great introduction to AMC for new members, but all members welcome to attend and join in the activities. Think snow! See page 4.

Sat., Feb. 19 – Windblown, New Ipswich, NH. Beginner/intermediate. Equipment rental on site. You'll love this family-owned and operated ski center. It's "comfortable, friendly and unforgettable" and the trails are great. Check it out at www.windblownxc.com. Call L Barbara Hathaway, 508 880 7266 eves to register and for carpooling details. CL is Nick Georgantas, 508-697-9172.

Mar. 4-6 – XC Ski on the Catamount Trail, VT. Ski parts of the Catamount Trail and side trails into the GMNF in southern VT. We will stay at the Blue Gentian Lodge in Londonderry and explore different sections of this remarkable backcountry trail system of forests and fields. Approx. \$150/pp includes Sat. and Sun. brkfst and Sat. dinner. Hot tub and ice skating. Reg. By Jan. 15. Details/reg with L Art Paradise, 978 372 7442 (6-10 pm). CL Bob Bentley 508 866 3057.

BIKING

*Chair -Denise Malenfant
bikingchair@amcsem.org*

Inflated tires/water necessities. Spare tube/pump helpful. Beginner rides: mostly flat, 15-18 mi @ 10-12 mph pace Intermediate rides: some hills, 25-35 mi @ 13-16 mph pace. Call or e-mail leaders before 9pm to register and match rides with abilities.

DI STANCE	PACE/ MPH	TERRAIN
AA=50+	1=17+	A=very hilly
A=35-50	2=13-16	B=hilly
B=25-35	3=11-13	C=rolling
C=<25	4=UP TO 11	D=flat

TO ALL AMC/SEM CYCLISTS!

TRY TO POST A COPY OF OUR AMC/SEM BIKE SCHEDULE AT YOUR FAVORITE BICYCLE SHOP. IT'S A WIN-WIN DEAL – MORE RIDERS FOR US ... MORE BUSINESS FOR THE SHOPS!

Sat. Dec. 4 – Cape Cod Rail Trail – Scenic flat 23 mile round trip along the Cape's Rail Trail from Brewster to Wellfleet Start time 11:00am. C2D. Contact L Jack

Jacobsen 508-993-0450 or CL Paul Currier pbencurrier@hotmail.com. E-mail preferred.

Sun. Dec. 12 – Christmas at Blithewold Mansion, Bristol, RI – Easy-paced 18 mile ride including East Bay Bike Path, Colt State Park and a holiday tour of Blithewold, a Newport-style mansion overlooking Narragansett Bay in historic Bristol. Start time 10:30am. C 2/3 D (3 hills.) Contact L Denise Malenfant 508-823-7061 or djmalenfant@hotmail.com

Sat. Dec. 18 – Christmas in Provincetown – Wellfleet to Provincetown for the eternal show; maybe Race Point. Start time 10:30am. A2B. Contact L Paul Currier pbencurrier@hotmail.com, 508-833-2690. E-mail preferred.

Sat. Jan. 1 – 2nd Annual New Year's Ride in Marion – Beautiful coastal and forest reservation ride. Start time 10:30am. A2D. Contact L Paul Currier at pbencurrier@hotmail.com or 508-833-2690. E-m preferred.

Sat. Jan. 15 – The Three Bridgewater – Ride past quaint small town greens and farmlands. Start time 10:30am. C 2/3 C. Contact L Denise Malenfant 508-823-7061 or djmalenfant@hotmail.com

Sat. Jan. 29 – Mattapoissett/Acushnet/Rochester – Scenic ride down quiet back roads around the lakes. Start time 11:00am. B2C. Contact L Jack Jacobsen 508-993-0450 or CL Paul Currier pbencurrier@hotmail.com. E-mail preferred.

Sat. Feb. 12 – N. Falmouth to Woods Hole – Bamboo groves, astounding views of Martha's Vineyard, Falmouth Coast including Woods Hole and Nobska Light. Lincoln's favorite ride. Start time 10:30am. A2B. Contact L Paul Currier at pbencurrier@hotmail.com or 508-833-2690.

Sun. Feb. 20 – North Easton/Stoughton/Canton – Gently rolling semi-rural ride highlights the railroad industry, a 19th century planned industrial community and beautiful architecture. Start time 10:30am. C 2/3 C. Contact L Denise Malenfant 508-823-7061 or djmalenfant@hotmail.com

Sat. Feb. 26 – Rochester – Nice flat 21 mile spin around Rochester area. Start time 11:00am. C2D. Contact L Jack Jacobsen 508-993-0450 or CL Paul Currier pbencurrier@hotmail.com. E-mail preferred.

BIKE LEADERSHIP TRAINING & DEVELOPMENT

Would you like information about our Bicycle Leader Training & Development Program? Contact our cycling chair, Denise Malenfant at bikingchair@amcsem.org.

Develop a knowledge of bicycle safety and riding techniques. Demonstrate an understanding of the Cycling Leader Guidelines as you practice riding with one of our SEM qualified leaders.



Southeastern Massachusetts Chapter
APPALACHIAN MOUNTAIN CLUB
5 Joy Street
Boston, MA 02108

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**See here, what's new?
Tuesday rides at two!**

Tuesday Rides At 2 – meet at 1:45
20 miles or so at an easy pace

Be pumped (you and your tires) and ready to leave at 2:00pm. C3C (occasionally C3B - Sagamore & Scargo) Helmets, bicycles, and riders required Leader Paul Currier – email preferred: pbencurrier@hotmail.com or 508-833-2690/888-0848. 7:00am to 7:00pm

Dec. 7 – Christmas in Sandwich – Freezer Road From 6A in Sandwich, Tupper Road to Freezer Rd. to Army Corps of Eng. parking lot at end. Ride into historic Sandwich for annual Christmas in Sandwich

Dec. 14 – Christmas in Chatham – Old A&P Lot Meet at old A & P parking lot on Rte. 28 at Crowell Road for scenic Chatham ride

Dec. 21 – Christmas in Falmouth – Shining Sea Bike Trail Meet in Falmouth at parking lot on Right on Woods Hole Road – take Locust St off Rte 28 to Woods Hole Rd. & lot on right. Ride to Falmouth

Dec. 28 – Full Cold Moon – Dennis
Meet at Town Hall parking lot on Old Main Street. Ride to Dennis beaches and Scargo Tower

Jan. 4 – South Cape Park in Mashpee Commons Lot at far end past the Star Market (across Rte. 28 from gas station). Just off the Mashpee Rotary. Turn off Rte 28

into Mashpee Commons and turn left to end

Jan. 11 – Eastham Visitor's Center Rte. 6 from Orleans Rotary north to Visitor's Center on right. Ocean Beaches, Rail Trail, Marconi Site, maybe Fort Hill

Jan. 18 – N. Falmouth Library Meet at library on left at W end of Rte 151. Falmouth coastal ride.

Jan. 25 – Full Wolf Moon – Rock Harbor & Skaket Beach Meet at harbor parking lot at end of Rock Harbor Road off Orleans Rotary. Gorgeous coastal ride.

Feb. 1 – Ground Hog Day Ride – Craigville – Hyannisport Meet in Centerville on Main Street in the Recreation Building parking lot across the street from the 1869 Country Store.

Feb. 8- Cotuit Meet at new Stop & Shop parking lot at Rte. 28 and Putnam Avenue. Scenic Cotuit ride.

Feb. 15 – Gray's Beach Yarmouthport Meet at Gray's Beach parking lot at the end of Centre Street off 6A for coastal area ride

Feb. 22 – Full Snow Moon - Mashpee Island
From Shore Road in Bourne, take Bell Road to RR bridge canal parking lot. Ride to Mashpee Island and more

Watch for afternoon rides on Thurs/Fri with bike enthusiast Paul Currier



The Southeast Breeze

The newsletter of the Appalachian Mountain Club Southeastern Massachusetts Chapter
Fall 2006 - September, October & November

View from the Chair

By Laura Smeaton

AMC Spring Gathering Report

AMC's smallest chapter, Mohawk-Hudson, sponsored the AMC club wide 2006 Spring Gathering at YMCA Camp Chingachgook on Lake George, NY the weekend of April 28-30. More than 125 folks attended and everyone thoroughly enjoyed the weekend's events. I commend the volunteers who organized this event on a job well done!

Blessed with beautiful spring weather, many (including SEM's Anne Chase), took advantage of the sun to seek out beautiful views of Lake George from hilltop vistas during an all day hike. I attended the full day of meetings including the Chapter's Committee, Outdoor Leadership Development Committee (aka OLDC), Website and On-Line Trip Listings, and Open Forum with Andy Falender and AMC Board President Will Hill. The Chapter's Committee is composed of representatives (typically the chair or vice chair) from all 12 chapters of the AMC. The committee is currently looking at long-term planning and goal setting, as part of the club's mission for Vision 2020.

At the club level, the Maine Woods Initiative is one of the most important issues. The focus is conservation and limited development for the purposes of outdoor recreation (such as camps and trails) in the 100-Mile Wilderness region. This initiative is being compared in scale and scope to the White Mountains National Forest in New Hampshire. For more information on this exciting project, please visit the following website: www.outdoors.org/mwi.

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AT Backpack - Pg. 5	SEM Picnic - Pg 12

AMC Fall Gathering just down the road...

The club wide Fall Gathering is being hosted by the Narragansett Chapter at the nearby Environment Education Center at the University of Rhode Island – Alton Campus. The event runs from the evening of Friday, October 13th through Sunday, October 15th and, thanks to great planning, there will be something for everyone to do! This includes fun coastal activities, workshops on Recreational Kayaking and Introduction to GPS and a Newport Cliff Walk & Mansion Tour.

Since the URI Alton Campus is so close to us here in southeastern Massachusetts, it is possible to take advantage of the gathering's activities in a day trip from the SEM area. Overnight accommodations are also available, if desired. These range from cabins to tenting facilities. Activities will include recreational kayaking workshops, introduction to GPS, and a Newport Mansion Tour. You can check out the full program by visiting www.amcnarragansett.org. If you are interested in carpooling (for the day, or for the weekend), visit the SEM website at www.amcsem.org or call me at 617-323-6727 (or email chair@amcsem.org) for more information.

Save the Date for the SEM Annual Meeting! **Saturday evening, November 4, 2006** **Johnson and Wales Inn in Seekonk, MA**

- Evening festivities will include:
- Socializing with SEM friends
 - Bountiful Buffet Banquet dinner from the acclaimed Johnson and Wales culinary group
 - Business meeting
 - Election of 2007 SEM Board of Officers (nominees (will be posted on www.amcsem.org by Sept. 20th)
 - Announcement of 2006 SEM Distinguished Service Award recipient
 - Exciting and enlightening guest speaker

Details, along with registration information (advance RSVP with payment required to reserve your space), will be mailed in late September.

FREE Winter Hiking Workshop

Saturday afternoon, Nov. 4th (before the Annual Meeting)

The annual Winter Hiking Series is a series of four progressively harder hikes to introduce you to winter hiking. Last winter the series was a huge success, with perfect weather and beautiful blue skies. If you come to the Winter Workshop you can learn 'everything you need to know' to come enjoy this year's series.



Think about snow falling softly on pine boughs. Hiking without bugs! Learn how to enjoy these things, and stay warm doing it. We will have lots of equipment there to look at, and presentations by SEM Winter Hike leaders, as well as slides and video. Spend the afternoon learning about winter hiking, and then attend the Annual Meeting.

What kind of person does such things? Well, we have given out certificates for completing the series to people from 10 to 'well over 50.' What is needed is a sense of adventure and a desire to try it!

Winter hiking can be great fun. Snowshoeing through the freshly fallen snow. The cold fresh air in your lungs. Laughing as you hike back down from another great adventure.

To sign up for the FREE Workshop contact Bob Vogel via e-mail at hike_with_bob_v@comcast.net or by phone at 508-238-7732, 6-9 PM.

The Appalachian Mountain Club Southeastern Massachusetts Chapter

Chapter includes app. 3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.

2006 Executive Board

Chapter Chair -	Laura Smeaton, chair@amcsem.org 617/323-6727
Vice Chair -	Mike Woessner, vicechair@amcsem.org 508/577-4879
Treasurer -	OPEN*, treasurer@amcsem.org
Secretary -	Chris Sampson, secretary@amcsem.org 508/993-5497
Biking -	Joe Tavilla, bikingchair@amcsem.org 508/428-6887
Canoe/Kayak -	Gifford Allen, paddlingchair@amcsem.org 508/563-3852
Cape Hiking -	Farley Lewis, capehikingchair@amcsem.org 508/775-9168
Communications-	Paul Miller, communicationschair@amcsem.org 508/695-8495
Conservation -	Maura Robie, conservationchair@amcsem.org 508/285-6005
Education -	Walter Deeter, education@amcsem.org 508/279-0626
Hiking Chair-	Sue Chiavaroli, hikingchair@amcsem.org 508/252-4164
Membership -	OPEN*, membershipchair@amcsem.org
Skiing -	Walter Mark, xcskicheir@amcsem.org 508/884-8185
Trails -	Lou Sikorsky, trailschair@amcsem.org 508/678-3984
Webmaster -	Susanne Piche, webmaster@amcsem.org

*Please contact Laura Smeaton if you are interesting in volunteering for any open SEM volunteer positions.

The *Southeast Breeze*, the newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published four times per year as a service to the Chapter's members. SEM members are encouraged to submit letters, articles, photos, and artwork, but materials for publication (space permitting) cannot be returned unless accompanied by SASE. Please mail to: Paul Miller, 169 So. Washington St., No. Attleboro, MA 02760. Digital submissions are preferred, and can be e-mailed to: communicationschair@amcsem.org. Articles will be edited for length, typographical errors, and clarity.

HAVE YOU MOVED? Please send your change of address information to: AMC, 5 Joy St. Boston, MA 02108

NON-SEM AMC MEMBERS who wish to receive the quarterly Southeast Breeze newsletter should send a \$5.00 check made out to "AMC SEM" to: AMC SEM Breeze Subscription, PO Box 120, Wrentham, MA 02093-0120. Please be sure to provide your mailing address if it's not on the check.

A report from the Cape Shore Exploration Weekend

By Maura Robie, Conservation Chair



Swallow-Tailed Kite © Arthur Morris/BIRDS AS ART

A lucky group of about 15 AMC members from Rhode Island and Massachusetts participated in a *Cape Shore Exploration Weekend* this spring in beautiful Wellfleet. The event was organized by the Narragansett Chapter. I say lucky, because the weather was perfect, the Audubon staff incredibly knowledgeable, and the wildlife abundant. We saw an amazing variety of birds (see list), as well as fiddler crabs, painted turtles, and both harbor and bottlenose seals.

Anything we wanted to know about local natural history was ours for the asking! I enjoyed being able to expand my repertoire of birds spotted with some of the best birders I've had the pleasure of meeting. One of the highlights was when we spotted a swallow-tailed kite, a bird of prey included in the family with hawks and eagles. Their range is typically only as far North as the Carolinas, making this a once in a lifetime sighting in our area..

To top off the weekend, we came across the seals just off of South Beach in Chatham, curiously popping their heads up all around the boat and diving back down in the blink of an eye. What a truly amazing sight to see a seal suddenly appear munching on an enormous striped bass like it was a piece of corn on the cob! If this sounds like an experience you'd enjoy, please join us in September for some great birding, beachcombing, and I'm sure another interesting visit with the seals.

Bird Sighting List

prairie warbler	catbird	pipin plover
pine warbler	towhee	sanderling
house finch	red-tailed hawk	gannet
kingbird	ruddy turnstone	oystercatcher
horned lark	black-bellied plover	green heron
baltimore oriole	red-breasted merganser	whippet
bluebird	laughing gull	tern
barn swallow	common eider	swallow-tailed kite

Audubon offers special Cape Beach Tour to AMC Members on Sat., Sept. 23rd

Join a joint SEM/Narragansett chapter nature tour at South Beach, 3 miles off Chatham Light...the birding hotspot on the Cape! This is a favored stop for tens of thousands of migrating shore birds. Our boat casts off at 10:30 am for brief tour of the harbor and a search for seals. We move on to South Beach to identify many species: plovers, sand pipers, terns and others too numerous to mention. The tour will be led by an Audubon naturalist, expert in all aspects of the natural Cape We'll be back around 2:00 pm. Make this a magnificent end to your summer! Trip limited to 15. \$40 pp. Reserve with J. Schempp 401-331-4553 or CL Maura Robie 508 285-6005, before 9:00 pm.

Sign up now, or miss your chance for AMC Wilderness First Aid Training...

The SEM Education Committee is offering a great AMC Wilderness First Camp (WFA) training weekend at Camp Lyndon in Sandwich Sept. 30th - Oct 1st.

Both WFA and AMC Liability Training are included in the base fee and CPR training is also available.

The training costs \$125.00 for AMC members and \$150.00 for non-members. Please add \$25.00 for Saturday night accommodations and an additional \$30.00 to also receive CPR training Saturday evening.

Full scholarships are available for authorized SEM leaders. (Co-leaders can apply for re-imbusement once they achieve full leader status...)

To register, call Walter Deeter (508) 279-0626 before 9:00 or E-mail WADeeter@aol.com.

Update on “Red Line the Blue Hills” Hiking Series

By Carol Roupelian

The SEM Hiking Committee’s *Red Line the Blue Hills* Thursday evening series has been a great success, particularly if you judge by the numbers. We average 12-18 hikers a week and new faces continue to join. The series offers a different hike in the Blue Hills Reservation each Thursday evening from 5:30 or 6:00 pm until sunset. We began on April 6, 2006 and will continue until daylight savings time ends in October. By the time we are finished we hope to have covered every one of the 125+ miles of trails.

The Blue Hills Reservation spans 7000 acres from Dedham to Braintree and Quincy to Randolph. Although Great Blue Hill is the tallest at 635 feet, there are 22 hills in the reservation. Let’s see, we’ve climbed Great Blue, Hemenway, Hancock, Houghton, Wolcott, Boyce, Buck and Tucker. That still leaves how many more? Since we’ve started hiking, the estimate of the length of trails has grown from 125 to 145 miles! It appears we won’t finish by October after all, but that’s okay. We’re having such a good time, who wants to finish? Bob, are you tired?

Although the Blue Hills Reservation is squeezed on all sides by development and the near-constant hum of traffic, we’ve been introduced to a natural treasure and a source of spiritual renewal. In the words of Charles Eliot, one of the men responsible for the Blue Hills’ preservation, it’s a place “refreshing to the tired souls of townspeople.” Take it from me, traveling Route 128 during rush hour after an exhausting day at work would not be worth it otherwise. This is. We finish tired but relaxed, and we look forward to doing it again the next week.

Led with humor and camaraderie by Bob Vogel, we’ve been witness to verse read aloud as well as the visual poetry of a scarlet sunset reflected high on sheer cliffs. We’ve hiked new (unmarked) trails and repeated more than a few old ones. (Haven’t we been here before?) It’s always entertaining to see the looks on the faces of newcomers as we retrace our steps on yet another “triangle” trail. We’ve crossed wild-flower filled meadows and climbed up and down rock scrambles. (How many times are we going up Great Blue tonight?)

Red Lining the Blue Hills was my introduction to the AMC. I wanted to hike the Appalachian Trail and knew very little about hiking. (No, I didn’t think the Blue Hills

were part of the AT!) Someone advised me to join the AMC to learn what I needed to know to get started. It was the best advice I’ve ever taken!

I never knew you could cross over Route 24 on a horse bridge. I had never walked down the middle of Route 128. I didn’t know what a separation break was! I still have many questions. Will I see my first timber rattlesnake on a Thursday? When will I finally walk on the floating boardwalk over the cedar bog, visit Fowl Meadow, get my first view of the Quincy Quarries or the remains of the original Civilian Conservation Corps campsite? I never realized how important bug spray or rain gear could be, or how shaky my knees could feel by the bottom of a rocky trail.

I asked Bob recently how he came up with the idea for the Red Line the Blue Hills Series. He told me that back in April of 2001 he led a hike called “The Blue Hills Haul” – so named because it was billed as a fast, strenuous hike. In a typically unstructured, Bob Vogel fashion, the hike involved last minute decisions on which direction to take while standing at forks in the trail. This led one of the participants, Bill Ruel, to hastily mark the trails they were taking in red. Bob suspected this was so that Bill wouldn’t find himself permanently lost in Blue Hills. Bill claimed he had a goal of hiking every trail in the Blue Hills and marked each one he hiked in red so he’d remember that he’d hiked it. This year, Bob was working in Randolph ‘till 5pm every day and couldn’t make it to his usual 6pm, Wednesday evening hikes in scattered locations. So he decided to run hikes every week at the Blue Hills. Hence the idea of red-lining the Blue Hills was born.

Although I’ve been hiking with the group from the first evening, I haven’t been able to attend every week. That distinction had gone to Cheryl Lathrop– who had perfect attendance (even better than Bob’s!) until this month. The only reason she missed a week was because she had an encounter with one of the risks of hiking in the Blue Hills. It wasn’t a rattlesnake bite; it was wild parsnip that did her in. But that’s another story. And no, she didn’t eat it. Check out the great website she created for the series at http://home.comcast.net/~hike_with_bob_v/. Bob adds the poop sheets and maps every week – and even keeps attendance! You can see how much we’ve covered, learn a little more history and see some photos.

The Thursday evening series has been so enjoyable, I’m glad we won’t be finished by October. Bob suspects it may be repeated next year. That’s good news. I’ve had a wonderful time, made new friends and learned a great deal.

BIKED, HIKED and PSYCHED

By Vic Oliver, SEM Cycling Vice-Chair

The rain kept on coming and time was running out. I was up north for a few days hoping to get in a day of hiking and another doing some riding. I was forced to combine my intended activities if I wanted to do both.

I packed up my hiking gear, put my mountain bike in the back of my pick-up truck and headed to Zealand Road in Twin Mountain. After parking at the bottom of the road by the bridge on Rte 302. I bicycled uphill for more than an hour to the Zealand trailhead where I locked my bike to the bulletin board and changed into hiking boots.



The hike into Zealand Hut takes about an hour and a half at leisurely pace stopping along the way to take a few photos and look for moose in the various bogs I crossed. When I arrived the hut was empty, which unusual on a summer day. I had the place to myself to enjoy the lunch I had in my pack and the expansive view from the front porch. I stayed about an hour taking it all in.

On the hike out, the usual crowd was on it way up to the hut – families with kids, people with dogs and solo hikers like myself - some for the day, others for an overnight stay and peak baggers on their way to summit Zealand and beyond.

The ride out was a downhill delight – a non-stop free ride to the bottom where my truck was parked taking less than 20 minutes. It was a great day. I was psyched.

There are other places in the Whites to combine what I like to do – bike and hike. The west side of the Wilderness Trail in Lincoln Woods offers a six-mile ride playing on the railroad ties and numerous places to hike. The ride on the east side takes you a place to have lunch

by the river or camp overnight at the White Mountain National Forrest campground. There are others.

When you have only one day to do what you like best – do both!

NOTE: SEM Cycling Vice-Chair, Vic Oliver, is featured on *Dirt Rag* magazine's website. Check it out at www.dirtrag.com in the Fresh Dirt rider profile section!

Cycle First Aid Kit

By Vic Oliver, SEM Cycling Vice-Chair

Accidents can happen when we are hiking or on any other outdoor activity. When we go on a hike a first aid kit is always on the list of things to take. My standard First Aid kit is always in my pack – winter or summer.

However, few AMC members carry a small first aid kit when bicycling, even though mishaps can (and do) happen. We should carry one to care for minor scrapes and road rash abrasions that occur in a fall. It needn't be the same size and include all the supplies found in a First Aid kit carried on a hike trip, where an EMS isn't just a phone call away.

A cyclist kit should include the following items:

- Small Band Aids (4)
- Large adhesive compress pads (2)
- Antiseptic cleansing pads (4)
- 2x2 gauze pads (2)
- 4x4 gauze pads (2)
- Roll of 2 inch gauze
- Small roll adhesive tape
- Tube of sterile Bacpoban or similar ointment
- Ibuprofen tablets (4)
- Mole skin
- Small scissors
- Plastic baggie for bandage trash (1)

These items can be placed in a Zip Lock freezer storage bag and put carried in the back pocket of your cycling jersey. Sometimes as a leader on an extended trip I carry a little bit more for a larger group of riders. But on day trips or just out for a ride this is all I carry. The Band Aid always makes you better.

Hopefully, you'll never need them but it's always better to be prepared.

AT in Western Mass Series continues with introductory backpack

By Dexter Robinson, SEM hike leader



AT in Western Mass backpackers (left to right), Dick Carnes, Jim Laferriere (in front of Dick), Dexter Robinson, Carol Roupenian, and Terry Hayes

Our introductory backpack the weekend of June 17-18th was a continuation of the series of SEM Chapter hikes intended to cover all of the AT in Massachusetts.

Unlike the previous sections, this particular section did not lend itself to a day hike, due to the special car spotting requirements, so I decided to make it an overnight. We did six miles on Saturday, spending the night at the Wilcox Mountain North lean-to.

Some of us stayed in the lean-to while others stayed in shared tents - a nice campsite by a stream well off the main trail.

This section of trail was woodsy and almost entirely within Beartown State Forest. We passed by the eastern edge of Benedict Pond encountering numerous orange newts crossing the trail. We managed to avoid the weekend heat. Saturday started cloudy with a brief shower and Sunday we got an early start to finish the four remaining miles at the end of which we had spotted a car at the road crossing end point.

On weather...

(A pondering by Bob Vogel, SEM hike leader)

Today was a nice day, but by mid-afternoon it was getting cloudy and gray. By suppertime it was raining. After supper I was in my second floor bedroom, reading. The sound of the rain on the roof was soothing. The window was open a crack, and the sound of the rain on the trees outside was calling me.

Last night was my "Red Line the Blue Hills" hike. The day had been questionable, but as we gathered at 5:45 it was sunny and bright. We were in luck. By 6:30 we had second thoughts. Soon we could hear thunder in the distance, and headed back. The T-storm followed us, but was faster. We could tell it was gaining. Eventually we saw a couple flashes of lightening in the distance behind us... all the better to encourage a prompt retreat. We 'almost' made it to the cars. By almost I mean a couple minutes... and many gallons of water. It poured.

This evening was different. There were no menacing black clouds. There was no ominous thunder. Just the gray sky and the steady rain. And it called. I tried making excuses. But it was still calling me. Finally I decided I'd compromise. I'd take a short walk down the street and back. There, that would do it. That would answer the call.

It didn't. After a while, as I walked down the street, the rain on the trees called again. I conceded defeat. I turned and headed into the woods. A bushwhack brought me to a spot I knew, and a 'trail' through the woods to the back corner of my property. A little trailwork on my trail, anything to prolong the trip, and then I was home again.

I had on my Gore-Tex® boots, rain coat, rain pants and broad brimmed hat (to keep the rain off my glasses.) I was 'dry', but still a bit damp around the edges. Changing into warm dry cotton clothes felt nice. So now I'm back inside, at the computer. I can still see the rain outside. This downstairs window is closed, so I can't hear the rain calling me... but I think I can reads its lips. I think it's trying to tell me how nice it would sound on my tent roof.

I think I'd better keep this window closed...

EDITOR'S NOTE: All SEM members are invited to share their own appropriate ponderings by submitting them to:
communicationschair@amcsem.org

Hiking/Backpacking Activities

Chair – Sue Chiavaroli, 508-252-4164, hikingchair@amcsem.org

IMPORTANT: Hikers unsure of their ability should try only one level more difficult than previously completed. No pets without permission of trip Leader. Registration required for most trips. Hiking boots strongly recommended. For additional information or to register, contact the trip Registration leader (R), trip Leader (L) or co-Leader (CL). SEM Chapter trip updates are also available at <http://trips.outdoors.org>.

Miles per Hike	Pace (MPH)	TerrainType
AA = 13+	1 = very fast (2.5)	A = very strenuous
A = 9 - 13	2 = fast (2)	B = strenuous
B = 5 - 8	3 = moderate	C = average
C = <5	4 = leisurely	D = easy

Tues., Sept. 5., Tuesday Morning Blue Hill Hike (B2-3B) – Great exercise hiking strenuous terrain at a moderate to fast pace. Lots of steep, rocky hills! Register for details; start time may vary. Hiking boots required. Not for beginners. L Erika Bloom (508-951-1001 before 9 pm, erika.bloom@comcast.net)

Wed., Sept. 6. Hike Planning Meeting. 7pm. – Come join us to plan future hikes, events, and have pizza! Meeting is at the Unitarian Universalist Church, 25 Main St. (rte 105), Middleboro, MA. Contact Sue Chiavaroli. L Sue Chiavaroli (508-252-4164 7-9PM, brillo6452@yahoo.com)

Sept. 6. Wed. Night Hike Wompatuk State Park (C3C) – Hike through woods, ponds, and an old WWII ammo depot. Good for all levels. L Bill Ruel (781-589-3321 M-Th&9PM)

Sat., Sept. 9. Mt. Washington, New Hampshire (A3A) – A classic hike to New England's highest peak on the Ammonoosuc Ravine and Jewell trails. Strenuous full day hike for experienced hikers only. Group size limited to 10. L Dexter Robinson (781-294-8840 7-9:30 pm, dexsue@comcast.net), CL Wayne Anderson (508-697-5289 7-9pm, wanderson@mxcsi.com), R Wayne Anderson (508-697-5289 7-9pm, wanderson@mxcsi.com)

Tues., Sept. 12, Tuesday Morning Blue Hill Hike (B2-3B) – See Sept. 5 listing for details

Sat., Sept. 16-17. Summer Hiking Series #4 - Backpack, New Hampshire, White Mountains (B3B) – Location TBD, but save the date. See Aug 19 for hike #3. If a one day hike is great then what is a two day hike? Twice as nice! Join us on this introductory backpack and spend the weekend hiking, eating, sleeping, eating (we're big into the eating part!) in the mountains. Some tents and stoves available. Sleeping bags can be rented if you don't have one. L Bob Vogel (508-238-7732 7-9PM, hike_with_bob_v@comcast.net), L Erika Bloom, CL Robin Melavalin

Tues., Sept. 19, Tuesday Morning Blue Hill Hike (B2-3B) – See Sept. 5 listing for details

Tues., Sept. 26, Tuesday Morning Blue Hill Hike (B2-3B) – See Sept. 5 listing for details

Thu., Sept. 28. Scusset Beach and Sagamore Hill – Walk along canal out to beach and then up over Sagamore Hill. Meet 10 a.m. at the fishing pier just before the entrance to the state park. D3C Bring water and snack, out to lunch post hike. L Elsie Laverty (508-823-0634, elavmca@tmlp.com)

Tues., Oct. 3 & 10, Tuesday Morning Blue Hill Hike (B2-3B) – See Sept. 5 listing for details

Tues., Oct. 17, Tuesday Morning Blue Hill Hike (B2-3B) – See Sept. 5 listing for details

Thu., Oct. 19. Moose Hill Sanctuary (C3B) – A nice walk through the woods to lookout and fire tower. Meet at 10 a.m. at visitor's center. Bring sturdy boots or shoes, lunch, water. Directions: From 495: Take 95 north to exit 8 (Main St. Sharon). Take right off exit, follow one mile. Left onto Moose Hill St Follow to top of hill and turn right onto Moose Hill Parkway. Parking on the left. L Elsie Laverty (508-823-0634, elavmca@tmlp.com)

Sat., & Sun. Oct. 21 & 22, Chapter Hut Night in Crawford Notch – variety of hikes offered. See page 11 for details.

Tues., Oct. 24 & 31, Tuesday Morning Blue Hill Hike (B2-3B) – See Sept. 5 listing for details

Thu., Nov. 2. Ponkapoag Hike (C3C) – Pleasant walk around Ponkapoag pond. We'll explore the boardwalk and side trails. Bring lunch to eat at AMC camp site. Meet at golf course parking lot off Rt. 138 at 10 a.m. Hiking boots, water and lunch. Call leader to confirm. L Elsie Laverty (508-823-0634, elavmca@tmlp.com)

Sat., Nov. 4. Winter Hiking Workshop – Free afternoon workshop, where you can learn 'everything you need to know' about winter hiking. Come learn how to stay warm, while enjoying bug free hiking and the beautiful snowy landscape. We'll describe the clothes and gear you will need to take part in our ever-popular introductory "Winter Hiking Series." (See article in Breeze or SEM website.). L Bob Vogel (508-238-7732 6-9 P.M., hike_with_bob_v@comcast.net)

Tues., Nov. 7 & 14, Tuesday Morning Blue Hill Hike (B2-3B) – See Sept. 5 listing for details



Cape Cod Hikes

Chair – Farley Lewis, 508-775-9168
capehikingchair@amcsem.org

Most Cape Hikes are “Show & Go...” For additional information, contact the trip Leader (L) or Co-Leader (CL) or visit <http://trips.outdoors.org>. (Set Committee to “Cape Hikes.”)

Miles per Hike	Pace (MPH)	TerrainType
AA = 13+	1 = very fast (2.5)	A = very strenuous
A = 9 – 13	2 = fast (2)	B = strenuous
B = 5 – 8	3 = moderate	C = average
C = <5	4 = leisurely	D = easy

Thu., Sept. 14. Cotuit-Little River Sanctuary (C3D) – Wooded walk with views of Eagle Pond. Meet at the Marston Mills Marketplace Shopping Center at the corner of Rte. 28 and Putnam Ave. in Cotuit to carpool to trailhead. Arrive by 9:45 am for a 10 am start. Two hour hike, followed by a Pot Luck at Leader's house. L Farley Lewis (508-775-9168, farlewis@comcast.net)

Sat., Sept. 16. Wellfleet Great Island/Jeremy Point (B2B) – Four hour hike around perimeter of Great Island and Salt Meadow, across Little Beach Hill out to Jeremy Point tide permitting. Meet 9:45, bring lunch. From Rte 6 in Wellfleet, L at light, L on E.Commercial St to harbor. R on Chequessett Rd. Follow it to Great Island Pkg at small rotary. Heavy rain cancels. L Janet DiMattia (508-394-9064, jdimattia@earthlink.net)

Sun., Sept. 17. Barnstable Sandy Neck (C3C) – Walk out along the beach for an hour, then return along the same route. From 6A take Sandy Neck Rd (located near the Sandwich Barnstable town line) to the end parking in the second lot. Meet at 12:45. Two hours. L Pam Carter (508-398-2605)

Thu., Sept. 21. Mashpee South Cape Beach (C3C) – 2 hr. flat hike with 2 mi. of wooded trails and 2 mi. on sandy peninsular. Meet Thurs 9:45. From Mashpee rotary take Great Neck Rd 2.7 mi, left on Great Oak Rd. to town beach lot at end. L Gary Miller (508-540-1857, garymaxx@wmconnect.com), CL Maria Sylvester (508-385-4045)

Sat., Sept. 23. Harwich Herring River & Coy Brook (B3C) – Woodland Trails. Cranberry Bogs/Tidal River in Conservation Area. Take exit 9A off of Rt 6. L at second light, R @ stop sign. Next L onto Great Western Road. Go approx 1.3 miles. Park at Sand Pond (inside fence) on the L. (Meet at 9:45PM) Four Hours, bring lunch. L Ruth Handlen (508-432-1582, packrhandl@comcast.net)

Sun., Sept. 24. Wellfleet Duck Harbor (C3C) – Varied terrain: beach, wooded hills, spectacular bay views. Meet 12:45p.m. From Rte 6 left at lights toward Wellfleet center, left on E. Commercial St. Right on Chequessett Neck Rd. Turn Right opp. Great Island pkg, follow to end. Two hours. L Janet Kaiser (508-432-3277, rjkaiser@verizon.net)

Thu., Sept. 28. Dennis Crowe's Pasture (C3C) – Walk dirt roads to Crowe's Pasture, soft sand to Quivett Creek, back along beach and woods. Exit 9B North from Rte 6, 2nd light R on Setucket Rd, 1 mile to left on Airline Rd, 1.3 miles cross Rt 6A onto School St., 1st right South St. follow past cemetery to dirt rd., parking lot on right. Meet at 9:45. 2 hours. L Betty Donoghue (508-428-4679,

bettyccfla@aol.com)

Sat., Sept. 30. Wellfleet, National Seashore (B3C) – Walk on beach by breaking, swashing surf. Moderate pace on soft sand. From Rte. 6, take Gross Hill Rd. to end at Newcomb Hollow Beach. Meet at 9:45. Four hours. L Kenneth Burnes (508-648-1385, kburnes@cape.com)

Sun., Oct. 1. Eastham Doane Rock to Nauset Beach (C3D) – Hike to Coast Guard Beach, along shore to Nauset Light and the Three Sisters, back to Doane Rock through Nat'l Seashore wooded property. From Rte 6 in Eastham take R at Salt Pond Visitor center and turn R at Doane Rock picnic area. Park at second lot. Two hours. Meet at 12:45. L Janet DiMattia (508-394-9064, jdimattia@earthlink.net)

Thu., Oct. 5. Wellfleet - White Crest Beach (C3C) – Woodland trails/Hilly. From Rt 6 R on LeCount Hollow Rd. At beach gatehouse L on Ocean View Dr. .9 miles to Beach Pkg lot on R. Meet 9:45AM. L Ruth Handlen (508-432-1582 Before 9PM, packrhandl@comcast.net)

Sat. & Sun., Oct. 7 & 8, Cape Cod Pathways Walking Weekend – No AMC Hike. Please visit Cape Cod Pathways web-site for offerings. L Farley Lewis (farlewis@comcast.net)

Thu., Oct. 12. Yarmouth Bud Carter Trail (C3C) – Wooded walk with some hills and some views. From Rte 6 exit 8A. Immed. L at traffic light onto White's path. Go to end take L which becomes N. Dennis Rd. At approx 1 mi park on Driftwood Lane or in small lot on L at beginning of trail. Meet at 9:45. Two hours. L Pam Carter (508-398-2605), CL Ruth Handlen (508-432-1582)

Sat., Oct. 14. Nantucket Middle Moors (B3C) – Explore Nantucket's middle moors with guide from the Nantucket Conservation Foundation. Approx 4 hrs, bring lunch. Make own ferry or airline arrangements to island, arriving before noon. Exact meeting time TBA. Register by Oct 9. L Heidi Moss (508-362-6440 9am-8pm, mossheidi@hotmail.com), CL John Whelan (sockpirate@comcast.net)

Sun., Oct. 15. Sandwich-Ryder Conservation Land/Lowell Reservation (C4D) – Wooded walk with nice views of Mashpee-Wakeby Ponds. North on Rte.130 from Rte. 28. Right onto Cotuit Rd. 1.8 miles to Ryder Conservation Lot on left. Meet at 12:45pm for a 1pm Start. 2 hrs. L Farley Lewis (508-775-9168 Before 9 pm, farlewis@comcast.net)

Thu., Oct. 19. Provincetown Snail Road Dunes (C3B) – Meet at 9:45 a.m. at the Snail Road trailhead on Route 6 at east end of Provincetown. Explore Provinceland dunes, see historic dune shacks, cranberry bogs, and spectacular 360 views as we hike up and down 2 miles to the ocean and then back. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sat., Oct. 21. Barnstable Conservation (B2C) – Hike Trail of Tears and Otis Atwood area. 4 hours. Meet at Power lines on Service Road off Exit 5 of Rt 6 at 9:45 am. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sun., Oct. 22. Yarmouth Three Ponds (C3C) – Wooded hike on Water Co. property to Sandy Pond by lovely stream. Back along Horse Pond, Bassetts Pond, and cranberry bog. From Rte 6 take exit 8A. At second light take R go to the end take L and park off the road at 1 mi. Two hours. Meet at 12:45. L Janet DiMattia (508-394-9064, jdimattia@earthlink.net)

Thu., Oct. 26. Truro Ryder Beach (C3C) – Beach, woodland trails/hilly. From Rt 6 L on Prince Valley Rd. Go to end. R on County Rd. Immed L on Ryder Beach Rd. Park at end. (Meet 9:45AM) Two hour hike. Starts promptly at 10AM. L Ruth Handlen (508-432-1582 Before 9PM, packrhandl@comcast.net)

Sat., Oct. 28. Provincetown Herring Cove to tip of the Cape (B3C) – Park in the left corner of the left pkg lot of Herring Cove beach in Provincetown to hike back and forth over the dune and tidal flats until we get to Long Point (the tip of the cape)..views of Cape Cod Bay and Provincetown Harbor. Four hours. Meet 9:45. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Oct. 29. Barnstable - Old Jail Lane Conservation Area (C3C) – Wooded walk over slightly hilly terrain. Newly opened areas of conservation land contrast old footpaths through the woods. Meet at Old Jail Lane Conservation Land Parking Lot. Take Exit 6 to Rte 132 South. 1.4 miles to lights at Phinney's Lane. Turn L. Go 1 mile and turn L onto Old Jail Lane. Go 0.5 miles to parking area on Left. L Farley Lewis (508-775-9168 Before 9 pm, farlewis@comcast.net), CL Lisa Crowley (508-362-5062)

Thu., Nov. 2. East Falmouth-Mashpee, Quashnet River (C3C) – Walk in upland woods along small stream. More than light rain cancels. From Mashpee rotary, Rt 28N to Falmouth 2.1 miles, take R on Martins Rd to parking area. 9:45. 2 hours. Meet 9:45. L John Gould (508-540-5779, jhgould@adelphia.net)

Sat., Nov. 4. Maple Swamp to Barnstable Conservation (B3B) – Hike from Sandwich to Barnstable on mountain bike trails and dirt roads. Lotsa long steep hills. 4 hrs, bring lunch. Meet at 9:45 am at the end to shuttle cars to the start. From Rte 6 exit 5 turn south on 149. Take quick R on Service Rd, park under powerlines on left. L Heidi Moss (508-362-6440, mossheidi@hotmail.com)

Sun., Nov. 5. Crane Wildlife Area (C3B) – The terrain is flat, rolling hills. Meet at 12:45pm for a 1:00pm start. Coming From the Bourne Bridge take the 151 Exit off of Rt 28. At end of ramp take a R and park in the dirt lot on the R (across from the animal hospital. Not far from off ramp. L Linda Church (508-495-1308 7-9pm, lchurch@whoi.edu)

Thu., Nov. 9. Sandwich - Benjamin Nye Trail (C4C) – Working cranberry bogs, Red Pine forest, salt marsh with creeks/ponds. Remains of fish hatchery and game farm. From Rte.6 take Exit 4 (Chase Rd). Turn N (toward 6A), go approx. 1/2 mile, and take L on County Rd. One mile to parking on R at Sandwich Grange Hall/Benjamin Nye homestead. Two hours. L Nancy Wigley (nrwigley@cape.com)

Sat., Nov. 11. Falmouth, Moraine Trail (A3B) – Nine mile, 5-hour along moraine, pond with lunch stop. Meet Goodwill Park, Falmouth 9:30 to carpool at 9:45. From Mashpee rotary, take 151 west 3.4m to L at Sandwich Rd. Go 3.7m to R on Brick Kiln; then 0.9m to L on Gifford. After 1.1m go R to enter Goodwill Park and 0.3m to parking. More than light rain cancels. L John Gould (508-540-5779, jhgould@adelphia.net)

Sun., Nov. 12. Harwich Herring River (C3C) – Woodland Trails. Cranberry Bogs/Tidal River in Conservation Area. Take Exit 9A off of Rte 6. L at second light, R @ stop sign. Next L onto Great Western Rd. Go approx 1.3 miles. Park at Sand Pond (inside fence) on the L. (Meet 12:45PM) 2 Hours. L Ruth Handlen (508-432-1582 Before 9PM, packrhandl@comcast.net)

Thu., Nov. 16. Truro High Head Sand Dune Walk (C3C) – Meet 9:45 in pkg lot on dirt road off High Head road at bike trail. We will hike over the dune and continue on the beach weather permitting. If high winds, we will walk the bike path to Pilgrim Springs and beyond. 2 hours. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sat., Nov. 18. Harwich Hawk's Nest State Park (B3C) – Exit Rt. 6 at Exit 11. Head west on Spruce Street opposite off ramp. Go app. 1/2 mile and park on left side of the road. Meet at 9:45. Four hours. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sun., Nov. 19. Barnstable-Bridge Creek Conservation (C3D) – Level terrain, 2 hours. Cedar upland, maple swamp and salt marsh, old bogs and stone walls. Meet at 12:45 pm. From exit 5 off Rt. 6 north on Rt. 149, park along grass triangle on immediate left beside church. L Heidi Moss (508-362-6440 9AM-7PM, mossheidi@hotmail.com)

Thu., Nov. 23. Yarmouth Port: Dennis Pond (C3C) – Thanksgiving Day hike on trails through woodlands, established gardens and hills. Exit Rte 6 North to Rte 6A, Yarmouth. From Rte 6A Yarmouth Port, turn South onto Summer Street at blinking yellow light on sharp curve in road. In less than one mile, park on Right after railroad crossing at Dennis Pond. Two hours. L Richard Kaiser (508-432-3277, rjkaiser@verizon.net)

Sat., Nov. 25. Yarmouth Inkberry and Three Ponds (B2C) – Four hour hike from Inkberry Trails past cranberry bogs and woods walk to lunch at Sandy Pond. Back past Horse Pond, Bassetts Pond. Meet 9:45. From Rt 6 exit 8. At second light take R to L on Forest Rd. R at light on Winslow Gray. Follow to parking lot on R. L Janet DiMattia (508-394-9064, jdimattia@earthlink.net)

Sun., Nov. 26. Brewster - Nickerson State Park (C3C) – Hike along western perimeter of park through woods to Cliff Pond through camping area back to parking lot. Meet 12:45 at main pkg lot at Nickerson State park on 6A in Brewster. Two and half hours. L Janet DiMattia (508-394-9064, jdimattia@earthlink.net)

Thu., Nov. 30. Bourne Canal Walk (C3D) – Walk along path in wooded area, returning on bike path. Meet on N side of canal at the visitor center at 9:45. Two hours. L Pam Carter (508-398-2605)

Sat., Dec. 2. Open-Deer Season – Check Short Notice and Web for possible hike on this day. L Farley Lewis (farlewis@comcast.net)

Sun., Dec. 3. Harwich-Herring River (C3C) – Walk with views of the river, along the reservoir and around cranberry bogs in conservation area. Take Exit 9A off Rte 6. L at 2nd light. R at stop sign. Next L onto Great Western Rd. At 1.3 miles park at Sand Pond lot on L. . 2 hours. Meet at 12:45. L Pat Sarantis (508-430-9965, ediespond@hotmail.com)



When hiking On- or Off-Cape, please be sure to check yourself carefully for these tiny, but potentially harmful, Deer Ticks, shown enlarged in this photo next to a dime...

Bike Rides

Chair – Joe Tavilla, bikingchair@amcsem.org, 508/428-6887

NOTE: Approved helmets required for all AMC bike rides. If start time and location are not indicated, contact ride leader (L).

NOTE: for additional SEM bike rides, please check *AMC Outdoors*, visit www.amcsem.org, or use the AMC online trip listing system: <http://trips.outdoors.org> (set the Committee to “Biking,” and the Chapter to “Southeastern Massachusetts”), or sign up for the SEM Short Notice trip list at www.amcsem.org.

NOTE: AMC SEM 2000 Mile Club – The SEM Bike Committee awards 2000 Mile Club certificates of achievement and embroidered award patches to members who ride 2000 miles or more in a year. For more information, contact Joe Tavilla (508-428-6887 7-7, bikingchair@amcsem.org) or Victor Oliver (508-888-8435 7-7, bikingvicechair@amcsem.org)

Thu., Sept. 7. Turn Those Tires On Thursday –Cruise the quiet back roads of Middleboro and Lakeville. Includes a spin by the Lake Region. 19 miles, mostly flat terrain. L Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com)

Sat., Sept. 9. Martha's Vineyard – Enjoy the spectacular beauty of a Massachusetts treasure. Start with a scenic ferry ride from Woods Hole to Vineyard Haven. Then a 20-mile ride that includes Oak Bluffs, Edgartown and lunch at South Beach. This is a great ride for beginners to intermediates. Terrain is mostly on the flat bike path at an easy pace. Return via late afternoon ferry. Please bring a spare tube and, as on all AMC rides, helmets required. L Vic Oliver (508 888 8435, SEMbike_chair@Yahoo.com)

Thu., Sept. 14. Turn Those Tires On Thursdays – The towns of Rochester and Acushnet are full of lightly traveled roads. Enjoy a 20 mile cruise with not many cars. L Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com)

Sat., Sep. 23. Pioneer Valley Spectacular – Very scenic ride in the rural areas of Western Massachusetts. Highlights include the Poet's Seat Tower, the summit of Sugarloaf Mountain, the Connecticut River Valley, Lake Wyola and the quiet small towns of Montague, North Leverett and Wendell. Terrain ranges from flat to VERY hilly. Experienced, intermediate riders. 46 miles. L Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com)

Sat., Sep. 30. Cape Cod Village Cruise – Cruise the lesser-traveled roads of the Villages of Barnstable. Highlights will include lots of water views, scenic beaches, boatyards, picturesque harbors, inland waterways and the JFK Memorial. 46 miles. Terrain and pace best suited for intermediate riders. L Joe Tavilla (508-428-6887, silverski@earthlink.net)

Sat., Oct. 21. Bogs, Lakes & Llamas – Cruise for 37 miles over flat terrain that passes lots of cranberry bogs, farms and lakes in the towns of Carver, Middleboro and Rochester. L Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com)

Sat., Nov. 4. Lakeville Halifax Ride – Pass by beautiful farms and bogs via mostly flat and quiet roads in North Middleboro and Halifax. 42 miles. L Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com)

Education

Chair – Walter Deeter, 508-279-0626, educationchair@amcsem.org

Sat. & Sun, Sept 30 & Oct. 1. Wilderness First Aid/CPR, Camp Lyndon – Instead of SOLO, The SEM Chapter is offering AMC Wilderness First Aid (WFA) and CPR training this year at beautiful Camp Lyndon in Sandwich, MA. For more information, or to register, call Walter Deeter (508) 279-0626 before 9:00 or E-mail WADeeter@AOL.com.

Conservation

Chair – Maura Robie, 508-285-6005, conservationchair@amcsem.org

Sat., Sept 23. Cape Beach Tour – Joint SEM/Narragansett chapter nature tour at South Beach in Chatham. See page 3 for more info.

Kayak Paddles

Chair – Gifford Allen, 508-563-3852, paddlingchair@amcsem.org

For information on SEM canoe and kayak trips, please check *AMC Outdoors*, visit www.amcsem.org, or use the AMC online trip listing system: <http://trips.outdoors.org>, (set Committee to “canoe/kayak” and set Chapter to “Southeastern Massachusetts”).

AMC ACTIVITY PARTICIPATION POLICY

AMC encourages involvement in its mission and activities through its membership, programs, policies and procedures. Our goal is to be a community that is comfortable, inviting and accessible for people of any age, gender, race, religion, ethnicity, ability, sexual orientation, or socioeconomic status.

Some AMC programs are designed for a certain age range of members or for a special activity or topic. However, any person who meets the minimum qualifications (age, skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available. Individuals under 18 must be accompanied by a responsible adult.

All participants in AMC activities are required to sign the AMC waiver form provided by the leader. You may preview this waiver form on the chapter website at www.amcsem.org/pdf/waiverform.pdf

AMC SEM Short Notice Trip List ...

Our Yahoo-powered SEM Short Notice E-Mail Trip List is a great way to find out about late-breaking Chapter activities that might not appear in either the *Breeze* newsletter or the *AMC Outdoors* magazine. If you haven't signed up for the e-mail list yet, just visit www.amcsem.org and enter your e-mail address in the appropriate location.



AMC Membership in a Bottle (MIB) is the perfect gift for a friend, relative, or yourself, if you aren't yet a member.

For just \$50.00, you will receive an AMC water bottle, a one-year individual membership, a \$10 AMC gift certificate, and an AMC window decal. Your membership also includes 10 issue of the *AMC Outdoors* magazine and quarterly issues of the *Southeast Breeze* newsletter. The SEM Chapter benefits from every bottle sold through the chapter.

To receive a MIB, send your Name, Address, City/State/Zip and Phone Number, along with the name and address to which you would like to like the bottle sent, with a check for \$50 payable to SEM/AMC, to:

AMC SEM MIB (c/o Claire Goode)
P.O. Box 533
Bourne, MA 02553

Last chance to register for CHAPTER HUT NIGHT in Crawford Notch!

Join us for our chapter's annual "Chapter Hut Night" on Sat. and Sun. Oct. 21st & 22nd (optional early arrival Friday evening...) at the AMC's Highland Center and Shapleigh Bunkhouse in beautiful Crawford Notch, New Hampshire. This location in the White Mountains can't be beat. This weekend allows members new and "old" alike to enjoy a weekend of hiking and camaraderie.

Hikes of different levels will be offered Saturday and Sunday. Member rates start with a budget option for only \$36.75 (bunk in Shapleigh Bunkhouse & supper Saturday night, breakfast Sunday) and range up to \$128 (bunk in Highland Center and suppers Fri. and Sat. nights, breakfasts Sat. & Sun.). *Registration closes September 15th but usually sells out, so register now!* Contact Erika Bloom erika.bloom@comcast.net (preferred), or 508-951-1001 before 9 pm for complete registration information.

News from AMC Joy St. headquarters...

2006 CHAPTER TRAILS CHALLENGE UPDATE - GOT RIVERS?

Well into its second year, the record keepers for the Chapter Trails Challenge report that AMC chapters have added over 50 miles of new trails to AMC's inventory.

The club has had the opportunity to recognize both new adopters and those who have long maintained trails but haven't reported their work. In that spirit, AMC invites those AMC members who adopt and maintain river miles to take part in the challenge as well

River miles refer to the extent to which a volunteer's efforts preserve access and navigability on the water. For example, those volunteers who coordinate with power companies for white water releases make those rivers navigable for white water boating. Volunteers who cut out strainers, clean up trash, and maintain put-in/take-out areas are also contributing to this effort. Some of these miles are maintained in partnership with other organizations, and we applaud these relationships.

For those volunteers who do not work on a clearly defined stretch of one river, but nevertheless act as stewards on the water, the Chapter Trails Challenge has ways of calculating these miles.

The definitions that apply to adopting river miles align closely with the concept of "trail stewardship" in the sense that the service directly benefits the trail/river users where the work is done. If you have questions about if or how your river stewardship can be included in the challenge, please contact Faith Salter 617/523-0655 ext. 314 or fsalter@outdoors.org.

Stay warm while helping support your chapter with an SEM fleece vest...

These mid-weight Forest Green fleece vests provide an ideal outer layer for Fall hiking and biking! The vests feature a full-length front zipper for temperature control, zippered outer pockets and inside pouch pockets for storage, and boast the SEM Chapter logo embroidered on the left breast.

To order, send check or money order made out to "SEM-AMC" for \$39.95 plus \$6.50 S&H (\$46.45 total) to: Claire Goode, PO Box 533, Bourne, MA 02553. Please specify size (generously sized S, M, L, or XL) and be sure to include your shipping address and an evening phone number.





Southeastern Massachusetts Chapter
APPALACHIAN MOUNTAIN CLUB
5 Joy Street
Boston, MA 02108

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SEM Summer Picnic in Foxboro...



About 25 SEM members showed up for the SEM annual summer picnic, despite a very hot forecast. A hike (led by Mike Woessner) and bike ride (led by Joe Tavilla) were offered in the Foxboro area.

Chuck Drayton was kind enough to accompany us on the hike and show us some of the many Native American sites in the forest. Several SEM leaders were surprised to know they had been hiking right by these ancient stone artifacts and never knew it!

Chuck has a great website with photos, explanations, and maps of the sites at www.stonesites.net. The picnic itself was held at the Chapel Meeting House, a lovely and historic facility that has been lovingly restored by volunteers after the town rallied to purchase it. Take a look at www.chapelmeetinghouse.org. Remember to watch for this fun event next summer!

The Southeast Breeze is printed on 100% recycled paper using environmentally friendly ink.



The Southeast Breeze

The newsletter of the Appalachian Mountain Club Southeastern Massachusetts Chapter
Spring 2006 - March, April & May

View from the Chair

By Laura Smeaton



Photo by Chris Sampson

Annual Meeting

Almost 70 members gathered on November 5, 2005 at the Bourne Community Center for the Chapter's Annual Meeting.

Everyone enjoyed the collective culinary delicacies at the potluck dinner – especially the vast array of delicious pies! During the business meeting, outstanding leader volunteers from each activity were recognized and presented with SEM AMC leader vests. Seventeen 25-year members were also announced. Finally, all members of the 2005 executive board were honored, and the 2006 board was voted in.

Faith Salter, assistant director of chapter relations from the Joy Street office, presented an update on club-wide volunteer, chapter and club happenings. Six lucky raffle winners left the night with free AMC books.

But, clearly, the highlight of the evening was Fred Stott's presentation and slide show! A natural storyteller, Fred recounted some of the stories that are in his book "On and Off the Trail – Seventy Years with the Appalachian Mountain Club." Following, he shared slides from his hike up to the Base Camp of Mount Everest, which he had taken with his wife almost exactly 40 years ago from that November evening.

Fred was an enchanting speaker, and he happily signed almost as many copies of his book after his presentation as during the preceding social hour.

Executive Board

Three Executive Board members retired from their committee chairs at the Annual Meeting: Heidi Moss from Cape Hikes, Dick Coveney from Canoe/Kayak, and Erika Bloom from Hiking. Heidi and Dick had each served as their activity chairs for two years. Erika had served as interim Hiking chair for 2005. (All three will remain active as activity leaders for the coming year.) Farley Lewis, previously vice chair of Cape Hikes, was voted in as the new chair of that committee. Gifford Allen, who served a brief tenure as vice chair, was voted in as Paddling chair. Both Farley and Gifford have already made impressive marks with their respective programs. Farley has recruited a wonderful vice chair, John Gould, and Gifford has been rallying the paddling leaders (13 strong!) to develop a fun and ambitious paddling program for 2006. Many thanks go out to Erika, not only for running the hiking program, but also for mentoring the new, 2006 Hiking chair Sue Chiavaroli. Thank you Erika, and welcome Sue!

Returning Board members for 2006 include: Mike Woessner (chapter vice chair), Chris Sampson (secretary and unofficial chapter photographer!), Paul Miller (communications), Maura Robie (conservation), Walter Mark (skiing), Lou Sikorsky (trails), and myself, Laura Smeaton (chapter chair). Bill Ruel had planned to return as treasurer, but we just learned that he will not be able to serve this year, **so we desperately need someone (ideally, who has some bookkeeping experience) to step up to assume the treasurer position!** Please contact me immediately if you think you might be interested...

At Board meetings following the annual meeting, the following changes in the Executive Board roster were voted in: Joe Tavilla to become biking chair (previously vice chair), and Vic Oliver to become biking vice-chair

Continued on page 11...

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Cycling Committee Awards

Victor Oliver, Cycling Committee Vice-Chair



At the 2005 Annual Dinner, it was announced that three AMC members had been selected to receive SEM leader vests for their past efforts involving the cycling activity. Since they were not present that evening due to other engagements, (then) Cycling Chair, Victor Oliver presented two of the vests to Paul Currier and Jack Jacobsen (photo above) at a Tuesday afternoon ride.

Paul Currier, who has been an AMC member for a number of years, was given a vest for his continued involvement with cycling and his endless publication of cycling activities in the South Eastern Massachusetts area. Paul leads bicycle rides throughout the year and done so for a long time. SEM has one of the most active cycling programs of all the AMC Chapters due to Paul's efforts.

Jack Jacobsen received a vest for coming up with the idea of the 2000 Mile Club. The SEM 2000 Mile Club now has nine members who have cycled over 2000 miles in the past two years. (The newest members are Will Mason, John Sullivan, and Larry Kornestsky.) Jack has been a willing bike leader as well and leads a number of rides each season. He has been a strong supporter of the SEM Bike program.

The third vest will be given to Alice Oberdorf at the Spring Fling for her continued service and leadership in the SEM cycling activity.

The Appalachian Mountain Club Southeastern Massachusetts Chapter

Chapter includes app. 3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.

2006 Executive Board

Chapter Chair -	Laura Smeaton, chair@amcsem.org 617/323-6727
Vice Chair -	Mike Woessner, vicechair@amcsem.org 508/577-4879
Treasurer -	OPEN*, treasurer@amcsem.org
Secretary -	Chris Sampson, secretary@amcsem.org 508/993-5497
Biking -	Joe Tavilla, bikingchair@amcsem.org 508/428-6887
Canoe/Kayak -	Gifford Allen, paddlingchair@amcsem.org 508/563-3852
Cape Hiking -	Farley Lewis, capehikingchair@amcsem.org 508/775-9168
Communications-	Paul Miller, communicationschair@amcsem.org 508/695-8495
Conservation -	Maura Robie, conservationchair@amcsem.org 508/285-6005
Education -	Walter Deeter, education@amcsem.org 508/279-0626
Hiking Chair-	Sue Chiavaroli, hikingchair@amcsem.org 508/252-4164
Membership -	OPEN*, membershipchair@amcsem.org
Skiing -	Walter Mark, xcskchair@amcsem.org 508/884-8185
Trails -	Lou Sikorsky, trailschair@amcsem.org 508/678-3984
Webmaster -	Susanne Piche, webmaster@amcsem.org

*Please contact Laura Smeaton if you are interesting in volunteering for any open SEM volunteer positions.

The *Southeast Breeze*, the newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published four times per year as a service to the Chapter's members. SEM members are encouraged to submit letters, articles, photos, and artwork, but materials for publication (space permitting) cannot be returned unless accompanied by SASE. Please mail to: Paul Miller, 169 So. Washington St., No. Attleboro, MA 02760. Digital submissions are preferred, and can be e-mailed to: communicationschair@amcsem.org. Articles will be edited for length, typographical errors, and clarity.

HAVE YOU MOVED? Please send your change of address information to: AMC, 5 Joy St. Boston, MA 02108

NON-SEM AMC MEMBERS who wish to receive the quarterly Southeast Breeze newsletter should send a \$5.00 check made out to "AMC SEM" to: AMC SEM Breeze Subscription, PO Box 120, Wrentham, MA 02093-0120. Please be sure to provide your mailing address if it's not on the check.

Don't miss the SEM SPRING FLING!!!

Saturday, April 22, 2006

New format features a choice of a great hike, paddle or bike ride in the morning, followed by demonstrations, displays, a gear swap, and pot luck dinner in the afternoon at the Bourne Community Center (278 Main St., Buzzards Bay)

- Hike** - Bourne Four Ponds co-sponsored by the Cape Hikes and Hiking Committees starts at 9:30 AM (see listing under Cape Hikes on page 8)
- Paddle** - 3-4 miles around nearby Onset Bay starts at 9:30 AM (see listing under Kayak Paddles on page 10)
- Bike** - 20 miles at a relaxed pace around the Cape Cod Canal...perfect for beginners! (see listing under Bike Rides on page 9)



Outdoor gear experts from the Hyannis Eastern Mountain Sports store will be on hand to display an array of biking, hiking, and paddling gear and clothing. EMS will also host a series of informal discussions and question and answer session on topics ranging from bike tire repair on the road, to blister treatment for hikers, to cold water paddling safety.

AFTERNOON/EVENING SCHEDULE AT BOURNE COMMUNITY CENTER (fee applies)

(please visit www.amcsem.org for more details and/or updates)

- 2:00 – 6:00 PM - **EMS gear displays and demos** (see description above)
- 6:00 – 7:00 PM - **Member gear swap & sale** -- you barter, sell, swap or buy your gently used outdoor gear and clothing with/from other SEM members. Tags will be provided. Owners must carry out any items not traded or sold at the end of the evening
- 7:00 – 8:00 PM - **Social Hour (non-alcoholic) with AMC Book Raffle**
- 8:00 – 9:30 PM - **Pot-luck dinner** – bring your favorite main dish, side dish, or dessert to enjoy and share. (A great opportunity to dust off that slow cooker!). Non-alcoholic beverages and plates, cutlery, and napkins provided
- 8:00 – 9:30 PM - **Presentation of SEM Chapter Distinguished Service Award and Guest Speaker**

Entry fee: \$5.00 adult / \$2.00 child (if postmarked before 4/1/06)
(Sorry, no refunds) \$10.00 adult / \$5.00 child (if postmarked on or after 4/1/06)
\$15.00 adult / \$8.00 child (if purchased at the door or one FREE entry with AMC "Membership in A Bottle" purchase at the door)

Please mail registration form with check in appropriate amount made out to AMC SEM to:
Laura Smeaton, 28 Sheffield Rd., Roslindale, MA 02131 (Please send questions to springfling@amcsem.org)

Name(s) _____ Phone or e-mail _____

Number of Adults ____ @ \$ ____ = \$ ____ / Number of Children ____ @ \$ ____ = \$ ____ Total enclosed = \$ ____

SEM Leader Profile: Erika Bloom

Hiking Leader

EDITOR'S NOTE: Erika Bloom served as interim Hiking Chair last year and is currently a very active SEM Chapter hiking leader. As this is being edited, Erkia is leading an AMC Major Excursion trip to Mount Kilimanjaro. Here's Erika's story, in her own words:



Erika on Swiftcurrent Mountain during an AMC Major Excursion trip...

I grew up in the mountains of Montana but never hiked or really thought about enjoying the outdoors. I did downhill ski but that's it. When I look back at all that great hiking and backpacking all around me, I can't believe I never took advantage of it! Now I have to travel great distances to get to mountain hiking and backpacking.

I moved to Massachusetts in 1998 and luckily stumbled across the AMC early on. It sounded great - an organization with all sorts of different activities available whenever I wanted. I didn't have to find people to go with me, I could just sign up with a group!

Today, I mostly hike and do some backpacking. I'd love to do more ocean kayaking and cross country skiing, but I don't want to give up my precious hiking time! Hiking is the only athletic thing I've ever felt I'm good at. It comes naturally to me, like walking! I love the exercise, and I especially love hiking in the mountains where I can enjoy the scenic vistas. The mountains in Montana and the Canadia Rockies are my favorites, but I also love hiking the White Mountains in New Hampshire. Locally, I frequently hike in the Blue Hills, where you can get a workout similar to hiking in the mountains.

I joined the AMC in 1998 and started going on hikes right away. My first New Hampshire hike with the AMC was a backpack in the pouring rain.

I soon discovered that, in New England, the trails go straight up the mountains no matter how many rocks are in the way! It was a bit of a change from the gradual, switchbacking trails out West, but I quickly learned to love the great exercise of hiking in the Whites. If you can hike there, you can hike anywhere!

I took leadership training the next year, just to learn how to be a better participant, but Bob Vogel called me and "made" me co-lead a hike with him soon after. I started co-leading and then leading more hikes, became our chapter's hiking committee vice chair and then chair, and now I'm on the AMC Major Excursions committee. I co-led an AMC trip day-hiking and backpacking in the Canadian Rockies in 2002, I led an AMC trip dayhiking in Glacier National Park (Montana) in 2004 which I will lead again in August 2006, and by the time people are reading this I will have led an AMC trip to climb Mt. Kilimanjaro and go on a camping safari in Tanzania in January 2006.

I volunteer as a leader for partly selfish reasons - it's a way to go where I want to go and do the things I want to do, while sharing them with others who might not go on their own. There are lots of people out there who are looking for a little guidance about where to hike, and they want to learn about proper equipment and preparation. They look to AMC leaders to help them have fun safely and learn along the way. I also love being in the outdoors, surrounded by nature. And I love teaching other people to sometimes stop and "smell the roses" (or look at the mushroom, listen to the bird singing, or see the snake slithering away). We all need to remember that being outdoors is great exercise, but it's also nurturing for our souls!

My husband is a great guy, but doesn't like to hike much (although he's a maniac about fly-fishing, which I can't say I do much of.) So, the AMC has allowed me to find people to hike with and feel safe - which makes both of us happy. In my spare time, I volunteer with Habitat for Cats in New Bedford. We're a small organization but we rescue a lot of cats and arrange a lot of adoptions. In December 2004 I started working part-time to have more time to do volunteer activities. I love it! It's allowed me to spend most Tuesday mornings leading AMC Blue Hills hikes, and Thursdays helping care for rescued cats.

Pack Monadnock hikers enjoy perfect weather (and get to see bear tracks!)

By Paul Miller, Communications Chair

Eighteen AMC hikers assembled in the parking lot of Miller State Forest in Temple, NH at the very civilized hour of 10:15 am on Saturday, January 7th for the second in the SEM Chapter Hiking Committee's 2005/06 Winter Hiking Series.

Several participants had carpooled from the "park & ride" lot on Route 106 just off Route 24 (including two members who came up from way out on the Cape). Others, myself included, drove up to NH by themselves.



The group poses on the summit of Pack Monadnock with Grand Monadnock visible in the background (photo by Dexter Robinson)

We were pleased to see that the ground and trails were nicely covered with a good five or six inches of snow. Since the trails appeared to be well broken out, leaders Bob Vogel and Dexter Robinson briefly conferred and then announced that we could leave our snowshoes in the cars, while co-leader Walter Mark made sure everyone signed the release form.

The weather couldn't be better, with beautiful deep blue skies, temperatures in the 20's, and very little wind.

After we all changed into our winter boots (Sorels or plastics...), we shouldered our packs and headed up on the Marion Davis Trail toward the 2,290 foot summit of Pack Monadnock Mountain, just 840 vertical feet and 1.4 miles from the trailhead. (Pack, "or "Little" Monadnock, is sometimes confused with the more popular, 3,165 foot Grand Monadnock Mountain, located in nearby Jaffrey.)

It only took us about an hour of pretty easy hiking on this attractively wooded and winding trail to reach the Pack Monadnock summit. Here, we stopped for a drink, a snack, and to enjoy the expansive views. This includes a wonderful view of Grand Monadnock to the west. We also checked out the interesting old stone shelter.

After a short break, we connected with the Wapack Trail and headed toward North Pack Monadnock (2,278 feet), 2.3 miles away. A layer of ice lurked just below the surface on this north-facing trail, requiring a bit of caution and very careful foot placements on the steeper sections. These conditions made it unlikely that the slower hikers in the group would be able to reach the summit of North Pack before the 1:30 pm turnaround time, so the leaders decided to split up into two groups. This would give the faster hikers a reasonable chance at the summit, while taking the pressure off the slower members in the group. I took the conservative route and stayed with the slower group.

We continued on and, when it became obvious that we weren't going to be anywhere near the summit by 1:30, we stopped for a quick lunch at a nice spot in the woods before turning around. I took this opportunity to strap on my crampons, which made the healthy climb back up Pack Monadnock a lot less slippery. Along the way, we stopped to study some bear tracks in the snow (a first for me and a real treat for all...). Once we regained the summit, we waited at the shelter for the other group to re-join us. About a half hour later, the lead members of trudged up to the shelter, tired but triumphant, having made it to the summit of North Pack.

Once we re-grouped, we all headed down the snow-covered auto road to the parking lot for the drive home.

All in all, a great day with a great group of people!



On North Pack Monadnock summit...

Hiking/Backpacking Activities

Chair – Sue Chiavaroli, 508-252-4164, hikingchair@amcsem.org

IMPORTANT: Hikers unsure of their ability should try only one level more difficult than previously completed. No pets without permission of trip Leader. Individuals under 18 must be accompanied by parent or guardian. Registration required for most trips. Hiking boots strongly recommended. For additional information or to register, contact the trip Registration leader (R), trip Leader (L) or co-Leader (CL). SEM Chapter trip updates are also available at <http://trips.outdoors.org>.

Miles per Hike	Pace (MPH)	TerrainType
AA = 13+	1 = very fast (2.5)	A = very strenuous
A = 9 - 13	2 = fast (2)	B = strenuous
B = 5 - 8	3 = moderate	C = average
C = <5	4 = leisurely	D = easy

Thurs., Mar. 2, Ponkapoag, Canton, Mass – Meet at golf course parking lot off Rt. 138 for 2-3 hour hike around pond. Bring snack, water, hiking boots. Confirm with L. Bruce Dunham (508-587-0679). L Elsie Laverty (elavmca@tmlp.com)

Mar. 3-5. Winter Wonderland at Ponkapoag – Snow shoe, xc ski, or hike in our own back yard, Milton, MA. Two nights lodging in rustic cabins at Ponkapoag Camp heated by wood burning stoves. Group meals include two breakfasts, happy hour and dinner Saturday night. Cost \$50. Must have winter gear. Wood stove cooking and evenings around the fire ring, weather permitting. Reservations with co-leaders Bill Ruel, camperbill824@yahoo.com 781-589-3321 or Anne Chace 508-824-8871 before 9:00 PM

Mar. 7, Tues. Morning Blue Hills Conditioning Hike (B3B) – Great exercise hiking strenuous terrain at a moderate pace. Lots of hills! Nice views when the weather cooperates. Hike goes most Tuesday mornings, register for details (start time may vary). Start with loop of 3.5-4.5 miles, option to continue on for another 2 miles. Hiking boots required. L Erika Bloom (508-951-1001 before 9 pm, ebloom1@comcast.net)

Wed., Mar 8. at 7:00 pm, HIKE PLANNING MEETING – Unitarian Universalist Church, 25 Main St. (Rt. 105), Middleboro. Meet fellow hikers and get involved with the SEM Chapter for planning and pizza! Sue Chiavaroli (508-252-4164, hikingchair@amcsem.org)

Thur., Mar. 9. Wareham Hike – Hike along bogs, marshes, ocean. Directions: From I-195 exit 20, go south to Rt.6E (left). Staying on Rt. 6 turn right at bottom of hill into Wareham center (Main St.) as it curves to the "Narrows". After crossing RR bridge, bear right on Narrows Rd. Turn right on Indian Neck Rd. Turn left, Crooked River Rd. Park 100yds down at Wildlands Trust Sign. Hike starts at 10:00 AM and takes 5 hours but we will park in the middle for a bailout point. L Don Savino (donsavino@webtv.net, 508-295-4562)

Mar. 14, Tues. Morning Blue Hills Conditioning Hike (B3B) – (See March 7 listing for details...)

Thur., Mar. 16. Gilbert Hills State Forest, Foxboro – Meet at Lakeview Pavilion. Rt. 95 north to Rt. 140 north, Foxboro Exit. Follow 140 through the center of Foxboro and continue on 140 north. At about 1/4 mile turn left onto lakeview Rd. (Lakeview Pavilion Sign there). Follow road and take a right into parking lot. Call to confirm. L Elsie Laverty (elavmca@tmlp.com), L Joanne Staniscia

Mar. 18-19. Hike #4 Winter Hiking Series, Nauman Backpack (B3B) – White Mountains, NH. As the grand finale to the winter hiking series, we'll backpack to the Nauman Campsites. Depending on conditions, we may attempt to summit nearby Mt. Pierce or Mt. Jackson. Previous backpacking experience needed; some equipment can be rented or borrowed. L Erika Bloom (508-951-1001 before 9 PM, ebloom1@comcast.net), L Dexter Robinson (781-294-8840 7-9 PM, dexsue@comcast.net), R/CL Wayne Anderson (508-697-5289 6-9 PM, wanderson@mxcsi.com)

Mar. 21, Tues. Morning Blue Hills Conditioning Hike (B3B) – (See March 7 listing for details...)

Thur., Mar. 23. Blue Hills, Canton – Meet at 10:00 a.m. at Houghton's Pond parking area. Exit 3N from 128. Go 0.5 miles to stop sign, turn right and go 0.2 miles to parking lot on the right. L Bob Freeman (508-432-4341)

Sat., Mar. 25. Massasoit State Park (B3D) – Celebrate Spring hiking at East Taunton's "hidden jewel." Trails lined with pine needles wind around lakes and ponds on mostly flat to gently rolling terrain. This is a perfect start to local Spring hiking. L/R Barbara Hathaway (508-880-7266 7-9P, barb224@tmlp.com), CL Joanne Staniscia

Mar. 28, Tues. Morning Blue Hills Conditioning Hike (B3B) – Great exercise hiking strenuous terrain at a moderate pace. Lots of hills! (See March 7 listing for details...)

Thur., Mar. 30. Ellisville State Park, Plymouth – Pretty beach walk with bird sightings. Meet at 10 a.m. Bring snack or lunch and water. Directions: Take Rte.3 to exit 2. Follow 3A north (signs to Cedarville and Ellisville) Go 2 miles and park will be on right. L Elsie Laverty (elavmca@tmlp.com), CL Ellie MacPherson

Apr. 4, Tues. Morning Blue Hills Conditioning Hike (B3B) – (See March 7 listing for details...)

Thur., Apr. 6. Betty's Neck, Lakeville – Meet at 10 a.m. Bring snack and water, optional lunch stop post hike. Directions: Rte 105 south from Rte. 495, becomes 105/18. Stay on 105 where it forks to left from Rte. 18. Take left after the Clark cemetery onto Long Point Rd. Continue for 1-2 miles. The road makes a sharp turn to the right and crosses a causeway. Look for the parking area on the left. L Elsie Laverty

Sat., Apr. 8. Welch/Dickey Mountains (B3B) – Great conditioning hike in the White Mountains with great views all the way. Expect a full day. (Cancel if raining). L Pauline Jordan (508-676-5146 7:30-9:30, Hirst30@aol.com), CL Walt Wells (508-279-1963 7:00-9:00, WaltandLinda@comcast.net), CL Linda Wells

Apr. 11, Tues. Morning Blue Hills Conditioning Hike (B3B) – (See March 7 listing for details...)

Thur., Apr. 13. Horseneck Beach, Westport – 10:00 am.start for beautiful beach walk. Bring lunch and water. Directions: Rte. 24 to Rte.195E to exit 10 and Rte.88 south, Follow about 10 miles to bridge and rotary. Take first right off rotary and park in lot on right at the boat ramp. L Charlie Farrell

Apr. 18, Tues. Morning Blue Hills Conditioning Hike (B3B) – Great exercise hiking strenuous terrain at a moderate pace. Lots of hills! (See March 7 listing for details...)

Thur., Apr. 20. Myles Standish State Forest, Carver – Explore three different nature trails. Will carpool short distance between trailheads. Bring snack and water. Meet at park headquarters at 10 am. Directions: From 495 take exit 2 (S. Carver and intersection of Rte. 58. Take 58 north to Cranberry road on right and follow signs. L Elsie Laverty (elavmca@tmlp.com), CL Peter McLaughlin

Apr. 25, Tues. Morning Blue Hills Conditioning Hike (B3B) – (See March 7 listing for details...)

Thur., Apr. 27. Copicut Woods, Fall River – Nice walk in woods to reservoir and old farm remains in bioserve. Meet at 10 a.m. Bring snack and water. Directions: From Fall River take exit 9 (Sanford Rd.) off Rte.195 and turn left to pass under highway. Road bears to right and becomes Old Bedford Rd. Take left onto Blossum Rd. and follow 1.3 miles. Bear right onto Indian Town Rd. and follow for 1.7 miles to parking area. L Charlie Farrell

Sat., Apr. 29. Blue Hills True End-to-End Skyline Trail (A3B) – An opportunity to traverse the "entire" Blue Hills Skyline Trail from Fowl Meadow to Shea Rink on this annual day long hike. An excellent conditioning hike, not for beginners. L/R Dexter Robinson (781-294-8840 7-9 pm, dexsue@comcast.net), CL Dick Carnes (rcarnes2@aol.com)

May 2, 9, & 16 Tues. Morning Blue Hills Conditioning Hikes (B3B) – (See March 7 listing for details...)

Sat., May 20. Mount Monadnock (B3B) – An absolutely beautiful spring hike providing good hiking and exercise. Join us for this approximately 7 mile hike in southern NH. L/R Pauline Jordan (508-676-5146 7:30-9:30 pm, hirst30@aol.com), CL Walter and Linda Wells (508-279-1963 7-9 pm, WaltandLinda@comcast.net)

Sun., May. 21. Massasoit State Park (B3D) – Mid morning hike at East Taunton's "hidden jewel" followed by pot luck lunch and games at leader's nearby home. Easy hiking on mostly flat to gently rolling trails. Limited to 10 participants. L/R Barbara Hathaway (508-880-7266 7-10P, barb224@tmlp.com)

May 23 & 30, Tues. Morning Blue Hills Conditioning Hikes (B3B) (See March 7 listing for details...)

Cape Cod Hikes

Chair – Farley Lewis, 508-775-9168
capehikingchair@amcsem.org

Most Cape Hikes are "Show & Go..." For additional information, contact the trip Leader (L) or Co-Leader (CL) or visit <http://trips.outdoors.org>. (Set Committee to "Cape Hikes.")

Miles per Hike	Pace (MPH)	TerrainType
AA = 13+	1 = very fast (2.5)	A = very strenuous
A = 9 - 13	2 = fast (2)	B = strenuous
B = 5 - 8	3 = moderate	C = average
C = <5	4 = leisurely	D = easy

Thur., Mar. 2. Dennis Flax Pond Conservation (C3C) – Rolling hills near Flax Pond, golf course, wooded trails in wellfield area. Park on Setucket Rd at Flax Pond Conservation, East of Yarmouth-Dennis Town Line. Meet 9:45 a.m. L Janet Kaiser (508-375-0574)

Sat., Mar. 4. Brewster Nickerson State Park Winter Saturday Series (B2C) – Hike or snowshoe depending on conditions. Park at main pkg area just off Rte. 6A. Trail depends on conditions. Meet 9:45 AM. Three to four hours. Bring lunch. L Janet DiMattia (508-394-9064), L Peter Selig (508-432-7656), L Bob Freeman (508-432-4341), L Farley Lewis (508-775-9168)

Sun., Mar. 5. Mashpee, Quashnet River (C3C) – Walk in upland woods along small stream. Heavy snow on ground, or moderate rain cancels. From Mashpee rotary, Rt 28N to Falmouth 2.1 miles, take R on Martins Rd to parking area on R. 12:45. 2 hours. L John Gould (508-540-5779), CL Linda Church (lchurch@whoie.edu)

Thur., Mar. 9. Eastham Doane Rock (C3C) – Woodland trails to 3-Sisters Lighthouses. Back on National Seashore Beaches. From Rt 6 - R @ Salt Pond Visitors Ctr. Go approx. 1 mile, Doane Rock Picnic Area on R for Parking. (Meet 9:45AM) Two hour hike. L Ruth Handlen (packrhandl@comcast.net)

Sat., Mar. 11. Leader's Choice (B3B) – Mystery Trip to a Cape Location - Call/E-mail Leader for details, Saturday 9:45 am. L Peter Selig (pandmselig@hotmail.com)

Sun., Mar. 12. Cotuit-Little River Sanctuary (C3D) – Wooded walk with views of Eagle Pond and a White Cedar Swamp. Meet at Cotuit Landing Shopping Center at the corner of Rte. 28 and Putnam Ave. in Cotuit to carpool to trailhead. Arrive by 12:45PM. Two hour hike. L Farley Lewis (farley@comcast.net, 508-775-9168)

Thur, Mar. 16. Wellfleet Gull Pond (C3C) – Hike on woods roads to ocean and around ponds. Meet at 9:45 a.m. From Route 6 in N. Wellfleet, one mile east on Gull Pond Road to marker, then north and east briefly to Gull Pond parking lot. Two hours. Deep snow or heavy rain cancels. L Patrick Kimball (cctrails@comcast.net)

Sat., Mar. 18. Falmouth Moraine Trail (A3B) – Nine mile, 5-hour hike along moraine with lunch stop. Meet in Goodwill Park in Falmouth at 9:30, and will carpool at 9:45 to start at 10:00. From Mashpee rotary, take 151 west 3.4m to L at Sandwich Rd. Go 3.7m to R on Brick Kiln; then 0.9m to L on Gifford. After 1.1m go R to enter Goodwill Park and 0.3m to parking. Heavy snow on ground, or moderate rain cancels. L John Gould (508-540-5779)

Sun., Mar. 19. Eastham Coast Guard Beach (C3C) – Hike through woodland trails. Views of Nauset Marsh and Atlantic Ocean. Rte 6 to the Salt Pond Visitor Ctr on right at lights. Meet at 12:45PM for 2 Hr hike. L Ruth Handlen (packrhandl@comcast.net)

Thur., Mar. 23. Brewster-Punkhorn Parklands (C3C) – Circuitous routing over hills on trails and woodroads. Views of Upper & Lower Mill, and Walker Ponds. East on Satucket Rd to Stony Brook Rd, Brewster. R (South) on Run Hill Rd, past disposal area to pkg at end of pavement, approx. 1.5 mi. Meet 9:45 a.m. L Janet Kaiser (rjkaiser@verizon.net)

Sun., Mar. 26. Barnstable Conservation (B3C) – Moderately hilly hike on dirt roads and mountain bike trails. 2 hrs, meet at 12:45 pm for 1 pm hike. From rt 6 exit 5 turn south on rt 149. At roundabout R on Race Lane. 1.5 miles to R on Crooked Cartway, pk at end. L Heidi Moss (mossheidi@hotmail.com), CL Betty Donoghue (bettyccfla@aol.com)

Thur., Mar. 30. Mashpee South Cape Beach (C3C) – 2 hr. flat hike with 2 mi. of wooded trails and 2 mi. on sandy peninsular. Meet Thurs 9:45. From Mashpee rotary take Great Neck Rd 2.7 mi, left on

Great Oak Rd. to town beach lot at end. L Gary Miller (508-540-1857, garymaxx@wmconnect.com), CL Maria Sylvester (508-385-4045)

Sat., Apr. 1. Wellfleet Griffin/Great Island/Bound Brook Combo (B2C) – Hike through woods, dunes, along shore, through heathland, bluff overlooking Bay. Meet at Great Island pkg lot Chequesett Rd. Wellfleet at 9:45. Four hours. Bring Lunch. L Janet DiMattia

Sun., Apr. 2. Mashpee River Woodlands-West (C4C) – White pine forests, views of river, abandoned cranberry bogs. From Mashpee Rotary, go E on Rte.28, Right on Quinaquisset. Go approx. 500' to parking on R. Cars may be parked by edge of road, but police require tires off pavement. From E, take Orchard off Rte.28, R onto Quinaquisset. Watch for sign on L for Mashpee River Woodlands. L Nancy Wigley (nrwigley@cape.com), CL Betty Donoghue (bettyccfla@aol.com)

Thur., Apr. 6. Dennis Crowe's Pasture C3C) – Walk along dirt roads to Crowe's Pasture, soft sand to Quivett Creek, back along beach and protected land. Exit 9B north off Rte 6, short distance to R on Airline Rd take L jog at intersection, cross over 6A, take first R going past cemetery .01 to new parking area on R. Meet at 9:45. Two hours. L Janet DiMattia (508-394-9064), CL Maria Sylvester (508-385-4045)

Sat., Apr. 8. Four Ponds Conservation (B3C) – Salt Marsh, ponds, old trout hatchery, some moraine trail. 3 hrs, bring lunch. From rt 28 in Bourne take Barlows Landing Rd (Pocasset/Wings Neck) 7/10 mile to pkg on right. Meet 9:45 AM for 10 AM hike. L Nancy Wigley (nrwigley@cape.com)

Sun., Apr. 9. Dennis-Flax Pond Conservation (C3C) – Rolling hills near Flax Pond, golf course, wooded trails in wellfield area. Park on Setucket Rd at Flax Pond Conservation, East of Yarmouth-Dennis Town Line. Meet 12:45 p.m.. L Janet Kaiser (rjkaiser@verizon.net)

Thur., Apr. 13. Truro Paradise Hollow (C3C) – Hike on woods roads and old railroad bed. Meet at 9:45 a.m. Park on George Nilson Road west of Route 6, one-half mile north of "Entering Truro" sign. Two hours. Heavy rain cancels. L Patrick Kimball (cctrails@comcast.net)

Sat., Apr. 15. Sandwich Lowell Holly (C3C) – Scenic hike through beech and holly groves with water all around. 3 hours, bring lunch. From rt 6 exit 4, south on Chase Rd. R at stop sign on Farmersville Rd. Drive 0.5 mi to L on Boardley Rd, then 0.3 mi to L on Harlow Rd. Straight at stop sign on So. Sandwich Rd. Pk in small lot on R, 0.5 mi. Limited parking, carpooling suggested. L Heidi Moss (mossheidi@hotmail.com)

Sun., Apr. 16. Barnstable Sandy Neck (B3C) – Easter Sunday hike on barrier beach. Hike out on bayside with possible return over dunes and along marsh. May be walking in soft sand. Two-three hours. L Pam Carter (508-398-2605)

Thur., Apr. 20. Truro Ryder Beach (C3C) – Beach, woodland trails/hilly. From Rt 6 L on Prince Valley Rd. Go to end. R on County Rd. Immed L on Ryder Beach Rd. Park at end. (Meet 9:45AM) Two hour hike. Starts promptly at 10AM. L Ruth Handlen (packrhandl@comcast.net)

Sat., Apr. 22. Spring Fling Hike, Bourne, Four Ponds (B4C) – Enjoy a nice easy Spring Fling hike through a conservation area of four ponds linked by a small stream, and see the remnants of an old

fish hatchery along the way. The hike will be a joint effort by the Cape Hikes and Hiking committees. Meet 9:30 AM at Bourne Community Center (239 Main Street Buzzards Bay) for a carpool departure at 9:45 to this nearby hike. Bring lunch. Return to Buzzards Bay about 1330. L John Gould (508-540-5779, jhgould@adelphia.net), CL Sue Chiavaroli (508-252-4164, brillo6452@yahoo.com)

Sun., Apr. 23. Sandwich- Benjamin Nye Trail (C4C) – Working cranberry bogs, Red pine forest, salt marsh with creeks/ponds. Remains of fish hatchery and game farm. From Rte. 6 take Exit 4 (Chase Rd). Turn N (toward 6A), go approx. 1/2 mile, and take L on County Rd. One mile to parking on R at Sandwich Grange Hall/Benjamin Nye homestead. L Nancy Wigley (nrwigley@cape.com), CL Betty Donoghue

Thur., Apr. 27. Falmouth Shining Sea Bike Trail hike (C3C) – Meet 9:45. 2 hr. hike with 2 miles of wooded trails through Falmouth Salt Pond Bird Sanctuary and 2 miles on bike path. From Falmouth Center take Locust Street at sign towards Woods Hole to bike trail parking lot about half mile on right just past Wood Lumber Co. Carpooling encouraged, parking might be limited. L Gary Miller (garymaxx@wmconnect.com)

Sat., Apr. 29. Falmouth Long Pond & Collins Woodlot (B3C) – Walk along pond and moraine, and through town forest. From Mashpee rotary, take 151 west 3.4m to L at Sandwich Rd. Go 3.7m south to R on Brick Kiln; then 0.9m west and pass through traffic light at Gifford to second parking area on R just beyond light. 9:45. Heavy rain cancels. 3.5 hours. Bring lunch. L John Gould (508-540-5779), CL Linda Church (lchurch@whoi.edu)

Sun., Apr. 30. Sandwich Maple Swamp (C3C) – Over and around the Cape terminal moraine, many long hills, view of Cape Cod Bay. 2 hrs. Meet at 12:45 pm for 1 pm hike. From rt 6 exit 4 south on Chase Rd. Immediate right on Service Rd. 1 mile to pkg lot on L, brown sign faces west. L Heidi Moss (mossheidi@hotmail.com)

Thur., May. 4. Wellfleet White Crest Beach (C3C) – Woodland trails/Hilly. From Rt 6 R on LeCount Hollow Rd. At beach gatehouse L on Ocean View Dr. .9 miles to Beach Pkg lot on R. Meet 9:45AM. L Ruth Handlen

Sat., May. 6. Wellfleet Jeremy Point (B2C) – Hike along bay, through woods, along dunes out to Jeremy Point. Great views of Wellfleet Harbor. Meet 9:45 at great Island pkg lot on Chequesett Rd. Wellfleet. Four hours. Bring lunch. L Janet DiMattia (jdimattia@earthling.com)

Sun., May. 7. Crane Wildlife Area (C3B) – Come hike this very hilly area. Meet at 12:45pm. Fr Bourne Bridge take the 151 exit off of Rt 28 and take a L off of ramp. Pretty quickly you see a dirt parking lot on R to park. L Linda Church (lchurch@whoi.edu)

Thur., May. 11. Truro Head of the Meadow (C3C) – Hike on bicycle trail to High Head; return on beach and dune path. Meet at 9:45 a.m. From Route 6, Head of the Meadow Road one mile to left parking lot near bicycle trail. Two hours. Heavy rain or high winds cancels. L Patrick Kimball (cctrails@comcast.net)

Sat., May. 13. Barnstable Conservation Land (B2B) – Hike Trail of Tears through hardwood and pine woods. Plenty of hills. A real workout. Meet on Service Rd, exit 5 off Rte 6 at 9:45. Four hours. Bring lunch. L Janet DiMattia (508-394-9064)

Sun., May. 14. Harwich Herring River (C3C) – Woodland Trails. Cranberry Bogs/Tidal River in Conservation Area. Take Exit 9A off of Rte 6. L at second light, R @ stop sign. Next L onto Great Western Rd. Go approx 1.3 miles. Park at Sand Pond (inside fence) on the L. (Meet 12:45PM) 2 Hours. L Ruth Handlen (packrhandl@comcast.net)

Thur., May. 18. Chatham - Monomoy Wildlife Refuge (C3C) – Meet at and Visit Monomy Wildlife Refuge and entrance to Stage Harbor, Thursday 9:45 am. Two hours. L Peter Selig (pandmselig@hotmail.com)

Sat., May. 20. Brewster - Nickerson State Park (B3B) – Explore boundaries of Nickerson State Park, Saturday 9:45 am. Meet in main pkg area. Four hours. Bring lunch. L Peter Selig (pandmselig@hotmail.com)

Bike Rides

Chair – Joe Tavilla, bikingchair@amcsem.org, 508/428-6887
If not indicated, contact ride leader (L) for start time and location.

NOTE: for additional SEM bike rides, please check *AMC Outdoors*, visit www.amcsem.org, or use the AMC online trip listing system: <http://trips.outdoors.org> (set the Committee to “Biking,” and the Chapter to “Southeastern Massachusetts”), or sign up for the SEM Short Notice trip list at www.amcsem.org.

NOTE: AMC SEM 2000 Mile Club – AMC SEM is in the second year of our unique 2000-mile Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2000 miles or more in a year. For more information, contact Joe Tavilla (508-428-6887 7-7, bikingchair@amcsem.org) or Victor Oliver (508-888-8435 7-7, bikingvicechair@amcsem.org)

Mar. 1-May 31. Tuesday Rides – Turn Those Tires on Tuesdays - Rides scheduled all year long, weather permitting. Location and distance varies. March rides start at 2:00 PM; April, May and June rides start at 5:45 PM. L Paul Currier (508-833-2690, pbencurrier@hotmail.com)

Tue., Mar. 7. Foxboro – Distance: 40 miles. Terrain: Mostly flat. Pace: 12-15 mph. Ride the “Foxboro Forty” in the hometown of the New England Patriots. The route, of course, will include a visit to Gillette Stadium and a cruise by scenic Lake Massapoag. L Joe Tavilla (508-428-6887, silverski@earthlink.net)

Sat., Mar. 25. Rochester/Lakeville – Distance: 26 miles. Terrain: Mostly flat. Pace: 12-15 mph. Travel on mostly quiet back roads thru the Lake Region of Lakeville. Mostly flat terrain that Beginner/Intermediate riders will enjoy. L Jack Jacobsen (508-993-0450, cyclejac@yahoo.com)

Sun., Apr. 2. Cotuit/Mashpee – Distance: 26 miles. Terrain: Flat, rolling with small short hills. Pace: 11-14 mph
Come celebrate the beginning of Daylight Saving Time on the lightly traveled streets of Cotuit & Mashpee. Enjoy early season unobstructed views of Martha’s Vineyard & Nantucket Sound. Quiet country and neighborhood roads, especially in the “Off-Season”. L Joe Tavilla (508-428-6887, silverski@earthlink.net)

Sat., Apr. 15. Falmouth – Distance: 22 miles. Terrain: Flat, rolling and hills. Pace: 10-12 mph. Enjoy scenic views of Buzzards Bay, Martha’s Vineyard, the quaint village of Woods Hole, Nobska Lighthouse and a peaceful visit to Bell Tower Park. L Linda Church

(508-495-1308, lchurch@whoi.edu)

Sat., Apr. 22. South Dartmouth – Distance: 38 miles. Terrain: Mostly flat. Pace: 12-15 mph. Travel past farm country and salt marshes. Beginner & Intermediate riders welcome. L Jack Jacobsen (508-993-0450, silverski@earthlink.net)

Sat., Apr. 22. “Spring Fling,” Bourne – The perfect ride for beginners and families. 20 flat miles at a relaxed group pace along the Cape Cod Canal. Opportunity to attend other Spring Fling activities and programs. L Joe Tavilla (508-428-6887)

Sat., Apr. 29. Village Cruise, Barnstable – Distance: 45 miles. Terrain: Flat, rolling with small hills. Pace: 12-15 mph. The route will travel thru the villages of Barnstable. Riders will visit several beaches. The route will explore the less traveled roads. Other point-of-interest stops will include The Craigville Conference Center, The Kennedy Memorial, The Korean War Memorial, The Kennedy Compound, the Iyanough statue, Lewis Bay. The ride will include a lunch stop. L Joe Tavilla (508-428-6887, silverski@earthlink.net)

Thur., May. 11. Lakeville – Distance: 20 miles. Terrain: Mostly flat. Pace: 12-15 mph. Late day/evening ride that passes the lakes and cranberry bogs of Lakeville & Middleboro. L Jack Jacobsen (508-993-0450, cyclejac@yahoo.com)

Sat., May. 20. Westport – Distance: 42 miles. Terrain: Flat to rolling with two challenging hills. Pace: 12-15 mph. Ride past salt marshes, beaches, and stretches of farmland. L Jack Jacobsen (508-993-0450, cyclejac@yahoo.com)

Thur., May. 25. Rochester – Distance: 21 miles. Terrain: Mostly flat. Pace: 12-15 mph. Late day/evening ride that travels the quiet country roads of Rochester. L Jack Jacobsen (508-993-0450, cyclejac@yahoo.com)

WANTED: Ride Leaders and Co-Leaders – Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm and routes with your fellow AMC members. Contact the Bike Chair, Joe Tavilla for more information. (508-428-6887, bikingchair@amcsem.org)

AMC ACTIVITY PARTICIPATION POLICY

AMC encourages involvement in its mission and activities through its membership, programs, policies and procedures. Our goal is to be a community that is comfortable, inviting and accessible for people of any age, gender, race, religion, ethnicity, ability, sexual orientation, or socioeconomic status.

Some AMC programs are designed for a certain age range of members or for a special activity or topic. However, any person who meets the minimum qualifications (skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available.

All participants in AMC activities are required to sign the AMC waiver form provided by the leader. You may preview this waiver form on the chapter website at www.amcsem.org/pdf/waiverform.pdf

Kayak Paddles

Chair – Gifford Allen, 508-563-3852
paddlingchair@amcsem.org

For information on SEM canoe and kayak trips, please check *AMC Outdoors*, visit www.amcsem.org, or use the AMC online trip listing system: <http://trips.outdoors.org>, (set Committee to “canoe/kayak” and set Chapter to “Southeastern Massachusetts”).

Trip Ratings/Levels

Level 1 – No previous or little kayak experience required
Level 2 – Ability to paddle 6 miles/day in weather conditions for the day, maintain a straight heading without using rudder, and turn using forward and reverse “sweep” strokes
Level 3 – All the above, plus ability to assist in and perform a deep water rescue, paddle 13 miles/day in 10-15 knot winds and 2-3 foot seas, launch and land from a beach in these conditions, use a marine band VHF radio
Level 4 – All the above, plus ability to paddle 15 miles/day in 20 knot winds and handle open ocean and large swells
Level 5 – All the above, plus ability to paddle 20 miles in 25 knot winds with adverse sea conditions

Sat., Mar. 4. Wequaquet Lake, Barnstable – Exit Mid Cape Hwy exit 6 and go toward Hyannis. Take right onto Shootflying Hill Rd. and follow to town landing on left. Protected waters but can be windy at times. Level 2. Circumnavigate pond and explore the shoreline. Will stop for lunch. Estimated total distance 4 miles. Cold Water Hazard
L Gifford Allen (508-563-3852 Night before, gifallen@verizon.net)

Sat., Mar. 11. Waquoit Bay, East Falmouth – Route 28, E. Falmouth heading for Waquoit, which is about halfway between Mashpee Rotary and Falmouth. Look for Edwards Boat Yard which is on the south side of Rte 28. Whites Landing Road is next to Edwards Boat Yard, and launching is at the end of Whites Landing Rd. This is a popular paddle for level 2. Estimated distance 4 miles. Will stop for lunch on Wasburn Is. Cold Water Hazard. L Gifford Allen (508-563-3852 Night Before, gifallen@verizon.net)

Sat., Mar. 18. Monument Beach, Bourne – Take Route 28 towards Falmouth from the Bourne Bridge. Approx 3.4 miles turn right onto Barlows Landing Road. Go approx 1.75 miles into Pocasset. At the intersection turn right onto Shore Road. Go .8 miles, take a left onto dirt road (there is a small sign on the left: Monk Park). Level 3 paddle with exposure to open water. Lunch on Hog Is. Estimated paddle distance 6 miles. Cold Water Hazard. L Gifford Allen (508-563-3852 Night Before, gifallen@verizon.net)

Sat., Mar. 25. Weweantic River – Contact Leader for details to put in and trip. L Jeff Tubman (508-896-7858 Night Before, jltbmn@capecod.net)

Sat., Apr. 1. Walker Pond, Brewster – Exit Mid Cape at 9, go N on Rte 134 to Satucket Rd. and right onto Slough Rd. to town landing. Will paddle through to Upper Mill Pond, maybe into Lower Mill Pond, and explore the Punkhorn River. Level 2 paddle. Bring Lunch. L Bob Zani (508-430-1914 Night Before, rcandbaz@verizon.net)

Sat., Apr. 8. Bass River, Wilbur Park, Yarmouth – Exit Mid Cape at 9 go S on 134. Take right onto Upper County and left onto Highbank Rd. Cross Bass River and Wilbur Park is on the left. Depending on tide will go north or south. Area between RR Bridge and Mid Cape can be white water. Cold water hazard. Bring lunch. Estimated distance 10 miles. Level 3. L Gifford Allen (508-563-3852 Night Before, gifallen@verizon.net)

Wed., Apr. 12. Barnstable Harbor – Exit Mid Cape at 6 and go north to Rte 6A, turn right. Approx 1.5 miles turn left onto Scudder Lane and follow to end. This is a fun paddle subject to tidal flows (can be foggy in the Spring). Level 2. Bring lunch. Cold Water Hazard. L Ed Foster (508-420-7245 Night Before, erfoster@comcast.net)

Sat., Apr. 15. Duxbury Bay – Exit at 11 from Rte 3 (Rte 14 east), stay on 14, cross Rte 3A and take left at T and then right onto Powder Point Rd. Parking is before bridge. Duxbury Bay a diversified paddling area with a little bit of everything. Cold Water Hazard. Bring Lunch. Level 3. L Ed Foster (508-420-7245 Night Before, erfoster@comcast.net)

Sat., Apr. 22. “Spring Fling” Paddle, Onset Bay – Launch is from Riverside Drive. Meet Co-leader at Bourne Community Center to leave by 9:30 AM to launch site. This is a level 2 paddle. L Don Savino (508-295-4562 Night Before, donsavino@webtv.net), CL Gifford Allen (508-563-3852 Night Before, gifallen@verizon.net)

Wed., Apr. 26. Mashpee River, Cotuit – Exit Rte 28 just east of Rte 130 onto Main St. Right onto School St. and left onto Crockers Neck Rd which becomes Santuit Rd then 1 mile to town landing on right. Level 2 paddle, bring lunch. Explore Mashpee Woodland Reservation. May be able to go up all the way to Rte 28 at Pine Tree Corner. L Louise Foster (508-420-7245 Night Before, louise.foster@alumnae.brynmaur.edu)

Sat., Apr. 29. Little Harbor Beach, Wareham – From Bourne Bridge, 25N take exit 1 toward Onset. Straight thru intersection at Rte 6 onto Depot St. At stop sign straight onto Great Neck Rd. Stay left at Agawam Cemetery, left at Crooked River Rd (staying on Great Neck Rd) then right onto Stockton Shortcut to right thru golf course. Park at far end and follow green & orange signs to beach. Level 3. Bring Lunch. L Don Savino (508-295-4562 Night Before, donsavino@webtv.net)

Wed., May. 3. Mattapoisett Harbor – Rte 195 S exit 19 onto North Street and follow into town. At end turn left and follow signs to Ned's Point. Cold water hazard. Level 2 paddle. Bring lunch. L Don Savino (508-295-4562 Night Before, donsavino@webtv.net)

Sat., May. 6. Hadley's Harbor – Drive to Woods Hole and follow main road thru town to end. Turn right onto Albatross Rd and left onto Gosnold Rd. Stony (Stoney) beach is on right. This is a level 4 paddle. Strong currents and open ocean breaking waves. Bad weather cancels trip. Cold Water Hazard. Bring lunch. Paddle to Hadleys and Weepeeket Islands. L Gifford Allen (508-563-3852 Night Before, gifallen@verizon.net)

Wed., May. 10. Great River, Mashpee – From Mashpee Rotary take Great Neck Road south 2.8 miles. Bear left onto Great Oak Road for 1.9 miles. Turn right onto road to Great River Boat Ramp (near blue & white hydrant). Park along fence, parking spaces are reserved for cars w/trailers. Leisurely paddle, level 2, across Waquoit Bay to Tim's Pond and lunch on Washburn Is. Return via Little River. L Nancy Wigley (508-548-2362 Night Before, nrwigley@cape.com)

Sat., May. 13. Five Easy Rivers, Wareham – From Bourne Bridge, 25 N take exit 1 and go right to first light. Go right onto Rte 6 W and squeeze left to stay on Rte 6 to Wareham Center. Cross RR bridge at the Narrows, quick right onto Merchants Way, and park near pumping station. Level 2. Bring lunch. L Don Savino (508-295-4562 Night Before, donsavino@webtv.net)

Wed., May. 17. Centerville River, Osterville – Turn onto County Rd from Rte 28 in Marston's Mills and head for Osterville Center. County Rd changes to Main St. After center turn right onto East Bay Rd. Dowses Beach is on left, go to far end to launch. Quiet protected waters with many side trips. Level 2. Bring lunch. L Bill Fischer (508-420-4137 Night Before, wmbbarafischer@comcast.net)

Sat., May. 20. Lewis Bay, Hyannis Hbr. – Exit at 7 from Mid Cape and go S. Take a quick left onto Higgins Crowell Rd and follow to Rte 28. Cross over Rte 28 onto Berry Ave and go .7 miles for a right onto Hampshire Ave to end. Level 2 paddle, but wind conditions can easily make it a level 3. Fun paddle to see the sights of Lewis Bay and its islands. Bring lunch. L Ed Foster (508-420-7245 Night Before, erfoster@comcast.net)

Wed., May. 24. Barnstable Harbor, Greys Beach – From Mid Cape take exit 8 N. Cross over 6A and straight onto Old Church St, bear right onto Center St and follow to end. This is a favorite paddle, level 2 but wind conditions can easily make it a level 3. Still cold water. Bring lunch. L Ed Foster (508-420-7245 Night Before, erfoster@comcast.net)

Sat., May. 27. Wellfleet Hbr. – In Wellfleet exit left from Mid Cape onto Main St, left onto E. Commercial St, and left again onto Commercial St go pass docks to west end of Mayo Beach. Level 3 paddle, long trip and the water is still cold. Explore Fresh Brook up to Rte 6. Fun paddle, bring lunch. L Bob Zani (508-430-1914 Night Before, rcandbaz@verizon.net), CL Gifford Allen (508-563-3852 Night Before, gifallen@verizon.net), CL Ed Foster (508-420-7245 Night Before, erfoster@comcast.net)

Education

Chair – Walter Deeter, 508-279-0626, educationchair@amcsem.org

Sat., Apr. 8. SEM Leadership Training – 8 am- 4 pm at Borderland State Park Visitor's Center. Whatever your activity, get to know other present and potential leaders, while spending a fun and informative day learning the basic skills common to all of them. L/R Walter Deeter (508-279-0626 Before 9PM, WADeeter@aol.com)

Trails

Chair – Lou Sikorsky, 508-678-3984, trailschair@amcsem.org

Sat., Apr. 22. "Spring Fling" Trails Cleanup – Location TBD. Come join the Trails Chair and other volunteers to help do a local cleanup in the Bourne area. Contact Lou Sikorsky for details at 508-678-3984 in advance for time and location.

