



The Southeast Breeze

Quarterly newsletter of the Appalachian Mountain Club, Southeastern Massachusetts Chapter
Spring 2011 — March, April, May

A Cold View from the Chair

By Jim Plouffe, Chapter Chair



In the last View I wrote about the new members of our AMC Executive Board. This time I would like to highlight the hard work and dedication of our returning members. To introduce them, I have chosen to use sports analogies. This is my own feeble attempt at convincing myself that fair weather is right around the corner. I'm actually writing this shortly after stepping inside from shoveling my driveway in the bitterly cold winter air. Brrrr. Any person that can correctly identify the sports gets 5 bonus points.

Conservation – Starting at Quarterback is the always intuitive, Joanne Jarzowski. Last year, Joanne stepped up to the ball and completed a pass with a grant for a new projector. What's next? We'll have to see!

Communications - Next, playing Point Guard, is Cheryl Lathrop, our grammar policewoman. Expanding on her predecessor's work, Cheryl has transformed SEM's communications. Want to know more about the Chapter? Check the website or Facebook us. Yes, that's a verb, right Cheryl?

Membership - Of course, no team is complete without our Center Forward, Len Ulbricht. When I joined the board in 2008, it took two people to fill Len's position. What else needs to be said? Len is doing the job of two people – and doing it very well! Only about 10% of our members are active in the organization. Len is working hard to improve this by involving new members and armchair members alike.

Trails - Batting clean-up is the one returning member that would cause a stir at any airport checkpoint. No, that isn't Death holding that scythe, it is Kevin Mulligan! From MA to NH, Kevin has brushed his way to organizing events and clearing our trails.

Ski - As a midfielder, Barbara Hathaway, has made a huge impact on SEM's Ski Program. Under her leadership the Ski Committee was brought back from the edge of oblivion. Whether skiing downhill or cross-country, Barbara has her goggles and poles at her side.

Biking - With our expert Bowler, Joe Tavilla, we can expect to go long distances. He is returning to make sure the wheels turn consistently. Joe has initiated a popular Easy Rider program to introduce newer bike riders to the joys of the road.

We could not do without Past-Chapter Chair Wayne Anderson, as Manager. We rely on his insight and knowledge of the past to help us work as a cohesive team. It is through his guidance that I hope, even though we may all be playing different games, the ideal of playing on one team will prevail to make our Chapter stronger.

VOLUNTEERS NEEDED!

Volunteers needed to bring paper cups to meetings. (Oh, and to do many other things too!)
SEM has many opportunities to make a difference in the AMC's ideals of recreation, education, and conservation.
Contact Jim Plouffe, YOUR Chapter Chair, to find out how you can make a difference!

chair@amcsem.org

CHAPTER WEBSITE: www.amcsem.org
Find us on FACEBOOK. Follow us on TWITTER.
SIGN UP FOR OUR SHORT NOTICE ACTIVITY LIST at AMCSEM.ORG

Meeting Events Calendar

SEM Executive Board Meetings (6:30 pm)

Mar 09--Sunshine Café, Rt. 44, Lakeville
Apr 13--Bourne Community Center
May 11--Sunshine Café, Rt. 44, Lakeville
Jun 08--Bourne Community Center
(contact chair@amcsem.org for more info)

Hike Planning Meetings (6:30 pm)

Mar 02, Jun 01 Sunshine Café, Rt. 44, Lakeville
(contact hikingchair@amcsem.org for more info)

SEM Short Notice E-Mail Trip List — Find out about late-breaking chapter activities not appearing in the *Breeze*, the *outdoors*, or the online trip listings. Visit 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: www.amcsem.org (-schedules")
4. SEM short notice email list: www.amcsem.org

SUMMER BREEZE DEADLINES (covers Jun, Jul, Aug):
Apr. 07 trips; Apr. 15 articles, pictures

SUBMIT PIX TO OUR WEBSITE!

Send them to webmaster@amcsem.org.

SEM VOLUNTEER OPPORTUNITIES

Curious about the inner workings of your chapter? Volunteer for the Executive Board! Have technical skills? Volunteer for our website! Have writing/editing skills? Volunteer for *The Breeze*! Like kids? Volunteer for CYP! Want to get out more? Volunteer to lead a hike, bike, or paddle! We have lots of volunteer positions open! Please contact chair@amcsem.org if you'd like to get more involved with the chapter.

FIND US ON FACEBOOK!

FOLLOW US ON TWITTER!

CHAPTER WEBSITE: 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. Preview the waiver at: amcsem.org, Forms.

The Southeast Breeze, the newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published 4 times a year. SEM members are encouraged to submit letters, articles, and photos; materials for publication (space permitting) cannot be returned unless accompanied by SASE. 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, **Proofreader:** Kate Patroliia.

Appalachian Mountain Club Southeastern Massachusetts Chapter (SEM)

2011 Executive Board & Staff

Chapter Chair	chair@amcsem.org Jim Plouffe, 508-562-0051
Vice Chapter Chair	vicechair@amcsem.org Luther Wallis, 508-923-1935
Past Chapter Chair	pastchapterchair@amcsem.org Wayne Anderson
Treasurer	treasurer@amcsem.org Leslie Carson, 508-833-8237
Secretary	secretary@amcsem.org Karen Singleton, 508-730-7701

Biking	bikingchair@amcsem.org Joe Tavilla, 508-428-6887
Biking (Vice)	bikingvicechair@amcsem.org Open
Canoe/Kayak	paddlingchair@amcsem.org George Wey, 781-789-8005
Canoe/Kayak (Vice)	xxxxxx@amcsem.org Betty Hinkley, 508-241-4782
Cape Hiking	capehikingchair@amcsem.org Pat Sarantis, 508-430-9965
Cape Hiking (Vice)	capehikingvicechair@amcsem.org Bill Vickstrom, 774-454-7386
Communications	communicationschair@amcsem.org Cheryl Lathrop, 508-668-4698
Comms. (Vice)	xxxxxx@amcsem.org Open
Conservation	conservationchair@amcsem.org Joanne M. Jarzobski, 508-212-4427
Conservation (Vice)	conservationvicechair@amcsem.org Maureen Kelly, 508-224-9188
CYP Chair	cypcoordinator@amcsem.org Sally Delisa, 781-834-6851
Education	education@amcsem.org Mike Woessner, 508-577-4879
Education (Vice)	educationvicechair@amcsem.org Open
Hiking	hikingchair@amcsem.org Chris Pellegrini, 508-244-9203
Hiking (Vice)	hikingvicechair@amcsem.org Walt Granda, 508-971-6444
Membership	membershipchair@amcsem.org Len Ulbricht, 508-359-2250
Membership (Vice)	membershipvicechair@amcsem.org Open
Skiing	xeskichair@amcsem.org Barbara Hathaway, 508-880-7266
Skiing (Vice)	xeskivicechair@amcsem.org Farley Lewis, 508-775-9168
Trails	trailschair@amcsem.org Kevin Mulligan
Trails (Vice Chair)	trailsvicechair@amcsem.org Open

Social Chair	Jodi Jensen, 781-762-4483
Social Networking	Susan Salmon (moderator)
Webmaster	Bill Desmond, webmaster@amcsem.org
Asst. Webmaster	Kerry Grenier, asstwebmaster@amcsem.org
Web Proofreader	Kate Patroliia

The chapter includes ~3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.

MOVED? Send your new address to: AMC, 5 Joy St., Boston, MA 02108. Or the **Member Center** at www.outdoors.org/membercenter, or 800-372-1758.

NON-SEM AMC MEMBERS: Want the quarterly *Breeze* newsletter? Send your address & a \$10 check payable to "AMC SEM" to: Leslie Carson, ATT: Non-Member Breeze Subscription, 64 Mill Road, East Sandwich, MA 02537.



WAYNE ANDERSON, Past Chapter Chair, SEM (2009-2010)

(All retiring Chapter Chairs were recognized for their service at the AMC Annual Meeting.)

Joining the AMC in 2002 and working his way up the leadership ladder in just a short period of time, Wayne Anderson has exhibited an enthusiasm that has benefited both the Southeast Massachusetts Chapter and the AMC as a whole. Becoming the Vice Chair of the Hiking Committee in 2006 and proceeding up to Hiking Chair in 2008, and then Chapter Chair in 2009, Wayne has shown his commitment to recreation, education, and conservation, the three most important values that the AMC holds.

Wayne's accomplishments include:

- The establishment, under his leadership, of the SEM CYP committee, first as an Ad Hoc Committee and subsequently, as a permanent committee within the Chapter By-Laws
- Established and helped maintain the widely acclaimed SEM annual trip to Cold River Camp.
- Has been resourceful in trying to bring together several of the committees in various group activities (biking/paddling/hiking) for our Chapter-wide events, Chapter Hut Weekend and Spring Bash, while encouraging individual committees to bring in new leaders for beginning recreation activities. One success story is the newly developed Easy Riding Series in the SEM Biking Committee.
- Has always been very encouraging and patient with new hikers. Listens and instructs new attendees with an understanding temperament.
- Very generous with his time, opening up his house for meetings and his business to have workshops, such as winter hiking workshops and other various leadership education.

In his personal life, Wayne has adopted his own trail in the White Mountains, leads his granddaughter on hikes, and volunteers his time to do trail maintenance in the Blue Hills Reservation of Massachusetts. While trying to figure out how Wayne fits all this into a normal day, the SEM Chapter is deeply indebted to him for his dedication and determination to make this Chapter even better than it already is.

By Jim Plouffe, current Chapter Chair (2011)

UP FOR ANOTHER RED LINING PROJECT? In case you get tired of Red-Lining the Blue Hills—there are 1,420 mi of trails to cover in the White Mountains! Hike every trail in the AMC NH White Mountain Guide Book! Patches and certificates awarded to all finishers. See the GRID WEBSITE: www.48x12.com

The SEM Communications Committee has an opening!

Vice Communications Chair – Attend executive board meetings to watch and learn; and help the Chair publish the *Breeze* and oversee the chapter website for 2011. Then take over as Communications Chair in 2012 and oversee a wonderful staff of webmasters, editors, and proofreaders! Contact: communicationschair@amcsem.org.



NEW HIKE LEADER PROFILE: BILL VICKSTROM

Q: When did you join the AMC? Sometime in the 1990s. Growing up, my parents were members of the Worcester Section so I did a few activities with that chapter when I was younger.

Q: Why do you hike? I like to be outside and experience nature, good scenery, enjoy great company, get exercise and also to explore new places that can only be best reached on foot. Having a desk job, I appreciate every chance to get out.

Q: What is your hiking and outdoor experience? I have been an enthusiastic hiker since my early years. My father was an avid hiker and I remember climbing Mt. Wachusett when I was five and also doing many hikes with him.

Q: Why did you want to become an AMC hike leader? I have always led hikes with small groups and the AMC offered the chance to share some of my experiences on a larger scale. After participating in the Red Line Blue Hills series for several years, I decided it was time to step up and take AMC's Leadership Training Program.

Q: Do you have a favorite hike or favorite hiking story? I have a lifetime of memorable hikes but the ones that stand out above all others were trips in Grand Canyon, Zion and Bryce Canyon National parks and also in Sedona, AZ.

Q: What is the one hiking adventure you dream of? I would like to hike in more of the national parks, with Yosemite Half Dome being at the top of my list.



SEM 2000 MI CLUB -- 12/31/2010

Leonard Leonardi	6735	Barry Gallus	3107
Louis Otour	4874	Jean Orser	3025
Luca Macchi	4600	Jim Kelpela	2120
Joe Tavilla	4394	Ted Rowan	2545
Fred Chase	4150	Lawton Gaines	2508
Gerry Nelson	3637	John Sullivan	2413
Dan Egan	3625	Ron Sikora	2383
Pam Patrick	3486	Lee Ekhart	2348
Ed Foster	3361	Wil Mason	2122
Paul Corriveau	3240	Jim Kelpela	2120
Joe Barry	3164	Mark Tisdale	2007
Larry Cohen	3125	Jack Jacobsen	2002



ALL 48 NOW COMPLETE !

On January 15, 2011, Dexter Robinson completed, in winter, the summing of all 48 of New Hampshire’s 4000 footers. The final hike was to Mt. Passaconaway in the southern White Mountains. He celebrated this event with friends, most of whom are SEM winter hikers. Dexter’s most difficult winter hikes included Mt. Adams, requiring 4 attempts, and Mt. Isolation, a 2-day overnight backpack. He notes that the winter list is a challenge given the limited 3 month window of opportunity, variable weather, ground conditions, and required equipment.

WINTER FUN



White Lining. January 2011, first “White Lining” hike in the Blue Hills. White Lining is Red Lining (RLBH) in the winter!

Gunstock downhill ski trip. Lake Winnepesaukee is in the background. Skiers: Brian Kelly, Hagit Moverman, and Susan Krumholz.



When the family insists you get your hiking stuff out of the living room on Christmas Day!



They look happy enough. But, we can't believe they're warm in their non-high-tech clothes!

Share Skills With Youth Become a Volunteer Leader with the Chapter Youth Program (CYP) of AMC SEM. The spring training workshop is scheduled soon! Our group works with facilities to plan and lead children in outdoor activities. If you're interested in the gratifying experience of getting kids out on the trails and discovering nature, please contact the SEM CYP Chair for workshop details. cypcoordinator@amcsem.org



MEMBERSHIP OPEN HOUSE
for
New, Prospective, and Armchair Members



Pot Luck dinner
Saturday March 19, 2011

- Introduce new members and those considering joining AMC to SEM's outdoor activities and special events. Find out how to get started. Armchair members who would like to resume participation in activities are welcome.
- Socialize with members and volunteer leaders. You may meet a familiar face on your first trip.
- Get your feedback – what works, what doesn't. What are your interests and ideas?
- Invite a friend or neighbor to learn about AMC and our SEM chapter.
- Bring a pot luck dish to share.
- Centrally located for on-Cape and off-Cape residents. Plenty of parking.

The Bourne Community Center
239 Main Street, Buzzards Bay, MA 02532
Plan on arriving between 5:30-6:00 pm with your dish to share.
Registration required, space is limited.

Please register with Len Ulbricht at membershipchair@amcsem.org or 508-359-2250.

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WASTE NOT WANT NOT

By Susan Salmon

Did you know?

- ❖ The amount of wood and paper we throw away every year is enough to heat 50,000,000 homes for 20 years.
- ❖ The U.S. comprises 5% of the world's population yet we generate 40% of the world's waste.
- ❖ A ton of glass produced from raw materials creates 384 lbs of mining waste and 27.8lbs of air pollution.
- ❖ Using 50% recycled glass cuts the mining waste by 75% and reduces the air pollution by 14-20%.
- ❖ Americans throw away enough aluminum every three months to rebuild our entire commercial air fleet.
- ❖ Aluminum can recycling saves 95% of the energy needed to make aluminum from bauxite ore.
- ❖ Recycling plastic saves twice as much energy as burning it in an incinerator.
- ❖ Styrofoam (polystyrene) is not recyclable; it cannot be made into new Styrofoam. A cup in a landfill today will still be there 500 years from now.
- ❖ Energy saved from recycling helps the environment by reducing energy related pollution and greenhouse gas emissions.

You can make a difference!

- ❖ Reduce your waste by avoiding the use of single use bottles, coffee cups, and bags.
- ❖ Bring reusable bags when shopping.
- ❖ Don't leave the water running while brushing your teeth or washing dishes.
- ❖ Replace the most often used light bulbs in your home with compact fluorescent light bulbs (CFLs). If every household did this, electricity used for lighting would be cut by half!
- ❖ Use it up, wear it out, make it do, or do without.
- ❖ Recycle.

We will miss: Carrie Priscilla Dobson



Carrie Priscilla Dobson of Harwich, previously of North Falmouth, died November 20, 2010, after a long battle with carcinoid cancer. She had been a Cape Cod resident since 1968. Carrie was a volunteer for Cape Cod Museum of Natural History, Wild Care, Inc., Cape Playhouse, Fresh Air Children's Program, Brewster in Bloom, Harwich Council on Aging Travel Desk, a board member of Cape Cod Opera, a past board member of Opera New England of Cape Cod, a past board member of Cape Cod Women's Organization, a longtime member of Polly's Place Cancer Support Group, and a past canoe/kayak chair for AMC SEM. Carrie swam daily and was an avid kayaker. Donations may be made to the Carcinoid Cancer Foundation, Inc.



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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

CLUB-WIDE ACTIVITIES

Apr. 29-May 1 **SPRING FLING**

CHAPTER- WIDE ACTIVITIES

Mar. 19 **OPEN HOUSE**

Mar. 26 **LEADERSHIP TRAINING**

Apr. 2,3 **WILDERNESS FIRST AID**

Sep. 22-25 **CHAPTER HUT WEEKEND**

NOTE ACTIVITIES MARKED FOR :

FT = First Timer **NM** = New Member

FULL LIST at AMCSEM.ORG

HIKING / BACKPACKING

IMPORTANT: Hikers unsure of their ability should try only 1 level more difficult than previously completed. No pets without permission of trip Leader. Registration req'd 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.

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

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

IMPORTANT: No pets w/o prior permission of trip L. Under 18 yrs must be accompanied by parent or responsible adult, & obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 wk prior to trip so Ls can discuss prior hiking exp., conditioning, clothing, & equipment.

(CE) Thu., Mar. 3. Walkabout Trail, George Washington Management Area, RI (B3C). Hike 6 mis with lunch stop. NOTE Registration reqd. L/R Art Hart (508-888-2847 9am-9pm, ajhart32@comcast.net)

Sat., Mar. 5. **Snowshoe Series #4.** Intermediate/Advanced - Excellent snowshoeing up Champney Falls Trail to Middle Sister Cutoff. Good views of Mt. Chocorua. L/R Leslie Carson (508-833-8237 after 6pm, lrc929@comcast.net), CL M. Kelly

(NM) Thu., Mar. 10. Thursday Morning Blue Hills (B3C). Perambulate Buck Hill with side trip to summit & views of Boston & Mass Bay. 5 mi on lesser traveled trails. No difficult ups or downs. 10 am start at Houghtons Pond parking lot. Stabilizers if icy. Rain cancels. L Len Ulbricht (508-359-2250 before 8pm, lenulbricht@comcast.net)

Sun., Mar. 13. **Midstate Trail Section Hike #1** (B3B). Join our first of 10 section hikes across Mass. on the Midstate Trail. More info at <http://mysite.verizon.net/fmwason/>. L/R Fred Wason (508-699-7635, fmwason@verizon.net), L Bill Vickstrom, CL Ellen Correia.

Sun., Mar. 13. Fast & Hilly (B2B). Hike the North - South loop & Buck Hill of Skyline Trail fast. Meet at 8:45. L/R Maureen Kelly (508-224-9188 before 8pm, MoKel773@aol.com).

(FT) (NM) Thu., Mar. 17. Hiking Allens Pond (B3C). Meet 10:00am, Allens Pond Wildlife Sanctuary. Req. equipment: hiking boots, rain gear, water & snacks or lunch. Heavy rain will cancel. Snow or ice will require yaktrax or stabilizers. L Walt Granda (508-999-6038 before 9:00pm, wigranda@aol.com)

Sat., Mar. 19. Moose Hill Sanctuary - Sharon. Meet at 9:45 Sanctuary HQ. Walk the Vernal Pool, Hobbs Hill & Bluffs Loops. Bring lunch. L Bill Vickstrom (774-454-7386 7-9PM, wrvick@aol.com), R Bill Vickstrom (11 Ashberry St, Plymouth, MA 02360, 774-454-7386 7-9PM)

Thu., Mar. 24. Boyden Wildlife Refuge/Westville Conservation, Taunton (C3C). Boyden Wildlife Refuge, 1298 Cohannet St & Westville Conservation Area, Taunton. Meet 10AM. Scenic trails by river. Rain cancels. L Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net)

Sat. Mar 26. **Leadership Training.**

Thu., Mar. 31. BCT Sherborn Forest/Rocky Narrows (B3C). 10 am start. 6+ mis. Mostly level with an up/down section. Group size limited. Contact leader for details. L/R Len Ulbricht (508-359-2250 before 8pm, lenulbricht@comcast.net).

Apr. 2-3 **Wilderness First Aid course**

Thu., Apr. 7. Myles Standish State Forest, South Carver (B3C). Meet 10AM at Ranger Station parking lot for a 5-6 mi loop hike. Water, snacks, boots. Rain cancels. See web for directions. L Ellie MacPherson 508-224-6465, elliemacp@comcast.net.

(NM) Sat., Apr. 9. Mount Holyoke Range (B3B). Hike along the Metacomet-Monadnock Trail from Mt Holyoke trailhead to Mt Norwottuck. L/R Walt Granda (508-999-6038 before 9pm, wigranda@aol.com), CL Steve Long (ds2long@comcast.net)

(FT) (NM) Thu., Apr. 14. **Red Line the Blue Hills** (C3C). Hike 6-8:00pm Thursdays at different locations in the Blue Hills. Register once then show-n-go. Red-line your map, or just come for fun. Very social group. Moderate pace. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly, L

Michael Swartz, L Ellen Correia, R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Thu., Apr. 14. SEM Hike, Lakeville, MA (B3C). Registration reqd. Number of participants limited. 7-8 mi walk thru pine woods along lake shore to local conservation area at Betty's Neck. Call for meeting place & time. Bring lunch, water, & sturdy hiking shoes/boots. May have some wet spots. L/R Elsie Laverty (elavmca@tmlp.com)(23 Macy St., Raynham, MA 02767, 508-823-0634 before 9pm)

(NM) Sat., Apr. 16. Mount Kearsage (C3C). Bare summit with views in all directions. 10:30 start at trailhead. Carpooling recommended. Registration reqd. L/R Len Ulbricht (508-359-2250 before 8pm, lenulbricht@comcast.net), CL Peter Sharpe (774-254-5013, sharpep121@hotmail.com)

Sun., Apr. 17. Fast & Hilly (B2B). Hike the North - South loop & Buck Hill of Skyline Trail fast. Meet at 8:45a. L/R Maureen Kelly (508-224-9188 before 8pm, MoKel773@aol.com)

Sun., Apr. 17. **Midstate Trail Section Hike #2** (B3B). Join our second of 10 section hikes across MA. on the Midstate Trail. More info at <http://mysite.verizon.net/fmwason/>. L/R Fred Wason (508-699-7635, fmwason@verizon.net), L Bill Vickstrom, CL Ellen Correia

Thu., Apr. 21. Red Line the Blue Hills (see Apr 14)

Thu., Apr. 21. 2 For 1: Fort Barton, Weetamoo Woods, Tiverton, RI (B3D). Great view of Mount Hope Bay; some stairs on steep hills, boardwalks in low areas. Lunch at Weetamoo Woods. Meet 10am at foot of Ft. Barton. L Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net)

Sat., Apr. 23. Ipswich River Sanctuary - Topsfield. Hike thru wetlands, fields & forests, eskers, & along wandering river. Meet at 9:45 at HQ. Bring lunch. L Bill Vickstrom (774-454-7386 7-9 PM, wrvick@aol.com), R Bill Vickstrom (11 Ashberry St, Plymouth, MA 02360, 774-454-7386 7-9 PM)

Thu., Apr. 28. Red Line the Blue Hills (see Apr 14)
Thu., May. 5. Red Line the Blue Hills (see Apr 14)

Thu., May. 5. Blue Hills Quarry Walk, 651 Willard St, Quincy (B3C). Meet 10 AM Shea Rink parking lot. 5-6 mi with some rocky ledges; boots, water, snack. See web for directions or call L Ellie MacPherson, 508-224-6465, elliemacp@comcast.net, cell 978-478-7106. Storm cancels.

Sun., May. 8. Fast & Hilly (B2B). Hike the North - South loop & Buck Hill of Skyline Trail fast. Meet at 8:45a. L/R Maureen Kelly (508-224-9188 before 8pm, MoKel773@aol.com)

Thu., May. 12. Red Line the Blue Hills (see Apr 14)

Thu., May. 12. Thursday Morning Hike: Redemption Rock. Slow-paced hilly woods walk along Mid-State Trail from Redemption Rock to Crow Hill. 6 mi hike. lunch atop Crow Hill. L Jerry Yos (781-935-4647 before 11pm)

(FT) (NM) Sat., May. 14. Summer Series Hike #1 Blue Hills (B3C). 6-7 mi conditioning hike for Summer Series. First timers have the opportunity to learn safe hiking practices. L/R Walt Granda (508-999-6038 before 9pm, wlgranda@aol.com), CL Maureen Kelly (508-224-9188 4-8pm, mokol773@aol.com) **SAVE THE DATE:** June 4 Hike #2 Monadnock. Aug 13-14 weekend hiking.)

Sun., May. 15. **Midstate Trail Section Hike #3** (B3B). Join the third of 10 section hikes across Mass. on the Midstate Trail. More info at <http://mysite.verizon.net/fmwason/>. L/R Fred Wason (508-699-7635, fmwason@verizon.net), L Bill Vickstrom, CL Ellen Correia

Thu., May. 19. Red Line the Blue Hills (see Apr 14)
Thu., May. 26. Red Line the Blue Hills (see Apr 14)

Thu., May. 26. North Hill Marsh (C3C). Th. morning C-3-C. Variety of trails & wildflowers. Meet 9:45 in parking area. L Sally Delisa (781-834-6851 before 9:00pm, delisasally@yahoo.com)

Sat., May. 28. **Skyline End-to-End** (A3C). Springtime hike on Skyline. Hike starts at Royal St. & ends at Shea Rink. L/R Chris Pellegrini (508-244-9203 6-9pm, chrispellegrini@yahoo.com)

CAPE COD HIKES

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.")

Mis	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., Mar. 3. East Falmouth-Mashpee, Quashnet River (C3C). Walk in upland woods alongside pretty stream. From Mashpee rotary, Rte 28N to Falmouth 2.1 mi, take R on Martins Rd to parking area. 2 hours. Meet 9:45. If rain/snow forecast, contact L. L John Gould (508-540-5779, jhgould@comcast.net)

Mar. 5. Truro, High Head: Dune Shacks (B3B). Meet 9:45 at parking lot by bike trail on High Head Rd. Hike dunes & beach from High Head to the eastern-most dune shacks & back. Breathtaking views of the dunes, ocean & cranberry bogs. 3 1/2 hrs. Bring lunch. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Mar. 6. Falmouth, Beebe Woods (C3D). Thru woods, past ponds & farm with sheep/llama/lambs. Meet 12:45 - 2 hours. Route 28 South then 0.6 mi

past hospital lights to right on Depot Avenue. Continue 0.4 mi up hill. If rain or snow forecast contact leader. L John Gould (508-540-5779, jhgould@comcast.net)

Thu., Mar. 10. Eastham-Coast Guard Beach (C4D). Easy hike thru woods & marshes. Nice views of Nauset Marsh & Atlantic Ocean. Meet at Salt Pond Visitor Center off Rte. 6 at 9:45AM. 2 hrs. L Farley Lewis (508-775-9168, farleywis@comcast.net)

Sat., Mar. 12. North Falmouth, Crane Moraine (B3C). Crane Wildlife Reservation, along moraine: vistas of Buzzards Bay, ponds, boulder fields. Four hours - bring lunch. Meet 9:45 across from Falmouth Animal Hospital, S side of Rt 151, just E of Rt 28. If rain check w/L. L John Gould (508-540-5779, jhgould@comcast.net), CL Bill Vickstrom

Sun., Mar. 13. Mashpee South Cape Beach (C3C). Flat hike thru woods for 2mi., then 2mi. on sandy peninsula. From Mashpee rotary, take Great Neck Rd. south 2.7mi., left on Great Oak Rd. Follow to town beach pkg. Meet at 12:45. 2hrs. Conditions dependent-email leader. L Gary Miller (508-540-1857, Garymaxx@verizon.net)

Thu., Mar. 17. West Yarmouth, Sandy Pond (C3C). Route 6, Exit 7S to left on Camp Street, then left on Buck Island Rd. Left at Sandy Pond Recreation Area. Meet at 9:45am. 2 hrs. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Mar. 19. Whales, Whales: Provincetown (B3B). Meet 9:45 upper parking lot Race Pt Beach. Walk soft sand thru dunes to Race Pt lighthouse. 3 1/2 hrs walk. extra time to watch for whales. Bring lunch & binos. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Mar. 20. Brewster, The Punkhorn (C3C). Woods, ponds. Rt 6, Ex 10, L on Rt 124 to 6A, L on 6A 1.2 mi, L on Stony Brook Rd 0.6 mi, L on Run Hill Rd 1.3 mi Lot on L. Meet 12:45; 1:00 start. 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Thu., Mar. 24. Dennis Crowe to Crowe Loop (C3C). 2hr. hike. Paths, beach, quiet Rds. Meet 9:45am. From Rt. 6, exit 9 onto Rt. 134N to Rt. 6A. R on 6A, L onto School St., then R onto South St. to lot on R past cemetery. L Maria Sylvester (508-385-4045, sylvester_maria@hotmail.com)

Sat. Mar 26. Leadership Training,

Sat., Mar. 26. Great Island Wellfleet (B3C). Great Island Wellfleet Meet 9:45 at Great Island parking lot on Chequesett Rd in Wellfleet. This will be a 4 hour beach hike out to Jeremy Point. Great bay views & Wellfleet Harbor. L Bill Vickstrom (774 454-7386 7-9pm, wrvick@aol.com)

Sun., Mar. 27. Brewster Nickerson State Park (C3C). End of winter woods walk. Route depending upon ground conditions. Meet 12:45 Nickerson State Park entrance pkg lot on Rte 6A. Two hours.

Snow/rain cancels. Doubt? Call leader. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Thu., Mar. 31. Hawksnest State Park, Harwich (C3C). Woods walk. Meet 9:45. Exit 11 off Rte 6, go diagonally across from exit to Spruce Rd & pk on side of Rd approx. half mi down. Two hours. Rain/snow cancels. Doubt call Leader. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Apr. 2. Provincetown: Whales Whales Whales (B3B). Walk beach to Race Point Lighthouse with binoculars. Meet 9:45am, Race Point Beach pkg. lot. 3hr walk. 1 hour look for whales & lunch! L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Thu., Apr. 7. Truro, Ryder Beach (C3C). Beach, woodland trails, hills, scenic bay views. Rte 6, L on Prince Valley Rd. to end. R on County Rd. L on Ryder Beach Rd. Park at End. Meet 9:45 a.m. >2 hrs. Janet Kaiser 508-432-3277. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Apr. 9. Provincetown: Whales & Trails (C3B). Meet at 9:45pm at Herring Cove Beach (far right of the right parking lot). Walk via bike trail/sand/salt marsh to Race Point Lighthouse. Four hours for lunch, whales. Bring binoculars! L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Apr. 10. Long Pasture Wildlife Sanctuary (C4C). Meadows, salt marsh, vernal pools, buttonbush swamp & other habitats make this a have for wildlife. Meet at 12:45. L Bill Vickstrom (774-454-7386 7-9pm, wrvick@aol.com). Contact leader for directions.

Thu., Apr. 14. Barnstable-Bridge Creek Conservation (C3D). Flat terrain, cedar upland, maple swamp & salt marsh, bogs, stone walls. Meet at 9:45am. 2 hrs. Rte 6 to Exit 5. North on Rte 149...park along grass triangle on immediate left beside West Parish Church. L Farley Lewis (508-775-9168, farleywis@comcast.net)

Sat., Apr. 16. Mashpee River Woods & Pine Barrens. Nice Spring hike along the Mashpee River Woodlands, then to the Pine Barrens, & back. Meet 9:45 for 3-4 hour hike. Bring lunch. L Bill Vickstrom (774 454-7386 7-9pm, wrvick@aol.com). Contact leader for directions.

Sun., Apr. 17. Harwich, Herring River (C3C). Wooded, Herring may be running. Rt 6, R on 124. 2 mi to Ctr, R on Main St/Gr Western 2 mi to Sandy Pond lot on R. Meet 12:45; 1:00 start. 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Thu., Apr. 21. Yarmouth Ponds (C3C). Hike in the 3 ponds/bogs area. Meet 9:45. From Rt 6 ex 8S to R at 2nd traffic light onto Old Townhouse Rd. L on W. Yarmouth Rd. Go ~1 mi to pkg on side of Rd. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Sat., Apr. 30. Provincetown: Snail Rd Dunes (B3B). Meet 9:45am at Snail Rd trailhead on Rt. 6, east end of Provincetown. Dunes, dune shacks &

cranberry bogs with 360-deg. views! 3.5hrs. Bring lunch & binoculars! L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., May. 1. Sandwich: Benjamin Nye Trail (C4C). Former game farm/fish hatchery. From Rte 6, Ex 4 N on Chase Rd for 1/2 mi, L on County Rd. @ 1 mi park across from Grange Hall. 2 hrs, meet @ 12:45 pm. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Sat., May. 7. Pochet Island. Meet at 9:45 at S end of Nauset Beach parking lot. Hike along remote beach to Pochet Island. L Bill Vickstrom (774-454-7386 7-9pm, wrvick@aol.com. Contact leader for directions.

Sun., May. 8. Brewster: Nickerson State Park (C3C). Mother's Day walk around ponds, woodland trails, few hilly sections. Meet 12:45. Enter State Park from rte 6A in Brewster. Main rd to L on Flax Pond Rd. to pkg at end of Rd. Two hours. Heavy rain cancels. L Janet DiMattia (508-394-9064, jandimattia@verizon.net

Thu., May. 12. Mashpee South Cape Beach (C3C). Flat hike thru woods for 2mi., then 2mi. on sandy peninsula. From Mashpee rotary, take Great Neck Rd. south 2.7mi., left on Great Oak Rd. Follow to town beach pkg. Meet at 9:45am. 2hrs. L Gary Miller (508-540-1857, Garymaxx@verizon.net)

Sun., May. 15. Truro, Bearberry Hill (C3C). Sand path w hilltop 360 view. Rt 6 to Pamet Rd, R off ramp, L on S Pamet Rd to beach pkg lot. Meet 12:45; 1:00 start. 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Thu., May. 19. Wellfleet Great Island Hike/Picnic (C3C). Hike around Great Island. 2hrs. End-of-year picnic follows. Bring small lunch & something to share (veggies, dessert, etc.) Meet at 9:45am at Great Island pkg. lot on Chequesett Rd. in Wellfleet. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Tue., Jun. 14. Full Moon Hike: West Dennis Beach (C4C). Rte 6 Exit 9A S Rte 134, go straight, cross Rte 28, go to end, turn Right. 0.5 mi turn Left to beach pkg near rotary. Meet 7 p.m. < 2 hr Janet kaiser 508 432 3277. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

BIKE RIDES

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.

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

WANTED: Ride Leaders & Co-Leaders. Enthusiastic about cycling? Like showing others your favorite roads? If yes, then share your enthusiasm & routes w/ your fellow AMC members! Contact Bike Chair Joe Tavilla (508-428-6887, SilverSki@Earthlink.net) for more info.

AMC SEM 2,000 Mi Club. Our unique 2,000-mi Club! Certificates of achievement & embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair to reg. your miage & for more info. L Joe Tavilla (508-428-6887 7-7, bikingchair@amcsem.org).

Turn Those Tires on Tuesday

Rides scheduled all year long, weather permitting. 25 mi of Rd or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location & directions. Intermed. pace. Riders & bicycles in top shape; tires & riders pumped & ready to roll; helmets & water req'd. L Paul Currier (508-833-2690 8 am-7 pm, pbcurrier@hotmail.com)

Tue., Mar. 1. **Scenic Cycling On Cape Cod.** Great views & occasional stops at unique & interesting spots. Intermediate pace/24 mis/2hours. L Paul Currier (508-833-2690 8am-7pm, paulbcurrier@comcast.net)

Tue., Mar. 8. Scenic Cycling On Cape Cod. Great views & occasional stops at unique & interesting spots. Intermediate pace/24 mis/2hours. L Paul Currier (508-833-2690 8am-7pm, paulbcurrier@comcast.net)

Tue., Mar. 15. Scenic Cycling On Cape Cod. Great views & occasional stops at unique & interesting spots. Intermediate pace/24 mis/2hours. L Paul Currier (508-833-2690 8am-7pm, paulbcurrier@comcast.net)

Sat., Mar. 19. Sunset/Full Worm Moon Ride. Late day/early evening ride with a scenic sunset & moon ride in the Cape Cod Canal area. 22 mis/intermediate/FLAT. L Paul Currier (508-833-2690 8am-7pm, paulbcurrier@comcast.net)

Tue., Mar. 22. Scenic Cycling On Cape Cod. Great views & occasional stops at unique & interesting spots. Intermediate pace/24 mis/2hours. L Paul Currier (508-833-2690 8am-7pm, paulbcurrier@comcast.net)

Tue., Mar. 29. Scenic Cycling On Cape Cod. Great views & occasional stops at unique & interesting spots. Intermediate pace/24 mis/2hours. L Paul Currier (508-833-2690 8am-7pm, paulbcurrier@comcast.net)

Sat., Apr. 2. South Dartmouth Ride. 37 mis. Rural back Rds, views of Buzzards Bay, Slocum River &

bRd open farmland. L Jack Jacobsen (508-353-3708 7am-8pm, cyclejac51@yahoo.com)

Tue., Apr. 5 Scenic Cycling On Cape Cod. (see 3/1)
Tue., Apr. 12 Scenic Cycling On Cape Cod. (see 3/1)

Sun., Apr. 17. Sunset/Full Pink Moon Ride. Late day/early evening ride with scenic sunset & moonrise in the Cape Cod Canal area. Intermediate pace. L Paul Currier (508-833-2690 8am-7pm, paulbcurrier@comcast.net)

Tue., Apr. 19 Scenic Cycling On Cape Cod (see 3/1)
Tue., Apr. 26 Scenic Cycling On Cape Cod (see 3/1)
Tue., May. 3. Scenic Cycling On Cape Cod (see 3/1)

May. 5. **Thursday Rides At Six.** Easy pace/22 mis at various locations in Southeast MA. 6:00PM start. Details: contact ride leader. L Jack Jacobsen (508-353-3708 7am-8pm, cyclejac51@yahoo.com)

Tue., May 10 Scenic Cycling On Cape Cod (see 3/1)
Thu., May. 12. Thursday Rides At Six. (see 5/5)

Sat., May. 14. Rochester/Marion Ride. 31 mis. Stunning views of Buzzards Bay, Sippican Harbor & the ponds & farms of Rochester highlight this ride. L Jack Jacobsen (508-353-3708 7am-8pm, cyclejac51@yahoo.com)

Tue., May. 17. Sunset/Full Flower Moon. Late day/early evening ride with scenic sunset & moon rise in the Cape Cod Canal area. Intermediate pace/flat/22 mis. L Paul Currier (508-833-2690 8am-7pm, paulbcurrier@comcast.net)

Tue., May 17 Scenic Cycling On Cape Cod (see 3/1)
Thu., May. 19. Thursday Rides At Six (see 5/5)
Tue., May 24 Scenic Cycling On Cape Cod (see 3/1)
Thu., May. 26. Thursday Rides At Six (see 5/5)
Tue., May 3. Scenic Cycling On Cape Cod (see 3/1)
Tue., Jun. 7. Scenic Cycling On Cape Cod (see 3/1)

Sat., Jun. 11. Dighton Rock Ride. 37 mis. Rural back Rds of Lakeville/Freetown/Berkley. Lunch stop to see rock with the ancient inscriptions. L Jack Jacobsen (508-353-3708 7am-8pm, cyclejac51@yahoo.com)

Tue., Jun. 14. Scenic Cycling On Cape Cod. Great views & occasional stops at unique & interesting spots. Intermediate pace/24 mis/2hours. L Paul Currier (508-833-2690 8am-7pm, paulbcurrier@comcast.net)

Wed., Jun. 15. Sunset/Full Strawberry Moon Ride. Late day/early evening ride with scenic sunset & moon rise in the Cape Cod Canal area. Intermediate pace/flat/22 mis. L Paul Currier (508-833-2690 8am-7pm, paulbcurrier@comcast.net)

Tue., Jun. 21. Scenic Cycling On Cape Cod. Great views & occasional stops at unique & interesting spots. Intermediate pace/24 mis/2hours. L Paul Currier (508-833-2690 8am-7pm, paulbcurrier@comcast.net)

Bike Ride Ratings		
Mis	Pace/MPH	Terrain

Tue., Jun 28 Scenic Cycling On Cape Cod (see 3/1)

PADDLES

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 MA").

Sat., Apr. 2. Leader's Choice. Probably Sandwich Harbor or Barnstable Harbor & their creeks. L Ed Foster (5084207245, erfoster@comcast.net)

Wed., Apr. 6. Walker Pond. 10:30 am PFD Prereq. Put-in: Rt.6 exit 9 take rte. 134 N to R on Airline, R on Setucket, Ron Slough Rd to L at put in. Paddle Walker Pond & Upper & Lower Mill Pond. Wet suit/dry suit. L Bill Fischer (508-420-4137, wmbabarafischer@comcast.net)

(CE) Sat., Apr. 9. Maashpee Wakeby Ponds. Approximately 8 mi along the shores of this pond. WETSUITS & SPRAY SKIRTS REQD. PREREGISTER FOR DIRECTIONS. L Louise Foster (508-420-7245, janelouise@comcast.net)

Wed., Apr. 13. Waquoit Bay. Put-in: Whites Landing Rd, E. Falmouth (41°34.730/70°31.907) Turn off rte 28 at Edwards Boat Yard. Circumnavigate Waquoit Bay. Level 2 skill rating. Max distance 10 mi. PFD, Spray Skirt, & Cold Water attire reqd. L Gifford Allen (774.392.0634 anytime, gifallen@verizon.net)

Sat., Apr. 16. Centerville River. 10:30 am Put in Fr Rt 28 Centerville take Old Stage S into Main st. R on.S Main St to L on Hayward Rd. PFD. L Bill Fischer (508-420-4137, wmbabarafischer@comcast.net)

Wed., Apr. 20. Leader's Choice. Paddle around some of the partially protected waters of Buzzards Bay. Location depends upon wind & water temperature. L Haven Roosevelt (508-636-0006 any time, havenesq@comcast.net)

(CE) Sat., Apr. 23. Indian Lakes. Approximately six mis around these lakes. WET SUITS & SPRAY SKIRTS REQD. PREREGISTER FOR DIRECTIONS. L Louise Foster (508-420-7245, janelouise@comcast.net)

Wed., Apr. 27. Long Pond, Lakeville. Leisurely 10-mi. tour around the edge of Long Pond. PFD, spray skirt & wet or dry suit reqd. Launch 10:30AM at state ramp off Rt.18, 8 mi. south of I-495 Exit 4. L Wesley Ewell (774-313-7599 7am-9pm, twofootartist@yahoo.com)

Sat., Apr. 30. Blackfish Creek & Lieutenant Island. Put-in: From Rte.6 Wellfleet turn onto Pilgrim Spring Rd. (just past the fire tower). Straight on Indian Neck Rd., right on Samoset Ave. & right on Nauset Rd. Life vest, spray skirt & wet or dry suit req. L Don Palladino (508 349 2950, djp1958@comcast.net)

Wed., May. 4. Leader's Choice. Leader's Choice, probably Sandwich or Barnstable Harbor. L Ed Foster (5084207245, erfoster@comcast.net)

Sat., May. 7. Onset Harbor & Creeks. A leisurely 8-mi. tour around scenic Onset harbor & its estuaries. PFD & wet or dry suit req. Spray skirt rec. Launch 10:30AM at Riverside Dr., off Main Ave. L Wesley Ewell (774-313-7599 7:00AM-9:00PM, twofootartist@yahoo.com)

Wed., May. 11. Weweantic River. I 195 Exit 20 reverse direction to Visitor Center, ramp. L Haven Roosevelt (508-636-0006 any time, havenesq@comcast.net)

Sat., May. 14. Cotuit Bay. 10:30 am Put in rte. 149 s to R on 28 L on Putnam to Old Shore. L Bill Fischer (508-420-4137, wmbabarafischer@comcast.net)

Wed., May. 18. Weir River/Hingham Bay Islands. Put-in: Beach pk'g.Lot off Rt.3A just prior to Hingham Harbor rotary. Level 3 Paddle. Life vests & spray skirts Req'd. L George Wey (781 789-8005, Geowey@comcast.net)

Sat., May. 21. Mill/Walker Ponds, Brewster. Rt. 6, Exit 10N. L Stoney Brook Rd; L Runn Hill Rd. to end. Life vest reqd. L Jean Orser (508-362-0451, jeanorser@aol.com), CL Paul Corriveau (508-362-0451, paulcorri@gmail.com)

(CE) Wed., May. 25. Around West Island. Fairhaven, I 195 S to Rte 240 cross Rte 6 to Scotic Neck Rd. L on Seaview(park) Spray skirt reqd. L Haven Roosevelt (508-636-0006 anytime, havenesq@comcast.net)

(CE) Sat., May. 28. Shoestring & Popponesset Bays. Several options, depending on conditions. 8 to 10 mis. SPRAY SKIRTS REQD, PREREGISTER FOR DIRECTIONS. L Louise Foster (508-420-7245, janelouise@comcast.net)

Wed., Jun. 1. Leader's Choice. Probably Barnstable Harbor & Clay's, Bass, & Lone Tree Creeks. L Ed Foster (5084207245, erfoster@comcast.net)

Sat., Jun. 4. Monks Cove to Widows Cove. Paddle across the CC Canal into Widows Cove. Level 4. Strong currents/open ocean conditions. L Gifford Allen (774.392.0634 anytime, gifallen@verizon.net)

(CE) Wed., Jun. 8. Slocum River, Little River. I 195 exit 12, S Faunce Corner Rd, cross Rt 6 Old Wetport Rd. to Chase Rd, R Russells Mills Rd to town park on L. PFD reqd. L Haven Roosevelt (508-636-0006 anytime, havenesq@comcast.net)

Sat., Jun. 11. Bass River South, Dennis. Route6, Exit9S; R Upper County; L Main; R Cove to Town Landing. Life vest reqd; spray skirt if windy. L Paul Corriveau (508-362-0451, paulcorri@gmail.com), CL Jean Orser (508-362-0451, jeanorser@aol.com)

Wed., Jun. 15. Great Pond to Green Pond, Falmouth. Paddle from Great Pond out into

Nantucket Sound to Green Pond & back. L gifford allen (774-392-0634 anytime, gifallen@verizon.net)

Sat., Jun. 18. Oyster Pond, Oyster River, Stage Harbor, Chatham. Route 6 Exit 11S (137). L Rte 28; R Queen Anne; R Pond St to Beach. Life jacket & spray skirt reqd. L Betty Hinkley (5082414782, bhinkley@mindspring.com)

Wed., Jun. 22. Westport River- East Branch. I 195 to Rte 88 S. L at 2d light (Old County Rd. One mi to Head Of Westport Village, park on East side of river. L Haven Roosevelt (508-997-5160 any time, havenesq@comcast.net)

Sat., Jun. 25. West Falmouth Harbor to Cleveland Ledge Light. Put-in is West Falmouth Harbor, will proceed out to Cleveland Ledge Light & then back to shore for lunch. L gifford allen (774-392-0634 anytime, gifallen@verizon.net)

Wed., Jun. 29. Nauset Marsh, Eastham. 9+ Mi.Paddle. Put-in: 1.5 Mi.North from Rt.6 Eastham rotary to Hemenway on Right.Life vests & spray skirts Req'd. Level 3. L George Wey (781 789-8005, Geowey@comcast.net)

Wed., Jul. 6. Boston Harbor Inner Islands. Circumnavigate several harbor Islands. Put-in:Hull Gut, Hull,Ma. Level 3 Paddle. Life vests & spray skirts req'd. L George Wey (781 789-8005, Geowey@comcast.net)

Sat., Jul. 9. Monks Cove to Bassets Island. Launch from Monks Cove & paddle south to Basse's Island for lunch. L gifford allen (774-392-0634 anytime, gifallen@verizon.net)

Wed., Jul. 13. Weweantic River. Brisk 10-12-mi. trip down the Weweantic River & into Wareham Harbor. PFD & spray skirt req. Launch 10:30AM at State ramp in rest area between Exits 20 & 21 on I-195 East. L Wesley Ewell (774-313-7599 7:00AM-9:00PM, twofootartist@yahoo.com)

Sat., Jul. 16. Leader's Choice. Probably Southway to Monomoy Is., returning thru Stage Harbor. L Ed Foster (5084207245, erfoster@comcast.net)

Wed., Jul. 20. Slocum River-Giles Creek. 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. L Haven Roosevelt (508-997-5160, havenesq@comcast.net)

Sat., Jul. 23. Follins/Mill ponds, Dennis. Route6 Exit 9N (134); L Bob Crowell; R Old Bass River; L Mayfair; L Follins Pond to end. Life vests reqd; spray skirt if windy. L Jean Orser (508-362-0451, jeanorser@aol.com), CL Paul Corriveau (508-362-0451, paulcorri@gmail.com)

Wed., Jul. 27. Quissett Harbor to Weepecket Island. Put in at Quissett Hbr., cross Woods Hole for lunch on the Weepecket Is. L gifford allen (774-392-0634 anytime, gifallen@verizon.net)

Sat., Jul. 30. Wellfleet Harbor & Great Island. Put-in: Route 6 in Wellfleet, left at traffic light toward Wellfleet Center. Go 0.3m. Left on East Commercial Street to Town Marina. Right on Kendrick Ave. to Mayo Beach parking on left. Life vest & spray skirt req. L Don Palladino (508 349 2950, djp1958@comcast.net)

Wed., Aug. 3. New Bedford Harbor & Acushnet River. 195 Exit 15, Rt 18 S, after 3 lights L Cove St (4th light), to last lot in Fort Taber Park. L Haven Roosevelt (508-636-0006, havenesq@comcast.net)

Sat., Aug. 6. Walker, Upper Mill, & Lower Mill Ponds, Brewster. Route 6 Exit 10N (124); L Long Pond; L Rte 6A; L Stony Brook; L Run Hill to end. Life vests reqd. Spray skirt if windy. L Betty Hinkley (508-241-4782, bhinkley@mindspring.com)

Wed., Aug. 10. Mattapoisett Harbor. Paddle Mattapoisett Hbr. & area. Total distance ~12 mi. PFD & spray skirt reqd. L gifford allen (774-392-0634 anytime, gifallen@verizon.net), CL Haven Roosevelt

Sat., Aug. 13. Monks Cove & Back River. A leisurely 8-mi. tour around Monk's Cove, Phinney's Harbor & scenic Back River. PFD req. Spray skirt rec. Launch 10:30AM at Monk's Park, off Shore Rd. in Pocasset. Barlow's Landing Rd. from Rte. 28 South to Shore Rd. L Wesley Ewell (774-313-7599 7am-9pm, twofootartist@yahoo.com)

Wed., Aug. 17. Allens Pond. Same as Slocum River but continue on Horseneck Rd. to State Park on L. Spray skrt reqd. L Haven Roosevelt (508-636-0006, havenesq@comcast.net)

Sat., Aug. 20. Leader's Choice. Probably Pleasant Bay to North Beach Cut. & around Strong Island. L Ed Foster (5084207245, erfoster@comcast.net)

Wed., Aug. 24. Boston Harbor Outer Islands. Circumnavigate several Outer Harbor Islands. Put-In: Hull Gut, Hull, Ma. Level 3 Paddle. Life vests & spray Skirts req'd. L George Wey (781 789-8005, Geowey@comcast.net)

(CE) Sat., Aug. 27. Shoestring & Popponesset Bays. Several options depending on conditions. 8 - 10 mis. SPRAY SKIRTS REQD. PREREGISTER FOR DIRECTIONS. L Louise Foster (508-420-7245)

Wed., Aug. 31. North River, Marshfield to Hanover. Put-In: Marshfield side of Union St. Bridge. Spot cars in Hanover. Level 3. Life vest req'd. Spray skirt may be req'd. L George Wey (781 789-8005, Geowey@comcast.net)

Sat., Sep. 3. Long Pond, Brewster. DESCRIPTION: Long Pond, Brewster. Circle the pond; eat lunch on a sandy beach. PUT-IN: Exit 10 off Rt 6 N on Rt 124. Just after crossing the Brewster Town line R on Crowell's Bog Rd LIMITATIONS: Life vest reqd. L Betty Hinkley (508-241-4782, bhinkley@mindspring.com)

Wed., Sep. 7. Centerville River. Hayward st. put-in. See web site for directions. 10:30am. PFD reqd. L Bill Fischer (508-420-4137, wmbbararafischer@comcast.net)

Sat., Sep. 10. Leader's Choice. Probably Sandwich Harbor & Mill, Dock, and/or Spring Hill Creeks. Or possibly Barnstable Harbor. L Ed Foster (5084207245, erfoster@comcast.net)

Wed., Sep. 14. Onset Buttermilk Cove. Rt 25 exit 1 to Onset, L on 6E/28S to Main Ave, 0.2mi L Riverside Dr. Park on grass. L Haven Roosevelt (508-997-5160, havenesq@comcast.net)

Sat., Sep. 17. Mashpee-Wakeby Ponds. Mashpee-Wakeby Ponds. Leisurely trip following shoreline, lunch on sandy beach. PUT-IN: From Rt. 28 take Rt. 130N 2 mi to R at "State Landing" sign. LEVEL: 2 LIMITATIONS: Life vest reqd. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Wed., Sep. 21. Pocasset Harbors. A leisurely 8-mi. tour around Bassett's Island & the harbors of Pocasset. PFD req. Spray skirt rec. Launch 10:30AM. Call for location. L Wesley Ewell (774-313-7599 7:00AM-9:00PM, twofootartist@yahoo.com)

Sat., Sep. 24. Meetinghouse Pond, Little Pleasant Bay, Orleans. DESCRIPTION: Meetinghouse Pond, Little Pleasant Bay, Orleans. PUT-IN: From Rt 28 E on Main St to R on Barley Neck Rd, R at next fork (Barley Neck Rd) to town landing on R. Life vest & spray skirt reqd. L Betty Hinkley (508-241-4782 any time, bhinkley@mindspring.com)

Wed., Sep. 28. Swift Neck. Rt 25 W, Exit 2 Rt 6/28 to 6W L Swifts Beach Rd, after Lynne L Shore Ave to end. L Haven Roosevelt (508-997-5160 any time, havenesq@comcast.net)

Sat., Oct. 1. Fiddler's Cove to Wild Harbor & Herring Brook. N. Falmouth to Old Silver Beach. Will paddle south to Herring Brook. PFD & spray skirt reqd. L gifford allen (774-392-0634 anytime, gifallen@verizon.net)

Wed., Oct. 5. Westport River West Branch. 195 to Rt 88 S to Westport, bridge over River, R to boat ramp on River. L Haven Roosevelt (508-997-5160 any time, havenesq@comcast.net)

Sat., Oct. 8. Chase Garden Creek, Yarmouth Port. Route6 Exit 8N (Union); L Rte 6A; immediate R Center to Grey's Beach. Life jacket & spray skirt reqd. L Paul Corriveau (508-362-0451, paulcorri@gmail.com), CL Jean Orser (508-362-0451, jeanorser@aol.com)

Wed., Oct. 12. Pamet Harbor Truro. Put-in: From Route 6 in Truro, right at exit for Pamet Rds Truro Center. Right onto South Pamet Rd. Left on Castle Rd, right onto Depot Rd to Harbor. Life vest, spray skirt, wet/dry suit reqd. \$6 launch fee. L Don Palladino (508 349 2950, djp1958@comcast.net)

Sat., Oct. 15. Indian Lakes, Marstons Mills. PUT-IN: Rt. 6, Exit 5S on Rt 149 for 2.9 mis. Right onto Mystic Drive (at Indian Lakes sign); 0.7 mis to lane on right "Town Way to Water" Life vest reqd. L Nancy Wigley (nrwigley@verizon.net)

Wed., Oct. 19. Dike Creek. 195 Exit 13S, Rt 140, R on Rt 6 L Slocum Rd, L at stop sign to Bridge St. R over bridge L on Smith Neck Rd. L Haven Roosevelt (508-636-0006, havenesq@comcast.net)

Sat., Oct. 22. Long Pond, Harwich/Brewster. PFD - Sprayskirt-Wetsuit/drysuit req. Exit 10 off rte 6 N on rte 124. Just after crossing the Brewster town line R on Crowell's Bog Rd. L Bill Fischer (508-420-4137, wmbbararafischer@comcast.net), CL Libby Pratt (508-225-3280, elizpratt@yahoo.com)

Wed., Oct. 26. Waquoit Bay & Creeks. A leisurely 10-mi. tour of Childs River, around Washburn Island & into scenic estuaries. PFD & wet or dry suit req. Spray skirt rec. Launch 10:30AM at State ramp on White's Landing Rd, off Route 28 in Falmouth. L Wesley Ewell (774-313-7599 7AM-9PM, twofootartist@yahoo.com)

Sat., Oct. 29. Walker Pond. 10:30 am PFD + Wet suit/dry suit reqd, Spray skirt reqd. See website for directions. L Bill Fischer (508-420-4137, wmbbararafischer@comcast.net)

TRAILS

May 21, Lonesome Lake Trailwork

SKI (XC & DOWNHILL)

(AN) (CE) Fri., Mar. 4-6. XC Skiing, White Mountains. Boston 40+ & SEM join together at Applebrook B&B in Jefferson, NH for skiing & snowshoeing. 2 nights lodging, 2 breakfasts, 1 dinner from \$85 to \$180 p/p. L/R Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net), CL Wayne Cardoza (603-673-2518 before 9pm, wmc.amc@comcast.net)

(AN) (CE) Sat., Mar. 5-6. Zealand Falls Ski Touring. X-Country ski into Zealand Hut. Intermediate skiers capable of skiing with ~25 lb pack. Carry extra clothes, sleeping bag, & community food. Spend night in hut & fix group dinner & breakfast. Meet at trailhead, ski in early, drop gear at Hut & ski around area Sat., & ski out Sun. Approx \$45. L Art Paradise (978-372-7442 7-10pm, paradise1@mindspring.com), L Bob Bentley (508-866-3057 7-10pm)

EDUCATION

Mar. 26 LEADERSHIP TRAINING
Apr. 2,3 WILDERNESS FIRST AID

CONSERVATION Watch our website!

MEMBERSHIP March 19, Open House

CHAPTER YOUTH (CYP) Watch our website!



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CONSERVATION CORNER

by Joanne Jarzobski, Conservation Chair



Join us for some special conservation events to celebrate EARTH DAY in April!

For more information, please email conservationchair@amcsem.org OR check the SEM website (amcsem.org).

The Conservation Chair is looking for volunteers to join the Conservation Committee.
If you'd like more information or to become a volunteer, please contact Joanne M. Jarzobski at conservationchair@amcsem.org

 **Think green - Conserve it...then reuse it...finally recycle it!**



*The Southeast Breeze is printed
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environmentally friendly ink.*

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JOIN THE AMC!

VISIT THE AMC SEM CHAPTER WEBSITE: WWW.AMCSEM.ORG

NEWS FROM JOY STREET

***Save the date: Spring Fling at Mohican Outdoor Center April 29-May 1 -- AMC's third annual Spring Fling clubwide event at the Mohican Outdoor Center will be a fun-filled weekend featuring hikes on the scenic trails in the Delaware Water Gap, biking on the park's roads and rail-trails, a visit to the Lakota Wolf Preserve, paddling on Catfish Pond (canoes, kayaks and all gear provided!), and making S'mores around the campfire. A variety of guided activities for you to choose from will be provided throughout the weekend, and all meals are included. AMC members and non-members (families, too!) are invited. Bring your favorite musical instrument and join Mohican's own band Saturday night in playing the classics and a few originals. This will be a chance for all twelve chapters to come together just to relax and have fun - no meetings, no business agenda, just a chance to get acquainted with fellow outdoor enthusiasts from all over the Northeast. Register early by calling AMC Reservations (603-466-2727), as last year's event sold out quickly. Visit www.outdoors.org/lodging/mohican for more information on Mohican.

***Gorman Chairback Lodge and Cabins now open: use your chapter group discount -- AMC's newest destination in the Maine Woods, Gorman Chairback Lodge and Cabins, is now open. With a new "green," LEED-registered lodge, refurbished shoreline cabins, and a growing network of trails, Gorman Chairback is a great spot for hiking, fishing, paddling, skiing, and snowshoeing. Gorman Chairback is located near Moosehead Lake, surrounded by 66,000 acres of conservation land. Use your member discount, or if you are a chapter leader, take advantage of our special group discounts and services to plan a trip soon. To learn more, visit www.outdoors.org/mainelodges.

***AMC launches new lower rates for children and teens -- As part of its commitment to get more kids and families outdoors, AMC has lowered its everyday rates for children ages 3-12 and introduced a new rate for teens, who previously paid the full adult rate. Child rates at Cardigan and Joe Dodge Lodge now start at \$29/night for lodging, meals, and programs, a 25% savings over 2010. Highland Center and Maine Lodge rates are now \$34/night, and Hut rates are \$49/night. AMC will also be rolling out a new natural playscape and program options at the Highland Center this summer. For details, visit www.outdoors.org/kidsguide.

***Calling all Teen Adventurers: AMC's 2011 Teen Wilderness Adventures catalog is now available -- These 4-27 day programs allow teens to build outdoor skills while gaining confidence in the backcountry and meeting new friends. This year, we've expanded our offerings for older teens and added new offerings such as a 27-day Maine Wilderness Adventure and an Intermediate Whitewater Kayaking Adventure. To learn more, visit www.outdoors.org/teenwilderness or visit Teen Wilderness Adventures on Facebook at www.facebook.com/teenwildernessadventures.

***AMC Mountain Leadership School: call for volunteer instructors -- Mountain Leadership School is seeking qualified individuals to expand its volunteer instructor pool. MLS is the AMC's premier outdoor leadership training program, having trained leaders for outdoors organizations for over 50 years. The MLS program consists of 5 days of experiential learning, including a summer backpack in New Hampshire's White Mountains. Each student leads the group for one shift and co-leads the group for another shift.

The MLS program relies on the efforts of our volunteer staff to provide high-quality education to those aspiring to become outdoor leaders. Instructing is personally rewarding and is a uniquely powerful way to share your outdoors leadership knowledge and experience with enthusiastic, talented, and interesting students. Instructing MLS requires excellent outdoor, leadership, and communication skills and demands energy, maturity, and commitment.

The MLS Instructor's role is to teach in both classroom and backcountry settings using a variety of methods. The instructors provide structure and tactfully share honest feedback with the student leaders. Instructors oversee the program in the field by being constantly aware of the group's situation, progress within the program schedule, and student-leader performance.

For further information about this rewarding and challenging experience, please email mlsinstructor@gmail.com.

New Spring titles from AMC Books

[To newsletter editors: For review copies or cover images, email Melissa Tobin at mtobin@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 20% discount and know that all proceeds go to support AMC's mission.

****"Passport to AMC's High Huts" By Ty Wivell -- Visitors to the Appalachian Mountain Club's famed huts in the White Mountains will find this compact, easy-to-carry book both a valuable guide to each of the eight huts in the AMC system and a treasured souvenir of their trip. Guests can have their passport stamped to commemorate their visit to each hut. Available in April.

****"Best Day Hikes in the Whites," 2nd Edition By Robert Buchsbaum -- This fully updated four-season guide from the publishers of the best-selling White Mountain Guide leads you to 60 of the finest views, most dramatic waterfalls, and best nature-rich trails the region has to offer. You'll explore the peaks bordering Franconia, Crawford, and Pinkham Notch; discover the many scenic trails along the Kancamagus Highway; visit several of AMC's high mountain huts; and tour the picturesque Sandwich Range. Available in April.

****"Best Day Hikes near Washington, D.C." By Stephen Mauro and Beth Homicz -- Discover 50 of the best day hikes in the Washington, D.C., area with this essential four-season guide, a new addition to AMC's Best Day Hikes series. Perfect for beginners, enthusiasts, families, tourists, or area natives, this easy-to-use book includes some of the finest trails of Washington, D.C., Maryland, and Virginia. Available in April.

****"Best Day Hikes in the Catskills," 2nd Edition By Peter Kicks -- With more than 600 miles of trails within just a few hours of New York City, the Catskills and Hudson Valley are a hiker's paradise, boasting varied and scenic terrain from Westchester County to Albany. This fully updated guide leads beginner and experienced hikers along 60 of the region's most spectacular trails. Available in April.

****"Best Day Hikes near Boston," 2nd Edition By Michael Tougias and John S. Burk -- From the barrier beach on Plum Island to the Middlesex Fells and Blue Hills, from the South Shore to Cape Cod, this guide offers a variety of trails for all ability levels and interests. This fully revised new edition adds ten more hikes for beginner and intermediate hikers. Available in April.



The Southeast Breeze

Quarterly newsletter of the Appalachian Mountain Club, Southeastern Massachusetts Chapter
Summer 2011 — June, July, August

View from the Chair

By Jim Plouffe, Chapter Chair



I need your help.

I have one very small, easy task that needs to be completed and you are the perfect person to do it.

However, I have two problems: I don't know who you are and I don't know what the task is.

This is a really covert way of telling everyone that we need volunteers. I am a volunteer as is every one of the SEM Executive Board Members, each of the committee leaders, and many of the people who run the AMC.

We are not new to volunteering and I am positive that you aren't either. But the difference is this: I am not looking for you to use up all your free time as a SEM volunteer. I am simply looking for someone to bring paper cups to our meetings or make a list of things needed for our Chapter Hut Weekend. I am looking for someone to make a couple of phone calls. And I am looking for someone to take pictures at our Open House.

The list of small, easy tasks that we need help with is large, but the time I am asking you to give to do one of these tasks isn't. Would I be happy if, after you do one of the small tasks, you tackle another? Sure! I'd be ecstatic. But I'm not asking you to do that.

Why? Because if 20 people each did one easy simple task, then a whole lot would be accomplished without anyone noticing (except me, because I notice the small things people do). That means that a large event can go off without a hitch due to the small, easy task that you volunteered to do.

Every organization is looking for your help. Every organization is looking for you to donate money and volunteer a month of Sundays to their cause. The only thing we are looking for is for a bunch of people to do some very small tasks. Then, we will be a big success.

To volunteer for one of these small tasks or to find out other ways you could help us grow, contact me at Chair@amcsem.org. I look forward to meeting you. And to discussing how a small task that you can easily do can have a big impact on your chapter.



FEEDBACK WANTED

The chapter is considering changing from the paper Breeze newsletter to an electronic Breeze. Why? To be more green and to save on printing and mailing costs so we can use this money for additional programs. What's your opinion? Email the Communications Chair at: feedback@amcsem.org. Or snailmail Cheryl Lathrop, 17 Robert St., Walpole, MA 02081

NOTICES

Meetings:

SEM Executive Board

Jun 8 – Bourne Community Center (6:30 pm)
(contact chair@amcsem.org for more info)

Hike Planning Meetings

Jun 01, Sep 07, Dec 07
(contact hikingchair@amcsem.org)

Where to find activities

1. The Breeze - arrives by email or snailmail
2. AMC Outdoors - arrives by snailmail
3. Online trip listings at www.amcsem.org (“schedules”)
4. Sign up for short notice trip listings at www.amcsem.org

Pix and Article Submissions

We encourage SEM members to submit letters, articles, and photos for both The Breeze and our website. Materials for publication will be edited for content and to fit available space and cannot be returned. Please send submissions to communicationschair@amcsem.org

Fall Breeze Deadlines: Jul. 7 trips; Jul. 15 articles & pix

SEM Non-members

Not an SEM chapter member? Want a subscription to The Breeze? Send your address and a \$10 check payable to AMC SEM to: Leslie Carson, ATT: Non-Member Breeze Subscription, 64 Mill Road, East Sandwich, MA 02537.

Volunteers needed

Curious about the inner workings of your chapter? Volunteer for the Executive Board! Have technical skills? Volunteer for our website! Have writing/editing skills? Volunteer for *The Breeze!* Like kids? Volunteer for CYP! Want to get out more? Volunteer to lead a hike, bike, or paddle! We have lots of volunteer positions open! Please contact chair@amcsem.org if you'd like to get more involved with the chapter.

Find us on Facebook and Follow us on Twitter

CHAPTER WEBSITE: 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. Preview the waiver at: amcsem.org, Forms.

The Southeast Breeze, the newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published 4 times a year. **Editor:** Cheryl Lathrop, **Asst. Editors:** Duncan Kendall, Ann McSweeney, **Proofreader:** Kate Patroliia.
Change of Address to AMC, 5 Joy St., Boston, MA 02108, 800.372.1758, or www.outdoors.org/membercenter

Appalachian Mountain Club Southeastern Massachusetts Chapter

2011 Executive Board & Staff

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Asst. Webmaster	Kerry Grenier, asstwebmaster@amcsem.org
Web Proofreader	Kate Patroliia

The chapter includes ~3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.

Wayne Anderson gets a thank-you



On March 29, Wayne Anderson (left) received an award for his contributions to the Appalachian Mountain Club during his service as SEM Chapter Chair from 2009-2010. The award was presented by AMC staffer Roger Scholl during an SEM leadership training workshop that Wayne organized at Borderland State Park.

Have you found us on Facebook yet? It's a great spot where members post outdoorsy info that you won't find anywhere else. For example, you'll find a hiking blog with subjects ranging from emergency water purification to the importance of sleeping in dry undies. Eagle cams, too. Watch baby eagles grow before your eyes. Lots of good stuff. Check it out. Facebook.com and search for AMC SEM Chapter. It's easy. Fun, too!



SEM 2000 MILE CLUB -- 3/31/2011

Joe Barry	Yarmouthport	876
Mark Tisdale	Marston Mills	675
Leonard Leonardi	Franklin	575
Dan Egan	Brockton	400
John Sullivan	Marshfield	312
Ron Sikora	Cotuit	289
Jack Jacobsen	Fairhaven	286
Joe Tavilla	Osterville	270
Paul Currier	Sandwich	275
Pam Patrick	Orleans	240
Lawrence Cohen	Easton	164
Lee Eckhart	Assonet	149

Super Turnout at SEM Open House

Our March 19, SEM Open House filled the Bourne Community Center's dining hall to the brim for an evening of socializing, sharing outdoor experiences, and feasting on a hearty pot luck meal. This was the second year in a row the Open House was held at the community center.

Our 38 registrants included not only recent new members but a few 'prospectives' whom we hope will join the chapter. There were also several long time members that enjoy AMC up north but had not previously engaged in our chapter's events, and even a returning member from last year's Open House. Our guests mixed with a dozen or so Board members and trip leaders who volunteered their time to offer encouragement, share experiences, and suggest ideas for getting started in the variety of outdoor trips we offer.

Our guests were treated to briefings on SEM's hiking, biking, and skiing trips as well as conservation and social events. A slide show of photographs taken at many of our events gave a visual backdrop to the briefings. Though the Knife Edge shots on Mt. Katahdin were intimidating to some, Thomas, the 14 year old in attendance, thought they were cool. Fortunately, the Knife Edge is optional!

Food was plentiful. It ranged from a zesty bean dip and salmon hors d'oeuvre to spiral ham and chili with assorted side dishes, salads, and mucho desserts. No one needed to leave famished.



Go the Distance at ALDHA Weekend

Interested in covering some serious ground? The Appalachian Long Distance Hiking Association will hold its annual gathering in North Adams, MA Oct. 7-9. For info about the group or the event, <http://www.aldha.org/index.htm/>.



Help us grow!

Are you a people person who likes to help others? Do you have some free time? SEM needs a Membership Committee Vice Chair. Help new and prospective members learn about SEM and how to

participate in our chapter. Assist Chair in promoting SEM activities and take over as 2012 Membership Chair. For info, email Len at membershipchair@amcsem.org.

Leadership training shows class.



There was an excellent turnout for the annual leadership training workshop held March 26 at Borderland State Park. This training is a stepping stone for those SEM members seeking to qualify as volunteer AMC trip leaders. In spite of the cold weather, both the class members and instructors were able to manage smiles for the camera.

For info on the next workshop, please contact Len Ulbricht at membershipchair@amcse.org or 508-359-2250.

Wilderness First Aid Training 2011.

On the weekend of April 2-3, SEM held Wilderness First Aid, and CPR, training at the AMC Noble View Outdoor Center (amcberkshire.org/noble), in Western Mass. AMC's Noble View Outdoor Center sits high on a hilltop, with breathtaking views of the Pioneer Valley. Below, several participants soak up the beauty of nature.



SEM winter hiking 2011.

by Mike Woessner

On November 7, 2010, 26 people attended the SEM Winter Series Workshop. Presenters covered topics: winter hiking techniques, clothing, equipment, hydration, nutrition, and footwear. This half-day seminar was later followed by a series of three day hikes and then a two-night stay at the AMC Zealand Falls hut.

On December 4th, hikers got their first taste of winter hiking in the Blue Hills in Milton, MA. They hiked for about six miles stopping often to discuss concerns such as equipment, clothing, heat management, and nutrition. Although there was no snow, hikers got a feel for the amount of gear, water, and food that they would have to carry.

The next hike was scheduled for January 8th. As was to become the norm for this year's series, a snowstorm delayed the location and start of the hike. After the predicted storm in Massachusetts, hikers arrived at the trailhead to find very little snow. This hike was a 4.5 mile loop with a ridge walk between peaks Morgan and Persival in the Sandwich range of the White Mountains. As an added bonus, it snowed lightly on the hike back to the trailhead.

February 6th was the last day hike of the series. Two hikes were offered: Mt. Jackson on the Presidential Range (4052') and Mt. Cardigan (3155') in Orange, NH. Both groups of hikers got a chance to use crampons and other winter gear as there was no lack of snow in The Whites.

Finally the group was ready for the two-night overnight at Zealand Hut and once again a snowstorm changed the plan. A few hikers who had stayed in the Crawford Notch area were able to hike in Friday, February 25 and stay 2 nights. The rest had to wait for yet another storm to pass so that they could make it to the trailhead for an early start on Saturday. But, the weather was clear and not too cold as the remaining 13 headed up Zealand Road to the hut. Once there, 5 hearty hikers ventured out after a brief rest to climb up to Zealand Cliff where they were rewarded with spectacular views of the Pemi Wilderness. Afterwards everyone enjoyed a hearty meal of pasta, sauce, and garlic bread.



Geek wanted

Do you speak HTML? Are you a Dream Weaver? Then we want you! SEM needs another assistant webmaster to help keep our site fresh and current with weekly

updates. Not too much time involved. And get a free pocket protector for signing up. Please contact webmaster@amcsem.org.

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How to reduce your carbon footprint

By Susan Salmon

June is here and everything is green again. What a pleasure it is to enjoy the warm sunny days! With all that green surrounding us, it's a good time to start thinking about reducing our carbon footprints.

The term carbon footprint describes the impact our activities have on the environment, specifically as they relate to climate change from greenhouse gases. Burning fossil fuels, such as carbon dioxide (CO₂) for electricity, heating, transportation, etc. produce greenhouse gases. They trap heat in the atmosphere and are one of the reasons global warming has become a serious problem. Greenhouse gases have been on the rise since the Industrial Revolution but the rate has been increasing in recent years. Burning fossil fuels and deforestation are significant factors in the creation of greenhouse gases.

Our primary carbon footprint measures the emissions we personally create in large part from burning fuel to heat our homes and drive our cars, for the electricity we use, and even the long distance shipping of goods.

We are all familiar with ways to reduce our primary footprint and many of us have taken steps to do so. Turning off lights, TVs, computers, and game consoles when not in use is one of the simplest steps to take. Turning the heat down one degree and the air conditioning up a degree are also easy steps. Installing energy-saving light bulbs and hanging laundry to dry are other ways to reduce your primary carbon footprint. Other steps to take include running the washer and dishwasher only when full. A programmable thermostat set to turn the heat down at night and up in the morning will also help. Not only do these steps reduce fuel consumption but the electric and fuel bills will be less, too. If your refrigerator or freezer is more than 15 years old, you should consider buying new ones that have an energy efficiency rating of "A".

Many of us live in neighborhoods that are too far from the local shops to get there by walking. Try organizing your day to run errands in one trip. Plan meals for the week, write a list, and make one weekly trip for groceries. These two steps reduce the fuel used driving around town and they are also a more efficient use of your time.

Our secondary footprint is the indirect consumption of energy from the life cycle of purchased products. The life cycle of a product begins with harvesting and transporting raw materials, the manufacture and transport of the finished merchandise, to the eventual breakdown and discarding of the product. The more we buy the more emissions are created on our behalf at this secondary level.

There are many easy ways to reduce our secondary footprint, as well. It begins by making conscious purchasing choices. You can begin by using refillable water bottles instead of buying bottled water. The same goes for buying coffee—bring your own reusable travel mug. Buy locally grown produce from the local farm stands or farmers' markets. Local grocery stores also offer locally grown produce so it's getting easier and easier to make that choice. Try to avoid over-packaged products and buy recycled products.

There are similar choices to consider when remodeling a home. For instance, granite for countertops mined in your local region will have less impact on the environment simply by the shorter distance to transport the material. Granite from New Hampshire will have a smaller carbon footprint than granite imported from Italy or elsewhere. Hardwood floors can be made from reclaimed wood or from sustainably harvested wood. Bamboo and cork flooring are other environmentally friendly options.

If you'd like to calculate your carbon footprint, check out the two calculators the EPA offers on their website; one is for personal and the other is for your household's impact. Here are the links:

http://www.epa.gov/climatechange/emissions/ind_calculator.html

http://www.epa.gov/climatechange/emissions/ind_calculator2.html

Global warming may seem like an overwhelming problem to solve but each individual's choices can collectively make a difference. Like the saying says, "Think Globally, Act Locally." If people committed to caring for their little corner of the world imagine what a difference that would make globally. To quote another saying, "Be the change you'd like to see." Let's get started!



ANOTHER RLBH FINISHER!

Walt Granda is the first of the Thursday night Red Line the Blue Hills (RLBH) hikers to complete "green-lining" the Blue Hills. This means that Walt has hiked all 140 miles—every inch of every trail—of the Blue Hills three times! The first time he red-lined his map; the second time he blue-lined his map; and the third time he green-lined his map. What color is next?! He finished 3/18/11. Congrats to Walt!

CHAPTER ACTIVITIES

CLUB-WIDE ACTIVITIES

Oct. 14-16 FALL GATHERING

CHAPTER-WIDE ACTIVITIES

Sep. 22-25 CHAPTER HUT WEEKEND

Nov. 5 ANNUAL MEETING & DINNER

NOTE ACTIVITIES MARKED FOR :

FT = First Timer NM = New Member

FULL LIST at AMCSEM.ORG

HIKING / BACKPACKING

IMPORTANT: Hikers unsure of their ability should try only 1 level more difficult than previously completed. No pets without permission of trip Leader. Registration req'd 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.

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

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

IMPORTANT: No pets w/o prior permission of trip L. Under 18 yrs must be accompanied by parent or responsible adult, & obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 wk prior to trip so Ls can discuss prior hiking exp., conditioning, clothing, & equipment.

(FT)(NM) Thu., Jun. 2. Red Line the Blue Hills (C3C). Hike 6-8pm Thursdays at different locations in the Blue Hills. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly, L Michael Swartz, L Ellen Correia, R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Jun. 4. SEM Summer Series Hike #2 Mount Monadnock (B3B). Second summer series hike is 7 miles in Southern NH. Series participants have first priority, as spaces are limited. L Walt Granda (508-999-6038 Before 9 pm, wlgranda@aol.com), CL Maureen Kelly (508-224-9188 4-8 pm, MoKel1773@aol.com), R Walt Granda (508-999-6038 Before 9:00pm, wlgranda@aol.com)

(FT)(NM) Thu., Jun. 9. Red Line the Blue Hills (C3C). Hike 6-8pm Thursdays at different locations in the Blue Hills. Register once then

show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly, L Michael Swartz, L Ellen Correia, R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(CE) Sun., Jun. 12. Midstate Trail Section Hike #4. Join us as we continue our quest to complete the 92 mile Mid-state Trail. Registration required. More info at <http://mysite.verizon.net/fmwason/>. L Fred Wason (fmwason@verizon.net), CL Cheryl Lathrop, R Ellen Correia (ellencorreia@gmail.com)

(FT)(NM) Thu., Jun. 16. Red Line the Blue Hills (C3C). Hike 6-8pm Thursdays at different locations in the Blue Hills. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly, L Michael Swartz, L Ellen Correia, R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT)(NM) Thu., Jun. 23. Red Line the Blue Hills (C3C). Hike 6-8pm Thursdays at different locations in the Blue Hills. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly, L Michael Swartz, L Ellen Correia, R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Jun. 25. Sandwich Mountain (Dome) (B3B). El. 3993 ft, El. Gain 2500 ft. 8 miles R/T. Several lookouts of Sandwich Range. Expect brook crossings. L Len Ulbricht (508-359-2250 before 8pm, lenulbricht@comcast.net), CL Peter Sharpe (774-254-5013, sharpe121@hotmail.com), R Len Ulbricht (508-359-2250 before 8pm, lenulbricht@comcast.net)

Sat., Jun. 25-26. Mt. Isolation Backpack. Enjoy great views and camaraderie on an overnight backpack to Mt. Isolation. 14+ miles round trip. Backpack experience req'd. L Leslie Carson (508-833-8237, ltc929@comcast.net), CL Maureen Kelly (617-943-4288, NOTLITS@aol.com), R Maureen Kelly

(FT)(NM) Thu., Jun. 30. Red Line the Blue Hills (C3C). Hike 6-8pm Thursdays at different locations in the Blue Hills. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly, L Michael Swart, L Ellen Correia, R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT)(NM) Thu., Jul. 7. Red Line the Blue Hills (C3C). Hike 6-8pm Thursdays at different locations in the Blue Hills. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen

Kelly, L Michael Swartz, L Ellen Correia, R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Jul. 9. SEM Summer Series Hike #3 Mt Osceola (B3B). Third summer hike is a 4000 footer. Series participants have first priority, as spaces are limited. L Walt Granda (508-999-6038 before 9 pm, wlgranda@aol.com), CL Maureen Kelly (508-224-9188 4-8 pm, MoKel1773@aol.com), R Walt Granda (508-999-6038 before 9:00pm, wlgranda@aol.com)

(FT)(NM) Thu., Jul. 14. Red Line the Blue Hills (C3C). Hike 6-8pm Thursdays at different locations in the Blue Hills. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly, L Michael Swart, L Ellen Correia, R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(CE) Sun., Jul. 17. Midstate Trail Section Hike #5. Join this fifth section hike as we continue our 92 mile journey through central MA. Registration Required. Details at <http://mysite.verizon.net/fmwason/>. L Fred Wason (508-699-7635, fmwason@verizon.net), CL Cheryl Lathrop, CL Bill Vickstrom, R Ellen Correia (ellencorreia@gmail.com)

(FT)(NM) Thu., Jul. 21. Red Line the Blue Hills (C3C). Hike 6-8pm Thursdays at different locations in the Blue Hills. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly, L Michael Swartz, L Ellen Correia, R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT)(NM) Thu., Jul. 28. Red Line the Blue Hills (C3C). Hike 6-8pm Thursdays at different locations in the Blue Hills. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly, L Michael Swartz, L Ellen Correia, R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT)(NM) Thu., Aug. 4. Red Line the Blue Hills (C3C). Hike 6-8pm Thursdays at different locations in the Blue Hills. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly, L Michael Swartz, L Ellen Correia, R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT)(NM) Thu., Aug. 11. Red Line the Blue Hills (C3C). Hike 6-8pm Thursdays at different locations in the Blue Hills. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly, L Michael Swartz, L Ellen Correia, R Jodi

Jensen (781-249-8346 early evening, RL BH_registrar@amcsem.org)

Sat., Aug. 13-14. SEM Summer Series Hike #4 Weekend in the Presidentials. Saturday Mt. Eisenhower by Edmunds Path and Sunday Webster/Jackson or Pierce/ Mizpah Hut. Preference to series participants. L Walt Granda (508-999-6038 before 9:00, wlgranda@aol.com), CL Maureen Kelly (508-224-9188 before 8:00, MoKel773@aol.com), CL Cheryl Lathrop, R Maureen Kelly (508-224-9188 before 8:00, MoKel773@aol.com)

(CE) Sun., Aug. 14. Midstate Trail section Hike #6. Hike the sixth section of the 92 mile long Midstate trail. 8.3 miles on narrow scramble-y trails. Details at <http://mysite.verizon.net/fmwason/>. L Fred Wason (508-699-7635, fmwason@verizon.net), CL Cheryl Lathrop, CL Bill Vickstrom, R Ellen Correia (ellencorreia@gmail.com)

(AN) (CE) Mon., Aug. 15-20. Western Maine Hut to Hut Trek. Enjoy the ambiance of a Hut-to-Hut hiking experience. Hike along the ridges of a few 4000 footers, explore old growth forests, secluded lakes and rivers. Our days will be filled with hiking and canoeing while our evenings will be spent relaxing in comfortable huts. Our last day will be at a lakeside cabin in The Forks. (\$488 pp). L Ken Jones (508-697-0142 6-9 PM Except Thursdays, lotsoluck@comcast.net), CL Leslie Carson, R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, 508-697-0142 6-10 PM - Except Thursdays, lotsoluck@comcast.net)

(FT)(NM) Thu., Aug. 18. Red Line the Blue Hills (C3C). Hike 6-8pm Thursdays at different locations in the Blue Hills. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly, L Michael Swartz, L Ellen Correia, R Jodi Jensen (781-249-8346 early evening, RL BH_registrar@amcsem.org)

(FT)(NM) Thu., Aug. 25. Red Line the Blue Hills (C3C). Hike 6-8pm Thursdays at different locations in the Blue Hills. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly, L Michael Swartz, L Ellen Correia, R Jodi Jensen (781-249-8346 early evening, RL BH_registrar@amcsem.org)

Sat., Aug. 27-28. Owl's Head Backpack. Two-day backpack in the Pemi summiting Owl's Head. 21+ miles round trip. Backpack experience req'd. L Leslie Carson (508-833-8237, ltc929@comcast.net), CL Ken Jones (lotsoluck@comcast.net), R Leslie Carson

(FT)(NM) Thu., Sep. 1. Red Line the Blue Hills (C3C). Hike 6-8pm Thursdays at different locations in the Blue Hills. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen

Kelly, L Michael Swartz, L Ellen Correia, R Jodi Jensen (781-249-8346 early evening, RL BH_registrar@amcsem.org)

CAPE COD HIKES

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.")

Mis	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

Tue., Jun. 14. Full Moon Hike: West Dennis Beach (C4C). Rte 6 Exit 9A S Rte 134, go straight, cross Rte 28, go to end, turn Right. 0.5 mi turn Left to beach pkg near rotary. Meet 7 p.m. < 2 hr Janet Kaiser 508 432 3277. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

BIKE RIDES

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		
Mis	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

WANTED: Ride Leaders & Co-Leaders. Enthusiastic about cycling? Like showing others your favorite roads? If yes, then share your enthusiasm & routes w/your fellow AMC members! Contact Bike Chair Joe Tavilla (508-428-6887)

AMC SEM 2,000 Mi Club. Our unique 2,000-mi Club! Certificates of achievement & embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair to reg. your miage & for more info. L Joe Tavilla (508-428-6887 7-7, bikingchair@amcsem.org).