May 19-21. Lonesome Lake Trail Spring Cleanup – Come join us on our Chapter's adopted trail in beautiful Franconia Notch, NH! No experience required, just a lot of enthusiasm and elbow grease. We will camp at the Lafayette Campground on Friday and Saturday nights. Please register before May 1st with Lou Sikorsky (508-678-3984, trailschair@amcsem.org)

Sat., Jun. 3. National Trails Day – Come and join us for National Trails day at one of our adopted trails at Myles Standish State Forest!

There is something for all to do and no previous experience needed. Refreshments provided - and possible barbeque to reward your efforts. Please contact trip leader to register by May 26. L Lou Sikorsky (508-678-3984 6-9pm, trailschair@amcsem.org)

VOLUNTEERS WANTED – to help clean up Nickerson State Park. Please contact Lou Sikorsky (trailschair@amcsem.org) if you might be interesting in volunteering some time in the coming months to help your fellow SEM members and others clean up some of the terrible winter damage done at this popular state park. If there's enough interest, there's the possibility of making this an overnight trip...

View from the Chair, continued from page 1...

(previously chair); Walter Deeter to become Education chair (previously vice chair), and Rick Fordyce to become education vice-chair (previously chair). I also want to recognize the chapter webmaster and guru, Susanne Piche, and Anne Chase, who will continue to serve as the chair of the Incident committee. This year, Executive Board meetings will be held the second Wednesday (7-9pm) of March, April, May, August, September, October and November. The board meeting location alternates between Bourne Community Center (March, May, September and November), and Middleboro Unitarian Universalist Church (April, August and October). Please visit www.amcsem.org for directions to either of these locations, if you'd like to attend any of these board meetings.

Upcoming Events

If you've ever considered leading a chapter trip, you should attend the LEADERSHIP TRAINING DAY on Saturday, April 8 (details elsewhere on this page). It's FREE – and you receive a tasty lunch as well as a wealth of information about volunteer leading in the chapter.

The SEM SPRING FLING on Saturday, April 22nd at Bourne Community Center promises to offer something for everyone! See page 3 for details and sign-up today!

And speaking of "Spring," you might also want to save the date for the AMC SPRING GATHERING at Lake George, NY, April 28-30, 2006. Camp Chingachgook is a beautiful waterfront camp with several trails that take hikers to expansive views of the region. The event is hosted by the AMC Mohawk Hudson Chapter. For information, visit www.wsg.net/amc, or send an e-mail to rynaskojc@aol.com.



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These mid-weight Forest Green fleece vests provide an ideal outer layer for cool Spring weather hiking, biking, and paddling! The vests feature a full-length front zipper for temperature control, zippered outer pockets and inside pouch pockets for storage, and boast the SEM Chapter logo embroidered on the left breast.

To order, send check or money order made out to "SEM-AMC" for \$39.95 plus \$6.50 S&H (\$46.45 total) to: Michael Woessner, PO Box 120, Wrentham, MA 02093-0120. Please specify size (generously sized S, M, L, or XL) and be sure to include your shipping address and an evening phone number.



Don't miss the SEM "Spring Fling" on Sat., April 22nd !!!

Join your fellow SEMers in the morning for a great "Spring Fling" hike, bike ride, or paddle, and then join up in the afternoon for demonstrations, a gear swap, social hour, pot-luck dinner, awards, and a special presentation at the Bourne Community Center in Buzzards Bay. See page 3 for details and registration information...



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 APPALACHIAN MOUNTAIN CLUB
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The Southeast Breeze

The newsletter of the Appalachian Mountain Club Southeastern Massachusetts Chapter
 Summer 2006 - June, July, & August

Chapter Hut Night in Crawford Notch...



Join us for our annual "Chapter Hut Night" on Saturday-Sunday, October 21-22 at the AMC's Highland Center and Shapleigh Bunkhouse in beautiful Crawford

Notch, New Hampshire. Enjoy a weekend of hiking and camaraderie! Hikes for all abilities will be offered on Saturday and Sunday. Member rates start with a budget bunk/meal option for only \$36.75 and range up to \$128. Registration closes September 15th but usually sells out, so register now! Contact Erika Bloom Erika.bloom@comcast.net (preferred), or 508-951-1001 before 9 pm for complete registration information.

Hike Planning Meetings Note...

If you'd like to participate in SEM hiking committee planning activities, you're encouraged to attend our Hike Planning Meetings which will now be held at 7:00 PM the first Wednesdays of the months of March, June, September and December at the Unitarian Universalist Church on Main Street in Middleboro (Rte.105). *Next meeting is June 7th.* Contact Sue Chiavaroli with any questions (hikingchair@amcsem.org)

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View from the Chair

By Laura Smeaton

This summer, I encourage you to get outside and join us at an SEM event. We have something for everyone!

The season's chapter-wide event is the Summer Picnic on Saturday July 15th at the Chapel Meeting House in Foxboro. The chapel has been recently renovated by a group of local citizens and is owned by the Town. Originally built in 1913, the chapel is nestled at the juncture of the Cocasset River Reservation Area and the F. Gilbert Hills State Forest. Please look at the event information in this newsletter and also check out the Chapel's website at www.chapelmeetinghouse.org.

If you've done some local hikes and are interested in finding out what hiking or backpacking in the Whites might be like, check out our Summer Hiking Series. If you are feeling 'stuck' in town during the week, come on out and join us on a local Wednesday or Thursday evening hike (see the Hiking section for more details).

We also offer a wonderful schedule of peddling and paddling; including both Tuesday and weekend bike rides, and Wednesday and Saturday paddles.

If you aren't sure whether an activity is what you are looking for just contact the trip leader and ask. Please contact leaders as far in advance as possible, as this helps with their planning and allows them to spend more time addressing your questions.

Finally, National Trails Day is Saturday, June 3. Join us for our seasonal stewardship maintenance on our adopted trail in Myles Standish State Forest. Everyone is welcome to join us...no experience required!

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Spring Fling 2006 draws more than 80 participants!

The SEM chapter celebrated Earth Day with the annual Spring Fling at Bourne Community Center.

More than 80 people participated in the full day of activities, including our Spring Fling hike (32 participants) and our Spring Fling bike ride (40 participants).

During the afternoon activities, a bike technician from EMS presented a clinic on bike maintenance and ACA-certified instructors taught paddling safety. Our own experienced SEM volunteer leaders provided a wonderful introduction to 3-season hiking and backpacking in the White Mountains (and beyond!), and participants got a chance to peruse a great EMS gear display and receive goody bags graciously provided by the Hyannis EMS store.

The day's highlights were the evening potluck and slide and video show by SEM trip leader, Erika Bloom. Erika took us on a virtual tour of her trip climbing Mt. Kilimanjaro as part of the AMC trip she led last January (see article on page 6). Everyone enjoyed learning about the flora and fauna of this region of Africa. The videos of all the animals during the safari were amazing!

2005 AMC Southeastern Mass. Chapter Distinguished Service Award

Congratulations to Pam Carter, winner of the 2005 AMC SEM Distinguished Service Award. Pam has been a volunteer and leader since the chapter was founded in 1976. Pam edited the chapter newsletter for a number of years and led numerous trips, including bicycling, canoeing, and skiing -- often with her late husband, Bud. We are very happy to honor Pam with our chapter's 2005 Distinguished Service Award!

Bring your appetite to the SEM Chapter Summer Picnic in Foxboro on Saturday, July 15th!

Celebrate summer! Come join your fellow SEMers for our annual summer picnic. This is a great event for new members as well as long-timers, with outdoor activities as well as food and socializing!

This year, we'll explore the area in and around the F. Gilbert Hills State Forest in Foxboro during the morning bike ride and hike (see trip listings).

Then, we'll join together for an early afternoon picnic lunch and social at the nearby Chapel Meeting House in Foxboro. Hamburgers, veggie burgers, hot dogs and soda will be provided but everyone should also bring something to share (salad, dessert, chips, etc.).

The event is free but registration is required by July 8th. RSVP to Erika Bloom at Erika.bloom@comcast.net (preferred), or call 508-951-1001.

Sign up now for AMC Wilderness First Aid Training next Fall

The SEM Education Committee is offering a great AMC Wilderness First Camp (WFA) training weekend at Camp Lyndon in Sandwich Sept. 30th - Oct 1st.

Both WFA and AMC Liability Training are included in the base fee and CPR training is also available.

The training costs \$125.00 for AMC members and \$150.00 for non-members. Please add \$25.00 for Saturday night accommodations and an additional \$30.00 to also receive CPR training Saturday evening.

Full scholarships are available for authorized SEM leaders. (Co-leaders can apply for re-imbusement once they achieve full leader status...)

To register Call Walter Deeter (508) 279-0626 before 9:00 or E-mail WADeeter@AOL.com

The Appalachian Mountain Club Southeastern Massachusetts Chapter

Chapter includes app. 3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.

2006 Executive Board

- Chapter Chair - Laura Smeaton, chair@amcsem.org
617/323-6727
- Vice Chair - Mike Woessner, vicechair@amcsem.org
508/577-4879
- Treasurer - OPEN*, treasurer@amcsem.org
- Secretary - Chris Sampson, secretary@amcsem.org
508/993-5497
- Biking - Joe Tavilla, bikingchair@amcsem.org
508/428-6887
- Canoe/Kayak - Gifford Allen, paddlingchair@amcsem.org
508/563-3852
- Cape Hiking - Farley Lewis, capehikingchair@amcsem.org
508/775-9168
- Communications- Paul Miller, communicationschair@amcsem.org
508/695-8495
- Conservation - Maura Robic, conservationchair@amcsem.org
508/285-6005
- Education - Walter Deeter, education@amcsem.org
508/279-0626
- Hiking Chair- Sue Chiavaroli, hikingchair@amcsem.org
508/252-4164
- Membership - OPEN*, membershipchair@amcsem.org
- Skiing - Walter Mark, xcskchair@amcsem.org
508/884-8185
- Trails - Lou Sikorsky, trailschair@amcsem.org
508/678-3984
- Webmaster - Susanne Piche, webmaster@amcsem.org

*Please contact Laura Smeaton if you are interesting in volunteering for any open SEM volunteer positions.

The *Southeast Breeze*, the newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published four times per year as a service to the Chapter's members. SEM members are encouraged to submit letters, articles, photos, and artwork, but materials for publication (space permitting) cannot be returned unless accompanied by SASE. Please mail to: Paul Miller, 169 So. Washington St., No. Attleboro, MA 02760. Digital submissions are preferred, and can be e-mailed to: communicationschair@amcsem.org. Articles will be edited for length, typographical errors, and clarity.

HAVE YOU MOVED? Please send your change of address information to: AMC, 5 Joy St. Boston, MA 02108

NON-SEM AMC MEMBERS who wish to receive the quarterly Southeast Breeze newsletter should send a \$5.00 check made out to "AMC SEM" to: AMC SEM Breeze Subscription, PO Box 120, Wrentham, MA 02093-0120. Please be sure to provide your mailing address if it's not on the check.

Sat., Aug. 12. Monument Beach, Bourne – This is the second paddle and the last for spending the day practicing skills. Put-in is at Monk Cove and we will paddle over to the beach at the causeway going out to Mashnee Island. Swim, Paddle, Wet Exits, Picnic, or whatever suits you. All skill levels welcomed. Email Leader for directions to the put-in. L Gifford Allen (508-563-3852 Day before, gifallen@verizon.net)

Wed., Aug. 16. Lewis Bay, Yarmouth – See trip dated 7/19 and/or 6/21. Level 2. Email Leader for directions to the put-in. L Ed Foster (508-420-7245 Day before, erfoster@comcast.net)

Sat., Aug. 19. Shoestring Bay, Cotuit – See trip details on 7/22 and/or 6/24. Level 2. Email Leader for directions to the put-in. L Louise Foster (508-420-7245 Day before, louise.foster@alumnae.brynmawr.edu)

Wed., Aug. 23. Barnstable Harbor – See trip details on 6/28. Level 2. Email Leader for directions to the put-in. L Ed Foster (508-420-7245 Day before, erfoster@comcast.net)

Education

Chair – Walter Deeter, 508-279-0626, educationchair@amcsem.org

Sat. & Sun, Sept 30 & Oct. 1. Wilderness First Aid/CPR, Camp Lyndon – Instead of SOLO, The SEM Chapter is offering AMC Wilderness First Aid (WFA) and CPR training this year at beautiful Camp Lyndon in Sandwich, MA. For more information, or to register, call Walter Deeter (508) 279-0626 before 9:00 or E-mail WADeeter@AOL.com.

AMC ACTIVITY PARTICIPATION POLICY

AMC encourages involvement in its mission and activities through its membership, programs, policies and procedures. Our goal is to be a community that is comfortable, inviting and accessible for people of any age, gender, race, religion, ethnicity, ability, sexual orientation, or socioeconomic status.

Some AMC programs are designed for a certain age range of members or for a special activity or topic. However, any person who meets the minimum qualifications (age, skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available. Individuals under 18 must be accompanied by a responsible adult.

All participants in AMC activities are required to sign the AMC waiver form provided by the leader. You may preview this waiver form on the chapter website at www.amcsem.org/pdf/waiverform.pdf

AMC SEM Short Notice Trip List ...

Our Yahoo-powered SEM Short Notice E-Mail Trip List is a great way to find out about late-breaking Chapter activities that might not appear in either the *Breeze* newsletter or the *AMC Outdoors* magazine. If you haven't signed up for the e-mail list yet, just visit www.amcsem.org and enter your e-mail address in the appropriate location.



AMC Membership in a Bottle (MIB) is the perfect gift for a friend, relative, or yourself, if you aren't yet a member.

For just \$50.00, you will receive an AMC water bottle, a one-year individual membership, a \$10 AMC gift certificate, and an AMC window decal. Your membership also includes 10 issue of the *AMC Outdoors* magazine and quarterly issues of the *Southeast Breeze* newsletter. The SEM Chapter benefits from every bottle sold through the chapter.

To receive a MIB, send your Name, Address, City/State/Zip and Phone Number, along with the name and address to which you would like to like the bottle sent, with a check for \$50 payable to SEM/AMC, to:

AMC SEM Membership in a Bottle
P.O. Box 120
Wrentham, MA 02093-0120

Save the date... AMC'S FALL GATHERING 2006, OCT. 13-15

Come join the Narragansett Chapter in beautiful "Little Rhody" for a fantastic autumn weekend. The Environment Education Center of the Alton Campus of the University of Rhode Island features more than 2300 acres of forests, trails, farmlands, and lakes.

Accommodations range from cabins to tenting facilities. In addition to clubwide meetings and fun coastal activities, look for workshops on Recreational Kayaking and Introduction to GPS and a Newport Cliff Walk & Mansion Tour. Information available at www.amcnarragansett.org.

Carpooling will be available for SEM members. Check www.amcsem.org for details...

Kayak Paddles

Chair – Gifford Allen, 508-563-3852
paddlingchair@amcsem.org

For information on SEM canoe and kayak trips, please check *AMC Outdoors*, visit www.amcsem.org, or use the AMC online trip listing system: <http://trips.outdoors.org>, (set Committee to “canoe/kayak” and set Chapter to “Southeastern Massachusetts”).

Trip Ratings/Levels

Level 1 – No previous or little kayak experience required
Level 2 – Ability to paddle 6 miles/day in weather conditions for the day, maintain a straight heading without using rudder, and turn using forward and reverse “sweep” strokes
Level 3 – All the above, plus ability to assist in and perform a deep water rescue, paddle 13 miles/day in 10-15 knot winds and 2-3 foot seas, launch and land from a beach in these conditions, use a marine band VHF radio
Level 4 – All the above, plus ability to paddle 15 miles/day in 20 knot winds and handle open ocean and large swells
Level 5 – All the above, plus ability to paddle 20 miles in 25 knot winds with adverse sea conditions

Wed., Jun. 7. Cotuit Bay – Paddle Cotuit Bay and area waters. Put in is from Rope Beach, Cotuit. Email Leader for directions to the put-in. Level 2 paddle. L Bill Fischer (508-420-4137 Day before, wmbbarafischer@comcast.net)

Sat., Jun. 10. Swan River, Dennis – Will paddle from Swan River Pond down to Nantucket Sound and back. Lunch on the beach. Distance approx. 6 miles round trip. Level 2. Put in is on Indian Trail. Email Leader for directions. L Gifford Allen (508-563-3852 Day before, gifallen@verizon.net)

Wed., Jun. 14. Onset Bay, Wareham – Onset Bay and area waters. Level 2. Contact Leader by email for directions to the put-in. L Don Savino (508-295-4562 Day before, donsavino@webtv.net)

Sat., Jun. 17. Wickford, RI – Will paddle the Wickford area. This is a delightful paddle with much to see and many areas to explore. Estimated total paddling distance under 10 miles. Sheltered areas for level 2 and open waters for level 3, depending on wind conditions. Email Leader for directions to the put-in. L Jeri Housley (508-888-8264 Day before, housley@us.ibm.com), CL Gif Allen (508-563-3852 Day before, gifallen@verizon.net)

Wed., Jun. 21. Lewis Bay, Yarmouth, – Lewis Bay is a fun place to paddle with lots to see and to explore, a/k/a Hyannis Harbor. Put in is off Berry Ave., W. Yarmouth. Level 2 paddle. Email Leader for directions to the put-in. L Ed Foster (508-420-7245 Day before, erfoster@comcast.net)

Sat., Jun. 24. Shoestring Bay, Cotuit – Shoestring Bay, Santuit River, and Popponesset Bay are just some of the places to go. Level 2 paddle. Email Leader for directions to the put-in. L Louise Foster (508-420-7245 Day Before, louise.foster@alumnae.brynmawr.edu)

Wed., Jun. 28. Barnstable Harbor – There are many places to paddle to from within Barnstable Harbor. Depending on wind and weather will determine where we will go. Level 2. Email Leader for directions to put-in. L Ed Foster (508-420-7245 Day Before, erfoster@comcast.net)

Sat., Jul. 8. Slocums River, Dartmouth – The Slocums River paddle is considered by many to be one of the nicest paddles in the SEM area. We paddle down the river (about 3 miles) to the entrance just west of Mishaum Point. From there one can see Cuttyhunk Island across the bay. Level 3. Email Leader for directions to the put-in. L Gifford Allen (508-563-3852 Day before, gifallen@verizon.net)

Sat., Jul. 15. Bass River, Yarmouth – We're paddling south to Nantucket Sound from the put-in at Wilbur Park. Lunch at the beach. This can be a long paddle but not difficult. Lots to see along the way with many side trips available. Will be out longer than usual. Email Leader for directions to the put-in. L Gifford Allen (508-563-3852 Day before, gifallen@verizon.net)

Wed., Jul. 19. Lewis Bay, Yarmouth – Lewis Bay a/k/a Hyannis Harbor. Great paddling spot with plenty to do. Have lunch on a sand bar while it disappears. Email Leader for directions to the put-in. Level 2. L Ed Foster (508-420-7245 Day before, erfoster@comcast.net)

Sat., Jul. 22. Shoestring Bay, Cotuit – From Shoestring Bay, one can paddle the Mashpee River and Popponesset Bay. Level 2. Email Leader for directions to the put-in. L Louise Foster (508-420-7245 Day before, louise.foster@alumnae.brynmawr.edu)

Wed., Jul. 26. 5 Easy Rivers, Wareham – A great paddle exploring the rivers in the Wareham area. Plenty of beaches and fun for all. Level 2. Email Leader for directions to the put-in. L Don Savino (508-295-4562 Day before, donsavino@webtv.net)

Sat., Jul. 29. Monument Beach, Bourne – We will put in at Monk Cove and paddle to the causeway to Mashnee Island. where there is a wonderful beach that is little used. We will spend several hours there for swimming, picnic, and practicing kayaking skills. Level 1 should join to learn skills. Others may paddle the Back River and play in the currents. L Gifford Allen (508-563-3852 Day before, gifallen@verizon.net)

Sat., Aug. 5. Barnstable Harbor – This is a level 3 paddle as we plan to leave from the put in at Grays Beach and paddle out into Cape Cod Bay. There we will run the coast as time and weather permits. Email Leader for directions to the put-in. L Gifford Allen (508-563-3852 Day before, gifallen@verizon.net)



(photo by Louise Foster)

Wed., Aug. 9. Duxbury Bay – Depending upon weather and tide, will either explore the back rivers or venture out and towards Plymouth Hbr. Level 2. Email Leader for directions to the put-in. L Ed Foster (508-420-7245 Day Before, erfoster@comcast.net)

“Kayaking 101”

(What you need to know to get started paddling with the SEM...)

By Gifford Allen, SEM Paddling Chair



(Kayak photo by Louise Foster)

Today, there are many different types of kayaks. They come in all shapes and sizes and are made of everything from recycled plastic bottles to exotic carbon fiber materials. There is a kayak design for every conceivable use. However, for our purpose, we will concentrate on the touring style sea kayak and its equipment. Yes, equipment. Along with the kayak, you will need a paddle, a life preserver or what we call a PFD (personal flotation device), a spray skirt, a paddle float, a pump, sponge, sun screen, a hat, etc.

A typical sea kayak is from 14' to 19' long, and from 19" to 28" wide. Kayaks shorter than 14' and wider than 28" are usually recreational boats and are not well suited for touring. Current Designs, Necky, Dagger and Eddyline, are a few manufacturers that make popular designs in the 14 foot range. These boats are made of a “new” plastic material which is light, quite strong, and is relatively inexpensive (less than \$1,000.00). As the size increases, fiberglass, Kevlar and carbon fiber materials are used in the hulls to save weight. An average quality fiberglass kayak, say 16 to 17 feet, will be in the \$2,600 range. Kevlar and carbon fiber construction would add another \$500 or so. The old, standard plastic boats are still very popular. They are half the price of fiberglass, rugged, but heavy. Weight can be crucial. If you can't heft it onto the top of your car, you either need a good friend or you're not going to be doing much kayaking.

Beyond these basics, it's important that you select a kayak that fits you well. So try it on before you buy it! I can guarantee that if you get serious about kayaking, the

first kayak will not be the last. Hence, select a boat that is in the beginners to intermediate skills abilities. And a little padding will fine tune the fit.

Let's talk about paddles. A decent paddle will set you back \$100 to \$125. A paddle is used for more than just paddling (and digging clams). In conjunction with the paddle float, it is used as an outrigger to stabilize your kayak while you're climbing back in after a capsized. It is used for “bracing” and other nasty stuff. The point here is to get one that can take the abuse. Paddle size is always a subject of great debate and there are no hard and fast rules. Paddle length is determined by many factors, i.e.: paddling style, body height above the water, boat width, and personal preference. For starters, I suggest a paddle length of 215mm to 225mm for a person of 5'5”. And for a person of 6' a paddle length of 225mm to 235mm. I'm 5'10' and paddle three different styles of kayaks. I use a 220mm and a 230mm paddle for touring, and a power blade paddle of 215mm for playing in the surf. You want to buy a touring paddle, which is designed to have a low impact on your body. The blade is narrower conserving your strength for the long haul.

Now for the Personal Flotation Device. It is mandatory that you wear your PFD at all times during AMC paddles. Inflatable PFD's are not acceptable. Like everything else in kayaking, there are hundreds of different PFD's to select from. Here are my suggestions. Get one that is brightly colored with reflective stripes. On the water you want to be seen. Get one that fits you when it is fully zipped up and strapped on. It's a terrible feeling when that PFD slides up and around your face. Forget about pockets, one is enough. All those pockets full of stuff make it impossible to climb back onto and into your boat. The PFD should have plenty of clearance around the arms. Pretend you're paddling and see if you chafe anywhere. And while you're trying on your PFD, get a whistle (a loud one) and tie it on.

The spray skirt comes next. That's the thing that goes around your torso and over the cockpit to keep the water from getting inside. For some, wearing/using a spray skirt is a scary thing. However, the spray skirt is necessary when in the open ocean or in an area subject to the wakes from other boats. I will spend two or three days this summer (when the water gets warm) teaching wet exits. It will become second nature to you. Get a spray skirt that fits your kayak. Too loose, it's worthless, and too tight means difficulty in exiting. Have them fit a skirt when you buy the boat.

Mountain Biking in SEM

By Vic Oliver, SEM Bike Committee Vice Chair

The SEM Chapter has perhaps the strongest cycling program within the AMC. But, perhaps due to the misconception that mountain biking is detrimental to the trails, mountain biking has not yet caught on in a big way. However, you should know that New England mountain bikers volunteer many, many hours of trail maintenance in the state parks, local reservations and public lands where they ride.

NEMBA (New England Mountain Bike Association) stresses that mountain bikers should always ride “softly” and with consideration to others on the trails. This includes:

- Dismounting before and carrying your bike over soft spots in the trail
- Staying off the trails entirely on muddy days
- Riding in small groups
- Being careful to stay off trails designated as “hikers only”
- On multi-use trails, when approaching hikers, slowing down and signaling your presence well in advance

To get back to the activity itself, mountain biking is not only fun, but also provides an awareness of the surroundings and the delicate balance between use and that of other land users. Riding provides a mean of getting outdoors and enjoying the environment in which we live and play. There is a responsibility that’s covers the bike, is embedded in the chain and tires after a ride that a rider should not ignore. It cannot be just washed away.

There are a number of places to mountain bike in our area without violating the rights of private land owners and posted property. These include:

- Trail of Tears in Hyannis, - Hyannis
- Bourne/Falmouth
- Wompatuck SF - Hingham
- Blue Hills – Milton & Canton
- Myles Standish SF - Plymouth
- Wrentham SF
- Foxboro SF



Mountain biking requires skills that are not found in road riding. The pace is a lot slower and more time is spent looking around taking in the beauty of the land and remembering every turn and trail crossed. When I cannot negotiate a hill I change muscle groups and return to a hiking mode. An hour of mountain biking can cover more ground than hiking, but offers the same personal rewards. It’s also fun riding with someone else on a woods road...as opposed to cranking alone on paved street with one’s head down trying to maintain an average speed and keeping track of the miles ridden.

Mountain biking increases stamina, eye to hand coordination, and balance as it more demanding than road riding at normal speeds on a skinny tire bike. With any sport there are various levels of participation and difficulty. As the level of technical difficulty increases with more rocks, stumps and roots to maneuver; the level of concentration increases and get higher as steepness and the logs get bigger. This all gets easier with experience and time in the saddle. Various mountain biking groups and EMS here on the Cape offer rides at different levels. Mountain bikes can be rented at most bike shops and some outdoor stores

The SEM cycling program includes several novice/beginner mountain bike rides in the upcoming 2006 season. I hope you can join us and learn how to keep the dirty side down while enjoying the outdoors with other AMC members.

Sat., Jun. 10. Full Moon Hike West Dennis Beach (C4C) – Meet 7:00 PM at West Dennis Beach Parking Lot, from Rt. 28 follow School St. to beach, & lt; two hours. L Janet Kaiser (rjkaiser@verizon.net)

Sun., Jul. 9. Sandwich Canal Walk Full Moon Hike (C3C) – Enjoy a sunset walk along canal. Meet 6:45 PM at parking area at end of Freezer Rd where bike trail ends in Sandwich. L Pam Carter (508-398-2605)

Bike Rides

Chair – Joe Tavilla, bikingchair@amcsem.org, 508/428-6887
NOTE: Approved helmets required for all AMC bike rides. If start time and location are not indicated, contact ride leader (L).

NOTE: for additional SEM bike rides, please check *AMC Outdoors*, visit www.amcsem.org, or use the AMC online trip listing system: <http://trips.outdoors.org> (set the Committee to “Biking,” and the Chapter to “Southeastern Massachusetts”), or sign up for the SEM Short Notice trip list at www.amcsem.org.

NOTE: AMC SEM 2000 Mile Club – AMC SEM is in the second year of our unique 2000-mile Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2000 miles or more in a year. For more information, contact Joe Tavilla (508-428-6887 7-7, bikingchair@amcsem.org) or Victor Oliver (508-888-8435 7-7, bikingvicechair@amcsem.org)

Sat., Jun. 3. Bogs, Lakes & Llamas, Carver, MA – Pedal past cranberry bogs, lakes and stop at a llama farm. Then lunch and ice cream at East Over Farms. Distance: 37 miles. Pace: Moderate. Terrain: Mostly flat. Helmets and registration required. L Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com)

Jun. 6-Aug. 30. Tuesday Tire Turners – Cruise interesting Cape Cod locations and enjoy beautiful sunsets. Rides start at 5:50 PM during June and July. August start: 5:20 PM. Contact ride leader for details. L Paul Currier (508-833-2690, pbencurrier@hotmail.com)

Thu., Jun. 8. Turn Those Tires On Thursdays – A perfect ride for after work unwinding. A 6:00 PM start will take you over the quiet country roads of Rochester MA. 20 flat miles thru scenic terrain. Helmets and registration required. L Jack Jacobsen (508-993-0450)

Sun., Jun. 11. Beyond Duxbury – “Go West Young Cyclist” - Route will begin on the Duxbury town line and head west thru flat and rolling terrain. Distance: 30 miles. Pace: 12-14mph. Terrain: see above. Helmets and registration required. L Joe Tavilla

Sat., Jun. 17. Wrentham Ride – Farms, hills, quiet roads, and water views best describe this two state (MA & RI) ride. You’ll pass Wrentham State Hospital, Diamond Hill Reservoir, a religious retreat and the Wrentham Outlet Mall. Distance: 33 miles. Pace: 12-14 mph. Terrain: Hills, Flat and Rolling. Helmets and registration required. L Joe Tavilla (508-428-6887, SilverSki@Earthlink.net)

Sat., Jul. 1. Dighton Rock – Visit the historic and mysterious Dighton Rock located in the Dighton Rock State Forest & Museum. Distance: 37 miles. Pace: Moderate. Terrain: Flat and rolling. Helmets and registration required. L Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com)

Thu., Jul. 6. Turn Those Tires On Thursdays – A perfect ride for after work unwinding. A 6:00 PM start will take you over the quiet back roads of Lakeville & Middleboro, MA. 20 flat miles thru scenic

terrain and the lake region. Helmets and registration required. L Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com)

Sat., Jul. 15. AMC SEM Summer Picnic Ride, Foxboro – The perfect way to work up an appetite for the AMC SEM Summer Picnic. Ride the lesser traveled, quiet, backroads of Foxboro. The ride will conclude in time for all to enjoy the SEM Summer Picnic. Distance: 30-35 miles. Pace: Stay together, relaxed group pace, 11-14 mph. Terrain: Flat, rolling and some hills. 9:00 AM start. Helmets and registration required. L Joe Tavilla (508-428-6887, SilverSki@Earthlink.net)

Fri., Jul. 21. Dennis Headwaters – Ride on the less traveled roads of Dennis and Yarmouth and discover the headwaters of the Bass River and Quivett Creek. Distance: 30 miles. Pace: 13-15 mph. Terrain: Flat and rolling hills. L Larry Kornetsky (617-513-6716), CL Joe Tavilla (508-428-6887, SilverSki@Earthlink.net)

Sat., Jul. 29. Beach Ocean Farm – This classic Cape ride will take you to the South Cape beaches, golf courses, views of Nantucket Sound and an organic farm complete with sheep and alpacas. Lunch will be at the farm stop. Distance: 40 miles. Terrain: Flat, rolling and a few climbs. Pace: 12-14 mph. Helmets and registration required. L Joe Tavilla (508-428-6887, SilverSki@Earthlink.net)

Fri., Aug. 4. Chatham Light – Travel from Dennis to Chatham on Cape Cod. Stop at Chatham Light and enjoy nice beach and ocean views. Distance: 35 miles. Pace: 13-15 mph. Terrain: Flat, rolling and hilly. L Larry Kornetsky (617-513-6716), CL Joe Tavilla (508 428 6887, SilverSki@Earthlink.net)

Sun., Aug. 13. For Jazz Lovers Only – If you don’t like jazz, then this ride is not for you - well maybe. The ride will follow a shore route past Vineyard Sound from East Falmouth into Woods Hole. Lunch in Woods Hole where all riders can enjoy outdoor jazz at a landmark coffee house.- no charge but coffee consumption is not discouraged. Distance: 30 miles. Pace: 12-14mph. Terrain: Mostly flat, some optional hills. Helmets and registration required. L Joe Tavilla (508-428-6887, silverski@earthlink.net)

Fri., Aug. 18. The Beaches of Dennis – If you like the beach then this ride is for you! Circumnavigate the Town of Dennis and discover more than a dozen Cape Cod beaches on Nantucket Sound and Cape Cod bay. Waterside lunch at the Sesuit Harbor Cafe. Distance: 30 miles. Pace: 13-13 mph. Terrain: Flat, rolling and hills. L Larry Kornetsky, CL Joe Tavilla (508-428-6887, SilverSki@Earthlink.net)

Thu., Aug. 18. Turn Those Tires On Thursdays – A perfect ride for after work unwinding. A 6:00 PM start will take you over the quiet back roads of Acushnet & Rochester MA. 20 flat miles thru scenic terrain with light traffic. Helmets and registration required. L Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com)

Sat., Aug. 26. Country Roads, Bridgewater – Quiet roads, pristine farmland, light traffic and flat roads are the hallmarks of this ride. Travel thru the towns of Middleboro, Bridgewater and East Taunton. Distance: 43 miles. Pace: Moderate. Terrain: Flat. Helmets & registration required. L Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com)

WANTED: Ride Leaders and Co-Leaders – Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm and routes with your fellow AMC members. Contact the Bike Chair, Joe Tavilla for more information. (508-428-6887, bikingchair@amcsem.org)

Thu., Jun. 29. Red Line the Blue Hills (C3B) – See May 25 and June 6 listing for description... L Bob Vogel (hike_with_bob_v@comcast.net), CL Erika Bloom, CL Dick Carnes

Wed., Jul. 5. Ames Nowell State Park, Abington (C4C) – A nice evening hike through a state park with woods, boardwalk, old graves, & cellar holes. L Bill Ruel

Thu., Jul. 6. Red Line the Blue Hills (C3B) – See May 25 and June 1 listing for description... L Bob Vogel (hike_with_bob_v@comcast.net), CL Erika Bloom, CL Dick Carnes

Sat., Jul. 8. AT in Western Mass. Series - Day Hike (A3C) – Join us for the next section of the AT in Mass. from Jerusalem Rd. to Goose Pond road. This 9 mile exploratory hike passes over Baldy Mountain (appx. 1900 ft) in the Tyringham area. Register by July 1. Group sized limited to 10. L/R Dexter Robinson (781-294-8840 7-9:30 pm, dexsue@comcast.net), CL Dick Carnes (rcarnes2@aol.com)

Tues. July 11. Tuesday Morning Blue Hills Conditioning Hikes (B3B) – See June 6th listing for details.

Wed., Jul. 12. Wed. Night Miles Standish State Forest (C4C) – A nice hike around a pond in one of our largest state forests. There will be time for ice cream after! "YUM". L Bill Ruel (781-589-3321)

Thu., Jul. 13. Red Line the Blue Hills (C3B) – See May 25 and June 1 listing for description... L Bob Vogel (hike_with_bob_v@comcast.net), CL Erika Bloom, CL Dick Carnes

Sat. Jul 15. SEM Summer Picnic Hike, Foxboro (B3C) – Morning Hike in F. Gilbert Hills State Forest, possible Native American artifacts. Finish in time to enjoy the SEM picnic. Reg. Erika Bloom (erika.bloom@comcast.net, 508-951-1001 bef. 9pm).

Tues. July 18. Tuesday Morning Blue Hills Conditioning Hikes (B3B) – See June 6th listing for details.

Thu., Jul. 20. Red Line the Blue Hills (C3B) – See May 25 and June 1 listing for description...

Sat., Jul. 22. SUMMER HIKING SERIES #2 - Squam Range , NH (B3B) – We venture north for beautiful views of Squam Lake, as never seen by the boaters (with optional boulder caves and ladders for the daring!), as well as views all the way to Mt. Washington. You will learn why people climb mountains! A practical application of what you will have learned. Open to non-series participants on space available basis. See Aug 19 for hike #3. L Bob Vogel (508-238-7732 7-9PM, hike_with_bob_v@comcast.net), L Erika Bloom

Thu., Jul. 27. Red Line the Blue Hills (C3B) – See May 25 and June 1 listing for description... L Bob Vogel (hike_with_bob_v@comcast.net), CL Erika Bloom, CL Dick Carnes

Tues. July 25. Tuesday Morning Blue Hills Conditioning Hikes (B3B) – See June 6th listing for details.

Sat., Jul. 29. Gale River/Garfield Loop (A3B) – A long day hike in the White Mountains of NH. We will be crossing several muddy brooks with a steep rough climb to the summit of Mt. Gale. The

return will be by the Garfield Ridge Trail. There is a steep pitch with many switchbacks. Not for beginners. L Pauline Jordan (hirst30@aol.com), CL Sue Chiavaroli (brillo6452@yahoo.com)

Tues. Aug. 1 & 8. Tuesday Morning Blue Hills Conditioning Hikes (B3B) – See June 6th listing for details.

Wed., Aug. 9. Wed. Night Hike Massasoit State Park (B3C) – A great hike through woods, ponds, and campground (reserve a sight!). See possible wildlife and pudding stone. Good for all levels. L Bill Ruel (781-589-3321)

Tues. Aug. 15. Tuesday Morning Blue Hills Conditioning Hikes (B3B) – See June 6th listing for details.

Fri-Sun., Aug. 18-20. White Mountain, NH Triplet – Ridges, views, scrambles, maybe late season blueberries, possibly swimming. Fri: Mt. Jackson, Webster Cliffs (B3B); Sat: Baldface Circular (A3B); Sun: Chocorua via Piper, Hammond or Liberty/BeeLine (B3B). Join us for 1, 2, or all 3. Contact L if interested in rustic lodging/group meals at local hiking club cabin. L Eva Das (borsody@gmail.com), CL/R Robin Melavalin (rmelavalin@rcn.com)

Sat., Aug. 19. SUMMER HIKING SERIES #3 – Mt. Lafayette (B3A) – This strenuous hike will take us above treeline in NH, to the highest point outside the Presidential Range, and affords views of Vermont, New York, Maine and Quebec. Open to non-series participants on space available basis. L Bob Vogel (508-238-7732 7-9PM, hike_with_bob_v@comcast.net), L Erika Bloom

Tues. Aug. 22 & 29. Tuesday Morning Blue Hills Conditioning Hikes (B3B) – See June 6th listing for details.

Wed., Sep. 6. Wompatuk State Park, Hingham (C3C) – Evening hike through woods, ponds, and an old WWII ammo depot. Good for all levels. L Bill Ruel (781-589-3321)

Sat & Sun., Sep. 16-17. SUMMER HIKING SERIES #4 – White Mountains, NH. (B3B) – Location TBD, but save the date. L Bob Vogel (508-238-7732 7-9PM, hike_with_bob_v@comcast.net), L Erika Bloom, CL Robin Melavalin

Cape Cod Hikes

Chair – Farley Lewis, 508-775-9168
capehikingchair@amcsem.org

Most Cape Hikes are "Show & Go..." For additional information, contact the trip Leader (L) or Co-Leader (CL) or visit <http://trips.outdoors.org>. (Set Committee to "Cape Hikes.")

Miles per Hike	Pace (MPH)	TerrainType
AA = 13+	1 = very fast (2.5)	A = very strenuous
A = 9 – 13	2 = fast (2)	B = strenuous
B = 5 – 8	3 = moderate	C = average
C = <5	4 = leisurely	D = easy



2006 Winter Hiking Series concludes with Nauman Tentsite backpack...

By Bob Vogel

The 2006 SEM Winter Hiking Series concluded successfully with an overnight winter backpacking trip to the Nauman Tentsite off the Crawford Path in NH.

The group met Saturday morning in Crawford Notch and then hiked up to the Nauman Tentsite and set up camp. We then took a 3.4 mile, out and back, hike to Mt. Jackson, where most summited. (A few chose to wait below treeline and avoid the strong, cold wind, and icy summit cone.)

After returning to camp, preparing and eating supper and getting ready for the morning, we retired to a not-too-cold night. (Maybe just above 0 degrees?) Everyone did OK. In the morning we ate breakfast, packed up and hiked out, arriving back at the trailhead just before noon.

We then held a brief ceremony at the trailhead and awarded Certificates to three new graduates of the series: Joanne Meyer, Leslie Carson and Robin Melavalin. CONGRATULATIONS!!!

Two 'old' folks also received certificates, since they also finished all four hikes in the series. (Dexter Robinson and myself).

Special thanks go to Dexter Robinson, Anne Chace, and Erika Bloom for helping by leading hikes and also to co-leaders Eva Borsody Das (#1 -Blue Hills and #3 -Morgan Percival); Walter Mark (#2 - Pack Monadnock), Wayne Anderson (#1 -Blue Hills, #3 -Morgan-Percival and #4 this weekend's backpack) for their work as

Co-Leaders (Please note SEM motto: co-leaders make leaders look good...)

Again, thank you all. Coordinating this series (and the workshop) has been a lot of fun and, based on their feedback the participants have had a lot of fun too!

(NOTE: Your Breeze editor participated in both the Pack Monadnock and Squam Range winter hikes, and can personally verify that the winter hiking series participants did indeed have a blast....)

Thursday Hike Series Recap

By Elsie Laverty

With the rising cost of gasoline this past year, a handful of us off-Cape SEM members made a concerted effort to organize midweek hikes a little closer to home.



SEM "Midweek Warriors" shown include Ed Foppiano, Anne Chace (back to camera), Ellie Macpherson (seated) Don Savino, Barbara Leland and Peter McLaughlin. (photo by Elsie Laverty)

These local midweek hikes were varied. Some hikes were short, some were long. Some took us into the woods, some took us onto the beach, and some even had stretches on pavements. Our hiking group included a core of steady "regulars" as well as many new faces. We did not count the miles or our speed but we explored a lot of trails, developed a spirit of camaraderie, and had a lot of fun.

Our hike leaders included Bruce Dunham, Joanne Staniscia, Charlie Farrell, Ellie MacPherson, Peter McLaughlin, Don Savino, Louise Anthony, and Ed Foppiano. My thanks to all of them for sharing their favorite hikes and making the Thursday series so successful.

Summer Mountain Hiking Series kicks off in Blue Hills on June 24th

If you've always wanted to hike in NH, but don't feel ready to try it on your own, this series is for you. Progressively harder hikes will focus on good hiking skills and proper selection of gear and clothing. This series will give you a chance to meet others looking to expand their hiking horizons. Complete the series and you'll earn a certificate, suitable for framing.

On June 24th we will start off with a local training hike at the Blue Hills. We'll get a vigorous workout, while also getting advice on clothing and gear, and safe hiking practices.

On July 22nd we will head to NH to hike in the Squam Range. From these peaks we will have beautiful views of Squam Lake, as well as views all the way to Mt. Washington. You'll learn firsthand why people enjoy climbing mountains! This hike will provide a practical application of what you will have learned.

On August 18th we will climb Mt. Lafayette. This strenuous NH hike will take us above treeline, to the highest point outside the Presidential Range, and affords views of Vermont, New York, Maine and Quebec. At our feet the beautiful, Pemigewasset Wilderness will stretch out before us.

Sept 16-17. If a one day hike is great, then a two day hike must be twice as nice! Join us on this introductory backpack and spend the weekend hiking, eating, sleeping, eating (we're big into the eating part!) in the mountains. If you're an experienced day hiker, this is a great opportunity to try backpacking. Some tents and stoves available. Sleeping bags can be rented if you don't have one.

Participants in each series hike will get first priority for future hikes. Carpooling from Southeastern Mass. will be arranged for all NH hikes.

For further information, or to register, contact: L: Bob Vogel 508-238-7732 (7-9PM) hike_with_bob_v@comcast.net or L: Erika Bloom 508-951-1001 ebloom1@comcast.net.

AMC Trips to Tanzania

By Erika Bloom

In January 2006, fellow SEMers Chet Yacek and Nelson and Ryan Hockert-Lotz joined me and 12 other participants for an AMC major excursions trip to Tanzania.



We spent eight days climbing 19,341 foot Mt. Kilimanjaro, which was tough, but rewarding. Then we went on safari to the

Serengeti National Park and Ngorongoro Crater where we slept in comfortable tented camps and experienced game drives from safari vehicles during the day. The quantity and diversity of animals amazed us all!

If you too dream of an African adventure, consider signing up for my next AMC major excursion trip to Tanzania, January 26 to February 10, 2007. This will be a walking and driving safari that explores some of Tanzania's most amazing areas to view wildlife. We'll experience game drives in the Serengeti National Park, an area that hosts the largest animal migration on earth. We'll visit Ngorongoro Crater with its amazing concentration of predators and prey. We'll experience a multi-day walking safari from the Ngorongoro Highlands to Lake Eyasi (with vehicle support). And we'll visit and hike with local Maasai people and spend a day walking with the Hadzabe tribe in their traditional hunter/gatherer activities.

Accommodations are tented safari camps, which get you even closer to the wildlife and the true African experience. Full camp crew provided – no chores for you! Must be physically fit hikers (vehicle support is available). Approx. cost, all-inclusive except tips, is \$5000-5390 plus est. airfare of \$1,500 (Boston).

For information, call Erika Bloom at 508-951-1001 (before 9:00 pm) or visit <http://snebulos.mit.edu/majorexursions/trips/0705>

Hiking/Backpacking Activities

Chair – Sue Chiavaroli, 508-252-4164, hikingchair@amcsem.org

IMPORTANT: Hikers unsure of their ability should try only one level more difficult than previously completed. No pets without permission of trip Leader. Registration required for most trips. Hiking boots strongly recommended. For additional information or to register, contact the trip Registration leader (R), trip Leader (L) or co-Leader (CL). SEM Chapter trip updates are also available at <http://trips.outdoors.org>.

Miles per Hike	Pace (MPH)	TerrainType
AA = 13+	1 = very fast (2.5)	A = very strenuous
A = 9 - 13	2 = fast (2)	B = strenuous
B = 5 - 8	3 = moderate	C = average
C = <5	4 = leisurely	D = easy

Thu., May. 25 and June 1. Red Line the Blue Hills (C3B) – This summer we will offer Thursday evening hikes where we will hike all 125 miles of trails in the Blue Hills, section by section and then red line these trails on our maps. L Bob Vogel (508-238-7732 (7-9 PM), hike_with_bob_v@comcast.net), CL Erika Bloom, CL Dick Carnes

Tues. Jun. 6. Tuesday Morning Blue Hills Conditioning Hikes (B3B) – Great exercise hiking strenuous terrain at a moderate pace. Lots of hills! Nice views when the weather cooperates. Hike goes most Tuesday mornings, register for details (start time may vary). Start with loop of 3.5-4.5 miles, option to continue on for another 2 miles. Hiking boots required. L Erika Bloom (508-951-1001 before 9 pm, Erika.bloom@comcast.net)

Wed. June 7. Tubbs Meadow, Pembroke, MA (C4D) – An easy evening walk along the cranberry bogs, ponds, and a great chance for wildlife sightings like the Great Blue Heron and White Egrets. L Bill Ruel (781-589-3321)

Wed., Jun. 7 at 7:00 PM. Hike Planning Meeting – Unitarian Universalist Church, 25 Main St. (Rte 105) Middleboro. Meet fellow hikers and get involved with the SEM Chapter. We will be planning hikes, events, and having pizza! L Sue Chiavaroli, 508-252-4164.

Thu., Jun. 8. Red Line the Blue Hills (C3B) – See May 25 and June 1 listing for description... L Bob Vogel

Sat., Jun. 10. Mt. Monadnock, NH (A3B) – Mt. Monadnock via Pumpelly Ridge. Long scenic ascent from Dublin Lake through forest and along rolling ridge spur, with awesome panoramic views. L Eva Das (borsody@gmail.com), CL Walter Mark (wlfmark3@aol.com), R Walter Mark (wlfmark3@aol.com)

Tues. Jun. 13. Tuesday Morning Blue Hills Conditioning Hikes (B3B) – See June 6th listing for details.

Wed., Jun. 14. Willow Brook Fleetwood Farm Preserve (C4D) – Join us for an evening walk through this once prosperous old farm dating back to the 17th century. The trails through the property feature an open field, cranberry bog, Allegheny mound building ants (they create huge ant mounds!), and a wide variety of vegetation. Suitable for all ages and abilities. L/R Dexter Robinson (781-294-8840, dexsue@comcast.net)

Thu., Jun. 15. Red Line the Blue Hills (C3B) – See May 25 and June 1 listing for description...

Sat., Jun. 17. Franconia Ridge Hike (B3A) – Nice hike in the White Mountains up the Falling Waters Trail, across the summits of Mts. Little Haystack, Lincoln, and Lafayette. Then down the Old Bridle Path. Start early, finish late, and move a little slower than most. Hope for a nice clear day. R/L Walt Wells (508-279-1963 7pm-9pm, waltandlinda@comcast.net), CL Pauline Jordan (508-676-5146 7:30pm-9:30pm, Hirst30@aol.com), CL Sara Beard (508-758-2613 7pm-9pm)

Sat., Jun. 17. 2 for 1: Ft. Barton, Weetamoo Woods, Tiverton, RI (B3D) – Mtn. Laurels in bloom. Enjoy view of Mt Hope Bay, Portsmouth and Bristol from the 30' high tower at Ft Barton. Some stairs for easy travel up steep hills, boardwalks in areas by stream. Drive 5 miles to Weetamoo Woods, home to numerous species of wildflowers, trees, and shrubs. Stone walls, slab bridges, and Borden Brook add to its beauty. Lunch by the stone-arched bridge; stop at famous Gray's Ice Cream after hike. L/R Barbara Hathaway (508-880-7266 7 to 10P, barb224@tmlp.com)

Sat & Sun. Jun. 17-18, AT in Western Mass. Backpack (A3C) – Join us for the next section of the AT in Mass. from Lake Buel Rd. to Jerusalem Rd. This is a two day beginner backpack, 6 miles the first day, 4 miles the second day with an overnight at Mt. Wilcox, north lean-to. Register by June 10. Group size limited to 10. L/R Dexter Robinson (781-294-8840, 7-9 pm, dexsue@comcast.net), CL Dick Carnes (rcarnes2@aol.com)

Tues. Jun. 20. Tuesday Morning Blue Hills Conditioning Hikes (B3B) – See June 6th listing for details.

Wed., Jun. 21. Scusset Beach State Reservation (C4D) – Evening hike along Cape Cod Canal, the breakwater, beach, and then up to Sagamore Hill with great views! L Bill Ruel, (781-589-3321)

Thu., Jun. 22. Red Line the Blue Hills (C3B) – See May 25 and June 1 listing for description...

Sat., Jun. 24. SUMMER HIKING SERIES #1 - Blue Hills (B3B) – Local training hike as start of our NH Mountain Hiking Series. We will get a workout hiking through the Blue Hills, while also explaining the series, giving advice on hiking clothing and gear, and safe hiking practices. If you've ever wanted to hike in NH, here's your chance! See July 22 for hike #2. L Bob Vogel (508-238-7732 7-9 PM, hike_with_bob_v@comcast.net), L Erika Bloom

Sun., Jun. 25. Long/Ell Pond (B3B) Ashville, RI (B3B) – Hike up to a gorgeous overlook of Long Pond. Along the way we will view mountain laurel. Then, the hike will descend into a gorge lined with rhododendrons and hemlocks. L Sue Chiavaroli, CL Robin Melavalin

Tues. Jun. 27. Tuesday Morning Blue Hills Conditioning Hikes (B3B) – See June 6th listing for details.

Wed., Jun. 28. Norris Reservation, Norwell (C4D) – Nice evening walk in the woods along the North River. See old mill sight, giant holly trees, and old boat house. Good for all ages and abilities. L/R Dexter Robinson (dexsue@comcast.net, 781-294-8840, 7-9:30 pm,



Southeastern Massachusetts Chapter
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The Southeast Breeze

The newsletter of the Appalachian Mountain Club Southeastern Massachusetts Chapter
 Winter 2006-2007 - December, January & February

Stay warm while helping support your chapter with an SEM fleece vest...



If you've been out on the trails with the SEM over the past year or so, you've probably seen one of your leaders wearing one of these snazzy vests.

These plush, mid-weight, Forest Green fleece vests provide an ideal insulating layer for your winter adventures

(and can serve as an outer layer when the temperature drops at other times of the year...). They feel so good on, that you might never want to take it off!

The vests feature a full-length front zipper for temperature control, zippered outer pockets and inside pouch pockets for storage, and boast the SEM Chapter logo embroidered on the left breast.

To order, send check or money order made out to "SEM-AMC" for \$39.95 plus \$6.50 S&H (\$46.45 total) to: Claire Goode, PO Box 533, Monument Beach, MA 02553. Please specify size (generously sized S, M, L, or XL) and be sure to include your shipping address and an evening phone number.

SAVE THE DATE FOR AMC ANNUAL MEETING

Summit 2007 will be held on Saturday, January 27, 2007 at the Best Western Royal Plaza Hotel in Marlborough, MA. This year's keynote speaker will be Cameron Roe, the acting president of the Alpine Club of Canada (ACC). Mr. Roe is a highly accomplished mountaineer who has led ACC members to the summits of dozens of peaks including Mt. Orizaba and Iztaccihuatl in Mexico and Mt. Robson and Clemenceau in the Canadian Rockies. AMC is delighted to have Mr. Roe join us this year as he celebrates the ACC's centennial.

SEM Chapter Hut Night in Crawford Notch, New Hampshire...



PHOTOS: Rick Fordyce



SEM members were treated to unexpected winter hiking conditions during this year's Chapter Hut Night weekend in October at the AMC Highland Center in beautiful Crawford Notch, NH.

The Southeast Breeze is printed on 100% recycled paper using environmentally friendly ink.



View from the Chair

By Laura Smeaton

Many folks think of winter as a time for hibernation, but I hope you will also see it as a time to get out and enjoy the outdoors. SEM is here to show you how!

While the Paddling group is on hiatus, the other SEM activity committees are in full swing, providing you with an opportunity to turn those long New England winters into a great opportunity. The Cape Hikes committee has a full schedule of both weekday and weekend walks, and the Hiking committee has developed a Winter Hiking Series especially designed to introduce folks to hiking and backpacking in the fourth season (see details later in the Breeze). The Biking committee has varying trips all over the SEM area, and this is the Skiing group's time to shine. Sign up early for these day and weekend trips (some skiing trips are listed in the Outdoors and on-line as Interchapter excursions), as they always fill early!

And if you are new member, or just want to see how to get more involved, you are invited to attend our first new and prospective member potluck of the new year on January 19, 2007 at the Middleboro UU Church. No need to be a member to attend, so bring your friends and family along.

This is my last column as chair and it has been a privilege to serve the chapter over the past two years. My appreciation goes to all the generous hours and talent of so many wonderful volunteer members in the chapter. And a BIG thanks goes to the Executive Board members. We especially thank retiring board members Bill Ruel (treasurer) and Gifford Allen (paddling chair). See you out on the trails!

In this issue of the Breeze:

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Summer Hike Series - - Pg. 4	Bike Rides - Pg 10
SEM Leader Profile - Pg. 5	XC Skiing - Pg 10

Pot Luck Dinner to introduce our new SEM members to hiking...



Have you recently joined the AMC Southeastern Massachusetts Chapter, or know someone who's thinking about joining? If so, the SEM Membership

and Hiking Committees invite you to join us for a pot luck dinner on Friday, January 19, 2007, from 6:30 to 9:00 pm at the Unitarian Universalist Church, 25 S. Main, St. in Middleboro, MA.

Do you want information on hiking with the AMC, including where to hike, how to hike safely, and how to register for SEM hikes? Not sure what to bring on a winter hike? Will your children be able to join you? Do you want to learn more about the AMC? Please join us for this informative and entertaining event geared for new and prospective members ages seven to adult.

Bob Vogel, an AMC hike leader for the SEM and Boston chapters will be giving a lively talk on hiking. His talk will cover a range of hiking activities from easy walks in the woods up to winter backpacking. Bob leads many hikes for AMC both locally and in the White Mountains of New Hampshire and is an excellent resource for your hiking questions.

Other AMC SEM leaders will also be on hand to fill you in on a wide range of chapter activities and answer any questions you might have.

Kathy Shaw and Claire Goode, from the SEM membership committee will be present with newsletters, brochures and information about the AMC SEM chapter.

A raffle drawing will be held for attendees. Prizes include AMC books, an AMC SEM vest, and more. Please contact either KShaw520@aol.com (508-457-4380) or ctgoode@verizon.net (508-759-7362) to register, get directions, and sign up to bring a dish for the pot luck dinner. Hope to see you all there!!!

The Appalachian Mountain Club Southeastern Massachusetts Chapter

Chapter includes app. 3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.

2007 Executive Board

Chapter Chair - (interim)	Mike Woessner, chair@amcsem.org 508/577-4879
Vice Chair -	OPEN*
Treasurer -	Claire Goode, treasurer@amcsem.org 508/759-7362
Secretary -	Chris Sampson, secretary@amcsem.org 508/993-5497
Biking -	Joe Tavilla, bikingchair@amcsem.org 508/428-6887
Canoe/Kayak -	OPEN*
Cape Hiking -	Farley Lewis, capehikingchair@amcsem.org 508/775-9168
Communications-	Paul Miller, communicationschair@amcsem.org 508/695-8495
Conservation -	Maura Robie, conservationchair@amcsem.org 508/285-6005
Education -	Walter Deeter, education@amcsem.org 508/279-0626
Hiking Chair-	Sue Chiavaroli, hikingchair@amcsem.org 508/252-4164
Membership -	Kathy Shaw, membershipchair@amcsem.org 508/457-4380
Skiing -	Walter Mark, xskichair@amcsem.org 508/884-8185
Trails -	Lou Sikorsky, trailschair@amcsem.org 508/678-3984
Webmaster -	Susanne Piche, webmaster@amcsem.org

*Please contact Mike Woessner if you are interesting in volunteering for any open SEM volunteer positions.

The *Southeast Breeze*, the newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published four times per year as a service to the Chapter's members. SEM members are encouraged to submit letters, articles, photos, and artwork, but materials for publication (space permitting) cannot be returned unless accompanied by SASE. Please mail to: Paul Miller, 169 So. Washington St., No. Attleboro, MA 02760. Digital submissions are preferred, and can be e-mailed to: communicationschair@amcsem.org. Articles will be edited for length, typographical errors, and clarity.

HAVE YOU MOVED? Please send your change of address information to: AMC, 5 Joy St. Boston, MA 02108

NON-SEM AMC MEMBERS who wish to receive the quarterly Southeast Breeze newsletter should send a \$10.00 check made out to "AMC SEM" to: Claire Goode, ATT: Non-Member Breeze Subscription, PO Box 533, Monument Beach MA 02553. Please be sure to provide your mailing address if it's not on the check.

AMC ACTIVITY PARTICIPATION POLICY

AMC encourages involvement in its mission and activities through its membership, programs, policies and procedures. Our goal is to be a community that is comfortable, inviting and accessible for people of any age, gender, race, religion, ethnicity, ability, sexual orientation, or socioeconomic status.

Some AMC programs are designed for a certain age range of members or for a special activity or topic. However, any person who meets the minimum qualifications (age, skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available. Individuals under 18 must be accompanied by a responsible adult.

All participants in AMC activities are required to sign the AMC waiver form provided by the leader. You may preview this waiver form on the chapter website at www.amcsem.org/pdf/waiverform.pdf

Some interesting news items from AMC Headquarters in Boston...

***AMC ADDS TWO SPORTING CAMPS AS PART OF MAINE WOODS INITIATIVE

AMC recently added two sporting camps, Medawisla Wilderness Camps and Chairback Camps, as part of its Maine Woods Initiative. Guests eventually will be able to hike, cross-country ski, or bike camp-to-camp within a network that also includes Little Lyford Pond Camps, which was purchased by AMC in 2003. Medawisla is located on the shore of Second Roach Pond, approximately seven miles from Kokadjo, and Chairback is located on Long Pond within AMC's Katahdin Iron Works property. Both are spectacular locations for hiking, paddling, fly-fishing, snowshoeing, and skiing.

Medawisla is currently accepting reservations by phone at 207-695-2690. Effective January 1, 2007, AMC will begin managing reservations directly at 603-466-2727 or www.outdoors.org. An opening date for Chairback has not yet been set.

More information on the AMC's Maine Woods Initiative is available at www.outdoors.org/mwi.

***HALF-OFF FOR KIDS 12 AND UNDER MID-WEEK AT THE HUTS IN 2007

In 2007, all kids 12 and under stay half-off at Lonesome Lake Hut throughout full-service season and at all huts during the month of June and August 26-30, Sunday

through Thursday. These special child rates start at \$24 per night for members. For reservations, call 603-466-2727, or go online for more details to: www.outdoors.org/lodging/huts/featured-programs.cfm

***AMC CARTER NOTCH HUT RETURNS TO FULL SERVICE IN SUMMER 2007

The US Forest Service has approved AMC's request to return Carter Notch Hut to full-service in summer, restoring a tradition of over eighty years and addressing strong interest in full-service huts in summer. This transition comes after a 10-year trial as self-service, which resulted in a steady decline in visitation at the hut. The full-service season at Carter Notch Hut for 2007 will run from June 1 to September 15.

Full-service includes a hut crew to prepare and serve meals for guests, offer safety and hike planning information, and lead evening programs. Carter Notch Hut will continue to be operated on a self-service basis for the remainder of 2006 and annually during spring, late fall and winter. Reservations are now being taken for 2007 by calling 603-466-2727.

***CROSS COUNTRY SKI FOR FREE ALL WINTER LONG AT JOE DODGE LODGE

Ski free when you stay at Joe Dodge Lodge this winter. AMC and Great Glen are teaming up this season and offering a free ski pass to all overnight guests. Prices start at \$51 for members, with no restrictions or minimum! Includes shared room, dinner, breakfast, and Great Glen cross-country ski pass. Other packages at Joe Dodge Lodge and Highland Center include Bretton Woods and Wildcat Mountain. Go online to www.outdoors.org/winterguide or call 603-466-2727 for additional information and rates.

Have e-mail? Then be sure to join the Yahoo-powered AMC SEM Short Notice Trip List ...

Our SEM Short Notice E-Mail Trip List is a great way to find out about late-breaking Chapter activities that might not appear in either the *Breeze* newsletter or the *AMC Outdoors* magazine. If you haven't signed up for the e-mail list yet, just visit www.amcsem.org and enter your e-mail address in the appropriate location.

4 Spring Tide, Harwich. L Ruth Handlen (508-432-1582 Before 9PM, packrhandl@comcast.net)

Sun., Feb. 4. Barnstable-Bridge Creek Conservation (C3D) -- Flat terrain, cedar upland, maple swamp and salt marsh, bogs, stone walls..Meet at 12:45. 2 hrs..from exit 5 off Rte 6 North on Rt 149...park along grass triangle on immediate left beside church. L Betty Donoghue (508-428-4679, bettyccfla@aol.com)

Thu., Feb. 8. Truro- High Head Sand Dune Walk (C3C) -- Meet at 9:45 am at High Head Rd., as far as you can drive in toward the bike trail. We will hike over dunes and continue on the beach, weather permitting. If high winds, we will walk the bike path to Pilgrim Spring and beyond. If snow call leader. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Feb. 11. Bourne Canal Walk (C3D) -- Winter walk along side of canal. Meet 12:45 at the visitor center mid-way between the two bridges on the north side of the canal. L Pam Carter (508-398-2605)

Thu., Feb. 15. Harwich-Herring River (C3C) -- Conservation area woodland trails with cranberry bogs and views of the river and reservoir. Take Exit 9A off Rte. 6. L at second light. R at stop sign. Next left onto Great Western Rd. Go approx. 1.3 miles to Sand Pond parking lot on left. 2 hours; meet at 9:45. L Pat Sarantis (508-430-9965, ediespond@hotmail.com)

Sun., Feb. 18. Sandwich-Camp Lyndon (C3C) -- Hilly hike with views of Cape Cod bay, tall white pines and a walk along Lawrence Pond. 2.5 hours. Meet at 12:45 pm for 1 pm hike From Rte 6 exit 4 turn south on Chase Rd then immed R on Service Rd. Park in Maple Swamp lot 1 mi on L. Brown sign tilted away from you. L Heidi Moss (508-362-6440 9am-8pm, mossheidi@hotmail.com)

Thu., Feb. 22. Mashpee-Mashpee River Woodlands West (C3C) - - Four mile hike on the less hiked side of Mashpee River on Cape Cod Pathway trails to Amos Landing. Great river views. From Mashpee Rotary take Rte. 28 towards Hyannis. 1st right onto Quinaquiset Ave, right into lot. Meet at 9:45. L Gary Miller (508-540-1857, garymaxx@wmconnect.com)

Sat., Feb. 24. Nickerson State Park - Winter Series #3, Hike/Snowshoe Trip (B3B) -- 4 Hrs., Brewster, MA, Route 6A near Orleans line. Call Leader for specifics. L Peter Selig (508-432-7656 6-9 pm, pandmselig@hotmail.com)

Sun., Feb. 25. Barnstable Conservation Area (C3B) -- Many hills. Good workout. Meet 12:45. From Rte 6 exit 5 S on 149. Right on Service Rd and park in lot by power lines. Two hours. L Janet DiMattia (508-394-9064, jdimattia@earthlink.net)

Bike Rides

Chair – Joe Tavilla, bikingchair@amcsem.org, 508/428-6887

NOTE: Approved helmets required for all AMC bike rides. If start time and location are not indicated, contact ride leader (L).

NOTE: for additional SEM bike rides, please check *AMC Outdoors*, visit www.amcsem.org, or use the AMC online trip listing system: <http://trips.outdoors.org> (set the Committee to “Biking,” and the Chapter to “Southeastern Massachusetts”), or sign up for the SEM Short Notice trip list at www.amcsem.org.

NOTE: **AMC SEM 2000 Mile Club** – The SEM Bike Committee awards 2000 Mile Club certificates of achievement and embroidered

award patches to members who ride 2000 miles or more in a year. For more information, contact Joe Tavilla (508-428-6887 7-7, bikingchair@amcsem.org) or Victor Oliver (508-888-8435 7-7, bikingvicechair@amcsem.org)

Sat., Dec. 2. The Bogs of Carver -- An enjoyable flat ride thru the cranberry bogs of Carver. Quiet roads with very little traffic. You can even plan a holiday season visit to the well known Edaville Railroad. Distance: 20 miles C3D. L Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com)

Sun., Dec. 10. For Jazz Lovers Only -- Enjoy a flat off-season ocean view ride, then warm-up with coffee & jazz.. The route travels from East Falmouth to Woods Hole. In Woods Hole warm-up, relax with a cup of coffee and listen to a small jazz group. Great views of Vineyard Sound, Buzzards Bay and Martha's Vineyard. Distance: 23 miles C3D. L Joe Tavilla (508-428-6887, silverski@earthlink.net)

Sat., Jan. 27. Cape Cod Canal -- Start at Buzzards Bay and cruise the Cape Cod Canal down to Sagamore and Scusset Beach. Flat in both directions. Distance: 20 miles. C3D. L Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com)

Cross Country Skiing

Chair – Walter Mark, 508-884-8185
xcskchair@amcsem.org

For information on SEM ski trips, please check *AMC Outdoors*, visit www.amcsem.org, or use the AMC online trip listing system: <http://trips.outdoors.org>, (set Activity to “Cross-Country/Nordic” and set Chapter to “Southeastern Massachusetts”).

Jan. 12-15. XC Ski - MLK Weekend at Applebrook B&B -- 21st annual MLK xc ski weekend at cozy Applebrook B&B in NH. Ski at Bretton Woods, Great Glen, Jackson or Bear Notch. Other options, downhill, back country, snowshoeing and ice skating. Approx. cost of \$155 to \$265 p/p covers 3 nights lodging, 3 breakfasts, 1 full dinner and 1 supper. Register with L Barbara Hathaway, 508 880 7266, 7 to 10 p.m. CLs Florence Walker and Barbara Perry.

Sat., Jan. 20. XC Ski Windblown, Monadnock Region -- Windblown is a comfortable, friendly, family-owned ski center with 25 miles of trails. Sit by the fire in their lodge while enjoying homemade soup & sandwiches, or muffins and cookies with a hot beverage. Reg with L Barbara Hathaway, 508 880 7266, 7 to 10 p.m. L Barbara Hathaway (508-880-7266)

Feb. 9-11, Backcountry Ski Touring in Central Vermont -- Interested in backcountry ski touring? Join us for a weekend of touring along the Catamount trail in the Ludlow-Killington area. We will stay at a cozy family inn in Ludlow. Participants should be capable of skiing 5-7 miles each day (no beginners please). Trails are classic New England backcountry, undulating, forested, and fun to ski. Approx. \$210 pp, Sat-Sun brkfst and Sat dinner included. Reg by Dec 30. Details/reg with L Art Paradise, paradice1@mindspring.com, 978-372-7442 (7-10PM), L Bob Bentley 508-866-3057.

Sat., Feb. 10. Great Brook Farm/Ski Touring Center, MA -- Spend your time skiing - not driving to NH. Ski close to home on 10 miles of groomed trails shared by the Farm and State Park. Easy trails for novice skiers as well as black diamond trails for the more advanced. Rental equipment available. Bring lunch. Reg. with L Barbara Hathaway, 508 880 7266, 7 to 10 p.m

Up and Down and Up and Down those same ol' Blue Hills

By Cheryl Lathrop



Erika Bloom (on right in front row) and her Tuesday Morning conditioning crowd atop scenic Buck Hill in the Blue Hills

Come join us on Tuesday mornings and power hike your way to fitness! You've seen those entries in the *Southeast Breeze* and the *AMC Outdoors* magazine: “Tuesday Morning Blue Hills Hike.” Every Tuesday we hike the Skyline Trail in the Blue Hills for four hours—up and down and up and down . . .

The Tuesday hikes started in April 2005 as ‘conditioning hikes.’ Conditioning for what? For a major excursion trip to Mount Kilimanjaro (Africa) or Glacier National Park (Montana). For your own hiking vacation. Or just for the sheer joy of hard exercise.

Lest you think this is a bunch of twenty-something athletes—ha!—we're 30-70 years young. About 12 of us, either retired or working, drop everything for our weekly wild and wicked exercise.

We start early—that's right, roll out of bed at the crack of dawn and tug on those boots! After meeting, signing in, and circling up for introductions, we're off and running. And I do mean running! We dodge rush hour traffic to cross the street and then power straight up a steep ¼ mile hill, without stopping or slowing. At the top of the hill, gasping for breath, we stop to rest, drink, and shed our never-should-have-put-it-on outside layer.

Now that we've intersected the Skyline Trail, we hike a loop out to the Eliot Observation Tower and back. This covers Houghton, Wolcott, Great Blue, Hemenway, and

Hancock Hills. All the hills are steep, the trails are rocky, and we march fast to keep our heart rate up. We rarely stop and we don't look at the scenery (too busy looking at our feet so we don't misstep). Since we hike the same trails every week, the route is memorized and there's no need to spend time looking for blazes or looking at maps. A power hike like this is not meant for beginners.

After about two hours, we wind up at Reservation Headquarters for an indoor separation break, water refill, and snack at the picnic tables. Those with pressing appointments (or have simply pooped out), can leave at the halfway point. For the rest of us, it is onward for some more up and downing.

It's now back across Hillside Street to continue for another two hours on the Skyline Trail. For this half of the hike, it is out to Tucker and Buck Hills and back. Stops are infrequent, but we do pause to enjoy the panoramic scenery from the Buck Hill summit. There, we dump our packs and enjoy another snack break while admiring downtown Boston and the harbor.

After our scenery break, it's back the same way we came (yup, up and down those same ol' hills). Emerging from the woods at Reservation Headquarters once again, we're now bedraggled and sweaty, but have a healthy glow. After a short trek back to our cars, we say some quick farewells and thank our AMC Leader. Then we're back home and showered by noon with the whole day in front of us.

If you've been hiking regularly and want to increase your level of fitness even more, please come join us! It's great fun being outdoors getting exercise in the early morning. It's also a great social time, because even though we're hiking hard, we're also chatting all the way, catching up with each other and analyzing the latest movie or novel.

This is a B2-3B-tated hike (5-8 miles, moderate-fast, strenuous) with hills that are steep and rocky. You need sturdy hiking boots and a sturdy heart—along with the mandatory raincoat (just in case!).

Erika Bloom, an SEM Hiking Leader and AMC Major Excursion Leader, leads the hikes. She runs a tight ship, so the hikes are both safe and fun. Note that Erika needs to pre-qualify participants for these hikes to ensure a good experience for all.

Please register for the *SEM Short Notice Trip E-Mail List* at www.amcsem.org for upcoming hikes.

2006 Summer Mountain Hiking Series finishes with a great backpack

Bob Vogel and Erika Bloom



Atop Mt. Lafayette...

Well, the 2006 SEM *Summer Mountain Hiking Series* is now history.

It started with a well attended workshop the afternoon of the Spring Fling, where we presented information about equipment, clothing, good hiking practices, etc.

The first actual hike was a local warm up hike at the B Blue Hills. Although it rained most of the day, only one participant cancelled because of the weather. For those that attended, the objective was to have a good, fun hike, despite the weather. After five hours of hiking in the rain, most of the 16 participants declared the hike a big success, rain and all!

The next hike was a hike to Mts. Morgan, Percival, Squam, and Doublehead in New Hampshire. This 7+ mile hike was a long day, and again the group did a great job. This hike offered great views of Squam Lake and Lake Winnepesaukee.

The third hike was a real challenge -- Mt. Lafayette -- the highest peak outside the Presidentials. Upon reaching the summit the group was still going strong, so decided to continue on along the beautiful above-treeline Franconia Ridge to Mt's Lincoln and Little Haystack, making for a 9+ mile, 4000+ vertical foot day. One heck of a hike for a 'novice' hiking group. This hike climbed two peaks (Lafayette and Lincoln) on the NH

4000 footer list. (And a special thanks to Wayne Anderson for stepping up to help lead this hike.)

The last hike was an overnight backpack to Mt. Cabot, with the night at Unknown Pond. The weather cooperated, and it was a real "summer weekend." After hiking up to the pond, the team dropped their heavy packs, took essentials and hiked off to Mt. Cabot. It added a third 4000 footer to their accomplishments for the series. Along the way the team climbed The Bulge and The Horn, two peaks on the New England Hundred Highest list. Returning to camp just before dark the group prepared and ate supper and retired to bed, pooped, at 8:00 pm on Saturday. Sunday, the group awoke early, hoping to catch site of a visiting moose. But despite lots of moose tracks around the pond, we saw no moose. (We did see an eagle, so the trip wasn't a total wildlife loss.) After breakfast the group hiked back to the trailhead, where we awarded certificates of achievement, suitable for framing.

Congratulations to everyone who participated, and especially those who completed the entire series: Bill & Chris Pellegrini, Leslie Carson, Maureen Yachinski, Pam Jones and Fred Wason! We wish we could have taken everyone who wanted to come on one or more of the hikes, but space limitations made these tough hikes to get into unless you did the entire series.

But, of course, there is always next year to look forward to...



And atop Mt. Cabot...

Sat., Dec. 2. Open-Deer Season -- Check Short Notice and Web for possible hike on this day. L Farley Lewis (farlewis@comcast.net)

Sun., Dec. 3. Harwich-Herring River (C3C) -- Walk with views of the river, along the reservoir and around cranberry bogs in conservation area. Take Exit 9A off Rte 6. L at 2nd light. R at stop sign. Next L onto Great Western Rd. At 1.3 miles park at Sand Pond lot on L. 2 hours. Meet at 12:45. L Pat Sarantis (508-430-9965, ediespond@hotmail.com)

Thu., Dec. 7. Dennis Crowe's Pasture(C3C) -- Walk thru woods, dirt roads to pasture, soft sand to Quivett Creek, back along beach and woods...meet at 9:45. 2 hrs.. Exit 9B North from rte 6, 2nd light R on Setucket Rd. 1 mile to Left on Airline Rd, 1.3 mi cross rte 6A onto School St., 1st R onto South st. to parking. L Betty Donoghue (508-428-4679, bettyccfla@aol.com)

Sat., Dec. 9. Eastham Coast Guard and Nauset Beaches (B3C) -- Hike Nat'l Seashore, beach, Doane Rock, lighthouses, Nauset Marsh and water views. Meet 9:45. From Rte 6 in Eastham, right to Salt Pond Visitor Center pkg. Four hours. Bring lunch. L Janet DiMattia (508-394-9064, jdimattia@earthlink.net)

Sun., Dec. 10. Chase Garden Creek -- Come join us for this resurrected hike in Yarmouthport. Please check with leader or watch for online notice regarding trailhead location. L Linda Church (508-495-1308, lchurch@whoi.edu)

Thu., Dec. 14. Brewster-The Punkhorn (C3C) -- Wooded trails with views of Upper Mill Pond and Walkers Pond. Take Exit 9B off Rte. 6 and go 2.0 miles. R on Satucket (which becomes Stony Brook Rd). After 3.0 miles R on Old Run Hill Rd. Go 1.3 miles to parking lot on left. 2 hours. Meet at 9:45. L Pat Sarantis (508-430-9965)

Sat., Dec. 16. Harwich Hawksnest State Park (B2C) -- Hike through woods, by ponds. Meet 9:45. From Rte 6 exit 11. Take Spruce Rd. diagonally across from exit. Park on side of road approx. half mile down. Four hours. Bring lunch. L Janet DiMattia (508-394-9064, jdimattia@earthlink.net)

Sun., Dec. 17. Yarmouth Three Ponds (C3C) -- Meet 12:45 on Yarmouth Rd. Directions - From Rte 6 exit 8 S. Take R at 2nd light. Go to end take L for about 1 mi. and park on either side of road. Potluck party following at Pam Carter's 22 Driftwood Lane So. Yarmouth. L Janet DiMattia (508-394-9064, jdimattia@earthlink.net)

Thu., Dec. 21. Yarmouth Port: Gray's Beach (C3D) -- Hike in Conservation land areas over trails along marsh, through woods, includes the boardwalk with views of Sandy Neck, Chapin Beach. Meet at 9:45 a.m. Two hours. L Janet Kaiser (508-432-3277, rjkaiser@verizon.net)

Thu., Jan. 4. Sandwich-Benjamin Nye Trail (C4C) -- Working cranberry bogs, Red pine forest, salt marsh, creeks/ponds. Remains of fish hatchery and game farm. From Rte. 6 take Exit 4 (Chase Rd). Turn N (toward 6A), go approx. 1/2 mile, and take L on County Rd. One mile to parking on R at Sandwich Grange Hall/Benjamin Nye homestead. Two hours. L Nancy Wigley (nrwigley@cape.com)

Sat., Jan. 6. Falmouth Long Pond & Collins Woodlot (B3C) -- Walk along pond, moraine, and through town forest. From Mashpee rotary, take 151 west 3.4m to L at Sandwich Rd. Go 3.7m south to R on Brick Kiln; then 0.9m west and pass through traffic light at Gifford to second parking area on R just beyond light. 9:45. More than light rain or snow cancels. 3.5 hours. Bring lunch. L John Gould (508-540-5779, jhgould@adelphia.net)

Sun., Jan. 7. Mashpee-Lowell Holly Reservation (C3C) -- Pristine peninsula. Possible to nearby island if pond is well frozen. From Rt 6 exit 4, S on Chase Rd. R at stop sign on Farmersville Rd. Dr .5 mi to L on Boardley Rd, 3 mi to L at Harlow Rd. Straight at stop sign on So. Sandwich Rd. Pk in small lot R.,.5 mi. Limited prkg. Carpooling suggested. Meet 12:45. L Ken Burnes (508-648-1385, kburnes@cape.com)

Thu., Jan. 11. Provincetown-Hatches Harbor/Race Point Lighthouse (C3C) -- Meet at Herring Cove Beach, 9:45 am in parking lot to the right of entrance. Walk through pine barrens, over dike with classic Cape Cod vistas, through salt marsh to arrive at beach by Race Point Lighthouse. We will carpool from Herring Cove to trailhead. If snow, call leader. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sat., Jan. 13. Nickerson State Park - Winter Series #1- Hike/Snowshoe Trip (B3B) -- 4 Hrs., Brewster, MA, Route 6A near Orleans line. Hike/Snowshoe in Nickerson State Park. Call Leader for specifics. L Peter Selig (508-432-7656 6-9 pm, pandmselig@hotmail.com)

Sun., Jan. 14. Eastham Coast Guard Beach (C3C) -- Hike through woodland trails to Coast Guard Beach. Views of Nauset Marsh and Atlantic Ocean. Route 6 to the Salt Pond Visitor Ctr on right at lights. 2 Hrs. Meet at 12:45 for 1:00 PM hike. L Ruth Handlen (508-432-1582 Before 9PM, packrhandl@comcast.net)

Thu., Jan. 18. Mashpee Woodlands (East) (C3C) -- Varied terrain, woods, several hills, wonderful river views. Meet 9:45. 2 hrs. From Rte 28 Mashpee take L at Lights onto Orchard St. Take R on Quinaquisett. Immediate L onto Mashpee Neck Rd. approx. 1 mi to marked parking on R. L Betty Donoghue (508-428-4679, bettyccfla@aol.com)

Sat., Jan. 20. Nickerson State Park - Winter Series #2, Nickerson Hike/Snowshoe Trip (B3B) -- 4 Hrs., Brewster, MA, Route 6A near Orleans line. Hike/Snowshoe in Nickerson State Park. Call Leader for specifics. L Peter Selig (508-432-7656 6-9 pm, pandmselig@hotmail.com)

Sun., Jan. 21. Cotuit-Little River Sanctuary (C3D) - Wooded walk with views of Eagle Pond and a White Cedar Swamp. Meet at Cotuit Landing Shopping Center at the corner of Rte. 28 and Putnam Ave. in Cotuit to carpool to trailhead. Arrive by 12:45PM. Two hour hike. L Farley Lewis (508-775-9168 Before 9PM, farlewis@comcast.net)

Thu., Jan. 25. Provincetown -Snail Road Dunes (C3B) -- Meet at 9:45 am at the Snail Rd. trailhead on Rte. 6 at East End of Provincetown. Explore Provinceland dunes, see historic dune shacks, cranberry bogs, and spectacular 360 degree views as we hike up and down 2 miles to the ocean and then back. If snow call leader. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Jan. 28. Dennis Indianlands (C3C) -- Hike in Conservation land, wooded and open trails near the Bass River with overlooks. From Rte 6, Exit 9 S on 134. Bear Right at 3rd traffic light, R at fork and follow to stop sign. Turn Right onto Main Street. In < mile, Park on Left at trailhead in farthest lot at Dennis Town offices. Meet 12:45 p.m. L Janet Kaiser (508-432-3277, rjkaiser@verizon.net)

Thu., Feb. 1. Harwich Herring River (C3C) -- Woodland Trails. Cranberry Bogs/Tidal River in Conservation Area. Take exit 9A off of Rt 6, L @ second light R @ stop sign, next L onto Great Western Rd. Go approx 1.3 miles. Park @ Sand Pond on the L. (Meet 9:45 AM) Two hour hike. Chilli Pot Luck following hike at Janet Kaiser's,

Hiking/Backpacking Activities

Chair – Sue Chiavarelli, 508-252-4164, hikingchair@amcsem.org

IMPORTANT: Hikers unsure of their ability should try only one level more difficult than previously completed. No pets without permission of trip Leader. Registration required for most trips. Hiking boots strongly recommended. For additional information or to register, contact the trip Registration leader (R), trip Leader (L) or co-Leader (CL). SEM Chapter trip updates are also available at <http://trips.outdoors.org>. Please also sign up for the SEM Short Notice E-Mail Trip List at www.amcsem.org.

Miles per Hike	Pace (MPH)	TerrainType
AA = 13+	1 = very fast (2.5)	A = very strenuous
A = 9 - 13	2 = fast (2)	B = strenuous
B = 5 - 8	3 = moderate	C = average
C = <5	4 = leisurely	D = easy

NOTE: Please sign up for the *SEM Short Notice Trip* E-Mail List at www.amcsem.org for information on Erika Bloom's **Tuesday Morning Conditioning Hikes** and other not-yet-scheduled hikes...

Wed., Dec. 6. Borderland Wed Eve Full Moon Hike (C3D) -- Come join us as we hike around the ponds and through the woods, as conditions permit, under the (almost) full moon. Enjoy the winter weather, the moon over the ponds, the quiet of the woods at night. Insulated boots, headlamp or flashlight, required. Please register by 12/2. L Bob Vogel (hike_with_bob_v@comcast.net), R Maureen Yachimski (508-238-2642 6-8 PM, Moypcs@aol.com)

Sat., Dec. 9. Hike #1 Winter Hiking Series, Blue Hills (B4C) -- First of the winter hiking series; we will hike with stops to discuss winter hiking techniques, equipment, clothing, and heat management. Please register by Dec. 5. L Bob Vogel (hike_with_bob_v@comcast.net), L Erika Bloom (508-951-1001 before 9pm, erika.bloom@comcast.net), R Robin Melavalin (617-780-5362, rmelavalin@rcn.com)

Sat., Dec. 30. Winter Wonderland on Snowshoes (B3C) -- Snow softly settling on pine boughs, animal tracks, and more as you hike through the winter wonderland on your snowshoes. Hikes will be local if conditions permit, or we will venture to NH if needed. Come join other like minded AMC hikers as we venture out on snowshoes to enjoy the winter landscape. Insulated boots, non-cotton clothes required. Snowshoes can be rented. Please register by 12/20. L Bob Vogel (508-238-7732 6-8 PM, hike_with_bob_v@comcast.net), L Bill Ruel, CL Leslie Carson

Mon., Jan. 1. Welcome the New Year at Borderland State Park, (B3C) -- Late morning start to accommodate sleeping in. Then we will hike app. 6 miles through the woods and around the ponds on the scenic Easton/Sharon border. A nice way to start the New Year! Please register by Dec 26. L Bob Vogel (hike_with_bob_v@comcast.net), R Bill Pellegrini or Chris Pellegrini (508-406-5319 6-8 PM, chrispellegrini)

Wed., Jan. 3. Borderland Wed Eve Full Moon Hike (C3D) -- Come join us as we hike around the ponds and through the woods, as conditions permit, under the (almost) full moon. Enjoy the winter weather, the moon over the ponds, the quiet of the woods at night. Insulated boots, headlamp or flashlight, required. Please register by 12/24. L Bob Vogel (hike_with_bob_v@comcast.net), R Maureen Yachimski (508-238-2642 6-9 PM, Moypcs@aol.com)

Sat., Jan. 6. Hike #2 Winter Hiking Series - Pack Monadnock & North Pack (B3B) -- For this second hike in the SEM Winter Hiking Series we head north to NH. We will hike the Wapack Trail from Route 101 to the summit of Pack Monadnock, and hopefully continue on to the summit of North Pack Monadnock. We will return the same way. Please register by Jan. 2. Preference given to those completing Hike #1 on Dec. 9. L Wayne Anderson (508-697-5289 6-9 pm, wanderson@mxcsi.com), CL Eva Borsody Das, CL Bill Ruel, R Eva Borsody Das (781-925-9733 7-9 pm, borsody@gmail.com)

Sat., Jan. 13. Winter Wonderland on Snowshoes (B3C) -- See Dec. 30th listing for description. Inquire. L Bob Vogel (hike_with_bob_v@comcast.net), L Erika Bloom (erika.bloom@comcast.net), CL Joe Keogh (508-748-2170 6-9 PM, jpkeo@msn.com), CL Ann McSweeney (781-545-5538 6-8 PM, mcsweeney@comcast.net)

Fri., Jan. 19. New Members Pot Luck Dinner-Introduction to Hiking with SEM -- Do you want information on hiking with the AMC, including where and how to hike safely? Not sure what to bring on a winter hike? Will your children be able to go on a hike? o you have questions about the AMC? Please join us for this informative and entertaining event geared for ages 7 to adult. Middleboro, MA 6:30 - 9 PM. L Bob Vogel (hike_with_bob_v@comcast.net), CL Kathy Shaw (508-457-4380, KShaw520@aol.com), CL Claire Goode (508-759-7362, ctgoode@verizon.net)

Wed., Jan. 31. Borderland Wed Eve Full Moon Hike (C3D) -- See Dec. 6th listing for details and contact information.

Sat., Feb. 3. Snowshoe Through the Woods of New Hampshire (B3B) -- Exact location TBD depending on snow. Full winter gear required. L Wayne Anderson (wanderson@mxcsi.com), R Robin Melavalin (508-780-5362, rmelavalin@rcn.com)

Sat., Feb. 24. Winter Wonderland on Snowshoes (B3C) -- See Dec. 30th listing for details. Inquire. L Bob Vogel (hike_with_bob_v@comcast.net), CL Chris Pellegrini, CL Bill Pellegrini, R Chris or Bill (508-406-5319 6-8 PM, chrispellegrini@yahoo.com)

Wed., Feb. 28. Borderland Wed Eve Full Moon Hike (C3D) -- See Jan. 3rd listing for details and contact information

Cape Cod Hikes

Chair – Farley Lewis, 508-775-9168

capehikingchair@amcsem.org

Most Cape Hikes are "Show & Go..." For additional information, contact the trip Leader (L) or Co-Leader (CL) or visit <http://trips.outdoors.org>. (Set Committee to "Cape Hikes.")

Miles per Hike	Pace (MPH)	TerrainType
AA = 13+	1 = very fast (2.5)	A = very strenuous
A = 9 - 13	2 = fast (2)	B = strenuous
B = 5 - 8	3 = moderate	C = average
C = <5	4 = leisurely	D = easy

NOTE: On Saturday's where no hike has been scheduled at press time, please check SEM Short Notice Listings or online updates. L Farley Lewis (farlewis@comcast.net)

SEM Leader Profile:

Barbara Hathaway, Skiing Leader

(In Question & Answer format...)



Ed.: How did you first get interested in the outdoors?

BH: Growing up on a farm certainly exposed me to the outdoors from an early age. Whether it was "watching the cows" to keep them from wandering while they were grazing in an open field, catching polywogs in the pond, or walking in the woods, I loved being outdoors.

Ed.: When did you join the AMC?

BH: I joined the AMC in 1996 and began hiking and cross-country skiing. I became involved directly with the SEM chapter in 1998 when Elsie Laverty turned over the labeling and mailing of the *Breeze* to me. I did that until [AMC headquarters in Boston at] Joy Street began providing the printer with software that enabled the addresses to be printed directly on the newsletter.

Just about that time the XC Ski Chair position became open. I'm sure someone on the nominating committee knew how much I loved to ski and nominated me for the position. I accepted and served on the Board for three years.

Ed.: What do personally get out of being a leader?

BH: I get the pleasure of seeing someone enjoy the activity, whether it's skiing or hiking, and have them tell me that they had a great time. It's fun to share pleasant

experiences with others and it brings people together who share a common interest.

Ed.: What's the favorite trip that you lead?

BH: My favorite by far is Craftsbury in Vermont's Northeast Kingdom. Because it's so far away, you need to stay at least three nights. I've only led a trip there once, but have skied there with another AMC chapter and with a non-AMC group. Once you arrive you don't have to get in your car again until it's time return home. All the ski trails begin right from the lodge and they serve three meals a day in a separate dining hall. Norsk, in New London, NH was also a favorite (before they closed) because they had great trails and you could make it there and back in a day with lots of time left to ski.

Ed.: Can you tell us how your annual Applebrook excursions evolved and perhaps share a few related stories of anecdotes?

BH: Skiing at Applebrook B&B is an SEM Chapter tradition. Elsie Laverty had been going on this trip for years and asked me if I'd like to go. I did, and I've been hooked ever since. In the last 10 years, I only missed 2005 because my son was receiving his Master's degree from the University of Connecticut the same weekend. One year, there was no snow in the immediate area and we had to drive as far north as the Balsams to ski. Then there was a year when it was too cold to do anything outside (about 15 below and windy). Since it was already Monday we all decided to just go home. However, there were five dead car batteries, mine included! To top it off, my hood latch was frozen shut. AAA to the rescue! The first AAA truck broke down before they got to me and had to send for another one. It was mid afternoon before we could leave.

Ed.: Can you share some of your general thoughts about the AMC?

BH: If it weren't for the AMC, I would not have met many people that are now my friends. It's great to be able to look in the *Breeze* or the *Outdoors* and have so many options to choose from. I've been on two Major Excursions: one to Yosemite and the other to Bryce and Zion, a few InterChapter ski trips, and skiing trips with other local chapters in Massachusetts. However, I'd like to see more of our members become actively involved, both in chapter activities and on the SEM Board.

Know an SEM leader you'd like to see profiled in the *Breeze*? Please send your recommendations to communicationschair@amcsem.org

A nurse's perspective on SEM Wilderness First Aid training

By Carol Roupenian

I had the opportunity to participate in the SEM-sponsored AMC Wilderness First Aid (WFA) Course on September 30th and October 1st at Camp Lyndon in Sandwich, Massachusetts. Those in attendance had a mixture of prior experience – from novice to nurse; yet each came away with valuable lessons learned.



As the nurse in a junior high school with 1400 students, I sometimes feel like I work in the wilderness. I don't have the equipment or professional support that hospital nurses have. And remember what junior high is like? I expected the course would show me new ways to improvise and the latest emergency medical care trends. What I didn't know was that Wilderness First Aid is held to a different set of standards than basic First Aid.

Several factors demand these differences. The distance and difficulty in transporting from the scene, as well as the sometimes-hazardous environment, create a different set of rules for care. Rescue time from injury until transport to hospital can be huge, with a general rule of thumb estimating one hour of effort for every quarter mile from the road! Some injuries just can't wait that long to be treated. I never imagined "clearing the spine" or moving a deformed limb to position of function.

Prevention is the primary goal, but we learned how vital (and easy) it is to be prepared for an emergency. I will never again hike in the wilderness without easily accessible gloves, a pad, triangular bandages (cravats), and something to use as a splint. Hiking with others, preferably six strong men, is also helpful in case you need to "beam" someone who is crumpled around a tree.

What made the course fun and will help us remember what we learned was the field practice, practice, and more practice. We each took several turns as patients and rescuers. If you don't know what it means when someone goes from grumbling, to fumbling, and stumbling – then you need to take this course. Can you imagine coming upon a half dozen birders who have fallen from trees? What could be worse than finding a mountain biker unconscious after crashing his bike? How about a tandem mountain bike crash? Before this weekend, I thought a "chunk check," was looking in the toilet after the student tells you he vomited.

If you hike in the wilderness, it's only a matter of time before you or someone you're with will need first aid. Don't find yourself helpless when someone is hurt or sick. All hikers need to master survival skills. Map and compass reading, bivouac skills and crisis management are essential. You should also know how to make a human burrito. If you don't, you need this course. From minor wounds to critical care, Wilderness First Aid gives you the confidence that if the worst should happen – you can help.

AMC Membership in a Bottle (MIB) is the perfect gift for a friend or relative who loves the outdoors....

For just \$50.00, you will receive an AMC water bottle, a one-year individual membership, a \$10 AMC gift certificate, and an AMC window decal. Your membership also includes 10 issues of the AMC Outdoors magazine and quarterly issues



of the *Southeast Breeze* newsletter. (Senior and Family Memberships also available.)

To receive an individual MIB, send your Name, Address, City/State/Zip and Phone Number, along with the name and address to which you would like to have the bottle sent, with a check for \$50 payable to SEM/AMC, to: AMC SEM MIB (c/o Claire Goode) P.O. Box 533, Monument Beach, MA 02553

Hiking to Nowhere

By Cheryl Lathrop

When I'm feeling the call of the woods
When I'm feeling the call of the wild
When I'm feeling the need for some peace

Cuz I want to escape the i-pods
The blackberries, palms, pagers, and cells
The google, dot com all around us

And I can't find a hiking partner
And I don't have a dog to go walk
And I won't ever hike all alone

I know that I need to go walking
And I know that I need a safe place
I'll put on my shoes and get going

Why it's not very far after all
To go find a safe place and escape
There're plenty of them all around us

It's my favorite hike to no where
To no where and yet every where
And I cannot get lost if I tried

Why the labyrinth right down the street
Is just waiting to answer my call
It's a walk just waiting to happen

It's outside with the leaves and the birds
Surrounded by trees, vines, and flowers
And yet right in the center of town

As old as the ages and then some
And as timeless as sun, wind, and sky
Geometry sacred, unchanging

The mouth shows me where to get started
And the walls keep me right on my path
The center is what I am seeking

So I enter and walk my own pace
Sometimes fast, sometimes slow, sometimes still
I'm walking, and smiling, and thinking

I've found my safe hike that I needed
I have answered my call to find peace
Escape modern life for a moment

When I'm done I'll go back, continue
With the hustle and bustle of life
But with body and soul both complete



Sometimes I feel the 'call'. Sometimes it is so loud, and I know that I have to go. My body needs to move, but, more than that, my soul needs to be nourished by nature. I need to escape, just temporarily, from the hustle and bustle of modern life. I need to re-connect with nature and find that spiritual thing that I feel when deep in the woods or high atop a mountain.

So, I put on my shoes and go find an outdoor labyrinth. A labyrinth is not a maze. A maze presents many choices constantly, and is a left-brain puzzle. A labyrinth is a single path, which presents an unambiguous through-route to the center and back. They've been around for thousands of years and are found all over the world. They're made of brick, stone, spray-painted grass, or simply mowed grass.

My favorite, and closest, one is in the backyard of the United Church in Walpole Center. But I can also be found walking the labyrinths at Boston College and Harvard. And I even stray to Needham and North Andover. Labyrinths can be searched for at: www.veriditas.labyrinthociety.org.

-- Cheryl Lathrop

EDITOR'S NOTE: All SEM members are invited to share their own appropriate ponderings by submitting them to: communicationschair@amcsem.org



The Southeast Breeze

The newsletter of the Appalachian Mountain Club Southeastern Massachusetts Chapter
Fall 2007 - September, October & November

View from the Chair

By Mike Woessner



As I sit down to write this, I've just returned from our chapter's annual summer picnic, held this year at the Lloyd Center for Environmental Studies down in Dartmouth, MA. What a great area! There is an observation deck and a nesting Osprey a short

distance across the bay. There is also a Touch Tank in the observatory basement which several of us visited after lunch to see the many species of wildlife there. We all also enjoyed the picnic area.

About 15 of us took off on two different bike rides while several others hiked the trails on the Lloyd grounds. Everyone returned around 1:00 pm for a cookout. After consuming all the hamburgers and hotdogs and wonderful salads that everyone brought, we held our 1st annual "Cherry Pit



Projectile Competition." This event was very well received and could well become an annual event. Tim Hart came in first place winning an official SEM vest. Other prizes were awarded to runners up who couldn't project quite as far as Tim.

I'd like to thank Pauline Jordan for co-coordinating the picnic and shopping for all the goodies with Joe Courcy. I'd also like to thank Joe for the Cherry Pit event and Linda Church for leading the bike ride.



SEM members take a break from the Cherry Pit Projectile Competition for a group photo at the annual Summer Picnic...

As we all enjoy the rest of our summer, I would like to remind everyone about our annual Chapter Hut Night at the AMC Joe Dodge Lodge in Pinkham Notch, September 28-30th, 2007. While I anticipate that we'll be pretty well booked up by the time you read this, please check with Sue Chiavaroli about any possible openings by calling her at 508-252-4164 or via e-mail at brillow6452@yahoo.com.

Also please see the details on the Fall Pot Luck Dinner for new members on page 3.

After a brief summer hiatus, the Chapter Executive Board held its August meeting on the 8th at the Bourne Community Center. Many upcoming events were discussed. There are still many opportunities to serve on the Board and all of our meetings are open to all members. If you can't make the meetings, but still have some ideas please feel free to contact me and let me know your thoughts. My contact info is: chair@amcsem.org or you can call me at 508-577-4879.

Mike

SEM Fall 2007 Events Calendar...

Sept. 8th -	Trail Wwork in Blue Hills
Sept. 12 th -	SEM Board Meeting UU Church, Main St., Middleboro
Sept. 28-30 th -	Chapter Hut Night Pinkham Notch, NH
Oct. 6 & 7 th -	Wilderness First Aid Training Camp Lyndon on Cape Cod
Oct. 10 th -	SEM Board Meeting Bourne Community Center
Oct. 26 th -	Fall Pot Luck Dinner Bourne Community Center
Nov. 3rd -	SEM Annual Meeting Johnson & Wales Inn, Seekonk Nov.
Nov. 14 th -	SEM Board Meeting UU Church, Main St., Middleboro
Dec. 5 th -	Hiking Committee Meeting UU Church, Main St., Middleboro
Dec. 12 th -	SEM Board Meeting Bourne Community Center

AMC ACTIVITY PARTICIPATION POLICY

AMC encourages involvement in its mission and activities through its membership, programs, policies and procedures. Our goal is to be a community that is comfortable, inviting and accessible for people of any age, gender, race, religion, ethnicity, ability, sexual orientation, or socioeconomic status.

Some AMC programs are designed for a certain age range of members or for a special activity or topic. However, any person who meets the minimum qualifications (age, skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available. Individuals under 18 must be accompanied by a responsible adult.

All participants in AMC activities are required to sign the AMC waiver form provided by the leader. You may preview this waiver form on the chapter website at www.amcsem.org/pdf/waiverform.pdf.

2007 SEM ANNUAL MEETING & BANQUET
Sat., Nov. 3rd . 6-10:00 PM at Johnson & Wales Inn
in Seekonk, MA – register on-line or via phone...

Come enjoy a fabulous buffet dinner, help vote in our chapter's new executive board, and hear a special guest speaker at our annual meeting. A very nice evening!

Visit www.amcsem.org for details and registration info.
Or call Mike Woessner at 508-577-4879

The Appalachian Mountain Club Southeastern Massachusetts Chapter

Chapter includes app. 3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.

2007 Executive Board

Chapter Chair -	Mike Woessner, chair@amcsem.org 508/577-4879
Vice Chair -	OPEN*
Treasurer -	Claire Goode, treasurer@amcsem.org 508/759-7362
Secretary (Acting) -	Joe Courcy, secretary@amcsem.org 508/272-6781
Biking -	Joe Tavilla, bikingchair@amcsem.org 508/428-6887
Canoe/Kayak -	Robert Zani, paddlingchair@amcsem.org 508/430-1914
Cape Hiking -	Farley Lewis, capehikingchair@amcsem.org 508/775-9168
Communications-	Paul Miller, communicationschair@amcsem.org 508/695-8495
Conservation -	Maura Robie, conservationchair@amcsem.org 508/285-6005
Education -	Walter Deeter, education@amcsem.org 508/279-0626
Hiking Chair-	Sue Chiavaroli, hikingchair@amcsem.org 508/252-4164
Membership -	Kathy Shaw, membershipchair@amcsem.org 508/524-0879
Skiing -	Walter Mark, xcskchair@amcsem.org 508/884-8185
Trails -	Bill Ruel, trailschair@amcsem.org 781/589-3321
Webmaster -	Susanne Piche, webmaster@amcsem.org

*Please contact Mike Woessner if you are interested in volunteering for any open SEM volunteer positions.

The *Southeast Breeze*, the newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published four times per year as a service to the Chapter's members. SEM members are encouraged to submit letters, articles, photos, and artwork, but materials for publication (space permitting) cannot be returned unless accompanied by SASE. Please mail to: Paul Miller, 169 So. Washington St., No. Attleboro, MA 02760. Digital submissions are preferred, and can be e-mailed to: communicationschair@amcsem.org. Articles will be edited for length, typographical errors, and clarity.

HAVE YOU MOVED? Please send your change of address information to: AMC, 5 Joy St. Boston, MA 02108

NON-SEM AMC MEMBERS who wish to receive the quarterly Southeast Breeze newsletter should send a \$10.00 check made out to "AMC SEM" to: Claire Goode, ATT: Non-Member Breeze Subscription, PO Box 533, Monument Beach MA 02553. Please be sure to provide your mailing address if it's not on the check.

Our **SEM Short Notice E-Mail Trip List** is a great way to find out about late-breaking Chapter activities that might not appear in either the *Breeze* newsletter or the *AMC Outdoors* magazine. If you haven't signed up for the e-mail list yet, just visit www.amcsem.org

SEM New Member Introduction Series:

Join us for "An Overview of Cape Cod Hiking" at our Fall Pot Luck Dinner in Bourne

Friday, Oct. 26th 6:30 – 9:30 pm

Hiking on the Cape? I thought you just went there for the beach? No way Batman!! The diversity of Cape hiking offers a wide range of hikes from Bourne to Provincetown. Some hikes are short while others are more challenging. Some are in remote woodlands while others traverse marshlands and beaches. We do them all.

If you are a new AMC member, just thinking about joining, or a seasoned veteran, please join us for this overview of Cape hiking. The SEM Chapter will be holding a Pot Luck Dinner on Friday, October 26, 2007, in Bourne, MA, from 6:30 to 9:00 pm. All are welcome.

John Gould, an AMC hike leader and vice chair of the SEM Cape Hikes Committee will be giving a talk on Cape hiking. John is also involved in cutting and blazing trails for the 300 Committee, a land conservation group in Falmouth. His presentation will take you to some of the most beautiful places on the Cape that can only be seen by foot. John will talk about the Cape hiking season (September to May) and full moon hikes in the summer.

This overview will give you information about going on hikes with our experienced Cape Hikes leaders who are intimately familiar with each trail, proper hike preparation, and equipment needed to hike safely. Additional AMC SEM leaders will be attending to answer questions and discuss activities the chapter has to offer.

Kathy Shaw and Claire Goode, from the SEM membership committee will be present with newsletters, brochures and information about the AMC SEM chapter.

A raffle drawing will be held for attendees. Prizes include books, an AMC SEM vest and more.

Please contact either KShaw520@aol.com (508-457-4380) or ctgoode@verizon.net (508-759-7362) to register. If your last name begins with A-L, please bring a small side dish, fruit, or dessert. If your last name begins with M-Z, please bring a small salad or veggies. Sitting is limited to 50, so don't delay in registering. The deadline to register is October 21st.

Our June 16th Nature Walk in Sandwich turned out to be a picture perfect day...

By Claire Goode

A small but enthusiastic group turned out for our June 16th the Nature Walk in Sandwich. It was a picture perfect day to go on a walk with friends. Nancy Wigley was the walk's leader and naturalist. Nancy is a Certified Master Naturalist with the Cape Cod Museum of Natural History, which came in very handy for this interpretive walk. She knows her stuff!!



We started out at the Benjamin Nye Homestead and Museum, and walked through a red pine forest, white pine forest, and a salt water marsh. The pine trees were so tall you thought you were in New Hampshire. Who knew there are so many different terrains right here in Sandwich? Nancy identified Lady Slippers, Cat Tails, Sassafras Trees (that has four different shaped leaves: ghost shaped, almond shaped, a left-hand mitten and a right-hand mitten, all on one plant), pitch pine trees (that have 3 needles per bundle), Cape Cod Barbwire, and the dreaded poison ivy for us, plus many more.

A roundup of SEM "hiking series" opportunities...

By Cheryl Lathrop

What's more satisfying than completing a single AMC hike? How about completing a full hiking series? Come join one (or more) of our SEM hiking series for a great experience!

Summer Mountain Hiking Series

The traditional SEM Summer Mountain Hiking Series almost didn't happen this summer. But, new leader Jim Plouffe stepped up to the plate and made it come together. The series began with a workshop at Wompatuck State Park on June 9th taught by Jim Plouffe and Marie Peeler, with contributions from Steve Tulip. Then, on June 23rd, there was a strenuous, six-mile training hike in the Blue Hills to assess everyone's capabilities, with hikes to increasingly harder and higher mountains as the planned as the series progressed: Chocorua, Webster/Jackson, and Liberty/Flume. Watch the next *Breeze* for a full round up of this series. [See the Winter 2006 *Breeze* for an article on 2006's summer series, and Jim Plouffe's website: home.comcast.net/~jims_sem_amc/index.htm.]

AT in Western Mass Series



This is a series of SEM Chapter hikes intended to cover the length of the Appalachian Trail (AT) in

Massachusetts, one portion at a time. Experienced leaders, Dexter Robinson and Dick Carnes, periodically schedule separate A3C 10-mile day hikes. The group size is limited to 10 and requires pre-registering. See the listings in the *AMC Outdoors* or the *Breeze*.

Tuesday Conditioning Hikes

Erika Bloom leads a power hike up and down the steep rocky trails of the Blue Hills for four hours every Tuesday morning at 7:00 am. This is for experienced hikers already in condition, looking to maintain their conditioning or train for a major excursion. Because this is a strenuous hike with a fast pace, Erika needs to pre-qualify participants (erika.bloom@comcast.net). [See the Winter 2006 *Breeze* for an article on these hikes.]

Red Line the Blue Hills (RLBH)



The RLBH series was in full swing again this spring, summer, and through the fall as a persistent group of hikers try to put their boots on every inch of every trail in the Blue Hills and "red line" their trail maps. So far, two hikers have completed their first pass: Dexter Robinson

and Fred Wason. A few others are very close, with just a few trails to go; and some are on their second round marking their second map. Anyone can join at any time, so, buy a map and come join us on Thursday evenings from 6-8:00 PM. Register with Jim Plouffe (jimplouffe@comcast.net). [See the Fall 2006 and Summer 2007 *Breeze* for articles on these hikes, and Bob Vogel's website: home.comcast.net/~hike_with_bob_v/.]

Winter Hiking Series'

Keep an eye out for a repeat of many of last winter's popular hiking series:

- Winter Full Moon Hikes (night hikes in Borderland State Park each month)
- Winter Mountain Hiking Series (hiking progressively harder snowy mountains)
- Winter Wonderland on Snowshoes (snowshoe hikes)

[See the Spring and Summer 2007 *Breezes* for articles on these hikes.]

SEM Leader Profile:
Robin Melavalin, Hiking Leader
(In Question & Answer format...)

Ed.: When did you first get interested in the outdoors?

RM: I come from a family of hikers, campers and nature lovers on both sides. When I was a teenager, my family drove to Yellowstone camping with six kids, our dog Fang, and our large, heavy canvas tent. Many other camping experiences over the years in the US, Mexico and Canada have further increased my appreciation for the outdoors. For example, about five years ago my brother and sister got me into hiking with them in Baxter State Park, as an annual sibling event. That first trip, I hiked to Chimney Pond with two bulky Mexican blankets bungied to my small pack because I didn't have a sleeping bag. As a result I started learning about appropriate gear.

Ed.: When did you join the AMC and how did you start getting involved as a leader?

RM: I joined the AMC in 2004, did the SEM leader training that spring and then did the winter hiking series. I also took Boston chapter leader training last year to get more experience and started co-leading hiking, backpacking, snowshoeing and kayaking trips. The leaders in SEM are great role models and have a wealth of information.

Ed.: What do you personally get out of being an AMC volunteer leader?

RM: Being an AMC leader fits well with my work in study abroad – supporting people as they move out of their comfort zones, face new challenges and view the world from other perspectives, such as from mountaintops.

Ed.: Describe some of the favorite trips that you lead.

RM: Last summer I co-led a hike with Éva Borsody Das on the Baldfaces. We ate blueberries, scrambled up slabs, and had stunning views from the summits. As we came down the mountain, we



stopped for a swim in an emerald pool with a crevice waterfall.

Another favorite was this past March on Liberty and Flume. We camped on Franconia Ridge, which is only allowed in winter. We dug in the deep snow to make a kitchen area and melted it for tea. The morning sun came streaming into our tents and we did some

yoga stretches before heading to Flume. The wind was fierce on the exposed summits. It is invigorating to be out there with the elements, at one with nature. Well, as long as we have plenty of fleece and wind gear!

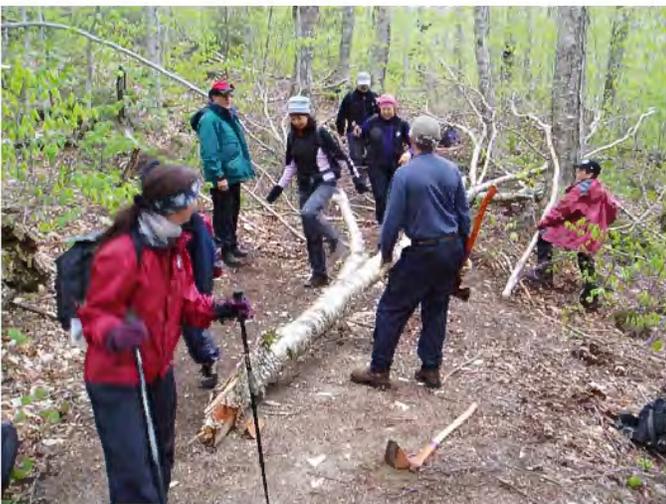
And then there were the January hikes when we saw bear paw prints in fresh snow on Pack Monadnock and a moose bed in the snow, complete with hairs, on Baldpate in Maine.

Ed.: Anything else you'd like to share with us?

RM: One of the best things about the AMC is the people. As a volunteer-run organization, everyone is involved because they love the outdoors. I've hiked with people who are dealing with health issues and the group provides both support and a healing environment. Also, since the AMC offers a variety of learning and training opportunities at no or low cost, it makes learning about the outdoors and developing leadership skills more accessible to everyone. In January 2008 I will co-lead a major excursion to Grenada with Jan Taylor for 10 days of fun in the Caribbean. The group will hike on volcanoes and, kayak and snorkel in the Caribbean. you're all invited to come to Grenada – we just reduced the price! (*Robin can be reached at rmelavalin@rcn.com or 617.780.5362*)

Know an SEM leader you'd like to see profiled in the Breeze? Please send your recommendations to communicationschair@amcsem.org

SEM hard at work on the trails...



PHOTOS ABOVE: *A small but intrepid group of SEMers turned out to perform a well-needed spring cleanup on our adopted trail, Lonesome Lake Trail in NH, on June 19th*

PHOTOS ABOVE: *Thirty-seven volunteers showed up bright and early at Myles Standish Park on National Trails Day, Saturday, June 2nd to work on the Bentley Loop Trail. It was a glorious day to be outdoors, warm, sunny and not too many bugs.*



PHOTO LEFT: *Volunteers from AMC SEM and Friends of the Blue Hills joined with members of the DCR Blue Hills TrailWatch in June as part of a series of trail work sessions at the Blue Hills Reservation.*

Jim Kaemmerlen, a volunteer for TrailWatch, began the morning with a brief clinic and demonstration, after which the group of about a dozen volunteers grabbed their chosen implements and headed out on the trails in the Houghton's Pond section.

More Blue Hills TrailWatch trail work sessions are scheduled for August 26th and September 8th.

Hiking/Backpacking Activities

Chair – Sue Chiavaroli, 508-252-4164, hikingchair@amcsem.org

IMPORTANT: Hikers unsure of their ability should try only one level more difficult than previously completed. No pets without permission of trip Leader. Registration required for most trips. Hiking boots strongly recommended. For additional information or to register, contact the trip Registration leader (R), trip Leader (L) or co-Leader (CL). SEM Chapter trip updates are also available at <http://trips.outdoors.org>. Please also sign up for the SEM Short Notice E-Mail Trip List at www.amcsem.org.

Miles per Hike	Pace (MPH)	TerrainType
AA = 13+	1 = very fast (2.5)	A = very strenuous
A = 9 - 13	2 = fast (2)	B = strenuous
B = 5 - 8	3 = moderate	C = average
C = <5	4 = leisurely	D = easy

Tue., Sep. 4. Tuesday Morning Blue Hills Hike (B2-3B) – Great exercise hiking strenuous terrain at a moderately fast pace. Join leader as she trains for Mount Kilimanjaro (again!). Lots of steep, rocky hills! Register for details; start time usually 7 AM, hike goes most (not all) Tuesdays. Hiking boots required. Not for beginners. L Erika Bloom (508-951-1001, erika.bloom@comcast.net)

Thu., Sep. 6. Red Line the Blue Hills – The Red Line the Blue Hills Series is an attempt to hike on every trail within the Blue Hills Reservation, an oasis among an urban metropolis. Join us for a varied and fun series of hikes. We hike rain or shine. L Jim Plouffe (508-586-1394 4 - 8 PM, jimplouffe@comcast.net), L Jerry Yos , L Bob Vogel , CL Fred Wason

Tue., Sep. 11. Tuesday Morning Blue Hills Hike (B2-3B) – Please see Sep. 4th listing for details

Thu., Sep. 13. Red Line the Blue Hills – Please see Sep. 6th listing for details

Tue., Sep. 18. Tuesday Morning Blue Hills Hike (B2-3B) – Please see Sep. 4th listing for details

Thu., Sep. 20. Red Line the Blue Hills – Please see Sep. 6th listing for details

Tue., Sep. 25. Tuesday Morning Blue Hills Hike (B2-3B) – Please see Sep. 4th listing for details

Thu., Sep. 27. Red Line the Blue Hills – Please see Sep. 6th listing for details

Thu., Sep. 27. Betty's Neck Hike (C3C) – Walk around bogs and into woods in newer conservation area. Meet 10 a.m. with lunch or snack. Directions: From 459 take Rt. 105S, becomes Rt. 105/18. Follow 105 where it forks left from Rt.18. Take left after passing the Clark Cemetery onto Long Point Rd. and continue for 1-2 miles. The road will make a sharp turn to the right and cross a causeway. Look for parking on the left. L Elsie Laverty (508-823-0634, elavmca@tmlp.com)

Tue., Oct. 2. Tuesday Morning Blue Hills Hike (B2-3B) – Please see Sep. 4th listing for details

Thu., Oct. 4. Blue Hills Quarries, Willard St, Quincy, MA, B3C – Hike (app. 6 miles) via the Quarries Footpath to the historic granite quarries, in and out, some low ledges to cross. Then to Rattlesnake Hill and back via the Green trail. Lunch along the way. Directions: Meet at Shea Ice Rink at 10AM. From Rt 93/128 exit 6, go north on Willard St 0.7 miles, parking on left. L Ellie MacPherson (508-224-6465 by 9 PM, camell55@verizon.net)

Tue., Oct. 9. Tuesday Morning Blue Hills Hike (B2-3B) – Please see Sep. 4th listing for details

Thu., Oct. 11. Moose Hill Sanctuary (C3C) – Walk through the woods of this beautiful sanctuary. Meet at 10 a.m. Bring lunch and water. For directions go to massaudubon.org. Trail fee for non Audubon members. L Elsie Laverty (508-823-0634, elavmca@tmlp.com)

Tue., Oct. 16. Tuesday Morning Blue Hills Hike (B2-3B) – Please see Sep. 4th listing for details

Thu., Oct. 18. F.Gilbert Hills SF, Foxboro, MA, B3C – 10 AM, Approx.7 mi beautiful hike through woods and over hills in fall colors. Bring lunch. Directions: Coming from N or S I-95 exit 7, Rt 140 N about 2 mi, 3/4 around common, South St about 2 mi, right on Mill St. L Joanne Staniscia (508-528-6799 by 9 PM, joannes1@localnet.com)

Sat., Oct. 20. Metacomet-Monadnock Trail Mt. Tom Reservation (B3B) – Section 6 of the M&M trail from Rt. 141 to the Conn. river. A 6 mile hike across a spectacular section of this trail. Beautiful views from the cliffs of Mt. Tom and Whiting, virgin hemlock forest, bird viewing platform with 360 degree view, and turn-of-the-century hotel ruins. L/R Dexter Robinson (781-294-8840 7-9:30pm, dexsue@comcast.net), CL Jim Plouffe (508-586-1394 5-9pm, jimplouffe@comcast.net)

Tue., Oct. 23. Tuesday Morning Blue Hills Hike (B2-3B) – Please see Sep. 4th listing for details

Thu., Oct. 25. Allens Pond Sanctuary, Dartmouth, MA – Beautiful hike around tidal pond, views of Elizabeth Islands, migratory birds and wild life. Meet 10 AM bring lunch and drink. Bayside Restaurant across trailhead. Directions: From I 195 exit 10, Westport, Rt 88 south to end. Left at ocean-side stop sign onto East Beach Rd, go east, at 90 degree bend turn north away from shoreline, look for Sanctuary signs and BEACH LOOP entrance to Mass Audubon, parking on right near headquarters. L Rick McNally (508-636-7179 7-9, rjmcnally@charter.net), CL Art Hart (ajhart@webtv.net)

Tue., Oct. 30. Tuesday Morning Blue Hills Hike (B2-3B) – Please see Sep. 4th listing for details

Thu., Nov. 1. Turkey Hill, Whitney & Thayer Woods, Cohasset, B3C – About a 6 mile walk with harbor views, from Weir River Farm though Holly grove and woods. Lunch along the way. Directions: Meet at 10 AM, from Rt 3 exit 14, follow Rt 228 north for 6.5 miles, turn right on Rt 3A, go 0.5 miles, parking on right for Weir River Farm/Turkey Hill. L Ellie MacPherson (508-224-6465 by 9 PM, camell55@verizon.net)

Tue., Nov. 6. Tuesday Morning Blue Hills Hike (B2-3B) – Please see Sep. 4th listing for details

Thu., Nov. 8. Blue Hills Hike (C3C) – Blue hills hike. Meet at Houghton's pond for 3 hour hike. Bring lunch , water, hiking boots. Directions: From Rt. 128 take exit 3N. Go 0.5 miles to stop sign. Go right on Hillside St. 0.2 miles to parking area on left. L Elsie Laverty (508-823-0634, elavmca@tmlp.com)

Tue., Nov. 13. Tuesday Morning Blue Hills Hike (B2-3B) – Please see Sep. 4th listing for details

Thu., Nov. 15. Borderland SP, Easton (B3C) – 10 AM, Depending on conditions, we will hike 5-6 mi through woods, over ledges and around ponds in this beautiful park. Bring lunch. Directions: From Rt 24 or I-95 to Rt 106, to Easton, N on Poquanticut Ave, left on Massapoag Ave to park entrance on right, \$2 parking fee. L Claire Braye (508-857-0320 by 9M, cbraye57@comcast.net)

Tue., Nov. 20. Tuesday Morning Blue Hills Hike (B2-3B) – Please see Sep. 4th listing for details

Tue., Nov. 27. Tuesday Morning Blue Hills Hike (B2B) – Please see Sep. 4th listing for details

Thu., Dec. 6. Halfway Pond, Plymouth (B3C) – Pretty walk around and between ponds, forest loop near Myles Standish SF. About 6 miles, lunch along the way. Directions: South Plymouth, Rt 3 exit 3, go SW for 0.2 miles, cross Long Pond Rd to Clark Rd, 0.4 miles to T end, turn left, park across from Long Pond on right. L Ellie MacPherson (508-224-6465 by 9 PM, camell55@verizon.net)

Cape Cod Hikes

Chair – Farley Lewis, 508-775-9168
capehikingchair@amcsem.org

Most Cape Hikes are “Show & Go...” For additional information, contact the trip Leader (L) or Co-Leader (CL) or visit <http://trips.outdoors.org>. (Set Committee to “Cape Hikes.”)

Miles per Hike	Pace (MPH)	TerrainType
AA = 13+	1 = very fast (2.5)	A = very strenuous
A = 9 - 13	2 = fast (2)	B = strenuous
B = 5 - 8	3 = moderate	C = average
C = <5	4 = leisurely	D = easy

Thu., Sep. 13. Cotuit-Little River Sanctuary (C3D) – Wooded walk with views of Eagle Pond. Meet promptly at 9:45 am. Car pool shuttle from parking area in front of Brooks Pharmacy located at the intersection of Rte. 28 and Putnam Ave. in Cotuit. Two hours. Potluck to follow at L's. L Farley Lewis (508-775-9168 Before 9pm, farlewis@comcast.net)

Sat., Sep. 15. Wellfleet, Jeremy Point (B2C) – Hike along bay, through woods, along dunes out to Jeremy Point. Great views of Wellfleet Harbor. Meet 9:45 am at Great Island Pkg lot on Chequesett Rd. Wellfleet. 4 hours. Bring lunch. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sun., Sep. 16. Dennis-Crowe to Crowe Loop (C3C) – 2 1/2 hr. hike on paths, beach, and quiet roads. Meet 12:45. From route 6 take exit 9 onto route 134 north to route 6A. Right on 6A then left on School St. then right on South St. to lot at end on right past cementary. L Maria Sylvester (508-385-4045, sylvester_maria@hotmail.com)

Thu., Sep. 20. Truro Ryder Beach (C3C) – Beach, woodland trails, some hills with scenic views of Cape Cod Bay. From Rte 6, L on Prince Valley Rd. Go to end. R on County Rd. Immed. L on Ryder Beach Rd. Park at End. Meet 9:45 A.M. 2 hours. J. Kaiser, 508 432 3277 jtkaiser@verizon.net. L Janet Kaiser (508-432-3277, jtkaiser@verizon.net)

Sat., Sep. 22. Eastham Coast Guard and Nauset Beaches (B3C) – Four hour walk through upland woods to beach, Some soft sand, lighthouses, views. Meet 9:45 a.m. at Salt Pond Visitors Center off Rte 6 in Eastham. Bring lunch. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Sun., Sep. 23. Mashpee Woodlands (East) (C3C) – Varied terrain, woods, several hills, wonderful river views. Meet 12:45 pm. 2 hrs. From rte 28 Mashpee take L at Lights onto Orchard St. Take R on Quinaquisett. Immediate L onto Mashpee Neck Rd...approx. 1 mi to marked parking on R. L Betty Donaghue (508-428-4679, bettyccfla@aol.com)

Thu., Sep. 27. Brewster - The Punkhorn (C3C) – Wooded trails with views of Upper Mill Pond and Walkers Pond. Take Exit 9B off Rte 6 and go 2.0 miles. R on Satucket (which becomes Stony Brook Rd). After 3.0 miles R on Run Hill Rd. Go 1.3 miles to parking lot on left. 2 hours. Meet at 9:45 am. L Pat Sarantis (508-430-9965, ediespond@hotmail.com)

Sun., Sep. 30. Brewster Nickerson State Park (C3C) – Walk the perimeter of several ponds in the park. Woodland trails, few hilly sections, Meet 12:45 at Fisherman's Landing. State park entrance off rte 6A in Brewster. Stay on main rd in pk for 1.8 miles, pkg on left. Two hours. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Thu., Oct. 4. Truro-Long Nook Beach to Ballston Beach (B3C) – Hike the most spectacular beach on Cape Cod. App. 3 hrs. Take Long Nook Rd. off Rte. 6 to end at beach parking lot. Hike begins and ends here. Meet at 9:45 am. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Thu., Oct. 11. Mashpee South Cape Beach (C3C) – 2 hr. flat hike with 2 mi. of wooded trails and 2 mi. on sandy peninsula. Meet Thurs 9:45 a.m. From Mashpee rotary take Great Neck Rd 2.7 mi, left on Great Oak Rd. to town beach lot at end. L Gary Miller (508-540-1857, Garymaxx@verizon.net)

Sat., Oct. 13. Nantucket Ram's Pasture (B3C) – Come to Nantucket for an app. 3.5 hr. hike on the Middle Moors. Bring lunch. Make own ferry or airline arrangements, arriving before noon. Exact meeting time TBA. Register by Oct 8 so we can send travel details. L Heidi Moss (508-362-6440 9 am -8 pm, mossheidi@hotmail.com), CL John Whelan (sockpirate@comcast.net)

Sun., Oct. 14. Four Ponds Conservation - Bourne (B3C) – salt marsh, ponds, old trout hatchery, some moraine trail. 2.5 hrs. From Rte 28 in Bourne take R on Barlows Landing Rd (Pocasset/Wings Neck) 7/10 mile to pkg on right. Meet at 12:45 PM for 1 PM hike. L Nancy Wigley (nrwigley@cape.com)

Thu., Oct. 18. Dennis-Crowe's Pasture (C3C) – Walk thru woods, dirt roads to pasture, soft sand to quivett creek, back along beach and woods. Meet at 9:45. 2 hrs. Exit 9B North from Rte 6, 2nd light R on Setucket Rd. 1 mi to L on Airline Rd. 1.3 mi cross Rte 6A onto School st., 1st R onto South St to parking. L Betty Donaghue (508-428-4679, bettyccfla@aol.com)

Sat., Oct. 20. Chatham, South Monomoy Lighthouse Adventure, Revisited (A2A) – Meet at South Beach at Chatham lighthouse and hike to lighthouse on South Monomoy. (18.3 miles round trip) Leave Chatham lighthouse at 9 a.m. Bring lunch. 3.5 hours to get to South Monomoy lighthouse., 0.5 hr lunch, 4.5 hours return. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sun., Oct. 21. Barnstable-Bridge Creek Conservation (C3D) – Flat terrain, cedar upland, maple swamp and salt marsh, bogs, stone walls. Meet at 12:45. 2 hrs. From exit 5 off Rte 6 North on Rt 149. Park along grass triangle on immediate left beside church. L Farley Lewis (508-775-9168, farleywis@comcast.net), L Betty Donoghue (508-428-4679, bettyccfla@aol.com)

Thu., Oct. 25. Wellfleet - White Crest Beach (C3C) – Woodland trails/hilly. From Rt 6 R on LeCount Hollow Rd. At beach gatehouse L on Ocean View Dr. 0.9 miles to beach parking lot on R. Meet at 9:45 a.m. L Pat Sarantis (508-430-9965, ediespond@hotmail.com)

Sat., Oct. 27. Crane Moraine (B3C) – New hike in Crane Wildlife Reservation, along moraine: vistas of Buzzards Bay, ponds, boulder fields. Four hours - bring lunch. Meet 9:45 at pkg area across from Falmouth Animal Hospital S side of Rt 151, just E of Rt 28. From Mashpee Rotary go W on Rt 151 6.3 miles. If rain check w/L. L John Gould (508-540-5779, jhgould@comcast.net), CL Linda Church (508-495-1308)

Sun., Oct. 28. Sandwich - Benjamin Nye Trail (C4C) – Working bogs, Red Pine forest, salt marsh with creeks/ponds. Remains of fish hatchery and game farm. From Rte. 6 take Exit 4 (Chase Rd). Turn N (toward 6A), go approx. 1/2 mile, and take L on County Rd. One mile to parking on R at Sandwich Grange Hall. Hike starts promptly at 1 pm. 2 hours. L Nancy Wigley (nrwigley@cape.com)

Thu., Nov. 1. Provincetown- Snail Road Dunes (C3B) – Meet at 9:45 a.m. at the Snail Road trailhead on Route 6 at east end of Provincetown. Explore Provinceland dunes, see historic dune shacks, cranberry bogs, and spectacular 360 views as we hike up and down 2 miles to the ocean and then back. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sat., Nov. 3. Barnstable, Barnstable Conservation, "Trail of Tears" (A2B) – Meet at Parking lot (power line) on Service Rd. between Exit 5 and Exit 4. Exit Route 6 at Exit 5, go south 100 yds to service road. Meet at 9:45 a.m. Bring lunch. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sun., Nov. 4. Jehu Pond Conservation Area, Mashpee (C3C) – From the Mashpee Rotary take Great Neck Rd South, then Continue S on Great Oak Rd until you come to the 2nd Jehu Conservation Sign on right, about 4 miles from rotary. Meet at 12:45 pm for a 1 pm start. Two hours. L Linda Church (508-495-1308 7-9pm, lchurch@whoi.edu), CL John Gould (508-540-5779)

Sat., Nov. 10. Yarmouth Inkberry and Three Ponds (B2C) – Fall four hour walk around cranberry bogs, thru woodlands, to three ponds. Meet 9:45 at small dirt rd pkg area on Winslow Gray Rd. From Rte 28 turn at light across from Molly's restaurant. Pkg lot about 1/2 mile on L. Bring lunch. Heavy rain cancels. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Sun., Nov. 11. Sandwich- Camp Lyndon (C3C) – Hilly hike with views of Cape Cod bay, tall white pines and a walk along Lawrence Pond. 2+ hours. Meet at 12:45 pm for 1 pm start. From Rt 6 exit 4 turn south on Chase Rd then immed. R on Service Rd. 1 mile to

Maple Swamp lot on L. Look for large brown sign. L Heidi Moss (508-362-6440 9 am -8 pm, mossheidi@hotmail.com)

Thu., Nov. 15. Provincetown-Hatches Harbor/Race Point (C3C) – Meet at Herring Cove Beach, 9:45 a.m. in parking lot to the right of entrance. Walk through pine barrens, over dike with classic Cape Cod vistas, through salt marsh to arrive at beach by Race Point Lighthouse. We will carpool from Herring Cove to trailhead. Approx. 2 hrs. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Nov. 18. Bourne Farm, West Falmouth (C3C) – hike in the woods along cranberry bogs, open fields, under a cattle tunnel. For the Bourne Bridge take Thomas Landers exit of the hwy (Rt 28 S). Take R at end of ramp and at end of road a slight jog to Bourne's Farm on left. Meet at 12:45 p.m. for 1 p.m. start. Two hours. L Linda Church (508-495-1308 7-9pm, lchurch@whoi.edu), CL John Gould (508-540-5779)

Thu., Nov. 22. Yarmouth Bud Carter Trail (C3C) – Thanksgiving Day hike in pretty wooded area with plenty of short hilly sections to work up an appetite. Meet at 9:45 a.m. in small lot on N Dennis Rd. From Rte 6 take exit 8 S. Take immediate L at light to end, L on N. Main which immediately becomes N Dennis Rd. Follow about 1 mile to pkg lot on L. Two hours. Rain cancels. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Sat., Nov. 24. Brewster Nickerson State Park (B2C) – Four hour hike through much of the State Pk. Varied terrain - hills, ponds, open areas, woods. Meet at main pkg lot at entrance of Pk off 6A at 9:45. Bring lunch. Rain cancels. If in doubt call that morning. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Sun., Nov. 25. Mashpee - Mashpee Woodlands East (C3C) – Varied terrain: woods, hills, river views... Meet 12:45 pm. 2 hrs. From West. Rt 28 Mashpee. Left at lights onto Orchard St. Take right on Quinaquisett. Immediate left onto Mashpee Neck Rd. Approx 1 mi. to marked parking on right. L Betty Donoghue (508-428-4679, bettyccfla@aol.com)

Thu., Nov. 29. Dennis- Crowe's Pasture(C3C) – Walk thru woods, dirt roads to pasture, soft sand to Quivett Creek, back along beach and woods... Meet at 9:45am. 2 hrs... Exit 9B North from Rte 6, 2nd light right on Setucket Rd. 1 mile to left on Airline Rd, 1.3 miles cross Rte 6A onto School St., 1st right onto South St. to pkg. L Betty Donoghue (508-428-4679, bettyccfla@aol.com)

Sat., Dec. 1. W. Falmouth Harbor & Uplands (C4C) – A short 2-hr hike, from a pretty harbor to upland woods, past the Quaker Burial Grounds. Meet 9:45 for 10:00 start. From N or E take Rt 28 South to Brick Kiln Rd exit and go R at end of ramp. After 0.5 m. go R on 28A, then 0.6 m. to L at Old Dock Rd. Park at harbor 0.2 m. on R. If rain, check w/L. L John Gould (508-540-5779, jhgould@comcast.net), CL Linda Church (508-495-1308 7-9)

Sun., Dec. 2. Barnstable Conservation (C3C) – Moderately hilly hike on dirt roads and mountain bike trails with stop at observation deck. 2 hrs, meet at 12:45 pm for 1 pm start. From Rt 6 exit 5 turn south on Rt 149. At roundabout R on Race Lane. 1.5 miles to R on Crooked Cartway, pk at end. L Heidi Moss (508-362-6440 9 am -8 pm, mossheidi@hotmail.com)

Bike Rides

Chair – Joe Tavilla, bikingchair@amcsem.org, 508/428-6887

NOTE: Approved helmets required for all AMC bike rides. If start time and location are not indicated, contact ride leader (L).

NOTE: for additional SEM bike rides, please check *AMC Outdoors*, visit www.amcsem.org, or use the AMC online trip listing system: <http://trips.outdoors.org> (set the Committee to “Biking,” and the Chapter to “Southeastern Massachusetts”), or sign up for the SEM Short Notice trip list at www.amcsem.org.

Sun., Sep. 2. Sunday Afternoon Rides – Rides begin at 1:30 from various locations in Carver, Rochester, Lakeville, Dartmouth, Middleboro and Westport. Distance 25-30 miles. L Jack Jacobsen (508-353-3708 8:00AM-8:00PM, cyclejac51@yahoo.com)

Fri., Sep. 7-9. Eastham's 30th Annual Windmill Weekend – 25 mile ride in Eastham with a stop at Eastham's Windmill Weekend festivities.. L Paul Currier (508-833-2690 7:00AM-7:00PM, pbencurrier@hotmail.com)

Sun., Sep. 9. Sunday Afternoon Rides – Please see Sep. 2 listing for details

Sun., Sep. 16. Sunday Afternoon Rides – Please see Sep. 2 listing for details

Sat., Sep. 22. Pioneer Valley Spectacular – Highlights include: Connecticut River Valley, Poet's Seat Tower, Sugarloaf Mt. summit and plenty of beautiful mountain scenery. Some difficult hill climbs. Intermediate level ride. 45 miles. Carpooling is possible. L Jack Jacobsen (508-353-3708 8:00AM-8:00PM, cyclejac51@yahoo.com)

Sun., Sep. 23. Sunday Afternoon Rides – Please see Sep. 2 listing for details

Wed., Sep. 26. Full Harvest Moon Ride – Sagamore Recreation Area. Intermediate pace for 22 miles or so on the canal trail and Sagamore Shores. Sunset over Onset Bay from Mass Maritime and moonrise over Plymouth Bay from Scusset Beach. L Paul Currier (508-833-2690 7:00AM-7:00PM, pbencurrier@hotmail.com)

Sat., Sep. 29. Looking For A Hill – No hills, just lots of flat quiet roads, scenic cranberry bogs, llama farms, the quaint coastal town of Marion, clydesdale horses and a seacost golf course. L Joe Tavilla (508-428-6887 8:00AM-8:00PM (silverski@earthlink.net))

Sun., Sep. 30. Sunday Afternoon Rides – Please see Sep. 2 listing for details

Wed., Oct. 3. Woodsy Wednesday – Cape Cod Trails with Paul. 4:00 PM start. L Paul Currier (508-833-2690 7:00AM-7:00PM, pbencurrier@hotmail.com)

Sat., Oct. 6. Mount Wachusett Ride – we'll pedal through the classic New England towns of Princeton and Sterling and climb to the top of Mt. Wachusett. Awesome scenery in the foliage season. Intermediate level ride. L Jack Jacobsen (508-353-3708 8:00AM-8:00PM, cyclejac51@yahoo.com)

Sun., Oct. 7. Sunday Afternoon Rides – Please see Sep. 2 listing for details



Thursday evening riders Pauline Jordan, Paul Currier, and Rick Russell (photo by Jack Jacobsen)

Tue., Oct. 9. Twenty Two on Tuesday – Out and about at various Cape Cod locations. Contact Paul Currier for details. About 22 miles. 4:00 PM start. L Paul Currier (508-833-2690 7:00AM-7:00PM, pbencurrier@hotmail.com)

Sat., Oct. 13-14. Wellfleet Oysterfest Ride – We'll ride for 25 or so miles in beautiful Wellfleet on the best day weather wise and will partake of the best oysters this side of anywhere! <http://www.wellfleet-oysterfest.org>. L Paul Currier (508-833-2690 7:00AM-7:00PM, pbencurrier@hotmail.com)

Sun., Oct. 14. Sunday Afternoon Rides – Please see Sep. 2 listing for details

Sun., Oct. 21. Sunday Afternoon Rides – Please see Sep. 2 listing for details

Sun., Oct. 28. Sunday Afternoon Rides – Please see Sep. 2 listing for details

Sun., Nov. 4. Sunday Afternoon Rides – Please see Sep. 2 listing for details

Wed., Nov. 7. Woodsy Wednesday – Cape Cod Trails with Paul. 2:00 PM start. L Paul Currier (508-833-2690 7:00AM-7:00PM, pbencurrier@hotmail.com)

Sun., Nov. 11. Sunday Afternoon Rides – Please see Sep. 2 listing for details

Tue., Nov. 13. Twenty Two on Tuesday – Out and about at various Cape Cod locations. Contact Paul Currier for details. About 22 miles. 2:00 PM start. L Paul Currier (508-833-2690, pbencurrier@hotmail.com)

Sun., Nov. 18. Sunday Afternoon Rides – Please see Sep. 2 listing for details

Sat., Nov. 24. Full Beaver Moon Ride – Intermediate pace for 22 miles or so on the canal trail and Sagamore Shores. Sunset over Onset Bay from Mass Maritime and moonrise over Plymouth Bay/Scusset Beach; for the more adventurous, additional miles in the moonlight. L Paul Currier (508-833-2690 7:00AM-7:00PM, pbencurrier@hotmail.com)

Sun., Nov. 25. Sunday Afternoon Rides – Please see Sep. 2 listing for details

Kayak Paddles

Chair – Robert Zani, 508-430-1914

paddlingchair@amcsem.org

For information on SEM canoe and kayak trips, please check *AMC Outdoors*, visit www.amcsem.org, or use the AMC online trip listing system: <http://trips.outdoors.org>, (set Committee to “canoe/kayak” and set Chapter to “Southeastern Massachusetts”).

Sat., Sep. 1. Cotuit Bay – PUT-IN: S on rte 149, to R on rte 28, to L on Putnam Ave (at tfc lt), str onto Shore Rd, to pkg area on L. Life vest required. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Sep. 5. Lewis Bay, Yarmouth – PUT-IN: S on Willow St (exit 7), L on Higgins Crowell Rd, cross rte 28 onto Berry Ave to R on New Hampshire to beach. Life vest required, spray skirts may be required. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Sep. 8. Popponesett Bay, Mashpee – Tides will allow for exploring any of the many inlets in the area. Final destination will depend on wind conditions. We will stop mid-day for lunch. Registration required, call for directions. Life vests and spray skirts required. L Louise Foster (508-420-7245)

Wed., Sep. 12. Washburn Island – Leisurely 4 hr paddle in Waquoit Bay. Bring lunch. From Mashpee Rotary follow rte 28 W 3.9 mi. Pass Edward's Boat Yard and L at White's Landing. Launch promptly at 10:30am. Life Jacket Req. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Sat., Sep. 15. Onset Bay – PUT-IN: From rte 25 in Wareham take exit 1 toward Onset, L at 2nd light onto 6E/ 28S, pass Walmart to R on Main Ave about .3mi to L onto Riverside Dr. Follow around to beach, park on grass. Life vest required, spray skirt may be required. L Don Savino (508-295-4562, donsavino@webtv.net)

Wed., Sep. 19. Wequaquet Pond, Hyannis – App. 9 mile paddle if we follow the shoreline all the way. PUT-IN: Rte 6, exit 6, S on rte 132, immediate R onto Shoot Flying Hill Rd to put in on the left. LI Life vest required, spray skirt may be required. L Robert Zani (508-430-1914, rcza@comcast.net), CL Phyllis Evenden (508-563-6766, phyllis.evenden@verizon.net)

Sat., Sep. 22. North River, Hanover – 9:30 to shuttle cars and launch 10:30. Rte 3 Exit 12, rte 139 W, R at rte 53 N at lgts, L Broadway, bear L onto Elm 0.5 mi. to Indian Head Dr., L across from Luddam's Ford. Shuttle from there. PFDs req. Lvl. 2/3, Registration via email required. L Jeri Housley, 508-888-8264, housley@us.ibm.com.

Wed., Sep. 26. Monomoy Island, Chatham – Registration required for the trip and the put-in directions. Life vest required, spray skirt required. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Sep. 29. Pocasset River and Tobey Island, Bourne – PUT-IN: From Rt. 28 south, turn right onto Barlow's Landing Road. Proceed 1.6 miles west to Shore Road and turn right onto Shore Road. Proceed approximately 2/10 mile to paved town parking lot on left, just on other side of Pocasset River. L Phyllis Evenden (508-563-6766, phyllis.evenden@verizon.net)

Wed., Oct. 3. Mashpee Wakeby Ponds – PUT-IN: From rte 28 take rte 130 N 2 mi to R at "State Landing" sign. Life vest required. Spray

skirt may be required depending on the wind conditions. L Bill Fischer (508-420-4137, wambararafischer@comcast.net)

Sat., Oct. 6. Nemasket and Taunton Rivers, Middleboro – PUT-IN: Car shuttle required. Registration required for the trip and the put-in directions. Life vest required. Downed trees may require a portage or two. L Art Hart (781-762-5251, ajhart@webtv.net)

Wed., Oct. 10. Centerville River – PUT-IN: From rte 28 in Centerville take Old Stage Rd S. Runs into Main St, R on So Main St at light to L on Haywood Rd to town way to water. Life vest required, spray skirts may be required. L Bill Fischer (508-420-4137, wambararafischer@comcast.net)

Sat., Oct. 13. Pamet Harbor, Truro – PUT-IN: Rte 6 R at "Pamet Harbor" sign to R at end of ramp and R onto South Pamet Rd. with L and R onto Depot Rd to boat landing. Estimated launching fee of \$5.00. Life vest required. Spray skirt may be required. Registration required. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Oct. 17. Indian Lakes, Marstons Mills – PUT-IN: Rte 6 exit 5 S on rte 149 to R at "Indian Lakes" sign on R, Mystic Rd right after cemetery. Meander down to R until reach put-in. Life vest required, spray skirt may be required depending on wind condition. Registration required. L Louise Foster (508-420-7245)

Sat., Oct. 20. Lewis Bay, Yarmouth – Please see Sep. 5th listing for details. Registration required.

Wed., Oct. 24. Leader's Choice – email for information. L Robert Zani (508-430-1914, rcza@comcast.net)

Sat., Oct. 27. Nauset Marsh, Eastham – PUT-IN: 1.5 N of Orleans Rotary on rte 6 to R on Hemenway Rd to landing. Life vest required, spray skirt may be required depending on wind conditions. L Robert Zani (508-430-1914, rcza@comcast.net)

Wed., Oct. 31. Fiddlers Cove, North Falmouth – Leisurely 3.5 hr paddle on salt water harbors and cove. Lunch stop on a sandy beach. PUT-IN: Rte 28 to West on rte 151, cross rte 28A onto County Rd, approx. 1 mi to launch site near Megansett Yacht Club. Life vest required. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Trails

Chair – Bill Ruel, 781-589-3321, trailchair@amcsem.org

Co-Chair – Lou Sikorsky, 508-678-3984, hikinglou@charter.net

For information on SEM trailwork activities and trips, please contact either Bill Ruel or Lou Sikorski (contact information above).

Sat., Sep. 8. Blue Hills Trail work. Join a work party of volunteers on AMC's club-wide trails day to perform trail maintenance in the Blue Hills. Beginners welcome. About 4-5 hours of work. L/R Dexter Robinson (781-294-8840 7-9:30pm, dexsue@comcast.net)

Education

Chair – Walter Deeter, 508-279-0626, education@amcsem.org

Sat., & Sun., Oct. 6 & 7 - Wilderness First Aid (WFA) training at Camp Lyndon on Cape Cod. Here's your chance to get WFA-certified or to renew your certification, as required for SEM leaders (SEM leader scholarships available)



Southeastern Massachusetts Chapter
APPALACHIAN MOUNTAIN CLUB
5 Joy Street
Boston, MA 02108

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*Hiking the newly formed land
bridge to South Monomoy Island in
the company of seals...*



Watching seals on South Monomoy (PHOTO: Janet DiMattia)

Lunch at the lighthouse (PHOTO: Janet DiMattia)



*The Southeast Breeze is printed on 100% recycled paper
using environmentally friendly ink.*





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The Southeast Breeze

The newsletter of the Appalachian Mountain Club Southeastern Massachusetts Chapter
 Spring 2007 - March, April & May

View from the Chair

By Mike Woessner



Welcome to the spring issue of the SEM Southeast Breeze newsletter. I'm Mike Woessner (pronounced "Wessner"), your new Chapter Chair. I've been an AMC member for seven years and a Board member the past four years,

serving first as Treasurer then Vice-Chair and now Chair. My interests are mostly in hiking, backpacking and camping, but I also enjoy skiing, canoeing and kayaking. I've climbed 42 of the 48 4,000 footers in the Whites and I hope to finish this year.

We have an excellent crew of officers this year with many of last year's Board remaining. I'm excited and honored to work with these people and it's my hope to get more of you involved too! To that end I'm publishing all of the Board meetings in the Breeze for each quarter. These are open meetings and all members are welcome and encouraged to attend.

In the past, the Chapter has run many excellent programs and events, including Leadership Training, Wilderness First Aid, Spring Fling, Summer Picnic, Cross-Country Ski Weekend and our popular Chapter Hut Night. I hope to add even more events this year.

I've identified three goals for the coming year:

Fill Board vacancies. We still do not have a Vice Chair or Paddling Chair. In the past we have had a significant paddling program and many of you are very interested in kayaking and canoeing.

This position needs to be filled soon so we can schedule programs for the spring.

2. Start a Young Members program. One of our leaders has expressed interest and is receiving the appropriate AMC training at the end of this month. He is very excited about the program but will need help.

3. Organize family events, including family hikes and campouts.

Finally, I'm pleased to announce that our chapter will be hosting the clubwide **2008 AMC Spring Gathering**. This is a great opportunity for us to showcase the SEM chapter to the rest of the AMC. We'll be looking for many volunteers from within the chapter to help make this a successful event.

So, come join us. Get involved this year! I'm looking forward to meeting every one of you!!

Mike

SEM Cross Country Ski Trip at Applebrook B&B over MLK weekend



Photos provided by Barbara Hathaway



Yup, it can happen! SEM XC skiers were finally blessed with real snow for this year's annual SEM MLK Weekend trip to Applebrook Bed & Breakfast in New Hampshire.

The Southeast Breeze is printed on 100% recycled paper using environmentally friendly ink.

SEM Spring 2007 Events Calendar...

- March 7th - **Hiking Committee Meeting**
UU Church, Main St., Middleboro
- March 14th - **SEM Board Meeting**
UU Church, Main St., Middleboro
- April 11th - **SEM Board Meeting**
Bourne Community Center
- April 14th - **Leadership Training**
Wampatuck State Park, Hingham
- April 21st - **Spring Fling**
Bourne Community Center
- May 9th - **SEM Board Meeting**
UU Church, Main St., Middleboro
- May 19th - **Lonesome Lake Trail Work**
Franconia Notch, NH
- June 2nd - **National Trails Day**
Myles Standish State Park, Plymouth

In this issue of the Breeze:

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Spring Fling Info. - Pg. 3	Hiking - Pg. 8
SEM Leader Profile - Pg. 5	Cape Hikes - Pg. 9
2000 Mile Club - Pg. 6	Bike Rides - Pg. 11
Potluck Report - Pg. 6	Trails - Pg. 11

Get free shipping when you order your plush SEM fleece vest before April 20th!



If you've been out on the trails with the SEM over the past year or so, you've probably seen one of your leaders wearing one of these snazzy vests.

These plush, mid-weight, Forest Green fleece vests provide an ideal insulating layer for your outdoor

adventures. The vests feel so good on, that you might never want to take yours off!

And, as a limited time offer, if your order is postmarked by April 20, 2007, the shipping will be free (that's a savings of \$6.50)!

To take advantage of this offer, just send a check or money order made out to "SEM-AMC" for \$39.95 to: Claire Goode, PO Box 533, Monument Beach, MA 02553 before April 20th (after that date, please be sure to add the regular \$6.50 S&H charge to your total). Specify size (generously sized M, L, or XL) and be sure to include your shipping address and an evening phone number.

AMC ACTIVITY PARTICIPATION POLICY

AMC encourages involvement in its mission and activities through its membership, programs, policies and procedures. Our goal is to be a community that is comfortable, inviting and accessible for people of any age, gender, race, religion, ethnicity, ability, sexual orientation, or socioeconomic status.

Some AMC programs are designed for a certain age range of members or for a special activity or topic. However, any person who meets the minimum qualifications (age, skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available. Individuals under 18 must be accompanied by a responsible adult.

All participants in AMC activities are required to sign the AMC waiver form provided by the leader. You may preview this waiver form on the chapter website at www.amcsem.org/pdf/waiverform.pdf

The Appalachian Mountain Club Southeastern Massachusetts Chapter

Chapter includes app. 3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.

2007 Executive Board

Chapter Chair -	Mike Woessner, chair@amcsem.org 508/577-4879
Vice Chair -	OPEN*
Treasurer -	Claire Goode, treasurer@amcsem.org 508/759-7362
Secretary (Acting) -	Joe Courcy, secretary@amcsem.org 508/272-6781
Biking -	Joe Tavilla, bikingchair@amcsem.org 508/428-6887
Canoe/Kayak -	OPEN*
Cape Hiking -	Farley Lewis, capehikingchair@amcsem.org 508/775-9168
Communications-	Paul Miller, communicationschair@amcsem.org 508/695-8495
Conservation -	Maura Robie, conservationchair@amcsem.org 508/285-6005
Education -	Walter Deeter, education@amcsem.org 508/279-0626
Hiking Chair-	Sue Chiavaroli, hikingchair@amcsem.org 508/252-4164
Membership -	Kathy Shaw, membershipchair@amcsem.org 508/457-4380
Skiing -	Walter Mark, xcskischair@amcsem.org 508/884-8185
Trails -	Bill Ruel, trailschair@amcsem.org 781/589-3321
Webmaster -	Susanne Piche, webmaster@amcsem.org

*Please contact Mike Woessner if you are interested in volunteering for any open SEM volunteer positions.

The *Southeast Breeze*, the newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published four times per year as a service to the Chapter's members. SEM members are encouraged to submit letters, articles, photos, and artwork, but materials for publication (space permitting) cannot be returned unless accompanied by SASE. Please mail to: Paul Miller, 169 So. Washington St., No. Attleboro, MA 02760. Digital submissions are preferred, and can be e-mailed to: communicationschair@amcsem.org. Articles will be edited for length, typographical errors, and clarity.

HAVE YOU MOVED? Please send your change of address information to: AMC, 5 Joy St. Boston, MA 02108

NON-SEM AMC MEMBERS who wish to receive the quarterly Southeast Breeze newsletter should send a \$10.00 check made out to "AMC SEM" to: Claire Goode, ATT: Non-Member Breeze Subscription, PO Box 533, Monument Beach MA 02553. Please be sure to provide your mailing address if it's not on the check.

Our **SEM Short Notice E-Mail Trip List** is a great way to find out about late-breaking Chapter activities that might not appear in either the *Breeze* newsletter or the *AMC Outdoors* magazine. If you haven't signed up for the e-mail list yet, just visit www.amcsem.org.

Bike Rides

Chair – Joe Tavilla, bikingchair@amcsem.org, 508/428-6887
NOTE: Approved helmets required for all AMC bike rides. If start time and location are not indicated, contact ride leader (L).

NOTE: for additional SEM bike rides, please check *AMC Outdoors*, visit www.amcsem.org, or use the AMC online trip listing system: <http://trips.outdoors.org> (set the Committee to "Biking," and the Chapter to "Southeastern Massachusetts"), or sign up for the SEM Short Notice trip list at www.amcsem.org.

AMC SEM 2000 Mile Club – The SEM Bike Committee awards 2000 Mile Club certificates of achievement and embroidered award patches to members who ride 2000 miles or more in a year. For more information, contact Joe Tavilla (508-428-6887 7-7, bikingchair@amcsem.org) or Victor Oliver (508-888-8435 7-7, bikingvicechair@amcsem.org)

Tue., Mar. 6. Twenty On Tuesdays At Two - All rides are on Cape Cod and average 20 miles. Enjoy scenic sunsets, waterviews as you ride at a stay together group pace. L Paul Currier (508-833-2690 8:00PM-7:00PM, pbencurrier@hotmail.com), R Paul Currier (508-833-2690 8:00PM-7:00PM, pbencurrier@hotmail.com)

Sat., Mar. 10. Rochester/Lakeville - Cruise back roads that are scenic, quiet and flat in the Lakes Region of Lakeville & Rochester MA. Easy pace for 29 miles. L Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com), R Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com)

Tue., Mar. 13. Twenty On Tuesdays At Two – See March 6th listing for details.

Tue., Mar. 20. Twenty On Tuesdays At Two – See March 6th listing for details.

Tue., Mar. 27. Twenty On Tuesdays At Two – See March 6th listing for details.

Sat., Mar. 31. College Cafe Cycling Ceries - A Four C Ride - The College Cafe Cycling Ceries. New For The 2007 Cycling Program: The ride features the flat terrain of southeastern Massachusetts, farm land, quiet country roads, a stay-together group pace and a lunch stop in the student dining hall at the idyllic New England campus of Wheaton College in Norton MA. The dining hall offers an "All-You-Can-Eat/Drink" menu for less than \$5. Pace: 12-14 mph Distance: 35-40 miles. L/R Joe Tavilla (508-428-6887 8:00AM-8:00PM, silverski@earthlink.net)

Sat., Apr. 7. Taunton River/Mount Hope Bay - This ride will visit the Southeast MA towns of Swansea, Rehoboth and Dighton. A nice spin along the Taunton River, some nice stretches of farmland and some nice views of Mt. Hope Bay. Mostly flat terrain with one tough hill. Distance - 32 miles. L/R Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com)

Sat., Apr. 21. College Cafe Cycling Ceries – See March 31st listing for details.

Thu., May. 3. Thursday Tire Turners - Bike rides every Thursday. Late Day/Early Evening. Rides are in the Rochester, Acushnet and Lakeville areas. 19-20 mile routes. Easy paced rides. L/R Jack Jacobsen (508-993-0490, cyclejac51@yahoo.com)

Sat., May. 5. South Dartmouth - Mostly flat ride with some nice beach stops, nice views of the Slocum River and plenty of country roads. Distance 37 miles. L Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com), R Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com)

Mon., May. 7. Mondays At Six - Later Sunsets, Later Rides. Late day/early evening Monday rides that feature an easy pace thru the Massachusetts South Coast towns of Rochester - Freetown - Acushnet - Lakeville - Carver. Distance: about 20 miles. L/R Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com)

Thu., May. 10. Thursday Tire Turners – See May 3rd listing for details.

Mon., May. 14. Mondays At Six – see May 7th listing for details

Thu., May. 17. Thursday Tire Turners – see May 3rd listing for details

Mon., May. 21. Mondays At Six – See May 7th listing for details.

Thu., May. 24. Thursday Tire Turners – See May 3rd listing for details

Mon., May. 28. Mondays At Six - See May 7th listing for details

Thu., May. 31. Thursday Tire Turners – See May 3rd listing for details

Mon., Jun. 4. Mondays At Six - See May 7th listing for details

Thu., Jun. 7. Thursday Tire Turners – See May 3rd listing for details

Trails

Chair –, Bill Ruel, 781-589-3321, trailschair@amcsem.org
Co-Chair – Lou Sikorsky, 508-678-3984, hikinglou@charter.net

For information on SEM trailwork activities and trips, please contact either Bill Ruel or Lou Sikorski (contact information above).

Sat., May 19-20. Lonesome Lake Trail Spring Clean Up - New Hampshire, White Mountains. Come join us as we give our Chapter's adopted trail a spring cleaning. No experience necessary. We provide all the instruction, tools and food. You bring the sweat. We will camp at the Lafayette Campground in beautiful Franconia Notch. Register BEFORE May 1st. with L Bill Ruel (781-589-3321 7-9 PM), L Lou Sikorsky (508-678-3984 7-9 PM). No extra charge for the mud you bring home!

Sat., Jun. 2. National Trails Day at Myles Standish State Park - Get down and dirty. Help "give back" to the many trails you've hiked. Join us on June 2nd to observe National Trails day for a day of work and celebration. We will work on our "adopted" trail in the state forest, then chow down with a trailside barbecue. This is a rain or shine event. L Bill Ruel (781-589-3321 7-9 PM), CL Lou Sikorsky (508-678-3984 7-9 PM)

Education

Chair – Walter Deeter, 508-279-0626, education@amcsem.org

Sat., April 7 – SEM Leadership Training at Wompatuck State Park, Hingham (contact Walter Deeter for information)

main road to pkg at Fisherman's Landing on L. Two hours. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Thu., Apr. 12. Provincetown- Hatches Harbor/Race Point light (C3C) - Meet at Herring Cove Beach, 9:45 am in parking lot to the right of entrance. Walk through pine barrens, over dike with classic Cape Cod vistas, through salt marsh to arrive at beach by Race Point Lighthouse. We should see whales from shore. Bring your binos!! We will carpool from Herring Cove to trailhead. Allow 3 hours if we see whales!! L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Apr. 15. Harwich Herring River (C3C) - Hike through woods on dirt road and winding paths to Herring Run, around cranberry bogs, to Herring River and East Reservoir. From Rte 6 exit 9A. Go to 3rd traffic light take L and immed. L on Great Western Rd. Pk in lot on L at Sand Pond 2 miles. Two hours. Meet at 12:45pm. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Thu., Apr. 19. Cotuit-Little River Sanctuary (C3D) - Wooded walk with views of Eagle Pond and a White Cedar Swamp. Meet promptly at 9:45am. Car pool shuttle from parking area in front of Brooks Pharmacy located at the intersection of Rte. 28 and Putnam Ave. in Cotuit. Two hours. L Farley Lewis (508-775-9168, farlewis@comcast.net)

Sat., Apr. 21. Barnstable: Sandy Neck, Bay to Marsh (B3B) - Hike along barrier beach to trail 4, returning along marsh trail. Some soft sand. Four hours, bring lunch. Meet at 9:15 am for 9:30 am start. From Sandwich rt 6A across from Amari Restaurant turn north at Sandy Neck Rd. Follow to end, park in lower lot. L Heidi Moss (508-362-6440, mossheidi@hotmail.com)

Sun., Apr. 22. Bourne Dale (C3B) - See herring run, then take short, but rather steep, walk for views of canal. Route 6 West over Sagamore Bridge, take 2nd exit, go about a mile to traffic light, turn left into parking lot. Meets 12:45. L Ken Burnes (508-648-1385, kburnes@cape.com)

Thu., Apr. 26. Dennis- Flax Pond Conservation (C3C) - Rolling hills near Flax Pond, golf course, wooded trails in wellfield area. Park on Setucket Rd at Flax Pond Conservation, East of Yarmouth-Dennis Town Line. Meet 9:45 a.m. L Janet Kaiser (508-432-3277, rjkaiser@verizon.net)

Sun., Apr. 29. Mashpee - Mashpee Woodlands East (C3C) - Varied terrain. woods, hills, river views... Meet 9:45. 2 hrs. From West. rt 28 Mashpee ..L at lights onto ocharad st. Take R on Quinaquisett. Immediate L onto Mashpee Neck Rd. approx 1 mi to marked parking on R. L Betty Donoghue (508-428-4679, bettycfla@aol.com)

Thu., May. 3. Provincetown- Snail Road Dunes (C3B) - Meet at 9:45 a.m. at the Snail Road trailhead on Route 6 at east end of Provincetown. Explore Provinceland dunes, see historic dune shacks, cranberry bogs, and spectacular 360 views as we hike up and down 2 miles to the ocean and then back. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., May. 6. Sandwich - Benjamin Nye Trail (C4C) - Working bogs, Red Pine forest, salt marsh with creeks/ponds. Remains of fish hatchery and game farm. From Rte.6 take Exit 4 (Chase Rd). Turn N (toward 6A), go approx. 1/2 mile, and take L on County Rd. One mile to parking on R at Sandwich Grange Hall. Hike starts promptly at 1pm. 2 hours. L Nancy Wigley (nrwigley@cape.com)

Thu., May. 10. Truro- Ryder Beach (C3C) - Beach, woodland trails/hilly. From Rt 6 L on Prince Valley Rd. Go to end. R on County Rd. Immed L on Ryder Beach Rd. Park at end. (Meet 9:45AM) Two hour hike. Starts promptly at 10AM. L Ruth Handlen (508-432-1582, packrhandl@comcast.net)

Sat., May. 12. Eastham Coast Guard and Nauset Beaches (B3C) - Hike Nat'l Seashore, beach, Doane Rock, lighthouses, Nauset Marsh and water views. Meet 9:45. From Rte 6 in Eastham, right to Salt Pond Visitor Center pkg. Four hours. Bring lunch. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Sun., May. 13. Bourne-Four Ponds (C3C) - Two hour hike on Pine Trail, the newest trail, through diverse habitats, wetlands and forests. Route 28 to Barlows Landing Road to Bourne Four Ponds lot on right. Carpooling encouraged due to smaller lot. Meet at 12:45pm. L Gary Miller (508-540-1857, garymaxx@wmconnect.com)

Thu., May. 17. Dennis- Crowe's Pasture (C3C) - Walk thru woods, dirt roads to pasture, soft sand to Quivett Creek, back along beach and woods...meet at 9:45. 2 hrs. . Exit 9B North from rte 6, 2nd light R on Setucket Rd. 1 mile to Left on Airline rd, 1.3 mi cross rte 6A onto School st., 1st R onto South st. to parking. L Betty Donoghue (508-428-4679, bettycfla@aol.com)

Sat., May. 19. Wellfleet Jeremy Point (B2C) - Hike along bay, through woods, along dunes out to Jeremy Point. Great views of Wellfleet Harbor. Meet 9:45 at great Island pkg lot on Chequesett Rd. Wellfleet. Four hours. Bring lunch. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Sun., May. 20. Wellfleet - White Crest Beach (C3C) - Woodland trails/Hilly. From Rt 6 R on LeCount Hollow Rd. At beach gatehouse L on Ocean View Dr. .9 miles to Beach Pkg lot on R. Meet 12:45PM. Hike starts promptly at 1:00PM. L Ruth Handlen (508-432-1582, packrhandl@comcast.net)



Sunday Cape Hike in December – Gray's Beach Area (photo by Nick Rowan)

Don't miss the SEM SPRING FLING!!!

Saturday, April 21, 2007

Fun format features a choice of a nice hike or bike ride in the morning, followed by demonstrations, displays, and pot luck dinner in the afternoon at the Bourne Community Center (239 Main St., Buzzards Bay)



Outdoor gear experts from the Hyannis Eastern Mountain Sports store will be on hand to display an array of biking, hiking, and paddling gear and clothing. EMS will also host a series of informal discussions and question and answer session on topics ranging from bike tire repair on the road, to blister treatment for hikers, to cold water paddling safety.

OPTIONAL MORNING ACTIVITIES (free):

- Hike** - Fun (2-4 mi.) hike in the Bourne area – meet at Bourne Community Ctr. at 10:00 am (contact Claire Goode to register – 508-759-7362 (before 9:00 pm), ctgoode@verizon.net)
- Bike** - Easy (app. 15 mi.) ride along the Cape Cod Canal – meet at Bourne Community Ctr. at 10:00 am (helmets required) (contact Claire Goode to register – 508-759-7362 (before 9:00 pm), ctgoode@verizon.net)

AFTERNOON/EVENING SCHEDULE AT BOURNE COMMUNITY CENTER (fee applies)

(please visit www.amcsem.org for more details and/or updates)

- 2:00 – 6:00 PM - **EMS gear displays and demos** and other outdoor-related displays
 - 5:00 – 6:00 PM - **Thru-Hiker Workshop & AMC Destinations Display** -- AMC experts will hold a Thru-Hiker Workshop for anyone who is actively planning or just curious about how to prepare for a safe and rewarding thru-hiking adventure. Also learn about the many AMC destinations available to you as a club member.
 - 6:00 – 7:00 PM - **Social Hour (non-alcoholic) with AMC Book Raffle**
 - 7:00 – 8:30 PM - **Pot-luck dinner** – bring your favorite main dish, side dish, or dessert to enjoy and share. (A great opportunity to dust off that slow cooker!). Non-alcoholic beverages and plates, cutlery, and napkins provided
- Entry fee:** \$5.00 adult / \$2.00 child (if postmarked before 4/1/06)
 (Sorry, no refunds) \$10.00 adult / \$5.00 child (if postmarked on or after 4/1/06)
 \$15.00 adult / \$8.00 child (if purchased at the door or one FREE entry with AMC "Membership in A Bottle" purchase at the door)

Please mail registration form with check in appropriate amount made out to AMC SEM to:
 Claire Goode, PO Box 533, Monument Beach, MA 02553 (Please send questions to treasurer@amcsem.org)

Name(s) _____ Phone or e-mail _____

Number of Adults ____ @ \$ ____ = \$ ____ / Number of Children ____ @ \$ ____ = \$ ____ Total enclosed = \$ ____

Mid-Winter Hiking Round-Up

By Cheryl Lathrop

SEM had three different winter hiking programs for members to choose from this year: The “Winter Wonderland” snowshoeing hikes, the “Winter Full Moon” hikes, and the “Winter Hiking” series. About the only program that has got what it asked for (as of mid-January at least) was the full moon hikes. The Man in the Moon can be counted on for moonlight, but Mother Nature sure can't be counted on for cold and snow! Talk about all dressed up in your Sorels and no place to go! (Editor Note: as we go to press late in January, there's a bit more winter in the air...)

Winter Wonderland Snowshoe Hikes

December 6th found us looking for snow, anywhere and everywhere, with none to be found. As a substitute, leaders Bob Vogel and Leslie Carson chose a local hike, and we had great fun spontaneously wandering around the Blue Hills with a map and making it up as we went. And, wonder of wonders, we actually got a few snowflakes right at the end of the hike! Jan. 13th again found us looking for snow, with none to be found, and thus canceling the hike. We're still hoping to strap on those snowshoes . . .

Winter Full Moon Hikes

The Winter Full Moon Hikes take place at Borderland State Park on Wednesday nights, once a month, under the full moon, with leaders Bob Vogel and Maureen Yachimski. Tis great fun stomping around the park by moonlight. And, we often stop and listen to the dark – to the sounds of the night. Of course, you're never quite sure whom you're hiking next to since we all look the same in the dark!

Winter Hiking Series

The winter hiking series started off on November 4 with classroom instruction taught by four experienced winter hike leaders: Erika Bloom, Dexter Robinson, Bill Ruel, and Bob Vogel. It was standing room only! Seems like everyone wanted to hike in the snow! We saw slides of previous years' winter hikes and heard about the joys of winter hiking (no bugs and great scenery). The leaders gave a comprehensive presentation on clothing, gear, water, food, and heat and moisture management – and, yes, even how to “go in the snow”! We learned some brand new vocabulary words: Sorels, crampons, gaiters. Some scary concepts: dehydration, frostbite,

hypothermia, snow blindness. Then they had show-and-tell, where they spread their own winter equipment out on the table so we could touch those strange new items.

The next few weeks had us all in a dither as we tried to round up the needed winter hiking gear – pac boots, snow shoes, crampons, wide-mouthed water bottles, hand and foot warmers, and so much more.

The series has four hikes scheduled, all with increasing difficulty: a local practice hike in the Blue Hills, a day hike at Pack Monadnock, another day hike at Mt. Monadnock, and then an overnight at Mt. Pierce.



The practice hike on December 9th was, alas, not at all cold and snowy. So, no Sorels and no showshoes. But, undaunted, 40 of us showed up at the Blue Hills early in the morning. With extra leaders rounded up so no one was turned away, we divided into three groups – slow, medium, and fast – and took off.

This was an instructional hike, and we had many short stops along the way to talk about gear and heat management. With no stop for lunch, we nibbled bite-sized food along the way.

Well, supposedly, we were all spending the rest of December hiking around our neighborhoods with rocks in our backpacks to get in shape for the first mountain hike. However, some of us spent the month eating holiday cookies and partying. But, twenty intrepid hikers showed up in the wind-driven drenching rain for the second hike at Pack Monadnock on January 6th. Dividing into two groups, and braving the rain, the hike proceeded. The middle of the hike brought some sun, 50 degree temps, and a beautiful rainbow; but the end of the hike became a run for the cars in a drenching downpour. This hike has been nicknamed "Summer Hiking Series, Part Two"!

So, keep an eye out for the next Breeze and you can hear how our winter turned out – and if we ever got any snow to stomp around in!

Cape Cod Hikes

Chair – Farley Lewis, 508-775-9168
capehikingchair@amcsem.org

Most Cape Hikes are “Show & Go...” For additional information, contact the trip Leader (L) or Co-Leader (CL) or visit

<http://trips.outdoors.org>. (Set Committee to “Cape Hikes.”)

Miles per Hike	Pace (MPH)	TerrainType
AA = 13+	1 = very fast (2.5)	A = very strenuous
A = 9 – 13	2 = fast (2)	B = strenuous
B = 5 – 8	3 = moderate	C = average
C = <5	4 = leisurely	D = easy

Thu., Mar. 1. East Falmouth-Mashpee, Quashnet River (C3C) - Walk in upland woods along small stream. More than light rain, or deep snow, cancels. From Mashpee rotary, Rt 28N to Falmouth 2.1 miles, take R on Martins Rd to parking area. 2 hours. Meet 9:45. L John Gould (508-540-5779, jhgould@comcast.net)

Sat., Mar. 3. Truro- Ryder Beach (B2C) - Some sand walking, hills, woods, views. Meet at 9:45. From Rte 6 just over Truro line take L onto Prince Valley Rd. Follow to end. R then immed L on Ryder Beach Rd. to pkg at end. Four hours. Bring lunch. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Sun., Mar. 4. Brewster -Punkhorn Parklands- C3C - Circuitous routing over hills on trails and woodr oads. Views of Upper & Lower Mill, and Walker Ponds. East on Satucket Rd to Stony Brook Rd, Brewster. R (South) on Run Hill Rd, past disposal area to pkg at end of pavement, approx. 1.5 mi. Meet 12:45 p.m. L Janet Kaiser (508-432-3277, rjkaiser@verizon.net)

Thu., Mar. 8. Truro North Pamet (B3C) - Hike through woods, dunes, out to the beach and back. Gorgeous ocean vistas, plush woods, and dunes...all with a story to tell. Hike will take 3 hours. Meet 9:45 at white building (N.E.E.D.S.) on the R at the end of North Pamet Road, off route 6 in Truro. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sat., Mar. 10. Falmouth, Moraine Trail (A3B) - Nine mile, 5-hour along moraine, and pond. Meet Goodwill Park, Falmouth 9:30 to carpool at 9:45. From Mashpee rotary, take 151 W 3.4m to L at Sandwich Rd. Go 3.7m to R on Brick Kiln; then 0.9m to L on Gifford. After 1.1m go R to Goodwill Pk and 0.3m to parking. Light rain, or moderate snow cancels. Bring lunch. L John Gould (508-540-5779, jhgould@comcast.net), CL Lisa Crowley

Sun., Mar. 11. Sandwich-Ryder Conservation Land/Lowell Reservation (C4D) - Wooded walk with nice views of Mashpee-Wakeby Ponds. North on Rte.130 from Rte. 28. Right onto Cotuit Rd. 1.8 miles to Ryder Conservation Lot on left. Meet at 12:45pm for a 1pm Start. 2 hrs. L Farley Lewis (508-775-9168, farlewis@comcast.net)

Thu., Mar. 15. Truro Collins Road (B3C) - Meet 9:45. From Rte 6 take first R after Truro town line. Take another R on Collins Rd to first gated dirt road. Hike old roads in the woods, to beach via a bluff, and return by pristine, glacial ponds. Spectacular scenery. Hike will take 3 1/2 hours. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sat., Mar. 17. Crane Moraine (B3C) - New hike in Crane Wildlife Reservation, moraine., vistas of Buzzards Bay, ponds, boulder fields. Four hours - bring lunch. Meet 9:45 at pkg area across from Falmouth Animal Hospital S side of Rt 151, just E of Rt 28. From Mashpee Rotary go W on Rt 151 6.3 miles. Rain /moderate snow cancels. L John Gould (508-540-5779, jhgould@comcast.net)

Sun., Mar. 18. Harwich-Hawksnest State Park (B3C) - Early Spring hike through woods, by ponds. Meet 12:45. From Rte 6 exit 11. Take Spruce Rd. diagonally across from exit. Park on side of road approx. half mile down. Two hours. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Thu., Mar. 22. Mashpee South Cape Beach - 2 hr. flat hike with 2 mi. of wooded trails and 2 mi. on sandy peninsular. Meet Thurs 9:45. From Mashpee rotary take Great Neck Rd 2.7 mi, left on Great Oak Rd. to town beach lot at end. L Gary Miller (508-540-1857, garymaxx@wmconnect.com)

Sat., Mar. 24. Provincetown Herring Cove to tip of Cape ((B3C) - Park in the left corner of the left pkg lot of Herring Cove beach in Provincetown to hike back and forth over the dune and tidal flats until we get to Long Point (the tip of the cape). Views of Cape Cod Bay and Provincetown Harbor. Four hours. Meet 9:45. Bring lunch. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Mar. 25. Falmouth - Beebe Woods (C3C) - Come join us on this spring hike to see the baby lambs along with the sheep and Harley the llama. Terrain is flat with hills. Dir: From Bourne Bridge take Rt 28 to Falmouth. At the hospital lights in Falmouth go straight 0.6 miles to a R on Depot Ave. Go 0.5 miles to end for parking. L Linda Church (508-495-1308, lchurch@whoi.edu)

Thu., Mar. 29. Sandwich: Scorton Creek (C3D) - Easy woodland ramble past marshes and tidal creeks. 2 hours. From exit 5, north on Rt 149 to left on rt 6A. 3.75 mi to left on unmarked dirt rd after bridge. Park at end. Meet @ 9:45am. L Heidi Moss (508-362-6440, mossheidi@hotmail.com)

Sun., Apr. 1. Brewster - The Punkhorn (C3C) - Wooded trails with views of Upper Mill Pond and Walkers Pond. Take Exit 9B off Rte 6 and go 2.0 miles. R on Satucket (which becomes Stony Brook Rd). After 3.0 miles R on Old Run Hill Rd. Go 1.3 miles to parking lot on left. 2 hours. Meet at 12:45. L Pat Sarantis (508-430-9965, ediespond@hotmail.com)

Thu., Apr. 5. Barnstable - Old Jail Lane Conservation Area (C3C) - Newly opened areas of conservation land contrast old footpaths through the woods. Meet at Old Jail Lane Conservation Land Parking Lot. Take Exit 6 to Rte 132 S 1.4 miles to lights at Phinney's Lane. Turn L. Go 1 mi and turn L onto Old Jail Lane. Go 0.5 miles to parking area on Left. Hike starts promptly at 10am. 2 hours. L Farley Lewis (508-775-9168, farlewis@comcast.net), CL Lisa Crowley (508-362-5062)

Sat., Apr. 7. Chatham-South Monomoy (AA2A) - WORLD PREMIERE - 9:00 am Start - 14 miles - Start at Chatham Light and go to the old deserted village at the southern tip of South Monomoy. Return via western side of peninsula. Long, strenuous day. Bring lunch and plenty of water. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sun., Apr. 8. Brewster -Nickerson State Park (C3C) - Easter Sunday hike around several ponds in the park. Meet at 12:45 at Fishersman's Landing. Enter main entrance and continue straight on

Hiking/Backpacking Activities

Chair – Sue Chiavaroli, 508-252-4164, hikingchair@amcsem.org

IMPORTANT: Hikers unsure of their ability should try only one level more difficult than previously completed. No pets without permission of trip Leader. Registration required for most trips. Hiking boots strongly recommended. For additional information or to register, contact the trip Registration leader (R), trip Leader (L) or co-Leader (CL). SEM Chapter trip updates are also available at <http://trips.outdoors.org>. Please also sign up for the SEM Short Notice E-Mail Trip List at www.amcsem.org.

Miles per Hike	Pace (MPH)	TerrainType
AA = 13+	1 = very fast (2.5)	A = very strenuous
A = 9 - 13	2 = fast (2)	B = strenuous
B = 5 - 8	3 = moderate	C = average
C = <5	4 = leisurely	D = easy

Thu., Mar. 1. Blue Hills, Milton - 5 to 6 mile hike. Depending on conditions we hike the Skyline loop to Great Blue Hill or Wolcott Path to green loop around Wolcott Hill and Tucker Hill. Meet at Houghton's Pond lot, Rt. 93/128 exit 3, N to stop sign, R on Hillside St. to large lot on R. Water, snacks, boots and hiking sticks recommended. L Ellie MacPherson (508-224-6465, camell55@verizon.net)

Tue., Mar. 6. Tuesday Morning Blue Hills Hike (B2-3B) - Great exercise hiking strenuous terrain at a moderate to fast pace. Join leader as she trains for Mount Kilimanjaro (again!). Lots of steep, rocky hills! Register for details; start time usually 7 AM, hike goes most (not all) Tuesdays. Hiking boots required. Not for beginners. L Erika Bloom (508-951-1001, ebloom1@comcast.net)

Wed., Mar. 7. Hiking Committee Meeting - Come join the Hiking Committee to meet fellow hikers and see what's going on in our chapter. We plan hikes and events where we could always use new help and ideas. Having pizza is also a plus for the evening! The First Unitarian Universalist Society. 25 Main St., Middleboro, MA (Rte. 105) Meeting starts at 7:00PM. L Sue Chiavaroli (508-252-4164, brillo6452@yahoo.com)

Sat., Mar. 10. Winter Wonderland on Snowshoes (B3C) - Snow softly settling on pine boughs, animal tracks... And more as you hike through the winter wonderland on your snowshoes. Hikes will be local if conditions permit, or we will venture to NH if needed. Come join other like-minded AMC hikers as we venture out on snowshoes to enjoy the winter landscape. Limited space, please register at least 10 days before trips! Insulated boots, non-cotton clothes required. Snowshoes can be rented. Inquire. L Bob Vogel (hike_with_bob_v@comcast.net), L Erika Bloom, CL Leslie Carson (508-833-8237 6-9 PM, LTC929@aol.com)

Tue., Mar. 13. Tuesday Morning Blue Hills Hike (B2-3B) - Please see March 6th listing for details.

Thu., Mar. 15. Turkey Hill & Whitney Thayer Wood, Cohasset - 5 to 6 mile walk from Weir River Farm through forests; enjoy harbor and city views. Meet at 10 AM in small parking area on W side of 3A, about half a mile south of Rt. 228/3A intersection. Water, snack, boots. Storm cancels. L Ellie MacPherson (508-224-6465, camell55@verizon.net)

Tue., Mar. 20. Tuesday Morning Blue Hills Hike (B2-3B) - Please see March 6th listing for details.

Tue., Mar. 27. Tuesday Morning Blue Hills Hike (B2-3B) - Please see March 6th listing for details.

Thu., Mar. 29. Adams Farm (B3C) - Adams Farm, 999 North St. Walpole MA, www.adams-farm.com/visitors. Meet 10 AM at signboard in field 0.1 m off North St. About 5 m, moderate, bring water, lunch. Directions: Rt 1A, Walpole to Fisher St at Norfolk Agricultural School 1.5 m becomes North St, continue straight 0.1 m to entrance between fields & white board fences across from Hillcrest Farm buildings. L Art Hart (781-762-5251 9-9, ajhart@webtv.net)

Tue., Apr. 3. Tuesday Morning Blue Hills Hike (B2-3B) - Please see March 6th listing for details.

Tue., Apr. 10. Tuesday Morning Blue Hills Hike (B2-3B) - Please see March 6th listing for details.

Tue., Apr. 17. Tuesday Morning Blue Hills Hike (B2-3B) - Please see March 6th listing for details.

Sat., Apr. 21. Blue Hills True End-to-End Skyline Trail (A3B) - An opportunity to traverse the "entire" Blue Hills Skyline Trail from Fowl Meadow to Shea Rink on this annual day-long hike. An excellent conditioning hike, not for beginners. L Dexter Robinson (781-294-8840 7-9:30 pm, dexsue@comcast.net), R Dick Carnes (508-285-5790 7-9 pm, rcarnes2@aol.com)

Tue., Apr. 24. Tuesday Morning Blue Hills Hike (B2-3B) - Please see March 6th listing for details.

Tue., May. 1. Tuesday Morning Blue Hills Hike (B2-3B) - Please see March 6th listing for details.

Tue., May. 8. Tuesday Morning Blue Hills Hike (B2-3B) - Please see March 6th listing for details.

Sat., May. 12. AT in Western Mass Series - Day Hike (A3C) - Join us for the next section of the AT in Mass. from Rt. 20, Lee (Mass Pike) to Pittsfield Road. This 10-mile hike passes over Becket and Walling Mnts. in the October Mountain State Forest. Register by May 5. Group sized limited to 10. L/R Dexter Robinson (227 Winter Street, 781-294-8840 7-9:30 pm, dexsue@comcast.net) CL Dick Carnes (508-285-5790 7-9:00 pm, rcarnes2@aol.com)

Tue., May. 15. Tuesday Morning Blue Hills Hike (B2-3B) - Please see March 6th listing for details.

Sat., May 19-20. Lonesome Lake Trail Spring Clean Up in Franconia Notch - See detailed trip description under "Trails."

Tue., May. 22. Tuesday Morning Blue Hills Hike (B2-3B) - Please see March 6th listing for details.

Tue., May. 29. Tuesday Morning Blue Hills Hike (B2-3B) - Please see March 6th listing for details.

Sat., Jun. 2. National Trails Day at Myles Standish State Park - See detailed trip description under "Trails."

SEM Leader Profile:

Janet DiMattia, Cape Hiking Leader

(In Question & Answer format...)



Ed.: How and when did you first get interested in the outdoors?

Janet: I was an outdoors person as far back as I can remember. I loved nature, birds and climbing trees as a child and the challenge of the unknown.

Ed.: When did you join the AMC and first get involved as a leader?

Janet: I joined the Connecticut Chapter of AMC about 23 years ago. I became involved in leadership early on through friends I met on AMC activities. I began co-leading day hikes, then weekend trips in NH, inter-chapter trips to Vermont and Maine, x-country ski trips to Skoki Lodge in the Canadian Rockies, and most recently, as a leader in AMC's August Camp in locations in New England and out West.

Ed.: What do you personally get out of leading Cape hikes and other trips?

Janet: One pleasure of leading is sharing outdoor experiences with others. There is the satisfaction of taking someone to a place they have never been before. Presently, planning and scouting out hikes on the Cape gives me the chance to explore new areas.

Ed.: Can you describe one of the favorite trips that you have led?

Janet: One of my all-time favorite experiences leading for AMC has been my time with August Camp. Picture 40 adults sleeping in tents, huddled around a campfire, no electricity or running water, mosquito netting, moleskin, sunshowers, and all those other outdoor inconveniences... but also having an AMC croo feeding and taking care of all your needs plus a choice of four glorious hikes a day at Mount Rainier, Northern Cascades, Mount Kathadin, Adirondacks, Whites, Glacier National Park, Sawtooth Mountains - the list goes on and on. I've been able to convince a few Cape hikers to join me at August Camp - Farley Lewis, Connie Austin, Heidi Moss, Linda Church, and Peter Selig. A great experience!

Ed.: What's so special about leading hikes on the Cape?

Janet: We may not have mountains here on the Cape, but we do have lots of soft sand! Leading hikes on the Cape presents unique challenges. Most trails are not blazed and many are not routinely maintained. Few trail guides or maps are available. BUT where else can you hike and see a whale surfacing alongside or seals hauled up on the shore. Where else can you backpack to an overnight among the dunes and the sound of surf on Sandy Neck Beach? We have seen wild turkeys, deer, fresh coyote prints, found hidden burial grounds, and British Soldiers lurking in the woods (the lichen kind). This spring for the first time we will be hiking to the tip of South Monomoy from Chatham Light as the shifting sands have now connected Monomoy to the mainland.

Ed.: Can you share your thoughts about the AMC?

Janet: I cannot imagine what direction my life would have taken had I not joined AMC. It found me in my first year of membership on the Range Hike to the Huts of the Whites, led me to climbing all the New England four thousand footers and all but seven of the hundred highest in New England. Through AMC I have rafted down the Colorado River, hiked the huts in Norway, skied Yellowstone in winter, and hiked through the most incredible wildflower display in the Anza Borrego? desert.

Know an SEM leader you'd like to see profiled in the Breeze? Please send your recommendations to communicationschair@amcsem.org

Six members added to SEM 2,000 Mile Club

Vic Oliver, 2000 Mile Club Registrar

As the month of December came to an end, most AMC members had put their bicycles away for the season. However, several of our cyclists are still working towards their goal of riding 2,000 miles or more in a calendar year to be qualify for *2,000 Mile Club* membership.

In 2006 we had six AMC members join the ranks of the 2000 Mile Club. These are::

- Ed Foster - 2,148 miles in 2006
- Roz Reilly - 4,007 miles in 2006
- John Sullivan - 2,189 miles in 2006
- Joe Tavilla - 5,096 miles in 2006
- Jian Luca - 3,407 miles in 2006
- Roger Scholl - 2,904 miles in 2006

The new inductees will receive a 2,000 Mile Club patch to be worn proudly ,as they are a select group of devoted cyclists within the AMC. Not unlike the AMC 4,000 Footers Club which includes many SEM members.

We now have fourteen 2000 Mile Club members. Although membership is awarded on an once-in-a-lifetime basis, many members continue to submit their annual mileage to be posted. Their tallies for 2006 are amazing as well. These are Paul Currier (2,815 miles), Jack Jacobsen (5,155 miles), Larry Kornetsky (3,020 miles), Sheila, Place (2,852 miles). John Sullivan (3,040 miles), and Vic Oliver (1,585 miles).

That's 19,751 miles ridden by our new members and 18467 miles for 2000 Mile Club members - totaling 39,2388 miles in all.

While time and other factors do not allow other SEM cycling leaders to reach the 2,000 mile threshold for membership, we'd like to recognize them here. This includes Linda Church, who rode more than 1,500 miles this year and still found time to lead Tuesday afternoon rides for SEM.

The SEM is the only AMC chapter that has a 2,000 Mile Club at this time. The Boston Chapter is working towards changing that. It is our goal that the concept of the 2,000 Mile Club be adopted by all chapters of AMC.

AMC SPRING GATHERING - April 20-22, 2007 hosted by the New York North Jersey Chapter. More information about outings, meetings, and entertainment highlighted in AMC Outdoors magazine and on the web.

New Member – Intro to Hiking Pot Luck dinner was a winner!!!

by Claire Goode



Sixty people attended our "Intro to Hiking Pot Luck Dinner" in Middleboro on January 19th. Bob Vogel

received several laughs as he went through the hiking slide presentation and reminisced about past hikes. He covered everything from the AMC organization, where to hike, what to wear, what to bring and how to determine which hikes you should go on, and who the best hiking leader is . . . Bob Vogel, who else!

There was so much food you couldn't possibly try everything, but it sure looked tempting. There was a raffle where 6 people won AMC books and one lucky person took home an SEM AMC vest!

This is the first in a new series that's geared toward new members getting their feet wet or current members trying out a new activity. It's what you make it. The more you're involved, the more fun you have. Try a new activity. Call the leader of the activity you're interested in and talk to them about going. *We'll be holding a second introduction event in June. Be sure to look for more details in the next issue of the Breeze.*

SPECIAL SAVINGS FOR FAMILIES AT AMC HUTS THIS SUMMER!!!

Stay at Lonesome Lake Hut (an easy hike for young kids) any Sunday–Thursday night during its full-service season and pay just \$24 per child member. That's a 50% savings!

Try any of our other AMC huts — from Zealand Falls to Lakes of the Clouds — midweek during June or the last week of August and enjoy these same great savings.

See: www.outdoors.org/lodging/huts/featured-programs.cfm for details.

On Gear

A rambling by Paul Miller, SEM Communications Chair

With all the stuff that I've accumulated over the years, I already have pretty much everything I need. I can never seem to find any new hiking gear that would add measurably to my personal safety, comfort, or enjoyment in the outdoors.

Like many AMC members, I collect outdoor gear like other people collect stamps or baseball cards. I own three pair of three-season hiking boots, two pair of insulated winter hiking boots, two pair of crampons, a pair of snowshoes, winter and summer leg gaitors, tons of synthetic technical clothing, three sleeping bags, two backpacking stoves, a water filter, two tents, and five different backpacks.

So what to get myself for Xmas??? An ice axe? Double plastic boots? Another pair of crampons?

A sleek ice axe sure would look cool strapped onto my technical daypack and, no doubt, could even prove useful in certain circumstances – just none that I was ever likely to encounter given the typically non-technical nature of most of my mountain adventures.

Double plastic mountaineering boots? The last time I tried on a pair in a store, they left my shins feeling way too much like they do in downhill ski boots. And besides, plastics cost a lot more than I wanted to spend on myself this year.

Ultimately, I decided on a new pair of crampons.

Sure, both my old 6-point Charlet Mosers and 10-point Climb High/Austri Alpin's still have some life left in them, but both have their problems: the 6 pointers don't work well on inclines, and these particular 10-pointers are hard to strap on in the cold.

In contrast, I love the ease with which the straps work on my handsome new 10-point Black Diamond "Contact" crampons ...even with gloves on. I love the aggressive look and angle of the hefty steel points. And I'm guessing that the built-in plastic ABS devices might actually help keep snow from balling up underfoot.

Now here's hoping that the weather gets cold enough for me to be able to use them this winter.

EDITOR'S NOTE: All SEM members are invited to share their own appropriate ponderings by submitting them to: communicationschair@amcsem.org

Tributes to Harry Dombrosk...

Harry Dombrosk, a faithful and devoted member of AMC for 26 years passed away peacefully at his home in Dennis at age 93 on October 15, 2006.

I had the good fortune of meeting Harry 18 years ago when he was the Hiking Chairperson of the SEM Chapter of the AMC, a position he held for 10 years. He also led the AMC canoe group for many years, and I had the privilege and pleasure of being his canoe partner. He loved bicycling and led many trips along the Cape Cod Canal and the Cape Cod Rail Trail.

Harry personified "Mr. AMC" and had all the attributes of a good leader as well as possessing the gift of making each person he came in contact with feel very special to him. This genuine concern for others, his wit and wisdom, his fairness to all, and his enthusiasm and love of the outdoors endeared him to all of us.

His favorite saying was "Carpe diem", seize the day, and we did - - with AMC hiking, bicycling, canoeing, cross-country skiing and snowshoeing. You were a man for all seasons Harry, and we will miss you. What you taught us and the wonderful memories of shared AMC activities will remain with us all of our days.

We extend our sympathy to Vi, his beloved wife of 65 years, and to the rest of his family who meant so much to him.

Nancy Wigley

There is little to add except heartfelt tears...remembering him...and missing him...a friend always there for you. Even as Harry became unable to participate in club activities, he daily managed to get exercise and socialize with his family and friends, a vital lesson for us all. He was thankful for what he could do each day, living his life fully with enthusiasm and optimism.

Janet and Richard Kaiser

Conservation Note...

13 million tons of CO₂ could be saved if every AMC member installed just one compact fluorescent light bulb in their home...



The Southeast Breeze

The newsletter of the Appalachian Mountain Club Southeastern Massachusetts Chapter
Summer 2007 - June, July & August

View from the Chair

By Mike Woessner



Happy spring everyone! While spring came a little late this year, soon we'll all be complaining about the black flies in the White Mountains!

We kicked off the season with our Spring Fling at the Bourne Center again

this year. Many thanks to Claire Goode and her staff for making this happen.

We're starting off the summer with two activities tailored for our new members: a National Trails Day event on June 2nd, and a Cape Conservation Walk on June 16th. See page 3 for more information. Then on July 14th we will have our annual summer picnic. Pauline Jordan has stepped up and will chair this year's event which will be at the Lloyd Center for the Environment in South Dartmouth. There are 55 acres of estuary and maritime forest for us to enjoy. We will have hikes, bikes and a beach down the street. See page 3 for details. Anyone interested in helping with this event please contact me and I'll pass your information on to Pauline.

I am very happy and excited to announce that our Paddling Committee has a Chair once again and many events are scheduled for this spring and summer. I would like to welcome Robert Zani to the Board. He comes with years of paddling experience in and around Cape Cod. Welcome Bob!

Also this summer we continue our "Summer Hiking the AT in Western Mass" series. Dexter Robinson continues with this popular hike.

Erika Bloom has already started her Blue Hills conditioning Hikes. Bill Ruel and Lou Sikorsky will host the annual spring clean-up of our chapter's adopted Lonesome Lake Trail in NH.

Finally I'd like to thank the rest of this year's Board of Directors for the fine job they're doing in keeping our Chapter active. These are **Joe Courcy** for filling in as Secretary, **Claire Goode** our treasurer for keeping the books (please let me know if anyone out there is interested in helping out as vice treasurer...), **Kathy Shaw** for continuing to increase our membership, **Joe Tavilla** for chairing Biking and coming up with his "4Cs" rides, Cape Hikes Chair and Vice Chair, **Farley Lewis** and **John Gould** who both also lead numerous hikes on the Cape, **Paul Miller** for getting this newsletter out on schedule every quarter (Paul can use some help too...), Education Chair **Walter Deeter** for the great job he's done on leadership training and WFA, Hiking Chair **Sue Chiavaroli** who brings us all the great hikes through out the year, **Maura Robie** who heads up our Conservation Committee, **Walter Mark** who had another year of little snow but managed to get in a few fine ski trips, and **Fred Yost** (my utility guy) for being where and when I need him.

Also, thanks to some of the people behind the scenes: **Lucy Loomis**, our Archivist who has sorted through mountains of documents to file and preserve the important ones, and **Susanne Piche**, our Web master who keeps our page current, attractive and informative.

These people attend board meetings ten months out of the year, are on the phone and e-mail and run trips and events to keep our Chapter going. Somehow, they even make time for their "regular" (paying) jobs!

SEM Summer 2007 Events Calendar...

- June 2nd - **National Trails Day** new member activity at Myles Standish
- June 6th - **Hiking Committee Meeting**
UU Church, Main St., Middleboro
- June 16th - **New Member Conservation Hike**
Old Game Farm, Sandwich
- July 14th - **SEM Summer Picnic**
Lloyd Center, So. Dartmouth
- Aug. 3-5th - **SEM Family Weekend**
Highland Center, Crawford Notch
- Aug. 8th - **SEM Board Meeting**
Bourne Community Center
- Advance Notice...*
- Oct. 6 & 7th - **Wilderness First Aid training**
Camp Lyndon on Cape Cod
- Nov. 3rd - **SEM Annual Meeting**
Johnson & Wales Inn, Seekonk

AMC ACTIVITY PARTICIPATION POLICY

AMC encourages involvement in its mission and activities through its membership, programs, policies and procedures. Our goal is to be a community that is comfortable, inviting and accessible for people of any age, gender, race, religion, ethnicity, ability, sexual orientation, or socioeconomic status.

Some AMC programs are designed for a certain age range of members or for a special activity or topic. However, any person who meets the minimum qualifications (age, skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available. Individuals under 18 must be accompanied by a responsible adult.

All participants in AMC activities are required to sign the AMC waiver form provided by the leader. You may preview this waiver form on the chapter website at www.amcsem.org/pdf/waiverform.pdf.

SPECIAL SAVINGS FOR FAMILIES AT AMC HUTS THIS SUMMER!!!

Stay at Lonesome Lake Hut any Sunday–Thursday night during its full-service season and pay just \$24 per child member. That's a 50% savings! Or try any of our other AMC huts — from Zealand Falls to Lakes of the Clouds — midweek during June or the last week of August and enjoy these same great savings. Visit www.outdoors.org for details...

The Appalachian Mountain Club Southeastern Massachusetts Chapter

Chapter includes app. 3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.

2007 Executive Board

Chapter Chair -	Mike Woessner, chair@amcsem.org 508/577-4879
Vice Chair -	OPEN*
Treasurer -	Claire Goode, treasurer@amcsem.org 508/759-7362
Secretary (Acting) -	Joe Courcy, secretary@amcsem.org 508/272-6781
Biking -	Joe Tavilla, bikingchair@amcsem.org 508/428-6887
Canoe/Kayak -	Robert Zani, paddlingchair@amcsem.org 508/430-1914
Cape Hiking -	Farley Lewis, capehikingchair@amcsem.org 508/775-9168
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Hiking Chair-	Sue Chiavaroli, hikingchair@amcsem.org 508/252-4164
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Skiing -	Walter Mark, xcskichair@amcsem.org 508/884-8185
Trails -	Bill Ruel, trailschair@amcsem.org 781/589-3321
Webmaster -	Susanne Piche, webmaster@amcsem.org

*Please contact Mike Woessner if you are interested in volunteering for any open SEM volunteer positions.

The *Southeast Breeze*, the newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published four times per year as a service to the Chapter's members. SEM members are encouraged to submit letters, articles, photos, and artwork, but materials for publication (space permitting) cannot be returned unless accompanied by SASE. Please mail to: Paul Miller, 169 So. Washington St., No. Attleboro, MA 02760. Digital submissions are preferred, and can be e-mailed to: communicationschair@amcsem.org. Articles will be edited for length, typographical errors, and clarity.

HAVE YOU MOVED? Please send your change of address information to: AMC, 5 Joy St. Boston, MA 02108

NON-SEM AMC MEMBERS who wish to receive the quarterly Southeast Breeze newsletter should send a \$10.00 check made out to "AMC SEM" to: Claire Goode, ATT: Non-Member Breeze Subscription, PO Box 533, Monument Beach MA 02553. Please be sure to provide your mailing address if it's not on the check.

Our **SEM Short Notice E-Mail Trip List** is a great way to find out about late-breaking Chapter activities that might not appear in either the *Breeze* newsletter or the *AMC Outdoors* magazine. If you haven't signed up for the e-mail list yet, just visit www.amcsem.org

Don't miss the SEM Chapter Summer Picnic!

July 14, 2007, 10:00 am – 4:00 pm

Lloyd Center for Environmental Studies
450 Potomska Rd., So. Dartmouth, MA



Mark Medeiros Photography

SEM Summer Picnic morning activities will include your choice of:

- 3-5 mile “show & go” hike
- 12-20 mile bike ride
- Canoe/kayak paddle

...followed by lot's of good eatin' beginning at around 1:00 pm with our *partial-pot-luck* lunch.

The Chapter will provide hamburgers, veggie burgers, soft drinks, and watermelon. Participants should supply the side dishes and salad. (If your last name begins with A-M, please bring side dishes; if N-Z, please bring salad...)

And don't forget the sun, fun, and camaraderie of getting together with your friendly, like-minded fellow SEMers!

All this for just \$5.00 pp for individual adults, or \$10.00 per family.

To register, please contact either Pauline Jordan via phone at 508-676-5146 or via e-mail at hirst30@aol.com; or Mike Woessner via phone at 508-577-4879, or via e-mail at chair@amcsem.org.

For more information on the Lloyd Center, please visit www.lloydcenter.org.

SEM New Member Introduction Series: “AMC Greenies Go Green in June”

Are you a new or “green” member to AMC? Do you know someone who's thinking about joining? The SEM AMC Chapter is holding two conservation events in June specifically geared towards you!! These events are intended both for new members and for current members who want to try a new activity.

National Trails Day at Myles Standish State Park, Saturday, June 2nd: Get down and get dirty! Help “give back” to the many trails you've hiked. Join us on Saturday, June 2nd to observed National Trails day for a day of work and celebration. We will work on our adopted trail in the state forest then chow down with a trailside BBQ. This is a rain or shine event.

No experience is necessary for working on this trail. This is a family event, ages 12 and up are welcome. We'll be picking up sticks, cutting brush, trimming trees and cleaning up water bars. Tools are provided, but if you have a favorite pair of loppers, please feel free to bring them. You should have proper footwear, work gloves, and rain gear.

Arrive at 8:30 am for event briefing. Trail work starts at 9:00 and lasts about four hours with a trailside BBQ to follow. You must register by May 25th. Please contact either L Bill Ruel (781-589-3321 7-9 pm) or CL Lou Sikorsky (508-678-3984 7-9 PM) to register and get directions for this Trails Day event.

Nature Walk at the Old Game Farm in Sandwich, Saturday, June 16th: Please join us for an afternoon interpretive walk in the old fish hatchery area in Sandwich. We'll identify the plant life growing along the trail and discover the various habitats: fresh water, bogs, salt marsh, etc. This is a family event and all ages are welcome.

Participants should be able to hike for two hours over fairly level terrain. You should bring water, a snack, appropriate footwear and something in case it rains. Please feel free to bring a camera or notebook and pencil if you wish to take notes. The walk will be from 2:00 – 4:00 pm.

Please contact either Kathy Shaw (508-524-0879) KShaw520@aol.com or Claire Goode (508-759-7362) ctgoode@verizon.net to register and get directions for the Nature Walk.

Hope to see you there!!!

Winter Hiking Series Final Report...

By Dexter Robinson



Despite some very challenging driving weather on the Friday of our final trip, the 2006-07 Winter Hiking Series had a very successful conclusion.

We met Saturday morning, backpacked up to the Nauman Tentsite (next to Mizpah Hut) and set up camp. The trip took longer than usual since we were breaking trail from Friday's storm. This year, we had no problem finding places to pitch a tent since we were the only ones there. However, unlike last year, there was no running water, so we had to melt snow. It was damp and breezy in camp, which made stove lighting challenging for some folks. After pitching tents and getting hot drinks and food, several people went for a something-to-do "walk" towards Mt. Pierce and wound up reaching the summit while others stayed in camp. The extra hour of daylight allowed those climbers to return to camp without having to use their headlamps.