Turn Those Tires on Tuesday

Rides scheduled all year long, weather permitting. 25 mi of rd or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location & directions. Intermed. pace. Riders & bicycles in top shape; tires & riders pumped & ready to roll; helmets & water req'd. L Paul

Currier (508-833-2690 8 am-7 pm, pbencurrier@hotmail.com)

Wed., Jun. 1. Summer Wednesdays. Every Wednesday at a variety of Cape Cod locations - 10:00AM start, 22 - 35 miles, intermediate pace. L Mark Tisdale (508 292 8885 8:00AM-7:00PM, berwick67@gmail.com)

Tue., Jun. 7. Scenic Cycling On Cape Cod. Great views and occasional stops at unique and interesting spots. Intermediate pace/24 miles/2hours. L Paul Currier (508-833-2690 8am-7pm, paulbcurrier@comcast.net)

Wed., Jun. 8. Summer Wednesdays. Every Wednesday at a variety of Cape Cod locations - 10:00AM start, 22 - 35 miles, intermediate pace. L Mark Tisdale (508 292 8885 8:00AM-7:00PM, berwick67@gmail.com)

Sat., Jun. 11. Dighton Rock Ride. 37 miles. Rural back roads of Lakeville, Freetown, Berkley. Lunch stop to see rock with the ancient inscriptions. L Jack Jacobsen (508-353-3708 7am-8pm, cyclejac51@yahoo.com)

Wed., Jun. 15. Sunset/Full Strawberry Moon Ride. Late day/early evening ride with scenic sunset & moon rise in the Cape Cod Canal area. Intermediate pace/flat/22 miles. L Paul Currier (508-833-2690 8am-7pm, paulbcurrier@comcast.net)

Wed., Jun. 15. Sunset/Full Strawberry Moon Ride. Hills/shores of Sagamore and canal trail to Buzzards Bay. Catch Onset Bay sunset. Tour Mass Maritime, moonrise over Plymouth Bay. L Paul Currier (508-833-2690 8:00AM-7:00PM, pbencurrier@hotmail.com)

Wed., Jun. 15. Summer Wednesdays. Every Wednesday at a variety of Cape Cod locations - 10:00AM start, 22 - 35 miles, intermediate pace. L Mark Tisdale (508 292 8885 8:00AM-7:00PM, berwick67@gmail.com)

Tue., Jun. 21. Summer Solstice Ride. Enjoy Cape Cod on the longest day of the year - a club favorite. 23 miles. L Joe Tavilla (SilverSki@Earthlink.net)

Tue., Jun. 21. Scenic Cape Cod Cycling. Various Cape locales - water views, points of interest, ice cream stop. 22(+/-) miles. Group pace. L Joe Tavilla (SilverSki@Earthlink.net)

Wed., Jun. 22. Summer Wednesdays. Every Wednesday at a variety of Cape Cod locations - 10:00AM start, 22 - 35 miles, intermediate pace. L Mark Tisdale (508 292 8885 8:00AM-7:00PM, berwick67@gmail.com)

Mon., Jun. 27-Aug. 31. Morning Madness. Occasional morning 30 mile road cycling. Start time/location: 6:30AM, Sandwich Recreation Area. L Paul Currier (508-833-2690 8:00AM-7:00PM, paulbcurrier@comcast.net)

Tue., Jun. 28. Scenic Cape Cod Cycling. Various Cape locales - water views, points of interest, ice cream stop. 22(+/-) miles. Group pace. L Joe Tavilla (SilverSki@Earthlink.net)

Wed., Jun. 29. Summer Wednesdays. Every Wednesday at a variety of Cape Cod locations - 10:00AM start, 22 - 35 miles, intermediate pace. L Mark Tisdale (508 292 8885 8:00AM-7:00PM, berwick67@gmail.com)

Tue., Jul. 5. Scenic Cape Cod Cycling. Various Cape locales - water views, points of interest, ice cream stop. 22(+/-) miles. Group pace. L Joe Tavilla (SilverSki@Earthlink.net)

Wed., Jul. 6. Summer Wednesdays. Every Wednesday at a variety of Cape Cod locations - 10:00AM start, 22 - 35 miles, intermediate pace. L Mark Tisdale (508 292 8885 8:00AM-7:00PM, berwick67@gmail.com)

Thu., Jul. 7. Thursday Night Rides. Easy pace & distance at various Southeast MA locales. 20-22 miles, flat/rolling terrain. 6:00PM start. L Jack Jacobsen (508-353-3708 7:00AM-8:00PM, cyclejac51@yahoo.com)

Sat., Jul. 9. Easy Rider. Ned's Pt. Lighthouse Ride. Nice-N-Easy 24 miles. Mattapoisett Harbor, Rochester farm country. Lunch at Eastover Farms. L Jack Jacobsen (508-353-3708 7:00AM-8:00PM, cyclejac51@yahoo.com)

Tue., Jul. 12. Scenic Cape Cod Cycling. Various Cape locales - water views, points of interest, ice cream stop. 22(+/-) miles. Group pace. L Joe Tavilla (SilverSki@Earthlink.net)

Wed., Jul. 13. Summer Wednesdays. Every Wednesday at a variety of Cape Cod locations - 10:00AM start, 22 - 35 miles, intermediate pace. L Mark Tisdale (508 292 8885 8:00AM-7:00PM, berwick67@gmail.com)

Thu., Jul. 14. Thursday Night Rides. Easy pace & distance at various Southeast MA locales. 20-22 miles, flat/rolling terrain. 6:00PM start. L Jack Jacobsen (508-353-3708 7:00AM-8:00PM, cyclejac51@yahoo.com)

Fri., Jul. 15. Full Buck Moon Ride. Canal/Gray Gables/Mashnee Island. 22 +/--miles. Buzzards Bay sunset/Sandwich moonrise. L Paul Currier (508-833-2690 8:00AM-7:00PM, paulbcurrier@comcast.net)

Sat., Jul. 16. Osterville Village Day Ride. Waterviews, beaches, golf courses and the excitement of Osterville Village Day. 30(+/-) miles, flat/rolling. L Joe Tavilla (SilverSki@Earthlink.net)

Tue., Jul. 19. Scenic Cape Cod Cycling. Various Cape locales - water views, points of

interest, ice cream stop. 22(+/-) miles. Group pace. L Joe Tavilla (SilverSki@Earthlink.net)

Wed., Jul. 20. Summer Wednesdays. Every Wednesday at a variety of Cape Cod locations - 10:00AM start, 22 - 35 miles, intermediate pace. L Mark Tisdale (508 292 8885 8:00AM-7:00PM, berwick67@gmail.com)

Thu., Jul. 21. Thursday Night Rides. Easy pace & distance at various Southeast MA locales. 20-22 miles, flat/rolling terrain. 6:00PM start. L Jack Jacobsen (508-353-3708 7:00AM-8:00PM, cyclejac51@yahoo.com)

Tue., Jul. 26. Scenic Cape Cod Cycling. Various Cape locales - water views, points of interest, ice cream stop. 22(+/-) miles. Group pace. L Joe Tavilla (SilverSki@Earthlink.net)

Wed., Jul. 27. Summer Wednesdays. Every Wednesday at a variety of Cape Cod locations - 10:00AM start, 22 - 35 miles, intermediate pace. L Mark Tisdale (508 292 8885 8:00AM-7:00PM, berwick67@gmail.com)

Thu., Jul. 28. Thursday Night Rides. Easy pace & distance at various Southeast MA locales. 20-22 miles, flat/rolling terrain. 6:00PM start. L Jack Jacobsen (508-353-3708 7:00AM-8:00PM, cyclejac51@yahoo.com)

Tue., Aug. 2. Scenic Cape Cod Cycling. Various Cape locales - water views, points of interest, ice cream stop. 22(+/-) miles. Group pace. L Joe Tavilla (SilverSki@Earthlink.net)

Wed., Aug. 3. Summer Wednesdays. Every Wednesday at a variety of Cape Cod locations - 10:00AM start, 22 - 35 miles, intermediate pace. L Mark Tisdale (508 292 8885 8:00AM-7:00PM, berwick67@gmail.com)

Thu., Aug. 4. Thursday Night Rides. Easy pace & distance at various Southeast MA locales. 20-22 miles, flat/rolling terrain. 6:00PM start. L Jack Jacobsen (508-353-3708 7:00AM-8:00PM, cyclejac51@yahoo.com)

Sat., Aug. 6. Easy Rider. Nice-N-Easy 22 miles, quiet country roads, beautiful Lakeville lakes, visit Lakeville Historical Museum. L Jack Jacobsen (508-353-3708 7:00AM-8:00PM, cyclejac51@yahoo.com)

Tue., Aug. 9. Scenic Cape Cod Cycling. Various Cape locales - water views, points of interest, ice cream stop. 22(+/-) miles. Group pace. L Joe Tavilla (SilverSki@Earthlink.net)

Wed., Aug. 10. Summer Wednesdays. Every Wednesday at a variety of Cape Cod locations - 10:00AM start, 22 - 35 miles, intermediate pace. L Mark Tisdale (508 292 8885 8:00AM-7:00PM, berwick67@gmail.com)

Thu., Aug. 11. Thursday Night Rides. Easy pace & distance at various Southeast MA

locales. 20-22 miles, flat/rolling terrain. 6:00PM start. L Jack Jacobsen (508-353-3708 7:00AM-8:00PM, cyclejac51@yahoo.com)

Sat., Aug. 13. Sunset/Full Sturgeon Moon Ride. Hills/shores of Sagamore and canal trail to Buzzards Bay. Catch Onset Bay sunset. Tour Mass Maritime, moonrise over Plymouth Bay. L Paul Currier (508-833-2690 8:00AM-7:00PM, paulbcurrier@comcast.net)

Tue., Aug. 16. Scenic Cape Cod Cycling. Various Cape locales - water views, points of interest, ice cream stop. 22(+/-) miles. Group pace. L Joe Tavilla (SilverSki@Earthlink.net)

Wed., Aug. 17. Summer Wednesdays. Every Wednesday at a variety of Cape Cod locations - 10:00AM start, 22 - 35 miles, intermediate pace. L Mark Tisdale (508 292 8885 8:00AM-7:00PM, berwick67@gmail.com)

Thu., Aug. 18. Thursday Night Rides. Easy pace & distance at various Southeast MA locales. 20-22 miles, flat/rolling terrain. 6:00PM start. L Jack Jacobsen (508-353-3708 7:00AM-8:00PM, cyclejac51@yahoo.com)

Wed., Aug. 24. Summer Wednesdays. Every Wednesday at a variety of Cape Cod locations - 10:00AM start, 22 - 35 miles, intermediate pace. L Mark Tisdale (508 292 8885 8:00AM-7:00PM, berwick67@gmail.com)

Thu., Aug. 25. Thursday Night Rides. Easy pace & distance at various Southeast MA locales. 20-22 miles, flat/rolling terrain. 6:00PM start. L Jack Jacobsen (508-353-3708 7:00AM-8:00PM, cyclejac51@yahoo.com)

Tue., Aug. 30. Scenic Cape Cod Cycling. Various Cape locales - water views, points of interest, ice cream stop. 22(+/-) miles. Group pace. L Joe Tavilla (SilverSki@Earthlink.net)

Wed., Aug. 31. Summer Wednesdays. Every Wednesday at a variety of Cape Cod locations - 10:00AM start, 22 - 35 miles, intermediate pace. L Mark Tisdale (508 292 8885 8:00AM-7:00PM, berwick67@gmail.com)

PADDLES

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 MA").

Wed., Jun. 1. Leader's Choice. Probably Barnstable Harbor and Clay's, Bass, and Lone Tree Creeks. L Ed Foster (5084207245, erfoster@comcast.net)

Sat., Jun. 4. Monks Cove to Widows Cove. Paddle across the CC Canal into Widows

Cove. Level 4. Strong currents/open ocean conditions. L (774.392.0634 anytime, gifallen@verizon.net)

(CE) Wed., Jun. 8. Slocum River, Little River. I 195 exit 12, S Faunce Corner Rd, cross Rt 6 Old Westport Rd. to Chase Rd, R Russells Mills Rd to town park on L. PFD req'd. L Haven Roosevelt (508-636-0006 anytime, havenesq@comcast.net)

Sat., Jun. 11. Bass River South, Dennis. Route6, Exit9S; R Upper County; L Main; R Cove to Town Landing. Life vest required; spray skirt if windy. L Paul Corriveau (508-362-0451, paulcorri@gmail.com), CL Jean Orser (508-362-0451, jeanorser@aol.com)

Wed., Jun. 15. Great Pond to Green Pond, Falmouth. Paddle from Great Pond out into Nantucket Sound to Green Pond and back. L Gifford Allen (774-392-0634 anytime, gifallen@verizon.net)

Sat., Jun. 18. Oyster Pond, Oyster River, Stage Harbor, Chatham. Route 6 Exit 11S (137). L Rte 28; R Queen Anne; R Pond St to Beach. Life jacket and spray skirt required. L Betty Hinkley (5082414782, bhinkley@mindspring.com)

Wed., Jun. 22. Westport River- East Branch. I 195 to Rte 88 S. L at 2d light (Old County Rd. One mile to Head Of Westport Village, park on East side of river. L Haven Roosevelt (508-997-5160 any time, havenesq@comcast.net)

Sat., Jun. 25. West Falmouth Harbor to Cleveland Ledge Light. Put-in is West Falmouth Harbor, will proceed out to Cleveland Ledge Light and then back to shore for lunch. L Gifford Allen (774-392-0634 anytime, gifallen@verizon.net)

Wed., Jun. 29. Nauset Marsh, Eastham. 9+ Mi.Paddle. Put-in: 1.5 Mi.North from Rt.6 Eastham rotary to Hemenway on Right.Life vests & spray skirts Req'd. Level 3. L George Wey (781 789-8005, Geowey@comcast.net)

Wed., Jul. 6. Boston Harbor Inner Islands. Circumnavigate several harbor Islands. Put-in:Hull Gut, Hull,Ma. Level 3 Paddle. Life vests & spray skirts req'd. L George Wey (781 789-8005, Geowey@comcast.net)

Sat., Jul. 9. Monks Cove to Bassets Island. Launch from Monks Cove and paddle south to Basset's Island for lunch. L Gifford Allen (774-392-0634 anytime, gifallen@verizon.net)

Wed., Jul. 13. Weweantic River. A brisk 10-12-mi. trip down the Weweantic River and into Wareham Harbor. PFD and spray skirt req. Launch 10:30AM at State ramp in rest area between Exits 20 & 21 on I-195 East. L Wesley Ewell (774-313-7599 7:00AM-9:00PM, twofootartist@yahoo.com)

Sat., Jul. 16. Leader's Choice. Probably Southway to Monomoy Island, returning through Stage Harbor. L Ed Foster (5084207245, erfoster@comcast.net)

Wed., Jul. 20. Slocum River-Giles Creek. 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. L Haven Roosevelt (508-997-5160, havenesq@comcast.net)

Sat., Jul. 23. Follins/Mill ponds, Dennis. Route6 Exit 9N (134); L Bob Crowell; R Old Bass River; L Mayfair; L Follins Pond to end. Life vests required; spray skirt if windy. L Jean Orser (508-362-0451, jeanorser@aol.com), CL Paul Corriveau (508-362-0451, paulcorri@gmail.com)

Wed., Jul. 27. Quisset Harbor to Weepecket Island. Put in at Quisset Hbr., cross Woods Hole for lunch on the Weepecket Is. L Gifford Allen (774-392-0634 anytime, gifallen@verizon.net)

Sat., Jul. 30. Wellfleet Harbor and Great Island. Put-in: Route 6 in Wellfleet, left at traffic light toward Wellfleet Center. Go 0.3m. Left on East Commercial Street to Town Marina. Right on Kendrick Ave. to Mayo Beach parking on left. Life vest and spray skirt req. L Don Palladino (508 349 2950, djp1958@comcast.net)

Wed., Aug. 3. New Bedford Harbor and Acushnet River. 195 Exit 15, Rt 18 S, after 3 lights L Cove St (4th light), to last lot in Fort Taber Park. L Haven Roosevelt (508-636-0006, havenesq@comcast.net)

Sat., Aug. 6. Walker, Upper Mill, and Lower Mill Ponds, Brewster. Route 6 Exit 10N (124); L Long Pond; L Rte 6A; L Stony Brook; L Run Hill to end. Life vests required. Spray skirt if windy. L Betty Hinkley (508-241-4782, bhinkley@mindspring.com)

Wed., Aug. 10. Mattapoisset Harbor. Will paddle Mattapoisset Hbr. and area. Total distance approx. 12 miles. PFD and spray skirt required. L Gifford Allen (774-392-0634 anytime, gifallen@verizon.net), CL Haven Roosevelt

Sat., Aug. 13. Monks Cove & Back River. A leisurely 8-mi. tour around Monk's Cove, Phinney's Harbor and scenic Back River. PFD req. Spray skirt req'd. Launch 10:30AM at Monk's Park, off Shore Rd. in Pocasset. Barlow's Landing Rd. from Rte. 28 South to Shore Rd. L Wesley Ewell (774-313-7599 7am-9pm, twofootartist@yahoo.com)

Wed., Aug. 17. Allens Pond. Same as Slocum River but continue on Horseneck Rd. to State Park on L. Spray skirt req'd. L Haven Roosevelt (508-636-0006, havenesq@comcast.net)

Sat., Aug. 20. Leader's Choice. Probably Pleasant Bay to the North Beach Cut, and

around Strong Island. L Ed Foster (5084207245, erfoster@comcast.net)

Wed., Aug. 24. Boston Harbor Outer Islands. Circumnavigate several Outer Harbor Islands. Put-In: Hull Gut, Hull,Ma. Level 3 Paddle. Life vests & spray skirts req'd. L George Wey (781 789-8005, Geowey@comcast.net)

(CE) Sat., Aug. 27. Shoestring and Popponesset Bays. Several options depending on conditions. 8 -10 miles. SPRAY SKIRTS REQUIRED. PREREGISTER FOR DIRECTIONS. L Louise Foster (508-420-7245)

Wed., Aug. 31. North River, Marshfield to Hanover. Put-In: Marshfield side of Union St. Bridge. Spot cars in Hanover. Level 3. Life vest req'd. Spray skirt may be req'd. L George Wey (781 789-8005, Geowey@comcast.net)

Sat., Sep. 3. Long Pond, Brewster. DESCRIPTION: Long Pond, Brewster. Circle the pond: eat lunch on a sandy beach. PUT-IN DIRECTIONS: Exit 10 off Rt 6 N on Rt 124. Just after crossing the Brewster Town line R on Crowell's Bog Road LIMITATIONS: Life vest required. L Betty Hinkley (508-241-4782, bhinkley@mindspring.com)

CHAPTER YOUTH PROGRAM (CYP)

Share Skills With Youth -Become a Volunteer Leader with the Chapter Youth Program (CYP) of the SEM Chapter. We work with various organized groups to plan and lead children in outdoor activities (e.g., YMCA). If you're interested in the gratifying experience of getting kids out on the trails and discovering nature, please contact the SEM CYP Chairperson for workshop details. cypcoordinator@amcsem.org

TRAILS

Watch our chapter website for notices!

SKIING

It'll be here before you know it!

VOLUNTEERS NEEDED!

Volunteers needed to bring paper cups to meetings. (Oh, and to do many other things too!) SEM has many opportunities to make a difference in the AMC's ideals of recreation, education, and conservation. Contact Jim Plouffe, YOUR Chapter Chair, to find out how you can make a difference! chair@amcsem.org

CONSERVATION CORNER

by Joanne Jarzowski, Conservation Chair



SEM had a wonderful representation of members supporting the special “Earth Day” related events in April, including the 11th Annual Canal Clean-Up, DCR’s Park Serve Day, and Mass Audubon’s Volunteers to Work for Wildlife. Thanks to all our members and board for helping our friends and these treasured parks/areas we all enjoy.

SEM will be celebrating the second annual “**Green June**” with special conservation events throughout the month, including walks, talks, a whale watch, bikes, family outings, and paddles. Please visit the website (amcsem.org) or email the chair (conservationchair@amcsem.org) for details about those events.

The conservation committee is looking for volunteers; please email the chair if you’d like to join or if you’d like more information.

 Think green - Conserve it, reuse it, recycle it



A group of hikers enjoys the springtime weather and a panoramic view of Boston from Quincy quarry.

A Big Thank You to SEM Fencers

Taunton Conservation Commission

April 28, 2011

Subject: Gertrude Boyden Refuge

Greetings Friends,

As the current Chairman of the Taunton Conservation Commission, I wanted to express my gratitude for the assistance of members of your organization. On two separate occasions, some of your members have helped the TCC and the Friends of Boyden install several hundred feet of post and rail fencing at the Boyden Refuge. If you are not aware, the Boyden Refuge in Taunton is a public park and wildlife sanctuary of great beauty. This park plays host to many local events throughout the year and as a result of the hard work so freely given to us by AMC members, Barbara Hathaway, Kevin Mulligan, Chris Pellegrini and Bill Pellegrini we have been able to beautify it even further.

I am encouraged that organizations like yours exist. It may even be a good idea for you and your membership to consider the Boyden Refuge for any picnics or other events you may be planning in the future.

On behalf of the Taunton Conservation Commission, thank you and we look forward to working together again.

Brian Marques
Chairman
Taunton Conservation Commission
508.823.8975

Taunton City Hall, 15 Summer Street, Taunton, MA 02780

It's Never Too Cold for the Hard Core!

Some of the hikers who participated in the Chapter's 2010-11 Winter Hike Series could still manage a smile (or rough approximation) after some seriously nippy trail time.



Julieanne Capone



Alan Greenstein



Sue Salmon



Leslie Carson



Kevin Mulligan



Maureen Kelly



Karen Singleton

Photos by Mike Woessner



The Southeast Breeze

Quarterly newsletter of the Appalachian Mountain Club, Southeastern Massachusetts Chapter
Fall 2011 —September, October, November

View from the Chair

By Jim Plouffe, Chapter Chair



For the past year, we have been talking about the proposed transition from the paper Breeze to the e-Breeze (electronic Breeze), and encouraging members to sign up for the e-Breeze. We also took a poll of the chapter membership to see how

they felt about this proposed transition. We created an email address for responses and many of you took advantage of this opportunity to express your opinion. While there were some opposed to the transition, the overwhelming majority of responses were in favor of going electronic. We then provided a “snail mail” address so that any members without a computer could write a letter and use the US mail to express their opinion. We got no letters, and only one phone call.

So, as the SEM Executive Board is in favor of going electronic, and the majority of the membership is clearly in favor of going electronic, we have decided to make the transition. Hence, this will be your last paper Breeze! One advantage of going electronic is clearly that it is more green, saving paper and ink. Another advantage is financial. The printing and mailing costs for the paper Breeze are the single largest expenditure in the SEM budget. This money can now be devoted to creating additional programs and buying additional equipment for activities.

Unfortunately, when we make the transition, it won't be automatic—meaning you won't automatically receive an e-Breeze instead of a paper Breeze—UNLESS you are already on the e-Breeze list, in which case you don't have to do anything. To sign up, just go to the AMC Member Center and specify this preference. Instructions are in the box below.

We do realize that this may inconvenience the chapter members that do not own a computer. We encourage you to ask a friend or relative to download the e-Breeze for you. Or to visit your local library where you will find public-access computers (your local librarians are more than willing to teach and help you).

Finally, thank you for your understanding. We know that this will be a change, but it is a change for the better as your chapter moves forward and uses technology to its fullest advantage to better communicate with you. We have had a website for many years and we have recently started using Facebook and Twitter. Every month we use the new AMC Chapter-wide Messaging and now we'll use the Breeze more effectively for communication—the 12-page black and white restriction, that we currently have, will be lifted so we'll be able to include more features, more articles, and more of the pictures you send in.

This is an exciting time for the chapter as we move forward and make use of all the technology available to best communicate with

our chapter membership! Be sure to go to the Member Center and sign up for the e-Breeze before November 15, so you receive the Winter Breeze on December 1.



NOTICES

Meetings:

SEM Executive Board (6:30pm 2nd Wednesday)

Sep 14, Oct 12, Nov 9

(contact chair@amcsem.org for more info)

Hike Planning Meetings (6:30pm 1st Wednesday quarterly)

(Sep 7, Dec 7, Mar 7, Jun 6)

(contact hikingchair@amcsem.org for more info)

[Look these up at amcsem.org/hikes_calendar.htm]

Where to find activities

1. The Breeze - arrives by email or snailmail
2. AMC Outdoors - arrives by snailmail
3. Online trip listings at www.amcsem.org ("schedules")
4. Sign up for short notice trip listings at www.amcsem.org

Pix and Article Submissions

We encourage SEM members to submit letters, articles, and photos for both The Breeze and our website. Materials for publication will be edited for content and to fit available space and cannot be returned. Please send submissions to communicationschair@amcsem.org

Winter Breeze Deadlines: Oct. 7 trips; Oct. 15 articles & pix

SEM Non-members

Not an SEM chapter member? Want a subscription to The Breeze? Contact the Member Center and set your preferences.

Volunteers needed

Curious about the inner workings of your chapter? Volunteer for the Executive Board! Have technical skills? Volunteer for our website! Have writing/editing skills? Volunteer for *The Breeze!* Like kids? Volunteer for CYP! Want to get out more? Volunteer to lead a hike, bike, or paddle! We have lots of volunteer positions open! Please contact chair@amcsem.org if you'd like to get more involved with the chapter.

Find us on Facebook and Follow us on Twitter

CHAPTER WEBSITE: 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. Preview the waiver at: amcsem.org, Forms.

The Southeast Breeze, the newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published 4 times a year. **Editor:** Cheryl Lathrop, **Asst. Editors:** Duncan Kendall, Ann McSweeney, **Proofreader:** Kate Patroliia.
Change of Address to AMC, 5 Joy St., Boston, MA 02108, 800.372.1758, or www.outdoors.org/membercenter

Appalachian Mountain Club Southeastern Massachusetts Chapter

2011 Executive Board & Staff

Chapter Chair	chair@amcsem.org Jim Plouffe, 508-562-0051
Vice Chapter Chair	vicechair@amcsem.org Luther Wallis, 508-923-1935
Past Chapter Chair	pastchapterchair@amcsem.org Wayne Anderson
Treasurer	treasurer@amcsem.org Leslie Carson, 508-833-8237
Secretary	secretary@amcsem.org Karen Singleton, 508-730-7701

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Canoe/Kayak	paddlingchair@amcsem.org George Wey, 781-789-8005
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Skiing (Vice)	xcskvicechair@amcsem.org Farley Lewis, 508-775-9168
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Trails (Vice)	trailsvicechair@amcsem.org Open

Social Chair	Jodi Jensen, 781-762-4483
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Webmaster	Bill Desmond, webmaster@amcsem.org
Asst. Webmaster	Kerry Grenier, asstwebmaster@amcsem.org
Web Proofreader	Kate Patroliia

The chapter includes ~3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.

Cyclists have been rolling



SEM cyclists have been hitting the road again this summer. Above, a group of pedal-turners do some carbo loading while enjoying a lunch break overlooking Mattapoisett Harbor during a spring ride.



SEM 2000 MILE CLUB -- 6/30/2011

Leonard Leonardi	Franklin	2530
Gerry Nelson	Bourne	1796
Joe Barry	Yarmouthport	1667
Malcolm Galvin	Harwich	1638
Mark Tisdale	Marston Mills	1415
Joe Tavilla	Barnstable	1440
Dan Egan	Brockton	1350
Lee Echart	Assonet	1340
Larry Cohen	S Easton	1267
Ron Sikora	Cotuit	1153
Pam Patrick	Orleans	1140
Paul Currier	Sandwich	1060
Paul Corriveau	Orleans	1020
Fred Chase	E. Providence	1001
Jim Kilpea	Wareham	930
John Sullivan	Marshfield	928
Lawton Gaines	Canton	884
Ted Rowan	Falmouth	872
Jean Orser	Orleans	865
Jack Jacobsen	Fairhaven	829
Ed Foster	Cotuit	773
Barry Gallus	Assonet	577
Bob Kennedy	Brockton	420

Painting and Cycling France 2011

by Daniel Egan

We were the monks of St. Hillaire: five artists, three from the left coast, two from the right coast, and one American bicyclist: moi. We stayed nine nights in the renovated Vieux Monastère of St. Hillaire de Villefranche, France, a converted monastery dating back to the twelfth century; one night in LaRoche –the gateway port village to the Isle of Re; and several nights in Paris in rented flats on the right bank, minutes from the Louvre and Notre Dame. The occasion was the Ninth Annual Painters Retreat (June 9 to June 20) conducted by Dan Cooney, adjunct Professor of Art at Bridgewater State College.

In Cognac I biked through 10 miles of grape vines to find an upscale limestone-block, Beacon-Hill-type town with high-end stores in a pedestrian open air mall that had been created on two of the town's oldest streets. In St. John d'Angelay there were miles of wheat fields akin to the Canadian wheat belt.

At Marennes on the Atlantic Ocean, we pedaled by five miles of salt water marshlands with grazing bulls and cows; in Saintes, I biked the Roman ruins and in St. Savien found colorful row houses of limestone built on a canal with a medieval feudal castle perched atop the town. I biked the Charente River Valley, a medieval waterway of trade and in LaRoche I rolled through a harbor with thousands of docked sailboats. Then I biked the Canal Ourcq from Charles DeGaulle to downtown Paris. On my final three days in Paris I biked most of its 12 square miles. Weary pedestrians stole

covetous glances at my road bike as I rolled through the courtyards of the Louvre, the Latin Quarter, Marais, Montmartre, Jardin de Tuileries, Jardin de Luxembourg, Place de la Concorde, the Sorbonne, the Pantheon, the Eiffel Tower, the Arc de Triomphe, the Champs Elysees, Notre Dame Cathedral, the Isle of St. Louis and l'Île de la Cité.

Icelandic Air transported my bike in a "houssier," a homemade reusable bag constructed of a blue tarp, masking tape and velcro fasteners. The bag served me well on the TGV high speed train which only allows bagged or boxed bikes. In a backpack, I carried my bare bones wardrobe of mostly lightweight synthetics.

The trip from downtown Paris to LaRoche three hundred miles to the southwest took only 3 hours. The train clipped along at 100 miles an hour through the bucolic, rolling French countryside- a patchwork of golden wheat and verdant green fields.

We witnessed a Paris-wide music festival the first day of summer as neighborhoods broke into beer-swilling block parties celebrating the arrival of their vacation season. A street away from my fourth-floor walk-up apartment, a ten piece brass ensemble pumped up the rowdy crowd to the wee hours.

The photos below may give you a taste of the landscape and a flavor for the artists' talents. However, to savor the French cuisine and the wine we enjoyed, you would have had to have been there. We invite you to the Paint France 2012.



Adventure Leadership Training



The AMC Adventure Travel Program is preparing for the 2011 Leadership Training on November 18-20, 2011. 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 Adventure Travel trips. Exchange ideas, problems, and solutions with some of the AMC's most skilled leaders. For more information, email Colleen Yout (cyout@outdoors.org).

Winter Hiking Workshop Scheduled



Attention three-season hikers! A Winter Hiking Workshop will be held this year from 1–5pm at the Ramada Inn in Seekonk, MA and is a great way to learn how 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. Enjoy the workshop, then stay for dinner and the SEM Annual Meeting. Please register with the hikingchair@amcsem.org. Space is limited so sign up early! [How'd you find out where it was located?]

Got a little free time to help us grow?

Volunteers Needed

Are you a people person who likes to help others? Are you concerned about environmental issues? Do you enjoy outdoor activities? Do you have some free time?

If this sounds like you, then you may be interested in some opportunities to help our chapter of the AMC grow and better accomplish its mission. Get in touch with us and we'll be happy to tell you more.



Bicycling Chair. The SEM Chapter is looking for a dedicated person to run our Bicycling committee. This position includes running planning meetings, attending monthly Executive Board Meetings, and other various Chair responsibilities. Please contact Jim Plouffe chair@amcsem.org 508.586-1394.

Chapter Vice Chair. The SEM Chapter is looking for a dedicated person to be our Chapter Vice Chair. This position will support the Chapter Chair and hopefully succeed the Chapter Chair after his term is up. Please contact Jim Plouffe chair@amcsem.org, 508-586-1394.

Chapter Treasurer. The SEM Chapter is looking for a dedicated person to be our Treasurer. This position includes managing the operating accounts of the chapter, attending monthly Board Meetings, and other responsibilities. Please contact Jim Plouffe chair@amcsem.org 508.586-1394.

Education Chair. The SEM Chapter is looking for a dedicated person to run our Education committee. This position includes running educational programs, attending monthly Executive Board Meetings, and other various responsibilities. Please contact Jim Plouffe chair@amcsem.org 508.586-1394.

Membership Chair. SEM Chapter is looking for a dedicated person to run our Membership Committee. This position includes evaluating membership data, attending monthly Executive Board Meetings, and other various responsibilities. Please contact Jim Plouffe chair@amcsem.org 508.586-1394.

Hike Leaders. Cape Hikes is looking for cheerful, energetic individuals to become hike leaders. The amount of participation is entirely up to you. Our hikes are two to four hours in length and encompass Provincetown to Falmouth. The requirements to become a leader are co-leading two or more hikes and attending a one-day training session. Our present leaders are very willing to assist you in co-leading any one of our present hikes. You have enjoyed being a hike participant in the past, so why not consider becoming a leader and get more involved in a great organization - AMC. Please contact capehikingchair@amcsem.org.



Leave No Trace

by Susan Salmon



Most outdoors people have heard of “Leave No Trace” but do you really know what it means or where it came from? The Leave No Trace (LNT) principles were developed in cooperation with the U.S. Forest Service, National Park Service, Bureau of Land Management, and U.S. Fish and Wildlife Service over concerns the impact of the increasing number of people were having on wilderness or semi-wilderness areas. All that human activity would destroy the very characteristics that make the areas attractive and irreparably harm native species. The seven principles are:

1. **Plan Ahead and Prepare:** Know the regulations and concerns for the area you'll visit.
2. **Travel and Camp on Durable Surfaces:** Stick to trails and remember: good trails and campsites are found, not made.
3. **Dispose of Waste Properly:** Pack it in, pack it out.
4. **Leave What You Find:** Leave rocks, plants, and other natural objects as you find them.
5. **Minimize Campfire Impacts:** Where fires are permitted, use established fire rings.
6. **Respect Wildlife:** Observe wildlife from a distance and never feed them.
7. **Be Considerate of Other Visitors:** Respect other visitors and protect the quality of their experience.

While each individual may have an insignificant impact, imagine what the cumulative impact would be if hundreds or thousands of individuals dropped

orange peels or apple cores, picked flowers, or trampled off the trail. Although peels and cores are biodegradable, they shouldn't be left behind; if you leave them out in the open, they'll be an eyesore, and if you bury them, something will probably dig them up. And you definitely don't want to risk seeds germinating and introducing a new species to the area.

Stick to established trails as much as possible, where your footprints will do the least harm. If the trail is narrow, walk single-file instead of side by side. If you come to a muddy section in a trail, walk *through* it rather than stepping to the side and walking *around*. If your boots can't handle a little mud, you wore the wrong shoes!

Relieving oneself in the wilderness also has a significant impact. It is unsightly and unsanitary to come across an area that has been used by many people. To minimize your impact, urinate at least a few dozen feet from any trails, and well away from water sources used by wildlife or fellow campers. Try to avoid urinating directly on plants; preferably do it in a spot where it will either quickly dry on the rocks or be soaked into the soil.

Feces should be buried, at least 200 feet from water sources. Bring a garden trowel with you, so you can dig a "cat hole" to bury it in, at least six inches deep and wide enough that you won't fill it up. Fill the hole back up and "disguise" it when you're done. Human waste is especially distracting to wildlife and is also a potential source of disease. Use unscented toilet paper as sparingly as you can, and either pack it out in sealable baggies or bury it along with the feces.

Following the Leave No Trace principles goes a long way in preserving our natural resources. It's also a courtesy to the people who'll be visiting the same place the next day or week, giving them a chance to experience it the same way you did.



Save the date! The Fall Gathering, hosted by the Boston chapter, will be held October 14–16 in Nature's Classroom at the Sargent Center, Hancock, NH. More details to follow at <http://www.amcsem.org/fallGathering.html>

FIND US ON FACEBOOK!
FOLLOW US ON TWITTER!
CHAPTER WEBSITE: www.amcsem.org

CHAPTER ACTIVITIES

CLUB-WIDE ACTIVITIES

Oct. 14-16 FALL GATHERING

CHAPTER-WIDE ACTIVITIES

Sep. 22-25 CHAPTER HUT WEEKEND

Nov. 5 ANNUAL MEETING & DINNER

NOTE ACTIVITIES MARKED FOR :

FT = First Timer NM = New Member

FULL LIST at AMCSEM.ORG

HIKING / BACKPACKING

IMPORTANT: Hikers unsure of their ability should try only 1 level more difficult than previously completed. No pets without permission of trip Leader. Registration req'd 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.

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

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

IMPORTANT: No pets w/o prior permission of trip L. Under 18 yrs must be accompanied by parent or responsible adult, & obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 wk prior to trip so Ls can discuss prior hiking exp., conditioning, clothing, & equipment.

(FT) (NM) Thu., Sep. 1. Red Line the Blue Hills (C3C). Hike 6-8pm Thursdays at different locations in the Blue Hills. Register once then show-n-go.

L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly, L Michael Swartz, L Ellen Correia, R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thu., Sep. 8. Red Line the Blue Hills (C3C). Hike 6-8pm Thursdays at different locations in the Blue Hills. Register once then show-n-go.

L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly, L Michael Swartz, L Ellen Correia, R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thu., Sep. 8. Thurs Morn. Hike M-M Trail, Mt Norwottuck (B3C). 5.4 mile hike along Metacomet-Monadnock trail from Rte 116 to Harris Rd. Heavy Rain will cancel. L Walt Granda (508) 999-6038 Before 9:00 PM, wlgranda@aol.com), R Walt Granda (508) 999-6038 Before 9:00 PM, wlgranda@aol.com)

Sat., Sep. 10. Mt. Washington. Enjoy the beauty of the Whites in Sept. via the Ammonoosuc Trail. 9+ mi. RT. Experienced hikers only. L Leslie Carson (508) 833-8237, ltc929@comcast.net), CL Maureen Kelly (617) 943-4288, MoKel@aol.com), R Maureen Kelly

Sun., Sep. 11. Midstate Trail Section Hike #7. Climb over Mt Wachusett and Crows Hill Ledges on our 7th section hike on the 92 mile Midstate Trail. L Fred Wason (508) 838-6049, CL Cheryl Lathrop, R Ellen Correia (ellencorreia@gmail.com)

(FT) (NM) Thu., Sep. 15. Red Line the Blue Hills (C3C). Hike 6-8pm Thursdays at different locations in the Blue Hills. Register once then show-n-go.

L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly, L Michael Swartz, L Ellen Correia, R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thu., Sep. 15. Thursday Morning Hike: Moose Hill (B3C). Meet at 10:00 AM at the Moose Hills Wildlife Sanctuary, \$3.00 fee for seniors, free for Audubon members or Sharon residents. Required equipment: hiking boots/shoes, rain jacket, water, snacks/lunch. L Sui-wen L Yang (781) 784-9241 before 9:00pm, linsuiwen@verizon.net)

Sun., Sep. 18. Blue Hills Fast & Hilly. Hike the North - South loop and Buck Hill of the Skyline at a fast pace. Meet at 8:45. L Maureen Kelly (508)224-9188; MoKel773@aol.com) R Maureen Kelly before 8pm.

(FT) (NM) Thu., Sep. 22. Red Line the Blue Hills (C3C). Hike 6-8pm Thursdays at different locations in the Blue Hills. Register once then show-n-go.

L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly, L Michael Swartz, L Ellen Correia, R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thu., Sep. 29. Red Line the Blue Hills (C3C). Hike 6-8pm Thursdays at different locations in the Blue Hills. Register once then show-n-go.

L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly, L Michael Swartz, L Ellen

Correia, R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thu., Sep. 29. Thursday Morning Blue Hills Hike (B3C). Meet at 10:00 am Trailside Museum Parking lot for a 5-6 mile hike. Required equipment: Hiking boots, water, rain jacket & snacks/lunch. Heavey rain will cancel. L Walt Granda (508) 999-6038 before 9:00pm, wlgranda@aol.com)

(FT) (NM) Sat., Oct. 1. Annual Tully Mt. hike and Apple Picking. Join us for our annual Fall hike to Tully Mountain followed by apple picking. L Christine Pellegrini (cpellegrini928@gmail.com), CL Bill Pellegrini (508) 244-9203 6-8.

Sun., Oct. 2. Midstate Trail Section Hike #8. 6.7 mile hike from Rt 2 in Gardner to Rt 12 in Ashburnham on the 92 mile Midstate Trail. L Fred Wason (508) 838-6049, CL Cheryl Lathrop, R Ellen Correia (ellencorreia@gmail.com)

(FT) (NM) Thu., Oct. 6. Thurs. Morn. Hike Horseneck/Westport Beach B3D. Meet at 10:00 AM Horseneck Beach main parking lot. 5 mile hike with an option to extend to 8 miles, hiking Gooseberry Island. Bring snacks/lunch sturdy footwear, water, and rain jacket. Heavy Rain cancels. L Walt Granda (508) 999-6038 Before 9:00 pm, wlgranda@aol.com)

Thu., Oct. 13. Blue Hills Skyline Hike (B3B). Meet at 10:00a.m., Houghton's Pond parking lot. Hiking boots (not sneakers), snacks, lunch, water, rain jacket and other appropriate layers are required. Synthetic clothing is best for hiking. L Sui-wen L Yang (617) 417-0757, linsuiween@verizon.net)

Sun., Oct. 16. Midstate Trail Section Hike #9. Challenging 7.3 Mile hike on Midstate Trail from Rt 12, Ashburnham, over Mt Watatic to NH border. L Fred Wason (508) 838-6049, CL Cheryl Lathrop, R Ellen Correia (ellencorreia@gmail.com)

Thu., Oct. 20. Thurs. Morn. Hike Gilbert Hills State Forest, Foxboro, MA (B3C). Thu. Oct. 20, 10 a.m. Meet Lakeview Pavilion, Foxboro. Dir. 95 Exit 7B. After rotary, 140N to Lakeview Rd. on left. .3 mi. on right. Water, snacks/lunch. L Joanne Stanisica (508) 528-6799 7:00-9:00pm, joannes1@localnet.com)

Sat., Oct. 22. Mt Morgan/Mt Percival Loop (B3B). Morgan and Percival offer great Squam Lake and mountain views as well as the option to experience ladders and caves. L Walt Granda (508) 999-6038 Before 9 PM,

wlgranda@aol.com), CL Anne Duggan (508) 748-6782 Before 9 PM, ab.duggan@verizon.net), R Anne Duggan

Sun., Oct. 23. Blue Hills Fast & Hilly. Hike the North - South loop and Buck Hill of the Skyline at a fast pace. Meet at 8:45. L Maureen Kelly (508) 224-9188; MoKel773@aol.com) R Maureen Kelly before 8pm.

(C) (FT) (NM) Thu., Oct. 27. Nelson Memorial Forest in Marshfield (C3C). Nelson Memorial Forest-Woodland trails to North River. Meet at 9:45. Bring lunch, water, snacks. Registration required. L Sally Delisa (781) 834-6851 before 9 p.m., delisasally@yahoo.com R Sally Delisa

(FT) Sat., Oct. 29. Halloween Hike. Join us for a family friendly hike through Gilbert Hills State Forrest. There will be a cookout to follow. L Christine Pellegrini (508) 244-9203, cpellegrini928@gmail.com), CL Bill Pellegrini R Chris Pellegrini 6-8pm

(FT) (NM) Thu., Nov. 3. BCT Sherborn Forest/Rocky Narrows (B3C). BCT segment. Views of Charles River from King Phillip Lookout. Mostly level with an up/down section. 6+ miles. L Len Ulbricht (508) 359-2250 before 8pm, lenulbricht@comcast.net R Len Ulbricht

Sun., Nov. 6. Midstate Trail 12.8 mile Section Hike. 12.8 mile section Hike on Midstate Trail from MA 9 in Spencer to E Hill Rd in Rutland. L Fred Wason (508) 838-6049), CL Cheryl Lathrop , R Ellen Correia (ellencorreia@gmail.com)

(CE) Thu., Nov. 10. Ft. Barton & Weetamoo Woods, 2 for 1. Views of Mt Hope Bay, Portsmouth & Bristol from Ft. Barton tower. Trails by streams, stairs on short, steep hills, boardwalks in wet areas. Stone walls, several slab bridges, and Borden Brook at Weetamoo. Gray's Ice Cream after hikes. L Barbara Hathaway (508) 880-7266 before 9 pm, barb224@tmlp.net)

Sun., Nov. 13. Blue Hills Fast & Hilly. Hike the North - South loop and Buck Hill of Skyline at a fast pace. Meet at 8:45. L Maureen Kelly (508) 224-9188, MoKel773@aol.com R Maureen Kelly before 8pm

(FT) (NM) Thu., Nov. 17. Thursday Morning Hike: Borderland State Park (B3C). 10:00 AM at Visitors Center, 259 Massapoag Ave, No. Easton. MA 02356. Bring food, water and suitable footwear. L Claire Braye (508) 857-0320, cbraye57@comcast.net)

(C) (FT) (NM) Sat., Nov. 19. Fall Family Hike. Join us for a Fall hike in Blue Hills. We will hike to Whale Rock and enjoy lunch. L Christine Pellegrini, CL Bill Pellegrini, R Chris Pellegrini (508) 244-9203 6-8, cpellegrini928@gmail.com

Thu., Dec. 15. Massasoit State Park. At Massasoit SP, East Taunton's hidden jewel, trails lined with pine needles wind around lakes and ponds on mostly flat to gently rolling terrain. Boots, water, lunch. Rain cancels. L Barbara Hathaway (508) 880-7266 before 9 pm, barb224@tmlp.net)

(FT) (NM) Sat., Dec. 17. December Cookies and Egg Nog Hike. Join us for our Annual Cookies and Egg Nog hike in Borderland State Park. L Christine Pellegrini, (508) 244-9203 6-8 (cpellegrini928@gmail.com), CL Bill Pellegrini (bpellegrini928@gmail.com), R Chris Pellegrini

(FT) (NM) Thu., Jan. 5. Noon Hill / Shattuck Reservation (C3C). Hike three-four miles on Trustees property. See www.trustees.org for trail map. Bring lunch. 10am start. Traction gear may be necessary. Rain cancels. Contact leader for directions. L Len Ulbricht (508) 359-2250 Before 9:00pm, lenulbricht@comcast.net)

(C) (FT) (NM) Thu., May. 24. Thurs. Morn North Hill Marsh in Duxbury (C3C). North Hill Marsh in Duxbury. Wildflowers and blooming shrubs along woodland trails and around pond. L Sally Delisa (781) 834-6851 before 9pm, delisasally@yahoo.com), R Sally Delisa

CAPE COD HIKES

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.")

Mis	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

(FT) (NM) Thu., Sep. 15. Wellfleet, Great Island Hike/Picnic (C3C). Start fall season with a hike on shore of Great Island. 2hrs. Picnic follows. Bring small lunch and something to share (veggies, fruit, dessert, etc.). Meet 9:45 at Great Island pkg lot on Chequesett Rd in Wellfleet. L Janet DiMattia (508) 394-9064, jandimattia@verizon.net

(FT) (NM) Sun., Sep. 18. Yarmouth, Greenough Ponds (C3C). Hike Yarmouth Port Botanical Gardens and the Greenough Ponds. Meet at 12:45 p.m. 2 hr. Exit 7 off Route 6 North and take immediate right turn on Summer St. Follow dirt road 1/2 mile to beach parking lot on Left. L Richard Kaiser (508) 432-3277, rjkaiser@comcast.net

(FT) (NM) Thu., Sep. 22. 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 hours. Meet 9:45

a.m. L Janet Kaiser (508) 432-3277, jtkaiser@comcast.net

(FT) (NM) Sun., Sep. 25. Harwich, Herring River (C3C). Hike on winding paths in Herring River marsh system. Exit 9A from Rte 6, L at third traffic light, immed.L on Great Western Rd. Pk in lot on L at Sand Pond 2+ miles. Meet 12:45. Two hours. L Janet DiMattia (508) 394-9064, jandimattia@verizon.net

Thu., Sep. 29. Mashpee - South Cape Beach (C3C). Flat hike, 2 mi of wooded trails and 2 mi on sandy peninsular or dirt fireroad. Meet 9:45. From Mashpee rotary, take Great Neck Rd S 2.7 mi, left on Great Oak Rd. Follow to town beach pkg. 2/hrs. L Gary Miller (508) 540-1857, garymaxx@wmconnect.com

(FT) (NM) Thu., Oct. 6. Truro, Ryder Beach (C3C). Beach, woodland trails, hills, scenic bay views. Rte 6, L on Prince Valley Rd to end. R on County Rd, L on RyderBch Rd, Park at end. Meet 9:45 a.m. 2 hrs. L Janet Kaiser (508) 432-3277, jtkaiser@comcast.net

Thu., Oct. 13. Mashpee - John's Pond (C3C). Meet/9:45, 2 hrs. Bogs, woods, ATV trails (BYO ATV). Hoopole Road, follow Town Beach signs, see web. L Gary Miller (508) 540-1857, Garymaxx@verizon.net

Sat., Oct. 15. Provincetown Snail Road Dunes (B3B). Meet 9:45 a.m. at Snail Road trail head on ocean side of Route 6 at east end of Provincetown. Explore dunes, dune shacks, pick cranberries ; spectacular 360 views as we hike up and down to ocean. 3.5 hrs, bring/lunch. L Nancy Braun (508) 487-4004, nancytruro@comcast.net

Sun., Oct. 16. Truro - Bearberry Hill (C3C). Sand path from Bearberry Hill with 360-degree ocean view to Longnook Beach overlook. Rte 6 to Pamet Rd then R at bottom of ramp. L on S.Pamet Rd to beach parking lot. Meet at 12:45. 2 hrs. L Pat Sarantis (508) 430-9965, patsarantis@gmail.com

Thu., Oct. 20. Dennis-Crowe to Crowe Loop (C3C). 2 hrs. Paths, beach, quiet roads. Meet 9:45. Route 6 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 cemetery. L Maria Sylvester (508) 385-4045, sylvester_maria@hotmail.com

Sat., Oct. 22. Provincetown - Herring Cove to Tip of Cape (B3B). Park in left corner of left pkg. lot at Herring Cove Beach in Provincetown. Hike dunes/tidal flats to Long Point (tip of the Cape). Meet 9:45, 4hrs. Bring lunch. L Nancy Braun (508) 487-4004, nancytruro@comcast.net

(FT) (NM) Thu., Oct. 27. Barnstable-Bridge Creek Conservation (C3D). Flat terrain, cedar upland, maple swamp and salt marsh, bogs,

stone walls. Meet at 9:45 a.m. 2 hrs from exit 5 off Rte 6 North on Rte 149...park along grass triangle on immediate left beside West Parish Church. L Farley Lewis (508) 775-9168, farlewis@comcast.net

Thu., Nov. 3. Eastham Nauset Marsh (C3C). Walk perimeter of vast historical marsh. From Rte 6 in Eastham, R on Gov Prence Rd, R on Fort Hill Rd to 1st pkg lot on left. Meet 9:45, carpool to Salt Pond Visitor Ctr. 2 hrs. L Pat Sarantis (508)430-9965, patsarantis@gmail.com

Sat., Nov. 5. Harwich, Herring River (B3C). Woods walk, river views, bogs and reservoir. Rte 6 Ex 10, Rte 124 S for 1.3 mi, R @ Main St. Go 2 mi, park @ Sand Pond on R. Meet 9:45 a.m. 3.5 hrs. Bring lunch. L Richard Kaiser (508) 432-3277, rjkaiser@comcast.net

Sun., Nov. 6. Mashpee-South Cape Beach (C3C). Flat hike, 2 mi of wooded trails and 2 mi on sandy peninsular or dirt fireroad. Meet 12:45, 2hrs. From Mashpee rotary, take Great Neck Rd S 2.7 mi, left on Great Oak Rd. Follow to town beach pkg. L Gary Miller (508) 540-1857, garymaxx@wmconnect.com

(FT) (NM) Thu., Nov. 10. 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. 2 hrs. L Janet Kaiser (508) 432-3277, rjkaiser@verizon.net

(FT) (NM) Sat., Nov. 12. Wellfleet - White Crest Beach (B3C). Wooded trails to Marconi White Cedar Swamp. Rte 6 to R on Lecount Hollow Rd to beach gatehouse. L on Ocean View Rd 0.9 mi to R at beach pkg. Meet at 9:45. 3 hrs Bring/lunch. L Pat Sarantis (508) 430-9965, patsarantis@gmail.com

(FT) (NM) Thu., Nov. 17. 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 and Putnam Ave. in Cotuit. Two hours. L Farley Lewis (508)775-9168, farlewis@comcast.net

Sat., Nov. 19. Provincetown: Snail Road Dunes (B3B). Meet 9:45am at Snail Road trail head on ocean side of Rt. 6, east end of Provincetown. 360 views with dunes, dune shacks, cranberry picking. 3.5hrs, Bring lunch. L Nancy Braun (508) 487-4004, nancytruro@comcast.net

Sun., Nov. 20. Dennis-Crowe to Crowe Loop (C3C). 2 hrs. Paths, beach, quiet roads. Meet 12:45. Route 6 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 cemetery. L Maria Sylvester (508) 385-4045, sylvester_maria@hotmail.com

(FT) (NM) Thu., Nov. 24. West Yarmouth Three Ponds (C3C). Thanksgiving - hike "over the river and through the woods to cranberry bogs we'll go". Rte 6 exit 8S . R second light Townhouse Rd. L West Yarmouth Rd. Pk in 1+ miles. Meet 9:45, 2 hours. L Janet DiMattia (508) 394-9064, jandimattia@verizon.net

BIKE RIDES

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		
Mis	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

WANTED: Ride Leaders & Co-Leaders. Enthusiastic about cycling? Like showing others your favorite roads? If yes, then share your enthusiasm & routes w/your fellow AMC members! Contact Bike Chair Joe Tavilla (508-428-6887)

AMC SEM 2,000 Mi Club. Our unique 2,000-mi Club! Certificates of achievement & embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair to reg. your mi. & for more info. L Joe Tavilla (508-428-6887, 7-7, bikingchair@amcsem.org)

Turn Those Tires on Tuesday

Rides scheduled all year long, weather permitting. 25 mi of rd or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location & directions. Intermed. pace. Riders & bicycles in top shape; tires & riders pumped & ready to roll; helmets & water req'd. L Paul Currier (508-833-2690 8 am-7 pm, paulbcurrier@comcast.net)

Sat., Sep. 3. Easy Rider. Two harbors, one rail trail, an old fort - see web site. L Jack Jacobsen (508) 353-3708 7:00 AM - 8:00 PM, cyclejac51@yahoo.com

Tues., Sep. 6. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net

Mon., Sep. 12. Sunset/Full Harvest Moon Ride. Canal/Gray Gables/Mashnee Island. 22 +/- miles. Buzzards Bay sunset/Sandwich

moonrise. L Paul Currier (508-833-2690 8:00AM-7:00PM, paulbcurrier@comcast.net)

Tues., Sep. 13. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net

Tues., Sep. 20. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net

Fri., Sep. 23. Sayonara to Summer Ride (Autumnal Equinox). Road cycling for the experienced road cyclist. Beaches of Cape Cod Bay and the Atlantic included. Sunset at Skaket. L Paul Currier (508-833-2690 8:00AM-7:00PM, paulbcurrier@comcast.net)

Tues., Sep. 27. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net

Sat., Oct. 1. Metric Century Ride. A long and very scenic ride - see web site. L Jack Jacobsen (508) 353-3708 7:00 AM - 8:00 PM, cyclejac51@yahoo.com

Tues., Oct. 4. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net

Tues. Oct. 11. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net

Tues., Oct. 18. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net

Tues., Oct. 25. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net

Sat., Oct. 29. Laveville / Rochester Ride. Quiet roads great rural scenery - see web site. L Jack Jacobsen (508) 353-3708 7:00 AM - 8:00 PM, cyclejac51@yahoo.com

Tues., Nov. 1. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net

Tues., Nov. 8. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net

Thu., Nov. 10. Full Beaver Moon Ride. Scenic full moon ride in the canal area - see web site.

L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net)

Tues., Nov. 15. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net)

Tues., Nov. 22. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net)

Tues., Nov. 29. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net)

Tues., Dec. 6. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net)

Sat., Dec. 10. Sunset/Full Moon Ride. Scenic full moon ride in Canal area - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net)

Tues., Dec. 13. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net)

Tues., Dec. 20. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net)

Tues., Dec. 27. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net)

Sun., Jan. 1. AMCSEM 9th Annual New Years Day Ride. Happy New Year - lots of options and views - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, currierpaul@comcast.net)

PADDLES

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 MA").

Sat., Sep. 3. Long Pond, Brewster. DESCRIPTION: Long Pond, Brewster. Circle the pond: eat lunch on a sandy beach. PUT-IN DIRECTIONS: Exit 10 off Rt 6 N on Rt 124. Just after crossing the Brewster Town line R on Crowell's Bog Road LIMITATIONS: Life vest required. L Betty Hinkley (508-241-4782, bhinkley@mindspring.com)

Wed., Sep. 7. Centerville River. Hayward st. put-in. See web site for directions. 10:30am. PFD required. L Bill Fischer (508-420-4137, wmbarrabarafischer@comcast.net)

Sat., Sep. 10. Leader's Choice. Probably Sandwich Harbor and Mill, Dock, and/or Spring Hill Creeks. Or possibly Barnstable Harbor. L Ed Foster (5084207245, erfoster@comcast.net)

Wed., Sep. 14. Onset Buttermilk Cove. Rt 25 exit 1 to Onset, L on 6E/28S to Main Ave, 0.2mi L Riverside Dr. Park on grass. L Haven Roosevelt (508-997-5160, havenesq@comcast.net)

Sat., Sep. 17. Mashpee-Wakeby Ponds. Mashpee-Wakeby Ponds. Leisurely trip following shoreline, lunch on sandy beach. PUT-IN DIRECTIONS: From Rt. 28 take Rt. 130N 2 mi to R at "State Landing" sign. LEVEL: 2 LIMITATIONS: Life vest required. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Wed., Sep. 21. Pocasset Harbors. A leisurely 8-mi. tour around Bassett's Island and the harbors of Pocasset. PFD req. Spray skirt rec. Launch 10:30AM. Call for location. L Wesley Ewell (774-313-7599 7:00AM-9:00PM, twofootartist@yahoo.com)

Sat., Sep. 24. Meetinghouse Pond, Little Pleasant Bay, Orleans. DESCRIPTION: Meetinghouse Pond, Little Pleasant Bay, Orleans. PUT-IN DIRECTIONS: From Rt 28 E on Main St to R on Barley Neck Rd, R at next fork (Barley Neck Rd) to town landing on R. Life vest & spray skirt required. L Betty Hinkley (508-241-4782 any time, bhinkley@mindspring.com)

Wed., Sep. 28. Swift Neck. Rt 25 W, Exit 2 Rt 6/28 to 6W L Swifts Beach Rd ,after Lynne L Shore Ave to end. L Haven Roosevelt (508-997-5160 any time, havenesq@comcast.net)

Sat., Oct. 1. Fiddler's Cove to Wild Harbor and Herring Brook. N. Falmouth to Old Silver Beach. Will paddle south to Herring Brook. PFD & spray skirt required. L gifford allen (774-392-0634 anytime, gifallen@verizon.net)

Wed., Oct. 5. Westport River West Branch. 195 to Rt 88 S to Westport, bridge over River, R to boat ramp on River. L Haven Roosevelt (508-997-5160 any time, havenesq@comcast.net)

Sat., Oct. 8. Chase Garden Creek, Yarmouth Port. Route 6 Exit 8N (Union); L Rte 6A; immediate R Center to Grey's Beach. Life jacket and spray skirt required. L Paul Corriveau (508-362-0451, paulcorri@gmail.com), CL Jean Orser (508-362-0451, jeanorser@aol.com)

Wed., Oct. 12. Pamet Harbor Truro. Put-in: From Route 6 in Truro, right at exit for Pamet

Roads Truro Center. Right onto South Pamet Road. Left on Castle Road, right onto Depot Road to Harbor. Life vest, spray skirt, wet/dry suit required. \$6 launch fee. L Don Palladino (508 349 2950, djp1958@comcast.net)

Sat., Oct. 15. Indian Lakes, Marstons Mills. PUT-IN DIRECTIONS: Rt. 6, Exit 5S on Rt 149 for 2.9 miles. Right onto Mistic Drive (at Indian Lakes sign); 0.7 miles to lane on right "Town Way to Water" Life vest required. L Nancy Wigley (nrwigley@verizon.net)

Wed., Oct. 19. Dike Creek. 195 Exit 13S, Rt 140, R on Rt 6 L Slocum Rd, L at stop sign to Bridge St. R over bridge L on Smith Neck Rd. L Haven Roosevelt (508-636-0006, havenesq@comcast.net)

Sat., Oct. 22. Long Pond, Harwich/Brewster. PFD -Sprayskirt-Wetsuit/drysuit req. Exit 10 off rte 6 N on rte 124. Just after crossing the Brewster town line R on Crowell's Bog Rd. L Bill Fischer (508-420-4137, wmbarrabarafischer@comcast.net), CL Libby Pratt (508-225-3280, elizpratt@yahoo.com)

Wed., Oct. 26. Waquoit Bay & Creeks. A leisurely 10-mi. tour of Childs River, around Washburn Island and into scenic estuaries. PFD and wet or dry suit req. Spray skirt rec. Launch 10:30AM at State ramp on White's Landing Road, off Route 28 in Falmouth. L Wesley Ewell (774-313-7599 7:00AM-9:00PM, twofootartist@yahoo.com)

Sat., Oct. 29. Walker Pond. 10:30 am PFD + Wet suit/dry suit required, Spray skirt required. See website for directions. L Bill Fischer (508-420-4137, wmbarrabarafischer@comcast.net)

CHAPTER YOUTH PROGRAM (CYP)

Share Skills With Youth -Become a Volunteer Leader with the Chapter Youth Program (CYP) of the SEM Chapter. We work with various organized groups to plan and lead children in outdoor activities (e.g., YMCA). If you're interested in the gratifying experience of getting kids out on the trails and discovering nature, please contact the SEM CYP Chairperson. cypcoordinator@amcsem.org

TRAILS

Watch our chapter website for notices!

SKIING

It'll be here before you know it!



Mt. Kilimanjaro Climbs and
Wildlife Safaris in Tanzania

SERENGETI PRIDE
SAFARIS

DIRECTOR
Erika Bloom
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 Think green - Conserve it...then reuse it...finally recycle it



The Southeast Breeze

Quarterly newsletter of the Appalachian Mountain Club, Southeastern Massachusetts Chapter
Winter 2011/2012 — December, January, February

View from the Chair

By Jim Plouffe, Chapter Chair



It's been one year; one year since I accepted the position as Chapter Chair for the Chapter. It is the ultimate of volunteer positions, in this type of club. While some volunteers give up a Saturday here or there and some volunteers lead a hike or a bike or a paddle, once in a while, this position, as Chapter Chair, has me running regular meetings, planning club wide events, coordinating weekend events, attending other meetings, annual dinners, retreats, and many other things that take up time. The work as a Chapter Chair goes beyond these "time taking" events and includes the time it takes to prepare agendas, write articles, and collect paperwork and other less noticeable but important tasks that take place behind the scenes. I tell you this, not to pat myself on the back, because I don't really need the pat on the back. I enjoy doing this type of work and find it rewarding just to see that I can make a difference in my microcosm.

I have told you this because last night I sat in a room with ~~my~~ Executive Board and conducted a meeting that will hopefully bring this Chapter forward in the year 2012. At this meeting, I was looking around and realized that for every minute I spend planning, executing and attending my meetings and events, the people in front of me, acting in their volunteer capacity, spent an equal amount of time doing their best to try and achieve the same goals and intentions that I strive to accomplish.

In the first sentence of the previous paragraph, I put quotation marks around the word ~~my~~ because I want to point out that while a Chapter Chair is the chief executive of the Chapter, the board is actually run by the other volunteers who make up the Executive Board. Their work in creating events and programs, attending meetings, publishing newsletters, planning hikes, bikes and paddles, running pot-luck dinners and similar events, actually makes this Chapter work, and work efficiently at that. So, I would argue, it isn't ~~my~~ Executive Board, but rather, I am ~~their~~ Chair. Without them, this chapter wouldn't be successful and hence I wouldn't be.

This has been a long and drawn out way to say Thank You to the SEM Executive Board that I worked with for the past year and an advance Thank You to the new SEM Executive Board that assembled last night. Thank You.

Our Executive Board Meetings are open to anyone who wishes to attend. Our next meeting will be held at the Bourne Community Center on March 14, 2012 and you are welcome to attend. We usually meet at 6:00 PM for a bite to eat and officially start the meeting at 6:30 PM. Contact me at Chair@amcsem.org and I'll add you to our e-mail list for board notifications.

DID YOU SEE OUR BRAND NEW WEBSITE! WWW.AMCSEM.ORG

The Breeze is now totally electronic! It's now the ~~e~~-Breeze" !

Access the ~~M~~ember Center" to sign up to receive the e-Breeze by e-mail:

From our own SEM web site: www.amcsem.org (lower right)

From the AMC web site: www.outdoors.org (upper right)

By phone: 800-372-1758 Monday-Friday from 9-5:00 Eastern Time

By mail: AMC Main Office, 5 Joy Street, Boston, MA 02108

OR get a copy on our website at www.amcsem.org. Click on ~~B~~-Breeze Newsletters" on the left.

NOTICES

Regular Meetings:

SEM Executive Board

March 14, 6:30pm

(contact chair@amcsem.org for more info)

Hike Planning Meetings (6:30pm 1st Wednesday quarterly)

(Dec 7, Mar 7, Jun 6, Sep 5)

(contact hikingchair@amcsem.org for more info)

Where to find activities (hikes, bikes, paddles, etc.)

1. The Breeze - arrives by email
2. AMC Outdoors - arrives by snailmail
3. Online trip listings
4. Sign up for *short notice* trip listings at www.amcsem.org

Pix and Article Submissions

We encourage SEM members to submit articles and photos for both The Breeze and our website. Materials for publication will be edited for content and to fit available space. Please send to communicationschair@amcsem.org.

January Breeze Deadlines: Dec. 7 trips; Dec. 15 articles/pix

SEM Non-members

Not an SEM chapter member? Want the Breeze? Contact the Member Center and set your preferences. Or get a copy at our website at www.amcsem.org.

Volunteers needed!

Curious about the inner workings of your chapter? Volunteer for the Executive Board! Have technical skills? Volunteer for our website! Have writing/editing skills? Volunteer for the *Breeze*! Like kids? Volunteer for CYP! Want to get out more? Volunteer to lead a hike, bike, or paddle! We have lots of volunteer positions open! Please contact chair@amcsem.org if you'd like to get more involved with the chapter.

Find us on Facebook * Follow us on Twitter
CHAPTER WEBSITE: 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. Preview the waiver at: amcsem.org, Forms.

The Southeast Breeze, the newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published 4 times a year. **Editor:** Cheryl Lathrop, **Asst. Editors:** Ann McSweeney, **Proofreader:** Kate Patroia. **Change of Address** to AMC, 5 Joy St., Boston, MA 02108, 800.372.1758, or www.outdoors.org/membercenter

2012 Executive Board & Committee Chairs

Chapter Chair	chair@amcsem.org Jim Plouffe, 508-562-0051
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Skiing	xcskichair@amcsem.org Barbara Hathaway, 508-880-7266
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Family Events Chair Chris Pellegrini, 508-244-9203

STAFF:

Social Networking Susan Salmon (moderator)
Webmaster webmaster@amcsem.org
Breeze Editor communicationschair@amcsem.org

The chapter includes ~3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.



PHOTOGRAPH BY MIKE WOESSNER

SEM CHAPTER HUT WEEKEND

By Susan Salmon

The annual SEM September Chapter Hut Weekend (CHW) at Cold River Camp was a great success again this year. We had the biggest turnout yet with 65 people attending the 4-day event. Lots of activities were planned for all levels of ability and interests. There was even a demonstration on how to bake using a reflector oven in front of a fire. The cornbread was delicious!

Cold River Camp (CRC) is a volunteer-managed, family-oriented, full-service facility of the Appalachian Mountain Club. CRC is located within the quiet and peaceful Evans Notch Valley on Rte. 113 in Chatham, NH. First built as a church camp, the original buildings were purchased by the AMC in 1919 with additional cabins added later, and campers still share the quiet and simple times of the camp's beginnings. While many choose to hike within Evans Notch, others venture further into the nearby Presidential and Mahoosuc ranges. For canoeists and kayakers, the nearby Androscoggin and Saco Rivers offer daylong adventures and the quiet rural roads invite joggers and bikers. Guests looking for other activities will find many antique shops in nearby towns, as well as the outlet malls and a golf course in neighboring North Conway.

The 25 cabins of various sizes accommodate from 1-6 guests. Each cabin has a kerosene lamp, bureau, closet, linens (summer season only) and most have fireplaces. There is a recreation hall for evening programs or a game of ping pong. You'll find a library for quiet reading and relaxation, where a woodstove provides warmth on chilly evenings, and a library table that offers space for writing or the use of your computer. There are three bathhouses, which are handicapped accessible, offering hot showers and toilets, as well as a drying room. Conant Lodge, the main gathering spot of the camp, is where two delicious meals are served daily. Early morning coffee is always available and each camper makes up his or her own lunch from a bountiful lunch buffet in the morning. All are welcomed on brisk mornings or cool evenings to a fire in the large, stone fireplace. A teahouse, located along a scenic trail on the camp grounds, provides a delightful spot to read, paint, or enjoy a cup of tea.

The camp gates opened Thursday at noon with people arriving throughout the day and evening. It was a day to relax, settle in, and enjoy the first of the daily social hours and hearty meals. A hike and a kayak trip took place Friday morning. A group of seven kayaked Kezar Pond in Fryeberg, ME. Although the day was overcast, they enjoyed the still water paddle and found a sandy beach to stop for lunch. The sun broke through during lunch and they finished the trip in sunshine. Along the way, they saw a bald eagle perched in a tree and some trees in brilliant fall foliage. Fourteen people went on the Mount Meader hike. It was a 6.7 mile hike to the

summit at 2782'. The first section of the hike was fairly level offering great views of the pond and mountains overlooking Basin Pond. After passing Hermit Falls, the trail alternated between easy sections and some steeper areas until the summit was reached.

Most people arrived Friday throughout the day and everyone enjoyed the evening festivities. The social hour started things off with complimentary wine, beer, and soft drinks, as well as, various appetizers. After dinner there was a camp fire to gather round and an outdoor showing of the movie "A Bug's Life" to watch. Others gathered in the lodge for friendly conversation.

We were up early Saturday morning to make our lunches and eat a big breakfast. We were soon ready to embark on the day's activities. One group hiked Caribou Mountain, a 6.9 mile hike to the summit at 2840'. Although the trail was wet and muddy from the rain the night before, there were great views of Kees Falls and the valley below. Another group hiked up South Baldface, about an 8 mile hike to the summit at 3570'. Although it was overcast and foggy, there was plenty of colorful mushrooms and foliage to take in. The emerald pool was also a scenic side trip off the main trail. The group wasn't able to summit because of the wet, slippery conditions on the ledges but everyone enjoyed the hike and returned safely.

The kayak trip took place on the Saco River from the Route 113 bridge to Canal Bridge in Fryeberg, ME. The seven mile paddle started under misty skies and the ten paddlers were off in a very slow current. There was a portage around Swan Falls after which the current picked up. Soon after the falls, they found a sandy beach to stop for lunch. The sun peeped in and out the rest of the paddle for a pleasant finish.

The Saturday night outdoor movie was "Southbound", a movie about a young woman's experience hiking the Appalachian Trail.

After another hearty breakfast Sunday morning, we cleaned up, packed up, and headed home. A vote was taken and once again, everyone chose to come back to Cold River Camp. Hope we see you there next year!



KAYAKING



HIKING



PACKING LUNCH FOR THE DAY



RELAXING IN THE LODGE

THREE FINISH THE FORTY-EIGHT !



Kevin Mulligan, Leslie Carson, and Ken Jones (left) completed hiking their 48th 4000-footer of "The 48" on Saturday, October 8, 2011. Owl's Head was their final peak to summit. Congrats to them all! What a feat!

The term Four-Thousand Footers (or "4Ks") refers to a group of forty-eight mountains in New Hampshire at least 4,000 feet (1,219 meters) above sea level. To qualify a peak must also meet a more technical criterion of topographic prominence important in the mountaineering sport of peak-bagging. Most often, the term "four-thousand footers" refers to the White Mountains Four-Thousand-Footers List established (and revised from time to time) by the Appalachian Mountain Club.

See all the photos at:
<https://picasaweb.google.com/4000foot/OwlsHeadBackpack>



The Day's Hiking Group



East Branch Pemi East



Descending the slide on the way down



Overnighting at Fraconia Brook tent site

THOUGHTS FROM THE THREE "48" FINISHERS...



KEVIN'S QUEST FOR THE 48: I joined the AMC 3 years ago in order to meet some new friends and get back into shape. Hiking was something I never did before, but it looked interesting and I wanted to give it a try. I met Ken and Leslie on my very first hike, and I will never forget that weekend as we spent two nights camping in frigid conditions on Mt. Greylock. I made it through stage 1 hypothermia, completely exhausted myself getting to the top, and learned everything about "what not to do" Despite those learning experiences, I was blessed with deep friendships and I was hooked. I immediately started hiking in the Blue Hills and met my partner in crime, Sue Salmon. We climbed many of those mountains together, and the rest is history. For me, it was the process. If we made it to the top, that was icing on the cake. Being with friends and experiencing every one of the 48 peaks for their own unique beauty is what it is all about. As luck would have it, I was fortunate enough to share the last peak with those same people that I first started out with on Greylock that cold November day 3 years prior. It does not get any better than that. Thank you all and I look forward to new adventures. Keep climbing!



LESLIE'S QUEST FOR THE 48: At age 50 I joined AMC thinking that I would like to do some hiking, since none of my friends and family would hike with me. My first hike was the Appalachian trail in western Mass. I LOVED it and met some great people. They encouraged me to join other hikes, some of which were 4000 footers in the White Mtns. Once I hiked a few, people started talking about "the 48 4K footers". At first, I had no idea of what they were talking about, but I started adding a few dates of my hikes to the list in the back of the White Mountain Guide. Then in earnest, I started keeping track of what I was doing and decided I would give myself until the age of 60 to finish them. I usually hiked twice a month year round and when I became a leader, I decided to lead hikes to the mountains I hadn't climbed so I could add them to the list. This past winter (2011) I realized I had only a few more to go, so scheduled the hikes to finish. Hurricane Irene almost interfered with me completing the 48 but fortunately, several of us were able to re-schedule for Columbus Day weekend and finally finish together. What a great accomplishment (ahead of time)! Now on to the New England 67 and beyond!



KEN'S QUEST FOR THE 48: I started my 4000 footer trek with Lafayette and Lincoln back in 1994 with no real ambition on completing them. Friends just told me it was just the best hike ever. They were right and I was hooked. The problem with the NH 48 is that there are so many great summits but I guess that's not a problem at all. The problem is the last dozen or so are not up on a ridge, there are no spectacular views, and a few are just drudgery. I never felt the urge to climb them. As I would find out however, these last summits all had their own unique characters that I will always remember. As Father Time marched on and the big 60 came and went, I was encourage by Leslie and Kevin to get cracking. With Owls Head penciled in this September as our #48, there was no turning back. Irene pushed us into October giving me a little more time to finish, and the leaves were turning giving us all a little more incentive to head north. Owls Head was another unique opportunity, with great friends, challenging river crossings, a slide like I've never seen and some wonderful hiking by moonlight. A long day but an experience and view of Franconia Ridge that I will remember always. Thanks for the push!

SEM's NEW COMMITTEE: "Family Events"

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

Our annual activities have included themed hikes, apple picking, and cookouts. Our famous Cookies and Eggnog hike in Borderland State Park is a favorite. This is a relatively new program for the SEM Chapter but we are planning to expand our list of activities.

The Family Events Committee of SEM AMC is led by dedicated volunteers who keep us connected through the planning of trips and posting of information through our email list. Join us on one of our upcoming adventures. There are other families ready to share the outdoors with you!

Contact: familyeventschair@amcsem.org

LOOK AT ALL THE FUN WE'RE HAVING!



SEM HIKING SERIES

SEM has many popular “hiking series” that run all year long (or most of the year). Look at the fun we’re having. Visit our website’s hiking page for more details on these hiking series. And—GET OUTSIDE!

SEM HIKING WEB PAGE: www.amcsem.org/hiking.html



RLBH: Oct. 1, Entire Skyline Trail hike



Thursday Morning Hikers: Quincy Quarries



Full Moon Hiking Series



RLBH: April 14, first hike of the season

The Hiking Committee is looking for a **Hiking Vice Chair** to help the Chair plan hikes.
Been hiking with us? Enjoyed it? This is your chance to give back!
If you’re interested, please contact: Walt Granda at hikingchair@amcsem.org.

The Hiking Committee is always looking for more **hike leaders**.
If you’re interested, please contact: Walt Granda at hikingchair@amcsem.org.



SEM 2000 MILE BIKE CLUB

STATS AS OF: 9/30/2011

SEM 2000 MILE BIKE CLUB: Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 miles or more per year. Contact a bicycling leader to register your mileage and for more information:

Leonard Leonardi	Franklin	5035
Gerry Nelson	Bourne	4188
Malcom Galvin	Harwich	3128
Louis Outor	Rochester	3064
Joe Barry	Yarmouthport	2958
Joe Tavilla	Barnstable	2920
Lee Eckhart	Assonet	2519
Dan Egan	Brockton	2511
Larry Cohen	S Easton	2430
Ron Sikora	Cotuit	2377
Fred Chase	E. Providence	2252
Jean Orser	Orleans	2225
Pam Patrick	Orleans	2210
ED Foster	Cotuit	2207
Mark Tisdale	Marston Mills	2049
Lawton Gaines	Canton	2023
Paul Currier	Sandwich	1929
John Sullivan	Marshfield	1916
Barry Gallus	Cotuit	1661
Patty Kent	Marshfield	1524
Jack Jacobsen	Fairhaven	1135

WANTED:

Bicycling Chair. The SEM Chapter is looking for a dedicated person to run our Bicycling committee. This position includes running planning meetings, attending monthly Executive Board Meetings and other various Chair responsibilities.

Ride Leaders & Co-Leaders. Enthusiastic about cycling? Like showing others your favorite roads? If yes, then share your enthusiasm and routes with your fellow AMC members!

Contact: Jim Plouffe, 508-586-1394, chair@amcsem.org

SEM Annual Meeting & Dinner



On Saturday, November 5, SEM held its Annual Meeting and Dinner, at Salerno's Function Hall in Onset, MA. We first held our business meeting where we elected the 2012 Executive Board. Then we had a delicious buffet dinner and birthday cake. And our guest speaker was Hylton Haynes of the New England Forestry Foundation who spoke on forestry in New England versus other parts of the world.

This year, it was also SEM's 35th birthday celebration! Read about the history of our chapter's creation at:
www.amcsem.org/assets/pdf/sem_formation_history.pdf

Distinguished Service Award (DSA)



At the 2011 SEM Annual Meeting, Cheryl Lathrop received the SEM chapter's Distinguished Service Award (DSA). Cheryl is currently in her 4th year as Communications Chair and Member of the Executive Board. She (and her staff) manages our chapter website, Breeze newsletter, email blasts, brochures, social networking, short notice list, calendar, and annual report. Most notably during the last couple of years, Cheryl brought the chapter into the 21st century by eliminating all paper communications, and going totally electronic. She also introduced the chapter to social networking with the creation of a Facebook page and a Twitter account. In addition, she managed the conversion of the old website to a new modern website that conforms to AMC templates. Cheryl is also a hike leader and active 4-season hiker. Please congratulate Cheryl Lathrop as the 2011 recipient of this chapter award.

**Got something to say? Want to be a regular Breeze columnist?
Contact the Breeze editor to volunteer!
communicationschair@amcsem.org**

**Know what's happening?
If not, then find us on FACEBOOK and follow us on TWITTER to find out!**

Got a little free time to help us grow? Are you a people person who likes to help others? Are you concerned about environmental issues? Do you enjoy outdoor activities? Do you have some free time? If this sounds like you, then you may be interested in some opportunities to help our chapter of the AMC grow and better accomplish its mission. Get in touch with us and we'll be happy to tell you more. Contact: chair@amcsem.org





Take a Long Hike

Hello fellow hikers. I'm Ray Anderson, and I've been asked to write a column for *The Breeze*. I've been a member of AMC for many years, but because I haven't been off hiking somewhere, this has been my first year as an active chapter member. I plan to write about chapter events and anything to do with hiking. If you have questions, or any input on what I do here, I'd love to hear from you. Just email me at rknuteson@aol.com

What follows is a recap of a very pleasant AMC night this October.

Want to do something different? Want something exhilarating you can do with your family? Then consider hiking under a full moon. This is what I did on a recent Appalachian Mountain Club hike.

Regular chapter members and, in some cases, their spouses and children joined us. This time we met at Borderland State Park in No. Easton, Massachusetts. During the winter's full moons, we plan to hike/walk at other scenic spots. I may suggest Wompatuck State Park, in Hingham, or the Ponkapoag Pond trail at Blue Hills.



It was a beautiful night on Tuesday, October 11th, as we hiked around a large pond and through open meadows, with a full moon showing the way. We had headlamps in case the moon clouded over, but it remained clear, and we were able to see the gentle path before us.



Early on, we had seen a deer in the meadow. The beautiful animal fixed an eye on us, and we looked at the deer for a long minute, all under a full moon. I wished I could have taken a picture but it was too dark, and I didn't have the right equipment.

We had split into two separate groups with different leaders to make it easy for everyone to stay together. Walt Granda led one group, and Bob Vogel, the other. There was chatter in our group, and there was also time for reflection. We were a content and happy bunch.

Once, our leader, Bob, suggested we be absolutely quiet and still for several minutes. We did so and tried to listen to nature and drink up the sounds of night. Truthfully, we heard nothing as we all peered at the moon. I do believe we would have heard sounds of nature if we could have stilled a little longer.

It started to get cold, and we circled back to our starting point. Everyone enjoyed a pleasant evening and looked forward to the next full moon. Have any of you ever done something like this?

See you next time.

Ray Anderson 🌲

Ray's hiking blog: www.TakeaLongHike.com

Another RLBH finisher!



We have another RLBH finisher! On October 15, Nancy Coote finished red-lining her map. This means that she has hiked every trail (140 miles) in the Blue Hills! Way to go Nancy! Congrats! That's a whole lotta hiking!



And yet another RLBH finisher!



We have yet another RLBH finisher! On September 17, Michael Swartz finished green-lining his map. This means that he has hiked every trail (140 miles) in the Blue Hills three times! The first time red-lining, the second time blue-lining, and the third time green-lining the trails on his map. Next up? Orange-lining!

In addition to color-lining his map, Michael also is working on white-lining his map—hiking all the trails in the Blue Hills in official winter (~Dec. 22~Mar.22).

Michael is one of the three co-leaders of this popular Thursday night hiking series.



WILDERNESS FIRST AID CLASS, November, 2011



RED LINE THE BLUE HILLS

2011 WRAP-UP



The popular Thursday night hiking series, Red Line the Blue Hills, had a great 6th year! This group tries to hike all trails in the Blue Hills—all 140 miles of them—and marks their map with a red marker (red-lining). The first time around is red; second is blue; third is green; and fourth is orange. (Yes, lots of other people show up just for fun, as it is a lively social group with its own website, summer picnic, and year-end finale dinner.)

The RLBH series also includes two standard all-day Saturday hikes: A Skyline Trail end-to-end hike (followed by a hike to the Blue Hills Brewery) and a Fowl Meadow hike (to mark off all of Fowl Meadow in the fall after the bugs die).

There were 2 “green” finishers this year – Walt Granda (March 18) and Michael Swartz (September 17). They are both now onto orange-lining.

There were 25 scheduled hikes; 1 rain cancel (this “hike” was moved to the Suffolk Grill); 1 potluck summer picnic at the Blue Hills pavilion; and 1 season end dinner at the Fat Cactus. There were a total of 94 different hikers, and 50 people hiked 3 or more hikes. The hike with the most mileage was the Summer Solstice Hike—6 miles. And 180 people are on the mailing list! (Luckily they don’t all show up at once.)

2011 STAFF

Leaders: Maureen Kelly, Joe Keogh, and Michael Swartz.

Co-leaders: Ellen Correia, Jerry Yos

Registrar and Webmistress: Jodi Jensen

Cartographer: Maureen Kelly

Sign-in/Attendance: Ellen Correia

Social Coordinator: Nancy Coote

Sweep: Jerry Yos

Website: www.amcsem.org/RLBHWS/index.htm

6-year Attendance Chart: www.editgrid.com/user/jpkeo/RLBHsht1a

IT’S JUST A WALK IN THE WOODS.

Been to our new chapter website?

Check it out: www.amcsem.org

Vernal Pools

By Sue Salmon

Vernal Pools are temporary bodies of water often found in shallow depressions, which fill in the spring (vernal means spring). They are formed by the collection of precipitation, runoff, and rising groundwater. Since they are temporary, fish cannot become established making the pools good habitats for many species to reproduce. To be considered a vernal pool, these temporary pools must also support specific animal species, called Indicator Species. Indicator Species are animals that rely completely on vernal pools for part of their lifecycle. The wood frog, spadefoot toad, two types of fairy shrimp, and four species of mole salamander are all indicator species.

Heavy rains in April and May bring out wood frogs, salamanders, and other amphibians. They travel from their winter habitat in the nearby forest to vernal pools for breeding. If conditions are just right on an early spring night, you might see mole salamanders or wood frogs making the migration. The right conditions include temperatures in the 40s, thawed ground, light wind, rain, and darkness. Migration may occur over several days if the conditions remain favorable.

The vernal pool is relatively short lived and the developing offspring must race to develop beyond their need for the water before the pool dries up. Many become food before they make it out and others die in the overheated shallows of the disappearing pool. They become food for birds, snakes, and mammals, such as raccoons or shrews. Spotted turtles eat the egg masses of spotted salamanders, in addition to, insects and amphibian larvae. Those that make it to maturity and survive the return to the forest, come back to the vernal pool to continue the life cycle.

Seasons of a Vernal Pool

In early spring a vernal pool comes alive with amphibian migration, mating, egg laying and hatching. By late spring, the animals are growing fast. Tadpoles have legs, fairy shrimp mate and die and their eggs fall to the bottom of the pool. Beetles, bugs, midges, worms, and crustaceans are at peak numbers.

By summer, the water level declines, temperature increases, and oxygen decreases. Amphibians finish their metamorphosis and leave the pool. Diving beetles dart through the water and striders skate on the surface.

Worms and some midges still remain by early autumn in muddy puddles. On rainy nights, marbled salamanders come to breed. Females dig nests, lay eggs and remain until the pool starts to fill.

Under the ice in late winter, the pool is full of life. When the ice and snow melt and the pool fills, the cycle begins again.