After returning to camp, having our supper and getting ready for the morning, we retired into our tents for the night. Although, at around 10 degrees, the temperature was not too bad, the wind chill made it feel colder. Everyone did OK, and in the morning we ate breakfast, packed up, and hiked out. I was impressed that EVERYONE was ready to go in the two hours that it usually takes from waking up to hitting the trail.

We arrived back at the trailhead just before 11:00 am and then went over to the Highland Center to crash and get hot drinks. We met in the "fireplace" room to award to those participants and leaders who had completed all the hikes in the Winter Hiking Series. This included participants Aleta Plouffe, Jim Plouffe, Jon Fortier, George Danis, Bill Gatley, Michelle Goodreau, and Jon Goodreau. Leaders Leslie Carson, Steve Tulip, and Wayne Anderson also received their certificates. CONGRATULATIONS!!!

Thanks go to Erika Bloom and Bob Vogel for leading hike #1; Eva Borsody Das, Bill Ruel and Ken Jones for hikes #1,2,3); Robin Melavalin for hikes #1,2,4; and to Leslie Carson, Steve Tulip, and Wayne Anderson for leading all four hikes in the series. This year's series consisted of: three increasingly more difficult day hikes

and culminated in the Nauman Tent Site overnight backpack. The roster for each hike was as follows:

1. Blue Hills - 10 leaders & 29 participants
2. Pack Monadnock - 8 leaders & 19 participants
3. Mt. Monadnock - 7 leaders & 15 participants
4. Nauman Tent Site/Mt. Pierce - 5 leaders & 7 participants

Please note that the great turnout for the Pack Monadnock hike is particularly impressive considering the pouring rain we encountered at the trailhead...

Special thanks to the following backpack leaders: Leslie Carson and Robin Melavalin for co-leading and performing duties that made this event a success; Steve Tulip, our primary medical caregiver, and Wayne Anderson, leader and registrar - a great crew of leaders!

Thank you Bob Vogel for coordinating the workshop and to Erika Bloom and Bill Ruel for assisting with that event.



Coordinating this series has been a lot of fun for me and the other leaders, and based on feedback from the participants, they had a lot of fun as well. It was a bizarre winter to say the least, but we

had a large and very dedicated group this year, beginning with the more than 40 people attending the kick off workshop in November.

SEM members head north in search of snow for March snowshoe trip...



Steve Tulip (left) and Leslie Carson (right) led a small group of intrepid SEMers up to New Hampshire for a wonderful day hike on snowshoes on the beautiful Three Ponds Trail in the White Mountain National Forest on March 10th. More photos on back cover...

SEM Leader Profile:
Steve Tulip, Hiking Leader
(In Question & Answer format...)



Ed: How and when did you first get interested in the outdoors?

Steve: I've always been an outdoor kind of guy. Growing up, my siblings, my friends, and I all spent a lot of time outdoors; often until the streetlights came on.... There's also somewhat of a family tradition: my dad's family were founding members of the Weymouth Sportsmen's Club back in the late 1940's early 1950's. We camped and fished every summer season. I had scouting activities as well to keep me busy and out from under my mom's feet.

Ed: When did you join the AMC and how did you start getting involved as a leader and board member?

Steve: I think I joined the club around 1994. My first membership was a Christmas stocking surprise from my family. The girls were growing up and taking root elsewhere and they recalled I had mentioned this to my wife, Jacquie. What an enduring and unforgettable gift! From the minute I joined, the AMC imprinted me in such a way that I could not help but to continue growing with our chapter. The mentoring guidance, as informal as it is, helped create wonderful relationships. The stories told and the history of the club just made me feel

I could be a better member if I learned the skills and gained the experience to become a leader and eventually a board member.

Ed: What do you personally get out of being an AMC volunteer leader and former SEM Education Chair?

Steve: That's an easy one. A large part of personal satisfaction is that I can give back what has been given to me. Other individuals before me volunteered their time and their knowledge to make our chapter and "passed it on." Then others did the same. It is a legacy worth continuing.

Ed: Describe one or more of the favorite trips that you lead.

Steve: I like to find and lead trips to obscure, out of the way places for our members to experience; what we also refer to as "hidden gems." The discovery of some long lost destination or special view worth sharing seems pretty cool to me.

Ed: Can you share a related story or anecdote on leading hikes and perhaps share some of your general thoughts on the AMC?

Steve: One summer I led a hike with Bob Vogel. and Erika Bloom up on the Wapack Trail in southern NH. The day started out typically for early summer with blue skies and cumulus clouds. By mid-afternoon, a rolling thunderstorm bore down on us and forced us to change our plans. The dirt road we chose to exit the woods became a stream by the force of the downpour. Most significantly, the lightning and thunder were right upon us. We did as we were trained, spread among trees of even height and squatted on our packs until the worst had passed. We had about 20 hikers with us that day. I received several e-mails thanking us for a job well done.

Ed: Anything else that you think might be interesting and relevant?

Steve: It is so gratifying to me to reunite with other fellow hikers. It seems like no matter how long ago it was since we initially met, there's always a smile, a handshake or hug to go along with the memories. That's reason enough to come again, that's reason enough to share what I have learned along the trail.

Know an SEM leader you'd like to see profiled in the Breeze? Please send your recommendations to communicationschair@amcsem.org



RED LINE THE BLUE HILLS

**We RED LINED the BLUE HILLS in 2006!
Well—almost! Some more still to go in
2007!**

by Cheryl Lathrop

When you last heard from us, we were well on our way to **RED LINE** all of the **BLUE HILLS** (RLBH). What's redlining? Trying to mark each trail on our trail map. What are the Blue Hills? The 7,000 acre Blue Hills Reservation in Milton, MA. That's right, we're trying to put our feet on every inch of every trail. That's 145 miles of trails. And that's our acronym: RLBH.

Who thought of this crazy scheme? Why our own SEM leader, Bob Vogel. But, hey, as Bob says: "It's just a walk in the woods." Yes, it's a walk in the woods every Thursday night, from 6-8:00 PM. Sometimes getting out of the woods before dark, but sometimes not. And when not, you'll find us creeping along the trails wearing our headlamps, and determined to complete that night's assigned trails.

In 2006, we hiked from Daylight Savings Time in April until it ended in October. However, we waited until a nice November Saturday to hike Fowl Meadow because it was an oh so foul meadow with nasty bugs all summer. We hiked for 30 weeks straight. Bob estimates that we did 85% of the trails, which makes it 125 miles completed. Only 20 more miles to go!

We have our own website at http://home.comcast.net/~hike_with_bob_v/. There we keep our weekly poop sheets and maps. Pictures of the nifty things we see in the little known and un-trod corners of the hills. Information on dangers in the hills like rattlesnakes, EEE, and West Nile. Tidbits about mysterious things like puddingstone and double trees. An attendance chart (because when you complete the project, you get a t-shirt). But the best link of all is the one called "progress so far." That's the master chart where all the trails hiked so far are red lined. Go see! Bob Vogel donates the web space and Cheryl Lathrop is the web mistress.

We allow make-up hikes. If anyone is out of town and misses a hike, they can make it up by reading the poop sheet and the map from the website and doing it on their own. (Yes, we use the honor system!) Many folks that miss the same week get together and make it up together. Our own SEM leader, Dexter Robinson, and his Dog, have actually completely redlined the Blue Hills, although he's only come on a few of the hikes with us. That's some make-up program for Dex and Dog!

And do you think we're red lining the cruddy Blue Hills trail maps that we carry around in our packs? No! We all bought a brand new map that we keep at home clean and dry. And we each individually track our progress, with, what else, a red marker.

So, now it's 2007, it's Daylight Savings Time again, and we're back on the trail. Jim Plouffe and Jerry Yos are helping Bob with the leading and registering. Fred Wason is helping with the cartography (planning the route). First, we're going to finish up the trails from the first round – and then start over, and do them all over again, so that those that joined late can catch up and get a t-shirt, and so that new folks can get in on the project. What about those of us that will have done them all? You'll still see us out there. It's a great Thursday night outing – fun exercising and socializing.

So, if you'd like to join us, go to our web site, click on 'contact leaders,' and phone/email the registrar. We'd love to have you join us!



Another tribute to Harry Dombrosk...

Gentleman Harry

Harry, I didn't know that you were gone.
That warm smile, those twinkling eyes are still alive to me..
Although the years have flown, you are still there
On sunlit beachy shores, in quiet woodlands, paddling over
water
Softly...calmly...
Just as you moved through life and the lives of others
A gentle man, Harry

Remember our Thoreau hikes?
The Colonel striding out in the lead...
The great beach before us, your cheeks whipped red in the
cold.
The challenge to keep walking, each sandy step a test of
endurance.
You rated every march by martinis... a one, two or three
martini hike
Somewhere in those long, slow slogs you were revealed to me
A gentle man, Harry

Always that reassuring Sunday afternoon presence
Drifting quietly on the Herring River,
Helping me with my niece's first canoe trip
Feeding my wanderlust with tales of the Alps
An ear for awhile, a smile for encouragement,
A concern for everyone's well being
All this with the steady grace of
A gentle man, Harry

Farewell, old friend;
Link to my happy trails,
Pacifier of my fears,
Mentor to my adventurous longings,
You were ever the
Gentleman, Harry

Submitted by Kathie Meads



Rick McNally, Ellie Macpherson, Charlie Farrell, Judy Procnik, Art Hart, and Don Savino shown at Myles Standish State Park during a Thursday hike. (Photo by Elsie Laverty)

SEM Chapter Family Weekend at the Highland Center in Crawford Notch

August 3-5, 2007

The SEM Chapter will be holding a family weekend event at the AMC Highland Center in beautiful Crawford Notch in the White Mountains of New Hampshire on Friday, August 3rd through Sunday, August 5th.

The Highland Center holds daily programs led by trained naturalists that appeal to all ability levels. The center also has free use of LL Bean outdoor gear. Breakfast and dinner are included as part of the weekend package.

In addition to the numerous trails that are right outside the door, there are plenty of activities that will appeal to all members of the family. Here are just a few:

- **Morning Meander:** Join an AMC Naturalist for a morning walk to see the wealth of clues about the previous evening's activities in the woods.
- **Scavenger Hunt:** Enjoy a leisurely stroll, while giving back to the woods we love and help a naturalist find the twelve "healthy forest" species. Find the species, mark them down and send them to our Mountain Watch Scientists.
- **Moose Hike:** A chance to see the majestic creatures in the flesh. An AMC Naturalist will show you tracks, scat, scrapes and rubs of the largest land mammal in New England.
- **Junior Naturalist:** Complete the exciting Junior Naturalist activity book to become an AMC Junior Naturalist. Earn your official Junior Naturalist Badge.
- **Green Tour:** Take a "behind the scenes" tour of the Highland Center construction and operations. Find out what makes this facility an award-winning "green" design.
- **Movies, Socials or Special Presentations** held in the evenings.

The price of this weekend for SEM members starts at \$98.00 per person, plus tax. This includes 2 nights lodging, 2 breakfast and 2 dinners. Please contact AMC Reservations at 603-466-2727 to make your reservation (be sure to indicate that you're with the SEM weekend event). Don't wait...space is limited and will fill up quickly!!

If you have any questions, please feel free to contact Claire Goode at 508-759-7362, ctgoode@verizon.net.

Hiking/Backpacking Activities

Chair – Sue Chiavaroli, 508-252-4164, hikingchair@amcsem.org

IMPORTANT: Hikers unsure of their ability should try only one level more difficult than previously completed. No pets without permission of trip Leader. Registration required for most trips. Hiking boots strongly recommended. For additional information or to register, contact the trip Registration leader (R), trip Leader (L) or co-Leader (CL). SEM Chapter trip updates are also available at <http://trips.outdoors.org>. Please also sign up for the SEM Short Notice E-Mail Trip List at www.amcsem.org.

Miles per Hike	Pace (MPH)	TerrainType
AA = 13+	1 = very fast (2.5)	A = very strenuous
A = 9 - 13	2 = fast (2)	B = strenuous
B = 5 - 8	3 = moderate	C = average
C = <5	4 = leisurely	D = easy

Sat., Jun. 2. National Trails Day at Myles Standish State Park - See detailed trip description under "Trails."

Sat., Jun. 2. Massasoit State Park (B3D) - Mid morning hike in East Taunton. Easy hiking on mostly flat to gently rolling trails. Lunch by either Big Bear Hole Pond or Lake Rico. Optional - beverages and dessert at leader's nearby home after hike. L/R Barbara Hathaway (508-880-7266 7 to 10p), R Barbara Hathaway (508-880-7266 7 to 10P)

Tue., Jun. 5. Tuesday Morning Blue Hills Hike (B2-3B) - Great exercise hiking strenuous terrain at a moderately fast pace. Join leader as she trains for Mount Kilimanjaro (again!). Lots of steep, rocky hills! Register for details; start time usually 7 AM, hike goes most (not all) Tuesdays. Hiking boots required. Not for beginners. L/R Erika Bloom (508-951-1001 before 9 pm, erika.bloom@comcast.net)

Wed., Jun. 6. Hiking Committee Meeting. Come join the Hiking Committee Meeting to meet fellow hikers and see what's happening at our chapter. We plan hikes, activities, and events dealing with hiking. We usually serve pizza if you are interested! Meeting at the First Unitarian Universalist Church, Middleboro, MA 25 Main St. Middleboro, MA (Rte 105) Meeting starts at 7:00PM. L Sue Chiavaroli (508-252-4164, brillo6452@yahoo.com)

Tue., Jun. 12. Tuesday Morning Blue Hills Hike (B2-3B) – Please see June 5th listing for details

Sat., Jun. 16. Weir Hill & Ward Reservation (A3C) - Hike on two Trustees of Reservations properties in North Andover, MA. Morning hike to Weir "wire" Hill cresting drumlins and tracking along Lake Cochichewick. Next we'll visit Ward Reservation and hike around until we summit Holt Hill for a visit to the Solstice Stones. There's a fabulous overview of the Boston Skyline and Blue Hills. No fees. L/R Steve Tulip (508-977-4863 9AM - noon or leave message, Stulip2005@comcast.net), CL Bill Pellegrini (billpellegrini@yahoo.com)

Sun., Jun. 17. 2 for 1: Ft. Barton, Weetamoo Woods - Tiverton, RI (B3D) - Mtn. Laurels in bloom. View Mt Hope Bay, Portsmouth & Bristol from the 30' high tower at Ft Barton. Some stairs for easy travel up steep hills, boardwalks in areas by stream. Drive 5 miles to Weetamoo Woods, home to numerous species of wildflowers, trees, and shrubs. Stone walls, slab bridges, and Borden Brook add to its

beauty. Lunch by the stone-arched bridge; stop at famous Gray's Ice Cream after hike. L/R Barbara Hathaway (508-880-7266 7 to 10 pm)

Tue., Jun. 19. Tuesday Morning Blue Hills Hike (B2-3B) - Please see June 5th listing for details

Sat., Jun. 23. Long /Ell Pond Ashville, RI (B3B) - Hike up to a gorgeous overlook of Long Pond. Along the up to our outlook we will view blooming mountain laurels. The hike will descend into a gorge lined with rhododendrons and hemlocks. L/R Sue Chiavaroli (508-252-4164 7-9PM, brillo6452@yahoo.com), CL Barbara Hathaway

Tue., Jun. 26. Tuesday Morning Blue Hills Hike (B2-3B) - Please see June 5th listing for details

Tue., Jul. 3. Tuesday Morning Blue Hills Hike (B2-3B) - Please see June 5th listing for details

Sat., Jul. 7. Mount Chocorua (B3B) - A must do (again?) mountain. A strenuous hike up from the south along the Liberty Trail and lunch at the summit (weather permitting). We return down the Brook Trail back to the parking area. Possible dinner stop on the way home. L Steve Tulip (508-977-4863 9 AM - Noon, Stulip2005@comcast.net), CL/R Ken Jones (508-697-0142 7 - 9 PM, lotsoluck@comcast.net)

Tue., Jul. 10. Tuesday Morning Blue Hills Hike (B2-3B) - Please see June 5th listing for details

Tue., Jul. 17. Tuesday Morning Blue Hills Hike (B2-3B) - Please see June 5th listing for details

Sat., Jul. 21. Mt. Tecumseh (B3B) - Hike the Mt. Tecumseh Trail over the summit (stopping for lunch), then onto the parking area in Waterville Valley. Limited to 10 participants. L Steve Tulip (508-977-4863 9 AM - Noon, Stulip2005@comcast.net), CL/R Jim & Aleta Plouffe (508-586-1394, 6 - 9 PM, jimplouffe@comcast.net)

Tue., Jul. 24. Tuesday Morning Blue Hills Hike (B2-3B) - Please see June 5th listing for details

Sat., Jul. 28. AT in Western Mass Series - Day Hike (AA3C) - For the next section of the series we will hike from Washington Mtn. Rd to Gulf road in Dalton. This 11 mile exploratory hike passes over Warner Hill, Tully Mtn. and Day Mtn. Register by July 21. Group size limited to 10. L Dexter Robinson (781-294-8840 7-9:30pm, dexsue@comcast.net), CL/R Dick Carnes (508-285-5790 7-9 pm, rcarnes2@aol.com), CL Leslie Carson (508-833-8237 7-9 pm, lrcarson929@comcast.net)

Tue., Jul. 31. Tuesday Morning Blue Hills Hike (B2-3B) - Please see June 5th listing for details

Tue., Aug. 7. Tuesday Morning Blue Hills Hike (B2-3B) - Please see June 5th listing for details

Sat., Aug. 11. The Osceolas (A3A) - We begin on Tripoli Rd. at Thornton Gap where we ascend to Mt. Osceola. We continue on over to East Osceola peak before turning around and heading back on same trail. Possible meander to West Peak ("trailless area"). L Steve Tulip (508-977-4863 9 AM - Noon, Stulip2005@comcast.net), CL/R Leslie Carson (508-833-8237 6 - 9 PM, lrcarson929@comcast.net)

Tue., Aug. 14. Tuesday Morning Blue Hills Hike (B2-3B) - Please see June 5th listing for details

Tue., Aug. 21. Tuesday Morning Blue Hills Hike (B2-3B) - Please see June 5th listing for details

Sat., Aug. 25. AT in Western Mass Series - Day Hike (A3C) - For the next section of the series we will hike from Gulf road in Dalton to the Outlook Ave. road crossing. This 9 mile exploratory hike passes through the North Mountain area and ends in Cheshire. Register by Aug. 18. Group sized limited to 10. L Dexter Robinson (781-294-8840 7-9:30pm, dexasue@comcast.net), CL Dick Carnes (508-285-5790 7-9 pm, rcarnes2@aol.com), CL/R Leslie Carson (508-833-8237 7-9 pm, ltcarnson929@comcast.net)

Tue., Aug. 28. Tuesday Morning Blue Hills Hike (B2-3B) - Please see June 5th listing for details

Bike Rides

Chair – Joe Tavilla, bikingchair@amcsem.org, 508/428-6887

NOTE: Approved helmets required for all AMC bike rides. If start time and location are not indicated, contact ride leader (L).

NOTE: for additional SEM bike rides, please check *AMC Outdoors*, visit www.amcsem.org, or use the AMC online trip listing system: <http://trips.outdoors.org> (set the Committee to "Biking," and the Chapter to "Southeastern Massachusetts"), or sign up for the SEM Short Notice trip list at www.amcsem.org.

AMC SEM 2000 Mile Club – The SEM Bike Committee awards 2000 Mile Club certificates of achievement and embroidered award patches to members who ride 2000 miles or more in a year. For more information, contact Joe Tavilla (508-428-6887 7-7, bikingchair@amcsem.org)

Sat., Jun. 2. Horseneck Beach - A 42 mile ride that includes a visit to Horseneck Beach, the Sakonnet River and lots of open farm land and flat/rolling terrain. L Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com)

Mon., Jun. 4. Mondays At Six - Late day/early evening Monday rides that feature an easy pace thru the Massachusetts South Coast towns of Rochester - Freetown - Acushnet - Lakeville - Carver. Distance: about 20 miles. L/R Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com),

Thu., Jun. 7. Thursday Tire Turners - Late day/early evening. Rides are in the Rochester, Acushnet and Lakeville areas. 19-20 mile routes. Easy paced rides. L/R Jack Jacobsen (508-993-0490, cyclejac51@yahoo.com)

Sat., Jun. 9. Cape Cod Elbow - Enjoy a pre-season Cape ride thru Nickerson State Park to the "Elbow Of The Cape", Chatham. Spectacular ocean views from Morris Island to Monomoy Island. 44 miles. Intermediate pace 14-16 mph. L Joe Tavilla (508-428-6887, silverski@earthlink.net)

Mon., Jun. 11. Mondays At Six – Please see June 4th listing for details

Thu., Jun. 14. Thursday Tire Turners – Please see June 7th listing for details

Mon., Jun. 18. Mondays At Six – Please see June 4th listing for details

Thu., Jun. 21. Thursday Tire Turners - Please see June 7th listing for details

Thu., Jun. 21. Here Comes Summer - Come celebrate the "Longest Day"/Summer Solstice and view the latest sunset of 2007. The route will take us to three islands (Monomoscoy, Seconsett and Popponeset), two beaches, and one golf course. The ride will end in time to view and have a champagne toast to the sunset and the Summer of '07 at approximately 8:25 PM. L Joe Tavilla (508-428-6887, silverski@earthlink.net)

Mon., Jun. 25. Mondays At Six - Please see June 4th listing for details

Thu., Jun. 28. Thursday Tire Turners - Please see June 7th listing for details

Sat., Jun. 30. Full Milk Moon Ride - Your opportunity to view a Cape Cod Canal sunset and a moonrise over Plymouth Bay. Good chance to see the raising and lowering of the Railroad Bridge and "Trash Train" going to the Rochester burner. Also an inning of baseball from the newly illuminated Massachusetts Maritime Academy field. Distance: 22 miles, intermediate pace. Start Location: Sagamore Recreation area - from jct Rte 3 & 6 take Canal Road past Friendly's to parking lot alongside the canal. L Paul Currier (508-833-2690 8:00AM-7:00PM, pbencurrier@hotmail.com)

Mon., Jul. 2. Mondays At Six - Please see June 4th listing for details

Thu., Jul. 5. Thursday Tire Turners - Please see June 7th listing for details

Mon., Jul. 9. Mondays At Six - Please see June 4th listing for details

Thu., Jul. 12. Thursday Tire Turners - Please see June 7th listing for details

Mon., Jul. 16. Mondays At Six - Please see June 4th listing for details

Thu., Jul. 19. Thursday Tire Turners - Please see June 7th listing for details

Mon., Jul. 23. Mondays At Six - Please see June 4th listing for details

Thu., Jul. 26. Thursday Tire Turners - Please see June 7th listing for details

Sat., Jul. 28. Dighton Rock Ride - A 31 mile ride thru the small rural towns of Freetown, Lakeville and Berkley. Features a lunch stop at the mysterious Dighton Rock. Terrain: flat to rolling. L Jack Jacobsen (508-993-0450 8:00AM-7:00PM, cyclejac51@yahoo.com)

Sun., Jul. 29. Full Buck Moon Ride – Please see June 30th listing for details

Mon., Jul. 30. Mondays At Six - Please see June 4th listing for details

Thu., Aug. 2. Thursday Tire Turners - Please see June 7th listing for details

Mon., Aug. 6. Mondays At Six - Please see June 4th listing for details

Thu., Aug. 9. Thursday Tire Turners - Please see June 7th listing for details

Sat., Aug. 11. Cranberry Country Ride - A 38 mile ride thru the cranberry bogs of southeastern Massachusetts. Lunch/ice cream stop at Eastover Farm where you can see Clydesdale horses. Terrain is mostly flat. L Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com),

Tue., Aug. 28. Full Sturgeon Moon Ride – Please see June 30th listing for details

Kayak Paddles

Chair – Robert Zani, 508-430-1914
paddlingchair@amcsem.org

For information on SEM canoe and kayak trips, please check *AMC Outdoors*, visit www.amcsem.org, or use the AMC online trip listing system: <http://trips.outdoors.org>, (set Committee to “canoe/kayak” and set Chapter to “Southeastern Massachusetts”).

Sat., Jun. 9. Walker, Upper/Lower Mill Ponds, Brewster - PUT-IN DIRECTIONS: Exit 10 off rte 6 S to the four way stop sign and R on Queen Anne Road. R on Depot Road at the next four way stop sign. This becomes Slough Road after crossing the Brewster Town line. Stay on the road for the put in on the right. L Bob Zani (508-430-1914 7-9 PM, rcza@comcast.net)

Wed., Jun. 13. Popponeset Creek - The tides should allow us to select from a menu of sites for exploration within the general area of Shoestring and Popponeset Bays: the Santuit and Mashpee Rivers, Popponeset Creek, Ockway Bay and Pinquickset Cove. Conditions of the day and past trip content in the area will determine the final destinations of the paddle. We will stop for lunch midday. Spray skirts and life jackets are required. L Louise Foster (508-420-7245 7-9 PM, louise.foster@alumnae.brynmawr.edu)

Sat., Jun. 16. Boatmeadow Creek, Eastham - PUT-IN DIRECTIONS: Rock Harbor Rd. from Orleans Rotary to R onto Bridge Rd. then straight onto Bayview to town landing to launch. 10:30 AM. L Max Sarazin (msarazin@capecod.net), CL/R Bob Zani (508-430-1914 Before 8 PM, rcza@comcast.net)

Wed., Jun. 20. Bass River, South Yarmouth - Paddle can be from 8-12 miles depending on the weather and desires of the paddlers. PUT-IN DIRECTIONS: Exit 9 on rte 6 S on rte 134. Sharp R on Upper County Road and bear L onto Highbanks to the Wilbur Park put in on the left just after crossing over the Bass River. Life vest required. Spray skirts may be required depending on conditions. Registration required. L Bob Zani (508-430-1914 Before 8 PM, rcza@comcast.net)

Sat., Jun. 23. Childs River - Paddle will depend on wind conditions but may include Childs River, Seapit River, and Waquoit Bay. Bring lunch. PUT-IN DIRECTIONS: From Mashpee Rotary follow Rt28 toward Falmouth for 3.9 miles. Watch for Edwards Boatyard on left and turn on Whites Landing. After dropping off boat park in large unpaved area by Rt28. Life jackets required, spray skirts may be needed on bay. L Bill Fischer (508-420-4137 Before 8 PM, wmbarrarafischer@comcast.net), CL Phyllis Evenden (508-563-6766, phyllis.evenden@verizon.net)

Sat., Jun. 30. Centerville River - Centerville River and returning to the Beach to have lunch. Paddle into Scudder Bay/East Bay possible DIRECTIONS: From Rt28 in Centerville take Old Stage S - it runs into Main Street. Take to light on So. Main street. R on So. Main Street. to Hayward Road. L on Hayward Road to town way to water.

No town of Barnstable parking sticker?: park back on South Main street. L Bill Fischer (508-420-4137, wmbarrarafischer@comcast.net)

Sat., Jul. 7. Lewis Bay Paddle, Yarmouth - PUT-IN DIRECTIONS: Take Berry Ave S off Rte 28, go 0.7 miles, take a R onto Hampshire Ave, and go about 100 yards to the parking lot on L. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Jul. 11. Oyster Pond, River, Stage Harbor, Mitchell R, Mill Pond - Four hour paddle on Oyster Pond, River, Stage Harbor, Mitchell River to Mill Pond & return. Bring lunch. DIRECTIONS: Arrive at 8:30AM for 9 AM departure. Exit 11 off Mid-Cape Highway (Rt. 6). Pass light at the intersection of Rt. 39/137. Continue to 4 way stop. Turn left on Queen Anne Rd (Old Queen Anne Rd.) to Rt. 28. Turn right at light on to Queen Anne Rd. Turn Right, continue to Oyster Pond. Wearing of life jackets required. L Peter Selig (508-432-7656, before 10:00 PM, pandmselig@hotmail.com), CL Loraine Frederickson (508-432-2832)

Wed., Jul. 18. Swan Pond/River, Dennisport - Swan Pond/River, Dennisport. Clipper Ln off Upper County Rd to pkg area. This is a Paddle-Que, bring something to toss on the grille. 10:30 AM. PUT-IN DIRECTIONS: Clipper Ln off Upper County Rd to pkg area. L Max Sarazin (msarazin@capecod.net)

Sat., Jul. 21. Indian Lakes, Marstons Mills - Leisurely 3.5 hr. paddle on crystal-clear, fresh water ponds. Bring lunch. Wearing life jacket required. Arrive 10:15 AM for sign-in/launching. Paddle begins at 10:30 AM. PUT-IN DIRECTIONS: From Rt 6 take Exit 5 S on Rt. 149 for 3 miles and watch for sign "Indian Lakes" (Mistic Drive) on R and go 7/10ths mile to a lane with sign "Town Way to Water". Life jacket required. L Nancy Wigley (508-548-2362 before 9:00 PM, nrwigley@verizon.net)

Wed., Jul. 25. Long Pond, Harwich/Brewster - Leisurely six mile paddle with lunch at the east end of the pond. PUT-IN DIRECTIONS: Exit 10 off rte 6 N on rte 124. Just after crossing the Brewster Town line R on Crowell's Bog Road. Life vest required. Spray skirt may be required if winds pick up. L Loraine Frederickson (508-432-2832), CL Bob Zani (508-430-1914, rcza@comcast.net)

Sat., Jul. 28. Wellfleet Harbor - Where we go on this paddle will probably be dictated by the weather for the day. Plan on distance of about 10 miles. PUT-IN DIRECTIONS: West on Main Street from rte 6 to L on Commercial Street to far end of Public Beach parking lot. Life vest required. Spray skirt may be required. L Bob Zani (508-430-1914, rcza@comcast.net), CL Phyllis Evenden (508-563-6766, phyllis.evenden@verizon.net)

Wed., Aug. 1. Barnstable Harbor - Directions: take exit 8 N from Rt. 6 Cross 6A onto Center St. at cemetery and continue to the parking lot at end. Registration required. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Aug. 4. Cotuit Bay - This trip will include circumnavigating Grand Is. in Osterville. Lunch on Dead Neck/Sampsons Is. Directions: Rt. 28 in Centerville take Old Stage South-into Main St. to light on So. Main St. Take R on So. Main to Hayward Rd. Take L on Hayward Rd. to town way. Non Barnstable residence park on So. Main St. Life jackets required. Spray skirt may be required. L Bill Fisher (508-420-4137, wmbarrarafischer@comcast.net)

Sat., Aug. 11. Shoestring and Popponeset Bays - The tides should allow us to select from a menu of sites for exploration within the

general area of Shoestring and Popponeset Bays: the Santuit and Mashpee Rivers, Popponeset Creek, Ockway Bay and Pinquickset Cove. Conditions of the day and past trip content in the area will determine the final destinations of the paddle. We will stop for lunch midday. Directions: Registration required. Spray skirts and lifejackets required. L Louise Foster (508-420-7245, louise.foster@alumnae.brynmawr.edu)

Wed., Aug. 15. Herring River, Harwich - We will go S for the most part depending on the winds. If favorable we'll go into Nantucket Sound and explore some of Harwich's harbors. Distance up to 11 mi. Directions: Park E side of Herring R. Bridge S side of Rt. 28. Life vests required. Spray skirt may be required. Registration required. L Bob Zani (508-430-1914, reza@comcast.net)

Sat., Aug. 18. East Branch of the Westport River - Arrive at 9:30 for the 10:00 AM put-in. The trip 3-4 hrs, follows a tidal river into Buzzards Bay. We'll paddle thru sylvan areas, farms and vineyards. Lots-o-birds! Lunch on an Is. w/ swim. Bring suites and lunch. Directions: Rt. 195 to Rt. 88 (Horseneck Beach) 2nd light (Old County Rd.), L and proceed 1 mi. to head of Westport Vill. R onto Drift Rd. just before the Westport River and park. L Rick McNally (508-636-7179 Before 6 PM, rjmcnally@charter.net)

Wed., Aug. 22. Herring River - 4 hr. trip on Herring River up to East and West Reservoirs and return. Nantucket Sound if time permits. Bring lunch to eat on return trip to avoid low tide. Arrive 8:30 for 9:00 AM put-in. Trip starts on Rt. 28 at Herring River Bridge in Harwich. Life jackets and registration required. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Wed., Aug. 22. Bass River - We will go north and if the tides oblige make our way into Mill Pond. Probably a nine mile paddle. Directions: Exit 9 on Rt. 6. South on Rt. 134. Sharp R on Upper County Rd. and bear L onto Highbanks to the Wilbur Park put in on the L just after crossing over the Bass River. Life vests required. Spray skirts may be required depending on conditions. Registration required. L Bob Zani (508-430-1914, rcza@comcast.net), CL Loraine Frederickson (508-432-2832)

Wed., Aug. 29. Nauset Marsh, Eastham - We will paddle counterclockwise around the marsh. Enter Mill Pond if the tide allows and have lunch on the east side. Plan on a 9+ mi. paddle. Directions: 1.5 mi. N from Rt. 6 Eastham rotary to Hemenway on the right. Non-Eastham residents park on Hemenway. Life vests required. Spray skirts may be required when crossing the cut to the Atlantic. L Bob Zani (508-430-1914, reza@comcast.net), CL Al Phillips (508-394-4072, alfredphilips@comcast.net)

Trails

Chair – Bill Ruel, 781-589-3321, trailschair@amcsem.org
Co-Chair – Lou Sikorsky, 508-678-3984, hikinglou@charter.net

For information on SEM trailwork activities and trips, please contact either Bill Ruel or Lou Sikorski (contact information above).

Sat., May 19-20. Lonesome Lake Trail Spring Clean Up - New Hampshire, White Mountains. Come join us as we give our Chapter's adopted trail a spring cleaning. No experience necessary. We provide all the instruction, tools and food. You bring the sweat. We will camp at the Lafayette Campground in beautiful Franconia Notch. Register BEFORE May 1st. with. L Bill Ruel (781-589-3321 7-9 PM), L Lou Sikorsky (508-678-3984 7-9 PM). No extra charge for the mud you bring home!

Sat., Jun. 2. National Trails Day at Myles Standish State Park - Get down and dirty. Help "give back" to the many trails you've hiked. Join us on June 2nd to observe National Trails Day for a day of work and celebration. We will work on our "adopted" trail in the state forest, then chow down with a trailside barbeque. This is a rain or shine event. L Bill Ruel (781-589-3321 7-9 PM), CL Lou Sikorsky (508-678-3984 7-9 PM)

Education

Chair – Walter Deeter, 508-279-0626, education@amcsem.org

ADVANCE NOTICE...

Sat., & Sun., Oct. 6 & 7 - Wilderness First Aid (WFA) training at Camp Lyndon on Cape Cod. Here's your chance to get WFA-certified or to renew your certification, as required for SEM leaders (SEM leader scholarships available)

Conservation

Chair – Maura Robie, 508-285-6005, conservationchair@amcsem.org

Sun., June 3, Spring Migrants at Fowl Meadows - Join Conservation Chair, Maura Robie and Fred Yost for some late spring bird watching. Everyone is welcome, non birders and birders of all levels. We will look for local resident birds and neotropical migrants along our leisurely 2-3 mile walk. Bring binoculars and foot gear that will keep your feet dry. Meet at Fowl Meadows parking lot off Brush Hill Road in Milton @ 9:00 am. L Fred Yost (508-699-9305) 6-9 pm, fey_iam@hotmail.com, CL Maura Robie (508-285-6005) 6-9 pm, mrobie@bridgew.edu

Sat., Jul. 28, Atlantic Salmon in Southern New England - Join Conservation Chair Maura Robie and Fred Yost for a tour of the North Attleboro National Fish Hatchery. Learn how the hatchery participates in the restoration of Atlantic salmon in Southern New England. See some of the fish that have returned to the Merrimack and Connecticut Rivers. The tour will start at 10:00 am and last about 1 hour. A short nature trail and picnic tables are available. L Maura Robie (508-285-6005) 6-9 pm, mrobie@bridgew.edu). CL/R Fred Yost (508-699-9305) 6-9 pm, fey_iam@hotmail.com

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Southeastern Massachusetts Chapter
APPALACHIAN MOUNTAIN CLUB
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*“Winter Wonderland on Showshoes”
hike in WMNF on March 10th*



Photo: Steve Tulip



Photo: Paul Miller

*The Southeast Breeze is printed on 100% recycled paper
using environmentally friendly ink.*



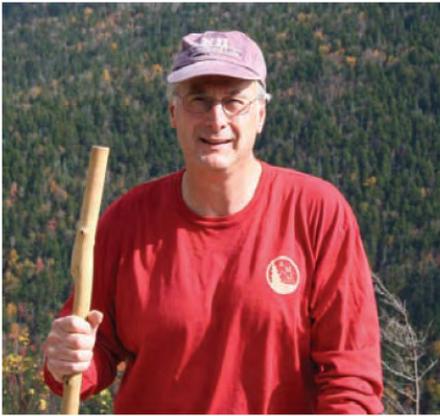


The Southeast Breeze

The newsletter of the Appalachian Mountain Club Southeastern Massachusetts Chapter
Winter 2007-08 - December, January & February

View from the Chair

By Mike Woessner



I've been lucky enough to have spent the past three weekends in the woods. The weekend of September 29th was our Chapter's annual "Hut Night," held

this year at the AMC's Joe Dodge Lodge in Pinkham Notch. What a great venue for our event; right in the heart of the White Mountains! (See photos on page 4.)

Dexter Robinson and Jim Plouffe led Ken Jones, Babs LeLand, Christine, Bill and Taylor Pellegrini up to the wind-wipped summit of Mt. Washington, while Wayne Anderson and Aleta Plouffe led Cindy Howe, Sue Robinson, Louise and Paul Anthony, Myron Kellberg, Maureen Yachimski, Paul Miller, Pauline Jordan and I up to Lowes Bald Spot.

After enjoying the views on Lowes Bald Spot, we came back to the lodge for a brief lunch. Then Wayne and Maureen led Pauline, Paul and I up to Glen Boulder. What great views and beautiful fall weather! At the end of the day we gathered around a roaring fire for a social hour and to listen to stories of the days events. Then we were treated to a wonderful dinner.

I'd like to thank Wayne for organizing the Hut night this year, Good work Wayne!

At our last Board meeting Wayne and Joe Tavilla, our biking chair, discussed doing a combined hike/bike Hut Night event next year out of the AMC's Highland Center over at Crawford Notch. The wide shoulders on the roads in the White's used to pile snow in the winter make excellent biking in the area.

The next weekend, I attended the AMC's Fall Gathering at the Highland Center. I picked up many tips about running such an event, which will be very useful, since SEM will be hosting the AMC's 2008 Spring Gathering at the YMCA's South Shore Outdoor Education and Conference Center in Sandwich, April 18 - 20th.

This will be an opportunity to highlight our Chapter and show off the Cape. We have plans for a lighthouse tour, Woods Hole tour, canal cruise and a possible seal watch as well as hiking, biking, Paddling, and map and compass events.

The Spring Gathering Committee has much to do in a short time and there are many opportunities to pitch-in and help. Please let me know if you are interested.

Just in case you were counting, my third weekend in the woods was over the Columbus Day weekend. My brother-in-law and I did our annual three-day backpack in the Adirondacks. This year we visited the eastern shore of the Lake George wilderness area. This is a very little used section of the Adirondack State Park.

Friday night we had a lean-to to ourselves. What a pristine area. While this wasn't an AMC event I was "scouting opportunities" for future trips.

As we head into winter I sincerely hope everyone has a safe and happy holiday season.

Winter 2007-08 Events Calendar

Dec. 5 th -	Hiking Committee Meeting UU Church, Main St., Middleboro
Dec. 8 th -	Winter Hiking Series begins Blue Hills, Milton
Jan. 9 th -	SEM Board Meeting Bourne Community Center
Jan. 26 th -	AMC Annual Meeting Sheraton Framingham
Feb. 13 th -	SEM Board Meeting UU Church, Main St., Middleboro
Mar. 12 th -	SEM Board Meeting Bourne Community Center

AMC ACTIVITY PARTICIPATION POLICY

AMC encourages involvement in its mission and activities through its membership, programs, policies and procedures. Our goal is to be a community that is comfortable, inviting and accessible for people of any age, gender, race, religion, ethnicity, ability, sexual orientation, or socioeconomic status.

Some AMC programs are designed for a certain age range of members or for a special activity or topic. However, any person who meets the minimum qualifications (age, skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available. Individuals under 18 must be accompanied by a responsible adult.

All participants in AMC activities are required to sign the AMC waiver form provided by the leader. You may preview this waiver form on the chapter website at www.amcsem.org/pdf/waiverform.pdf.

NEW AMC MEMBER SERVICES NUMBER –

AMC is providing member services with a toll-free number (800-372-1758). Members who call in are greeted by professional staff familiar with AMC. They can look up member numbers, change addresses and chapter affiliation, confirm that a membership payment was received, and take payments for new and renewing members on the spot. Prior to the move, 25% to 50% of all member services calls went to voice mail. Now, an agent is available to answer calls during normal business hours, and the live answer rate is close to 99%. We hope this makes AMC more accessible and responsive to members.

The Appalachian Mountain Club Southeastern Massachusetts Chapter

Chapter includes app. 3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.

2007 Executive Board

Chapter Chair -	Mike Woessner, chair@amcsem.org 508/577-4879
Vice Chair -	OPEN*
Treasurer -	Claire Goode, treasurer@amcsem.org 508/759-7362
Secretary (Acting) -	Joe Courcy, secretary@amcsem.org 508/272-6781
Biking -	Joe Tavilla, bikingchair@amcsem.org 508/428-6887
Canoe/Kayak -	Robert Zani, paddlingchair@amcsem.org 508/430-1914
Cape Hiking -	John Gould, capehikingchair@amcsem.org 508/540-5779
Communications-	Paul Miller, communicationschair@amcsem.org 508/695-8495
Conservation -	Fred Yost, conservationchair@amcsem.org 508/699-9305
Education -	Hagit Moveman, education@amcsem.org 508/XXX-XXXX
Hiking Chair-	Wayne Anderson, hikingchair@amcsem.org 508/697-5289
Membership -	Kathy Shaw, membershipchair@amcsem.org 508/524-0879
Skiing -	Walter Mark, xcskchair@amcsem.org 508/884-8185
Trails -	Bill Ruel, trailschair@amcsem.org 781/589-3321
Webmaster -	Susanne Piche, webmaster@amcsem.org

*Please contact Mike Woessner if you are interested in volunteering for any open SEM volunteer positions.

The *Southeast Breeze*, the newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published four times per year as a service to the Chapter's members. SEM members are encouraged to submit letters, articles, photos, and artwork, but materials for publication (space permitting) cannot be returned unless accompanied by SASE. Please mail to: Paul Miller, 169 So. Washington St., No. Attleboro, MA 02760. Digital submissions are preferred, and can be e-mailed to: communicationschair@amcsem.org. Articles will be edited for length, typographical errors, and clarity.

HAVE YOU MOVED? Please send your change of address information to: AMC, 5 Joy St. Boston, MA 02108

NON-SEM AMC MEMBERS who wish to receive the quarterly Southeast Breeze newsletter should send a \$10.00 check made out to "AMC SEM" to: Claire Goode, ATT: Non-Member Breeze Subscription, PO Box 533, Monument Beach MA 02553. Please be sure to provide your mailing address if it's not on the check.

Our **SEM Short Notice E-Mail Trip List** is a great way to find out about late-breaking Chapter activities that might not appear in either the *Breeze* newsletter or the *AMC Outdoors* magazine. If you haven't signed up for the e-mail list yet, just visit www.amcsem.org

SEM Chapter Annual Winter Hiking & Snowshow Series' kick off Dec. 8th...

Winter hiking can be great fun, and our Winter Hiking and Snowshoe Series' are an enjoyable and educational way to get you started. Hikers of all ages have already received their "suitable for framing" certificates indicating that they have completed the Winter Hiking Series in a single season. This year, we'll also issue certificates for those who complete the full Snowshoe Series...

At our November 3rd Winter Hiking Series workshop in Middleboro, SEM leaders Steve Tulip, Jim Plouffe, Ken Jones, and Wayne Anderson explained the basics of winter hiking. This included heat management, nutrition, equipment, terrain, and how to have fun and be safe in the coldest season of the year. If you weren't able to attend this year's workshop, we highly recommend that you plan to attend next year. (HINT: we usually schedule this workshop on the same day as the SEM Annual Meeting and Banquet...)

For descriptions of each of the following hikes in this year's Winter Hiking and Snowshoe Series', and information on how to register, please see the Hiking/Backpacking listings on pages 7-8.

Winter Hiking Series

Hike #1: Blue Hills. Dec. 8, 2007

Hike # 2: Squam Range. January 5, 2008

Hike # 3: Welch-Dickey. February 2, 2008

Hike # 4: Carter Notch Hut; March 15-16, 2008

Snow Shoe Series

Snow Shoe #1: Dec. 29, 2007

Snow Shoe #2: Jan.19, 2008

Snow Shoe #3: Feb.16, 2008

Snow Shoe #4: March 1, 2008

Man's Best Friend Speaks Out

Hi. My name is Thibodeaux, but you can call me "Tib." I like to hike with the AMC and I take my human, Leader Steve Tulip, along with me. He likes to hike as much as I do! This year, I've already taken Steve along on six 4000-footers and a four-day backpack in the Whites. I've also taken him on lots of local hikes. We both love the outdoors.



When we're hiking, I keep a close eye on Steve so he doesn't stray too far away, and I don't bother any of the other hikers. Since I'm a classy canine, I know to take my separation breaks well off the trail. I carry my own lunch, my own trail treats, and all my own stuff. Yup, that's right, in my very own red backpack. But, Steve lets me share his water. (Well sure, I know how to drink out of the bottle!) And I do all of that usual doggy stuff like speak and fetch, because I've been to school.

I was born on July 4, 2005 and was a hurricane Katrina orphan puppy. Then I left Louisiana and moved up to New England where Steve and I adopted each other. I'm a mixed breed cross of Catahoula Leopard Dog (from the Catahoula parish in LA) and Retriever, with a distinctive brindle (striped) pattern. My Catahoula half is known for loyalty and temperament—working dogs that excel in herding and hunting. My playful Retriever half shows up any time Steve throws a stick, or if I find a pond to dive into. I have lots of energy and usually climb each mountain twice—you know, run ahead, come back and check in with my human, then go ahead with him.

Well, I'm looking forward to seeing you all on the trail again soon. I have my backpack on and I'm raring to go. Let me go check on Steve to see if he's ready yet . . .

(Above translated courtesy of Cheryl Lathrop)

Chapter Hut Night photos in and around Pinkham Notch...



ABOVE: The "Summit Crew" suits up for the high winds and fog they encountered above Lion Head on the way to the summit of Mt. Washington...



ABOVE: Stopping to enjoy the views and have a quick snack at Lowe's Bald Spot, located just within the Great Gulf Wilderness...

PHOTOS RIGHT: SEM Hut Night participants enjoyed some excellent meals and great company at the AMC Pinkham Notch dining room, while taking in the views of the Wildcats and Presidentials...



ABOVE: Just below Glen Boulder, with Pinkham Notch visible in the background...



An Annual Rite of Spring – Hiking Grand Monadnock

By Cheryl Lathrop



On Sunday, May 27th, in the middle of Memorial Day Weekend, 15 of us hiked up Mount Monadnock, or Grand Monadnock, for a SEM annual rite of spring. This challenging, yet doable, A3B hike gave our legs (and arms!) a good workout, and was the perfect introduction to the upcoming mountain hiking season.

We hiked up the steep and rocky Spellman Trail, considered by many the most challenging trail on Mt. Monadnock. The trail isn't marked very well, and, according to one of the park rangers, this is on purpose – to discourage folks from using it. The trail definitely is challenging and not for beginners, as you have to strap your poles to your pack to use your hands. However, you do cover a lot of altitude very quickly. We were ably led by Leaders Steve Tulip and Ken Jones, and co-Leaders Jim and Aleta Plouffe – who, in addition to leading, sometimes had to give us a hand, or a boost, up!

The Spellman then joins the Pumpelly Trail, which, at this point, is above treeline, and over bare rock with the trail marked by cairns. With no trees, the

views are beautiful, although there is no protection from sun and wind (tie your hat down!).

At the top is 360 degrees of beautiful New England landscape. Boston to the southeast. Mt. Washington northeast. The Green Mountains and the Berkshires. Mt. Wachusett to the south. And NY, ME, CT, and RI. Mount Monadnock is the second most hiked mountain in the world, and true to its reputation, had a crowd at the top. However, we found a spot to rest, eat lunch, and enjoy the scenery.

Well, what goes up must come down. So, the White Cross Trail it was. This is a long and unrelenting way down, picking your way, carefully placing every footfall. It was tedious and tiring, especially on the knees. But, hiking poles helped a lot!

Overall, the weather was superb, the leadership inspiring, and the scenery spectacular. What a great way to start the summer hiking season. So, watch the hike listings, and we'll see you on Grand Monadnock next spring!

Red Line the Blue Hills – Who has finished “The Game” so far?

The following people have finished red lining the Blue Hills. And others are just a few trails from completion. So, if you'd like to join the game and hike every trail in the Blue Hills, come join us after work on Thursday nights this spring when we start up again. It'll be our third year of Thursdays! In the meantime, check our website for more information and for the game rules:

http://home.comcast.net/~hike_with_bob_v.

12-02-06 -	Dexter Robinson
07-19-07 -	Jim Plouffe
07-19-07 -	Fred Wason
08-16-07 -	Cheryl Lathrop

The Woods of Southeastern Massachusetts

by Bob Vogel

Although you wouldn't know it to look around, or down from the summit of any local peak, by 1840 about 75% of the land in Southeastern Massachusetts had been cleared for farming, pasture, or for the wood. By 1880, the percentage of cleared land fell to around 70%, and by 1920 only about 50% was still open land. Today, the percentage of open land is down to about 13%. Even from Great Blue Hill, the view today is mostly of trees.

So as we hike through the woods we are typically in land that was once cleared. Most of us know that stone walls are signs of land that was once fields... but there are other signs too.

Species. When land is cleared, then allowed to re-grow, the same species do not grow back. When a field is abandoned the first trees to grow back are the quick growing, sun loving, species. As they grow, they alter the landscape and then can't reproduce in the shade they have created. At this point other, slower growing species grow taller, and the original trees find themselves in the shade and can no longer compete. So if you ever see an area where two different types of trees are separated by a stone wall, or other signs of man, they probably are at different periods of recovery from the effects of man. We can't predict the exact succession of trees for any given piece of land, as much depends on chance. For instance some years the weather is good for certain species. Also, the effect of nearby trees, to provide seeds, can't be overlooked. While the seeds of some trees like white pine can travel for long distances in the wind, acorns from an oak tree fall near the tree, and require help from squirrels to travel any distance.

Stone walls. Many of these were once topped with rails of split chestnut. After it's invention c.1870 they may have been topped with barbed wire, so seeing barbed wire tells you the land was in use after 1870. If you ever see a zigzag stone wall, chances are it was built up around the base of a split

rail fence. Stones had the advantage of not rotting. No farmer looked forward to replacing fence posts every 10 to 20 years, depending on the rot resistance of the type of wood he had available.

Wolf Trees Most forest trees are tall and skinny. They reach for the sky and compete for sunlight. At times you will find some shorter, broader trees, with wide spreading canopies. Typically this is because this tree was there before the forest grew up, so it didn't have to reach for the sky to compete for the sunlight. If you see one 'wolf tree' look for others. You may see a row of them, which once stood along the edge of a field or road.

Rock piles. My next door neighbor has a triangular rock pile, about 20' on a side and 6' high in the center, where three stone walls meet. He didn't make this pile, it was made years ago by farmers clearing their land. Whenever you see a rock pile, you know that a farmer worked long and hard to clear that land.

Plow Furrows. When I bought the land to build my house, the front field, which had become overgrown with brush, still had furrows from when it had been used as a garden. I noticed them when, after a light snow, the sun would melt 'stripes' of snow... that on the south facing sides of the furrows.

Non-Native Species. If you come across an apple or pear tree it may have grown up from a discarded core, or from seeds dropped by a bird. But if you find several large old trees together you probably have found an old orchard, as neither are native to New England.

So, as you are out hiking around Southeastern Massachusetts, keep your eyes open. Look for signs of those who came before us. Thinking about the history of the land as you hike can add to your enjoyment of it.

Above based on information from "A Sierra Club Naturalist's Guide – Southern New England" by Neil Jorgensen. This great book, which is filled with information, is sadly no longer in print. The good news is it can be picked up through Amazon, eBay, and others that deal in used books.

Hiking/Backpacking Activities

Chair – Wayne Anderson, 508-697-5289, hikingchair@amcsem.org

IMPORTANT: Hikers unsure of their ability should try only one level more difficult than previously completed. No pets without permission of trip Leader. Registration required for most trips. Hiking boots strongly recommended. For additional information or to register, contact the trip Registration leader (R), trip Leader (L) or co-Leader (CL). SEM Chapter trip updates are also available at <http://trips.outdoors.org>. Please also sign up for the SEM Short Notice E-Mail Trip List at www.amcsem.org.

Miles per Hike	Pace (MPH)	TerrainType
AA = 13+	1 = very fast (2.5)	A = very strenuous
A = 9 - 13	2 = fast (2)	B = strenuous
B = 5 - 8	3 = moderate	C = average
C = <5	4 = leisurely	D = easy

Thu., Dec. 6. Pond, Plymouth (B3C) – Pretty 6 mile forest loop walk between ponds near Myles Standish SF with lunch along the way. Directions: South Plymouth, Rt 3 exit 3, go SW for 0.2 miles, cross Long Pond Rd to Clark Rd, 0.4 miles to T end, turn left, park across from Long Pond on right. L Ellie MacPherson (508-224-6465 by 9 PM, camell55@verizon.net)

Sat., Dec. 8. Winter Hike Series Hike #1: Blue Hills – First hike in a series of four. Learn the basic's of winter hiking as we meander through Blue Hills. We will cover heat management, nutrition, terrain, equipment and other winter concerns. L/R Wayne Anderson (508-697-5289 6-9 PM, wanderson@mxcsi.com), L Jim Plouffe (jimplouffe@comcast.net), CL Bill & Christine Pellegrini (chrisspellegrini@yahoo.com)

Thu., Dec. 13. Hale Reservation, 80 Carby St, Westwood (B3C) – Explore the back trails to Strawberry Hill and Noant Woods and possibly locate the Native American sites. Directions: I-95/128 exit 16B Rt 109 W towards Westwood 1.5 miles to right on Dover Rd, 0.3 miles to right on Carby St. one half mile past office to large paved Cat Rock parking area on left. L Arthur Hart (781-762-5251 9-9, ajhart@webtv.net)

Thu., Dec. 20. Blue Hills, Milton, MA, (C3C) – 10 AM. From headquarters to Buck Hill on Skyline trail, conditions permitting. Be prepared for some rocky areas. Good view of Boston and harbor islands. Directions: Meet at 10 AM at Houghtons Pond parking area. Rt 93/128 exit 3, N to stop sign, R on Hillside St. to large lot on right. L Ellie MacPherson (508-224-6465 by 9 PM, camell55@verizon.net)

Sat., Dec. 29. Winter Snowshoe Hike #1 – Beginner/Intermediate hike. A good time to dust off the old "shoes" and hit the trail. Possible locations include: Cathedral Ledge, Hancock Notch, or Mt. Willard. L Steve Tulip (508 977-4863, Stulip2005@comcast.net), L Leslie Carson (508 833-6627, lrcarson929@comcast.net), CL/R Chris Pellegrini (508 408-5319, chrisspellegrini@yahoo.com),

Thu., Jan. 3. Quitticus Hike – Nice walk in pine forest and along the lake shore. Some historic points of interest, possible eagle sightings. Meet at the intersection of Rt. 105 and North St. in Rochester at 10 a.m with lunch, water, sturdy shoes. L Elsie Laverty (508-823-0634, elavmca@tmlp.com)

Sat., Jan. 5. Winter Hike Series Hike # 2: Squam Range –We will scramble over the open ledges of the Squam Range as we climb Mt Morgan and Mt Percival with great views toward the lakes region. We build upon and put to use what we learned from the workshop and hike #1 including intro to snowshoe and crampon usage. L Wayne Anderson (wanderson@mxcsi.com), L Leslie Carson (lrcarson929@comcast.net), CL/R Jim Plouffe (jimplouffe@comcast.net), CL Barbara Leland (Babsleland@yahoo.com)

Thu., Jan. 10. Horseneck Beach Dunes, Westport (C3C) – Meet at 10 AM. While windy it should be snow free. See water birds, usually loons and others. Bring snack and water. Directions: Rt 195 exit 10, south on Rt.88 to Horseneck. After crossing bridge over Westport River turn right into boat launching area. May spot cars from there. L Rick McNally (508-636-7179 by 6PM, rjmcnally@charter.net)

Sat., Jan. 12. Mount Pierce (B3B) – Sat. - Jan. 12. Mount Pierce (B3B) Join us as we trek up the oldest continually maintained footpath in the U.S. and loop over the 4312-foot summit for a 6.5-mile R/T with 2392' of elevation gain. This above tree line trip will require full winter gear. L/R Ken Jones 508-697-0142 eves 7-10. Email with questions lotsoluck@comcast.net. C/L Steve Tulip

Thu., Jan. 17. Massasoit State Park Hike – Bogs, pine woods, ponds. Meet at 10 a.m. with lunch, water and boots. Snowshoes if weather permits. Directions: From Rt. 24S take the Rt. 44E exit. At first lights take right. At intersection Take a left onto Middleboro Ave. and follow about 2 miles to park entrance on the left. L Elsie Laverty (508-823-0634, elavmca@tmlp.com)

Sat., Jan. 19. Winter Snowshoe Hike #2 – Intermediate hike. Possible locations: Lonesome Lake, Blueberry Mtn (Benton), or Blueberry Ledges. L Steve Tulip. L Leslie Carson, CL/R Aleta or Jim Plouffe email to Aletaplouffe@hotmail.com; Phone 508 586-1394. L Steve Tulip (508-977-4863, Stulip2005@comcast.net), L Leslie Carson (508 833-8237, lrcarson929@comcast.net)

Thu., Jan. 24. D.W. Fields Park, Brockton (C3C) – gGod winter hike 4 to 6 miles, fairly level with nice scenery. Meet at 10 AM, bring snack, there is possibility of lunch afterwards. Directions: Rt 24 exit 18, Rt 27 north to Oak St, turn right, 1.2 miles on left. L Claire Braye (508-857-0230, cbraye57@comcast.net)

Sat., Feb. 2. Winter Hike Series Hike # 3: Welch-Dickey – As the snow builds we will hopefully utilize snow shoes to cover most of the lower sections Welch-Dickey loop and don crampons for the open ledges. L Ken Jones (lotsoluck@comcast.net), L/R Leslie Carson (lrcarson929@comcast.net), L Jim Plouffe (jimplouffe@comcast.net), CL Bill & Christine Pellegrini (chrisspellegrini@yahoo.com), CL Barbara Leland (Babsleland@yahoo.com)

Thu., Feb. 7. Blue Hills, Milton (B3C) – This is a skyline hike 5-6 miles, conditions permitting. Be prepared for ice if necessary, please call with questions. Meet 10 AM at Houghtons Pond lot, bring snack and drink. Directions: Rt 93/128 exit 3, north half a mile, right to large parking lot on right. L Ellie MacPherson (508-224-6465, camell55@verizon.net)

Thu., Feb. 14. Joe's Rock & Birchwood Farm, Wrentham/Plainville (C3C) – Lovely 4-5 mile hike for Valentine's

Day. Meet at 10 AM. We will climb up to Joe's Rock (very short) and then cross the road to Birchwold. Bring drink and snack. Directions: Rt 495N exit 15, right off exit, left at first light, Rt. 121. At 3 and a half miles look for Joe's Rock Conservation Area sign on right. L Joanne Staniscia (508-528-6799, joannes1@localnet.com)

Sat., Feb. 16. Winter Snowshoe Hike #3 – Intermediate to advanced. Presidents' Day Weekend choice to include based on conditions and participant level. Hike options are: Mt. Israel, Blueberry Ledges, or Caribou Mtn. CL/R Steve Tulip (508-977-4863, Stulip2005@comcast.net), L Leslie Carson (508 833-8237, ltcars929@comcast.net), CL Chris & Bill Pellegrini (508 408-5319, chrispellegrini@yahoo.com)

Sat., Feb. 23. Mt. Lincoln (B3B) – Challenging 7 mile winter hike to this popular summit via the Falling Waters trail. Previous above-tree line winter experience and full winter gear are required. Moderate pace. L/R Dexter Robinson (781-294-8840 7-9:30 pm, dexsue@comcast.net), CL Leslie Carson (508-833-8237 7-9 pm)

Thu., Feb. 28. Adams Farm 99 North St. Walpole (B3C) – Roam trails on 700 acres of woods and fields. From Rt 1A Walpole to west on Fisher St at Aggie School 1.5 mi becomes North St 0.1 mi to entrance on left. From Rt 109 Westwood at Bubbling Brook restaurant, east on North St 1.3mi to right at entrance to red barn pavilion. Meet at 10AM bring lunch. L Art Hart (781-762-5251 (9-9), ajhart@webtv.net)

Sat., Mar. 1. Winter Snowshoe Hike #4 – Intermediate/Advanced. Leaders choice is condition dependent. Participant interest to determine (1)Day hike option to Kearsarge North or (2) Overnight hike option to Flat Mountain Pond area. L Steve Tulip (508-977-4863, Stulip2005@comcast.net), CL/R Jim Plouffe (508 586-1394 6 - 9 PM, jplouffe@comcast.net), CL Aleta Plouffe , R Jim Plouffe (508 586-1394 6 - 9 PM, jimplouffe@comcast.net)

Sat., Mar. 15-16. Winter Hike Series Hike # 4: Carter Notch Hut – The last of the series will bring us to Carter Notch Hut for one night. As we continue to build your winter experience we will summit Carter Dome and Mt. Hight, a strenuous hike with excellent views to Mt Washington and the northern presidential range. L/R Wayne Anderson (wanderson@mxcsi.com), L Dexter Robinson (dexsue@comcast.net), CL Ken Jones (lotsoluck@comcast.net), CL Jim Plouffe (jimplouffe@comcast.net)

Cape Cod Hikes

Chair – John Gould, 508-540-5779
capehikingchair@amcsem.org

Most Cape Hikes are “Show & Go...” For additional information, contact the trip Leader (L) or Co-Leader (CL) or visit <http://trips.outdoors.org>. (Set Committee to “Cape Hikes.”)

Miles per Hike	Pace (MPH)	TerrainType
AA = 13+	1 = very fast (2.5)	A = very strenuous
A = 9 – 13	2 = fast (2)	B = strenuous
B = 5 – 8	3 = moderate	C = average
C = <5	4 = leisurely	D = easy

Sat., Dec. 1. W. Falmouth Harbor & Uplands (C4C) – A short 2-hr hike, from a pretty harbor to upland woods, past the first Quaker Burial Grounds on the Cape. Meet 9:45 for 10:00 start. From N or E take Rt 28 South to Brick Kiln Rd exit and go R at end of ramp. After 0.5 m. go R on 28A, then 0.6 m. to L at Old Dock Rd. Park at harbor 0.2 m. on R. If rain, check w/L. L John Gould (508-540-5779, jhgould@comcast.net), CL Linda Church (508-495-1308 7-9)

Sun., Dec. 2. Barnstable Conservation (C3C) – Moderately hilly hike on dirt roads and mountain bike trails with stop at observation deck. 2 hrs, meet at 12:45 pm for 1 pm start. From Rt 6 exit 5 turn south on Rt 149. At roundabout R on Race Lane. 1.5 miles to R on Crooked Cartway, pk at end. L Heidi Moss (508-362-6440 9 am -8 pm, mossheidi@hotmail.com)

Thu., Dec. 6. Harwich-Herring River (C3C) – Walk along West Reservoir, Herring River and cranberry bogs in conservation area. Take Exit 9A off Rte 6. L at 2nd light. R at stop sign. L onto Great Western Rd. At 1.3 miles park at Sand Pond lot on L. 2 hours. Meet at 9:45. L Pat Sarantis (508-430-9965, ediespond@hotmail.com)

Sat., Dec. 8. Wellfleet-Great Island/Great Beach Hill (B2B) – Early winter beach and woods walk. Views, historic marker, quiet winter beach. Three hours with snack stop. Meet 9:45. From Rt 6 in Wellfleet take L at light, L at E, Commercial St. to R at Wellfleet Harbor. Follow to Great Neck Pkg lot on L at round-about. Stormy weather cancels. If in doubt call L. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Sun., Dec. 9. Barnstable-Bridge Creek Conservation (C3D) – Flat terrain, cedar upland, maple swamp and salt marsh, bogs, stone walls..Meet at 12:45. 2 hrs..from exit 5 off Rte 6 North on Rt 149...park along grass triangle on immediate left beside church. L Farley Lewis (508-775-9168, farlewis@comcast.net)

Thu., Dec. 13. Highland Light/Coast Guard Beach to Longnook Beach and back.(C3C) – Meet at 9:45 at Highland Light parking lot. After looking at the view from the lighthouse we will carpool to Coast Guard Beach and amble on towards one of Cape Cod's most beautiful beaches. View some of the Cape's unique glacial history amongst the spectacular high bluffs. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sat., Dec. 15. Chatham-Morris Island (C3C) – Two hour walk along edge of Morris Island. Possible winter bird/seal sightings. Back early for optional holiday shopping in Chatham. Meet 9:45. Take Main St thru Chatham center to Morris Island Rd. Follow to pkg at Monomoy Nat'l Headquarters on L on Morris Island. Stormy conditions cancel. If in doubt call L. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Sun., Dec. 16. Yarmouth-Ponds and Holiday Gathering – Hike first, POTLUCK PARTY after. Trail thru woods, ponds and bogs. Call Pam Carter for potluck info. 509/398/2605. Meet to hike at 12:45. From Rte 6 exit 8 S go R at second light on Old Townhouse Rd approx 1 mi to L on Yarmouth Rd. Proceed approx 1 mile to pkg on each side of road. Two hours. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Thu., Dec. 20. Mashpee-South Cape Beach (C3C) – 2 hr. flat hike with 2 mi. of wooded trails and 2 mi. on sandy peninsular. Meet Thurs 9:45am. From Mashpee rotary take Great Neck Rd 2.7 mi, left on Great Oak Rd. to town beach lot at end. L Gary Miller (508-540-1857, garymaxx@verizon.net)

Sun., Dec. 30. Falmouth-Long Pond & Collins Woodlot (C3C) – Walk along pond, moraine, and town forest. From Mashpee rotary, take 151 west 3.4m to L at Sandwich Rd. Go 3.7m south to R on Brick Kiln; then 0.9m west and pass through traffic light at Gifford to first parking area on R just beyond light. 12:45. 2 hours. If rain/snow forecast call L. L John Gould (508-540-5779, jhgould@comcast.net)

Thu., Jan. 3. Provincetown-Clapp's Pond/Beech Forest (C3C) – Meet at 9:45 at Clapp's Pond trailhead on Rte 6, just past and opposite Shankpainter Rd. in Provincetown. Beautiful hike in plush woods with numerous and varied ponds. Some moderate hills. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sat., Jan. 5. Brewster-Nickerson State Park (B2C) – Three hour hike. Route TBD depending on conditions. Snack/lunch break. Meet 9:45 at main entrance to the Park on Rte 6A in Brewster. Stormy weather cancels. if in doubt call L. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Sun., Jan. 6. Truro North Pamet (B3C) – Hike through woods, dunes, out to the beach and back. Gorgeous ocean vistas, lush woods, and dunes...all with a story to tell. Hike will take 3 hours. Meet 12:45 at white building (N.E.E.D.S.) on the R at the end of North Pamet Road, off route 6 in Truro. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Thu., Jan. 10. Brewster - The Punkhorn (C3C) – Woodland trails with views of Upper Mill Pond and Walkers Pond. Take Exit 9B off Rte 6 and go 2.0 miles. R on Satucket (which becomes Stony Brook Rd). After 3.0 miles R on Run Hill Rd. Go 1.3 miles to parking lot on left. 2 hours. Meet at 9:45. L Pat Sarantis (508-430-9965, ediespond@hotmail.com)

Sat., Jan. 12. Falmouth, Moraine Trail (A3B) – Nine mile, 5-hour hike on moraine. Meet Goodwill Park, Falmouth 9:30 to carpool to start at 9:45. From Mashpee rotary, take 151 W 3.4mi to L at Sandwich Rd. Go 3.7m to R on Brick Kiln; then 0.9m to L on Gifford. After 1.1m go R into Goodwill Pk and 0.3m to parking. If rain/snow forecast call L. Bring lunch. L John Gould (508-540-5779, jhgould@comcast.net)

Thu., Jan. 17. Dennis-Flax Pond Conservation (C3C) – Rolling hills near Flax Pond, golf course, wooded trails in wellfield area. Park on Setucket Rd at Flax Pond Conservation, East of Yarmouth-Dennis town ine. Meet 9:45 a.m. 2 hours. L Janet Kaiser (508-432-3277, jtkaiser@verizon.net)

Thu., Jan. 24. Bourne-Four Ponds (C3C) – Two hour hike on Pine Trail, the newest trail, through diverse habitats, wetlands and forests. Route 28 to Barlows Landing Road to Bourne Four Ponds lot on right. Carpooling encouraged due to smaller lot. Meet at 9:45AM. L Gary Miller (508-540-1857, garymaxx@verizon.net)

Sat., Jan. 26. Yarmouth-Three Ponds (B2C) – Three hour winter walk - woods, ponds, bogs. Short stop for snack/lunch break. Meet 9:45. From Rte 6 take exit 8S to R on Old TownHouse Rd at 2nd light. Go approx 1 mi to L on Yarmouth Rd. Park on side of road in approx 1 mi. Stormy weather cancels. If in doubt call L. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Sun., Jan. 27. Beebe Woods Hike (C3C/B) – 2 1/2 hr hike thru a woody area, past kettle holes and glacial rocks. One might even see a sheep or two plus a llama. Directions from Bourne Bridge: follow rt 28 S to Falm. Go thru 1st set of lights at Jones Rd, then take R on

Depot Ave & follow to end to park at Conservatory. Meet at 12:45pm. L Linda Church (508-495-1308 7-9pm, lchurch@whoi.edu)

Thu., Jan. 31. Dennis-Crowe to Crowe Loop (C3C) – 2 1/2 hr. hike on paths, beach, and quiet roads. Chili Party to follow. Meet 9:45. From Rte 6 take exit 9 onto Rte 134 north to Rte 6A. Take R on 6A then L onto School St. then R onto South St. to lot at end on right past cemetery. L Maria Sylvester (508-385-4045, sylvester_maria@hotmail.com)

Sat., Feb. 2. Mashpee River Woods and Pine Barrens (B3C) – Winter hike along Mashpee River Woodlands, then to the Pine Barrens, and back. Meet 9:45 for 3-4 hour hike. Take Quinaquisset Rd. from Rt. 28 just east of the Mashpee Rotary. Parking area is on the R a short way south of Rt 28. Bring lunch. If rain/snow forecast call L. L John Gould (508-540-5779, jhgould@comcast.net)

Sun., Feb. 3. Harwich-Hawksnest State Park (C3C) – Enjoy a mid-winter woods walk. Two hours. Meet 12:45. From Rte 6 take exit 11. Turn R on Spruce Rd diagonally across from exit. Park on side of road approx 0.6 mi. Deep snow cancels. If in doubt call L. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Thu., Feb. 7. Welfleet - White Crest Beach (C3C) – Woodland trails which lead to Duck Pond. From Rte. 6 R on LeCounts Hollow Rd. At beach gatehouse L on Ocean View Dr for 0.9 miles to beach parking lot on right. Meet at 9:45. 2 hours. L Pat Sarantis (508-430-9965, ediespond@hotmail.com)

Sat., Feb. 9. Eastham-Coast Guard and Nauset Beaches (B3C) – Three hour winter hike to beach, lighthouses, woods, Doane Rock. Short snack/lunch break. Ice on trail may cancel. If in doubt call L. Meet 9:45 at Salt Pond Visitor Center on Rte 6 in Eastham. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Sun., Feb. 10. Barnstable-Old Jail Lane Conservation Area (C3C) – Newly opened areas of conservation land contrast old footpaths through the woods. Meet at Old Jail Lane Conservation Land Parking Lot. Take Exit 6 to Rte 132 S 1.4 miles to lights at Phinney's Lane. Turn L. Go 1 mi and turn L onto Old Jail Lane. Go 0.5 miles to parking area on Left. Hike starts promptly at 10am. 2 hours. L Farley Lewis (508-775-9168, farlewis@comcast.net), CL Lisa Crowley (508-362-5062)

Sat., Feb. 16. Barnstable Conservation (B2B) – Hike Trail of Tears and Otis Atwood area. 4 hours. Meet at Power lines on Service Road off Exit 5 of Rt 6 at 9:45 am. Bring Lunch. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sun., Feb. 17. Truro-Ryder Beach (C3C) – Winter hike on back dirt roads, woods trail, ocean views to Bound Brook area and back. Meet 12:45 at Ryder Beach pkg area. From Rte 6 in Truro L on Prince Valley Rd to end, R then immed L on Ryder Beach Rd. Go to pkg at end. Bad weather cancels. If indoubt call L. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Thu., Feb. 21. East Falmouth-Mashpee, Quashnet River (C3C) – Walk in upland woods alongside pretty stream. From Mashpee rotary, Rt 28N to Falmouth 2.1 miles, take R on Martins Rd to parking area. 2 hours. Meet 9:45. If rain/snow forecast call L. L John Gould (508-540-5779, jhgould@comcast.net)

Sun., Feb. 24. Eastham-Doane Rock to Nauset Beach (C3D) – Meet at 12:45 for in the woods winter hike to the Three Sisters and Nauset Light. Deep snow cancels. If in doubt call L. From Rte 6 take R at Salt Pond Visitors Center and proceed to pkg lot on R at Doane

Rock picnic area. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Thu., Feb. 28. Truro Collins Road (B3C) – Meet 9:45. From Rte 6 take first R after Truro town line. Take another R on Collins Rd to first gated dirt road. Hike old roads in the woods, to beach via a bluff, and return by pristine, glacial ponds. Spectacular scenery. Hike will take 3 1/2 hours. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sat., Mar. 1. Nickerson State Park (B2B) – Nickerson Saturday Hike/Snowshoe Trip (B2B) 3 Hrs., Nickerson State Park, Brewster, MA, Route 6A near Orleans line. Hike/Snowshoe in Nickerson State Park. Call Leader for specifics. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sun., Mar. 2. Truro- High Head Sand Dune Walk (C3C) – Meet at 12:45 pm at High Head Rd., as far as you can drive in toward the bike trail. We will hike over dunes and continue on the beach, weather permitting. If high winds, we will walk the bikepath to Pilgrim Spring and beyond. If snow call leader. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Bike Rides

Chair – Joe Tavilla, bikingchair@amcsem.org, 508/428-6887

NOTE: Approved helmets required for all AMC bike rides. If start time and location are not indicated, contact ride leader (L).

NOTE: for additional SEM bike rides, please check *AMC Outdoors*, visit www.amcsem.org, or use the AMC online trip listing system: <http://trips.outdoors.org> (set the Committee to “Biking,” and the Chapter to “Southeastern Massachusetts”), or sign up for the SEM Short Notice trip list at www.amcsem.org.

Sun., Dec. 2. Sunday Afternoon Ride – Shake those “winter blues” with an invigorating Sunday bike ride. All rides are in the Massachusetts South Coast area - Mattapoisett, Marion, Lakeville, Rochester, Carver, Middleboro, Dartmouth, Westport, Halifax, Fairhaven. Distance: 25 miles at a moderate, “stay together” group pace. Location varies each week - contact ride leader for details. L Jack Jacobsen (508-353-3708 7:00AM-7:00PM, cyclejac51@yahoo.com)



Pictured left to right: Mark Klim, Frank Murphy and Pauline Jordan. Photo taken at our night ride in Lakeville on July 23, 2007. A downpour at about 7 o'clock limited us to only 16

miles that night but we all made it back OK (Photo: Jack Jacobsen)

Tue., Dec. 4. Off Road Cycling – Riders and MTB's in top shape - helmets and water required. L Paul Currier (508-833-2690 7:00AM-7:00PM, pbencurrier@hotmail.com)



Pictured left to right: Paul Kingsbury, Dot Moran and John Sullivan. Photo taken August 11, 2007 at Great Quittacas Pond in Lakeville during a 38 mile ride on a beautiful sunny day! (Photo: Jack Jacobsen)

Sun., Dec. 9. Sunday Afternoon Ride – See Dec. 2nd listing for ride description and contact information.

Tue., Dec. 11. Road Cycling – Riders and road/hybrid bikes in top shape - helmets and water required. L Paul Currier (508-833-2690 7:00AM-7:00PM, pbencurrier@hotmail.com)

Sun., Dec. 16. Sunday Afternoon Ride – See Dec. 2nd listing for ride description and contact information.

Tue., Dec. 18. Off Road Cycling – Riders and road/hybrid bikes in top shape - helmets and water required. L Paul Currier (508-833-2690 7:00AM-7:00PM, pbencurrier@hotmail.com)

Sat., Dec. 22. Full Wolf Moon & Winter Solstice Ride – Riders and road/hybrid bikes in top shape - helmets and water required. Intermediate pace for about 22 miles in the hills and shores of Sagamore and on the canal trail. Sunset over Onset Bay and moonrise over Plymouth Bay - additional moonlight miles for the adventurous. L Paul Currier (508-833-2690 7:00AM-7:00PM, pbencurrier@hotmail.com)

Sun., Dec. 23. Sunday Afternoon Ride – See Dec. 2nd listing for ride description and contact information.

Thu., Dec. 27. Thursday At Two – Off-Road cycling on Cape Cod. 2:00 PM start; Riders and MTBs in top shape; helmets and water required. Contact the ride leader, Paul Currier, for start location. L Paul Currier (508-833-2690 7:00AM-7:00PM, pbencurrier@hotmail.com)

Sun., Dec. 30. Sunday Afternoon Ride – See Dec. 2nd listing for ride description and contact information.

Tue., Jan. 1. Annual New Year's Day Ride – AMC/SEM Annual New Year's Day Ride. Early reservations are highly recommended

for this popular ride. Individual pre-registration is required. Distance: 27 miles (+/-)Intermediate pace. Let's go for an early start in pursuit of the 2000 mile goal. Easy bailout for fewer miles; additional miles are also an option. Road cycling; riders and road/hybrid bikes in top shape; helmets and water required. L Paul Currier (508-833-2690 7:00AM-7:00PM, pbencurrier@hotmail.com)

Sun., Jan. 6. Sunday Afternoon Ride – See Dec. 2nd listing for ride description and contact information.

Tue., Jan. 8. Tuesday At Two – Off-Road cycling on Cape Cod. 2:00 PM start; Riders and MTBs in top shape; helmets and water required. Contact the ride leader, Paul Currier, for start location. L Paul Currier (508-833-2690 7:00AM-7:00PM, pbencurrier@hotmail.com)

Sun., Jan. 13. Sunday Afternoon Ride – See Dec. 2nd listing for ride description and contact information.

Tue., Jan. 15. Tuesday At Two – Road cycling on Cape Cod. 2:00 PM start; Riders and road/hybrid bikes in top shape; helmets and water required. Contact the ride leader, Paul Currier, for start location. Distance 22 miles. L Paul Currier (508-833-2690 7:00AM-7:00PM, pbencurrier@hotmail.com)

Sun., Jan. 20. Sunday Afternoon Ride – See Dec. 2nd listing for ride description and contact information.

Tue., Jan. 22. Full Wolf Moon Ride – Road Cycling. Intermediate pace for about 22 miles in the hills and shores of Sagamore and on the canal trail.Sunset over Onset Bay and moonrise over Plymouth Bay - additional moonlight miles for the adventurous. Start at Sagamore recreation area. L Paul Currier (508-833-2690 7:00AM-7:00PM, pbencurrier@hotmail.com)

Sun., Jan. 27. Sunday Afternoon Ride – See Dec. 2nd listing for ride description and contact information.

Tue., Jan. 29. Tuesday At Two – Off-road cycling on Cape Cod. See Jan. 8th listing for ride description and contact information

Sun., Feb. 3. Sunday Afternoon Ride – See Dec. 2nd listing for ride description and contact information.

Tue., Feb. 5. Tuesday At Two – Road cycling on Cape Cod. See Jan. 15th listing for ride description and contact information

Sun., Feb. 10. Sunday Afternoon Ride – See Dec. 2nd listing for ride description and contact information.

Tue., Feb. 12. Tuesday At Two – Off-Road cycling on Cape Cod. See Jan. 8th listing for ride description and contact information.

Sun., Feb. 17. Sunday Afternoon Ride – See Dec. 2nd listing for ride description and contact information.

Wed., Feb. 20. Full Snow Moon Ride. Road cycling – Riders and road/hybrid bikes in top shape - helmets and water required.Intermediate pace for about 22 miles in the hills and shores of Sagamore and on the canal trail.Sunset over Onset Bay and moonrise over Plymouth Bay - additional moonlight miles for the adventurous.Ride starts at Sagamore Recreation area. L Paul Currier (508-833-2690 7:00AM-7:00PM, pbencurrier@hotmail.com)

Sun., Feb. 24. Sunday Afternoon Ride – See Dec. 2nd listing for ride description and contact information.

Tue., Feb. 26. Tuesday At Two – Off-Road cycling on Cape Cod. See Jan. 8th listing for ride description and contact information.

Three SEMers complete the Summer Mountain Hiking Series

By Cheryl Lathrop



Left to right: Jim Plouffe (coordinator), Cheryl Lathrop, Ann McSweeney, Sui Win Lin

The 2007 Summer Mountain Hiking Series was a great success! Following classroom training at Wompatuck State Park and a training hike in the Blue Hills, we climbed progressively higher and harder mountains: Mount Chocorua (3500'); Mounts Webster (3910') and Jackson (4052'); and finished with Mounts Liberty (4459') and Flume (4328'). For some of us, this series gave us our first 4000-footers!

Jim Plouffe organized and coordinated the series and several experienced leaders stepped up to lead the hikes. Steve Tulip and Ken Jones led the Chocorua hike. Wayne Anderson and Jim Plouffe led one group up Webster/Jackson; and Leslie Carson and Fred Wason led another. Wayne Anderson and Eva Borsody Das led the Liberty/Flume hike. Many co-leaders also volunteered.



Massachusetts Chapter
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*What could be better than
springtime on Cape Cod?*

**Save the date for the AMC
Spring Gathering...hosted by
our very own SEM Chapter!**

**April 18-20, 2008
YMCA South Shore Education Center,
Sandwich, Massachusetts**

Come join us for a weekend of hiking among
the dunes, biking, and kayaking, and other
activities on beautiful Cape Cod.

Visit www.amcsem.org for more details/



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3

The Southeast Breeze

The newsletter of the Appalachian Mountain Club Southeastern Massachusetts Chapter
 Fall 2008 - September, October & November

SEM hikers summit on summit of Mt. Osceola on July 19th...



PHOTO: Cheryl Lathrop

Chowing down at the SEM Summer Picnic at the Lloyd Center...



PHOTO: Mike Woessner

The Southeast Breeze is printed on 100% recycled paper using environmentally friendly ink.



View from the Chair

By Mike Woessner

Well it's been a fast two years. My term of office is winding down and I look forward to passing the torch. In November there will be a new chair and, for the first time in two years, a co-chair as well. Except for the Skiing and Membership Committee chairs (any volunteers?), our board is full. There are still committee co-chairs to fill and we are still seeking a webmaster. If you are interested in getting more active in your chapter, please contact one of the officers or just show up at any board meeting. See the dates and locations on page 2 of the *Breeze*.



I've truly enjoyed serving as the chapter chair. I have had an excellent group of people to work with. There have been lots of fun times and I've been honored to represent the Southeastern Massachusetts Chapter at clubwide events and meetings. Some of the highlights included having lunch with Andy Falender and several AMC Board of Directors of the AMC at the Annual Meeting in January and giving a brief presentation of our chapter to the AMC President, Executive Officer and Board of Directors this past May at Joy St.

I also had the opportunity and the honor to meet Brad Washburn and his wife before he past away, and to attend the memorial service for Fred Stott, one of the original Huts Men and author of the book; *Seventy Years With the AMC*. We were honored to have Fred as a guest speaker at one of our Chapter Annual Meetings several years ago.

The pinnacle of my tenure was having our chapter host the clubwide Spring Gathering this past April. While organizing this successful event consumed much time and effort by many chapter members, it also turned out to be a lot of fun. I still receive compliments from AMCs who attended SG2008 both on how well organized the event was and how much fun they had.

So, even as I bid farewell as Chapter Chair, I'm still going to stick around and help out the new Board where I can as Past Chapter Chair. It's a great group of people that I enjoy being around and working with.

I hope to see a good number of SEM chapter members at our upcoming SEM Annual Meeting and Dinner at the Johnson and Wales Inn in Seekonk on November 1st. (We're hoping for better weather this year than the near-hurricane that kept so many from attending last year's annual meeting...). This is your chance to cast your vote for the SEM's new board, vote on a few bylaw changes, enjoy a wonderful buffet dinner, and see what promises to be a fascinating presentation by our guest speaker, Jok Wieu Ngor, a Lost Boy of the Sudan (see page 3 for more information and registration details).

We're also trying something a little different for this year's Annual Chapter Hut Night. Instead of one of our regular New Hampshire destinations, we've reserved the quiet and peaceful AMC Cold Water Camp in New Hampshire's remote Evans Notch September 19th-21st (see page 5 for details). Hope to see you there!

Mike

Fall 2008 Events Calendar

- Sept. 6-7th - **Wilderness First Aid Training**
Borderland State Park, Easton
- Sept. 10th - **SEM Board Meeting**
Bourne Community Center
- Sept. 19-21st - **Chapter Hut Night**
AMC Cold River Camp
- Oct. 8th - **SEM Board Meeting**
UU Church, Main St., Middleboro
- Nov. 1st - **SEM Annual Meeting & Banquet**
Johnson & Wales Inn, Seekonk
- Nov. 12th - **SEM Board Meeting**
Bourne Community Center

MLS Plans 50th Reunion

The AMC's Mountain Leadership School (MLS) is celebrating its 50th anniversary this year. The MLS staff is coordinating a day-long event on Oct. 4, 2008 at the Pinkham Notch Visitor Center. If you are interested in helping out or sharing pictures or stories, contact Leo Kelly at lgk48@aol.com or phone 203-464-7752.

Save the Date for AMC Fall Gathering – October 17-19, 2008

Take a journey to the head of the Chesapeake Bay, only 40 minutes from the end of the New Jersey Turnpike, and enjoy the hospitality of the Washington, D.C. chapter. Don't miss this opportunity to enjoy AMC-style fun hosted by our southernmost chapter. Details are available at <http://www.amc-dc.org>

AMC ACTIVITY PARTICIPATION POLICY

AMC encourages involvement in its mission and activities through its membership, programs, policies and procedures. Our goal is to be a community that is comfortable, inviting and accessible for people of any age, gender, race, religion, ethnicity, ability, sexual orientation, or socioeconomic status.

Some AMC programs are designed for a certain age range of members or for a special activity or topic. However, any person who meets the minimum qualifications (age, skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available. Individuals under 18 must be accompanied by a responsible adult.

All participants in AMC activities are required to sign the AMC waiver form provided by the leader. You may preview this waiver form on the chapter website at www.amcsem.org/pdf/waiverform.pdf.

The Appalachian Mountain Club Southeastern Massachusetts Chapter

Chapter includes app. 3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.

2008 Executive Board

Chapter Chair -	Mike Woessner, chair@amcsem.org 508/577-4879
Vice Chair -	OPEN*
Treasurer -	Claire Goode, treasurer@amcsem.org 508/759-7362
Secretary -	Joe Courcy, secretary@amcsem.org 508/272-6781
Biking -	Joe Tavilla, bikingchair@amcsem.org 508/428-6887
Canoe/Kayak -	Robert Zani, paddlingchair@amcsem.org 508/430-1914
Cape Hiking -	John Gould, capehikingchair@amcsem.org 508/540-5779
Communications-	Paul Miller, communicationschair@amcsem.org 508/695-8495
Conservation -	Fred Yost, conservationchair@amcsem.org 508/699-9305
Education -	Hagit Moverman, education@amcsem.org 508/238-9264
Hiking Chair-	Wayne Anderson, hikingchair@amcsem.org 508/697-5289
Membership -	Kathy Shaw, membershipchair@amcsem.org 508/524-0879
Skiing -	OPEN*
Trails -	Bill Ruel, trailschair@amcsem.org 508/838-3841
Webmaster* -	Susanne Piche, webmaster@amcsem.org

*Please contact Mike Woessner if you are interested in volunteering for any open SEM volunteer positions. We're also looking for a new Webmaster...

The *Southeast Breeze*, the newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published four times per year as a service to the Chapter's members. SEM members are encouraged to submit letters, articles, photos, and artwork, but materials for publication (space permitting) cannot be returned unless accompanied by SASE. Please mail to: Paul Miller, 169 So. Washington St., No. Attleboro, MA 02760. Digital submissions are preferred, and can be e-mailed to: communicationschair@amcsem.org. Articles will be edited for length, typographical errors, and clarity.

HAVE YOU MOVED? Please send your change of address information to: AMC, 5 Joy St. Boston, MA 02108

NON-SEM AMC MEMBERS who wish to receive the quarterly Southeast Breeze newsletter should send a \$10.00 check made out to "AMC SEM" to: Claire Goode, ATT: Non-Member Breeze Subscription, 240 County Rd., Bourne, MA 02532. Please be sure to provide your mailing address if it's not on the check.

Our **SEM Short Notice E-Mail Trip List** is a great way to find out about late-breaking Chapter activities that might not appear in either the *Breeze* newsletter or the *AMC Outdoors* magazine. If you haven't signed up for the e-mail list yet, just visit www.amcsem.org

Kayak Paddles

Chair – Robert Zani, 508/430-1914, paddlingchair@amcsem.org

For information on SEM canoe and kayak trips, please check *AMC Outdoors*, visit www.amcsem.org, or use the AMC online trip listing system: <http://trips.outdoors.org>, (set Committee to "canoe/kayak" and set Chapter to "Southeastern Massachusetts").

NOTE: Approved life vests required for all paddles. Spray skirts may also be required. Check with leader in advance.

Wed., Sep. 3. Long Pond, Harwich -- 10:30 am. This is a nice leisurely six mile paddle with lunch at the east end of the pond. Put-in: Exit 10 off rte 6 N on rte 124. Right on Long Pond Drive to L at town beach. Limitations: Life vest required. Spray skirt may be required if winds pick up. L Robert Zani (508-430-1914, rcza@comcast.net), CL Lorraine Frederickson (508-432-2832)

Sat., Sep. 6. Oyster, Chatham -- 10:30am. Put-in: From rte 28 onto Queen Anne Rd to Pond St to Stage Harbor Rd to public beach on R. Limitations: PFD required. Spray skirts may be required. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Wed., Sep. 10. North River, Hanover -- Exit 12 off Rte. in Marshfield R onto 139 W 4th t/c R to Rt. 53 N at lights and L at lights on 53 L onto Broadway to the fork and bear L onto Elm St 0.5 mi to Indian Head Dr. Shuttle to take out. L Art Hart (781-762-5251, ajayhart@verizon.net)

Sat., Sep. 13. Leader's Choice -- Call or email for information. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Sep. 17. Pamet Harbor, Truro -- 10:30AM. Put-in: Rte 6 R at "Pamet Harbor" sign to R at end of ramp and R onto South Pamet Rd. with L and R onto Depot Rd to boat landing. Estimated launching fee of \$5.00. Limitations: Life vest required. Spray skirt may be required. L Don Paladino (508-349-2950, djp1958@comcast.net)

Sat., Sep. 20. Leader's Choice -- Call or email for information. L Robert Zani (508-430-1914, rcza@comcast.net)

Wed., Sep. 24. Hen Cove, Pocasset -- 9:00 am. Pocasset, Hen Cove to Basset's Island. Put-in: From Rt. 28 take Barlow Landing Road (Sign reads Pocasset/Wing's Neck). At second set of lights turn left on Shore Road. Turn right on Cedar Point Drive and go to end. Limitations: PFD required. L Nancy Wigley (508-548-2362 Before 9:00pm, nrwigley@verizon.net)

Sat., Sep. 27. Chase Garden Creek, Yarmouth Port -- 9:00 am Put-in: Take exit 8 N from Rte 6, cross Rte 6A, bear R onto Center Street at Cemetery and continue to the parking lot at end. NOTE THE PUT IN TIME OF 9:00! Limitations: PFD required. L Jean Orser (508-362-0451, jeanorser@aol.com), CL Paul Corriveau (508-362-0451, jeanorser@aol.com)

Wed., Oct. 1. Boatmeadow Creek, Eastham -- 10:30. Put-in: Rock Harbor Road from Orleans Rotary to R onto Bridge Road. Then straight onto Bayview to town landing. Limitations: PFD required. L Joanne Snyder (508-240-6103, joannecarol@earthlink.net), CL Bob Zani (508-430-1914, rcza@comcast.net)

Sat., Oct. 4. Leader's Choice -- 10:30. Put-in: Call for information. Limitations: Life vest required, spray skirt may be required. L Robert Zani (508-430-1914, rcza@comcast.net)

Wed., Oct. 8. Indian Lakes, Marstons Mills -- 10:30. Arrive 10:15 a.m. for sign-in/launching. Paddle begins promptly at 10:30a.m. Put-in: From Rt 6 take Exit 5 S on Rt. 149 for 3 miles and watch for sign "Indian Lakes" (Mistic Drive) on R and go 7/10ths mile to a lane with sign "Town Way to Water". Limitations: Life jacket required. L Nancy Wigley (508-548-2362 Before 9:00pm, nrwigley@verizon.net)

Sat., Oct. 11. Shoestring and Popponeset Bays -- Call for information. L Louise Foster (508-420-7245)

Wed., Oct. 15. Centerville River -- 10:30. Put-in: From rte 28 in Centerville take Old Stage Rd S. Runs into Main St, R on So Main St at light to L on Haywood Rd to town way to water. Limitations: Life vest required, spray skirts may be required. L Bill Fischer (508-420-4137, wambararafischer@comcast.net)

Sat., Oct. 18. Leader's Choice -- 10:30. Put-in: Call for information. Limitations: Life vest required, spray skirt may be required. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Oct. 22. Mashpee/ Wakely Ponds -- 10:30. Put-in: From rte 28 take rte 130 N 2 mi to R at "State Landing" sign. Limitations: Life vests required. Skirts may be required depending on conditions. L Bill Fischer (508-420-4137, wambararafischer@comcast.net)

Sat., Oct. 25. Leader's Choice -- 10:30. Put-in: Call for information. Limitations: Life vest required, spray skirt may be required. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Oct. 29. Bass River North, Yarmouth -- 10:30. We will go north and if the tides oblige make our way into Mill Pond. Probably a nine mile paddle. Put-in: Exit 9 on rte 6 S on rte 134. Sharp R on Upper County Road and bear L onto Highbanks to the Wilbur Park put in on the L just after crossing over the Bass River. Limitations: Life vest required. Spray skirts may be required depending on conditions. L Jean Orser (508-362-0451, jeanorser@aol.com), CL Paul Corriveau (508-362-0451, jeanorser@aol.com)

Trails

Chair – Bill Ruel, 508/838-3841, trailschair@amcsem.org
Co-Chair – Lou Sikorsky, 508-678-3984, hikingslou@charter.net

For information on SEM trailwork activities and trips, please contact either Bill Ruel or Lou Sikorski (contact information above).

Sat., Sep. 27. Blue Hills Trail work -- "Get out, get dirty, give back". Join a work party of volunteers from SEM and Friends of the Blue Hills to perform trail maintenance in the Blue Hills Reservation. Beginners welcome. About 3 hours of work. L Dexter Robinson (dexsue@comcast.net), R Dexter Robinson (781-294-8840 7-9:30pm, dexsue@comcast.net)

Education

Chair – Hagit Moverman, 508-238-9364, education@amcsem.org

Sat., & Sun., Sep. 6-7th - 20-21st Wilderness First Aid Training - Borderland State Park, Easton, MA, Here's the opportunity for SEM members and leaders to earn or renew their Wilderness First Aid certification. Contact Hagit Moverman (508-238-9364, education@amcsem.org) for registration information. Leader scholarships may be available.

Sat., Nov. 8. Sandwich-Maple Swamp to Barnstable Conservation (B3B) -- An adventure hike from Sandwich to Barnstable on mountain bike trails and dirt roads. Many hills, some steep grades. 4 hrs, bring lunch. Meet at 9:45 am at the end point and shuttle cars to the start. From Rte 6 exit 5 turn south on rt 149. Take quick R on Service Rd, park under powerlines on left. L Heidi Moss (508-362-6440 9am to 8pm, mossheidi@hotmail.com)

Sun., Nov. 9. Race Point Jeep Road (C3C) -- Hike via the Race Point jeep road to various dune shacks and back via the beach. Hike will take 3 hours. meet at 12:45 at Race Point Beach at upper parking lot. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Thu., Nov. 13. Brewster, Nickerson State Park (C3C) -- Wooded trails over slightly hilly terrain, with pond views. Rte 6 to Rte 6A Brewster. Enter main entrance at Nickerson, continue straight to first left, Flax Pond Road, follow to end and park near boat ramp on Cliff Pond. Meet at 9:45 a.m. 2 hours. L Janet Kaiser (508 432 3277, jtkaiser@comcast.net).

Sat., Nov. 15. Wellfleet, Great Pond to Cedar Swamp (B3C) -- Nice wooded walk (some hills) to Marconi Cedar Swamp boardwalk with stop at Duck Pond on return. Meet at 9:45; bring lunch; 3 1/2 hours. From Rte 6 in Wellfleet take R on Cahoon Hollow Rd approx 1 1/2 miles to parking lot on left at Great Pond. L Pat Sarantis (508-430-9965, ediespond@hotmail.com)

Sun., Nov. 16. East Falmouth-Mashpee, Quashnet River (C3C) -- Walk in upland woods alongside pretty stream. From Mashpee rotary, Rt 28N to Falmouth 2.1 miles, take R on Martins Rd to parking area. 2 hours. Meet 12:45. If rain forecast call L. L John Gould (508-540-5779, jhgould@comcast.net)

Thu., Nov. 20. Harwich-Hawk's Nest State Park (C3C) -- Exit Rt. 6 at Exit 11. Head west on Spruce Street opposite off ramp. Go approximately 1/2 mile and park on left side of the rd. Meet at 9:45. Two hours. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sat., Nov. 22. Provincetown, Snail Road Dunes (C3C) -- Meet at 10:45 a.m. (this time is correct) at the Snail Road trailhead on Route 6 at east end of Provincetown. Explore Provinceland dunes, see historic dune shacks, cranberry bogs, and spectacular 360 views as we hike up and down 2 miles to the ocean and then back. Hike could take 3 hours. Bring lunch. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Nov. 23. Mashpee River Woodlands, West (C4C) -- Spectacular water view from high point, foot paths and cartways through pine and oak woods. A couple of hills. From Mashpee Rotary take Rt 28 east; at first right turn onto Quiniquisset. It's a "stone's throw" to marked parking on right. If parking on road, police request tires off pavement. Meet 12:45. 2 hrs. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Thu., Nov. 27. Yarmouth-Thanksgiving Day Hike (C3C) -- Celebrate Thanksgiving with a pre-dinner hike along the river, through the woods and round the cranberry bogs. Meet 9:45 at the Inkberry Trailhead .04 from Rt 28 on Winslow Gray Rd in West Yarmouth. Pk on dirt road on the left. Two hours. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Sun., Nov. 30. Eastham-Doane Rock to Nauset Beach (C3D) -- Late fall hike through woods to ocean view, past Nauset and Three Sisters' Lighthouses. Meet at 12:45. From Rt 6 take in Eastham take R at Salt Pond Visitor Center and proceed to R at Doane Rock picnic

area -second parking lot. Two hours. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Sun., Dec. 14. Yarmouth Potluck Party and Hike (C3C) -- Reserve the date. Christmas Potluck Supper at Pam Carter's 16 Driftwood Lane, So. Yarmouth. (Call 508-398-2605 for directions). Hike first in the three ponds area. Meet at 12:45. From Rte 6 exit 8S to R at 2nd traffic light onto Old Townhouse Rd. L on West Yarmouth Rd. Go about 1 mi to pkg on side of road. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Bike Rides

Chair – Joe Tavilla, bikingchair@amcsem.org, 508/428-6887
NOTE: Approved helmets, water bottles, and spare tires required. If start time and location are not indicated, contact ride leader (L).

NOTE: for additional SEM bike rides, please check *AMC Outdoors*, visit www.amcsem.org, or use the AMC online trip listing system: <http://trips.outdoors.org> (set the Committee to "Biking," and the Chapter to "Southeastern Massachusetts"), or sign up for the SEM Short Notice trip list at www.amcsem.org.

Tue., Sep. 2-Nov. 25. Tuesday Rides on Cape Cod. -- Road (22 miles) and/or mountain (10 miles) biking. Contact ride leader for details and start time/location. Intermediate pace, variable terrain. L Paul Currier (508-833-2690 8:00AM-7:00PM, pbencurrier@hotmail.com)

Sat., Sep. 6. Mayflower Triathlon -- We'll ride the 30-mile bike course of the Mayflower Triathlon at Plymouth Rock and add the Plymouth waterfront to the loop. This is a hilly ride, come prepared. Not a race, we'll ride at an intermediate pace. L Jon Fortier (508-982-1855 8:00AM-8:00PM, jfortier@cyber-dynamic.com)

Mon., Sep. 22. Sayonara to Summer - Autumnal Equinox Ride -- 22 mile ride over flat/rolling terrain at an intermediate pace. Ride includes beaches, marshes, lighthouses, and more on the ocean and bay. And, of course, just another fabulous sunset on Skaket Beach. 4:30PM start from Skaket Beach in Orleans. Registration recommended. L Paul Currier (508-833-2690 8:00AM-7:00PM, pbencurrier@hotmail.com)

Sat., Oct. 4. Cranberry Country Ride --A flat 37 mile through the beautiful cranberry bog area of Carver, Rochester, Middleboro and Lakeville. Lunch stop at Eastover Farms in Rochester. L Jack Jacobsen (508-353-3708 8:00AM-8:00PM, cyclejac51@yahoo.com)

Tue., Oct. 7. First Tuesday Road Cycling -- A 22 mile ride over flat/rolling/hilly terrain at an intermediate pace. Ride north to include several Cape Cod Bay beaches such as Harbor View, Corporation, and Chapin, and the most awesome climb up to and into Scargo Tower if desired. 2:00PM start from Town Hall Parking lot on Main St. in So. Dennis. L Paul Currier (508-833-2690 8:00AM-7:00PM, pbencurrier@hotmail.com)

Sat., Nov. 1. Apple Cider and Pie Ride -- A nice 35 mile ride through Tiverton and Little Compton with nice views of the Westport River, Rhode Island Sound, Fogland Beach and the Sakonnet River. Free cider and pie at the end of the ride. L Jack Jacobsen (508-353-3708 8:00AM-8:00PM, cyclejac51@yahoo.com)

Tue., Nov. 4. First Tuesday Road Cycling -- A 22 ride over hilly terrain at an intermediate pace. Start at 2:00 PM from RR bridge parking lot on the Cape Cod Canal in Buzzards Bay. L Paul Currier (508-833-2690 8:00AM-7:00PM, pbencurrier@hotmail.com)



You're invited...

2008 AMC SEM ANNUAL MEETING

November 1, 2008 at Johnson & Wales Inn

The Steps We Take...

Meet new friends or reconnect with longtime hiking, biking, or paddling partners! Come enjoy a 3-course dinner & inspirational speaker, cast your vote for the 2009 SEM Board, and celebrate our 2008 accomplishments.

Where: Johnson & Wales Inn, 213 Taunton Ave (routes 114A and 44), Seekonk, MA
When: Saturday, November 1, 2008
Time: 5:00 pm – 10:00 pm
Cost: \$20/per person for registrations received on or before Wednesday, October 1st
\$30/per person for registrations received after Wednesday, October 1st

The Steps We Take...

SPEAKER: Jok Wieu Ngor, a Lost Boy of the Sudan

After losing his family in the 2nd Sudanese Civil War, Jok joined a group of other "lost boys" to make the three month trek across the desert from Sudan to the safety of Ethiopia. Jok's presentation, "The Steps We Take", will be about his journey from Sudan to Ethiopia.