Vernal pools are protected in Massachusetts by regulations, the primary one being the Wetlands Protection Act. If you think you might have a vernal pool on your property, contact your town's conservation agent to ask for assistance in getting the pool certified. Once certified, the state regulations and local bylaws can be applied to provide protection for the vernal pool ecosystem from such things like development, cutting down trees, or filling in the pool.



Wood Frog



Spadefoot Toad



Fairy Shrimp



Spotted Salamander



Marbled Salamander

NEWS FROM JOY ST.

The following 2 pages are info from the AMC central office at Joy St. in Boston

AMC Adventure Travel Trip Openings

AMCs Adventure Travel volunteers create, plan and lead domestic and international trips fostering a dynamic and active group environment. Each trip is unique but all strive to fulfill AMCs mission of promoting stewardship and appreciation of the natural world. For complete information about AMCs Adventure Travel program go to www.outdoors.org/adventuretravel. If you have any questions about AMCs Adventure Travel program or would like information about becoming an Adventure Travel leader, contact Colleen Yout at cyout@outdoors.org or 617-391-6596.

A sample of upcoming 2012 trips:

Nepal	April 14-26
SE New Mexico	April 21-29
Hawaii	April 28-May 13
Italy	May 2-13
Ireland	May 19-26

Appalachian Mountain Club Announces Publication of *AMC Guide to Outdoor Digital Photography*

By Jerry Monkman
Paperback • \$19.95

The Appalachian Mountain Club is pleased to announce the release of the *AMC Guide to Outdoor Digital Photography*.

Written by professional photographer Jerry Monkman, this book is designed for outdoorspeople eager to expand their photography skills, or experienced photographers looking to hone technique shooting adventure and nature subjects. Monkman serves as coach and guide each step of the way, from packing gear and finding inspiration to taking great shots and editing photos in the “digital darkroom”.

AMC Guide to Outdoor Digital Photography features fundamental techniques and concepts that every outdoor photographer needs to know. Using easy-to-follow instructions, case studies, and expert advice, Monkman covers essential gear and gear safety, telling stories with photos, the special challenges of shooting in different conditions, perfecting composition and exposure, processing images using editing software, and the ever-important undertaking of keeping those digital photographs organized and safe.

This must-have guide will expand your creativity and your skill set as you head out on your next adventure with camera in hand.

Inside you’ll find:

- Accessible techniques for new and experienced photographers
- Comprehensive coverage of the photography process
- Tips and advice for shooting in all conditions, weather, and seasons
- Crisp, large, full-color photographs
- Digital darkroom techniques
- Case studies with detailed explanations
- Digital resources appendix

About the Author

Jerry Monkman is a conservation photographer whose nature and adventure photographs have appeared in magazines and books around the world, including *National Geographic Adventure*, *Outdoor Photographer*, *Audubon*, *Men's Journal*, and *National Wildlife*. His work can be found at www.ecophotography.com.

Ordering Information

AMC Books are available nationwide through booksellers and outdoor retailers, and are distributed by The Globe Pequot Press, Inc., Guilford, CT 06437. Booksellers please call 888-249-7586. The general public may order directly from the AMC at www.outdoors.org/amcstore or by calling 800-262-4455.

About the AMC

Founded in 1876, the Appalachian Mountain Club is the oldest conservation and recreation organization in the nation. With over 100,000 members, advocates, and supporters; 16,000 volunteers; and over 450 full-time and seasonal staff in the Northeast and beyond, the nonprofit AMC promotes the protection, enjoyment, and understanding of the mountains, forests, waters, and trails of the Appalachian region. The AMC supports natural resource conservation while encouraging responsible recreation, based on the philosophy that successful, long-term conservation depends upon first-hand enjoyment of the natural environment.

Updates on AMC's New President Search and Vision 2020

Andy Falender to Retire

As many of you are aware, AMC President Andy Falender will retire in January 2012 after nearly 23 years as first executive director and more recently president of the Appalachian Mountain Club. The search for a new AMC President is well under way. Bridgespan, our search consultant, has interviewed more than 100 people across the country. The Search Committee has reviewed over three dozen resumes and has interviewed over a dozen strong candidates. We are now in "second round" interviews with several people, and Bridgespan continues to bring strong, new candidates to our attention. We believe we are on track to have a new President in place around the start of the new year, but our primary focus is finding the best candidate possible for AMC. For details on the search for a new President, see www.outdoors.org/presidentsearch.

AMC invites you to celebrate the achievements of President Andy Falender at our Annual Meeting, Saturday evening, January 28, 2012 at the John F. Kennedy Library in Boston! To register for this event, visit www.outdoors.org/FarewellAndy.

Vision 2020

Following much hard work and the extensive input from AMC chapters, individual volunteers and members, staff, and AMC's Board of Advisors, AMC has launched Vision 2020, a plan encompassing four strategic initiatives to guide us in the coming decade:

- 1. Build a Vibrant and Diverse Community of 500,000 Constituents** including more families and young professionals. We will develop local partnerships that broaden our diversity and reflect our region, and build communities online that reach new audiences.
- 2. Help 500,000 Kids Get Outdoors** giving them transformative outdoor experiences available through AMC's Youth Opportunities Program, our destinations near urban areas and "close to home" family activities through our chapters and local partnerships. We will make our huts and lodges even more inviting to families. AMC will advocate for local, state, and national policy in support of getting young people outside.
- 3. Lead Regional Action on Trails, Land Protection, and Engaging Youth in Conservation** by protecting and maintaining 2,500 miles of trails, protecting an additional 2 million acres from development, and growing our river and waterway expertise and involvement. We will build our capacity to offer professional trails assistance to other organizations and expand teen trail crew opportunities. We will offer opportunities for our constituents to reduce their recreation-driven carbon footprint.
- 4. Broaden the Impact of AMC's Maine Woods Initiative on the 100 Mile Wilderness** by building on our experience and perspective as a land owner in Maine to make our Maine lodging and program operations financially self-sustaining, support local economic development, and protect 800,000 additional acres. Look for more recreational opportunities that promote the 100-Mile Wilderness region as a world-class destination for outdoor recreation.

To learn more about AMC's strategy for the next decade, visit www.outdoors.org/Vision2020.

CHAPTER ACTIVITIES

Note: These activities are taken directly from the AMC central online activity listing system.

SAVE THE DATE

CLUB-WIDE ACTIVITIES

AMC Joy St. Open House, January 27, 2012
AMC Annual Meeting, January 28, 2012 (day)
[www.outdoors.org/about/annualmeeting]
AMC Andy Falender farewell, January 28 (evening)
[www.outdoors.org/FarewellAndy]

CHAPTER-WIDE ACTIVITIES

SEM Leadership Training, March 2012
SEM Open House, March 2012
SEM Wilderness First Aid (spring), April, 2012
SEM Chapter Hut Weekend, Sept 20-23 2012
SEM Wilderness First Aid, November 2012
SEM Annual Meeting, November 2012

CHAPTER ANNOUNCEMENTS

WANTED: Bicycling Chair. The SEM Chapter is looking for a dedicated person to run our Bicycling committee. This position includes running planning meetings, attending monthly Executive Board Meetings and other various Chair responsibilities. Jim Plouffe 508-586-1394, Chair@amcsem.org

Share Skills With Youth - Spring training scheduled soon to become a Volunteer Leader with the Chapter Youth Program of the Southeastern MA Chapter. Our group works with facilities to plan and lead children in outdoor activities. If you're interested in the gratifying experience of getting kids out on the trails and discovering nature, please contact the SEM CYP Coordinator for workshop details. cypcoordinator@amcsem.org

NOTE ACTIVITIES MARKED FOR :

FT = First Timer NM = New Member

FULL LIST of ACTIVITIES at AMCSEM.ORG
(see _schedules_ tab)

Additional activities are posted on our Short Notice List.
Sign up for this list on our website, amcsem.org.

SKIING

MIDWEEK DOWNHILL SKI TRIPS

January 9 - March 2



Downhill ski day trip biweekly to areas in southern NH, depending on conditions. For experienced intermediate level skiers only. L Len Ulbricht ((508) 359-2250 before 9:00pm, lenulbricht@comcast.net)

CROSS COUNTRY SKI TRIPS



(AN) (CE) Fri., Jan. 13-16.

XC Ski MLK Weekend, White Mountains.

Boston 40+ joins SEM Chapter once again at cozy Applebrook B&B in Jefferson, NH, for skiing, snowshoeing, and lots of fun and games. \$200-\$360/pp includes three nights lodging, three hearty breakfasts, a four-course dinner Saturday night, and a light supper on Sunday. Optional salad & pizza (\$extra) and moonlight snowshoe Friday night. L Barbara Hathaway ((508) 880-7266 before 9:00pm, barb224@tmlp.com), CL Wayne Cardoza ((603) 673-2518 before 9:00pm, wmc_amc@comcast.net), R Barbara Hathaway ((508) 880-7266 before 9:00pm, barb224@tmlp.com)

(AN) Sat., Jan. 28. XC

Ski: Great Brook Touring Center.

XC skiing at Great Brook Ski Touring, Carlisle, MA or Weston Ski Track. Conditions determine location. Meet at 10 a.m. Bring, water, snacks, lunch. Beginner/intermediate; ski rentals available. L Barbara Hathaway ((508) 880-7266 before 9:00pm, barb224@tmlp.net), R Barbara Hathaway ((508) 880-7266 before 9:00 pm, barb224@tmlp.net)

(AN) (CE) Fri., Mar. 2-4.

XC Skiing, White Mountains.

Boston 40+ and SEM join together at cozy Applebrook B&B in Jefferson, NH for skiing and snowshoeing. 2 nights lodging, 2 breakfasts, 1 dinner from \$100 to \$160 p/p. L Barbara Hathaway ((508) 880-7266 before 9:00pm, barb224@tmlp.net), CL Wayne Cardoza ((603) 673-2518 before 9:00pm, wmc.amc@comcast.net), R Barbara Hathaway ((508) 880-7266 before 9:00pm, barb224@tmlp.net)

HIKING / BACKPACKING

HIKE PLANNING MEETING: Dec. 7. Contact 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 req'd 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 activities.outdoors.org. Sign up for the SEM Short Notice E-Mail Trip List at www.amcsem.org.

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

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

IMPORTANT: No pets w/o prior permission of trip L. Under 18 yrs must be accompanied by parent or responsible adult, & obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 wk prior to trip so Ls can discuss prior hiking exp., conditioning, clothing, & equipment.

Dec. 1. Myles Standish SF. Meet 10am at parking lot #2, see www.mass.gov/dcr/parks/southeast/mssf.htm. Water, snack, boots, rain cancels. Moderate forest loop including large dry kettlehole. Leader Ellie MacPherson, 508-224-6465, elliemacp@comcast.net, co leader John Bescherer, 508-419-1616, notmtwain@yahoo.com. L Ellie MacPherson ((508) 224-6465, elliemacp@comcast.net), CL John Bescherer ((508) 419-1616, notmtwain@yahoo.com)

(FT) (NM) Sat., Dec. 3. Winter Hike Series #1. First of 4. Learn basic's of winter hiking in the Blue Hills. We will learn heat management, nutrition, terrain, equipment... L Jim Plouffe ((508) 586-1394, jimplouffe@comcast.net), L Wayne Anderson, CL Maureen Kelly, R Jim Plouffe ((508) 586-1394 5-7 PM, jimplouffe@comcast.net)

Dec. 8. Thursday Morning Hike: Warner Trail, Wrentham (B3C). Meet 9:45 at end of Randall Road, Wrentham. Bring water, snacks, lunch. Directions: 495 exit 15. Right onto 1A Wrentham. Right at Randall Road (King Philip Plaza sign). Rain cancels. L Joanne Staniscia ((508) 528-6799 7:00-9:00pm, joannes1@localnet.com)

(FT) (NM) Thu., Dec. 8. Full Moon Borderland Hike. Come join us as we hike around the ponds and through the woods, as conditions permit, under the (almost) full moon. Enjoy the fall weather, the moon over the ponds, the quiet of the woods at night. Headlamp or flashlight, although at times we may hike without them. Appropriate footwear for conditions. Please register by 12/1. Space limited. (\$1.00 fee to cover cost of special use permit.). L Bob Vogel ((508) 238-7732, hike_with_bob_v@comcast.net)

(CE) Sun., Dec. 11. Midstate Trail Final Section. 12.8 miles on Midstate Trail from MA 9 in Spencer to E Hill Rd in Rutland. Moderately strenuous hike. L Fred Wason ((508) 838-6049, fmwason@gmail.com), CL Ellen Correia (ellencorreia@gmail.com), R Ellen Correia (Ellencorreia@gmail.com)

Thu., Dec. 15. Massasoit State Park. At Massasoit SP, East Taunton's "hidden jewel," trails lined with pine needles wind around lakes and ponds on mostly flat to gently rolling terrain. Boots, water, lunch. Rain cancels. L Barbara Hathaway ((508) 880-7266 before 9 pm, barb224@tmlp.net)

(FT) (NM) Sat., Dec. 17. December Cookies and Egg Nog Hike. Join us for our Annual Cookies and Egg Nog hike in Borderland State Park. L Christine

Pellegrini (cpellegrini928@gmail.com), CL Bill Pellegrini (bpellegrini928@gmail.com), R Chris Pellegrini ((508) 244-9203 6-8, cpellegrini928@gmail.com)

Sat., Dec. 17. Stinson Mountain (Easy fun winter hike, 5 miles, 3000'). The easy-moderate Stinson Mountain Trail gives excellent views for minimal effort. Hike or snowshoe, depending on trail conditions. Stop for coffee afterwards. L Bob Vogel, R/CL Cheryl Lathrop (cheryl4698@verizon.net)

(FT) (NM) Thu., Dec. 22. Thurs. Morn. Hike- HALE RESERVATION. 6 mile hike. Meet at 10:00 am Cat Rock parking area. Bring appropriate hiking gear, lunch and water. Rain Cancels. L Walt Granda (wigranda@aol.com), CL Hans Luwald ((781) 828-0572, hans.luwald@gmail.com), R Hans Luwald ((781) 828-0572, hans.luwald@gmail.com)

Thu., Dec. 29. Thursday, Dec 29, Hike World's End (C3C). 10am, \$5 pp non-Trustees members, moderate, 4-5 miles, explore unique peninsula in Boston Harbor, stunning views, hilly, carriage ways, rocky paths. Wear layers, wind protection, traction if icy. Bring thermos, snacks. Directions at <http://www.thetrustees.org/places-to-visit/greater-boston/worlds-end.html>. L Eva Borsody Das ((781) 925-9733, borsody@gmail.com)

(FT) (NM) Thu., Jan. 5. Noon Hill / Shattuck Reservation (C3C). Hike three-four miles on Trustees property. See www.trustees.org for trail map. Bring lunch. 10:00am start. Traction gear may be necessary. Rain cancels. Contact leader for directions. L Len Ulbricht ((508) 359-2250 Before 9:00pm, lenulbricht@comcast.net)

Sat., Jan. 7. Winter Hike #2, Mount Monadnock. 2nd of 4, Mount Monadnock will give you the experience of a true winter hike. L Jim Plouffe ((508) 586-1394, jimplouffe@comcast.net), L Mike Woessner, CL Maureen Kelly, CL Wayne Anderson, R Jim Plouffe ((508) 586-1394 Between 5-9PM, jimplouffe@comcast.net)

(FT) (NM) Mon., Jan. 9. Borderland Full Moon Hike. Come join us as we hike around the ponds and through the woods, as conditions permit, under the full moon. Enjoy the winter weather, the moon over the ponds, the quiet of the woods at night. Headlamp or flashlight, appropriate footwear and winter clothing required. Please register by 12/31. Space limited. (\$1.00 fee to cover cost of special use permit.). L Bob Vogel ((508) 238-7732, hike_with_bob_v@comcast.net)

Sat., Jan. 14. Mt. Kineo Bushwhack. Not your run of the mill hike. Snowshoe, bushwhack remote Mt. Kineo. Scenic Three Ponds. Reg. by 1/4. L Bob Vogel ((508) 238-7732, hike_with_bob_v@comcast.net), L Walt Granda, CL Jim Casey, R Jim Casey (cmne@comcast.net)

Sat., Jan. 21. Snow Shoe Series #2. Snowshoe off Kanc to East Pond 7.4 miles round trip, 1900 ft. elev. gain. May extend to Little East Pond. L Leslie Carson ((508) 833-8237, lrc929@comcast.net), CL Maureen Kelly, R Maureen Kelly ((617) 943-4288, MoKel773@aol.com)

(FT) (NM) Thu., Jan. 26. Thurs Morn. Blue Hills Hike/Snowshoe (B3C). Bring snack, water and suitable footwear. Meet at Houghton's Pond Parking Lot 10:00 AM. L Claire Braye ((508) 857-0320, cbraye57@comcast.net)

Fri., Jan. 27-29. Mt Greylock Snow Camp. Overnight back pack on Mt. Greylock in western MA. Summit Greylock, camp in the snow. L Mike Woessner ((508) 577-4879, stridermw@hotmail.com), CL Jim Plouffe, CL Leslie Carson, R Mike Woessner (12 bradley Ln., Westford, MA, (508) 577-4879, Stridermw@hotmail.com)

Thu., Feb. 2. Thursday Morning Hike Joe's Rock/Birchwald, Wrentham (C3C). 10 a.m. Joe's Rock, 121 Directions: 495 exit 15. Right then left at light. 4 m on right. Bring water, lunch to eat at leader's. Desserts, beverages provided. Traction devices if icy. Storm cancels. L Joanne Staniscia ((508) 528-6799 7-9 p.m., joannes1@localnet.com)

Sat., Feb. 4. Winter Hike Series #3 - Mt. Chocorua. Hike Mt. Chocorua via Liberty trail loop. 7.8 miles RT, 2600 ft. elev. Winter equipment required. L Leslie Carson ((508) 833-8237, ltc929@comcast.net), CL Maureen Kelly ((617) 943-4288, MoKel773@aol.com), R Maureen Kelly ((617) 943-4288, MoKel773@aol.com)

(FT) (NM) Mon., Feb. 6. Borderland "Full Moon" Hike. Come join us as we hike around the ponds and through the woods, as conditions permit, under the full moon. Enjoy the fall weather, the moon over the ponds, the quiet of the woods at night. Headlamp or flashlight, appropriate footwear and winter clothing required. Please register by 1/26. Space limited. (\$1.00 fee to cover cost of special use permit.). L Bob Vogel ((508) 238-7732, hike_with_bob_v@comcast.net)

(CE) Thu., Feb. 9. Thursday morning Rocky Woods Hike. Morning hike on the 6+ miles of trails in Rocky Woods, Medfield, MA. Varied terrain with some hills. Depending on snowfall, snowshoes may be required. 10:00 A.M. start. L Fred Wason ((508) 838-6049, fmwason@gmail.com)

(FT) (NM) Thu., Feb. 16. Thurs. Morn. Ponkapoag Hike/Snowshoe (B3C). Bring snack, water and suitable footwear. Meet at Ponkapoag Golf Course and skating rink parking lot 10:00 AM. Rte. 138 in Milton, near Fire Station. L Claire Bray ((508) 857-0320, cbraye57@comcast.net)

Sat., Feb. 18. Snowshoe Series #3. Moderate snowshoe trip for those not looking to 'climb a mountain.' Reg by 2/14 w/CL. L Bob Vogel ((508) 238-7732, hike_with_bob_v@comcast.net), CL Jodi Jensen (jodijensen@gmail.com), R Ellen Correia (ellencorreia@gmail.com)

Feb. 23. Halfway Pond Conservation, Plymouth, B3C. Meet 10 am at Long Pond Pkg off Clark Rd for a pretty 6 m walk around ponds, bogs and forest. Directions on web or call L Ellie MacPherson 508-224-6465, elliemacp@comcast.net. L Ellie MacPherson ((508) 224-6465, elliemacp@comcast.net)

(AN) Fri., Mar. 2-4. Winter Hiking #4 Overnight. Conclude the SEM AMC winter hiking series with an overnight to Lonesome Lake Hut for one or two nights. Options for hikes will be to Cannon and/or the Kinsmans. \$50/pp per night includes dinner and breakfast. Full winter gear required. Must register and pay by Jan. 25th. L Leslie Carson ((508) 833-8237, ltc929@comcast.net), L Wayne Anderson, L Jim Plouffe, L Mike Woessner, CL Maureen Kelly ((617) 943-4288, MoKel773@aol.com), R Leslie Carson ((508) 833-8237 6-9 PM, ltc929@comcast.net)

CAPE COD HIKES

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.")

Mis	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. 1. Eastham, Salt Pond Visitor Ctr to Coast Guard Beach (C3C). Walk Natl Seashore Trail from Visitor Ctr to Coast Guard Beach return via Salt Pond. Meet at 9:45 at Visitor Ctr on Rte 6 in Eastham. 2 hours. L Pat Sarantis ((508) 430-9965, patsarantis@gmail.com)

Sun., Dec. 4. 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/ice cancels. If in doubt call leader. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Thu., Dec. 8. Yarmouth Port, Gray's Beach (C3C). Hike in Conservation land areas over trails along marsh, through woods, includes the boardwalk with views of Sandy Neck, Chapin Beach. Meet at 9:45 a.m. Two hours. L Janet Kaiser ((508) 432-3277, rjkaiser@verizon.net)

Sat., Dec. 10. Truro/Bay Sea Turtle Walk(C3C). 9:45 a.m. Noons Landing Rte. 6A North Truro. Carpool to trail head. Walk bay beach looking for hypothermic sea turtles. 3 1/2 hours. Lunch. CALL LEADER FOR CARPOOL INFO THAT MORNING! L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Dec. 11. Harwich-Hawksnest State Park (C3C). Enjoy a early 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. Bad weather/ice cancels. Doubt call L. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Thu., Dec. 15. Dennis, Crowe to Crowe Loop (C3C). 2hr. hike. Paths, beach, quiet roads. Meet 9:45am. From Rt. 6, exit 9 onto Rt. 134N to Rt. 6A. R on 6A, L onto School St., then R onto South St. to lot on R past cemetery. L Maria Sylvester ((508) 385-4045, sylvester_maria@hotmail.com)

(FT) (NM) Thu., Dec. 22. Cotuit-Eagle Pond (C3C). Wooded walk around Eagle Pond. Meet at 9:45AM at Rite-Aid Parking Lot at junction of Rte.28 and Putnam Ave. 2 hrs. L Farley Lewis ((508) 775-9168 9AM-9PM, farlewis@comcast.net)

Sat., Dec. 24. Truro/Bay Sea Turtle Walk(C3C). 9:45 a.m. Noons Landing,Route 6A, N. Truro. carpool to trail head. Walk bay beach looking for hypothermic sea turtles.3.5 hours. Lunch. Call that morning for carpool info. L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Jan. 1. Provincetown, Clapp's Pond/Beech Forest (C3C). Meet 11:45 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. Moderate hills. 3 1/2 hours. L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Thu., Jan. 5. 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)

Sun., Jan. 8. Truro, Ryder Beach (C3C). Beach, pretty woodland trails, hills, scenic bay views. Rte 6 L on Prince Valley Rd to end, R on County Rd, L on Ryder Beach Rd. Park at end, Meet 12:45, 2 hrs. L Pat Sarantis ((508) 430-9965, patsarantis@gmail.com)

Thu., Jan. 12. Barnstable-Exit 5 to Exit 6 (C3C). Hike Cape Cod Pathways route through West Barnstable. Meet at 9:45AM at YMCA Pkg lot off Rte. 132 for car shuttle.2+hrs. Heavy rain/snow cancels. L Farley Lewis ((508) 775-9168 9AM-9PM, farlewis@comcast.net)

Thu., Jan. 19. Brewster, Punkhorn Parklands (C3C). Hilly trails Upper Mill, Walker Ponds. Exit 9B Rte 6, 2.0 mi. R on Satucket. Continue, bear slightly Right on Stony Brook Rd. 0.3 mi R on Run Hill. 1.3 mi to park on left. 2 hours. Meet 9:45 a.m. L Janet Kaiser ((508) 432-3277, jtkaiser@comcast.net)

Jan. 26. Barnstable Conservation (C3B). Hike Barnstable Conservation. Rt. 6 to Exit 5. Take Service Road West. Go 100 yards and park in lot under power line. Meet at 9:45 am 2 hrs. L Peter Selig ((508) 432-7656, pandmselig@hotmail.com)

Thu., Feb. 2. South Dennis Indian Lands and Chili Potluck. Shorter winter hike then chili potluck at Janet Kaiser's 508 432-3277. Meet 9:45 at South

Dennis Town Offices pkg lot Old Main St. or go directly to potluck at 11:45. Bad weather cancels hike not the chili. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Sun., Feb. 5. Barnstable, Sandy Neck (C3B). Walk beach/marsh loop to second crossover. Mostly soft sand. Rte 6, Ex 5, Rte 149N to 6A. L on 6A to R on Sandy Neck Rd in Sandwich to pkg lot at road end. Meet 12:45, 2 hrs. L Pat Sarantis ((508) 430-9965, patsarantis@gmail.com)

Thu., Feb. 9. Brewster, Nickerson State Park (C3B). Hike in Nickerson State Park. Meet at parking lot in front of park on Rte 6A at 9:45 am. 2 hrs. L Peter Selig ((508) 432-7656, pandmselig@hotmail.com)

Thu., Feb. 16. Dennis Crowe to Crowe Loop (C3C). 2hr. hike. Paths, beach, quiet roads. Meet 9:45am. From Rt. 6, exit 9 onto Rt. 134N to Rt. 6A. R on 6A, L onto School St., then R onto South St. to lot on R past cemetery. L Maria Sylvester ((508) 385-4045, sylvester_maria@hotmail.com)

Thu., Feb. 23. West Yarmouth, Sandy Pond (C3C). Route 6, Exit 7S to left on Camp Street, then left on Buck Island Road. Left at Sandy Pond Recreation Area. Meet at 9:45am. 2 hours. L Janet Kaiser ((508) 432-3277, jtkaiser@comcast.net)

BIKE RIDES

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		
Mis	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

WANTED: Bicycling Chair. The SEM Chapter is looking for a dedicated person to run our Bicycling committee. This position includes running planning meetings, attending monthly Executive Board Meetings and other various Chair responsibilities. Jim Plouffe 508-586-1394, Chair@amcsem.org

WANTED: Ride Leaders & Co-Leaders. Enthusiastic about cycling? Like showing others your favorite roads? If yes, then share your enthusiasm & routes w/your fellow AMC members! Contact Bike Chair Joe Tavilla (508-428-6887)

AMC SEM 2,000 Mile Club.

AMC SEM is in the third year of our unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact any bike leader to reg. your mi and for more info.

Turn Those Tires on Tuesday

Rides scheduled all year long, weather permitting. 25 mi of road or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location and directions. Intermed. pace. Riders and bicycles in top shape; tires and riders pumped and ready to roll; helmets and water req'd. L Paul Currier (508-833-2690 8 am-7 pm, pbencurrier@hotmail.com)

Dec. 6. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net

Dec. 6. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Sat., Dec. 10. Sunset/Full Cold Moon Ride. Scenic full moon ride in Canal area - see web site. L Paul Currier ((508) 833-2690 8:00 AM -7:00 PM, paulbcurrier@comcast.net)

Sat., Dec. 10. Sunset/Full Cold Moon Ride. 22 mile ride in Sagamore and the canal road for Buzzards Bay sunset and Plymouth Bay moonrise. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net), R Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Dec. 13. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier ((508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net)

Dec. 13. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Dec. 20. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier ((508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net)

Dec. 20. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Dec. 27. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier ((508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net)

Dec. 27. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Sun., Jan. 1. 9th Annual SEMAMC New Year's Day Ride. This beautiful, forgiving 27+/- mile intermediate paced ride includes the coast, beaches, forests, and harbors of Marion. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Jan. 3. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Mon., Jan. 9. Sunset/Full Wolf Moon Ride. Ride the canal and Gray Gables/Mashnee Island for Buzzards Bay sunset and Plymouth Bay moonrise. Flat- 22 miles. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net), R Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Jan. 10. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Jan. 17. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Jan. 24. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Jan. 31. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Feb. 7. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(NM) Tue., Feb. 7. Sunset/Full Snow Moon Ride. Ride Sagamore Highlands/Beaches and the canal for Buzzards Bay sunset and Plymouth Bay moonrise; 22 miles; casual, intermediate pace. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Feb. 14. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Feb. 21. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Feb. 28. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

CHAPTER YOUTH PROGRAM (CYP)

Share Skills With Youth - Spring training scheduled soon to become a Volunteer Leader with the Chapter Youth Program of the Southeastern MA Chapter. Our group works with facilities to plan and lead children in outdoor activities. If you're interested in the gratifying experience of getting kids out on the trails and discovering nature, please contact the SEM CYP Coordinator for workshop details. cypcoordinator@amcsem.org

Watch our chapter website and the short notice list for notices for CYP events! (www.amcsem.org)

TRAILS & TRAILWORK

Watch our chapter website and the short notice list for notices for trails events! (www.amcsem.org)

FAMILY EVENTS

Watch our chapter website and the short notice list for notices for family events! (www.amcsem.org)

SOCIAL COMMITTEE

Watch our chapter website and the short notice list for notices for social events! (www.amcsem.org)

PADDLES

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 MA").

We're done for the winter. But, watch the trip listings for our spring re-start. We'll have a lot of nice trips planned for you!

THAT'S ALL FOLKS!

This was your first issue of the AMC SEM totally electronic Breeze. No more paper Breezes. We'll save \$7,000/year by not printing and mailing paper Breezes—and that money can be applied to more efficient and modern chapter communications as well as chapter activities.

 Think green - If you print your Breeze, please recycle it when done.



The Southeast Breeze

Monthly newsletter of the Appalachian Mountain Club, Southeastern Massachusetts Chapter
January, 2012

View from the Chair

By Jim Plouffe, Chapter Chair



As you know, our chapter newsletter, The Southeast Breeze, is now totally electronic. And, if you look at the masthead of this Breeze, you'll notice that it doesn't indicate the usual season and 3-month time span. That's because the chapter has embarked on a pilot program to publish the Breeze monthly, rather than quarterly. You'll find all the same great articles and pictures that you're used to seeing. And you'll find the usual 3-month trip listings (so you can plan ahead).

We only have 650 people receiving the electronic Breeze out of ~3000 chapter memberships. That's about 1/6 of our membership. Due to SPAM laws/rules, neither the chapter nor Joy St. can change people's preference from the paper-Breeze (which is no more) to the electronic-Breeze. Each member must make the change themselves, by either logging into the AMC "Member

Center" [<http://www.outdoors.org/membercenter>] or by calling Donna of AMC Member Services, at 800-372-1758 (9-5, M – F).

I encourage everyone to share this copy of your Breeze with your other AMC friends, and encourage them to use the url or phone number I've just mentioned to convert their newsletter preference from paper (which is no more) to electronic. That way they won't miss any more issues of The Breeze and it'll be delivered directly into their email inbox!

Our leaders have some great ski trips planned for you this winter—both cross country and downhill. And also great hikes and bikes. See the activity listings at the end of this newsletter. AND GET OUTSIDE!

DID YOU SEE OUR BRAND NEW WEBSITE! WWW.AMCSEM.ORG

The Breeze is now totally electronic! It's now the "e-Breeze" !

Access the "Member Center" to sign up to receive the e-Breeze by e-mail:

From our own SEM web site: www.amcsem.org (lower right)

From the AMC web site: www.outdoors.org (upper right)

By phone: 800-372-1758 Monday-Friday from 9-5:00 Eastern Time

By mail: AMC Main Office, 5 Joy Street, Boston, MA 02108

OR get a copy on our website at www.amcsem.org. Click on "Breeze Newsletters" on the left.

NOTICES

Regular Meetings:

SEM Executive Board

March 14, 6:30pm

(contact chair@amcsem.org for more info)

Hike Planning Meetings (6:30pm 1st Wednesday quarterly)

(Dec 7, Mar 7, Jun 6, Sep 5)

(contact hikingchair@amcsem.org for more info)

Where to find activities (hikes, bikes, paddles, etc.)

1. The Breeze - arrives by email
2. AMC Outdoors - arrives by snailmail
3. Online trip listings (activities.outdoors.org)
4. Sign up for *short notice* trip listings at www.amcsem.org

Pix and Article Submissions

We encourage SEM members to submit articles and photos for both The Breeze and our website. Materials for publication will be edited for content and to fit available space. Please send to communicationschair@amcsem.org.

February Breeze Deadlines: 1/7 trips; 1/15 articles/pix

SEM Non-members

Not an SEM chapter member? Want the Breeze? Contact the Member Center and set your preferences. Or get a copy at our website at www.amcsem.org.

Volunteers needed!

Curious about the inner workings of your chapter? Volunteer for the Executive Board! Have technical skills? Volunteer for our website! Have writing/editing skills? Volunteer for the *Breeze*! Like kids? Volunteer for CYP! Want to get out more? Volunteer to lead a hike, bike, or paddle! We have lots of volunteer positions open! Please contact chair@amcsem.org if you'd like to get more involved with the chapter.

Find us on Facebook * Follow us on Twitter
CHAPTER WEBSITE: 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. Preview the waiver at: amcsem.org, Forms.

The Southeast Breeze, the newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published 12 times a year. **Editor:** Cheryl Lathrop, **Asst. Editor:** Ann McSweeney, **Proofreader:** Kate Patroia. **Change of Address** to AMC, 5 Joy St., Boston, MA 02108, 800.372.1758, or www.outdoors.org/membercenter

2012 Executive Board & Committee Chairs

Chapter Chair	chair@amcsem.org Jim Plouffe, 508-562-0051
Vice Chapter Chair	vicechair@amcsem.org Luther Wallis, 508-923-1935
Treasurer	treasurer@amcsem.org Patty Rottmeier
Secretary	secretary@amcsem.org Karen Singleton, 508-730-7701
Past Chapter Chair	pastchapterchair@amcsem.org Wayne Anderson

Biking	bikingchair@amcsem.org Open
Biking (Vice)	bikingvicechair@amcsem.org Open
Canoe/Kayak	paddlingchair@amcsem.org George Wey, 781-789-8005
Canoe/Kayak (Vice)	paddlingvicechair@amcsem.org Betty Hinkley, 508-241-4782
Cape Hiking	capehikingchair@amcsem.org Pat Sarantis, 508-430-9965
Cape Hiking (Vice)	capehikingvicechair@amcsem.org Farley Lewis, 508-775-9168
Communications	communicationschair@amcsem.org Cheryl Lathrop, 508-668-4698
Comms. (Vice)	communicationsvicechair@amcsem.org Open
Conservation	conservationchair@amcsem.org Maureen Kelly, 508-224-9188
Conservation (Vice)	conservationvicechair@amcsem.org Open
CYP Chair	cypcoordinator@amcsem.org Sally Delisa, 781-834-6851
Education	education@amcsem.org Len Ulbricht, 508-359-2250
Education (Vice)	educationvicechair@amcsem.org Open
Hiking	hikingchair@amcsem.org Walt Granda, 508-971-6444
Hiking (Vice)	hikingvicechair@amcsem.org Open
Membership	membershipchair@amcsem.org Jim Casey,
Membership (Vice)	membershipvicechair@amcsem.org Open
Skiing	xskichair@amcsem.org Barbara Hathaway, 508-880-7266
Skiing (Vice)	xskivicechair@amcsem.org Farley Lewis, 508-775-9168
Trails	trailschair@amcsem.org Lou Sikorsky, 508-678-3984
Trails (Vice)	trailsvicechair@amcsem.org Open

AD HOC COMMITTEES:

Social Chair Jodi Jensen, 781-762-4483
Family Events Chair Chris Pellegrini, 508-244-9203

STAFF:

Social Networking Susan Salmon (moderator)
Webmaster webmaster@amcsem.org
Breeze Editor communicationschair@amcsem.org

The chapter includes ~3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.

25 YEAR MEMBERSHIP RECOGNITION

The following SEM members achieved 25 years of continuous AMC membership between August 2010 and November 2011. Thank you for your long term support of the Appalachian Mountain Club!

Janet DiMattia
Bernard Oakley
Elizabeth Fernandes
Justino Fernandes
David Costa
Tom Bolmer

Joanne Fritsch
Chester Wolfe
Kent Schreiner
Laurence Cotreau
George Stocker
Pat Cashmore

Jim Davis
Baerbel Davis
Kevin Brault
Ralph Upton
Joan Pelletier
Russ Pelletier

BIKE NEWS: WANTED...

Bicycling Chair. The SEM Chapter is looking for a dedicated person to run our Bicycling committee. This position includes running planning meetings, attending monthly Executive Board Meetings and other various Chair responsibilities.

Ride Leaders & Co-Leaders. Enthusiastic about cycling? Like showing others your favorite roads? If yes, then share your enthusiasm and routes with your fellow AMC members!

Contact: Jim Plouffe, 508-586-1394, chair@amcsem.org



Chapter Youth Program Leadership Training

When: February 11, 2012 (Snow Date February 12, 2012)

Time: 10:00-3:00 with lunch break and short hike weather permitting.

Where: Place to be determined near exit 12 off Route 3 in Marshfield, MA

Register or Questions: Contact Sally Delisa, CYP Chair

[<cypcoordinator@amcsem.org>](mailto:cypcoordinator@amcsem.org)

Phone: 781-834-6851

Got a little free time to help us grow? Are you a people person who likes to help others? Are you concerned about environmental issues? Do you enjoy outdoor activities? Do you have some free time? If this sounds like you, then you may be interested in some opportunities to help our chapter of the AMC grow and better accomplish its mission. Get in touch with us and we'll be happy to tell you more. Contact: chair@amcsem.org



WILDERNESS FIRST AID (WFA)

AMC NOBEL VIEW CAMP, RUSSELL, MA

APRIL 28 & 29

WFA training (instruction by SOLO, see <http://www.soloschools.com/index.cfm?event=course.wfa>) is again offered this spring at Noble View camp (<http://www.outdoors.org/lodging/cabins-campgrounds/camps-noble.cfm>). This training is required for SEM's level 2-5 hikers with re-certification every two years. Optional CPR instruction also offered. Scholarships are available for committed SEM leaders and leaders-to-be to defray training costs. This is a popular program and fills up quickly. Register with Len Ulbricht at lenu44@gmail.com. Registration cutoff April 7. SEMers given preference if registered by January 31.

SEM'S SPRING SOCIAL WEEKEND

AMC NOBEL VIEW CAMP, RUSSELL, MA

APRIL 28 & 29

A cabin and several campsites (see <http://www.outdoors.org/lodging/cabins-campgrounds/camps-noble.cfm>) have been reserved for a SEM social weekend of hiking, biking and whatever. (This event is concurrent with, but independent of, WFA training.) Please join us for a fun weekend to kick off the 2012 warm weather season of outdoor recreation. Register with Len Ulbricht at lenu44@gmail.com by April 7.



–AMC's Noble View Outdoor Center sits high on a hilltop, with breathtaking views of the Pioneer valley, miles of hiking trails, and camping and cabin accommodations. Its 358.5 acres of rural solitude maintain the ambiance of the original 1800s New England farm. Surrounded by 117,000 acres of forest, rivers, and streams, Noble View offers a habitat for many threatened and endangered species, and is an ideal site for outdoor activities, nature study, and photography.”



Take a Long Hike

Hello fellow hikers. At the November winter hiking workshop, we learned the basics of hiking in winter. Here are some pointers from our AMC-SEM experts.

- 1) **Dress in layers.**
- 2) **Fleece is best for warmth. And if fleece gets wet, it still insulates.** Down is warm, but useless when wet.
- 3) **Don't dress too warm while you are moving; save your warmest clothing for when you stop moving.** Your sweat needs to be wicked away. If you are covered in a puffy down jacket while moving, you trap all that moisture.
- 4) **Keep food handy, bite sized, and ready to eat.** You will burn an enormous amount of energy and need to snack often. Cut bite-size portions ahead of time, and keep in baggies or in containers you can unscrew with gloves.
- 5) **Store your water bottle upside-down.** Water freezes at the top; when you turn the bottle right-side up, you won't have ice.
- 6) **Fasten pull-ties on those little zipper handles.** When you void, you can keep your gloves on. And when you snack, you can keep your gloves on as you unzip pockets. Use shoelace, trash bag ties, anything.
- 7) **Add Tang or Gatorade to water to reduce the freezing point.** You need to drink extra liquids. It seems counter-intuitive when it's cold, but you will sweat a lot. A flavoring added to water also adds taste.
- 8) **Pack a small container of glasses/goggles anti-fog stuff.**
- 9) **Bring a spare hat; pack extra gloves and socks.** The wind may sail your hat; you may not be able to retrieve it. You could drop a glove in a stream.
- 10) **Wear gaiters.** They will keep snow from getting into your boots. Your socks stay dry.
- 11) **Keep spare batteries covered and in a pocket so that they are warm and ready, if needed.**



The trick is to stay dry, and keeping warm is a function of keeping dry. We were shown all types of clothing as well as footwear. We looked at snow shoes and discussed traction systems like crampons and microspikes. We learned a lot, and now many of us will join each other in the chapter's Annual Winter Hiking Series. Happy Trails!

Ray Anderson 🌲

Ray's hiking blog: www.TakeaLongHike.com

NEWS FROM OUR MEMBERS: Carolyn Crowell

—created the first archives and kept them up to date for several years. I finally gave up the job because I felt someone else should have the opportunity to be on the Board, because that's where you learn how the Club works. The first Chapter Hut night was a special event of the Club's 125 year anniversary celebration. We had so much fun it was decided to make it an annual event. I don't take part in Chapter activities now as I can't keep up any more. I'm 85; I joined the club in 1962. I still volunteer as Info Vol at Pinkham or Highland Center.”

**Got something to say? Want to be a regular Breeze columnist?
Contact the Breeze editor to volunteer!
communicationschair@amcsem.org**

**Know what's happening?
If not, then find us on FACEBOOK and follow us on TWITTER to find out!**

**Been to our new re-designed chapter website?
Check it out: www.amcsem.org**



MIDSTATE TRAIL HIKERS

NEWS FROM JOY ST.

The following is info from the AMC central office at Joy St. in Boston

AMCs 136th Annual Business Meeting & Farewell Celebration Gala for Andy Falender: AMCs 136th Annual Business Meeting will be held on Saturday, January 28, 2012, at the UMass Boston campus on Columbia Point, South Boston. The day's activities will include committee meetings (starting at 8am) and the 136th Business Meeting at 3pm. All members are welcome to attend but *pre-registration is required as no walk-in spots are available*. This year's event is different from years past as we will not be hosting workshops or an AMC showcase. For more information about the day program, go to www.outdoors.org/annualmeeting. In the evening, we will be celebrating Andy Falender who after 23 years as President of the club is retiring. The Farewell Celebration to Andy is on Saturday evening, January 28th, starting at 6pm. The event is being held at the John F. Kennedy Presidential Library and Museum, Columbia Point, South Boston. Registration is required (separate from the day program). To register and for more information on the evening program, go to www.outdoors.org/farewellandy

AMCs Adventure Travel Leadership Training: The AMC Adventure Travel Leadership Training Program was a tremendous success! It was held in Litchfield, Connecticut on November 18-20, 2011. The trainers were a wealth of information for the participants – having over 80 years combined experience leading Adventure Travel for the AMC. The participants also brought significant experience to the training, most having led many Chapter trips for the Club for a number of years. For more information on AMC's Adventure Travel program, please see www.outdoors.org/adventuretravel



AMCs Adventure Travel group is geared to all ages and abilities. Whether you like to hike, bike, or paddle, AMC-AT offers over 30 volunteer-led worldwide adventures year round. Check out this year's family trip to Grand Teton and Yellowstone National Park at <http://activities.outdoors.org/search/index.cfm/action/details/id/58463> or for a complete trip listing, go to www.outdoors.org/adventuretravel.

AMC Books has released its first eBooks, available now for Kindle, Apple, and Nook devices. New eBooks include Katahdin: An Historic Journey; AMC Guide to Winter Hiking and Camping; Best Backcountry Skiing in the Northeast; four books from the popular Best Day Hikes series, including guides to Boston, the Whites, Washington, DC, and the Catskills and Hudson Valley; and two paddling titles, Quiet Water New Hampshire and Vermont and Quiet Water New Jersey and Eastern Pennsylvania. Starting in spring 2012, AMC Books will release many of its new books simultaneously in print and eBook format.

CHAPTER ACTIVITIES

Note: These activities are taken directly from the AMC central online activity listing system.
<http://activities.outdoors.org>

SAVE THE DATE

CLUB-WIDE ACTIVITIES

AMC Annual Meeting, January 28, 2012 (day)
[www.outdoors.org/about/annualmeeting]
AMC Andy Falender farewell, January 28 (evening)
[www.outdoors.org/FarewellAndy]

CHAPTER-WIDE ACTIVITIES

SEM Leadership Training, March 2012
SEM Open House, March 2012
SEM Wilderness First Aid (spring), April 28-29, 2012
SEM Spring Social Weekend, April 28-29, 2012
SEM Chapter Hut Weekend, Sept 20-23 2012
SEM Wilderness First Aid (fall) November 2012
SEM Annual Meeting, November 2012

CHAPTER ANNOUNCEMENTS

WANTED: Bicycling Chair. The SEM Chapter is looking for a dedicated person to run our Bicycling committee. This position includes running planning meetings, attending monthly Executive Board Meetings and other various Chair responsibilities. Jim Plouffe 508-586-1394, Chair@amcsem.org

Share Skills With Youth - Spring training scheduled soon to become a Volunteer Leader with the Chapter Youth Program of the Southeastern MA Chapter. Our group works with facilities to plan and lead children in outdoor activities. If you're interested in the gratifying experience of getting kids out on the trails and discovering nature, please contact the SEM CYP Coordinator for workshop details. cypcoordinator@amcsem.org

NOTE ACTIVITIES MARKED FOR :

FT = First Timer **NM** = New Member

FULL LIST of ACTIVITIES at AMCSEM.ORG
(see schedules tab)

Additional activities are posted on our Short Notice List.
Sign up for this list on our website, amcsem.org.

SKIING

MIDWEEK DOWNHILL SKI TRIPS

January 9 - March 2



Downhill ski day trip biweekly to areas in southern NH, depending on conditions. For experienced intermediate level skiers only. L Len Ulbricht (508-359-2250 before 9:00pm, lwu9944@verizon.net)

CROSS COUNTRY SKI TRIPS



(AN) (CE) Fri., Jan. 13-16.

XC Ski MLK Weekend, White Mountains.

Boston 40+ joins SEM Chapter once again at cozy Applebrook B&B in Jefferson, NH, for skiing, snowshoeing, and lots of fun and games. \$200-\$360/pp includes three nights lodging, three hearty breakfasts, a four-course dinner Saturday night, and a light supper on Sunday. Optional salad & pizza (\$extra) and moonlight snowshoe Friday night. L Barbara Hathaway (508-880-7266 before 9:00pm, barb224@tmlp.com), CL Wayne Cardoza ((603) 673-2518 before 9:00pm, wmc_amc@comcast.net), R Barbara Hathaway ((508) 880-7266 before 9:00pm, barb224@tmlp.com) [Current waiting list]

(AN) Sat., Jan. 28. XC

Ski: Great Brook Touring Center.

XC skiing at Great Brook Ski Touring, Carlisle, MA or Weston Ski Track. Conditions determine location. Meet at 10 a.m. Bring, water, snacks, lunch. Beginner/intermediate; ski rentals available. L Barbara Hathaway ((508) 880-7266 before 9:00pm, barb224@tmlp.net), R Barbara Hathaway ((508) 880-7266 before 9:00 pm, barb224@tmlp.net)

(AN) (CE) Fri., Mar. 2-4.

XC Skiing, White Mountains.

Boston 40+ and SEM join together at cozy Applebrook B&B in Jefferson, NH for skiing and snowshoeing. 2 nights lodging, 2 breakfasts, 1 dinner from \$100 to \$160 p/p. L Barbara Hathaway ((508) 880-7266 before 9:00pm, barb224@tmlp.net), CL Wayne Cardoza ((603) 673-2518 before 9:00pm, wmc.amc@comcast.net), R Barbara Hathaway ((508) 880-7266 before 9:00pm, barb224@tmlp.net)

SOCIAL COMMITTEE

Bowling/Dinner Social Event, Saturday, January 7, 2012. Bowling and dinner at King's Bowling, Dedham, at Legacy Place. Reservation at 5pm for 10. A fun way to meet new people and visit with friends. If interested please call. We can add more as needed. Contact Terry O'Sullivan (registrar) [617-335-0102](tel:617-335-0102) or Jodi Jensen (leader) at [781-249-8346](tel:781-249-8346) or jodijensen@gmail.com

HIKING / BACKPACKING

HIKE PLANNING MEETINGS: are held the first Wednesday of March, June, September, December. Contact hikingchair@amcsem.org for more information.

IMPORTANT: Hikers unsure of their ability should try only 1 level more difficult than previously completed. No pets without permission of trip Leader. Registration req'd 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 activities.outdoors.org. Sign up for the SEM Short Notice E-Mail Trip List at www.amcsem.org.

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

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

IMPORTANT: No pets w/o prior permission of trip L. Under 18 yrs must be accompanied by parent or responsible adult, & obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 wk prior to trip so Ls can discuss prior hiking exp., conditioning, clothing, & equipment.

(FT) (NM) Sun., Jan. 1. Borderland New Years Day Hike. New Year's Day at Borderland. Hike starts PROMPTLY at 10:00 A.M. We will hike from 10:00 until approximately 1:00 covering up to 6, mostly level, miles. (With a few short steep little sections.) If you are coming, please be there on time, ... we will leave on time! (And please allow time to get through the gate!) Plan: (Weather, ground conditions permitting) We will hike from the Visitor Center to the far end of the park. There is a nice spot for a quick snack, weather permitting. (If the weather is bad bring food that can be munched while hiking.) We will then loop around and head back toward the visitor center while checking out the ponds. We can squeeze about 6 miles into this if we try :-). All designed to get us started on a good physically fit New Year :-). Equipment list: Unless there is fresh, deep, snow we won't need snow shoes. If there IS deep fresh snow bring your snowshoes, or SEM has some snowshoes to loan :-). If you need to borrow ASK ahead (You may need to pick them up.) Dress, in layers, for the weather and an extended time outdoors. Notes: For this hike: 1) All 'non-cotton' clothes are best, but if you don't have them some cotton will be acceptable. But bring a change of clothes in case you get damp. However, please NO JEANS or COTTON SWEAT PANTS! Remember, if you substitute you are taking the responsibility for being warm and dry! 2) Rain gear is required, it may be windy along the ponds. And it may shower/snow, you can never tell. At the far end we are over an hour from the cars. That's a long time to be cold and wet.. 3) Borderland now has a parking pass system. \$2 per day or \$35 per year. Bring correct change and allow a few minutes to get through the gate. :-). (4) Cell phones must be turned off. 5) Friendly leashed dogs, with friendly owners, permitted :-). Any questions PLEASE ask before the trip. We wouldn't want to turn you away at the trailhead, or have you come and be unprepared, thus being cold and uncomfortable and perhaps shortening the trip for everyone. If you are missing something let me know. Maybe we can work out something for you. See you there, Bob. L Bob Vogel ((508) 238-7732, hike_with_bob_v@comcast.net)

(FT) (NM) Thu., Jan. 5. Noon Hill / Shattuck Reservation (C3C). Hike three-four miles on Trustees property. See www.trustees.org for trail map. Bring lunch. 10:00am start. Traction gear may be necessary. Rain cancels. Contact leader for directions. L Len Ulbricht ((508) 359-2250 Before 9:00pm, lenulbricht@comcast.net)

Sat., Jan. 7. Winter Hike #2, Mount Monadnock. 2nd of 4, Mount Monadnock will give you the experience of a true winter hike. L Jim Plouffe ((508) 586-1394, jimplouffe@comcast.net), L Mike Woessner, CL Maureen Kelly, CL Wayne Anderson, R Jim Plouffe ((508) 586-1394 Between 5-9PM, jimplouffe@comcast.net)

(FT) (NM) Mon., Jan. 9. Borderland Full Moon Hike. Come join us as we hike around the ponds and through the woods, as conditions permit, under the full moon. Enjoy the winter weather, the moon over the ponds, the quiet of the woods at night. Headlamp or flashlight, appropriate footwear and winter clothing required. Please register by 12/31. Space limited. (\$1.00 fee to cover cost of special use permit.). L Bob Vogel ((508) 238-7732, hike_with_bob_v@comcast.net)

Sat., Jan. 14. Mt. Kineo Bushwhack. Not your run of the mill hike. Snowshoe, bushwhack remote Mt. Kineo. Scenic Three Ponds. Reg. by 1/4. L Bob Vogel ((508) 238-7732, hike_with_bob_v@comcast.net), L Walt Granda , CL Jim Casey , R Jim Casey (cmne@comcast.net)

Thursdays

Jan. 19. The Monastery at Cumberland, Rhode Island. Thursday Morning Hike January 19, 2012 (C3D) 10:00 a.m. Hike/snowshoe. Mature forest. Some rolling hills and open meadows. L Joanne Staniscia ((508) 528-6799, joannes1@localnet.com), CL Muriel Guenther ((508) 699-7461 before 9:00 p.m., murielguenther@comcast.net), R Muriel Guenther ((508) 699-7461 before 9:00 p.m., murielguenther@comcast.net)

Sat., Jan. 21. Snow Shoe Series #2. Snowshoe off Kanc to East Pond 7.4 miles round trip, 1900 ft. elev. gain. May extend to Little East Pond. L Leslie Carson ((508) 833-8237, ltc929@comcast.net), CL Maureen Kelly , R Maureen Kelly ((617) 943-4288, MoKel773@aol.com)

(FT) (NM) Thu., Jan. 26. Thurs Morn. Blue Hills Hike/Snowshoe (B3C). Bring snack, water and suitable footwear. Meet at Houghton's Pond Parking Lot 10:00 AM. L Claire Braye ((508) 857-0320, cbraye57@comcastr.net)

Thu., Feb. 2. Thursday Morning Hike Joe's Rock/Birchwood, Wrentham (C3C). 10 a.m. Joe's Rock, 121 Directions: 495 exit 15. Right then left at light. 4 m on right. Bring water, lunch to eat at leader's. Desserts, beverages provided. Traction devices if icy. Storm cancels. L Joanne Staniscia ((508) 528-6799 7-9 p.m., joannes1@localnet.com)

Sat., Feb. 4. Winter Hike Series #3 - Mt. Chocorua. Hike Mt. Chocorua via Liberty trail loop. 7.8 miles RT, 2600 ft. elev. Winter equipment required. L Leslie Carson ((508) 833-8237, ltc929@comcast.net), CL Maureen Kelly ((617) 943-4288, MoKel773@aol.com), R Maureen Kelly ((617) 943-4288, MoKel773@aol.com)

(FT) (NM) Mon., Feb. 6. Borderland "Full Moon" Hike. Come join us as we hike around the ponds and through the woods, as conditions permit, under the full moon. Enjoy the fall weather, the moon over the ponds, the quiet of the woods at night. Headlamp or flashlight, appropriate footwear and winter clothing required. Please register by 1/26. Space limited. (\$1.00 fee to cover cost of special use permit.). L Bob Vogel ((508) 238-7732, hike_with_bob_v@comcast.net)

(CE) Thu., Feb. 9. Thursday morning Rocky Woods Hike. Morning hike on the 6+ miles of trails in Rocky Woods, Medfield, MA. Varied terrain with some hills. Depending on snowfall, snowshoes may be required. 10:00 A.M. start. L Fred Wason ((508) 838-6049, fmwason@gmail.com)

Fri., Feb. 10-12. Mt Greylock Snow Camp. Overnight back pack on Mt. Greylock in western MA. Summit Greylock, camp in the snow. L Mike Woessner ((508) 577-4879, stridermw@hotmail.com), CL Jim Plouffe , CL Leslie Carson , R Mike Woessner (12 bradley Ln., Westford, MA, (508) 577-4879, Stridermw@hotmail.com)

(FT) (NM) Thu., Feb. 16. Thurs. Morn. Ponkapoag Hike/Snowshoe (B3C). Bring snack, water and suitable footwear. Meet at Ponkapoag Golf Course and skating rink parking lot 10:00 AM. Rte. 138 in Milton, near Fire Station. L Claire Braye ((508) 857-0320, cbraye57@comcast.net)

Sat., Feb. 18. Snowshoe Series #3. Moderate snowshoe trip for those not looking to 'climb a mountain.' Reg by 2/14 w/CL. L Bob Vogel ((508) 238-7732, hike_with_bob_v@comcast.net), CL Jodi Jensen (jodijensen@gmail.com), R Ellen Correia (ellencorreia@gmail.com)

Thursdays

Feb. 23. Halfway Pond Conservation , Plymouth, B3C. Meet 10 am at Long Pond Pkg off Clark Rd for a pretty 6 m walk around ponds, bogs and forest. Directions on web or call L Ellie MacPherson 508-224-6465, elliemacp@comcast.net. L Ellie MacPherson ((508) 224-6465, elliemacp@comcast.net)

(AN) Fri., Mar. 2-4. Winter Hiking #4 Overnight. Conclude the SEM AMC winter hiking series with an overnight to Lonesome Lake Hut for one or two nights. Options for hikes will be to Cannon and/or the Kinsmans. \$50/pp per night includes dinner and breakfast. Full winter gear required. Must register and pay by Jan. 25th. L Leslie Carson ((508) 833-8237, ltc929@comcast.net), L Wayne Anderson , L Jim Plouffe , L Mike Woessner , CL Maureen Kelly ((617) 943-4288, MoKel773@aol.com), R Leslie Carson ((508) 833-8237 6-9 PM, ltc929@comcast.net)

Sat., Mar. 10. Snowshoe Series #4. Moderate snowshoe trip for those not looking to 'climb a mountain.' Reg by 3/6. L Bob Vogel ((508) 238-7732, hike_with_bob_v@comcast.net), CL Ellen Correia , R Jodi Jensen (jodijensen@gmail.com)

(FT) (NM) Thu., Mar. 29. Thursday morning Blue Hills. Perambulate Buck Hill with side trip to summit. Views of Boston and Mass Bay. 5 miles on lesser-traveled trails. No difficult ups or downs. 10am start at Houghton's Pond parking lot. STABILicers if icy. Rain cancels. L Len Ulbricht (lenu44@gmail.com)

CAPE COD HIKES

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., Jan. 1. Provincetown, Clapp's Pond/Beech Forest (C3C). Meet 11:45 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. Moderate hills. 3 1/2 hours. L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Thu., Jan. 5. 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)

Sun., Jan. 8. Truro, Ryder Beach (C3C). Beach, pretty woodland trails, hills, scenic bay views. Rte 6 L on Prince Valley Rd to end, R on County Rd, L on Ryder Beach Rd. Park at end, Meet 12:45, 2 hrs. L Pat Sarantis ((508) 430-9965, patsarantis@gmail.com)

Thu., Jan. 12. Barnstable-Exit 5 to Exit 6 (C3C). Hike Cape Cod Pathways route through West Barnstable. Meet at 9:45AM at YMCA Pkg lot off Rte. 132 for car shuttle. 2+hrs. Heavy rain/snow cancels. L Farley Lewis ((508) 775-9168 9AM-9PM, farley@comcast.net)

Thu., Jan. 19. Brewster, Punkhorn Parklands (C3C). Hilly trails Upper Mill, Walker Ponds. Exit 9B Rte 6, 2.0 mi. R on Satucket. Continue, bear slightly Right on Stony Brook Rd. 0.3 mi R on Run Hill. 1.3 mi to park on left. 2 hours. Meet 9:45 a.m. L Janet Kaiser ((508) 432-3277, jtkaiser@comcast.net)

Thursdays

Jan. 26. Barnstable Conservation (C3B). Hike Barnstable Conservation. Rt. 6 to Exit 5. Take Service Road West. Go 100 yards and park in lot under power line. Meet at 9:45 am 2 hrs. L Peter Selig ((508) 432-7656, pandmselig@hotmail.com)

Thu., Feb. 2. South Dennis Indian Lands and Chili Potluck. Shorter winter hike then chili potluck at Janet Kaiser's 508 432-3277. Meet 9:45 at South Dennis Town Offices pkg lot Old Main St. or go directly to potluck at 11:45. Bad weather cancels hike not the chili. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Sun., Feb. 5. Barnstable, Sandy Neck (C3B). Walk beach/marsh loop to second crossover. Mostly soft sand. Rte 6, Ex 5, Rte 149N to 6A. L on 6A to R on Sandy Neck Rd in Sandwich to pkg lot at road end. Meet 12:45, 2 hrs. L Pat Sarantis ((508) 430-9965, patsarantis@gmail.com)

Thu., Feb. 9. Brewster, Nickerson State Park (C3B). Hike in Nickerson State Park. Meet at parking lot in front of park on Rte 6A at 9:45 am. 2 hrs. L Peter Selig ((508) 432-7656, pandmselig@hotmail.com)

Thu., Feb. 16. Dennis Crowe to Crowe Loop (C3C). 2hr. hike. Paths, beach, quiet roads. Meet 9:45am. From Rt. 6, exit 9 onto Rt. 134N to Rt. 6A. R on 6A, L onto School St., then R onto South St. to lot on R past cemetery. L Maria Sylvester ((508) 385-4045, sylvester_maria@hotmail.com)

Thu., Feb. 23. West Yarmouth, Sandy Pond (C3C). Route 6, Exit 7S to left on Camp Street, then left on Buck Island Road. Left at Sandy Pond Recreation Area. Meet at 9:45am. 2 hours. L Janet Kaiser ((508) 432-3277, jtkaiser@comcast.net)

Thu., Mar. 1. Dennis-Crowe to Crowe Loop (C3C). 2 hrs. 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)

Thu., Mar. 8. Barnstable, Bridge Creek. Woods, bogs and marshlands. Rte.6 to Exit 5. North on 149 to grassy triangle by First Parish Church. Meet at 9:45am. 2 hrs. ?Weather: Call Leader. L Farley Lewis ((508) 775-9168 8AM-9PM, farley@comcast.net)

Saturdays

Mar. 10. Provincetown Race Point (B3B). Race Point Panoramic sand Jeep road/dune shacks/beach. 3.5hrs. MEET AT **10:45**a.m. at Race Point Beach upper parking lot. Bring lunch. L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Mar. 11. Barnstable, Crooked Cartway. Wooded hike in Barnstable Conservation Lands. Exit 5 off Rte. 6, 149 S. to Race Ln. Right on Race Ln. to Crooked Cartway on Right. Go to end. Meet at 12:45pm. 2 hrs. ? Weather, Call Leader. L Farley Lewis ((508) 775-9168 9AM-9PM, farlewis@comcast.net)

Thu., Mar. 15. Eastham, Nauset Marsh Perimeter (C3C). Walk vast/historic marsh. Rte 6 Eastham, R on Gov Prence Rd, R on Fort Hill Rd to 1st pk lot on left. Meet PROMPTLY 9:45 to carpool to Salt Pond Visitor Ctr. 2 hrs, bad weather? call leader. L Pat Sarantis ((508) 430-9965, patsarantis@gmail.com)

Sat., Mar. 17. Harwich, Herring River (B3C). Woods walk, river views, bogs and reservoir. Rte 6 Ex 10, Rte 124 S for 1.3 mi, R @ Main St. Go 2 mi, park @ Sand Pond on R. Meet 9:45 a.m. 3.5 hrs. Bring lunch. L Richard Kaiser ((508) 432-3277, rjkaiser@comcast.net)

Sun., Mar. 18. Dennis, Flax Pond Conservation (C3C). Wooded trails over rolling hills, lowlands, abandoned bogs, shallow ponds, golf course views, well-field area. Park on Setucket Rd at Flax Pond Conservation, just East of Yarmouth- Dennis Town Line. Meet 12:45 pm. 2 hrs. L Janet Kaiser ((508) 432-3277, rjkaiser@verizon.net)

Thu., Mar. 22. Barnstable- Under the tunnel and through the woods (C3C). 2 hrs. Newer trails with a unique feature. From route 149, W. on Race Lane, lot short distance on Left. Meet at 9:45AM. L Gary Miller ((508) 540-1857, Garymaxx@verizon.net)

Saturdays

Mar. 24. Provincetown: Whales and Trails (B3B). Meet at 9:45 am, Herring Cove Beach (far right of the right parking lot). Walk via bike trail/sand/salt marsh to Race Point Lighthouse. Four+ hours for lunch, whales. Bring binoculars! L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Thu., Mar. 29. 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. Meet at 9:45AM. L Gary Miller ((508) 540-1857, garymaxx@verizon.net)

Sat., Mar. 31. Truro-Ryder Beach (C3C). Saturday morning hike along beach, woods, views. Meet 9:45. From Rte 6 take L Prince Valley Rd just beyond Truro line. R at end then immed. L to pkg at end. Bad weather cancels. Doubt? Call L. Two hours. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

BIKE RIDES

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		
Mis	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

WANTED: Bicycling Chair. The SEM Chapter is looking for a dedicated person to run our Bicycling committee. This position includes running planning meetings, attending monthly Executive Board Meetings and other various Chair responsibilities. Jim Plouffe 508-586-1394, Chair@amcsem.org

WANTED: Ride Leaders & Co-Leaders. Enthusiastic about cycling? Like showing others your favorite roads? If yes, then share your enthusiasm & routes w/your fellow AMC members! Contact Bike Chair Joe Tavilla (508-428-6887)

AMC SEM 2,000 Mile Club: AMC SEM is in the third year of our unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact any bike leader to reg. your mi and for more info.

Turn Those Tires on Tuesday: Rides scheduled all year long, weather permitting. 25 mi of road or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location and directions. Intermed. pace. Riders and bicycles in top shape; tires and riders pumped and ready to roll; helmets and water req'd. L Paul Currier (508-833-2690 8 am-7 pm, pbencurrier@hotmail.com)

Sun., Jan. 1. AMCSEM 9th Annual New Years Day Ride. Happy New Year - lots of options and views - see web site. L Paul Currier ((508) 833-2690 8:00 AM - 7:00 PM, currierpaul@comcast.net)

Sun., Jan. 1. 9th Annual SEMAMC New Year's Day Ride. This beautiful, forgiving 27+/- mile intermediate paced ride includes the coast, beaches, forests, and harbors of Marion. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

Jan. 3. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Mon., Jan. 9. Sunset/Full Wolf Moon Ride. Ride the canal and Gray Gables/Mashnee Island for Buzzards Bay sunset and Plymouth Bay moonrise. Flat- 22 miles. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net), R Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

Jan. 10. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

Jan. 17. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

Jan. 24. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

Jan. 31. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

Feb. 7. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(NM) Tue., Feb. 7. Sunset/Full Snow Moon Ride. Ride Sagamore Highlands/Beaches and the canal for Buzzards Bay sunset and Plymouth Bay moonrise; 22 miles; casual, intermediate pace. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

Feb. 14. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

Feb. 21. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

Feb. 28. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

Mar. 6. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Thu., Mar. 8. Sunset/Full Worm Moon Ride. Ride along the canal/Gray Gables and Mashnee Island for Buzzards Bay sunset and Plymouth Bay moonrise. Flat- 22 miles. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

CHAPTER YOUTH PROGRAM (CYP)

Share Skills With Youth - Spring training scheduled soon to become a Volunteer Leader with the Chapter Youth Program of the Southeastern MA Chapter. Our group works with facilities to plan and lead children in outdoor activities. If you're interested in the

gratifying experience of getting kids out on the trails and discovering nature, please contact the SEM CYP Coordinator for workshop details. cypcoordinator@amcsem.org

Watch our chapter website and the short notice list for notices for CYP events! (www.amcsem.org)

TRAILS & TRAILWORK

Watch our chapter website and the short notice list for notices for trails events! (www.amcsem.org)

FAMILY EVENTS

Watch our chapter website and the short notice list for notices for family events! (www.amcsem.org)

SOCIAL COMMITTEE

Watch our chapter website and the short notice list for notices for social events! (www.amcsem.org)

PADDLES

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 MA").

We're done for the winter. But, watch the trip listings for our spring re-start. We'll have a lot of nice trips planned for you!

This is the new AMC SEM "monthly" e-Breeze. No more paper Breezes. We'll save \$7,000/year by not printing and mailing paper Breezes—and that money can be applied to more efficient and modern chapter communications as well as chapter activities.

 **Think green - If you print your e-Breeze, please recycle it when done.**



The Southeast Breeze

Monthly e-newsletter of the Appalachian Mountain Club, Southeastern Massachusetts Chapter
February, 2012

View from the Chair

By Jim Plouffe, Chapter Chair



Welcome to the second issue of our new electronic monthly e-Breeze!

Last month we had **650** people receiving the **new monthly electronic-Breeze** out of ~3000 chapter memberships. This month we have **1145** signed up! For anyone still not receiving their monthly e-Breeze yet, log into the AMC "Member Center" [www.outdoors.org/membercenter] or call Donna of AMC Member Services, at 800-372-1758 (9-5, M – F), to sign up. (Remember that the paper Breeze is no more and that you need to change your newsletter preference from paper to electronic.)

NOTE: We need a **Bicycling Chair** for the Executive Board. And we have some Vice Chair positions open; see page 2 of this newsletter for the open positions. And contact me if you'd be interested!

Look what we have for upcoming events:

- SEM Leadership Training, March 24 (Foxboro)
 - SEM New Member Open House, March 31, 5:30-9:00pm (Bourne)
 - SEM Wilderness First Aid, April 28 & 29 (Noble View Camp)
 - SEM Spring Social Weekend, April 28 & 29 (Noble View Camp)
- (See our website www.amcsem.org for all the details.)

Our leaders have some great ski trips planned for you this winter—both cross country and downhill. And also great hikes and bikes. See the activity listings at the end of this newsletter. **AND, AS ALWAYS – GET OUTSIDE!**

CONTACT THE SEM CHAPTER CHAIR: chair@amcsem.org

SEM CHAPTER WEBSITE: www.amcsem.org

The Breeze is now totally electronic! It's now the ~~e~~-Breeze" !

Access the ~~M~~ember Center" to sign up to receive the e-Breeze by e-mail:

From our own SEM web site: www.amcsem.org (lower right)

From the AMC web site: www.outdoors.org (upper right)

By phone: 800-372-1758 Monday-Friday from 9-5:00 Eastern Time

By mail: AMC Main Office, 5 Joy Street, Boston, MA 02108

OR get a copy on our website at www.amcsem.org. Click on ~~B~~reeze Newsletters" on the left.

NOTICES

Regular Meetings:

SEM Executive Board

March 14, 6:30pm

(contact chair@amcsem.org for more info)

Hike Planning Meetings (6:30pm 1st Wednesday quarterly)

(Dec 7, Mar 7, Jun 6, Sep 5)

(contact hikingchair@amcsem.org for more info)

Where to find activities (hikes, bikes, paddles, etc.)

1. The e-Breeze - arrives by email
2. AMC Outdoors - arrives by snailmail
3. Online trip listings (activities.outdoors.org)
4. Sign up for *short notice* trip listings at www.amcsem.org

Pix and Article Submissions

We encourage SEM members to submit articles and photos for both The Breeze and our website. Materials for publication will be edited for content and to fit available space. Please send to communicationschair@amcsem.org.

Next Month's Breeze Deadlines: 7th trips; 15th articles/pix

SEM Non-members

Not an SEM chapter member? Want the Breeze? Contact the Member Center and set your preferences. Or get a copy at our website at www.amcsem.org.

Volunteers needed!

Curious about the inner workings of your chapter? Volunteer for the Executive Board! Have technical skills? Volunteer for our website! Have writing/editing skills? Volunteer for the *Breeze*! Like kids? Volunteer for CYP! Want to get out more? Volunteer to lead a hike, bike, or paddle! We have lots of volunteer positions open! Please contact chair@amcsem.org if you'd like to get more involved with the chapter.

Find us on Facebook * Follow us on Twitter
CHAPTER WEBSITE: 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. Preview the waiver at: amcsem.org, Forms.

The Southeast Breeze, the newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published 12 times a year. **Editor:** Cheryl Lathrop, **Asst. Editor:** Ann McSweeney, **Proofreader:** Kate Patroia. **Change of Address** to AMC, 5 Joy St., Boston, MA 02108, 800.372.1758, or www.outdoors.org/membercenter

2012 Executive Board & Committee Chairs

Chapter Chair	chair@amcsem.org Jim Plouffe, 508-562-0051
Vice Chapter Chair	vicechair@amcsem.org Luther Wallis, 508-923-1935
Treasurer	treasurer@amcsem.org Patty Rottmeier
Secretary	secretary@amcsem.org Karen Singleton, 508-730-7701
Past Chapter Chair	pastchapterchair@amcsem.org Wayne Anderson

Biking	bikingchair@amcsem.org Open
Biking (Vice)	bikingvicechair@amcsem.org Open
Canoe/Kayak	paddlingchair@amcsem.org George Wey, 781-789-8005
Canoe/Kayak (Vice)	paddlingvicechair@amcsem.org Betty Hinkley, 508-241-4782
Cape Hiking	capehikingchair@amcsem.org Pat Sarantis, 508-430-9965
Cape Hiking (Vice)	capehikingvicechair@amcsem.org Farley Lewis, 508-775-9168
Communications	communicationschair@amcsem.org Cheryl Lathrop, 508-668-4698
Comms. (Vice)	communicationsvicechair@amcsem.org Open
Conservation	conservationchair@amcsem.org Maureen Kelly, 508-224-9188
Conservation (Vice)	conservationvicechair@amcsem.org Open
CYP Chair	cypcoordinator@amcsem.org Sally Delisa, 781-834-6851
Education	educationchair@amcsem.org Len Ulbricht, 508-359-2250
Education (Vice)	educationvicechair@amcsem.org Open
Hiking	hikingchair@amcsem.org Walt Granda, 508-971-6444
Hiking (Vice)	hikingvicechair@amcsem.org Open
Membership	membershipchair@amcsem.org Jim Casey,
Membership (Vice)	membershipvicechair@amcsem.org Open
Skiing	xcskichair@amcsem.org Barbara Hathaway, 508-880-7266
Skiing (Vice)	xcskivicechair@amcsem.org Farley Lewis, 508-775-9168
Trails	trailschair@amcsem.org Lou Sikorsky, 508-678-3984
Trails (Vice)	trailsvicechair@amcsem.org Open

AD HOC COMMITTEES:

Social Chair Jodi Jensen, 781-762-4483
Family Events Chair Chris Pellegrini, 508-244-9203

STAFF:

Social Networking Susan Salmon (moderator)
Webmaster webmaster@amcsem.org
Breeze Editor communicationschair@amcsem.org

The chapter includes ~3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.

VOLUNTEERS NEEDED !

BIKE NEWS: WANTED...

Bicycling Chair. The SEM Chapter is looking for a dedicated person to run our Bicycling committee. This position includes running bike planning meetings, attending monthly Executive Board Meetings, and other various Bicycling Chair responsibilities.

Ride Leaders & Co-Leaders. Enthusiastic about cycling? Like showing others your favorite roads? If yes, then share your enthusiasm and routes with your fellow AMC members!

Contact: Jim Plouffe, 508-586-1394, chair@amcsem.org



WHY VOLUNTEER FOR THE AMC?



Gain work experience! Put your volunteer experience on your resume!

One approach used by many people is to add a section to their resumes called "Community Service" or "Volunteer Work." They list the highlights of their volunteering here, to show that they have interests outside of their employment history already described.

Also, consider integrating your volunteer work into the section of your resume called "Work Experience." Even if you were not paid a salary and did not consider the volunteering to be "employment," it certainly was productive work and should count as "experience." The key is to translate what you gained from the volunteer activity into the language of the paid work world. So, if you did tutoring, use the title "Tutor." If you coordinated a project, identify your work accurately as "Project Coordinator."

Got a little free time to help us grow? Are you a people person who likes to help others? Are you concerned about environmental issues? Do you enjoy outdoor activities? Do you have some free time? If this sounds like you, then you may be interested in some opportunities to help our chapter of the AMC grow and better accomplish its mission. Get in touch with us and we'll be happy to tell you more.

Contact: chair@amcsem.org



TRAINING OFFERED!



CHAPTER YOUTH PROGRAM LEADERSHIP TRAINING

When: February 11, 2012 (Snow Date February 12, 2012)
Time: 10:00-3:00 with lunch break and short hike weather permitting.
Where: Place to be determined near exit 12 off Route 3 in Marshfield, MA

Register or Questions: Contact Sally Delisa, CYP Chair
cypcoordinator@amcsem.org, Phone: 781-834-6851

LEADERSHIP TRAINING for TRIP LEADERS

MARCH 24, FOXBORO, MA

Leadership Training will be held on March 24, 2012 in Foxboro, MA. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. It is an all day course with a mix of classroom and outdoor role play exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to chapter members. Register by March 17 with Len Ulbricht at educationchair@amcsem.org



WILDERNESS FIRST AID (WFA)

AMC NOBLE VIEW CAMP, RUSSELL, MA

APRIL 28 & 29



WFA training (instruction by SOLO, see <http://www.soloschools.com/index.cfm?event=course.wfa>) is again offered this spring at Noble View camp (<http://www.outdoors.org/lodging/cabins-campgrounds/camps-noble.cfm>). This training is required for SEM's level 2-5 hikers with re-certification every two years. Optional CPR instruction also offered. Scholarships are available for committed SEM leaders and leaders-to-be to defray training costs. This is a popular program and fills up quickly. Register with Len Ulbricht at educationchair@amcsem.org. Registration cutoff April 7. SEMers given preference if registered by January 31.

UPCOMING EVENTS



MEMBERSHIP OPEN HOUSE

for
New, Prospective, and Armchair Members
Pot Luck dinner
Saturday March 31, 2012

- Introduce new members and those considering joining AMC to SEM's outdoor activities and special events. Find out how to get started. Armchair members who would like to resume participation in activities are welcome.
- Socialize with members and volunteer leaders. You may meet a familiar face on your first trip.
- Get your feedback – what works, what doesn't. What are your interests and ideas?
- Invite a friend or neighbor to learn about AMC and our SEM chapter.
- Bring a pot luck dish to share.
- Centrally located for on-Cape and off-Cape residents. Plenty of parking.

The Bourne Community Center
239 Main Street, Buzzards Bay, MA 02532
Plan on arriving between 5:30-6:00 pm with your dish to share.
Registration required, space is limited.

Please register with Jim Casey at membershipchair@amcsem.org or 781-924-5228.



SEM'S SPRING SOCIAL WEEKEND APRIL 28 & 29, AMC NOBLE VIEW CAMP, RUSSELL, MA

Hiking, biking, and whatever. Join us for a fun weekend to kick off the 2012 warm weather season of outdoor recreation. Register with Len Ulbricht at educationchair@amcsem.org by April 7. See www.outdoors.org/lodging/cabins-campgrounds/camps-noble.cfm. (This event is concurrent with, but independent of, WFA training.)

Southeastern Mass Chapter AMC 2,000 Mile Club

Jack Jacobsen founded the 2,000 Mile Club in 2003 to recognize our Southeastern Mass AMC member's accomplishments of cycling 2,000 miles or more in a calendar year. Mileage must be accurately logged and recorded and may be a combination of road cycling and mountain biking miles. The club was waning in the early years but was successfully revived in 2007 by Victor Oliver. 2011 marks the 8th year of the organization, as the first year of recording our mileage was 2004. Embroidered patches of recognition are awarded to first time members only. Mileage is compiled and recorded by our registrar Dan Egan. Send your mileage quarterly to him at danielfrancisegan@hotmail.com



2,000 Mile Club Patches

2011 first-time members, e-mail your name, first year of qualification, and mailing (USPS) address to Paul Currier currierpaul@comcast.net to receive your patches. Also, past first timers that have not received your patches please do the same.

For further information about the 2,000 Mile Club, please contact Dan at danielfrancisegan@hotmail.com, Jack at cyclejac51@yahoo.com or Paul at currierpaul@comcast.net.

2000 Mile Club Mileage Report Southeastern Massachusetts Appalachian Mountain Club 12-31-2011

Leonard Leonardi	Franklin	7255
Gerry Nelson	Bourne	5783
Joe Tavilla	Osterville	3686
Malcom Galvin	Harwich	3618
Paul Corriveau	Orleans	3490
Louis Outor	Rochester	3424
Joe Barry	Yarmouthport	3329
Jean Orser	Orleans	3280
Ron Sikora	Cotuit	3039
Lee Eckhart	Assonet	3016
Fred Chase	E. Providence	2816
Dan Egan	Brockton	2751
Larry Cohen	S Easton	2701
Jim Kilpea	Wareham	2655
Pam Patrick	Orleans	2627
Ed Foster	Cotuit	2584
Mark Tisdale	Marston Mills	2537
Paul Currier	Sandwich	2507
John Sullivan	Marshfield	2364
Robyn Saur	Falmouth	2264
Barry Gallus	Cotuit	2216
Ted Rowan	Falmouth	2215
Lawton Gaines	Canton	2174



Take a Long Hike

Female Hikers, Unite

Hello fellow hikers. This column is for all hikers, backpackers, and campers. Most of my blog subscribers are male and most comments I've received have been from men. Judging by the increased numbers of females on trails, I would have expected more readership and feedback from women. Every year I see more of the fair sex out on trails, and that's a positive development for the AMC hiking community.

Now and then, I see something referring to women hikers. Recently, it was Trail Dames at www.traildames.com. I don't know much about this group or how active they are, but their site looks interesting. They have eleven chapters, all in the east except for a chapter in Michigan. I suspect this is because of the increasing popularity of women, young and old, hiking the Appalachian Trail. Trail Dames held their own conference this past June in Virginia.

Another blogger mentioned the Women's Adventure Club of Centre County PA, which ran an Appalachian Hiking Series For Women this past summer. When I thru-hiked the A.T. some years ago, I remember how grateful I was to a young lady who had---all day---hailed my sack of soaked and dirty laundry I'd left at the shelter.

Of course, the big hiking news last year was Jennifer Pharr Davis (www.mensjournal.com/jennifer-pharr-davis-beats-appalachian-trail-record) who now holds the speed record for thru-hiking the Appalachian Trail. She trimmed 26 hours off the previous record set by a man! Click above and you'll see the stunning article from Men's Journal. That she hiked the entire length of the A.T. in 46 days, 11 hours, and 26 minutes is incomprehensible to me. She was chosen as one of National Geographic's Adventurers of the Year.

This picture is from a hike with friends to AMC's Mizpah Springs Hut. Most of the women I see on hikes are fit and tough. Welcome!

Ray Anderson 

Visit Ray's hiking blog: www.TakeaLongHike.com





**NEWS FROM OUR MEMBERS:
PAT SARANTIS
CAPE HIKES CHAIR, CAPE HIKES LEADER**

See the latest issue of "PRIMETIME CAPE COD"
for a great article on one of our own!
(www.primetimecapecod.com, January 2012, p.24)

This new section of the Breeze highlights our members.
If you have news, or know of news, contact the communicationschair@amcsem.org.

SWAP * BARTER * SELL * TRADE
HAVE OUTDOOR EQUIPMENT ? NEED OUTDOOR EQUIPMENT ?

**For sale: Kayak, by Perception. 10'4" long, 42 lbs. with paddle.
Excellent condition. \$200. Contact: 508-999-9999. (sample only)**

THE E-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.

Got something to say? Want to be a regular Breeze columnist?
Contact the Breeze editor to volunteer!
communicationschair@amcsem.org

Know what's happening?

If not, then find us on FACEBOOK and follow us on TWITTER to find out!

Been to our new re-designed chapter website?
Check it out: www.amcsem.org

NEWS FROM "JOY STREET"

The following is information from the AMC's central office at Joy St. in Boston

John D. Judge, a successful nonprofit and government leader, has been named President of the 136-year-old Appalachian Mountain Club (AMC) following a nationwide search. Judge, 44, will become the fourth chief executive of the AMC effective February 1, 2012. He will succeed Andrew J. Falender, who is retiring after 23 years of successful leadership as AMC President.

More info: <http://www.outdoors.org/about/newsroom/press/2012/john-judge-president.cfm>

AMCs Adventure Travel group is geared to all ages and abilities. Whether you like to hike, bike, or paddle, AMC-AT offers over 30 volunteer-led worldwide adventures year round. For a complete trip listing, go to www.outdoors.org/adventuretravel

AMC Books has released its first eBooks, available now for Kindle, Apple, and Nook devices. Starting in spring 2012, AMC Books will release many of its new books simultaneously in print and eBook format.

CHAPTER ACTIVITIES BELOW



CHAPTER ACTIVITIES

Note: These activities are taken directly from the AMC central online activity listing system.

activities.outdoors.org

(All activity information appears exactly as entered by the activity leader.)

SAVE THE DATE

CLUB-WIDE ACTIVITIES

(none)

CHAPTER-WIDE ACTIVITIES

SEM Leadership Training, March 24

SEM Open House, March 31

SEM Wilderness First Aid (spring), April 28-29

SEM Spring Social Weekend, April 28-29

SEM Chapter Hut Weekend, Sept 20-23

SEM Wilderness First Aid (fall) November 2012

SEM Annual Meeting, November 2012

(See our website for details: www.amcsem.org, and click on the "upcoming events" tab)

CHAPTER ANNOUNCEMENTS

WANTED: Bicycling Chair. The SEM Chapter is looking for a dedicated person to run our Bicycling committee. This position includes running planning meetings, attending monthly Executive Board Meetings and other various Chair responsibilities. Jim Plouffe 508-586-1394, Chair@amcsem.org

Share Skills With Youth - Spring training scheduled soon to become a Volunteer Leader with the Chapter Youth Program of the Southeastern MA Chapter. Our group works with facilities to plan and lead children in outdoor activities. If you're interested in the gratifying experience of getting kids out on the trails and discovering nature, please contact the SEM CYP Coordinator for workshop details. cypcoordinator@amcsem.org

NOTE ACTIVITIES MARKED FOR :

FT = First Timer **NM** = New Member

FULL LIST of ACTIVITIES at AMCSEM.ORG
(see schedules tab)

Additional activities are posted on our Short Notice List.
Sign up for this list on our website, amcsem.org.

SKIING

MIDWEEK DOWNHILL SKI TRIPS

January 9 - March 2



Downhill ski day trip biweekly to areas in southern NH, depending on conditions. For experienced intermediate level skiers only. L Len Ulbricht (508-359-2250 before 9:00pm, lwu9944@verizon.net)

CROSS COUNTRY SKI TRIPS



(AN) (CE) Fri., Mar. 2-4.

XC Skiing, White Mountains.

Boston 40+ and SEM join together at cozy Applebrook B&B in Jefferson, NH for skiing and snowshoeing. 2 nights lodging, 2 breakfasts, 1 dinner from \$100 to \$160 p/p. L Barbara Hathaway ((508) 880-7266 before 9:00pm, barb224@tmlp.net), CL Wayne Cardoza ((603) 673-2518 before 9:00pm, wmc.amc@comcast.net), R Barbara Hathaway ((508) 880-7266 before 9:00pm, barb224@tmlp.net)

CHAPTER TRIPS

(FT) (NM) (AN) (XCE) (SN) Thu., Sep. 20-23.

SEM Chapter Hut Weekend. Cold River Camp, Evans Notch 1-3 nights. Can't beat location, activities, price. Cost PP, PN, incl. cabin, fireplace, meals. Preference given to SEM Members. L/R Jim Plouffe (508-586-1394, Chair@amcsem.org)

HIKING / BACKPACKING

HIKE PLANNING MEETINGS: are held the first Wednesday of March, June, September, December. Contact hikingchair@amcsem.org for more information.

IMPORTANT: Hikers unsure of their ability should try only 1 level more difficult than previously completed. No pets without permission of trip Leader. Registration req'd 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 activities.outdoors.org. Sign up for the SEM Short Notice E-Mail Trip List at www.amcsem.org.

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

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

IMPORTANT: No pets w/o prior permission of trip L. Under 18 yrs must be accompanied by parent or responsible adult, & obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 wk prior to trip so Ls can discuss prior hiking exp., conditioning, clothing, & equipment.

Thu., Feb. 2. Thursday Morning Hike Joe's Rock/Birchwald, Wrentham (C3C). 10 a.m. Joe's Rock, 121 Directions: 495 exit 15. Right then left at light. 4 m on right. Bring water, lunch to eat at leader's. Desserts, beverages provided. Traction devices if icy. Storm cancels. L Joanne Staniscia ((508) 528-6799 7-9 p.m., joannes1@localnet.com)

Sat., Feb. 4. Winter Hike Series #3 - Mt. Chocorua. Hike Mt. Chocorua via Liberty trail loop. 7.8 miles RT, 2600 ft. elev. Winter equipment required. L Leslie Carson ((508) 833-8237, lrc929@comcast.net), CL Maureen Kelly ((617) 943-4288, MoKel773@aol.com), R Maureen Kelly ((617) 943-4288, MoKel773@aol.com)

(FT) (NM) Mon., Feb. 6. Borderland "Full Moon" Hike. Come join us as we hike around the ponds and through the woods, as conditions permit, under the full moon. Enjoy the fall weather, the moon over the ponds, the quiet of the woods at night. Headlamp or flashlight, appropriate footwear and winter clothing required. Please register by 1/26. Space limited. (\$1.00 fee to cover cost of special use permit.). L Bob Vogel ((508) 238-7732, hike_with_bob_v@comcast.net)

(CE) Thu., Feb. 9. Thursday morning Rocky Woods Hike. Morning hike on the 6+ miles of trails in Rocky Woods, Medfield, MA. Varied terrain with some hills. Depending on snowfall, snowshoes may be required. 10:00 A.M. start. L Fred Wason ((508) 838-6049, fmwason@gmail.com)

Fri., Feb. 10-12. Mt Greylock Snow Camp. Overnight back pack on Mt. Greylock in western MA. Summit Greylock, camp in the snow. L Mike Woessner ((508) 577-4879, stridermw@hotmail.com), CL Jim Plouffe , CL Leslie Carson , R Mike Woessner (12 bradley Ln., Westford, MA, (508) 577-4879, Stridermw@hotmail.com)

(FT) (NM) Thu., Feb. 16. Thurs. Morn. Ponkapoag Hike/Snowshoe (B3C). Bring snack, water and suitable footwear. Meet at Ponkapoag Golf Course and skating rink parking lot 10:00 AM. Rte. 138 in Milton, near Fire Station. L Claire Braye ((508) 857-0320, cbraye57@comcast.net)

Sat., Feb. 18. Snowshoe Series #3. Moderate snowshoe trip for those not looking to 'climb a mountain.' Reg by 2/14 w/CL. L Bob Vogel ((508) 238-7732, hike_with_bob_v@comcast.net), CL Jodi Jensen (jodiajensen@gmail.com), R Ellen Correia (ellenrcorreia@gmail.com)

Thursdays

Feb. 23. Halfway Pond Conservation , Plymouth, B3C. Meet 10 am at Long Pond Pkg off Clark Rd for a pretty 6 m walk around ponds, bogs and forest. Directions on web or call L Ellie MacPherson 508-224-6465, elliemacp@comcast.net. L Ellie MacPherson ((508) 224-6465, elliemacp@comcast.net)

(FT) (NM) Thu., Mar. 1. Thurs. Morn. Hike Copicut Woods, Fall River (B3C). Meet at 10:00 a.m. Indian Town Rd. Parking lot. Required equipment: hiking boots, rain gear, water and snacks. Heavy rains will cancel. Snow or ice will require yaktrax or stabilicers. L Walt Granda ((508) 999-6038 Before 9 P.M., wlgranda@aol.com)

(AN) Fri., Mar. 2-4. Winter Hiking #4 Overnight. Conclude the SEM AMC winter hiking series with an overnight to Lonesome Lake Hut for one or two nights. Options for hikes will be to Cannon and/or the Kinsmans. \$50/pp per night includes dinner and breakfast. Full winter gear required. Must register and pay by Jan. 25th. L Leslie Carson ((508) 833-8237, ltc929@comcast.net), L Wayne Anderson , L Jim Plouffe , L Mike Woessner , CL Maureen Kelly ((617) 943-4288, MoKel773@aol.com), R Leslie Carson ((508) 833-8237 6-9 PM, ltc929@comcast.net)

Sat., Mar. 10. Snowshoe Series #4. Moderate snowshoe trip for those not looking to 'climb a mountain.' Reg by 3/6. L Bob Vogel ((508) 238-7732, hike_with_bob_v@comcast.net), CL Ellen Correia , R Jodi Jensen (jodiajensen@gmail.com)

(FT) (NM) Sat., Mar. 17. Intro. to AMC Hiking-Foxboro State Forest. Experience the fun, camaraderie, and great exercise of AMC hiking on the very enjoyable-but non-intimidating-Acorn and Warner Trails. L Walt Granda (wlgranda@aol.com), CL Paul Miller ((508) 369-4151 before 9:00 PM, paulallenmiller@verizon.net), R Paul Miller ((508) 369-4151 Before 9:00 PM, paulallenmiller@verizon.net)

Sun., Mar. 18. Blue Hills Fast & Hilly. Hike the North - South loop and Buck Hill of Skyline Trail at a fast pace for speed conditioning. L Maureen Kelly ((508) 224-9188 before 8pm, MoKel773@aol.com), R Maureen Kelly ((508) 224-9188 before 8pm, mokel773@aol.com)

Thursdays

Mar. 22. Myles Standish SF, Plymouth MA, B3C. Meet 10 AM parking lot #2 for a 5-6 mile loop, see web for directions. Bring water and snack, winter snow and ice devices as necessary, storm cancels. L: Ellie MacPherson 508-224-6465, cell 978-478-7106, elliemacp@comcast.net. L Ellie MacPherson ((508) 224-6465, elliemacp@comcast.net), R Ellie MacPherson (55 Manomet Beach Blvd, Plymouth, MA 02360, (508) 224-6465, elliemacp@comcast.net)

(SN) Sat., Mar. 24. Leadership Training for Trip Leaders March 24, 2012. Leadership Training will be held in Foxboro, MA. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. It is an all day course with a mix of classroom and outdoor role play exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to chapter members. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

(FT) (NM) Thu., Mar. 29. Thursday morning Blue Hills. Perambulate Buck Hill with side trip to summit. Views of Boston and Mass Bay. 5 miles on lesser-traveled trails. No difficult ups or downs. 10am start at Houghton's Pond parking lot. STABILicers if icy. Rain cancels. L Len Ulbricht (lenu44@gmail.com)

Thursdays

Apr. 12. Thursday Morning Hike, Moose Hill, Sharon, MA. Meet at 10 am at the Moose Hill Audubon Parking lot for a 6 mile hike over relatively flat terrain with some gentle climbing. Fee for parking is \$3 for Seniors , free for members and Sharon Residents. Bring hiking boots, water, lunch and rain jacket. Heavy rain cancels. From North, take I-95S, exit 10 (Coney Street). Turn left off exit and make first right onto Rte. 27N (Walpole). Take first left onto Moose Hill Street, and continue past TTOR's Moose Hill Farm to top of hill and turn left onto Moose Hill Parkway. Parking lot is on left. From South, take I-95N, Exit 8 (Main Street, Sharon). Turn right off exit and follow for one mile. Turn left onto Moose Hill Street. Follow to top of hill and turn right onto Moose Hill Parkway. Parking is on left. L Hans Luwald ((781) 828-0572 Before 9pm, hans.luwald@gmail.com), CL Debbie Lepore ((781) 828-0572 Before (pm))

Sun., Apr. 15. Blue Hills Fast & Hilly. Hike the North - South loop and Buck Hill of Skyline Trail at a fast pace for speed conditioning. L Maureen Kelly ((508) 224-9188 before 8pm, MoKel773@aol.com), R maureen kelly ((508) 224-9188 before 8pm, mokel773@aol.com)

(NM) Sun., Apr. 22. New Member Intro Hike - Noon Hill, Medfield. Easy 3-4 miles hike introducing new AMC members to Trustees property. Wooded trails, pond views, Charles River, peak lookout. L Len Ulbricht (lenu44@gmail.com)

Thu., Apr. 26. Cliff Walk, Newport RI. Meet 10am at foot of Narragansett Ave facing Cliff Walk. Park on street. 3.5 mi. each way. 2/3 paved, 1/3 rocky. Return by Bellevue Ave, stop for lunch at local restaurant. Sturdy walking shoes. Bring water, snack. Heavy rain cancels. L Barbara Hathaway ((508) 880-7266 before 9 pm, barb224@tmlp.net)

(SN) Sat., Apr. 28-29. Wilderness First Aid (WFA). WFA training (instruction by SOLO, see <http://www.soloschools.com/index.cfm?event=course.wfa>) is again offered this spring at AMC's Noble View camp (<http://www.outdoors.org/lodging/cabins-campgrounds/camps-noble.cfm>). Learn what to do in case of a hiking related accident deep in the woods when professional help is hours away. Optional CPR instruction also available. This is a popular program and fills up quickly. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

(NM) (SN) Sat., Apr. 28-29. SEM'S SPRING SOCIAL WEEKEND AT NOBLE VIEW CAMP. A cabin has been reserved for an SEM social weekend of hiking, biking and whatever. Register by April 7. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

Sat., Apr. 28. Blue Hills End-to-End. Come explore the Blue Hills featuring a variety of small hills with outstanding panoramas, ponds, wetlands and deep woods. L Leslie Carson ((508) 833-8237, ltc929@comcast.net), CL Paul Miller ((508) 369-4151, paulallenmiller@verizon.net), R Paul Miller (paulallenmiller@verizon.net)

Thursdays

May. 3. Thurs. Morn.Hike Wollomonpoag Conservation area. Wrentham. (B3C) 10:00am. L Ellen Correia, ellenrcorreia@gmail.com, C/L and R Muriel Guenthner, 508 699-7461 before 9:pm, murielguenthner@comcast.net. L Ellen Correia ((508) 954-4099 before 9:pm, ellenrcorreia@gmail.com), CL Muriel Guenthner ((508) 699-7461 before 9:pm,

murielguenthner@comcast.net), R Muriel Guenthner ((508) 699-7461 before 9:pm, murielguenthner@comcast.net)

Sat., May. 5. Mt. Kearsarge North Hike (B3B). Mount Kearsarge North (3,268') via the North Trail (elev. gain 2,600) 6.2 miles, register by 4/25. L Walt Granda ((508) 999-6038 Before 9:00 PM, wlgranda@aol.com), CL Jim Casey ((781) 351-6862, cmne@comcast.net), R Jim Casey ((781) 351-6862, cmne@comcast.net)

Sun., May. 13. Blue Hills Fast & Hilly. Hike the North - South loop and Buck Hill of Skyline Trail at a fast pace for speed conditioning. L Maureen Kelly ((508) 224-9188 before 8pm, MoKel773@aol.com), R Maureen Kelly ((508) 224-9188 before 8pm, mokel773@aol.com)

(C) (FT) (NM) Thu., May. 24. Thurs. Morn North Hill Marsh in Duxbury (C3C). North Hill Marsh in Duxbury. Wildflowers and blooming shrubs along woodland trails and around pond. L Sally Delisa ((781) 834-6851 before 9pm, delisasally@yahoo.com), R Sally Delisa ((781) 834-6851 before 9 pm, delisasally@yahoo.com)

Sat., May 26-28. Memorial Day Weekend Hut Trip. Carter Notch Hut - hike Carter Dome/Wildcats. Two nights, dinners and breakfasts included. Payment sent by 4/25 confirms spot. L Leslie Carson ((508) 833-8237, ltc929@comcast.net), CL Jim Plouffe ((508) 562-0051, jimplouffe@comcast.net), R Leslie Carson

(FT) (NM) Sat., Jun. 16. Intorduction to AMC Hiking - Long Pond-Ell Pond , Ashville,RI. Hike up to the cliff that overlooks Long Pond. L Susan Chiavaroli ((508) 252-4164, brillo6452@yahoo.com)

Sat., Jun. 30. Franconia Ridge Loop. One of the most spectacular hikes with beautiful views in the Whites! L Leslie Carson ((508) 833-8237, ltc929@comcast.net), CL Maureen Kelly ((617) 943-4288, MoKel773@aol.com), R Maureen Kelly

CAPE COD HIKES

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., Feb. 2. South Dennis Indian Lands and Chili Potluck. Shorter winter hike then chili potluck at Janet Kaiser's 508 432-3277. Meet 9:45 at South Dennis Town Offices pkg lot Old Main St. or go directly to potluck at 11:45. Bad weather cancels hike not the chili. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Thu., Feb. 9. Brewster, Nickerson State Park (C3B). Hike in Nickerson State Park. Meet at parking lot in front of park on Rte 6A at 9:45 am. 2 hrs. L Peter Selig ((508) 432-7656, pandmselig@hotmail.com)

Sun., Feb. 12. Barnstable, Sandy Neck (C3B). Walk beach/marsh loop to second crossover. Mostly soft sand. Rte 6, Ex 5, Rte 149N to 6A, L on 6A to R on Sandy Neck Rd in Sandwich to pkg lot at road end. Meet 12:45, 2 hrs. L Pat Sarantis ((508) 430-9965, patsarantis@gmail.com)

Thu., Feb. 16. Dennis Crowe to Crowe Loop (C3C). 2hr. hike. Paths, beach, quiet roads. Meet 9:45am. From Rt. 6, exit 9 onto Rt. 134N to Rt. 6A. R on 6A, L onto School St., then R onto South St. to lot on R past cemetery. L Maria Sylvester ((508) 385-4045, sylvester_maria@hotmail.com)

Thu., Feb. 23. West Yarmouth, Sandy Pond (C3C). Route 6, Exit 7S to left on Camp Street, then left on Buck Island Road. Left at Sandy Pond Recreation Area. Meet at 9:45am. 2 hours. L Janet Kaiser ((508) 432-3277, jtkaiser@comcast.net)

Thu., Mar. 1. Dennis-Crowe to Crowe Loop (C3C). 2 hrs. 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)

Thu., Mar. 8. Barnstable, Bridge Creek. Woods, bogs and marshlands. Rte.6 to Exit 5. North on 149 to grassy triangle by First Parish Church. Meet at 9:45am. 2 hrs. ?Weather: Call Leader. L Farley Lewis ((508) 775-9168 8AM-9PM, farlewis@comcast.net)

Saturdays

Mar. 10. Provincetown Race Point (B3B). Race Point Panoramic sand Jeep road/dune shacks/beach. 3.5hrs. MEET AT **10:45**a.m. at Race Point Beach upper parking lot. Bring lunch. L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Mar. 11. Barnstable, Crooked Cartway. Wooded hike in Barnstable Conservation Lands. Exit 5 off Rte. 6, 149 S. to Race Ln. Right on Race Ln. to Crooked Cartway on Right. Go to end. Meet at 12:45pm. 2 hrs. ? Weather, Call Leader. L Farley Lewis ((508) 775-9168 9AM-9PM, farlewis@comcast.net)

Thu., Mar. 15. Eastham, Nauset Marsh Perimeter (C3C). Walk vast/historic marsh. Rte 6 Eastham, R on Gov Prence Rd, R on Fort Hill Rd to 1st pk lot on left. Meet PROMPTLY 9:45 to carpool to Salt Pond Visitor Ctr. 2 hrs, bad weather? call leader. L Pat Sarantis ((508) 430-9965, patsarantis@gmail.com)

Sat., Mar. 17. Harwich, Herring River (B3C). Woods walk, river views, bogs and reservoir. Rte 6 Ex 10, Rte 124 S for 1.3 mi, R @ Main St. Go 2 mi, park @ Sand Pond on R. Meet 9:45 a.m. 3.5 hrs. Bring lunch. L Richard Kaiser ((508) 432-3277, rjkaiser@comcast.net)

Sun., Mar. 18. Dennis, Flax Pond Conservation (C3C). Wooded trails over rolling hills, lowlands, abandoned bogs, shallow ponds, golf course views, well-field area. Park on Setucket Rd at Flax Pond Conservation, just East of Yarmouth- Dennis Town Line. Meet 12:45 pm. 2 hrs. L Janet Kaiser ((508) 432-3277, rjkaiser@verizon.net)

Thu., Mar. 22. Barnstable- Under the tunnel and through the woods (C3C). 2 hrs. Newer trails with a unique feature. From route 149, W. on Race Lane, lot short distance on Left. Meet at 9:45AM. L Gary Miller ((508) 540-1857, Garymaxx@verizon.net)

Saturdays

Mar. 24. Provincetown: Whales and Trails (B3B). Meet at 9:45 am, Herring Cove Beach (far right of the right parking lot). Walk via bike trail/sand/salt marsh to Race Point Lighthouse. Four+ hours for lunch, whales. Bring binoculars! L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Thu., Mar. 29. 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. Meet at 9:45AM. L Gary Miller ((508) 540-1857, garymaxx@verizon.net)

Sat., Mar. 31. Truro-Ryder Beach (C3C). Saturday morning hike along beach, woods, views. Meet 9:45. From Rte 6 take L Prince Valley Rd just beyond Truro line. R at end then immed. L to pkg at end. Bad weather cancels. Doubt? Call L. Two hours. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Sun., Apr. 1. Dennis, Crowe's Pasture (C3C). Marsh, beach, quiet roads. Rte 6, Ex 9N to R on Rte 6A. L on School St, R on South St to lot on R past cemetery. Meet 12:45, 2 hrs. bad weather? call leader. L Pat Sarantis ((508) 430-9965, patsarantis@gmail.com)

Thu., Apr. 5. Harwich-Island Pond/Hacker Conservation Area. Hike on bike trail, wooded trails. Meet 9:45. From Rte 124 head W on Headwaters Rd just N of the Rts 6 and 124 exchange. Park 0.4 mi. at the bike trail lot on the L. Heavy rain cancels. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Thu., Apr. 12. Harwich-Hawks Nest. New Hike - Hawknest State Park - Off Exit 11, Rt.6, Park at end of Spruce Rd in Harwich for 2 hour hike. Meet 9:45AM. L Peter Selig ((508) 432-7656, pandmselig@hotmail.com)

Saturdays

Apr. 14. Provincetown: Whales Whales Whales (B3B). Walk beach to Race Point Lighthouse with binoculars. Meet 9:45am, Race Point Beach pkg.lot. 3hr walking. 1+ hours looking for whales & lunch! (4+hours RT). L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Apr. 15. Brewster-Nickerson State Park. Woods hike around the ponds of Nickerson. Meet 12:45 Fisherman's Landing. Stay on main Rd in park going 1.7 mi to pkg lot on L. Heavy rain cancels. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Thu., Apr. 19. Yarmouth-Three Ponds. Hike through woods to bogs and three ponds. Meet 9:45. Exit 8 from Rt 6 R at second light, L on West Yarmouth Rd. Park on side of road in about a mile. Heavy rain cancels. Two hours. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Saturdays

Apr. 21. Provincetown: Whales and Trails (B3B). Meet at 9:45pm at Herring Cove Beach (far right of the right parking lot). Walk via bike trail/sand/salt marsh to Race Point Lighthouse. Four+ hours for lunch, whales. Bring binoculars! L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Apr. 22. Harwich, Herring River (C3C). Herring River and Run, C bogs. Rte 6 to Ex 10, R to Rte 124S 2 mi to center. R on Main St/Great Western Rd for 2 mi to Sand Pond pk lot on R. Meet 12:45, 2 hrs. L Pat Sarantis ((508) 430-9965, patsarantis@gmail.com)

Thu., Apr. 26. Truro, Ryder Beach (C3C). Beach, woodland trails, hills, scenic bay views. Rte 6, L on Prince Valley Rd. to end. R on County Rd. L on Ryder Beach Rd. Park at End. Meet 9:45 a.m. 2 hrs. L Janet Kaiser ((508) 432-3277, jtkaiser@comcast.net)

Sat., Apr. 28. Yarmouth, Greenough Ponds (B3C). Walk through Yarmouth Botanical Gardens, Dennis & Greenough Ponds. Meet at 9:45, 3 1/2 hr. Exit 7 off Route 6 North and take immediate right turn on Summer St. Follow dirt road 1/2 mile to beach parking lot. Bring lunch. L Richard Kaiser ((508) 432-3277, rjkaiser@comcast.net)

Thu., May. 3. 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., May. 5. Provincetown: Herring Cove to Tip of Cape (B3B). Park in left corner of left pkg. lot at Herring Cove Beach in Provincetown. MEETING AT **10:45**am. Hike dunes/tidal flats to Long Point (tip of the Cape). 4hrs; Lunch. L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., May. 6. Falmouth, Long Pond (C3C). Rolling woods, scenic freshwater pond. Rt 28 S to Brick Kiln, east to Gifford. Take R, 1.5 mi, R into Goodwill Park. Pass gate and park. Meet 12:45 pm. 2 hrs. L Julie Early ((508) 776-4432 Evenings, jearly@capecod.net), CL Pat Sarantis (patsarantis@gmail.com)

Thu., May. 10. Brewster-Nickerson State Park. "Hike and picnic . Meet at 9:45am, Flax Pond Beach pkg lot. Take Main Road in park to L on Flax Pond Road to the beach pkg lot on the R. Bring a small lunch/something to share.". L Peter Selig ((508) 432-7656, pandmselig@hotmail.com)

BIKE RIDES

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		
Mis	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

WANTED: Ride Leaders and Co-Leaders. Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm and routes w/ your fellow AMC members? Contact Bike Chair Joe Tavilla (508-428-6887, SilverSki@Earthlink.net) for more info.

AMC SEM 2,000 Mile Club. AMC SEM is in the third year of our unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair or vice chair to reg. your mi and for more info. L Joe Tavilla (508-428-6887 7-7, bikingchair@amcsem.org), L Victor Oliver (508-888-8435 7-7, bikingvicechair@amcsem.org)

Tues. Rides. Turn Those Tires on Tues. Rides scheduled all year long, weather permitting. 25 mi of road or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location and directions. Intermed. pace. Riders and bicycles in top shape; tires and riders pumped and ready to roll; helmets and water req'd. L Paul Currier (508-833-2690 8 am-7 pm, pbencurrier@hotmail.com)

Volunteer Opportunities. Bicycling Chair. The SEM Chapter is looking for a dedicated person to run our Bicycling committee. This position includes running planning meetings, attending monthly Executive Board Meetings and other various Chair responsibilities. Please see the link below. L Jim Plouffe ((508) 586-1394, Chair@amcsem.org)

Tuesdays

Feb. 7. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(NM) Tue., Feb. 7. Sunset/Full Snow Moon Ride. Ride Sagamore Highlands/Beaches and the canal for Buzzards Bay sunset and Plymouth Bay moonrise; 22 miles; casual, intermediate pace. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

Feb. 14. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

Feb. 21. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

Feb. 28. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

Mar. 6. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours road cycling (occasional mountain) on Tuesdays; views of lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Thu., Mar. 8. Sunset/Full Worm Moon Ride. Ride along the canal/Gray Gables and Mashnee Island for Buzzards Bay sunset and Plymouth Bay moonrise. Flat- 22 miles. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

CHAPTER YOUTH PROGRAM (CYP)

Share Skills With Youth - Spring training scheduled soon to become a Volunteer Leader with the Chapter Youth Program of the Southeastern MA Chapter. Our group works with facilities to plan and lead children in outdoor activities. If you're interested in the gratifying experience of getting kids out on the trails and discovering nature, please contact the SEM CYP Coordinator for workshop details. cypcoordinator@amcsem.org

WANTED: Chapter Youth Program (CYP) Leader. Share your outdoor skills with local groups of kids. Additional training and screening required. L Sally Delisa (picipocit@verizon.net)

Watch our chapter website and the short notice list for notices for CYP events! (www.amcsem.org)

PADDLES

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 MA").

Wed., Apr. 4. Centerville River. Hayward st. Put-in. See web for Directions. 10:30am. Wet/Dry suit req. L Bill Fischer ((508) 420-4137 to 9 pm, wambarbarafischer@comcast.net), CL Vickie Blair/Smith

Sat., Apr. 7. Walker Pond. 10:30 am PFD wet/dry suit req. spray skirt. see web for directions. L Bill Fischer ((508) 420-4137 before 9pm, wambarbarafischer@comcast.net), CL Vickie Blair/Smith

Wed., Apr. 11. Waquoit Bay. Put-in: Whites Landing, E. Falmouth on Rt 28 from Falmouth turn onto Whites Landing Rd at Edwards Boat Yard. Will circumnavigate Waquoit Bay. Level 2 skill rating. Max distance 10 miles. PFD, Spray Skirt, & Cold Water attire required. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Sat., Apr. 14. Lewis Bay. Lewis Bay, Uncle Roberts Cove, lunch on Egg Island, and maybe a foray into Hyannis Inner Harbor. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Wednesdays

Apr. 18. Swan Pond/River to Nantucket Sound. Take Clipper Lane off Upper Country Road, follow to parking on left. PFD, wet/dry suit required. L Betty Hinkley ((508) 241-4782, bhinkley@mindspring.com)

Sat., Apr. 21. Leader's choice. Sandwich Old Harbor or western end of Barnstable Harbor. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Sat., Apr. 28. Indian Lakes. Middle Pond and Mystic Lake - 7 miles. Preregistration for directions to put in. Wet suit/spray skirt required. L Louise Foster ((508) 420-7245 Anytime, janelouise@comcast.net)

Wed., May. 2. Sippican Harbor to Bird Is.. Put in is at Island Wharf Rd., Marion. Will paddle out to Bird Is. and area of Sippican Hbr. Level 3, Sea Kayaks only, PFD, Spray Skirts, and cold water attire required. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Saturdays

May. 12. Long Pond, Brewster. DESCRIPTION: Long Pond, Brewster. Circle the pond; eat lunch on a sandy beach. PUT-IN DIRECTIONS: Exit 10 off Rt 6 N on Rt 124. Just after crossing the Brewster Town line R on Crowell's Bog Road LIMITATIONS: Life vest required. L Betty Hinkley ((508) 241-4782, bhinkley@mindspring.com)

Wed., May. 16. Weweantic River. Paddle down River to Great Hill Point and Sippican Neck. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., May. 19. Leader's choice. Barnstable Harbor or Sandwich Old Harbor. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Wed., May. 23. Duxbury Bay. Duxbury Bay, Put-in W end of Powder Pt. Bridge, Level 3, PFD & Spray Skirt Req., L George Wey (781-789-8005, geowey@comcast.net). L George Wey ((781) 789-8005 anytime, Geowey@comcast.net)

Sat., May. 26. Fiddler's Cove to Old Silver Beach. Fiddler's Cove to Old Silver Beach and Wild Harbor. Sea Kayaks only. Please call for put-in directions. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Wed., May. 30. West Island. Scoticut Neck to and around West Island West Island. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Jun. 2. Shoestring Bay. Several options depending on conditions. Preregistration for put in info. Spray skirts and perhaps wet suits required. L Louise Foster ((508) 420-7245 Anytime, janelouise@comcast.net)

Wed., Jun. 6. Jones River at Kingston Bay. Put-in is the boat ramp at the entrance to Jones River. Call for directions. The Harbor Master tells me the dam has been taken out opening a whole new area to paddling. Level 2, PFD required. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Sat., Jun. 9. W. Falmouth to Sippewisset Inlet. Put-in is the boat ramp (41° 36.232 - 70° 38.302) in W. Falmouth. Call for directions. Paddle will be south to the Sippewisset Inlets. ~12 miles, Level 3, Sea Kayaks only. PFD and Spray Skirts required. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Wed., Jun. 13. Westport River East Branch. Paddle down the river to islands in Westport Harbor. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Jun. 16. Cotuit Bay. S on Rt. 149. R on Rt. 28 to L on Putnam. (at lights). Straight on Old Shore to town landing PDF, spray skirt req. L Bill Fischer ((508) 420-4137 before 9pm, wmbabarbarafischer@comcast.net), CL E. Pratt

Wed., Jun. 27. Slocum River/ Little River. Eleven mile paddle down Slocum River and up Little River. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Jun. 30. Boston Harbor Inner Islands. Circumnavigate several Harbor Islands. Put-In. Hull Gut. Hull, Ma. Level 3 Paddle. PFD, Spray Skirts Req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey ((781) 789-8005 anytime, geowey@comcast.net)

Wed., Jul. 4. Swan River/Pond, Dennis, MA. R6 exit 9 for W Harwich/Dennisport, R134 S to 2nd set lights L Upper County Rd past Hart Farm, L Clipper Lane to put-in on Swan Pond. Limitations: Life Vest required, Spray Skirt may be required if windy. L Jean Orser

((508) 362-0451 before 6 pm, jeanorser@aol.com), CL Paul Corriveau ((508) 362-0451 before 6 pm, paulcorri@gmail.com)

Sat., Jul. 7. Jackknife Cove and Pleasant Bay. We'll paddle out to the Cut and see what changes winter hath wrought. Return around Strong Island. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Wed., Jul. 11. Boston Harbor Outer Islands. Circumnavigate several Outer Harbor Islands. Put-in, Hull Gut. Hull, Ma. Level 3 Paddle. PFD, Spray Skirts Req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey ((781) 789-8005 anytime, geowey@comcast.net)

Sat., Jul. 14. Follins Pond/Mill Pond, Dennis, MA. Route 6 exit to route 134 north, Left Setucket road, Left Mayfair road, Left Follins Pond road to town landing at the end. Limitations: life vest required, spray skirt may be required if windy. L Jean Orser ((508) 362-0451 before 6 pm, jeanorser@aol.com), CL Paul Corriveau ((362) 508-0451 before 6 pm, paulcorri@gmail.com)

Wed., Jul. 25. Mattapoisett to Haskell or West Islands. Put-in is Ned's Point, Mattapoisett. Call for directions. Depending on wind/sea conditions we will lunch at either Haskell Is. to the north or West Is. to the south. PFD and Spray skirts required. Sea Kayaks only. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Sat., Jul. 28. Bass River South, Dennis. Route 6 exit 9, Route 134 South, Right Upper County road, Left Main st, Right Cove road to town landing at end. Limitations: Life Vest required, Spray Skirt may be required if windy. L Paul Corriveau ((508) 362-0451 before 6 pm, paulcorri@gmail.com), CL Jean Orser ((508) 362-0451 before 6 pm, jeanorser@aol.com)

Wed., Aug. 1. Assonet River to Battleship Cove. Put-in is Hathaway Park (41° 47.621 - 71° 4.376), Assonet. We will paddle out to and down the Taunton River to Battleship Cove. Total distance ~15 miles. Sea Kayaks only, PFD and spray skirts required. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net), CL Haven Roosevelt ((508) 636-0006 anytime, havenesq@comcast.net)

Sat., Aug. 4. Monk's Cove to Bassetts Is.. Put-in is Monks Cove, Pocasset. We will paddle out and around Wings Neck then over to Basset's Island for lunch. Sea Kayaks, PFD and spray skirt required. Total distance under 12 miles. Call for directions to put-in. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Sat., Aug. 11. Lewis Bay. Lewis Bay, Uncle Robert's Cove, lunch on Egg Island, perhaps a foray into Hyannis Inner Harbor. L Ed Foster ((508) 420-7245, erfoster@comcast.net), CL Bill Fischer ((508) 420-4137)

Wed., Aug. 15. Weir River, Hingham Bay Islands. Put-In at Beach Pkg. Lot off Rt. 3A, just before Hingham Harbor Rotary. Level 3 Paddle. PFD, Spray Skirts Req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey ((781) 789-8005 anytime, geowey@comcast.net)

Sat., Aug. 18. Nauset Marsh, Eastham. 9mi.+paddle.put-in, 1.5mi.N of Rt. 6 Eastham Rotary R on Hemenway. PFD, Spray Skirts Req. Level 3 L George Wey (781-789 -8005, geowey@comcast.net) CL Bill Fischer. L George Wey ((781) 789-8005 anytime, Geowey@comcast.net), CL Bill Fischer ((508) 420-4137, wmbbararafischer@comcast.net)

Wed., Aug. 29. Clay's Creek and Barnstable Harbor. We'll pick our way through Clay's Creek and eventually emerge into Barnstable Harbor. Maybe get into Hallett's Mill Pond. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Wed., Sep. 5. Shoestring Bay. Several options depending on conditions. Preregistration for put in info. Spray skirts required. L Louise Foster ((508) 420-7245 Anytime, janelouise@comcast.net)

Saturdays

Sep. 8. Mashpee-Wakeby Ponds. Mashpee-Wakeby Ponds. Leisurely trip following shoreline, lunch on sandy beach. PUT-IN DIRECTIONS: From Rt. 28 take Rt. 130N 2 mi to R at "State Landing" sign. LEVEL: 2 LIMITATIONS: Life vest required. L Nancy Wigley ((508) 548-2362, nrwigley@verizon.net)

Sat., Sep. 15. Leader's choice. Sandwich Old Harbor or Barnstable Harbor, or maybe Hall's Creek depending on wind direction. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Saturdays

Sep. 22. Indian Lakes, Marstons Mills. PUT-IN DIRECTIONS: Rt. 6, Exit 5S on Rt 149 for 2.9 miles. Right onto Mystic Drive (at Indian Lakes sign); 0.7 miles to lane on right "Town Way to Water" Life vest required. L Nancy Wigley ((508) 548-2362, nrwigley@verizon.net)

Saturdays

Sep. 29. Meetinghouse Pond, Little Pleasant Bay, Orleans. DESCRIPTION: Meetinghouse Pond, Little Pleasant Bay, Orleans. PUT-IN DIRECTIONS: From Rt 28 E on Main St to R on Barley Neck Rd, R at next fork (Barley Neck Rd) to town landing on R. Life vest & spray skirt required. L Betty Hinkley ((508) 241-4782 any time, bhinkley@mindspring.com)

Wed., Oct. 3. North River, Marshfield-Hanover. Put-In, Marshfield side of Union St. Bridge. Spot cars in Hanover. Level 2/3. PFD Req. Spray Skirts may be Req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey ((781) 789-8005 anytime, geowey@comcast.net)

Saturdays

Oct. 6. Walker, Upper Mill, and Lower Mill Ponds, Brewster. Route 6 Exit 10N (124); L Long Pond; L Rte 6A; L Stony Brook; L Run Hill to end. Life vests required. Spray skirt if windy. L Betty Hinkley ((508) 241-4782, bhinkley@mindspring.com)

Sat., Oct. 13. Chase Garden Creek, Yarmouth Port. Route 6 exit 8 to Union St North, Left route 6A & quick Right Center St to Greys Beach at end. Limitations: Life Jacket required, Spray Skirt may be required if windy. L Paul Corriveau ((508) 362-0451 before 6 pm, paulcorri@gmail.com), CL Jean Orser ((508) 362-0451 before 6 pm, jeanorser@aol.com)

Wed., Oct. 17. Leader's choice. Hall's Creek, Sandwich Old Harbor, or Barnstable Harbor depending on weather conditions. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Sat., Oct. 27. Herring River, Harwich. Route 6 exit 10, route 124 south, route 39 south, route 28 north Left at town landing just before Herring River bridge. Limitations: Life Vest required, Spray Skirt may be required if windy. L Jean Orser ((508) 362-0451 before 6 pm, jeanorser@aol.com), CL Paul Corriveau ((508) 362-0451 before 6 pm, paulcorri@gmail.com)

Wed., Oct. 31. Centerville River. Hayward St. put-in. See web for directions. 10:30 am
PFD Wet/Dry suit required. L Bill Fischer ((508) 420-4137 before 9pm,
wmbarbarafischer@comcast.net), CL Vickie Blair/Smith

TRAILS & TRAILWORK

Watch our chapter website and the short notice list for notices for trails events! (www.amcsem.org)

FAMILY EVENTS

Watch our chapter website and the short notice list for notices for family events! (www.amcsem.org)

SOCIAL COMMITTEE

Watch our chapter website and the short notice list for notices for social events! (www.amcsem.org)

This is the new AMC SEM “monthly” e-Breeze. No more paper Breezes! We’ll save \$7,000/year by not printing and mailing paper Breezes—and that money can be applied to more efficient and modern chapter communications as well as chapter activities.

 **Think green**

If you print your e-Breeze, please recycle it when done



The Southeast Breeze

Monthly e-newsletter of the Appalachian Mountain Club
Southeastern Massachusetts Chapter
March, 2012

View from the Chair

By Jim Plouffe, Chapter Chair



Welcome to the third issue of our new electronic monthly e-Breeze! For anyone still not receiving their monthly e-Breeze by email, please call Donna of AMC Member Services, at 800-372-1758 (9-5, M – F), to sign up.

If you've been to our chapter website lately, you noticed that I created new **SEM TASK FORCES**. Recently, I have asked our SEM Executive Board Members, to sign up for one of the new Task Forces I have created. The reasoning is two-fold. First, I believe that this chapter can get even better than it already is, but that we need to have focus and examine what is needed in more depth. Second, I felt that it would be a good idea to

open up our Executive Board to the general membership and allow for easy input from members into our day-to-day operations. Therefore, I am asking each of you, our devoted chapter members, to join us on one of these Task Forces so that we can develop a better chapter for us all. Please peruse each of the task forces and their short description -- and if one or more of them peaks your interest, contact the Executive Board members listed (Click on "Officers" on our website, amcsem.org). I am asking each group to supply an update to the Executive Board during our next official board meeting on March 14th. Chapter members are welcome to attend this meeting as well, if you RSVP to me at chair@amcsem.org. For more information on my new task forces, go to our chapter website at amcsem.org and click on the task force link in the middle of the page. Look for the bright red **NEW**.

Look what we have for upcoming chapter events:

- SEM Leadership Training, March 24 (Foxboro)
 - SEM New Member Pot Luck & Open House, March 31, 5:30-9:00pm (Bourne)
 - SEM Wilderness First Aid, April 28 & 29 (Noble View Camp)
 - SEM Spring Social Weekend, April 28 & 29 (Noble View Camp)
- (See our website www.amcsem.org for all the details. Click on the **upcoming events** tab.)

Our leaders have some great trips planned for you this winter—See the [activity listings](#) at the end of this newsletter.

AND, AS ALWAYS – GET OUTSIDE!

CONTACT THE SEM CHAPTER CHAIR: chair@amcsem.org

SEM CHAPTER WEBSITE: www.amcsem.org

The Breeze is now totally electronic! It's now the **e-Breeze**!

To receive the e-Breeze by e-mail:

SEM web site: www.amcsem.org (Member Center, lower right)

AMC web site: www.outdoors.org (Member Center, upper right)

By phone: 800-372-1758 Monday-Friday from 9-5:00 Eastern Time

By mail: AMC Main Office, 5 Joy Street, Boston, MA 02108

NOTICES

Regular Meetings:

SEM Executive Board

March 14, 6:30pm

(contact chair@amcsem.org for more info)

Hike Planning Meetings 2012 (6:30pm 1st Wed. quarterly)

(Dec 7, Mar 7, Jun 6, Sep 5)

(contact hikingchair@amcsem.org for more info)

Where to find activities (hikes, bikes, paddles, etc.)

1. The mothly e-Breeze - arrives by email
2. AMC Outdoors - arrives by snailmail
3. Online trip listings (activities.outdoors.org)
4. Sign up for *short notice* trip listings at www.amcsem.org

Pix and Article Submissions

We encourage SEM members to submit articles and photos for both The Breeze and our website. Materials for publication will be edited for content and to fit available space. Please send to communicationschair@amcsem.org.

Next Month's Breeze Deadlines: 7th trips; 15th articles/pix

SEM Non-members

Not an SEM chapter member? Want the Breeze? Contact the Member Center and set your preferences. Or get a copy at our website at www.amcsem.org.

Volunteers needed!

Curious about the inner workings of your chapter? Volunteer for the Executive Board! Have technical skills? Volunteer for our website! Have writing/editing skills? Volunteer for the *Breeze*! Like kids? Volunteer for CYP! Want to get out more? Volunteer to lead a hike, bike, or paddle! We have lots of volunteer positions open! Please contact chair@amcsem.org if you'd like to get more involved with the chapter.

Find us on Facebook * Follow us on Twitter
CHAPTER WEBSITE: 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. Preview the waiver at: amcsem.org, Forms.

The Southeast Breeze, the e-newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published 12 times a year. **Editor:** Cheryl Lathrop, **Asst. Editor:** Ann McSweeney, **Proofreader:** Kate Patroia. **Change of Address** to AMC, 5 Joy St., Boston, MA 02108, 800.372.1758, or www.outdoors.org/membercenter

2012 Executive Board & Committee Chairs

Chapter Chair	chair@amcsem.org Jim Plouffe, 508-562-0051
Vice Chapter Chair	vicechair@amcsem.org Luther Wallis, 508-923-1935
Treasurer	treasurer@amcsem.org Patty Rottmeier
Secretary	secretary@amcsem.org Karen Singleton, 508-730-7701
Past Chapter Chair	pastchapterchair@amcsem.org Wayne Anderson

Biking	bikingchair@amcsem.org Open
Biking (Vice)	bikingvicechair@amcsem.org Open
Canoe/Kayak	paddlingchair@amcsem.org George Wey, 781-789-8005
Canoe/Kayak (Vice)	paddlingvicechair@amcsem.org Betty Hinkley, 508-241-4782
Cape Hiking	capehikingchair@amcsem.org Pat Sarantis, 508-430-9965
Cape Hiking (Vice)	capehikingvicechair@amcsem.org Farley Lewis, 508-775-9168
Communications	communicationschair@amcsem.org Cheryl Lathrop, 508-668-4698
Comms. (Vice)	communicationsvicechair@amcsem.org Open
Conservation	conservationchair@amcsem.org Maureen Kelly, 508-224-9188
Conservation (Vice)	conservationvicechair@amcsem.org Open
CYP Chair	cypcoordinator@amcsem.org Sally Delisa, 781-834-6851
Education	educationchair@amcsem.org Len Ulbricht, 508-359-2250
Education (Vice)	educationvicechair@amcsem.org Open
Hiking	hikingchair@amcsem.org Walt Granda, 508-971-6444
Hiking (Vice)	hikingvicechair@amcsem.org Open
Membership	membershipchair@amcsem.org Jim Casey, 781-924-5228
Membership (Vice)	membershipvicechair@amcsem.org Vickie Beaulieu,
Skiing	xskichair@amcsem.org Barbara Hathaway, 508-880-7266
Skiing (Vice)	xskivicechair@amcsem.org Farley Lewis, 508-775-9168
Trails	trailschair@amcsem.org Lou Sikorsky, 508-678-3984
Trails (Vice)	trailsvicechair@amcsem.org Open

AD HOC COMMITTEES:

Social Chair Jodi Jensen, 781-762-4483
Family Events Chair Chris Pellegrini, 508-244-9203

STAFF:

Social Networking Susan Salmon (moderator)
Webmaster webmaster@amcsem.org
Breeze Editor communicationschair@amcsem.org

The chapter includes ~3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.



MEMBERSHIP OPEN HOUSE

for
New, Prospective, and Armchair Members
Pot Luck dinner
Saturday March 31, 2012

- Introduce new members and those considering joining AMC to SEM's outdoor activities and special events. Find out how to get started. Armchair members who would like to resume participation in activities are welcome.
- Socialize with members and volunteer leaders. You may meet a familiar face on your first trip.
- Get your feedback – what works, what doesn't. What are your interests and ideas?
- Invite a friend or neighbor to learn about AMC and our SEM chapter.
- Bring a pot luck dish to share.
- Centrally located for on-Cape and off-Cape residents. Plenty of parking.

The Bourne Community Center
239 Main Street, Buzzards Bay, MA 02532
Plan on arriving between 5:30-6:00 pm with your dish to share.
Registration required, space is limited.

Please register with Jim Casey at membershipchair@amcsem.org or 781-924-5228.

A kudo from one of our members!

"I just received my first e-breeze and just had to thank you and your staff for putting together a great newsletter. The e-breeze now gives me the ability to save it on any number of my media devices for reading at a later time and place. It also gives me the added benefit of having all the listed trips and activities at hand on my PDA, phone, or mobile tablet. Thanks. "

**Put your e-Breeze on all of your electronic devices
and take it with you wherever you go!**



TRAINING OFFERED! (AND A LITTLE FUN)

LEADERSHIP TRAINING for TRIP LEADERS

MARCH 24, FOXBORO, MA

Leadership Training will be held on March 24, 2012 in Foxboro, MA. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. It is an all day course with a mix of classroom and outdoor role play exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to chapter members. Register by March 17 with Len Ulbricht at educationchair@amcsem.org



WILDERNESS FIRST AID (WFA)

AMC NOBLE VIEW CAMP, RUSSELL, MA

APRIL 28 & 29



WFA training (instruction by SOLO, see <http://www.soloschools.com/index.cfm?event=course.wfa>) is again offered this spring at Noble View camp (<http://www.outdoors.org/lodging/cabins-campgrounds/camps-noble.cfm>). This training is required for SEM's level 2-5 hikers with re-certification every two years. Optional CPR instruction also offered. Scholarships are available for committed SEM leaders and leaders-to-be to defray training costs. This is a popular program and fills up quickly. Register with Len Ulbricht at educationchair@amcsem.org. Registration cutoff April 7. SEMers given preference if registered by January 31.



SEM'S SPRING SOCIAL WEEKEND

APRIL 28 & 29, AMC NOBLE VIEW CAMP,
RUSSELL, MA

Hiking, biking, and whatever! Join us for a fun weekend to kick off the 2012 warm weather season of outdoor recreation. Register with Len Ulbricht at educationchair@amcsem.org by April 7. See www.outdoors.org/lodging/cabins-campgrounds/camps-noble.cfm. (This event is concurrent with, but independent of, WFA training.)





CONSERVATION CORNER

*Bringing it home – simple things YOU and I can
do to better our homes, our communities,
and the Earth*

by Maureen Kelly, Conservation Chair

Composting

Fabulous, soil-improving, water-retaining, natural fertilizer for lawns and gardens
Less trash to haul to the dump or put out -- Less trash for your town to pay to get rid of
Plants sprout right from your compost pile that you can transplant to your garden: tomatoes, potatoes,
squashes, peppers, avocado and grapefruit trees have all sprouted in my compost pile

Composting is the process in which organic materials such as grass clippings, leaves and vegetable trimmings decompose over time to a rich, nutrient-full, water-absorbing material called humus. This humus can be spread on lawns, in flower and vegetable gardens, mixed with soil in planting boxes, or used as a mulch. The materials can be put into a “compost bin” or they can be left in a pile to decompose. The pile can be turned on a regular basis to make the compost faster or it can be left alone and produce the compost more slowly, without any human work. Materials that can be added to the compost pile include grass clippings, leaves, garden waste, vegetable trimmings, animal manures, seaweeds, nut shells, used coffee grounds and filters, tea bags, egg shells, shredded newspaper and fireplace ashes. Materials that shouldn’t be added to your compost pile include meat and bones, fats and oils, dairy products, pet manure, lawn clippings that have been treated with pesticides or herbicides.

The workers that produce humus from this organic matter are bacteria, fungi, molds, worms and insects. They are decomposers who feed on dead organic material, breaking it down and releasing nutrients in a form that plants can use to grow. These workers require oxygen and water to do their job which is why turning the pile hastens the production of the finished compost; turning exposes more of the surface area to oxygen and water allowing a greater number of decomposers to do the job. If we didn’t have these decomposers in our environment to constantly recycle dead material, the dead material would soon pile up and overtake all other life on Earth. Composting is a way to put these organisms to work for us individually in our own yards making soil-improving humus to keep our yards more beautiful and our gardens more productive using fewer chemicals and less energy, including our own human energy. For more information, check out these websites: <http://www.epa.gov/osw/conserve/rrr/composting/basic.htm> <http://www.mass.gov/dep/recycle/reduce/compos01.htm>. For questions or comments, conservationchair@amcsem.org

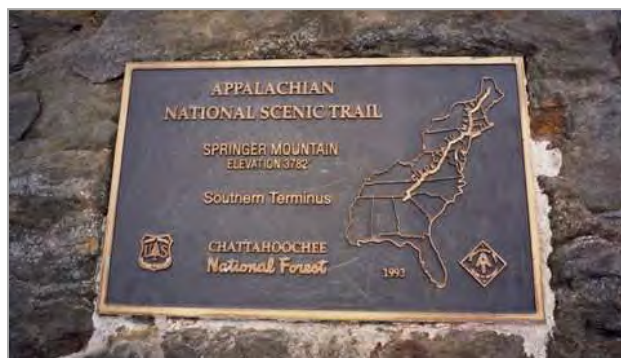


Take a Long Hike

Ray Anderson 

Time to Lighten Up

Hello fellow hikers. Time to lighten up. Many of you are struggling to get in shape for a spring hike, and doing this through the temptations and stress of the post-holiday season doesn't make it easy. If you want to laugh, read *A Walk in the Woods* by Bill Bryson. Whenever people learn that I'm a hiker, invariably they ask, with a grin, "Have you read that book with the bear on the cover?"



Bill Bryson is a popular writer who lives near the Appalachian Trail in New Hampshire. After learning about the A.T., he decides one day to attempt a thru-hike. He contacts his old buddy Katz, and right away you get the feeling that there is more enthusiasm than common sense, more winging it than careful planning. This is not a novel; it's Bryson's account of their intended hike from Georgia to Maine.

The hilarity begins when the overweight and bumptious Katz shows up at the trailhead in Georgia with donuts and the backpack from Hell. What ensues is a telling of their adventures and mis-adventures as they hoof it north. All kinds of crazy things happen, but this is not slapstick comedy. They try to make a go of it and, in their individual ways, come to terms with the wilds.

For reasons you will read about, they decide to occasionally hitch rides rather than walk. But they do (if memory serves) accomplish about 750 miles of actual hiking. If you want to relax and feel happy, pick up this book. Bryson is a marvelous writer with the perfect tone to give you an entirely new perspective about walking in the woods.

Visit Ray's hiking blog: www.TakeaLongHike.com



Squirrely Engineers

By Susan Salmon

The squirrels in my back yard must have PhDs in engineering because no matter what tactics I try to keep them away from my bird feeders, they always figure a way around them. I might slow them down, but not for long. I even tried giving them their own food to eat but that didn't keep them away

from the birdseed. They liked having options

Each feeder in my yard is designed a little differently. I bought the first one years ago when the weight sensitive design was just coming out. I finally had 'em! The feeder is a square box with the roof slanting down towards the feeding tray. The tray is weight sensitive and closes when anything larger than a cardinal is on it. This worked for quite a long time but the squirrels eventually figured out they can hang from the roof and reach down to grab a few seeds. The red squirrels, no heavier than cardinals, never bothered with the feeders until this season, now park themselves on the feeding tray and eat to their little hearts' content. This feeder hangs from a pole. I tried greasing the pole with thick, gooey boating grease. One squirrel jumped up on the pole and just as quickly jumped off, shaking his paws trying to get the grease off.

It was great entertainment for about two weeks. By then, the greasy pole was covered with a layer of dirt, leaf, and grass bits and became a lot less sticky to climb up. I re-greased the pole a couple of times but by then the little buggers had gotten used to the goo and ran up the pole anyway.



I've given up putting seed in this one.



The next feeder I got is one of those Droll Yankee feeders; you know, the ones that are supposed to be the best squirrel resistant feeders. Yes, I swallowed the advertising hook, line, and sinker. The one I have has a long, smooth tube with four perches at the bottom that give way if anything heavier than a cardinal tries to sit or lean on them. It hangs from a tree off of a plant hanger. The tube is too long for the squirrels to hang from the top and they would fall whenever they tried to reach over from the tree. After a while, one of the squirrels figured out that the perches only fall

away so far and they can be leaned on long enough to stuff some seeds in their mouths. Foiled again! My next line of defense was to extend the hanger out beyond the squirrels' reach. This had them stumped for a while but the other morning, much to my consternation, there was a fat gray squirrel hanging from the perches by all four legs enjoying breakfast! I don't know how it got there so I'm still plotting my next strategy.

Last month, I bought another feeder that is supposed to be even better than the Droll Yankee feeders (and lot less expensive, too). I tried to resist the box's advertising siren song and analyze the design of the feeder to see if I could spot any weaknesses. I tried to think like a squirrel engineer and examined

all the angles. It looked pretty good and even the sales person gave it her blessing. I was sure I had the secret weapon now! This one is also a long tube with openings at the bottom. There are perches at each opening but a two piece ring snaps together over all the perches creating one circular perch around the bottom of the tube. It, too, uses the weight deterrent method to keep the squirrels away. If they lean one little paw anywhere on the



Notice intact perch ring.



*Missing ring & pegs.
Those dirty dogs!*

ring, it shifts down, closing all the openings with

little metal doors. It also hangs from a plant hanger off the side of a tree.

Every morning I watched those pesky poachers get frustrated; I finally had them!

Until . . .

One morning last week, I was looking out the kitchen window and noticed a gray squirrel leisurely eating from the secret weapon. How could it be leaning on the perch and not close the openings? Did the spring loaded mechanism get gummed up? Did squirrel figure out how lightly to lean on the perch ring without tripping the trap? How did he do it? Even though it would mean I'd be late for work, I had to go out there to find out what was going on. I did my usual stomping across the deck and yelling like a crazy woman to scare them off (my neighbors have long since gotten used to my battle cry) and went to investigate. Well, that little bugger somehow managed to dismantle the ring and remove several of the perch pegs so then it could just reach over, hold on to the rim of the opening and stuff it's little face. Foiled by the engineer again! I found most of the pegs and both pieces of the ring in the leaf litter and put the perch back together again. It didn't take them long to take it apart again. So, I put the feeding ring back together once more then extended the hanger far enough away from the tree so that the resourceful rodents can't reach it. I'll be watching and waiting and keeping my field notes. With triumph and delight, I will share my findings when I finally find the right combination of feeder design and set up that truly is squirrel proof. Tactics under consideration include a super powered squirt gun that shoots water 50 feet or an electric zapping system that is set off by a push of a button from the inside the house.



HIKING NEWS



**February in the Blue Hills in our snowless winter of 2012.
The group tries (unsuccessfully) to do a little trail work!**



RED LINE the **BLUE HILLS**

UPDATE

And – we have another “redliner”!
Alan Greenstein
2/28/12

Read on for how he finished...

Keogh & Greenstein Hiked Blue Hills Weekly All Winter

Joe Keogh and Alan Greenstein hiked on 14 occasions after the close of the 2011 Red Line the Blue Hills season in pursuit of Joe's Green Line and Alan's Red Line completion. Alan ended the quest on February 28 at the 5241 trail intersection in the Ponkapoag Pond area. Alan said "It was a beautiful day and I felt terrific. Joe's skilled navigating and the lack of snow made this possible. We never would have found the minor trails, if there had been snow cover these last few months." Alan began his quest in July, 2010 and participated for the entire 2011 season. When you add the 14 hikes after the end of RLBH 2011, the completion took a little more than 2 years. Alan added that "some of our post-season hikes were as long as five hours in duration and 9 miles in length. We expect to announce Joe's Green Line completion in the next Breeze." (NOTE: Alan, like other “redliners,” has walked on every inch of every trail in the Blue Hills!)

VISIT RLBH WEBSITE: amcsem.org/RLBHWS/index.htm



WHY VOLUNTEER FOR THE AMC?

Gain work experience!

Got a little free time to help us grow? Are you a people person who likes to help others? Are you concerned about environmental issues? Do you enjoy outdoor activities? Do you have some free time? If this sounds like you, then you may be interested in some opportunities to help our chapter of the AMC grow and better accomplish its mission. Get in touch with us and we'll be happy to tell you more. Contact: chair@amcsem.org



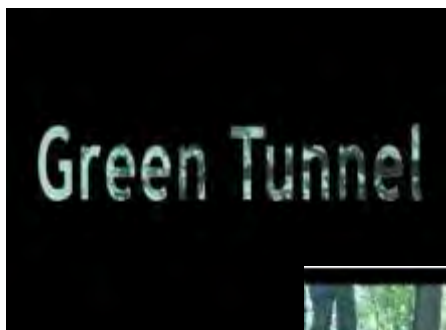
**A book about a little dog
and big mountains
tugs at the heart!**

**Atticus hiked all the
4000-footers in the winter**



BE A THRU HIKER IN 5 MINUTES

Got a busy life? Wanna hike the whole Appalachian Trail (AT) in 5 minutes? GO HERE: vimeo.com/20218520
(and turn the sound on!)



A 6-month journey along the 2,200 mile long Appalachian Trail, condensed into 5 minutes of stop-motion. Be a "Thru Hiker" !

COMMUNITY CONNECTIONS

Upcoming Community Outdoor Activities You Might Be Interested In

[Identifying Shore Birds in Manomet](#)



PERSONAL POSTS

NEWS FROM OUR MEMBERS

This section of the Breeze highlights our members.
If you have news, or know of news, contact the communicationschair@amcsem.org

SWAP STUFF

SWAP * BARTER * SELL * TRADE

HAVE OUTDOOR STUFF? NEED OUTDOOR STUFF?

**For sale: Kayak, by Perception. 10'4" long, 42 lbs. with paddle.
Excellent condition. \$200. Contact: 508-999-9999. (sample only)**

THE E-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.



Got an AMC-related outdoorsy business?
Run a paid business card-sized ad in the Breeze for
\$10/month (\$100/year)!
Contact: communicationschair@amcsem.org



Got something to say? Want to be a regular Breeze columnist?
Contact the Breeze editor to volunteer! communicationschair@amcsem.org

Know what's happening?
If not, visit our website, find us on FACEBOOK, or follow us on TWITTER!

amcsem.org * www.facebook.com/AMCSEM * www.twitter.com/amcsem

NEWS FROM "JOY STREET"

The following is information from the AMC's central office at Joy St. in Boston and comes directly from them.

AMC Launches New Mobile Website

Smartphone users can now connect to www.outdoors.org and access a new, mobile-optimized version of AMC's website. We've made the most common online tasks, including checking lodging availability, finding local chapter programs, checking current conditions, and renewing your membership much easier to do with a mobile device. Check it out and let us know what you think!

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Kids Stay Free at Cardigan This Summer

As part of AMC's ongoing commitment to get more families outdoors, we are running a special "Kids Stay Free at Cardigan" promotion this summer for kids 12 and under. Cardigan is a great "starter lodge" for young families, with waterfall and nature hikes, a wading pond, and sandy beach on Newfound Lake nearby. Some restrictions apply. For details, see:

<http://www.outdoors.org/lodging/cardigan/kids-stay-free-summer-2012.cfm>

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AMC's 4th Annual Spring Fling

Join us at AMC's Mohican Outdoor Center for a fun-filled weekend. Take a hike on scenic trails within the 67,000 acres of the beautiful Delaware Water Gap National Recreation Area or along the Appalachian Trail. Or bring your bike and take a ride on some of the park's quiet roads and rail-trails. Or spend some time paddling around Catfish Pond (kayaks, canoes and gear are provided). Activities are available for individuals and families. Register early as last year's event sold out quickly.

<http://activities.outdoors.org/search/index.cfm/action/details/id/57863>

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New Trips Announced for AMC's Adventure Travel Program

Looking for some place different to take an active vacation? Check out these brand new trips just released by the AMC's Adventure Travel Committee.

Sedona (hiking) – November 10-18, 2012
New Zealand (hiking) – February 9-25, 2013
Spain (biking) – May 18-25, 2013
Yosemite (hiking) – June 1-8, 2013

For a complete listing of all trips, go to www.outdoors.org/adventuretravel

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Enjoy Seeing the World? Consider Becoming an AMC Adventure Travel Leader

If you've ever thought about extending your trip leadership skills to further out in the field, join us at AMC's Noble View Outdoor Center, April 13-15, 2012, for AMC-AT's Annual Spring Retreat to find out more about the program and get your questions answered. Contact Nancy Holland, Adventure Travel Program Coordinator, for complete details. nholland@outdoors.org or 617.391.6587

CHAPTER ACTIVITIES

Note: These activities are taken directly from the AMC central online activity listing system.

activities.outdoors.org

(All activity information appears exactly as entered by the activity leader.)

SAVE THE DATE

CLUB-WIDE ACTIVITIES

AMC's 4th Annual [Spring Fling](#), April 27-29

CHAPTER-WIDE ACTIVITIES

SEM Leadership Training, March 24

SEM Pot Luck Supper, March 31

SEM Wilderness First Aid, April 28-29

SEM Spring Social Weekend, April 28-29

SAVE THE DATE

SEM Chapter Hut Weekend, Sept 20-23

SEM Wilderness First Aid (fall) November 2012

SEM Annual Meeting, November 2012

(See our website for details: www.amcsem.org,
and click on the "upcoming events" tab)

CHAPTER ANNOUNCEMENTS

WANTED: Bicycling Chair. The SEM Chapter is looking for a dedicated person to run our Bicycling committee. This position includes running planning meetings, attending monthly Executive Board Meetings and other various Chair responsibilities. Jim Plouffe 508-586-1394, Chair@amcsem.org

Share Skills With Youth - Spring training scheduled soon to become a Volunteer Leader with the Chapter Youth Program of the Southeastern MA Chapter. Our group works with facilities to plan and lead children in outdoor activities. If you're interested in the gratifying experience of getting kids out on the trails and discovering nature, please contact the SEM CYP Coordinator for workshop details. cypcoordinator@amcsem.org

NOTE ACTIVITIES MARKED FOR :

FT = First Timer **NM** = New Member

FULL LIST of ACTIVITIES at AMCSEM.ORG
(see schedules tab)

Additional activities are posted on our Short Notice List.
Sign up for this list on our website, amcsem.org.

CHAPTER FUN

SEM [Pot Luck Supper](#), March 31
Bourne Community Center

SEM [Spring Social Weekend](#), April 28-29.
Hiking, biking, and whatever!
AMC NobleView Camp, Russell, MA

SEM Chapter Hut Weekend. Thu., Sep. 20-23.
Cold River Camp, Evans Notch 1-3 nights. Can't beat location, activities, price. Preference given to SEM Members. L/R Jim Plouffe (508-586-1394, Chair@amcsem.org)

CHAPTER EDUCATION

SEM [Leadership Training](#), March 24
SEM [Wilderness First Aid](#), April 28-29

SKIING

(AN) (CE) Fri., Mar. 2-4. XC Skiing, White Mountains. Boston 40+ Committee joins the Southeastern Massachusetts Chapter at cozy Applebrook B&B in Jefferson, NH, for skiing, snowshoeing, fun and games and great camaraderie. Two nights lodging, two breakfasts, and one dinner from \$100-\$160 p/p. Optional pizza and salad at the B&B followed by snowshoeing on the golf course behind the inn on Friday night. Ski groomed trails at Bretton Woods on Saturday; ski or snowshoe on Sunday TBD before returning home. L Barbara Hathaway ((508) 880-7266 before 9:00pm, barb224@tmlp.net), CL Wayne Cardoza ((603) 673-2518 before 9:00pm, wmc.amc@comcast.net), R Barbara Hathaway ((508) 880-7266 before 9:00pm, barb224@tmlp.net)

HIKING / BACKPACKING

HIKE PLANNING MEETINGS: are held the 1st Wednesday of March, June, September, December. Contact hikingchair@amcsem.org for information.

IMPORTANT: Hikers unsure of their ability should try only 1 level more difficult than previously completed. No pets without permission of trip Leader. Registration req'd 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 activities.outdoors.org. Sign up for the SEM Short Notice E-Mail Trip List at www.amcsem.org.

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

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

IMPORTANT: No pets w/o prior permission of trip L. Under 18 yrs must be accompanied by parent or responsible adult, & obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 wk prior to trip so Ls can discuss prior hiking exp., conditioning, clothing, & equipment.

(AN) Fri., Mar. 2-4. Winter Hiking #4 Overnight. Conclude the SEM AMC winter hiking series with an overnight to Lonesome Lake Hut for one or two nights. Options for hikes will be to Cannon and/or the Kinsmans. \$50/pp per night includes dinner and breakfast. Full winter gear required. Must register and pay by Jan. 25th. L Leslie Carson ((508) 833-8237, lrc929@comcast.net), L Wayne Anderson , L Jim Plouffe , L Mike Woessner , CL Maureen Kelly ((617) 943-4288, MoKel773@aol.com), R Leslie Carson ((508) 833-8237 6-9 PM, lrc929@comcast.net)

Thu. Mar. 8. Powissett Farm (TTOR) ,Dover. New area with nice trails off the beaten track. We hike 5.5 miles (measured as per Eddie) with a number of short ups and downs, some a little steep. Some nice views. DIRECTIONS: From I-95/Rt 128 exit 16 B take Rt 109 west for 1.8 miles. Turn right onto Hartford Street , follow for 2.2 miles and take a right onto Walpole Street. After 0.7 miles take a right onto Powissett Street. Powissett Farm is the first farm on the right after 0.2 miles. Bring appropriate boots/stabilizers/snowshoes for the weather and lunch and water. WE MEET THERE AT 10:00am. Rain cancels. L Hans Luwald ((781) 828-0572 9:00am to 9:00pm, hans.luwald@gmail.com), CL Debbie Lepore ((781) 828-0572 9 am to 9pm)

Sat., Mar. 10. Snowshoe Series #4. Moderate snowshoe trip for those not looking to 'climb a mountain'. Reg by 3/6. This will be a trip to NH (if necessary to find snow) or more locally (if we have good snow closer.) This trip is designed for those not wishing to assault a major mountain, however some elevation may be necessary, depending on where we can find good snow. Good opportunity for newer snowshoers to get out and put them to use, while having 'Fun in the snow.'. L Bob Vogel ((508) 238-7732, hike_with_bob_v@comcast.net), CL Ellen Correia , R Jodi Jensen (jodiajensen@gmail.com)

(FT) (NM) Thu., Mar. 15. Thurs. Morn. Hike Caratunk Refuge, Seekonk, MA. Meet at 10:00AM at Visitor's Center Parking Lot. Heavy rain will cancel. Directions: Take Route 95 South to Exit 5 toward route 152. Take left onto Toner Blvd. Take first right on main St. Continue on Route 152 into Seekonk. turn left onto Pine St. Then right onto Brown St. Caratunk is about 1/2 mile on the left. L Susan Chiavaroli ((508) 252-4164, brillo6452@yahoo.com)

(FT) (NM) Sat., Mar. 17. Intro. to AMC Hiking-Foxboro State Forest. Experience the fun, camaraderie, and great exercise of AMC hiking on the very enjoyable-but non-intimidating-Acorn and Warner Trails. L Walt Granda (wlgranda@aol.com), CL Paul Miller ((508) 369-4151 before 9:00 PM, paulallenmiller@verizon.net), R Paul Miller ((508) 369-4151 Before 9:00 PM, paulallenmiller@verizon.net)

Sun., Mar. 18. Blue Hills Fast & Hilly. Stay in shape for the bigger mountains by hiking the Skyline Trail at a moderately fast pace. We'll hike the North-South loop, then out to Buck Hill and back. Meet at 8:45; not a beginner hike. L Maureen Kelly ((508) 224-9188 before 8pm, MoKel773@aol.com), R Maureen Kelly ((508) 224-9188 before 8pm, mokel773@aol.com)

Thursdays

Mar. 22. Myles Standish SF, Plymouth MA, B3C. Meet 10 AM parking lot #2 on Upper College Pond Rd for a moderate loop walk of 5-6 miles, including a kettle hole and stop at College Pond. Bring water and snacks, winter show and ice devices as necessary, storm cancels. Directions: Rt 3 exit 5, west on Long Pond Rd 4 miles, right at MSSF sign, 2 miles on Alden Rd, left on Upper College Pond Rd for 1 1/2 miles, parking lot on right. From Carver take Cranberry Rd, turn left by headquarters to Halfway Pond Rd, to left on Upper College Pond Rd, parking lot is about 1 1/2 miles on left. www.mass.gov/dcr/parks/southeast/mssf.htm. L: Ellie MacPherson 508-224-6465, cell 978-478-7106. elliemacp@comcast.net. L Ellie MacPherson ((508) 224-6465, elliemacp@comcast.net), R Ellie MacPherson (55 Manomet Beach Blvd, Plymouth, MA 02360, (508) 224-6465, elliemacp@comcast.net)

(SN) Sat., Mar. 24. Leadership Training for Trip Leaders March 24, 2012. LEADERSHIP TRAINING Leadership Training will be held on March 24, 2012 in Foxboro, MA. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. It is an all day course with a mix of classroom and outdoor role play exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to chapter members. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

(FT) (NM) Thu., Mar. 29. Thursday morning Blue Hills. Perambulate Buck Hill with side trip to summit. Views of Boston and Mass Bay. 5 miles on lesser-traveled trails. No difficult ups or downs. 10am start at Houghton's Pond parking lot. STABILicers if icy. Rain cancels. L Len Ulbricht (lenu44@gmail.com)

SEM Pot Luck Supper, March 31, Bourne Community Center

Thursdays

Apr. 5. Thurs. Morning Hike, Gilbert Hills State Forest, Foxboro, MA.. Meet 10:00 a.m. at Headquarters, 45 Mill St., Foxboro. Starting out from Headquarters, we will follow a variety of trails in the eastern section. Gentle terrain through mixed forest passing lakes/ponds with a stop at a reconstructed CCC site. Wear layers and proper footwear. Bring lunch, snacks and water. For directions Google Gilbert Hills State Forest. L Joanne Staniscia ((508) 528-6799 7-9 p.m., joannes1@localnet.com)

Thursdays

Apr. 12. Thursday Morning Hike, Moose Hill, Sharon, MA. Meet at 10 am at the Moose Hill Audubon Parking lot for a 6 mile hike over relatively flat terrain with some gentle climbing. Fee for parking is \$3 for Seniors , free for members and Sharon Residents. Bring hiking boots, water, lunch and rain jacket. Heavy rain cancels. From North, take I-95S, exit 10 (Coney Street). Turn left off exit and make first right onto Rte. 27N (Walpole). Take first left onto Moose Hill Street, and continue past TTOR's Moose Hill Farm to top of hill and turn left onto Moose Hill Parkway. Parking lot is on left. From

South, take I-95N, Exit 8 (Main Street, Sharon). Turn right off exit and follow for one mile. Turn left onto Moose Hill Street. Follow to top of hill and turn right onto Moose Hill Parkway. Parking is on left. L Hans Luwald ((781) 828-0572 Before 9pm, hans.luwald@gmail.com), CL Debbie Lepore ((781) 828-0572 Before (pm))

(FT) (NM) Thursdays

Apr. 12. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Sun., Apr. 15. Blue Hills Fast & Hilly. Stay in shape for the bigger mountains by hiking the Skyline Trail at a moderately fast pace. We'll hike the North-South loop, then out to Buck Hill and back. Meet at 8:45; not a beginner hike. L Maureen Kelly ((508) 224-9188 before 8pm, MoKel773@aol.com), R maureen kelly ((508) 224-9188 before 8pm, mokel773@aol.com)

(FT) (NM) Thursdays

Apr. 19. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(CE) Thu., Apr. 19. Oldham Trail & Harold B. Clark Forest. Pretty hike through forests and over streams and around ponds. B3C. Req. equip.:hiking boots,raingear,water & snacks. I-95 take 7B & take 140N to Foxboro Ctr go 1/2 way around rotary and cont. N on 140 for 1/2 mile on left conservation park lot. Meet 10:00am -questions L/Muriel Guenthner-508/699-7461. L Muriel Guenthner ((508) 699-7461 Before 9:00pm, murielguenthner@comcast.net)

(NM) Sun., Apr. 22. New Member Intro Hike - Noon Hill, Medfield. Hike three-four miles on Trustees property. Portion of Bay Circuit Trail, pond views, peak outlook, possible Charles River stop. See www.trustees.org for trail map. Bring lunch. 10:00am start. L Len Ulbricht (lenu44@gmail.com)

Thu., Apr. 26. Cliff Walk, 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. Return by Mansions on Bellevue Ave. to complete 7-mi. loop. Sturdy walking shoes required. Bring water, snack. Lunch at local restaurant. Heavy rain cancels. Call leader for carpool info. L Barbara Hathaway ((508) 880-7266 before 9 pm, barb224@tmlp.net)

(FT) (NM) Thursdays

Apr. 26. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(SN) Sat., Apr. 28-29. **Wilderness First Aid** (WFA). WFA training (instruction by SOLO, see <http://www.soloschools.com/index.cfm?event=course.wfa>) is again offered this spring at AMC's Noble View camp (<http://www.outdoors.org/lodging/cabins-campgrounds/camps->

noble.cfm). Learn what to do in case of a hiking related accident deep in the woods when professional help is hours away. Optional CPR instruction also available. This is a popular program and fills up quickly. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

(NM) (SN) Sat., Apr. 28-29. SEM'S SPRING SOCIAL WEEKEND AT NOBLE VIEW CAMP. SEM'S SPRING SOCIAL WEEKEND AT NOBEL VIEW CAMP APRIL 28 & 29 A cabin and several campsites (<http://www.outdoors.org/lodging/cabins-campgrounds/camps-noble.cfm>) have been reserved for an SEM social weekend of hiking, biking and whatever. (This event is concurrent with but independent of WFA training.) Please join us for a fun weekend to kick off the 2012 warm weather season of outdoor recreation. Register with Len Ulbricht at lenu44@gmail.com by April 7. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

Sat., Apr. 28. Blue Hills End-to-End. Come explore the Blue Hills Reservation featuring a variety of small hills with outstanding panoramas, ponds, wetlands and deep woods. L Leslie Carson ((508) 833-8237, ltc929@comcast.net), CL Paul Miller ((508) 369-4151, paulallenmiller@verizon.net), R Paul Miller (paulallenmiller@verizon.net)

Thursdays

May. 3. Thurs. Morn.Hike Wollomonpoag Conservation area. Wollomonpoag Conservation area, Wrentham. (B3C) Hike starts at 10:00am. 5+ miles of trails, eskers, beaver dam, and pond, as well as marshes, and a mature forest. Also observe a Great Blue Heron Rookery. L Ellen Correia, ellenrcorreia@gmail.com, C/L and R Muriel Guenther, 508 699-7461 before 9:pm, murielguenther@comcast.net. L Ellen Correia ((508) 954-4099 before 9:pm, ellenrcorreia@gmail.com), CL Muriel Guenther ((508) 699-7461 before 9:pm, murielguenther@comcast.net), R Muriel Guenther ((508) 699-7461 before 9:pm, murielguenther@comcast.net)

(FT) (NM) Thursdays

May. 3. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., May. 5. Mt. Kearsarge North Hike (B3B). Join us for a great hike up Mount Kearsarge North (3,268'). We'll take the Mt Kearsarge North Trail (3.1 miles) to the summit. At the summit we will take some time to enjoy the 360 degree views and then descend back down the same trail to the parking area. Total elevation gain 2600 ft, approx, 6.2 miles RT. Approx hike time 6 hours. Register by 4/25. L Walt Granda ((508) 999-6038 Before 9:00 PM, wlgranda@aol.com), CL Jim Casey ((781) 351-6862, cmne@comcast.net), R Jim Casey ((781) 351-6862, cmne@comcast.net)

(FT) (NM) Thursdays

May. 10. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Sun., May. 13. Blue Hills Fast & Hilly. Stay in shape for the bigger mountains by hiking the Skyline Trail at a moderately fast pace. We'll hike the North-South loop, then out to Buck Hill and back. Meet at 8:45; not a beginner hike. L Maureen Kelly ((508) 224-9188 before 8pm, MoKel773@aol.com), R Maureen Kelly ((508) 224-9188 before 8pm, mokel773@aol.com)

(FT) (NM) Thursdays

May. 17. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(C) (FT) (NM) Thu., May. 24. Thurs. Morn North Hill Marsh in Duxbury (C3C). NORTH HILL MARSH HIKE May 24, 2012 Leader and Registrar: Sally Delisa Before 9:00 p.m. Home: 781-834-6851 Morning of hike (after 9:a.m.)--Cell: 781-864-7302 Distance: 4.6 miles Rating: C3/4C REGISTRATION: Registration is required. DESCRIPTION: Leader will be stopping for wildflowers and shrubs blooming along the trails. We will hike over some of Duxbury's upland trails and hills, past a large kettle hole and along an old cart path. Then, we'll drop down and hike past a cranberry bog and lastly around a large pond owned by Audubon. There will be a separation/snack break about half way. Following the hike, those wishing for more on their own may wish to cross the street and hike around Round Pond. The Bay Circuit Trail goes across that property and there is a bench overlooking the pond. Time: Sign-in at 9:45 for a prompt 10:00 a.m. departure. The hike will last about 2.5 hours with a separation (bathroom)/snack break. Weather/Cancellation Policy: Heavy rain, high winds or electrical storms will cancel. If in doubt, call Sally at her home number until 9:00 a.m. After 9:00 a.m., you may reach her on the cell phone. (Phone numbers at top of page) Cautions/Hazards: Deer Ticks are active all year on the South Shore. Please use proper precautions. There is some poison ivy along the trails. There may be some muddy areas. L Sally Delisa ((781) 834-6851 before 9pm, delisasally@yahoo.com), R Sally Delisa ((781) 834-6851 before 9 pm, delisasally@yahoo.com)

(FT) (NM) Thursdays

May. 24. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., May 26-28. Memorial Day Weekend Hut Trip. Weekend trip to Carter Notch Hut with hikes to Carter Dome and the Wildcats. Two nights, dinners and breakfasts included. Payment sent by April 25th to confirm spot. L Leslie Carson ((508) 833-8237, ltc929@comcast.net), CL Jim Plouffe ((508) 562-0051, jimplouffe@comcast.net), R Leslie Carson

(FT) (NM) Thursdays

May. 31. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

SEM Chapter Hut Weekend. Thu., Sep. 20-23.

CAPE COD HIKES

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., Mar. 1. 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)

Thu., Mar. 8. Barnstable, Bridge Creek. Woods, bogs and marshlands. Rte.6 to Exit 5. North on 149 to grassy triangle by First Parish Church. Meet at 9:45am. 2 hrs. ? Weather: Call Leader. L Farley Lewis ((508) 775-9168 8AM-9PM, farlewis@comcast.net)

Saturdays

Mar. 10. Provincetown Race Point (B3B). Hike Race Point panoramic sand Jeep road to various dune shacks. Back via the beach. 3.5 hours. MEET AT **10:45** a.m. at Race Point Beach upper parking lot. Bring lunch. L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Mar. 11. Barnstable, Crooked Cartway. Wooded hike in Barnstable Conservation Lands. Exit 5 off Rte. 6, 149 S. to Race Ln. Right on Race Ln. to Crooked Cartway on Right. Go to end. Meet at 12:45pm. 2hrs. ? Weather, Call Leader. L Farley Lewis ((508) 775-9168 9AM-9PM, farlewis@comcast.net)

Thu., Mar. 15. Eastham, Nauset Marsh Perimeter (C3C). Walk vast/historic marsh...a Cape Cod gem...great views. Rte 6 Eastham, R on Gov Prence Rd, R on Fort Hill Rd to 1st pk lot on left. Meet PROMPTLY 9:45 to carpool to Salt Pond Visitor Ctr. 2 hrs, bad weather? call leader. L Pat Sarantis ((508) 430-9965, patsarantis@gmail.com)

Sat., Mar. 17. Harwich, Herring River (B3C). Wooded walk with views of the beautiful Herring River. Walk both sides of West Reservoir, cranberry bogs. From Rte 6 E, Ex 10, R at top of ramp, Rte 124 for 1.3 mi, R @ Main St. straight 2 mi to park @ Sand Pond on R. Meet 9:45 a.m. 3.5 hrs. Bring lunch. L Richard Kaiser ((508) 432-3277, rjkaiser@comcast.net)

Sun., Mar. 18. Dennis, Flax Pond Conservation (C3C). Wooded trails over rolling hills, lowlands, abandoned bogs, shallow ponds, golf course views, well-field area. Park on Setucket Rd at Flax Pond Conservation, just East of Yarmouth- Dennis Town Line. Meet 12:45 pm. 2 hrs. L Janet Kaiser ((508) 432-3277, rjkaiser@verizon.net)

Thu., Mar. 22. Barnstable- Under the tunnel and through the woods (C3C). Newer trails with a unique feature near Marstons Mills Airport. From Route 149, travel west on Race Lane to lot on the left. 2 hours. Meet at 9:45am. L Gary Miller ((508) 540-1857, Garymaxx@verizon.net)

Saturdays

Mar. 24. Provincetown: Whales and Trails (B3B). Meet at 9:45am, Herring Cove Beach parking lot, (far right of the right parking lot). Walk on bike trail, pine barrens, over dike, and through marsh to Race Point Lighthouse. Bring your binoculars! Hike will last 3

hours, but allow 1+ extra hours for lunch while scanning with binoculars for whales. (4+ hours RT). L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

(SN) Sat., Mar. 24. Leadership Training for Trip Leaders March 24, 2012. LEADERSHIP TRAINING Leadership Training will be held on March 24, 2012 in Foxboro, MA. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. It is an all day course with a mix of classroom and outdoor role play exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to chapter members. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

Thu., Mar. 29. 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. Meet at 9:45AM. L Gary Miller ((508) 540-1857, garymaxx@verizon.net)

Sat., Mar. 31. Truro-Ryder Beach (C3C). Saturday morning hike along beach, woods views. meet 9:45. From Rte 6 take L Prince valley rd just beyond Truro line. R at end then immed. L to pkg at end. Bad weather cancels. Doubt? Call L. Two hours. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

SEM Pot Luck Supper, March 31, Bourne Community Center

Sun., Apr. 1. Dennis, Crowe's Pasture (C3C). Marsh, beach, quiet roads. Rte 6, Ex 9N to R on Rte 6A. L on School St, R on South St to lot on R past cemetery. Meet 12:45, 2 hrs. bad weather? call leader. L Pat Sarantis ((508) 430-9965, patsarantis@gmail.com)

Thu., Apr. 5. Harwich-Island Pond/Hacker Conservation Area. Hike on bike trail, wooded trails. Meet 9:45. From Rte 124 head W on Headwaters Rd just N of the Rts 6 and 124 exchange. Park 0.4 mi. at the bike trail lot on the L. Heavy rain cancels. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Thu., Apr. 12. Harwich-Hawks Nest. New Hike - Hawknest State Park - Off Exit 11, Rt.6, Park at end of Spruce Rd in Harwich for 2 hour hike. Meet 9:45AM. L Peter Selig ((508) 432-7656, pandmselig@hotmail.com)

Saturdays

Apr. 14. Provincetown: Whales Whales Whales (B3B). Walk on the beach to the Race Point Lighthouse with binoculars in hand. Should see whales from the lighthouse! Meet at 9:45am, upper Race Point Beach parking lot, Provincetown. Walk will take 3 hours; eat lunch as we scan for whales with binoculars for another hour+. (Four+ hours RT.). L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Apr. 15. Brewster-Nickerson State Park. Woods hike around the ponds of Nickerson. Meet 12:45 Fisherman's Landing. Stay on main Rd in park going 1.7 mi to pkg lot on L. Heavy rain cancels. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Thu., Apr. 19. Yarmouth-Three Ponds. Hike through woods to bogs and three ponds. Meet 9:45. Exit 8 from Rt 6 R at second light, L on West Yarmouth Rd. Park on side of road in about a mile. Heavy rain cancels. Two hours. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Saturdays

Apr. 21. Provincetown: Whales and Trails (B3B). Meet at 9:45am, Herring Cove Beach parking lot, (far right of the right parking lot). Walk on bike trail, pine barrens, over dike, and through marsh to Race Point Lighthouse. Bring your binoculars! Hike will last 3 hours, but allow 1+ extra hour for lunch while scanning with binoculars for whales (4+ hours RT). L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Apr. 22. Harwich, Herring River (C3C). The herring may be running up the ladder this time of yr. West & East Reservoir, Herring River and Run, Cranberry Bogs. Rte 6 to Ex 10, R off ramp to Rte 124S 2 mi to center. R on Main St/Great Western Rd for 2 mi to Sand Pond parking lot on R. Meet 12:45, 2 hrs. L Pat Sarantis ((508) 430-9965, patsarantis@gmail.com)

Thu., Apr. 26. Truro, Ryder Beach (C3C). Beach to woodland trails, hills, and scenic bay views. Route 6, then left on Prince Valley Road to the end. Right on County Road, then an immediate left on Ryder Beach Road. Park at the end. Meet at 9:45am. 2 hours. L Janet Kaiser ((508) 432-3277, jtkaiser@comcast.net)

Sat., Apr. 28. Yarmouth, Greenough Ponds (B3C). Walk through Yarmouth Botanical Gardens, Dennis & Greenough Ponds. Meet at 9:45, 3 1/2 hr. Exit 7 off Route 6 North and take immediate right turn on Summer St. Follow dirt road 1/2 mile to beach parking lot. Bring lunch. L Richard Kaiser ((508) 432-3277, rjkaiser@comcast.net)

(SN) Sat., Apr. 28-29. **Wilderness First Aid (WFA)**. WFA training (instruction by SOLO, see <http://www.soloschools.com/index.cfm?event=course.wfa>) is again offered this spring at AMC's Noble View camp (<http://www.outdoors.org/lodging/cabins-campgrounds/camps-noble.cfm>). Learn what to do in case of a hiking related accident deep in the woods when professional help is hours away. Optional CPR instruction also available. This is a popular program and fills up quickly. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

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Thu., May. 3. Harwich, Island Pond (C3C). Bike path to wooded trails, few rolling hills, pass lavender farm. Rte 6 Exit 10 Rte 124S. L Old Colony Rd at crosswalk. Park R Harwich Town lot. Meet 9:45. 2 hrs. L Janet Kaiser ((508) 432-3277, jtkaiser@comcast.net)

Sat., May. 5. Provincetown: Herring Cove to Tip of Cape (B3B). Park in the left corner of the left parking lot at Herring Cove Beach, Provincetown, to hike back and forth over the dune and tidal flats until we get to Long Point (tip of the Cape). Views of Cape Cod Bay and Provincetown Harbor. 4 hours RT. MEET AT **10:45**am. Bring lunch. L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., May. 6. Falmouth, Long Pond (C3C). Rolling woods around scenic freshwater pond. Take Brick Kiln Rd east off Rt 28 to Gifford. R on Gifford, 1.5 mi, R into Goodwill Park. Pass gate and park on R. Meet 12:45 pm. 2 hrs. L Julie Early ((508) 776-4432 Evenings, jearly@capecod.net), CL Pat Sarantis (patsarantis@gmail.com)

Thu., May. 10. Brewster-Nickerson State Park. "Hike and picnic . Meet at 9:45am, Flax Pond Beach pkg lot. Take Main Road in park to L on Flax Pond Road to the beach pkg lot on

the R. Bring a small lunch/something to share.". L Peter Selig ((508) 432-7656, pandmselig@hotmail.com)

BIKE RIDES

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		
Mis	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

Volunteer Opportunities. Bicycling Chair. The SEM Chapter is looking for a dedicated person to run our Bicycling committee. This position includes running planning meetings, attending monthly Executive Board Meetings and other various Chair responsibilities. Please see the link below. L Jim Plouffe ((508) 586-1394, Chair@amcsem.org)

WANTED: Ride Leaders and Co-Leaders. Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm and routes w/ your fellow AMC members? Contact Bike Chair Joe Tavilla (508-428-6887, SilverSki@Earthlink.net) for more info.