Agenda:

5:00 pm Happy Hour (cash bar open throughout the evening)
5:30 pm Business Meeting (including election of 2009 Board and By-Law Changes)
6:15 pm 3-course Buffet Dinner (including ham, seafood & vegetarian entrees)
7:00 pm Volunteer recognition awards
7:15 pm Guest Speaker: Jok Wieu Ngor, a Lost Boy of the Sudan.

Register online today at www.amcsem.org or mail your check made payable to SEM AMC to: Claire Goode, 240 County Road, Bourne, MA 02532.

If you have any questions please contact Holly Makowsky (phone 619-817-9454 and/or makowskyholly@yahoo.com).

Please also see page 4 for to review both the AMC SEM 2009 Slate of Officers plus two proposed changes to the SEM Chapter bylaws that we'll be voting upon at the Annual Meeting...

Proposed by-law changes to be voted on at the SEM annual meeting

1. The Board of Directors proposes to change our current by laws as follows:

That the last sentence in Article four, Section 2A of our current By-Law which reads: *Two months before the Annual Meeting, the Chapter Chairperson shall appoint two auditors to audit the Chapter books and the committee books.*

To read:
The Treasurer will submit the Chapter's financial books for audit annually to the Club.

The consensus for this change was that the Appalachian Mountain Club headquarters requires us to submit our books for audit at the end of each calendar year. They perform the audit and send a report back to the Chapter Board of directors. Thus, for us to do an internal chapter audit was redundant. This change requires a two-thirds vote by the membership at the annual meeting.

2. The Board of Directors proposes to add a position of **PAST CHAPTER CHAIR** to the SEM Executive Board. The duties would be as follows:
The Past Chapter Chair shall serve on the Board to maintain continuity of programs and serve as a resource of past practices. S/He shall assume duties and responsibilities as may be delegated by the Chapter Chairperson and/ or Executive Board.

The consensus for this addition to the Board was that, in the past, there was little continuity of programs and practices within the Chapter. This position has been proposed to aid the Board and help with chapter activities. This change requires a two-thirds vote by the membership at the annual meeting.

Respectfully submitted,

Michael Woessner
Chapter Chair,
Appalachian Mountain Club
Southeastern Massachusetts Chapter

SEM AMC Slate of Officers for 2009 to be voted upon at Annual Meeting:

Chair:	Wayne Anderson
Vice-Chair:	Claire Goode
Treasurer:	Leslie Carson
Membership:	OPEN
Secretary:	Holly Makowsky
Communications:	Cheryl Lathrop
Conservation:	Fred Yost
Education:	Hagit Moverman
Hiking:	Jim Plouffe
Cape Hikes:	John Gould
Paddling:	Bill Fischer
Trails:	Bill Ruel
Cycling:	Joe Tavilla
XC-Skiing:	OPEN



It's still not too late to register...

SEM Wilderness First Aid Course

September 6-7th, 2008
Borderland State Park, Easton, MA

For registration information, contact:
Hagit Moverman by e-mail
dmoverman@comcast.net or phone
508 238 9264 (evenings).
(Be sure to ask about WFA scholarships for
qualified SEM trip leaders)

432 3277 jtkaiser@comcast.net). L. Janet Kaiser (508-432-3277, jtkaiser@comcast.net).

Sat., Sep. 20. Truro Longnook Beach, Bearberry Hill (B3C) -- Several spectacular views as we hike N to old Air Force Station, S to Higgins Hollow, then on to Bearberry Hill. Meet at 9:45; bring lunch; 4 hours. From Rte 6 in Truro R on Longnook Rd (left at junction) to beach parking lot at the end. L Pat Sarantis (508-430-9965, ediespond@hotmail.com)

Sun., Sep. 21. Mashpee South Cape Beach (C3C) -- Flat hike through woods for 2 miles, then 2 miles on sandy peninsula. From Mashpee rotary, take Great Neck Rd. S 2.7 mi, left on Great Oak Rd. Follow to town beach pkg. Meet at 12:45. 2 hours. L Gary Miller (508-540-1857, Garymaxx@verizon.net)

Thu., Sep. 25. Chatham, National Wildlife Refuge Center Monomoy (C3C) -- Meet at National Wildlife Refuge Center on Morris Island at 9:45 am. Hike to Stage Harbor opening and return. 2 hours. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sat., Sep. 27. Duck Harbor, Bound Brook Island, Lombard & Paradise Hollows (B3B) -- Start on a glacial tombolo to the drumlins and kames of Bound Brook Island. Visit the Atwood-Higgins House and go on to the hollows of the most glacially complicated area on Cape Cod! Rte 6 to Wellfleet Center. Lft. on Commercial St. to Chequessett Neck Rd. Follow to Great Island parking lot and go Rt. on Duck Harbor Rd. to end. Meet @ 9:45am. Bring lunch. 4 hours. L Todd Kelley (508-945-9929, kelleytrailblazer@yahoo.com)

Sun., Sep. 28. Benjamin Nye Trail, Sandwich (C4C) -- Working cranberry bogs, Talbott point, enchanting red pine forest, Scorton Creek, Hoxie Pond, Fish Hatchery and Game Farm from bygone days. From Rt 6A take Exit 4 (Chase Rd.) and turn N (toward 6A). Go about 1/2 mile and take Left on County Rd. One mile to parking on left across from Sandwich Grange Hall. Meet 12:45, 2 hrs. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Thu., Oct. 2. Dennis-Crowe to Crowe Loop (C3C) -- 2 hr. hike on paths, beach, and quiet roads. Meet 9:45. From Rte 6 take exit 9 onto Rte 134 north to Rte 6A. Take R on 6A then L onto School St. then R onto South St. to lot at end on right past cemetery. L Maria Sylvester (508-385-4045, sylvester_maria@hotmail.com)

Sun., Oct. 5. Mashpee - Mashpee Woodlands East (C3C) -- Varied terrain: woods, hills, river views. Meet 12:45 pm. 2 hrs. From West. Rt 28 Mashpee. Left at lights onto Orchard St. Take right on Quinaquisett. Immediate left onto Mashpee Neck Rd. Approx 1 mi. to marked parking on right. L Betty Donaghue (508-428-4679, bettyccfla@aol.com)

Thu., Oct. 9. Barnstable-Old Jail Conservation Area (C3C) -- Newly opened areas of conservation land contrast old footpaths through the woods. Meet at Old Jail Lane Conservation Land Parking Lot. Take exit 6 to Route 132 S 1.4 miles to lights at Phinney's Lane. Turn L. Go 1 mile and turn L onto Old Jail Lane. Go 0.5 miles to parking area on left. Meet at 9:45 AM. 2 hours. L Elissa Crowley (508-362-5062, e.crowley@verizon.net), CL Bill Zimmer

Thu., Oct. 16. Cotuit-Little River Sanctuary (C3D) -- Wooded walk with views of Eagle Pond. Meet promptly at 9:45 am. Car pool shuttle from parking area in front of Rite-Aid Pharmacy located at the intersection of Rte. 28 and Putnam Ave. in Cotuit. Two hours. L Farley Lewis (508-775-9168, farlewis@comcast.net)

Sat., Oct. 18. Barnstable-Sandy Neck (B3B) -- Hike along barrier beach to trail 4, returning along marsh trail. Mostly soft sand. Four hours, bring lunch. Meet at 9:45 AM. From Sandwich Rt. 6A across from Amari Restaurant turn north at Sandy Neck Rd. Follow to end, park in lower lot. L Elissa Crowley (508-362-5062, e.crowley@verizon.net)

Sun., Oct. 19. Sandwich-Lowell Holly (C3C) -- Scenic hike through beech and holly groves with lakefront shoreline. 2 hours. Meet at 12:45 am for 1 pm start. From rt 6 exit 4, south on Chase Rd, joins Great Hill Rd. 2 mi to stop sign, R on Farmersville Rd. 1/2 mi to L on Boardley Rd. 3/4 mi to L at stop sign on Cotuit Rd. 1/2 mile to small fenced lot on R. From south or off-Cape, call leader. L Heidi Moss (508-362-6440, mossheidi@hotmail.com)

Thu., Oct. 23. Harwich-Herring River (C3C) -- Meet at Sand Pond on Great Western Rd. at 9:45 am. Hike at Cranberry bog, Herring River and Herring run. 2 hours. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sat., Oct. 25. Provincetown-Herring Cove to tip of Cape (B3C) -- Park in the left corner of the left pkg lot of Herring Cove beach in Provincetown to hike back and forth over the dune and tidal flats until we get to Long Point (the tip of the cape). Views of Cape Cod Bay and Provincetown Harbor. Four hours. Meet 10:45 Bring lunch. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Oct. 26. Bourne-Cataumet Greenway (C4C) -- Woodland walk which includes a working cranberry bogs. Hike begins at beautiful Scotch House Cove. Take Rt 151 west to lights at 28A. Turn right and go 1 mile to fork at County Rd (sign says "To Cataumet.") Go left on County 1 mile and take left at Shore Rd. Then take first left onto Red Brook Harbor Rd. Go 0.6 miles to parking on right at sign, "Bourne Conservation Trust." Meet 12:45, 2 hrs. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Thu., Oct. 30. Brewster - the Punkhorn (C3C) -- Wooded trails with views of Upper Mill Pond and Walkers Pond. Take Exit 9B off Rte 6 and go 2.0 miles. R on Satucket (which becomes Stony Brook Rd). After 3.0 mi R on Run Hill Rd. Go 1.3 mi to parking lot on left. 2 hours. Meet at 9:45. L Pat Sarantis (508-430-9965, ediespond@hotmail.com)

Sat., Nov. 1. Falmouth, Moraine Trail (A3B) -- Nine mile, 5-hour hike on moraine, woodlands. Meet Goodwill Park, Falmouth 9:30 to carpool to start at 9:45. From Mashpee rotary, take 151 W 3.4mi to L at Sandwich Rd. Go 3.7m to R on Brick Kiln; then 0.9m to L on Gifford. After 1.1m go R into Goodwill Pk and 0.3m to parking. If rain forecast call L. Bring lunch. L John Gould (508-540-5779, jhgould@comcast.net)

Sun., Nov. 2. 2 hikes for the price of 1 - Bourne Woodlands & Monks Pond --C Come explore these 2 new hikes in the Bourne area. Woodlands, marshes, ocean views, great company. Flat to rolling terrain. Short drive to the 2nd hike. Meet at the Leary Property Pkg lot. Apprx 1 1/2 miles from Bourne Rotary (RT 28 S) to R on Clay Pond Rd. At lights take R on County Rd. 8/10 mile to pkg on L. Meet 12:45pm for 1pm start. L Linda Church (508-495-1308, lchurch@whoi.edu)

Thu., Nov. 6. Barnstable-Bridge Creek Conservation (C3D) -- Flat terrain, cedar upland, maple swamp and salt marsh, bogs, stone walls. Meet at 9:45am. 2 hrs from exit 5 off Rte 6 North on Rt 149...park along grass triangle on immediate left beside West Parish Church. L Farley Lewis (508-775-9168, farlewis@comcast.net)

take exit 7B, Rte. 140 N 1.4 miles to Foxboro rotary. Go halfway around rotary, continue on Rte. 140 N for 1.2 miles to the Lake View Pavilion sign on left. Turn left at Lakeview Road and park in the Lake View Pavilion lot .3 mile on right. L Joanne Staniscia (508-528-6799 before 9 pm, joannes1@localnet.com)

Tue., Oct. 21. Tuesday Morning Weekly Blue Hills Hike (B2B) – Please see Sep. 2 trip listing for details.

Thu., Oct. 23. Horseneck Beach, Westport, MA -- Walk the dunes of Horseneck Beach. See water birds, usually loons and others. Bring snack, water and lunch. Meet at 10:00 a.m. Directions: Rte. I-195, exit 10, go south on Rte. 88 to Horseneck. After crossing bridge over Westport River, turn right into boat launching area. May spot cars from there. L Rick McNally (508-636-7179 by 6 pm, rjmcnally@charter.net)

Sat., Oct. 25. Mt. Mooselauke (B3B) -- Come hike the 4,000 ft. "bald dome" dominating peak of the region between Franconia Notch and the Connecticut River which offers excellent views of the White Mtns. to the east. We'll be doing an interesting loop from the east side including a short side trip with unusual views from the South Peak. L Leslie Carson (508-833-8237, lcarson929@comcast.net), CL/R Babs Leland (babsleland@yahoo.com), (508-295-9745)

Tue., Oct. 28. Tuesday Morning Weekly Blue Hills Hike (B2B) – Please see Sep. 2 trip listing for details

Thu., Oct. 30. Cliff Walk/Bellevue Ave, Newport, RI -- Meet at 10 a.m. at foot of Narragansett Ave facing the Cliff Walk. Park on street. Leisurely 3.5 mi. walk each way. 2/3 paved, 1/3 rocky walk behind Newport Mansions. Optional return by Bellevue Ave. to complete 7-mi. loop. Sturdy walking shoes required. Bring water, snack, and lunch or opt for seafood at local restaurant after hike. Call leader for carpool info. L Barbara Hathaway (508-880-7266, barb224@tmlp.com)

Tue., Nov. 4. Tuesday Morning Weekly Blue Hills Hike (B2B) -- Please see Sep. 2 trip listing for details

Thu., Nov. 6. Hale Reservation- 80 Carby St, Westwood, (B3C) -- Meet 10 a.m. at Cat Rock Parking Area. Moderate terrain 5-6 miles, wet spots possible. Bring water and lunch. Directions: Rte. 195/128, exit 16B, Rte. 109 to Westwood 1.1 mile to right on Dover Rd. 0.3 mi to right on Carby St. to Hale headquarters continue 0.4 mi to large parking area on left. L Art Hart (508-888-2847 9 to 9, ajayhart@verizon.net, NOTE:e-mail address may change)

Sat., Nov. 8. End to End, Blue Hills Skyline Trail (B3B) -- Join the Southeast Massachusetts Chapter for an end-to-end hike of the Blue Hills Skyline Trail. Stretching across the Blue Hills Reservation, this trail gives a hiker the sense that they are hiking through the wilderness, yet is never more than a few miles from the busy metropolitan area of Boston. This hike is part of the SEM Fall Hiking Series. L/R Jim Plouffe (508-586-1394 Between 5-9PM, jimplouffe@comcast.net), L Chris Pellegrini, CL Holly Makowsky

Tue., Nov. 11. Tuesday Morning Weekly Blue Hills Hike (B2B) -- Please see Sep. 2 trip listing for details

Thu., Nov. 13. Blue Hills (B3B) -- Meet 10 a.m. in first parking lot at Trailside museum for 3-4 hour hike in the Blue Hills. Bring lunch, water, sturdy footwear for rough terrain, poles helpful. L Elsie Laverty (508-823-0634, elavmca@tmlp.com)

Sat., Nov. 15. SEM Mount Monadnock Hike (B3B) -- The "Extra Late" version of the Right-of-Spring Hike, SEM will be climbing Mount Monadnock. This brings you to Monadnock State Park in New Hampshire and up one of the most climbed peaks in America (maybe even the world). We will be taking a challenging, yet doable (and quieter), trail up for a panoramic view of New Hampshire, Vermont and Massachusetts. This is part of the Fall Hiking Series of the SEM Chapter. L/R Jim Plouffe (508-586-1394 between 5-9PM, jimplouffe@comcast.net), CL Holly Makowsky

Tue., Nov. 18. Tuesday Morning Weekly Blue Hills Hike (B2B) -- Please see Sep. 2 trip listing for details.

Thu., Nov. 20. Halfway Pond, Plymouth -- Pretty forest loop walk around and between ponds near Myles Standish S.F. Bring snacks, water and lunch. Meet at 10:00 a.m. Directions: South Plymouth, Rte. 3, exit 3. Go SW for 0.2 miles, cross Long Pond Rd to Clark Rd, 0.4 miles to T end, turn left. Park across from Long Pond on right. L Don Savino (508-295-4562 before 9 pm, donaldsavino@comcast.net)

Tue., Nov. 25. Tuesday Morning Weekly Blue Hills Hike (B2B) -- Please see Sep. 2 trip listing for details.

Cape Cod Hikes

Chair – John Gould, 508-540-5779
capehikingchair@amcsem.org

Most Cape Hikes are "Show & Go..." For additional information, contact the trip Leader (L) or Co-Leader (CL) or visit <http://trips.outdoors.org>. (Set Committee to "Cape Hikes.")

Miles per Hike	Pace (MPH)	TerrainType
AA = 13+	1 = very fast (2.5)	A = very strenuous
A = 9 – 13	2 = fast (2)	B = strenuous
B = 5 – 8	3 = moderate	C = average
C = <5	4 = leisurely	D = easy

Thu., Sep. 11. Eastham Salt Pond visitors center to Coast Guard beach (C3C) -- Massachusetts, Cape Cod. Scenic walk at National Seashore; views of Nauset Marsh, Salt Pond and beach. Meet at 9:45 at far end of Salt Pond Visitor Center in Eastham, Rte 6. 2 hours. L Pat Sarantis (508-430-9965, ediespond@hotmail.com)

Sat., Sep. 13. Bourne-Four Ponds to Monk Cove (C3C) -- Three hour hike on Pine Trail to Monk Cove Trails with a short stop for nice ocean view of Tobys Island and Buzzards Bay. Route #28 to Barlows Landing Road to Bourne Four Ponds lot on right. Meet at 9:45 AM. Bring lunch. L Gary Miller (508-540-1857, garymaxx@verizon.net)

Sun., Sep. 14. Old Jail Lane, Barnstable (C3B) -- Walk along the moraine and connect to Old Jail Lane and Seabury Farm Conservation Lands. Start from 4 C's parking lot #7. From Rt 6 take exit 6 and go north on Rte. 132. Take first right into CC Community College and park in lot #7. Meet 12:45. Two hours. L Todd Kelley (508-945-9929, kellytrailblazer@yahoo.com)

Thu., Sep. 18. Truro, Ryder Beach (C3C) -- Beach, woodland trails, some hills with scenic views of Cape Cod Bay. From Rte 6, L on Prince Valley Rd. Go to end. R on County Rd. Immed. L on Ryder Beach Rd. Park at End. Meet 9:45 A.M. 2 hours. L Janet Kaiser, (508

Be there or be square!

2008 SEM Chapter Hut Night

Sept. 19th – 21st at the comfortable AMC Cold River Camp in New Hampshire's beautiful Evans Notch



Come join your fellow SEM members for a weekend of hiking, biking, and socializing at the AMC's full-service Cold River Camp in Chatham, NH

Cost is just \$110/per person for two nights in a comfortable bunkhouse, two dinners, two trail lunches, and wine and cheese receptions Fri. & Sat. nights!

Depending on participant interest, we're planning a variety of different hikes and bike rides starting Friday afternoon thru Sunday morning...

Carpooling options will be available.

To register, contact Wayne Anderson by Sept. 8th at 508/697-5289 (6:00-9:00 pm), or wanderson@mxcsi.com



Photos of AMC Cold River Camp by Bob Crane

2000 Mile Club/2008 Y-T-D



Our 2000 Mile Club has had a fantastic year. We gained 13 new members in 2007, nearly doubling our membership through 2006. We're looking forward to even greater participation in 2008.

Here are the mileage totals thru June 2008:

Louis Outor -	2,669
Leonard Leonardi -	2,417
Joe Tavilla -	2,398
Glenn Mathieu -	2,347
Gary Vacon -	2,219
Luca Marchi -	2,152
Jack Jacobsen -	1,894
Pam Patrick -	1,822
Larry Kornetsky -	1,452
Dan Egan -	1,649
Roger Scholl -	1,327
Linda Church -	1,288
Peter Ruprecht -	1,204
Paul Gareau -	1,107
Will Mason -	1,055
Paul Currier -	1,044
Bob Kennedy -	960
Lawton Gaines -	822
Ed Foster -	580

The SEM AMC 2000 Mile Club was founded by Jack Jacobsen, revived by Victor Oliver, and compiled by Paul Currier. Watch for our quarterly Breeze for mileage updates throughout the year.

FOR SALE: Kayak solo neoprene Hydra Horizon, 50 #, 14-ft. incl. paddles, pump, flotation, spray skirt. Gently used, \$375. Overhead garage storage rack, \$25. Wms. dry suit, \$10. 781-749-1067. Anita Franks, Hingham, 781-749-1067, afarmhills7@aol.com

NOTE: As a service to SEM members, space permitting, we'll include brief listings for appropriate gear or activities in the Breeze. Just send your listing to communicationschair@amcsem.org

Joe Keogh is the seventh SEM member to complete redlining the Blue Hills!

Congratulations to Joe Keogh, who completed hiking (and highlighting in red on his trail map) every trail in the Blue Hills Reservation on June 26th. This is quite an accomplishment and Joe is only the seventh member to have done so. You too can join the crowd on the chapter's Thursday night jaunts through the woods and hills of the Blue Hills. The group meets Thursday evenings through Daylight Savings Time. Contact Jim Plouffe for more information at 508-586-1394 or jimplouffe@comcast.net.



2009 ADK WINTER MOUNTAINEERING SCHOOL

Want to learn new winter skills? Looking to expand your winter fun? ADK Winter Mountaineering School, based out of the ADK Loj, has been helping hikers expand their winter hiking and backpacking skills for over 50 snow and ice filled years. Come join the fun!

Weekend Day-Hiking Section: January 30th – February 2nd, Cost: \$340.00

Weekend Backpacking Section: January 30th – February 2nd, Cost: \$320.00

Combo Section (Day Hikes & 3 night backpack): January 30th – February 5th, Cost: \$390.00

For more information: www.winterschool.org or 518-523-3441



Hiking/Backpacking Activities

Chair – Wayne Anderson, 508-697-5289, hikingchair@amcsem.org

IMPORTANT: Hikers unsure of their ability should try only one level more difficult than previously completed. No pets without permission of trip Leader. Registration required for most trips. Hiking boots strongly recommended. For additional information or to register, contact the trip Registration leader (R), trip Leader (L) or co-Leader (CL). SEM Chapter trip updates are also available at <http://trips.outdoors.org>. Please also sign up for the SEM Short Notice E-Mail Trip List at www.amcsem.org.

Miles per Hike	Pace (MPH)	TerrainType
AA = 13+	1 = very fast (2.5)	A = very strenuous
A = 9 - 13	2 = fast (2)	B = strenuous
B = 5 - 8	3 = moderate	C = average
C = <5	4 = leisurely	D = easy

Tue., Sep. 2. Tuesday Morning Weekly Blue Hills Hike (B2B) -- Great exercise hiking strenuous terrain at a moderately fast pace. Lots of steep, rocky hills! Register for details; start time usually 7 a.m., hike goes most (not all) Tuesdays. Hiking boots required. Not for beginners or those who don't enjoy a faster pace. L Erika Bloom (508-951-1001 before 9 pm, erika.bloom@comcast.net)

Thu., Sep. 4. Red Line the Blue Hills (C3C) -- Entering into our third year, the SEM Chapter is again running the Red/Blue Line the Blue Hills Hiking Series. Join the regular and new crowd on our Thursday night jaunts through the woods and hills of the Blue Hills Reservation (Metro-Boston). We are marking our maps and attempting to hike every trail. We meet Thursday nights throughout Daylight Saving Time. Location and times vary every week. Contact our registrar for more information. L Jim Plouffe (508-586-1394, jimplouffe@comcast.net), L Fred Wason, L Cheryl Lathrop, CL Kevin Mulligan, CL/R Holly Makowsky (Makowskyholly@yahoo.com)

Sat., Sep. 6. AT in Western Mass Series - Day Hike (B3C) -- Join us for the next and last section of the AT in Mass. hiking series in the Berkshires. We will hike on the AT from Pattison road in North Adams to the Mass/Vt. state line. This 8 mile exploratory hike will return on the Pine Cobble trail. Register by Aug. 31. Group sized limited to 10. L/R Dexter Robinson (dexsue@comcast.net), CL Walt Granda (Wlgranda@aol.com)

Tue., Sep. 9. Tuesday Morning Weekly Blue Hills Hike (B2B) – Please see Sep. 2 trip listing for details

Thu., Sep. 11. Red Line the Blue Hills (C3C) – Please see Sep. 4 trip listing for details.

Tue., Sep. 16. Tuesday Morning Weekly Blue Hills Hike (B2B) – Please see Sep. 2 trip listing for details.

Thu., Sep. 18. Red Line the Blue Hills (C3C) – Please see Sep. 4 trip listing for details.

Fri., Sep. 19-21. SEM Chapter Hut Night -- Come join us for a fun filled weekend of hiking and biking at Cold River Camp located in Evans Notch NH; "Journey back in time to this rustic, peaceful camp and enjoy abundant hiking, canoeing, and biking opportunities in the beautiful and undeveloped Evans Notch area of the White Mountain

National Forest". L/R Wayne Anderson (508-697-5289, wanderson@mxcsi.com), L Jim Plouffe (jimplouffe@comcast.net)

Tue., Sep. 23. Tuesday Morning Weekly Blue Hills Hike (B2B) – Please see Sep. 2 trip listing for details

Thu., Sep. 25. Borderland State Park, Easton – 5- to 6-mile hike through woods, over ledges and around ponds in this beautiful park. Bring snacks, water and lunch. Meet at 10:00 a.m. Directions: From Rte. 24 or I-95 to Rte. 106 to Easton. North on Poquanticut Ave, left on Massapoag Ave to park entrance on right. \$2 parking fee. L Claire Braye (508-857-0320 before 9 pm, cbraye57@comcast.net)

Thu., Sep. 25. Red Line the Blue Hills (C3C) – Please see Sep. 4 trip listing for details.

Sat., Sep. 27-30. Mount Katahdin Backpack -- Trip will begin with a short day hike of the Gulf Hagas and Katahdin Iron Works areas while camping for the evening at a local campground. From here we'll drive to Baxter State Park for two nights of lean too camping at Chimney Pond and closing our stay with an evening at Roaring Brook. Day hiking will include Mount Katahdin, the Knife Edge, Pamola as well as Hamlin Peak. Experienced backpackers only., L/R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, 508-697-0142 7-9 PM, lotsoluck@comcast.net), CL Jim Plouffe

Tue., Sep. 30. Tuesday Morning Weekly Blue Hills Hike (B2B) – Please see Sep. 2 trip listing for details.

Thu., Oct. 2. Blue Hills Quarries, Quincy MA -- A 6-mile hike via the Quarries Footpath to the historic granite quarries. In and out, some low ledges to cross. Then to Rattlesnake Hill and back via the Green trail. Lunch along the way. Directions: Meet at Shea Rink at 10 a.m. From Rte. 93/128 exit 6, go north on Willard St 0.7 miles, parking on left. L Ellie MacPherson (508-224-6465, camell55@verizon.net)

Sat., Oct. 4-5. Third & Final MSGT Weekend Backpack (A3B) -- Third section of three weekend backpacks. Goal: to complete the third and final 18 mile section of the 50-mile long Monadnock Sunapee Greenway Trail (MSGT). Participants must be equipped to camp out overnight (tent, sleeping bag, etc and provide their own provisions for two days). Section starts at NH Rt.31 and continues North to Mt Sunapee ending at Rt 103. Reg. will be by phone only - deadline: Sept 27. Group size limited to 8. L/R Fred Wason (22 Stanson Drive, N. Attleboro, MA 02760, 508-699-7635 6-9pm), CL Dexter Robinson (781-294-8840, dexsue@comcast.net),

Tue., Oct. 7. Tuesday Morning Weekly Blue Hills Hike (B2B) – Please see Sep. 2 trip listing for details.

Sat., Oct. 11. North and South Kinsmans (A3B) -- Join us for a 10 mile hike up to two 4,000 footers Columbus Day weekend. Enjoy spectacular fall views of Franconia Ridge and picturesque Kinsman Pond in the White Mountains. L/R Leslie Carson (64 Mill Road, East Sandwich, MA 02537, 508-833-8237 6-9 PM, lrcarson929@comcast.net), CL Kevin Mulligan (Kevin.Mulligan@Covidien.com),

Tue., Oct. 14. Tuesday Morning Weekly Blue Hills Hike (B2B) – Please see Sep. 2 trip listing for details.

Thu., Oct. 16. F. Gilbert Hills, S.F., Foxboro -- Beautiful hike approx. 7 miles through woods and over hills in fall colors. Bring water and lunch. Meet at 10:00 a.m. Directions: From I-95 N or S,



The Southeast Breeze

The newsletter of the Appalachian Mountain Club Southeastern Massachusetts Chapter
Spring 2008 - March, April & May

View from the Chair

By Mike Woessner



Happy Spring everyone!

Speaking of Spring, hopefully you have heard that our SEM Chapter is hosting the Appalachian Mountain Club's clubwide meeting on April 18- 20th.

We've selected the South Shore YMCA Outdoor Education & Conference Center (Camp Burgess) in Sandwich as the site for AMC *Spring Gathering 2008*. This wonderful facility is nestled between two beautiful kettle ponds on the Cape. We will have full use of the camp: its ponds for paddling, trails for hiking and walks, and a great climbing wall. Camp Burgess accommodations feature heated bunk cabins with attached flush toilets and hot showers!

This is our opportunity to highlight our Chapter and the many natural treasures of Cape Cod. We will be leading several hikes, on- and off-road bikes, and both pond and open water paddles. Other highlights include a tour of historic Nobska Lighthouse and the world-famous Woods Hole Oceanographic Institute, plus entertainment by a local Barbershop Quartet on Saturday night.

Representatives from our local Spring Gathering sponsors, *EMS*, *REI*, and *LL Bean*, will be on hand to give us a personal preview of all the latest spring and summer gear.

For early arrivals on Friday night, there will be a BYOB social with complimentary cheese and crackers. People can mingle by a roaring fire or attend our first ever "AMC Jeopardy," hosted by our very own thru-hiker Joe Courcy. Alex Trebec's got nothing over Joe!

So save the dates April 18 thru the 20th. Better yet, visit www.amcsem.org today for an updated schedule or to register using our secure PayPal mechanism. I'd like to take this opportunity to thank Wayne Anderson, Jim and Aleta Plouffe, Paul Miller, and Fred Yost for promoting this event at the AMC's Annual Meeting in Danvers on January 26th. They spent many hours in preparation and manning the table in the exhibition Hall talking to members and answering questions

I hope to see all of you at the gathering. This will be a great chance to enjoy the Cape and mix and mingle with fellow "Appi's" from Washington DC to Maine.

Hope to see you on the Cape in April!

Mike.



Many Spring Gathering meetings and activities will be held in Camp Burgess' beautiful new dining hall...

Spring 2008 Events Calendar

- Mar. 5th - **Hike Planning Meeting**
UU Church, Main St., Middleboro
- Mar. 12th - **SEM Board Meeting**
Bourne Community Center
- Apr. 9th - **SEM Board Meeting**
UU Church, Main St., Middleboro
- Apr. 18-20th - **AMC Spring Gathering**
YMCA Camp Burgess, Sandwich
- May 3rd - **SEM Leader Training**
Borderland State Park, Easton
- May 14th - **SEM Board Meeting**
Bourne Community Center

AMC ACTIVITY PARTICIPATION POLICY

AMC encourages involvement in its mission and activities through its membership, programs, policies and procedures. Our goal is to be a community that is comfortable, inviting and accessible for people of any age, gender, race, religion, ethnicity, ability, sexual orientation, or socioeconomic status.

Some AMC programs are designed for a certain age range of members or for a special activity or topic. However, any person who meets the minimum qualifications (age, skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available. Individuals under 18 must be accompanied by a responsible adult.

All participants in AMC activities are required to sign the AMC waiver form provided by the leader. You may preview this waiver form on the chapter website at www.amcsem.org/pdf/waiverform.pdf.

Stay A Week in the Maine Woods and Save –

The AMC's Medawisla Wilderness Camps and Little Lyford Pond Camps, set in the remote beauty of the Moosehead Lake region, offer a serene retreat for AMC members and other outdoor enthusiasts year-round. Plan a weeklong vacation and save up to 20%. Enjoy Nordic skiing and snowshoeing in winter, fly-fishing in spring, and summer paddling, hiking, and wildlife watching. AMC's newest camps offer sporting camp hospitality, private cabins, a comfortable lodge, and backdoor access to some of the region's most.

Visit www.outdoors.org/summerguide for details.

The Appalachian Mountain Club Southeastern Massachusetts Chapter

Chapter includes app. 3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.

2007 Executive Board

Chapter Chair -	Mike Woessner, chair@amcsem.org 508/577-4879
Vice Chair -	OPEN*
Treasurer -	Claire Goode, treasurer@amcsem.org 508/759-7362
Secretary -	Joe Courcy, secretary@amcsem.org 508/272-6781
Biking -	Joe Tavilla, bikingchair@amcsem.org 508/428-6887
Canoe/Kayak -	Robert Zani, paddlingchair@amcsem.org 508/430-1914
Cape Hiking -	John Gould, capehikingchair@amcsem.org 508/540-5779
Communications-	Paul Miller, communicationschair@amcsem.org 508/695-8495
Conservation -	Fred Yost, conservationchair@amcsem.org 508/699-9305
Education -	Hagit Moverman, education@amcsem.org 508/238-9264
Hiking Chair-	Wayne Anderson, hikingchair@amcsem.org 508/697-5289
Membership -	Kathy Shaw, membershipchair@amcsem.org 508/524-0879
Skiing -	OPEN*
Trails -	Bill Ruel, trailschair@amcsem.org 781/589-3321
Webmaster -	Susanne Piche, webmaster@amcsem.org

*Please contact Mike Woessner if you are interested in volunteering for any open SEM volunteer positions.

The *Southeast Breeze*, the newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published four times per year as a service to the Chapter's members. SEM members are encouraged to submit letters, articles, photos, and artwork, but materials for publication (space permitting) cannot be returned unless accompanied by SASE. Please mail to: Paul Miller, 169 So. Washington St., No. Attleboro, MA 02760. Digital submissions are preferred, and can be e-mailed to: communicationschair@amcsem.org. Articles will be edited for length, typographical errors, and clarity.

HAVE YOU MOVED? Please send your change of address information to: AMC, 5 Joy St. Boston, MA 02108

NON-SEM AMC MEMBERS who wish to receive the quarterly Southeast Breeze newsletter should send a \$10.00 check made out to "AMC SEM" to: Claire Goode, ATT: Non-Member Breeze Subscription, 240 County Rd., Bourne, MA 02532. Please be sure to provide your mailing address if it's not on the check.

Our **SEM Short Notice E-Mail Trip List** is a great way to find out about late-breaking Chapter activities that might not appear in either the *Breeze* newsletter or the *AMC Outdoors* magazine. If you haven't signed up for the e-mail list yet, just visit www.amcsem.org



What could be better than springtime on Cape Cod?

AMC Spring Gathering April 18-20, 2008

YMCA South Shore Outdoor Education Center
Sandwich, Massachusetts

Hosted by the Southeastern Massachusetts Chapter

Come join us for a weekend of hiking, biking (on- and off-road), and kayaking on beautiful Cape Cod. Other available activities include a tour of historic Nobska Light, a visit to the world-famous Woods Hole Oceanographic Institute, an outdoor climbing wall, and canoeing right on our own pristine pond.

Choice of accommodations includes comfortable heated cabins or tent platforms on site, plus several cozy nearby motels.



Registration information:

- ❑ **Weekend cabin package - \$150.00/pp**
(includes registration; bunk in heated cabin for two nights; breakfast, lunch, dinner & entertainment on Sat.; plus Sun. breakfast)
- ❑ **Weekend tentsite package - \$100.00/pp**
(includes registration; tentsite for two nights; breakfast, lunch, dinner & entertainment on Sat.; plus Sun. breakfast)
- ❑ **Weekend registration only - \$15.00/pp**
- ❑ **Light dinner on Fri. plus other meals also available separately**

Register online today at www.amcsem.org or contact Claire Goode at 508/759-7362 (5-9 PM) or ctgoode@comcast.net.



*The YMCA South Shore Education Center is nestled on more than 300 acres of Cape Cod woodland with three sparkling ponds. Hearty meals and live, local entertainment will be available in the spacious, fireplaced dining hall. Also be sure to check out all the latest gear on display from **EMS, REI, and LL Bean**.*

I Thought I'd Try a Winter Hike!

by Cheryl Lathrop

First, it's off to SEM's winter hiking workshop for classroom instruction. I'm gung ho, so I go out and buy Sorels and snowshoes. Next comes the training hike in the Blue Hills. This winter backpack sure is heavy, but the hiking is lots of fun, so I register for the first real winter hike up in New Hampshire.

As the date approaches, the thought of hiking in snow and ice becomes too scary, and I un-register myself. Sigh. Then spring comes and I do the spring, summer, and fall hikes. And, guess what, it's now winter, and the winter hiking series is here again. What to do?

SEM holds yet another winter hiking workshop and training hike. And, here it is again, that first real hike up a real mountain. It's 2008. I'm determined to do it this time. I don't have crampons so I go to EMS where the clerk opens the box and demonstrates how they work. I get scared, not of the sharp points, but of the ice I'd be walking on. I practically run out of the store. No crampons that day. Sigh. Now I'm thinking of un-registering again.

Am I gonna do this winter hike—or not? Yes, I am! OK, back to the store. I go to REI with my Sorels, sit on the floor, put them on, and try on all the crampons. It takes forever, but I do buy crampons this time (even though I'm still scared).

Lot's of living room practice: lie on back, put on Sorels, put on crampons, take off crampons. Again and again. I think I've got it!

Decide I need snowshoe practice. Having mastered the living room part, I go outside and walk parallel lines in the backyard until all the snow is flattened. Yup, breaking-trail in the suburbs!

On hike day, I arrive at the trailhead. I'm still scared, but the leaders are encouraging, so off we go. It's a beautiful day, with lots of fresh snow.

We try hiking in our boots, but it's difficult, so we put on our snowshoes. Us newbies are slow, but my living room practice pays off and at least I'm not

the slowest. Now we can really hike, so up we go. Straight up! Gravity is my foe making me use muscles never used before.



We encounter one steep place that can't be hiked. So, as a magician pulls a rabbit outta his hat, the leader pulls rope outta his pack. One end gets tied at the top, and we pull ourselves up hand-over-hand. Scary, but exciting! These leaders are prepared for anything!

We reach the top, lunch standing up, and the ever-prepared leaders distribute "summit chocolate." That's winter hiking, only short stops and no sitting. And separation breaks in the deep snow? Let's just say we girls wished we were boys!

Now, time to descend. The trail's steep and narrow, so we don our crampons. Again, us newbies are slow, but with my living room crampon practice, I'm not the slowest. Leaders position themselves at strategic points and coach us down the mountain.

I love winter hiking! Gorgeous winter-wonderland scenery. Un-crowded trails. Great views. One leader asked if I was doing ok, and another hiker said, "She hasn't stopped smiling all day." I was also teased about yelling "woo-hoo" as I slid down the hills. Sometimes gravity is your friend!

Am I still scared? Nope! Proper equipment and experienced leaders make winter hiking safe and fun. Am I registered for the next winter hike? You bet! I wouldn't miss it.

SEM Leader Profile:

Jim & Aleta Plouffe, Hiking Leaders



Jim and Aleta Plouffe are two of SEM's newest and youngest leaders. They first showed up at a Thursday night Red Line the Blue Hills

(RLBH) hike in June 2006. They were quiet, at first, but, they were clearly good hikers with a love of the outdoors. At the end of the season, the group was asked if anyone would help register the RLBH attendees for the next year, and Jim volunteered.

Jim ended up being RLBH registrar, cartographer, and co-leader all at once. And they both started co-leading other hikes. Soon they both became leaders, Jim is now vice chair of the Hiking Committee. At the end of this article, you'll see what Aleta is busy doing!

We asked Jim and Aleta how they came to be involved in the AMC, and why they decided to become leaders.

Q: What made you two show up on that first Thursday night RLBH hike?

Jim & Aleta: We used to hike the Blue Hills together for exercise and to be together away from the TV. Then we joined the AMC. When we got our first *Breeze*, we saw the RLBH weekly hike listings and thought the Thursday evening hikes would be an excellent way to begin AMC hiking.

Q: Why do you hike?

Jim & Aleta: We started to hike for exercise and fresh air. Now we hike for exercise, seeing friends, making new friends, communing with nature, and seeing new places that you can only reach on foot.

Jim: I also like the adventure and challenge of the more advanced hikes.

Q: What is your personal payback for leading?

Jim: I enjoy leading others into challenges they are capable of, but wouldn't attempt otherwise.

Aleta: I became a leader after Jim did. We started this hiking adventure together, so it was the next natural step.

Q: Do you have a favorite hike or hiking story?

Jim: My most memorable AMC hike was the two-night backpack at Mount Greylock State Reservation. It was a cold wintry weekend in the teens, but we cooked a group meal and stood around the campfire talking until bedtime. The next day we hiked the entire day and came back to an even better campfire.

Aleta: I remember the first time we tried to hike up Mt. Lafayette, Lincoln, and Little Haystack. With only a 20% chance of showers, we headed up Little Haystack. Off in the distance we heard thunder, but we trekked on. At the top, it was raining and freezing, and there was no way we could make it across the ridge, so we turned back. Half way down the mountain, we got stuck in a lightning storm and had to wait it out, soaking wet, under a rock outcropping. It was fun, and one of these days we may actually finish the trail!

Hiking is a family affair for the Plouffe's. John and Mary, Jim's parents, regularly attend Thursday night RLBH hikes, as well as other hikes. And Jim's sister, Louisa, her husband, and their 2-year-old son Elyas (in a baby backpack) come occasionally.

When asked if anything was planned for the spring, both leaders started to smile. You see, Sean Michael is due in May! The happy parents-to-be already have a baby backpack so he can hike with them this summer. And the Plouffe's famous spare bedroom used for hiking equipment, the so-called "hiking room"? Well, we know what's going to happen to that now!

Hiking/Backpacking Activities

Chair – Wayne Anderson, 508-697-5289, hikingchair@amcsem.org

IMPORTANT: Hikers unsure of their ability should try only one level more difficult than previously completed. No pets without permission of trip Leader. Registration required for most trips. Hiking boots strongly recommended. For additional information or to register, contact the trip Registration leader (R), trip Leader (L) or co-Leader (CL). SEM Chapter trip updates are also available at <http://trips.outdoors.org>. Please also sign up for the SEM Short Notice E-Mail Trip List at www.amcsem.org.

Miles per Hike	Pace (MPH)	TerrainType
AA = 13+	1 = very fast (2.5)	A = very strenuous
A = 9 - 13	2 = fast (2)	B = strenuous
B = 5 - 8	3 = moderate	C = average
C = <5	4 = leisurely	D = easy

Mar. 4-May 27. Tues. Morning Weekly Blue Hills Hike (B2B) – Great exercise hiking strenuous terrain at a moderately fast pace. Lots of steep, rocky hills! Register for details; start time usually 7 AM, hike goes most (not all) Tuesdays. Hiking boots required. Not for beginners or those who don't enjoy a faster pace. L Erika Bloom (508-951-1001 before 9 pm, erika.bloom@comcast.net)

Sat., Mar. 1. Winter Snowshoe Hike #4 – Intermediate/Advanced. Leaders choice is condition dependent. Participant interest to determine (1) Day hike option to Kearsarge North or (2) Overnight hike option to Flat Mountain Pond area. L Steve Tulip (508-977-4863, Stulip2005@comcast.net), CL/R Jim Plouffe (508 586-1394 6 - 9 PM, jplouffe@comcast.net), CL Aleta Plouffe

Thu., Mar. 6. Myles Standish SF, S Carver (B3C) – 5-6 mi walk around East Head Reservoir and lower section of Bentley Loop. Short stop for snack. Meet at Ranger Station in South Carver at 10 AM. From Rt 495 exit 2, north on Tremont St to South Carver, turn right on Cranberry Rd, follow signs. L Ellie MacPherson, 508-224-6465, camell55@verizon.net www.mass.gov/dcr. L Ellie MacPherson (508-224-6465, camell55@verizon.net)

Sat., Mar. 8-9. Mts. Liberty and Flume Backpack (A3B) – We'll hike up Liberty (4459 ft) and set up camp on Franconia Ridge, just below the summit, then hike over to Flume (4328 ft.). Great views from both summits. Elev. gain 3700 feet. Full winter gear required. L/R Robin Melavalin melavalin@rcn.com or 617.780.5362; CL Dexter Robinson dexsue@comcast.net

Thu., Mar. 13. Moose Hill Hike (B3C) – Meet 10 a.m. at main parking lot for app. 5 mile hike through bogs and woods of Audubon Sanctuary. Bring lunch, water. Directions, check massaudubon.org. L/R Elsie Laverty (508-823-0634, elavmca@tmlp.com)

Sat., Mar. 15-16. Winter Hike Series Hike # 4: Carter Notch – The last of the series will bring us to Carter Notch Hut for one night. We will summit Carter Dome and Mt Hight, a strenuous hike with excellent views to Mt Washington. L/R Wayne Anderson (wanderson@mxcsi.com), L Dexter Robinson (dexsue@comcast.net), CL Ken Jones (lotsoluck@comcast.net), CL Jim Plouffe (jimplouffe@comcast.net)

Thu., Mar. 20. Crooked River Hike, Wareham (C3C) – Pretty 5 mi hike along marshes, forest, tidal estuaries, ocean. Meet at 10 AM. From I-195 exit 21 to Rt 28 S, to Main St, around small park to Wareham center, left on Rt 6 E, over bridge, right fork onto Narrows Rd, right on Indian Neck Rd, continue to left on Crooked River Rd, parking 100 yards from corner by side of road. Leader: Don Savino, 508-295-4062, donsavino@webtv.net

Thu., Mar. 27. Turkey Hill, Whitney & Thayer Woods, Cohasset (B3C) – About 6 miles from Weir River farm to Holly grove and woods. Meet at 10 AM in smaller parking lot. Bring lunch. Directions: From Rt 3 exit 14, Rt 228 north for 6.5 mi, turn right on Rt 3A, go 0.5 mi, parking lot on right. Leader: Ellie MacPherson, 508-224-6465, camell55@verizon.net

Thu., Apr. 3. Borderland SP, Easton (B3C) – 5 to 6 mile hike through woods, over ledges and around ponds in this beautiful park. Meet at 10 AM. Bring lunch. Directions: From Rt24 or I-95 to Rt 106 to Easton, N on Poquanticut Ave, left on Massapoag Ave to park entrance on right, \$2 parking fee. Leader: Claire Braye, 508-857-0320, cbraye57@comcast.net

Thu., Apr. 10. Hike Quitticus (B3C) – Hike along the shore of Big Quitticus, part of the New Bedford Waterworks. Meet at 10 a.m. at intersection of Rt. 105 and North St. for 3-4 hour walk. Bring lunch, water, sturdy shoes. Rain cancels. From 495 take exit 4 (Rt. 105). Follow 105 south to the intersection with North St. Arrive early for car spotting. L/R Elsie Laverty (508-823-0634, elavmca@tmlp.com)

Thu., Apr. 10. Red/Blue Line the Blue Hills – Join us on our Thursday night jaunts through the Blue Hills Reservation as we attempt to hike every trail and mark them on our maps. Contact registrar for more info. L/R Jim Plouffe (508-586-1394, jimplouffe@comcast.net), L Fred Wason (fmwason@verizon.net), CL Cheryl Lathrop (cheryl4698@verizon.net), CL Holly Makowsky (Makowskyholly@yahoo.com)

Sat., Apr. 12. Blue Hills True End-to-End Skyline Trail (A3B) – An opportunity to traverse the "entire" Blue Hills Skyline Trail from the west end near Royal St. to the east end at Shea Rink on this annual day long hike. An excellent conditioning hike, not for beginners. L/R Dexter Robinson (dexsue@comcast.net), CL Chris & Bill Pellegrini (chrispellegrini@yahoo.com)

Thu., Apr. 17. Blue Hills, Breakneck Ridge (C3B) – 4.5 mi rocky, rugged and hilly loop over Breakneck Ledge, Border and Wildcat Notch paths(see www.mass.gov/dcr), meet at 10 AM in Houghton's Pond lot, upper end, close to headquarters. Bring snack and water. Directions: Rt 93/128 exit 3, N to stop sign, R on Hillside St to large lot on R. L Ellie MacPherson (508-224-6465, camell55@verizon.net)

Thu., Apr. 17. Red/Blue Line the Blue Hills – Please see April 10th listing for hike details and registration info.

Thu., Apr. 24. Red/Blue Line the Blue Hills – Please see April 10th listing for hike details and registration info.

Thu., Apr. 24. Blackstone River Valley Nat. Heritage, Uxbridge, (B3C) – Meet at River Bend Farm Visitor Ctr, 10 AM, 287 Oak St, Uxbridge MA. Hike to Lookout Rock and along the Blackstone River, 5 to 6 mi. Bring snack, wear boots. I-495 exit 17, right on 140

North to S Milford, left on Hartford E Ave, right on Providence St to Main St, Mendon. West Rt 16, right on Oak St to Visitor Ctr. L/R Ellie MacPherson, 508-224-6465, camell55@verizon.net.

Thu., May. 1. Red/Blue Line the Blue Hills Please see April 10th listing for hike details and registration info

Thu., May. 8. Red/Blue Line the Blue Hills – Please see April 10th listing for hike details and registration info. jimplouffe@comcast.net)

Thu., May. 15. Red/Blue Line the Blue Hills – Please see April 10th listing for hike details and registration info. jimplouffe@comcast.net)

Thu., May. 22. Red/Blue Line the Blue Hills – Please see April 10th listing for hike details and registration info. jimplouffe@comcast.net)

Sat., May 24-26. AT in Western Mass. Backpack (AA3B) – Join us for the next and final section of the AT in Mass. series - Outlook Ave. in Cheshire to the Vermont state line. This is a three day backpack covering 21 miles with two overnights. Previous backpacking experience required. Register by May 10. Group size limited to 8. L/R Dexter Robinson (dexasue@comcast.net), CL Leslie Carson (lrcarson929@comcast.net)

Thu., May. 29. Red/Blue Line the Blue Hills – Please see April 10th listing for hike details and registration info.

Thu., Jun. 5. Red/Blue Line the Blue Hills – Please see April 10th listing for hike details and registration info. jimplouffe@comcast.net)

Cape Cod Hikes

Chair – John Gould, 508-540-5779
capehikingchair@amcsem.org

Most Cape Hikes are “Show & Go...” For additional information, contact the trip Leader (L) or Co-Leader (CL) or visit <http://trips.outdoors.org>. (Set Committee to “Cape Hikes.”)

Miles per Hike	Pace (MPH)	TerrainType
AA = 13+	1 = very fast (2.5)	A = very strenuous
A = 9 – 13	2 = fast (2)	B = strenuous
B = 5 – 8	3 = moderate	C = average
C = <5	4 = leisurely	D = easy

Sat., Mar. 1. Nickerson State Park (B2B) – Hike/Snowshoe Trip, 3 Hrs. Call Leader for specifics. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sun., Mar. 2. Truro- High Head Sand Dune Walk (C3C) – Meet at 12:45 pm at High Head Rd., as far as you can drive in toward the bike trail. We will hike over dunes and continue on the beach, weather permitting. If high winds, we will walk the bikepath to Pilgrim Spring and beyond. If snow, call leader. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Thu., Mar. 6. Barnstable-Old Jail Conservation Area (C3C) – Newly opened areas of conservation land contrast old footpaths through the woods. Meet at Old Jail Lane Conservation Land Parking Lot. Take exit 6 to Route 132 S 1.4 miles to lights at Phinney's Lane.

Turn L. Go 1 mile and turn L onto Old Jail Lane. Go 0.5 miles to parking area on left. Meet at 9:45 AM. 2 hours. L Elissa Crowley (508-362-5062 call before 9 PM, e.crowley@verizon.net)

Sat., Mar. 8. Wellfleet-Griffin & Bound Brook Islands (B3C) – Walk along marsh to upland woodlands to Duck Harbor and Bound Brook. Spectacular bay views. from Rte 6 L to Wellfleet Center, L on Commercial St. becomes Kendrick Rd becomes Chequessett Neck Rd. to Great Island pkg lot. Meet 9:45. Four hours. Bring lunch. Bad weather? Check with Co-leader. L Janet DiMattia (508-394-9064, jandimattia@verizon.net), CL Todd Kelley (508-945-9929, kelleytrailblazer@yahoo.com)

Sun., Mar. 9. Harwich Hawksnest State Park (C3C) – Hike on dirt roads, trails through woods, by ponds. Meet 12:45. From Rte 6 exit 11. Take Spruce Rd. diagonally across from exit. Park on side of road approx. half mile down. Two hours. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Thu., Mar. 13. Provincetown- Snail Road Dunes (C3B) – Meet at 9:45 a.m. at the Snail Road trailhead on Route 6 at east end of Provincetown. Explore Provinceland dunes, see historic dune shacks, cranberry bogs, and spectacular 360 views as we hike up and down 2 miles to the ocean and then back. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sat., Mar. 15. Yarmouth-Three Ponds (B3C) – Late winter three hour walk on wooded trails by ponds, bogs. Bring snack/lunch for a brief stop. From Rte 6 exit 8 S. Take R at 2nd light. Go to end take L for about 1 mi. and park on either side of road. Meet 9:45. Rain/snow cancels. If in doubt call L. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Sun., Mar. 16. Beebe Woods, Falmouth (C3B/C) – 2 1/2 hr hike in this great area. We have it all on this hike. Lambs, llama, sheep, big boulders, kettle ponds, views. Hilly and flat terrain. From Bourne Bridge, follow Rt 28S into Falmouth. Go thru 1st set of lights at Jones Rd. Continue to Depot Ave on R. Follow to end to park at Conservatory. Meet 12:45. L Linda Church (508-495-1308 7-9pm, lchurch@whoi.edu)

Thu., Mar. 20. Barnstable Conservation: No more Tears (C3D) – A mostly level hike on some less travelled trails. 2 hrs. Meet 9:45 am for a 10 am start. From rt 6 exit 5, south on rt 149. At roundabout take R on Race Lane. 1 mile to R on Crooked Cartway. Pk at end. L Heidi Moss (508-362-6440 9 am-8 pm, mossheidi@hotmail.com), CL Jim Allardice

Sat., Mar. 22. Brewster - Punkhorn Grand Tour (B3C) – Hike woodland trails to old quarry sites, bogs, ponds ending at Eagle Point at Upper Mill Pond. Four hours. Bring lunch. Take exit 9B off Rte.6 go approx. 1/2 mile and turn rt. on Airline Rd. Right at stop sign at Satucket Rd. Right onto Run Hill Rd. and go to dirt pkg lot on left. Meet 9:45. L Peter Selig (508-432-7656, pandmselig@hotmail.com), CL Todd Kelley (508-945-9929, kelleytrailblazer@yahoo.com)

Sun., Mar. 23. Brewster-Nickerson State Park (C3C) – Easter Sunday walk around the perimeter of several ponds in the park. Woodland trails, few hilly sections, Meet 12:45 at Fisherman's Landing. State Park entrance off rte 6A in Brewster. Stay on main rd in pk for 1.8 miles, pkg on left. Two hours. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Thu., Mar. 27. Barnstable-Bridge Creek Conservation (C3D) – Flat terrain, cedar upland, maple swamp and salt marsh, bogs, stone walls...Meet at 9:45am. 2 hrs..from exit 5 off Rte 6 North on Rt 149...park along grass triangle on immediate left beside West Parish

Church. L Farley Lewis (508-775-9168 before 9pm, farlewis@comcast.net)

Sat., Mar. 29. Bourne- Four Ponds (C3C) – Two hour hike on Pine Trail through diverse habitats, wetlands and forests. Route #28 to Barlows Landing Road to Bourne Four Ponds lot on right. Meet at 9:45 AM. L Gary Miller (508-540-1857, Garymaxx@verizon.net)

Sun., Mar. 30. Truro-Ryder Beach (C3C) – Beach, woodland trails, some hills with scenic views of Cape Cod Bay. From Rte 6, L on Prince Valley Rd. Go to end. R on County Rd. Immed. L on Ryder Beach Rd. Park at End. Meet 12:45 P.M. 2 hours. L Janet Kaiser (508-432-3277, jtkaiser@verizon.net)

Thu., Apr. 3. Sandwich-Lowell Holly (C3C) – Scenic hike through beech and holly groves with lakefront shoreline. 2 hours. Meet at 9:45 am for 10 am start. From rt 6 exit 4, south on Chase/Great Hill Rd. 2 mi to R at stop sign on Farmersville Rd. Drive 0.5 mi to L on Boardley Rd, then 0.3 mi to L on Harlow Rd. R at stop sign on Cotuit Rd. .5 mile to small pk lot on left. L Heidi Moss (508-362-6440 9 am -8 pm, mossheidi@hotmail.com), CL Jim Allardice

Sat., Apr. 5. Truro- Truro Hills (B3C) – Hike from the Pamet Valley to the Jenny Lind Tower and back. Cross over the Truro Hills, upland woodlands and scenic overlooks. Rte. 6 to S. Pamet Rd. to Ballston Beach parking lot. Meet at 9:45am. 6 miles - 4 hours. Bring lunch. L Todd Kelley (508-945-9929, kellytrailblazer@yahoo.com)

Sun., Apr. 6. W. Falmouth-Harbor & Uplands (C4C) – From a pretty harbor hike to upland woods, past the first Quaker Burial Grounds on the Cape. Meet 12:45 for 1:00 start. From N or E take Rt 28 South to Brick Kiln Rd exit and go R at end of ramp. After 0.5 m. go R on 28A, then 0.6 m. to L at Old Dock Rd. Park at harbor 0.2 m. on R. If rain, check w/L. L John Gould (508-540-5779, jhgould@comcast.net), CL Hilary Hunt (508-495-0439, HHunt@cape.com)

Thu., Apr. 10. Provincetown - Whales and Trails (B3C) – Meet at Herring Cove Beach, 9:45 am in parking lot to the right of entrance. Walk through pine barrens, over dike with classic Cape Cod vistas, through salt marsh to arrive at beach by Race Point Lighthouse. We should see whales from shore. Bring your binos!! Allow 3 hours if we see whales!! L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sat., Apr. 12. Barnstable-Sandy Neck to Lighthouse (A3B) – Hike marsh trail through the maritime forest to the lighthouse and cottage colony. From canal Rte.6 to exit 3. L on Quaker Meetinghouse Rd. to 6A. R on 6A east go 2.9 miles to L on Sandy Neck Rd. in Sandwich just before Barnstable line. Follow to end parking lot. Meet 9:45 - 12 miles - 6 hours. Bring lunch. L Todd Kelley (508-945-9929, kellytrailblazer@yahoo.com)

Sun., Apr. 13. Dennis- Crowe's Pasture (C3C) – Walk thru woods, dirt roads to pasture, soft sand to Quivett creek, back along beach and woods...Meet at 9:45. 2 hours.. Exit 9B North from rte 6, 2nd light R on Setucket rd. 1 mile to Left on Airline rd, 1.3 mi cross rte 6A onto School st., 1st R onto South st. to parking. L Betty Donaghue (508-428-4679, bettyccfla@aol.com)

Thu., Apr. 17. Harwich-Herring River (C3C) – Hike wooded trails with views of West Reservoir, East Reservoir, Herring River and cranberry bogs. Take Exit 9A off Route 6. L at second light, R at stop sign. L on Great Western Rd. Go approx. 1.3 mi. to Sand Pond pkg lot on left. Meet at 9:45. L Pat Sarantis (508-430-9965, ediespond@hotmail.com)

Sat., Apr. 19. Sandwich- AMC Spring Gathering (C3C) – Hike the woods and hills of Sandwich's Maple Swamp area. Some steep grades and views of Cape Cod Bay. 2.5 to 3 hrs. Meet 12:45 pm for 1 pm start. From rt 6 exit 4 south on Chase/Great Hill Rd. 2 mi to R at stop sign on Farmersville Rd. 1/4 mi to R on Stowe Rd. Follow 3/4 mi to Camp Burgess on R. L Heidi Moss (508-362-6440 9 am-8 pm, mossheidi@hotmail.com)

Sun., Apr. 20. Falmouth-Hatchville Woods (C4C) – Woodland trails amble to Coonamessett Pond. Back through wetlands habitat and cranberry bogs. Rte 151 West from Mashpee Rotary 3.4 miles to left on Sandwich Road at lights. Go 1.6 miles toright on Hatchville Road. .5 miles to parking lot on left at pumping station. Meet 12:45. 2 hours. L John Gould (508-540-5779, jhgould@comcast.net), CL Hilary Hunt (508-495-0439, hhunt@cape.com)

Thu., Apr. 24. Truro-Ryder Beach C3C) – Beach, pretty wooded walk with some hills, views of Cape Cod Bay. From Rte. 6 L on Prince Valley Rd. to end. R on County Rd. Immed. L on Ryder Beach Rd. Park at the end. Meet at 9:45. L Pat Sarantis (508-430-9965, ediespond@hotmail.com)

Sat., Apr. 26. Brewster Nickerson State Park (B2B) – 4 hour hike in Nickerson State Park. Hilly terrain. Meet at park entrance at 9:45 am. Exit 10 off Rt. 6 on Rt. 124 and go north to Rt. 6A. Go East on Rt 6A to park entrance. Bring lunch and water. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sun., Apr. 27. Cataumet Woodlands, Bourne (C4C) – Come discover this woodland walk never offered before by AMC. Hike begins at Scotch House Cove. Take Rt 151 west to lights at 28A. Turn right and go 1 mile to fork at County Rd (sign says "To Cataumet.") Go left on County 1 mile to left at Shore Rd. Take first left onto Red Brook Harbor Rd. Go 0.6 miles to parking on right, "Bourne Conservation Trust." Meet 12:45, less than 2 hrs. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Thu., May. 1. Provincetown Whales Whales Whales (B3C) – Walk in sand to the Race Point Lighthouse and back, with binoculars in hand. We should see whales along the way and especially from the lighthouse! Meet 9:45 at Race Point Beach parking lot in Provincetown. Walk will take 3 hrs, and longer if whales seen. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sat., May. 3. Truro- Ryder Beach (B2C) – Some sand walking, hills, woods, views. Meet at 9:45. From Rte 6 just over Truro line take L onto Prince Valley Rd. Follow to end. R then immed L on Ryder Beach Rd. to pkg at end. Four hours. Bring lunch. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Sun., May. 4. Benjamin Nye Trail, Sandwich (C4C) – Working cranberry bogs, Talbott point, enchanting red pine forest, Scorton Creek, Hoxie Pond, Fish Hatchery and Game Farm from bygone days. From Rt 6A take Exit 4 (Chase Rd.) and turn N(toward 6A). Go about 1/2 mile and take Left on County Rd. One mile to parking on left across from Sandwich Grange Hall. Meet 12:45 2 hrs. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Thu., May. 8. Brewster, Punkhorn Parklands (C3C) – Hike over hills on trails and woodroads. Views of Upper & Lower Mill, and Walker Ponds. East on Satucket Rd to Stony Brook Rd, Brewster. R (South) on Run Hill Rd, past disposal area to pkg at end of pavement. Meet 9:45 a.m. L Janet Kaiser (508-432-3277, jtkaiser@verizon.net)

Sat., May. 10. Sandy Neck-Barnstable (B3B) – Hike along barrier beach to trail 4, returning along marsh trail. Mostly soft sand. Four hours, bring lunch. Meet at 9:45 AM. From Sandwich Rt. 6A across from Amari Restaurant turn north at Sandy Neck Rd. Follow to end, park in lower lot. L Elissa Crowley (508-362-5062 before 9 PM, e.crowley@verizon.net)

Sun., May. 11. Mashpee - Mashpee Woodlands East (C3C) – Varied terrain: woods, hills, river views... Meet 12:45 pm. 2 hrs. From West. Rt 28 Mashpee. Left at lights onto Orchard St. Take right on Quinaquisett. Immediate left onto Mashpee Neck Rd. Approx 1 mi. to marked parking on right. L Betty Donaghue (508-428-4679, bettyccfla@aol.com)

Thu., May. 15. Mashpee River Woodlands West (C4C) – Spectacular water view from high point, foot paths and cartways through pine and oak woods. A couple of hills. From Mashpee Rotary take Rt 28 east; at first right turn onto Quinaquisett. It's a "stone's throw" to marked parking on right. If parking on road, police request tires off pavement. Meet 9:45. 2 hrs. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Sat., May. 17. Chatham - North Point of South Monomoy (A2B) – New 12 mile Hike - Starting at Chatham Light head south on South Beach to South Monomoy. Go North on South Monomoy to northern most point. Take Main Street thru Chatham center to end. Turn right and continue 1/4 mile to lighthouse. Pkg on L. Meet at 9:45. Bring lunch and water. If questions contact L. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sun., May. 18. Bourne Farm, West Falmouth (C3C) – This hike will take you thru woods, by cranberry bogs, under a cattle tunnel. From Bourne Bridge take Rt 28S. Take the Thomas Landers Exit off the highway. Take R at end of ramp Then R onto Rt 28A and then a really quick L into the Bourne Farm area. Park in lot on R. Meet 12:45. L Linda Church (508-495-1308 7-9pm, lchurch@whoi.edu)

Bike Rides

Chair – Joe Tavilla, bikingchair@amcsem.org, 508/428-6887
NOTE: Approved helmets required for all AMC bike rides. If start time and location are not indicated, contact ride leader (L).

NOTE: for additional SEM bike rides, please check *AMC Outdoors*, visit www.amcsem.org, or use the AMC online trip listing system: <http://trips.outdoors.org> (set the Committee to "Biking," and the Chapter to "Southeastern Massachusetts"), or sign up for the SEM Short Notice trip list at www.amcsem.org.

Miles	Pace (MPH)	TerrainType
AA = 50+	1 = 17+	A = very hilly
A = 35-50	2 = 13-16	B = hilly
B = 25-35	3 = 11-13	C = rolling
C = <25	4 = up to 11	D = flat

Tue., Mar. 4. Tuesday Rides – 25 miles of Road or 15 miles of Mountain Biking. Tuesdays at 2:00PM. Flat to hilly. Contact ride leader for start location and directions. Intermediate pace. L Paul Currier (508-833-2690 8:00AM-7:00PM, pbencurrier@hotmail.com)

Tue., Mar. 4. First Tuesday – Mashnee Island Ride. Ride 25 miles on the canal bike path to RR Bridge then roads to Mashnee Island and return including tour of President Cleveland's Gray Gables. Start: 2:00 PM at the Freezer Rd lot in Sandwich. L Paul Currier (508-833-2690 8:00AM-7:00PM, pbencurrier@hotmail.com)

Tue., Mar. 11. Tuesday Rides – see March 4th listing for details

Mon., Mar. 17. Saint Patrick's Day Ride – Salute the patron saint of Ireland with an easy College Cafe Cycling Series ride on the less travelled roads of Easton & Mansfield. The route will feature a group lunch stop at the Stonehill College dining hall. Distance: 35 miles. 10:00AM start. L Joe Tavilla (508-428-6887 7:00AM-7:00PM, silverski@earthlink.net)

Tue., Mar. 18. Tuesday Rides – see March 4th listing for details

Thu., Mar. 20. Vernal Equinox and Full Worm Moon Road Ride (C3D) – Riders and road/hybrid cycles in top shape; helmets/water required; tires and riders pumped and ready to roll. Registration recommended. Cancellation or rescheduling sent only to registered riders. Start: Sagamore Recreation Area on the Mainland. We'll follow the hills and shores of Sagamore and canal trail and catch the sunset over Onset Bay, tour of Mass Maritime, and moonrise. L Paul Currier (508-833-2690 8:00AM-7:00PM, pbencurrier@hotmail.com)

Tue., Mar. 25. Tuesday Rides – see March 4th listing for details

Tue., Apr. 1. Tuesday Road & Mountain Bike Rides – Every Tuesday afternoon Location: Plymouth, Canal Area, & Cape Cod Distance: 25 Road; 15 Mountain Pace: Intermediate Terrain: Varies from flat to hilly Start Location: Contact ride leader Start Time: 6 PM Directions: Contact ride leader Note: Riders and bicycles in top shape; tires and riders pumped and ready to roll; helmets and water required. L Paul Currier (508-833-2690 8:00AM-7:00PM, pbencurrier@hotmail.com)

Tue., Apr. 1. First Tuesday Ride – Distance : 25 miles Pace: Intermediate Terrain: Rolling Hills Start: Skaket Beach Time: 5:00 - Arrive 4:45 Directions: Contact leader Description: Orleans To Eastham via Skaket, Coast Guard ,First Encounter Beaches Nauset & Three Sisters Lighthouses, Sunken Meadow Return past Three Sisters Lighthouses, Sunken Meadow, Campground. Some rolling hills. Riders and bicycles in top shape; tires and riders pumped and ready to roll; helmets and water required. L Paul Currier (508-833-2690 8:00AM-7:00PM, pbencurrier@hotmail.com)

Sat., Apr. 5. Sakonnet River Ride – A beautiful 35 mile ride with nice views of the Sakonnet River, Westport River, Rhode Island Sound. Lunch stop by the beach at Sakonnet Pt. Flat -rolling terrain. 9AM start. Call or e-mail leader for details. L Jack Jacobsen (508-993-0450 8:00AM-7:00PM, cyclejac51@yahoo.com)

Tue., Apr. 8. Tuesday Road & Mountain Bike Rides – see April 1st listing for details

Tue., Apr. 15. Tuesday Road & Mountain Bike Rides – see April 1st listing for details

Sat., Apr. 19. AMC Spring Gathering (Off Road) Bike Ride – Casual, follow-the-leader style, off-road ride in the famous "Trail of Tears" in West Barnstable Conservation area. 10-12 miles at 6-12 mph. Terrain unpaved - except for 4 mile round trip to/from conservation area from Camp Burgess. Leaving Camp at 12:30pm. Bikes should be in good working order and helmets required. L Laura Smeaton (617-323-6727, amclaura@mac.com)

Sat., Apr. 19. AMC Spring Gathering (On Road) Ride – Enjoy quiet roads and unobstructed scenery during Cape Cod's "Off-Season". The ride will originate from Camp Burgess, site of the AMC Spring Gathering. Riders will visit the quaint Village of Sandwich, the Cape Cod Canal & Visitor's Center with lots of water views of

Cape Cod Bay. Distance: 24-28 miles Terrain: Flat, Rolling, Paved surface Pace: Stay together, group pace. Ride Start Time: 12:30PM End Time: between 3:00-4:00PM. L Linda Church (508-495-1308 5:00PM-7:30PM, lchurch@whoi.edu), CL Joe Tavilla (508-428-6887 7:00AM-7:00PM, SilverSki@Earthlink.net)

Sat., Apr. 19. Full Pink Moon Road Ride (C3D) – See March 20th listing for ride description and information

Tue., Apr. 22. Tuesday Road & Mountain Bike Rides – see April 1st listing for details

Sat., Apr. 26. 4C Ride – College Cafe Cycling Ceries. The rural and country roads of Rehoboth will take all riders to the idyllic campus of Wheaton College. Group lunch stop in the student dining hall - all you care to eat & drink for a very modest price. Distance 35 miles. L Joe Tavilla (508-428-6887 7:00PM-7:00PM, silverski@earthlink.net)

Tue., Apr. 29. Tuesday Road & Mountain Bike Rides – see April 1st listing for details

Thu., May. 1. Thursday Rides In May – Bike rides every Thursday night in the Rochester, Acushnet area. 20-23 miles. Moderate pace. Call or e-mail leader for details. L Jack Jacobsen (508-993-0450 8:00AM-7:00PM, cyclejac51@yahoo.com)

Mon., May. 5. Monday Rides – Bike rides every Monday night in the Lakeville, Middleboro, Freetown area. 20-23 miles. Moderate pace. Call or e-mail leader for details. L Jack Jacobsen (508-993-0450 8:00AM-7:00PM, cyclejac51@yahoo.com)

Tue., May. 6. Tuesday Road & Mountain Bike Rides – see April 1st listing for details

Tue., May. 6. First Tuesday – Little Sandy Pond Ride. Ride 25 miles via rolling hills through Buttermilk Bay, then to Little Sandy Pond Road in Plymouth to Cedarville and back via Herring Pond Road to Canal. Hills courtesy of Plymouth. Start at 6:00PM at RR Bridge in Buzzards Bay. L Paul Currier (508-833-2690 8:00AM-7:00PM, pbencurrier@hotmail.com)

Thu., May. 8. Thursday Rides In May – See May 1st listing for details

Sat., May. 10. 4C Ride – College Cafe Cycling Ceries. The 35 mile, mostly flat route will be partially on the famous East Bay Bike Path which offers scenic water views of Narragansett Bay. The ride will feature a group lunch stop in the student dining hall at Roger Williams University in Bristol RI. L Joe Tavilla (508-428-6887 7:00AM-7:00PM, silverski@earthlink.net)

Mon., May. 12. Monday Rides – See May 5th listing for details

Tue., May. 13. Tuesday Road & Mountain Bike Rides – see April 1st listing for details

Thu., May. 15. Thursday Rides In May – See May 1st listing for details

Sat., May. 17. South Dartmouth Ride – Nice ride that explores the rural farm country of So. Dartmouth stopping at a few nice beaches along the way. Mostly flat terrain. 37 miles. 9AM start. Call or e-mail leader for details. L Jack Jacobsen (508-993-0450 8:00AM-7:00PM, cyclejac51@yahoo.com)

Mon., May. 19. Full Flower Moon Ride – See March 20th listing for ride description and information

Mon., May. 19. Monday Rides – See May 5th listing for details

Tue., May. 20. Tuesday Road & Mountain Bike Rides – see April 1st listing for details

Thu., May. 22. Thursday Rides In May – See May 1st listing for details

Mon., May. 26. Monday Rides – See May 5th listing for details

Tue., May. 27. Tuesday Road & Mountain Bike Rides – see April 1st listing for details

Thu., May. 29. Thursday Rides In May – See May 1st listing for details

Sat., May. 31. 4C Ride - College Cafe Cycling Ceries – A mostly flat 40 mile ride with lots of water views of Buzzards Bay and Onset Bay. The ride will feature a group lunch stop, with the cadets of the Massachusetts Maritime Academy. L Joe Tavilla (508-428-6887 7:00AM-7:00PM, silverski@earthlink.net)

2000 Mile Club Report

In calendar year 2007, our *2000 Mile Club* members collectively logged 66,673 miles on their bikes.

That's a lot of miles! Congratulations to all those who logged at least 2,000 miles in 2007 and turned in their miles to the 2000 Mile Club registrar. The 2000 Mile Club will award patches to the 13 new members, indicated below with an asterisk:

<u>Name</u>	<u>Mileage</u>
Glenn Mathieu	5356 *
Louis Outor	5323 *
Gianluca Marchi	5037
Joe Tavilla	4893
Jack Jacobsen	4165
Roger Scholl	3363
Pam Patrick	3246 *
Larry Kornestsky	3003
Paul Currier	2661
Paul Corriveau	2558 *
Gary Miller	2547 *
Bob Kennedy	2484 *
Jean Orser	2395 *
Roz Levin	2324 *
Don Latus	2285 *
Jim Kipela	2144 *
Linda Church	2137 *
Dan Egan	2127 *
Peter Ruprecht	2113 *

Kayak Paddles

Chair – Robert Zani, 508/430-1914, paddlingchair@amcsem.org

For information on SEM canoe and kayak trips, please check *AMC Outdoors*, visit www.amcsem.org, or use the AMC online trip listing system: <http://trips.outdoors.org>. (set Committee to “canoe/kayak” and set Chapter to “Southeastern Massachusetts”).

Wed., Apr. 2. Shoestring and Popponesset Bays – The tides should allow us to select from a menu of sites for exploration within the general area of Shoestring and Popponesset Bays. Conditions of the day and past trip content in the area will determine the final destinations of the paddle. We will stop for lunch midday. L Louise Foster (508-240-7245)

Sat., Apr. 5. Quivett Creek – 10:30 Launch This is a nice paddle from Paines Creek over to Quivett Creek and past Sea Street if the tide and weather allow. Exit 10 on rte 6 and N on rte 124. L at rte 137 to R on Paine's Creek Road to the put in. Life vest and wet suit or dry suit required. Spray skirt may be required when crossing the mouth of Quivett Creek. Preregistration required. L Robert Zani (508-430-1914, rcza@comcast.net)

Sat., Apr. 5. Quickwater Leader's Choice – 10:30 Launch A quickwater paddle. Call for information and registration. L Jeff Tubman (508-896-7858, jltbmn@verizon.net)

Wed., Apr. 9. Swift Beach, Wareham – 10:30 Launch From Bourne bridge W thru Buzzards Bay onto 6W/ 28N through Wareham center. L passing town hall, L on Swift beach rd (big green sign) Half mi to left fork on Shore rd to end at Swift Neck, parking lot. From West take 195E exit 20 rt R onto 105S, Marion Left on 6E, over Weweantic River R onto Swift Beach rd. Life vest wet or dry suit, and spray skirt required. L Don Savino (508-295-4562, donsavino@webtv.net)

Sat., Apr. 12. Walker, Upper Mill, and Lower Mill Ponds, Brewster – 10:30 am, PUT-IN DIRECTIONS: Exit 10 off rte 6 S to R on Queen Anne Road. R on Depot Road. This becomes Slough Road after crossing the Brewster Town line. Stay on the road for the put in on the right. LIMITATIONS: Life vests required. Spray skirts may be required if the wind picks up. Wet or dry suit required. L Robert Zani (508-430-1914, rcza@comcast.net)

Wed., Apr. 16. Centerville River – 10:30 am. PUT-IN DIRECTIONS: From Rt28 in Centerville take Old Stage S Take to light on So. Main street. R on So. Main Street. to L on Hayward Road to town way to water. If you don't have a town of Barnstable parking sticker you will have to park back on South Main street. LIMITATIONS: Life jackets required. Spray skirts may be required depending on conditions. Wet or dry suit required. L Bill Fischer (508-420-4137, wmbbararafischer@comcast.net)

Sat., Apr. 19. AMC Spring Gathering Leader's Choice – 10:30 Launch, Call or email leader for information and registration. Life vest required, spray skirt may be required. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Apr. 19. AMC Spring Gathering Paddle – A short paddle in Camp Burgess as part of the Spring Gathering. Directions: Rte 6 to Quaker Meeting House Rd. (exit 3) S to Cotuit Rd. (stoplight) L 0.3 mi to L on Farmersville Rd 1.1 miles to L on Stowe Rd for a short distance. Camp Burgess will be on your left. L Robert Zani (508-430-1914, rcza@comcast.net)

Wed., Apr. 23. Wellfleet Harbor – 10:30 am. Where we go on this paddle will probably be dictated by the weather for the day. Plan on distance of about 10 miles. PUT-IN DIRECTIONS: West on Main Street from rte 6 to L on Commercial Street to far end of Public Beach parking lot. LIMITATIONS: Life vest required. Spray skirt may be required. L Don Palladino (508-349-2950, djp1958@comcast.net)

Wed., Apr. 30. Mashpee/ Wakely Ponds – PUT-IN DIRECTIONS: From rte 28 take rte 130 N 2 mi to R at "State Landing" sign. LIMITATIONS: Life vests required. Skirts may be required depending on conditions. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Please see *AMC Outdoors* or visit the AMC online trip listing system for May paddles...

Education

Chair – Hagit Moverman, 508-238-9364, education@amcsem.org

Sat., May 3, 8:30am–5:00 pm – SEM Leadership Training – Borderland State Park Visitor Center. If you'd like to become an SEM trip leader, please join us for this fun and informative one-day program. Training is free, but park parking costs \$2.00. Lunch provided. Contact Hagit Moverman to register via e-mail at education @amcsem.org or phone at 508-238-9264 (evenings only).

Conservation

Chair – Fred Yost, 508-699-9305, conservationchair@amcsm.org

Sun., May. 25. Spring migrants at Fowl Meadows – Join Fred Yost for some spring bird watching. Everyone is welcome, non-birders and birders of all levels. We will look for local resident birds and neotropical migrants along our leisurely 2-3 mile walk. Bring binoculars and foot gear that will keep your feet dry. Meet at Fowl Meadows Parking lot off Brush Hill Road in Milton @ 9:00 AM. L Fred Yost (508-699-9305 6:00-9:00 PM, fey_iam@hotmail.com)

We're "Red Lining" the Blue Hills –

The following people have hiked every trail in Blue Hills and redlined the hikes on their trail maps as of the dates indicated:

12-02-06 -	Dexter Robinson
07-19-07 -	Jim Plouffe
07-19-07 -	Fred Wason
08-16-07 -	Cheryl Lathrop
10-1-07 -	Maureen Yachimiski
11-1-07 -	Walt Granada

If you'd like to come join us after work on Thursday nights, check our website:

http://home.comcast.net/~hike_with_bob_v



Southeastern Massachusetts Chapter
APPALACHIAN MOUNTAIN CLUB
5 Joy Street
Boston, MA 02108

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Taunton, MA 02780-9998
Permit No. 511

Snowshoe Hike #1 at Waterville Valley on December 29th...



Mount Pierce Hike on January 12th ...



The Southeast Breeze is printed on 100% recycled paper using environmentally friendly ink.



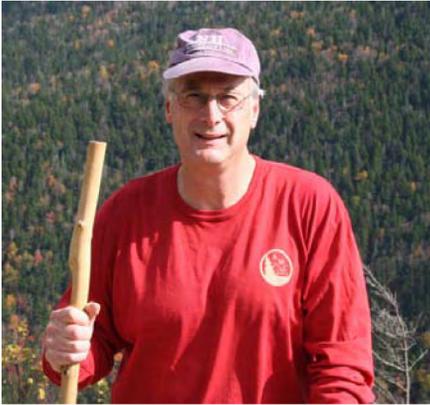


The Southeast Breeze

The newsletter of the Appalachian Mountain Club Southeastern Massachusetts Chapter
Summer 2008 - June, July & August

View from the Chair

By Mike Woessner



I recently received the sad news that Chris Sampson passed away on March 30th. Chris was the Secretary for our Chapter back when I was Vice-Chair.

Chris always had a smile on her face and something nice to say. She was the self-appointed chapter photographer and many of her photos appeared in the Breeze and on the web. Chris was an enthusiastic board member and always did all she could to help out. She will be sorely missed by many.

On a lighter note, our chapter hosted the clubwide AMC Spring Gathering 2008 on April 18-20 at the Camp Burgess YMCA Center on Cape Cod. This was a huge undertaking for our Chapter and, as it turned out, also a huge success. Much thanks to the SG2008 committee: Wayne Anderson, Louise and Paul Anthony, Joe Courcy, Claire Goode, Farley Lewis, Paul Miller, Susanne Piche', Jim Plouffe, Joe Tavilla, Fred Yost, and Bob Zani.

Camp Burgess proved perfect for our event. We had full use of the pond for paddling as well as the rock climbing wall. (Some photos on page 6.)

Camp Burgess was the stepping off point for many events. These included a tour of Nobska Light and Woods Hole Oceanographic Institute, on- and off-road bike rides, plus several hikes, paddles, and even a nature walk.

The weekend's entertainment started off with the first-ever "AMC Jeopardy" game, a hilarious time hosted by our own "AT" Joe Courcy. Our very own Bob Bailey entertained us with a sing along during the Saturday night social hour. After a hearty dinner buffet, we were also entertained by an excellent local Barber Shop Quartet.

For many, the best part of the weekend was a chance to relax and socialize with fellow AMCs around a blazing campfire while eating s'mores.

With the Spring Gathering behind us, we can now look forward to summer in New England. Or, as my father used to say, "3 hot days and a thunderstorm." There's lots going on: National Trails Day and the Taunton River Fest are both on June 7th. These are both good opportunities to get outside and make a difference in your environment.

We are continuing our intro series with two events. On June 14th we will have an intro to biking at the Mass Maritime Academy. Join us for a leisurely bike ride along the Cape Cod Canal and then lunch with the cadets! The following Friday, June 20th, we will have a pot luck dinner at the Bourne Community Center with an intro to Paddling.

Our annual summer picnic will be on July 26th at the Lloyd Center for the Environment in Dartmouth. This is an excellent outdoor nature facility with miles of hiking trails, access to paddling, and wonderful biking. A big cookout and our annual "Cherry Pit Projectile" contest will follow these activities. Also look for our first-ever Family Car Camp in August. You can find details for all of these events and more in this issue and on our web site at www.amcsem.org.

Mike

Summer 2008 Events Calendar

- June 4th - **Hike Planning Meeting**
UU Church, Main St., Middleboro
- June 7th - **National Trails Day event**
Myles Standish Park, Plymouth
- June 11th - **SEM Board Meeting**
UU Church, Main St., Middleboro
- June 14th - **Intro. To Biking for New Members**
Mass. Maritime Academy, Bourne
- June 20th - **Intro. To Paddling Pot Luck**
Bourne Community Center
- July 9th - **SEM Board Meeting**
Bourne Community Center
- July 20th - **EMS Paddling Class**
Hyannis
- July 26th - **SEM Summer Picnic**
Lloyd Center, Dartmouth
- August 13th - **SEM Board Meeting**
UU Church, Main St., Middleboro

Save the dates for these future events...

- Sept. 19-21st - **Chapter Hut Night**
New Hampshire
- Sept. 13-14th - **Wilderness First Aid**
Camp Lyndon, Sandwich
- Oct. 17-19th - **AMC Fall Gathering**
Hosted by Washington DC chapter
- Nov. 1st - **SEM Annual Meeting & Dinner**
Johnson & Wales Inn, Seekonk

AMC ACTIVITY PARTICIPATION POLICY

AMC encourages involvement in its mission and activities through its membership, programs, policies and procedures. Our goal is to be a community that is comfortable, inviting and accessible for people of any age, gender, race, religion, ethnicity, ability, sexual orientation, or socioeconomic status.

Some AMC programs are designed for a certain age range of members or for a special activity or topic. However, any person who meets the minimum qualifications (age, skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available. Individuals under 18 must be accompanied by a responsible adult.

All participants in AMC activities are required to sign the AMC waiver form provided by the leader. You may preview this waiver form on the chapter website at www.amcsem.org/pdf/waiverform.pdf.

The Appalachian Mountain Club Southeastern Massachusetts Chapter

Chapter includes app. 3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.

2008 Executive Board

- Chapter Chair - Mike Woessner, chair@amcsem.org
508/577-4879
- Vice Chair - OPEN*
- Treasurer - Claire Goode, treasurer@amcsem.org
508/759-7362
- Secretary - Joe Courcy, secretary@amcsem.org
508/272-6781
- Biking - Joe Tavilla, bikingchair@amcsem.org
508/428-6887
- Canoe/Kayak - Robert Zani, paddlingchair@amcsem.org
508/430-1914
- Cape Hiking - John Gould, capehikingchair@amcsem.org
508/540-5779
- Communications- Paul Miller, communicationschair@amcsem.org
508/695-8495
- Conservation - Fred Yost, conservationchair@amcsem.org
508/699-9305
- Education - Hagit Moverman, education@amcsem.org
508/238-9264
- Hiking Chair- Wayne Anderson, hikingchair@amcsem.org
508/697-5289
- Membership - Kathy Shaw, membershipchair@amcsem.org
508/524-0879
- Skiing - OPEN*
- Trails - Bill Ruel, trailschair@amcsem.org
508/838-3841
- Webmaster* - Susanne Piche, webmaster@amcsem.org

*Please contact Mike Woessner if you are interested in volunteering for any open SEM volunteer positions. We're also looking for a new Webmaster...

The *Southeast Breeze*, the newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published four times per year as a service to the Chapter's members. SEM members are encouraged to submit letters, articles, photos, and artwork, but materials for publication (space permitting) cannot be returned unless accompanied by SASE. Please mail to: Paul Miller, 169 So. Washington St., No. Attleboro, MA 02760. Digital submissions are preferred, and can be e-mailed to: communicationschair@amcsem.org. Articles will be edited for length, typographical errors, and clarity.

HAVE YOU MOVED? Please send your change of address information to: AMC, 5 Joy St. Boston, MA 02108

NON-SEM AMC MEMBERS who wish to receive the quarterly Southeast Breeze newsletter should send a \$10.00 check made out to "AMC SEM" to: Claire Goode, ATT: Non-Member Breeze Subscription, 240 County Rd., Bourne, MA 02532. Please be sure to provide your mailing address if it's not on the check.

Our **SEM Short Notice E-Mail Trip List** is a great way to find out about late-breaking Chapter activities that might not appear in either the *Breeze* newsletter or the *AMC Outdoors* magazine. If you haven't signed up for the e-mail list yet, just visit www.amcsem.org

Don't miss the SEM Chapter Summer Picnic!

July 26, 2008, 10:00 am – 4:00 pm

Lloyd Center for Environmental Studies
450 Potomska Rd., So. Dartmouth, MA



Mark Medeiros Photography

SEM Summer Picnic morning activities will include your choice of:

- Nature walk
- Short and long bike rides
- Canoe/kayak paddle (see Paddling listings)

...followed by lot's of good eatin' beginning at around 1:00 pm with our *partial-pot-luck* lunch and our *Second Annual Cherry Pit Spitting Contest*...

The Chapter will provide hamburgers, veggie burgers, soft drinks, watermelon (and cherries). Participants should supply the side dishes and salad. (If your last name begins with A-I, please bring side dishes; if J-R, please bring salad, if S-Z, please bring dessert...) Please be sure to drop off your food at the kitchen prior to the start of activities...

And don't forget the sun, fun, and camaraderie of getting together with your friendly, like-minded fellow SEMers!

All this for just \$5.00 pp for individual adults, or \$10.00 per family.

To register, please contact Fred Yost at 508/699-9305 (conservationchair@amcsem.org) or Claire Goode at 508/759-7362 (ctgoode@comcast.net). Directions at www.lloydcenter.org.

Announcing our first Annual Family Camping Weekend

The SEM Chapter is pleased to announce the first of a new annual event: *Family Camping Weekend*. This year we will be camping in the Berkshire area at Savoy Mountain State Forest, in Florida, MA, August 22nd through August 24th.

Savoy Mountain State Forest, atop the Hoosac Mountain Range in northwestern, Mass., has many recreational opportunities for you and your family to enjoy. These include more than 50 miles of wooded hiking trails plus paddling, mountain biking and fishing. For more information, please visit their website at <http://www.mass.gov/dcr/parks/western/svym.htm>

The cost to members is \$5.00 per night, per family. Only one car per family permitted. You'll need to bring all your own camping equipment and food. Please be sure to register by Aug. 15th by contacting Claire Goode at ctgoode@comcast.net or at 508-759-7362 (5-9 PM).

Two-part "Introduction to Paddling" Series

Bob Zani, SEM Paddling Chair, will give a presentation on paddling with the AMC at the Introduction Series Pot Luck Dinner on Fri., June 20th in Bourne, MA from 6:30 to 8:30 pm. Bob will cover topics including safety, equipment, the difference between paddling on the ocean or on flat water, what you need to get started, and more. To register and sign up to bring a dish, please contact Claire Goode at ctgoode@comcast.net or at 508-759-7362 by June 18th.

For the second event, we've teamed up with EMS to provide hands-on kayaking instruction. EMS will provide all the equipment and instruction for members who want to learn flat water kayaking. This 3-hour class will be held on Sun., July 20th starting at 9:00 am in Hyannis, MA. The cost to attend this instructional class is \$45.00 per person.

You must register for the EMS kayaking class by July 10th. The event will take place rain or shine. Payment is due by July 10th. No refunds will be given after July 10th. To register, contact Claire Goode at ctgoode@comcast.net or at 508-759-7362.

Conservation Corner

By Fred Yost, Conservation Chair

Taunton River Watershed Association...

Have you noticed a new link for the Taunton River Watershed Alliance at the SEM website? This fine organization and the AMC share similar conservation goals. Together, we can pool our advocacy efforts for greater effectiveness. The Taunton River watershed contains many beautiful areas in which the AMC hikes, bikes and paddles. There are more than 173 “canoeable” river miles in the watershed. If you hike in Borderland State Park or bike around the Lakeville area you are enjoying the resources in the Taunton River watershed.

You will find many excellent advocacy and educational opportunities at the TRWA's web site (savethetaunton.org) along with hikes and paddling outings. To see a complete list of TRWA activities, go to their website clicking on "members newsletter" and scrolling down to "upcoming events of interest". (The TRWA has also linked to our SEM website.).

Critical Treasures in Massachusetts...

We all have favorite hiking, biking or paddling places. Sometimes, they are pristine and tranquil and safely preserved forever. Sometimes, they become overused, abused or encroached upon by poorly planned development, making the place less desirable for recreation, relaxation or for plants and wildlife to thrive. The AMC's new “Critical Treasures” project provides a means to focus on the most valuable resources we have in our region—and across the state—and to raise awareness of some of the threats that could damage those resources. Critical Treasures are state and local parks and forests with priority habitat or high value recreational resources that are under threats from sprawl development, infrastructure development projects or other alterations.

Each Massachusetts chapter is being asked to submit nominations for what they consider to be the Critical Treasure in their region. These will be compiled later this spring. We hope to have a statewide list of these sites by the end of the summer. This list will provide a focus for environmental education, a new way to get adults and kids outside, and a way to highlight the need to get secure funding for these important places.

Congratulations to the Southeast chapter for submitting the first list!

The Critical Treasures program allows us to highlight the most important areas that need either protection or funding for maintenance so we can create the support needed to get the required funding. When leaders plan trips to an area designated as a Critical Treasure, the leader or a local land protection specialist can talk with the participants about the importance of the site and what needs to be done to ensure that future generations can continue to enjoy the area. AMC members or leaders can then talk to friends and family, write blogs, letters or articles for local papers advocating for the needed resources by letting their local and state officials know how valuable the resources are to us. It's all about prioritizing, raising awareness and being heard. The program is intended to easily combine with a hike or other outing. Each designated site will have a flyer or brochure written up and available on the AMC and chapter websites along with information on how to lead a Critical Treasures activity. Leaders will also be able to get the information from AMC Joy Street, download the information or ask participants to do so.

Many thanks to the people who suggested the following sites: Ames Nowell (Abington/Brockton), Beebe Woods (Falmouth), Coonamessett River (Hatchville), Crooked Pond (Hatchville), D.W. Fields Park (Brockton), F. Gilbert Hills State Forest (Foxboro), Franklin State Forest (Franklin), Wrentham State Forest (Wrentham).

Your input is valued for this ongoing process. All new suggestions will be prioritized and added to the current list. In coming months, Mike Gildesgame, AMC's Southern New England Policy Manager, will contact other conservation organizations as well as the Departments of Conservation and Recreation and Fish and Game, to add any ecological Critical Treasures that we might have overlooked. For more information or to send the names of any sites that you believe fit the criteria (special habitat or recreational values plus current or imminent threats to them) please contact Fred Yost (conservationchair@amcsem.org or call 508-699-9305) or Mike Gildesgame (mgildesgame@outdoors.org).

I hope that most people who are reading this will be helping celebrate National Trails Day, either at an AMC sponsored event or perhaps cleaning up trails at one of your town's conservation areas. Another option for the day is Riverfest, the Taunton River Watershed Alliance's celebration for and of the river. Riverfest will be held at the Weir Center in Taunton on June 7th.

SEM New Member Introduction Series:

“An Overview of Road Cycling on Cape Cod and Southeastern Massachusetts”

Saturday June 14th - 10:30 AM to 2:30 PM

From Scituate to Westport. From Bourne to Provincetown – this region offers a wide and interesting diversity of scenery, road conditions, points of interest and historical sites. It’s all here – lighthouses, cranberry bogs, beaches, idyllic harbors, sand dunes, summer cottages and delicious seafood.

Our experienced cycling leaders will share their knowledge of places to ride, favorite lunch stops, points of interest, bike safety, equipment and riding skills.

The day will begin with a ride along the Cape Cod Canal and Buzzards Bay, followed by a visit to the Massachusetts Maritime Academy. The visit will include an “All You Can Eat and Drink” lunch, with the cadets, in the MMA Dining Hall.

The ride program is suitable for the new rider who wants to ride more and learn more about cycling and also learn about other AMC activities.

What To Bring:

- A road/hybrid bike in good working condition
- Helmet
- Water Bottle
- Spare Tube

Cost: \$8.00 (includes lunch)

Registration Required – contact Joseph Tavilla
SilverSki@Earthlink.net (508/450-1934)

Save the Date for AMC Fall Gathering – October 17-19, 2008

Take a journey to the head of the Chesapeake Bay, only 40 minutes from the end of the New Jersey Turnpike, and enjoy the hospitality of the Washington, D.C. chapter. Don't miss this opportunity to enjoy AMC-style fun hosted by our southernmost chapter. Details are available at <http://www.amc-dc.org/>.

SEM Member Profile

Third-grader, Evan Whitemyre climbs "Summits for My School"



Evan Whitemyre of Rockland, MA, AMC family member and third grader at the South Shore Charter Public School, had made it his goal to climb at least ten 4000-footers to raise money for his school.

As of this writing, Evan (accompanied by his dad, AMC SEM member, David Whitemyer), has climbed four of his ten

4,000-footers and has raised \$4,234 toward his goal of \$5,000. Last year, Evan and David climbed seven mountains last year, including Katahdin, Lafayette, Lincoln, and Greylock. Way to go Evan!

Readers can learn more about Evan's excellent project by visiting his blog site at <http://summitsformyschool.blogspot.com>.

Clothing and gear drive for Kilimanjaro porters...

As leader of two AMC major excursions to Mount Kilimanjaro, Erika Bloom has been touched by the wonderful Killi porters. These guys cheerfully carry 40-50 pounds of client gear each up the mountain, but they have minimal gear and clothing of their own.

Now you have an opportunity to donate your unwanted, gently worn synthetic hiking clothing and gear to the porters. Email erika.bloom@comcast.net to see if pickup can be arranged (depending on your location and how much stuff you have). Or, mail items or any checks (to help with shipping costs) to: Erika Bloom, 9 Holiday Drive, Fairhaven MA 02719.

Most needed items are mens hiking clothing and boots in all sizes and women's size medium and larger. Rain jackets and pants, warm fleece and wool, synthetic underwear, sleeping bags, etc. would all be greatly appreciated by the porters.

What could be better than springtime on Cape Cod?

By all accounts, the clubwide, 2008 AMC Spring Gathering, hosted by our very own SEM Chapter, was a huge success. We had record attendance and almost unbelievably sunny and warm weather for April. For more photos, visit www.amcsem.org



Clockwise from upper right: The Nobska Light tour was a major draw for attendees; paddling on the pond; the climbing wall was a big hit; bikers gather prior to a ride; the very capably-staffed registration desk.

Hiking/Backpacking Activities

Chair – Wayne Anderson, 508-697-5289, hikingchair@amcsem.org

IMPORTANT: Hikers unsure of their ability should try only one level more difficult than previously completed. No pets without permission of trip Leader. Registration required for most trips. Hiking boots strongly recommended. For additional information or to register, contact the trip Registration leader (R), trip Leader (L) or co-Leader (CL). SEM Chapter trip updates are also available at <http://trips.outdoors.org>. Please also sign up for the SEM Short Notice E-Mail Trip List at www.amcsem.org.

Miles per Hike	Pace (MPH)	TerrainType
AA = 13+	1 = very fast (2.5)	A = very strenuous
A = 9 - 13	2 = fast (2)	B = strenuous
B = 5 - 8	3 = moderate	C = average
C = <5	4 = leisurely	D = easy

Thu., Jun. 5. Red/Blue Line the Blue Hills – The SEM Chapter is once again running the Red/Blue Line The Blue Hills Hiking Series. Join the crowd on our Thursday night jaunts through the woods and hills of the Blue Hills Reservation as we attempt to hike every trail (highlighting our maps as we go). We meet Thursday nights throughout Daylight Saving Time. Location and times vary. Contact our registrar for more information. R/L Jim Plouffe (508-586-1394, jimplouffe@comcast.net), L Fred Wason (fmwason@verizon.net), CL Cheryl Lathrop (cheryl4698@verizon.net), CL Holly Makowsky (Makowskyholly@yahoo.com),

Sat., Jun. 7-8. First of three Monadnock Sunapee Greenway Trail weekend backpacks (A3B) – Our goal is to complete the first of three 18-mile segments of the 50-mile long MSGT. Participants must bring their own tents, sleeping bags, food, etc. for two days. Visit www.msgtc.org/MSGTCTrail.htm for information about the trail. Registration for this hike/series will be by phone only. CL/R: Fred Wason (508)-699-7635 evenings 6- 9:30 pm. L Steve Tulip (774-218-9111, stulip2005@comcast.net)

Thu., Jun. 12. Red/Blue Line the Blue Hills – Please see June 5th listing for details and registration information

Sat., June 14th; Summer Series #1, Blue Hills (B3C) – We will discuss hiking as we hike thru Blue Hills. Topics include hydration, environment, nutrition and physical requirements. Leaders Wayne Anderson wanderson@mxcsi.com; Bill & Chris Pellegrini chrispellegrini@yahoo.com

Thu., Jun. 19. Red/Blue Line the Blue Hills – Please see June 5th listing for details and registration information

Sat., Jun. 21. Map and compass training - Blue Hills Reservation. Do you carry a compass for outdoor travel as they tell you to but haven't a clue on how to use it? Come learn the basics of reading maps and using a map with a compass. Group size limited to 10. Raindate: Sun., June 22. L Dexter Robinson (dexsue@comcast.net), R Dexter Robinson (781-294-8840 7-9:30 pm, dexsue@comcast.net)

Thu., Jun. 26. Red/Blue Line the Blue Hills – Please see June 5th listing for details and registration information

Thu., Jul. 3. Red/Blue Line the Blue Hills – Please see June 5th listing for details and registration information

Sat., Jul. 5th, Summer Series Hike #2, Pack Monadnock (A3C) – the second hike in the series will bring us to southern New Hampshire where we will build upon knowledge from hike #1. L. Wayne Anderson wanderson@mxcsi.com; Bill & Chris Pellegrini, chrispellegrini@yahoo.com

Thu., Jul. 10. Red/Blue Line the Blue Hills – Please see June 5th listing for details and registration information

Thu., Jul. 17. Red/Blue Line the Blue Hills – Please see June 5th listing for details and registration information

Sat., Jul. 19. Summer Series Hike # 3. Mt Osceola (A#B) – This 4,000 footer in the heart of the White Mountains offers many challenges and fine views from the summits. L. Wayne Anderson, wanderson@mxcsi.com, Bill & Chris Pellegrini. Chris Pellegrini chrispellegrini@yahoo.com

Thu., July 24. Red/Blue Line the Blue Hills – Please see June 5th listing for details and registration information

Thu., July 31. Red/Blue Line the Blue Hills – Please see June 5th listing for details and registration information

Thu., Aug. 7. Red/Blue Line the Blue Hills – Please see June 5th listing for details and registration information

Thu., Aug. 14. Red/Blue Line the Blue Hills – Please see June 5th listing for details and registration information

Thu., Aug. 14. Red/Blue Line the Blue Hills – Please see June 5th listing for details and registration information

Thu., Aug. 21. Red/Blue Line the Blue Hills – Please see June 5th listing for details and registration information

Sat., Aug. 23. Summer Series Hike # 4, Mt. Jefferson (A3A) – This very challenging 5,000 footer is part of the Northern Presidentials, offering exceptional panoramic views. L. Wayne Anderson, wanderson@mxcsi.com; Bill & Chris Pellegrini, chrispellegrini@yahoo.com

Thu., Aug. 28. Red/Blue Line the Blue Hills – Please see June 5th listing for details and registration information

Fri. & Sat., Sep. 12 & 13. Summer Series Hike # 5. Mt. Greylock backpack (B3A) - Travel to western Mass. to hike the highest point in the state. L. Wayne Anderson, wanderson@mxcsi.com; Bill & Chris Pellegrini, chrispellegrini@yahoo.com; Jim Plouffe jimplouffe@comcast.net (NOTE: dates subject to change)

Cape Cod Hikes

Chair – John Gould, 508-540-5779
capehikingchair@amcsem.org

Most Cape Hikes are “Show & Go...” For additional information, contact the trip Leader (L) or Co-Leader (CL) or visit <http://trips.outdoors.org>. (Set Committee to “Cape Hikes.”)

Miles per Hike	Pace (MPH)	TerrainType
AA = 13+	1 = very fast (2.5)	A = very strenuous
A = 9 – 13	2 = fast (2)	B = strenuous
B = 5 – 8	3 = moderate	C = average
C = <5	4 = leisurely	D = easy

Full Moon Hikes - During the summer months, Cape Hiking will once again conduct a monthly Full Moon Hike. The hike dates are June 17, July 17 and August 15, and will be held in the evening as the moon begins to rise. The location, starting time, and other information varies and will be posted on the SEM website about two weeks before each hike. Go to www.amcsem.org and at the top click on Cape Hiking. On the page that opens, click on Schedule and then look for the date of the hike. If you would like to be included in an email announcement about the hikes, please contact John Gould (508-540-5779, jhgould@comcast.net)

Bike Rides

Chair – Joe Tavilla, bikingchair@amcsem.org, 508/428-6887
NOTE: Approved helmets, water bottles, and spare tires required. If start time and location are not indicated, contact ride leader (L).

NOTE: for additional SEM bike rides, please check *AMC Outdoors*, visit www.amcsem.org, or use the AMC online trip listing system: <http://trips.outdoors.org> (set the Committee to “Biking,” and the Chapter to “Southeastern Massachusetts”), or sign up for the SEM Short Notice trip list at www.amcsem.org.

Mon., Jun. 2. Monday Night Rides - 6:00 PM in the Lakeville, Middleboro, Freetown area. 20-23 miles. Moderate pace. L Jack Jacobsen (508-353-3708 8:00AM-8:00PM, cyclejac51@yahoo.com)

Tue., Jun. 3. First Tuesday Road Ride - Intermediate pace, 22 miles, mostly flat terrain, small hills, includes Craigville, Long, and Kalmus beaches. Also Squaw Island, Kennedy Memorial, and winding roads along the coast and Hyannis Harbor and perhaps the quaint Lake Elizabeth area. Riders/bicycles in top shape; tires and riders pumped and ready to roll; helmets and water required. Registration recommended - cancellation/rescheduling sent only to registered riders. Prompt 6:00PM start from Centerville Recreation Building Main St Centerville. L Paul Currier (508-833-2690 8:00AM-7:00PM, pbencurrier@hotmail.com)

Thu., Jun. 5. Thursday Night Rides - 6:00 PM in the Rochester/Acushnet area. 20-23 miles. Moderate pace. L Jack Jacobsen (508-353-3708 8:00AM-8:00PM, cyclejac51@yahoo.com)

Sat., Jun. 7. Coonamesset Farm Ride. This ride will take all riders to scenic Cape waterways, pristine golf courses, Edwards Air Force base, country roads and a farm for lunch. L Joe Tavilla (508-428-6887, silverski@earthlink.net)

Mon., Jun. 9. Monday Night Rides - see June 2 listing for description and details

Thu., Jun. 12. Thursday Night Rides – see June 5 listing for description and details

Mon., Jun. 16. Monday Night Rides – see June 2 listing for description and details

Tue., Jun. 17. Full Strawberry Moon Ride - 7:00PM start at Sagamore Recreation Area. Intermediate pace for 25 miles (14 mile option) in the hills/shores of Sagamore and Canal Trail. Catch an Onset Bay sunset, the Energy Train and Dinner Train crossing the famous RR Bridge, tour Mass Maritime, and moonrise Plymouth Bay moonrise. Registration recommended - cancellation/rescheduling sent only to registered riders. L Paul Currier (508-833-2690 8:00AM-7:00PM, pbencurrier@hotmail.com)

Thu., Jun. 19. Thursday Night Rides – see June 5 listing for details and description

Sat., Jun. 21. Summer Solstice Ride - Come celebrate the first day of summer on the longest day of the year - the Summer Solstice. Riders will see scenic beaches, an impeccably manicured golf course, a boat yard, osprey nests, summer cottages and we will ride onto three islands. At rides end we'll all enjoy a champagne toast to the Summer of 2008. L Joe Tavilla (508-428-6887 7:00AM-8:00PM, silverski@earthlink.net)

Mon., Jun. 23. Monday Night Rides – see June 2 listing for description and details

Thu., Jun. 26. Thursday Night Rides – see June 5 listing for description and details

Sat., Jun. 28. Lakeville Mattapoissett Ride - Lots of water views on this mostly flat 41 mile ride from the lakes of Lakeville to the seacoast village of Mattapoissett. Bring a lunch to enjoy at Ned's Point Lighthouse overlooking scenic Mattapoissett Harbor. L Jack Jacobsen (508-353-3708 8:00AM-8:00PM, cyclejac51@yahoo.com)

Mon., Jun. 30. Monday Night Rides see June 2 listing for description and details

Tue., Jul. 1. First Tuesday Road Ride - Intermediate pace, 22 miles, flat, rolling, hills, includes Harbor View, Corporation, Chapin beaches. Also a climb to Scargo Tower. Registration recommended - cancellation/rescheduling sent only to registered riders. Prompt 6:00PM start Town Hall Main St S. Dennis. L Paul Currier (508-833-2690 8:00AM-7:00PM, pbencurrier@hotmail.com)

Thu., Jul. 3. Thursday Night Rides - see June 5 listing for description and details

Sat., Jul. 5. Fourth of July - There's no place to be but on Cape Cod for the July 4th weekend. This ride will take riders to both sides of Cape Cod. Visit lighthouses, beaches, old turnip farms, Marconi Station. Group lunch stop. L Joe Tavilla (508-428-6887, silverski@earthlink.net)

Mon., Jul. 7. Monday Night Rides – see June 2 listing for description and details

Thu., Jul. 10. Thursday Night Rides see June 5 listing for description and details

Sat., Jul. 12. Cohasset Tri Bike Course - Ride over the bike course of the Cohasset Tri twice. The town's coast is lined with rocky cliffs and breathtaking views of the Atlantic Ocean and the Boston skyline in the distance. The clockwise course includes 12.5 miles of scenic roads in Cohasset and North Scituate. This is not a race; intermediate pace. Contact ride leader for start location/time. L Jon Fortier (508-982-1855 8:00AM-8:00PM, jfortier@cyber-dynamic.com)

Sun., Jul. 13. Big Apple Ride - A two state (MA/RI) cruise which travels over quiet country roads. Hills, flat and rolling with lots of scenery. L Nancy Beach (617-899-5285 8:00AM-7:00PM, nanclam@yahoo.com)

Mon., Jul. 14. Monday Night Rides – see June 2 listing for description and details

Thu., Jul. 17. Thursday Night Rides – see June 5 listing for description and details

Thu., Jul. 17. Full Buck Moon Ride - 6:45PM start at Sagamore Recreation Area. Hilly, intermediate pace for 25 miles in the hills/shores of Sagamore and Canal Trail. Catch an Onset Bay sunset, the Energy Train and Dinner Train crossing the famous RR Bridge, tour Mass Maritime, and Plymouth Bay moonrise. Registration recommended - cancellation/rescheduling sent only to registered riders. L Paul Currier (508-833-2690 8:00AM-7:00PM, pbencurrier@hotmail.com)

Sat., Jul. 19. Village Day Ride - The ride will be on the less traveled roads thru the villages of Osterville, Centerville, Marstons Mills, Craigville, Hyannis & Hyannisport. Riders will visit several beaches including Dowses Beach and Craigville Beach. Other stops include Craigville Conference Center, Kennedy Memorial, Korean War Memorial, Kennedy Compound, Hyannis Golf Club, Lewis Bay.... Osterville Village Day and a parade of classic/antique automobiles. L Joe Tavilla (508-428-6887, silverski@earthlink.net)

Mon., Jul. 21. Monday Night Rides – see June 2 listing for description and details

Thu., Jul. 24. Thursday Night Rides – see June 5 listing for description and details

Sat., Jul. 26. Westport Ride - A beautiful 33 mile ride that explores the open farm country of Westport with some nice views of Buzzards Bay, Horseneck Beach and the Westport River. L Jack Jacobsen (508-353-3708 8:00AM-8:00PM, cyclejac51@yahoo.com)

Mon., Jul. 28. Monday Night Rides – see June 2 listing for description and details

Thu., Jul. 31. Thursday Night Rides – see June 5 listing for description and details

Sun., Aug. 3. Rural Rehoboth Ride - See horses, golf courses and lots of rural scenes in the mostly commercial free town of Rehoboth. Contact Ride Leader for start time/location. L Nancy Clam (617-899-5285 8:00AM-7:00PM, nanclam@yahoo.com)

Mon., Aug. 4. Monday Night Rides – see June 2 listing for description and details

Tue., Aug. 5. First Tuesday Road Ride - Intermediate pace, 22 miles, mostly flat terrain. Includes Dennis & Harwich beaches. Also beautiful Wychmere & Saquatucket Harbors. Registration recommended - cancellation/rescheduling sent only to registered

riders. Prompt 6:00PM start Town Hall Main St S.Dennis. L Paul Currier (508-833-2690 8:00AM-7:00PM, pbencurrier@hotmail.com)

Thu., Aug. 7. Thursday Night Rides – see June 5 listing for description and details

Sat., Aug. 9. Woods Hole Ride - Another great Cape Cod ride that takes riders to Vineyard Sound and Nobska Lighthouse with lots of water views. Then inland for a cruise around Jenkins Pond. L Joe Tavilla (508-428-6887 7:00AM-8:00PM, silverski@earthlink.net)

Mon., Aug. 11. Monday Night Rides – see June 2 listing for description and details

Thu., Aug. 14. Thursday Night Rides see June 5 listing for description and details

Fri., Aug. 15. Full Sturgeon Moon Ride - 6:15PM start at Sagamore Recreation Area. Hilly, intermediate pace for 25 miles in the hills/shores of Sagamore and Canal Trail. Registration recommended - cancellation/rescheduling sent only to registered riders. L Paul Currier (508-833-2690 8:00AM-7:00PM, pbencurrier@hotmail.com)

Mon., Aug. 18. Monday Night Rides – see June 2 listing for description and details

Thu., Aug. 21. Thursday Night Rides – see June 5 listing for description and details

Sat., Aug. 23. Mount Wachusett Ride - This 34 mile ride will take us up and down the rolling hills of Central Mass. passing through the small towns of Princeton, W. Boylston and Sterling. We'll climb to the summit of Mt. Wachusett and stop at historic Redemption Rock too. Ride best suited for experienced riders. L Jack Jacobsen (508-353-3708 8:00AM-8:00PM, cyclejac51@yahoo.com)

Mon., Aug. 25. Monday Night Rides – see June 2 listing for description and details

Aug. 26. Tuesday Rides - Late day/Early evening cruising on the lesser traveled Cape Cod roads. Ride leaders are mostly local and know how to find quiet routes. Intermediate pace. 25 miles. L Joe Tavilla/Other (508-428-6887 7:00AM-8:00PM, silverski@earthlink.net)

Thu., Aug. 28. Thursday Night Rides – see June 5 listing for description and details

Sat., Aug. 30. Cranberry Country Triathlon - Ride the bike course of the Cranberry Country Triathlon. This is an Olympic Distance ride (24.9 mile bike) through the beautiful cranberry bogs and mostly flat country roads of Lakeville, Massachusetts. This is not a race, we'll ride at an intermediate pace. Contact ride leader for start time/location. L Jon Fortier (508-982-1855 8:00AM-8:00PM, jfortier@cyber-dynamic.com)

Sat., Sep. 6. Mayflower Triathlon - We'll ride the bike course of the Mayflower Triathlon at Plymouth Rock. This is a 1-loop 30-mile course. We'll add the Plymouth waterfront to the loop. This is a hilly ride, come prepared. This is not a race, we'll ride at an intermediate pace. L Jon Fortier (508-982-1855 8:00AM-8:00PM, jfortier@cyber-dynamic.com)

2000 Mile Club Standings...

Last year 2007, our 2000 Mile Club members collectively logged 66,673 miles on their bikes. That's a lot of miles! Here are the Calendar Year 2008 standings as of March 31st. To be including in our 2000 Mile Club, send your actual recorded and logged mileage to Paul Currier at pbencurrier@hotmail.com.

<u>Name</u>	<u>Mileage</u>
Joe Tavilla	802
Jack Jacobsen	617
Dan Egan	589
Leonard Leonardi	517
Paul Currier	470
Glen Mathieu	404
Linda Church	400
Bob Kennedy	327
Larry Kornetsky	321
Pam Patrick	305
Victor Oliver	243
Gianluca Marchi	169
Louis Outor	121
Will Mason	103
Peter Ruprecht	28

Kayak Paddles

Chair – Robert Zani, 508/430-1914, paddlingchair@amcsem.org

For information on SEM canoe and kayak trips, please check *AMC Outdoors*, visit www.amcsem.org, or use the AMC online trip listing system: <http://trips.outdoors.org>, (set Committee to “canoe/kayak” and set Chapter to “Southeastern Massachusetts”).

NOTE: *Approved life vests required for all paddles. Spray skirts may also be required. Check with leader in advance.*

Wed., Jun. 4. Follins Pond, Dennis - We will paddle the Bass River north into Mill Pond. Put-in Directions: rte 6 exit 9B, N on rte 134 to L on Old Chatham Rd, to R on Mayfair Rd, to L on Follins Pond Rd, to put in. Limitations: L Paul Corriveau (508-362-0451, CL Jean Orser (508-362-0451, jeanorser@aol.com)

Sat., Jun. 7. Oyster Pond, Chatham - 10:30. Four hour paddle. Put-in Directions: Exit 11 off rte 6, S on rte 137 to stop sign, L on Queen Anne to R where the sign says Downtown, Stay R at next stop sign to rte 28, L on rte 28 to tlc light. Right at light still on Queen Anne to R at Pond St where the put in is. L Betty Hinckley (508-241-4782, bhinckley@mindspring.com), CL Peter Selig (508-432-7656, pandmselig@hotmail.com)

Wed., Jun. 11. Long Pond, Brewster. 10:30 - Nice leisurely six mile paddle with lunch at the east end of the pond. Put-in Directions: Exit 10 off rte 6 N on rte 124. Just after crossing the Brewster Town line R on Crowell's Bog Road to R to put in. L Robert Zani (508-430-1914, rcza@comcast.net)

Sat., Jun. 14. Plymouth - 10:30. L Jeri Housley (508-888-8264, housley@us.ibm.com)

Wed., Jun. 18. Nauset Marsh, Eastham - 10:30. We will paddle counterclockwise around the marsh. Enter Mill Pond if the tide allows and have lunch on the east side. Plan on a nine plus mile paddle. Put-in Directions: 1.5 mi N from the rte 6 Eastham rotary to Hemenway on the right. Non Eastham residents park on Hemenway. L Robert Zani (508-430-1914, rcza@comcast.net)

Sat., Jun. 21. Barnstable Harbor, Yarmouthport - 10:30. Put-in Directions: Take exit 8 N from Rte 6, cross Rte 6A, bear R onto Center Street at Cemetery and continue to the parking lot at end. Preregistration required. L Gifford Allen (508-563-3852, gifallen@verizon.net)

Wed., Jun. 25. West Island, Fairhaven - 10:30. Put-in Directions: From I 195 in Fairhaven, S on 240, to rt6, str across rt6 to Sconticut Neck rd 2.7mi to L on Seaview st (Variety store on corner). There is \$3.00 charge for parking in the marked areas but you can unload there and park on Seaview or the other street. L Don Savino (508-295-4562, donsavino@webtv.net)

Sat., Jun. 28. Waquoit Bay, Falmouth - 10:30. Leisurely 4 hour paddle in Waquoit Bay. Trip will include Seapit River, Little River, and Tim's Pond. Put-in Directions: From Mashpee Rotary follow Rt 28 toward Falmouth for 3.9 miles. Watch for Edwards Boat Yard on left and turn left on White's Landing. After launching, park in large unpaved parking area. Limitations: L Phyllis Evenden (508-563-6766, phyllis.evenden@verizon.net)

Wed., Jul. 2. Leader's Choice. 10:30. Put-in: Call for information. Level: 2/3. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Jul. 5. Pocasset River - 10:30. Put-in: S on rte 28 from Bourne Rotary to R on Barlow Landing Rd, to R on Shore Rd. to launch on L just after bridge. Park across st.. L Phyllis Evenden (508-563-6766, phyllis.evenden@verizon.net)

Wed., Jul. 9. Leader's Choice - 10:30. Put-in: Call for information. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Jul. 12. Upper Mill/ Lower Mill/ Walker Ponds Brewster - 10:30. Put-in: Exit 10 off rte 6 S to the four way stop sign R on Queen Anne Rd. R on Depot Road at four way stop sign. This becomes Slough Road after crossing the Brewster Town line. Stay on the road for the put in on the right. L Paul Corriveau (508-362-0451, CL Jean Orser (508-362-0451, jeanorser@aol.com)

Wed., Jul. 16. Cotuit Bay. 10:30 - trip will include circumnavigating Grand Island in Osterville Via Cotuit Bay, North Bay and West Bay. Lunch on Dead Neck/Sampsons Island. Put-in: S on rte 149 to R on rte 28 to L on Putnam Ave (at the lights), str onto Old Shore Rd to Town Landing. L Bill Fischer (508-420-4137, wmbbarbarafischer@comcast.net)

Sat., Jul. 19. Nauset Marsh, Orleans - 10:30. We will paddle counterclockwise around the marsh. Enter Mill Pond if the tide allows and have lunch on the east side. Plan on a nine plus mile paddle. Put-in: 1.5 mi N from the rte 6 Eastham rotary to Hemenway on the right. Non Eastham residents park on Hemenway. L Robert Zani (508-430-1914, rcza@comcast.net), CL Joanne Snyder (508-240-6103, joannecarol@earthlink.net)

Wed., Jul. 23. West Island, Fairhaven - 10:30. Put-in: From I 195 in Fairhaven, S on 240, to rt6, str across rt6 to Sconticut Neck rd 2.7mi to L on Seaview st (Variety store on corner). There is \$3.00 charge for parking in the marked areas but you can unload there and park on Seaview or the other street. L Don Savino (508-295-4562, donaldsavino@comcast.net)

Sat., Jul. 26. Swan Pond River, Dennis - 10:30. Put-in: Clipper Lane off Upper County Road in Dennis. Level: 2/3. L Jean Orser (508-362-0451, jeanorser@aol.com), CL Paul Corriveau (508-362-0451)

Sat., Jul. 26. Slocum River, Dartmouth - 10:30. Put-in: Lloyd Center, 430 Potomska Rd., So. Dartmouth (directions at www.lloydcenter.org.) This trip is part of the SEM Summer Picnic so paddlers should drop off their pot lucks before arriving at the put in. L Lorraine Medeiros (508-993-1069, lcm10963@msn.com), CL Rick McNally (508-636-7179, rjmcnally@charter.net) CHAN

Wed., Jul. 30. Leader's Choice - 10:30. Put-in: Call for information.. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Aug. 2. Wellfleet Harbor - L Don Paladino (508-349-2950, djp1958@comcast.net)

Wed., Aug. 6. Onset Bay - 10:30. Put-in: From rt 25 exit 1 towards Onset. go to second set of lights and turn left onto 6E/28S. Pass Wallmart to right onto Main Ave. Go .2mi to left onto Riverside Dr. Follow curve to beach, park on grass. All sea kayaks should have spray skirts and bulkheads or airbags front and rear. L Don Savino (508-295-4562, donaldsavino@comcast.net)

Sat., Aug. 9. Leader's Choice. 10:30 - Call for information. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Aug. 13. Pleasant Bay, Chatham - Call or email for put in location and trip description. L Peter Cheng (781-862-8753, peter.h.cheng@gmail.com)

Sat., Aug. 16. Herring River, Harwich - 10:30. We will go south for the most part depending on the winds. If favorable we'll go into Nantucket Sound and explore some of Harwich's harbors. Distance up to about 11 miles. Put-in: Park E. side Herring River bridge S. side of rte 28. L Robert Zani (508-430-1914, rcza@comcast.net)

Wed., Aug. 20. Weweantic River, Wareham - 9:00. Put-in: From the Cape, rte 195 exit 20, reverse direction to visitor center and ramp. NOTE 9:00 PUT IN TIME! L Don Savino (508-295-4562, donaldsavino@comcast.net)

Sat., Aug. 23. Bass River, Yarmouth - 10:30. Paddle can be from 8-12 miles depending on the weather and desires of the paddlers. Put-in: Exit 9 on rte 6 S on rte 134. Sharp R on Upper County Road and bear L onto Highbanks to the Wilbur Park put in on the left just after crossing over the Bass River. L Phyllis Evenden (508-563-6766, phyllis.evenden@verizon.net)

Wed., Aug. 27. Shoestring and Popponesset Bays - Call for put in location and trip description. L Louise Foster (508-420-7245)

Sat., Aug. 30. Nauset Marsh, Eastham - 10:30. We will paddle counterclockwise around the marsh. Enter Mill Pond if the tide allows and have lunch on the east side. Plan on a nine plus mile paddle. Put-in: 1.5 mi N from the rte 6 Eastham rotary to Hemenway on the right. Non Eastham residents park on Hemenway. L Joanne

Snyder (508-240-6103, joannecarol@earthlink.net), CL Bob Zani (508-430-1914, rcza@comcast.net)

Wed., Sep. 3. Long Pond, Harwich - 10:30. Nice leisurely six mile paddle with lunch at the east end of the pond. Put-in: Exit 10 off rte 6 N on rte 124. Right on Long Pond Drive to L at town beach. L Robert Zani (508-430-1914, rcza@comcast.net), CL Lorraine Frederickson (508-432-2832)

Sat., Sep. 6. Oyster, Chatham - 10:30am. Put-in: From rte 28 onto Queen Anne Rd to Pond St to Stage Harbor Rd to public beach on R. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Education

Chair – Hagit Moverman, 508-238-9364, education@amcsem.org

Sat., & Sun., Sep. 13-14th Wilderness First Aid Training - Camp Lyndon in Sandwich, MA. Here's the opportunity for SEM members and leaders to earn or renew their Wilderness First Aid certification. Contact Hagit Moverman (508-238-9364, education@amcsem.org) for registration information. Leader scholarships may be available.



Conservation

Chair – Fred Yost, 508-699-9305, conservationchair@amcsm.org

Sat., Jul. 12 - Join Fred Yost for a tour of the North Attleboro National Fish Hatchery. Learn how the hatchery participates in the restoration of Atlantic Salmon in Southern New England. See some of the salmon that have returned to the Merrimack and Connecticut Rivers. The tour starts at 10:00 and lasts about 1 hour. A short (0.8 miles) nature walk will follow the tour. This is a great event for families. Please register w/ L. L Fred Yost (508-699-9305 7:00 - 9:00 PM, fey_iam@hotmail.com) Atlantic Salmon in Southern New England.

Trails

Chair – Bill Ruel, 508/838-3841, trailschair@amcsem.org

Co-Chair – Lou Sikorsky, 508-678-3984, hikinglou@charter.net

For information on SEM trailwork activities and trips, please contact either Bill Ruel or Lou Sikorski (contact information above).

Sat., Jun. 7. National Trails Day at Myles Standish State Park - Get down and dirty. Help "give back" to the many trails you've hiked. Join us on June 7th to observe National Trails Day for a day of work and celebration. We will work on our "adopted" trail in the state forest, then chow down with a trailside barbeque. This is a rain or shine event. L Bill Ruel (781-589-3321 7-9 PM), CL Lou Sikorsky (508-678-3984 7-9 PM)



Southeastern Massachusetts Chapter
APPALACHIAN MOUNTAIN CLUB
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Boston, MA 02108

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SEM Thursday Hikers at Myles Standish State Park...



...and taking a lunch break on the rocks at Moose Hill Wildlife Sanctuary



The Southeast Breeze is printed on 100% recycled paper using environmentally friendly ink.





The Southeast Breeze

The newsletter of the Appalachian Mountain Club Southeastern Massachusetts Chapter
Winter 2008-09 — December, January, & February

View from the Chair

By Wayne Anderson



At the November Annual Meeting, Mike Woessner passed the Chapter Chair torch to me. Thank you Mike for serving for the last two years and providing outstanding leadership to the Chapter. Yours will be big shoes to fill. I look forward to working with you over the coming year as you serve in the newly created position of Past Chapter Chair. Having both the present and past Chapter Chair on the board should provide excellent continuity. I also look forward to working with Claire Goode as the newly elected Chapter Vice Chair.

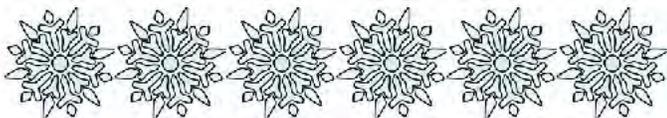
Our Annual Meeting gave us a newly elected slate of chapter officers (see page 2). A big thank you to everyone who stepped forward to fill these volunteer leadership positions. We couldn't run the chapter without your leadership. If you'd like to volunteer for an open position, please contact me.

The November Annual Meeting was more than just elections. We also had a great 3-course dinner! And we presented the Volunteer Recognition Awards. Each committee chair selected those that had made exceptional volunteer contributions during the year for recognition. The inspirational speaker for the evening was research scientist Brendan Foley from the Woods Hole Oceanographic Institution. His talk was "Ancient Shipwrecks in the Deep Sea."

We recently held our AMC SEM Chapter Hut Night in New Hampshire at the AMC Cold River Camp in Evans Notch. Spending the weekend hiking, biking, and paddling with all of you was a good reminder of why I joined the AMC—to spend time outside with great folks, doing what I love to do.

Looking forward to the coming year, I am excited that our Hiking committee is launching a Chapter Youth Program (CYP) in coordination with Joy Street. This should provide our local youth with many hiking opportunities and exposure to the outdoors in a safe and fun environment. Also, we will be launching our newly created local chapter weekend—the "Spring Bash"—to be hosted at Camp Burgess where we can participate in local hikes, bike rides, and paddling.

I look forward to my term as Chapter Chair and working with a great team.



Winter 2008-09 Events Calendar

SEM Board Meetings (7:00 pm)

Dec 10	no meeting
Jan 14	UU Church, Main St, Middleboro
Feb 11	Bourne Community Center
Mar 11	UU Church, Main St, Middleboro

Hike Planning Meetings (7:00 pm)

Dec 03	UU Church, Main St, Middleboro
Mar 04	UU Church, Main St, Middleboro

"SPRING BASH" CAMP BURGESS, SANDWICH, MA APRIL 24, 25, 26

Save the date! Join us for a weekend of fun, workshops, and socializing—along with hikes, bikes, and paddles. Cabins and tent sites are available—or just join us for the day. Watch the Spring Breeze for more details.

Where can I find hikes, bikes, & paddles?

1. *Breeze* (arrives in your mailbox)
2. *amc outdoors* magazine (arrives in your mailbox)
3. Online trip listings (trips.outdoors.org)
4. SEM short notice email list (www.amcsem.org)

AMC ACTIVITY PARTICIPATION POLICY

AMC encourages involvement in its mission and activities through its membership, programs, policies, and procedures. Our goal is to be a community that is comfortable, inviting, and accessible for people of any age, gender, race, religion, ethnicity, ability, sexual orientation, or socioeconomic status.

Some AMC programs are designed for a certain age range of members or for a special activity or topic. However, any person who meets the minimum qualifications (age, skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available. Individuals under 18 must be accompanied by a responsible adult.

All participants in AMC activities are required to sign the AMC waiver form provided by the leader. You may preview this waiver form on the chapter website at www.amcsem.org/pdf/Volunteer_release_memo.pdf.

The Appalachian Mountain Club Southeastern Massachusetts Chapter

The chapter includes ~3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.

2009 Executive Board

Chapter Chair	Wayne Anderson, chair@amcsem.org 508-697-5289
Vice Chair	Claire Goode, vicechair@amcsem.org 508-759-7362
Treasurer	Leslie Carson, treasurer@amcsem.org 508-833-8237
Secretary	Susan Salmon, secretary@amcsem.org 508-285-2440
Biking	Joe Tavilla, bikingchair@amcsem.org 508-428-6887
Canoe/Kayak	Bill Fischer, paddlingchair@amcsem.org 508-420-4137
Cape Hiking	John Gould, capehikingchair@amcsem.org 508-540-5779
Communications	Cheryl Lathrop, communicationschair@amcsem.org 508-668-4698
Conservation	Fred Yost, conservationchair@amcsem.org 508-699-9305
Education	Hagit Moverman, education@amcsem.org 508-238-9264
Hiking	Jim Plouffe, hikingchair@amcsem.org 508-562-0051
Membership	Len Ulbricht, membershipchair@amcsem.org
Skiing	Barbara Hathaway, xcskichair@amcsem.org 508-880-7266
Trails	Bill Ruel, trailschair@amcsem.org 508-838-3841
Webmaster	Scott Haigh, webmaster@amcsem.org 617-510-7400

The Southeast Breeze, the newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published 4 times a year as a service to the chapter's members. SEM members are encouraged to submit letters, articles, photos, and artwork; materials for publication (space permitting) cannot be returned unless accompanied by SASE. Please mail to: Cheryl Lathrop, 17 Robert St., Walpole, MA 02081. Digital submissions are preferred; please e-mail to: communicationschair@amcsem.org. Articles will be edited for length, typographical errors, and clarity. [Editor: Cheryl Lathrop, Asst. Editor: Ann McSweeney]

HAVE YOU MOVED? Please send your change of address information to: AMC, 5 Joy St. Boston, MA 02108. Or access the **Member Center** at www.outdoors.org/membercenter.

NON-SEM AMC MEMBERS who wish to receive the quarterly *Southeast Breeze* newsletter should send a \$10.00 check made out to "AMC SEM" to: Leslie Carson, ATT: Non-Member Breeze Subscription, 64 Mill Road, East Sandwich, MA 02537. Please provide your mailing address if it's not on the check.

SEM Short Notice E-Mail Trip List — Find out about late-breaking chapter activities (and cancellations) that might not appear in the *Breeze*, the *amc outdoors*, or the online trip listings. Visit www.amcsem.org to sign up (scroll to the bottom).

CHAPTER HUT NIGHT

CHAPTER HUT NIGHT WEEKEND at AMC COLD RIVER CAMP

By Paul Miller

Twenty-five SEM members traveled up to the AMC Cold River Camp in beautiful Evans Notch, NH for our annual Chapter Hut Night on the weekend of Sept. 19-21. The weather was excellent, as were both the facility and the volunteer staff, who fed us some wonderful meals in the comfortable lodge. Three different hikes on Saturday—Deer Mountain, Speckled Mountain, and the Baldfaces—meant there was something for everyone. Others enjoyed bicycling and kayaking in the Evans Notch area. Sleeping accommodations were in comfortable cabins, many with fireplaces and ravine views!



HIKING



BIKING



CRIBBAGE TOURNAMENT



KAYAKING



HAPPY HOUR ON THE PORCH



SOCIALIZING IN THE LODGE

SO MANY HIKES THIS WINTER !

THERE'S SOMETHING FOR EVERYONE !



FULL MOON HIKES

Like to hike at night? Full Moon Hikes take place at Borderland State Park every full moon evening throughout the winter, October to March. Come join us as we hike by the light of the moon around the ponds and through the woods. Enjoy the winter weather and the quiet of the woods at night. Usually 6-8:00 pm on full (or almost full) moon days. Registration required.

THURSDAY MORNING HIKES

The Thursday Morning Hiking Series began its fourth season on September 25 at Borderland State Park with 24 hikers! Different local leaders plan and lead each week's local hike. They can always count on a core group of regulars to carpool and show up! Elsie Laverty created the series and organized the first two years; Ellie MacPherson organized the next year; and Barbara Hathaway organized this year. Thursday morning hikes are show-and-go at 10:00 am.



CAPE HIKING SERIES

The Cape Hiking season began in mid-September and continues until mid-May with two-hour hikes almost every Thursday morning and Sunday afternoon, and a longer four-hour hike on most Saturdays. Post-hike social events will include a Christmas party in December and a Chili party in early February. Join us for some fun walks in the winter woods and beaches, and see parts of the Cape that few ever get to see.

TUESDAY MORNING HIKES

Erika Bloom leads a 7:00 am Tuesday morning conditioning hike in the Blue Hills. Want great exercise hiking strenuous terrain at a moderately fast pace over lots of steep rocky hills on the Skyline Trail? Registration required. Weather dependent.



WINTER HIKING SERIES

Strap on your crampons and hike The Whites this winter. No crowds, no bugs, and no leaves between you and the spectacular winter scenery!

SNOWSHOE SERIES

This is a gentler series snowshoeing smaller mountains in NH. The chapter has snowshoes you can borrow if you're a first-timer. Contact the hike leader.

See the *Breeze*, online trip listings, *amc outdoors*, and short notice email list for dates and times.



BIKE NEWS

2000-Mile Club

Standings as of Q3
September 30, 2008

Louis Outor	5664
Leonard Leonardi	4804
Joe Tavilla	4311
Gian Luca	3857
Pam Patrick	3526
Jack Jacobsen	3058
Larry Kornetsky	2564
Peter Ruprecht	2328
Linda Church	2162
John Sullivan	2126
Dan Egan	2095
Ed Foster	2036
Will Mason	2011
Lawton Gaines	2009
Paul Currier	1954
Pati Kent	1568
Paul Gareau	1500



James Rawstron, Kent Brad, Mark Klim
At the summit of Mt. Wachusett
August 23, 2008

"We rode 34 miles and conquered all the hills that just kept coming all day long."



WILDERNESS FIRST AID

On September 6-7, the Education Committee offered a two-day Wilderness First Aid course at Borderland SP. This 16-hour course had a mixture of classroom instruction plus role playing. Participants learned to use the contents of their backpack for first aid.



RED LINE the BLUE HILLS

At 7:00 pm, on October 2, in the middle of the hike, on a dark October evening — Maureen Kelly finished Red Lining the Blue Hills, all 140 miles. Congratulations to Maureen as the 8th finisher! See home.comcast.net/~hike_with_bob_v for more RLBH news.



TRAILWORK

On Tuesday evenings during the summer and fall, Bob Vogel led trail work events at Borderland SP. His 'regulars' included Ellen Correia and Kevin Ryan—plus others. The Rangers appreciated their diligent efforts—100 hours of trail work on the 17 miles of trails! (Pictured: Ellen and Bob)

SADDLEBACK LOONS & LOONIES

On August 15-17, leader Fred Wason organized a hiking and social weekend at an old time "Fishing Camp" on Mooselookmeguntic Lake in Oquossoc, ME. The group arrived Friday afternoon, set up camp, and dined at a local restaurant. Saturday they climbed Saddleback Mountain, a very challenging Maine 4000-footer (4120'). One highlight included sitting down in the middle of the trail eating blueberries. Another included the thunderstorm that blew in while the group was relaxing at the summit eating lunch — stuff your sandwich in your pocket and run!

Saturday night was the group cookout. Afterwards the group sat on the dock and watched the sun set, watched the moon rise, listened to the loons, and howled at the full moon! Sunday morning it was up early to hike Bald Mountain (2443'). The 30' lookout tower at the summit offered spectacular 360° views of the surrounding lakes and mountains.



Pre-HIKE



Post-HIKE

IT'S A FAMILY AFFAIR

At 16 years, Taylor Donnellan is frequently the only “non-adult” on hikes. But, he loves hiking and enjoys talking with and getting to know everyone. Taylor has been an AMC family member and has been participating in AMC hikes since he was 13.

Taylor was first introduced to the outdoors by his Scout troop at age 11. When he started work on his hiking merit badge, his mom and step-dad (AMC Hike Leaders Chris & Bill Pellegrini) made it a family affair. To ensure Taylor learned safe hiking they turned to the AMC. Taylor started with short hikes in the Blue Hills and quickly progressed to NH 4000-footers (14 completed!). He has participated in the summer hiking, winter hiking, and snowshoeing series. What started as a way to enjoy the outdoors as a family grew into a busy pastime for all three!



Taylor brings his knowledge of safe hiking with him whenever he travels with the Scouts and other youth groups. Mom Chris says that Taylor has gained more than a hiking education—he has developed a greater appreciation for the outdoors and met some wonderful people in the process. Taylor says what he loves most about hiking is climbing big rocks!

Taylor is an active member of Boy Scout Troop 111 in Foxboro where he currently holds the Rank of Life Scout. To give back to the environment, Taylor hopes to do trail work in the Blue Hills for his Eagle Scout project.

WHAT IS THE CYP?

AMC Chapter Youth Programs (CYP) are programs designed to serve youth in the 6-18 yr age group who are participants in youth organizations like the United Way, Boy/Girl Scouts, and the YMCA. The AMC chapter signs a Sponsorship Agreement with the sponsoring organization, and invites qualified AMC volunteers to share their outdoor skills with youth agency participants and attendant staff. The CYP approach fosters partnerships between volunteers and staff and between the chapter and the local youth agencies.

Jim Plouffe has volunteered to be the CYP Coordinator for SEM. Potential CYP Leaders had their first training on October 26.

(Start 'em early! Jim and 5-month-old son Sean on the SEM Tully Trail Hike in October.)



ACTIVITIES

Hiking/Backpacking

Chair – Jim Plouffe, 508-562-0051,
hikingchair@amcsem.org

IMPORTANT: Hikers unsure of their ability should try only one level more difficult than previously completed. No pets without permission of trip Leader. Registration required for most trips. Hiking boots strongly recommended. For additional information or to register, contact the trip Registrar (R), trip Leader (L) or co-Leader (CL). SEM Chapter trip updates are also available at trips.outdoors.org. Please also sign up for the SEM Short Notice E-Mail Trip List at www.amcsem.org.

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

Thu. Dec. 4. 2 for 1: Ft. Barton, Weetamoo Woods - Tiverton, RI (B3D)

— Great view of Mt Hope Bay from the 30' observation tower at Ft Barton. Some stairs on steep hills, boardwalks in low areas by streams. Drive 5 mi to Weetamoo Woods; stone walls, slab bridges & Borden Brook. 10 a.m. at foot of Ft Barton. Water, snack & lunch; stabilicers if icy. Rain cancels. Call leader for CPL info; see website for directions. L Barbara

Hathaway (508-880-7266 before 10PM, barb224@tmlp.com)

Sat. Dec.6. Winter Hike Series #1 (C3C)

— Join us for the first hike in our Annual Winter Hiking Series. While hiking the trails in Blue Hills we will be learning about safe hiking in winter. R Chris Pellegrini, 508-406-5319 (best time to call: 6-9 PM) chrispellegrini@yahoo.com.

Thu. Dec. 11. Turkey Hill & Thayer Woods, Cohasset MA (B3C)

— About a 6 mile walk through this interesting Trustees of Reservation property. Bring lunch for stop along the way. Directions: Meet at 10 a.m. at the smaller of the two parking areas on Rte 3A. From Rte 3 exit 14 follow Rte 228 north for 6.5 miles, turn right on Rte 3A, go 0.5 miles, parking at Weir River Farm lot on right. Leader Ellie MacPherson 508-224-6465, camell55@verizon.net, www.thetrustees.org. L Ellie MacPherson (508-224-6465, camell55@verizon.net)

Thu. Dec. 11. Borderland Evening Full Moon Hike (C3D)

— Come join us as we hike around the ponds and through the woods under the full moon. Enjoy the winter weather and the quiet of the woods and fields at night. Insulated boots and headlamp/flashlight required. Group size is limited, so please register early. Hike is approximately 6:00pm-8:00pm L/R Cheryl Lathrop (cheryl4698@verizon.net, 508-668-4698), L Dick Carnes

Sun. Dec. 14. Wrentham State Forest Romp (C4D)

— Come join us for a pre-winter tour of the woods in beautiful Wrentham, MA. We will explore quarries, waterfalls, and rock formations. Good first-time, family-friendly hike. Children with parents welcome. If there's snow, bring your snowshoes. No previous experience necessary. L Mike Woessner (508-577-4879 Anytime, stridermw@hotmail.com), CL Fred Yost (508-699-9305), R Mike Woessner (12 Bradley Ln., Westford, MA 01886, 508-577-4879, Stridermw@hotmail.com)

Sat. Dec. 20. Winter Snowshoe Series Hike #1

— Come join the SEM Chapter for the first in a series of snowshoe hikes. We will be chasing snow, but most likely be at one of the following locations: (A) Dry River/(B) Around Ammonusuc Lake, Smarts Brook Trail, Greeley Ponds, Mt. Willard plus Elephant Head (C3C). L Jim Plouffe (508-586-1394, jimplouffe@comcast.net), L Steve Tulip (Stulip2005@comcast.net), L Chris Pellegrini (chrispellegrini@yahoo.com), L Leslie Carson, CL Eva Borsody-Das, CL Cheryl Lathrop, R Steve Tulip (stulip2005@comcast.net)

Thu. Jan. 8. Borderland Evening Full Moon Hike (C3D)

— See Dec. 11.

Thu. Jan. 8. Ponkapoag, Blue Hills (B3C) — 5-mile hike at Ponkapoag area of Blue Hills. Meet at 10 a.m. at Ponkapoag Golf Club Parking Lot. Bring water, snack

& lunch possibly at AMC camp. Wear appropriate footwear - Yaktrax or Stabilicers if icy. Directions: Rte 93/128, exit 2, Rte 138 south to first set of lights. Turn left into Golf Course pkg lot. L Claire Braye (508-857-0320 before 9 PM, cbraye57@comcast.net)

Sat. Jan. 10. Winter Hike Series #2, Mount Welch and Mount Dickey Loop (C3B) — Mount Welch and Dickey Loop - This loop trail offers excellent views for a modest effort. The tree line drops away quickly while hiking this loop exposing large slabs of granite offering terrific views over two wonderful summits. Hike offers moderate exposure while on the slabs. We'll plan on lunch on one of the summits weather permitting. Mount Welch 2605 feet. Mount Dickey 2734 feet. Estimated distance 4.4 miles. Estimated time 4 hours. L Ken Jones (508-697-0142 7-9 PM, lotsoluck@comcast.net), L Leslie Carson , R Ken Jones (508-697-0142 7-9 PM, lotsoluck@comcast.net)

Thu. Jan. 15. Allen's Pond Sanctuary, Dartmouth, MA — Beautiful hike around tidal pond, views of Elizabeth Islands, migratory birds & wild life. Meet 10 a.m., bring lunch & drink. Bayside Restaurant across trailhead. Directions: I-195 exit 10, Westport; Rte 88 S to end. Left at ocean-side stop sign onto East Beach Rd, go east. At 90 degree bend turn N away from shoreline, look for Sanctuary signs and Beach Loop entrance to mass Audubon. Park on right near hdqtrs. L Rick McNally (508-636-7179 7 to 9PM, rjmcnally@charter.net)

Thu. Jan. 22. D W Field Park, Brockton, MA — A good winter walk in the park, 4-6 mi, fairly level with nice scenery. Meet at 10 a.m., bring stabilicers if icy, snack & water. Optional group lunch at local eatery after hike. Directions: Rte 24, exit 18, Rte 27 N to Oak st, turn right, park is 1.2 mi on left. L Claire Braye (508-857-0230 before 9PM, cbraye57@comcast.net)

Sat. Jan. 24. Winter Snowshoe Series Hike #2 — Come join the SEM Chapter for the second in a series of four snowshoe hikes. We will be chasing snow, but most likely be at one of the following locations: Smarts Brook Trail, Mt. Willard plus Elephant Head, Potash Mountain, Lincoln Woods to Lafayette (C3C). L Jim Plouffe (508-586-1394, jimplouffe@comcast.net), L Steve Tulip (Stulip2005@comcast.net), L Chris Pellegrini (chrispellegrini@yahoo.com), L Leslie Carson , CL Cheryl Lathrop , CL Eva

Borsody Das , R Steve Tulip (Stulip2005@comcast.net)

Thu. Jan. 29. Bioreserve/Copicut Woods, Fall River — Copicut offers a splendid intro to the ecological and cultural features of the Bioreserve. Trails wind through vernal pools, Miller Brook & an abandoned farm settlement. Bring water, snack & lunch; Yaktrax/Stabilicers if icy. Meet at 10 AM. Directions on Trustees website. L Walt Granda (508-999-6038 before 9 PM, wlgranda@aol.com)

Thu. Feb. 5. Burrage Pond Wildlife Mgmt Area, Hanson, MA (B3D) — Burrage Pond is a series of old cranberry bogs managed by the DFW. Hike a 6-mi loop on flat gravel roads with some side trails. Migrating birds abundant in season. Mostly open area could be windy; if icy bring Yaktrax or Stabilicers. Bring water, snacks & lunch. Meet at 10 a.m. Directions: From Rte 27 in Hanson, take Pleasant St to Hawkes Rd. Entrance and Pkg on right after crossing RR tracks. L Ed Fopiano (508-378-2203 before 9 PM, edfopiano@verizon.net)

Sat. Feb. 7. Winter Hike Series #3, Mount Pierce (B3B) — Mount Pierce - Join us as we trek up the oldest continually maintained footpath in the U.S. and loop over the 4312-foot summit for a 6.5-mile R/T with 2392' of elevation gain. Estimated time 6 hours. L Ken Jones (508-697-0142, lotsoluck@comcast.net), CL Bill and Chris Pellegrini , R Chris Pellegrini (508-406-5319 7-9 PM, chrispellegrini@yahoo.com)

Mon. Feb. 9. Borderland Evening Full Moon Hike (C3D) — See Dec. 11

Thu. Feb. 12. Joe's Rock & Birchwold Farm Conserv, Wrentham/Plainville — Lovely 4-5 mi hike. Meet at 10 a.m. We will climb up to Joe's Rock (very short) then cross the road to Birchwold. Bring drink and snack for trail; lunch to eat at leader's home after hike. Leader will provide homemade desserts and beverages. Bring stabilicers if icy. Directions: Rte 495N exit 15, right off exit, left at first light, Rte 121. At 3.5 mi look for Joe's Rock Conservation Area sign on right. L Joanne Staniscia (508-528-6799 before 9PM, joannes1@localnet.com)

Thu. Feb. 19. Noanet Woodlands, Dedham St., Dover, MA (B3C) — Meet at 10 a.m. at ranger station, Caryl Park entrance and parking on Dedham St., 0.6 mi. east of Dover center. We will roam the trails in this 700 acre reservation, visit old

mill sites, ponds and restored 24' high milldam and underground tailrace. Hike about 6 mi. on moderate terrain. Bring water & lunch. L Arthur Hart (508-888-2847 9A to 9P, ajhart32@comcast.net)

Sat. Feb. 21. Winter Snowshoe Series Hike #3 — Come join the SEM Chapter for the third in a series of four snowshoe hikes. We will be chasing snow, but most likely be at one of the following locations: The Kettles and the Scaur, Hedgehog Mountain - East Ledges, Lincoln Woods to Black Pond, Lonesome Lake (B3C). L Jim Plouffe (508-586-1394, jimplouffe@comcast.net), L Steve Tulip , L Leslie Carson , L Eva Borsody Das , CL Chris Pellegrini , CL Cheryl Lathrop , R Steve Tulip (Stulip2005@comcast.net)

Sat. Feb. 28. East Osceola (A3B) — Join us for an advanced winter hike to test out those crampons and snowshoes as we tackle East Osceola. Full winter gear required. L Jim Plouffe (508-562-0051, jimplouffe@comcast.net), L/R Leslie Carson (64 Mill Road, East Sandwich, MA 02537, 508-833-8237 6-9 PM, ltcarsen929@comcast.net)

Sat./Sun. Mar. 7/8. Winter Hike Series #4 Overnight — Save the date!

Tue. Mar. 10. Borderland Evening Full Moon Hike (C3D) — See Dec.11.

Sat. Mar. 14. Winter Snowshoe Series Hike #4 — Come join the SEM Chapter for the fourth in a series of four snowshoe hikes. We will be chasing snow, but most likely be at one of the following locations: The Kettles and the Scaur, Champney Falls (Upper), Hedgehog Mountain Summit, Kearsarge North (B3B). L Jim Plouffe (508-586-1394, jimplouffe@comcast.net), L Steve Tulip (stulip2005@comcast.net), L Cheryl Lathrop , L Chris Pellegrini , CL Eva Borsody Das , CL Bill Pellegrini , R Steve Tulip (Stulip2005@comcast.net)

Sat. Mar. 21. Franconia Ridge - Lafayette, Lincoln, Little Haystack (B3B) — Join us as we trek across a wonderful section of Franconia Ridge bagging three 4000 foot summits weather permitting. Full above tree line gear required for the 8.8 mile 3480' elevation gain trip. Estimated time 8.5 hrs. L/R Ken Jones (508-697-0142 7-9 PM, lotsoluck@comcast.net).

Cape Cod Hikes

Chair – John Gould, 508-540-5779,
capehikingchair@amcsem.org

Most Cape Hikes are "Show & Go." For additional information, contact the trip Leader (L) or Co-Leader (CL) or visit trips.outdoors.org. (Set Committee to "Cape Hikes.")

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

Thu. Dec. 4. Provincetown - Whales and Trails (B3C) — Meet at Herring Cove Beach, 9:45 a.m. in parking lot to the right of entrance. Walk through pine barrens, over dike with classic Cape Cod vistas, through salt marsh to arrive at beach by Race Point Lighthouse. We could see whales from shore. Bring your binos!! Allow 3 hours. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun. Dec. 7. Benjamin Nye Trail, Sandwich (C4C) — Working cranberry bogs, Talbott point, enchanting red pine forest, Scorton Creek, Hoxie Pond, Fish Hatchery and Game Farm from bygone days. From Rte 6A take Exit 4 (Chase Rd.) and turn N (toward 6A). Go about 1/2 mile and take Left on County Rd. One mile to parking on left across from Sandwich Grange Hall. Meet 12:45 2 hrs. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Thu. Dec. 11. Truro Pond/Beach Walk (B3C) — Meet 9:45. From Rte 6, coming from Wellfleet take first R (Rose Rd, no sign) after Truro town line. Take another R on Collins Rd to first dirt road on right (Old Kings Highway). Hike to beach and return all by pristine, glacial ponds. Spectacular scenery. Hike will take 3 hours. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun. Dec. 14. Yarmouth Potluck Party and Hike (C3C) — Reserve the date. Christmas Potluck Supper at Pam Carter's 16 Driftwood Lane, So. Yarmouth. (Call 508-398-2605 for directions). Hike first in the three ponds area. Meet at 12:45. From Rte 6 exit 8S to R at 2nd traffic light onto Old Townhouse Rd. L on West Yarmouth Rd. Go about 1 mi to pkg on side of road. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Thu. Dec. 18. Sandwich-Ryder Conservation Land/Lowell Reservation (C4D) — Wooded walk with nice views of Mashpee-Wakeby Ponds. North on Rte. 130 from Rte. 28. Right onto Cotuit Rd. 1.8 miles to Ryder Conservation Lot on left. Meet at 9:45 a.m. for a 10 a.m. Start. 2 hours. L Farley Lewis (508-775-9168, farlewis@comcast.net)

Sat. Dec. 20. Barnstable, Sandy Neck Interior (A3B) — Hike from gatehouse along the marsh trail to trail 5 and return on the horsetrail through the most enchanting part of this barrier beach. Rte. 6A in Sandwich just before Barnstable town line turn N. on Sandy Neck Rd. Follow to gatehouse. Meet @ 9:45 a.m., bring lunch, 11 miles, 6 hrs. L Todd Kelley (508-945-9929, kellytrailblazer@yahoo.com)

Sun. Dec. 21. Falmouth, Hatchville Woods — Woodland trails to Coonamessett Pond. Back through wetlands habitat and cranberry bogs. Meet at 12:45 for 1:00 start. Rte 151 West 3.4 mi from Mashpee Rotary. Left on Sandwich Rd at lights. 1.6 mi to right on Hatchville Rd. .5 mi to parking lot on left at pumping station. L Hilary Hunt (508-495-0439 8:00 am - 8:00 pm, hhunt@cape.com)

Sat. Dec. 27. Brewster, Punkhorn Grande (A3B) — Tour the Punkhorn and visit quarry sites, first commercial cranberry bogs and pine barrens. Stony Brook Rd. to S. on Run Hill Rd. Follow to parking lot on L. when road becomes gravel. Meet @ 9:45 a.m., bring lunch, 10 mi. 5 hrs. L Todd Kelley (508-945-9929, kellytrailblazer@yahoo.com)

Sun. Jan. 4. Barnstable-Barnstable Conservation, "Trail of Tears" (C3C) — Meet at 12:45 pm at parking lot (power line) on Service Rd. between Exit 5 and Exit 4. Exit Route 6 at Exit 5, go south 100 yds to service road. 2 hour hike. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Thu. Jan. 8. Yarmouth Port, Gray's Beach (C3D) — Hike in Conservation land over trails along marsh, through woods, some roads, includes the boardwalk with views of Sandy Neck, Chapin Beach, Chase Garden Creek. Meet at 9:45 a.m. Two hours. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net). L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Sat. Jan. 10. Falmouth- Coonamesett Reservation (C3C) — New Hike. 2 hr.

hike on some recently opened trails with view of Little Jenkins pond, Coonamesett pond and bog, and a Christmas tree farm. Meet 9:45. Route 151 Falmouth to Nickelodeon theater. Park across the street on dirt pulloffs either side of Ranch Road. L Gary Miller (508-540-1857, Garymaxx@verizon.net)

Sun. Jan. 11. Brewster, Nickerson State Park (C3C) — Winter hike on woods trails, by ponds, some hills. Meet at 12:45 at the front main pkg area off of Rte 6A in Brewster. Two hours. Bad weather cancels. If in doubt call leader. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Thu. Jan. 15. Harwich Island Pond Conservation area (C3C) — Hike through woods on new trails in Conservation Area to Island Pond, and Katie's Pond, Lavender Farm -some bike trial walking. Meet at 9:45 for a two hour hike. From Rte 6 take exit 10 S to 4-way stop. Take R 0.08 mi to new pkg lot on L - just beyond Davy's Ribs. Bad weather cancels. If in doubt call L. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Sun. Jan. 18. Wellfleet - White Crest Beach (C3C) — Woodland trails which lead to Duck Pond. From Rte. 6 go R on LeCounts Hollow Rd. At beach gatehouse L on Ocean View Dr for 0.9 miles to beach parking lot on right. Meet at 12:45. 2 hours. L Pat Sarantis (ediespond@hotmail.com)

Thu. Jan. 22. Falmouth-Long Pond & Collins Woodlot (B3C) — Walk along pond, moraine, and through town forest. From Mashpee rotary, take 151 west 3.4m to L at Sandwich Rd. Go 3.7m south to R on Brick Kiln; then 0.9m west and pass through traffic light at Gifford to parking area on R just beyond light. meet 9:45 for 10 start. More than light rain or snow cancels. 2.5 hours. L John Gould (508-540-5779, jhgould@comcast.net)

Sun. Jan. 25. Harwich -Hawksnest State Park (B3C) — Winter walk on dirt roads and wooded trails by several ponds. Meet at 12:45 for a 2 hour walk. Take exit 11 off Rte 6, go diagonally across from exit to Spruce Rd and pk on side of road approx. half mile down. Bad weather cancels. If in doubt call L. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Thu. Jan. 29. Barnstable-Old Jail Conservation Area (C3C) — Newly opened areas of conservation land contrast old footpaths through the woods. Meet at

Old Jail Lane Conservation Land Parking Lot. Take exit 6 to Route 132 S 1.4 miles to lights at Phinney's Lane. Turn L. Go 1 mile and turn L onto Old Jail Lane. Go 0.5 miles to parking area on left. Meet at 9:45 a.m. 2 hours. L Elissa Crowley (508-362-5062, e.crowley@verizon.net)

Sat. Jan. 31. Bourne- Four Ponds (C3C) — Two hour hike on Pine Trail through diverse habitats, wetlands and forests. Route #28 to Barlows Landing Road to Bourne Four Ponds lot on right. Meet at 9:45 a.m. L Gary Miller (508-540-1857, Garymaxx@verizon.net)

Sun. Feb. 1. Falmouth, Bourne Farm (C3C) — Trails across open fields and woodland. Pass through cow tunnel under railroad bridge to Herring River marsh. Meet 12:45 for 1:00 start. Rte 151 West to N. Falmouth. Left at light onto Rt 28A for 2 miles. Parking lot on right at Bourne Farm. L Hilary Hunt (508-495-0439 8:00am - 8:00pm, hhunt@cape.com)

Thu. Feb. 5. Dennis-Crowe to Crowe Loop (C3C) and Chili Party — 2 hr. hike on paths, beach, and quiet roads. Followed by Chili Party at noon hosted by Janet and Richard Kaiser. Meet 9:45. From Route 6 take exit 9 onto Route 134 north to Route 6A. Go right on 6A, then left on School St, then right on South St to lot at end on right past cemetery. L Maria Sylvester (508-385-4045, sylvester_maria@hotmail.com)

Sat. Feb. 7. Truro-Longnook Beach, Bearberry Hill (B3C) — Several spectacular views as we hike N to old Air Force Station, S to Higgins Hollow, then on to Bearberry Hill. Meet at 9:45; bring lunch; 4 hours. From Rte 6 in Truro R on Longnook Rd (left at junction) to beach parking lot at the end. L Pat Sarantis (508-430-9965, ediespond@hotmail.com)

Sun. Feb. 8. Harwich-Herring River (C3C) — Winter walk in conservation area through woods by river, bogs and herring run. Meet at 12:45 at Sand Pond in Harwich. From Rte 6 take 9A S to L at 3rd light. Take another immed L on Great Western and go to pkg area on L at Sand Pond. Bad weather cancels. If in doubt call L. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Thu. Feb. 12. Truro- High Head Sand Dune Walk (B3C) — Meet at 9:45 p.m. at High Head Rd., as far as you can drive in toward the bike trail. We will hike over dunes by dune shacks and cranberry bogs. Back via beach, weather permitting. If high winds, we will walk the bikepath to Pilgrim Spring and beyond. If snow call

leader. 3 1/2 hrs. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sat. Feb. 14. Wellfleet-Duck Harbor to the Hollows (B3B) — Review glacial terminology and connect it to the land beneath your feet in this glacial paradise. Duck Harbor over Bound Brook Island to Lombard and Paradise Hollows. Rte. 6 to Wellfleet Center. L. on Commercial St. R. on Kendrick Rd. to Chequessett Neck Rd. R. on Griffin Island Rd. to end at Duck Harbor. Meet @ 9:45 a.m., bring lunch, 8 mi. 4 hrs. L Todd Kelley (508-945-9929, kellytrailblazer@yahoo.com)

Sun. Feb. 15. Brewster-Nickerson State Park - (C3C) — Nickerson Sunday Hike/Snowshoe Trip (C3C) 2 Hrs., Nickerson State Park, Brewster, MA, Route 6A near Orleans line. Hike/Snowshoe in Nickerson State Park. Call Leader for specifics, 508-432-7656. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Thu. Feb. 19. Truro- Ryder Beach (C3C) — Some sand walking, hills, woods, views. Meet at 9:45. From Rte 6 just over Truro line take L onto Prince Valley Rd. Follow to end. R then immed L on Ryder Beach Rd. to pkg at end. 2 hours. L Pat Sarantis (508-430-9965, ediespond@hotmail.com)

Sun. Feb. 22. East Falmouth-Mashpee, Quashnet River (C3C) — Walk in upland woods alongside pretty stream. From Mashpee rotary, Rte 28N to Falmouth 2.1 miles, take R on Martins Rd to parking area. 2 hours. Meet 12:45 for 1:00 start. If rain/snow forecast call L. L John Gould (508-540-5779, jhgould@comcast.net)

Thu. Feb. 26. Cotuit-Little River Sanctuary (C3D) — Wooded walk with views of Eagle Pond. Meet promptly at 9:45 a.m. Car pool shuttle from parking area in front of Brooks Pharmacy located at the intersection of Rte. 28 and Putnam Ave. in Cotuit. Two hours. L Farley Lewis (farlewis@comcast.net), CL Bill Zimmer (508-790-4143)

Sat. Feb. 28. Sandwich- Shawme Crowell State Forest (B3C) — Explore State Forest trails, varied terrain, mostly wooded, length of hike to be determined by weather. Route 6 to exit 2. Head north on route 130. The entrance to the park will be on your left shortly past Sandwich center. Meet in the parking lot at 9:45 for a 10 a.m. start. L Elissa Crowley (508-362-5062, e.crowley@verizon.net), CL Farley Lewis (508-775-9168)

Bike Rides

Chair – Joe Tavilla, 508-428-6887, bikingchair@amcsem.org

NOTE: Approved helmets, water bottles, & spare tires required. If start time and location are not indicated, contact ride leader (L).

NOTE: for additional SEM bike rides, please check *AMC Outdoors*, visit www.amcsem.org, or use the AMC online trip listing system: trips.outdoors.org (set Committee to "Biking" and Chapter to "Southeastern Massachusetts"), or sign up for the SEM Short Notice trip list at www.amcsem.org.

Tue. Dec. 2. Tuesdays At Two — Dec thru Feb: Cycling for Two Hours on Tuesdays at 2:00PM. Location: Plymouth, Canal Area, & Cape Cod. Distance: 24+/- for Road Cycling or 12+/- for Mountain Biking. Pace: Intermediate. Terrain: Varies from flat to hilly. Start Location: Contact ride leader Directions: Contact ride leader. L Paul Currier (508-833-2690 8:00AM-7:00PM, pbencurrier@hotmail.com)

Tue. Dec. 9. Tuesdays At Two (see Dec. 2)

Fri. Dec. 12. Full Cold Moon Ride — Ride Description: Road cycling A flat ride along the canal and through Gray Gables and Mashpee Island at an intermediate pace for 24 +/- miles. We'll catch the sunset over Buzzards Bay, perhaps the Energy Train in its trek over our famous RR Bridge: capecodrails.railfan.net/buzbay/buzbay.html; en.wikipedia.org/wiki/Cape_Cod_Canal_Railroad_Bridge; www.youtube.com/watch?v=Hjt8IMP3i4Q and moonrise over Sagamore. Contact ride leader for start time. L Paul Currier (508-833-2690 8:00AM-7:00PM, pbencurrier@hotmail.com)

Sat. Dec. 13. Cape Cod Rail Trail — Enjoy the off-season tranquility of the Cape Cod Rail Trail. Distance: 25-30 miles. Terrain: Flat. L Jack Jacobsen (508-353-3708 8:00AM-7:00PM, cyclejac51@yahoo.com)

Tue. Dec. 16. Tuesdays At Two (see Dec. 2)

Tue. Dec. 23. Tuesdays At Two (see Dec. 2)

Tue. Dec. 30. Tuesdays At Two (see Dec. 2)

Thu. Jan. 1. Annual New Years Day Ride — 27 miles or so, intermediate pace. Out and at 'em for an early start on our annual 2000-mile (3K? 4k? 5k?) pursuit!

Bailouts for less miles; optional additional miles. This ride includes the coast and harbor of Marion; Sea Shell Beach, "private" Converse Road loop, Point and Delano Roads to Kittansett Golf Club with views of 3 canal bridges and Planting Island. Early registration recommended - ride limit 12. L Paul Currier (508-833-2690 8:00AM-7:00PM, pbencurrier@hotmail.com)

Tue. Jan. 6. Tuesdays At Two (see Dec.2)

Sat. Jan. 10. Full Wolf Moon Ride — Ride Description: Road cycling. Ride the hills and shores of Sagamore and on the canal trail to Buzzards Bay. We'll catch the sunset over Onset Bay, perhaps the Energy Train its trek over our famous RR Bridge: capecodrails.railfan.net/buzbay/buzbay.html; en.wikipedia.org/wiki/Cape_Cod_Canal_Railroad_Bridge; www.youtube.com/watch?v=Hjt8IMP3i4Q a tour of Mass Maritime, and moonrise over Plymouth Bay. L Paul Currier (508-833-2690 8:00AM-7:00PM, pbencurrier@hotmail.com)

Tue. Jan. 13. Tuesdays At Two (see Dec. 2)

Tue. Jan. 20. Tuesdays At Two (see Dec. 2)

Tue. Jan. 27. Tuesdays At Two (see Dec. 2)

Tue. Feb. 3. Tuesdays At Two (see Dec. 2)

Mon. Feb. 9. Full Snow Moon & Eclipse Ride — Ride Description: Road cycling Ride along the canal and through Gray Gables and Mashnee Island at an intermediate pace for 24 +/- miles. We'll catch the sunset over Buzzards Bay, perhaps the Energy Train in its trek over our famous RR Bridge: capecodrails.railfan.net/buzbay/buzbay.html; en.wikipedia.org/wiki/Cape_Cod_Canal_Railroad_Bridge; www.youtube.com/watch?v=Hjt8IMP3i4Q and moonrise over Sagamore. L Paul Currier (508-833-2690 8:00AM-7:00PM, pbencurrier@hotmail.com)

Tue. Feb. 10. Tuesdays At Two (see Dec. 2)

Tue. Feb. 17. Tuesdays At Two (see Dec. 2)

Sat. Feb. 21. Cape Cod Rail Trail — Enjoy the off-season tranquility of the Cape Cod Rail Trail. Distance: 25-30 miles. Terrain: Flat. L Jack Jacobsen (508-353-3708 8:00AM-7:00PM, cyclejac51@yahoo.com)

Tue. Feb. 24. Tuesdays At Two (see Dec. 2)

XC Skiing

Chair – Barbara Hathaway, 508-880-7266, xcskichair@amcsem.org.
Vice Chair — Farley Lewis, 508-775-9168, farlewis@comcast.net.

For information on SEM ski trips, please check AMC Outdoors, visit www.amcsem.org, or use the AMC online trip listing system: trips.outdoors.org, (set Activity to "Cross-Country/Nordic" and set Chapter to "Southeastern Massachusetts").

Sat. Jan. 3. XC Ski Instruction: Great Brook Ski Touring Center — A good opportunity to use the new skis you got for Christmas or rent from the Center. Conditions permitting we will provide instruction to novice-intermediate skiers at Great Brook Ski Touring Center in Carlisle, MA. Register with Leader. L/R Bob Bentley (508-866-3057 7 to 10 PM, bentleyr@h2otest.net), CL Marc Bober (978-251-4794 before 9 PM, mcbober@att.net).

Fri. Jan. 16-19. XC Ski MLK Weekend, Jefferson, NH — Boston's 40+ Chapter joins SEM Chapter's celebration of their 23rd year at cozy Applebrook B&B in Jefferson, NH. XC ski at Bretton Woods, Great Glen, Jackson or Bear Notch. Downhill or back country skiing, snowshoeing, & ice skating nearby. Approx \$180-325 p/p covers 3 nights lodging, 3 hearty breakfasts, a 4-course dinner Sat. night and light supper on Sunday. Register w/Leader. L/R Barbara Hathaway (508-880-7266 before 9 PM, barb224@tmlp.com), CL Wayne Cardoza (603-673-2518 before 9 PM, wmc_amc@comcast.net).

Fri. Jan. 16-19. Backcountry Ski Adventure in Southern VT — Join us on MLK Weekend for backcountry skiing along the Catamount trail in the Stratton-Wilmington areas of southern VT. Lodge near Mt. Snow has indoor & outdoor hot tubs & heated pool. Participants should be capable of skiing 5-7 mi each day (no beginners please). Approx. \$160 p/p dbl occupancy for 3 nights incl Sat, Sun, & Mon breakfast; Sat & Sun dinners. Reg by Dec 30 w CL or L. L Art Paradise (978-372-7442 7-10 PM, paradise1@mindspring.com), CL Marc Bober (978-649-2351 7-10 PM, mcbober@att.net), R Marc Bober.

Sat. Jan. 24. XC Ski Windblown, New Ipswich, NH — Expertly groomed trails await you at Windblown, a comfortable, friendly, family-owned ski center with 25

miles of trails and great views of Monadnock. Sit by the fire in the lodge while enjoying homemade soup & sandwiches, or muffins and cookies with a hot beverage. For details and to register, call Barbara. L/R Barbara Hathaway (508-808-7266 before 9 PM, barb224@tmlp.com), CL Farley Lewis (508-775-9168 before 9 PM, farlewis@comcast.net).

Sat. Jan. 31. XC Ski, Myles Standish, Plymouth, MA — Join us to cross country ski ungroomed trails in the little known areas of Myles Standish State Forest. Advanced novice to intermediate skiing ability required. Register with Leader. L/R Bob Bentley (508-866-3057 7 to 10 PM, bentleyr@h2otest.net), CL Marc Bober (978-251-4794 before 9 PM, mcbober@att.net).

Tue. Feb. 10-12. XC Ski Escape, Franconia NH — Cozy rooms, inviting fireplaced living room and great views of White Mountains. \$170-215 covers cost of 2 nights lodging, 2 dinners, 2 breakfasts, ski pass to 65k of groomed trails, xc ski, ice skate & snowshoe rentals. L/R Barbara Hathaway (508-808-7266, barb224@tmlp.com), CL Farley Lewis (508-775-9168 before 9 PM, farlewis@comcast.net).

SPRING BREEZE DEADLINES

Jan. 7 trip listings
Jan. 15 articles

NEW!

AMC's Online Member Center

Check out the new online Member Center where you can log in and update your contact information, indicate your activity and volunteer interests, manage e-newsletter subscription preferences, renew your membership, or subscribe to *Appalachia*. Check it out today: www.outdoors.org/membercenter.

Save trees! Choose to receive the *Breeze* in electronic form.

www.outdoors.org/membership
Click on Member Center.



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CONSERVATION CORNER
by Fred Yost, Conservation Chair 

Looking for a good book to curl up with this winter? If so, then read on!

Have you ever wondered, while skiing or hiking through the winter wonderland, how the wildlife that you see survives the cold of winter? Have you been curious about the critters that you saw in the fall and can't find again until the spring? Award-winning author Bernd Heinrich answers these questions in [The Winter World: the Ingenuity of Animal Survival](#). Heinrich is a professor at the University of Vermont, and has an uncanny perceptiveness and curiosity about nature that he shares in a very readable style.

While many of our birds stay in the north throughout the year, some make long journeys to warmer climates for the colder months. [Living on the Wind: Across the Hemisphere With Migratory Birds](#) by Scott Weidensaul tells about the movements of these birds and some of the perils they face. While this book tells its story through birds, it relates the need for conservation in addition to the natural history of migration.

 *The Southeast Breeze is printed on 100% recycled paper using environmentally friendly ink.*



The Southeast Breeze

Quarterly newsletter of the Appalachian Mountain Club, Southeastern Massachusetts Chapter
Fall 2009 — September, October, November



View from the Chair

By Wayne Anderson, Chapter Chair

It's that time again! And, for those who know me, there is an understanding of my limited writing skills and propensity for imagination. I found myself pondering about a topic for this quarterly View from the Chair; there was a break in the weather so I decided to take a run and think of what to say. As I headed out down the power lines hoping for a dry adventure, I found myself dodging puddles. Well, I gave up and simply went through the puddles—actually lakes!—not to mention going through clouds of every flying insect known to mankind as they too were seeking this moment of joy without rain. Oh yeah, did I mention that it seemed to rain a bit in June!

Between all the puddle dodging, I settled on a topic that was brought up during a recent retreat and that I was planning to bring up at our next chapter board meeting: "How to make your chapter more vibrant". We had been discussing ways to get the membership more involved in club activities as a participant in our many activities or explore the many volunteer opportunities. As I swatted the umpteenth bug while portaging the next crossing, I realized we have opportunities to satisfy a wide range of activities and groups. Although I was not able to make many hikes this spring, I did witness a great turnout at our Spring Bash which offered hiking, biking, and paddling events; the Myles Standish trails day saw about 35 hardy folks and our first Grandparent/Parent child hike was attended by 26 hikers, 14 of which were children ranging in age from 18 months to 15 years old. A very successful Whale Watch trip witnessed a full crowd.

Back to the question of how to make our chapter more vibrant—it is YOU. We have many leaders and volunteers hosting activities; but we also need you to participate and provide feedback on activities you want. I am reaching out to all of you and asking you what you want to see, and what we can do differently.

So, if you have some ideas, I want to hear them! Email me, Wayne, at: chair@amcsem.org. I know our activity chairs also want to hear from you. So, look on page 2 of this Breeze and get their names and email addresses and let them know what you think. Do you want more hikes? Easier hikes? Harder hikes? Longer hikes? Closer hikes? The same for bikes, paddles, and skiing — let the activity chairs know what you want. Do you have good ideas for trails or conservation? Let's hear them!

This is your chapter. Get involved. And help make it what you want!

I am off to putting the finishing touches on the ark. Hope you have a great fall!





Fall 2009 Events Calendar

SEM Board Meetings (7:00 pm)

Sep 09 UU Church, Main St, Middleboro
Oct 14 Bourne Community Center
Nov 11 UU Church, Main St, Middleboro
Dec 09 Executive Board Holiday Meeting

Hike Planning Meetings (7:00 pm)

Sep 02 UU Church, Main St, Middleboro
Dec 02 UU Church, Main St, Middleboro

SEM Short Notice E-Mail Trip List — Find out about late-breaking chapter activities not appearing in the *Breeze*, the *amc outdoors*, or the online trip listings. Visit www.amcsem.org to sign up.

Where can I find AMC SEM activities?

1. *Breeze* (arrives in your mailbox, or electronically)
2. *amc outdoors* magazine (arrives in your mailbox)
3. Online trip listings: trips.outdoors.org
4. SEM short notice email list: www.amcsem.org

WINTER BREEZE DEADLINES (covers Dec, Jan, Feb)

Oct. 7 trip listings
Oct. 15 articles, pictures

WANT EVEN MORE BREEZE?

Find more articles and pictures in the electronic version of the Breeze!!!

AMC ACTIVITY PARTICIPATION POLICY

AMC encourages involvement in its mission and activities through its membership, programs, policies, and procedures. Our goal is to be a community that is comfortable, inviting, and accessible for people of any age, gender, race, religion, ethnicity, ability, sexual orientation, or socioeconomic status.

Some AMC programs are designed for a certain age range of members or for a special activity or topic. However, any person who meets the minimum qualifications (age, skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available. Individuals under 18 must be accompanied by a responsible adult.

All participants in AMC activities are required to sign the AMC waiver form provided by the leader. You may preview this waiver form on the chapter website at

www.amcsem.org/pdf/Volunteer_release_memo.pdf.

Appalachian Mountain Club Southeastern Massachusetts Chapter

The chapter includes ~3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.

2009 EXECUTIVE BOARD & VICE CHAIRS

Chapter Chair Wayne Anderson, chair@amcsem.org
508-697-5289

Vice Chapter Chair Claire Goode, vicechair@amcsem.org
508-759-7362

Past Chapter Chair Mike Woessner, pastchapterchair@amcsem.org
508-577-4879

Treasurer Leslie Carson, treasurer@amcsem.org
508-833-8237

Secretary Susan Salmon, secretary@amcsem.org
508-285-2440

Biking Joe Tavilla, bikingchair@amcsem.org
508-428-6887

Canoe/Kayak Bill Fischer, paddlingchair@amcsem.org
508-420-4137

Cape Hiking John Gould, capehikingchair@amcsem.org
508-540-5779

Cape Hiking (Vice) Pat Sarantis, capehikingvicechair@amcsem.org
508-430-9965

Communications Cheryl Lathrop, communicationschair@amcsem.org
508-668-4698

Conservation Fred Yost, conservationchair@amcsem.org
508-699-9305

Conservation (Vice) Joanne M. Jarzowski, 508-212-4427
conservationvicechair@amcsem.org

Education Hagit Moveman, education@amcsem.org
508-238-9264

Hiking Jim Plouffe, hikingchair@amcsem.org, 508-562-0051

Hiking (Vice Chair) Chris Pellegrini, hikingvicechair@amcsem.org
508-406-5319

Membership Len Ulbricht, membershipchair@amcsem.org
508-359-2250

Skating Barbara Hathaway, xcskichair@amcsem.org
508-880-7266

Skating (Vice Chair) Farley Lewis, farleywis@comcast.net, 508-775-9168

Trails Bill Ruel, trailschair@amcsem.org, 508-838-3841

Trails (co-Chair) Kevin Mulligan

Webmaster Scott Haigh, webmaster@amcsem.org, 617-510-7400

Asso. Webmaster Susanne Piche

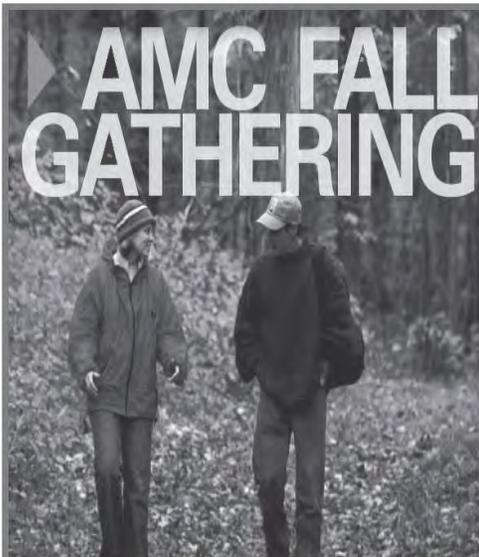
The Southeast Breeze, the newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published 4 times a year as a service to the chapter's members. SEM members are encouraged to submit letters, articles, photos, and artwork; materials for publication (space permitting) cannot be returned unless accompanied by SASE. Please mail to: Cheryl Lathrop, 17 Robert St., Walpole, MA 02081. Digital submissions are preferred: communicationschair@amcsem.org. Articles will be edited for length, typographical errors, and clarity.

Editor: Cheryl Lathrop **Asst. Editor: Ann McSweeney**

HAVE YOU MOVED? Please send your change of address to: AMC, 5 Joy St. Boston, MA 02108. Or access the **Member Center** at www.outdoors.org/membercenter.

NON-SEM AMC MEMBERS: Want the quarterly *Southeast Breeze* newsletter? Send a \$10 check made out to "AMC SEM" to: Leslie Carson, ATT: Non-Member Breeze Subscription, 64 Mill Road, East Sandwich, MA 02537. Please provide your mailing address if it's not on the check.

VOLUNTEER POSITIONS ARE OPEN! Contact chair@amcsem.org



AMC FALL GATHERING

Explore the beautiful Berkshires during peak foliage season!

- ▶ Enjoy great hikes, bike rides, and paddles
- ▶ Climb cliffs, climbing walls, ropes courses
- ▶ Visit Noble View Outdoor Center
- ▶ Bring the kids! Family activities
- ▶ Contra dance, socials and campfires, music, new friends

...and much more, with your host, the Berkshire Chapter

Becket-Chimney Corners • Becket, Massachusetts • October 16-18, 2009

Everyone is Welcome! Register Now!

Visit www.amcberkshire.org/gathering • amcfg2009@gmail.com
Or call Christine Fogarty at 978.857.7078

SEM ANNUAL Winter Hiking Workshop

November 7, 2009

1-5:00pm Sandwich, MA

Attention 3 season hikers!

This year's Winter Hiking Workshop is geared to extend your hiking into winter. Topics include snowshoes, boots, clothing, equipment, day hiking, and overnight backpacking. This is the kick-off event to our annual Winter Hiking Series! The hiking committee will be offering a series of hikes and an overnight backpack to acquaint the 3-season hiker with the pleasures of winter hiking. Please register with Mike Woessner (Stridermw@hotmail.com) 508-577-4879. Space is limited so sign up early!



AMC SEM 2009

Chapter Hut Weekend

September 17- 20, 2009

Come spend a loooong weekend at the beautiful **Cold River Camp** in Evans Notch, New Hampshire.

Following last year's wild success, we'll be spending another great weekend hiking, biking, and paddling. The cost, per person, per night, is \$60 — includes meals, a comfortable cabin with a fireplace, and a wine & cheese reception.

Registration is now open. Word of mouth has made this year's CHW look more popular than ever, so register early to guarantee a spot. Registration deadline: August 31, refundable in full until August 31, 2009.

You may register securely online (www.amcsem.org) or by mail (2009 Chapter Hut Weekend, Leslie Carson, 64 Mill Road, East Sandwich, MA 02537)

LET'S SECTION-HIKE THE "NORTH-SOUTH TRAIL" !

The 77 mile North-South Trail runs along the western border of Rhode Island. SEM Hike Leader Fred Wason has planned a series of day hikes to section-hike this trail over the upcoming year. Visit his hiking web site to learn more about the beautiful North-South Trail, and to sign up for the hikes: mysite.verizon.net/fmwason.

Where do you want to go hiking?

Want to hike somewhere specific? We take requests for hikes! Contact us: HikingChair@amcsem.org

TRAILS & TRACKS
by Kevin Mulligan (Co-Chair Trails)

Did you know that SEM chapter members contributed collectively over 500 hours this year helping to keep trails clear, open, and a joy to hike on? Did you also know that SEM chapter plays an integral role in maintaining one of the most popular trails in the White mountains (Lonesome Lake) as its very own adopted trail? Did you also know that over 60 members represented our chapter at Myles Standish on National Trails Day? Chapter members Ken Jones, Dexter Robinson, Lou Sikorski, Bill Ruel, and Bob Vogel are also key leaders with trail work groups in Blue Hills, Myles Standish, and Borderland.

Under the guidance of these experienced members, new members are joining on a regular basis and are learning to build wooden and rock water bars, stone stairs and stone walls, as well as clearing brush. The satisfaction is clear when hikers all stop to thank each and every person for their efforts, and it is something we can each pat ourselves on the back for whenever we hike through New England. (Please see the electronic Breeze for all the trail work pictures!) See our members hard at work here ----->

2009 AMC SEM ANNUAL MEETING

Saturday, November 7, 2009

Dan'I Webster Inn & Spa, 149 Main Street, Sandwich, MA 508-888-3622

Agenda:

- 5:00 – 6:00 pm Happy Hour (cash bar open throughout the evening)
- 6:00 – 6:30 pm Business Meeting (including election of 2010 Executive Board)
- 6:30 – 7:30 pm Buffet Dinner (including chicken, pasta, and fish)
- 7:30 – 7:45 pm Awards
- 7:45 – 8:00 pm Break
- 8:00 – 8:45 pm Guest Speaker: Beth Schwarzman is a geologist, and author of *The Nature of Cape Cod*, who is always looking for the interactions among geology, natural history, and human history. She is an interesting and dynamic speaker and will discuss the geology of Southeastern Massachusetts and its relationship with our area's natural history.

Reminder: The AMC SEM's Annual [Winter Workshop](#) will be held November 7 from 1:00 to 5:00 p.m. at the Lakewood Hills Club House in Sandwich, MA. Please contact Mike Woessner at Stridermw@hotmail.com or 508-577-4879 to register for this free workshop.

To register go to www.amcsem.org for secure online registration using our PayPal account OR mail your check (payable to AMC SEM) with the Registration Form below.

✂*****

AMC Southeast Massachusetts Chapter Annual Meeting Registration Form

Name(s) of attendees: _____

Phone or Email Contact Info: _____

\$20.00/per person for registrations received on or before Saturday, October 17th
\$30.00/per person for registrations received after Saturday, October 17th

If registering by mail, please send this completed form, along with appropriate payment, to: AMC SEM, c/o Leslie Carson, 64 Mill Road, Sandwich, MA 02537.

Deadline to Register is Wednesday, October 28th.



TRAIL WORK by SEM MEMBERS

2000 MILE CLUB BIKE MILEAGE 6/30/09

Leo Leonardi	3053
Louis Outor ¹	2690
Gianluca Marchi	2394
Gerard Nelson	2372
Glenn Mathieu	1783
Larry Cohen	1722
Joe Tavilla	1621
Pam Patrick	1459
Daniel Egan	1452
Steven Knigge	1318
Jack Jacobsen	1206
Lee Eckhart	1200
Bob Kennedy	1105
Fred Chase	1052
Ted Rowan	992
Roger Scholl	991
Wil Mason	944
John Sullivan	913
Paul Currier	904
Lawton Gaines	849
John Fortier	739
Joan Norse	705
Linda Church	622
Karen MacPherson ²	562
Susan O'Connor	466

¹ Claims to have been hit on the back of the helmet by a trucker with a 2x4 (or it would have been more).

² Car-door'ed on the cape causing a broken hand (or it would have been more).

The AMC SEM 2000 Mile Club is compiled quarterly by Dan Egan. For further information, or to join the 2000 Mile Club, contact Dan danielfrancisegan@hotmail.com



**Wilderness
First Aid Course**



September 12-13, 2009
Borderland State Park, Easton, MA

This 2-day training course (8:30am-5:00pm) is designed for trip leaders and outdoor enthusiasts. No previous experience necessary! Topics: patient assessment, musculoskeletal and soft tissue injuries, environmental emergencies and survival skills, critical care, splinting. To register, please contact Hagit Moverman: dmoverman@comcast.net, 508-510-9361.

HIKING LEADERSHIP OPPORTUNITIES

Do you like hiking? Do you have the initiative to lead? Then you might be the perfect person to become the newest Hiking Leader for the SE Mass Chapter!

Contact us: HikingChair@amcsem.org.

**SEM AMC Slate of Officers for 2010
to be voted upon at the Annual Meeting:**

Chair:	Wayne Anderson
Vice-Chair:	Claire Goode
Treasurer:	Leslie Carson
Membership:	Len Ulbricht
Secretary:	Susan Franconi-Salmon
Communications:	Cheryl Lathrop
Conservation:	Joanne Jarzobski
Education:	Hagit Moverman
Hiking:	Jim Plouffe
Cape Hikes:	Pat Sarantis
Paddling:	Bill Fischer
Trails:	Kevin Mulligan
Cycling:	Joe Tavilla
XC-Skiing:	Barbara Hathaway



RED LINE the BLUE HILLS

Bob Vogel just became the 9th person to hike every trail in the Blue Hills and red-line his map! (Bob created the very successful, and long-running, RLBH Thursday evening hiking series in 2006.)

See the RLBH website and list of finishers at www.amcsem.org/RLBHS/index.htm.



NEW HIKING LEADER PROFILE: WALT GRANDA

Q: When did you join the AMC?

I received a gift membership in 1997. For a number of years, I wasn't very active due to work and family commitments. In August 2006, I retired and had time to enjoy hiking, biking, and kayaking. With more free time, it was easier to plan hiking trips with the AMC.

Q: Why do you hike?

I grew up just 18 mi from NY City. Hiking never interested my friends and me. When I moved to Maine in 1974, I experienced my first hike. After that I was hooked. I like the challenge of hiking a new trail and enjoying the views on the trail and on the summit.

Q: What is your hiking and outdoor experience?

Besides hiking in NH and ME, I also hiked in VT, NY, NJ, CT, MT, WY, and Canada. I participated in two AMC trips—the Alpine Wildflower Hut-to-Hut Hike and the 50+ Adventure Camp—and had a great time and learned so much on these trips that I consistently encourage other people to sign up for them.

Q: Why did you want to become an AMC hike leader?

The AMC leaders I met have always been enthusiastic, knowledgeable, and excited about organizing and leading trips. This inspired me to take leadership and wilderness first aid training. I hope to expose other hikers to some of the great trails that I have hiked.

Q: Do you have a favorite hike or favorite hiking story?

My favorite hiking story is a lesson on what not to do. When I lived in Maine, I took a group of scouts and their dads to Pleasant Mountain. All of the dads and boys had never hiked, so the 3.5 mi hike seemed like a good choice. I hiked it a couple of times with my son so that we would be well prepared for this new adventure. When we got to the summit, there was another trail down with the marker "Alpine Slide". Needless to say, the boys were quite excited about adding that adventure to our day's fun and wanted to take that trail. At first, I said "No," but their enthusiasm wore me down. It certainly wasn't a good choice! Halfway down, the trail split and we had no trail marker or trail map. Guess what? We ended up on the other side of the mountain far from the cars and the Alpine Slide. The 3.5 mile hike turned out to be 10 miles and an adventure we all will remember.

Q: What is the one hiking adventure you dream of?

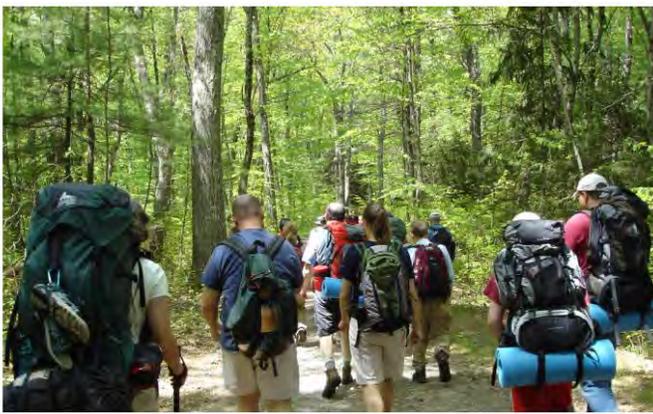
When I was working I always talked about quitting my job and hiking the AT. Since I retired, it doesn't seem like a priority anymore, but I would still like to section hike it. Other trips that are high up on my list are hiking the Swiss Alps and the Dolomites in Italy.

INTRODUCTION TO BACKPACKING

On May 16, we attended SEM's full-day "Introduction to Backpacking" workshop — half classroom instruction and half practical instruction. Experienced backpackers and leaders Fred Wason, Dexter Robinson, and Leslie Carson designed the course, prepared the handouts, and taught the class. The leaders then took us on two backpacks of increasing length and difficulty in the summer (with a 3rd planned for the fall). We're real backpackers now! See the electronic Breeze for a very entertaining account of Beginner Backpack #2 !



A ROOMFUL OF EAGER LEARNERS AT THE CHAPEL MEETING HOUSE in FOXBORO



OFF TO THE WOODS TO LEARN HOW TO SET UP A TENT AND COOK A MEAL!

Adirondack Mountain Club Winter Mountaineering School 2009

By Mike Woessner

From January 31 until February 6, Mike Woessner participated in the ADK's Winter Mountaineering School. Below is a brief account of his experience during the 4-day backpack.

I wake up to the sound of tent zippers opening. It's still dark when one of my teammates yells "6:00! Time to get up!" I hear the snow squeak as he walks by the tent. I sit up in my -20° down bag and reach for my headlamp.

I put on a fleece jacket over my dri-wick long-sleeve t-shirt. Next I don a balaclava, fleece hat, and glove liners. Over my tights I slip into hiking pants. Next come the socks. I can see my breath flow through the beam of my headlamp as I take off the Smart Wool socks I wore to bed and put on my liner socks, my vapor barrier (VB) socks, and then my outer socks. I lace up my boot liners, open the tent, and drop my legs down into a pit I have dug to make this part easier. It gives me a ledge to sit on for putting on my plastic mountaineering boots and winter gaiters. As I step from the tent, I throw on a down parka and check the temp on my altimeter: 4°F .

My teammates have boiled water and we have a breakfast of oatmeal, dried fruit, cocoa, and coffee. We are off to climb Big Slide Mt. (4240') The day is clear and not too cold. As we hike along in our snowshoes, we begin to snack right away. We hike in a rotating pattern. The lead person takes 30 steps then steps to the side of the trail. Even in snowshoes stepping off the trail can be tricky as the snow is three to four feet deep. After the lead steps aside, he or she joins the group at the end of the line. This gives everyone an intermittent break as we hike along.

Besides our food, and our own gear, we each take a piece of the group gear: emergency shelter tube tent, gas stove/fuel, thermos, -20° sleeping bag, and ground pad. These items are essential should anyone become injured. On the summit we will be more than 6 miles from base camp. No one wants to spend the night in the woods, but we're prepared for just that. The day is clear and we're all in a good mood. Soon we remove layers and open the side zips on our pants to cool down. The problem with winter hiking is keeping cool, not warm. If you're too warm, you sweat. If you sweat, you get wet. If you're wet, you'll get cold and you won't be able to get warm.

As we summit Big Slide, the trail turns very steep and we have to switch from trekking poles to ice axes. Then we head south to Mt. Yard. The going is slow. The trail is covered with spruce trees that are ready to dump their snow loads on us. It is all downhill from the next summit. Some parts are so steep that we can ski (glissade) on our snow shoes. Back at base camp everyone is busy boiling water. It's 4:30 and already dark. Dinner is Beef Stroganoff, freeze-dried with extra butter (fat!) to keep us warm. After dinner we boil more water to fill our water bottles and put them in our sleeping bags to keep them from freezing.

You'd think with a -20° bag we would be warm all night. The bag keeps in heat, it doesn't make it! We need fuel to keep the fires burning. We keep on eating: hot chocolate, tea, beef jerky, and candy bars. I feel like I belong to an eating club with a hiking disorder!

On our last day, we hike out fast to get to cheeseburgers, fresh coffee, and pie. We exchange e-mails and head home with all of us agreeing that this was a great trip and a real confidence builder.

(Please see the electronic Breeze for Mike's full trip diary — and see what winter adventures he experienced each day!)



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The Breeze accepts paid advertisements for activities that support the mission of the AMC. Please see www.amcsem.org/comms.html for ad policy.

CHAPTER ACTIVITIES

HIKING / BACKPACKING

Chair—Jim Plouffe, 508-562-0051,
hikingchair@amcsem.org

Vice Chair—Chris Pellegrini, 508-406-5319,
hikingvicechair@amcsem.org

IMPORTANT: Hikers unsure of their ability should try only 1 level more difficult than previously completed. No pets without permission of trip Leader. Registration required for most trips. Hiking boots strongly recommended. For additional info or to register, contact the trip Registrar (R), Leader (L) or co-Leader (CL). Trip updates available at trips.outdoors.org. Sign up for the SEM Short Notice E-Mail Trip List at www.amcsem.org.

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

Tuesdays

Sep. 29 -- Nov. 24

Tuesday Morning Blue Hills Hikes

(B2B). Great exercise hiking steep rocky hills; moderately fast pace. 7 AM start. Hiking boots req'd. L/R Erika Bloom (508-951-1001, erika.bloom@comcast.net)

Thu., Sep. 3. Blue Hills-Skyline Trail (B3B). Meet at 10:00 a.m. in the Houghton's Pond Parking lot. Will be doing a section of the Skyline Trail. Equipment req'd: hiking boots, rain gear, water, & snacks. L Walt Granda (wigranda@aol.com), CL Sui-wen Yang (781-784-9241 6-9:00 pm, linsuiwen@verizon.com)

Thu., Sep. 3. Red Line the Blue Hills (C3C). Our 4th year! Join us on Thurs. evenings after work (~6-8:00pm) as we continue our project of trying to hike every trail in the Blue Hills Reservation (Metro Boston). We'll "red line" our maps as we go. One-time registration, then it's show-and-go. Locations/times vary each week. L Cheryl Lathrop, L Joe Keogh, R Linda Glynn (508-496-4009, lg1710@110.net)

Thu., Sep. 10. Red Line the Blue Hills (C3C). See 9/3.

Thu., Sep. 10. North Hill Marsh Wildlife Sanctuary (C3C). Delightful hike around pond, former cranberry bogs & upland habitat. L Walter Granda (wigranda@aol.com), CL/R

Sally Delisa (781-834-6851 before 9 p.m., delisasally@yahoo.com)

Sun., Sep. 13. Wareham, Lyman Reserve / Red Brook (C4C). Short scenic hike thru forest & along trout brook & ocean. Bring lunch. Meet 9:45 for 10am start. L Claire Goode (508-759-7362 6 to 9 pm, ctgoode@comcast.net), R Claire Goode (508-759-7362 6 to 9 pm, ctgoode@comcast.net)

Thu. Sep. 17. Red Line Blue Hills (C3C). See 9/3.

Thu. Sep. 17-20 SEM Chapter Hut Night

Join us for our annual Chapter Hut Night. Returning to Cold River Camp, we have extended CHN to three nights due to last years success. You can't beat the location, activities & the price. \$60/night includes a cabin, meals & fun. Open to all, but preference will be given to SEM members if space becomes limited. L Jim Plouffe, L Wayne Anderson (508-697-5289, chair@amcsem.org), L/R James Plouffe (508-586-1394, hikingchair@amcsem.org)

Fri., Sep. 18. Old Speck-Chapter Hut Hike (B3A). Hike planned as one of the chapter hut activities at the Cold River Camp sponsored by the SEM Chapter. L/R Walt Granda (wigranda@aol.com), CL Len Ulbricht (lenulbricht@comcast.net).

Sat., Sep. 19. Baldface Mountains (A3B). Trail makes a loop over N & S Baldface mtns. with about 4 mi. of open/semi-open ledge providing great views. CL Chris Pellegrini, L/R Leslie Carson (508-833-8237, lcarson929@comcast.net)

Thu., Sep. 24. Wapack Trail Section #1 (B3B). Great fall hike near the Ma/NH border. Join us for a series of 3 hikes starting at Mt. Watatic. L/R Walter Granda, CL Len Ulbricht (lenulbricht@comcast.net), CL George Sousa (jvbgds@verizon.net)

Thu., Sep. 24. Red Line the Blue Hills (C3C). See 9/3.

Sat., Sep. 26. Fall Series #1 Blue Hills, Skyline End to End (A3B). Great way to start the fall hiking season. Shea Rink to Royal St. Day long hike, not for beginners. L/R Walt Granda (508-999-6038 before 9 pm, wigranda@aol.com), L Chris & Bill Pellegrini, CL Joe Keogh, CL Len Ulbricht

Wed., Sep. 30. Borderland Evening Full Moon Hike (C3D night). Enjoy the quiet woods & fields on a winter night under the full moon.

Winter boots & flashlight req'd. [6-8:00pm]. L Cheryl Lathrop, L Dick Carnes, L Bob Vogel, R Hikingchair@amcsem.org.

Thu., Oct. 1. Red Line the Blue Hills (C3C). See 9/3.

Thu., Oct. 1. Borderland State Park Hike (C3C). 10:00AM 6 mi. hike over a variety of trails. Wear sturdy footwear & bring food & water. L Claire Braye (508-857-0320, cbraye57@comcast.net)

Fri., Oct. 2-4. Beginner Backpack #3 (AA3B). This 3-day backpack will complete last 19 mile section of MSGT. Limit 10. L/R Dexter Robinson (781-294-8840 7-9 pm, dexsue@comcast.net), L Leslie Carson (508-833-8237, lcarson929@comcast.net).

Thu., Oct. 8. Red Line the Blue Hills (C3C). See 9/3.

Thu., Oct. 8. Blue Hills Quarries, Quincy MA, (B3C). 6 mi Quarries & Skyline, ledges. Rain cancels. Contact us for meeting location & time. L Ellie MacPherson (508-224-6465, elliemacp@comcast.net)

Sat., Oct. 10. Tully Trail & Apple Picking Hike (B4C). Annual Fall Tully Trail Hike. Loop hike over Tully Mountain & return to beautiful Tully Lake. Apple picking follows hike! CL Bill Pellegrini, L/R Christine Pellegrini (Norton, MA 02766, 508-406-5319 6-9 pm, chrispellegrini@yahoo.com)

Thu., Oct. 15. Northfield Mountain (B3B). 10 AM hike at Northfield Mountain. Meet at visitors center 99 Millers Falls Rd. Northfield. Water, lunch, snack & rain gear req'd. Hike 6-7 mi & visit Barton Cove after the hike. Rain cancels. L Walt Granda (508-999-6038 before 9 pm, wigranda@aol.com)

Thu., Oct. 15. Red Line the Blue Hills (C3C). See 9/3.

Thu., Oct. 22. Hike Gilbert Hills State Forest, Foxboro, MA. (B3C). 10 a.m. Lakeview Pavilion, Foxboro, MA. Directions: 95 exit 7B. After rotary, 140N to Lakeview Rd. on left. .3 mi. on right. Boots, water, snacks & lunch. 7 mile loop hike. L Joanne Staniscia (5085286799 7-9 pm, joannes1@localnet.com)

Sat., Oct. 24. Hancock Loop (A3B). Summit Mt. & S. Hancock. Trail is steep & rough, but well trodden with 5 brook crossings. CL George Sousa, L/R Leslie Carson (508-833-8237 6-9 PM, lcarson929@comcast.net)

Thu., Oct. 29. Cliff Walk/Belleuve Ave, Newport, RI (B3D). Meet 10AM facing Cliff Walk on Narragansett Ave. 3.5 mi. each way. 2/3 paved, 1/3 rocky. Optional return by Belleuve Ave. to complete loop. Sturdy walking shoes, water, snack. Lunch on walk or local restaurant. Call leader for carpool info. L Barbara Hathaway (508-880-7266 by 10PM, barb224@tmlp.com)

Thu., Oct. 29. Red Line the Blue Hills (C3C). See 9/3.

Mon., Nov. 2. Borderland Evening Full Moon Hike (C3D night). Enjoy the quiet woods & fields on a winter night under the full moon. Winter boots & flashlight req'd. 6-8:00pm. L Cheryl Lathrop, L Dick Carnes, L Bob Vogel, R Hikingchair@amcsem.org.

Thu., Nov. 5. Wapack Trail Section #2 (B3B). Great fall hike near the MA/NH border. Hike section #2 of the Wapack Trail. L/R Walter Granda (wlgranda@aol.com), CL Len Ulbricht (lenulbricht@verizon.net), CL George Sousa (jvbgds@verizon.net).

Sat., Nov. 7. Winter Hiking Workshop — geared to extend your hiking into winter! Learn boots, clothing, day hiking & overnight equipment. L/R Mike Woessner (508-577-4879, stridermw@hotmail.com).

Thu., Nov. 12. Destruction Brook Woods (B3C). 5-6 mi hike on DNRT property. Meet at 10AM at the Slades Corner parking lot. Bring lunch/snacks, water & rain jacket. Heavy rain cancels. L Walt Granda (508-999-6038 before 9 am, wlgranda@aol.com)

Sat., Nov. 14. Fall Series Hike #4, Mt. Cardigan (B3B). Ascend wind-swept rock dome of "Old Baldy" & Firescrew. Circuit hike offering 360° views & open ridge. L Walt Granda (wlgranda@aol.com), R/CL George Sousa (jvbgds@verizon.net)

Thu., Nov. 19. West Hill Dam - Uxbridge (C3D). Army Corp property. 10 am start. Heavy rain cancels. Take 495 exit 18 west. Follow Hartford Ave. 5.6 mi. Left onto Rt. 16 for 1 mile, right onto Hartford Ave West for 1.8 mi. Right into parking area. L Len Ulbricht (508-359-2250 before 9 pm, lenulbricht@comcast.net)

Tue., Dec. 1. Borderland Evening Full Moon Hike (C3D night). Enjoy the quiet woods & fields on a winter night under the full moon. Winter boots & flashlight req'd. 6-8:00pm. L Cheryl Lathrop, L Dick Carnes, L Bob Vogel, R Hikingchair@amcsem.org.

CAPE COD HIKES

Chair: John Gould, 508-540-5779,
capehikingchair@amcsem.org.

Vice Chair: Pat Sarantis, 508-430-9965,
capehikingvicechair@amcsem.org.

Most Cape Hikes are "Show & Go." For additional info, contact trip Leader/Co-Leader (L/CL) or visit trips.outdoors.org. (Set Committee to "Cape Hikes.")