AMC SEM 2,000 Mile Club. AMC SEM is in the third year of our unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair or vice chair to reg. your mi and for more info. L Joe Tavilla (508-428-6887 7-7, bikingchair@amcsem.org), L Victor Oliver (508-888-8435 7-7, bikingvicechair@amcsem.org)

Turn Those Tires on Tues. Rides scheduled all year long, weather permitting. 25 mi of road or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location and directions. Intermed. pace. Riders and bicycles in top shape; tires and riders pumped and ready to roll; helmets and water req'd. L Paul Currier (508-833-2690 8 am-7 pm, pbencurrier@hotmail.com)

Tue. Mar. 6. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours of casual, intermediate road cycling (occasional mountain biking) on Tuesdays all year long. Rides include views of known and lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Thu., Mar. 8. Sunset/Full Worm Moon Ride. Ride along the canal and through Gray Gables and Mashnee Island for Buzzards Bay sunset and Plymouth Bay moonrise. Ride is flat for 22 miles at an intermediate pace. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(SN) Sat., Mar. 24. **Leadership Training for Trip Leaders** March 24, 2012. LEADERSHIP TRAINING Leadership Training will be held on March 24, 2012 in Foxboro, MA. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. It is an all day course with a mix of classroom and outdoor role play exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to chapter members. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

SEM Pot Luck Supper, March 31, Bourne Community Center

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CHAPTER YOUTH PROGRAM (CYP)

Share Skills With Youth - Spring training scheduled soon to become a Volunteer Leader with the Chapter Youth Program of the Southeastern MA Chapter. Our group works with facilities to plan and lead children in outdoor activities. If you're interested in the gratifying experience of getting kids out on the trails and discovering nature, please contact the SEM CYP Coordinator for workshop details. cypcoordinator@amcsem.org

WANTED: Chapter Youth Program (CYP) Leader. Share your outdoor skills with local groups of kids. Additional training and screening required. L Sally Delisa cypcoordinator@amcsem.org

Watch our chapter website and the short notice list for notices for CYP events!
(www.amcsem.org)

PADDLES

For info on SEM canoe & kayak trips, check <i>AMC Outdoors</i> , visit amcsem.org , use the online trip listing system: trips.outdoors.org , (set Committee to "canoe/kayak", set Chapter to "Southeastern MA").
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SEM Pot Luck Supper, March 31, Bourne Community Center

Wed., Apr. 4. Centerville River. Centerville River 10:30am. Wet/Dry suit req. Fr Rt.28 take old Stage S into Main St. R on S Main st. to L on Hayward Road. L Bill Fischer ((508) 420-4137 to 9 pm, wambarbarafischer@comcast.net), CL Vickie Blair/Smith

Sat., Apr. 7. Walker Pond. 10:30 am PFD, wet/dry suit req. spray skirt. Put-in. Rt. 6 exit 9 take Rt. 134N to R on Airline, R on Setucket, R on Slough Rd to L at put-in. Paddle Walker & Upper and Lower Mill Ponds. L Bill Fischer (508-420-4137 call before

9pm, wmbarbarafischer@comcast.net), CL V. Blair/Smith. L Bill Fischer ((508) 420-4137 before 9pm, wmbarbarafischer@comcast.net), CL Vickie Blair/Smith

Wed., Apr. 11. Waquoit Bay. Put-in: Whites Landing, E. Falmouth (41°34.730/70°31.907) Go west from the Mashpee rotary on Rt 28 or east from Falmouth and turn onto Whites Landing Rd at Edwards Boat Yard. Will circumnavigate Waquoit Bay. Level 2 skill rating. Max distance 10 miles. PFD, Spray Skirt, & Cold Water attire required. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Sat., Apr. 14. Lewis Bay. Lewis Bay, Uncle Roberts Cove, lunch on Egg Island, and maybe a foray into Hyannis Inner Harbor. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Wednesdays

Apr. 18. Swan Pond/River to Nantucket Sound. Take Clipper Lane off Upper Country Road, follow to parking on left. PFD, wet/dry suit required. L Betty Hinkley ((508) 241-4782, bhinkley@mindspring.com)

Sat., Apr. 21. Leader's choice. Sandwich Old Harbor or western end of Barnstable Harbor. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Wed., Apr. 25. Leaders Choice. Leaders Choice. Either Slocum River and daffodils or Padanaram Harbor. Please call for directions. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Apr. 28. Indian Lakes. Paddle Middle Pond and Mystic Lake - 7 miles. Preregistration for directions to put in. Wet suit and spray skirt required. L Louise Foster ((508) 420-7245 Anytime, janelouise@comcast.net)

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Wed., May. 2. Sippican Harbor to Bird Is.. Put in is at Island Wharf Rd., Marion (41° 42.285 - 70° 45.670). Will paddle out to Bird Is. and explore the area of Sippican Hbr. Level 3, 12 plus miles, Sea Kayaks only, PFD, Spray Skirts, and cold water attire required. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Sat., May. 5. Pamet Harbor Truro. Put-in Directions: From Route 6 northbound in Truro, right at the exit sign for Pamet Roads and Truro Center. At the junction signed for North and South Pamet Roads turn right, go a few hundred feet and turn right again onto South Pamet Road. Go under Route 6. After 0.1 m you come to Castle Road. Turn left, go about

100 feet and veer right onto Depot Road. After 0.5 m the road forks. Stay right toward Pamet Harbor. At 1.3 m you come to the harbor parking area. There is a \$6 launching fee. Life vest, spray skirt, and wet/dry suit required. L Don Palladino ((508) 349-2950, djp1958@comcast.net)

Wed., May. 9. Onset Harbor & Creeks. A leisurely 8-mi. tour around scenic Onset harbor and its estuaries. PFD and wet or dry suit req. Spray skirt rec. Launch 10:30AM at Riverside Dr., off Main Ave. L Wesley Ewell ((774) 313-7599 7:00AM-9:00PM, twofootartist@yahoo.com)

Saturdays

May. 12. Long Pond, Brewster. Long Pond, Brewster. Circle the pond and eat lunch on a sandy beach. Directions to put-in: Route 6N Exit 10 to Route 124. Just after crossing Brewster Town line, turn right on Crowell's Bog Road. PFD required. L Betty Hinkley ((508) 241-4782, bhinkley@mindspring.com)

Wed., May. 16. Weweantic River. Paddle down River to Great Hill Point and Sippican Neck. I-195 to Exit 20 to Visitor Center on 195 going East. PFD required. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., May. 19. Leader's choice. Barnstable Harbor or Sandwich Old Harbor. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Wed., May. 23. Duxbury Bay. Duxbury Bay, Duxbury, Ma. Rte.3 Exit 11 to Rte.14 East 2.9mi. to Y intersection L onto Powder Pt. Ave. 1.1mi. to parking lot W end of Powder Pt. Bridge, Level 3, PFD & Spray Skirt Req., L George Wey (781-789-8005, geowey@comcast.net). L George Wey ((781) 789-8005 anytime, Geowey@comcast.net)

Sat., May. 26. Fiddler's Cove to Old Silver Beach. Put-in is from a private beach (41° 38.904 - 70° 38.203) with limited parking in North Falmouth. Call for directions. Will paddle south to Old Silver Beach and into Herring Brook. On the way back we will stop and have lunch in Wild Hbr. This is open water paddling around Nye's Neck and then south to Herring Brook at Old Silver Beach. Sea Kayaks only, PFD and spray skirt required. Total distance approximately ~12 miles. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Wed., May. 30. West Island. Scenticut Neck to and around West Island. I 195 to Rt 240. Cross Rt. 6 to Scenticut Neck Rd., left on Seaview(park). PFD & spray skirt required. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Jun. 2. Shoestring Bay. Several options depending on conditions. Preregistration for put in info. Spray skirts and perhaps wet suits required. L Louise Foster ((508) 420-7245 Anytime, janelouise@comcast.net)

TRAILS & TRAILWORK

Watch our chapter website and the short notice list for notices for trails events! (www.amcsem.org)

FAMILY EVENTS

Watch our chapter website and the short notice list for notices for family events! (www.amcsem.org)

SOCIAL COMMITTEE & SOCIAL EVENTS

SEM Pot Luck Supper, March 31, Bourne Community Center

SEM Spring Social Weekend, April 28-29. Hiking, biking, and whatever! AMC NobleView Camp, Russell, M.A

Watch our [chapter website](#) and the short notice list for notices for social events!



If you print your e-Breeze, please recycle it when done



The Southeast Breeze

Monthly e-newsletter of the Appalachian Mountain Club
Southeastern Massachusetts Chapter
April, 2012

View from the Vice Chair

By Luther Wallis, Chapter Vice Chair



Spring is Upon Us with a Fresh Beginning

There is an enthusiasm on the Board these days as we enter into Spring Time. Your Board is filled with new faces and some seasoned ones as well. There will be some great offerings for Bicycling, Canoe/Kayaking, Cape Hikes, and Hiking, both local and away. Keep an eye out for Social Events, Leadership Training, and Solo Wilderness First Aid Training. There will be more offerings from our Family Events as well.

Our Youth Program has partnered with the Marshfield Girl Scouts. I look forward to seeing that relationship grow. In addition, we are very excited about the support we will be offering in the D.W. Field Park restoration project in Brockton. We are also interested in finding a way to be involved in our own Bay Circuit Trail. (www.baycircuit.org)

Our Chapter is evolving. Have you checked out the new look of the SEM web site? www.amcsem.org. You're reading this in the e-Breeze. Look for e-Blasts, and the Short Notice Email List (SNEL). You can also follow us on Twitter and friend us on Facebook. This is your Chapter. Come out and play and perhaps volunteer in something that is dear to your heart.

Our leaders have some great trips planned for you this Spring.
See the activity listings at the end of this newsletter.

GET OUTSIDE!

CONTACT THE SEM CHAPTER CHAIR: chair@amcsem.org
CONTACT THE SEM CHAPTER VICE CHAIR: vicechair@amcsem.org
SEM CHAPTER WEBSITE: www.amcsem.org

NOTICES

Regular Meetings:

SEM Executive Board

April 11, 6:30pm

(contact chair@amcsem.org for more info)

Hike Planning Meetings 2012 (6:30pm 1st Wed. quarterly)

(Dec 7, Mar 7, Jun 6, Sep 5)

(contact hikingchair@amcsem.org for more info)

Where to find activities (hikes, bikes, paddles, etc.)

1. The monthly e-Breeze - arrives by email
2. AMC Outdoors - arrives by snailmail
3. Online trip listings (activities.outdoors.org)
4. Sign up for *short notice* trip listings at www.amcsem.org

Pix and Article Submissions

We encourage SEM members to submit articles and photos for both The Breeze and our website. Materials for publication will be edited for content and to fit available space. Please send to communicationschair@amcsem.org.

Next Month's e-Breeze Deadlines: 7th trips; 15th articles/pix

SEM Non-members

Not an SEM chapter member? Want the Breeze? Contact the Member Center and set your preferences. Or get a copy at our website at www.amcsem.org.

Volunteers needed!

Curious about the inner workings of your chapter? Volunteer for the Executive Board! Have technical skills? Volunteer for our website! Have writing/editing skills? Volunteer for the *Breeze*! Like kids? Volunteer for CYP! Want to get out more? Volunteer to lead a hike, bike, or paddle! We have lots of volunteer positions open! Please contact chair@amcsem.org if you'd like to get more involved with the chapter.

Find us on Facebook * Follow us on Twitter
CHAPTER WEBSITE: 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. Preview the waiver at: amcsem.org, Forms.

The Southeast Breeze, the e-newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published 12 times a year. **Editor:** Cheryl Lathrop, **Asst. Editor:** Ann McSweeney, **Proofreader:** Kate Patroliia. **Change of Address** to AMC, 5 Joy St., Boston, MA 02108, 800.372.1758, or www.outdoors.org/membercenter

2012 Executive Board & Committee Chairs

Chapter Chair	chair@amcsem.org Jim Plouffe, 508-562-0051
Vice Chapter Chair	vicechair@amcsem.org Luther Wallis, 508-923-1935
Treasurer	treasurer@amcsem.org Patty Rottmeier
Secretary	secretary@amcsem.org Karen Singleton, 508-730-7701
Past Chapter Chair	pastchapterchair@amcsem.org Wayne Anderson

Biking	bikingchair@amcsem.org Jon Fortier, 508-982-1855
Biking (Vice)	bikingvicechair@amcsem.org Dan Egan, 508-717-2687
Canoe/Kayak	paddlingchair@amcsem.org George Wey, 781-789-8005
Canoe/Kayak (Vice)	paddlingvicechair@amcsem.org Betty Hinkley, 508-241-4782
Cape Hiking	capehikingchair@amcsem.org Pat Sarantis, 508-430-9965
Cape Hiking (Vice)	capehikingvicechair@amcsem.org Farley Lewis, 508-775-9168
Communications	communicationschair@amcsem.org Cheryl Lathrop, 508-668-4698
Comms. (Vice)	communicationsvicechair@amcsem.org Open
Conservation	conservationchair@amcsem.org Maureen Kelly, 508-224-9188
Conservation (Vice)	conservationvicechair@amcsem.org Open
CYP Chair	cypcoordinator@amcsem.org Sally Delisa, 781-834-6851
Education	education@amcsem.org Len Ulbricht, 508-359-2250
Education (Vice)	educationvicechair@amcsem.org Open
Hiking	hikingchair@amcsem.org Walt Granda, 508-971-6444
Hiking (Vice)	hikingvicechair@amcsem.org Paul Miller, 508-369-4151
Membership	membershipchair@amcsem.org Jim Casey, 781-924-5228
Membership (Vice)	membershipvicechair@amcsem.org Vickie Beaulieu,
Skiing	xcskichair@amcsem.org Barbara Hathaway, 508-880-7266
Skiing (Vice)	xcskivicechair@amcsem.org Farley Lewis, 508-775-9168
Trails	trailschair@amcsem.org Lou Sikorsky, 508-678-3984
Trails (Vice)	trailsvicechair@amcsem.org Open

AD HOC COMMITTEES:

Social Chair Jodi Jensen, 781-762-4483
Family Events Chair Chris Pellegrini, 508-244-9203

STAFF:

Social Networking Susan Salmon (moderator)
Webmaster webmaster@amcsem.org
Breeze Editor communicationschair@amcsem.org

The chapter includes ~3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.

TABLE OF CONTENTS

Administrative
Biking Committee
Chapter Activities
Conservation Committee
Education Committee
Hiking Committee
Membership Committee
News From Joy Street

(We've had requests for a TOC, so let's give it a try!)

Put your e-Breeze on all of your electronic devices
and take it with you wherever you go!



MEMBERSHIP COMMITTEE



MEMBERSHIP OPEN HOUSE

for

New, Prospective, and Armchair Members

Pot Luck dinner

Saturday March 31, 2012

- Introduce new members and those considering joining AMC to SEM's outdoor activities and special events. Find out how to get started. Armchair members who would like to resume participation in activities are welcome.
- Socialize with members and volunteer leaders. You may meet a familiar face on your first trip.
- Get your feedback – what works, what doesn't. What are your interests and ideas?
- Invite a friend or neighbor to learn about AMC and our SEM chapter.
- Bring a pot luck dish to share.
- Centrally located for on-Cape and off-Cape residents. Plenty of parking.

The Bourne Community Center

239 Main Street, Buzzards Bay, MA 02532

Plan on arriving between 5:30-6:00 pm with your dish to share.

Registration required, space is limited.

Please register with Jim Casey at membershipchair@amcsem.org or 781-924-5228.

EDUCATION COMMITTEE

WILDERNESS FIRST AID (WFA)

APRIL 28 & 29, AMC NOBLE VIEW CAMP, RUSSELL, MA

WFA training (instruction by SOLO, see <http://www.soloschools.com/index.cfm?event=course.wfa>) is again offered this spring at Noble View camp (<http://www.outdoors.org/lodging/cabins-campgrounds/camps-noble.cfm>). This training is required for SEM's level 2-5 hikers with re-certification every two years. Optional CPR instruction also offered. Scholarships are available for committed SEM leaders and leaders-to-be to defray training costs. This is a popular program and fills up quickly. Register with Len Ulbricht at educationchair@amcsem.org. Registration cutoff April 7. SEMers given preference if registered by January 31. [FLYER]



SEM'S SPRING SOCIAL WEEKEND

APRIL 28 & 29, AMC NOBLE VIEW CAMP, RUSSELL, MA



Hiking, biking, and whatever! Join us for a fun weekend to kick off the 2012 warm weather season of outdoor recreation. Register with Len Ulbricht at educationchair@amcsem.org by April 7. See www.outdoors.org/lodging/cabins-campgrounds/camps-noble.cfm. (This event is concurrent with, but independent of, WFA training.) [FLYER]

INTRODUCTION TO MAP & COMPASS – MAY 19

SEM has engaged REI to offer a one day Map & Compass training session. Training will be offered at Rocky Woods in Medfield, rain or shine, unless thunderstorms threaten. Course fee is \$60. Register with Len Ulbricht, Education Chair, at lenu44@gmail.com [FLYER]



During this field outing, we'll help you see three dimensions of the land in the two dimensions of a topographic map by teaching you how to read contour lines, landmarks and other map features. We'll also talk about magnetic north, true north, and magnetic variation (declination), and help you make sense of it all. From there, you'll learn how to take a bearing from the terrain and your map so that you can triangulate your position and plan a route. Maps and compasses will be provided.

Skills you'll learn: Learn how to read topographic lines and other basic features on a map. Learn how to orient a map to match the environment both with and without a compass. Learn basic compass features and how to utilize the map with a compass. Learn how to plot your current position on your map. Use a map & compass to navigate to new locations. Build confidence in your navigation skills.

CONSERVATION COMMITTEE

CONSERVATION CORNER



Bringing it home – simple things YOU and I can do to better our homes, our communities, and the Earth

Cars and Fuel Economy

by Maureen Kelly, Conservation Chair

Most of us love our vehicles and the freedom they give us to go where we want. Do you remember how it felt to have your license, your mother's car, and a full tank of gas? The freedom and independence felt limitless; everything was possible. But, with the numbers of cars on the road today, our dependence on imported oil, the increase of CO₂ into the atmosphere, our desire to reduce our energy consumption and increase our sustainability as a society, we can't continue to produce the current number and size of gas-powered cars. We will need to both reduce the amount of time we drive our cars and improve the environmental impact of the cars we do drive. For our future generations, we need to create communities where we can walk more, bike more, use public transport more, car share more and work from home more. Until then, we can try to be more efficient with the cars we drive today.

10 ways to improve your gas mileage

1. Align your car
2. Tune up your engine and use the proper oil
3. Properly inflate your tires
4. Slow down
5. Drive smoothly - avoid jerky stops and starts
6. Use cruise control and overdrive gears
7. Lighten up – remove unnecessary weight from your car including car racks
8. Reduce drag - transport large items in the trunk if possible, rather than on the roof
9. Don't idle
10. Replace a broken or missing gas cap

www.thedailygreen.com/environmental-news/latest/save-gas-47031702

Alternatives to gas-powered combustion engine cars

1. Electric cars – propelled by an electric motor powered by a rechargeable battery pack
2. Hybrid cars – have a smaller and more efficient gas engine and an electric motor that helps acceleration and low-speed driving
3. Diesel powered vehicles – 30% more efficient than gas powered engines and new technology has improved diesel performance and is cleaner than the diesel of the past
4. Alternative fuel vehicles – ethanol, natural gas, propane, biodiesel and hydrogen are all derived from products other than petroleum and some are renewable resources

www.fueleconomy.gov/feg/why.shtml#tips

For more information on fuel economy, check out these websites: www.fueleconomy.gov/feg/drive.shtml, www.consumerreports.org/cro/cars/new-cars/buying-advice/best-worst-cars-review/best-worst-fuel-economy/best-and-worst-fuel-economy.htm. For questions or comments, email Maureen Kelly at conservationchair@amcsem.org

CONSERVATION COMMITTEE

SEM's NEW CHAPTER PROJECT: D.W. FIELD PARK

By Maureen Kelly, Conservation Chair



On March 22, Jim Plouffe and I met with the board of the D.W. Field Park Association to discuss partnering with them on projects to improve the D.W. Field Park in Brockton. They welcomed us warmly and listened to Jim describe the AMC in general and the SEM chapter in particular. Our two overall goals for the project are to improve D.W. Field Park so that more people will use the park and to empower the people who care about the park with the tools to maintain it into the future.

We listed the needs we saw in the park. During this visit we only toured the southern part of the park. Those needs included cleaning up the trash and adding new trash and recycling receptacles, trail work on the trail around 30-Acre Pond (we assumed the trails in the northern section needed work as well), cutting new trails to completely connect the park by trail, GPS-ing the trails and producing a map for the park, marking the trails with markers, adding bike racks, adding a small boat access area to the pond where non-motorized boats are allowed, adding nature signage and signage about not feeding the birds (this was one of the major activities happening in the park on the day we came through), adding portable toilets to

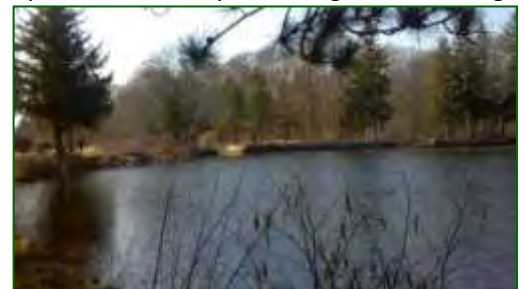


the south section of the park, creating a small field for soccer, Frisbee, kites, etc., replacing benches on the south side, restore the stone retaining walls around the dams, connect with the Fuller Craft Museum and bring some art into the park, develop a place for concerts, theater, lectures, connect with the Garden Club to plant a wildflower or perennial garden.

The members of the Association smiled as we looked up when we finished the list. It was almost the same as their own list of improvements for the park. Both groups realized that improvements in the park would require a long-term commitment but we wanted to get started quickly to show good faith on our part and to take advantage of the enthusiasm of the Association. Together the 2 groups came up with 3 starting priorities:

- 1) Starting in the southern section remove the trash around 30-Acre Pond
- 2) Clear and mark the trails throughout the park starting in the southern section and widen the trails if possible
- 3) Clear as much of the underbrush as possible next to 30-Acre Pond to open up views to the pond

April 21 is the kick-off event—Brockton Clean-Up Day, MA Park Serve Day, and the day before Earth Day; we thought it was fitting. The first part of the day will be the working part – cleaning up trash and possibly starting trail maintenance. In the afternoon, we'd like to have some fun and introduce the local people to AMC activities like hiking, biking, and paddling. The population around Brockton is diverse and we hope to increase SEM's diversity by finding new members there. We hope it will be both a productive and fun day. Check the online listings for specific events.



Here's where YOU come in: we need your help to make this project a reality.

Please consider joining us to help. If you can't commit to our first event but you are interested in helping, please send an email to Jim Plouffe, chair@amcsem.org or Maureen Kelly, conservationchair@amcsem.org with your thoughts and suggestions. This project is truly exciting; the chance to improve a local, urban park and bring more people into the "outdoors" that we all love.

HIKING COMMITTEE

RED LINE the BLUE HILLS NEWS



The RLBH hiking group has designed and ordered patches for all of its “finishers.” Finish your trails now so you can get one for your pack!

RLBH is a Thursday night hiking series that runs from April to October, 6-8:00pm. Each of these people below has finished hiking all 140 miles of trails in the Blue Hills – many several times. The first time around they mark their trail map with a **RED** pen. The second time around with a **BLUE** pen. The third time **GREEN**.

The fourth **ORANGE**. This

year the RLBH hike leaders are: Joe Keogh, Maureen Kelly, and Michael Swartz. Contact the registrar to sign up:

On March 10, Joe Keogh finished **Green Lining** at junction 3151. It took him a year and a half and he now gets to retire his third map and start a new one with orange lines!

On March 18, Ellen Correia finished **Red Lining** her trails. Ellen attended the very first RLBH hike in 2006. She’s an original!

THE FIRST WHITE LINER! On March 18 Jodi Jensen was the first hiker to finish **White Lining** the Blue Hills. White lining is completing all 140 trails in “winter” – you can only hike from December 22 until March 22.



JOE KEOGH FINISHES GREEN!

Congratulations to all of these hikers!

APRIL 12 we start hiking again! Join us!

VISIT RLBH WEBSITE: amcsem.org/RLBHWS/index.htm
CONTACT RLBH LEADER: RLBH_leader@amcsem.org
CONTACT RLBH REGISTRAR: RLBH_registrar@amcsem.org

HIKING COMMITTEE



Take a Long Hike

By Ray Anderson 

Hello fellow hikers. Look at the picture of the trail. A good trail path, easy to follow, right? But say it's mid-day and overcast, and you're not paying attention. You stop to break and remove your backpack. You void on the right side of the trail, come back over the trail and snack on the other side. You grab your camera, cross back over again and take a picture. Back and forth you go, cropping pictures, poking around, and when you pack up to leave, you head off in the opposite direction from which you came.

Happens more than you might think. Especially when everything looks the same, as in this picture.

Tip: Pick the same side--always--and lay your poles, or something, on that side. I'm right-handed, so I always lay my poles on the right. When I pack up, I'm never confused about direction.

And the most important time to do this--when you tent at night. Have one pole tip pointing in the direction you want to head out in the morning. Twice, on thru-hikes, in the morning, I saw another thru-hiker poling to me, as I hiked toward him. We both knew one of us was heading wrong, because both times we knew each other and our mutual goal. One of those times I was wrong. Not anymore.



Visit Ray's hiking blog: www.TakeaLongHike.com

HIKING COMMITTEE

First “Intro To AMC Hiking” Hike is a Real Crowd Pleaser!

By Paul Miller, Hiking Vice Chair

As part of our ongoing efforts to encourage even more club members to come out and join us on the trails, the SEM Hiking Committee has scheduled a series of “Introduction to AMC Hiking” hikes. These fun and enjoyable local hikes are ideal for any reasonably active person to experience the fun, camaraderie, and great exercise of AMC hiking firsthand.

Walt Granda, Joanne Staniscia, and I led the first hike in this series Saturday morning, March 17th in Foxboro State Forest – a local gem that’s popular with hikers and mountain bikers alike (not to mention XC skiers and snowshoe-ers in the winter). Eighteen people -- including six “first timers” -- pre-registered and showed up on time at the trailhead (two other women arrived late, but, reportedly, had a nice hike on their own.).

During our approximately six-mile hike along the Acorn and Warner Trails, we hit many of the high points in the (F. Gilbert Hill) State Forest in Foxboro, including the scenic overlook to the west and semi-historic High Rock, with its plaque commemorating Mead Bradner, an AMC member who had been instrumental in creating the Warner Trail, which extends approximately 30 miles from Canton, MA all the way to Diamond Hill State Park in Cumberland, RI.

At our post-hike debriefing, all six first-time AMC hikers mentioned that they had enjoyed the hike and would be back for more. Thanks to everyone who came out for this fun hike. We hope to see you on the trail again soon!



Literally the high point of this enjoyable, but non-intimidating hike – the group poses at High Rock in Foxboro State Forest
(Photo by Walt Granda)

HIKING COMMITTEE

WINTER 2012 HIKING
BLUE HILLS
FEB. 16 PONKAPOAG HIKE
DO YOU BELIEVE IT?!



BIKING COMMITTEE

MEET THE NEW BIKING CHAIR!

As you may have heard, the Cycling Committee has a new chair - ME! And I have some big goals for us in 2012. Before I get to that though, I would like to thank the executive board for their support as well as Dan Egan for accepting the position of vice-chair. I would also like to thank the past chair Joe Tavilla for leading us down the road(s) for the last 6 years. It's been more than a few months since we had a chair and even longer without a vice-chair, so this is all new to us and I don't know about Dan, but I'm sweating it!

As I look at the forecast, even though the calendar says winter, the weather sure is shouting spring! We all should be dusting off and lubing up the bikes if you haven't already and getting out there. April, May and June are fantastic months for riding when the weather cooperates and Dan and I will be working with the bike leaders to plan some great rides. What we need from the members are some ideas of what, where and when.

This year our goals are to: expand the types of rides, introduce some clinics, schedule more beginner rides, bring on more ride leaders, and expand the use of social media to keep you informed.

If you've been on a ride with us in the past, well, I hope to see you again this year. If you have been a closet cyclist, well, I hope to see you on one of our beginner or other rides that suites your style and pace.

Remember, we need to hear what you want, so please send your ideas and comments to bikingchair@amcsem.org.



Jon Fortier

Biking Chair

BIKING COMMITTEE



AMC SEM has a very active biking program!

It's the Lifestyle

By Dan Egan, Biking Vice Chair

“The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not.” -- Mark Twain

In addition to exercise and nutrition many AMC bicyclists find that pet ownership reduces the stress of the work-a-day world. Aerobic exercise from bicycling facilitates the flow of blood to the brain so that you maintain a great mood and it simultaneously enhances your memory. Once you've established this regimen of exercise and good nutrition a typical AMC member has more energy for community involvement. A healthy life style is the key. And keep a sense of humor!

We offer a good bike ride, great people, and a hint or two on nutrition regimens, i.e., “Keep your finger out of that cookie jar”. Come on out and play. We're having a great time!

See our “Cyclists' Culinary Corner” below for some recommended eats!

BIKING COMMITTEE

Cyclists' Culinary Corner

Mother Jacobsen's Kale Soup

Submitted by: Jacob Jacobsen, AMC Cyclist Leader

Ingredients:

4 medium potatoes,
1 lb. of linguica or chourico
,3 carrots,
1 good sized onion,
1 lb. of chopped kale (fresh or frozen)
1 turnip,
1 can of red kidney beans
minced garlic or garlic powder,
onion powder,
parsley flakes,
black pepper,
crushed red pepper,
potato flakes,
3 chicken bouillon cubes

In a large stock pot (3 or more gallons) dissolve 3 chicken bouillon cubes in boiling water then shut off heat. Peel and dice your potatoes, onion and turnip and add to pot. Dice up your carrots and add to pot. Cut your linguica into chunks and add to pot. Add 1b. of chopped kale to pot. Add water (amount of water varies depending on how thick or thin you want your soup). Next, season it with the following spices: minced garlic,

onion powder, garlic powder, black pepper, crushed red pepper, parsley flakes and paprika. Bring to a boil, then lower flame and cover your pot. Cook for about 40 minutes stirring off and on. Add some potato flakes to thicken the broth and give it a little more flavor. You can also add more water as you go along if you think the soup is too thick. After it's been cooked for 40 minutes, add a can of red kidney beans that have been thoroughly rinsed off and drained in a colander. Turn off heat, cover pot and let sit on stove for 1/2 hour before serving or before refrigerating. For some reason, kale soup always tastes better the next day so you may want to leave it in the fridge overnight before using. I like to serve it with buttered dinner rolls for dipping. This is a really delicious and nutritious meal that I hope you enjoy. P.S. In addition to the vegetables and linguica listed above, some people like to add additional vegetables like cabbage, asparagus, peas, green beans, diced tomatoes. My mom used to add some stew beef to it too.



WHY VOLUNTEER FOR THE AMC?

Gain work experience! Add to your resume!

Got a little free time to help us grow? Are you a people person who likes to help others? Are you concerned about environmental issues? Do you enjoy outdoor activities? Do you have some free time? If this sounds like you, then you may be interested in some opportunities to help our chapter of the AMC grow and better accomplish its mission. Get in touch with us and we'll be happy to tell you more. Contact: chair@amcsem.org



COMMUNITY CONNECTIONS

Upcoming Community Outdoor Activities You Might Be Interested In

Send items to communicationschair@amcsem.org

PERSONAL POSTS

NEWS FROM OUR MEMBERS

This section of the Breeze highlights our members.

If you have news, or know of news, contact the communicationschair@amcsem.org

SWAP STUFF

SWAP * BARTER * SELL * TRADE

HAVE OUTDOOR STUFF? NEED OUTDOOR STUFF?

For sale: Kayak, by Perception. 10'4" long, 42 lbs. with paddle. Excellent condition. \$200. Contact: 508-999-9999. (sample only)

THE E-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.



Got an AMC-related outdoorsy business?
Run a paid business card-sized ad in the Breeze for
\$10/month (\$100/year)!
Contact: communicationschair@amcsem.org



Got something to say? Want to be a regular Breeze columnist?
Contact the Breeze editor to volunteer! communicationschair@amcsem.org

Know what's happening?

If not, visit our website, find us on FACEBOOK, or follow us on TWITTER!
amcsem.org * www.facebook.com/AMCSEM * www.twitter.com/amcsem



NEWS FROM "JOY STREET"

The following information is from the AMC's central office at Joy St. in Boston and comes directly from them.

AMC Launches New Mobile Website

Smartphone users can now connect to www.outdoors.org and access a new, mobile-optimized version of AMC's website. We've made the most common online tasks, including checking lodging availability, finding local chapter programs, checking current conditions, and renewing your membership much easier to do with a mobile device. Check it out and let us know what you think!

AMC's 4th Annual Spring Fling – April 27-29

Join us at AMC's Mohican Outdoor Center for a fun-filled weekend. Take a hike on scenic trails within the 67,000 acres of the beautiful Delaware Water Gap National Recreation Area or along the Appalachian Trail. Or bring your bike and take a ride on some of the park's quiet roads and rail-trails. Or spend some time paddling around Catfish Pond (kayaks, canoes and gear are provided). Activities are available for individuals and families. Register early as last year's event sold out quickly.

<http://activities.outdoors.org/search/index.cfm/action/details/id/57863>

AMC Headquarters, 5 Joy Street, Boston, Massachusetts



CHAPTER ACTIVITIES

Note: These activities are taken directly from the AMC central online activity listing system.

activities.outdoors.org

(All activity information appears exactly as entered by the activity leader.)

SAVE THE DATE

CLUB-WIDE ACTIVITIES

AMC's 4th Annual [Spring Fling](#), April 27-29

CHAPTER-WIDE ACTIVITIES

SEM Wilderness First Aid, April 28-29

SEM Spring Social Weekend, April 28-29

SEM Map & Compass, May 19

SAVE THE DATE

SEM Chapter Hut Weekend, Sept 20-23

SEM Wilderness First Aid (fall) November 2012

SEM Annual Meeting, November 4, 2012

SEM Winter Hiking Series, November 4, 2012

(See our website for details: www.amcsem.org,
and click on the "Upcoming Events" tab)

CHAPTER ANNOUNCEMENTS

Watch our [website](#) for the latest in AMC SEM!

NOTE ACTIVITIES MARKED FOR :

FT = First Timer **NM** = New Member

FULL LIST of ACTIVITIES at AMCSEM.ORG
(see 'schedules' tab)

Additional activities are posted on our Short Notice List.
Sign up for this list on our website, amcsem.org.

CHAPTER FUN

SEM Pot Luck Dinner, March 31

[SEE FLYER](#)

SEM [Spring Social Weekend](#), April 28-29.

Hiking, biking, and whatever!

AMC Noble View Camp, Russell, MA

SEM Chapter Hut Weekend. Thu., Sep. 20-23.

Cold River Camp, Evans Notch 1-3 nights. Can't beat location, activities, price. Preference given to SEM Members. L/R Jim Plouffe (508-586-1394, Chair@amcsem.org)

CHAPTER EDUCATION

SEM [Wilderness First Aid](#), April 28-29

SEM [Map & Compass](#), May 19



Know what's happening?

If not, visit our website, find us on FACEBOOK, or follow us on TWITTER!

amcsem.org * www.facebook.com/AMCSEM * www.twitter.com/amcsem

HIKING / BACKPACKING

HIKE PLANNING MEETINGS: are held the 1st Wednesday of March, June, September, December. Contact hikingchair@amcsem.org for information.

IMPORTANT: Hikers unsure of their ability should try only 1 level more difficult than previously completed. No pets without permission of trip Leader. Registration req'd 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 activities.outdoors.org. Sign up for the SEM Short Notice E-Mail Trip List at www.amcsem.org.

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

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

IMPORTANT: No pets w/o prior permission of trip leader. Individuals under 18 years of age must be accompanied by a parent or responsible adult, and obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 week prior to the trip so Ls can discuss prior hiking exp., conditioning, clothing, and equipment. Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

(FT) (NM) Sat., Mar. 31. Membership Open House. Membership open house and pot luck dinner at the Bourne Community Center, 239 Main St. Buzzards Bay, Ma. This is a great opportunity for new or inactive member as well as non members to learn about the great outdoor activities that the AMC has to offer. This will give you an opportunity to meet our volunteer leaders and ask about upcoming events. Arrive at 5:30 to register and view a slide presentation of past activities. Bring a friend or neighbor to share a pot luck dish and a chance to win a door prize. Registration is required. L Jim Casey (membershipchair@amcsem.org), R Jim Casey ((781) 924-5228, membershipchair@amcsem.org)

(AN) (CE) Tuesdays

Apr. 3. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. Meet at 9:30 at Houghton's Pond parking area. Call in case of change. L Ken Jones ((508) 697-0142 6-9 PM except Thursdays, lotsoluck@comcast.net), CL Luther Wallis ((508) 923-1935, lew89@comcast.net), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

Thursdays

Apr. 5. Thurs. Morning Hike, Gilbert Hills State Forest, Foxboro, MA.. Meet 10:00 a.m. at Headquarters, 45 Mill St., Foxboro. Starting out from Headquarters, we will follow a variety of trails in the eastern section. Gentle terrain through mixed forest passing lakes/ponds with a stop at a reconstructed CCC site. Wear layers and proper footwear. Bring lunch, snacks and water. For directions Google Gilbert Hills State Forest. L Joanne Staniscia ((508) 528-6799 7-9 p.m., joannes1@localnet.com)

(AN) (CE) Tuesdays

Apr. 10. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some

of the more rugged trails in the Reservation with some elevation gain. Meet at 9:30 at Houghton's Pond parking area. Call in case of change. L Ken Jones ((508) 697-0142 6-9 PM except Thursdays, lotsoluck@comcast.net), CL Luther Wallis ((508) 923-1935, lew89@comcast.net), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

Thursdays

Apr. 12. Thursday Morning Hike, Moose Hill, Sharon, MA. Meet at 10 am at the Moose Hill Audubon Parking lot for a 6 mile hike over relatively flat terrain with some gentle climbing. Fee for parking is \$3 for Seniors , free for members and Sharon Residents. Bring hiking boots, water, lunch and rain jacket. Heavy rain cancels. From North, take I-95S, exit 10 (Coney Street). Turn left off exit and make first right onto Rte. 27N (Walpole). Take first left onto Moose Hill Street, and continue past TTOR's Moose Hill Farm to top of hill and turn left onto Moose Hill Parkway. Parking lot is on left. From South, take I-95N, Exit 8 (Main Street, Sharon). Turn right off exit and follow for one mile. Turn left onto Moose Hill Street. Follow to top of hill and turn right onto Moose Hill Parkway. Parking is on left. L Hans Luwald ((781) 828-0572 Before 9pm, hans.luwald@gmail.com), CL Debbie Lepore ((781) 828-0572 Before (pm))

(FT) (NM) Thursdays

Apr. 12. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Sun., Apr. 15. Blue Hills Fast & Hilly. Stay in shape for the bigger mountains by hiking the Skyline Trail at a moderately fast pace. We'll hike the North-South loop, then out to Buck Hill and back. Meet at 8:45; not a beginner hike. L Maureen Kelly ((508) 224-9188 before 8pm, MoKel773@aol.com), R maureen kelly ((508) 224-9188 before 8pm, mokel773@aol.com)

(AN) (CE) Tuesdays

Apr. 17. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. Meet at 9:30 at Houghton's Pond parking area. Call in case of change. L Ken Jones ((508) 697-0142 6-9 PM except Thursdays, lotsoluck@comcast.net), CL Luther Wallis ((508) 923-1935, lew89@comcast.net), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays

Apr. 19. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(CE) Thu., Apr. 19. Oldham Trail & Harold B. Clark Forest. Pretty hike through forests and over streams and around ponds. B3C. Req. equip.:hiking boots,raingear,water & snacks. I-95 take 7B & take 140N to Foxboro Ctr go 1/2 way around rotary and cont. N on 140 for 1/2 mile on left conservation park lot. Meet 10:00am -questions L/Muriel Guenthner-508/699-7461. L Muriel Guenthner ((508) 699-7461 Before 9:00pm, murielguenthner@comcast.net)

(NM) Sun., Apr. 22. New Member Intro Hike - Noon Hill, Medfield. Hike three-four miles on Trustees property. Portion of Bay Circuit Trail, pond views, peak outlook, possible Charles River stop. See www.trustees.org for trail map. Bring lunch. 10:00am start. L Len Ulbricht (lenu44@gmail.com)

(AN) (CE) Tuesdays

Apr. 24. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. Meet at 9:30 at Houghton's Pond parking area. Call in case of change. L Ken Jones ((508) 697-0142 6-9 PM except Thursdays, lotsoluck@comcast.net), CL Luther Wallis ((508) 923-1935, lew89@comcast.net), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

Thu., Apr. 26. Cliff Walk, 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. Return by Mansions on Bellevue Ave. to complete 7-mi. loop. Sturdy walking shoes required. Bring water, snack. Lunch at local restaurant. Heavy rain cancels. Call leader for carpool info. L Barbara Hathaway ((508) 880-7266 before 9 pm, barb224@tmlp.net)

(FT) (NM) Thursdays

Apr. 26. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(SN) Sat., Apr. 28-29. Wilderness First Aid (WFA). WFA training (instruction by SOLO, see <http://www.soloschools.com/index.cfm?event=course.wfa>) is again offered this spring at AMC's Noble View camp (<http://www.outdoors.org/lodging/cabins-campgrounds/camps-noble.cfm>). Learn what to do in case of a hiking related accident deep in the woods when professional help is hours away. Optional CPR instruction also available. This is a popular program and fills up quickly. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

(NM) (SN) Sat., Apr. 28-29. SEM'S SPRING SOCIAL WEEKEND AT NOBLE VIEW CAMP. SEM'S SPRING SOCIAL WEEKEND AT NOBEL VIEW CAMP APRIL 28 & 29 A cabin and several campsites (<http://www.outdoors.org/lodging/cabins-campgrounds/camps-noble.cfm>) have been reserved for an SEM social weekend of hiking, biking and whatever. (This event is concurrent with but independent of WFA training.) Please join us for a fun weekend to kick off the 2012 warm weather season of outdoor recreation. Register with Len Ulbricht at lenu44@gmail.com by April 7. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

Sat., Apr. 28. Blue Hills End-to-End. Come explore the Blue Hills Reservation featuring a variety of small hills with outstanding panoramas, ponds, wetlands and deep woods. L Leslie Carson ((508) 833-8237, lrc929@comcast.net), CL Paul Miller ((508) 369-4151, paulallenmiller@verizon.net), R Paul Miller (paulallenmiller@verizon.net)

(AN) (CE) Tuesdays

May. 1. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. Meet at 9:30 at Houghton's Pond parking area. Call in case of change. L Ken Jones ((508) 697-0142 6-9 PM except Thursdays, lotsoluck@comcast.net), CL Luther Wallis ((508) 923-1935,

lew89@comcast.net), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

Thursdays

May. 3. Thurs. Morn.Hike Wollomonpoag Conservation area. Wollomonopoag Conservation area, Wrentham. (B3C) Hike starts at 10:00am. 5+ miles of trails, eskers, beaver dam, and pond, as well as marshes, and a mature forest. Also observe a Great Blue Heron Rookery. L Ellen Correia, ellenrcorreia@gmail.com, C/L and R Muriel Guenthner, 508 699-7461 before 9:pm, murielguenthner@comcast.net. L Ellen Correia ((508) 954-4099 before 9:pm, ellenrcorreia@gmail.com), CL Muriel Guenthner ((508) 699-7461 before 9:pm, murielguenthner@comcast.net), R Muriel Guenthner ((508) 699-7461 before 9:pm, murielguenthner@comcast.net)

(FT) (NM) Thursdays

May. 3. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., May. 5. Mt. Kearsarge North Hike (B3B). Join us for a great hike up Mount Kearsarge North (3,268'). We'll take the Mt Kearsarge North Trail (3.1 miles) to the summit. At the summit we will take some time to enjoy the 360 degree views and then descend back down the same trail to the parking area. Total elevation gain 2600 ft, approx, 6.2 miles RT. Approx hike time 6 hours. Register by 4/25. L Walt Granda ((508) 999-6038 Before 9:00 PM, wlgranda@aol.com), CL Jim Casey ((781) 351-6862, cmne@comcast.net), R Jim Casey ((781) 351-6862, cmne@comcast.net)

(AN) (CE) Tuesdays

May. 8. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. Meet at 9:30 at Houghton's Pond parking area. Call in case of change. L Ken Jones ((508) 697-0142 6-9 PM except Thursdays, lotsoluck@comcast.net), CL Luther Wallis ((508) 923-1935, lew89@comcast.net), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays

May. 10. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thu., May. 10. Thurs Morn. HIke M-M Trail, Mt Norwottuck (B3C). 5.4 mile hike along Metacomet-Monadnock trail from Rte 116 to Harris Mountain Rd. A very Picturesque hike will take us to Mount Norwottuck, Horse Caves, Rattlesnake Knob and Long Mountain. After the hike a side trip to a local country store for ice cream. Heavy Rain will cancel. L Walt Granda ((508) 999-6038 Before 9:00 PM, wlgranda@aol.com), R Walt Granda ((508) 999-6038 Before 9:00 PM, wlgranda@aol.com)

(FT) (NM) Saturdays

May. 12. Intro. to AMC Hiking-Wollomonopoag Conservation Land Hike. Introduction to hiking-5+ mile walk on conservation land in Wrentham. Features large eskers, beaver dams, ponds, a mature forest and a Great Blue Heron Rookery.(B3C). Contact L to register,

Ellen Correia, 508-954-4099, ellenrcorreia@gmail.com. L Ellen Correia ((508) 954-4099 before 9:pm, ellenrcorreia@gmail.com), CL Jodi Jensen , R Ellen Correia ((508) 954-4099 before 9:00pm, ellenrcorreia@gmail.com)

Sun., May. 13. Blue Hills Fast & Hilly. Stay in shape for the bigger mountains by hiking the Skyline Trail at a moderately fast pace. We'll hike the North-South loop, then out to Buck Hill and back. Meet at 8:45; not a beginner hike. L Maureen Kelly ((508) 224-9188 before 8pm, MoKel773@aol.com), R Maureen Kelly ((508) 224-9188 before 8pm, mokel773@aol.com)

(AN) (CE) Tuesdays

May. 15. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. Meet at 9:30 at Houghton's Pond parking area. Call in case of change. L Ken Jones ((508) 697-0142 6-9 PM except Thursdays, lotsoluck@comcast.net), CL Luther Wallis ((508) 923-1935, lew89@comcast.net), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays

May. 17. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(AN) (CE) Tuesdays

May. 22. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. Meet at 9:30 at Houghton's Pond parking area. Call in case of change. L Ken Jones ((508) 697-0142 6-9 PM except Thursdays, lotsoluck@comcast.net), CL Luther Wallis ((508) 923-1935, lew89@comcast.net), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(C) (FT) (NM) Thu., May. 24. Thurs. Morn North Hill Marsh in Duxbury (C3C). NORTH HILL MARSH HIKE May 24, 2012 Leader and Registrar: Sally Delisa Before 9:00 p.m. Home: 781-834-6851 Morning of hike (after 9:a.m.)--Cell: 781-864-7302 Distance: 4.6 miles Rating: C3/4C REGISTRATION: Registration is required. DESCRIPTION: Leader will be stopping for wildflowers and shrubs blooming along the trails. We will hike over some of Duxbury's upland trails and hills, past a large kettle hole and along an old cart path. Then, we'll drop down and hike past a cranberry bog and lastly around a large pond owned by Audubon. There will be a separation/snack break about half way. Following the hike, those wishing for more on their own may wish to cross the street and hike around Round Pond. The Bay Circuit Trail goes across that property and there is a bench overlooking the pond. Time: Sign-in at 9:45 for a prompt 10:00 a.m. departure. The hike will last about 2.5 hours with a separation (bathroom)/snack break. Weather/Cancellation Policy: Heavy rain, high winds or electrical storms will cancel. If in doubt, call Sally at her home number until 9:00 a.m. After 9:00 a.m., you may reach her on the cell phone. (Phone numbers at top of page) Cautions/Hazards: Deer Ticks are active all year on the South Shore. Please use proper precautions. There is some poison ivy along the trails. There may be some muddy areas. L Sally Delisa ((781) 834-6851 before 9pm, delisasally@yahoo.com), R Sally Delisa ((781) 834-6851 before 9 pm, delisasally@yahoo.com)

(FT) (NM) Thursdays

May. 24. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., May 26-28. Memorial Day Weekend Hut Trip. Weekend trip to Carter Notch Hut with hikes to Carter Dome and the Wildcats. Two nights, dinners and breakfasts included. Payment sent by April 25th to confirm spot. L Leslie Carson ((508) 833-8237, ltc929@comcast.net), CL Jim Plouffe ((508) 562-0051, jimplouffe@comcast.net), R Leslie Carson

(AN) (CE) Tuesdays

May. 29. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. Meet at 9:30 at Houghton's Pond parking area. Call in case of change. L Ken Jones ((508) 697-0142 6-9 PM except Thursdays, lotsoluck@comcast.net), CL Luther Wallis ((508) 923-1935, lew89@comcast.net), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays

May. 31. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays

Jun. 7. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Jun. 9. Hiking-Alander Mountain/Bash-Bish Falls. Dotted with picturesque towns and surrounded by rolling ridges of hardwood forests, the Berkshires are a must-visit hiking destination. Among the many locations from which to choose, Alander Mountain stands above the rest with its expansive views and interesting natural features. A 7.6-mile hike can be completed by following the Bash-Bish Gorge, South Taconic, and Bash-Bish Falls trails. Excellent views can be found along the ridge leading south to the mountain's wide-open western summit. Complete the hike by swinging through New York's Taconic State Park and past the Bay State's highest falls. The trailhead is on Falls Road in the town of Mount Washington, 0.3 mile east of the New York border. L Walt Granda ((508) 999-6038 before 9:00 PM, wlgranda@aol.com), CL Anne Duggan ((508) 748-6782 before 9:00 PM, ab.duggan@verizon.net), CL Jean Hauck ((781) 326-4075, jeanhauck@verizon.net), R Anne Duggan ((508) 748-6782 before 9:00 p.m., ab.duggan@comcast.net)

(FT) (NM) Thursdays

Jun. 14. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Sat., Jun. 16. Introduction to AMC Hiking - Long Pond-Ell Pond , Ashville,RI. A great hike for new members and and first time hikers. Hike along the Narragansett Trail lined with mountain laurel to a cliff that overlooks Long Pond. The hike then proceeds through a gorge lined with rhododendrons and hemlocks. L Susan Chiavaroli ((508) 252-4164, brillo6452@yahoo.com)

(FT) (NM) Thursdays

Jun. 21. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Jun. 23. Mt. Hale - Zealand Falls Trail Loop. 7.7 mi, el 4,054 ft, change 2,276 ft, moderate pace, scenic views, wet areas, pass Zealand Falls and hut. Magnificent views from the outlook at Zeacliff, and connecting trails lead to a number of other superb outlooks. Part of the AT. Beaver swamps, meadows, and ponds, with views of the surrounding mountains. L Len Ulbricht (lenu44@gmail.com), CL Anne Duggan (ab.duggan@verizon.net), R Brian Duane ((339) 244-4107 before 10 pm, brianduane@earthlink.net)

(FT) (NM) Thursdays

Jun. 28. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Jun. 30. Franconia Ridge Loop. One of the most spectacular hikes with beautiful views in the Whites! L Leslie Carson ((508) 833-8237, ltc929@comcast.net), CL Maureen Kelly ((617) 943-4288, MoKel773@aol.com), R Maureen Kelly

CAPE COD HIKES

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., Mar. 31. Truro-Ryder Beach (C3C). Saturday morning hike along beach, woods views. meet 9:45. From Rte 6 take L Prince valley rd just beyond Truro line. R at end then immed. L to pkg at end. Bad weather cancels. Doubt? Call L. Two hours. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Sun., Apr. 1. Dennis, Crowe's Pasture (C3C). Marsh, beach, quiet roads. Rte 6, Ex 9N to R on Rte 6A. L on School St, R on South St to lot on R past cemetery. Meet 12:45, 2 hrs. bad weather? call leader. L Pat Sarantis ((508) 430-9965, patsarantis@gmail.com)

Thu., Apr. 5. Harwich-Island Pond/Hacker Conservation Area. Hike on bike trail, wooded trails. Meet 9:45. From Rte 124 head W on Headwaters Rd just N of the Rts 6 and 124 exchange. Park 0.4 mi. at the bike trail lot on the L. Heavy rain cancels. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Thu., Apr. 12. Harwich-Hawks Nest. New Hike - Hawknest State Park - Off Exit 11, Rt.6, Park at end of Spruce Rd in Harwich for 2 hour hike. Meet 9:45AM. L Peter Selig ((508) 432-7656, pandmselig@hotmail.com)

Saturdays

Apr. 14. Provincetown: Whales Whales Whales (B3B). Walk on the beach to the Race Point Lighthouse with binoculars in hand. Should see whales from the lighthouse! Meet at 9:45am, upper Race Point Beach parking lot, Provincetown. Walk will take 3 hours; eat lunch as we scan for whales with binoculars for another hour+. (Four+ hours RT.). L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Apr. 15. Brewster-Nickerson State Park. Woods hike around the ponds of Nickerson. Meet 12:45 Fisherman's Landing. Stay on main Rd in park going 1.7 mi to pkg lot on L. Heavy rain cancels. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Thu., Apr. 19. Yarmouth-Three Ponds. Hike through woods to bogs and three ponds. Meet 9:45. Exit 8 from Rt 6 R at second light, L on West Yarmouth Rd. Park on side of road in about a mile. Heavy rain cancels. Two hours. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Saturdays

Apr. 21. Provincetown: Whales and Trails (B3B). Meet at 9:45am, Herring Cove Beach parking lot, (far right of the right parking lot). Walk on bike trail, pine barrens, over dike, and through marsh to Race Point Lighthouse. Bring your binoculars! Hike will last 3 hours, but allow 1+ extra hour for lunch while scanning with binoculars for whales (4+ hours RT). L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Apr. 22. Harwich, Herring River (C3C). The herring may be running up the ladder this time of yr. West & East Reservoir, Herring River and Run, Cranberry Bogs. Rte 6 to Ex 10, R off ramp to Rte 124S 2 mi to center. R on Main St/Great Western Rd for 2 mi to Sand Pond parking lot on R. Meet 12:45, 2 hrs. L Pat Sarantis ((508) 430-9965, patsarantis@gmail.com)

Thu., Apr. 26. Truro, Ryder Beach (C3C). Beach to woodland trails, hills, and scenic bay views. Route 6, then left on Prince Valley Road to the end. Right on County Road, then an immediate left on Ryder Beach Road. Park at the end. Meet at 9:45am. 2 hours. L Janet Kaiser ((508) 432-3277, jtkaiser@comcast.net)

Sat., Apr. 28. Yarmouth, Greenough Ponds (B3C). Walk through Yarmouth Botanical Gardens, Dennis & Greenough Ponds. Meet at 9:45, 3 1/2 hr. Exit 7 off Route 6 North and take immediate right turn on Summer St. Follow dirt road 1/2 mile to beach parking lot. Bring lunch. L Richard Kaiser ((508) 432-3277, rjkaiser@comcast.net)

Thu., May. 3. Harwich, Island Pond (C3C). Bike path to wooded trails, few rolling hills, pass lavender farm. Rte 6 Exit 10 Rte 124S. L Old Colony Rd at crosswalk. Park R Harwich Town lot. Meet 9:45. 2 hrs. L Janet Kaiser ((508) 432-3277, jtkaiser@comcast.net)

Sat., May. 5. Provincetown: Herring Cove to Tip of Cape (B3B). Park in the left corner of the left parking lot at Herring Cove Beach, Provincetown, to hike back and forth over the dune and tidal flats until we get to Long Point (tip of the Cape). Views of Cape Cod Bay and Provincetown Harbor. 4 hours RT. MEET AT **10:45**am. Bring lunch. L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., May. 6. Falmouth, Long Pond (C3C). Rolling woods around scenic freshwater pond. Take Brick Kiln Rd east off Rt 28 to Gifford. R on Gifford, 1.5 mi, R into Goodwill Park. Pass gate and park on R. Meet 12:45 pm. 2 hrs. L Julie Early ((508) 776-4432 Evenings, jearly@capecod.net), CL Pat Sarantis (patsarantis@gmail.com)

Thu., May. 10. Brewster-Nickerson State Park. "Hike and picnic . Meet at 9:45am, Flax Pond Beach pkg lot. Take Main Road in park to L on Flax Pond Road to the beach pkg lot on the R. Bring a small lunch/something to share.". L Peter Selig ((508) 432-7656, pandmselig@hotmail.com)

BIKE RIDES

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		
Mis	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

WANTED: Ride Leaders and Co-Leaders. WANTED: Ride Leaders and Co-Leaders. Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm and routes w/ your fellow AMC members? Contact Bike Chair (bikingchair@amcsem.org) for more info.

AMC SEM 2,000 Mile Club. AMC SEM is in the third year of our unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair to register your mileage and for more info. (bikingchair@amcsem.org)

Turn Those Tires on Tues. Rides scheduled all year long, weather permitting. 25 mi of road or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location and directions. Intermed. pace. Riders and bicycles in top shape; tires and riders pumped and ready to roll; helmets and water req'd. L Paul Currier (508-833-2690 8 am-7 pm, pbencurrier@hotmail.com)

Sun., Apr. 1. Early Season Beginner Ride. Early season beginner bike ride. Ride 10 miles along the Phoenix Bike Path and lightly traveled roads visiting Fort Phoenix and the New Bedford Hurricane Barrier. Possible continuation to Mattapoissett Harbor. This is for all skill levels and bike types. Children allowed but contact ride leader. Maybe its your

first ride of the season, or just want to try an easy group ride. Rain and less than 40f cancels. Registration not required but cancellations only sent to registered participants. Meet at the Stop and Shop on route 6 (at the end of Rte 240) for a 10am start. L Jon Fortier ((508) 982-1855, jon.of.carver@gmail.com)

Tuesdays

Apr. 3. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(NM) Fri., Apr. 6. Susnet/Full Pink Moon Ride. From Sagamore Rec Area ride through Sagamore and along the canal at an intermediate pace for 22 miles. Beautiful sunset over Buzzards Bay and moon rise over Plymouth Bay. Ride starts about 2 hours before sunset. Tires and riders pumped and ready to roll. Helmets, spare tube and tools and water required as is registration. Cancellation/rescheduling sent to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

Apr. 10. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

Apr. 17. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

Apr. 24. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

May. 1. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) Sat., May. 5. Sunset/Full Flower Moon Ride. Ride along the canal and through Gray Gables and Masnhee Island at an intermediate pace for 22 miles. Beautiful sunset over Buzzards Bay and Full Worm Moon rise over Sagamore. Ride starts in Sandwich Rec Area about 2 hours before sunset. Tires and riders pumped and ready to roll. Helmets, spare tube and tools and water required as is registration. Cancellation/rescheduling sent to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

May. 8. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

May. 15. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

May. 22. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

May. 29. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Mon., Jun. 4. Sunset/Full Strawberry Moon Ride. From Sagamore Rec Area ride through Sagamore and along the canal at an intermediate pace for 22 miles. Beautiful sunset over Buzzards Bay and moon rise over Plymouth Bay. Ride starts about 2 hours before sunset. Tires and riders pumped and ready to roll. Helmets, spare tube and tools and water required as is registration. Cancellation/rescheduling sent to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

Jun. 5. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique

locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

Jun. 12. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

Jun. 19. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

Jun. 26. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

CHAPTER YOUTH PROGRAM (CYP)

WANTED: Chapter Youth Program (CYP) Leader. Share your outdoor knowledge and leadership skills with local groups of children. Give your time to these programs to help kids get outside who might not otherwise have the opportunity. A typical Chapter Youth Program (CYP) might include a local walk with some nature lesson or trail games. CYP leader training and screening is required. L Sally Delisa (picpocit@verizon.net)
cypcoordinator@amcsem.org

Watch our [chapter website](#) and the short notice list for notices for events!

PADDLES

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 MA").

Wed., Apr. 4. Centerville River. Centerville River 10:30am. Wet/Dry suit req. Fr Rt.28 take old Stage S into Main St. R on S Main st. to L on Hayward Road. L Bill Fischer ((508) 420-4137 to 9 pm, wmbarbarafischer@comcast.net), CL Vickie Blair/Smith

Sat., Apr. 7. Walker Pond. 10:30 am PFD, wet/dry suit req. spray skirt. Put-in. Rt. 6 exit 9 take Rt. 134N to R on Airline, R on Setucket, R on Slough Rd to L at put-in. Paddle Walker & Upper and Lower Mill Ponds. L Bill Fischer(508-420-4137 call before 9pm,wmbarbarafischer@comcast.net),CL V.Blair/Smith. L Bill Fischer ((508) 420-4137 before 9pm, wmbarbarafischer@comcast.net), CL Vickie Blair/Smith

Wed., Apr. 11. Waquoit Bay. Put-in: Whites Landing, E. Falmouth (41°34.730/70°31.907) Go west from the Mashpee rotary on Rt 28 or east from Falmouth and turn onto Whites Landing Rd at Edwards Boat Yard. Will circumnavigate Waquoit Bay. Level 2 skill rating. Max distance 10 miles. PFD, Spray Skirt, & Cold Water attire required. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Sat., Apr. 14. Lewis Bay. Lewis Bay, Uncle Roberts Cove, lunch on Egg Island, and maybe a foray into Hyannis Inner Harbor. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Wednesdays

Apr. 18. Swan Pond/River to Nantucket Sound. Take Clipper Lane off Upper Country Road, follow to parking on left. PFD, wet/dry suit required. L Betty Hinkley ((508) 241-4782, bhinkley@mindspring.com)

Sat., Apr. 21. Leader's choice. Sandwich Old Harbor or western end of Barnstable Harbor. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Wed., Apr. 25. Leaders Choice. Leaders Choice. Either Slocum River and daffodils or Padanaram Harbor. Please call for directions. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Apr. 28. Indian Lakes. Paddle Middle Pond and Mystic Lake - 7 miles. Preregistration for directions to put in. Wet suit and spray skirt required. L Louise Foster ((508) 420-7245 Anytime, janelouise@comcast.net)

Wed., May. 2. Sippican Harbor to Bird Is.. Put in is at Island Wharf Rd., Marion (41° 42.285 - 70° 45.670). Will paddle out to Bird Is. and explore the area of Sippican Hbr. Level 3, 12 plus miles, Sea Kayaks only, PFD, Spray Skirts, and cold water attire required. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Sat., May. 5. Pamet Harbor Truro. Put-in Directions: From Route 6 northbound in Truro, right at the exit sign for Pamet Roads and Truro Center. At the junction signed for North and South Pamet Roads turn right, go a few hundred feet and turn right again onto South Pamet Road. Go under Route 6. After 0.1 m you come to Castle Road. Turn left, go about 100 feet and veer right onto Depot Road. After 0.5 m the road forks. Stay right toward Pamet Harbor. At 1.3 m you come to the harbor parking area. There is a \$6 launching fee. Life vest, spray skirt, and wet/dry suit required. L Don Palladino ((508) 349-2950, djpl958@comcast.net)

Wed., May. 9. Onset Harbor & Creeks. A leisurely 8-mi. tour around scenic Onset harbor and its estuaries. PFD and wet or dry suit req. Spray skirt rec. Launch 10:30AM at

Riverside Dr., off Main Ave. L Wesley Ewell ((774) 313-7599 7:00AM-9:00PM,
twofootartist@yahoo.com)

Saturdays

May. 12. Long Pond, Brewster. Long Pond, Brewster. Circle the pond and eat lunch on a sandy beach. Directions to put-in: Route 6N Exit 10 to Route 124. Just after crossing Brewster Town line, turn right on Crowell's Bog Road. PFD required. L Betty Hinkley ((508) 241-4782, bhinkley@mindspring.com)

Wed., May. 16. Weweantic River. Paddle down River to Great Hill Point and Sippican Neck. I-195 to Exit 20 to Visitor Center on 195 going East. PFD required. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., May. 19. Leader's choice. Barnstable Harbor or Sandwich Old Harbor. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Wed., May. 23. Duxbury Bay. Duxbury Bay, Duxbury, Ma. Rte.3 Exit 11 to Rte.14 East 2.9mi. to Y intersection L onto Powder Pt. Ave. 1.1mi. to parking lot W end of Powder Pt. Bridge, Level 3, PFD & Spray Skirt Req., L George Wey (781-789-8005, geowey@comcast.net). L George Wey ((781) 789-8005 anytime, Geowey@comcast.net)

Sat., May. 26. Fiddler's Cove to Old Silver Beach. Put-in is from a private beach (41° 38.904 - 70° 38.203) with limited parking in North Falmouth. Call for directions. Will paddle south to Old Silver Beach and into Herring Brook. On the way back we will stop and have lunch in Wild Hbr. This is open water paddling around Nye's Neck and then south to Herring Brook at Old Silver Beach. Sea Kayaks only, PFD and spray skirt required. Total distance approximately ~12 miles. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Wed., May. 30. West Island. Scenticut Neck to and around West Island. I 195 to Rt 240. Cross Rt. 6 to Scenticut Neck Rd., left on Seaview(park). PFD & spray skirt required. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Jun. 2. Shoestring Bay. Several options depending on conditions. Preregistration for put in info. Spray skirts and perhaps wet suits required. L Louise Foster ((508) 420-7245 Anytime, janelouise@comcast.net)

Wed., Jun. 6. Jones River at Kingston Bay. Put-in is the boat ramp (41° 59.886 - 70° 42.621) at the entrance to Jones River. Take exit 9 from Rte 3 and go NW on 3A, then right onto Landing Rd. and right onto River Rd. to the end. This is a beautiful river to explore. The Harbor Master tells me the dam has been taken out opening a whole new area to paddling. Very tide dependent paddle. Level 2, PFD required, spray skirt recommended. I did this river 3 years ago, but only to the dam. There may be some fast water. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Sat., Jun. 9. W. Falmouth to Sippewisset Inlet. Put-in is the boat ramp (41° 36.232 - 70° 38.302) on Old Dock Rd., W. Falmouth. You must park back at the bike path lot. Call for directions. Paddle will be south to Gifford's Ledge, and the Great and Little Sippewisset Inlets. ~12 miles, Level 3, Sea Kayaks only. PFD and Spray Skirts required. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Wed., Jun. 13. Westport River East Branch. Paddle down the river to islands in Westport Harbor. I 195 to Rt 88S. Left at 2d light (Old County Rd.) 1 mile to Head of Westport Village. Park on either side of River. PFD required. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Jun. 16. Cotuit Bay. S on Rt. 149. R on Rt. 28 to L on Putnam. (at lights). Straight on Old Shore to town landing PFD, spray skirt req. Tour three bays and lunch on Samsons Island. L Bill Fischer ((508) 420-4137 before 9pm, wmbarbarafischer@comcast.net), CL E. Pratt

Wed., Jun. 20. Wellfleet Bay. Put-in: From Route 6 in Wellfleet at the traffic light just past P.J.'s turn left toward Wellfleet Center and Harbor. Go 0.3 m and turn left on East Commercial Street. Go 0.7 m to the Town Marina and Harbor. Turn right on Kendrick Ave. The parking lot for Mayo Beach is a few hundred feet on the left. Life vest and spray skirt req. L Don Palladino ((508) 349-2950, djp1958@comcast.net)

Sat., Jun. 23. Weweantic River. A liesurely 6-8 mi. trip to explore the headwaters of the Weweantic River, Sippican River, and Cohackett Creek. PFD req. Launch 10:30AM at State ramp in rest area between Exits 20 & 21 on I-195 East. L Wesley Ewell ((774) 313-7599 7:00AM-9:00PM, twofootartist@yahoo.com)

Wed., Jun. 27. Slocum River/ Little River. Eleven mile paddle down Slocum River and up Little River. I 195 Exit 12 South Faunce Corner Rd. Cross Rt 6 to Old Westport Rd. to Chase Rd. Right at Russells Mills Rd. to town park on left. PFD & spray skirt required. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Jun. 30. Boston Harbor Inner Islands. Circumnavigate several Harbor Islands. Put-In.Hull Gut. Hull, Ma. Level 3 Paddle. PFD, Spray Skirts Req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey ((781) 789-8005 anytime, geowey@comcast.net)

TRAILS & TRAILWORK

Watch our [chapter website](#) and the short notice email list for notices for events!

FAMILY EVENTS

Watch our [chapter website](#) and the short notice email list for notices for events!

SOCIAL COMMITTEE & SOCIAL EVENTS

Watch our [chapter website](#) and the short notice email list for notices for events like our Boston St. Patrick's Day walk!

SEM Spring Social Weekend, April 28-29. Hiking, biking, and whatever! AMC NobleView Camp, Russell, MA. (Details under Education Committee) ([See flyer](#))

SKIING (XC and DOWNHILL)

We had great fun this winter – cross country skiing and downhill skiing. Watch our [chapter website](#) and the short notice email list for notices for events for next winter!



If you print your e-Breeze, please recycle it when done

1208



The Southeast Breeze

Monthly e-newsletter of the Appalachian Mountain Club
Southeastern Massachusetts Chapter
May, 2012

View from the Chair

By Jim Plouffe, Chapter Chair

I need your help.

I have one very small, easy task that needs to be completed and you are the perfect person to do it. However, I have two problems: I don't know who you are and I don't know what the task is. This is a really covert way of telling everyone that we need volunteers. I am a volunteer as is every one of the SEM Executive Board Members, each of the committee leaders, and many of the people who run the AMC.



We are not new to volunteering and I am positive that you aren't either. But the difference is this: I am not looking for you to use up all your free time as a SEM volunteer. I am simply looking for someone to bring paper cups to our meetings or make a list of things needed for our Chapter Hut Weekend. I am looking for someone to make a couple of phone calls. And I am looking for someone to take pictures at our Open House.

The list of small, easy tasks that we need help with is large, but the time I am asking you to give to do one of these tasks isn't. Would I be happy if, after you do one of the small tasks, you tackle another? Sure! I'd be ecstatic. But I'm not asking you to do that. Why? Because if 20 people each did one easy simple task, then a whole lot would be accomplished without anyone noticing (except me, because I notice the small things people do). That means that a large event can go off without a hitch due to the small, easy task that you volunteered to do.

Every organization is looking for your help. Every organization is looking for you to donate money and volunteer a month of Sundays to their cause. The only thing we are looking for is for a bunch of people to do some very small tasks. Then, we will be a big success. To volunteer for one of these small tasks or to find out other ways you could help us grow, contact me at Chair@amcsem.org. I look forward to meeting you. And to discussing how a small task that you can easily do can have a big impact on your chapter.

CONTACT THE SEM CHAPTER CHAIR: chair@amcsem.org
CONTACT THE SEM CHAPTER VICE CHAIR: vicechair@amcsem.org
VISIT THE SEM CHAPTER WEBSITE: www.amcsem.org
FIND US ON SEM FACEBOOK: www.facebook.com/AMCSEM
FOLLOW US ON SEM TWITTER: www.twitter.com/amcsem

NOTICES

Regular Meetings:

SEM Executive Board (6:30pm selected Wednesdays)
(contact chair@amcsem.org for more info)

Hike Planning Meetings 2012 (6:30pm 1st Wed. quarterly)
(contact hikingchair@amcsem.org for more info)

Where to find activities (hikes, bikes, paddles, etc.)

1. The monthly e-Breeze - arrives by email
2. AMC Outdoors - arrives by snailmail
3. Online trip listings (activities.outdoors.org)
4. Sign up for *short notice* trip listings at www.amcsem.org

Pix and Article Submissions

We encourage SEM members to submit articles and photos for both The Breeze and our website. Materials for publication will be edited for content and to fit available space. Please send to communicationschair@amcsem.org.

Next Month's e-Breeze Deadlines: 7th trips; 15th articles/pix

SEM Non-members

Not an SEM chapter member? Want the Breeze? Contact the AMC Member Center and set your preferences. Or get a copy at our website at www.amcsem.org.

Volunteers needed!

Curious about the inner workings of your chapter? Volunteer for the Executive Board! Have technical skills? Volunteer for our website! Have writing/editing skills? Volunteer for the *Breeze*! Like kids? Volunteer for CYP! Want to get out more? Volunteer to lead a hike, bike, or paddle! We have lots of volunteer positions open! Please contact chair@amcsem.org if you'd like to get more involved with the chapter.

Find us on Facebook * Follow us on Twitter
CHAPTER WEBSITE: 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. Preview the waiver at: www.amcsem.org, Documents.

The Southeast Breeze, the e-newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published 12 times a year. **Editor:** Cheryl Lathrop, **Asst. Editor:** Ann McSweeney, **Proofreader:** Kate Patroia. **Change of Address** to AMC, 5 Joy St., Boston, MA 02108, 800.372.1758, or www.outdoors.org/membercenter

2012 Executive Board & Committee Chairs

Chapter Chair	chair@amcsem.org Jim Plouffe, 508-562-0051
Vice Chapter Chair	vicechair@amcsem.org Luther Wallis, 508-923-1935
Treasurer	treasurer@amcsem.org Patty Rottmeier
Secretary	secretary@amcsem.org Karen Singleton, 508-730-7701
Past Chapter Chair	pastchapterchair@amcsem.org Wayne Anderson

Biking	bikingchair@amcsem.org Jon Fortier, 508-982-1855
Biking (Vice)	bikingvicechair@amcsem.org Dan Egan, 508-717-2687
Canoe/Kayak	paddlingchair@amcsem.org George Wey, 781-789-8005
Canoe/Kayak (Vice)	paddlingvicechair@amcsem.org Betty Hinkley, 508-241-4782
Cape Hiking	capehikingchair@amcsem.org Pat Sarantis, 508-430-9965
Cape Hiking (Vice)	capehikingvicechair@amcsem.org Farley Lewis, 508-775-9168
Communications	communicationschair@amcsem.org Cheryl Lathrop, 508-668-4698
Comms. (Vice)	communicationsvicechair@amcsem.org Open
Conservation	conservationchair@amcsem.org Maureen Kelly, 508-224-9188
Conservation (Vice)	conservationvicechair@amcsem.org Open
CYP Chair	cypcoordinator@amcsem.org Sally Delisa, 781-834-6851
Education	education@amcsem.org Len Ulbricht, 508-359-2250
Education (Vice)	educationvicechair@amcsem.org Open
Hiking	hikingchair@amcsem.org Walt Granda, 508-971-6444
Hiking (Vice)	hikingvicechair@amcsem.org Paul Miller, 508-369-4151
Membership	membershipchair@amcsem.org Jim Casey, 781-924-5228
Membership (Vice)	membershipvicechair@amcsem.org Vickie Beaulieu,
Skiing	xskichair@amcsem.org Barbara Hathaway, 508-880-7266
Skiing (Vice)	xskivicechair@amcsem.org Farley Lewis, 508-775-9168
Trails	trailschair@amcsem.org Lou Sikorsky, 508-678-3984
Trails (Vice)	trailsvicechair@amcsem.org Open

AD HOC COMMITTEES:

Social Chair Jodi Jensen, 781-762-4483
Family Events Chair Chris Pellegrini, 508-244-9203

STAFF:

Social Networking Susan Salmon (moderator)
Webmaster webmaster@amcsem.org
Breeze Editor communicationschair@amcsem.org

The chapter includes ~3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.

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

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Put your e-Breeze on all of your electronic devices
and take it with you wherever you go!

SEM STATS

PADDLE STATS

We started the 2012 paddling season the fourth of April and to date have had a total of six trips. No scheduled trips have been canceled due to weather. Thirty-four people participated in these six trips. Two people were on Luther Wallis' D.W. Field pond paddle.

--George Wey, Paddle Chair

HIKING STATS

Last year (2011) 131 off-Cape hikes were scheduled—this consisted of 106 hikes in Massachusetts and 25 hikes in NH and Maine. Included in the above are backpack hikes, hut trips, snowshoe hikes, and the winter and summer series.

--Walt Granda, Hiking Chair

MEMBERSHIP COMMITTEE

Annual Membership Open House a Success!

By Julieanne Capone



On Saturday March 31st the SEM Membership Committee held our annual Open House at the Bourne Community Center. The invitation was extended to both current and prospective AMC members to learn about all that the SEM Chapter has to offer. The night kicked-off with appetizers and mingling, a short introduction from the Membership Committee's Vice-Chair followed by a pot luck style buffet dinner. The respective Committee Chairpersons presented their areas of expertise. Guests had an opportunity to ask questions and determine their needs in terms of equipment and

ability. Oops! Did I forget we had dessert? We were fortunate to have approximately thirty-five people in attendance, especially Carolyn Crowell who celebrates her 50th year as an AMC member.

Congratulations to our door prize winners! Thank you to all for contributing your time, culinary skills, efforts, and insight! The Membership Committee hopes to continue to host the Open House on a yearly basis, but we couldn't have done it without the support of our membership!



MEMBERSHIP COMMITTEE

LL Bean Boot Mobile Event

Boston Common – April 14



It was quite a showing at the LL Bean Boot Mobile Event held on the Boston Common Saturday, April 14th celebrating LL Bean's 100th Anniversary. Mayor Thomas M. Menino kicked off the event with the LL Bean Boot Mobile in the background parked near the corner of Boylston and Tremont.



SEM's Membership Chair, Jim Casey and his lovely wife Cathy, at the AMC Info Table. "We had a constant flow of visitors to the table asking questions about the AMC" said Jim.

SEM's Membership Committee was pleased to participate in such a great event!"



Kim Foley MacKinnon, author of "Outdoors with Kids" sold & signed her new AMC book which features 100 outdoor destinations for family day trips and outings. Written by parents and tested by kids, it offers information about driving directions, parking info, fees, snacks, bathrooms, and much more.



LL Bean tent display on the lawn.



Fly casting demonstration.



AMC table-literature & resources.



Boston Mounted & Park Ranger.



Tossing the Bean Boot!



The LL Bean Bear!!!

EDUCATION COMMITTEE

The Education Committee offers a variety of classes and programs to support the goals of the Appalachian Mountain Club and promote the safe enjoyment of the outdoors. If you have further questions, or wish to express interest in a particular kind of class or training, contact our Education Chair, education@amcsem.org

INTRODUCTION TO MAP & COMPASS – MAY 19 (SPACE LIMITED – SIGN UP NOW!)

SEM has engaged REI to offer a one day Map & Compass training session. Training will be offered at Rocky Woods in Medfield, rain or shine, unless thunderstorms threaten. Course fee is \$60. Register with Len Ulbricht, Education Chair, at lenu44@gmail.com [FLYER]



During this field outing, we'll help you see three dimensions of the land in the two dimensions of a topographic map by teaching you how to read contour lines, landmarks and other map features. We'll also talk about magnetic north, true north, and magnetic variation (declination), and help you make sense of it all. From there, you'll learn how to take a bearing from the terrain and your map so that you can triangulate your position and plan a route. Maps and compasses will be provided.

Skills you'll learn: Learn how to read topographic lines and other basic features on a map. Learn how to orient a map to match the environment both with and without a compass. Learn basic compass features and how to utilize the map with a compass. Learn how to plot your current position on your map. Use a map & compass to navigate to new locations. Build confidence in your navigation skills.



March 24: Lunchtime at SEM "Leadership Training" course

CONSERVATION COMMITTEE

SEM's NEW CHAPTER PROJECT: D.W. FIELD PARK

By Maureen Kelly, Conservation Chair



Our two overall goals for the project are to improve D.W. Field Park so that more people will use the park and to empower the people who care about the park with the tools to maintain it into the future. Here's where YOU come in: we need your help to make this project a reality. Please consider joining us to help. If you are interested in helping, please send an email to Jim Plouffe, chair@amcsem.org or Maureen Kelly, conservationchair@amcsem.org with your thoughts and suggestions. This project is truly exciting; the chance to improve a local, urban park and bring more people into the "outdoors" that we all love.

D.W. Field Park – First Activity April 21: Park Serve Day



HIKING COMMITTEE



RED LINE the BLUE HILLS NEWS

RLBH is a Thursday night hiking series that runs from April to October, 6-8:00pm. Hikers receive a patch when they finish hiking all 140 miles of trails in the Blue Hills. This year the RLBH hike leaders are: Joe Keogh, Maureen Kelly, and Michael Swartz. Contact the RLBH registrar to sign up. This is the 7th year of RLBH! Come hike with us to mark your trails; or come hike with us just for fun. VISIT RLBH WEBSITE: amcsem.org/RLBHWS/index.htm CONTACT RLBH LEADER: RLBH_leader@amcsem.org CONTACT RLBH REGISTRAR: RLBH_registrar@amcsem.org

Chad Wohlers (center, walking the gauntlet) was the 15th Red Line finisher, finishing his trails on 4/12/12.

Sue Chiavaroli was the 16th Red Line finisher, finishing her trails on 4/14/12.

See all finishers at: www.amcsem.org/RLBHWS/m_finishers.htm



Joe Keogh, Chad Wohlers, Michael Swartz



Spring Tuesday Morning Blue Hills Conditioning Hike Series
Hike Leader: Ken Jones, Co-Leader: Luther Wallis
(Getting in shape for those high peaks!)

HIKING COMMITTEE



Take a Long Hike

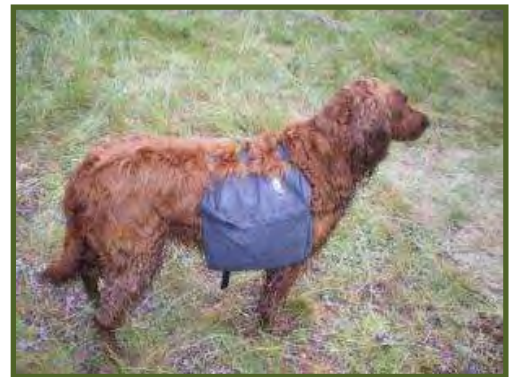
By Ray Anderson 



Hello fellow hikers,

Hikers with dogs are common, but some parklands don't allow dogs on established trails. If you are thru-hiking the AT, for example, you are not supposed to bring your pet when you hike through Smoky Mountains National Park. It is wise to check beforehand and make proper arrangements.

Dogs on an extended hike with their master usually carry their own food and supplies. The dog in the picture on the left carries her own collapsible bowl, food, and a mat. The dog in the other picture, Danny, loves to run through brooks and streams, so he is equipped with a waterproof food bag.



On rocky terrain, claws and paws can get beat up pretty bad. To avoid this, on the rugged John Muir Trail, I saw dogs with "paw boots," little leather booties velcro'ed around their paws. You can buy them at hiking stores.

Dogs can be useful; they give warnings of other animals and possible problems. Most of all, they are great company for a lone hiker. Who else would listen to your sermonizing?

Visit Ray's hiking blog: www.TakeaLongHike.com

BIKING COMMITTEE

2000 MILE CLUB



The 2,000 Mile Club was founded by Jack Jacobsen in 2003 to recognize our Southeastern Mass AMC member's accomplishments of cycling 2,000 miles or more in a calendar year. After a minor niggle in the early years, the club was successfully revived in 2007 by our then interim chair, Victor Oliver. Since then we have grown steadily and increased our membership every year.

2012 marks the 9th year of the 2K Club, as the first year of recording our mileage was 2004. Mileage must be accurately logged and recorded and may be a combination of road cycling and mountain biking miles. Send your mileage quarterly to our registrar, Dan Egan at danielfrancisegan@hotmail.com.

Embroidered patches of recognition are awarded to first time members only. To receive your patch, e-mail your name, AMC Number, first year of qualification, and mailing (USPS) address to Paul Currier currierpaul@comcast.net.

2000 Mile Club/Mileage Report Southeastern Massachusetts Appalachian Mountain Club 3/31/2012			
Name	City	Mileage	
Robyn Saur	East Falmout	1400	
Kevin McNatt	Mansfield	1131	
Leonard Leonardi	Franklin	1050	
Joe Barry	Yarmouthpor	963	
Gerry Nelson	Bourne	821	
Roger Scholl	Rochester	593	
Ron Sikora	Cotuit	575	
Dan Egan	Brockton	570	
Joe Tavilla	Osterville	472	
Linda Church	Falmouth	415	
Larry Cohen	S Easton	369	
John Sullivan	Marshfield	349	
Paul Currier	Sandwich	337	
Pam Patrick	Orleans	317	
Lee Eckhart	Assonet	288	
Barry Gallus	Yarmouth	239	
ED Foster	Cotuit	193	
Fred Chase	E. Providence	138	
Lawton Gaines	Canton	129	
Bob Kennedy	Brockton	60	

BIKING COMMITTEE

PATRIOT'S DAY BIKE RIDE



MALIBU BEACH



UMASS BOSTON VIEW

Riders: Dan Egan, Karen DeAngelis, Pati Kent, Cindy Miller, Janet Bretzel, Bob Ruggerio,
Ray Teebow, Bob Kennedy , Ingrid from Cambridge, Fred Chase.

In seventy five degree temperatures 10 riders set off down Morrissey Boulevard from Malibu Beach and circled UMass Boston and JFK Library before heading down Day Boulevard past the L Street Bath House to Castle Island where temperatures dropped by ten degrees because of the water effect on the Causeway. We continued on to Northern Avenue where we traversed the Legal Seafood & Jerry Remy's Boardwalk and the Harbor Plaza Walkway of the Federal Courthouse. We crossed the old trestle bridge, now only open to pedestrians and bikers, and headed toward Commercial Street with a quick visit to Long Wharf then on to the far end of the North End-site of the great Molasses Flood. We posed for pictures at Paul Revere's statue-"one if by drones; two if by computer hacking". No one seemed to be interested in a florentine cannoli so we skipped Michael's Pastries and the Modern Bakery headed back to City Hall; up to Washington Street and the Downtown Crossing and finally on to the Boston Commons. Dodging a continual throng of Patriots Day amblers we cruised down Newbury Street and observed the beautiful people shopping and dining at sidewalk cafes. At the corner of Exeter and Boylston at 12:25 we watched the first woman marathoner streak for the finish line 100 yards away. Five minutes later we were gliding down the Mass Ave footbridge to banks of the Charles River and peddled to the Hatch Shell where we ate in the shade of the trunk of a solitary elm tree at the base of George Patton's statue(in Boston?). Finally in high 80 degree temperatures we sprinted back thru Chinatown out Summer Street to L Street and down along Carson Beach and out to our waiting cars at Malibu Beach-finished at 2:00 P.M. - 24 urban miles; no flats; no accidents; and no incidents.

JOIN US FOR RIDES!

BIKING COMMITTEE

Cyclists' Culinary Corner

ENERGY BAR RECIPE

Submitted by: Gianluca
(Adapted from the National Peanut Board)

Directions:

In a large bowl mix these dry ingredients:

- 2 cups quick or traditional rolled oats
- 2 cups Rice Krispies cereal
- 1/2 cup peanuts and/or almonds
- 1/2 cup raisins and/or dates
- 1/2 cup dry cranberries
- 1/2 cup walnuts and/or sunflower seeds

In separate container microwave on high for ~80 seconds:

- 1/2 cup brown sugar
- 1/2 cup peanut butter and/or almond butter
- 1/2 cup honey and/or maple syrup and/or corn syrup

Stir mixture and microwave for 40 additional seconds, 60 seconds if small microwave oven. Add 1 tsp of vanilla extract. If using unsalted ingredients, adding 1/4 tsp of salt will make it tastier

Stir hot syrupy mix, then add it to the dry ingredients, working into a uniform mixture.

Add only a few dark chocolate chips just before pouring the mix into a 10x7 lightly oiled pan and firmly compressing it using a spatula, large spoon or suitable utensil. Add the chocolate chips at the very end, else they will melt and dissolve as you mix the ingredients. If you add too many chocolate chips their flavor will suppress that of other ingredients.

Let firm up for a few hours before cutting into squares or bars. The mixture gets firmer overnight, especially if refrigerated.

FIRST AMC SEM "EASY RIDER"

By Wes Ewell

It doesn't get much better than this. Perfect weather, pleasant company, great views, and no hills. Six cyclists showed up in Fairhaven Sunday morning for the first AMC SEM Easy Rider ride of the season. Leader Jon Fortier planned a ten-mile ride that passed the starting post after five miles in case anybody got too tired. We were all feeling so good, however, that we added three side trips, bringing the total ride to 16.5 miles.

The ride covered the rail trail from the Fairhaven waterfront into Mattapoisett, with side trips to Fort Phoenix and along the hurricane barrier to the New Bedford harbor entrance gate; along Arsene Street through the South Shore Marshes Wildlife Management Area to the waterfront at Little bay; and down Brant Island Road and Brant Beach Avenue in Mattapoisett to a private beach and jetty. Co-leader Jack Jacobsen, who has lived all his life (so far) in Fairhaven, led a tour past the ornate brownstone town hall and library that were built for the town by oil baron Henry Huttleston Rogers.

Jack also mentioned that he makes a fish chowder served by a local restaurant called Simmy's, and suggested we all gather there for lunch after the ride. We were a little uneasy when Jack ordered a hamburger, but those of us who had the chowder agreed it was outstanding. Participants included Sandy Edwards, who came down from Walpole; Suzanne Laundry, Dick Roberts, and Wes Ewell, who came over from the Cape; and co-leaders Jon Fortier and Jack Jacobsen, from Carver and Fairhaven.

THE EASTON LOOP

By Karen Newberger

We had a quick ride over flat roads though Easton and the surrounding towns on an early Sunday morning past grazing horses at a local farm, the historic Ames mansion at Borderland State Park, and serene Lake Massapoag in Sharon. Some riders were starting their training for longer summer rides (two people were getting ready for Century Rides in June) and some were out just to enjoy the warm sunny day. We stopped for a short break at the lake for water and to smooze. It was a fun way to start the day.



WHY VOLUNTEER FOR THE AMC?

Gain work experience! Add it to your resume!

Got a little free time to help us grow? Are you a people person who likes to help others? Are you concerned about environmental issues? Do you enjoy outdoor activities? Do you have some free time? If this sounds like you, then you may be interested in some opportunities to help our chapter of the AMC grow and better accomplish its mission. Get in touch with us and we'll be happy to tell you more. Contact: chair@amcsem.org



COMMUNITY CONNECTIONS

Upcoming Community Outdoor Activities You Might Be Interested In

Send items to communicationschair@amcsem.org

PERSONAL POSTS

NEWS FROM OUR MEMBERS

This section of the Breeze highlights our members.

If you have news, or know of news, contact the communicationschair@amcsem.org

SWAP STUFF

SWAP * BARTER * SELL * TRADE

HAVE OUTDOOR STUFF? NEED OUTDOOR STUFF?

For sale: Kayak, by Perception. 10'4" long, 42 lbs. with paddle. Excellent condition. \$200. Contact: 508-999-9999. (sample only)

THE E-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.



Got an AMC-related outdoorsy business?
Run a paid business card-sized ad in the Breeze for
\$10/month (\$100/year)!
Contact: communicationschair@amcsem.org



Got something to say? Want to be a regular Breeze columnist?
Contact the Breeze editor to volunteer! communicationschair@amcsem.org

Know what's happening?

If not, visit our website, find us on FACEBOOK, or follow us on TWITTER!
amcsem.org * www.facebook.com/AMCSEM * www.twitter.com/amcsem



NEWS FROM "JOY STREET"

The following information is from the AMC's central office at Joy St. in Boston and is written by them.

White Mountain Four Thousand Footer Club membership has just climbed past 10,000, and the New England Four Thousand Footer Club welcomed its 2500th member this year. More information is available at the link below: <http://www.outdoors.org/about/newsroom/press/2012/4k-footer-club-welcomes-10000th-member.cfm>

AMC's 2012 Fall Gathering will be held on October 19-21, at the Greenkill YMCA Retreat Center in Huguenot, NY. This year's gathering is being hosted by the New York-North Jersey Chapter in honor of their 100th Anniversary as a chapter. Everyone is invited to this club-wide event which will include hiking, biking, paddling and many more activities in the Catskill Mountains. Watch for details in the upcoming issues of AMC's Outdoors magazine or by visiting the NY-NoJ Chapter's website <http://www.amc-ny.org/>

AMC's Fire Island Special Discounts -- Beat the noisy summer crowds, pesky flies and mosquitoes and enjoy the beautiful month of May at the cabin on Fire Island, a barrier island that shares the only National Wilderness Area in the New York State, beginning May 13th. Midweek deals available May 13-17 and May 20-24 and you can bring a non-member for free! <http://www.outdoors.org/lodging/cabins-campgrounds/camps-fire.cfm>

The following adventure trips were added to the schedule for 2013:

- Backcountry Skiing in Yellowstone, Jan 24–Feb 2
- Hiking New Zealand, Feb 9–25
- Skiing New Mexico, Feb 9–19
- St. John, USVI, Feb 10–19 or Feb 14–21 or March 16–24
- Trekking Patagonia, Feb 23 – March 4
- Death Valley and the Red Rocks, Nevada, April 19 – 28
- Morocco Trek, May 4 – 19
- Hiking the Superior Hiking Trail, Minnesota, Sept 20 – 29
- Biking Provence, Oct 11 – 19

For complete details on all these adventure travel trips plus more, visit: www.outdoors.org/adventuretravel

AMC Books Announces the Publication of Spring 2012 Titles –

Outdoors with Kids Boston
Outdoors with Kids New York City
Discover the Adirondacks

AMC's White Mountain Guide
AMC's Maine Mountain Guide
Appalachia Cumulative Index 1946-2010

AMC Books are available wherever books are sold. Order directly from the AMC at www.outdoors.org/amcstore or by calling 800-262-4455. For review copies, cover shot art, or to schedule authors for speaking events, please contact: Becky Fullerton, AMC Marketing Associate, 5 Joy Street, Boston, MA 02108. Phone: 617.391.6629 or email: bfullerton@outdoors.org

CHAPTER ACTIVITIES

Note: These activities are taken directly from the AMC central online activity listing system.

activities.outdoors.org

(All activity information appears exactly as entered by the activity leader.)

SAVE THE DATE

CLUB-WIDE ACTIVITIES

AMC's Fall Gathering, October 19-21

CHAPTER-WIDE ACTIVITIES

SEM Map & Compass, May 19

SAVE THE DATE

SEM Chapter Hut Weekend, Sept 20-23

SEM Wilderness First Aid (fall) November 2012

SEM Annual Meeting, November 4, 2012

SEM Winter Hiking Series, November 3, 2012

(See our website for details: www.amcsem.org,
and click on the "Upcoming Events" tab)

CHAPTER ANNOUNCEMENTS

Watch our [website](#) for the latest in AMC SEM!

NOTE ACTIVITIES MARKED FOR :

FT = First Timer NM = New Member

FULL LIST of ACTIVITIES at AMCSEM.ORG
(see 'schedules' tab)

Additional activities are posted on our Short Notice List.
Sign up for this list on our website, amcsem.org.

CHAPTER FUN

SEM Chapter Hut Weekend. Thu., Sep. 20-23.
Cold River Camp, Evans Notch 1-3 nights. Can't beat
location, activities, price. Preference given to SEM
Members. L/R Jim Plouffe (508-586-1394,
Chair@amcsem.org)

CHAPTER EDUCATION

SEM [Map & Compass](#), May 19



BIKE: Brockton DPW Ride

Know what's happening?

If not, visit our website, find us on FACEBOOK, or follow us on TWITTER!

amcsem.org * www.facebook.com/AMCSEM * www.twitter.com/amcsem

HIKING / BACKPACKING

HIKE PLANNING MEETINGS: are held the 1st Wednesday of March, June, September, December. Contact hikingchair@amcsem.org for information.

IMPORTANT: Hikers unsure of their ability should try only 1 level more difficult than previously completed. No pets without permission of trip Leader. Registration req'd 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 activities.outdoors.org. Sign up for the SEM Short Notice E-Mail Trip List at www.amcsem.org.

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

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

IMPORTANT: No pets w/o prior permission of trip leader. Individuals under 18 years of age must be accompanied by a parent or responsible adult, and obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 week prior to the trip so Ls can discuss prior hiking exp., conditioning, clothing, and equipment. Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

(AN) (CE) Tuesdays

May. 1. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. Meet at 9:30 at Houghton's Pond parking area. Call in case of change. L Ken Jones ((508) 697-0142 6-9 PM except Thursdays, lotsoluck@comcast.net), CL Luther Wallis ((508) 923-1935, lew89@comcast.net), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

Thursdays

May. 3. Thurs. Morn.Hike Wollomonpoag Conservation area. Wollomonpoag Conservation area, Wrentham. (B3C) Hike starts at 10:00am. 5+ miles of trails, eskers, beaver dam, and pond, as well as marshes, and a mature forest. Also observe a Great Blue Heron Rookery. L Ellen Correia, ellenrcorreia@gmail.com, C/L and R Muriel Guenther, 508 699-7461 before 9:pm, murielguenther@comcast.net. L Ellen Correia ((508) 954-4099 before 9:pm, ellenrcorreia@gmail.com), CL Muriel Guenther ((508) 699-7461 before 9:pm, murielguenther@comcast.net), R Muriel Guenther ((508) 699-7461 before 9:pm, murielguenther@comcast.net)

(FT) (NM) Thursdays

May. 3. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., May. 5. Mt. Kearsarge North Hike (B3B). Join us for a great hike up Mount Kearsarge North (3,268'). We'll take the Mt Kearsarge North Trail (3.1 miles) to the summit. At the summit we will take some time to enjoy the 360 degree views and then descend back

down the same trail to the parking area. Total elevation gain 2600 ft, approx, 6.2 miles RT. Approx hike time 6 hours. Register by 4/25. L Walt Granda ((508) 999-6038 Before 9:00 PM, wlgranda@aol.com), CL Jim Casey ((781) 351-6862, cmne@comcast.net), R Jim Casey ((781) 351-6862, cmne@comcast.net)

(AN) (CE) Tuesdays

May. 8. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. Meet at 9:30 at Houghton's Pond parking area. Call in case of change. L Ken Jones ((508) 697-0142 6-9 PM except Thursdays, lotsoluck@comcast.net), CL Luther Wallis ((508) 923-1935, lew89@comcast.net), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays

May. 10. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thu., May. 10. Thurs Morn. HIke M-M Trail, Mt Norwottuck (B3C). 5.4 mile hike along Metacomet-Monadnock trail from Rte 116 to Harris Mountain Rd. A very Picturesque hike will take us to Mount Norwottuck, Horse Caves, Rattlesnake Knob and Long Mountain. After the hike a side trip to a local country store for ice cream. Heavy Rain will cancel. L Walt Granda ((508) 999-6038 Before 9:00 PM, wlgranda@aol.com), R Walt Granda ((508) 999-6038 Before 9:00 PM, wlgranda@aol.com)

(FT) (NM) Saturdays

May. 12. Intro. to AMC Hiking-Wollomonopoag Conservation Land Hike. Introduction to hiking-5+ mile walk on conservation land in Wrentham. Features large eskers, beaver dams, ponds, a mature forest and a Great Blue Heron Rookery. (B3C). Contact L to register, Ellen Correia, 508-954-4099, ellenrcorreia@gmail.com. L Ellen Correia ((508) 954-4099 before 9:pm, ellenrcorreia@gmail.com), CL Jodi Jensen , R Ellen Correia ((508) 954-4099 before 9:00pm, ellenrcorreia@gmail.com)

Sun., May. 13. Blue Hills Fast & Hilly. Stay in shape for the bigger mountains by hiking the Skyline Trail at a moderately fast pace. We'll hike the North-South loop, then out to Buck Hill and back. Meet at 8:45; not a beginner hike. L Maureen Kelly ((508) 224-9188 before 8pm, MoKel773@aol.com), R Maureen Kelly ((508) 224-9188 before 8pm, mokel773@aol.com)

(AN) (CE) Tuesdays

May. 15. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. Meet at 9:30 at Houghton's Pond parking area. Call in case of change. L Ken Jones ((508) 697-0142 6-9 PM except Thursdays, lotsoluck@comcast.net), CL Luther Wallis ((508) 923-1935, lew89@comcast.net), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays

May. 17. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe

Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(XCE) Sat., May. 19. Map & Compass Training. SEM Chapter has engaged REI to offer a one day Map & Compass training session on Saturday May 19, 2012. Training will be offered at Rocky Woods in Medfield, rain or shine, unless thunderstorms threaten. Course fee is \$60
Class Description: During this field outing, we'll help you see three dimensions of the land in the two dimensions of a topographic map by teaching you how to read contour lines, landmarks and other map features. We'll also talk about magnetic north, true north, and magnetic variation (declination), and help you make sense of it all. From there, you'll learn how to take a bearing from the terrain and your map so that you can triangulate your position and plan a route. Maps and compasses will be provided. Skills you'll learn: Learn how to read topographic lines and other basic features on a map Learn how to orient a map to match the environment both with and without a compass. Learn basic compass features and how to utilize the map with a compass. Learn how to plot your current position on your map. Use a map & compass to navigate to new locations. Build confidence in your navigation skills. L Len Ulbricht ((508) 359-2250 before 9 pm, lenu44@gmail.com), R Len Ulbricht ((508) 359-2250 before 9 pm, lenu44@gmail.com)

(AN) (CE) Tuesdays

May. 22. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. Meet at 9:30 at Houghton's Pond parking area. Call in case of change. L Ken Jones ((508) 697-0142 6-9 PM except Thursdays, lotsoluck@comcast.net), CL Luther Wallis ((508) 923-1935, lew89@comcast.net), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(C) (FT) (NM) Thu., May. 24. Thurs. Morn North Hill Marsh in Duxbury (C3C). NORTH HILL MARSH HIKE May 24, 2012 Leader and Registrar: Sally Delisa Before 9:00 p.m. Home: 781-834-6851 Morning of hike (after 9:a.m.)--Cell: 781-864-7302 Distance: 4.6 miles Rating: C3/4C REGISTRATION: Registration is required. DESCRIPTION: Leader will be stopping for wildflowers and shrubs blooming along the trails. We will hike over some of Duxbury's upland trails and hills, past a large kettle hole and along an old cart path. Then, we'll drop down and hike past a cranberry bog and lastly around a large pond owned by Audubon. There will be a separation/snack break about half way. Following the hike, those wishing for more on their own may wish to cross the street and hike around Round Pond. The Bay Circuit Trail goes across that property and there is a bench overlooking the pond. Time: Sign-in at 9:45 for a prompt 10:00 a.m. departure. The hike will last about 2.5 hours with a separation (bathroom)/snack break. Weather/Cancellation Policy: Heavy rain, high winds or electrical storms will cancel. If in doubt, call Sally at her home number until 9:00 a.m. After 9:00 a.m., you may reach her on the cell phone. (Phone numbers at top of page) Cautions/Hazards: Deer Ticks are active all year on the South Shore. Please use proper precautions. There is some poison ivy along the trails. There may be some muddy areas. L Sally Delisa ((781) 834-6851 before 9pm, delisasally@yahoo.com), R Sally Delisa ((781) 834-6851 before 9 pm, delisasally@yahoo.com)

(FT) (NM) Thursdays

May. 24. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., May 26-28. Memorial Day Weekend Hut Trip. Weekend trip to Carter Notch Hut with hikes to Carter Dome and the Wildcats. Two nights, dinners and breakfasts included. Payment sent by April 25th to confirm spot. L Leslie Carson ((508) 833-8237,

ltc929@comcast.net), CL Jim Plouffe ((508) 562-0051, jimplouffe@comcast.net), R Leslie Carson

(AN) (CE) Tuesdays

May. 29. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. Meet at 9:30 at Houghton's Pond parking area. Call in case of change. L Ken Jones ((508) 697-0142 6-9 PM except Thursdays, lotsoluck@comcast.net), CL Luther Wallis ((508) 923-1935, lew89@comcast.net), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays

May. 31. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays

Jun. 7. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Jun. 9. Hiking-Alander Mountain/Bash-Bish Falls. Dotted with picturesque towns and surrounded by rolling ridges of hardwood forests, the Berkshires are a must-visit hiking destination. Among the many locations from which to choose, Alander Mountain stands above the rest with its expansive views and interesting natural features. A 7.6-mile hike can be completed by following the Bash-Bish Gorge, South Taconic, and Bash-Bish Falls trails. Excellent views can be found along the ridge leading south to the mountain's wide-open western summit. Complete the hike by swinging through New York's Taconic State Park and past the Bay State's highest falls. The trailhead is on Falls Road in the town of Mount Washington, 0.3 mile east of the New York border. L Walt Granda ((508) 999-6038 before 9:00 PM, wlgranda@aol.com), CL Anne Duggan ((508) 748-6782 before 9:00 PM, ab.duggan@verizon.net), CL Jean Hauck ((781) 326-4075, jeanhauck@verizon.net), R Anne Duggan ((508) 748-6782 before 9:00 p.m., ab.duggan@comcast.net)

(FT) (NM) Thursdays

Jun. 14. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Sat., Jun. 16. Intorduction to AMC Hiking - Long Pond-Ell Pond , Ashville,RI. A great hike for new members and and first time hikers. Hike along the Narragansett Trail lined with mountain laurel to a cliff that overlooks Long Pond. The hike then proceeds through a gorge lined with rhododendrons and hemlocks. L Susan Chiavaroli ((508) 252-4164, brillo6452@yahoo.com)

(FT) (NM) Thursdays

Jun. 21. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week.

Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Jun. 23. Mt. Hale - Zealand Falls Trail Loop. 7.7 mi, el 4,054 ft, change 2,276 ft, moderate pace, scenic views, wet areas, pass Zealand Falls and hut. Magnificent views from the outlook at Zeacliff, and connecting trails lead to a number of other superb outlooks. Part of the AT. Beaver swamps, meadows, and ponds, with views of the surrounding mountains. L Len Ulbricht (lenu44@gmail.com), CL Anne Duggan (ab.duggan@verizon.net), R Brian Duane ((339) 244-4107 before 10 pm, brianduan@earthlink.net)

(FT) (NM) Thursdays

Jun. 28. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Jun. 30. Franconia Ridge Loop. One of the most spectacular hikes with beautiful views in the Whites! L Leslie Carson ((508) 833-8237, ltc929@comcast.net), CL Maureen Kelly ((617) 943-4288, MoKel773@aol.com), R Maureen Kelly

(FT) (NM) Thursdays

Jul. 5. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(AN) (CE) Mon., Jul. 9-13. Acadia NP Multi-Sport July Camp. Join us for a week of hiking, biking, kayaking, and relaxing in one of Maine's premier outdoor destinations. We will be car camping using the Blackwoods Campground as our base camp. Leaders will plan multiple activities each day in and around the park. L Ken Jones ((508) 697-0142 6-9 PM except Thursdays, lotsoluck@comcast.net), CL Hadley Donaldson ((617) 823-1509), CL Luther Wallis ((508) 923-1935), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays

Jul. 12. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Sat., Jul. 14. Arethusa Falls /Frankenstein Cliff. A pleasant walk along Bemis Brook while viewing several waterfalls. Then the hike will proceed to the Frankenstein Cliff Trail for a possible view of Mt. Washington on a clear day. L Susan Chiavaroli ((508) 252-4164 7-9PM, brillo6452@yahoo.com), CL Anne Diggan , R Nancy Coote ((508) 596-8222 7-9 PM, nmcoote@yahoo.com)

(FT) (NM) Thursdays

Jul. 19. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week.

Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Jul. 21. Mt. Tecumseh - A moderate 4K. Are you thinking about bagging your first 4K? Mt. Tecumseh is one of the easier 4K hikes, it's not too far north and it's a good way to start. Join us whether this is your first or your 48th. The hike will be moderately paced, 5.6 miles and 2400' elevation. L Maureen Kelly ((508) 224-9188 before 8pm, MoKel773@aol.com), CL Karen Singleton ((508) 730-7701 before 9pm, karen.singleton@comcast.net), R Maureen Kelly ((508) 224-9188 before 8pm, mokel773@aol.com)

(FT) (NM) Sat., Jul. 21. Thurs. Morn. Hike Caratunk Refuge, Seekonk, MA. A leisurely hike at Caratunk Refuge. We will hike trails that wander around ponds, over brooks, through several kinds of forest, and along open fields and stone walls. After the hike there will be a cook-out at the leaders house. L Susan Chiavaroli ((508) 252-4164 7-9PM, brillo6452@yahoo.com)

(FT) (NM) Sat., Jul. 21. Into. to AMC Hiking/ Caratunk Refuge, Seekonk, MA. A leisurely hike at Caratunk Refuge. We will hike trails that wander around ponds, over brooks, through several kinds of forest, and along open fields and stone walls. After the hike there will be a cook-out at the leaders house. L Susan Chiavaroli ((508) 252-4164 7-9PM, brillo6452@yahoo.com)

(FT) (NM) Thursdays
Jul. 26. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

CAPE COD HIKES

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., May. 3. Harwich, Island Pond (C3C). Bike path to wooded trails, few rolling hills, pass lavender farm. Rte 6 Exit 10 Rte 124S. L Old Colony Rd at crosswalk. Park R Harwich Town lot. Meet 9:45. 2 hrs. L Janet Kaiser ((508) 432-3277, jtkaiser@comcast.net)

Sat., May. 5. Provincetown: Herring Cove to Tip of Cape (B3B). Park in the left corner of the left parking lot at Herring Cove Beach, Provincetown, to hike back and forth over the dune and tidal flats until we get to Long Point (tip of the Cape). Views of Cape Cod Bay

and Provincetown Harbor. 4 hours RT. MEET AT **10:45**am. Bring lunch. L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., May. 6. Falmouth, Long Pond (C3C). Rolling woods around scenic freshwater pond. Take Brick Kiln Rd east off Rt 28 to Gifford. R on Gifford, 1.5 mi, R into Goodwill Park. Pass gate and park on R. Meet 12:45 pm. 2 hrs. L Julie Early ((508) 776-4432 Evenings, jearly@capecod.net), CL Pat Sarantis (patsarantis@gmail.com)

Thu., May. 10. Brewster-Nickerson State Park. "Hike and picnic . Meet at 9:45am, Flax Pond Beach pkg lot. Take Main Road in park to L on Flax Pond Road to the beach pkg lot on the R. Bring a small lunch/something to share.". L Peter Selig ((508) 432-7656, pandmselig@hotmail.com)

BIKE RIDES

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		
Mis	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

WANTED: Ride Leaders and Co-Leaders. WANTED: Ride Leaders and Co-Leaders. Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm and routes w/ your fellow AMC members? Contact Bike Chair (bikingchair@amcsem.org) for more info.

AMC SEM 2,000 Mile Club. Join our unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair to register your mileage and for more info. (bikingchair@amcsem.org)

Turn Those Tires on Tues. Rides scheduled all year long, weather permitting. 25 mi of road or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location and directions. Intermed. pace. Riders and bicycles in top shape; tires and riders pumped and ready to roll; helmets and water req'd. L Paul Currier (508-833-2690 8 am-7 pm, pbencurrier@hotmail.com)

Tuesdays

May. 1. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) Sat., May. 5. Sunset/Full Flower Moon Ride. Ride along the canal and through Gray Gables and Masnhee Island at an intermediate pace for 22 miles. Beautiful sunset over Buzzards Bay and Full Worm Moon rise over Sagamore. Ride starts in Sandwich Rec Area about 2 hours before sunset. Tires and riders pumped and ready to roll. Helmets, spare tube and tools and water required as is registration. Cancellation/rescheduling sent to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

May. 8. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

May. 15. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

May. 22. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

May. 29. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Mon., Jun. 4. Sunset/Full Strawberry Moon Ride. From Sagamore Rec Area ride through Sagamore and along the canal at an intermediate pace for 22 miles. Beautiful sunset over Buzzards Bay and moon rise over Plymouth Bay. Ride starts about 2 hours before sunset. Tires and riders pumped and ready to roll. Helmets, spare tube and tools and water required as is registration. Cancellation/rescheduling sent to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

Jun. 5. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with

helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

Jun. 12. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

Jun. 19. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

Jun. 26. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Jul. 3. Suunset/Full Buck Moon Ride. From Sagamore Rec Area ride through Sagamore and along the canal at an intermediate pace for 22 miles. Beautiful sunset over Buzzards Bay and moon rise over Plymouth Bay. Ride starts about 2 hours before sunset. Tires and riders pumped and ready to roll. Helmets, spare tube and tools and water required as is registration. Cancellation/rescheduling sent to registered riders. From Sagamore Rec Area ride through Sagamore and along the canal at an intermediate pace for 22 miles. Beautiful sunset over Buzzards Bay and moon rise over Plymouth Bay. Ride starts about 2 hours before sunset. Tires and riders pumped and ready to roll. Helmets, spare tube and tools and water required as is registration. Cancellation/rescheduling sent to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Jul. 17. A Dennis South Shore Ride. We'll start in the evening on the Rail Trail on Rte. 134 in Dennis and ride to West Dennis Beach, then along the shore to Old Wharf Road and the cottage colonies. Continue to Wychmere Harbor and perhaps include an ice cream stop at Harwich Bob's Ice Cream Emporium. Return on the rail trail. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Wed., Jul. 25. Wednesday Wheelers - Dennis. Start on the south side of Dennis to some interior roads over to Chatham Light and Morris Island. Must be able to keep a 14-15 mph AVERAGE pace. Lunch after the ride at Chapin's Beach Bar. Distance: 45 miles Pace: intermediate 14-15 mph average Start Time: 10:00 A.M. Terrain: Rolling with a few

hillsStart Location: Requires Registration This is a combined Charles River Wheelmen / AMC ride. L Larry Kornetsky ((617) 513-6716, thecanoe@comcast.net), R Larry Kornetsky ((617) 513-6716, thecanoe@comcast.net)

CHAPTER YOUTH PROGRAM (CYP)

WANTED: Chapter Youth Program (CYP) Leader. Share your outdoor knowledge and leadership skills with local groups of children. Give your time to these programs to help kids get outside who might not otherwise have the opportunity. A typical Chapter Youth Program (CYP) might include a local walk with some nature lesson or trail games. CYP leader training and screening is required. L Sally Delisa (picpocit@verizon.net) or cypcoordinator@amcsem.org

Watch our [chapter website](#) and the short notice list for notices for CYP events!

PADDLES

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 MA").

Wed., May. 2. Sippican Harbor to Bird Is.. Put in is at Island Wharf Rd., Marion (41° 42.285 - 70° 45.670). Will paddle out to Bird Is. and explore the area of Sippican Hbr. Level 3, 12 plus miles, Sea Kayaks only, PFD, Spray Skirts, and cold water attire required. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Sat., May. 5. Pamet Harbor Truro. Put-in Directions: From Route 6 northbound in Truro, right at the exit sign for Pamet Roads and Truro Center. At the junction signed for North and South Pamet Roads turn right, go a few hundred feet and turn right again onto South Pamet Road. Go under Route 6. After 0.1 m you come to Castle Road. Turn left, go about 100 feet and veer right onto Depot Road. After 0.5 m the road forks. Stay right toward Pamet Harbor. At 1.3 m you come to the harbor parking area. There is a \$6 launching fee. Life vest, spray skirt, and wet/dry suit required. L Don Palladino ((508) 349-2950, djp1958@comcast.net)

Wed., May. 9. Onset Harbor & Creeks. A leisurely 8-mi. tour around scenic Onset harbor and its estuaries. PFD and wet or dry suit req. Spray skirt rec. Launch 10:30AM at Riverside Dr., off Main Ave. L Wesley Ewell ((774) 313-7599 7:00AM-9:00PM, twofootartist@yahoo.com)

Saturdays

May. 12. Long Pond, Brewster. Long Pond, Brewster. Circle the pond and eat lunch on a sandy beach. Directions to put-in: Route 6N Exit 10 to Route 124. Just after crossing Brewster Town line, turn right on Crowell's Bog Road. PFD required. L Betty Hinkley ((508) 241-4782, bhinkley@mindspring.com)

Wed., May. 16. Weweantic River. Paddle down River to Great Hill Point and Sippican Neck. I-195 to Exit 20 to Visitor Center on 195 going East. PFD required. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., May. 19. Leader's choice. Barnstable Harbor or Sandwich Old Harbor. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Wed., May. 23. Duxbury Bay. Duxbury Bay, Duxbury, Ma. Rte.3 Exit 11 to Rte.14 East 2.9mi. to Y intersection L onto Powder Pt. Ave. 1.1mi. to parking lot W end of Powder Pt. Bridge, Level 3, PFD & Spray Skirt Req., L George Wey (781-789-8005, geowey@comcast.net). L George Wey ((781) 789-8005 anytime, Geowey@comcast.net)

Sat., May. 26. Fiddler's Cove to Old Silver Beach. Put-in is from a private beach (41° 38.904 - 70° 38.203) with limited parking in North Falmouth. Call for directions. Will paddle south to Old Silver Beach and into Herring Brook. On the way back we will stop and have lunch in Wild Hbr. This is open water paddling around Nye's Neck and then south to Herring Brook at Old Silver Beach. Sea Kayaks only, PFD and spray skirt required. Total distance approximately ~12 miles. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Wed., May. 30. West Island. Scotcut Neck to and around West Island. I 195 to Rt 240. Cross Rt. 6 to Scotcut Neck Rd., left on Seaview(park). PFD & spray skirt required. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Jun. 2. Shoestring Bay. Several options depending on conditions. Preregistration for put in info. Spray skirts and perhaps wet suits required. L Louise Foster ((508) 420-7245 Anytime, janelouise@comcast.net)

Wed., Jun. 6. Jones River at Kingston Bay. Put-in is the boat ramp (41° 59.886 - 70° 42.621) at the entrance to Jones River. Take exit 9 from Rte 3 and go NW on 3A, then right onto Landing Rd. and right onto River Rd. to the end. This is a beautiful river to explore. The Harbor Master tells me the dam has been taken out opening a whole new area to paddling. Very tide dependent paddle. Level 2, PFD required, spray skirt recommended. I did this river 3 years ago, but only to the dam. There may be some fast water. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Sat., Jun. 9. W. Falmouth to Sippewisset Inlet. Put-in is the boat ramp (41° 36.232 - 70° 38.302) on Old Dock Rd., W. Falmouth. You must park back at the bike path lot. Call for directions. Paddle will be south to Gifford's Ledge, and the Great and Little Sippewisset Inlets. ~12 miles, Level 3, Sea Kayaks only. PFD and Spray Skirts required. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Wed., Jun. 13. Westport River East Branch. Paddle down the river to islands in Westport Harbor. I 195 to Rt 88S. Left at 2d light (Old County Rd.) 1 mile to Head of Westport Village. Park on either side of River. PFD required. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Jun. 16. Cotuit Bay. S on Rt. 149. R on Rt. 28 to L on Putnam. (at lights). Straight on Old Shore to town landing PFD, spray skirt req. Tour three bays and lunch on Samsons Island. L Bill Fischer ((508) 420-4137 before 9pm, wmbbarbarafischer@comcast.net), CL E. Pratt

Wed., Jun. 20. Wellfleet Bay. Put-in: From Route 6 in Wellfleet at the traffic light just past P.J.'s turn left toward Wellfleet Center and Harbor. Go 0.3 m and turn left on East Commercial Street. Go 0.7 m to the Town Marina and Harbor. Turn right on Kendrick Ave.

The parking lot for Mayo Beach is a few hundred feet on the left. Life vest and spray skirt req. L Don Palladino ((508) 349-2950, djp1958@comcast.net)

Sat., Jun. 23. Weweantic River. A liesurely 6-8 mi. trip to explore the headwaters of the Weweantic River, Sippican River, and Cohackett Creek. PFD req. Launch 10:30AM at State ramp in rest area between Exits 20 & 21 on I-195 East. L Wesley Ewell ((774) 313-7599 7:00AM-9:00PM, twofootartist@yahoo.com)

Wed., Jun. 27. Slocum River/ Little River. Eleven mile paddle down Slocum River and up Little River. I 195 Exit 12 South Faunce Corner Rd. Cross Rt 6 to Old Westport Rd. to Chase Rd. Right at Russells Mills Rd. to town park on left. PFD & spray skirt required. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Jun. 30. Boston Harbor Inner Islands. Circumnavigate several Harbor Islands. Put-In.Hull Gut. Hull, Ma. Level 3 Paddle. PFD, Spray Skirts Req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey ((781) 789-8005 anytime, geowey@comcast.net)

Wed., Jul. 4. Swan River/Pond, Dennis, MA. R6 exit 9 for W Harwich/Dennisport, R134 S past Patriot's Square to 2nd set lights L Upper County road past Hart Farm, L Clipper Lane to put-in on Swan Pond Paddle down River to mouth on Nantucket Sound, lunch on sandbar & return circumnavigating Swan Pond Limitations: Life Vest required, Spray Skirt may be required if windy. L Jean Orser ((508) 362-0451 before 6 pm, jeanorser@aol.com), CL Paul Corriveau ((508) 362-0451 before 6 pm, paulcorri@gmail.com)

Sat., Jul. 7. Jackknife Cove and Pleasant Bay. We'll paddle out to the Cut and see what changes winter hath wrought. Lunch looking out over the cut, then cross the cut, go around Strong Island and return. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Wed., Jul. 11. Boston Harbor Outer Islands. Circumnavigate several Outer Harbor Islands. Put-in, Hull Gut. Hull, Ma. Level 3 Paddle. PFD, Spray Skirts Req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey ((781) 789-8005 anytime, geowey@comcast.net)

Sat., Jul. 14. Follins Pond/Mill Pond, Dennis, MA. Route 6 exit to route 134 north, Left Setucket road, Left Mayfair road, Left Follins Pond road to town landing at the end. Limitations: life vest required, spray skirt may be required if windy. Paddle Follins Pond to Weir Creek bridge & if tide permits into Mill Pond passing Crab Creek Conservation area & back to circumnavigate Follins Pond. L Jean Orser ((508) 362-0451 before 6 pm, jeanorser@aol.com), CL Paul Corriveau ((362) 508-0451 before 6 pm, paulcorri@gmail.com)

Wed., Jul. 18. Westport River West Branch. Paddle down West Branch of Westport River to harbor and the Let. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Jul. 21. Monks Cove & Back River. Leisurely 8-mile tour around Monk's Cove, Phinney's Harbor, and scenic Back River. PFD and spray skirt required. Launch at 10:30am, Monk's Park off Shore Road in Pocasset. Barlow's Landing Road from Route 28S to Shore Road. Right on Shore road, left onto Valley Bars Rd. Park at RR overpass. L Wesley Ewell ((774) 313-7599 7am-9pm, twofootartist@yahoo.com)

Wed., Jul. 25. Mattapoisett to Haskell or West Islands. Put-in is Ned's Point (41° 39.064 - 70° 47.649), Mattapoisett. Call for directions. Depending on wind/sea conditions we will lunch at either Haskell Is. to the north or West Is. to the south. PFD and Spray

skirts required. Sea Kayaks only. Level 3, distance ~14 miles. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Sat., Jul. 28. Bass River South, Dennis. Route 6 exit 9, Route 134 South, Right Upper County road, Left Main st, Right Cove road to town landing at end. Limitations: Life Vest required, Spray Skirt may be required if windy. Paddle down river to mouth on Nantucket Sound with lunch on West Dennis Beach. L Paul Corriveau ((508) 362-0451 before 6 pm, paulcorri@gmail.com), CL Jean Orser ((508) 362-0451 before 6 pm, jeanorser@aol.com)

TRAILS & TRAILWORK

Watch our [chapter website](#) and the short notice email list for notices for trail events!

FAMILY EVENTS

Watch our [chapter website](#) and the short notice email list for notices for family events!

SOCIAL COMMITTEE & SOCIAL EVENTS

Watch our [chapter website](#) and the short notice email list for notices for social events!

SKIING (XC and DOWNHILL)

We had great fun this winter – cross country skiing and downhill skiing. Watch our [chapter website](#) and the short notice email list for notices for events for next winter!



If you print your e-Breeze, please recycle it when done

MAY 1208



The Southeast Breeze

Monthly e-newsletter of the Appalachian Mountain Club
Southeastern Massachusetts Chapter
June, 2012

WRITTEN BY YOU FOR YOU

View from the Chair

By Jim Plouffe, Chapter Chair

Many months ago I wrote a *View From the Chair* about how we can use some good people to volunteer for some small tasks, such as bringing paper cups to meeting or taking pictures at an event. This is my attempt at getting more people involved in a way that doesn't scare anyone into believing that we will be overloading them with tasks.

However, at this point in my "Chairship" (I think I am coining that word), I am going to ask for some people to volunteer for some very hefty tasks. This November, most of our Executive Board will be leaving their post as their terms are up, mine included.

This leaves me with a huge problem. I have run the length of my terms as allowed by the Chapter Bylaws and leaving with me are my Vice-Chair, Cape Hikes Chair, Education Chair, Communications Chair, among others. Without an influx of many responsible, driven members to fill these positions, I worry that our Chapter will not survive as well as it has in the recent past, which, if I can toot the horns of my fellow Executive Board members, was extremely well.

There are two things that I need hefty volunteers for. The first is a Nomination Committee. This Committee, in short, will be responsible for finding and nominating a slate of officers for the 2013 Executive Board. The second is a slate of officers.

Are you interested in helping to pick the new board or possibly being on the Executive Board? If so, please e-mail me as soon as you can. I can answer questions as to the responsibilities and commitments that are required as an Executive Board Member.

Just a note, though... I am not going anywhere and will remain on the board as Past-Chapter Chair, a voting member of the Executive Board and the person to whom the next Chapter Chair can bounce ideas and thoughts off of and by whom that person can learn what the position involves.



CONTACT THE SEM CHAPTER CHAIR: chair@amcsem.org
CONTACT THE SEM CHAPTER VICE CHAIR: vicechair@amcsem.org
VISIT THE SEM CHAPTER WEBSITE: www.amcsem.org
FIND US ON SEM FACEBOOK: www.facebook.com/AMCSEM
FOLLOW US ON SEM TWITTER: www.twitter.com/amcsem

NOTICES

Regular Meetings:

SEM Executive Board (6:30pm selected 2nd Wednesdays)
(contact chair@amcsem.org for more info)

Hike Planning Meetings 2012 (6:30pm 1st Wed. quarterly)
(contact hikingchair@amcsem.org for more info)

Where to find activities (hikes, bikes, paddles, etc.)

1. The monthly e-Breeze - arrives by email
2. AMC Outdoors - arrives by snailmail
3. Online trip listings (activities.outdoors.org)
4. Sign up for *short notice* trip listings at www.amcsem.org

Pix and Article Submissions

We encourage SEM members to submit articles and photos for both The Breeze and our website. Materials for publication will be edited for content and to fit available space. Please send to communicationschair@amcsem.org.

Next Month's e-Breeze Deadlines: 7th trips; 15th articles/pix

SEM Non-members

Not an SEM chapter member? Want the Breeze? Contact the AMC Member Center and set your preferences. Or get a copy at our website at www.amcsem.org.

Volunteers needed!

Curious about the inner workings of your chapter? Volunteer for the Executive Board! Have technical skills? Volunteer for our website! Have writing/editing skills? Volunteer for the *Breeze*! Like kids? Volunteer for CYP! Want to get out more? Volunteer to lead a hike, bike, or paddle! We have lots of volunteer positions open! Please contact chair@amcsem.org if you'd like to get more involved with the chapter.

Find us on Facebook * Follow us on Twitter
CHAPTER WEBSITE: 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. Preview the waiver at: www.amcsem.org, Documents.

The Southeast Breeze, the e-newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published 12 times a year. **Editor:** Cheryl Lathrop, **Asst. Editor:** Ann McSweeney, **Proofreader:** Kate Patroia. **Change of Address** to AMC, 5 Joy St., Boston, MA 02108, 800.372.1758, or www.outdoors.org/membercenter

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The chapter includes ~3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.

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

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Put your e-Breeze on all of your electronic devices and take it with you wherever you go! Your smart phone, your tablet...

SEM STATS

PADDLE STATS

As of May 26th, the AMCSEM Paddling Group has completed a total of fourteen (14) paddling trips. A total of eight-four (84) people participated in the fourteen (14) trips.

--George Wey, Paddle Chair

BIKING STATS

Even with all the rain in the last month we managed to squeeze in 6 road rides totaling 148 miles attended by 31 riders.

--Jon Fortier, Biking Chair

MEMBERSHIP COMMITTEE

It's June! How's that New Year's Resolution coming along?

By Julieanne Capone, Membership Committee



What was your New Year's Resolution for 2012? To exercise more? try something new? volunteer? be more social? watch less TV? bike X miles? climb X 4,000 footers? stop procrastinating??

Luckily it's not too late to conquer your goals, 2012 is approaching its halfway mark but who's really counting? No one said you had to have everything checked off by winter's end, right? Our SE Mass. AMC Chapter offerings are great ways to jump start that "list" of dreams and aspirations you've been meaning to achieve.

One big reason goals aren't met is because we don't hold ourselves accountable and quantify results. Fortunately, the SEM Chapter offers programs such as Red Line the Blue Hills where hikers can map their completion of each leg of the Blue Hills Trails, the Biking Committee has a 2,000 Mile Club where cyclists can record their gains, and the AMC has a 4,000 Footer Club for those aspiring to climb all 48 peaks! The SEM AMC Membership Committee is looking for members to be more active through volunteering to lead activities, maintaining trails, joining a committee, helping to publish 'The Breeze', or simply signing-up for an activity.



Don't know where to start? All activities offered through the SEM Chapter have a rating system based on distance/pace/terrain and trip leaders can always be contacted with questions. Be proactive and turn your dreams into reality!

Get involved today and let people think you started your "list" on January 1st!

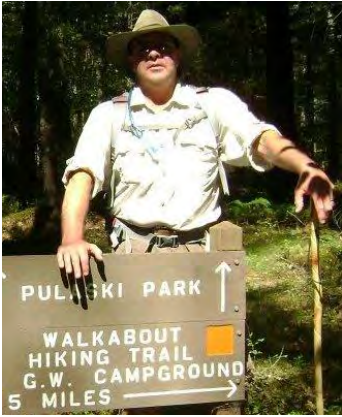
Visit www.amcsem.org



MEMBERSHIP COMMITTEE

Become the Membership Chair? Sure...Why not?

By Jim Casey, Membership Chair



While reading my first SEM Breeze Newsletter in Spring 2011, I noticed the following paragraph: *“Volunteers needed to bring paper cups to meetings. (Oh and to do many other things too!) SEM has many opportunities to make a difference in the AMC’s ideals of recreation, education, and conservation. Contact the Chapter Chair, to find out how you can make a difference!”*

I had just joined the AMC at the request of my wife (she was not happy with me camping by myself, she said I was getting too old to go out alone) I knew I wanted to get involved, but didn’t know how to go about it (plus I was a little shy). Anyway, after reading the above notice in the Breeze, I sent the chair an email and within the hour I received a call back from Jim Plouffe, the SEM Chapter Chair. It was great speaking with Jim. He made me feel very welcome and right at home. We talked for a bit about my interests and the chapter as a whole and then Jim told me he would have Len Ulbricht, the Membership Chair, contact me to explain how I could help in the club. The next thing I know, I’m attending an Executive Board Meeting as Len’s guest. I learned there were two positions opening up that fall; one was the Education Chair and the other the Membership Chair. Everyone at the meeting was nice, friendly and easy to talk to. They all had the same interests and seemed to really enjoy volunteering for the chapter. After viewing the meeting activities for a bit the question finally came up....”Jim would you be interested in filling one of the open positions?” It didn’t take me long to respond, “Sure, I’ll do the membership one” and with a round of handshakes and smiles, I was part of the Executive Board...oh wait, not officially, it would not be official until the vote at the Annual Meeting in November. But it didn’t matter...I was INVOLVED and ACTIVE. No turning back now!

OK, so why am I writing this? Well the SEM Chapter has approximately 3,425 members with only about 10-15% active in the chapter. Now some of those members are what we call “arm chair” members...they just like to contribute financially to support the organization’s conservation of natural resources and keep the club strong, but most are just people like me who don’t know how to get started, and some are, again, people like me who get nervous trying new things or meeting new people. Well, let me tell you right now...WE DON’T BITE & IT’S FUN!!!...lol

Let me tell you about my first year in the AMC SEM CHAPTER. Since I joined the club and stepped up to be Membership Chair, I have completed the Wilderness First Aid/CPR training, finished the Winter Hiking Series, held an Open House with my Membership Committee partners Vickie & Julieanne, represented the Chapter at the LL Bean Boot Mobile Event at Boston Common, and climbed several mountains, as well as a few winter overnights at Mount Greylock and the AMC Lonesome Lake Hut, attended the Chapter Hut Weekend at Cold River Camp, not to mention numerous other hikes and events. Most important I have enjoyed every second of it meeting YOU, the chapter members. I have recently been approved as a Class 2 hike leader, so now I get to hike with new members all the time. Not bad for my first year.

I know, I know, I’m a wind bag....ok, here’s my big finish.

My name is Jim Casey, I’m still a NEWBIE, but I’m YOUR NEWBIE. As Membership Chair, I am here to help you get started. So send me an email and say Hi at membershipchair@amcsem.org or call me 6:00-9:00 pm at 781-924-5228, if you have questions about volunteering, joining activities, joining the board, membership issues, the newsletter or anything else you can think of.... Or as I said above, just say Hi and let me know how your membership committee is doing.... (I’ll probably regret that last one, lol)

C U on the TRAILS!!

EDUCATION COMMITTEE

Map & Compass Training

By Len Ulbricht, Education Chair

May 19 brought bright and sunny conditions for REI M&C training at Rocky Woods in Medfield, MA. We had 8 SEMers coming from as far as Cape Cod to attend.

It was a fun day starting out with learning the fine points of a compass, declination impact on the compass needle (true north and magnetic north differ), and topo map coordinates and scale (AMC trail maps not the same as USGS topo maps). After following a 3 leg compass course loop to see if we could return to our starting point (not all of us did on the first try), it was on to the trails and reading the terrain. Ever wonder where you are on the trail? We did and after comparing the terrain to our topo trail map the 8 of us came up with 3 or 4 different opinions. How embarrassing. Thought we knew all about reading a topo map. Our instructor thence forth covered the fine points of terrain reading as we proceeded to our bushwhack start point. First, from the topo map plot your course. Then compensate for declination (do we add or subtract?) to find compass course to follow. Okay, put Fred in the shed and march. Into the woods we go, around the tree, over stumps, re-check your course, under blowdowns, circle the erratic. What do you know, we made it. Now do it again. Twice more and still no one became lost. Beat the 10% rule. On to triangulation. Take bearings on visible terrain features, compensate for declination (do we add or subtract?) and plot those bearings. Voila, we are here. Lastly, how to prepare for white out conditions, the dos and don'ts, to end the day of training. Thank you, REI.



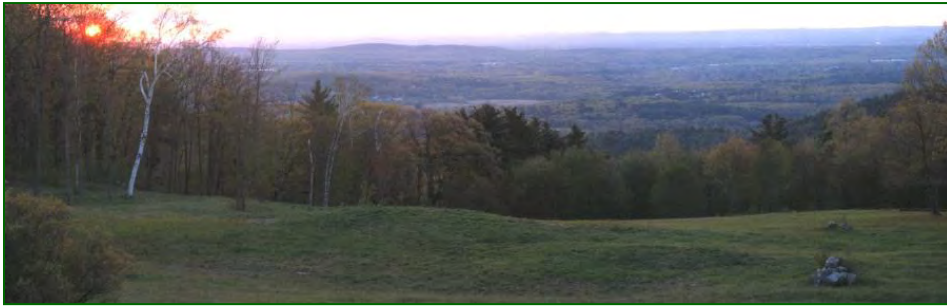
Those of you who missed the course may consider the following recommendations from the REI instructor. If you are looking for some good books on map and compass navigation, consider Basic Illustrated Map and Compass, 3d ed., by Cliff Jacobson (Falcon Guide, 2008, \$10), Be Expert with Map and Compass: The Complete Orienteering Handbook by Bjorn Kjellstrom and Carina Kjellstrom Elgin (John Wiley & Sons, 2010, \$18.95), and Wilderness Navigation, 2d ed., by Bob and Mike Burns (The Mountaineers Books, 2004, \$14.95). For basic a compass, consider baseplate compasses and avoid lensatic compasses; baseplate models work best for backcountry navigation. Suunto, Brunton, and Silva are the best manufacturers. Solid, entry-level compasses are the Suunto A-10 (\$14.50), the Brunton 7DNL (\$15), and the Silva Polaris (\$14). The Brunton 9020G (\$11) and 8010G (\$17) are entry-level compasses that allow you to preset your declination by offsetting the entire central capsule.

The Education Committee offers a variety of classes and programs to support the goals of the Appalachian Mountain Club and promote the safe enjoyment of the outdoors. If you have further questions, or wish to express interest in a particular kind of class or training, contact our Education Chair, education@amcsem.org

EDUCATION COMMITTEE

WFA Training / Spring Social Weekend at Noble View Camp

by Len Ulbricht, Education Chair



Noble View Sunrise-Panorama

What a great turnout and smashing good weekend, April 28-29. We were filled to capacity and turned many away. (Sign up early next time!) Attendees came from SEM, Boston, Narragansett, and Mohawk Hudson. 15 took SOLO-taught WFA training (11 from SEM) and 8 enjoyed a social weekend taking in fabulous views and hiking trails for all abilities, bubbling brooks and waterfalls, spring wildflowers and flowering

trees, brilliant sunshine and brisk winds, all capped off with hearty meals provided by our own Joyce and Luther Wallis. The weekend began with a Friday pot luck dinner initiated by Kathy Stanley (thank you again for stepping up). Kathy brought along her Dutch oven to make beef stew, Bryan Jones baked his camping recipe corn frittata concoction, and all brought assorted goodies from appetizers to desserts. What a great kickoff to the weekend. All 26 of us gathered for breakfast, lunch, appetizers, social hour or two and dinner in the Cold River Camp tradition. The breakfast scones, chicken chili lunch and spaghetti pie dinner with homemade bread were my favorites. As to the camp itself, the Noble View cabins are modernized and wood burning stove heated (a step up from Cold River). They are situated on an easterly facing bluff with an absolutely magnificent view out toward Springfield and well beyond. Open year round, Noble View is an easy 2-½ hours from SEM territory, even suitable for day outings.



MEAL CALL



PAINTED TRILLIUM



OUR SOUS CHEF
(HOME MADE BREAD)



SPRINGTIME FLOWERING TREE



LITTLE RIVER



EXECUTIVE CHEF EXTRAORDINAIR
(HOMEMADE SCONES)

CONSERVATION COMMITTEE

D.W. FIELD PARK REVITALIZATION PROJECT

By Maureen Kelly, Conservation Chair



UPDATE:

Meeting with the City of Brockton Parks Commission May 10, 2012

Jim Plouffe, Chapter Chair and Maureen Kelly, Conservation Chair met with the City of Brockton Parks Commission tonight. We wanted to introduce ourselves to the Commission, tell them about our proposed plans for DW Field Park, and ask their permission to perform the work we want to do.

Jim gave the Commission background information on the AMC and on the first work day we had at the Park on April 21, 2012. He then began to tell the Commission about the plans we have for revitalizing DW Field Park. The members of the Commission were welcoming and happy to hear about our plans except for the small boat ramp. NO boats! NO horses! This was the mantra one member repeated. It is in the original bequest; we cannot have boats or horses. Other than that the commission liked our ideas of trail maintenance and trash pickup, widening and opening up the visibility of some of the more remote trails, GPS-ing the trails and producing a map and replacing benches.

The issue of homeless camps in the southern end of the park was raised and we responded that the plan in opening up the visibility of the trails in that area by cutting some of the brush would discourage the homeless from setting up camp in areas around 30-Acre Pond. The more visible the area is, we also hope, the more people will use the park and this activity will help to make the area less desirable for the homeless camps.

Jim asked the Commission if he could work directly with Tim Carpenter, Parks Commissioner, to get approval for a specific project rather than going before the entire Commission. The Commission voted to give Mr. Carpenter that power and they wished us well with our project. It was a positive meeting that made a strong connection with the Parks Commission and a gave SEM a simple approval procedure for permission to do the projects we want to undertake.

SEM's Nike Reuse-A-Shoe Program:

www.amcsem.org/news.html

www.nikereuseashoe.com

CONSERVATION COMMITTEE

D.W. Field Park Project- Continued

By Maureen Kelly, Conservation Chair

Our second work day for the D.W. Field Park Project will be Sunday, June 10, 2012 from 8:00 - 12:00 AM. Our first day was a success with 18 volunteers pulling out trash and trimming branches on the trail that rings 30-Acre Pond. We will continue with the same activities on June 10 to finish cleaning and clearing this trail and we will mark areas where we want to open up the overgrown land surrounding the trail. Cutting down some of the brush between the trail and the road, and the trail and the pond, will give more visibility to walkers and increase safety.

Please consider joining us in our project. We have the support of the City of Brockton Parks Commission and the D.W. Field Park Association (a "friends" group). We are improving the condition of a beautiful urban park in Southeastern Massachusetts. The Nike Reuse-A-Shoe sneaker recycling box will be there and lunch will be provided. Contact Jim Plouffe at chair@amcsem.org or Maureen Kelly at conservationchair@amcsem.org. Thanks!

Our two overall goals for the project are to improve D.W. Field Park so that more people will use the park and to empower the people who care about the park with the tools to maintain it into the future. Here's where YOU come in: we need your help to make this project a reality. Please consider joining us to help. If you are interested in helping, please send an email to Jim Plouffe, chair@amcsem.org or Maureen Kelly, conservationchair@amcsem.org with your thoughts and suggestions. This project is truly exciting; the chance to improve a local, urban park and bring more people into the "outdoors" that we all love.

SEM's Nike Reuse-A-Shoe Program:

www.amcsem.org/news.html

www.nikereuseashoe.com

CONSERVATION COMMITTEE

Invasive Plants

By Susan Salmon

I recently attended a three day training program called Keystone Cooperators where I learned a lot about forest ecology and management, wildlife management and land conservation. One of the topics we covered was invasive plants in Massachusetts.

Invasive plants are primarily introduced through landscape horticulture or plant cultivation for human use. It often takes many years before it becomes apparent that a non-native plant has become invasive. Invasive plants are adaptable, aggressive, and have a high reproductive capacity. Their heartiness, combined with a lack of natural enemies, often leads to uncontrolled populations that choke out native plants. Deer or other grazing animals usually prefer native plants, further enhancing the invasive plants ability to replace natives. The end result is a marked loss of native plants and a decrease in plant diversity. The loss of native plants disrupts the food chain by leaving grazing animals little to no food, further reducing the area's biodiversity.

Oriental Bittersweet, Burning Bush, and Norway Maple are just some of the plants we have introduced that have become invasive. Oriental Bittersweet is a woody vine that was introduced into the United States in the 1860s as an ornamental plant and is often associated with old home sites from which it has escaped into surrounding natural areas. It infests forest edges, woodlands, fields, hedgerows, coastal areas, and salt marsh edges, especially those suffering some form of land disturbance. While often found in more open, sunny sites, it also tolerates shade allowing the oriental bittersweet to invade forested areas.



Oriental Bittersweet Fruit



Oriental Bittersweet Leaves



Burning Bush comes from Northeastern Asia, Japan and Central China. It was introduced to the United States around 1860 as an ornamental plant used in landscaping. Although now on the Massachusetts Prohibited Plant list, it remains very popular. Burning Bush can be found along roadways, at commercial and industrial sites and in park and residential

landscapes. It forms dense thickets, displacing many native woody and herbaceous plants in a variety of habitats including forests and coastal scrublands. Hundreds of seedlings are often found below the parent plant in what is termed a “seed shadow.”

Norway Maples are native to Europe, from Norway southward. In the United States, they either escaped from cultivation or are the offspring of trees used as ornamental specimens. The Norway Maple frequently invades urban and suburban forests. Its extreme shade tolerance, especially when young, allows it to penetrate beneath an intact forest canopy. Research has recently shown that forests, which have been invaded by Norway Maple, suffer losses in diversity of native forest wildflowers compared with forests in which the canopy is dominated by native species such as sugar maple. This is at least in part due to the dense shade cast by Norway maples, and the shallow roots, which compete with other vegetation. They also produce a large quantity of seeds that can germinate rapidly and crowd out native species.



Left Norway Maple, Right Sugar Maple

A distinguishing characteristic of the Norway Maple leaf is that it is wider than it is long. The Sugar Maple leaf is generally longer than wide. Norway Maple leaves are the last to change color in the fall; they remain green until early November then turn bright yellow. Late fall is the best time to survey for Norway Maples as they are very conspicuous at that time.

If you are interested in helping to protect the native plants and animals in Massachusetts, you can join the UMass Outsmart Invasive Species Project. They have developed an excellent smart phone application you can download for free called **Outsmart Invasive Species**. It provides photos and descriptions of invasive plants (and insects) to aid in identification. If you see a suspicious plant (or insect), take a photo of it with your smart phone. The application notes your exact location using the phone’s GPS system, has a place where you can enter any notes or details of the siting, and allows you to take and upload a photograph of the invasive specimen. The app can be downloaded from iTunes or Google Play.

Click on the links below for more information:

UMass Outsmart Invasive Species Project

www.masswoods.net/outsmart

Massachusetts Invasive Plant List

www.massaudubon.org/Invasive_Species/plants.php

Massachusetts Prohibited Plant List

www.mass.gov/agr/farmproducts/prohibitedplantlist.htm

New England Wildflower Society

www.newfs.org

Project Native

projectnative.org/Catalog.html

HIKING COMMITTEE



RED LINE the BLUE HILLS NEWS

Did you see RLBH mentioned in the May/June *outdoors* Magazine? On page 36, bottom left corner (box).

LATE BREAKING NEWS! On May 24, Walt Granda became the first orange line finisher (his 4th time hiking all trails). Congratulations to Walt!

See all RLBH finishers at:

www.amcsem.org/RLBHWS/m_finishers.htm



Joe Keogh, RLBH leader (left), congratulating Walt Granda, finisher (right). Photo courtesy of Ray Anderson.



JUST ANOTHER THURSDAY EVENING IN THE BLUE HILLS
(Photo courtesy of Jim Casey)

Did you read the May/June issue of the hardcopy AMC *outdoors* magazine?
Did you see the picture of the SEM hikers on page 41?

HIKING COMMITTEE



Take a Long Hike

By Ray Anderson 

Hello fellow hikers.

One AMC activity I'm enjoying is hiking on Thursdays at the Blue Hills Reservation in Milton, MA. We meet at a pre-designated trailhead and hike a different route from 6 to 8 PM every week. We start hiking in May and stop in October.

The hikers shown in the photo have all completed what is known as "Red Lining the Blue Hills." That means that each of them has put their boots on every inch of every trail in the Blue Hills. This is quite an accomplishment and, as you can see, the recent finishers are happy to show off their official patch.



Some of the hikers pictured have completed a "Red Line the Blue Hills" multiple times! If you hike and complete all the trails twice, you are a Blue liner. If you do it three times, you are a Green liner. Michael Swartz and Joe Keogh (Michael, smiling under the hat, stands next to Joe, who has a beard with blue sweatshirt) are Green Liners. Congratulations to them and to all the others. (Bob Vogel, the creator of the series 7 years ago, is back row center.)

For a complete listing of "Red, Blue, and Green Line" hikers, as well as a detailed map of all the Red Line trails, go to "hiking" under www.amcsem.org (then "hiking series", then RLBH).

Visit Ray's hiking blog: www.TakeaLongHike.com

HIKING COMMITTEE



Senior Hike Leaders
Walt Granda & Joe Keogh
Using Every Available Resource
(Photo & caption courtesy of Alan Greenstein)



(Photo courtesy of Jodi Jensen)

Blue Hills Winter Hike with delicious soup
at the leader Jodi Jensen's house afterwards
(a yearly tradition).



(Photo courtesy of Ken Jones, via Facebook)

Conclusion of the Spring Tuesday Morning Blue Hills Hiking Conditioning Series today, 5/29. Enjoyed celebrating this accomplishment with many new friends. Now it's off to the higher summits where the rubber really meets the road.

--Ken Jones, Hike Leader

HIKING COMMITTEE

THE CLOUDS CLEARED JUST AS WE HIT THE SUMMIT!

By Jim Casey, Hike Leader



It was 8:30am when our SEM group of 16 gathered at the trailhead to **Mount Kearsarge North**. Kearsarge North rises 3,268 feet and has commanding 360 degree views of the Presidentials, Mount Washington Valley, the interior of Maine and North Conway itself. We planned to hike the Mount Kearsarge North Trail, which has approximately 2,600 feet of elevation gain, runs 6.2 miles round trip and eases its way up the south side of the mountain, curling West near the summit, then jumping up a final switch back to the peak.



I said go left, not right!

That Saturday was a little overcast when we started and we were concerned we might not get a chance to enjoy the amazing views at the top. But step by step we made our way up the nicely groomed trail, enjoying the conversation and taking in the short views off the sides of the trail.

This was my final co-lead to become a SEM hike leader and I must admit, I could not have picked a better group to take up the mountain. Everyone stayed together, hiked safe, kept pace and just enjoyed themselves completely. I thought it couldn't get any better.

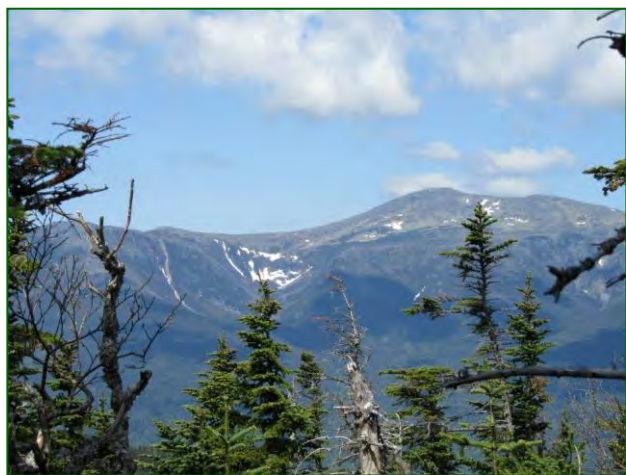
Then we hit the summit. Just as we climbed atop the ledge that crowns this beauty, the clouds and fog began to clear. I could hear the group's excitement as the dense white blanket moved past Mount Washington and gave us our first glimpse of the majestic beauty. It took a little time for all the clouds to clear, but then a turn in any direction provided unobstructed views of the area, from the Presidentials to Maine...it was incredible!

Thanks to everyone for making this a hike one to remember. I'm looking forward to leading more hikes down the road for the AMC and you!



HIKING COMMITTEE

Memorial Day Weekend at Carter Notch Hut, 2012



(Photo courtesy of Sue Salmon, via Facebook)



(Photo courtesy of Sue Salmon, via Facebook)

BIKING COMMITTEE



BIKING COMMITTEE

Cyclists' Culinary Corner

Challah Recipe

by Emily Colantonio

Challah (1 large loaf):
1 3/4 cups warm water
2 tablespoons dry yeast
1/2 cup honey
1/4 cup butter, melted
1/2 teaspoon salt (optional)
4 eggs beaten
7 to 8 cups unbleached white flour
Melted butter for brushing loaf

Glaze:
1 egg yolk
1 tablespoon water
Poppy seeds
(beat egg yolk and water and brush over loaf . Sprinkle poppy seeds)

Use a food processor or a bowl and wooden spoon. Pour warm water into a food processor with a steel blade and sprinkle yeast and process with one brief burst. Add honey, melted butter, salt, and beaten eggs and mix briefly. Add 2 cups flour and mix until combined. Continue to add flour 1 cup at a time. Dough should be sticky and should be firm enough to remove from bowl. Remove out onto a floured surface and knead until dough is smooth and elastic. The entire amount of flour (about 7 cups minimum) will probably be used, since the braiding will be more successful if dough is firm. Place dough in a oiled bowl and let rise in a warm spot until doubled – about 1 hour.

Punch dough down and turn onto a floured surface and knead until smooth and elastic. The following instructions are for 1 very large loaf. If you prefer 2 medium size loaves, just divide dough in half and proceed with each half described.

Take about two-thirds of the dough and divide into thirds with your fingers, moving from the center of each third out toward the ends - roll dough into three 18" inch lengths. Pinch the three lengths together firmly at one end and braid a tight braid. Place on Oiled baking sheet. Cut remaining third of dough into three equal parts. Roll out making shorter and thinner than first ropes. Braid and place on top of first braid. Brush with melted butter.

Cover lightly and let rise on a warm spot – double in bulk (about 45 minutes)

Add glaze and bake in a preheated oven at 350 for about 45 minutes (until loaf is rich brown)

Look for these AMC leaders conducting these popular recurring rides:

By Dan Egan, Biking Vice Chair

Larry Kornetski - leads the **Dennis Beach Ride**....a ride that touches both sides of the Cape and about ten beaches all in the Town of Dennis with a lunch stop at a quaint sandwich and fried food chanty overlooking a canal entrance to a local harbor.

Joe Tavilla- leads a series of rides called the "**3-Cs**" **Ride-cycling, colleges, and chow**. The rides are thru quaint south suburban town with their storied town greens, typically dwarfed by the steeples of white clapboard churches and the occasional fabled country stores. The rides include a lunch stop at a local college where lycra sporting retirees mingling with jean clad young academics over much improved cafeteria fixings. Some colleges of the past have been MA Maritime, Wheaton, Bridgewater State, Brandeis, Babson, and Wellesley.

Ed Foster- leads a **yearly recurring ride** out of Mashpee that streaks down to North Falmouth Beach and then onto Woods Hole before turning North and heading for the Canal. A lunch stop in Bourne on the picnic tables of Gray's Market sustains the riders down thru the seven miles of canal and then onto the last twenty miles of inland Cape back roads to return to Mashpee High School-this 60 mile ride is for the seasoned biker. His Martha's Vineyard ride is also a treat.

Paul Currier-leads **full moon evening rides** along the Cape Canal passing weathered stone churches, ocean battered bluffs, manicured cape cod subdivisions, and grey shingled beach cottages in the golden glow of the twilight sun. He catches the sinking golden orb in Buzzards Bay and then streaks back in the dark with the usual tailing southwest breeze as the moon rises from the mouth of the east side of the Canal and tops the Sagamore Bridge.

Jack Jacobsen - runs a **Thursday night recurring ride** circumventing Lakeville, and Freetown in the cool of the evening in the Spring and the Summer. The lake vistas, the crimson cranberry bogs and long desolate stretches of forested roadway are treats as is the fresh scented refrigerated forested air blowing through your helmet and whistling by your ears.

SOCIAL COMMITTEE

By Jodi Jensen, Social Chair

On May 5, Kevin Ryan led an incredible morning social trip through Mt. Auburn Cemetery to see and hear beautiful migratory birds. We don't need to travel far to enjoy beauty and nature.

Watch the trip listings and short notice list for other fun SEM social events organized by the Social Committee!



In the past, we cruised down the Connecticut River looking for bald eagles. We've gone to the movies. And we had a great Boston city walk on St. Patrick's Day, followed by pizza.



WHY VOLUNTEER FOR THE AMC?

Gain work experience! Add it to your resume!

Got a little free time to help us grow? Are you a people person who likes to help others? Are you concerned about environmental issues? Do you enjoy outdoor activities? Do you have some free time? If this sounds like you, then you may be interested in some opportunities to help our chapter of the AMC grow and better accomplish its mission. Get in touch with us and we'll be happy to tell you more. Contact: chair@amcsem.org



COMMUNITY CONNECTIONS

Upcoming Community Outdoor Activities You Might Be Interested In

Send items to communicationschair@amcsem.org

PERSONAL POSTS

NEWS FROM OUR MEMBERS

This section of the Breeze highlights our members.
If you have news, or know of news, contact the communicationschair@amcsem.org

SWAP STUFF

SWAP * BARTER * SELL * TRADE

HAVE OUTDOOR STUFF? NEED OUTDOOR STUFF?

For sale: Kayak, by Perception. 10'4" long, 42 lbs. with paddle. Excellent condition. \$200. Contact: 508-999-9999. (sample only)

THE E-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.



Got an AMC-related outdoorsy business?
Run a paid business card-sized ad in the Breeze for
\$10/month (\$100/year)!
Contact: communicationschair@amcsem.org



Got something to say? Want to be a regular Breeze columnist?
Contact the Breeze editor to volunteer! communicationschair@amcsem.org

Know what's happening?

If not, visit our website, find us on FACEBOOK, or follow us on TWITTER!
amcsem.org * www.facebook.com/AMCSEM * www.twitter.com/amcsem



NEWS FROM "JOY STREET"

The following information is from the AMC's central office at Joy St. in Boston and is written by them. Please contact them for additional details on anything in this section.

AMC's 2012 Fall Gathering will be held on October 19-21, at the Greenkill YMCA Retreat Center in Huguenot, NY. This year's gathering is being hosted by the New York-North Jersey Chapter in honor of their 100th Anniversary as a chapter. Everyone is invited to this club-wide event which will include hiking, biking, paddling and many more activities in the Catskill Mountains. Watch for details in the upcoming issues of AMC's Outdoors magazine or by visiting the NY-NoJ Chapter's website <http://www.amc-ny.org/>

The following adventure trips were added to the schedule for 2013:

- Backcountry Skiing in Yellowstone, Jan 24–Feb 2
- Hiking New Zealand, Feb 9–25
- Skiing New Mexico, Feb 9–19
- St. John, USVI, Feb 10–19 or Feb 14–21 or March 16–24
- Trekking Patagonia, Feb 23 – March 4
- Death Valley and the Red Rocks, Nevada, April 19 – 28
- Morocco Trek, May 4 – 19
- Hiking the Superior Hiking Trail, Minnesota, Sept 20 – 29
- Biking Provence, Oct 11 – 19

For complete details on all these adventure travel trips plus more, visit: www.outdoors.org/adventuretravel

CHAPTER ACTIVITIES

Note: These activities are taken directly from the AMC central online activity listing system.

All activity information appears exactly as entered by the activity leader.

Please contact the activity leader directly for any additional information on an activity.

activities.outdoors.org

SAVE THE DATE

CLUB-WIDE ACTIVITIES

AMC's Fall Gathering, October 19-21 www.amc-ny.org

CHAPTER-WIDE ACTIVITIES

National Trails Day, June 2

SAVE THE DATE

SEM Chapter Hut Weekend, Sept 20-23

SEM Wilderness First Aid (fall) November 2012

SEM Annual Meeting, November 4, 2012

SEM Winter Hiking Series, November 3, 2012

(See our website for details: www.amcsem.org,
and click on the "Upcoming Events" tab)

CHAPTER ANNOUNCEMENTS

Watch our [website](#) for the latest in AMC SEM!

NOTE ACTIVITIES MARKED FOR :

FT = First Timer **NM** = New Member

FULL LIST of ACTIVITIES at AMCSEM.ORG
(see 'schedules' tab)

Last minute activities (and cancellations) are posted on
our Short Notice List. Sign up for this list on our
website, amcsem.org.

CHAPTER FUN

SEM Chapter Hut Weekend. Thu., Sep. 20-23.
Cold River Camp, Evans Notch 1-3 nights. Can't beat
location, activities, price. Preference given to SEM
Members. L/R Jim Plouffe (508-586-1394,
Chair@amcsem.org)

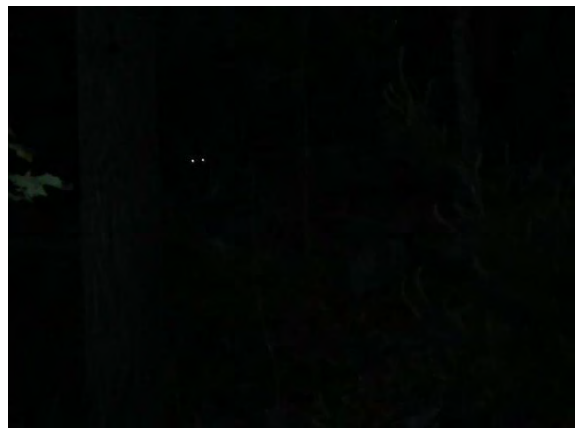
CHAPTER PROJECTS

D.W. Field Park Revitalization Project. We need
your help to make this project a reality. If you are
interested in helping, please email Jim Plouffe,
chair@amcsem.org or Maureen Kelly,
conservationchair@amcsem.org

SEM's Nike Reuse-A-Shoe Program.

www.amcsem.org/news.html

www.nikereuseashoe.com



It's dark, but can you tell where Bambi is hiding?
(Photo courtesy of AMC SEM Facebook page.)

Know what's happening in your chapter?

If not, visit our website, find us on FACEBOOK, or follow us on TWITTER

www.amcsem.org * www.facebook.com/AMCSEM * www.twitter.com/amcsem

HIKING / BACKPACKING

HIKE PLANNING MEETINGS: are held the 1st Wednesday of March, June, September, December. Contact hikingchair@amcsem.org for information.

IMPORTANT: Hikers unsure of their ability should try only 1 level more difficult than previously completed. No pets without permission of trip Leader. Registration req'd 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 activities.outdoors.org. Sign up for the SEM Short Notice E-Mail Trip List at www.amcsem.org.

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

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

IMPORTANT: No pets w/o prior permission of trip leader. Individuals under 18 years of age must be accompanied by a parent or responsible adult, and obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 week prior to the trip so Ls can discuss prior hiking exp., conditioning, clothing, and equipment. Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

(FT) (NM) Thursdays

Jun. 7. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Jun. 9. Hiking-Alander Mountain/Bash-Bish Falls. Dotted with picturesque towns and surrounded by rolling ridges of hardwood forests, the Berkshires are a must-visit hiking destination. Among the many locations from which to choose, Alander Mountain stands above the rest with its expansive views and interesting natural features. A 7.6-mile hike can be completed by following the Bash-Bish Gorge, South Taconic, and Bash-Bish Falls trails. Excellent views can be found along the ridge leading south to the mountain's wide-open western summit. Complete the hike by swinging through New York's Taconic State Park and past the Bay State's highest falls. The trailhead is on Falls Road in the town of Mount Washington, 0.3 mile east of the New York border. L Walt Granda ((508) 999-6038 before 9:00 PM, wlgranda@aol.com), CL Anne Duggan ((508) 748-6782 before 9:00 PM, ab.duggan@verizon.net), CL Jean Hauck ((781) 326-4075, jeanhauck@verizon.net), R Anne Duggan ((508) 748-6782 before 9:00 p.m., ab.duggan@verizon.net)

(C) Sun., Jun. 10. **Trail Work at D.W. Field Park.** Help us help DW Field Park in Brockton. We are continuing our efforts to revitalize this wonderful park. L Jim Plouffe ((508) 586-1394, jimplouffe@comcast.net), L Maureen Kelly

(FT) (NM) Thursdays

Jun. 14. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Sat., Jun. 16. Introduction to AMC Hiking - Long Pond-Ell Pond , Ashville,RI. A great hike for new members and and first time hikers. Hike along the Narragansett Trail lined with mountain laurel to a cliff that overlooks Long Pond. The hike then proceeds through a gorge lined with rhododendrons and hemlocks. L Susan Chiavaroli ((508) 252-4164, brillo6452@yahoo.com)

(FT) (NM) Thursdays

Jun. 21. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Jun. 23. Mt. Hale - Zealand Falls Trail Loop. 7.7 mi, el 4,054 ft, change 2,276 ft, moderate pace, scenic views, wet areas, pass Zealand Falls and hut. Magnificent views from the outlook at Zeacliff, and connecting trails lead to a number of other superb outlooks. Part of the AT. Beaver swamps, meadows, and ponds, with views of the surrounding mountains. L Len Ulbricht (lenu44@gmail.com), CL Anne Duggan (ab.duggan@verizon.net), R Brian Duane ((339) 244-4107 before 10 pm, brianduan@earthlink.net)

(FT) (NM) Thursdays

Jun. 28. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Jun. 30. Franconia Ridge Loop. One of the most spectacular hikes with beautiful views in the Whites! L Leslie Carson ((508) 833-8237, ltc929@comcast.net), CL Maureen Kelly ((617) 943-4288, MoKel773@aol.com), R Maureen Kelly

(FT) (NM) Thursdays

Jul. 5. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(AN) (CE) Mon., Jul. 9-13. Acadia NP Multi-Sport July Camp. Join us for a week of hiking, biking, kayaking, and relaxing in one of Maine's premier outdoor destinations. We will be car camping using the Blackwoods Campground as our base camp. Leaders will plan multiple activities each day in and around the park. L Ken Jones ((508) 697-0142 6-9 PM except Thursdays, lotsoluck@comcast.net), CL Hadley Donaldson ((617) 823-1509), CL Luther Wallis ((508) 923-1935), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays

Jul. 12. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Sat., Jul. 14. Arethusa Falls /Frankenstein Cliff. A pleasant walk along Bemis Brook while viewing several waterfalls. Then the hike will proceed to the Frankenstein Cliff Trail for a possible view of Mt. Washington on a clear day. L Susan Chiavaroli ((508) 252-4164 7-9PM, brillo6452@yahoo.com), CL Anne Diggan , R Nancy Coote ((508) 596-8222 7-9 PM, nmcoote@yahoo.com)

(FT) (NM) Thursdays

Jul. 19. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Jul. 21. Mt. Tecumseh - A moderate 4K. Are you thinking about bagging your first 4K? Mt. Tecumseh is one of the easier 4K hikes, it's not too far north and it's a good way to start. Join us whether this is your first or your 48th. The hike will be moderately paced, 5.6 miles and 2400' elevation. L Maureen Kelly ((508) 224-9188 before 8pm, MoKel773@aol.com), CL Karen Singleton ((508) 730-7701 before 9pm, karen.singleton@comcast.net), R Maureen Kelly ((508) 224-9188 before 8pm, mokel773@aol.com)

(FT) (NM) Sat., Jul. 21. Into. to AMC Hiking/ Caratunk Refuge, Seekonk, MA. A leisurely hike at Caratunk Refuge. We will hike trails that wander around ponds, over brooks, through several kinds of forest, and along open fields and stone walls. After the hike there will be a cook-out at the leaders house. L Susan Chiavaroli ((508) 252-4164 7-9PM, brillo6452@yahoo.com)

(FT) (NM) Thursdays

Jul. 26. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays

Aug. 2. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Fri., Aug. 3-5. Wildcat and Washington. Join us for 2 nights in Pinkham Notch at Joe Dodge Lodge. Hike Wildcat D on Friday to warm up your legs. Saturday we'll head out early for the Mt. Washington summit via the Tuckerman Ravine Trail. Return on the Boott Spur Trail. Sunday, a nice short walk to stretch your legs at Glen Ellis Falls. Cost includes 2 nights lodging in shared rooms, 2 dinners and 2 breakfasts. L Maureen Kelly ((508) 224-9188 before 8pm, MoKel773@aol.com), CL Brian Duane ((339) 244-4107 evenings before 10, brianduanearthlink.net), R Brian Duane ((339) 244-4107 evenings before 10pm, brianduanearthlink.net)

(AN) (CE) Mon., Aug. 6-9. White Mountain Hut to Hut Trek. Our Trip this year will trek across Franconia, Garfield, and Zealand Ridges while enjoying lodging and meals at the AMC Greenleaf, Galehead, and Zealand White Mountain Huts. L Ken Jones ((508) 697-0142

6pm-9 pm except Thur., lotsoluck@comcast.net), L Leslie Carson ((508) 833-8237), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6 pm - 9 pm except Thur., lotsoluck@comcast.net)

(FT) (NM) Thursdays

Aug. 9. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays

Aug. 16. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Sat., Aug. 18. Introduction to AMC Hiking-Walkabout Trail. Enjoy an untouched hiking trail that was cut and named by Australian soldiers back in 1965, while their ship, the Perth, was in dry dock in Newport, Rhode Island. The name refers to the wanderings of the Aboriginines of Australia. L Susan Chiavaroli ((508) 252-4164, brillo6452@yahoo.com), CL Nancy Coote (nmcoote@yahoo.com), R Nancy Coote ((508) 596-8222 7-9PM, nmcoote@yahoo.com)

(FT) (NM) Thursdays

Aug. 23. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Aug. 25. Tripyramid Loop. 11.1 mi loop, el. North Peak 4,140 ft, Middle Peak 4,110, net el change 2,800 ft. wet sections, steep sections, views. Experienced and conditioned hikers only. This is a long strenuous hike with steep rock ascent and loose gravel descent. L Len Ulbricht (lenu44@gmail.com), CL Karen Singleton (karen.singleton@comcast.net), R Len Ulbricht ((508) 359-2250 before 9 pm, lenu44@gmail.com)

(AN) (CE) Mon., Aug. 27-31. Gulf Hagas and Mount Katahdin Backpack. Join us for an night of tent camping in the Gulf Hagas area with a hike along the Rim Trail followed by three nights of lean to accommodations at Chimney Pond in Baxter State Park. Weather permitting we will summit Mount Katahdin, traverse the Knife Edge and summit Mount Pamola. We will also plan on climbing Hamlin Peak via Hamlin Ridge. Group dinners provided. L Ken Jones ((508) 697-0142 6-9 pm except Thursday, lotsoluck@comcast.net), CL Luther Wallis ((508) 310-3949, lew89@comcast.net), R Ken Jones (207 Walnut Street, Walnut Street, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays

Aug. 30. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

CAPE COD HIKES

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.") Contact the Cape Hikes Chair: capehikingchair@amcsem.org. Cape Hikes are generally suspended during the summer months due to parking problems.

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

Watch our [chapter website](#) and the short notice email list for notices for events!

BIKE RIDES

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 (schedules), or use the AMC online trip listing system: activities.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		
Mis	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

WANTED: Ride Leaders and Co-Leaders. WANTED: Ride Leaders and Co-Leaders. Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm and routes w/ your fellow AMC members? Contact Bike Chair (bikingchair@amcsem.org) for more info.

AMC SEM 2,000 Mile Club. Join our unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair to register your mileage and for more info. (bikingchair@amcsem.org)

Turn Those Tires on Tues. Rides scheduled all year long, weather permitting. 25 mi of road or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location and directions. Intermed. pace. Riders and bicycles in top shape; tires and riders pumped and ready to roll; helmets and water req'd. L Paul Currier (508-833-2690 8 am-7 pm, pbencurrier@hotmail.com)

Mon., Jun. 4. Sunset/Full Strawberry Moon Ride. From Sagamore Rec Area ride through Sagamore and along the canal at an intermediate pace for 22 miles. Beautiful sunset over Buzzards Bay and moon rise over Plymouth Bay. Ride starts about 2 hours before sunset.