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

Thu., Sep. 17. Brewster, Nickerson State Park (C3C). First hike of season. Picnic following, bring lunch and/or something to share. Meet 9:45. From Nickerson State Pk main entrance, first L on Flax Pond Rd. 0.7 to Flax Pond Beach Pkg area on right. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Sat., Sep. 19. Falmouth, Coonamessett Farm & Cranberry Bogs (C3C). An easy hike through the woods at Coonamessett Pond. From Mashpee Rotary, Rt. 151 west. Turn left onto Sandwich Rd. Go 1.6 mi to right on Hatchville Rd. 1/2 mile to dirt parking on left. Meet 9:45. Two hrs. L Joanne Jarzobski (508-212-4427 4-7 PM, joannejarzobski@yahoo.com)

Sun., Sep. 20. Yarmouth Three Ponds (C3C). Walk through woods to three ponds with some history of Sandy Pond Club. From RT28 turn north on West Yarmouth Rd. Go thru lights at Buck Island Rd. Park on side of Rd near Cranberry Bog. Meet at 12:45PM. L David Selfe (508-771-0620 4PM to 8PM, kdselfe@comcast.net)

Thu., Sep. 24. Chatham - National Wildlife Refuge Center Monomoy (C3C). Meet at National Wildlife Refuge Center on Morris Island at 9:45 am. Hike to Stage Harbor opening & return. 2 hrs. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sat., Sep. 26. Barnstable, Sandy Neck Interior (A3B). Hike the marsh trail return through the interior via the horse trail. Meet 9:45 at the gatehouse. From Rte. 6 exit 3 north to Rte.6A south to Sandy Neck Rd. left. 13 mi. 5 hrs. bring lunch. L Todd Kelley (508-945-9929, kelleytrailblazer@yahoo.com), CL Joanne Jarzobski (joannejarzobski@yahoo.com)

Sun., Sep. 27. Mashpee, Mashpee River Woodlands, West (C4C). Spectacular water

view from high point, foot paths & cartways through pine & oak woods. A couple of hills. See web listing for driving directions. Meet 12:45. 2 hrs. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Thu., Oct. 1. Brewster, Punkhorn Parklands (C3C). Hilly trails Upper Mill, Walker Ponds. Exit 9B Rte 6, 2.0 mi. R on Satucket, slight Right Stony Brook Rd. 0.3 mi R on Run Hill. 1.3 mi to park on left. 2 hrs. Meet 9:45 a.m. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Sat., Oct. 3. Mashpee South Cape Beach (C3C). Flat hike through woods for 2 mi, then 2 mi on sandy peninsula. From Mashpee rotary, take Great Neck Rd.S 2.7 mi, left on Great Oak Rd. Follow to town beach pkg. Meet at 9:45. 2 hrs. L Gary Miller (508-540-1857, Garymaxx@verizon.net)

Sun., Oct. 4. Bourne, Four Ponds (C4C). 2 hour forest hike with fall colors. Meet at 12:45 for 1:00 pm departure. From Bourne Bridge, take Route 28 South for 3.3 mi to Barlows Landing Rd, follow for 3/4 mile to dirt parking lot on right. L Claire Goode (508-759-7362, ctgoode@comcast.net)

Thu., Oct. 8. Harwich-Island Pond/Hacker Conservation Area (C3C). Hike on bike trail, wooded trails. Meet 9:45. From Rte 124 head W on Headwaters Rd just N of the Rts 6 & 124 exchange. Park 0.4 mi. at the bike trail lot on the L. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Thu., Oct. 15. Eastham-Visitors Center to Coast Guard Beach (C3C). Scenic walk at National Seashore; views of Nauset Marsh, Salt Pond & beach. Meet at 9:45 at far end of Salt Pond Visitor Center in Eastham, Rte 6. 2 hrs. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sat., Oct. 17. Mashpee, Mashpee River Woodlands, East (C3C). Wooded walk with views of river. From Mashpee Rotary take Rte 28 east, at first right, turn onto Quiniquesset. Park in lot 200 yds. on right. If parking on Rd, police request tires off pavement. Meet 9:45. 2 hrs. L Bill Zimmer (508-790-4143, z130regatta@comcast.net)

Sun., Oct. 18. Provincetown- Snail Rd Dunes (C3B). Meet 12:45 at the Snail Rd trailhead on Route 6 at east end of Provincetown. Explore Provinceland dunes, dune shacks, cranberry bogs, 360 views. We hike up & down 2 mi to the ocean & back. 3 hrs. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Thu., Oct. 22. Dennis-Crowe to Crowe Loop (C3C). 2 hr. hike. Paths, beach, quiet Rds. Meet 9:45. From Rte 6 exit 9 onto Rte 134 north to Rte 6A. Right on 6A, L onto School St., R onto South St. to lot on right past cemetery. L

Maria Sylvester (508-385-4045, sylvester_maria@hotmail.com)

Sat., Oct. 24. Provincetown-Herring Cove to tip of Cape (B3B). Park in the left corner of the left pkg lot of Herring Cove Beach in Provincetown. Hike over dunes & tidal flats to Long Pt (tip of the Cape). Views of Provincetown Harbor. 4 hrs. Meet 9:45. Bring lunch. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Oct. 25. Mashpee/Barnstable, Santuit Pond & River (C3C). Hike in lovely Conservation area bogs, pond, & river. See web listing for driving directions. Meet 12:45. 2 hrs. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Thu., Oct. 29. Barnstable-Crooked Cartway (C3C). Wooded walk to The Deck. Take Rte. 149 to Rotary at Cape Cod Airport, Marstons Mills. West on Race Lane for 1.1 mi. Right onto Crooked Cartway to end. Meet 9:45AM. 2 hrs. L Farley Lewis (508-775-9168, farley@comcast.net)

Sat., Oct. 31. Truro- High Head Sand Dune Walk (C3B). Meet 10:45 at High Head Rd. Truro, as far as you can drive in toward the bike trail. We will hike over dunes & on the beach. Spectacular views of East Harbour, the ocean & the bay. 3.5 hrs. Bring lunch. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Nov. 1. Harwich-Hawk's Nest State Park (C3C). Woods Rds & trails along many ponds. Meet 12:45. From Rte 6 take Exit 11 S. Turn on Spruce Rd almost diagonally across from exit & park on both sides of the Rd about half mile down. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Thu., Nov. 5. Barnstable-Old Jail Conservation Area (C3C). Wooded trails. Meet at Old Jail Conservation Parking Lot. Exit 6, Route 132 S to Phinney's Lane. Turn L. Go 1 mile, turn L onto Old Jail. Go 0.5 mi to parking area on left. Meet 9:45 a.m. 2 hrs. L Elissa Crowley (508-362-5062, e.crowley@verizon.net)

Sat., Nov. 7. Truro, Ryder Beach (C3C). Beach to woodland trails, hills, scenic bay views. Rte 6, L on Prince Valley Rd. to end. R on County Rd. Immed. L on Ryder Beach Rd. Park at End. Meet 9:45 a.m. >2 hrs. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Sun., Nov. 8. Falmouth, Beebe Woods (C4C). Meet at 12:45 for 1:00 pm start. From Bourne Bridge, take Route 28 S for 13 mi into Falmouth. Thru 1 traffic light, 1 mile to Depot Rd on right. Park at end in Conservatory Lot. 2 hrs. L Claire Goode (508-759-7362, ctgoode@comcast.net)

Thu., Nov. 12. Barnstable, Barnstable Conservation (B2B). Hike the Barnstable Conservation area. Meet at Parking lot (power line) on Service Rd. between Ex 5 & Ex 4. Exit Route 6 at Ex 5, go south 100 yds to service Rd. Meet at 9:45 a.m. 2 hrs. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sat., Nov. 14. Sandwich- Shawnee Crowell State Forest (B3C). State Forest trails. Route 6 to exit 2. Head north on route 130. The entrance to the park will be on left shortly past Sandwich center. 2.5 hrs. Meet in parking lot at 9:45. L Farley Lewis (508-775-9168, farley@comcast.net), L Elissa Crowley (508-362-5062, e.crowley@verizon.net)

Sun., Nov. 15. Falmouth, M & S Pond Hike (C3C). New hike in the Falmouth area. Fr RT 151, take Sandwich Rd to R on Deepwood Dr to L on Pinecrest Dr to pkg lot on S side of Rd. PLEASE CARPOOL. Meet 12:45 - 2 hrs. L Linda Church (508-495-1308, lchurch@whoi.edu)

Thu., Nov. 19. Dennis-Crowe to Crowe Loop (C3C). 2 hr. hike. Paths, beach, quiet Rds. Meet 9:45. From Rte 6 exit 9 onto Rte 134 north to Rte 6A. Right on 6A then L onto School St. then R onto South St. to lot on right past cemetery. L Maria Sylvester (508-385-4045, sylvester_maria@hotmail.com)

Sat., Nov. 21. Falmouth, Moraine Trail (A3B). Nine mile, 5-hour hike along moraine & woodlands. Meet Goodwill Park in Falmouth at 9:30 to carpool to start at 9:45. See web listing for driving directions. If rain forecast call L. Bring lunch. L John Gould (508-540-5779, jhgould@comcast.net)

Sun., Nov. 22. Sandwich, Benjamin Nye Trail, (C4C). Working cranberry bogs, Talbott point, red pine forest, Scorton Creek, Hoxie Pond, Fish Hatchery & Game Farm from bygone days. See web listing for driving directions. Meet 12:45 2 hrs. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Thu., Nov. 26. Yarmouth, Greenough Ponds (C3C). Thanksgiving - Walk through Yarmouth Port Botanical Gardens & the Greenough Ponds. Meet at 9:45, 2 hr. Exit 7 off Route 6 North & take immediate right turn on Summer St. Follow dirt Rd 1/2 mile to beach parking lot. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net), CL Janet DiMattia (508-394-9064)

Sat., Nov. 28. Brewster, Punkhorn Grande (A3B). Grand Tour of the Punkhorn Parklands. Meet 9:45. From Rte. 6A Brewster to Stony Brook Rd. to Run Hill Rd. Follow till Rd becomes gravel & parking to left. 9 mi. 4 hrs. Bring lunch. L Todd Kelley (508-945-9929, kellytrailblazer@yahoo.com)

Sun., Nov. 29. East Falmouth, Hatchville Woods (C3C). Walk woodland trails to Coonamessett Pond. Back through wetlands & cranberry bogs. Rt 151 W from Mashpee rotary. 3.4 mi. L on Sandwich Rd. 1.6 mi to R on Hatchville Rd. .5 mi to parking lot Left. Meet 12:45. 2 hrs. L Hilary Hunt (508-495-0439 8am-8pm, hhunt@cape.com)

BIKE RIDES

Chair – Joe Tavilla, 508-428-6887, bikingchair@amcsem.org

NOTE: Approved helmets, water bottles, & spare tires req'd. If start time & location aren't indicated, contact ride leader (L).

NOTE: for additional SEM bike rides, check *AMC Outdoors*, visit www.amcsem.org, or use the AMC online trip listing system: trips.outdoors.org (set Committee to "Biking" & Chapter to "Southeastern Mass"), or sign up for the SEM Short Notice list: www.amcsem.org.

Bike Ride Ratings		
Miles	Pace/MPH	Terrain
AA = 50+	1 = 17+	A = Very Hilly
A = 35-50	2 = 13-16	B = Hilly
B = 25-35	3 = 11-13	C = Rolling
C = <25	4 = up to 11	D = Flat

Tue., Sep. 1. Tuesday Rides. Intermediate-paced rides at various Cape Cod locations. Road cycling, some hybrid/mountain biking. L Paul Currier (508-833-2690 8:00AM-7:00PM, paulbcurrier@comcast.net)

Fri., Sep. 4. Full Corn Moon Ride. Hills/shores of Sagamore, canal to Buzzards Bay. Sunset over Onset Bay at MMA, moonrise over Plymouth Bay. Hilly w/flat option. L Paul Currier (508-833-2690 8:00AM-7:00PM, pbencurrier@hotmail.com)

Tue., Sep. 8. Tuesday Rides. See 9/1.
Tue., Sep. 15. Tuesday Rides. See 9/1.

Sat., Sep. 19. Pioneer Valley Ride. Scenic/challenging ride. Highlights include: Poets Seat Tower, Sugarloaf Mt., Historic Deerfield, rural towns & awesome mountain scenery. L Jack Jacobsen (508-353-3708 7am-7pm, cyclejac51@yahoo.com)

Tue., Sep. 22. Tuesday Rides. See 9/1.
Tue., Sep. 29. Tuesday Rides. See 9/1.

Sat., Oct. 3. Apple Cider & Pie Ride. Lakes/Ponds of Rochester, Acushnet, Lakeville, Middleboro, W. Wareham. Flat terrain with a few hills, quiet back Rds. Free cider/pie. L Jack Jacobsen (508-353-3708 7am-7pm, cyclejac51@yahoo.com)

Sun., Oct. 4. Full Harvest Moon Ride. Canal, Gray Gables, Mashnee Island, intermediate pace. Sunset over Buzzards Bay, moonrise over Sagamore. L Paul Currier (508-833-2690 8:00AM-7:00PM, pbencurrier@hotmail.com)

Tue., Oct. 6. Tuesday Rides. See 9/1.
Tue., Oct. 13. Tuesday Rides. See 9/1.
Tue., Oct. 20. Tuesday Rides. See 9/1.
Tue., Oct. 27. Tuesday Rides. See 9/1.

Mon., Nov. 2. Full Beaver Moon Ride. Hills/shores of Sagamore, canal to Buzzards Bay. Sunset over Onset Bay at MMA, moonrise over Plymouth Bay. L Paul Currier (508-833-2690 8:00AM-7:00PM, pbencurrier@hotmail.com)

Tue., Nov. 3. Tuesday Rides. See 9/1.
Tue., Nov. 10. Tuesday Rides. See 9/1.
Tue., Nov. 17. Tuesday Rides. See 9/1.
Tue., Nov. 24. Tuesday Rides. See 9/1.
Tue., Dec. 1. Tuesday Rides. See 9/1.

**January 1, 2010
7th Annual New Year's Day Ride.**

Kick off for our yearlong AMC SEM cycling schedule and our annual quests to attain 2000 or more mi. Join me for a forgiving, leisurely paced ride including beautiful coast of Marion. 25 mi or with bailouts; additional mileage is an option for those wanting to kick off the 2010 2000 mile club in great style. Mid-intermediate B or C2D average pace. Pre-registration is required as are helmets, water, bicycles and riders. Ride Coordinator: Paul Currier pbencurrier@hotmail.com or 508-833-2690 or paulbcurrier@comcast.net

PADDLES

Chair: Bill Fischer, 508-420-4137,
paddlingchair@amcsem.org

For info on SEM canoe & kayak trips, check *AMC Outdoors*, visit amcsem.org, use the online trip listing system: trips.outdoors.org, (set Committee to "canoe/kayak", set Chapter to "Southeastern Mass").

Wed., Sep. 2. Slocum River. Dartmouth. Put-in: I-195, exit 12, S on Faunce Rd, to Old Westport Rd, to Chase Rd, R on R on Russells Mills Rd, to town park on L. Life vest req'd. Level 2/3. L Haven Roosevelt (508-917-5160, havenesq@comcast.net)

Sat., Sep. 5. Leader's Choice. Put-in: Call for info. Life vest req'd. Level 3. L Robert Zani (508-430-1914, rcza@comcast.net)

Wed., Sep. 9. Leader's Choice. Call for info. Life vest req'd. Level 3. L Robert Zani (508-430-1914, rcza@comcast.net)

Sat., Sep. 12. Long Pond. Harwich/Brewster. Put-in: Exit 10 off rte 6 N on rte 124. Just after crossing the Brewster Town line R on Crowell's Bog Rd. Life vest req'd. Level: 2. L Betty Hinkley (508-241-4782, bhinkley@mindspring.com)

Wed., Sep. 16. Bass River. Yarmouth. Put-in: MA 134 N from exit 9, L on Access Rd. R on Old Bass River Rd. L on Mayfair Rd, L on Follins Pond Rd to the town landing. Life vest req'd. L Paul Corriveau, CL Jean Orser (508-362-0451, jeanorser@aol.com)

Sat., Sep. 19. Cotuit Bay. Cotuit Bay. Put-in: S on rte 149 R on rte 28 L on Putnam Ave, str onto Old Shore Rd to Town Landing. Life jacket req'd. Spray skirt may be req'd depending on conditions. L Bill Fischer (508-420-4137, wmbbarafischer@comcast.net)

Wed., Sep. 23. Swift Beach. Swift Beach, Wareham. Put-in: From Bourne bridge W thru Buzzards Bay to 6W, L past town hall, L on Swift Beach rd, L fork on Shore rd to Swift Neck parking lot. Life vest & spray skirt req'd. L Don Savino (508-295-4562, donaldsavino@comcast.net)

Sat., Sep. 26. Leader's Choice. L Robert Zani (508-430-1914, rcza@comcast.net)

Wed., Sep. 30. Leader's Choice. Call or email for info. Life vest & spray skirt req'd. L Ray Buchan (508-564 6562, rbuchan@cape.com)

Sat., Oct. 3. Indian Lakes, Marstons Mills, Barnstable. Leisurely 3 1/2 hour paddle. Put-In: From Rt 6 take Exit 5 S on Rt. 149 & watch for sign "Indian Lakes" (Mistic Drive) on R & go 7/10th mile to a lane with sign "Town Way to Water". L Nancy Wigley (508-548-2362, nwigley@verizon.net)

Wed., Oct. 7. Taunton River. Canoe or kayak down the Taunton river. Put-In: Call for info, car shuttle req'd. Limitations: Life vest req'd. L Art Hart (508-888-2847 before 9:00, ajhart@comcast.net)

Sat., Oct. 10. Dike Creek. I-195, Ex. 13 S Rte 140 R Rte 6 West. 2d Light left on Slocum Rd. to 3way stop sign at Elm St. L to Bridge St. , right over bridge, L on Smith Neck Rd. Life vest req'd. L Haven Roosevelt (508-997-5160, havenesq@comcast.net)

Wed., Oct. 14. Mashpee-Wakeby Ponds. Put-In: From Rte 28 take Rte 130 N 2 mi to R at "State Landing" sign. Limitations: Life vests req'd. Skirts may be req'd depending on conditions. L Jean Orser (508-362-0451, jeanorser@aol.com), CL Paul Corriveau

Sat., Oct. 17. Centerville River. Rt28 in Centerville take Old Stage S to Main St. R on So. Main St. to Hayward Rd. L on Hayward Rd

to town way to water. Life jackets req'd. Spray skirts may be req'd. L Bill Fischer (508-420-4137, wmbbarafischer@comcast.net)

Wed., Oct. 21. Boatmeadow Creek. Put-in: Rock Harbor Rd from Orleans Rotary to R onto Bridge Rd. Then straight onto Bayview to town landing. Limitations: PFD req'd. L Robert Zani (508-430-1914, rcza@comcast.net)

Sat., Oct. 24. Leader's Choice. Email for put-in info. Life vest req'd. L Peter Cheng (peter.h.cheng@gmail.com)

Wed., Oct. 28. Lake Rico, Massasoit State Park, Taunton. I-495 to exit 5, Rt 18 south about 1/2 mi, right on Taunton St at caution light 2.4 mi, go past entrance to the Park about 0.2 mile to parking & launch on left at dike. LIMITATIONS: Life vest req'd. L Art Hart (508-888-2847 before 9:00, ajhart@comcast.net)

Sat., Oct. 31. Bass River. Exit 9 on rte 6 S on rte 134. Sharp R on Upper County Rd & bear L onto Highbanks to the Wilbur Park put in on the left. Life vest req'd. Spray skirts may be req'd. L Robert Zani (508-430-1914, rcza@comcast.net)

CONSERVATION

Chair — Fred Yost, 509-699-9305,
conservationchair@amcsem.org

Vice Chair: Joanne M. Jarzobski,
conservationvicechair@amcsem.org

Sun., Sep. 13. Wareham, Lyman Reserve / Red Brook (C4C). Short scenic hike thru forest & along trout brook & ocean. Bring lunch. Meet 9:45 for 10am start. L/R Claire Goode (508-759-7362 6-9 pm, ctgoode@comcast.net)



The Tuesday Evening "Discover Nature" series is discovering all sorts of things!
[Photos: Chad Wohlers]



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CONSERVATION CORNER

by Fred Yost, Conservation Chair



Thanks to everyone who attended the Myles Standish State Forest Critical Treasures event. It was your interest that made the event such a big success with over 60 attendees. A special thank you to all of the volunteers who helped put the event together and make it run smoothly.

As always, the trails crew had a great turnout. The Healthy Heart Walk and long hike were both well attended. Irina Cadis' walk drew a crowd. It was great to see many SEM members joining in the discovery of the plants of the pine barrens. The Forestry Management tour was enjoyed by a very interested group. We saw the stages of mechanical forest thinning, and several areas that had received a prescribed burn. This was a fantastic display of how the pine barrens recover from a fire.

(See the full text of Fred's article in the electronic Breeze.)

See pictures of all on the SEM website!



*The Southeast Breeze is printed on
 100% recycled paper using
 environmentally friendly ink.*

ADDITIONAL CONTENT FOR ELECTRONIC SUBSCRIBERS ONLY !

Contents below (lots of entertaining full articles!):

[Fall 2009 Conservation Corner](#), by Fred Yost, Conservation Chair

[ADK Winter Mountaineering School 2009](#), by Mike Woessner, Hike Leader

[Beginner Backpack #2](#), by Fred Wason, Backpack Leader

[Trailwork pictures](#), from the Trails Committee

[News From Joy Street](#)

[Equipment Swap Listings](#) (GOOD STUFF CHEAP!)

Fall 2009 Conservation Corner

By Fred Yost

(full article)

Thanks to everyone who attended the Myles Standish State Forest (MSSF) Critical Treasures event. It was your interest that made the event such a big success with over 60 attendees. A special thank you to all of the volunteers who helped put the event together and made it run smoothly.

As always, the trails crew had a great turn out and received Southeast Mass. Regional Director, Brian Shanahan's praise the next day for their hard work.

The Healthy Heart Walk and long hike were both well attended. To see pictures from the walk go to the SEM website, photos, and Critical Treasures Event.

Irina Cadis' walk drew a crowd. Her knowledge of plants around Myles Standish is well known among the DCR staff and MSSF friends group. It was great to see many SEM members joining in the discovery of the plants of the pine barrens.

The Forestry Management tour was enjoyed by a small but very interested group. Many thanks to Jim Plouffe for taking time in his busy schedule to drive for this event. We saw the stages of mechanical forest thinning (a special method of logging that prepares an area for burning, and doesn't to my eye look like it has been logged), and several areas that had received a prescribed burn. This was a fantastic display of how the pine barrens recover from a fire. One area of several acres had been burned within a week and the adjacent patch had been burned a few weeks earlier. In the second area, ferns, oaks, and blueberries were a few of the plants that had already sprouted. Adjacent to these areas we saw pine barrens that had been burned several years prior. Pictures of these areas can be found at the SEM web site as mentioned above. I encourage anyone interested in the pine barrens and in the strength of a forest to grow back after fire to go see this tour for themselves.

See you in the woods or on the water,
Fred Yost

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ADK Winter Mountaineering School 2009

(Written in informal "diary format")

By Mike Woessner

From January 31 until February 6, Mike Woessner participated in the ADK's Winter Mountaineering School. Below is a full account of his experience during the 4-day backpack.

I wake up to the sound of tent zippers opening. It's still dark with just a hint of dim light filtering through the tent fabric. One of my teammates yells: "6:00! Time to get up". I hear the snow squeak as he walks by the tent. I sit up in my -20° down bag and reach for my headlamp. Lithium batteries allow the lamp to work at these low temperatures.

I put on a fleece jacket over my dri-wick, long sleeve t-shirt. Next, I don a neck gaiter (balaclava), fleece hat, glove liners, and unzip the rest of my bag. Over my Dri-wick tights I slip into gortex hiking pants. Next come the socks. I can see my breath flow thru the beam of my headlamp. I take off the Smart wool socks I wore to bed and put on my liner socks. Next is the vapor barrier (VB) socks. These keep my feet from sweating into my outer layer sock and freezing. Then the outer sock.

Now I reach into the bottom of my sleeping bag and pull out my boot liners. These I lace up and I'm ready to open the tent and drop my legs down into a pit we have dug to make this part easier. It's about 1 foot deep and gives you a ledge to sit on and put on and take off your boots. You can't do this in summer. I lace on the plastic mountaineering boots and winter gaiters to keep the snow out of everything.

As I step from the tent, the cold grips my face. I throw on a down parka that I've used as a pillow and check the temperature on my altimeter; 4° F. Balmy.

My teammates are busy boiling water on the Whisperlight pack stoves. And so the day begins.

After a hardy breakfast of oatmeal, dried fruit, and cocoa with coffee, we are off for the day. Today's goal was discussed last evening after our dinner. We decide to climb Big Slide Mt. After, and if, we summit we will decide which route to return by. If the trail is broken out from the summit of Big Slide to the summit of Yard Mt. we will go back via that route. If not, we will return the way we came. Either way is pretty much the same 6 miles round trip. It's just nicer to make it a loop and see things you haven't seen before.

The day is clear and not too cold. Highs in the teens. As we hike along in our snowshoes, our packs are full of snacks for the day. On the trail lunch begins soon after breakfast. We nibble on cheese, gorp, beef jerky, nuts, and crackers as we hike. We hike in a rotating pattern. The lead person takes 30 steps then steps to the side of the trail. Even in snowshoes stepping off the trail can be tricky as the snow is 3-4 feet deep. After the lead steps aside he joins the group at the end of the line. The next person becomes the lead. This gives everyone an intermittent break as we hike along.

Besides our lunch and snacks, we all carry essential gear in our packs: a change of "base layer" clothes, down coat, down pants, extra hat and gloves, a summit kit consisting of mittens, goggles, balaclavas, a wind/rain proof gortex shell, crampons, ice axe, extra water, map, compass, headlamp, matches, fire starter, TP. Besides our personal gear, we all take a piece of group gear: emergency shelter tube tent, gas stove and fuel, a -20° sleeping bag, thermos with hot sweet beverage, ground pad. These items are essential should any one of us become injured and unable to walk out on our own. We are 3 miles from the nearest road at base camp. On the summit we would be more than 6 miles in. No one wants to spend the night in the woods on the trail, but we are prepared for just that.

The day remains clear with little wind. There is a hazy sunshine and we are all in a good mood. We work our way up Big Slide. Soon we are down to t-shirts and the side zips on our pants are open to cool us down. Despite what most people think about winter hiking, the problem is keeping cool, not warm. If you're too warm, you sweat. If you sweat, you get wet. If you're wet, you'll get cold and you won't be able to get warm. The trick is to stay cool and dry. This is another reason for the way we hike, taking frequent breaks. It gives you a chance to take off or put on a layer, to drink some water, eat a snack or take a leak.

Soon the trail turns very steep and we have to kick step with our snow shoes. Some snow shoes have a bar in the back that can be flipped up to make a sort of high-heel out of your snow shoes. This helps a lot on steep slopes and takes a lot of pressure off your ankles and calves. Eventually the trail becomes so steep we have to switch from our trekking poles to ice axes. These we use to steady ourselves and can be used to stop us from sliding down the mountain when used to "self arrest"-- a technique we learned and practiced the first day of WMS on a slide in Keen Valley.

After a few short pitches we summit Big Slide. The day is cold and clear. We have great views to the north, east and south. To the east lies the Champlain Valley in an undercast haze. South looms Little Marcy and his big brother Mt. Marcy, 5,334 ft. We linger a while and take in the views as we munch on some snacks.

We soon leave Big Slide summit and head south to Mt. Yard. The trail to Yard is on the saddle between the mountains. It's covered with spruce trees which, in the summer, won't be a problem. Now, with 4 feet of snow on the trail every spruce branch wants to grab you or snag something on your pack. The going is slow. Even though we are quite warm, we have to wear our waterproof shells as each spruce is laden with snow ready to dump on you at any moment. If your hood is down and you duck under a branch, you are soon rewarded with an icy blast of snow down your neck!

Mt. Yard is a tree-covered summit with not much of a view... We don't stop long. A few pictures and we're on our way.

Now it's all down hill on our way back to base camp. Some parts are so steep that we can ski (glissade) on our snow shoes, down the trail. We keep the same routine as we did going up. One person leads for 30 or so steps then steps aside of the trail and lets the next person lead. And so it goes.

We hit a trail and it's pretty level for the next mile or so. Mark reminds us to slow down and "vent". Open up our gortex pants and jackets to let the sweat out and dry out before we reach camp.

Back at base camp we go back to our boiling water routine. We get all of our water bottles out; the empty ones from the day as well as the full ones we have stored in our sleeping bags while we were on the hike. I go for water, a short walk down to Johns Brook. We are required to bring: 1. the water bucket (dah) 2. A snow shovel to build up the bank where we draw the water from. 3. An ice ax in case we have to chop thru the ice to get to the flowing water. 4. Another person, just in case someone falls in.

We use the water from the brook because it uses less fuel and takes less time to heat it to a boil than to melt snow. It also tastes better than snow!

Back at camp everyone is involved in boiling water and getting ready to eat our dinner. It's 4:30 and already dark. We use our headlamps as we go about our chores. Tonight's dinner is Beef Stroganoff. Yummmmm! Freeze dried of course with a ¼ stick of butter to give it some fat content to keep me warm for most of the night. When that wears off I have a couple of pieces of candy bar in a bag next to my sleeping bag. When I wake up shivering, a mouthful of SNICKERS and I'm warm as toast again. You would think that with a -20 bag I'd be warm all night. Well the bag keeps in heat, it doesn't make it. You need fuel to keep the fires burning. Nothing like sugar and fat to stoke the stove!

Now we are done with our main meal. We still boil water. There are no dishes to do, just zip up the bag you ate out of and stow it in your trash bag. We boil water to fill all of our water bottles and these are put in our sleeping bags to keep from freezing. We also keep on eating: hot chocolate, tea, beef jerky, candy bars. Sometime I feel like I belong to an eating club with a hiking disorder.

Now it's about 8:00 at night, hikers midnight. We turn in. NO problem getting to sleep. When you hike for 8 hours then have a big meal, sleep is no problem. I sleep like a log.

The night was great. Once again I awake to the calls of my hiking mates. It's 6:00 and still dark. We are up and dressed and ready to: **BOIL WATER!**

Last night around our snow kitchen we discussed today's hike. We are going for Lower and Upper Wolf Jaw. It's a T kind of route where we'll be going up another trail then veer off to the north to catch lower Wolf Jaw. We then return via the same route and cross over to south to catch Upper Wolf Jaw. We decide on a step off time and a turn around time as well as our estimated return time. After much discussion it is decided that we will step off at 8:00, turn around at 2:00 and be back in camp by 4:00.

So, its 8:00 and we are off! Up to "Lower" (as we call it). Once again the day is cold, clear and calm. Temps in the teens, sunny with little wind. **PERFECT!**

As we hike up another trail we meet the other group coming down, headed for Big Slide as we did the day before. Yesterday, they did what we are about to do. We exchange pleasantries and trail condition info. Then we are off. We pass their camp on our right: What a mess, things lying here and there.....WE are SO much better :-)

In another couple of hours we are on top of Lower. What a DAY! No wind, sunny, beautiful views and **WICKED COLD!** We have a snack and take a few pics. Then we're off! On our way to Upper. Down the same trail and over to upper. In no time at all we are on top and **WAY** ahead of our estimated time.....but wait! No we aren't. I've fallen into the trap of the false summit. I look over a long saddle to see the **REAL** summit. By 1:30 we are there and once again conditions are phenomenal. You couldn't wish for better conditions. Just gorgeous! Great views. To our east lies the Champlain Valley in undercast. To the south, Mt. Marcy and to the west; Big Slide!

After high 5s, group pictures, snacks and drinks, we are headed back to camp. We don't see the other group as they have a longer day than we. Soon we are back at base camp.

This is our last night and I'm sad that it's almost over. I wish that we could stay longer. When I started this trip I was in doubt that I could make it 4 days and 3 nights in the snow. Now I want to stay.

Tonight is supposed to be the coldest of the three. Already it's in the single digits but spirits are high. We recount the events of the day as we wolf down our freeze dried dinners (with ¼ stick of butter :-). Hot chocolate, soup, tea, jerky, nuts, cookies and **ICE CREAM!** Yummmmm. We have a huge eating fest as we are trying to lighten our loads for the hike out.

The next day it's 7 below zero as we pack up. It's been a windy night, but we are sheltered from most of the wind in our valley camp. We are off to a "cold start" meaning we are not boiling water this morning. Our breakfast is power bars, gorp, jerky and candy bars. We strike our tents and fill in any hole we have made in the snow. We also destroy our winter kitchen. We try to leave the area in the same condition that we found it. If it snows a few more inches this winter you will never know where we camped. You certainly won't know by spring!

We hike the 3 miles out in half the time it took us to hike in, like horses headed for the barn. We have heard of how good the pies are at Noonan's in Keene Valley. Soon we are downing ½ pound cheese burgers, fries, fresh coffee and pie for desert. First we each order a slice of their strawberry rhubarb pie, and then we come to our senses and order a whole pie!

After exchanging e-mails, well wishes and plans to keep in touch, we head on home. It's been quite an experience. One I will never forget. This has been a great trip and a great confidence builder for me. I can't wait for next winter to do this again somewhere in the White Mountains of New Hampshire.

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Beginner Backpack #2

(an informal diary accounting of the weekend)

by Fred Wason

Our three-day backpack hike went off without a hitch. Wayne provided a scale to weigh in each pack. Leslie won with 45# while Sue was lightest with 30#; the others came in somewhere in between. The weather cooperated, although we did have some intense thunder and lightening showers thru the early evening and night Friday. Starting earlier on Friday achieved what I had hoped for, the hike into Crider Shelter camp was uneventful and we were able to make camp before any rain, but could not quite make it thru supper before the rain started. The hanging of our food was somewhat successfully demonstrated, leaving to their dismay no one with a bedtime snack. The ladies in the group did have some comical comments on experiencing the Crider Crapper. We also had some debate on whether "Yes" on the Yes/No crapper sign meant Yes it is in use or Yes you can go. Yes, you can go, won out.

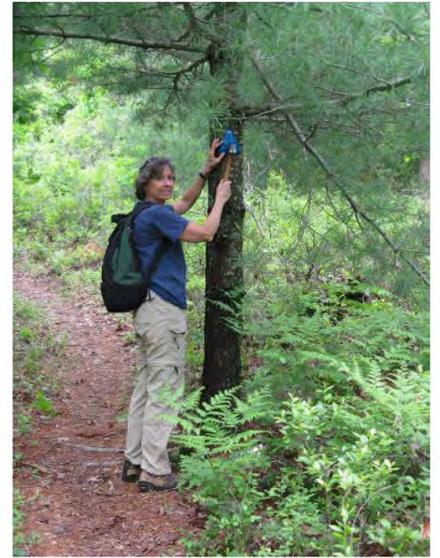
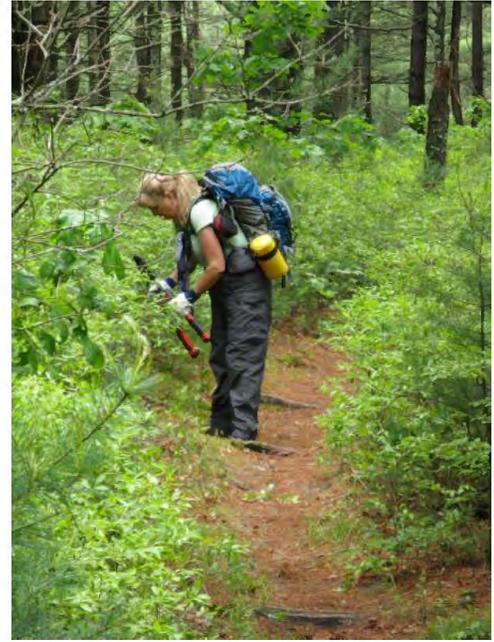
Day 2 was almost identical to our day 2 last year. 8:30 start in low clouds and fog until we approached Pitcher Mountain then the sun broke through and the rest of the day was perfect, although slightly humid. Blueberries, blueberries, and more blueberries everywhere (and raspberries also). We had to go find George in amongst the bushes several times in order to keep going. Made camp by 2:30, enjoyed a great campfire thanks to Kevin and Troy; drank some wine; and watched a beautiful sunset. A coyote serenade and a sky full of stars enjoyed with pleasant company set the tone for this restful evening (oh the stories that were told).

An 8:15 am start Sunday morning, in bright sunshine energized us for the long hike up Fox Hill where we again lingered enjoying the 360 degree views out over the NH hills. The views extended in the mountains of VT and of course there were more blueberries. We then ambled a mile+ down to the beaver pond, where several proclaimed this spot to be the highlight of the day, if not the trip. After a lot of photo taking, we then followed the blue blaze reroute of the MSGT (not the way we went last year) around the back side of the beaver pond and off through the woods eventually connecting up to the Kings Highway. This reroute turned out to be a very pleasant experience compared to what we did last year. Soft, dry, single-track foot path at a high elevation through mixed forest, crossing several streams and a somewhat steep decline/incline through a sag between two hills to the road. It was all down hill to the Seventh Day Adventist Church from there.

Most being tired agreed to my suggestion we officially end BBP#2 there in the shade. Leslie and Wayne hoofed it 2 miles into town to retrieve their vehicles and bring them back to the church along with some refreshment. Troy and George, still having energy to spare, and without their packs, finished the MSGT footpath over the last hill eventually meeting us in town later. Some of those not committed to those two activities pulled out sleeping pads and enjoyed a siesta until the vehicles arrived. Seemingly reluctant to immediately part company the group languished in town enjoying food, drink, and ice-cream while enjoying those last few moments together. Returning to our vehicles at the starting point, we again weighed in and after brief goodbyes parted, looking forward to BBP#3.

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TRAIL WORK BY SEM MEMBERS



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QUARTERLY NEWS FROM "JOY STREET"

Here's the latest member news and information. If you have general questions about any of these items or this newsletter, please contact Laura Hurley, AMC public relations assoc. director, at 617-391-6621 or lhurley@outdoors.org. Questions about individual items should be directed to the contact indicated.

***Save the date for Fall Gathering in the Berkshires, October 16 - 19, 2009 - Enjoy the hospitality of the Berkshire Chapter during the height of the fall foliage season. Activities will include hiking, biking, paddling, climbing, scenic tours, high and low ropes course, walking meditation, and family-friendly activities -- topped off by dinner and dancing with the contra band David Kaynor and Friends. Details are available at <http://amcberkshire.org/gathering>.

***Chapter Group Reservations begin August 1 - Starting August 1, chapter groups can make reservations at AMC's lodges and huts for 2010, one month before the general public. New this year, chapter groups will enjoy even greater benefits as part of AMC's chapter stimulus program.

Special benefits include:

- * New! Reduced Special Rates: Now bring 5 participants and the 6th stays free - that's down from 9 participants and the 10th stays free.
- * New! Stay 2 Nights at Shapleigh, Get the 3rd Free: Book the entire bunkhouse (16 beds) for 2 nights midweek (Monday-Thursday) and the 3rd night is FREE.
- * FREE Trip Planning: A dedicated group coordinator will handle all reservations and logistical needs for your trip or event.
- * Complimentary Appetizers: Receive complimentary appetizers for your group's evening social.
- * 10% Discount on Merchandise: Enjoy a 10% discount for all group members on non-sale merchandise and books during your stay.
- * Trip Leaders Receive a FREE 2-Night Stay: Chapter leaders who book 3 advertised trips at AMC Destinations in a year (with at least 6 participants or more) receive a complimentary two-night stay for two people at an AMC Destination.
- * New! More Lenient Payment and Cancellation Policies

AMC's group sales specialists are ready to work with you. For more information on special offers and chapter group reservation policies, visit: www.outdoors.org/chapters/groups/index.cfm. To book a group stay, contact Group Sales at 603-278-3811.

***2010 Individual Reservations open September 1 - Starting September 1, individual members and the public can book reservations at AMC lodges and huts for the coming year. Here is a list of ways you can make the most of your vacation dollars with AMC:

- * Stay 4 Nights, Get the 5th Free: We are consistently discounting 3-night and 5-night stays during peak periods, simplifying travel planning - 3-night rates are always 10% off the base single night rate, and 5-night rates are 20% off (stay 4 nights, get the 5th free). Discounted pricing will include all child rates, as well as private and family rooms at the Highland Center, Joe Dodge Lodge, and Cardigan Lodge. These rates are available Sunday-Friday at any combination of huts and lodges in New Hampshire and Maine during peak periods.
- * Cardigan meal service on winter weekends continued. Cardigan Lodge will offer meal service (dinner, breakfast, and trail lunch) on Friday and Saturday nights (and Sunday nights on Martin Luther King and President's Day weekends) January through March, making it even easier to enjoy the great cross-country skiing, snowshoeing, and hospitality at this destination. Whole lodge, self-service rentals will be available for chapter programs and other groups throughout the winter, and groups of 25 or more can still arrange for meal service Sunday-Thursday with advance notice.

Don't miss out - plan your 2010 AMC vacation today! Visit www.outdoors.org/lodging or call 603-466-2727 for more information and reservations.

***Register for AMC Outdoors Online - The inaugural online edition of AMC Outdoors was launched as a member benefit at the beginning of June. This e-newsletter showcases new web-exclusive content, such as slideshows and video. All AMC members with a

registered email address received their first newsletter in June. Not registered? Visit our AMC Member Center today at www.outdoors.org/membercenter.

***Sign up for new AMC blogs - AMC's two newest blogs launched at the start of June and offer tips on getting kids outside in the Northeast and gear expertise.

"Great Kids, Great Outdoors" blogger Kristen Laine draws on her own experience as an outdoors-person, writer, and mother - plus recommendations from AMC experts - to provide practical advice for easing kids into outdoor experiences. The blog is one way that AMC is encouraging a connection with nature among today's youth. "Equipped" blogger Matt Heid, a longtime AMC Outdoors contributor, is reporting and commenting on outdoor gear.

Each blogger posts about twice a week and welcomes comments. You can find the two new blogs at www.outdoors.org/blogs. Sign up for an RSS feed of either one or both, so new posts will come to your email inbox automatically.

***Registration for AMC's 2010 Annual Meeting opening soon - Join Annual Meeting on January 30, 2010, at the Sheraton Ferncroft Resort in Danvers, MA for a full day of AMC workshops, business meetings, and volunteer awards. Wrap up the day with dinner and keynote speaker Jonathan Waterman. Jon is mostly known for his time exploring the Arctic National Wildlife Refuge, of which he has written many books. He also has written and starred in TV documentaries on challenges in the North. Details about the Annual Meeting are available at: www.outdoors.org/about/annualmeeting/index.cfm.

***Win prizes in the "Hike the Highlands" Scavenger Hunt - AMC and Wildlands Conservancy invite you on a "Hike the Highlands" Scavenger Hunt. Become a scavenger among the Pennsylvania Highlands by using 22 pocket-sized "Hike the Highlands" hiking cards to explore local parks and trails for answers to a series of scavenger hunt questions. Download the cards and find scavenger hunt questions at www.outdoors.org/hiketthehighlands. Packets of the cards are also free at pick-up locations listed on the website. To order the Hike the Highlands cards (S & H \$4.95), please call 610-868-6906 or email jheisey@outdoors.org.

Enter three or more answers to scavenger hunt questions, and you will be eligible to win fun outdoor gear prizes in monthly drawings. The Hike the Highlands Scavenger Hunt will run from July 13 - October 31, 2009.

***Stay tuned for AMC's Pennsylvania Highlands Recreation Map - The map will include trails, parks, and boating access so you will know where to hike, bike, horseback ride, paddle, fish, swim, and camp in the PA Highlands. It will be available at the end of August/early September at: www.outdoors.org/hiketthehighlands.

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SWAP * BARTER * SELL * TRADE
HAVE OUTDOOR EQUIPMENT ? NEED OUTDOOR EQUIPMENT ?

Full length orange Therm-A-Rest (the original) - hardly used - stored inflated, \$25.
Dexter Robinson, 781-294-8840, dexsue@comcast.net

THE ELECTRONIC BREEZE WILL PUBLISH FREE ADS FOR MEMBERS TO SWAP/BARTER/SELL/TRADE OUTDOOR EQUIPMENT.
Send your ads to: communicationschair@amcsem.org . Please put "BREEZE – SWAP" in the subject line.

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The Southeast Breeze

The newsletter of the Appalachian Mountain Club Southeastern Massachusetts Chapter
Spring 2009 — March, April, & May

View from the Chair

By Wayne Anderson



I would like to start by wishing everyone a happy New Year and hoping that you are ready for a year loaded with AMC activities and opportunities. As I look ahead to the upcoming events, I am amazed at the number of activities being offered by our chapter and by other AMC chapters. The Hiking Committee has planned the spring hikes and the fall annual Chapter Hut Night when we will revisit Cold River Camp for a weekend of hiking, biking and water sports. The Cape Hiking Committee has a full spring schedule mapped out with barely a weekend free. The biking folks continued to run trips through the white season. Biking closed its 2008 season with 24 cyclists in the 2000-mile club each completing 2000 or more miles for the year. Paddling took a hiatus for the winter but come April 1st, their calendar is full of events. Finally, for those who do not mind getting a little dirty and like to let their inner child out to play in the mud, there is trail work. We maintain local trails and our adopted Lonesome Lake Trail located in the heart of the White Mountains. This work is an essential part of the club's mission, providing us with safe access to mountain tops, lakes, and many other fine destinations. You'll hear more about trail work in the next issue of the Breeze.

I will have to admit that my main focus and participation has been with the hiking events and a smattering of cycling outings. In these two arenas I consistently see the same people participating. With approximately 3,000 members in the Southeast Chapter, I run into the same small group of participants with only a smattering of new faces. I too was once an armchair member content with just reading the quarterly Breeze and Outdoors but never participating in the plethora of trips advertised. About four years ago, I finally joined one of those trips and had a great time. I was welcomed by others who enjoy the same outdoor experiences as I do. I met very experienced hikers, gained valuable knowledge and experience, and in turn was able to pass this knowledge on to others.

So, this is a call for all of you armchair members to get out and join us for a hike, bike ride, or paddle. You are sure to meet great people who share your passion for the outdoors. Whether you have been participating in an activity solo or with a small group, you are experienced or a beginner, or you just have not been able to get out, we encourage you to join us. We may not be able to control the weather, but are sure to provide you with a fun, welcoming, and inexpensive outing. For those looking to give something back to the club, our committee chairs are always looking for new leaders and co-leaders in order to offer a greater variety of trips. If you are unsure of where to start, contact a committee chairperson to learn more. Our education committee will provide the training and tools for you to become an effective leader.

Please make an effort to join us in 2009!



Spring 2009 Events Calendar

SEM Board Meetings (7:00 pm)

Mar 11	UU Church, Main St, Middleboro
Apr 08	Bourne Community Center
May 13	UU Church, Main St, Middleboro
June	(no meeting)

Hike Planning Meetings (7:00 pm)

Mar 04	UU Church, Main St, Middleboro
Jun 03	UU Church, Main St, Middleboro

The direct link for SEM members to sign up for other chapters' newsletters is:
<http://www.kintera.org/site/lookup.asp?c=gsJMKZPJrH&b=4466271>.

Where can I find AMC SEM activities?

1. *Breeze* (arrives in your mailbox, or electronically)
2. *amc outdoors* magazine (arrives in your mailbox)
3. Online trip listings (trips.outdoors.org)
4. SEM short notice email list (www.amcsem.org)

SUMMER BREEZE DEADLINES

Apr. 7 trip listings
 Apr. 15 articles, pictures

AMC ACTIVITY PARTICIPATION POLICY

AMC encourages involvement in its mission and activities through its membership, programs, policies, and procedures. Our goal is to be a community that is comfortable, inviting, and accessible for people of any age, gender, race, religion, ethnicity, ability, sexual orientation, or socioeconomic status.

Some AMC programs are designed for a certain age range of members or for a special activity or topic. However, any person who meets the minimum qualifications (age, skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available. Individuals under 18 must be accompanied by a responsible adult.

All participants in AMC activities are required to sign the AMC waiver form provided by the leader. You may preview this waiver form on the chapter website at www.amcsem.org/pdf/Volunteer_release_memo.pdf.

The Appalachian Mountain Club Southeastern Massachusetts Chapter

The chapter includes ~3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.

2009 EXECUTIVE BOARD

Chapter Chair	Wayne Anderson, chair@amcsem.org 508-697-5289
Vice Chair	Claire Goode, vicechair@amcsem.org 508-759-7362
Treasurer	Leslie Carson, treasurer@amcsem.org 508-833-8237
Secretary	Susan Salmon, secretary@amcsem.org 508-285-2440
Biking	Joe Tavilla, bikingchair@amcsem.org 508-428-6887
Canoe/Kayak	Bill Fischer, paddlingchair@amcsem.org 508-420-4137
Cape Hiking	John Gould, capehikingchair@amcsem.org 508-540-5779 (Vice Chair: Pat Sarantis, 508-430-9965)
Communications	Cheryl Lathrop, communicationschair@amcsem.org 508-668-4698
Conservation	Fred Yost, conservationchair@amcsem.org 508-699-9305
Education	Hagit Moverman, education@amcsem.org 508-238-9264
Hiking	Jim Plouffe, hikingchair@amcsem.org 508-562-0051
Membership	Len Ulbricht, membershipchair@amcsem.org 508-359-2250
Skiing	Barbara Hathaway, xcskichair@amcsem.org 508-880-7266
Trails	Bill Ruel, trailschair@amcsem.org 508-838-3841
Webmaster	Scott Haigh, webmaster@amcsem.org 617-510-7400

The Southeast Breeze, the newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published 4 times a year as a service to the chapter's members. SEM members are encouraged to submit letters, articles, photos, and artwork; materials for publication (space permitting) cannot be returned unless accompanied by SASE. Please mail to: Cheryl Lathrop, 17 Robert St., Walpole, MA 02081. Digital submissions are preferred; please e-mail to: communicationschair@amcsem.org. Articles will be edited for length, typographical errors, and clarity.

Editor: Cheryl Lathrop
Asst. Editor: Ann McSweeney

HAVE YOU MOVED? Please send your change of address information to: AMC, 5 Joy St. Boston, MA 02108. Or access the **Member Center** at www.outdoors.org/membercenter.

NON-SEM AMC MEMBERS who wish to receive the quarterly *Southeast Breeze* newsletter should send a \$10 check made out to "AMC SEM" to: Leslie Carson, ATT: Non-Member Breeze Subscription, 64 Mill Road, East Sandwich, MA 02537. Please provide your mailing address if it's not on the check.

SEM Short Notice E-Mail Trip List — Find out about late-breaking chapter activities (and cancellations) not appearing in the *Breeze*, the *amc outdoors*, or the online trip listings. Visit www.amcsem.org to sign up (scroll to the bottom).



Go Paperless! Get *The Breeze* Electronically!

As part of the AMC's mission to encourage conservation, we're asking all our SEM Members to elect to receive our quarterly newsletter, *The Breeze*, electronically. You can do this by selecting it in the "Edit Chapter Newsletter Preferences" section under Member Center at www.outdoors.org.

If you elect this option, you'll receive an email from "AMC Southeastern Massachusetts Chapter" containing a link to the newsletter. You'll get the electronic newsletter much earlier than waiting for the paper newsletter in the mail.

To elect to receive an electronic copy, go to www.outdoors.org

- Click on "AMC Member Center" (right hand side of the webpage)
- Choose whichever link applies to you
 - You have previously received login information (via an email from "AMC Membership")
 - You don't have your login & password – proceed to the Member Validation page

Once you have access to your Member Center

- In the box under "Manage Your Member Profile", click on "Edit Chapter Newsletter Preferences"
- Fill in, check the appropriate fields, and submit.

We hope you'll join us in eliminating one more item that ends up in the recycle bin. If you need to print something out, just print out the page(s) you need. (If you have trouble, please contact Member Services at 800-372-1758.)

See what the Breeze looks like electronically !
Go to www.amcsem.org and see this Breeze in full color !

LEADERSHIP TRAINING COURSE

AMC SEM is offering a **Leadership Training** course to provide the information and qualifications needed to become an AMC leader. This training is free of charge, with the exception of a \$2 parking fee.

Date: Saturday, April 18, 2009
Location: Borderland State Park, Easton
Time: 8:00 am - 5:00 pm

For registration and more information please contact AMC SEM Education Chair, Hagit Moverman: 508-238-9264 or dmoverman@comcast.net.

TRAIL WORK:

APR 25 DCR Park Serve Day
JUN 06 National Trails Day

OUR FIRST "CRITICAL TREASURE"



We all have favorite hiking, biking, or paddling places. Sometimes, they are pristine and tranquil and safely preserved forever.

Sometimes, they become overused, abused, or encroached upon. Critical Treasures are state and local parks and forests with priority habitat or high value recreational resources that are under threats from sprawl development, infrastructure development projects, or other alterations.

Stay tuned for the roll out of the SEM Chapter's first Critical Treasure site, the Ames Nowell State Park. Join us in April, before Earth Day, to highlight this gem in the state park system. More details to follow in the short notice listings — or e-mail the chapter's conservation chair, conservationchair@amcsem.org.

***** Join AMC on Facebook ! *****

SEM SPRING BASH

April 24-26, 2009

We all had so much fun at last year's Spring Gathering that we wanted to do it again! The YMCA South Shore Outdoor Education Center in Sandwich was such an awesome location that we're holding it there again. Join us for a weekend of hiking, biking (on- and off-road), kayaking, raffle prizes, and workshops.



Workshops include:

- * White Mountain Guide Online
- * Camping Skills
- * Chapter Youth Program (CYP)
- * New Members Meet the Leaders
- * Paddling Equipment
- * Climate Challenge Presentation
- * Cribbage Tournament
- * And much more!

Choice of accommodations includes a bunk in a comfortable heated cabin or a tent platform site — plus there are several cozy motels nearby. Watch our website for more information and registration.

INTERVIEW: NEW HIKE LEADER — LEN ULBRICHT

Q: When did you join the AMC?

In fall 2007, I started hiking with the Thursday morning group. I experienced a variety of local hiking areas I never knew about.

Q: Why do you hike?

After retiring almost two years ago, I wanted an outdoor activity more demanding and interesting than walking around the neighborhood. By chance, I came across the Thursday hike series while browsing the AMC website.

Q: Why did you want to become an AMC hike leader?

I'd been impressed by the personal commitment of leaders in the Thursday morning hike series and wanted to do my share to give back something to the group.

Q: Do you have a favorite hike or favorite hiking story?

In September, I spent a week at the Highland Center's 50+ Adventure Camp in Crawford Notch and dovetailed it with the SEM's chapter hut weekend at Cold River Camp. Seven days of glorious hiking in dry perfect weather with sunny days and cool nights. Great people, bountiful food, fine accommodations, a couple of 4000-footers, and the best scenery I've enjoyed in years.

Q: What is the one hiking adventure you dream of?

My parents were born and raised in Germany. I'd like to hike where my father did as a young man back in the 1920s, in the Thüringer Forest, and in the former German region of Silesia (part of Poland and the Czech Republic since World War II) where my mother grew up in the shadows of the Riesengebirge mountain range. It's all about finding one's roots and reflecting on life's passages.



Gray Jay snack time atop Mt. Tom

Mountain Leadership School 2009 is now accepting registrations (www.outdoors.org/leadership, 603-466-2727)



Adopter Ken Jones sawing a "blow down"

SEM Members become Blue Hills Reservation Trail Adopters

by Dexter Robinson

Do you hike, walk, or bike regularly in the Blue Hills Reservation? Want to give back something to the Reservation? If so, the Blue Hills Adopt-A-Trail Program has a trail for you. Trail work offers an opportunity to learn new skills, meet new people, and make a difference in an area we enjoy.

In the spring of 2008, the Friends of the Blue Hills (FBH) launched an Adopt-a-Trail program. The Blue Hills Reservation stretches from Dedham to Quincy, Milton to Randolph, encompassing over 7000 acres. With more than 125 miles of trails through forests, ponds, wetlands, and over hilltops, maintenance and repair was much needed.

The goal of the program is to find adopters for all of the trails by the year 2012. Currently there are eighteen adopters, eight of whom are SEM chapter members: **Bob Flagg, Walt Granda, Ken Jones, Cheryl Lathrop, Chris and Bill Pellegrini, Dexter Robinson, and Bob Vogel**. Adopters commit to maintaining their trail two to three times a year and are encouraged to adopt a trail they walk on a regular basis. Adopters not only trim branches and clean water bars, but also act as eyes and ears on the ground. People without experience can attend one or more of the monthly FBH trail maintenance events, under the supervision of a trail leader, to qualify to become an adopter.

The trails adopted by SEM members also help meet the AMC Trails Challenge supported by the Coleman company. Each Chapter is challenged to add 5 miles of AMC maintained trails per year over the next five years. Since 2005, AMC members throughout the region have adopted over 200 miles of trails. New AMC adopters receive AMC's new trail maintenance book, a T-shirt, and a \$100 voucher for staying at an AMC facility.

See: www.outdoors.org/conservation/trails/challenge/index.cfm for more details on the Coleman Trails challenge. For more information on the Adopt-a-Trail Program contact an SEM adopter or check out: www.friendsofthebluehills.org/trails/adoptatrail.html. Additional information about the trail maintenance program can be found at: www.friendsofthebluehills.org/trails/trailmaintenance.html.

 **Discovering Nature** — Are you jealous when your hiking companions know the different species of trees? Do you wish you knew the names of the flowers you see? Or what bird just flew by? Well, there's hope! Check out SEM's Discovering Nature series starting April 20. If you can't make the evening series, watch the short notice email list for additional weekend trips. Follow the group's progress in our blog: www.discoveringnature.blogspot.com.

NEW YEARS DAY HIKE — BORDERLAND STATE PARK



Through pine woods...



along ponds...



and across fields.



BIKE NEWS

AMC SEM 2000 Mile Bicycle Club

by Dan Egan

A quarter score ago, Jack Jacobsen founded the 2000 Mile Club with 5 other Swamp Yankee Bicyclists to acclaim those dedicated to sustained, motorless, bituminous pandering. A 2000-mile patch and a certificate of achievement are the accoutrements of induction.

2000 Mile Club members have wheeled along windswept narrows of the Cape Cod Canal; the pine groves of the Miles Standish Park; the treacherous curves and the stately mansions of Jerusalem Road. Members have silently spun through the crimson bogs; the bucolic beaches bordering cerulean seas, the white-steepled, churched greens; the travelogue harbors; the hidden inlets; wooden boardwalks of waving salt marshes; and languorously meandering bike trails in the villages of the South Shore, the South Coast, the Cape and the Islands.

Savoring midday repasts at cozy, epicurean, shanties; at annual, native, seafood festivals; or at crowded, clamoring, college dining halls, the 2000 Mile Club forges a weekly bond dedicated to the rigors of aerobic bicycle fitness; avuncular, outdoors-loving camaraderie; and the hedonistic adventures of midday cuisines.

Our founder, Jack Jacobsen solicits your membership. His sole question is: "How do you take your pie?"

2000 Mile Club Final Standings (as of 12/31/08)			
RIDER	MILES	RESIDENCE	YRS
Louis Outor	6527	Rochester	2
Leonard Leonardi	6111	Franklin	2
Glenn Mathieu	5704	Hyannis	2
Joe Tavilla	5160	Cotuit	2
Gianluca Marchi	4981	Taunton	4
Gary Vacon	4481	Falmouth	1
Amy Wood	4304	Orleans	1
Pam Patrick	3926	Orleans	2
Jack Jacobsen	3610	Fairhaven	5
Fred Chase	3135	E Providence	1
Larry Kornetsky	3118	Burlington	2
Daniel Egan	3112	Brockton	3
Linda Church	3006	Falmouth	2
Paul Corriveau	2585	Yarmouth Pt	2
Ed Foster	2553	Cotuit	2
Peter Ruprecht	2527	Kingston	2
Bob Kennedy	2487	Brockton	2
Paul Currier	2413	Sandwich	5
Jean Orser	2385	Yarmouth Pt	2
John Sullivan	2358	Marshfield	3
Lawton Gaines	2358	Canton	1
Roger Scholl	2012	Rochester	3
Will Mason	2011	W Barnstable	2
Karen Newberger	2002	Easton	1
Paul Gareau	2001	Mansfield	1

2K NEWS: Welcome to new registrar Dan Egan (danielfrancisegan@hotmail.com). Six new members in 2008 bring membership to 34! Two of the original members are still cranking out the miles on our 5th anniversary!

Many thanks go to Victor Oliver for being instrumental in the promotion, success, & popularity of our 2000 Mile Club. Vic created the annual award certificates & 2000 Mile Club patches for first time members. Thank you, Vic (Victor Oliver nine24s@yahoo.com) for a job very well done!

Changes for AMC Outdoors & Member E-Communications: To reduce expenses & AMC's carbon footprint, *AMC Outdoors* will be published 6 times/yr, beginning with the Sep issue. It will begin running abbreviated activity listings beginning with the May issue. AMC is stepping up its efforts in member e-communications & social networking. Full listings will continue to be available online at trips.outdoors.org, and through a new e-mail based activity alert available through the AMC Member Center (www.outdoors.org/membercenter) at the end of Jan 2009. Members can sign up for e-delivery of chapter newsletters on the Member Center. Trip leaders will see new word count limits for magazine listings on the Online Trip Listing system starting Feb 15 for trips submitted for the May issue. A complete Q&A for trip leaders will be distributed through chapter chairs, published in the Mar *AMC Outdoors*, & posted to www.outdoors.org/volunteer/forms.

CHAPTER ACTIVITIES—

Newcomer Hikes (details under Hiking)

Tue. Mar. 10. Full Moon Hike
Sat. Mar. 21. Myles Standish
Mon. Apr. 20. Discovering Nature

Family Activities (details under Hiking)

Sat. Apr. 4. Family Camping Workshop
Fri. Apr. 24-26. Family Campout

Save the Date

WFA Course: Sep. 12-13
Chapter Hut Night: Sep. 17-20
Annual Meeting: Nov. 7

Hiking/Backpacking

Chair – Jim Plouffe, 508-562-0051,
hikingchair@amcsem.org

IMPORTANT: Hikers unsure of their ability should try only 1 level more difficult than previously completed. No pets without permission of trip Leader. Registration required for most trips. Hiking boots strongly recommended. For additional info or to register, contact the trip Registrar (R), Leader (L) or co-Leader (CL). Trip updates available at trips.outdoors.org. Sign up for the SEM Short Notice E-Mail Trip List at www.amcsem.org.

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

Sat, Mar 7-8. Winter Hiking Series #4: Overnight at Lonesome Lake (B3B). We conclude our annual Intro to Winter Hiking series with an overnight at the AMC Lonesome Lake Hut in Franconia Notch, NH. Trip leaders will schedule day hikes at different levels & a group meal will be planned. Series participants have 1st priority as spaces are limited. (Cost: \$30 PP). L Ken Jones (508-697-0142, lotsoluck@comcast.net), L Leslie Carson (508-737-6627, ltcarson929@comcast.net), L/R Jim Plouffe (508-562-0051 7-9 PM, jimplouffe@comcast.net)

Tue, Mar 10. Borderland Evening Full Moon Hike (C3D) Night. Join us as we hike around the ponds & through the woods under the full moon. Enjoy the winter weather & the quiet of the woods & fields at night. Insulated boots & flashlight reqd. Group size limited; please register early. Hike ~6-8:00pm L Dick Carnes, L/R Cheryl Lathrop (508-668-4698, cheryl4698@verizon.net)

Sat, Mar 14. Winter Snowshoe Series Hike #4 (B3B). 4th in series of 4 snowshoe hikes. We'll chase snow, but most likely be at one of the following: Kettles & the Scaur, Champney Falls (Upper), Hedgehog Mountain Summit, Kearsarge North. L Chris Pellegrini, CL Eva Borsody Das, CL Bill Pellegrini, L/R Steve Tulip

(Stulip2005@comcast.net), L Jim Plouffe (508-586-1394, jimplouffe@comcast.net)

Thu, Mar 19. Myles Standish SF, Cranberry Rd, S. Carver (B3C) Meet at Ranger Station parking lot at 10 am for 5-6 mi hike. Bring water, lunch, hiking boots, if icy also Yaktrax or Stabilicers. From Rt 495 ex 2, N on Tremont St to S Carver, R on Cranberry Rd, follow signs, parking on R. From North: Rte 3 S, ex 5, R on Long Pond Rd. L Ellie MacPherson (508-224-6465, camell55@verizon.net)

Sat, Mar 21. Myles Standish state forest (C4D). EASY. ~2 hrs in Myles Standish SF, one of largest contiguous pitch pine/scrub oak communities north of Long Island. Bring lunch & join us at the picnic tables after the hike. L Barbara Leland (babsleland@yahoo.com), CL/R Claire Goode (508-759-7362 before 9pm, ctgoode@comcast.net)

Thu, Mar 26. Lloyd Center (C3C). Lloyd Center for the Environment, 430 Potomska Rd. 10am. Observation deck 1st, then hike 5 mi around salt marsh, Slocum River. Bring lunch. From the north: Rt. 24S, Rt. 140S, I-195W, ex 12, Faunce Cor Rd. Cross Rt. 6, bear L at fork onto Chase Rd for 3.5 mi. At stop sign, go R onto Russells Mills Rd 0.9 mi. L onto Rock O'Dundee Rd 0.9 mi, pass Gaffney, turn R onto Potomska for 1.7 mi. Lloyd Ctr on right. Rain cancels. L Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.com)

Sat, Mar 28. Franconia Ridge - Lafayette, Lincoln, Little Haystack (B3B). Join us as we trek across a wonderful section of Franconia Ridge bagging 3 4000-ft summits weather permitting. Full above tree line gear reqd for 8.8 mile 3480' elevation gain trip. ~8.5 hours. L/R Ken Jones (207 Walnut St, Bridgewater, MA 02324, 508-697-0142 7-9 PM, lotsoluck@comcast.net)

Thu, Apr 2. Noon Hill/Shattuck Reservation, Medfield (C3C). 3-4 mi hike on Trustees Reservations property, portion Bay Circuit Trail, pond views, peak lookout, poss Chas. River stop. www.thetrustees.org for trail map. Bring lunch, stabilicers if icy. 10am start. From intersect of Rtes 1&27 travel 5 mi on 27 thru Walpole Ctr to traffic lt at South St Medfield. Left onto South St for 3/4 mi, bear right onto Noon Hill St, about 1 mi to pkg area on left. L Len Ulbricht (508-359-2250 before 9 pm, lenulbricht@comcast.net)

Sat, Apr 4. Family Camping Series Workshop. Get the family into the woods!

Come for a full day workshop & learn the skills to get your & your family out camping. Learn to pitch a tent, light a stove, set up a tarp, tie knots, light a camp fire. Get confidence to set up camp & enjoy the outdoors. \$10 reg fee includes lunch. Reg deadline 3/15. This starts our Family Camping series. L/R Mike Woessner (508-577-4879, Stridermw@hotmail.com)

Thu, Apr 9. Red Line Blue Hills (C3C). Red Line the Blue Hills (RLBH) Hiking Series — the 4th year! Join us every Thurs evening after work (~6-8:00pm) as we continue our project of hiking every trail in the Blue Hills Reservation "red lining" our maps as we go. Contact registrar for 1-time registration, then it's show-and-go. Locations & times vary each week. L Cheryl Lathrop, L Joe Keogh, R Linda Glynn (508-496-4009, lglynn55@yahoo.com)

Thu, Apr 9. Blackstone hike (C3C). Interesting walk along historic Blackstone Canal, side trip to Goat Hill. Poles, lunch, water. Directions: Online @DCR or Riverbend Visitors Center @287 Oak St., Uxbridge, Ma. L Elsie Laverty (508-823-0634 before 9pm, elavmca@tmlp.com)

Sat, Apr 11. Blue Hills True End-to-End Skyline Trail (A3B). Traverse the "entire" Blue Hills Skyline Trail from Fowl Meadow to Shea Rink on this annual day long hike. Excellent conditioning hike, not for beginners. L Dexter Robinson (781-294-8840, dexsue@comcast.net), CL/R Kevin Mulligan (774-284-0870 7-9 pm, kevin.mulligan@covidien.com)

Thu, Apr 16. Crooked River, Wareham, MA (C3C). Pretty 5-mi hike along marshes, forest, tidal estuaries, ocean. 10am. From I-195 ex 21 to Rt 28 S, to Main St, around small park to Wareham ctr, L on Rte. 6 E, over bridge, R fork onto Narrows Rd, R on Indian Neck Rd, continue to L on Crooked River Rd, pkg 100 yds from corner by side of road. Heavy rain cancels. L Donald Savino (508-295-4562 before 9pm, donaldsavino@comcast.net)

Thu, Apr 16. Red Line Blue Hills. See 4/9

Mon, Apr 20. Discovering Nature. Come join in this spring & summer as we "Discover Nature" on a series of Monday evening walks at the Blue Hills, Borderland & possibly other locations. We'll all learn together, by observing nature, studying nature guides & keeping a notebook of observations. Some weeks

we'll hike a modest distance; other weeks we'll stay in one small area. Space limited, register soon. L Bob Vogel (508-238-7732 6-9 PM, hike_with_bob_v@comcast.net)

Thu, Apr 23. Red Line Blue Hills. See 4/9

Fri, Apr 24-26. Family Camping Series Campout. Join us for Spring Bash at Camp Burgess on Cape Cod. We'll set up our tents in a tree-covered area. Bath facilities close by; all meals available in dining hall. If you like, you may do your own cooking. Many activities planned: kayaking, hiking, biking, climbing wall. See the Breeze for more details on Spring Bash. L/R Mike Woessner (508-577-4879, Stridermw@hotmail.com)

Mon Apr 27. Discover Nature. See 4/20

Thu Apr 30. Red Line Blue Hills. See 4/9

Thu, Apr 30. Massasoit State Park (B3C). 5-6 mi scenic hike around ponds & lakes. Meet 10am Middleboro Ave pkg lot. Bring lunch. Directions: From North, Rt. 24S; from West, I-195E, Rt 24N, both to Rt. 44E. Turn right at 1st set of lights, follow to end. Go L at Sunoco Sta/stop sign, travel 2 mi. to park on right. Rain cancels. L Barbara Hathaway (508-880-7266 before 9 pm, barb224@tmlp.com)

Sat, May 2. Burrage Pond Wildlife Management Area B3C. Join us for ~6 miles in the Burrage Pond Wildlife Management Area in Hanson. Flat walking. Could see some wildlife. Includes the Tunk, old Indian crossway from the Bridgewater to Scituate, & small portion of Bay Circuit Path. L Barbara Leland (babsleland@yahoo.com), CL/R Wes Blauss (781-447-0460 before 9, blauss81@comcast.net).

Mon, May 4. Discover Nature. See 4/20

Thu, May 7. Red Line Blue Hills. See 4/9.

Fri, May 8. Massasoit State Park Moonlight Hike (C3D). Meet at 6 pm in main pkg lot for 2-3 hr hike. View the almost full moon as we walk between ponds. Bring water, flashlight & insect repellent. Directions: From Rt 24 take ex 13A to Rt 44E. R at traffic light, following South St E 2 mi to stop sign. L at Sunoco Sta/ Middleboro Ave for 3 mi. Park entrance on R just after Lake Rico. L Charlie Farrell (508-822-2123 by 9P, c.farrell@verizon.net), CL Barbara Hathaway (508-880-7266 by 9P, barb224@tmlp.com)

Sat, May 9. Mt Monadnock, Jaffrey, NH. B3B. Great early spring hike at one of the most popular peaks in the east. Hike one of the lesser used but most challenging trails

in Southern NH. Scramble up large steep rocks using your hands as much as your feet. Fantastic views. L Jim Plouffe (508-586-1394, jimplouffe@comcast.net), CL Walt Granda, R Walt Granda (508-999-6038 before 9 pm, wlgranda@aol.com)

Mon, May 11. Discover Nature. See 4/20

Thu, May 14. Red Line Blue Hills. See 4/9.

Sat, May 16. Introduction to 3 Season Backpacking. Join us for a 1/2 day workshop designed to provide persons with no/limited experience backpacking with info on the do's & don'ts, equipment & attitude necessary to successfully enjoy the backpacking experience. Upon completing this workshop, 3 backpacks of varying lengths (2-3 day) are planned for the summer/fall hiking season. Program is geared for beginners, but all are invited to attend. L Leslie Carson, L Dexter Robinson, L/R Fred Wason (508-699-7635 6:30 to 9:30 pm, fmwason@verizon.net)

Mon, May 18. Discover Nature. See 4/20

Thu, May 21. Red Line Blue Hills. See 4/9

Sat, May 23-25. Wildcats/Carters Weekend (A3B). Spend the holiday weekend hiking the Wildcats on Sat and the Carters (Carter Dome, South & Middle Carters) on Sun Stay 2 nights at Carter Notch Hut (self-service \$32/pp). L Wayne Anderson (508-697-5289, wanderson@mxcsi.com), L/R Leslie Carson (64 Mill Road, East Sandwich, MA 02537, 508-833-8237 6-9 PM, ltcars929@comcast.net)

Mon, May 25. Discover Nature. See 4/20

Thu, May 28. Red Line Blue Hills. See 4/9

Cape Cod Hikes

Chair: John Gould, 508-540-5779, capehikingchair@amcsem.org.
Vice Chair: Pat Sarantis, 508-430-9965.

Most Cape Hikes are "Show & Go." For additional info, contact trip Leader/Co-Leader (L/CL) or visit trips.outdoors.org. (Set Committee to "Cape Hikes.")

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

Sun, Mar 1. Falmouth - Beebe Woods Adventure (C3C/B). Join us on this 2.5 hr hike on flat & rolling terrain. Stop to see Scamp, the llama & the baby lambs. Meet at 12:45 for 1pm departure. From the Bourne Bridge take Rte 28 S to Falmouth. Go through 1st set of lights & continue to R on Depot Rd. Follow to end to park in Conservatory lot. L Linda Church (508-495-1308 7-9pm, lchurch@whoi.edu)

Thu, Mar 5. Santuit Pond & River, Mashpee/Barnstable (C3C). NEW HIKE in lovely Conservation area bogs, pond & river. From Ex 5, Rt 149 S to roundabout, take 1st right on Race Ln. 1 m to L on Old Mill Rd (joins School St) 1 mile to L on Santuit/Newtown Rd. 1.8 miles to yellow gate on R. Park on side. From Rt. 28, turn north on Santuit/Newtown Rd. 0.8 mile to yellow gate on L. Meet 9:45. 2 hours. L Nancy Wigley (508-548-2362, nrwigley@verizon.net), CL Heidi Moss (508-362-6440, mossheidi@hotmail.com)

Sat, Mar 7. Brewster, Secret Side of Nickerson State Park (B3B). Explore the great divide between NSP watershed & Brewster watershed. Meet at 9:45 Fisherman's Landing on left off Deer Park Rd./Nook Rd. 2 miles in from park entrance at Rt. 6A. 4 hrs. Bring lunch. L Todd Kelley (508-945-9929, kelleytrailblazer@yahoo.com)

Sun, Mar 8. Harwich-Herring River (C3C). Walk with views of beautiful Herring River, along the reservoir & around cranberry bogs in conservation area. Take Exit 9A off Rt 6. L at 2nd light. R at stop sign. Next L onto Great Western Rd. At 1.3 miles park at Sand Pond lot on L. 2 hours. Meet at 12:45. L Pat Sarantis (508-430-9965, ediespond@hotmail.com)

Thu, Mar 12. Harwich-Hawk's Nest State Park (C3C). Exit Rt. 6 at Exit 11. Head W on Spruce Street opposite off ramp. Go ~1/2 mile and park on L side of road. Meet at 9:45. 2 hours. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sat, Mar 14. Truro-Truro Hills (B3B). Hike from Ballston Beach & the Pamet Valley to the Jenny Lind Tower & back. Meet at 9:45. Rt. 6 to S. Pamet Rd. to Ballston Beach parking lot. 4 hours. Bring lunch. L Todd Kelley (508-945-9929, kelleytrailblazer@yahoo.com)

Sun, Mar 15. Quaker Woods, West Falmouth (C4C). Walk back in time 350 yrs to one of the earliest Cape settlements, see first Quaker Burial Grounds on the Cape. Meet 12:45. 2 hours. From N or E take Rt 28 South to Brick Kiln exit. R at end of ramp. After 0.5 m. go R on 28A, then 0.6 m. to L at Old Dock Rd. Go 0.2 m to park. If rain, check w/L. L John Gould (508-540-5779, jhgould@comcast.net)

Thu, Mar 19. Dennis-Crowe to Crowe Loop (C3C). 2 hr. hike on paths, beach, & quiet roads. Meet 9:45. From Rt 6 take exit 9 onto Rt 134 north to Rt 6A. Take R on 6A then L onto School St. then R onto South St. to lot at end on right past

cemetery. L Maria Sylvester (508-385-4045, Sylvester_maria@hotmail.com)

Sat, Mar 21. Mashpee River Woodlands, East - Mashpee (C3C). Wooded walk with views of river. Couple of hills. From Mashpee Rotary take Rt 28 east, at first right, turn onto Quiniquesset. Park in lot 200 yds. on right. If parking on road, police request tires off pavement. Meet 9:45. 2 hrs. L Bill Zimmer (508-790-4143, z130regatta@comcast.net)

Sun, Mar 22. Falmouth-Long Pond + Short section of Moraine Trail (C3C). Walk along pond, moraine, & town forest. From Mashpee rotary, take 151 W 3.4m to L at Sandwich Rd. Go 3.7m S to R on Brick Kiln; then 0.9m W & pass thru traffic light at Gifford to first parking area on R just beyond light. Meet at 12:45. 2 hours. L Farley Lewis (508-775-9168, farlewis@comcast.net)

Thu, Mar 26. Provincetown- see whales! (B3C). Walk on beach to Race Pt Lighthouse with binos in hand. Should see whales from lighthouse! Meet 9:45 at Race Pt Beach parking lot in Provincetown. Walk will take 3 hrs, but we'll eat lunch as we scan for whales with binos for another hr. Plan on 4 hours total! L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sat, Mar 28. Bourne Woodlands & Monks Pond (C3C). 2 hikes for the price of 1 in Bourne area. Woodlands, marshes, ocean views, great company. Flat to rolling terrain. Short drive to 2nd hike. Meet at Leary Property Pkg lot. Apprx 1.5 mi from Bourne Rotary (Rt. 28 S) to R on Clay Pond Rd. At lights take R on County Rd. 8/10 mile to pkg on L. Meet 9:45 a.m. for 10 a.m. start. 2 hrs. L Linda Church (508-495-1308, lchurch@whoi.edu)

Sun, Mar 29. Brewster-Nickerson SP (C3C). Late winter walk around ponds, woodland trails, few hilly sections. Meet 12:45. Enter State Pk from rt 6A in Brewster. Stay on main rd to L on Flax Pond Rd. Go to pkg at end of road. 2 hrs. Heavy rain cancels. Any doubt call L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Thu, Apr 2. Provincetown - Whales and Trails (B3C). Meet at Herring Cove Beach, 9:45 in far right of pkg lot to the right of entrance. Bike trail, pine barrens, dike, thru marsh to arrive at Race Pt Lighthouse. Bring binos! Walk 3 hrs. Eat lunch as we scan for whales with binos for another hr! Plan on 4 hrs. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sat, Apr 4. Sandwich: Maple Swamp to Barnstable Conservation (B3B). Hike from Sandwich to Barnstable on bike trails & dirt roads including Otis Atwood land. Hills, some steep grades, rewarding views. 4 hrs, bring lunch. Meet at 9:45am at end pt in W Barnstable to shuttle cars. From Rt 6 ex 5 turn S on Rt 149. Take quick R on Service Rd, park at power lines on left. L Heidi Moss (508-362-6440 9am-8pm, mossheidi@hotmail.com), CL Todd Kelley (508-945-9929, kellytrailblazer@yahoo.com)

Sun, Apr 5. Falmouth, Hatchville Woods (C3C). Gentle walk along woodland trails to Coonamesett Pond. Back through wetlands habitat & cranberry bogs. Meet 12:45 for 1:00 start. 2 hr hike. Rte 151 W 3.4 miles from Mashpee rotary. L on Sandwich Rd at lights. 1.6 mi to R on Hatchville Rd. .5 miles to parking lot on L at pumping station. L Hilary Hunt (508-495-0439 8:00am-8:00pm, hhunt@cape.com)

Thu, Apr 9. Barnstable-Bridge Creek Conservation (C3D). Flat terrain, cedar upland, maple swamp & salt marsh, bogs, stone walls. Meet at 9:45am 2 hrs from ex 5 off Rt 6 N on Rt 149...park along grass triangle on immediate L beside W. Parish Church. L Farley Lewis (508-775-9168, farlewis@comcast.net)

Sat, Apr 11. Wellfleet, Duck Harbor to the Hollows (B3B). Hike from Duck Harbor over Bound Brook Island out to Lombard & Paradise Hollows. Meet at 9:45. Rt 6 to Wellfleet Center. L. on Commercial St. R. on Kendrick Rd. to Chequessett Neck Rd. R on Griffin Island rd. to end at Duck Harbor. 4 hrs. Bring lunch. L Todd Kelley (508-945-9929, kellytrailblazer@yahoo.com)

Sun, Apr 12. Eastham-Doane Rock to Nauset Beach (C3D). Meet at 12:45 for Easter Sunday walk in the woods to the Three Sisters & Nauset Light. Rain cancels. If in doubt call L. From Rt 6 take R at Salt Pond Visitors Center & proceed to pkg lot on R at Doane Rock picnic area. 2 hours. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Thu, Apr 16. Barnstable, Barnstable Conservation (A2B). Traditional hike in Barnstable Conservation area. Meet at Parking lot (power line) on Service Rd. between Ex 5 & Ex 4. Exit Rt 6 at Ex 5, go S 100 yds to service rd. Meet at 9:45 a.m. 2 hours. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sat, Apr 18. Provincetown - Whales and Trails (B3C). Meet at Herring Cove Beach, 10:45 in pkg lot to the right of entrance. (Yes, the time is correct). Walk on bike

trail, pine barrens, over dike, thru marsh to Race Pt Lighthouse. Bring binos! Hike 3 hrs, lunch 1 hr while scanning with binos for whales! Altogether we'll be gone 4 hrs! L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun, Apr 19. East Falmouth-Mashpee, Quashnet River (C3C). Walk in upland woods alongside pretty stream. From Mashpee rotary, Rte 28N to Falmouth 2.1 miles, take R on Martins Rd to parking area. 2 hours. Meet 12:45. If rain forecast call L John Gould (508-540-5779, jhgould@comcast.net)

Thu, Apr 23. Brewster, Punkhorn Parklands(C3C). Wooded trails over hills with views of Upper Mill Pond & Walker Pond. Ex 9B from Rt 6 & go 2.0 mi. R on Satucket (which becomes Stony Brook Rd). After 3.0 mi R on Run Hill Rd. Go 1.3 mi to parking lot on left. 2 hours. Meet at 9:45. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Sat, Apr 25. Sandwich: Camp Burgess/Spring Bash (C3C). Enjoy Sandwich's Maple Swamp Conservation. Fields, lake shores & views of Cape Cod Bay. Some steep terrain. 2.5 hrs. Meet 9:30 behind dining hall. From Rt 6 ex 4 S on Chase/Great Hill Rd. Follow 2 mi to R at stop sign on Farmersville Rd, then 1/4 mi to R on Stowe Rd. Follow 3/4 mi to Camp Burgess on R. L Heidi Moss (508-362-6440 9am-8pm, mossheidi@hotmail.com)

Sun, Apr 26. Sandwich - Ryder Conservation/Lowell Holly (C3C). Explore woodland shores of Cape Cod's deepest pond. Meet 9:45 for 10 am start (time is correct). From Rt. 6 ex 4 S on Chase/Great Hill Rd. 2 mi to R at stop sign on Farmersville Rd. Drive 0.5 mi to L on Boardley Rd. then 0.3 mi to L on Harlow Rd. R at stop sign on Cotuit Rd. 0.5 mi to small pk lot on left. 2 hours. L Todd Kelley (508-945-9929, kellytrailblazer@yahoo.com)

Thu, Apr 30. Barnstable-Old Jail Conservation Area (C3C). Newly opened areas of conservation land contrast old footpaths thru the woods. Meet at Old Jail Lane Conservation Land Parking Lot. Take ex 6 to Rt 132 S 1.4 miles to lights at Phinney's Lane. Turn L. Go 1 mile & turn L onto Old Jail Lane. Go 0.5 mi to parking area on left. Meet at 9:45 a.m. 2 hours. L Elissa Crowley (508-362-5062, e.crowley@verizon.net)

Sun, May 3. Benjamin Nye Trail, Sandwich (C4C). Working cranberry bogs, Talbott point, red pine forest, Scorton

Creek, Hoxie Pond, Fish Hatchery and Game Farm from bygone days. From Rt 6 take Ex 4 (Chase Rd.) N (toward 6A). Go about 1/2 mile to L on County Rd. One mile to pkg on left across from Sandwich Grange Hall. Meet 12:45 2 hrs. L Nancy Wigley(508-548-2362,nrwigley@verizon.net)

Thu, May 7. Wellfleet, Great Island (B2C). Hike along bay, through woods, along dunes out to Great Island. Great views of Wellfleet Harbor. Meet 9:45 am at Great Island Pkg lot on Chequesett Rd. Wellfleet. 2 hours. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sat, May 9. Mashpee South Cape Beach (C3C). Flat hike thru woods for 2 mi, then 2 mi on sandy peninsula. From Mashpee rotary, take Great Neck Rd.S 2.7 mi, left on Great Oak Rd. Follow to town beach pkg. Meet 9:45. 2 hrs. L Gary Miller (508-540-1857, Garymaxx@verizon.net)

Sun, May 10. Brewster-Nickerson SP (C3C). Mothers' Day walk around perimeter of several ponds. Woodland trails, few hilly sections, Meet 12:45 at Fisherman's Landing. Park entrance off rt 6A in Brewster. Stay on main rd in pk for 1.8 miles, pkg on left. 2 hrs. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Thu, May 14. Truro, Ryder Beach (C3C). Beach to woodland trails, some hills with scenic views of Cape Cod Bay. From Rt 6, L on Prince Valley Rd. Go to end. R on County Rd. Immed. L on Ryder Beach Rd. Park at End. Meet 9:45am. 2 hrs. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Sat, May 16. Barnstable-Sandy Neck (B3B). Hike along barrier beach to trail 4, returning along marsh trail. Mostly soft sand. 4 hrs, bring lunch. Meet at 9:45am From Sandwich Rt. 6A across from Amari Restaurant turn north at Sandy Neck Rd. Follow to end, park in lower lot. L Elissa Crowley (508-362-5062, e.crowley@verizon.net)

Sun, May 17. Falmouth, Bourne Farm (C3C). Trails through open fields & woodlands at Bourne Farm, then down new bike path to Sippewissett Marsh. Meet 12:45 for 1:00 start. 2 hr hike. Rt 151 W to N. Falmouth. L at light to 28A. S for 2 miles. Parking lot on R at Bourne Farm. L Hilary Hunt (508-495-0439 8 am to 8 pm, hhunt@cape.com)

Sat, Jun. 6. Full Moon Hike: West Dennis Beach (C4C). Full Moon Hike: W Dennis Beach Ex 9A S onto Rt 134. Go straight, crossing 3 traffic lights. Continue straight across Rt 28 at lights, follow to end & turn

R on Lower County Rd. In 0.5 mile, turn L at sign for W. Dennis Beach. Meet 7:00pm at parking Lot near rotary. Less than 2 hrs. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net), CL Richard Kaiser

Mon, Jul. 6. Provincetown - Full Moon Hike - Snail Road Dunes (C3C). Meet at 6:45pm at Snail Rd trailhead on R side of Rt 6 east end of Ptown. Explore dunes, see dune shacks, bogs, & views. Hike 2 mi to ocean, picnic, photo sunset & moonrise. Hike will be on soft, hilly sand dunes. Bring snack and camera! Allow 2 hrs. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Wed, Aug. 5. Mashpee South Cape Beach (C3C). Full moon refreshment hike. Hike to view of Washburn Island, stop to enjoy beverage, cheese/crackers, which each bring for self and/or to share. From Mashpee rotary, take Great Neck Rd. S 2.7 mi, left on Great Oak Rd. Go 2.0 miles to L to town beach pkg. Meet at 6:45 pm 2 hours. L Gary Miller (508-540-1857, Garymaxx@verizon.net)

Bike Rides

Chair – Joe Tavilla, 508-428-6887, bikingchair@amcsem.org

NOTE: Approved helmets, water bottles, & spare tires reqd. If start time & location aren't indicated, contact ride leader (L).

NOTE: for additional SEM bike rides, check *AMC Outdoors*, visit www.amcsem.org, or use the AMC online trip listing system: trips.outdoors.org (set Committee to "Biking" & Chapter to "Southeastern Mass"), or sign up for the SEM Short Notice list: www.amcsem.org.

BIKE RIDES! Full Moon & Tuesday afternoon/evening cycling (Paul Currier pbencurrier@hotmail.com, 508-833-2690)

Sat, Mar 21. First Day of Spring. Spring officially arrives at 13 min before midnight on Fri Mar 20. We'll all enjoy the 1st full day of a Cape Cod Spring Day from our bikes. Call ride L for start time, location. ~35miles. L Joe Tavilla (508-428-6887, silverski@earthlink.net)

Sat, Apr 18. Dartmouth Ride. So. Dartmouth Ride, 37 mi. Stop at couple nice beaches with nice farm scenery along the way. Mostly flat terrain. 10 am start. Call anytime. L Jack Jacobsen (508-353-3708, cyclejac51@yahoo.com)

Mon, May 4. Monday Night Rides. The days grow longer & the popular Mon & Thurs night rides make a welcome return. Start time is always 6:00 pm but the location varies throughout SE Mass. 20-25 miles. L Jack Jacobsen (508-353-3708, cyclejac51@yahoo.com)

Thu, May 7. Thursday Night Rides. The days grow longer & the popular Mon & Thurs night rides make a welcome return. Start time is always 6:00pm but location varies throughout SE Mass. 20-25 miles. L Jack Jacobsen (508-353-3708, cyclejac51@yahoo.com)

Mon, May 11. Monday Night Rides
Thu, May 14. Thursday Night Rides
Mon, May 18. Monday Night Rides
Thu, May 21. Thursday Night Rides
Mon, May 25. Monday Night Rides
Thu, May 28. Thursday Night Rides
(See May 4 and May 7)

Sat, May 30. Swansea, Dighton, Rehoboth Ride. Travel by scenic Taunton River then head toward rural farm country of Dighton & Rehoboth. Flat to rolling terrain. 10 am start. L Jack Jacobsen (508-353-3708, cyclejac51@yahoo.com)

Paddles

Chair: Bill Fischer, 508-420-4137, paddlingchair@amcsem.org

For info on SEM canoe & kayak trips, check *AMC Outdoors*, visit amcsem.org, use the online trip listing system: trips.outdoors.org, (set Committee to "canoe/kayak", set Chapter to "Southeastern Mass").

For Apr/May, a wet/dry suit is reqd!

Wed, Apr 1. Walker, Upper and Lower Mill Ponds. 10:30am. Walker Pond, Brewster. PUT-IN: Ex 10 off rt 6 S to the 4-way stop sign & R on Queen Anne Rd. R on Depot St at next 4-way stop sign. This becomes Slough Rd after crossing the Brewster Town line. Stay on the road for the put in on the right. L Bob Zani (508-430-1914, rcza@comcast.net)

Sat, Apr 4. Indian Lakes. 10:30. Indian Lakes, Marstons Mills. PUT-IN: Rt 6 ex 5 S on rt 149 to R at "Indian Lakes" sign on R, Mystic Rd right after cemetery. Meander down to R until reach put-in. LIMIT: Life vest reqd, spray skirt may be reqd depending on wind condition. LEVEL: 2. L Bill Fischer (508-420-4137, wmbarrabarafischer@comcast.net)

Wed, Apr 8. Lake Nippenicket and Town River, Bridgewater & W. Bridgewater. 10:30am. Lake Nippenicket & Town River, Bridgewater & W. Bridgewater. Explore a portion of the Hocomock Swamp, remote lake, marshes on Taunton River headwaters. Involves car shuttles. PUT-IN: Register with leader. L Art Hart (508-888-2847 9am-8pm, ajhart32@comcast.net)

Sat, Apr 11. Duxbury Bay South. 10:30am Nice long paddle of 11+ miles. PUT-IN: Duxbury Bay. N on Rt 3 to Ex 11 (Rt 14

east). After 0.5 miles bear right to stay on Rt 14. One mi after crossing Rt 3A make a left at "Tee" and an immediate R onto Powder Point Rd. Parking is on right just before Powder Point bridge. LIMIT: Life vest reqd spray skirt may be reqd. L Robert Zani (508-430-1914, rcza@comcast.net)

Wed, Apr 15. Monponsett Ponds & Stump Brook, Halifax. 10:30am Paddle a section of the Wampanoag Canoe Passage into Burrage Pond Wildlife Management Area. PUT-IN: Register with leader. LIMIT: Life vest reqd. L Art Hart (508-888-2847 9am-8pm, ajhart@comcast.net)

Sat, Apr 18. Mashpee-Wakely Pond. 10:30. PUT-IN: From rt 28 take rt 130 N 2 mi to R at "State Landing" sign. LIMIT: Life vests reqd. Skirts may be reqd depending on conditions. LEVEL: 2/3. L Bill Fischer (508-420-4137, wmbbararafischer@comcast.net)

Wed, Apr 22. Popponesset Bay, Mashpee. 10:30am Tides allow exploring many inlets in the area. Final destination depends on wind conditions. Stop mid-day for lunch. PUT-IN: Registration reqd, call for directions. LIMIT: Life vests & spray skirts reqd. L Louise Foster (508-420-7245)

Sat, Apr 25. Wellfleet Harbor, Wellfleet. 10:30am Trip dictated by the weather! Plan on ~10 miles. PUT-IN: W on Main St from rt 6 to L on Commercial St to far end of Public Beach parking lot. LIMIT: Life vest reqd. Spray skirt may be reqd. L Don Palladino (508-349-2950, djp1958@comcast.net)

Wed, Apr 29. Onset Bay. 10:30am. PUT-IN: From rt 25 ex 1 towards Onset. go to 2nd set of lights & turn L onto 6E/28S. Pass Walmart to right onto Main Ave. Go .2 mi to L onto Riverside Dr. Follow curve to beach, park on grass. LIMIT: Expect water temp below 50F so wet/dry suit reqd. PFD & spray skirt. All sea kayaks should have bulkheads/airbags front & rear. L Don Savino(508-295-4562,donaldsavino@comcast.net)

Sat, May 2. Oyster Pond, Oyster River, Stage Harbor, Mitchell River to M. 10:30am. Oyster Pond, Oyster River, Stage Harbor, Mitchell River to Mill Pond & return. PUT-IN: Ex 11 off rt 6, S on rt 137 to 4-way stop, L on Queen Anne, R where the sign says Downtown, R at next stop sign to rt 28, L on rt 28 to R at tlc light to R at Pond St where the put in is. LIMIT: Wearing of life jackets reqd. L Betty Hinkley(508-241-4782, bhinkley@mindspring.com)

Wed, May 6. Barnstable Harbor, Barnstable. 10:30am. Barnstable Harbor, Barnstable PUT-IN: Take ex 6 N off mid-cape highway (Rt 6) to Rt 6A. R on Rt 6A & go 1.5 miles to L onto Scudder Lane to town landing. LIMIT: Preregistration reqd. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat, May 9. Pamet Harbor, Truro. 10:30am PUT-IN: Rt 6 R at "Pamet Harbor" sign to R at end of ramp & R onto South Pamet Rd.with L & R onto Depot Rd to boat landing. Estimated launch fee \$5. LIMIT: Life vest reqd. Spray skirt may be reqd. L Don Palladino (508-349-2950, djp1958@comcast.net)

Wed, May 13. Fiddler's Cove, N Falmouth. 10:30am. Fiddler's Cove, N Falmouth. Leisurely 3 & #189; hr paddle on salt water harbors & cove. Lunch stop on sandy beach. PUT-IN: Rt 28 to W on rt 151, cross rt 28A onto County Rd, ~1 mi to launch site near Megansett Yacht Club LIMIT: Life vest reqd. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Sat, May 16. Bass River, Yarmouth south. 10:30. Bass River, Yarmouth south. Paddle can be from 8-12 miles depending on weather & desires of paddlers. PUT-IN: Ex 9 on rt 6 S on rt 134. Sharp R on Upper County Rd & bear L onto Highbanks to the Wilbur Park put in on the L just after crossing over Bass River. LIMIT: Life vest reqd. Spray skirts may be reqd. L Phyllis Evenden (508-563-6766, phyllisevenden@verizon.net)

Wed, May 20. Cotuit Bay. 10:30am. Cotuit Bay. Trip includes circumnavigating Grand Island in Osterville Via Coutiit Bay, N Bay & W Bay. Lunch on Dead Neck/Sampsons Island. PUT-IN: S on rt 149 to R on rt 28 to L on Putnam Ave (at lights), str onto Old Shore Rd to Town Landing. LIMIT: Life jacket reqd. Spray skirt may be reqd depending on conditions. Registration reqd. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat, May 23. Centerville River. 10:30 am. Centerville River & Scudder Bay & maybe Eaere possible prior to returning to the put in. PUT-IN: From Rt28 in Centerville take Old Stage S - it runs into Main St. Take to light on So. Main St. R on So. Main St. to Hayward Rd. L on Hayward Rd to put in. Park on S Main St. LIMIT: Life jackets reqd. Spray skirts may be reqd depending on conditions. L Mike Pigo-Cronin (508-771-3134, mpcro@verizon.net)

Wed, May 27. Weir River/Harbor Islands, Hingham. 10:30am. Weir River/Harbor Islands, Hingham PUT-IN: Rt.3 to ex 14. N

on rt.228 towards Hingham/Hull for ~6.5 miles. Take L onto rt.3A to Hingham Harbor rotary. Continue past rotary on 3A ~100 yds. to parking lot w/boat ramp. Park along beach. LIMIT: Life jackets reqd. Spray skirts may be reqd depending on conditions. L George Wey (781-789-8005, geowey@comcast.net)

Sat, May 30. Monk's Cove. 10:30am. Weather permitting cross over to Onset. Or, south to the end of Wings Neck. PUT-IN: Rt 28 S towards Falmouth R onto Barlows Landing Rd R onto Shore Rd. Stay on Shore Rd half mile look to your left for a small sign saying "Monks Cove" L to water.1 Parking permitted just east of the RR underpass. LIMIT: Life vest & spray skirt reqd. L Gifford Allen (508-563-3852, gifallen@verizon.net)

TRAIL WORK

Chair — Bill Ruel, 508-838-3841, trailschair@amcsem.org

Sat, May 9. Blue Hills Reservation - North Skyline Trail Work Event. Give back a little by helping maintain trails we all love. Work on a section of the N Skyline between Reservation HQ & Elliot Circle. Tools & training provided. L/R Ken Jones (508-697-0142 5-7pm Except Thurs, lotsoluck@comcast.net)

Tue, May 12. Borderland Tuesday Evening Trailwork. Come enjoy a walk in the woods & contribute by doing trailwork along the way. No experience or equipment reqd. We'll brush the trails to remove new growth & any blowdowns from the winter. Also picking up sticks, stones, & litter. L Bob Vogel (508-238-7732, hike_with_bob_v@comcast.net)

Fri, May 15-17. Lonesome Lake trail work. Our adopted trail! Possible stay at hut. Limit 10 people; reg by 3/30. L Lou Sikorsky (508-678-3984, hikinglou@charter.net), L Bill Ruel (508-838-3841, camperbill@yahoo.com).

Tue, May 19. Borderland Tuesday Evening Trailwork. See May 12.

Tue, May 26. Borderland Tues Evening Trailwork. See May 12.

Sat, Jun. 6. National Trails Day. Come help clean up one of our adopted trails in SE Mass. Myles Standish SF Bently Loop. Work for all ages! BBQ follows! Registration reqd. Meet at rangers station at 9:30am & work til done. L Lou Sikorsky (508-678-3984, hikinglou@charter.net), L Bill Ruel (508-838-3841, camperbill@yahoo.com)



Southeastern Massachusetts Chapter
APPALACHIAN MOUNTAIN CLUB
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Permit No. 511

CONSERVATION CORNER

by Fred Yost, Conservation Chair

Earth Day, April 22, is a wonderful celebration of this planet. After a long cold winter, what could be better than some spring-cleaning outside in the fresh air and sunshine! You can join one of many local clean up efforts to celebrate. Ask at your town offices where the nearest parcel of town conservation land is and offer to pick up any trash in celebration of Earth Day. Many of you already use town conservation land for AMC activities like hikes, so this is a great way to let the town know that you appreciate land preservation. Another option is to join Bill Ruel and me for the Cape Cod Canal clean up on April 25. This is a very heavily used area, and you would be amazed at some of the things that Bill and I and a few friends picked up last year. Send me an e-mail if you're interested.

If you'd like to contribute in another way, check out these books:

Low Carbon Diet: A 30-Day Program to Lose 5000 Pounds--Be Part of the Global Warming Solution! by David Gershon.
50 Simple Things You Can Do to Save the Earth by The Earthworks Group.

Email Conservation Chair:
conservationchair@amcsem.org



*The Southeast Breeze is printed on
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The Southeast Breeze

The newsletter of the Appalachian Mountain Club, Southeastern Massachusetts Chapter
Summer 2009 — June, July, & August

View from the Chair

By Wayne Anderson, Chapter Chair



Hey you! Yes you! I see you there, still sitting on the sofa. Don't you know that summer is here? The weather is great. Get outside! Don't just be an arm chair AMC member — you're missing all the fun. The rest of us are out hiking, biking, and paddling. And we'd love to have you come join us!

We want "No Child Left Inside", but we also want "No Adult Left Inside" either!

We have lots of activities all summer long. Check our website (amcsem.org) for chapter-wide activities. We had a great time at our Spring Bash. And we have our Summer Picnic coming up in July and our Chapter Hut Night coming up in September.

Check out our short notice Yahoo email list for spontaneous fun. Go to amcsem.org and sign up for emailings. Fun activities will magically appear in your email in-box.

Look for Trip Listings at trips.outdoors.org for pre-planned fun. You can search for hikes, bikes, paddles, backpacks, education — or whatever! Our AMC trip leaders have been busy planning and organizing outdoor fun for you.

We had a Family Camping Workshop this spring where we taught families how to car camp. And then we had our first Family Camping Event where families actually tried it out. This summer, we'll have more Family Camping.

We have a special hike set up for Grandparents and Grandkids in June. There are beginner hikes planned for those just starting out. We have our new Discover Nature series—we've already spied a Bald Eagle nest in Lakeville! And we'll have some fun and educational conservation activities: whale watching and seal watching. Don't forget there are always the summer Trail Work events where we "Get Out. Get Dirty. Give back."

We are always investing in education and training. This spring we had a workshop to train more leaders, another to train hikers for the Summer Hiking Series, and yet another to teach beginners how to backpack. We were getting ready for summer fun!

Don't forget our usual summer local hikes, New Hampshire 4000-footer hikes, bikes, and paddles — usually one of each running every weekend! Some of us are always out having fun and never get our backpack put away. It lives by the front door in the living room. The bike never makes it back onto its hooks. And the kayak lives on top of the car always ready for a spontaneous paddle.

So, get off the sofa and let's see you out on the trails, the roads, or the waterways. Use your AMC membership and come join us for some outdoor fun and exercise. Let no adult be left inside this summer!



Spring 2009 Events Calendar

SEM Board Meetings (7:00 pm)

June	(no meeting)
July	(no meeting)
Aug 12	Bourne Community Center
Sep 09	UU Church, Main St, Middleboro

Hike Planning Meetings (7:00 pm)

Jun 03	UU Church, Main St, Middleboro
Sep 02	UU Church, Main St, Middleboro

SEM Short Notice E-Mail Trip List — Find out about late-breaking chapter activities not appearing in the *Breeze*, the *amc outdoors*, or the online trip listings. Visit www.amcsem.org to sign up (scroll to the bottom).

Where can I find AMC SEM activities?

1. *Breeze* (arrives in your mailbox, or electronically)
2. *amc outdoors* magazine (arrives in your mailbox)
3. Online trip listings (trips.outdoors.org)
4. SEM short notice email list (www.amcsem.org)

FALL BREEZE DEADLINES (covers Sep, Oct, Nov)

Jul. 7	trip listings
Jul. 15	articles, pictures

AMC ACTIVITY PARTICIPATION POLICY

AMC encourages involvement in its mission and activities through its membership, programs, policies, and procedures. Our goal is to be a community that is comfortable, inviting, and accessible for people of any age, gender, race, religion, ethnicity, ability, sexual orientation, or socioeconomic status.

Some AMC programs are designed for a certain age range of members or for a special activity or topic. However, any person who meets the minimum qualifications (age, skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available. Individuals under 18 must be accompanied by a responsible adult.

All participants in AMC activities are required to sign the AMC waiver form provided by the leader. You may preview this waiver form on the chapter website at

www.amcsem.org/pdf/Volunteer_release_memo.pdf.

The Appalachian Mountain Club Southeastern Massachusetts Chapter

The chapter includes ~3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.

2009 EXECUTIVE BOARD & VICE CHAIRS

Chapter Chair	Wayne Anderson, chair@amcsem.org 508-697-5289
Vice Chapter Chair	Claire Goode, vicechair@amcsem.org 508-759-7362
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Secretary	Susan Salmon, secretary@amcsem.org 508-285-2440
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Canoe/Kayak	Bill Fischer, paddlingchair@amcsem.org 508-420-4137
Cape Hiking	John Gould, capehikingchair@amcsem.org 508-540-5779
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Trails	Bill Ruel, trailschair@amcsem.org 508-838-3841
Webmaster	Scott Haigh, webmaster@amcsem.org 617-510-7400

The Southeast Breeze, the newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published 4 times a year as a service to the chapter's members. SEM members are encouraged to submit letters, articles, photos, and artwork; materials for publication (space permitting) cannot be returned unless accompanied by SASE. Please mail to: Cheryl Lathrop, 17 Robert St., Walpole, MA 02081. Digital submissions are preferred; please e-mail to: communicationschair@amcsem.org. Articles will be edited for length, typographical errors, and clarity.

Editor: Cheryl Lathrop
Asst. Editor: Ann McSweeney

HAVE YOU MOVED? Please send your change of address information to: AMC, 5 Joy St. Boston, MA 02108. Or access the **Member Center** at www.outdoors.org/membercenter.

NON-SEM AMC MEMBERS who wish to receive the quarterly *Southeast Breeze* newsletter should send a \$10 check made out to "AMC SEM" to: Leslie Carson, ATT: Non-Member Breeze Subscription, 64 Mill Road, East Sandwich, MA 02537. Please provide your mailing address if it's not on the check.

OUR "EVERY WEEK" HIKES



THURSDAY EVENING HIKERS



TUESDAY MORNING HIKERS



THURSDAY MORNING HIKERS



Red Line the Blue Hills

On March 25, 2009, [Walt Granda](#) was the first to finish blue-lining the Blue Hills! He has done every trail twice!

Check out all the Red Line the Blue Hills finishers at our new website address:
amcsem.org/RLBHWS/index.htm.

Activity Digest — Get chapter activities sent to your email inbox -- AMC's new online activity digest allows members to sign up for an email summary of upcoming chapter activities. Members can select chapters, committees, activities, and regions of interest. Sign up through the AMC Member Center at www.outdoors.org/membercenter.

AMC Outdoors changes in submission deadlines — As part of its transition to 6 issues per year, deadlines and requirements will change starting with the September/October issue, a new double issue. Trip leaders can find a complete Q&A at www.outdoors.org/volunteers/forms/.



BIKE NEWS

MILEAGE as of 3/31/09

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GO ELECTRONIC! As part of the AMC's mission to encourage conservation, we're asking all our SEM Members to elect to receive our quarterly newsletter, *The Breeze*, electronically. You can do this by selecting it in the "Edit Chapter Newsletter Preferences" section under Member Center at www.outdoors.org.

If you elect this option, you'll receive an email from "AMC Southeastern Massachusetts Chapter" containing a link to the newsletter. You'll get the electronic newsletter much earlier than waiting for the paper newsletter in the mail.

READING LIST

Water is something we just cannot live without. We drink it, bathe in it, swim in it, and paddle and fish in it. Water is used in industry and agriculture and water power is used to generate electricity. There is much more that we can learn about water in Alice Outwater's fascinating book *Water: A Natural History*. Ms. Outwater presents a history of the water resources of this country, including one chapter in which Boston plays a leading role. She takes us through the natural cycle of water as it moves through our northern forests and as it used to move through southeastern Massachusetts. Learn more about this important resource. Then look into your local watershed association and become an active member.

If you plan to visit northern New England this summer and are interested in learning more about bogs, forests, krummholz, and alpine areas, Peter Marchand's book *North Woods* is an excellent read. Marchand is a college professor in Vermont and got the idea for this book after many conversations with hikers. It is a great introduction to northern forests and includes some plant identification. This is a wonderful book for anyone with a budding interest and also for folks who are long-time naturalists.

MOUNTAIN LEADERSHIP SCHOOL (MLS)

Mountain Leadership School is a 5-day leadership training program, based out of the AMC Highland Center in Crawford Notch, NH. Senior volunteer instructors, facilitate groups through hands-on experience and skill development in trip planning, accident scene management, personal leadership skills development, managing difficult group dynamics, Leave No Trace, map & compass skills and safe wilderness travel.

June 17 - 21, 2009 (Jun 15-21 with WFA)
August 12-16, 2009 (Aug 10-16 with WFA)

All active AMC leaders can apply for a limited number of scholarships of \$150. Please contact mlsinstructor@gmail.com or Jess Wilson at jwilson@outdoors.org.

***** Join AMC on Facebook ! *****



I was lost in the woods... Until a map and compass saved me!



by Ann McSweeney

Last July I was the co-leader on a Red-Line-the-Blue-Hills hike. At one point we climbed an obscure trail to a granite hilltop where all signs of the trail disappeared. I sent people in different directions looking for the trail with no luck. Now what? Finally our leader took out her map and compass and pointed us in a direction. She said “Walk this way and the trail will show up.” About 50 yards later it did. I was so impressed. I wanted to learn how she did that.

In September I signed up for the New Hampshire Chapter’s Map and Compass Weekend. It was a two-day weekend of classroom instruction and practice followed by bushwhacking two small trail-less mountains using only a map and compass. In a very short time I learned a critical skill. Being able to use a map to set a bearing, hiking on that bearing, and arriving at my destination has given me a great deal of confidence in the woods. (This is what I saw my leader do that July day on the granite hilltop.)

In January, a group of us Red Liners participated in the New Hampshire Chapter’s Intermediate Snowshoe Weekend at Cardigan Lodge. This was a three-day workshop that began with classroom instruction on Friday night. When we weren’t snowshoeing, we were inside learning. In addition to essential survival instruction, we practiced map and compass skills. On Sunday we spent a very successful day bushwhacking through beautiful snow and arriving dead-on at our destination.

Learning to read a map and use a compass is a great skill. You don’t have to drive to New Hampshire to do it. Don’t wait. Sign up for our own SEM Chapter Workshop and you won’t get lost in the woods this summer!

Our Critical Treasure: Myles Standish State Forest



Join SEM members on June 6 from 9:30am-3:00pm for the introduction of Myles Standish State Forest as a Critical Treasure of Southern New England. Myles Standish SF contains ecologically significant kettle ponds and one of the largest pitch pine/scrub oak forests in New England. It is the largest recreation area in southeast Massachusetts, with

opportunities for hiking, biking, paddling, camping, and picnicking. Please come celebrate this wonderful property and learn how to help protect it.

June 6 is also National Trails Day, so join the team and help maintain the 13 miles of trails, including the Bentley Loop which is named after SEM member Bob Bentley. Register for trail work (see the trip listing under Trail Work). Further details about this Critical Treasure Event will be posted on the SEM web site and on the short notice list. Or e-mail conservationchair@amcsem.org.

The North-South Trail

by Fred Wason



The North-South Trail is a 77-mile premiere hiking, equestrian, and mountain biking trail. The trail winds along the western edge of Rhode Island following footpaths, abandoned forest roads, and paved backcountry roads. This latest addition to the region's trail system was established in the early 1990's. The North-South Trail begins on the shores of the Atlantic at East Beach in Charlestown, RI. It passes through forests and swamps, over boulder-covered hills, and by old farms on its journey north. The North-South trail ends in Douglas, MA where it joins the Mid-State Trail. This trail is for those who enjoy full-day hikes, covering from 8-10 miles, and who want to explore reforested farm land with its reminders of days gone by. On the trail you will pass old cellar holes, climb over stone walls, and enjoy the rolling panorama of southern New England from open hilltops. (Sorry, no four-thousand footers here!) Many of the forested paths are trails used by the Indians of this region many years ago. The North-South Trail offers an opportunity to explore a new region that is within a couple of hours drive from southeastern Massachusetts. Twenty-seven of its trail miles are on paved backcountry roads that are scenic and not highly traveled. There is no camping on the trail, but campgrounds and motels are available within a short distance of the trail heads.

Short-notice AMC SEM day hikes will be offered during the coming seasons in an attempt to complete the entire length of this trail over the next year or so. Watch for upcoming information on exploring the North-South Trail and visit mysite.verizon.net/fmwason for all the necessary information on these hikes.

NEW BOOKS AVAILABLE:

Discover Martha's Vineyard, by Lee Sinai
Discover Cape Cod, by Michael O'Connor
Massachusetts Trail Guide, 9th Edition, by John S. Burk



**Go Paperless! Get
The Breeze
Electronically!**



Discovering Nature Are you jealous when your hiking companions know the different species of trees? Do you wish you knew the names of the flowers you see? Or what bird just flew by? Well, there's hope! Check out SEM's weekly Discovering Nature series this summer.

Mt. Kilimanjaro Climbs and
Wildlife Safaris in Tanzania

SERENGETI PRIDE
SAFARIS

DIRECTOR
Erika Bloom
508-951-1001

erika@serengetipridesafaris.com
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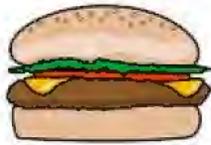
Ken Jones
Office Phone: 617-224-6850

Website: www.adventuretripguides.com
E-Mail: adventuretripguides@comcast.net

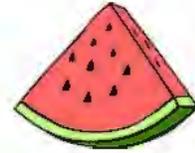
PAID ADVERTISEMENT

The Breeze accepts paid advertisements for activities that support the mission of the AMC. Please see www.amcsem.org/comms.html for ad policy.

Don't Miss the SEM Chapter Summer Picnic!



July 25, 2009, 10:00am–4:00 pm
Lloyd Center for Environmental Studies
450 Potomska Rd., So. Dartmouth, MA



Morning activities will include your choice of:

Nature walk
Canoe/kayak paddle
Bike rides (short and long)
Hike

...followed by lots of good eatin' beginning at around 1:00 pm with our *partial-pot-luck* lunch

...and our *Third Annual Cherry Pit Spitting Contest*...

The Chapter will provide hamburgers, veggie burgers, soft drinks, watermelon (and cherries). Participants should supply the side dishes and salad. (If your last name begins with A-I, please bring side dishes; if J-R, please bring salad; if S-Z, please bring dessert.) Please be sure to drop off your food at the kitchen prior to the start of activities.

And don't forget the sun, fun, and camaraderie of getting together with your friendly, like-minded fellow SEMers! All this for just \$5.00 pp for individual adults, or \$10.00 per family.

To register, please contact Fred Yost at 508-699-9305 (conservationchair@amcsem.org) or Claire Goode at 508-759-7362 (ctgoode@comcast.net). Directions at www.lloydcenter.org. Please bring your camp chairs as last year we were near capacity with over forty people.



June 6 — National Trails Day

Get out. Get dirty. Give back. Join the whole nation in a day of service to our trails. Check chapter event listings for local trail work events at: trips.outdoors.org. (In Southeast MA we'll be at Myles Standish State Forest working on the Bentley loop. There is work for all ages. Barbecue follows!)

NEW SEM WEBSITE COMMITTEE: Keep an eye on our AMC SEM website over the next few months! Our new Website Committee is taking charge of updating the content and design. Send your ideas to billpellegrini@yahoo.com.

CHAPTER ACTIVITIES

Newcomer Activities

Easy Sunday Hike: 6/7

Family Activities

Grand/parent/child hike: 6/27

Fish Hatchery Tour: 7/18

Family Camping: 7/24

Save the Date

WFA Course: Sep. 12-13

Chapter Hut: Sep. 17-20

Fall Gathering: Oct. 16-18

Annual Meeting: Nov. 7

HIKING / BACKPACKING

Chair – Jim Plouffe, 508-562-0051,
hikingchair@amcsem.org

Vice Chair — Chris Pellegrini, 508-406-5319, hikingvicechair@amcsem.org

IMPORTANT: Hikers unsure of their ability should try only 1 level more difficult than previously completed. No pets without permission of trip Leader. Registration required for most trips. Hiking boots strongly recommended. For additional info or to register, contact the trip Registrar (R), Leader (L) or co-Leader (CL). Trip updates available at trips.outdoors.org. Sign up for the SEM Short Notice E-Mail Trip List at www.amcsem.org.

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

Tue., Jun. 2. Tuesday Morning Blue Hills Hike (B2B). Great exercise hiking steep rocky hills; moderately fast pace. 7 AM start. Hiking boots required. L Erika Bloom (508-951-1001 before 9 pm, erika.bloom@comcast.net)

Thu., Jun. 4. Red Line the Blue Hills (C3C). Red Line the Blue Hills (RLBH) Hiking Series - the fourth year! Join us on Thursday evenings after work (approx. 6-8:00pm) as we continue our project of trying to hike every trail in the Blue Hills Reservation (Metro Boston). We'll "red line" our maps as we go. Contact registrar for one-time registration, then it is show-and-go. Locations vary each week. L Cheryl Lathrop, L Joe Keogh, R Linda Glynn (508-496-4009, lg1710@110.net)

Sun., Jun. 7. Easy Sunday Afternoon Hike, Borderland State Park (C4C). Leisurely 3-hour late spring hike through

woods, around pond. Flowers blooming, birds singing. Bring water, snack, \$2 parking. L Cheryl Lathrop, CL/R Claire Goode (508-759-7362 5-9:00pm, ctgoode@comcast.net)

Tue., Jun. 9. Tuesday Morning Blue Hills Hike (B2B). See 6/2

Thu., Jun. 11. Red Line the Blue Hills (C3C). See 6/4.

Sat., Jun. 13-14. Beginner Backpack #1 (AA3C). Beginner Backpack, Dry River Trail, White Mountains, NH. 12-14 miles round trip. Limit of 10. L Fred Wason, L Leslie Carson, L Dexter Robinson, R Fred Wason (508-699-7635 6:30 pm - 9:30 pm, fmwason@verizon.net)

Tue., Jun. 16. Tuesday Morning Blue Hills Hike (B2B). See 6/2.

Thu., Jun. 18. Red Line the Blue Hills (C3C). See 6/4.

Sat., Jun. 20. Summer Series Hike #1, Mt Tom, MA (B3C). Join us for our annual Summer Series Hikes. This is the first of four hikes in NH and MA. L Jim Plouffe, L Fred Wason, R Jim Plouffe (508-586-1394, hikingchair@amcsem.org)

Thu., Jun. 25. Red Line the Blue Hills (C3C). See 6/4.

Sat., Jun. 27. Mt. Eisenhower (B3B). A classic hike via the Edmands Path to the summit. If we time it right we may be able to enjoy the alpine flowers. Map and compass instruction will be done as part of the hike. Participants must bring a compass. Group size limited to 10. L Dexter Robinson, CL Peter Sharpe, R Dexter Robinson (781-294-8840 7 - 9pm, dexsue@comcast.net)

Sat., Jun. 27. Parent/Grandparent Family Hike (C4D). Join us for a family hike at Blue Hills. All ages are welcome. Hike will be 2-4 hrs. L Chris Pellegrini, L Bill Pellegrini, L Jim Plouffe, R Wayne Anderson (508-697-5289 6-9, wanderson@mxcsi.com)

Tue., Jun. 30-Jul. 3. White Mountain Hut to Hut Trek (B3B). Join us as we trek across Franconia, Garfield and Zealand Ridges while enjoying lodging and meals at the AMC Greenleaf, Galehead and Zealand White Mountain Huts. Our trek will cover more than 20 miles over rugged terrain while enjoying

magnificent and unique scenery. This strenuous trip is not for beginners. Approximate trip cost is \$240. Trip rating B3B. L Ken Jones, L Leslie Carson, R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, 508-697-0142 5-7 PM - Except Thursdays, lotsoluck@comcast.net)

Thu., Jul. 2. Red Line the Blue Hills (C3C). See 6/4

Thu., Jul. 9. Red Line the Blue Hills (C3C). See 6/4.

Sat., Jul. 11. Summer Series Hike #2, Mt Tom, NH (B3B). Join us for our annual Summer Series Hikes. This is the second of four hikes in NH and MA. L Jim Plouffe, L Wayne Anderson, CL Len Ulbricht, R Jim Plouffe (508-586-1394, hikingchair@amcsem.org)

Tue., Jul. 14. Tues Morning Blue Hills Hike (B2B). See 6/2.

Thu., Jul. 16. Red Line the Blue Hills (C3C). See 6/4.

Fri., Jul. 17-19. Beginner Backpack #2 (AA3B). Three day beginner backpack, traversing an 18 mile section of "Monadnock Sunapee Greenway Trail". Limit 10 backpackers. L Fred Wason, L Leslie Carson, R Fred Wason (508-699-7635 6:30 pm - 9:30 pm, fmwason@verizon.net)

Tue., Jul. 21. Tues Morning Blue Hills Hike (B2B). See 6/2.

Thu., Jul. 23. Red Line the Blue Hills (C3C). See 6/4.

Fri., Jul. 24-26. Family Camping Series Campout. Come camp in the White Mountains. All are welcome. L Mike Woessner, R Mike Woessner (12 Bradley Ln., Westford, MA 01886, 508-577-4879, Stridermw@hotmail.com)

Sat., Jul. 25. Mt. Passaconaway (A3B). A 10 mile exploratory loop hike over Mt. Wonalancet to this graceful 4000 footer returning via the Dacey Mills trail. L Dexter Robinson, CL Chris & Bill Pellegrini, R Chris Pellegrini (508-406-5319 6-9 pm, chrispellegrini@yahoo.com)

Tue., Jul. 28. Tues Morning Blue Hills Hike (B2B). See 6/2.

Thu., Jul. 30. Red Line the Blue Hills (C3C). See 6/4.

Tue., Aug. 4. Tuesday Morning Blue Hills Hike (B2B). See 6/2.

Thu., Aug. 6. Red Line the Blue Hills (C3C). See 6/4.

Sat., Aug. 8. Summer Series Hike #3, Mt Moosilauke, NH (B3B). Join us for our annual Summer Series Hikes. This is the third of four hikes in NH and MA. L Jim Plouffe, L Dexter Robinson , L Ken Jones, CL Walt Granda, CL Peter Sharp , R Jim Plouffe (508-586-1394, hikingchair@amcsem.org)

Tue., Aug. 11. Tuesday Morning Blue Hills Hike (B2B). See 6/2.

Thu., Aug. 13. Red Line the Blue Hills (C3C). See 6/4.

Tue., Aug. 18. Tuesday Morning Blue Hills Hike (B2B). See 6/2.

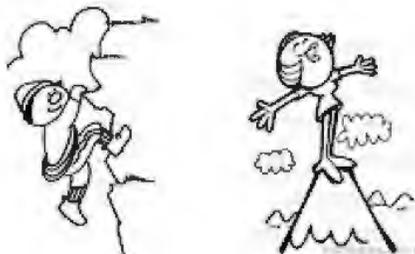
Thu., Aug. 20. Red Line the Blue Hills (C3C). See 6/4.

Tue., Aug. 25. Tuesday Morning Blue Hills Hike (B2B). See 6/2.

Thu., Aug. 27. Red Line the Blue Hills (C3C). See 6/4.

Sat., Aug. 29-30. Summer Hike Series #4, MT Greylock, MA (A3B). Join us for our annual Summer Series Hikes. This is the fourth of four hikes in NH and MA. L Jim Plouffe, R Jim Plouffe (508-586-1394, hikingchair@amcsem.org)

Thu., Sep. 3. Red Line the Blue Hills (C3C). See 6/4.



CAPE COD HIKES

Chair: John Gould, 508-540-5779, capehikingchair@amcsem.org.

Vice Chair: Pat Sarantis, 508-430-9965, capehikingvicechair@amcsem.org.

Most Cape Hikes are "Show & Go." For additional info, contact trip Leader/Co-Leader (L/CL) or visit trips.outdoors.org. (Set Committee to "Cape Hikes.")

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

Sat., Jun. 6. Full Moon Hike: West Dennis Beach (C4C). Full Moon Hike: West Dennis Beach Exit 9A South onto Rte 134. Go straight, crossing 3 traffic lights. Continue straight across Rte 28 at lights, follow to end and turn Right on Lower County Rd. In 0.5 mile, turn left at sign for West Dennis Beach. Meet 7:00 p.m. at parking Lot near rotary. Less than 2 hours. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net), CL Richard Kaiser

Mon., Jul. 6. Provincetown - Full Moon Hike - Snail Road Dunes (C3C). Meet at 6:45 p.m. at Snail Road trailhead on R side of Route 6 east end of Ptown. Explore dunes, see dune shacks, bogs, and views. Hike 2 miles to the ocean, picnic, photo the sunset and moonrise. Hike will be on soft, hilly sand dunes. Bring snack and camera! Allow 2 hrs. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Wed., Aug. 5. Mashpee South Cape Beach (C3C). Full moon refreshment hike. Hike to view of Washburn Island, stop to enjoy a beverage, cheese/crackers, which each bring for self and/or to share. From Mashpee rotary, take Great Neck Rd. S 2.7 mi, left on Great Oak Rd. Go 2.0 miles to L to town beach pkg. Meet at 6:45 p.m. 2 hours. L Gary Miller (508-540-1857, Garymaxx@verizon.net)



BIKE RIDES

Chair – Joe Tavilla, 508-428-6887, bikingchair@amcsem.org

NOTE: Approved helmets, water bottles, & spare tires reqd. If start time & location aren't indicated, contact ride leader (L).

NOTE: for additional SEM bike rides, check *AMC Outdoors*, visit www.amcsem.org, or use the AMC online trip listing system: trips.outdoors.org (set Committee to "Biking" & Chapter to "Southeastern Mass"), or sign up for the SEM Short Notice list: www.amcsem.org.

Bike Ride Ratings		
Miles	Pace/MPH	Terrain
AA = 50+	1 = 17+	A = Very Hilly
A = 35-50	2 = 13-16	B = Hilly
B = 25-35	3 = 11-13	C = Rolling
C = <25	4 = up to 11	D = Flat

Mon., Jun. 1. Monday Night Rides. Easy paced rides at various locations in Southeastern MA. 20-24 miles. Start Time - 6:00PM. L Jack Jacobsen (508-353 3708 8:00AM-7:00PM, cyclejac51@yahoo.com)

Tue., Jun. 2. Tuesday Night Rides. Easy paced rides at various locations on Cape Cod. Distance: 20-24 miles. Start Time: Between 5:00PM - 6:00PM. L Joe Tavilla (508-450-1934 8:00AM-8:00PM, silverski@earthlink.net)

Thu., Jun. 4. Thursday Night Rides. Easy paced rides at various locations in Southeast MA. Distance: 20-24 miles. Start Time: 6:00PM. L Jack Jacobsen (508-353-3708 8:00AM-7:00PM, cyclejac51@yahoo.com)

Sun., Jun. 7. Full Strawberry Moon Ride. Sagamore to Buzzards Bay. Sunset over Onset Bay - Moonrise over Plymouth Bay. See MassMaritime, Energy/Trash Trains. L Paul Currier (508-833-2690 8:00AM-7:00PM, pbencurrier@hotmail.com)

Mon., Jun. 8. Mon Night Rides. See 6/1.

Tue., Jun. 9. Tues Night Rides. See 6/2.

Thu., Jun. 11. Thurs Night Rides. See 6/4.

Sat., Jun. 13. Cranberry Country Ride. Nice ride on quiet backroads of Carver, Rochester, Middleboro, Lakeville. Bogs, lakes, scenery. Lunch stop Eastover Farm.

L Jack Jacobsen (508-353-3708 8:00AM-7:00PM, cyclejac51@yahoo.com)

Sun., Jun. 14. Plymouth Ride.
Chiltonville area of Plymouth, Eel river, Plymouth Beach, Plimouth Plantation, "the Pine Hills"-mostly quiet roads. Group pace, dropping nobody. L Jon Fortier (jfortier@cyber-dynamic.com)

Mon., Jun. 15. Monday Night Rides.
See 6/1.

Tue., Jun. 16. Tuesday Night Rides.
See 6/2.

Thu., Jun. 18. Thurs Night Rides.
See 6/4.

Mon., Jun. 22. Mon Night Rides.
See 6/1.

Tue., Jun. 23. Tues Night Rides.
See 6/2.

Thu., Jun. 25. Thurs Night Rides.
See 6/4.

Sat., Jun. 27. Mashnee Island Ride. One of our best Cape rides. Lots of waterviews and an On-The-Water lunch stop. L Joe Tavilla (508-450-1934 8:00AM-7:00PM, silverski@earthlink.net)

Tue., Jun. 30. Tuesday Night Rides.
See 6/2.

Mon., Jul. 6. Monday Night Rides.
See 6/1.

Tue., Jul. 7. Tuesday Night Rides.
See 6/2.

Tue., Jul. 7. Full Buck Moon and Eclipse Ride. Ride the Canal, Gray Gables, Mashnee Island. Moonrise on Buzzards Bay. Sunset at Sagamore. Intermediate pace, 22+/- miles. L Paul Currier (508-833-2690 8:00AM-7:00PM, pbencurrier@hotmail.com)

Thu., Jul. 9. Thursday Night Rides.
See 6/4.

Sat., Jul. 11. Mid Summer Biker's Dream. We'll ride but we'll also have a scenic lunch stop and an ice cream break. L Joe Tavilla (508-450-1934 8:00AM-7:00PM, silverski@earthlink.net)

Mon., Jul. 13. Monday Night Rides.
See 6/1.

Tue., Jul. 14. Tuesday Night Rides.
See 6/2.

Thu., Jul. 16. Thursday Night Rides.
See 6/4.

Mon., Jul. 20. Monday Night Rides.
See 6/1.

Tue., Jul. 21. Tuesday Night Rides.
See 6/2.

Thu., Jul. 23. Thursday Night Rides.
See 6/4.

Tue., Jul. 28. Tuesday Night Rides.
See 6/2.

Thu., Jul. 30. Thursday Night Rides.
See 6/4.

Mon., Aug. 3. Monday Night Rides.
See 6/1.

Tue., Aug. 4. Tuesday Night Rides.
See 6/2.

Wed., Aug. 5. Full Sturgeon Moon and Eclipse Ride. Sagamore to Buzzards Bay. Sunset over Onset Bay - Moonrise over Plymouth Bay. See MassMaritime, Energy/Trash Trains. L Paul Currier (508-833-2690 8:00AM-7:00PM, pbencurrier@hotmail.com)

Sat., Aug. 8. Dighton Rock Ride. Cruise thru Freetown, Lakeville, Berkley. Visit mysterious Dighton Rock-add your opinion to the source of the ancient inscriptions. L Jack Jacobsen (508-353-3708 8:00AM-7:00PM, cyclejac51@yahoo.com)

Mon., Aug. 10. Monday Night Rides.
See 6/1.

Tue., Aug. 11. Tuesday Night Rides.
See 6/2.

Thu., Aug. 13. Thursday Night Rides.
See 6/4.

Sat., Aug. 15. Rock Harbor Ride. See two sides of the Cape, one ride. We'll visit Rock Harbor, National Seashore, lighthouses. Opportunity for photos, lunch, ice cream. L Joe Tavilla (508-450-1934 8:00AM-7:00PM, silverski@earthlink.net)

Mon., Aug. 17. Monday Night Rides.
See 6/1.

Tue., Aug. 18. Tuesday Night Rides.
See 6/2.

Thu., Aug. 20. Thursday Night Rides.
See 6/4.

Mon., Aug. 24. Monday Night Rides.

See 6/1.

Tue., Aug. 25. Tuesday Night Rides.
See 6/2.

Thu., Aug. 27. Thursday Night Rides.
See 6/4.

Mon., Aug. 31. Monday Night Rides.
See 6/1.

PADDLES

Chair: Bill Fischer, 508-420-4137,
paddlingchair@amcsem.org

For info on SEM canoe & kayak trips, check *AMC Outdoors*, visit amcsem.org, use the online trip listing system: trips.outdoors.org, (set Committee to "canoe/kayak", set Chapter to "Southeastern Mass").

Wed., Jun. 3. Herring River, Harwich. 10:30 Herring River, Harwich. Four (4) hour trip on Herring River up to East and West Reservoirs and return. Go to Nantucket Sound if time permits. Trip starts on Rt. 28 at Herring River Bridge in Harwich. Life jackets required. L Robert Zani (508-430-1914, rcza@comcast.net)

Sat., Jun. 6. Barnstable Harbor, Yarmouthport. 10:30 Barnstable Harbor, Yarmouthport. Take exit 8 N from Rte 6, cross Rte 6A, bear R onto Center Street at Cemetery and continue to the parking lot at end. Life vest required. Level 2/3. L Gifford Allen (508-563-3852, gifallen@verizon.net)

Wed., Jun. 10. Swan Pond River, Dennis. 10:30 Swan Pond River, Dennis. Clipper Lane off Upper County Road, Dennis. Life vest required. Level 2. L Jean Orser (508-362-0451, jeanorsers@aol.com)

Sat., Jun. 13. West Island, Fairhaven. 10:30 West Island, Fairhaven. From I 195 in Fairhaven, S on 240 to Scoticut Neck rd 2.7mi to L on Seaview st. Life vest and spray skirt required. L Don Savino (508-295-4562, donaldsavino@comcast.net)

Wed., Jun. 17. Lewis Bay, Yarmouth. Lewis Bay, Yarmouth. Take Berry Ave S off Rte 28, 0.7 miles, R onto Hampshire Ave, 100 yards to lot on L. Level 2/3. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Jun. 20. Wacquoit Bay, Falmouth. Wacquoit Bay, Falmouth. Mashpee Rotary Rt 28 W for 3.9 miles. L on White's Landing. Life vest required, spray skirt may be required depending on wind

conditions. Level 2/3. L Phyllis Evenden (508-563-6766, phyllis.evenden@gmail.com)

Wed., Jun. 24. n Harbor Outer Islands, Hull. Boston Harbor Outer Islands, Hull. Rte.3 exit 14.Nrte.228 aprox.6.5 miles L onto rte.3A to Hingham Harbor rotary. 1st. right onto Summer st.At 2nd. set of traffic lights L Geo. Washington blvd.to Nantasket ave./Main st.to Hull Gut.Aprox.dist.from rotary 7.5 miles. Level 3. L George Wey (781-789-8005, geowey@comcast.net)

Sat., Jun. 27. Bass River, Yarmouth. A nine mile paddle. rte 134 N exit 9 off US 6, L onto Access Road R onto Old Bass River Road. L onto Mayfair Road,L onto Follins Pond Road. Life vest required. Spray skirts may be required. L Paul Corriveau (508-362-0451, jeanorser@aol.com)

Wed., Jul. 1. Pleasant Bay, Chatham. Call or email for information. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Jul. 4. Herring River, Harwich. Herring River, Harwich. Four (4) hour trip on Herring River up to East and West Reservoirs and return. Trip starts on Rt. 28 at Herring River Bridge in Harwich. Wearing of life jackets required. Level: 2. L Robert Zani (508-430-1914, rcza@comcast.net)

Wed., Jul. 8. Nauset Marsh, Eastham. Nauset Marsh, Eastham. Plan on a nine plus mile paddle.Put-in: 1.5 mi N from the rte 6 Eastham rotary to Hemenway on the right. Life vests required. Spray skirts may be required. Level 3. L Joanne Snyder (508-240-6103, joannecarol@earthlink.net)

Sat., Jul. 11. Slocum River, Dartmouth. Slocum River, Dartmouth Put in: I-195 exit 12, S Faunce Corner Rd, cross rte 6 Old Westport Rd to Chase Rd, R on Russells Mills Rd to town park on L. Life vest required Level: 2/3. L Gifford Allen (508-563-3852, gifallen@verizon.net)

Wed., Jul. 15. Weweantic River, Wareham. Weweantic River, Wareham Put-in: From the Cape, rte 195 exit 20, reverse direction to visitor center and ramp. PFD and spay skirt required Level: 2/3. L Don Savino (508-295-4562, donaldsavino@comcast.net)

Sat., Jul. 18. Meetinghouse Pond, Orleans. Meetinghouse Pond, Orleans Put-in: From rte 28 E on Main St to R on Pochet Rd to R on Barley Neck Rd to town

landing on R. Life vest required. Level: 2/3. L Phyllis Evenden (508-563-6766, phyllis.evenden@gmail.com), CL Betty Hinkley (508-241-4782, bhinkley@mindspring.com)

Wed., Jul. 22. North River, Marshfield to Hanover. North River, Marshfield to Hanover. Put-in directions: Contact leader. Life vest required Level: 2/3. L Art Hart (508-888-2847, ajhart32@comcast.net)

Sat., Jul. 25. Mashpee River, Mashpee. Put in directions: Preregister for location. Spray skirts and life jackets are required. Level: 2/3. L Louise Foster` (508-420-7245)

Wed., Jul. 29. Herring River South, Harwich. Herring River, Harwich. Distance up to about 11 miles. Put-in: Park E. side Herring River bridge S. side of rte 28 Life vest required. Spray skirt may be required. Level: 2/3. L Robert Zani (508-430-1914, rcza@comcast.net)

Sat., Aug. 1. 10:30 Cotuit Bay. Cotuit Bay, call or email for information. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Aug. 5. Plymouth Harbor. 10:30 Plymouth Harbor. Put-in: N Rte. 3 Exit 6. R off ramp. L at lights onto 3A. R onto Nelson St to Playground Park. Life vest required, spray skirt may be required. L Robert Zani (508-430-1914, rcza@comcast.net)

Sat., Aug. 8. Leader's Choice. 10:30 Leader's Choice. Call or email for information. L Robert Zani (508-430-1914, rcza@comcast.net)

Wed., Aug. 12. 10:30 Onset Bay. Onset Bay. Put-in: Rt 25 exit 1 towards Onset. L onto 6E/28S. Pass Wallmart to right onto Main Ave. Go .2mi to left onto Riverside Dr. Follow curve to beach, park on grass. PFD and spray skirt. L Don Savino (508-295-4562, donaldsavino@comcast.net)

Sat., Aug. 15. 10:30 Lewis Bay, Yarmouth. Lewis Bay, Yarmouth. Put-in: Call or email for information. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Aug. 19. 10:00am East Branch, Westport River. Rte 195 to rte 88 (Hoursneck Beach) to 2nd traffic light (Old County Road), L and one mile to Head of Westport Village. R onto Drift Road just before the Westport River and park. Life vest required. L Haven Roosevelt (508-997-5160, havenesq@comcast.net)

Sat., Aug. 22. 10:30 Scorton Creek, B. Take exit 6 N off the mid-cape highway (Rte 6) to Rte 6A. R on Rte 6A and go 1.5 miles to L onto Scudder Lane to town landing. Life vest required, spray skirt may be required. L Robert Zani (508-430-1914, rcza@comcast.net)

Wed., Aug. 26. Allen's Pond, Dartmouth. Allen's Pond, Dartmouth, ten miles. Put-in: Route I-195 to Exit 12, cross Rte 6, S follow signs to Demarest Lloyd State Park. May be \$7.00 parking fee. Pfd, spray skirt, and flotation required. L Haven Roosevelt (508-636-0006, havenesq@comcast.net)

Sat., Aug. 29. 10:30 Walker, Upper Mil. rte 6 exit 10 N rte 124 L Tubman Rd L rte 6A L Stony Brook L Run Hill Rd put in on R. Life vests required.Level: 2. L Robert Zani (508-430-1914, rcza@comcast.net)

TRAIL WORK

Chair — Bill Ruel, 508-838-3841, trailschair@amcsem.org

GET OUT. GET DIRTY. GIVE BACK.

Sat., Jun. 6. National Trails Day. Come out and help clean up one of our adopted trails in Southeast Mass. We will be at Myles Standish State Forest working on the Bentley Loop. There is work for all ages. Barbecue to follow. Registration is required. We will meet at the rangers station at 9:30 a.m. and work till we get done. L Lou Sikorsky (508-678-3984, hikinglou@charter.net), L Bill Ruel (508-838-3841, camperbill@yahoo.com).

CONSERVATION

Chair — Fred Yost, 509-699-9305, conservationchair@amcsem.org

Sat., Jul. 18. Your Own Fish Hatchery Tour. Learn how the hatchery participates in the restoration of Atlantic Salmon and American Shad, see adult and young fish. Tour starts at 10:00 AM. We'll walk the hatcheries nature trail after the tour. This is a family friendly outing. L Fred Yost (508-699-9305 6-9 PM, fey_iam@hotmail.com)

CROSS COUNTRY SKI

Winter will be here before you know it...



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APPALACHIAN MOUNTAIN CLUB
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**Thank you for signing up for the
electronic version of The Breeze!**

**Read on for additional content for
electronic subscribers only!**

PLEASE RECYCLE YOUR BREEZE

CONSERVATION CORNER

by Fred Yost, Conservation Chair



To trash, recycle, or go electronic — that is the question!

What do you do with your old Breezes? Do you hoard them so you can read an old trip listing? Do you throw them in the trash after you've filled your calendar with cool conservation outings (or maybe hikes, bikes, or paddles). Or do you recycle them?

If all the Breezes were recycled each year, we could save more than 7 mature trees, almost 3000 gallons of water, 1700 kilowatt-hrs of electricity, almost 1 barrel of oil, and 1.25 cubic yards of solid waste annually. While recycling is a great option for limiting waste and conserving resources, there's another better option. You can go one step further and sign up for the electronic Breeze and eliminate the use of roughly 760 lbs. of paper each year. Think of the space you could save by putting your electronic Breeze on a flash drive or CD. You also get color pictures and more info. I like my paper copy also, but this is something that each of us can do to reduce our carbon footprint and limit the green house gas emissions that are creating global warming.

No trees were harmed in the writing of this Conservation Corner.



*The Southeast Breeze is printed on
100% recycled paper using
environmentally friendly ink.*

SWAP * BARTER * SELL * TRADE

HAVE OUTDOOR EQUIPMENT YOU NO LONGER WANT?

STARTING WITH THE FALL BREEZE,
THE ELECTRONIC BREEZE WILL PUBLISH FREE ADS FOR MEMBERS
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Send your ads to communicationschair@amcsem.org. Please put "BREEZE – SWAP" in the subject line.

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** SAMPLE TEXT ONLY **

NEWS FROM "JOY STREET"

The following items were sent to chapter newsletter editors from Joy Street — the AMC central office.

*****Get chapter activities sent to your email inbox** -- AMC's new online activity digest allows members to sign up for a weekly, bi-monthly, or monthly email summary of upcoming chapter activities and advance notice trips. Members can sign up for as many as three digests, and select chapters, committees, activities, and regions of interest. Members can sign up through the AMC Member Center at www.outdoors.org/membercenter.

*****Changes in submission deadlines for AMC Outdoors** -- As part of its transition to six issues per year, deadlines and requirements will change starting with the September/October issue, a new double issue. Trip leaders can find a complete Q&A at <http://www.outdoors.org/volunteers/forms/>

*****Save the date for Fall Gathering, October 16-18, 2009** -- Hosted by the Berkshire Chapter in Beckett, MA at Chimney Corners, Fall Gathering will feature outdoor recreation, committee meetings, and entertainment amidst the splendor of Berkshire fall foliage. Updates will be available at <http://amcberkshire.org/>.

*****Check out AMC's top 10 spring mountain flower hikes on White Mountain Guide Online** -- White Mountain Guide Online subscribers can access the Top 10 Spring Mountain Flower Hikes, selected by AMC staff naturalists. Not a subscriber yet? You can sample this content when you sign up for a FREE 14-day trial subscription. The White Mountain Guide Online combines expert descriptions of over 500 trails and detailed maps in an online format that is easy to use and continually updated as conditions change. Post your own photos and trip and trail reports, and share them as part of our free online community. You can also take a virtual tour of your hike using 3D Google Earth satellite images! Get started today with a FREE 14-Day trial.

Visit: www.outdoors.org/wmgonline. An annual subscription is just \$15 (\$12 for AMC members).

*****Stay 4 nights, get the 5th free at AMC Huts & Lodges** -- A hut-to-hut hiking trip or vacation in the heart of the Maine Woods are among the most unique getaways in the U.S. It's easy to make exciting adventures like these a reality with savings of up to 20% when you stay five nights or more at any combination of AMC Huts or Lodges this summer. Discounted pricing has been extended to include all child rates, as well as private and family rooms at the Highland Center, Joe Dodge Lodge, and Cardigan Lodge in New Hampshire, plus private cabins at AMC's Maine Wilderness Lodges. These rates are available Sunday-Friday.

Visit www.outdoors.org/summerguide for more information.

*****Planning your summer family vacation? AMC family camps and teen adventures offer closer-to-home getaways** -- Created especially for families with kids ages 5 and up, AMC's Family Adventure Camps are based at AMC lodges in the White Mountains, NH, Lakes Region, NH, and the Maine Woods. AMC's expert staff will lead a full range of programs, including hiking, paddling, fly fishing, hands-on nature studies, and much more. Camps are all-inclusive, offering families the best value while making planning easy. New for 2009 - kids ages 5 and up are welcome at all camps, plus more hut overnight and special teen options. Learn more at www.outdoors.org/summerguide.

Just for teens ages 12 to 18, AMC's Teen Wilderness Adventures offer more than 30 outdoor adventures in the White Mountains and Lakes Regions of New Hampshire, as well as in Acadia National Park and western Maine. Summer trips range in length from 5 to 23 days, and many of them combine different outdoor activities such as backpacking, canoeing, kayaking, mountain biking, and rock climbing. New programs for 2009 include nature photography, 4,000-footer backpacking, conservation and service adventure, and introductory single and multi-sport adventures. For details, visit www.outdoors.org/teenwilderness.

*****Get dirty and give back on June 6, 2009 for National Trails Day** -- Join the whole nation in a day of service to our trails. Check your chapter event listings for local trail work events at: <http://trips.outdoors.org>.

*****AMC Volunteer Trail Vacations for teens and adults** -- Trail crews in the Berkshires, White Mountains, Baxter State Park, and Acadia National Park are filling up fast, so reserve your spot today. There's a variety of programs designed for teens in the Berkshires of western Massachusetts and in the White Mountains of New Hampshire. Choose a program that works on the Appalachian Trail, in a Federal Wilderness Area, or in state and local parks. For adults, AMC has programs in the White Mountains and in Baxter State Park and Acadia National Park in Maine. This is a great opportunity to explore one of these beautiful locations while contributing to conservation efforts in these regions.

Information and registration for all AMC Volunteer trail Crew programs can be found at www.outdoors.org/volunteer. Or call Alex DeLucia, AMC Trails Volunteer Programs Supervisor at 603-466-2721 x8128 for program information in Maine and New Hampshire. For Berkshire Teen Trail Crew program information, call Matt Moore, AMC Southern New England Trails Coordinator, at 413-528-8003.

*****Still time to register for Mountain Leadership School** -- Now in its 51st year, MLS is a five-day wilderness leadership training program designed to help you lead groups with minimal impact in the backcountry. It's perfect for new or experienced trip leaders looking to improve their skills. Participants will discover and develop their own leadership style and learn new techniques such as Trip Planning, Map and Compass, Time Management, Group Dynamics, Leave No Trace, and Accident Scene Management. Scholarships are available for chapter trip leaders--check with your chapter chair for more information.

See www.outdoors.org/leadership for the 2009 Mountain Leadership School schedule. Call 603-466-2727 to reserve your space.

*****Leave No Trace Master Courses in the White Mountains** -- AMC and the Leave No Trace Center for Outdoor Ethics team up to provide Master-level educational courses in the White Mountains, NH. These are 5-day programs that provide instruction and training in becoming a Leave No Trace Master Educator. This program is designed for individuals with previous backpacking experience and an understanding of Leave No Trace Principles.

Information on AMC's 2009 LNT Master Courses can be found at www.outdoors.org/education/lnt. Or call Hawk Metheny, AMC LNT Coordinator & Backcountry Management Specialist, at 603-466-2721 x8115.

*****Save the date for AMC's 2010 Annual Meeting, January 30** -- Experience interactive workshops, engaging Expo, and club-wide meetings before AMC's celebration dinner and evening keynote speaker. Updates and information at www.outdoors.org/about/annualmeeting/index.cfm.

*****Adopt-A-Trail in the White Mountain National Forest or New Hampshire State Parks** -- Interested in a way to give back to the trails that you love? Now you can adopt a section of trail in the White Mountains, the Mahoosucs, and in several New Hampshire State Parks. AMC provides the trail maintenance training required to care for your section of trail. Visit www.outdoors.org/volunteer to learn more about the AMC Adopt-A-Trail program. For additional information, contact Alex DeLucia, AMC Trails Volunteer Programs Supervisor, at 603-466-2721 x8128.

*****Save the date: "Welcome to PA" Highlands Trail Celebration on May 16th @ 12pm in Riegelsville, PA** -- AMC, NYNJTC, and the Borough of Riegelsville are holding a celebration on Sat., May 16th in honor of the Highlands Trail reaching the NJ/PA border in Riegelsville, PA (Bucks County). Join in this exciting celebration by welcoming the Highlands Trail into PA via the Roebling Bridge. Refreshments, local hikes, bike rides, and canoe/kayak demos will all be part of the festivities. For more details, visit the Delaware Valley chapter's website at www.amcdv.org/HighlandsTrail/HighlandsCelebration.jsp or contact the AMC's Mid-Atlantic office at 610-868-6906 or AMCmidatlantic_trails@outdoors.org.

*****New from AMC Books: "Discover Cape Cod" and updated "Discover the White Mountains" and "Catskill Mountain Guide"**

[To newsletter editors: For review copies, cover images, or information on upcoming book events, email Amy Brais at abrais@outdoors.org]

AMC Books are available through bookstores and outdoor retailers, or directly from AMC at www.outdoors.org/amcstore or by calling 800-262-4455. When members order directly from AMC, they receive a 10% discount and know that all proceeds go to support AMC's mission.

"Discover the White Mountains, 2nd Edition" book signing event in Gorham, NH - Join authors Jerry and Marcy Monkman on Sat., May 9 at 6pm for a discussion about their revised guide featuring 50 of the best hikes, mountain bike rides, and paddling spots in the Whites. You're invited to stop by the White Mountain Café at 212 Main St in Gorham, New Hampshire. For more details, contact the Café at 603-466-2511.

"Discover Cape Cod" by Michael O'Connor

Just in time for summer, "Discover Cape Cod" is the newest addition to AMC's multi-sport Discover Series. Known for its spectacular coastline and 100+ miles of bike trails, Cape Cod in Massachusetts is an ideal destination for an activity-packed outdoor vacation for all ages. This essential new guidebook from the AMC brings the many outdoor treasures of the Cape to life as it details 50 of the best hikes, mountain bike trails, and paddling routes in this beautiful coastal area, including many trips within the Cape Cod National Seashore.

"Catskill Mountain Guide, 2nd Edition" by Peter Kick

No matter where you hail from in the Northeast, New York's Catskills are a top destination for a memorable outdoor experience. A must-have for every Catskills hiker, this revised and updated guide offers hikers up-to-date coverage of more than 300 miles of trails in the Catskills Mountains. Inside you'll find detailed descriptions of trails to suit every ability level--from an easy walk to the Kaaterskill Falls to strenuous climbs in the Indian Head Wilderness Area, including Devil's Path, a favorite route for backpackers. The book also includes a new, full-color GPS-rendered trail map, ensuring the most accurate and comprehensive trail information.

If you have general questions about any of these items, please contact Laura Hurley, AMC public relations assoc. director, at 617-391-6621 or lhurley@outdoors.org. Questions about individual items should be directed to the contact indicated.



The Southeast Breeze

Quarterly newsletter of the Appalachian Mountain Club, Southeastern Massachusetts Chapter
Winter 2009-2010 — December, January, February



View from the Chair

By Wayne Anderson, Chapter Chair

As I sit looking over my backyard with its landlocked Ark (hopefully where it will remain), I realize it has been a year since I began my term as Chair. It is easy to drift off reflecting upon how it was I got here (Thanks Mike!) and on all the fun that I have had in the past year filled with so many eventful AMC outings.

My previous columns have focused on encouraging folks to get out and join an activity or a trip offered by one of our committees. I am pleased to report that there has been a significant increase in participation in our trips, bringing many new faces to the outdoors. I do not believe that this happened by chance. It was the result of many hours of work by our members and their continued effort in keeping the pipeline filled with activities planned for six months in advance.

I would like to thank the executive board for its hard work and dedication. The board's professionalism and support for the committees made it possible for them to offer such quality services and trips. Many thanks also to the committees that worked hard at keeping their activities dynamic and fresh. My final thanks go to the feet on the street – those who led, organized, or worked behind the scenes providing support for activities. Thank you all for your time and for your camaraderie in making this the most dynamic chapter in the club.

My thoughts cannot help drifting to the upcoming winter season. In case you have not noticed, we have a rejuvenated ski committee. We hope that its offerings will complement our already very successful snowshoe and winter hiking series. So don't be afraid of the white stuff; we have plenty of ways for you to get out and play in it.

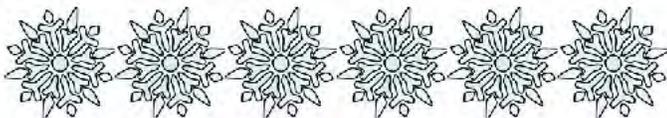
Lastly, please join me in welcoming the new board members for 2010. Do not hesitate to contact them if you wish to help out.

I was just thinking, maybe I can put some skis on the Ark if we get snow.

Happy Holidays!

SEM Short Notice E-Mail Trip List

Find out about late-breaking chapter activities (and cancellations) not appearing in the *Breeze*, the *amc outdoors*, or the online trip listings. Visit www.amcsem.org to sign up !



Winter 2009 Events Calendar

SEM Board Meetings (7:00 pm)

Dec	none
Jan 13	Bourne Community Center
Feb 10	UU Church, Main St, Middleboro
Mar 10	Bourne Community Center

Hike Planning Meetings (7:00 pm)

Dec 02	UU Church, Main St, Middleboro
Mar 03	UU Church, Main St, Middleboro

SEM Short Notice E-Mail Trip List — Find out about late-breaking chapter activities not appearing in the *Breeze*, the *amc outdoors*, or the online trip listings. Visit www.amcsem.org to sign up.

Where can I find AMC SEM activities?

1. *Breeze* (arrives in your mailbox, or electronically)
2. *amc outdoors* magazine (arrives in your mailbox)
3. Online trip listings: trips.outdoors.org
4. SEM short notice email list: www.amcsem.org

SPRING BREEZE DEADLINES (covers Mar, Apr, May)

Jan. 7 trip listings
Jan. 15 articles, pictures

WANT EVEN MORE BREEZE?

Find more articles and pictures in the electronic version of the *Breeze*!!!

AMC ACTIVITY PARTICIPATION POLICY

AMC encourages involvement in its mission and activities through its membership, programs, policies, and procedures. Our goal is to be a community that is comfortable, inviting, and accessible for people of any age, gender, race, religion, ethnicity, ability, sexual orientation, or socioeconomic status.

Some AMC programs are designed for a certain age range of members or for a special activity or topic. However, any person who meets the minimum qualifications (age, skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available. Individuals under 18 must be accompanied by a responsible adult.

All participants in AMC activities are required to sign the AMC waiver form provided by the leader. You may preview this waiver form on the chapter website at www.amcsem.org/pdf/Volunteer_release_memo.pdf.

Appalachian Mountain Club Southeastern Massachusetts Chapter

The chapter includes ~3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.

2009 EXECUTIVE BOARD & VICE CHAIRS

Chapter Chair	Wayne Anderson, chair@amcsem.org 508-697-5289
Vice Chapter Chair	Claire Goode, vicechair@amcsem.org 508-759-7362
Past Chapter Chair	Mike Woessner, pastchapterchair@amcsem.org 508-577-4879
Treasurer	Leslie Carson, treasurer@amcsem.org 508-833-8237
Secretary	Susan Salmon, secretary@amcsem.org 508-285-2440
Biking	Joe Tavilla, bikingchair@amcsem.org 508-428-6887
Canoe/Kayak	Bill Fischer, paddlingchair@amcsem.org 508-420-4137
Cape Hiking	Pat Sarantis, capehikingchair@amcsem.org 508-430-9965
Cape Hiking (Vice)	Open, capehikingvicechair@amcsem.org
Communications	Cheryl Lathrop, communicationschair@amcsem.org 508-668-4698
Conservation	Joanne M. Jarzowski, conservationchair@amcsem.org 508-212-4427
Conservation (Vice)	Open, conservationvicechair@amcsem.org
Education	Hagit Moverman, education@amcsem.org 508-238-9264
Hiking	Jim Plouffe, hikingchair@amcsem.org, 508-562-0051
Hiking (Vice Chair)	Chris Pellegrini, hikingvicechair@amcsem.org 508-406-5319
Membership	Len Ulbricht, membershipchair@amcsem.org 508-359-2250
Skiing	Barbara Hathaway, xcskichair@amcsem.org 508-880-7266
Skiing (Vice Chair)	Farley Lewis, farley@comcast.net, 508-775-9168
Trails	Kevin Mulligan, trailschair@amcsem.org
Trails (Vice Chair)	Open

Webmaster	Susanne Piche, webmaster@amcsem.org
Asst. Webmaster	Scott Haigh

The Southeast Breeze, the newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published 4 times a year as a service to the chapter's members. SEM members are encouraged to submit letters, articles, photos, and artwork; materials for publication (space permitting) cannot be returned unless accompanied by SASE. Please mail to: Cheryl Lathrop, 17 Robert St., Walpole, MA 02081. Digital submissions are preferred: communicationschair@amcsem.org. Articles will be edited for length, typographical errors, and clarity.

Editor: Cheryl Lathrop **Asst. Editor: Ann McSweeney**

HAVE YOU MOVED? Please send your change of address to: AMC, 5 Joy St. Boston, MA 02108. Or access the **Member Center** at www.outdoors.org/membercenter.

NON-SEM AMC MEMBERS: Want the quarterly *Southeast Breeze* newsletter? Send a \$10 check made out to "AMC SEM" to: Leslie Carson, ATT: Non-Member Breeze Subscription, 64 Mill Road, East Sandwich, MA 02537. Please provide your mailing address if it's not on the check.

AMC SEM VOLUNTEER POSITIONS ARE OPEN !
Contact chair@amcsem.org

HIKING IN MAINE

Once again, hike leader Fred Wason organized his annual Maine Hiking Weekend. We stayed on Lake Mooselookmeguntic in an old-time fishing camp. This year we hiked Tumbledown Mountain, one of the more interesting mountains ever. Ask any of us about “Fat Man’s Misery” – a steep, chimney-like fissure between several boulders. Claustrophobics should not climb this trail! Here we are again, pre-hike and post-hike!



WANT TO BECOME A SEM LIFER ?

SEM has over 3300 members: individual, family, junior, senior, and lifetime memberships. We have 74 lifers, with tenures commencing as recently as January 2009 to as far back as December 1920. There are two ways to become an AMC Life Member – The first is to “earn” Life Membership through steady involvement with the club. Once an individual has been a member for 25 consecutive years and is at least 69 years old, he or she becomes eligible for complimentary Life Member status. The second way is by contributing \$1000 to the AMC Endowment Fund for an Individual Life Membership or \$1500 for a Family Life Membership. Contact Len Ulbricht, Membership Chair, at membershipchair@amcsem.org .



☺ Clearing a blow down ☺



☺ Practicing Wilderness First Aid ☺



HIKING: New Leader Profile – Sally Delisa

Q: When did you join the AMC? September, 2005.

Q: Why do you hike? I've been a lifetime walker, but hiking opened up more opportunities.

Q: What is your hiking and outdoor experience? My childhood was spent exploring woods, streams and fields with family members in rural Michigan. 4-H Club stimulated my nature appreciation through projects in conservation, insects, wildflowers, birds and trees. As a Girl Scout Camp Counselor in NJ and NY, I had to first learn and then teach camping, lashing and outdoor cooking. (long before Leave No Trace!) Later, my husband and I camped in a canvas tent. The scariest camping experience was hearing a black bear sniffing on the opposite side of the thin canvas while trying to sleep in Yellowstone! The most challenging were remote campsites in ME, accessible only by water. Professionally, while working for Duxbury Schools, I completed training in Outdoor Education and enjoyed the opportunity to work outdoors with elementary children.

Q: Why did you want to become an AMC hike leader? Elsie Laverty recruited me. I think she was curious about the Bay Circuit Trail and she had heard that we have some nice hiking in my area. Later, the opportunity to work with the new Chapter Youth Program gave me incentive, following knee issues, to complete the requirements for Level 1 Leader.

Q: Do you have a favorite hike or hiking story? The first overnight with AMC at Highland Center was truly remarkable. The Naturalist, John, took me on an early morning hike in late September around the pond behind the center. He identified shrubs, fungi, etc. Later, he convinced my friend and me to hike up Mt. Willard. At the top, we had a fabulous, sunny view and I was hooked!

COMING IN MARCH – OPEN HOUSE for PROSPECTIVE, NEW, OLD, & ARMCHAIR MEMBERS

- Introduce new and prospective members to SEM's activities. Find out how to get started!
- Get feedback from all – what works, what doesn't. What are your ideas?
- Socialize with other members and leaders. A familiar face on your first trip makes it more fun.
- Share in a potluck dinner. No one will go away hungry!
- Perhaps a surprise or two can be had!

Contact Len Ulbricht at membershipchair@amcsem.org for more information.

SEM Communications Committee needs help with behind-the-scenes work!

VOLUNTEERS NEEDED:

1. **Web Site Police** – We need an eagle-eyed detail person to police our website looking for typos, goobers, broken links, and outdated content. All you need is a computer and a few hours a month. No technical skills needed!
2. **Web Site Committee Member** – The website committee provides high-level oversight of the SEM website and functions in an advisory role. Technical skills are not necessary, but helpful.
3. **Assistant Webmaster** – Our webmaster needs a backup. Technical web development skills (i.e., Dreamweaver) are definitely needed. You'll work under the direction of the Webmaster.

Contact : communicationschair@amcsem.org

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Website: www.adventuretripguides.com
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Our fall end-to-end Skyline hike



OK, on 3, everyone push. 1, 2, 3...
(Thursday Morning Hikers)



New this winter: Downhill Skiing

Midweek day trips scheduled in January and February. See trip listings. Contact leader, Len Ulbricht for further details (lenulbricht@comcast.net)

2009 SEM Annual Report is available!

See what your chapter has been up to in 2009!
(Look on the SEM website under 'documents'.)



2000 MILE CLUB BIKE MILEAGE 9/30/09

Leo Leonardi	5583
Louis Outor	4931
Gianluca Marchi	4917
Gerard Nelson	4079
Joe Tavilla	3601
Daniel Egan	3222
Steven Knigge	3215
Pam Patrick	3076
Larry Cohen	2915
Ed Foster	2740
Fred Chase	2360
Lee Eckhart	2143
John Sullivan	2151
Wil Mason	2124
Jack Jacobsen	2122
Bob Kennedy	1971
Lawton Gaines	1827
Glenn Mathieu	1783
Jim Kilpea	1672
Paul Currier	1546
Susan O'Connor	1476
Ted Rowan	1392
Linda Church	1308

The AMC SEM 2000 Mile Club is compiled quarterly by Dan Egan. For any further information or to join the 2000 Mile Club, please contact Dan at danielfrancisegan@hotmail.com

Sticky limestone & stinky tofu



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2009 Chapter Hut Night Weekend – Another Huge Success!

By Paul Miller



Traditionally, we alternate our annual SEM Chapter Hut Night (CHN) weekends so that one year we hike into an AMC hut or other facility, and the next year we stay at a “drive in” facility. Although we broke that tradition this year, I don’t think that any one of the 48 or so SEMers that participated in CHN this September is complaining. In fact, all I heard were rave reviews...from old timers and newcomers alike!

Not only did we do a repeat visit to the “drive in” AMC Cold River Camp in beautiful Evans Notch, NH, we also broke tradition by extending the weekend to give participants an opportunity to add a third night. Twenty-five participants took advantage of this by driving up on Thursday; with everyone else arriving on Friday. The largely volunteer-run Cold River Camp is a friendly and inviting facility. Accommodations include cozy, fireplaced cabins; civilized bath facilities (yup, real flush toilets and hot showers!); and the always-inviting Conant Lodge, where we enjoyed hearty meals and socializing around the huge fireplace in the living room. We also enjoyed our daily happy hours on the front porch, with its excellent view of nearby Mt. Baldface.

Evans Notch itself offers virtually unlimited hiking opportunities, bike riding on peaceful and scenic country roads, plus plenty of nearby opportunities for kayaking; and the chapter took good advantage of all of the above. (The fact that we had almost perfect weather once again this year sure didn’t hurt...).



This year’s CHN offered a variety of scheduled hikes for all levels, plus numerous ad hoc bike rides and kayak paddles.

On Friday, we offered a laid back, but very enjoyable hike to Shell Pond. Walt Granda also led a moderate-to-strenuous hike to the summit of 2800-foot Caribou Mountain, where SEMers took in stunning views in all directions from the bare peak. Significantly, of the 13 hikers in this group, five were new members and everyone did great!



We offered three main hiking options on Saturday –

Mike Woessner led a relatively easy hike up nearby Deer Hill, which offered good views of the Cold River Valley, and in the distance, Lake Kezar.

Walt led another moderate-to-strenuous hike up Speckled Mountain with its exposed ridges and excellent views. According to reports, a Gray Jay joined the group, no doubt looking for a handout.

Leslie Carson and Chris Pellegrini led a strenuous, but rewarding, 9.8-mile Baldface Loop hike. This loop took us up the steep approach to South Baldface, with its several challenging, but fun scrambles; across the long, exposed and windblown ridge leading to North Baldface; then past Eagle Crag: followed by the long trek back down to Cold River Camp. From the crystal-clear summit of South Baldface, we enjoyed wonderful views in all directions, but the view westward to the summit of Mt. Washington, with Tuckerman and Huntington Ravines both clearly visible, was most dramatic.



Then, on Saturday night, Jim Plouffe (our illustrious CHN weekend organizer) led a small group on a hike by moonlight, the high point of which was the mysterious sound of a “wild beast,” which turned out to be sound effects created with empty beer cans being crushed by our own, ever-wacky Mike Woessner and Joe Courcy, hiding in the bushes.

Saturday night also offered the opportunity to socialize around a roaring campfire, which led to much laughter and the inevitable sharing of off-color jokes and anecdotes of questionable taste, for which several chapter members are (in)famous.

Perhaps the best part of the whole weekend was that it brought together so many different chapter members, old and new, active and inactive, young and not-so-young; to hike, bike, kayak, eat, drink wine, and socialize in a beautiful mountain environment. For me, it just doesn't get any better than that!



WE SLEPT IN COZY 2-PERSON CABINS...



...AND SOCIALIZED IN THE MAIN LODGE

CHAPTER ACTIVITIES

HIKING / BACKPACKING

Chair—Jim Plouffe, 508-562-0051,
hikingchair@amcsem.org

Vice Chair—Chris Pellegrini, 508-406-5319,
hikingvicechair@amcsem.org

IMPORTANT: Hikers unsure of their ability should try only 1 level more difficult than previously completed. No pets without permission of trip Leader. Registration required for most trips. Hiking boots strongly recommended. For additional info or to register, contact the trip Registrar (R), Leader (L) or Co-Leader (CL). Trip updates available at trips.outdoors.org. Sign up for the SEM Short Notice E-Mail Trip List at www.amcsem.org.

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

Tue., Dec. 1. Borderland Evening Full Moon Hike (C3D night). Enjoy the quiet woods & fields on a winter night under the full moon. Winter boots & flashlight required. [6-8:00pm]. L Dick Carnes, L Bob Vogel, L/R Cheryl Lathrop (cheryl4698@verizon.net).

Thu., Dec. 3. 2 for 1: Ft. Barton, Weetamoo Woods - Tiverton, RI (B3D). Great view of Mt Hope Bay from the 30' observation tower at Ft Barton. Some stairs on steep hills, boardwalks in low areas by streams. Drive 5 mi to Weetamoo Woods; stone walls, slab bridges & Borden Brook. 10 a.m. at foot of Ft Barton. Water, snack & lunch; stabilicers if icy. Rain cancels. Call leader for CPL info; see website for directions. L Barbara Hathaway (508-880-7266, barb224@tmlp.com)

Sat., Dec. 5. Winter Hiking Series #1: Blue Hills Reservation (C3C). (C3C)Join the Southeast Mass Chapter for the first hike in our Annual Winter Hiking Series. While hiking the trails in Blue Hills, we will be learning about safe hiking in Winter. This hike will offer some nice views of Boston & varied terrain. We will be planning lunch on one of the peaks. Keep your fingers crossed for some snow! L Ken Jones, L Mike Woessner, L Dexter Robinson, CL Leslie Carson, CL Bill Pellegrini, L/R Chris Pellegrini (508-406-5319 6-9PM, chrispellegrini@yahoo.com)

Thu., Dec. 10. Pilgrim Trail & Daniel Webster Historical Hike (C3C). Pilgrim Trail to Webster Estate. Historic Linden Tree, gravesite & hike

trails in Audubon's DWWS. Meet 9:45. Pre-register leader. L Sally Delisa (781-834-6851 before 9 p.m., delisasally@yahoo.com)

Thu., Dec. 17. Town of Plymouth Pilgrim Trail Hike, (B3C). Meet 10 AM at Jenny Grist Mill parking lot off Summer St, for 5 mile Plymouth city loop including waterfront. Call or email for more info. L Ellie MacPherson (508-224-6465 by 9 PM, elliemacp@comcast.net)

Sat., Dec. 19. Snowshoe #1 (C3C). Beginner snowshoe. Greeley Ponds or leader choice - weather dependent. Approx. 4-5 miles with little to no elevation. L/R Robin Melavalin (617-780-5362, rmelavalin@rcn.com), CL Leslie Carson

Wed., Dec. 30. Borderland Evening Full Moon Hike (C3D night). See Dec. 1.

Fri., Jan. 1. Start the New Year Right! (B3C). With a hike! Come for this 6 mile hike around Borderland Park. Visit Moyle's Quarry, on this late morning/afternoon hike. L Bob Vogel (508-238-7732, hike_with_bob_v@comcast.net)

Sat., Jan. 2. Snowshoe at Borderland (C3C). Winter can be fun! Get outside & enjoy snowshoeing at Borderland State Park in N. Easton, MA. L/R Karen Newberger (k.newberger@comcast.net)

Thu., Jan. 7. Hike Massasoit (B3C). Meet at 10 a.m. for approx. 5 mile hike (or snowshoe)at Massasoit State Park. Bring lunch,water, sturdy footwear.From Rt. 24S, Rt. 44 E,right At first lights, left at 4 way intersection, park is about 1.5 miles on the right. L Elsie Lavery (508-823-0634, elavmca@tmlp.com)

Sat., Jan. 9. Winter Hiking Series #2: Mount Welch, Dickey Loop (C3B). Mount Welch & Dickey Loop - This loop trail offers excellent views for a modest effort. Mount Welch 2605, Mount Dickey 2734 feet. 4.4 miles. Estimated time 4 hours. L Ken Jones (508-697-0142, lotsoluck@comcast.net), CL Ron Hedlund (508-378-3087 7-9PM except Tuesdays, ronald.hedlund@verizon.net), R Ron Hedlund (508-378-3087 7-9 PM except Tuesdays, ronald.hedlund@verizon.net)

Sat., Jan. 9. Mt. Moosilauke via Glenciff Tr (B3B). Challenging winter hike with significant above treeline exposure. Previous 4K winter experience & full winter gear required. Limited to 8. L Dexter Robinson (781-294-8840, dexsue@comcast.net), CL Chris & Bill Pellegrini (chrispellegrini@yahoo.com), R Dexter Robinson (781-294-8840 7-9 pm, dexsue@comcast.net)

Thu., Jan. 14. Hale Reservation, 80 Carby St., Westwood, MA (B3C). Meet at 10 AM at Cat Rock parking area about half mile beyond entrance gate. Hike 5-6 miles to Powisset Peak, hilly terrain. L Art Hart (508-888-2847, ajhart32@comcast.net)

Sat., Jan. 16. Mt. Eisenhower (A2B). Mt. Eisenhower winter hike. Full winter gear necessary. 10.0 mile, 2750 elevation gain. 9 hour trip. L Wayne Anderson (wanderson@mxcsi.com), CL/R Peter Sharpe (47-2 Lonsdale Ave, Attleboro, MA 02703, 774-254-5013 5 p.m. - 9 p.m., sharpep121@hotmail.com)

Sat., Jan. 23. Snowshoe #2 (C3C). Intermediate snowshoe. East of Chocorua or leader choice - weather dependent. Approx. 5 miles with 1200-1700 ft. elevation gain. L Chris & Bill Pellegrini (508-244-9203, chrispellegrini@yahoo.com), CL Leslie Carson (ltcarson929@comcast.net), R Chris Pellegrini

Thu., Jan. 28. Copicut Woods, Fall River (B3C). Meet at 10:00 a.m. Indian Town Rd. Parking lot. Required equipment: hiking boots, rain gear, water & snacks. Heavy rains will cancel. Snow or ice will require yaktrax or stabilicers. L Walt Granda (508-999-6038 Before 9 P.M., wigranda@aol.com)

Thu., Jan. 28. Borderland Evening Full Moon Hike (C3D night). See Dec. 1.

Thu., Feb. 4. Hike Joe's Rock/Birchwood Fam, Wrentham, MA. (C3C). 10 a.m. Joe's Rock, 121 Directions: 495 exit 15. Right then left at light. Water, lunch to eat at leader's. Desserts, beverages provided. Traction devices if icy. Storm cancels. L Joanne Stanisla (508-528-6799 7-9 pm, joannes1@localnet.com)

Sat., Feb. 6. Winter Hiking Series #3: Mt. Jackson (B3B). Hike #3 of SEM's Winter Hiking Series. 5.2 Mi. RT 2,128ft gain. Snowshoes & crampons mandatory. Full winter gear. L Mike Woessner (508-577-4879, stridermw@hotmail.com), CL Ken Jones (508-697-0142, lotsoluck@comcast.net), R Mike Woessner (12 Bradley Ln., Westford, MA 01886, 508-577-4879, Stridermw@hotmail.com)

Sat., Feb. 6. Mt. Monroe (B3B). Challenging hike with significant above treeline exposure. Previous 4K winter experience, full winter gear required. Limited to 8. L Dexter Robinson (781-294-8840, dexsue@comcast.net), CL George Sousa (georgevsousa@comcast.net), R Dexter Robinson (781-294-8840 7-9 pm, dexsue@comcast.net)

Sat., Feb. 20. Snowshoe #3 (C3C). Intermediate snowshoe. Blueberry Mtn. (Benton) or leader choice - weather dependent. Approx. 5 miles with 1200+ ft. elevation gain. L Leslie Carson (508-833-8237, ltcars929@comcast.net), CL Chris & Bill Pellegrini (chrispellegrini@yahoo.com), R Leslie Carson

Thu., Feb. 25. Rocky Woods-Medfield (B3C). Meet at 10:00 a.m. Hartford St. parking lot. Required equipment: hiking boots, rain gear, water & snacks. Heavy rain will cancel. Snow or ice will require yaktrax, stabilicers or snowshoes. L Walt Granda (508-999-6038 before 9:00 p.m., wigranda@aol.com)

Thu., Feb. 25. Borderland Evening Full Moon Hike (C3D night). See Dec.1.

Thu., Feb. 25. Walkabout Trail, Gloucester RI (B3C). Hike 6-8 miles, mostly level in George Washington Management Area. L Art Hart (508-888-2847 9-9, ajhart32@comcast.net)

CAPE COD HIKES

Chair: Pat Sarantis, 508-430-9965, capehikingchair@amcsem.org.

Vice Chair: OPEN, capehikingvicechair@amcsem.org.

Most Cape Hikes are "Show & Go." For additional info, contact trip Leader/Co-Leader (L/CL) or visit trips.outdoors.org. (Set Committee to "Cape Hikes.")

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

Thu., Dec. 3. Mashpee South Cape Beach (C3C). Flat hike through woods for 2 miles, then 2 miles on sandy peninsula. From Mashpee rotary, take Great Neck Rd. S 2.7 mi, left on Great Oak Rd. Follow to town beach pkg. Meet at 9:45. 2 hours. L Gary Miller (508-540-1857, Garymaxx@verizon.net)

Sat., Dec. 5. Provincetown, Snail Road Dunes (C3B). Meet 9:45 a.m. at the Snail Road trailhead on Route 6 at east end of Provincetown. Explore dunes, historic dune shacks, cranberry bogs, 360 views. hike up & down 2 miles to ocean & back. bring lunch. 3 1/2 hours. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Dec. 6. Bourne, Cataumet Greenway (C3C). Meet 12:45 for 1pm start. Rt 28 S to Otis Rotary. Take 1st exit off of rotary. At lights

take L, R onto County Rd. L onto Shore Rd. L on Redbrook Hbr Rd. Park on R. 2 hrs. L Linda Church (508-495-1308, lchurch@whoi.edu)

Thu., Dec. 10. Yarmouth, Sandy Pond (C3C). Rte 6, Exit 7S, L Camp St, L Buck Island Rd, L Sandy Pond Rec.Area. Meet 9:45. 2 hrs. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Sat., Dec. 12. Falmouth, Long Pond (C3C). Hike around Long Pond in Falmouth. Meet: 9:45. Length: 4 miles. Directions: Online. L Joanne Jarzobski (508-212-4427 3-7 PM, joannejarzobski@yahoo.com)

Sun., Dec. 13. West Falmouth, Bourne Farm (C3C). Falmouth, Bourne Farm. C3C 1:00 start. 2 hr hike. From rt 28, take rt 151 w to N Falmouth. left at light to 28A south for 2 mi. Parking lot on r at Bourne Farm. L Hilary Hunt (508-495-0439 8 am - 8 pm, hhunt@cape.com)

Thu., Dec. 17. Sandwich, Benjamin Nye Trail (C4C). Woods, water, & more galore. Exit 4 from Rt. 6, turn North for 1/2 mile & left on County Road. One mile to parking across from Grange Hall. Meet 9:45, 2 hrs. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Sat., Dec. 19. West Falmouth, Quaker Woods (C4C). Walk back in time 350 years to the site of one of the earliest Cape settlements, & see the first Quaker Burial Ground on the Cape. Meet 9:45. 2 hours. See web listing for driving directions. If rain, call. L John Gould (508-540-5779, jhgould@comcast.net)

Sun., Dec. 27. Truro Ryder Beach (C3C). Hike along beach, woods, views. Meet 12:45. From Rte 6 take L Prince Valley Rd just beyond Truro line. R at end then immed. L to pkg at end. Heavy snow/ice cancels. Doubt? Call L. Two hours. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Thu., Dec. 31. Barnstable-Old Jail Conservation Area (C3C). Conservation land, old footpaths. Meet at Old Jail Conservation Land. Exit 6 to Route 132 S 1.4 miles to lights at Phinney's Lane. Left. 1 mile, L onto Old Jail. 0.5 miles to parking area. Meet 9:45 a.m. L Elissa Crowley (508-362-5062, e.crowley@verizon.net)

Sat., Jan. 2. Brewster-Nickerson State Park - (C3C). First Hike of 2010 - woods, ponds - route depends on trail conditions. Meet 9:45 at main pkg area of park. Two to three hours. Bring snack. Icy conditions cancels. Doubt? Call L. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Sun., Jan. 3. Provincetown, Clapp's Pond/Beech Forest (C3C). Meet 11:45 at Clapp's Pond trailhead on Rte 6, just past & opposite Shankpainter Rd. in Provincetown.

Beautiful hike in plush woods with numerous & varied ponds. Moderate hills. Smallpox cemetery. 3 1/2 hours. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Thu., Jan. 7. Dennis-Crowe to Crowe Loop (C3C). 2 hr. hike on paths, beach, quiet roads. Meet 9:45. From Rte 6 exit 9 onto Rte 134 north to Rte 6A. Take R on 6A then L onto School St. then R onto South St. to lot at end. L Maria Sylvester (508-385-4045, sylvester_maria@hotmail.com)

Sat., Jan. 9. Falmouth- Coonamesett Reservation (C3C). 2 hr. hike in Crane reservation, Magic Meadow, Otis Pond. Meet 9:45. Route 151 Falmouth to Nickelodeon theater. Park across the street on dirt pulloffs either side of Ranch Road. L Gary Miller (508-540-1857, Garymaxx@verizon.net)

Sun., Jan. 10. Wellfleet - White Crest Beach (C3C). Lovely wooded walk to Duck Pond, some hills. Rte 6 to R on LeCount Hollow Rd. At beach toll booth take L on Ocean View Rd, 0.9 mi to parking lot on R. Meet 12:45, 2 hours. L Pat Sarantis (508-430-9965, ediespond@hotmail.com)

Thu., Jan. 14. East Falmouth-Mashpee, Quashnet River (C3C). Walk in upland woods alongside pretty stream. From Mashpee rotary, Rte 28S to Falmouth 2.1 mi, take R on Martins Rd. to pkg. area. 2 hrs. Meet 9:45. For questions call Leader. L David Selfe (508-771-0620, kdselfe@comcast.net)

Sat., Jan. 16. Truro, Ballston Beach to Jenny Lind Tower (B3C). Hike from Ballston Beach on the Bearberry Trail to the Jenny Lind Tower. Rte. 6 to Truro at South Pamet Rd. to end at Ballston Bch. Meet at 9:45am, bring lunch 8 miles. L Todd Kelley (508-945-9929, kelleytrailblazer@yahoo.com)

Thu., Jan. 21. Harwich-Hawk's Nest State Park (C3C). Exit Rte. 6 at Exit 11. Head west on Spruce Street opposite off ramp. Go approximately 1/2 mile & park on left side of the road. Meet at 9:45. Two hours. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sat., Jan. 23. Falmouth, Coonamesett Pond & Cranberry Bogs (C3C). Meet 9:45. Length 2 hrs. Directions: online. L Joanne Jarzobski (508-212-4427 3-7 PM, joannejarzobski@yahoo.com)

Sun., Jan. 24. Falmouth, Long Pond & Collins Woodlot (B3C). Walk along pond, moraine, & through town forest. See web listing for driving directions. More than light rain or snow cancels. Meet 12:45. 2.5 hours. L John Gould (508-540-5779, jhgould@comcast.net)

Thu., Jan. 28. Harwich, Herring River & Chili Party (C3C). Winter hike on dirt

roads/woodland trails in Bell's Neck Conservation Area. Meet 9:45 Sand Pond on Great Western Rd in Harwich. Icy trail conditions cancel. Doubt? Call leader. Chili potluck after. Details call J Kaiser at 508-432-3277. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Sat., Jan. 30. Cotuit-Little River Sanctuary (C3D). Wooded walk with views of Eagle Pond. Meet promptly at 9:45 a.m. Car pool shuttle from parking area in front of Rite-Aid Pharmacy located at the intersection of Rte. 28 & Putnam Ave. in Cotuit. Two hours. L Farley Lewis (508-775-9168, farlewis@comcast.net)

Sun., Jan. 31. Yarmouth Three Ponds (C3C). Winter walk - woods, bogs, ponds. Meet 12:45. Take exit 8 from Rte 6. R at second light. L on West Yarmouth Rd. Pk on side of road in 1 mile. Icy conditions cancel. Doubt? call L. Two hours. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Thu., Feb. 4. Brewster - The Punkhorn (C3C). Wooded, hills with pond views. N at Exit 9 off Rte 6 for 2 mi, R on Satucket, slight R at Stony Brook Rd, .3 mi, R on Run Hill Rd, 1.3 mi to parking on L. 9:45. 2 hours. L Pat Sarantis (508-430-9965, ediespond@hotmail.com)

Sat., Feb. 6. Barnstable-Bridge Creek Conservation (C3D). Easy winter walk through varied woodlands & wetlands. 2 hours. Meet at 9:45 am. From exit 5 off Rt. 6 turn north on Rt. 149. At village green on left beside Cong. church, park on far side. L Heidi Moss (508-362-6440 9 am - 8 pm, mossheidi@hotmail.com)

Sun., Feb. 7. Truro, Collins Road (B3C). Meet 9:45. From Rte 6 take first R after Truro town line. Take another R on Collins Rd to first gated dirt road. Hike old roads in woods, to beach via high bluff, return by glacial ponds. 3 1/2 hours. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Feb. 14. Mashpee, Santuit Pond (C3C). Conservation area pond, river, bogs. From Rte 6 exit 5 S on Rte 149 to R on Rte 28. Drive 1.8 mi to R on Santuit/Newtown Rd. 1 mi to entrance at yellow gate on L. Meet 12:45. 2 hrs. L Heidi Moss (508-362-6440 9 am - 8pm, mossheidi@hotmail.com)

Thu., Feb. 18. Harwich, Island Pond (C3C). Rte 6 Exit 10 Rte 124S. L Old Colony Rd (crosswalk). Park R Harwich Town lot. Meet 9:45. 2 hrs. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Sat., Feb. 20. Sandwich, Ryder Conservation/Lowell Holly (C3C). Explore Ryder Conservation on to Lowell Holly's Conaunet Neck. From Rte.6 exit 2 South on Rte 130 about 1.5 mi. to Left on Cotuit Rd. 5

mi. to small parking on right. Meet at 9:45am 2.5 hrs. 5 mi. L Todd Kelley (508-945-9929, kellytrailblazer@yahoo.com)

Sun., Feb. 21. Dennis, Indian Lands Conservation Area (C3C). Average walk in uplands near river. RT.6 exit 9A.South on RT.134.3RD set of lights right on Uppercounty road. At stop sign go right on Main St. Town Hall on left. Park on right of lot. Meet at 12:45. 2 hours. L David Selfe (508-771-0620, kdselfe@comcast.net)

Thu., Feb. 25. Brewster, Nickerson State Park (C3C). Hike/Snowshoe Trip. Meet 9:45. 2 Hrs., Nickerson State Park, Brewster, MA, Route 6A near Orleans line. Call for specifics, 508-432-7656. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sat., Feb. 27. Eastham-Coast Guard Beach (C4D). Easy hike through woods & marshes. Nice views of Nauset Marsh & Atlantic Ocean. Meet at Salt Pond Visitor Center off Rte. 6 at 9:45AM. 2 hours. L Farley Lewis (508-775-9168, farlewis@comcast.net)

Sun., Feb. 28. Falmouth, Beebe Woods/Lambs (C3C). Flats, hills. Rt 28 S fr Bourne Bridge to Fal. Go thru lights in Falmouth, R on Depot Rd. Park at end at Conservatory. 12:45 for 1pm start. 2 1/2 hrs. L Linda Church (508-495-1308, lchurch@whoi.edu)

BIKE RIDES

Chair – Joe Tavilla, 508-428-6887, bikingchair@amcsem.org

NOTE: Approved helmets, water bottles, & spare tires req'd. If start time & location aren't indicated, contact ride leader (L).

NOTE: for additional SEM bike rides, check *AMC Outdoors*, visit www.amcsem.org, or use the AMC online trip listing system: trips.outdoors.org (set Committee to "Biking" & Chapter to "Southeastern Mass"), or sign up for the SEM Short Notice list: www.amcsem.org.

Bike Ride Ratings		
Miles	Pace/MPH	Terrain
AA = 50+	1 = 17+	A = Very Hilly
A = 35-50	2 = 13-16	B = Hilly
B = 25-35	3 = 11-13	C = Rolling
C = <25	4 = up to 11	D = Flat

Tue., Dec. 1. Tuesdays At Two. Intermediate-paced road or mountain biking rides include views of & occasional stops at known & lesser-known unique & interesting spots. L Paul Currier (508-833-2690 8:00AM-7:00PM, paulbcurrier@comcast.net)

Wed., Dec. 2. Full Cold Moon Ride. Ride the canal, Gray Gables, Mashnee Island.

Intermediate pace, 22 +/- miles. Sunset over Buzzards Bay & moonrise over Sagamore. L Paul Currier (508-833-2690 8:00AM-7:00PM, paulbcurrier@comcast.net)

Tue., Dec. 8. Tuesdays At Two. See Dec. 1.
Tue., Dec. 15. Tuesdays At Two. See Dec. 1.
Tue., Dec. 22. Tuesdays At Two. See Dec. 1.
Tue., Dec. 29. Tuesdays At Two. See Dec. 1.

Thu., Dec. 31. Full Long Nights Moon Ride & Eclipse. Ride the canal, Gray Gables & Mashnee Island. Intermediate pace, 22 +/- miles. Sunset over Buzzards Bay & Sagamore moonrise. L Paul Currier (508-833-2690 8:00AM-7:00PM, paulbcurrier@comcast.net)

Fri., Jan. 1. 7th Annual New Year's Day Ride. Kick off for our cycling schedule & our goal to attain 2000 or more miles. Leisurely road ride including beautiful coast of Marion. 25 miles with bailouts; additional mileage option available. L Paul Currier (508-833-2690 8:00AM-7:00PM, paulbcurrier@comcast.net)

Tue., Jan. 5. Tuesdays At Two. See Dec. 1.
Tue., Jan. 12. Tuesdays At Two. See Dec. 1.
Tue., Jan. 19. Tuesdays At Two. See Dec. 1.
Tue., Jan. 26. Tuesdays At Two. See Dec. 1

Sat., Jan. 30. Full Wolf Moon Ride. Ride the hills/shores of Sagamore & canal trail to Buzzards Bay. Catch the spectacular sunset over Onset Bay during a tour of Mass Maritime & moonrise over Plymouth Bay. L Paul Currier (508-833-2690 8:00AM-7:00PM, paulbcurrier@comcast.net)

Tue., Feb. 2. Tuesdays At Two. See Dec. 1.
Tue., Feb. 9. Tuesdays At Two. See Dec. 1.
Tue., Feb. 16. Tuesdays At Two. See Dec. 1.
Tue., Feb. 23. Tuesdays At Two. See Dec. 1.

Sun., Feb. 28. Full Snow Moon Ride. Ride the hills/shores of Sagamore & canal trail to Buzzards Bay. Catch the spectacular sunset over Onset Bay during a tour of Mass Maritime & moonrise over Plymouth Bay. L Paul Currier (508-833-2690 8:00AM-7:00PM, paulbcurrier@comcast.net)

SKI

Chair — Barbara Hathaway, xcskichair@amcsem.org, 508-880-7266

Vice Chair: Farley Lewis, farlewis@comcast.net, 508-775-9168

Sat., Jan. 2. XC Ski Instruction, Great Brook Ski Touring Ctr. XC instruction geared for the beginner. Rentals available, trail pass reqd. For info call L/R Bob Bentley (508-866-3057 7-9 PM), CL Art Paradise, CL Marc Bober

Sat., Jan. 9. Ski Cape Cod! Depending upon conditions, ski at either: Barnstable Conservation Lands, Nickerson SP, Eagle Pond. L Farley Lewis (508-775-9168 before 9 PM, farlewis@comcast.net), CL Mike Pigo-Cronin (508-771-3134 before 9 PM)

Tue., Jan. 12. Midweek Downhill Ski. Downhill ski day trip to Berkshires, southern VT or southern NH, depending on conditions. For experienced intermediate level skiers only. L Len Ulbricht (508-359-2250 before 9pm, lenulbricht@comcast.net)

Fri., Jan. 15-18. Backcountry Ski Adventure in Southern VT. Backcountry skiing, Catamount in VT. \$300 p/p. Details on web. Reg by Dec 30 w Marc Bober or Art Paradise. L/R Marc Bober (978-726-3939 7-10 PM, mcbober@att.net), CL Art Paradise (978-372-7442 7-10 PM, paradise1@mindspring.com)

Fri., Jan. 15-18. Boston 40+ joins SEM Chapter for 24th year at cozy Applebrook B&B. XC ski at Bretton Woods, Great Glen, Jackson, or Bear Notch. Downhill or back country skiing, snowshoeing & ice skating nearby. Approx \$190-325 p/p covers 3 nights lodging, 3 hearty breakfasts, 4-course dinner Sat. night & light supper on Sunday. R/L: Barbara Hathaway 508-880-7266 (best time to call: before 9PM) barb224@tmlp.com

Tue., Jan. 26. Midweek Downhill Ski. See 1/12/10. L Len Ulbricht (lenulbricht@comcast.net)

Sun., Jan. 31. Back Country, Myles Standish State Forest. Ski little known areas of MSSF & see many aspects of its environment. Intermediate ability required. Bob Bentley for info. L/R Bob Bentley (508-866-3057 7-9 PM), CL Art Paradise, CL Marc Bober

Wed., Feb. 3. Ski Cape Cod! Depending upon conditions ski at either Barnstable Conservation Land, Nickerson State Park, Eagle Pond. L/R Farley Lewis (508-775-9168 before 9 PM, farlewis@comcast.net), CL Mike Pigo-Cronin (508-771-3134 before 9 PM)

Tue., Feb. 9. Midweek Downhill Ski. See 01/12/10.

Sat., Feb. 20-24. Craftsbury Outdoor Center, VT. \$525 p/p. 4 nights lodging, pvt baths, 3 meals a day, trail pass. L/R Barbara Hathaway (508-880-7266 before 9 PM, barb224@tmlp.com)

Tue., Feb. 23. Midweek Downhill Ski. See 01/12/10.

SEM WEBSITE HELP NEEDED
See p. 4 for details

LEADERSHIP TRAINING APRIL 10

Do you like hiking, biking, canoeing, paddling, or skiing? Then come & inspire & share your love for the outdoors with others by becoming an AMC SEM leader.

The SEM chapter offers a 1-day leadership training at Borderland State Park, on April 10, 2010. The training will cover many aspects of becoming a leader such as: Leadership styles, day hike planning, screening participants, accident scene management, outdoors role-playing, & more.

For more information & registration, contact Education Chair, Hagit Moverman: dmoverman@comcast.net. Please visit our education page on the AMC SEM web site for more information (amcsem.org).



NORTH-SOUTH TRAIL HIKERS



MICHAEL SWARTZ
10th RLBH FINISHER: 8.27.09

AMC 2010 ANNUAL MEETING JANUARY 30

AMC's 2010 Annual Meeting is Saturday, Jan. 30 2010 at the Crown Plaza Boston North Shore (formerly Sheraton Ferncroft Resort) in Danvers, MA. The event will host committee meetings, volunteer recognition, an expo, & several workshops including Trail Mapping with High-End GPS, New England Scenic Trail, Adventuring and Hiking Around the World, Get Real & Get Active about Climate Change, etc. The keynote speaker is Jonathan Waterman, an author, photographer, & adventurer. For more info: www.outdoors.org/annualmeeting

SPRING FLING April 30 – May 2

Mohican Outdoor Center, New Jersey

HIKING * BIKING * PADDLING

CABINS * TENTS

PROOFREADER NEEDED!

Help us proof the *Breeze* four times a year before it goes to the printer. Please contact: communicationschair@amcsem.org



BILL VICKSTROM
11th RLBH FINISHER: 9.17.09

Did you know?

Did you know that the *Breeze* is produced by the SEM Communications Committee?



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electronic version of The Breeze!**

**Read on for additional content for
electronic subscribers only!**

PLEASE RECYCLE YOUR BREEZE

CONSERVATION CORNER

by Conservation Chair



This year has been both interesting and challenging. From the start of the AMC's Climate Change Challenge, to the first Critical Treasures Event, there has been plenty to do. The interest and support has been great. We are already working on the next critical treasure event at Ames Nowell and bringing the Summer Picnic to Myles Standish State Forest for another celebration of this great recreation area.

A conservation committee meeting for January or February is in the planning process as I type this, and will not make the deadline for this Breeze. Please contact Fred Yost 508-699-9305, fey_iam@hotmail.com or Joanne Jarzowski 508-212-4427, joannejarzowski@yahoo.com if you are interested in participating.



*The Southeast Breeze is printed
On 100% recycled paper using
environmentally friendly ink.*

ADDITIONAL CONTENT FOR ELECTRONIC SUBSCRIBERS ONLY !

SWAP * BARTER * SELL * TRADE

HAVE OUTDOOR EQUIPMENT ? NEED OUTDOOR EQUIPMENT ?

For sale: Caspia kayak, by Perception. 10'4" long, 42 lbs. with paddle. Excellent condition. \$200. Carolyn Crowell 508-888-4923.

THE ELECTRONIC BREEZE WILL PUBLISH FREE ADS FOR MEMBERS TO SWAP/BARTER/SELL/TRADE OUTDOOR EQUIPMENT.
Send your ads to: communicationschair@amcsem.org . Please put "BREEZE – SWAP" in the subject line.



We just completed Section #2 of the North-South Trail!

The 77 mile long North-South Trail runs along the western border of RI. SEM Hike Leader Fred Wason has planned a series of day hikes to section-hike this trail. When we finish in the summer of 2010, and hit the end, we're going to drop our packs on the beach and run into the ocean! Visit Fred's hiking website to learn more about these hikes: <http://mysite.verizon.net/fmwason>.

North-South Trail Series, Section #3 (A trail diary)

Lots of road walking and wet dirt track through the woods. Foot path was somewhat rough, a good reason to emphasize waterproof hiking boots for ankle support. Had to share a portion of the trail with a Jeep rally coming in the opposite direction, about 12 vehicles. Dress for the day: orange caps, while others of us had orange and bright yellow vests (bow hunting season in RI.) While we did see some hunters entering the woods and heard gun shots in the near distance we encountered no problems. We had just left a particularly wet and rutted section of a wood track and had climbed a hill past a pretty pastoral farm with cows and all when Walt Granda asked me where my GPS was, it seems I had lost the \$300 device scrambling off track to get around ponds left in the track from the heavy rains the day before. What do I do--call my insurance company, gripe and moan or go back and try (haha) to find it? Well Jodi and Ralph and my daughter volunteered to hike back with me to see if we could locate said instrument. As luck would have it, we backtracked about 2 tenths of a mile to the last puddle we had to bushwhack around where my daughter spotted it leaning against the base of a tree within inches of the puddle (it didn't even get wet). Little time was lost, my pocketbook gave a sigh of relief and I was able to log the important information for this section -- that being nine miles of trail and over 600 ft of elevation. We did this section from South to North: 11 intrepid hikers joined the fun. Lunch was greatly enjoyed at mile 6 in a bright sunny spot where some resisted leaving. The last mile of the trail was an adventure; it crosses a paved road onto a single track on the other side; we were all getting tired and not paying attention so when the single track came back out to the road it turned sharp right and continued on a well-defined soft trail back into the woods--which I took! After zipping along for probably 1/4 mile, I determined it was leading us in a direction where I had seen several hunters entering the woods as I drove to the starting point in the morning and we had not seen a trail blaze since making the turn even though the description said it followed a woodland trail parallel to the road. I made an executive decision to take a side trail we came upon going in the general direction where I knew the road to be. Alas, after climbing over several fallen trees as the trail closed in on us and after several hundred yards it ended, so a second executive decision had to be made to return to the point where it first met the road. On the return trip, I stayed at the back so I could not hear the moaning, groaning and comments being made about my executive decisions. When we got back to the point of our (my) mistake we saw all kinds of blue blazes pointing to a barely distinguishable path that did follow the road. Being tired, all agreed to follow the paved road instead of the path the last 2 tenths of a mile to Rt. 44 where we turned left and returned to our waiting cars. You may note that I have not covered this complete section and must return to do so. Hope you enjoyed this trip report! —Fred Wason ☺

2009 SEM Annual Meeting

On Saturday, November 7, the AMC SEM Chapter held its 2009 Annual Meeting, where it elected the chapter officers and Executive Board (see your new Executive Board on p.2 of *The Breeze*). After the meeting, we had a wonderful banquet and presented awards. The featured speaker was Beth Schwarzman, who gave a very interesting talk and slide show on the geology of Southeast Mass. All this was held at the Dan'l Webster Inn in Sandwich. What a great time making new friends and reconnecting with our longtime hiking, biking, and paddling partners!

WANT TO BECOME A SEM LIFER ?

By Len Ulbricht, Membership Chair, membershipchair@amcsem.org

SEM has over 3300 members, composed of individual, family, junior, senior and lifetime memberships. We have 74 lifers, with tenures commencing as recently as January 2009 to as far back as December 1920. AMC has a policy for granting lifetime membership. Perhaps some of you may be eligible, or would like to consider it. There are two ways to become a Life Member –

The first way is to “earn” Life Membership through steady involvement with the club. Once an individual has been a member for twenty-five consecutive years and is at least 69 years of age they become eligible for complimentary Life Member status. Please note the stress on consecutive – if they have a break in their membership status – if they have been a member for 25 years “on and off” they do not qualify.

The second way to obtain Life Membership is by contributing \$1,000 to the AMC Endowment Fund for an Individual Life Membership or \$1,500 for a Family Life Membership. Individual Life Membership covers an individual with the full benefits of membership and cannot be transferred. Spouses and children under 21 who live at the same address are included in a Family Life Membership. The benefits are the same as Individual Life Membership and extend to all members of the family who meet the requirements.

Please note that qualifying for life membership does not happen automatically – members who feel they qualify will need to get in touch with the membership chair of the chapter or with the membership office at Joy Street for confirmation of their status before we can make them official. We cannot assume anyone has reached the qualifying age.

Life Members receive all the benefits of membership including the member magazine AMC Outdoors, plus a subscription to the bi-annual mountaineering journal, Appalachia. As a result of these benefits, \$213.42 of the total membership payment is non-deductible. The life member also receives invitations to assorted special events throughout the year.

SEM Communications Committee needs some help with behind-the-scenes work!

Contact the Communications Chair: communicationschair@amcsem.org

SEM WEBSITE

- **Web site police** – Have an eye for detail? We need an eagle-eyed detail person to police our website looking for typos, formatting goobers, broken links, and outdated content. All you need is a computer and a few hours a month. Basically just click around our website periodically and see what you can find and let us know. No technical skills needed!
- **Web Site Committee Member** – The website committee provides high-level oversight of the SEM website, and functions in an advisory role. Technical skills are not necessary, but helpful. Mostly you need to know how the chapter is organized, what each committee does, how to use the SEM website, and how the website content is used by each of the various committees. The committee meets once a month (at the most) and does most of its work by email and Google ‘shared’ documents.
- **Assistant Webmaster** – Our webmaster needs a backup. Technical web development skills (i.e., Dreamweaver) are definitely needed. You’ll work under the direction of the Webmaster.

THE BREEZE

- **Proofreader** – Got an eye for detail? Do typos jump off the page at you? The Breeze needs another set of eyes for proofing before we go to print – 4 times a year. (Also for occasional other documents a few times a year.)
-

NEWS FROM JOY ST.

***AMC completes purchase of 29,500 Roach Ponds Tract in Maine - AMC completed the purchase of the Roach Ponds tract in late September, permanently protecting 29,500 acres of forest land as part of the Maine Woods Initiative. The parcel connects to AMC's Katahdin Iron Works tract, creating a 63-mile-long corridor of conservation land stretching north to Baxter State Park and comprising nearly 600,000 contiguous acres of conservation land open to public recreational use. This conservation accomplishment was possible due to the generous support of members, foundations, and other donors to the Campaign for the Maine Woods. So far AMC has raised \$45 million toward a \$52 million goal. For details, and to sign up for AMC's Maine Woods Initiative e-newsletter, visit: www.outdoors.org/mwi.

***Registration for AMC's 2010 Annual Meeting is now open - On Saturday, January 30, 2010, at the Sheraton Ferncroft Resort in Danvers, MA, the AMC will be gathering for a full day of AMC workshops, business meetings, and volunteer awards. Wrap up the day with dinner and keynote speaker Jonathan Waterman, author of "Where Mountains are Nameless - Passion and Politics in the Arctic National Wildlife Refuge." Since 1983, Waterman has taken 18 trips into the far North and has spent over 200 days in and around the embattled Arctic Refuge. Workshops during the day will range from how-tos for caring for trail tools and getting families outdoors to an AMC historical film fest. For more details and to register for the event, visit: www.outdoors.org/about/annualmeeting.

***New tools available online for getting kids outdoors - AMC has created two presentations with tools and information to help families plan for and enjoy getting outside. These include "Staying Safe and Found", a parent/child workshop about how to pack, how to stay together, and what to do if a child gets lost in the woods, and "Hiking as a Family", which walks through the most common concerns parents have about their kids spending time outdoors. Chapters can also use these tools as part of local outreach. Both presentations are available at www.outdoors.org/recreation/family.

***Go Green with AMC Member Center - AMC's Member Center not only is a way to find the latest member-only deals and sign up for e-delivery of chapter activities, but it offers a great way to help the environment. You can help AMC save paper, printing, and postage costs by signing up for e-delivery of your chapter's newsletter as well. Sign up in November or December and be entered to win a Mountain Hardwear UltraLamina 0-degree sleeping bag - a \$220 value! Check it out at www.outdoors.org/membercenter.

***New "Girlfriend Getaways" at Highland Center - Escape to the White Mountains with your girlfriends this winter and enjoy a midweek stay at AMC's Highland Center. This program allows you to customize your dates and explore the beautiful New Hampshire wilderness at your own pace or participate in the Highland Center's scheduled guided hikes and naturalist and outdoor skills programs. As part of this fun adventure package, you'll have time to relax with a 50-minute spa treatment at the Mount Washington Spa. Special gift includes a bottle of Farnum Hill Cider. All-inclusive rates including meals, guided programs, and spa treatment start at \$199 for members. Package is available January 3-May 27, Sunday-Thursday.

***Ski, Stay, and Save packages in New Hampshire are back - AMC will continue to offer all-inclusive ski-and-stay packages at the Highland Center and Joe Dodge Lodge this winter. Packages include dinner, shared or private room accommodations, buffet breakfast, and one-day ski ticket -- with special breaks for midweek stays.

* Choose from downhill and cross-country ski packages at the Highland Center. Bretton Woods Nordic ski trails leave right from the lodge door. The cross-country package starts at just \$66 per night for members, and the downhill package

starts at \$114 per night for members.

* At Joe Dodge Lodge, cross-country ski and tube for free at nearby Great Glen Trails. This special package starts at the low price of \$63 per night for members. Guests can also choose the downhill ski package and enjoy great powder at Wildcat. Prices start at \$99 per night for members.

***New Maine Woods guided lodge-to-lodge skiing adventures - New this year, AMC is offering 2- and 4-night guided lodge-to-lodge skiing adventures on February 15-19 and March 5-7. These packages let you experience the beauty of the Maine wilderness with a trusted AMC guide by your side. You'll enjoy your own private cabin, home-cooked meals, gear shuttling, and warm hospitality. Guided prices for members start at \$165 per night.

Self-guided 3- and 5-night lodge-to-lodge skiing packages are also available from January 22-March 28, letting you explore this winter wonderland at your own pace. Little Lyford offers ski-in only access in winter (gear shuttle available), while Medawisla offers drive-in access. Self-guided prices start at \$119 per night for AMC members.

***New "Not Without Peril, 10th Anniversary Edition" available now - Among the most beautiful and deadly mountains in the world, Mount Washington has challenged adventurers for centuries with its severe weather. From the days when gentlefolk ascended in hoop skirts and wool suits to today's high-tech assaults on wintry summits, this book offers extensive and intimate profiles of people who found trouble on New Hampshire's Presidential Range, from the nineteenth century through the present day.

Recognized by the Boston Globe as one of the 100 Essential New England Books, the first edition garnered commendation from the Banff Mountain book festival for its gripping tales of exploration and tragedy. This tenth anniversary edition includes a foreword from Mohamed Ellozy, former accidents editor of "Appalachia," an afterword from the author offering a personal account of an evening spent at the Mount Washington Observatory while 160-mile-per-hour winds raged outside, an updated chronology of deaths on Mt. Washington, and new historical photos. For more information on other AMC Books, go to www.outdoors.org/amcstore. Retail Price: \$18.95 AMC Member Price: \$17.06

***Major Excursions Adventure Travel Leadership Training, November 20-22 - Visit some of the most exciting places in the world as the leader of an AMC Major Excursion. This workshop provides important training to people who have AMC activity leadership experience (no beginners) to transition from leading weekend chapter activities to more complex and longer trips, both domestically and overseas. Previous outdoor leadership training is highly desirable. Emphasis is on planning, cost estimating, trip management, people skills, and risk management. Includes procedures and guidelines for researching, proposing, and leading Major Excursions. Exchange ideas, problems, and solutions with some of the AMC's most skilled leaders. Small group size assures abundant discussion and access to instructors. Cost: approx. \$85 incl. 2 nights lodging, 2 breakfasts, lunches, and 1 dinner. Training is held at the White Memorial Foundation in Litchfield, CT. Download registration package at: <http://snebulos.mit.edu/majorexursions/>. Questions? Contact Merri Fox (merri.fox@pw.utc.com, 860-485-1697) or Sue Lach (slach@me.com, 860-533-0219).

***Discover the PA Highlands with AMC's New PA Highlands Regional Recreation Map & Guide - This two-sided folding map and guide includes 75 parks, trails, and preserves to hike, bike, boat, and camp throughout this 13-county region in Southeastern PA. To get a free copy, go to www.outdoors.org/hiketthehighlands under hiking resources (\$2.95 S&H).

Enjoy a Fun, Activity-Filled Weekend with your AMC Friends at

The Second Annual

Spring Fling

April 30 - May 2, 2010

At AMC's Mohican Outdoor Center - Blairstown, New Jersey
(www.outdoors.org/lodging/lodges/mohican/index.cfm)

Activities will include:

- **Hiking** at various levels on the AT and other trails in the Kittatinny Mountains near the Delaware Water Gap
- **Paddling** on the Center's Catfish Pond - Canoes/Kayaks provided
 - **Biking** on local roads
 - A Visit to the **Lakota Wolf Preserve** (great for kids!)
 - Touring **Historic Millbrook Village**
- **Evening Music Jams** - bring your own instrument and join in
- **Campfires** around the historic Council Rock - with S'mores, of course!

Accommodations:

Cabins and Tent sites

Kids under 12 enjoy a discount

Price to be determined Includes:

Friday and Saturday Evening Lodging or Tent Site

Happy Hours (BYO) - Friday and Saturday Evenings

Breakfasts - Saturday and Sunday; Trail Lunches - Create your own

BBQ Dinner - Saturday evening

(Vegetarian options available on prior request)