Tires and riders pumped and ready to roll. Helmets, spare tube and tools and water required as is registration. Cancellation/rescheduling sent to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, carrierpaul@comcast.net)

Tuesdays

Jun. 5. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, carrierpaul@comcast.net)

(FT) (NM) Thu., Jun. 7. Thursday Night Bike Rides. 6pm at various start locations in SE MA. Easy paced, helmets required. Rides are between 18-22 miles and will run every Thur. night at 6pm right through the end of August. Call or email leader, Jack Jacobsen, for info. L Jack Jacobsen ((508) 353-3708, cyclejac51@yahoo.com)

Sat., Jun. 9. MSSF trail ride. 12 mile loop on differing trails in Myles Standish State Forest. Paved bike paths, single track, forest and gravel roads. One short semi technical section that can be by-passed. Ride has hills, but mostly rolling on the bike path's. "Mountain" type bike required. Front shock a plus, especially on the paved bike paths ;), but not required, knobby MTB tires not needed. Helmet and spare tube mandatory. Contact leader for registration. L Jon Fortier ((508) 982-1855, jon.of.carver@gmail.com)

Tuesdays

Jun. 12. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, carrierpaul@comcast.net)

(FT) (NM) Thu., Jun. 14. Thursday Night Bike Rides. 6pm at various start locations in SE MA. Easy paced, helmets required. Rides are between 18-22 miles and will run every Thur. night at 6pm right through the end of August. Call or email leader, Jack Jacobsen, for info. L Jack Jacobsen ((508) 353-3708, cyclejac51@yahoo.com)

Tuesdays

Jun. 19. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, carrierpaul@comcast.net)

(FT) (NM) Thu., Jun. 21. Thursday Night Bike Rides. 6pm at various start locations in SE MA. Easy paced, helmets required. Rides are between 18-22 miles and will run every Thur. night at 6pm right through the end of August. Call or email leader, Jack Jacobsen, for info. L Jack Jacobsen ((508) 353-3708, cyclejac51@yahoo.com)

Tuesdays

Jun. 26. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) Thu., Jun. 28. Thursday Night Bike Rides. 6pm at various start locations in SE MA. Easy paced, helmets required. Rides are between 18-22 miles and will run every Thur. night at 6pm right through the end of August. Call or email leader, Jack Jacobsen, for info. L Jack Jacobsen ((508) 353-3708, cyclejac51@yahoo.com)

(FT) (NM) (CE) Tuesdays

Jul. 3. Suunset/Full Buck Moon Ride. From Sagamore Rec Area ride through Sagamore and along the canal at an intermediate pace for 22 miles. Beautiful sunset over Buzzards Bay and moon rise over Plymouth Bay. Ride starts about 2 hours before sunset. Tires and riders pumped and ready to roll. Helmets, spare tube and tools and water required as is registration. Cancellation/rescheduling sent to registered riders. From Sagamore Rec Area ride through Sagamore and along the canal at an intermediate pace for 22 miles. Beautiful sunset over Buzzards Bay and moon rise over Plymouth Bay. Ride starts about 2 hours before sunset. Tires and riders pumped and ready to roll. Helmets, spare tube and tools and water required as is registration. Cancellation/rescheduling sent to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) Thu., Jul. 5. Thursday Night Bike Rides. 6pm at various start locations in SE MA. Easy paced, helmets required. Rides are between 18-22 miles and will run every Thur. night at 6pm right through the end of August. Call or email leader, Jack Jacobsen, for info. L Jack Jacobsen ((508) 353-3708, cyclejac51@yahoo.com)

(FT) (NM) Thu., Jul. 12. Thursday Night Bike Rides. 6pm at various start locations in SE MA. Easy paced, helmets required. Rides are between 18-22 miles and will run every Thur. night at 6pm right through the end of August. Call or email leader, Jack Jacobsen, for info. L Jack Jacobsen ((508) 353-3708, cyclejac51@yahoo.com)

(FT) (NM) (CE) Tuesdays

Jul. 17. A Dennis South Shore Ride. We'll start in the evening on the Rail Trail on Rte. 134 in Dennis and ride to West Dennis Beach, then along the shore to Old Wharf Road and the cottage colonies. Continue to Wychmere Harbor and perhaps include an ice cream stop at Harwich Bob's Ice Cream Emporium. Return on the rail trail. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) Thu., Jul. 19. Thursday Night Bike Rides. 6pm at various start locations in SE MA. Easy paced, helmets required. Rides are between 18-22 miles and will run every Thur. night at 6pm right through the end of August. Call or email leader, Jack Jacobsen, for info. L Jack Jacobsen ((508) 353-3708, cyclejac51@yahoo.com)

Wed., Jul. 25. Wednesday Wheelers - Dennis. Start on the south side of Dennis to some interior roads over to Chatham Light and Morris Island. Must be able to keep a 14-15 mph AVERAGE pace. Lunch after the ride at Chapin's Beach Bar. Distance: 45 miles Pace: intermediate 14-15 mph average Start Time: 10:00 A.M. Terrain: Rolling with a few hills Start Location: Requires Registration This is a combined Charles River Wheelmen /

AMC ride. L Larry Kornetsky ((617) 513-6716, thecanoe@comcast.net), R Larry Kornetsky ((617) 513-6716, thecanoe@comcast.net)

(FT) (NM) Thu., Jul. 26. Thursday Night Bike Rides. 6pm at various start locations in SE MA. Easy paced, helmets required. Rides are between 18-22 miles and will run every Thur. night at 6pm right through the end of August. Call or email leader, Jack Jacobsen, for info. L Jack Jacobsen ((508) 353-3708, cyclejac51@yahoo.com)

(FT) (NM) (CE) Wednesdays

Aug. 1. Sunset/Full Sturgeon Moon Ride. From Sagamore Rec Area ride through Sagamore and along the canal at an intermediate pace for 22 miles. Beautiful sunset over Buzzards Bay and moon rise over Plymouth Bay. Ride starts about 2 hours before sunset. Tires and riders pumped and ready to roll. Helmets, spare tube and tools and water required as is registration. Cancellation/rescheduling sent to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Aug. 14. A Chatham Ride. An evening start on the Rail Trail in Harwich. Ride into Chatham and Stage Harbor, Morris Island, along the shore by the lighthouse and fish pier and continue into North Chatham to Allen's Point and a view of the breaks. Return to the Rail Trail and perhaps include an ice cream stop at Harwich Bob's Ice Cream Emporium before returning to the starting point. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Fridays

Aug. 31. Sunset/Full Red Moon Ride. From Sagamore Rec Area ride through Sagamore and along the canal at an intermediate pace for 22 miles. Beautiful sunset over Buzzards Bay and moon rise over Plymouth Bay. Ride starts about 2 hours before sunset. Tires and riders pumped and ready to roll. Helmets, spare tube and tools and water required as is registration. Cancellation/rescheduling sent to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

CHAPTER YOUTH PROGRAM (CYP)

WANTED: Chapter Youth Program (CYP) Leaders. Share your outdoor knowledge and leadership skills with local groups of children. Give your time to these programs to help kids get outside who might not otherwise have the opportunity. A typical Chapter Youth Program (CYP) might include a local walk with some nature lesson or trail games. CYP leader training and screening is required. L Sally Delisa (picpocit@verizon.net) or cypcoordinator@amcsem.org

Watch our [chapter website](#) and the short notice list for notices for CYP events!

PADDLES

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 MA"). Contact the paddle chair: paddlingchair@amcsem.org

Trip Ratings/Levels:

Level 1 - No previous or little sea kayak experience is required.

Level 2 - You should feel that you can perform the following: a) paddle 6 miles in a day given the weather conditions for that day; b) a wet exit; c) maintain a straight heading without the use of a rudder; and d) turn your kayak using forward and reverse "sweep" strokes.

Level 3 - All of the above, and in addition feel confident in: a) assisting and performing a deep water rescue; b) paddle 13 miles in a day given the conditions for that day; c) paddle in 10 to 15 knot winds with seas of 2 to 3 feet; d) be able to launch and land from a beach in these conditions; e) use a marine band VHF radio.

Level 4 - All of the above plus: a) paddle 15 miles in a day given the conditions for that day; b) paddle in 20 knot winds; c) handle open ocean, large swells.

Level 5 - All of the above, and be able to paddle 20 miles in 25 knot winds with adverse sea conditions.

Sat., Jun. 2. Shoestring Bay. From Mashpee Circle: Route 28 to Cotuit and Hyannis. Take Quinaquisset Avenue off to right, continuing past Willowbend Golf Course, and across bridge which becomes School Street. Make a right onto Grove Street and continue until it "T's" into Crocker Neck and turn right. Continue on this road (the name will change a few times) until you come to Town Way to Water on your right, just after passing Poponessett* Road for the second time (it forms a loop) on right. This will be in slightly less than a mile. *spelling for the road is not the same as for the bay. From Route 28 coming from Marstens Mills: Take left onto Main Street in Cotuit and continue past small grocery store on right to School Street. Make a right and continue to Crockers Neck Road and make a left. The Highground Golf Course will be on your right. Continue on this road (the name will change a few times) until you come to Town Way to Water on your right just after passing Poponessett* Road for the second time (it forms a loop) on right. This will be in slightly less than a mile. *spelling for the road is not the same as for the bay. L Bill Fischer (wmbarbarafischer@comcast.net)

Wed., Jun. 6. Jones River at Kingston Bay. Put-in is the boat ramp (41° 59.886 - 70° 42.621) at the entrance to Jones River. Take exit 9 from Rte 3 and go NW on 3A, then right onto Landing Rd. and right onto River Rd. to the end. This is a beautiful river to explore. The Harbor Master tells me the dam has been taken out opening a whole new area to paddling. Very tide dependent paddle. Level 2, PFD required, spray skirt recommended. I did this river 3 years ago, but only to the dam. There may be some fast water. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Sat., Jun. 9. W. Falmouth to Sippewisset Inlet. Put-in is the boat ramp (41° 36.232 - 70° 38.302) on Old Dock Rd., W. Falmouth. You must park back at the bike path lot. Call for directions. Paddle will be south to Gifford's Ledge, and the Great and Little Sippewisset Inlets. ~12 miles, Level 3, Sea Kayaks only. PFD and Spray Skirts required. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Wed., Jun. 13. Westport River East Branch. Paddle down the river to islands in Westport Harbor. I 195 to Rt 88S. Left at 2d light (Old County Rd.) 1 mile to Head of Westport Village. Park on either side of River. PFD required. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Jun. 16. Cotuit Bay. S on Rt. 149. R on Rt. 28 to L on Putnam. (at lights). Straight on Old Shore to town landing PFD, spray skirt req. Tour three bays and lunch on Samsons Island. L Bill Fischer ((508) 420-4137 before 9pm, wmbarbarafischer@comcast.net), CL E. Pratt

Wed., Jun. 20. Wellfleet Bay. Put-in: From Route 6 in Wellfleet at the traffic light just past P.J.'s turn left toward Wellfleet Center and Harbor. Go 0.3 m and turn left on East Commercial Street. Go 0.7 m to the Town Marina and Harbor. Turn right on Kendrick Ave.

The parking lot for Mayo Beach is a few hundred feet on the left. Life vest and spray skirt req. L Don Palladino ((508) 349-2950, djp1958@comcast.net)

Sat., Jun. 23. Weweantic River to Sippican Neck. Rt 195E Visitor's Center Ramp after Exit 20. Ten mile trip down Weweantic River to Great Hill Point and Sippican Neck. PFD spray skirt req'd. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Wed., Jun. 27. Slocum River/ Little River. Eleven mile paddle down Slocum River and up Little River. I 195 Exit 12 South Faunce Corner Rd. Cross Rt 6 to Old Westport Rd. to Chase Rd. Right at Russells Mills Rd. to town park on left. PFD & spray skirt required. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Jun. 30. Boston Harbor Inner Islands. Circumnavigate several Harbor Islands. Put-In.Hull Gut. Hull, Ma. Level 3 Paddle. PFD, Spray Skirts Req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey ((781) 789-8005 anytime, geowey@comcast.net)

Wed., Jul. 4. Swan River/Pond, Dennis, MA. R6 exit 9 for W Harwich/Dennisport, R134 S past Patriot's Square to 2nd set lights L Upper County road past Hart Farm, L Clipper Lane to put-in on Swan Pond Paddle down River to mouth on Nantucket Sound, lunch on sandbar & return circumnavigating Swan Pond Limitations: Life Vest required, Spray Skirt may be required if windy. L Jean Orser ((508) 362-0451 before 6 pm, jeanorser@aol.com), CL Paul Corriveau ((508) 362-0451 before 6 pm, paulcorri@gmail.com)

Sat., Jul. 7. Jackknife Cove and Pleasant Bay. We'll paddle out to the Cut and see what changes winter hath wrought. Lunch looking out over the cut, then cross the cut, go around Strong Island and return. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Wed., Jul. 11. Boston Harbor Outer Islands. Circumnavigate several Outer Harbor Islands. Put-in, Hull Gut. Hull, Ma. Level 3 Paddle. PFD, Spray Skirts Req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey ((781) 789-8005 anytime, geowey@comcast.net)

Sat., Jul. 14. Follins Pond/Mill Pond, Dennis, MA. Route 6 exit to route 134 north, Left Setucket road, Left Mayfair road, Left Follins Pond road to town landing at the end. Limitations: life vest required, spray skirt may be required if windy. Paddle Follins Pond to Weir Creek bridge & if tide permits into Mill Pond passing Crab Creek Conservation area & back to circumnavigate Follins Pond. L Jean Orser ((508) 362-0451 before 6 pm, jeanorser@aol.com), CL Paul Corriveau ((362) 508-0451 before 6 pm, paulcorri@gmail.com)

Wed., Jul. 18. Westport River West Branch. Paddle down West Branch of Westport River to harbor and the Let. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Jul. 21. Monks Cove & Back River. Leisurely 8-mile tour around Monk's Cove, Phinney's Harbor, and scenic Back River. PFD and spray skirt required. Launch at 10:30am, Monk's Park off Shore Road in Pocasset. Barlow's Landing Road from Route 28S to Shore Road. Right on Shore road, left onto Valley Bars Rd. Park at RR overpass. L Wesley Ewell ((774) 313-7599 7am-9pm, twofootartist@yahoo.com)

Wed., Jul. 25. Mattapoisett to Haskell or West Islands. Put-in is Ned's Point (41° 39.064 - 70° 47.649), Mattapoisett. Call for directions. Depending on wind/sea conditions we will lunch at either Haskell Is. to the north or West Is. to the south. PFD and Spray

skirts required. Sea Kayaks only. Level 3, distance ~14 miles. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Sat., Jul. 28. Bass River South, Dennis. Route 6 exit 9, Route 134 South, Right Upper County road, Left Main st, Right Cove road to town landing at end. Limitations: Life Vest required, Spray Skirt may be required if windy. Paddle down river to mouth on Nantucket Sound with lunch on West Dennis Beach. L Paul Corriveau ((508) 362-0451 before 6 pm, paulcorri@gmail.com), CL Jean Orser ((508) 362-0451 before 6 pm, jeanorser@aol.com)

Wed., Aug. 1. Assonet River to Battleship Cove. Put-in is Hathaway Park (41° 47.621 - 71° 4.376), off Water St., Assonet. We will paddle out to and down the Taunton River to Battleship Cove. Total distance ~15 miles. Sea Kayaks only, PFD and spray skirts required. Level 3. If the tide has been calculated correctly, this should be an easy paddle. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net), CL Haven Roosevelt ((508) 636-0006 anytime, havenesq@comcast.net)

Sat., Aug. 4. Monk's Cove to Bassetts Is.. Put-in is Monks Cove (41° 42.235 - 70° 37.002), Pocasset. Pick up Barlows Landing Rd. off Rte 28 in Bourne. Follow it into Pocasset. Turn right onto Shore Rd. at the church. Go 8/10's of a mile and turn left onto Valley Bars Cir. We will paddle out and around Wings Neck then over to Basset's Island for lunch. Sea Kayaks, PFD and spray skirt required. Total distance under 12 miles. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Wed., Aug. 8. Slocum River Giles Creek. Eleven mile round trip down river, up Giles Creek and back. I-195, Exit 12, South Faunce Corner, cross Rt 6 to Old Westport Rd to Chase Rd, R on Russells Mills Rd to town park on left. PFD required. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Aug. 11. Lewis Bay. Lewis Bay, Uncle Robert's Cove, lunch on Egg Island, perhaps a foray into Hyannis Inner Harbor. L Ed Foster ((508) 420-7245, erfoster@comcast.net), CL Bill Fischer ((508) 420-4137)

Wed., Aug. 15. Weir River, Hingham Bay Islands. Put-In at Beach Pkg. Lot off Rt. 3A, just before Hingham Harbor Rotary. Level 3 Paddle. PFD, Spray Skirts Req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey ((781) 789-8005 anytime, geowey@comcast.net)

Sat., Aug. 18. Nauset Marsh, Eastham. 9mi.+paddle.put-in, 1.5mi.N of Rt.6 Eastham Rotary to Hemenway on R. PFD, Spray Skirts Req. Level 3 Paddle L George Wey (781-789 - 8005, geowey@comcast.net) CL Bill Fischer. L George Wey ((781) 789-8005 anytime, Geowey@comcast.net), CL Bill Fischer ((508) 420-4137, wmbarbarafischer@comcast.net)

Wed., Aug. 22. Allens Pond. DeMarest Lloyd SP to Allens Pond. I 195 Exit 12, South Faunce Corner Rd, cross Rt6 to Old Westport Rd, R Russells Mills Rd, south on Horseneck Rd, straight on Barneys Joy Rd, follow signs to DeMarest Lloyd State Park. pfd req. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Aug. 25. Leader's Choice. Boston Harbor or Hingham Bay. Put-In: Hull Gut, Hull, Ma. Level 3 Paddle. PFD, Spray Skirt Req. L George Wey (781 789-8005, geowey@comcast.net). L George Wey ((781) 789-8005 anytime, geowey@comcast.net)

Wed., Aug. 29. Clay's Creek and Barnstable Harbor. We'll pick our way through Clay's Creek and eventually emerge into Barnstable Harbor. Maybe get into Hallett's Mill Pond. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Sat., Sep. 1. Wellfleet Harbor. Put-in: From Route 6 in Wellfleet turn left at the traffic light toward Wellfleet Center and Harbor. Go 0.3 m and turn left on East Commercial Street. Go 0.7 m to the Town Marina and Harbor. Turn right on Kendrick Ave. The parking lot for Mayo Beach is a few hundred feet on the left. Life vest and spray skirt req. L Don Palladino ((508) 349-2950, djp1958@comcast.net)

TRAILS & TRAILWORK

Contact the trails chair: trailschair@amcsem.org

(C) (FT) (NM) (XCE) Sat., Jun. 2. **National Trails Day**. Come out and support our adopted trail in Myles Standish State Forest. Meet at the ranger station at 9:30 am and work untill done sign up is required. L Lou Sikorsky ((508) 951-6077 Between 5&9 pm, hikinglou@charter.net), L Bob Bently ((508) 331-1883 Between 6&8 pm), R Lou Sikorsky ((508) 951-6077 Between 5&9 pm, hikinglou@charter.net)

(C) (AN) (CE) Sat., Jun. 9. **Blue Hills Reservation: North Skyline Trail Work Event**. Give back a little this year by helping maintain the trails we all love. We will perform trail work on a section of the North Skyline between Reservation Headquarters and Elliot Circle. Tools and training will be provided. 9am -1pm. L Ken Jones ((508) 697-0142, lotsoluck@comcast.net), R Ken Jones ((508) 697-0142 5:00-9:00pm (except Thursdays), lotsoluck@comcast.net)

(C) Sun., Jun. 10. **Trail Work at D.W. Field Park**. Help us help DW Field Park in Brockton. We are continuing our efforts to revitalize this wonderful park. L Jim Plouffe ((508) 586-1394, jimplouffe@comcast.net), L Maureen Kelly

FAMILY EVENTS

Watch our [chapter website](#) and the short notice email list for notices for family events!

SOCIAL COMMITTEE & SOCIAL EVENTS

Watch our [chapter website](#) and the short notice email list for notices for social events!

SKIING (XC and DOWNHILL)

Contact the ski chair: xcskichair@amcsem.org

We had great fun this past winter – cross country skiing and downhill skiing. Watch our [chapter website](#) and the short notice email list for notices for events for next winter!

 **Think green**
If you print your e-Breeze, please recycle it when done



The Southeast Breeze

**Monthly e-newsletter of the Appalachian Mountain Club
Southeastern Massachusetts Chapter
July, 2012**

WRITTEN BY YOU FOR YOU

View from the Chair

By Jim Plouffe, Chapter Chair

In the upcoming months, there are several events planned for the membership. These events have been planned for a wide range of members, from the casual armchair member, to the active outdoor member, to the young families that populate a lot of our membership. These events highlight the very ideals that we stress in our Chapter, from Conservation and revitalization efforts to pure recreation and camaraderie to the fostering of outdoor education to our very youngest members. We have worked hard to provide the best possible experience for our members while trying to make it “wallet-friendly.” In most cases, the attempts have been made to reduce the actual cost of these events so the burden is lifted from families with struggling means.

The first of our events is a perfect example— the first Annual Family Weekend at Noble View Outdoor Center in Russell, MA. August 17-19th, we’ve planned a 2-night family getaway at this wonderful location, just two hours outside of Boston. At only \$55 a person for the entire weekend (up to a \$200 max for families), we’ve developed an affordable yet exciting weekend for both children and adults alike. This is an ideal time to expose the youngest members to what we hold so close to our hearts. Next, we’ve planned a great trails event for our new project at D.W. Field Park in Brockton. With the help of the AMC professional staff, we’ve planned a day long program to teach about trail creation and maintenance. This project will be well served by this new addition to our ongoing efforts to revitalize this National Historic Register park.

Shortly after our trails event, we will be having our annual party, um, well, Chapter Hut Weekend. We basically take over Cold River Camp for the long weekend of September 20th through 23rd. While we will be having varying recreational events, it is also a perfect time to relax on the front porch or in a cozy cabin and just sip a drink or converse with your friends. This event sold out last year and is very close to doing so again, so reserve your spot. Now, rounding out our major events (not including all the hikes, bikes, paddles, and ski trips), we have the SEM Annual Dinner on November 3rd. This event is a little more formal of an event than our typical event, but always proves to be a great time. This year, we will be travelling back to Onset to Salerno’s, a great function hall in a wonderful location.

I hope you join me in one or all of these events as I finish up the last of my terms as Chapter Chair. It shall be fun.



CONTACT THE SEM CHAPTER CHAIR: chair@amcsem.org

NOTICES

Regular Meetings:

SEM Executive Board (6:30pm selected 2nd Wednesdays)
(contact chair@amcsem.org for more info)

Hike Planning Meetings 2012 (6:30pm 1st Wed. quarterly)
(contact hikingchair@amcsem.org for more info)

Where to find activities (hikes, bikes, paddles, etc.)

1. The monthly e-Breeze - arrives by email
2. AMC Outdoors - arrives by snailmail
3. Online trip listings (activities.outdoors.org)
4. Sign up for *short notice* trip listings at www.amcsem.org

Pix and Article Submissions

We encourage SEM members to submit articles and photos for both The Breeze and our website. Materials for publication will be edited for content and to fit available space. Please send to communicationschair@amcsem.org.

Next Month's e-Breeze Deadlines: 7th trips; 15th articles/pix

SEM Non-members

Not an SEM chapter member? Want the Breeze? Contact the AMC Member Center and set your preferences. Or get a copy at our website at www.amcsem.org.

Volunteers needed!

Curious about the inner workings of your chapter? Volunteer for the Executive Board! Have technical skills? Volunteer for our website! Have writing/editing skills? Volunteer for the *Breeze*! Like kids? Volunteer for CYP! Want to get out more? Volunteer to lead a hike, bike, or paddle! We have lots of volunteer positions open! Please contact chair@amcsem.org if you'd like to get more involved with the chapter.

Find us on Facebook * Follow us on Twitter
CHAPTER WEBSITE: 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. Preview the waiver at: www.amcsem.org, Documents.

The Southeast Breeze, the e-newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published 12 times a year. **Editor:** Cheryl Lathrop, **Asst. Editor:** Ann McSweeney, **Proofreader:** Kate Patroia. **Change of Address** to AMC, 5 Joy St., Boston, MA 02108, 800.372.1758, or www.outdoors.org/membercenter

2012 Executive Board & Committee Chairs

Chapter Chair	chair@amcsem.org Jim Plouffe, 508-562-0051
Vice Chapter Chair	vicechair@amcsem.org Luther Wallis, 508-923-1935
Treasurer	treasurer@amcsem.org Patty Rottmeier
Secretary	secretary@amcsem.org Karen Singleton, 508-730-7701
Past Chapter Chair	pastchapterchair@amcsem.org Wayne Anderson

Biking	bikingchair@amcsem.org Jon Fortier, 508-982-1855
Biking (Vice)	bikingvicechair@amcsem.org Dan Egan, 508-717-2687
Canoe/Kayak	paddlingchair@amcsem.org George Wey, 781-789-8005
Canoe/Kayak (Vice)	paddlingvicechair@amcsem.org Betty Hinkley, 508-241-4782
Cape Hiking	capehikingchair@amcsem.org Pat Sarantis, 508-430-9965
Cape Hiking (Vice)	capehikingvicechair@amcsem.org Farley Lewis, 508-775-9168
Communications	communicationschair@amcsem.org Cheryl Lathrop, 508-668-4698
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Conservation	conservationchair@amcsem.org Maureen Kelly, 508-224-9188
Conservation (Vice)	conservationvicechair@amcsem.org Open
CYP Chair	cypcoordinator@amcsem.org Sally Delisa, 781-834-6851
Education	education@amcsem.org Len Ulbricht, 508-359-2250
Education (Vice)	educationvicechair@amcsem.org Open
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Hiking (Vice)	hikingvicechair@amcsem.org Paul Miller, 508-369-4151
Membership	membershipchair@amcsem.org Jim Casey, 781-924-5228
Membership (Vice)	membershipvicechair@amcsem.org Vickie Beaulieu,
Skiing	xskichair@amcsem.org Barbara Hathaway, 508-880-7266
Skiing (Vice)	xskivicechair@amcsem.org Farley Lewis, 508-775-9168
Trails	trailschair@amcsem.org Lou Sikorsky, 508-678-3984
Trails (Vice)	trailsvicechair@amcsem.org Open

AD HOC COMMITTEES:

Social Chair Jodi Jensen, 781-762-4483
Family Events Chair Chris Pellegrini, 508-244-9203

STAFF:

Social Networking Susan Salmon (moderator)
Webmaster webmaster@amcsem.org
Breeze Editor communicationschair@amcsem.org

The chapter includes ~3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.

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

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(Note: Not all committees are active each month.)

SEM STATS

BIKING STATS

In the last month, we had 12 rides with 92 riders who rode a total of 2087 miles.

--Jon Fortier, Biking Chair

HIKING STATS

The hiking committee completed 70 hikes this year. The hikes ranged from easy local hikes to more challenging hikes in the Berkshires and New Hampshire. The monthly introductory hikes have been well attended and have encouraged fifteen new members to join our scheduled hikes.

--Walt Granda, Hiking Chair

WANTED: BREEZE EDITOR

Knowledge of WORD and words is all it takes.

Contact communicationschair@amcsem.org

SWAP * BARTER * SELL * TRADE

**For sale: For Sale: Men's Nike Air Flight Condor shoes, size 12.
Worn once. \$50. Contact Sue Salmon: 508-285-2440**

THE E-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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www.explorebocachica.com

Got an AMC-related outdoorsy business? Run a paid business card-sized ad in the Breeze for \$10/month (\$100/year). Contact: communicationschair@amcsem.org

CHAPTERWIDE EVENTS



First Annual SEM Family Weekend Southeastern Massachusetts Chapter At AMC's Noble View Outdoor Center August 18th and 19th, 2012

MORE INFO

- Family Games
- Family Hiking
- Movie on the lawn (weather permitting)
- Outside campfire for cooking marshmallows
- Warm Comfortable Lodge
- Full kitchen for some great family style meals
- Hot Showers
- Social hour(for adults after kids bedtime!)

AMC's Noble View Outdoor Center is in Russell, Massachusetts, only about 2 hours from Boston..... far enough away to be an adventure, but close enough for a weekend trek.

5th Annual Chapter Hut Weekend at Cold River Camp Southeastern Massachusetts Chapter of the AMC September 20 – 23, 2012

AMC's Cold River Camp is in Evans Notch, NH, on the easternmost part of the White Mountain National Forest.

MORE INFO

- Hiking
- Biking
- Paddling
- Movie on the lawn
- Social hour(s)
- Trail food cook-off
- Horseshoes
- Playground for children
- Campfires
- Warm Comfortable Lodge
- Library
- Hot Showers



MEMBERSHIP COMMITTEE

The Kids Are Out of School. Now What?

By
Julianne Capone
Membership Committee



Are the kids already complaining of boredom? Has the illusion already disappeared that summer is supposed to be a constant pool party, backyard barbeque, or trip to Disney?

The Appalachian Mountain Club has many offerings for kids and families to break up the monotony of summer.

The Southeastern Chapter will be offering our first annual Family Weekend at Noble View Camp August 18-19th, it will definitely be a weekend full of activities for all ages! There is also a new website (kids.outdoors.org) specifically for families in the Boston and NYC area; the site is loaded with tips, discussions, and exciting events! There are always simpler activities that can foster curiosities in the outdoors such as pitching a tent in the backyard for a night of “camping“, collecting bugs in a jar, bird watching with a pair of binoculars, pressing flowers, flying a kite, or a contest to grow the tallest sunflower!

Think back to your childhood, it’s probably where your interest in the outdoors started! Put an end to the complaining, boredom, television, and video games today!

Summer Vacation

CONSERVATION COMMITTEE

D.W. Field Project Work Day - June 10, 2012

By Maureen Kelly, Conservation Chair

Volunteers: Alan Greenstein, Becky Strohe, Doug Griffiths, Marty Griffiths, Mike Curtin, John Plouffe, Jim Plouffe, Maureen Kelly

On Sunday morning, June 10, SEM chapter had its second work event at D.W. Field Park in Brockton. Eight people arrived by 8:00 am to put in a half day's work. The weather was beautiful and although we were fearful of the mosquitoes, the breeze kept them away for the most part. Even though the gates were shut, many local people were out that morning to use the park: dog walkers, runners, walkers and bikers.

We didn't have a fully solid plan of what we were going to do that day other than to continue with trail widening and clearing, and trash pickup. We knew that we wanted to open up some of the views of the water and reduce the thick undergrowth between the trail and the road. We drove to the first parking lot and sat on the benches to enjoy the view of the water, except we couldn't see the water. Well, I'm exaggerating a little but there was a lot of vegetation along the edge of the pond and you couldn't see the water very well. Jim Plouffe said, "well, here's our first task of the day, let's open up the view to the water here from these benches."

I am the kind of person that doesn't like to cut things down (killing as opposed to allowing to grow) but sometimes cutting things down improves an area and makes it more enjoyable. We got to work with saws, loppers and clippers and when we had finished, it looked great! We left a small birch tree and 2 matching clumps of alder shrubs that the bees were visiting and also a mound of poison ivy that no one was willing to pull out. It looked so good that we wanted to make it even better, as if it were our own backyards. We raked out the dead leaves, pulled up the tree sprouts, picked up the trash and wished we had a lawnmower to finish off the job.

I'm amazed at the amount of wildlife in this urban park. A large bullfrog supervised our work for a while and a flicker parent fed his/her babies who were nesting high in a dead tree. We could see the head poking out of the hole looking for more. A pair of swans protected 5 rather large, fluffy-down young between them and a bright male pumpkinseed sunfish was guarding his nest. White water-lilies dotted the edges of the pond and the center of the pond where it wasn't very deep. Blueberry bushes were everywhere.



The southern end of 30-Acre Pond where we were working has some areas that are used for unwanted activities: casual meet-ups, drug use and homeless camps. While the rest of us were working on the first clearing project, Alan Greenstein, looking slightly alien covered in safety gear, used his power cutter to take down shrubs and small trees in two of these areas of unwanted activity. Our thought was that if we opened up the area and gave it more visibility, the activity would move elsewhere. Mike Curtin was the clearer behind Alan and removed and

stacked the cut brush in neat piles. The hand-tools group, Doug and Marty Griffiths, Becky Strohe, John Plouffe, Jim Plouffe and me came in and cut the smaller shrubs and plants, hauled trash and did the finish work. The area was opened up to views of the pond in 3 places and the visibility from the trail and road were improved.



Before trail work –
note the view from the bench



After trail work –
note the view from the bench

Thank you to the volunteers that came on June 10 for our work project; we worked well together. Our next phase of the project at D.W. Field Park is to begin to GPS the trails to produce a trails map, continue with trail widening and maintenance and look at replacing the dilapidated benches along the pond. Please consider joining us in this endeavor to improve the conditions of an urban, Southeastern Massachusetts park. Email chair@amcsem.org or conservationchair@amcsem.org or call Jim at 508-562-0051 for more information or to help. Thank you.

SEM's Nike Reuse-A-Shoe Program:

www.amcsem.org/news.html

www.nikereuseashoe.com

CONSERVATION COMMITTEE

D.W. Field Park Project- Continued

By Maureen Kelly, Conservation Chair

Ironmen and Ironwomen Wanted

D.W. Field Park in Brockton is hosting its 8th annual Mini-Triathlon on Sunday, September 23, 2012. I would like to see if we could get some AMCSEM participants in this event. Put together your own team of 3 or sign up for your favorite event and I'll make up teams. I know we have people that do these activities on a regular basis and do them well. This will be a fun event and a way to publicize AMCSEM to the greater Brockton community. Proceeds support the Brockton Neighborhood Health Center, an important part of health care in the city.

Mini Triathlon

14 mile bike, 1.7 mile kayak, 4 mile run

Be an ironman / ironwoman and compete in each event yourself

or make a team of 3

D.W. Field Park, Brockton, MA

Sunday, September 23, 2012 9:00AM

<http://www.dwftriathlon.org/WebSite/Main.htm?1332158534406>

The proceeds of the Triathlon will go to the Brockton Neighborhood Health Center. Please contact Maureen Kelly to sign up or for more information conservationchair@amcsem.org or call 508-224-9188.

C Y P COMMITTEE

Chapter Youth Program and Girl Scout Troop 268

By Sally Delisa, CYP Chair



Girl Scouts®

The Chapter Youth Program (CYP) found a good match with Girl Scout Troop 268 in Marshfield. Throughout the year we provided assistance for their Camping Interest Project. Walt Granda demonstrated a variety of packs along with information about essential clothing and pack contents. George Danis taught the girls how to use a compass and trail maps. Joyce Wallis, with assistance from her husband, Luther, demonstrated cooking with a reflector oven and making ice cream. Sally Delisa provided training in Leave No Trace, Hiking Safety, and Lost in the Woods.

For our grand finale, we led them on a hike in Nelson Memorial Forest. The girls ate a brown bag supper while overlooking the North River. CYP Leaders Eva Borsody-Das, Joyce Wallis, and Sally Delisa provided thirteen girls and their four adult chaperones with song, plant identification, and development of individual awareness while in the forest environment.

Girl Scouts were a good match for us at this year. It was amazing that none of the girls had walked in those beautiful woodlands in their home town!

HIKING COMMITTEE

RED LINE the BLUE HILLS NEWS



Dexter Robinson (right) receiving his RLBH patch from RLBH hike leader Joe Keogh. Dexter has the distinction of being the very first person to finish redlining the Blue Hills. He finished on 12.02.06 in our very first season.

Bill Doherty finished redlining on 05.08.12.

Ann Duggan finished redlining on 06.07.12

See the RLBH website: www.amcsem.org/RLBHWS

See all RLBH finishers at: www.amcsem.org/RLBHWS/m_finishers.htm



Recognize any of the guys and gals in the picture below? It was taken at the observatory on the top of Blue Hill on a recent Thursday night RLBH hike. Happy trails! ---Ray Anderson



HIKING COMMITTEE



Take a Long Hike

By Ray Anderson 

Hello fellow hikers.

Most hikers, at some point, will get blisters on their feet. The usual precautions are: break in new footwear, start slowly and build up to bigger mileage, wear a liner sock, or don't wear a liner sock, keep band-aids and bandages handy, etc. All well and good; do whatever works. But if you really want to head off blister problems, practice the tip below.



Tip: Air out your feet. Yep, that's the best advice I was ever given on avoiding blisters, and I learned it at a seminar in New Hampshire that prepared AT thru-hikers. The advice has served me well. In the photo, I'm at Kearsarge Pass in the Sierras on the Pacific Crest Trail. My boots and socks are airing out; my feet are absorbing air and sunlight. After break, I will put what was my left sock on my right foot and reverse the process during my next break. I will also wear my socks inside out after the first break and reverse this procedure several times a day.

This may seem like overkill, but I've never gotten a raw blister on my feet. Bacteria thrive in moist, stinky, air-deprived spots. And these are the spots that chafe and turn into blisters. The trick is to air out your feet, and keep your socks dry. I probably carry too many socks, but I change out of wet socks, hang the wet ones on my pack straps, and put on new socks. Like you, I hate blisters.

Visit Ray's hiking blog: www.TakeaLongHike.com

HIKING COMMITTEE

Thursday Morning Hikers Conservation Finale

By Sally Delisa, Hike Leader



The theme of our season's final Thursday Morning Hike was "Conservation".

Our wildflower list included more than a hundred prime pink lady's slippers, starflower, Canada mayflower, sheep's laurel, sarsaparilla, bellwort, buttercups, goats-beard, lance-leaved violets, toadflax, blue flag, cinquefoil and an aquatic bladderwort.

Several Baltimore orioles were heard high up in the tree canopy, but only one male was spotted. Other birds included an unidentified warbler, blue jays, robins, red tailed hawk and redwing blackbirds.

Five snakes included a three foot long black racer and a small garter snake. Two unidentified turtles topped our list. The hikers were treated to observing one in the process of laying eggs in the middle of a sandy patch on the trail!

Thursday Morning Hikes will resume in September.



(Photos courtesy of Art Hart)

HIKING COMMITTEE



BASH BISH FALLS HIKE - SUMMER 2012

HIKING COMMITTEE

Pictures from June 23 transit hike up Mt Hale to Zealand Hut and return via beaver ponds along Zealand Trail, with Highland Center postscript.



Zealand Hut rest stop



Summit of Mt. Hale



Beaver Pond, Zealand Trail



After the Storm, Highland Center

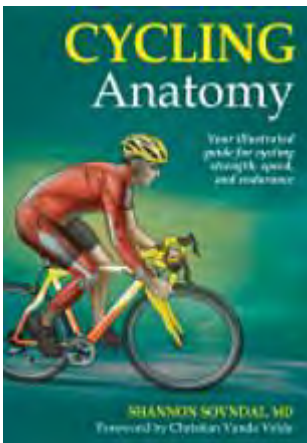
Photos courtesy of Len Ulbricht.

BIKING COMMITTEE



WOODS HOLE RIDE: Six early-risers showed up for the 8:00 AM start in Falmouth Sunday morning. The weather was ideal and the traffic on the Shining Sea bike path was just beginning to pick up. We rode to Woods Hole, where a few of us indulged in the wonderful pastries at Pie in the Sky. We then took a quick spin through the village and around Eel Pond before heading out Church Street to Nobska Light. On Nobska Road we saw more bikes than cars. We then got back on the trail for the ride back to the starting point at Depot Road. Linda, Marie, and Nicole decided that the ten-mile ride was enough, although Linda had pedaled a few miles before the start. John, Wes, and Jon continued up the trail to West Falmouth Harbor and back for an 18 mile total ride through very scenic territory. Perfect weather, few hills, and great company

made for a most pleasant morning. Participants: Jon Fortier (leader), Nicole Fortier, Linda Church, Marie Peeler, John Gould, and Wes Ewell.



CYCLING BOOKSHELF

CYCLING ANATOMY by Shannon Sovndal, M.D.

“The cyclist in motion is amazing. So many aspects of human physiology come into play when you ride a bicycle. Your cerebral cortex supplies the motivation and plan of attack when you climb onto your bike. You effortlessly maintain the stability and direction of your bicycle through the unconscious balance and coordination provided by your cerebellum. Your heart and lungs and vascular system supply much-needed oxygen to the mitochondria of your muscles. Through both aerobic and anaerobic energy conversion, your muscles contract and perform a huge amount of work. All this creates heat and your skin and respiration help keep the temperature well regulated. Your skeletal system supplies the structural foundation of the entire system. Nearly every physiologic system needs to function in coordination to allow you to complete your bike ride. If you stop and think it through, you realize that it’s truly remarkable.”

“See what it takes to maximize cycling power, speed, and endurance! Cycling Anatomy will show you how to improve your performance by increasing muscular strength and optimizing the efficiency of every movement. Cycling Anatomy features 74 of the most effective cycling exercises, each with clear, step-by-step descriptions and full-color anatomical illustrations highlighting the primary muscles in action. Cycling Anatomy goes beyond exercises by placing you on the bike and into the throes of competition. Illustrations of the active muscles involved in cornering, climbing, descending, and sprinting show you how the exercises are fundamentally linked to cycling performance. From steep inclines to slick terrains, Cycling Anatomy will ensure you’re prepared for any challenge that comes your way. You’ll also learn how to modify exercises to target specific areas, reduce muscle tension, and minimize common cycling injuries. You’ll also learn ways to pull it all together to develop a training based on your individual needs and goals. Whether you’re training for an upcoming century ride or just want to top that killer hill with strength to spare, Cycling Anatomy will make sure you get the most out of every ride.”

BIKING COMMITTEE

Cyclists' Culinary Corner

Coconut Mixed Berry Crumble

Submitted by Dan Egan

4 cups mixed berries, thawed if frozen
2/3 cup light brown sugar, unpacked
1/2 cup whole wheat flour
1/4 cup quick-cooking oats
2 Tbsp light margarine (like "ICBINB" light)
2 Tbsp butter
1/4 cup shredded coconut

Preheat oven to 350 degrees F. Toss berries in an 8x8 inch baking pan. Sprinkle the top of the berries with the shredded coconut. Melt the butter and margarine in a small bowl in the microwave (it's fine if it doesn't melt completely). In another small bowl combine sugar, flour and oats. Then add the melted butter and mix until crumbly. Drop bits of the crumble over the berries. Bake until berries just start to bubble, about 35-40 minutes.

From Eat Yourself Skinny: <http://www.eat-yourself-skinny.com/>

RIDING SEASON HAS ARRIVED!

The riding season and weather has finally arrived. Our leaders continue to schedule rides that fit every type of rider, from beginner/introductory rides to easy rider, intermediate and trail (easy off road) rides. If there's something you want to see, let us know. We have a few exciting rides in the planning stages including a day in Nantucket and a weekend tour in the fall. You may even see a ride/cookout coming up soon. Remember, as all AMC activities are, our rides are open to non-members. So tell your friends or better yet, bring them along. If you wish to receive ride announcements via email, please send me an email at bikingchair@amcsem.org.

Useful Biking Web Sites:

<http://www.coloradocyclist.com>
<http://www.westernbikeworks.com>
<http://www.nashbar.com>
<http://www.biketiresdirect.com>
<http://www.voler.com>
<http://bikebarnracing.com>

Biking Safer than the Couch:

By Cassandra Spratling, Detroit Free Press



Physical, mental benefits
Bicycling benefits the mind as well as the body, health professionals say. "Biking builds stamina and upper and lower body strength," says Dr. Ronny Otero, head of emergency medicine at Henry Ford Hospital's Sterling Heights Medical Center. "Studies show that people who bike have better moods and are more efficient workers." "Biking burns a lot of calories without burning you up,

and it's a good exercise for the brain," Agrees family medicine physician Dr. Lee Green, professor of medicine at the University of Michigan Health System. "A good workout on the bike can help you unwind." It offers variety as well. "It's a sport that can be done pretty much any way you like — from a leisure ride to a high-speed, long-distance race," he says. "Pretty much anyone can do it because it's easy on your joints." "What's more, bicycling is relatively safe, doctors say. "As a physician, I see more serious consequences from not biking," Green says. "I'd rather treat people for scrapes or a broken collarbone than heart attacks because they didn't bike. Biking is much safer than the sofa. It's sitting on the sofa that kills."



SUMMER SOLSTICE RIDE 2012

SOCIAL COMMITTEE

By Jodi Jensen, Social Chair

Join us on Saturday, July 21, to see the Bridge of Flowers and Glacial Potholes in Shelburne Falls, MA. This trolley bridge was built in 1908. The bridge, no longer in use after 1927, was transformed into the Bridge of Flowers by the Shelburne Falls Woman's Club in 1929.

This is a wonderful hidden gem. The town is also very charming. The movie, "Labor Day," starring Kate Winslet and Josh Brolin was being filmed there in June.

Time permitting, we will also visit High Ledges Wildlife Sanctuary, which has a 4 mile trail system. There will be carpooling options.

Contact Jodi Jensen, leader, at 781-249-8346 or email jodiajensen@gmail.com (preferred).





WHY VOLUNTEER FOR THE AMC?

Gain work experience! Add it to your resume!

Got a little free time to help us grow? Are you a people person who likes to help others? Are you concerned about environmental issues? Do you enjoy outdoor activities? Do you have some free time? If this sounds like you, then you may be interested in some opportunities to help our chapter of the AMC grow and better accomplish its mission. Get in touch with us and we'll be happy to tell you more. Contact: chair@amcsem.org



The Breeze accepts:

COMMUNITY CONNECTIONS: Upcoming Community Outdoor Activities You Might Be Interested In. Send items to communicationschair@amcsem.org

PERSONAL POSTS: This section of the Breeze highlights our members. If you have news, or know of news, contact the communicationschair@amcsem.org

SWAP STUFF: THE E-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.

PAID ADS: Got an AMC-related outdoorsy business? Run a paid business card-sized ad in the Breeze for \$10/month (\$100/year)! Contact: communicationschair@amcsem.org

COLUMNISTS: Got something to say? Want to be a regular Breeze columnist? Contact the Breeze editor to volunteer! communicationschair@amcsem.org



The Southeast Breeze

needs an editor! The monthly e-newsletter

is written by chapter members. All you have to do is assemble it using Microsoft WORD (and fix typos). Interested?

Contact communicationschair@amcsem.org



NEWS FROM "JOY STREET"

The following information is from the AMC's central office at Joy St. in Boston and is written by them. Please contact them for additional details on anything in this section.

(cmartell@outdoors.org)

Save the Date for AMC's Fall Gathering

AMC's 2012 Fall Gathering will be held on October 19-21, at the Greenkill YMCA Retreat Center in Huguenot, NY. This year's gathering is being hosted by the New York-North Jersey Chapter in honor of their 100th Anniversary as a chapter. Everyone is invited to this club-wide event which will include hiking, biking, paddling and many more activities in the Catskill Mountains. Watch for details in the upcoming issues of AMC's *Outdoors* magazine or by visiting the NY-NoJ Chapter's website <http://www.amc-ny.org/>

Member Center Benefits

Don't forget to check out the Member Center to find out about the latest AMC events, projects, and deals. Log in to see the newest member deal with Backcountry.com. AMC members receive a discount on selected merchandise. Use code 6NT-1-GSDYA. Some exceptions apply.

AMC's Full-Service Camps

Openings are still available at AMC's full-service camps in Maine and New Hampshire. Whether you're looking for a fun relaxing time on a lake, ocean or river, these AMC's camps are sure to meet your needs. Checkout this page for details on these camps <http://www.outdoors.org/lodging/camps/index.cfm>

AMC's Mountain Watch Program is Looking for Volunteers

AMC's Research Department is looking for volunteers to help track flower and fruit timing of mountain plants. AMC depends on its volunteers because researchers can't collect all the information needed to answer science questions and since mountains have high variability as to the flowering and fruiting season.

Volunteers can be highly valuable help in scientific monitoring efforts because they can stay longer than students or staff, are a very dedicated group of individuals and their data quality can be on par with professionals.

Volunteers can sign-up for a one-time volunteer opportunity which is a great way for families to be involved in trail activities or for someone who is looking for a local community conservation engagement

Or volunteers can sign-up for the Basic Plant Monitoring opportunity. Volunteers in this category would watch the plant before, during, and after flowering or fruiting, and they would detail all stages between flower bud development to seed set. The volunteer can choose to Adopt-a-Peak/Trail Section and would perform repeat observations at the same location(s).

For more information on AMC's Mountain Watch Program, go to www.outdoors.org/mountainwatch

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Another Successful Trip for AMC's Adventure Travel Program

This past May, 14 participants and 2 leaders hiked approximately 60 miles on the Beara Peninsular in southwest Ireland. The first two days found the trekkers walking through fog as thick as pea soap – typical Irish weather. The following days were under bright blue skies, as the picture above shows, which was the reason the trekkers came home with sun tans! For more information on AMC's Adventure Travel program visit www.outdoors.org/adventuretravel.

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A new online community for getting kids outdoors locally – kids.outdoors.org

AMC has launched a new registration-based online community for parents and youth volunteers interested in “how to” and “where to” advice on getting kids outdoors close to home in the Boston and New York City areas. Each community will offer expert advice and more than 100 outdoor activities, based on content from AMC's *AMC Outdoors* magazine, “Great Kids, Great Outdoors” blog, and two new books: *Outdoors with Kids Boston* and *Outdoors with Kids New York City*. Each community will also offer:

- Ability to search for recommended outdoor trips via Google Maps
- A local blog focused on outdoor advice and ideas for parents
- A local event calendar, including AMC chapter family activities
- Ability to share a trip idea, photos, comments, ratings
- Ability to share any trip or post via social media

How you can help

- The site is live now for your viewing pleasure: <http://kids.outdoors.org/>
 - If you have kids, or work with kids, share your own trip ideas or contribute to discussions
 - Use the Facebook recommend and Tweet buttons on the site to tell your friends
 - If you are tabling at a family event, we can provide you will cool KO stickers and other materials
 - If you find any issues, or want to suggest improvements, send them along to Kelly Powers at kpowers@outdoors.org
 - Don't forget to tell families about our new *Outdoors with Kids Boston* and *NYC* books, available at PNVC, Highland Center, and our online store.
-



IRELAND TRIP 2012

CHAPTER ACTIVITIES

Note: These activities are taken directly from the AMC central online activity listing system.

All activity information appears exactly as entered by the activity leader.

Please contact the activity leader directly for any additional information on an activity.

activities.outdoors.org

SAVE THE DATE

CLUB-WIDE ACTIVITIES

AMC's Fall Gathering, October 19-21 www.amc-ny.org

CHAPTER-WIDE ACTIVITIES

National Trails Day, June 2

SAVE THE DATE

SEM Chapter Hut Weekend, Sept 20-23

SEM Wilderness First Aid (fall) November 2012

SEM Annual Meeting, November 4, 2012

SEM Winter Hiking Series, November 3, 2012

(See our website for details: www.amcsem.org,
and click on the "Upcoming Events" tab)

CHAPTER ANNOUNCEMENTS

Watch our [website](#) for the latest in AMC SEM!

NOTE ACTIVITIES MARKED FOR :

FT = First Timer **NM** = New Member

FULL LIST of ACTIVITIES at AMCSEM.ORG
(see 'schedules' tab)

Last minute activities (and cancellations) are posted on
our Short Notice Email List (SNEL). Sign up for this list
on our website, amcsem.org.

CHAPTER FUN

SEM FAMILY WEEKEND. August 18-19. AMC Noble
View Outdoor Center. [MORE INFO](#)

SEM Chapter Hut Weekend. Thu., Sep. 20-23.
Cold River Camp, Evans Notch 1-3 nights. Can't beat
location, activities, price. Preference given to SEM
Members. L/R Jim Plouffe (508-586-1394,
Chair@amcsem.org) [MORE INFO](#)

CHAPTER PROJECTS

D.W. Field Park Revitalization Project. We need
your help to make this project a reality. If you are
interested in helping, please email Jim Plouffe,
chair@amcsem.org or Maureen Kelly,
conservationchair@amcsem.org

SEM's Nike Reuse-A-Shoe Program.

www.amcsem.org/news.html

www.nikereuseashoe.com

WANTED: BREEZE EDITOR

Knowledge of WORD and words is all it takes.

Contact communicationschair@amcsem.org

Know what's happening in your chapter?

If not, visit our website, find us on FACEBOOK, or follow us on TWITTER

www.amcsem.org * www.facebook.com/AMCSEM * www.twitter.com/amcsem

HIKING / BACKPACKING

HIKE PLANNING MEETINGS: are held the 1st Wednesday of March, June, September, December. Contact hikingchair@amcsem.org for information.

IMPORTANT: Hikers unsure of their ability should try only 1 level more difficult than previously completed. No pets without permission of trip Leader. Registration req'd 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 activities.outdoors.org. Sign up for the SEM Short Notice E-Mail Trip List at www.amcsem.org.

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

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

IMPORTANT: No pets w/o prior permission of trip leader. Individuals under 18 years of age must be accompanied by a parent or responsible adult, and obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 week prior to the trip so Ls can discuss prior hiking exp., conditioning, clothing, and equipment. Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

(FT) (NM) Thursdays

Jul. 5. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(AN) (CE) Mon., Jul. 9-13. Acadia NP Multi-Sport July Camp. Join us for a week of hiking, biking, kayaking, and relaxing in one of Maine's premier outdoor destinations. We will be car camping using the Blackwoods Campground as our base camp. Leaders will plan multiple activities each day in and around the park. L Ken Jones ((508) 697-0142 6-9 PM except Thursdays, lotsoluck@comcast.net), CL Hadley Donaldson ((617) 823-1509), CL Luther Wallis ((508) 923-1935), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays

Jul. 12. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Sat., Jul. 14. Arethusa Falls /Frankenstein Cliff. A pleasant walk along Bemis Brook while viewing several waterfalls. Then the hike will proceed to the Frankenstein Cliff Trail for a possible view of Mt. Washington on a clear day. L Susan Chiavaroli ((508) 252-4164 7-9PM, brillo6452@yahoo.com), CL Anne Diggan , R Nancy Coote ((508) 596-8222 7-9 PM, nmcoote@yahoo.com)

(FT) (NM) Thursdays

Jul. 19. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Jul. 21. Mt. Tecumseh - A moderate 4K. Are you thinking about bagging your first 4K? Mt. Tecumseh is one of the easier 4K hikes, it's not too far north and it's a good way to start. Join us whether this is your first or your 48th. The hike will be moderately paced, 5.6 miles and 2400' elevation. L Maureen Kelly ((508) 224-9188 before 8pm, MoKel773@aol.com), CL Karen Singleton ((508) 730-7701 before 9pm, karen.singleton@comcast.net), R Maureen Kelly ((508) 224-9188 before 8pm, mokel773@aol.com)

(FT) (NM) Thursdays

Jul. 26. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays

Aug. 2. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Fri., Aug. 3-5. Wildcat and Washington. Join us for 2 nights in Pinkham Notch at Joe Dodge Lodge. Hike Wildcat D on Friday to warm up your legs. Saturday we'll head out early for the Mt. Washington summit via the Tuckerman Ravine Trail. Return on the Boott Spur Trail. Sunday, a nice short walk to stretch your legs at Glen Ellis Falls. Cost includes 2 nights lodging in shared rooms, 2 dinners and 2 breakfasts. L Maureen Kelly ((508) 224-9188 before 8pm, MoKel773@aol.com), CL Jim Casey (Cmne@comcast.net), R Maureen Kelly ((508) 224-9188, Mokel773@aol.com)

(AN) (CE) Mon., Aug. 6-9. White Mountain Hut to Hut Trek. Our Trip this year will trek across Franconia, Garfield, and Zealand Ridges while enjoying lodging and meals at the AMC Greenleaf, Galehead, and Zealand White Mountain Huts. L Ken Jones ((508) 697-0142 6pm-9 pm except Thur., lotsoluck@comcast.net), L Leslie Carson ((508) 833-8237), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6 pm - 9 pm except Thur., lotsoluck@comcast.net)

(FT) (NM) Thursdays

Aug. 9. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays

Aug. 16. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe

Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Sat., Aug. 18. Introduction to AMC Hiking-Walkabout Trail. Enjoy an untouched hiking trail that was cut and named by Australian soldiers back in 1965, while their ship, the Perth, was in dry dock in Newport, Rhode Island. The name refers to the wanderings of the Aboriginines of Australia. L Susan Chiavaroli ((508) 252-4164, brillo6452@yahoo.com), CL Nancy Coote (nmcoote@yahoo.com), R Nancy Coote ((508) 596-8222 7-9PM, nmcoote@yahoo.com)

(FT) (NM) Thursdays
Aug. 23. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Aug. 25. Tripyramid Loop. 11.1 mi loop, el. North Peak 4,140 ft, Middle Peak 4,110, net el change 2,800 ft. wet sections, steep sections, views. Experienced and conditioned hikers only. This is a long strenuous hike with steep rock ascent and loose gravel descent. L Len Ulbricht (lenu44@gmail.com), CL Karen Singleton (karen.singleton@comcast.net), R Len Ulbricht ((508) 359-2250 before 9 pm, lenu44@gmail.com)

(AN) (CE) Mon., Aug. 27-31. Gulf Hagas and Mount Katahdin Backpack. Join us for an night of tent camping in the Gulf Hagas area with a hike along the Rim Trail followed by three nights of lean to accommodations at Chimney Pond in Baxter State Park. Weather permitting we will summit Mount Katahdin, traverse the Knife Edge and summit Mount Pamola. We will also plan on climbing Hamlin Peak via Hamlin Ridge. Group dinners provided. L Ken Jones ((508) 697-0142 6-9 pm except Thursday, lotsoluck@comcast.net), CL Luther Wallis ((508) 310-3949, lew89@comcast.net), R Ken Jones (207 Walnut Street, Walnut Street, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays
Aug. 30. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays
Sep. 6. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays
Sep. 13. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Thu., Sep. 13-16. Adirondack Sampler. Visit the 6 million acer Adirondack Park in upstate New York. In September summer crowds are gone, there are no bugs. The nights are cool for sleeping and the water in the lakes is still warm enough to swim. Base tent camp at ADK Loj group site. Visit Adirondack Museum in Blue Mt. lake. Hike the high peaks and canoe Saranac Lake. Fees for museum, camping, rentals and food. Limited to 12 participants. \$50 deposit due by 8/12. L Mike Woessner ((508) 577-4879, stridermw@hotmail.com), CL Kevin Mulligan , CL Luther Wallis , R Mike Woessner (12 Bradley Ln., Westford, MA 01886, (508) 577-4879, Stridermw@hotmail.com)

(FT) (NM) (AN) (XCE) (SN) Thu., Sep. 20-23. SEM Chapter Hut Weekend. Join us for our fifth annual trip to Cold River Camp, situated in Evans Notch, NH near the Maine border. Stay one, two, or three nights. The third night allows us to spend the entire day Friday hiking, biking, and kayaking. Can't beat the location, activities and the price. Cost is per person, per night and includes a comfortable cabin with a fireplace, meals and all the fun you can handle. Open to all AMC members clubwide, but preference will be given to SEM members if space becomes limited. L Jim Plouffe ((508) 586-1394, Chair@amcsem.org), R Jim Plouffe ((508) 586-1394)

(FT) (NM) Thursdays

Sep. 20. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays

Sep. 27. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(CE) Sun., Sep. 30. Wapack Trail end to end. Section #1, 9.1 miles from MA 119 to NH 123/124. Join us as we traverse the ridgellne of the Wapack Range in southern NH. This area is remote, with great views of southern NH and north central MA. This first section include a climb to the summit of Mt Watatic. Upon registering, further info will be provided. L Fred Wason ((508) 838-6049, fmwason@gmail.com), CL Steve Maxfield , R Steve Maxfield ((508) 944-0321, fredmax56@aol.com)

CAPE COD HIKES

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.") Contact the Cape Hikes Chair: capehikingchair@amcsem.org . Cape Hikes are generally suspended during the summer months due to parking problems.

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
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Watch our [chapter website](#) and the short notice email list for notices for events!

Mon., Jul. 2. Full Moon Hike: West Dennis Beach (C4C). Route 6 Exit 9A south to Route 134, go straight and cross Route 28, then go to the end and turn right. After 0.5 miles, turn left to beach parking near entrance and concession bldg. Hike mile-long stretch on beach for sunset views. Return on beach for moon-rise! Option: Calm weather walk one more length of beach for 3rd mile Meet 6:45 pm. Less than 2 hours. L Janet Kaiser ((508) 432-3277, jtkaiser@comcast.net), CL Jane Harding

Thu., Sep. 13. West Falmouth-Bourne&Cardoza Farms(C3C). Wooded flats, hills, bogs, ponds, cattle tunnel. Meet 9:45 for 10:00 start, 2 1/4hours. Bourne Bridge, 28S, or 151 W to 28 S. Thomas Landers exit. R to stop sign; R on 28A. Quick L into lot. Heavy rain, wind cancels. L Cathy Giordano ((508) 243-3884 before 9 PM, cmgiordan@msn.com)

Sun., Sep. 16. Brewster, Nickerson State Park (C3C). Hike the ponds of Nickerson SP. Woods trails. Some hills. Entrance to park on 6A, Brewster. Stay on main road 1.7 mi to pkg at Fisherman's landing on R. Meet 12:45. Heavy rain cancels. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Thu., Sep. 20. Truro - Bearberry Hill (C3C). Sand path w 360 ocean view ending at LongnookBch. Rte 6 to Pamet Rd, R off ramp, L on S Pamet Rd to beach pkg lot at end. Meet at 9:45 for 10:00 start, 2 hrs. L Pat Sarantis ((508) 430-9965, patsarantis@gmail.com)

Sun., Sep. 23. E Sandwich Benjamin Nye (C3C). E Sandwich Benjamin Nye, meet at 12:45 PM start 1 PM. Rte 6 Chase Rd turn N, 1st L Old County Rd. Park in circular drive across from Nye home. L Jane Harding ((508) 833-2864 Before 9 PM, janeharding@comcast.net), R J Harding (20 Great Hills Drive, E Sandwich, MA 02537, (508) 833-2864 Before 9PM, janeharding@copmcast.net)

(CE) Thu., Sep. 27. Harwich, Herring River - (C3C). Hike along Harwich Reservoirs and River - Park at Sand Pond on Great Western Rd. L Peter Selig ((508) 432-7656, pandmselig@hotmail.com)

BIKE RIDES

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 (schedules), or use the AMC online trip listing system: activities.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		
Mis	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

WANTED: Ride Leaders and Co-Leaders. WANTED: Ride Leaders and Co-Leaders. Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm and routes w/ your fellow AMC members? Contact Bike Chair (bikingchair@amcsem.org) for more info.

AMC SEM 2,000 Mile Club. Join our unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair to register your mileage and for more info. (bikingchair@amcsem.org)

Turn Those Tires on Tues. Rides scheduled all year long, weather permitting. 25 mi of road or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location and directions. Intermed. pace. Riders and bicycles in top shape; tires and riders pumped and ready to roll; helmets and water req'd. L Paul Currier (508-833-2690 8 am-7 pm, pbencurrier@hotmail.com)

(FT) (NM) Sun., Jul. 1. First Sunday Ride. 10 to 20 miles in and around D. W. Field Park in Brockton/Avon. This is for all skill levels and bike types. Children allowed but contact ride leader. D. W. Field Park is a 750 acre park on Brockton and Avon, highlights include 7 ponds and a stone observation tower. Helmets and spare tube required. Registration not required but cancellations only sent to registered participants. Meet in the Oak St parking lot @ 8am. L Jon Fortier ((508) 982-1855, jon.of.carver@gmail.com)

(FT) (NM) (CE) Tuesdays
Jul. 3. Suunet/Full Buck Moon Ride. From Sagamore Rec Area ride through Sagamore and along the canal at an intermediate pace for 22 miles. Beautiful sunset over Buzzards Bay and moon rise over Plymouth Bay. Ride starts about 2 hours before sunset. Tires and riders pumped and ready to roll. Helmets, spare tube and tools and water required as is registration. Cancellation/rescheduling sent to registered riders. From Sagamore Rec Area ride through Sagamore and along the canal at an intermediate pace for 22 miles. Beautiful sunset over Buzzards Bay and moon rise over Plymouth Bay. Ride starts about 2 hours before sunset. Tires and riders pumped and ready to roll. Helmets, spare tube and tools and water required as is registration. Cancellation/rescheduling sent to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tue., Jul. 3. Cape Cod Ride. Lots of beaches and water views on this Cape Ride. Follow-The-Leader style with occasional stop to re-group, water, restrooms, scenic viewing. 30-35 miles. PACE = 13-15mph. L Joe Tavilla ((508) 450-1934, silverski@earthlink.net)

(FT) (NM) Thu., Jul. 5. Thursday Night Bike Rides. 6pm at various start locations in SE MA. Easy paced, helmets required. Rides are between 18-22 miles and will run every Thur. night at 6pm right through the end of August. Call or email leader, Jack Jacobsen, for info. L Jack Jacobsen ((508) 353-3708, cyclejac51@yahoo.com)

(FT) (NM) Thu., Jul. 12. Thursday Night Bike Rides. 6pm at various start locations in SE MA. Easy paced, helmets required. Rides are between 18-22 miles and will run every Thur. night at 6pm right through the end of August. Call or email leader, Jack Jacobsen, for info. L Jack Jacobsen ((508) 353-3708, cyclejac51@yahoo.com)

(FT) (NM) (CE) Tuesdays
Jul. 17. A Dennis South Shore Ride. We'll start in the evening on the Rail Trail on Rte. 134 in Dennis and ride to West Dennis Beach, then along the shore to Old Wharf Road and the cottage colonies. Continue to Wychmere Harbor and perhaps include an ice cream stop at Harwich Bob's Ice Cream Emporium. Return on the rail trail. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) Thu., Jul. 19. Thursday Night Bike Rides. 6pm at various start locations in SE MA. Easy paced, helmets required. Rides are between 18-22 miles and will run every Thursday night at 6pm right through the end of August. Call or email leader, Jack Jacobsen, for info. L Jack Jacobsen ((508) 353-3708, cyclejac51@yahoo.com)

Wed., Jul. 25. Wednesday Wheelers - Dennis. Start on the south side of Dennis to some interior roads over to Chatham Light and Morris Island. Must be able to keep a 14-15 mph AVERAGE pace. Lunch after the ride at Chapin's Beach Bar. Distance: 45 miles Pace: intermediate 14-15 mph average Start Time: 10:00 A.M. Terrain: Rolling with a few hills Start Location: Requires Registration This is a combined Charles River Wheelmen / AMC ride. L Larry Kornetsky ((617) 513-6716, thecanoe@comcast.net), R Larry Kornetsky ((617) 513-6716, thecanoe@comcast.net)

(FT) (NM) Thu., Jul. 26. Thursday Night Bike Rides. 6pm at various start locations in SE MA. Easy paced, helmets required. Rides are between 18-22 miles and will run every Thursday night at 6pm right through the end of August. Call or email leader, Jack Jacobsen, for info. L Jack Jacobsen ((508) 353-3708, cyclejac51@yahoo.com)

(FT) (NM) (CE) Wednesdays

Aug. 1. Sunset/Full Sturgeon Moon Ride. From Sagamore Rec Area ride through Sagamore and along the canal at an intermediate pace for 22 miles. Beautiful sunset over Buzzards Bay and moon rise over Plymouth Bay. Ride starts about 2 hours before sunset. Tires and riders pumped and ready to roll. Helmets, spare tube and tools and water required as is registration. Cancellation/rescheduling sent to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Aug. 14. A Chatham Ride. An evening start on the Rail Trail in Harwich. Ride into Chatham and Stage Harbor, Morris Island, along the shore by the lighthouse and fish pier and continue into North Chatham to Allen's Point and a view of the breaks. Return to the Rail Trail and perhaps include an ice cream stop at Harwich Bob's Ice Cream Emporium before returning to the starting point. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Fridays

Aug. 31. Sunset/Full Red Moon Ride. From Sagamore Rec Area ride through Sagamore and along the canal at an intermediate pace for 22 miles. Beautiful sunset over Buzzards Bay and moon rise over Plymouth Bay. Ride starts about 2 hours before sunset. Tires and riders pumped and ready to roll. Helmets, spare tube and tools and water required as is registration. Cancellation/rescheduling sent to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Sep. 11. A Dennis North Shore Ride. An evening start on Main St. in S. Dennis. Ride to Scargo Tower (hill) and continue to Harbor View Beach and a shore tour of the quaint roads and beaches of the north shore to Chapin Beach. Return on some streets (another hill) and some cycling roads to the start point. If time allows, a stop at Bray Farm. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Saturdays

Sep. 22. Autumnal Equinox/Sayonara to Summer Ride. 25 +/- mile ride From Skaket Beach in Orleans for a tour of the bay including Rock Harbor. Return on some nook and cranny roads including Sunken Meadow, Crooks, Campground, Thumpertown, and First Encounter Beaches for sunset at Skaket - one of our premier sunset locations. Tires and riders pumped and ready to roll about 2 hours before sunset. Helmets, tube and tools, and water required as is registration. Changes sent to registered riders only. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Saturdays

Sep. 29. Sunset/Full Harvest Moon ride. From Sagamore Rec Area ride through Sagamore and along the canal at an intermediate pace for 22 miles. Beautiful sunset over Buzzards Bay and moon rise over Plymouth Bay. Ride starts about 2 hours before sunset. Tires and riders pumped and ready to roll. Helmets, spare tube and tools and water required as is registration. Cancellation/rescheduling sent to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

CHAPTER YOUTH PROGRAM (CYP)

WANTED: Chapter Youth Program (CYP) Leaders. Share your outdoor knowledge and leadership skills with local groups of children. Give your time to these programs to help kids get outside who might not otherwise have the opportunity. A typical Chapter Youth Program (CYP) might include a local walk with some nature lesson or trail games. CYP leader training and screening is required. L Sally Delisa (picpocit@verizon.net) or cypcoordinator@amcsem.org

Watch our [chapter website](#) and the short notice list for notices for CYP events!

PADDLES

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 MA"). Contact the paddle chair: paddlingchair@amcsem.org

Trip Ratings/Levels:

Level 1- No previous or little sea kayak experience is required.

Level 2 - You should feel that you can perform the following: a) paddle 6 miles in a day given the weather conditions for that day; b) a wet exit; c) maintain a straight heading without the use of a rudder; and d) turn your kayak using forward and reverse "sweep" strokes.

Level 3 - All of the above, and in addition feel confident in: a) assisting and performing a deep water rescue; b) paddle 13 miles in a day given the conditions for that day; c) paddle in 10 to 15 knot winds with seas of 2 to 3 feet; d) be able to launch and land from a beach in these conditions; e) use a marine band VHF radio.

Level 4 - All of the above plus: a) paddle 15 miles in a day given the conditions for that day; b) paddle in 20 knot winds; c) handle open ocean, large swells.

Level 5 - All of the above, and be able to paddle 20 miles in 25 knot winds with adverse sea conditions.

Wed., Jul. 4. Swan River/Pond, Dennis, MA. R6 exit 9 for W Harwich/Dennisport, R134 S past Patriot's Square to 2nd set lights L Upper County road past Hart Farm, L Clipper Lane to put-in on Swan Pond Paddle down River to mouth on Nantucket Sound, lunch on sandbar & return circumnavigating Swan Pond Limitations: Life Vest required, Spray Skirt

may be required if windy. L Jean Orser ((508) 362-0451 before 6 pm, jeanorser@aol.com), CL Paul Corriveau ((508) 362-0451 before 6 pm, paulcorri@gmail.com)

Sat., Jul. 7. Jackknife Cove and Pleasant Bay. We'll paddle out to the Cut and see what changes winter hath wrought. Lunch looking out over the cut, then cross the cut, go around Strong Island and return. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Wed., Jul. 11. Boston Harbor Outer Islands. Circumnavigate several Outer Harbor Islands. Put-in, Hull Gut. Hull, Ma. Level 3 Paddle. PFD, Spray Skirts Req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey ((781) 789-8005 anytime, geowey@comcast.net)

Sat., Jul. 14. Follins Pond/Mill Pond, Dennis, MA. Route 6 exit to route 134 north, Left Setucket road, Left Mayfair road, Left Follins Pond road to town landing at the end. Limitations: life vest required, spray skirt may be required if windy. Paddle Follins Pond to Weir Creek bridge & if tide permits into Mill Pond passing Crab Creek Conservation area & back to circumnavigate Follins Pond. L Jean Orser ((508) 362-0451 before 6 pm, jeanorser@aol.com), CL Paul Corriveau ((362) 508-0451 before 6 pm, paulcorri@gmail.com)

Wed., Jul. 18. Westport River West Branch. Paddle down West Branch of Westport River to harbor and the Let. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Jul. 21. Monks Cove & Back River. Leisurely 8-mile tour around Monk's Cove, Phinney's Harbor, and scenic Back River. PFD and spray skirt required. Launch at 10:30am, Monk's Park off Shore Road in Pocasset. Barlow's Landing Road from Route 28S to Shore Road. Right on Shore road, left onto Valley Bars Rd. Park at RR overpass. L Wesley Ewell ((774) 313-7599 7am-9pm, twofootartist@yahoo.com)

Wed., Jul. 25. Mattapoisett to Haskell or West Islands. Put-in is Ned's Point (41° 39.064 - 70° 47.649), Mattapoisett. Call for directions. Depending on wind/sea conditions we will lunch at either Haskell Is. to the north or West Is. to the south. PFD and Spray skirts required. Sea Kayaks only. Level 3, distance ~14 miles. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Sat., Jul. 28. Bass River South, Dennis. Route 6 exit 9, Route 134 South, Right Upper County road, Left Main st, Right Cove road to town landing at end. Limitations: Life Vest required, Spray Skirt may be required if windy. Paddle down river to mouth on Nantucket Sound with lunch on West Dennis Beach. L Paul Corriveau ((508) 362-0451 before 6 pm, paulcorri@gmail.com), CL Jean Orser ((508) 362-0451 before 6 pm, jeanorser@aol.com)

Wed., Aug. 1. Assonet River to Battleship Cove. Put-in is Hathaway Park (41° 47.621 - 71° 4.376), off Water St., Assonet. We will paddle out to and down the Taunton River to Battleship Cove. Total distance ~15 miles. Sea Kayaks only, PFD and spray skirts required. Level 3. If the tide has been calculated correctly, this should be an easy paddle. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net), CL Haven Roosevelt ((508) 636-0006 anytime, havenesq@comcast.net)

Sat., Aug. 4. Monk's Cove to Bassetts Is.. Put-in is Monks Cove (41° 42.235 - 70° 37.002), Pocasset. Pick up Barlows Landing Rd. off Rte 28 in Bourne. Follow it into Pocasset. Turn right onto Shore Rd. at the church. Go 8/10's of a mile and turn left onto Valley Bars Cir. We will paddle out and around Wings Neck then over to Basset's Island for lunch. Sea Kayaks, PFD and spray skirt required. Total distance under 12 miles. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Wed., Aug. 8. Slocum River Giles Creek. Eleven mile round trip down river, up Giles Creek and back. I-195, Exit 12, South Faunce Corner, cross Rt 6 to Old Westport Rd to Chase Rd, R on Russells Mills Rd to town park on left. PFD required. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Aug. 11. Lewis Bay. Lewis Bay, Uncle Robert's Cove, lunch on Egg Island, perhaps a foray into Hyannis Inner Harbor. L Ed Foster ((508) 420-7245, erfoster@comcast.net), CL Bill Fischer ((508) 420-4137)

Wed., Aug. 15. Weir River, Hingham Bay Islands. Put-In at Beach Pkg. Lot off Rt. 3A, just before Hingham Harbor Rotary. Level 3 Paddle. PFD, Spray Skirts Req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey ((781) 789-8005 anytime, geowey@comcast.net)

Sat., Aug. 18. Nauset Marsh, Eastham. 9mi.+paddle.put-in, 1.5mi.N of Rt.6 Eastham Rotary to Hemenway on R. PFD, Spray Skirts Req. Level 3 Paddle L George Wey (781-789 - 8005, geowey@comcast.net) CL Bill Fischer. L George Wey ((781) 789-8005 anytime, Geowey@comcast.net), CL Bill Fischer ((508) 420-4137, wmbarbarafischer@comcast.net)

Wed., Aug. 22. Allens Pond. DeMarest Lloyd SP to Allens Pond. I 195 Exit 12, South Faunce Corner Rd, cross Rt6 to Old Westport Rd, R Russells Mills Rd, south on Horseneck Rd, straight on Barneys Joy Rd, follow signs to DeMarest Lloyd State Park. pfd req. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Aug. 25. Leader's Choice. Boston Harbor or Hingham Bay. Put-In: Hull Gut, Hull, Ma. Level 3 Paddle. PFD, Spray Skirt Req. L George Wey (781 789-8005, geowey@comcast.net). L George Wey ((781) 789-8005 anytime, geowey@comcast.net)

Wed., Aug. 29. Clay's Creek and Barnstable Harbor. We'll pick our way through Clay's Creek and eventually emerge into Barnstable Harbor. Maybe get into Hallett's Mill Pond. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Sat., Sep. 1. Wellfleet Harbor. Put-in: From Route 6 in Wellfleet turn left at the traffic light toward Wellfleet Center and Harbor. Go 0.3 m and turn left on East Commercial Street. Go 0.7 m to the Town Marina and Harbor. Turn right on Kendrick Ave. The parking lot for Mayo Beach is a few hundred feet on the left. Life vest and spray skirt req. L Don Palladino ((508) 349-2950, djp1958@comcast.net)

Wed., Sep. 5. Shoestring Bay. Several options depending on conditions. Preregistration for put in info. Spray skirts required. L Louise Foster ((508) 420-7245 Anytime, janelouise@comcast.net)

Saturdays

Sep. 8. Mashpee-Wakeby Ponds. Mashpee-Wakeby Ponds. Leisurely trip following shoreline, lunch on sandy beach. PUT-IN DIRECTIONS: From Rt. 28 take Rt. 130N 2 mi to R at "State Landing" sign. LEVEL: 2 LIMITATIONS: Life vest required. L Nancy Wigley ((508) 548-2362, nrwigley@verizon.net)

Wed., Sep. 12. Onset Buttermilk Bay. Onset to Buttermilk Bay. Rt 25, Exit 1 to Onset, L on 6E/28S to Main Ave, 0.2 mi L Riverside Dr, Park on grass. pfd req. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Sep. 15. Leader's choice. Sandwich Old Harbor or Barnstable Harbor, or maybe Hall's Creek depending on wind direction. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Wed., Sep. 19. Pocasset Harbors. A leisurely 8-mi. tour around Bassett's Island and the harbors of Pocasset. PFD req. Spray skirt rec. Launch 10:30AM. Call for location. L Wesley Ewell ((774) 313-7599 7:00AM-9:00PM, twofootartist@yahoo.com)

Saturdays

Sep. 22. Indian Lakes, Marstons Mills. DESCRIPTION: Indian Lakes, Marstons Mills. Leisurely trip following shoreline, lunch on sandy beach. PUT-IN DIRECTIONS: Rt. 6, Exit 5 South on Rt 149 for 2.9 miles and turn right onto Mystic Drive (will have Indian Lakes sign). Cont. 0.7 miles to lane on right "Town Way to Water" LIMITATIONS: Life vest required. L Nancy Wigley ((508) 548-2362, nrwigley@verizon.net)

Wed., Sep. 26. New Bedford Harbor. New Bedford Harbor Acushnet River. I-195 Exit 15 Rt18S, At 4th light L Cove St to E Rodney French Blvd. Park at 1480 Rodney French on street. pfd req. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Saturdays

Sep. 29. Meetinghouse Pond, Little Pleasant Bay, Orleans. DESCRIPTION: Meetinghouse Pond, Little Pleasant Bay, Orleans. PUT-IN DIRECTIONS: From Rt 28 E on Main St to R on Barley Neck Rd, right at next fork (Barley Neck Rd) to town landing on R. LIMITATIONS: Life vest and spray skirt required. L Betty Hinkley ((508) 241-4782 any time, bhinkley@mindspring.com)

TRAILS & TRAILWORK

Contact the trails chair: trailschair@amcsem.org

Watch our short notice list for trails events!

FAMILY EVENTS

Watch our [chapter website](#) and the short notice email list for notices for family events!

(FT) (NM) Fri., Aug. 17-19. SEM Family Weekend. Join SEM for its First Annual Family Weekend at Noble View Outdoor Center. We'll spend the weekend hiking, playing games and cooking smores. Don't miss this great family weekend just 2 hours from Boston. L Jim Plouffe ((508) 586-1394, jimplouffe@comcast.net), L Christine Pellegrini , R Jim Plouffe ((508) 586-1394, jimplouffe@comcast.net)

SOCIAL COMMITTEE & SOCIAL EVENTS

Watch our [chapter website](#) and the short notice email list for notices for social events!

(FT) (NM) (CE) Sat., Jul. 21. Social Trip-Bridge of Flowers/High Ledges Mass Audubon, Shelburne Falls, MA. A day trip to visit the Bridge of Flowers in Shelburne Falls, MA, and walk through High Ledges Wildlife Sanctuary. We will plan to have lunch in Shelburne Falls. Opportunities for carpooling. L Jodi Jensen ((781) 249-8346,

jodiajensen@gmail.com), CL Ellen Correia ((508) 954-4099, ellenrcorreia@gmail.com), R Jodi Jensen ((781) 249-8346, jodiajensen@gmail.com)

SKIING (XC and DOWNHILL)

Contact the ski chair: xcskichair@amcsem.org

We had great fun this past winter – cross country skiing and downhill skiing. Watch our [chapter website](#) and the short notice email list for notices for events for next winter!

 **Think green**
If you print your e-Breeze, please recycle it when done



The Southeast Breeze

needs an editor! The monthly e-newsletter

is written by chapter members. All you have to do is assemble it using Microsoft WORD (and fix typos). Interested?

Contact communicationschair@amcsem.org

MAY 1208, JUNE 1203, July 1196



The Southeast Breeze

Monthly e-newsletter of the Appalachian Mountain Club
Southeastern Massachusetts Chapter
August, 2012

WRITTEN BY YOU FOR YOU

View from the Chair

By Jim Plouffe, Chapter Chair

Do you know what's happening in your chapter?

Did you read the May/June issue of the hardcopy AMCOutdoors magazine?

Did you see the picture of the SEM-ers on page 41?

Did you see the reference to our Red Line the Blue Hills hiking program on page 36?

Do you subscribe to the SEM short notice list? It has all the late breaking activities and cancellations. Go to our chapter website www.amcsem.org and sign up (bottom center).

Do you get the monthly e-Breeze, our chapter newsletter? No?
Call 800-373-1758 to sign up.

Do you get the monthly SEM email Blast? No? Call 800-373-1758 to sign up.

Do you know where the online trip listings are? No? Go to activities.outdoors.org. It's all there! Do you know where quick-links to the same activities are? On our chapter website at www.amcsem.org, click on the "schedules" tab.

Do you go to our SEM Facebook page? It has great pictures and descriptions of all our hikes and other activities. All posted by our members. So, go ahead and "like" us! (And follow us on Twitter.)

We've got great stuff going on all the time! Are you an "arm chair member"? Yes? Well, get up and come join us in some fun! We have a great summer planned for you...



CONTACT THE SEM CHAPTER CHAIR: chair@amcsem.org

NOTICES

Regular Meetings:

SEM Executive Board (6:30pm selected 2nd Wednesdays)
(contact chair@amcsem.org for more info)

Hike Planning Meetings 2012 (6:30pm 1st Wed. quarterly)
(contact hikingchair@amcsem.org for more info)

Where to find activities (hikes, bikes, paddles, etc.)

1. The monthly e-Breeze - arrives by email
2. AMC Outdoors - arrives by snailmail
3. Online trip listings (activities.outdoors.org)
4. Sign up for *short notice* trip listings at www.amcsem.org

Pix and Article Submissions

We encourage SEM members to submit articles and photos for both The Breeze and our website. Materials for publication will be edited for content and to fit available space. Please send to communicationschair@amcsem.org.

Next Month's e-Breeze Deadlines: 7th trips; 15th articles/pix

SEM Non-members

Not an SEM chapter member? Want the Breeze? Contact the AMC Member Center and set your preferences. Or get a copy at our website at www.amcsem.org.

Volunteers needed!

Curious about the inner workings of your chapter? Volunteer for the Executive Board! Have technical skills? Volunteer for our website! Have writing/editing skills? Volunteer for the *Breeze*! Like kids? Volunteer for CYP! Want to get out more? Volunteer to lead a hike, bike, or paddle! We have lots of volunteer positions open! Please contact chair@amcsem.org if you'd like to get more involved with the chapter.

Find us on Facebook * Follow us on Twitter
CHAPTER WEBSITE: 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. Preview the waiver at: www.amcsem.org, Documents.

The Southeast Breeze, the e-newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published 12 times a year. **Editor:** Cheryl Lathrop, **Asst. Editor:** Ann McSweeney, **Proofreader:** Kate Patroia. **Change of Address** to AMC, 5 Joy St., Boston, MA 02108, 800.372.1758, or www.outdoors.org/membercenter

2012 Executive Board & Committee Chairs

Chapter Chair	chair@amcsem.org Jim Plouffe, 508-562-0051
Vice Chapter Chair	vicechair@amcsem.org Luther Wallis, 508-923-1935
Treasurer	treasurer@amcsem.org Patty Rottmeier
Secretary	secretary@amcsem.org Karen Singleton, 508-730-7701
Past Chapter Chair	pastchapterchair@amcsem.org Wayne Anderson

Biking	bikingchair@amcsem.org Jon Fortier, 508-982-1855
Biking (Vice)	bikingvicechair@amcsem.org Dan Egan, 508-717-2687
Canoe/Kayak	paddlingchair@amcsem.org George Wey, 781-789-8005
Canoe/Kayak (Vice)	paddlingvicechair@amcsem.org Betty Hinkley, 508-241-4782
Cape Hiking	capehikingchair@amcsem.org Pat Sarantis, 508-430-9965
Cape Hiking (Vice)	capehikingvicechair@amcsem.org Farley Lewis, 508-775-9168
Communications	communicationschair@amcsem.org Cheryl Lathrop, 508-668-4698
Comms. (Vice)	communicationsvicechair@amcsem.org Open
Conservation	conservationchair@amcsem.org Maureen Kelly, 508-224-9188
Conservation (Vice)	conservationvicechair@amcsem.org Open
CYP Chair	cypcoordinator@amcsem.org Sally Delisa, 781-834-6851
Education	education@amcsem.org Len Ulbricht, 508-359-2250
Education (Vice)	educationvicechair@amcsem.org Open
Hiking	hikingchair@amcsem.org Walt Granda, 508-971-6444
Hiking (Vice)	hikingvicechair@amcsem.org Paul Miller, 508-369-4151
Membership	membershipchair@amcsem.org Jim Casey, 781-924-5228
Membership (Vice)	membershipvicechair@amcsem.org Vickie Beaulieu,
Skiing	xskichair@amcsem.org Barbara Hathaway, 508-880-7266
Skiing (Vice)	xskivicechair@amcsem.org Farley Lewis, 508-775-9168
Trails	trailschair@amcsem.org Lou Sikorsky, 508-678-3984
Trails (Vice)	trailsvicechair@amcsem.org Open

AD HOC COMMITTEES:

Social Chair Jodi Jensen, 781-762-4483
Family Events Chair Chris Pellegrini, 508-244-9203

STAFF:

Social Networking Susan Salmon (moderator)
Webmaster webmaster@amcsem.org
Breeze Editor communicationschair@amcsem.org

The chapter includes ~3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.

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

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- CYP Committee
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- Family Events Committee
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- [Paddling Committee](#)
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- Ski Committee
- Trails Committee

(Note: Not all committees are active each month.)

SEM STATS

PADDLING STATS

Since the start of the paddling season, the first of April, we have held twenty-six(26) paddling trips. A total of one hundred and sixty-four(164) people have participated in these trips. Vicki Blair-Smith has been on the most trips with twenty-one(21) Gifford Allen second with seventeen(17) and third George Wey twelve(12). Fifty-two(52) participants have paddled at least once. Average per trip is six(6) paddlers.

--George Wey, Paddling Chair

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Sue Salmon:
sfsalmon@hotmail.com
508-285-2440

THE E-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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PAID ADVERTISEMENT

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Breeze for \$10/month (\$100/year). Contact:
communicationschair@amcsem.org

CHAPTERWIDE EVENTS



First Annual SEM Family Weekend Southeastern Massachusetts Chapter At AMC's Noble View Outdoor Center August 18th and 19th, 2012

[MORE INFO](#)

- Family Games
- Family Hiking
- Movie on the lawn (weather permitting)
- Outside campfire for cooking marshmallows
- Warm Comfortable Lodge
- Full kitchen for some great family style meals
- Hot Showers
- Social hour (for adults after kids bedtime!)

AMC's Noble View Outdoor Center is in Russell, Massachusetts, only about 2 hours from Boston..... far enough away to be an adventure, but close enough for a weekend trek.

5th Annual Chapter Hut Weekend at Cold River Camp Southeastern Massachusetts Chapter of the AMC September 20 – 23, 2012

AMC's Cold River Camp is in Evans Notch, NH, on the easternmost part of the White Mountain National Forest.

[MORE INFO](#)

- Hiking
- Biking
- Paddling
- Movie on the lawn
- Social hour(s)
- Trail food cook-off
- Horseshoes
- Playground for children
- Campfires
- Warm Comfortable Lodge
- Library
- Hot Showers



EDUCATION COMMITTEE



**Wilderness First Aid (WFA) training
November 17 & 18, 2012
Borderland State Park
North Easton, MA**

The WFA course runs 8:30-4 Saturday and Sunday. SOLO has been engaged to provide the instruction. Pricing is as follows: \$145 AMC Member Price, \$170 for non-AMC members. Pricing includes lunch and break service both days.

Register with Len Ulbricht, Education Chair, at lenu44@gmail.com

Wilderness First Aid Course (WFA)

Wilderness First Aid is a comprehensive lesson in how to react, respond, and save life in remote, life-threatening situations.

Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify.

Babesiosis cases double on Cape

Lyme disease isn't the only tick-borne illness threatening Cape Codders. Cases of babesiosis and anaplasmosis doubled in Massachusetts between 2010 and 2011, and much like with Lyme disease the Cape and Islands are hot spots for the emerging diseases. Also known as Nantucket fever, babesiosis wasn't even identified until the 1970s... [[READ MORE](#)]

HIKING COMMITTEE

RED LINE the BLUE HILLS NEWS

Michael Swartz finished orange-lining on 07.22.12. That's his 4th time around all 140 miles of trails! Walking on every inch of every one of them!
(Michael is also a leader of the popular Red Line the Blue Hills Thursday night hiking group.)

See the RLBH website: www.amcsem.org/RLBHWS

See all RLBH finishers at: www.amcsem.org/RLBHWS/m_finishers.htm



Crag Hill, Blue Hills reservation
Thursday, RLBH Hike



Chickatawbut, Blue Hills reservation
Thursday, RLBH hike



Arethusa Falls/Frankensteen Cliff Hike
July 14th

HIKING COMMITTEE



Take a Long Hike

By Ray Anderson 

Hello fellow hikers.

Hello fellow hikers. Have you ever wondered whether you should hike in boots or trail shoes? My old leather boots on the right in the picture are more than twice as heavy as my trail shoes on the left. I had read somewhere that if your backpack weighs over forty pounds, you are better off with boots for ankle support.



I also remember reading (and know from banged up knees) that extra weight on your feet tires you out and makes you vulnerable to trips and falls.

Here's the thing: Pack light and you can wear trail shoes, otherwise known as hiking shoes, instead of heavier boots. For me, wearing trail shoes rather than boots has made a big difference in how I feel at the end of the day. I haven't hiked in boots for almost seven years and have much more energy on the trail. If I keep my pack weight (includes food, but not water) under thirty pounds, I'm fine in well-built trail shoes.

Remember, we are not talking "sneakers." We're talking supportive trail shoes, which are sold at the major hiking and outdoor stores. Although boots keep getting lighter as Gore-Tex replaces leather, trail shoes have become more versatile and are built to last. And they are quick and convenient. For a comprehensive summary of trail shoes, see this article on [low-cut hiking boots](#) in Backpacker magazine.

Visit Ray's hiking blog: www.TakeaLongHike.com

HIKING COMMITTEE

Acadia Trip Memories Summer 2012



Team Acadia



On Cadillac Summit



On Dorr Summit



Farewell Dinner at Lompoc Cafe

HIKING COMMITTEE

Franconia Ridge Hike Summer 2012



Summit of Lafayette



Franconia Ridge Trail



Falling Waters



Falling Waters Trail

BIKING COMMITTEE

Cyclists' Culinary Corner

Roasted Asparagus and Tomatoes

Olive oil mist
1 lb asparagus, trimmed
1/2 cup cherry or grape tomatoes
1/3 cup sliced shallots
1 1/2 tsp chopped fresh thyme
1/4 tsp salt
1/4 tsp pepper

Preheat oven to 400°F. Combine 1 pound trimmed asparagus, 1/2 cup cherry or grape tomatoes, 1/3 cup sliced shallots, 1 1/2 tsp chopped fresh thyme, 1/4 tsp salt, and 1/4 tsp pepper on a jelly-roll pan. Coat lightly with olive oil mist. Bake at 400°F for 6 minutes or until crisp-tender.

(Recipe adapted from Cooking Light Magazine)

A sweet problem: Princeton researchers find that high-fructose corn syrup prompts considerably more weight gain

Posted Mar 25, 2010 By Laurie Bellerio

A Princeton University research team has demonstrated that all sweeteners are not equal when it comes to weight gain:

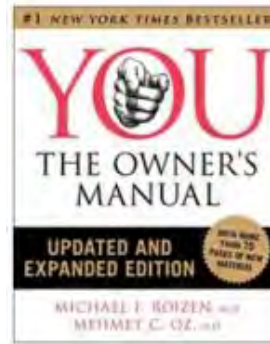
Rats with access to high-fructose corn syrup gained significantly more weight than those with access to table sugar, even when their overall caloric intake was the same.

In addition to causing significant weight gain in lab animals, long-term consumption of high-fructose corn syrup also led to abnormal increases in body fat, especially in the abdomen, and a rise in circulating blood fats called triglycerides. The researchers say the work sheds light on the factors contributing to obesity trends in the United States.

<http://www.princeton.edu/main/news/archive/S26/91/22K07/index.xml?section=topstories>



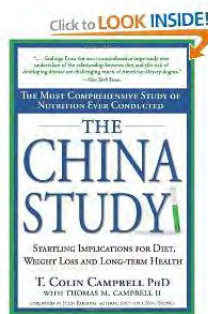
Cyclists' Bookshelf



YOU: The Owner's Manual

By **MEHMET OZ, MD** and
MIKE ROIZEN, MD

Between your full-length mirror and high-school biology class, you probably think you know a lot about the human body. While it's true that we live in an age when we're as obsessed with our bodies as we are with celebrity hairstyles, the reality is that most of us know very little about what chugs, churns, and thumps throughout this miraculous, scientific, and artistic system of anatomy. Yes, you've owned your skin-covered shell for decades, but you probably know more about your cell-phone plan than you do about your own body. When it comes to your longevity and quality of life, understanding your internal systems gives you the power, authority, and ability to live a healthier, younger, and better life.



The China Study

BY **T. COLLIN CAMPBELL**
PhD

This is the definitive guide to heart health. The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long-Term Health.

PADDLING COMMITTEE

Trip Report - Boston Harbor Outer Islands, Wed 11 Jul

Participants: Alex Russo, Jim Michard and George Wey, Leader

It was a perfect day for paddling to the Boston Harbor outer islands, very little boat traffic and a calm flat sea except for gentle swells beyond the outer Islands. We put-in at 10:30, went through the Gut on the Peddocks Island side, paddled over to Georges Island, crossed the Narrows between Georges and Lovells Island, and went along the Great Brewster Spit which is exposed at low water. When we reached the channel between Great Brewster and Calf Island we decided to forgo lunch on Calf Island and head out to Graves Light. We passed by Middle Brewster, Calf and Little Calf Islands, crossed the Hypocrite Channel, then pass Green Island and the exposed ledges of the Roaring Bulls and finally reached The Graves. There we encountered seals and a scuba diver looking for lobsters. The Lighthouse was completed in 1903 about the same time the government created the North Channel into Boston Harbor. After circling The Graves we headed back towards Outer Brewster to have lunch and found a place on its rugged shoreline to land next to remnants of a structure built during WW2 (see attached pictures). After lunch we proceeded past Middle Brewster then over to Boston Light, the oldest manned lighthouse in the United States located on Little Brewster Island. We paddled adjacent to the main ship channel towards Georges Island then across to Hull, through the Gut on the Hull side and back to the Put-in, arriving back at 3:00 for a trip total of 13.3 miles paddled. --George Wey





WHY VOLUNTEER FOR THE AMC?

Gain work experience! Add it to your resume!

Got a little free time to help us grow? Are you a people person who likes to help others? Are you concerned about environmental issues? Do you enjoy outdoor activities? Do you have some free time? If this sounds like you, then you may be interested in some opportunities to help our chapter of the AMC grow and better accomplish its mission. Get in touch with us and we'll be happy to tell you more. Contact: chair@amcsem.org



The Breeze accepts:

COMMUNITY CONNECTIONS: Upcoming Community Outdoor Activities You Might Be Interested In. Send items to communicationschair@amcsem.org

PERSONAL POSTS: This section of the Breeze highlights our members. If you have news, or know of news, contact the communicationschair@amcsem.org

SWAP STUFF: THE E-BREEZE WILL PUBLISH FREE ADS FOR MEMBERS TO SWAP/BARTER/SELL/TRADE/FREE OUTDOOR EQUIPMENT. Send your ads to: communicationschair@amcsem.org . Please put "BREEZE – SWAP" in the subject line.

PAID ADS: Got an AMC-related outdoorsy business? Run a paid business card-sized ad in the Breeze for \$10/month (\$100/year)! Contact: communicationschair@amcsem.org

COLUMNISTS: Got something to say? Want to be a regular Breeze columnist? Contact the Breeze editor to volunteer! communicationschair@amcsem.org

HAVE YOU BEEN TO OUR **FACEBOOK** PAGE YET? LIKE US!





NEWS FROM "JOY STREET"

The following information is from the AMC's central office at Joy St. in Boston and is written by them. Please contact them for additional details on anything in this section.

(cmartell@outdoors.org)

Save the Date for AMC's Fall Gathering

AMC's 2012 Fall Gathering will be held on October 19-21, at the Greenkill YMCA Retreat Center in Huguenot, NY. This year's gathering is being hosted by the New York-North Jersey Chapter in honor of their 100th Anniversary as a chapter. Everyone is invited to this club-wide event which will include hiking, biking, paddling and many more activities in the Catskill Mountains. Watch for details in the upcoming issues of AMC's *Outdoors* magazine or by visiting the NY-NoJ Chapter's website <http://www.amc-ny.org/>

CHAPTER ACTIVITIES

Note: These activities are taken directly from the AMC central online activity listing system.

All activity information appears exactly as entered by the activity leader.

Please contact the activity leader directly for any additional information on an activity.

activities.outdoors.org

SAVE THE DATE

CLUB-WIDE ACTIVITIES

AMC's Fall Gathering, October 19-21 www.amc-ny.org

CHAPTER-WIDE ACTIVITIES

TBD

SAVE THE DATE

SEM Chapter Hut Weekend, Sept 20-23

SEM Wilderness First Aid (fall) November 2012

SEM Annual Meeting, November 4, 2012

SEM Winter Hiking Series, November 3, 2012

(See our website for details: www.amcsem.org,
and click on the "Upcoming Events" tab)

CHAPTER ANNOUNCEMENTS

Watch our [website](#) for the latest in AMC SEM!

NOTE ACTIVITIES MARKED FOR :

FT = First Timer **NM** = New Member

FULL LIST of ACTIVITIES at AMCSEM.ORG
(see 'schedules' tab)

Last minute activities (and cancellations) are posted on
our Short Notice Email List (SNEL). Sign up for this list
on our website, amcsem.org.

CHAPTER FUN

SEM FAMILY WEEKEND. August 18-19. AMC Noble
View Outdoor Center. [MORE INFO](#)

SEM Chapter Hut Weekend. Thu., Sep. 20-23.
Cold River Camp, Evans Notch 1-3 nights. Can't beat
location, activities, price. Preference given to SEM
Members. L/R Jim Plouffe (508-586-1394,
Chair@amcsem.org) [MORE INFO](#)

CHAPTER PROJECTS

D.W. Field Park Revitalization Project. We need
your help to make this project a reality. If you are
interested in helping, please email Jim Plouffe,
chair@amcsem.org or Maureen Kelly,
conservationchair@amcsem.org

SEM's Nike Reuse-A-Shoe Program.

www.amcsem.org/news.html

www.nikereuseashoe.com

Know what's happening in your chapter?

If not, visit our website, find us on FACEBOOK, or follow us on TWITTER

www.amcsem.org * www.facebook.com/AMCSEM * www.twitter.com/amcsem

HIKING / BACKPACKING

HIKE PLANNING MEETINGS: are held the 1st Wednesday of March, June, September, December. Contact hikingchair@amcsem.org for information.

IMPORTANT: Hikers unsure of their ability should try only 1 level more difficult than previously completed. No pets without permission of trip Leader. Registration req'd 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 activities.outdoors.org. Sign up for the SEM Short Notice E-Mail Trip List at www.amcsem.org.

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

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

IMPORTANT: No pets w/o prior permission of trip leader. Individuals under 18 years of age must be accompanied by a parent or responsible adult, and obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 week prior to the trip so Ls can discuss prior hiking exp., conditioning, clothing, and equipment. Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

(FT) (NM) Thursdays

Aug. 2. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Fri., Aug. 3-5. Wildcat and Washington. Join us for 2 nights in Pinkham Notch at Joe Dodge Lodge. Hike Wildcat D on Friday to warm up your legs. Saturday we'll head out early for the Mt. Washington summit via the Tuckerman Ravine Trail. Return on the Boott Spur Trail. Sunday, a nice short walk to stretch your legs at Glen Ellis Falls. Cost includes 2 nights lodging in shared rooms, 2 dinners and 2 breakfasts. L Maureen Kelly ((508) 224-9188 before 8pm, MoKel773@aol.com), CL Jim Casey (Cmne@comcast.net), R Maureen Kelly ((508) 224-9188, Moke1773@aol.com)

(AN) (CE) Mon., Aug. 6-9. White Mountain Hut to Hut Trek. Our Trip this year will trek across Franconia, Garfield, and Zealand Ridges while enjoying lodging and meals at the AMC Greenleaf, Galehead, and Zealand White Mountain Huts. L Ken Jones ((508) 697-0142 6pm-9 pm except Thur., lotsoluck@comcast.net), L Leslie Carson ((508) 833-8237), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6 pm - 9 pm except Thur., lotsoluck@comcast.net)

(FT) (NM) Thursdays

Aug. 9. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays

Aug. 16. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Sat., Aug. 18. Introduction to AMC Hiking-Walkabout Trail. Enjoy an untouched hiking trail that was cut and named by Australian soldiers back in 1965, while their ship, the Perth, was in dry dock in Newport, Rhode Island. The name refers to the wanderings of the Aboriginines of Australia. L Susan Chiavaroli ((508) 252-4164, brillo6452@yahoo.com), CL Nancy Coote (nmcoote@yahoo.com), R Nancy Coote ((508) 596-8222 7-9PM, nmcoote@yahoo.com)

(FT) (NM) Thursdays

Aug. 23. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Aug. 25. Tripyramid Loop. 11.1 mi loop, el. North Peak 4,140 ft, Middle Peak 4,110, net el change 2,800 ft. wet sections, steep sections, views. Experienced and conditioned hikers only. This is a long strenuous hike with steep rock ascent and loose gravel descent. L Len Ulbricht (lenu44@gmail.com), CL Karen Singleton (karen.singleton@comcast.net), R Len Ulbricht ((508) 359-2250 before 9 pm, lenu44@gmail.com)

(AN) (CE) Mon., Aug. 27-31. Gulf Hagas and Mount Katahdin Backpack. Join us for an night of tent camping in the Gulf Hagas area with a hike along the Rim Trail followed by three nights of lean to accommodations at Chimney Pond in Baxter State Park. Weather permitting we will summit Mount Katahdin, traverse the Knife Edge and summit Mount Pamola. We will also plan on climbing Hamlin Peak via Hamlin Ridge. Group dinners provided. L Ken Jones ((508) 697-0142 6-9 pm except Thursday, lotsoluck@comcast.net), CL Luther Wallis ((508) 310-3949, lew89@comcast.net), R Ken Jones (207 Walnut Street, Walnut Street, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays

Aug. 30. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays

Sep. 6. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays

Sep. 13. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe

Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Thu., Sep. 13-16. Adirondack Sampler. Visit the 6 million acer Adirondack Park in upstate New York. In September summer crowds are gone, there are no bugs. The nights are cool for sleeping and the water in the lakes is still warm enough to swim. Base tent camp at ADK Loj group site. Visit Adirondack Museum in Blue Mt. lake. Hike the high peaks and canoe Saranac Lake. Fees for museum, camping, rentals and food. Limited to 12 participants. \$50 deposit due by 8/12. L Mike Woessner ((508) 577-4879, stridermw@hotmail.com), CL Kevin Mulligan , CL Luther Wallis , R Mike Woessner (12 Bradley Ln., Westford, MA 01886, (508) 577-4879, Stridermw@hotmail.com)

(FT) (NM) (AN) (XCE) (SN) Thu., Sep. 20-23. SEM Chapter Hut Weekend. Join us for our fifth annual trip to Cold River Camp, situated in Evans Notch, NH near the Maine border. Stay one, two, or three nights. The third night allows us to spend the entire day Friday hiking, biking, and kayaking. Can't beat the location, activities and the price. Cost is per person, per night and includes a comfortable cabin with a fireplace, meals and all the fun you can handle. Open to all AMC members clubwide, but preference will be given to SEM members if space becomes limited. L Jim Plouffe ((508) 586-1394, Chair@amcsem.org), R Jim Plouffe ((508) 586-1394)

(FT) (NM) Thursdays

Sep. 20. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays

Sep. 27. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(CE) Sun., Sep. 30. Wapack Trail end to end. Section #1, 9.1 miles from MA 119 to NH 123/124. Join us as we traverse the ridgeline of the Wapack Range in southern NH. This area is remote, with great views of southern NH and north central MA. This first section include a climb to the summit of Mt Watatic. Upon registering, further info will be provided. L Fred Wason ((508) 838-6049, fmwason@gmail.com), CL Steve Maxfield , R Steve Maxfield ((508) 944-0321, fredmax56@aol.com)

CAPE COD HIKES

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.") Contact the Cape Hikes Chair: capehikingchair@amcsem.org . Cape Hikes are generally suspended during the summer months due to parking problems.

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

Watch our [chapter website](#) and the short notice email list for notices for events!

Thu., Sep. 13. West Falmouth-Bourne&Cardoza Farms (C3C). Wooded flats, hills, bogs, ponds, cattle tunnel. Meet 9:45 for 10:00 start, 2 1/4 hours. Bourne Bridge, 28S, or 151 W to 28 S. Thomas Landers exit. R to stop sign; R on 28A. Quick L into lot. Heavy rain, wind cancels. L Cathy Giordano ((508) 243-3884 before 9 PM, cmgiordan@msn.com)

Sun., Sep. 16. Brewster, Nickerson State Park (C3C). Hike the ponds of Nickerson SP. Woods trails. Some hills. Entrance to park on 6A, Brewster. Stay on main road 1.7 mi to pkg at Fisherman's landing on R. Meet 12:45. Heavy rain cancels. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Thu., Sep. 20. Truro - Bearberry Hill (C3C). Sand path w 360 ocean view ending at LongnookBch. Rte 6 to Pamet Rd, R off ramp, L on S Pamet Rd to beach pkg lot at end. Meet at 9:45 for 10:00 start, 2 hrs. L Pat Sarantis ((508) 430-9965, patsarantis@gmail.com)

Sun., Sep. 23. E Sandwich Benjamin Nye (C3C). E Sandwich Benjamin Nye, meet at 12:45 PM start 1 PM. Rte 6 Chase Rd turn N, 1st L Old County Rd. Park in circular drive across from Nye home. L Jane Harding ((508) 833-2864 Before 9 PM, janeharding@comcast.net), R J Harding (20 Great Hills Drive, E Sandwich, MA 02537, (508) 833-2864 Before 9PM, janeharding@copmcast.net)

(CE) Thu., Sep. 27. Harwich, Herring River - (C3C). Hike along Harwich Reservoirs and River - Park at Sand Pond on Great Western Rd. L Peter Selig ((508) 432-7656, pandmselig@hotmail.com)

BIKE RIDES

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 (schedules), or use the AMC online trip listing system: activities.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		
Mis	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

WANTED: Ride Leaders and Co-Leaders. WANTED: Ride Leaders and Co-Leaders. Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes,

then why not share your enthusiasm and routes w/ your fellow AMC members? Contact Bike Chair (bikingchair@amcsem.org) for more info.

AMC SEM 2,000 Mile Club. Join our unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair to register your mileage and for more info. (bikingchair@amcsem.org)

Turn Those Tires on Tues. Rides scheduled all year long, weather permitting. 25 mi of road or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location and directions. Intermed. pace. Riders and bicycles in top shape; tires and riders pumped and ready to roll; helmets and water req'd. L Paul Currier (508-833-2690 8 am-7 pm, pbencurrier@hotmail.com)

(FT) (NM) (CE) Wednesdays

Aug. 1. Sunset/Full Sturgeon Moon Ride. From Sagamore Rec Area ride through Sagamore and along the canal at an intermediate pace for 22 miles. Beautiful sunset over Buzzards Bay and moon rise over Plymouth Bay. Ride starts about 2 hours before sunset. Tires and riders pumped and ready to roll. Helmets, spare tube and tools and water required as is registration. Cancellation/rescheduling sent to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Aug. 14. A Chatham Ride. An evening start on the Rail Trail in Harwich. Ride into Chatham and Stage Harbor, Morris Island, along the shore by the lighthouse and fish pier and continue into North Chatham to Allen's Point and a view of the breaks. Return to the Rail Trail and perhaps include an ice cream stop at Harwich Bob's Ice Cream Emporium before returning to the starting point. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Fridays

Aug. 31. Sunset/Full Red Moon Ride. From Sagamore Rec Area ride through Sagamore and along the canal at an intermediate pace for 22 miles. Beautiful sunset over Buzzards Bay and moon rise over Plymouth Bay. Ride starts about 2 hours before sunset. Tires and riders pumped and ready to roll. Helmets, spare tube and tools and water required as is registration. Cancellation/rescheduling sent to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Sep. 11. A Dennis North Shore Ride. An evening start on Main St. in S. Dennis. Ride to Scargo Tower (hill) and continue to Harbor View Beach and a shore tour of the quaint roads and beaches of the north shore to Chapin Beach. Return on some streets (another hill) and some cycling roads to the start point. If time allows, a stop at Bray Farm. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Saturdays

Sep. 22. Autumnal Equinox/Sayonara to Summer Ride. 25 +/- mile ride From Skaket Beach in Orleans for a tour of the bay including Rock Harbor. Return on some nook and cranny roads including Sunken Meadow, Crooks, Campground, Thumpertown, and First Encounter Beaches for sunset at Skaket - one of our premier sunset locations. Tires and riders pumped and ready to roll about 2 hours before sunset. Helmets, tube and tools, and water required as is registration. Changes sent to registered riders only. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Saturdays

Sep. 29. Sunset/Full Harvest Moon ride. From Sagamore Rec Area ride through Sagamore and along the canal at an intermediate pace for 22 miles. Beautiful sunset over Buzzards Bay and moon rise over Plymouth Bay. Ride starts about 2 hours before sunset. Tires and riders pumped and ready to roll. Helmets, spare tube and tools and water required as is registration. Cancellation/rescheduling sent to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

CHAPTER YOUTH PROGRAM (CYP)

WANTED: Chapter Youth Program (CYP) Leaders. Share your outdoor knowledge and leadership skills with local groups of children. Give your time to these programs to help kids get outside who might not otherwise have the opportunity. A typical Chapter Youth Program (CYP) might include a local walk with some nature lesson or trail games. CYP leader training and screening is required. L Sally Delisa (picpocit@verizon.net) or cypcoordinator@amcsem.org

Watch our [chapter website](#) and the short notice list for notices for CYP events!

PADDLES

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 MA"). Contact the paddle chair: paddlingchair@amcsem.org

Trip Ratings/Levels:

Level 1- No previous or little sea kayak experience is required.

Level 2 - You should feel that you can perform the following: a) paddle 6 miles in a day given the weather conditions for that day; b) a wet exit; c) maintain a straight heading without the use of a rudder; and d) turn your kayak using forward and reverse "sweep" strokes.

Level 3 - All of the above, and in addition feel confident in: a) assisting and performing a deep water rescue; b) paddle 13 miles in a day given the conditions for that day; c) paddle in 10 to 15 knot winds with seas of 2 to 3 feet; d) be able to launch and land from a beach in these conditions; e) use a marine band VHF radio.

Level 4 - All of the above plus: a) paddle 15 miles in a day given the conditions for that day; b) paddle in 20 knot winds; c) handle open ocean, large swells.

Level 5 - All of the above, and be able to paddle 20 miles in 25 knot winds with adverse sea conditions.

Wed., Aug. 1. Assonet River to Battleship Cove. Put-in is Hathaway Park (41° 47.621 - 71° 4.376), off Water St., Assonet. We will paddle out to and down the Taunton River to Battleship Cove. Total distance ~15 miles. Sea Kayaks only, PFD and spray skirts required. Level 3. If the tide has been calculated correctly, this should be an easy paddle. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net), CL Haven Roosevelt ((508) 636-0006 anytime, havenesq@comcast.net)

Sat., Aug. 4. Monk's Cove to Bassetts Is.. Put-in is Monks Cove (41° 42.235 - 70° 37.002), Pocasset. Pick up Barlows Landing Rd. off Rte 28 in Bourne. Follow it into Pocasset. Turn right onto Shore Rd. at the church. Go 8/10's of a mile and turn left onto

Valley Bars Cir. We will paddle out and around Wings Neck then over to Basset's Island for lunch. Sea Kayaks, PFD and spray skirt required. Total distance under 12 miles. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Wed., Aug. 8. Slocum River Giles Creek. Eleven mile round trip down river, up Giles Creek and back. I-195, Exit 12, South Faunce Corner, cross Rt 6 to Old Westport Rd to Chase Rd, R on Russells Mills Rd to town park on left. PFD required. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Aug. 11. Lewis Bay. Lewis Bay, Uncle Robert's Cove, lunch on Egg Island, perhaps a foray into Hyannis Inner Harbor. L Ed Foster ((508) 420-7245, erfoster@comcast.net), CL Bill Fischer ((508) 420-4137)

Wed., Aug. 15. Weir River, Hingham Bay Islands. Put-In at Beach Pkg. Lot off Rt. 3A, just before Hingham Harbor Rotary. Level 3 Paddle. PFD, Spray Skirts Req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey ((781) 789-8005 anytime, geowey@comcast.net)

Sat., Aug. 18. Nauset Marsh, Eastham. 9mi.+paddle.put-in, 1.5mi. N of Rt. 6 Eastham Rotary to Hemenway on R. PFD, Spray Skirts Req. Level 3 Paddle L George Wey (781-789 - 8005, geowey@comcast.net) CL Bill Fischer. L George Wey ((781) 789-8005 anytime, Geowey@comcast.net), CL Bill Fischer ((508) 420-4137, wmbarbarafischer@comcast.net)

Wed., Aug. 22. Allens Pond. DeMarest Lloyd SP to Allens Pond. I 195 Exit 12, South Faunce Corner Rd, cross Rt 6 to Old Westport Rd, R Russells Mills Rd, south on Horseneck Rd, straight on Barneys Joy Rd, follow signs to DeMarest Lloyd State Park. pfd req. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Aug. 25. Leader's Choice. Boston Harbor or Hingham Bay. Put-In: Hull Gut, Hull, Ma. Level 3 Paddle. PFD, Spray Skirt Req. L George Wey (781 789-8005, geowey@comcast.net). L George Wey ((781) 789-8005 anytime, geowey@comcast.net)

Wed., Aug. 29. Clay's Creek and Barnstable Harbor. We'll pick our way through Clay's Creek and eventually emerge into Barnstable Harbor. Maybe get into Hallett's Mill Pond. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Sat., Sep. 1. Wellfleet Harbor. Put-in: From Route 6 in Wellfleet turn left at the traffic light toward Wellfleet Center and Harbor. Go 0.3 m and turn left on East Commercial Street. Go 0.7 m to the Town Marina and Harbor. Turn right on Kendrick Ave. The parking lot for Mayo Beach is a few hundred feet on the left. Life vest and spray skirt req. L Don Palladino ((508) 349-2950, djp1958@comcast.net)

Wed., Sep. 5. Shoestring Bay. Several options depending on conditions. Preregistration for put in info. Spray skirts required. L Louise Foster ((508) 420-7245 Anytime, janelouise@comcast.net)

Saturdays

Sep. 8. Mashpee-Wakeby Ponds. Mashpee-Wakeby Ponds. Leisurely trip following shoreline, lunch on sandy beach. PUT-IN DIRECTIONS: From Rt. 28 take Rt. 130N 2 mi to R at "State Landing" sign. LEVEL: 2 LIMITATIONS: Life vest required. L Nancy Wigley ((508) 548-2362, nrwigley@verizon.net)

Wed., Sep. 12. Onset Buttermilk Bay. Onset to Buttermilk Bay. Rt 25, Exit 1 to Onset, L on 6E/28S to Main Ave, 0.2 mi L Riverside Dr, Park on grass. pfd req. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Sep. 15. Leader's choice. Sandwich Old Harbor or Barnstable Harbor, or maybe Hall's Creek depending on wind direction. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Wed., Sep. 19. Pocasset Harbors. A leisurely 8-mi. tour around Bassett's Island and the harbors of Pocasset. PFD req. Spray skirt rec. Launch 10:30AM. Call for location. L Wesley Ewell ((774) 313-7599 7:00AM-9:00PM, twofootartist@yahoo.com)

Saturdays

Sep. 22. Indian Lakes, Marstons Mills. DESCRIPTION: Indian Lakes, Marstons Mills. Leisurely trip following shoreline, lunch on sandy beach. PUT-IN DIRECTIONS: Rt. 6, Exit 5 South on Rt 149 for 2.9 miles and turn right onto Mystic Drive (will have Indian Lakes sign). Cont. 0.7 miles to lane on right "Town Way to Water" LIMITATIONS: Life vest required. L Nancy Wigley ((508) 548-2362, nrwigley@verizon.net)

Wed., Sep. 26. New Bedford Harbor. New Bedford Harbor Acushnet River. I-195 Exit 15 Rt18S, At 4th light L Cove St to E Rodney French Blvd. Park at 1480 Rodney French on street. pfd req. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Saturdays

Sep. 29. Meetinghouse Pond, Little Pleasant Bay, Orleans. DESCRIPTION: Meetinghouse Pond, Little Pleasant Bay, Orleans. PUT-IN DIRECTIONS: From Rt 28 E on Main St to R on Barley Neck Rd, right at next fork (Barley Neck Rd) to town landing on R. LIMITATIONS: Life vest and spray skirt required. L Betty Hinkley ((508) 241-4782 any time, bhinkley@mindspring.com)

TRAILS & TRAILWORK

Contact the trails chair: trailschair@amcsem.org

Watch our short notice list for trails events!

FAMILY EVENTS

Watch our [chapter website](#) and the short notice email list for notices for family events!

(FT) (NM) Fri., Aug. 17-19. SEM Family Weekend. Join SEM for its First Annual Family Weekend at Noble View Outdoor Center. We'll spend the weekend hiking, playing games and cooking smores. Don't miss this great family weekend just 2 hours from Boston. L Jim Plouffe ((508) 586-1394, jimplouffe@comcast.net), L Christine Pellegrini , R Jim Plouffe ((508) 586-1394, jimplouffe@comcast.net)

SOCIAL COMMITTEE & SOCIAL EVENTS

Watch our [chapter website](#) and the short notice email list for notices for social events!

SKIING (XC and DOWNHILL)

Contact the ski chair: xskichair@amcsem.org

We had great fun this past winter – cross country skiing and downhill skiing. Watch our [chapter website](#) and the short notice email list for notices for events for next winter!

 **Think green**
If you print your e-Breeze, please recycle it when done

MAY 1208, June 1203, July 1196, Aug 1193



The Southeast Breeze

Monthly e-newsletter of the Appalachian Mountain Club
Southeastern Massachusetts Chapter
September, 2012

WRITTEN BY YOU FOR YOU

View from the Chair

By Jim Plouffe, Chapter Chair

SEM 1st Annual Family Weekend was a great success!
Mark your calendar for next year: August 23-25, 2013.



CONTACT THE SEM CHAPTER CHAIR: chair@amcsem.org

NOTICES

Regular Meetings:

SEM Executive Board (6:30pm selected 2nd Wednesdays)
(contact chair@amcsem.org for more info)

Hike Planning Meetings 2012 (6:30pm 1st Wed. quarterly)
(contact hikingchair@amcsem.org for more info)

Where to find activities (hikes, bikes, paddles, etc.)

1. The monthly e-Breeze - arrives by email
2. AMC Outdoors - arrives by snailmail
3. Online trip listings (activities.outdoors.org)
4. Sign up for *short notice* trip listings at www.amcsem.org

Pix and Article Submissions

We encourage SEM members to submit articles and photos for both The Breeze and our website. Materials for publication will be edited for content and to fit available space. Please send to communicationschair@amcsem.org.

Next Month's e-Breeze Deadlines: 7th trips; 15th articles/pix

SEM Non-members

Not an SEM chapter member? Want the Breeze? Contact the AMC Member Center and set your preferences. Or get a copy at our website at www.amcsem.org.

Volunteers needed!

Curious about the inner workings of your chapter? Volunteer for the Executive Board! Have technical skills? Volunteer for our website! Have writing/editing skills? Volunteer for the *Breeze*! Like kids? Volunteer for CYP! Want to get out more? Volunteer to lead a hike, bike, or paddle! We have lots of volunteer positions open! Please contact chair@amcsem.org if you'd like to get more involved with the chapter.

Find us on Facebook * Follow us on Twitter
CHAPTER WEBSITE: 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. Preview the waiver at: www.amcsem.org, Documents.

The Southeast Breeze, the e-newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published 12 times a year. **Editor:** Cheryl Lathrop, **Asst. Editor:** Ann McSweeney, **Proofreader:** Kate Patroia. **Change of Address** to AMC, 5 Joy St., Boston, MA 02108, 800.372.1758, or www.outdoors.org/membercenter

2012 Executive Board & Committee Chairs

Chapter Chair	chair@amcsem.org Jim Plouffe, 508-562-0051
Vice Chapter Chair	vicechair@amcsem.org Luther Wallis, 508-923-1935
Treasurer	treasurer@amcsem.org Patty Rottmeier
Secretary	secretary@amcsem.org Karen Singleton, 508-730-7701
Past Chapter Chair	pastchapterchair@amcsem.org Wayne Anderson

Biking	bikingchair@amcsem.org Jon Fortier, 508-982-1855
Biking (Vice)	bikingvicechair@amcsem.org Dan Egan, 508-717-2687
Canoe/Kayak	paddlingchair@amcsem.org George Wey, 781-789-8005
Canoe/Kayak (Vice)	paddlingvicechair@amcsem.org Betty Hinkley, 508-241-4782
Cape Hiking	capehikingchair@amcsem.org Pat Sarantis, 508-430-9965
Cape Hiking (Vice)	capehikingvicechair@amcsem.org Farley Lewis, 508-775-9168
Communications	communicationschair@amcsem.org Cheryl Lathrop, 508-668-4698
Comms. (Vice)	communicationsvicechair@amcsem.org Open
Conservation	conservationchair@amcsem.org Maureen Kelly, 508-224-9188
Conservation (Vice)	conservationvicechair@amcsem.org Open
CYP Chair	cypcoordinator@amcsem.org Sally Delisa, 781-834-6851
Education	education@amcsem.org Len Ulbricht, 508-359-2250
Education (Vice)	educationvicechair@amcsem.org Open
Hiking	hikingchair@amcsem.org Walt Granda, 508-971-6444
Hiking (Vice)	hikingvicechair@amcsem.org Paul Miller, 508-369-4151
Membership	membershipchair@amcsem.org Jim Casey, 781-924-5228
Membership (Vice)	membershipvicechair@amcsem.org Vickie Beaulieu,
Skiing	xskichair@amcsem.org Barbara Hathaway, 508-880-7266
Skiing (Vice)	xskivicechair@amcsem.org Farley Lewis, 508-775-9168
Trails	trailschair@amcsem.org Lou Sikorsky, 508-678-3984
Trails (Vice)	trailsvicechair@amcsem.org Open

AD HOC COMMITTEES:

Social Chair Jodi Jensen, 781-762-4483
Family Events Chair Chris Pellegrini, 508-244-9203

STAFF:

Social Networking Susan Salmon (moderator)
Webmaster webmaster@amcsem.org
Breeze Editor communicationschair@amcsem.org

The chapter includes ~3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.

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

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- [Chapter Activities & Trips](#)
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- CYP Committee
- [Education Committee](#)
- Family Events Committee
- [Hiking Committee](#)
- Membership Committee
- [News From Joy Street](#)
- [Paddling Committee](#)
- Social Committee
- Ski Committee
- [Trails Committee](#)

(Note: Not all committees are active each month.)

**SWAP * BARTER * SELL *
TRADE * FREE**

**Women's Huffy 10 Speed Hybrid Bicycle
and New Helmet. Free.
Contact Sue Salmon: 508-285-2440**

**Men's Nike Air Flight Condor shoes,
size 12, worn once. \$50.
Contact Sue Salmon: 508-285-2440**

THE E-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.



PAID ADVERTISEMENT

Got an AMC-related outdoorsy business?
Run a paid business card-sized ad in the
Breeze for \$10/month (\$100/year). Contact:
communicationschair@amcsem.org

CHAPTERWIDE EVENTS

2012 AMC SEM ANNUAL MEETING

Saturday, November 3, 2012

Salerno's Function Hall
196 Onset Avenue, 2nd floor • Onset, MA 02558
Telephone: 508-291-6182

Agenda:

- 5:00 – 6:00 pm Happy Hour (cash bar open throughout the evening)
- 6:00 – 6:30 pm Business Meeting (including election of 2012 Board)
- 6:30 – 7:30 pm Dinner Buffet
- 7:30 – 7:50 pm Awards
- 7: 50 – 8:00 pm Break
- 8:00 – 8:45 pm Guest Speaker: John Galluzzo, a local historian and the adult education and citizen science coordinator for Mass Audubon's South Shore Sanctuaries will give a presentation on his latest book, Half an Hour a Day Across Massachusetts - Finding Open Space in all 351 Cities and Towns.

Reminder. The AMC/SEM Annual Winter Workshop will be held November 3rd from 1:00 to 4:00 p.m. at the Lakewood Hills Property Owners Association Clubhouse, 7 Kiahs Way, East Sandwich, MA. Contact the hikingchair@amcsem.org for more information.

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 6th
\$30.00/per person for registrations received **after** Saturday, October 6th

If registering by mail, please send this completed form, along with appropriate payment, to: AMC SEM, c/o Patricia Rottmeier, 2 Killdeer Lane, Nantucket, MA 02554.

Deadline to Register is Wednesday, October 17th.

CHAPTERWIDE EVENTS

**5th Annual Chapter Hut Weekend
at Cold River Camp
Southeastern Massachusetts Chapter
of the AMC
September 20 – 23, 2012**

AMC's Cold River Camp is in Evans Notch, NH, on the easternmost part of the White Mountain National Forest.

[MORE INFO](#)

- Hiking
- Biking
- Paddling
- Movie on the lawn
- Social hour(s)
- Trail food cook-off
- Horseshoes



- Playground for children
- Campfires
- Warm Comfortable Lodge
- Library
- Hot Showers

EDUCATION COMMITTEE



**Wilderness First Aid (WFA) training
November 17 & 18, 2012
Borderland State Park
North Easton, MA**

The WFA course runs 8:30-4 Saturday and Sunday. SOLO has been engaged to provide the instruction. Pricing is as follows: \$145 AMC Member Price, \$170 for non-AMC members. Pricing includes lunch and break service both days.

Register with Len Ulbricht, Education Chair, at lenu44@gmail.com

Wilderness First Aid Course (WFA)

Wilderness First Aid is a comprehensive lesson in how to react, respond, and save life in remote, life-threatening situations.

Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify.

HIKING COMMITTEE



RED LINE the BLUE HILLS NEWS

Bill Vickstrom finished blue-lining on 08.21.12. That's his 2nd time around all 140 miles of trails! Walking on every inch of every one of them! Everyone receives a patch whenever they finish a colored round.

See the RLBH website: www.amcsem.org/RLBHWS See all RLBH finishers at: www.amcsem.org/RLBHWS/m_finishers.htm

Tripyramid Loop Hike, 8/25/12



North Tripyramid Summit



Middle Tripyramid Summit



Descent from South Tripyramid



Descent rest stop amid boulders & scree

HIKING COMMITTEE

Franconia Ridge Hut-to-Hut, August 6-9



Three day, 25 mile trek across some of the White Mountains most scenic wilderness areas.

YouTube video: <http://www.youtube.com/watch?v=Vudev3qXvs&feature=plcp>

HIKING COMMITTEE

Mt. Tecumseh

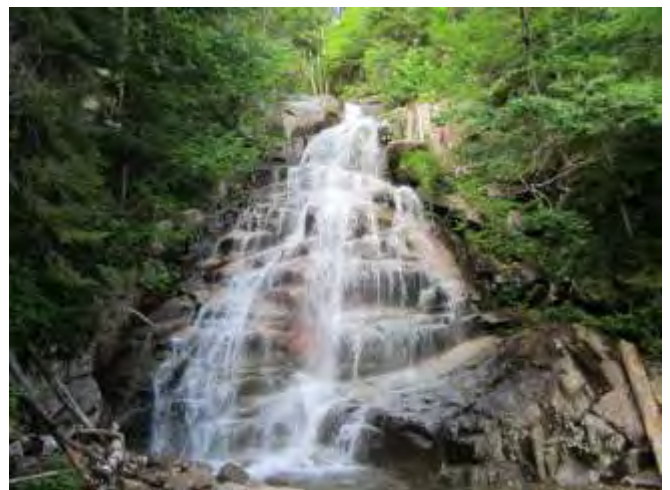
July 21, 2012



HIKING COMMITTEE

Lincoln-Lafayette Hike

June 30, 2012



HIKING COMMITTEE



Take a Long Hike

By Ray Anderson 

Hello fellow hikers.



I go nuts in outdoor stores. Everything looks good, and I try to rationalize that items I don't need may come in handy.

Hiking Tip: Improvise and save \$. Here are a couple of ways you can be frugal and get the job done.

Sleeping warm I found that I became colder in my bag by morning. I was convinced dampness seeped up through my tent floor and through my pad into my sleeping bag. Obvious solution---buy a warmer bag. Then I remembered several hikers who placed contractor insulation paper on their tent floor and put their sleeping pad over that. I can tell you it makes a difference, in the same way such insulation retards cold and moisture from getting into your house. Tyvek insulation paper does the same thing that DuPont and other insulation paper



will. A local carpenter cut me the piece above, and it weighs next to nothing.



Mesh Dunk and Storage Bags To air out stinky clothes, to soak or chill something in a stream, to store garbage, etc., meshed ditty bags, sold in outdoor shops, are popular on the trail and in camps. But the citrus bags (holding oranges and grapefruit), which my wife brings home from the grocer work just fine. I save them and use a couple of new ones on every extended hike. They do the job, and I'll never run out.

You work hard for your dollars, so improvise and save a few. Happy trails!

Visit Ray's hiking blog: www.TakeaLongHike.com

HIKING COMMITTEE

Thursday Hikers Myles Standish



HIKING COMMITTEE

Acadia, July 8-13



HIKING COMMITTEE

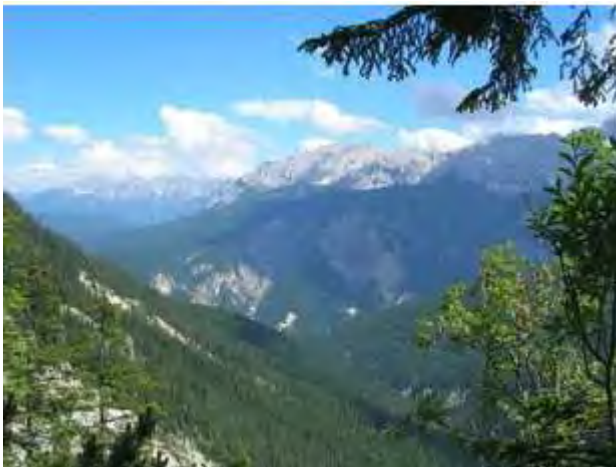
Where would you like to go? AMC Adventure Travel can help you get there!

(Submitted by Robin Melavalin)

Join other outdoorsy folks on an AMC hike in Morocco, the Alps, New Zealand, Patagonia, Hawaii, Ireland, Death Valley or Yosemite. There are over 20 trips to choose from, with a wide variety of activities and skill levels, and more will be added this fall. Sign up now for travel in 2013 and get ready to start packing! Trips are listed at this link <http://activities.outdoors.org/search/index.cfm?type=2&sortby=date>.

Want to lead AMC Adventure Travel programs? We are always looking for more co-leaders and leaders. Design trips to suit your schedule, abilities and activity interests (hiking, biking, skiing, horseback riding, paddling, etc.) and go to the places you want to. Always dreamed of visiting Alaska? Hiking hut-to-hut in the Alps? Kayaking in Baja? Here's your chance! The leader and co-leader travel at low cost or free, depending on the number of participants. The annual training for AT leadership is in CT the weekend before Thanksgiving, with registration due Nov 1. You must be a leader in your local chapter before co-leading an AT trip, but if you are in the process of becoming a leader you may attend the training since it is only offered once a year. The training registration packet and more information about the requirements are available online at <http://activities.outdoors.org/search/index.cfm/action/details/id/63554>.

For more information contact Cindy Martell at cmartell@outdoors.org.



Bavarian Alps



Trek in Morocco

HIKING COMMITTEE

Washington Summit, August 4, 2012



Maureen Kelly, Julieanne Capone, Jim Casey, Doug Griffiths, Nan Ferris and Natalie Darling

Winter Hiking Workshop

Saturday, November 3

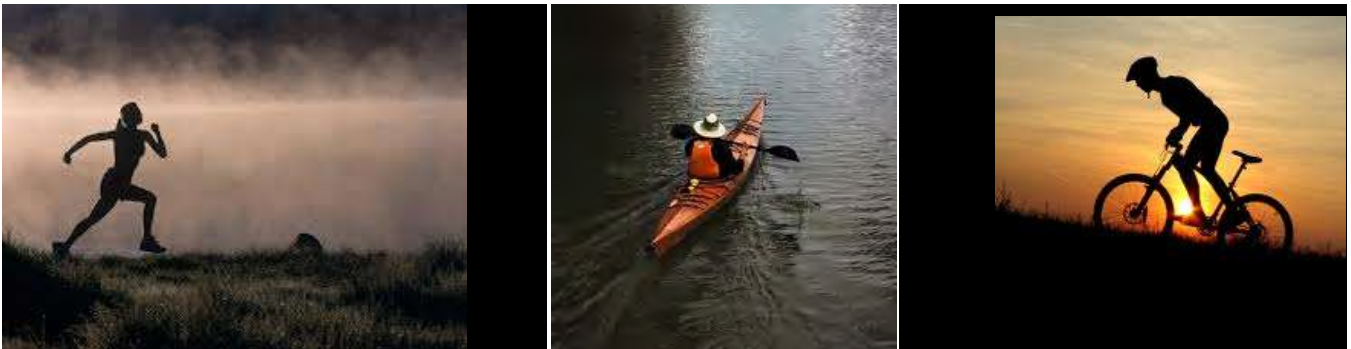
Attention 3 season hikers! This year's Winter Hiking Workshop is geared to extend your hiking into winter. Topics include boots, clothing, day hiking and overnight equipment. The hiking committee will be offering a series of hikes to acquaint 3 season hikers with the pleasures of winter hiking.

L Walt Granda, R Walt Granda (508-999-6038, wlgranda@aol.com)

CONSERVATION COMMITTEE

AMCSEM is Supporting the
D.W. Field Park's 8th Annual Mini-Triathlon
Sunday, September 23, 2012 at 9:00am

The women are leading the way! One team of 3 SEM women will be participating in this event to promote our role in revitalizing D.W. Field Park and to support the Brockton Neighborhood Health Center. Karen Singleton will be riding the 14 mile bike leg, Audrey Wood will be paddling the 1.7 mile kayak leg and Maureen Kelly will be running the 4 mile road race leg. Participants will receive a free T-shirt, free post-race feast and free professional massage. We hope to interest more individuals or teams in joining us for the race. If you would like to be part of the race, contact Maureen at conservationchair@amcsem.org. If you don't want to participate, come and cheer us on! For more information check out the website <http://www.dwftriathlon.org/WebSite/Main.htm?1332158534406>.



TRAILS COMMITTEE

Announcement from Brendan Taylor North Country Trails Volunteer Programs Supervisor Appalachian Mountain Club



*Region Leader George Brown
instructing some volunteers in trail
maintenance*

We are looking for a Region Leader for our Adopt-A-Trail Program in the White Mountains.

We have two Region Leader positions to fill, one in the Northern Presidential region of New Hampshire and the Northern Mahoosuc region in Maine. The responsibility of the Region Leader is to oversee all of the AMC maintained trails within their region and aid the volunteer adopters in their effort to complete basic maintenance. This includes going out on the trail with adopters on occasion to look at the trail conditions, teaching basic trail skills when needed, and collecting trail work reports from adopters. These work reports are compiled by the Region Leader and entered into a Region Leader report, which is passed along to the North Country Trails Volunteer Programs Supervisor who uses them to plan volunteer work party projects. Collecting these reports is a requirement of this position, as is attending 2 annual meetings of Region Leaders in the Spring and Fall, and hiking all of the trails in your region at least once every two years.

The job description is on the following page --

Contact:

Brendan Taylor
North Country Trails Volunteer Programs Supervisor
Appalachian Mountain Club
P.O. Box 298
Gorham, NH 03581
603-466-8128 Phone
603-466-2822 Fax
btaylor@outdoors.org

TRAILS COMMITTEE



Adopt-A-Trail Program



Region Leader Description of Duties

WHITE MOUNTAIN TRAILS

The job of the Region Leader is to insure that basic trail maintenance has been completed according to AMC standards. Each Region Leader supervises a group of Adopters in a designated Region of the White Mountains and will also have opportunities, throughout the year, to lead volunteer trail crews. All Region Leaders will automatically be included as At-Large members of the White Mountain Trails Sub-Committee.

The Region Leader should be an experienced Adopter and avid hiker. At least half of the assigned trails should be patrolled and reported on each year, so 100% coverage is obtained in two years. Region Leaders should be prepared for a two-year commitment, hopefully more, to maintain continuity with the Adopters and familiarity with the trails. Region Leaders will receive direction and assistance from the AMC North Country Trails Volunteer Programs Supervisor (NCTVPS). Region Leaders are required to complete both the Alpine and Basic Skills Sessions, or the Region Leader's Skills Session, every three years. Current Region Leaders are an excellent resource to new Region Leaders – feel free to contact them for advice.

Basic trail maintenance: drainage cleaning, brushing, blazing, cairn and screewall maintenance, blowdown removal, litter removal, camouflaging bootleg sites, etc. is the primary focus of Adopters. Region Leaders are responsible for patrolling every assigned trail, with the adopter if possible, accurately recording observations on the Trails Condition Report: AMC Trails Program Region Leader Report. Forward copies of the report to the NCTVPS.

The Region Leader will receive and maintain individual Adopter files. He/she should meet and get to know each Adopter as possible. The Region Leader is the **primary** recipient of Adopter work reports. Copies are mailed or e-mailed to the NCTVPS after the Region Leader checks for errors, answers inquiries, and responds to issues - all essential to good Adopter/Region Leader relations. Region Leader reports, particularly criticism of marginal or incomplete work, must be constructive and supportive. Any significant problems with Adopters will be reviewed with the NCTVPS before responding. Region Leaders send out letters or e-mails at least once a year (spring and/or fall) to their Adopters and keep in regular communication with them. A reminder at each report deadline is also very helpful.

Region Leaders keep track of who is submitting reports, and contact those who are not. This is essential to the health of the program, and the trails. To properly assess an Adopter's work, the Region Leader must know the original condition of the trail, as well as special trail characteristics: blazing color, type of use, trail environment, possible construction or relocation projects. Bringing long-ignored, basic maintenance up to standard often takes two to three years. Apart from Region Leaders, AMC trails are randomly monitored by the USFS, State Parks, AMC trails staff, and the general public. Any significant comments relating to Adopter work will be passed on to the Region Leaders.

This is a basic description of the responsibilities. If you are interested, we can follow up with a more detailed Region Leader Agreement.

BIKING COMMITTEE

Cyclists' Culinary Corner



Cream of Zucchini Soup

Gina's Weight Watcher Recipes

Servings: 4 • **Size:** 1 cup • **Old Points:** 1 pt • **Points+:** 2 pt
Calories: 65.3 • **Fat:** 1.0g • **Protein:** 3.5 g • **Carb:** 11 g •
Fiber: 2.8 g

- 1/2 small onion, quartered
- 2 cloves garlic
- 3 small zucchini skin on cut in large chunks
- 32 oz fat free chicken stock
- 2 tbsp reduced fat sour cream
- salt
- pepper

Combine chicken broth, onion, garlic and zucchini in a medium pot and cook on medium heat.

Bring to a boil, lower heat, cover, and simmer until tender, about 20 minutes. Remove from heat. **Purée:** Add the sour cream. Using an immersion blender, purée till smooth.

Stir in remaining ingredients, and adjust seasonings to taste. Serve hot.

Optional: Top with 2 tsp parmesan cheese - 1 point extra



Cyclists' Bookshelf

The Big Blue Book on Bicycle Repair

Written by C. Calvin Jones

(book review)

I am a Walter Mitty type mechanic. So when I saw this book I thought that I might add it to my bookshelf. After all, I usually buy the repair manuals to the automobiles I drive and those manuals have saved me a ton of dough over the years that I have owned the cars. However, you might think twice about this bicycle repair manual. It's not very user friendly. It skips from off-road bicycles to road bicycles and is generally tedious when it comes time to fix a derailleur or change a chain. Heaven forbid you should try to change a cable. Too few illustrations combined with boring text makes it a nice paper weight but not much more. (If you read this drop me an e-mail-thanks) My suggestion would be to find a video on YouTube before you start your repair. Those are far more straightforward and comprehensible. Remember to carry those spare tubes. I've added a chain tool to my kit. My record walk because of a broken chain is four miles. I just pretended I was in the Blue Hills hiking- a broken chain is worse than a flat tire. You can ride a flat even though it's slow. It's a no go with a broken chain.

– Dan Egan

Rides to Take Note Of:

Ed Foster
Vineyard—Weekend after Labor Day

Dan Egan
Head of the Charles—Sometime in October.

Paul Currier
Continues his Tuesday Night Twilight Sorties

Jack Jacobsen
Thursday evenings down on the South Coast.

PADDLING COMMITTEE

Trip Report Assonet River to Battleship Cove August 1, 2012

Participants: Audrey Wood, Hope Haff, Haven Roosevelt (C/L), and Gif Allen (L)

After fighting off a Canada goose and her 3 goslings, Haven and I were able to bring our kayaks down to the boat ramp. Audrey and Hope arrived and loaded their boats. We were off at 10:30 on an outgoing tide. Leaving the Assonet River entrance behind us, it quickly became apparent that we were not going to make Battleship Cove seven miles ahead. Although the Braga Bridge seemed just a short distance away, a outgoing tide pushing us along, the wind was cranking up the Taunton River slowing our progress. So shortly before noon we headed over to a secluded beach on the shores of the Fall River Country Club.

After a short lunch break, we continued down river with a new destination of Steep Brook. Steep Brook is half way from the entrance of the Assonet River to Battleship Cove. Low tide at Steep Brook was at 1:15 PM. On our way Linda Sullivan joined us. At Steep Brook we headed back leaving Linda to, regrettably, continue on by herself. The wind was now behind us and the tide had turned in our favor. Progress back was quick and easy; however, we were concerned if there would be sufficient water to make it back to the put-in. For those of us familiar with the Hathaway Park ramp, we knew the extreme muddy conditions that exist there. I mean this place makes low tide at Plymouth Harbor nice. Fortunately, we timed the tide correctly. Arriving any earlier would have been disastrous.

All packed up and on our way by 3:15 PM. Total distance: 11.7 miles.

... Gif Allen





WHY VOLUNTEER FOR THE AMC?

Gain work experience! Add it to your resume!

Got a little free time to help us grow? Are you a people person who likes to help others? Are you concerned about environmental issues? Do you enjoy outdoor activities? Do you have some free time? If this sounds like you, then you may be interested in some opportunities to help our chapter of the AMC grow and better accomplish its mission. Get in touch with us and we'll be happy to tell you more. Contact: chair@amcsem.org



The Breeze accepts:

COMMUNITY CONNECTIONS: Upcoming Community Outdoor Activities You Might Be Interested In. Send items to communicationschair@amcsem.org

PERSONAL POSTS: This section of the Breeze highlights our members. If you have news, or know of news, contact the communicationschair@amcsem.org

SWAP STUFF: THE E-BREEZE WILL PUBLISH FREE ADS FOR MEMBERS TO SWAP/BARTER/SELL/TRADE/FREE OUTDOOR EQUIPMENT. Send your ads to: communicationschair@amcsem.org . Please put "BREEZE – SWAP" in the subject line.

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COLUMNISTS: Got something to say? Want to be a regular Breeze columnist? Contact the Breeze editor to volunteer! communicationschair@amcsem.org

HAVE YOU BEEN TO OUR **FACEBOOK** PAGE YET? LIKE US!





NEWS FROM "JOY STREET"

The following information is from the AMC's central office at Joy St. in Boston and is written by them. Please contact them for additional details on anything in this section.

(cmartell@outdoors.org)

Save the Date for AMC's Fall Gathering

AMC's 2012 Fall Gathering will be held on October 19-21, at the Greenkill YMCA Retreat Center in Huguenot, NY. This year's gathering is being hosted by the New York-North Jersey Chapter in honor of their 100th Anniversary as a chapter. Everyone is invited to this club-wide event which will include hiking, biking, paddling and many more activities in the Catskill Mountains. Watch for details in the upcoming issues of AMC's *Outdoors* magazine or by visiting the NY-NoJ Chapter's website <http://www.amc-ny.org/>

AMC Adventure Travel Training

Where would you like to go? AMC Adventure Travel can help you get there!

Join other outdoorsy folks on an AMC hike in Morocco, the Alps, New Zealand, Patagonia, Hawaii, Ireland, Death Valley or Yosemite. There are over 20 trips to choose from, with a wide variety of activities and skill levels, and more will be added this fall. Sign up now for travel in 2013 and get ready to start packing! Trips are listed at this link: <http://activities.outdoors.org/search/index.cfm?type=2&sortby=date>.

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For more information contact Merri Fox, Registrar, merri.fox@pw.utc.com or 860-485-1697.

Sharing Your Photos Through AMC's Social Media

When you're outdoors on an AMC chapter trip, do you bring along your camera? If so, share your adventures with us! We're always looking for great images of people recreating, wildlife, plants, and landscapes for our Facebook Page and Twitter feed.

Send images (and captions/photo credit information) from your chapter's latest hike, paddle, volunteer trail day, bird watch, or other adventure to AMC's Social Media Associate, Josh Lake, jlake@outdoors.org. Please note that images shared may be used on any of AMC's social media pages and that you must have permission from all identifiable people in photographs before sharing the image with us. Thank you!

It's Time to Enter the 2012 AMC Photo Contest! Deadline is November 15!

AMC's 18th annual photo contest begins on September 4th. This year's Grand Prize winner will receive a spot in an upcoming photography workshop and an accompanying stay at an AMC destination.

Winners of the "Kids, Families, and Adults Outdoors," "Scenics and Nature," "AMC in Action," and "People's Choice" categories will receive great outdoor gear prizes from Outdoor Research, Tubbs Snowshoes, and other manufacturers.

For complete rules and entry instructions, visit www.outdoors.org/photocontest. Entries will be accepted until November 15th, with the winners appearing in a spring 2013 issue of *AMC Outdoors*.



"Flurry of activity at 6 AM"

by Christina Han, Connecticut Chapter.

Winner of the "AMC in Action" category in the 2011 AMC Photo Contest.

CHAPTER ACTIVITIES

Note: These activities are taken directly from the AMC central online activity listing system.

All activity information appears exactly as entered by the activity leader.

Please contact the activity leader directly for any additional information on an activity.

activities.outdoors.org

SAVE THE DATE

CLUB-WIDE ACTIVITIES

AMC's Fall Gathering, October 19-21 www.amc-ny.org

Register for Fall Gathering: www.outdoors.org/fallgathering

CHAPTER-WIDE ACTIVITIES

SEM Chapter Hut Weekend, September 20-23

SAVE THE DATE

SEM Chapter Hut Weekend, Sept 20-23

SEM Wilderness First Aid (fall) November 2012

SEM Annual Meeting, November 3, 2012

SEM Winter Hiking Series, November 3, 2012

SEM 2nd Annual Family Weekend, August 23-25, 2013

(See our website for details: www.amcsem.org,
and click on the "Upcoming Events" tab)

CHAPTER ANNOUNCEMENTS

Watch our [website](#) for the latest in AMC SEM!

NOTE ACTIVITIES MARKED FOR :

FT = First Timer **NM** = New Member

FULL LIST of ACTIVITIES at AMCSEM.ORG
(see 'schedules' tab)

Last minute activities (and cancellations) are posted on
our Short Notice Email List (SNEL). Sign up for this list
on our website, amcsem.org.

CHAPTER FUN

SEM Chapter Hut Weekend. Thu., Sep. 20-23.
Cold River Camp, Evans Notch 1-3 nights. Can't beat
location, activities, price. Preference given to SEM
Members. L/R Jim Plouffe (508-586-1394,
Chair@amcsem.org) [MORE INFO](#)

CHAPTER PROJECTS

D.W. Field Park Revitalization Project. We need
your help to make this project a reality. If you are
interested in helping, please email Jim Plouffe,
chair@amcsem.org or Maureen Kelly,
conservationchair@amcsem.org

SEM's Nike Reuse-A-Shoe Program.

www.amcsem.org/news.html

www.nikereuseashoe.com

Know what's happening in your chapter?

If not, visit our website, find us on FACEBOOK, or follow us on TWITTER

www.amcsem.org * www.facebook.com/AMCSEM * www.twitter.com/amcsem

HIKING / BACKPACKING

HIKE PLANNING MEETINGS: are held the 1st Wednesday of March, June, September, December. Contact hikingchair@amcsem.org for information.

IMPORTANT: Hikers unsure of their ability should try only 1 level more difficult than previously completed. No pets without permission of trip Leader. Registration req'd 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 activities.outdoors.org. Sign up for the SEM Short Notice E-Mail Trip List at www.amcsem.org.

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

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

IMPORTANT: No pets w/o prior permission of trip leader. Individuals under 18 years of age must be accompanied by a parent or responsible adult, and obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 week prior to the trip so Ls can discuss prior hiking exp., conditioning, clothing, and equipment. Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

(FT) (NM) Thursdays

Sep. 6. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thu., Sep. 6. Thurs. Morn HIke Destruction Brook Woods (B3C). 5-6 mile hike on DNRT property. Meet at 10:00am, Slades Corner Parking lot. Bring lunch, snacks, water, and rain jacket. Heavy rain will cancel. Take Faunce Corner Road (Exit 12) on I-195E (Exit 12A for those traveling westbound). From intersection of Faunce Corner Mall Road and Route 6, head south on Old Westport Road then bear left onto Chase Road to the end. Turn right on Russells Mills Road and travel 1 mile to Russells Mills Village. At Davoll's General Store, turn right onto Slades Corner Road. Destruction Brook parking lot will be on your right after about 1 mile. After the hike you are invited to visit the River Project sculptures at the Slocums River Reserve. L Walt Granda ((508) 999-6038 before 9:00pm, wlgranda@aol.com)

(FT) (NM) Thursdays

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Thu., Sep. 13-16. Adirondack Sampler. Visit the 6 million acer Adirondack Park in upstate New York. In September summer crowds are gone, there are no bugs. The nights are cool for sleeping and the water in the lakes is still warm enough to swim. Base tent camp at ADK Loj group site. Visit Adirondack Museum in Blue Mt. lake. Hike the high peaks and canoe Saranac Lake. Fees for museum, camping, rentals and food. Limited to 12 participants. \$50 deposit due by 8/12. L Mike Woessner ((508) 577-4879, stridermw@hotmail.com), CL Kevin

Mulligan , CL Luther Wallis , R Mike Woessner (12 Bradley Ln., Westford, MA 01886, (508) 577-4879, Stridermw@hotmail.com)

Thu., Sep. 13. Ft. Barton & Weetamoo Woods, 2 for 1. Enjoy the view of Mt Hope Bay, Portsmouth & Bristol from the 30' high observation tower at historic Ft Barton. Some stairs for easy travel up steep hills, boardwalks in low areas by a stream. Drive 5 miles to Weetamoo Woods, home to numerous species of wildflowers, trees, ferns and shrubs. Stone walls, several slab bridges, and Borden Brook add to its beauty. Lunch by the stone-arched bridge; stop at famous Gray's Ice Cream after hike if not too cold. L Barbara Hathaway (508-880-7266 before 9PM, barb224@tmlp.net)

(FT) (NM) Sat., Sep. 15. We want YOU on our Introductory AMC Hike. Join us for an introductory hike at Borderland State Park, Easton. This will be a nice autumn hike over very pretty terrain, a little up and down but generally level. We will hike 5-6 miles and visit the Moyles Granite Quarry. New hikers should have comfortable footwear (sneakers or hiking boots) and bring 16 oz of water and a small snack. We plan to leave at 9:00 and return around 11:30. There is a \$2.00 parking fee.

<http://www.mass.gov/dcr/parks/borderland/>. L Maureen Kelly (508-224-9188 before 8pm, mokel773@aol.com), CL Kathy Stanley (781-799-5351 before 9pm, kstanley@energy-advocates.com), R Kathy Stanley (781-799-5351 before 9pm, kstanley@energy-advocates.com)

Sat., Sep. 15. Osceola and East Peak - 2 NH 4K peaks. Come along as we hike to Mt. Osceola and East Peak, two of the NH 4000 footers. Osceola features nice views from the site of a former fire tower. The hike between Osceola and East Peak features, optionally for those up for the challenge, "The Chimney". (For those not up to that challenge, an alternate path leads more gently around :-). (Heavy Rain date: 9/16). L Bob Vogel (hike_with_bob_v@comcast.net), CL Karen Singleton (karen.singleton@comcast.net), R Karen Singleton (karen.singleton@comcast.net)

(FT) (NM) (AN) (XCE) (SN) Thu., Sep. 20-23. SEM Chapter Hut Weekend. Join us for our fifth annual trip to Cold River Camp, situated in Evans Notch, NH near the Maine border. Stay one, two, or three nights. The third night allows us to spend the entire day Friday hiking, biking, and kayaking. Can't beat the location, activities and the price. Cost is per person, per night and includes a comfortable cabin with a fireplace, meals and all the fun you can handle. Open to all AMC members clubwide, but preference will be given to SEM members if space becomes limited. L Jim Plouffe ((508) 586-1394, Chair@amcsem.org), R Jim Plouffe ((508) 586-1394)

(FT) (NM) Thursdays

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(FT) (NM) Thursdays

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(CE) Sun., Sep. 30. Wapack Trail end to end. Section #1, 9.1 miles from MA 119 to NH 123/124. Join us as we traverse the ridgeline of the Wapack Range in southern NH. This area is remote, with great views of southern NH and north central MA. This first section

includes a climb to the summit of Mt Watatic. Upon registering, further info will be provided. L Fred Wason ((508) 838-6049, fmwason@gmail.com), CL Steve Maxfield , R Steve Maxfield ((508) 944-0321, fredmax56@aol.com)

Thu., Oct. 4. Cliff Walk, 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. Return by Mansions on Bellevue Ave. to complete 7-mi. loop. Sturdy walking shoes required. Bring water, snack. Lunch at local restaurant. Heavy rain cancels. Call leader for carpool info. L Barbara Hathaway (508-880-7266 before 9PM, barb224@tmlp.net)

Sat., Oct. 6. North Moat Loop. Join us for a nice fall hike over North Moat via the Red Ridge and Moat Mountain trails. A beautiful trip traversing large amounts of open ledge. L Leslie Carson ((508) 833-8237, ltc929@comcast.net), CL Tom Madden ((774) 994-2057 Before 9 PM, tomjmaddenjr@gmail.com), R Tom Madden ((774) 994-2057 Before 9 PM, tomjmaddenjr@gmail.com)

(FT) (NM) Sat., Oct. 13. Intro to AMC Hiking at Whitney & Thayer Woods, Cohasset, MA. Join us on a great Introduction to AMC Hiking walk through Whitney and Thayer Woods in Cohasset. This Trustees of the Reservations land provides 10 miles of beautiful trails and carriage roads. Walk along the Milliken Memorial Path a "wild garden" that was created in the late 1920's and take in the views from Turkey Hill. This hike is for new members, first time hikers, or armchair members looking to get active again. Come join us~! L Jim Casey ((781) 924-5228 6pm to 9pm, cmne@comcast.net), CL Tom Madden ((774) 994-2057 Call before 9pm, tomjmaddenjr@gmail.com), R Jim Casey ((781) 924-5228 6pm to 9pm, cmne@comcast.net)

(CE) Sun., Oct. 14. Wapack Trail end to end Section #2. Section #2, 6.9 miles (4.5 hours+/-) from NH 123/124 to NH 101. Ridge line hiking with moderate elevation gain. Special features: Scenic woodlands and stone walls. Side Trail to Kidder Mt. offers spectacular views. Scenic Sharon and temple Mt. Ledges. Attractive birch glade south of Burton Peak. Extensive blueberry barrens. Fine outlook towards Perterborough. L Fred Wason ((508) 838-6049, fmwason@gmail.com), R Fred Wason ((508) 699-7635 10:00 am to 9:30 pm, fmwason@gmail.com)

Thursdays

Oct. 18. Thurs. Morn. Hike Gilbert Hills State Forest, Foxboro, MA (B3C). Meet at 10:00am, Lakeview Pavilion in Foxboro. I-95 Exit 7B, go halfway around the rotary in the center. After the rotary, take Route 140N for 1 mile to Lakeview Road on the left. Entrance is 0.3 miles down on the right. Park away from the building. Bring boots, water, snacks, and lunch. Approximately 7 miles, past lakes and through pine and oak forest - a lovely fall hike. No registration, but call with any questions. L Joanne Staniscia ((508) 528-6799 7:00-9:00pm, joannes1@localnet.com)

Sat., Oct. 20. Sandwich Dome. 3993' elevation with 2500' elevation gain. 8 miles RT. Commanding views of Sandwich Range. Several brook crossings. Loop hike via Sandwich Mtn trail and Drakes Brook trail. L Len Ulbricht (lenu44@gmail.com), CL Paul Miller (paulallenmiller@verizon.net), R len ulbricht (11 hilltop circle, medfield, ME 02052, lenu44@gmail.com)

Thursdays

Oct. 25. Thurs. Morn Hike Quincy Quarries, Blue Hills, Ma. 5-6 mile hike to the historic Quincy Quarries. Some ledges to cross, hiking boots, water, snack. Rain cancels. Directions: Meet at Shea Rink at 10 AM, 651 Willard St, Quincy, from Rte. I-93/128 exit 6, go north on Willard St 0.7 miles, parking on left. <http://www.mass.gov/dcr>. Leader:

Ellie MacPherson, elliemacp@comcast.net, 508-224-6465, cell before hike: 978-478-7106. L Ellie MacPherson ((508) 224-6465, elliemacp@comcast.net)

(CE) Sun., Oct. 28. Wapack Trail end to end Section #3. Section #3 5.4 miles from Nh 101 to Old Mountain Rd Greenfield, NH In this section we while ascend the southern slope of Pack Monadnock Mountaine to its summit. Continuing north across the summit, decending steeply into the Wapack National Wildlife Refuge continuing north on the ridgeline to ia steep ascent to the summit of North Pack Monadnock Mt.. Trail continues north descending steeply over ledges, then crossing, open pastures before reaching the Wapack Trail's northern terminus on Old Mountain Rd. L Fred Wason ((508) 838-6049 6:00pm to 9:30pm, fmwason@gmail.com), R Fred Wason ((508) 838-6049 6:00 pm to-9:30pm, fmwason@gmail.com)

Thu., Nov. 1. Thursday Morning Hike-Tully Trail Section #1. 6.5 mile hike from the Tully Lake Campground to the Royalston Falls Parking area on MA 32. This exciting hike passes Spirit Falls on its way to ledge views across the Tully River Valley. Heavy rain will cancel. L Walt Granda (508-999-6038 Before 9:00 PM, wlgranda@aol.com), R Walt Granda (589-999-6038 Before 9:00 PM, wlgranda@aol.com)

(FT) (NM) (SN) Sat., Nov. 3. Winter Hiking Workshop. Attention 3 season hikers! This years Winter Workshop is geared to extend your hiking into winter. Topics include boots, clothing, day hiking and overnight equipment. The hiking committee will be offering a series of hikes to acquaint 3 season hikers with the pleasures of winter hiking. L Walt Granda (wlgranda@aol.com), R Walt Granda (508-999-6038, wlgranda@aol.com)

Thu., Nov. 15. Thurs. Morn. Hike Borderland State Park. Meet: 10:00AM at Visitors Center. 6 Mi hike through trails of the the Park.Bring water and lunch.Rain cancels. L Claire Braye ((508) 857-0320 before 9:00PM, cbraye57@comcast.net)

Sat., Nov. 17. Parker Woodland Hike. 7 mile hike exploring the Parker Wildlife Refuge. George B. Parker Woodland Wildlife Refuge, in Coventry and Foster, is a magical place of ancient rock formations, Revolutionary War-era carriage roads, and great wildlife watching. With 860 acres of mostly forested land, Parker is a rewarding place to spend half a day exploring the extensive trail system far away from traffic noise.The historic 860-acre refuge features seven total miles of looped hiking trails, open fields, flowing brooks and most impressively more than 100 mysterious rock cairns (beehive-shaped stone piles ranging in height from two to over four feet.) Parker Woodland also contains the foundation of an eighteenth-century farmhouse, historic stone quarries, Revolutionary War-era carriage roads and the Isaac Bowen house, a colonial structure now on the National Register of Historic Places. L Walt Granda ((508) 999-6038 before 9:00 PM, wlgranda@aol.com), CL Kathy Stanley ((781) 799-5351 before 9:00 PM, kstanley@energy-advocates.com), R Kathy Stanley ((781) 799-5351 before 9 pm, kstanley@energy-advocates.com)

(XCE) Sat., Nov. 17-18. WFA Training. The WFA course runs 8:30-4 Saturday and Sunday. SOLO has been engaged to provide the instruction. Pricing is as follows: \$145 AMC Member Price, \$170 for non-AMC members. Pricing includes lunch and break service both days. Training to be held at Borderland State Park, Easton MA. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save life in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. L Len Ulbricht (lenu44@gmail.com), R len Ulbricht (lenu44@gmail.com)

(FT) (NM) Sun., Nov. 18. Intro to AMC Hiking at The Tucker Preserve, Pembroke MA. Introduction to AMC Hiking. Join us for a beautiful hike along the Indian Head River, a tributary of the North River. This 78.6 acre preserve is off West Elm Street in Pembroke. It's just south of the Indian Head River and offers incredible views. This hike is for new members and beginners. L Jim Casey ((781) 924-5228 6pm to 9pm, cmne@comcast.net), CL Tom Madden ((774) 994-2057 6pm to 10pm, tomjmaddenjr@gmail.com), R Tom Madden ((774) 994-2057 Call before 9pm, tomjmaddenjr@gmail.com)

(FT) (NM) Thu., Nov. 29. Thursday Morning Hike: Blue Hills CC Camp. Meet at 10:00 AM at the Chickatawbut overlook parking area. Bring water, snacks, suitable footwear and rain jacket. Heavy rain cancels. L Walt Granda (508-999-6038 Before 9:00 PM, wlgranda@aol.com)

CAPE COD HIKES

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.") Contact the Cape Hikes Chair: capehikingchair@amcsem.org. Cape Hikes are generally suspended during the summer months due to parking problems.

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

Watch our [chapter website](#) and the short notice email list for notices for events!

Thu., Sep. 13. West Falmouth-Bourne&Cardoza Farms(C3C). Wooded flats, hills, bogs, ponds, cattle tunnel. Meet 9:45 for 10:00 start, 2 1/4hours. Bourne Bridge, 28S, or 151 W to 28 S. Thomas Landers exit. R to stop sign; R on 28A. Quick L into lot. Heavy rain, wind cancels. L Cathy Giordano ((508) 243-3884 before 9 PM, cmgiordan@msn.com)

Sun., Sep. 16. Brewster, Nickerson State Park (C3C). Hike the ponds of Nickerson SP. Woods trails. Some hills. Entrance to park on 6A, Brewster. Stay on main road 1.7 mi to pkg at Fisherman's landing on R. Meet 12:45. Heavy rain cancels. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Thu., Sep. 20. Truro - Bearberry Hill (C3C). Sand path w 360 ocean view ending at LongnookBch. Rte 6 to Pamet Rd, R off ramp, L on S Pamet Rd to beach pkg lot at end. Meet at 9:45 for 10:00 start, 2 hrs. L Pat Sarantis ((508) 430-9965, patsarantis@gmail.com)

Sun., Sep. 23. E Sandwich Benjamin Nye (C3C). E Sandwich Benjamin Nye, meet at 12:45 PM start 1 PM. Rte 6 Chase Rd turn N, 1st L Old County Rd. Park in circular drive across from Nye home. L Jane Harding ((508) 833-2864 Before 9 PM, janeharding@comcast.net), R J Harding (20 Great Hills Drive, E Sandwich, MA 02537, (508) 833-2864 Before 9PM, janeharding@copmcast.net)

(CE) Thu., Sep. 27. Harwich, Herring River - (C3C). Hike along Harwich Reservoirs and River - Park at Sand Pond on Great Western Rd. L Peter Selig ((508) 432-7656, pandmselig@hotmail.com)

Sun., Sep. 30. 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. Meet at 12:45PM. L Gary Miller ((508) 540-1857, garymaxx@verizon.net)

Thu., Oct. 4. 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)

Thu., Oct. 11. Wellfleet/Truro Cross-cape hike (B3C). One-way hike from Cape Cod Bay, Truro to Newcomb Hollow Beach, Wellfleet. Meet 9:45 a.m. Newcomb Hollow Beach for car shuttle to Truro, Ryder Beach. Extended time: 2.5 to 3 hrs. From Rte 6 Orleans/Eastham Rotary, go 11 mi. Turn Right on Gross Hill Rd. Continue on Gross Hill Rd to Newcomb Hollow Beach. L Janet Kaiser ((508) 432-3277, jtkaiser@comcast.net)

Saturdays

Oct. 13. Provincetown: Snail Road Dunes (B3B). Meet 10:45am Snail Road trail head on ocean side of Route 6, at the east end of Provincetown. Explore 360 views of dunes, historic dune shacks, pick some cranberries. Hike up and down to the ocean and back. Bring lunch. 3.5 hours. L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Oct. 14. Mashpee/Barnstable Santuit Pond/River (C3C). Land of the Wampanoags preserved forever by the foresight of two towns. Rte. 6 Exit 5, Rte 149 to R on 28. R on Santuit/Newtown Rd. for 0.8 mi. to yellow gate on L. Meet 12:45. Two hours. L Nancy Wigley ((508) 548-2362, nrwigley@verizon.net), R Janet Dimattia ((508) 394-9064)

Thu., Oct. 18. Brewster Nickerson SP (C3C). Hike the outer trails and through campground. Some hills. Enter the park from 6A in Brewster. Take first L on Flax Pond Rd. Drive to pk at end of road. Meet 9:45. Two hours. Heavy rain cancels. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Saturdays

Oct. 20. Provincetown: Snail Road Dunes (B3B). Meet 9:45am, Snail Road trail head on ocean side of Route 6, at the east end of Provincetown. Explore 360 views of dunes, historic dune shacks, pick some cranberries. Hike up and down to the ocean and back. Bring lunch. 3.5 hours. L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Oct. 21. E Sandwich Maple Swamp Hike (C3C). Hilly hike through historic conservation land, meet at 1:45 PM, starts at 1 PM in Maple Swamp lot. Rte 6 Quaker Meetinghouse exit turn S, immediate L on Service Rd. Parking lot on right. L Jane Harding ((508) 833-2864 before 9 PM, janeharding@comcast.net)

Thu., Oct. 25. Harwich, Harksnest SP (C3C). Hawksnest State Park - Off Exit 11, Rt.6, Park on Spruce Rd in Harwich for 2 hour hike. Meet 9:45AM. L Peter Selig ((508) 432-7656, pandmselig@hotmail.com)

Sat., Oct. 27. Yarmouth, Greenough Ponds (B3C). Walk through Yarmouth Botanical Gardens, Dennis & Greenough Ponds. Meet at 9:45, 3 1/2 hr. Exit 7 off Route 6 North and take immediate right turn on Summer St. Follow dirt road 1/2 mile to beach parking lot. Bring lunch. L Richard Kaiser ((508) 432-3277, rjkaiser@comcast.net)

Sun., Oct. 28. Barnstable-Danforth Trails (C3C). Newer trails with a unique feature near Marstons Mills Airport. From Route 149, travel west on Race Lane to lot short distance on the left. 2 hours. Meet at 12:45. L Gary Miller ((508) 540-1857, Garymaxx@verizon.net)

(FT) (NM) Thu., Nov. 1. Barnstable-Bridge Creek Conservation (C3D). Flat terrain, cedar upland, maple swamp and salt marsh, bogs, and stone walls. Meet at 9:45am. 2 hours from Exit 5 off Route 6. North on Route 149. Park along grass triangle on immediate left beside West Parish Church. L Farley Lewis ((508) 775-9168, farlewis@comcast.net)

Saturdays

Nov. 3. Provincetown: Snail Road Dunes (B3B). Meet 9:45am, Snail Road trail head on ocean side of Route 6, at the east end of Provincetown. Explore 360 views of dunes, historic dune shacks, pick some cranberries. Hike up and down to the ocean and back. Bring lunch. 3.5 hours. L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Nov. 4. Harwich, Herring River (C3C). Wooded walk River/Reservoir views, C bogs. Rte 6, Ex 10, R on Rte 124 S for 2 miles to center. R on Main St/Grest Western Rd for 2 miles. Pk at Sand Pond on R. Meet at 12:45 for 1:00 start, 2 hrs. L Pat Sarantis ((508) 430-9965, patsarantis@gmail.com)

Thu., Nov. 8. 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)

Sun., Nov. 11. Brewster, Punkhorn Parklands (C3C). Wooded, hilly trails with pond views. Route 6 Exit 9B, 2 miles to a right on Satucket, then bear right at Stony Brook Road. In 0.3 miles, turn right on Run Hill Road. 1.3 miles to parking lot on the left. 2 hours. L Janet Kaiser ((508) 432-3277, jtkaiser@comcast.net)

Thu., Nov. 15. Yarmouth Port, Gray's Beach (C3C). Hike in Conservation land areas over trails along marsh, through woods, includes the boardwalk with views of Sandy Neck, Chapin Beach. Rte 6 to Exit 8, Union Street to Rte 6A. Turn Left, go 1 block, Turn Right on Center St. Go 1.0 mile, follow signs to beach pkg lot at end. Meet at 9:45 a.m. Two hours. L Janet Kaiser ((508) 432-3277, jtkaiser@comcast.net)

Saturdays

Nov. 17. Truro- High Head Sand Dune Walk (B3B). 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. Walk back via the bike path to Pilgrim Spring and panoramic views. 3.5 hours. Bring lunch. L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Nov. 18. Barnstable-Crooked Cartway (C3C). Wooded walk to The Deck. Mostly flat with some hills. Route 149 (north or south) to the rotary at Cape Cod Airport in Marstons Mills. Travel west on Race Lane for 1.1 miles, then turn right onto Crooked Cartway. Follow to the end. Meet at 12:45pm. Two hours RT. L Farley Lewis ((508) 775-9168, farlewis@comcast.net)

Sun., Nov. 25. Yarmouth, Three Ponds (C3C). Hike Cranberry bogs, woods roads to three ponds. Exit 8 from Rte 6. R at second light on Old Town house Rd. L at stop sign at end. Go approx. 1/2 mi on W. yarmouth Rd. Pk on side of road off the pavement. Meet 12:45. Two hours. Heavy rain cancels. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Thu., Nov. 29. Eastham, Salt Pond Visitor's Center (C3C). Park at National Seashore Salt Pond Visitor's Center, 2 Hour hike to ocean. Meet at 9:45 am. L Peter Selig ((508) 432-7656, pandmselig@hotmail.com)

Saturdays

Dec. 1. Truro/Bay Sea Turtle Walk(B3C). **Meet at 10:45am*** Noons Landing, Route 6A, N. Truro. Carpool to the trail head. Walk the bay beach looking for cold, stunned sea turtles. Bring lunch. 3.5 hours. bALL THAT MORNING FOR CARPOOL INFO. L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Dec. 2. Wellfleet, White Crest Beach (C3C). Wooded trails to Marconi White Cedar Swamp. Rt 6 to R on Lecount Hollow Rd to beach gatehouse. L on Ocean View Rd, Go 0.9 mi to R at beach pkg lot. Meet at 12:45 for 1:00 start, 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

BIKE RIDES

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 (schedules), or use the AMC online trip listing system: activities.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		
Mis	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

WANTED: Ride Leaders and Co-Leaders. WANTED: Ride Leaders and Co-Leaders. Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm and routes w/ your fellow AMC members? Contact Bike Chair (bikingchair@amcsem.org) for more info.

AMC SEM 2,000 Mile Club. Join our unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair to register your mileage and for more info. (bikingchair@amcsem.org)

Turn Those Tires on Tues. Rides scheduled all year long, weather permitting. 25 mi of road or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location and directions. Intermed. pace. Riders and bicycles in top shape; tires and riders pumped and ready to roll; helmets and water req'd. L Paul Currier (508-833-2690 8 am-7 pm, pbencurrier@hotmail.com)

(FT) (NM) (CE) Tuesdays

Sep. 11. A Dennis North Shore Ride. An evening start on Main St. in S. Dennis. Ride to Scargo Tower (hill) and continue to Harbor View Beach and a shore tour of the quaint roads and beaches of the north shore to Chapin Beach. Return on some streets (another hill) and some cycling roads to the start point. If time allows, a stop at Bray Farm. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Saturdays

Sep. 22. Autumnal Equinox/Sayonara to Summer Ride. 25 +/- mile ride From Skaket Beach in Orleans for a tour of the bay including Rock Harbor. Return on some nook and cranny roads including Sunken Meadow, Crooks, Campground, Thumpertown, and First Encounter Beaches for sunset at Skaket - one of our premier sunset locations. Tires and riders pumped and ready to roll about 2 hours before sunset. Helmets, tube and tools, and water required as is registration. Changes sent to registered riders only. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Saturdays

Sep. 29. Sunset/Full Harvest Moon ride. From Sagamore Rec Area ride through Sagamore and along the canal at an intermediate pace for 22 miles. Beautiful sunset over Buzzards Bay and moon rise over Plymouth Bay. Ride starts about 2 hours before sunset. Tires and riders pumped and ready to roll. Helmets, spare tube and tools and water required as is registration. Cancellation/rescheduling sent to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Oct. 2. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Oct. 9. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Oct. 16. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Oct. 23. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube &

tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Mondays

Oct. 29. Sunset Full Hunter's Moon Ride. Start in Sandwich Recreation Area (Freezer Rd) and ride along the canal and through Gray Gables & Mashnee Island for sunset over Buzzards Bay and Hunter's Moonrise over the canal. This is an intermediate road cycling ride for 2 hours or 22 miles. Helmets, spare tube & tire tools, pump, and water required. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Nov. 6. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Nov. 13. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Nov. 20. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Nov. 27. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Wednesdays

Nov. 28. Sunset Full Beaver Moonrise Ride. Start in Sagamore Recreation Area and ride into Sagamore Highlands for sunset over Buzzards Bay and Cold Moonrise over the canal. This is an intermediate road cycling ride for 2 hours or 22 miles. Helmets, spare tube & tire tools, pump, and water required. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

CHAPTER YOUTH PROGRAM (CYP)

WANTED: Chapter Youth Program (CYP) Leaders. Share your outdoor knowledge and leadership skills with local groups of children. Give your time to these programs to help kids get outside who might not otherwise have the opportunity. A typical Chapter Youth Program (CYP) might include a local walk with some nature lesson or trail games. CYP leader training and screening is required. L Sally Delisa (picpocit@verizon.net) or cypcoordinator@amcsem.org

Watch our [chapter website](#) and the short notice list for notices for CYP events!

PADDLES

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 MA"). Contact the paddle chair: paddlingchair@amcsem.org

Trip Ratings/Levels:

Level 1- No previous or little sea kayak experience is required.

Level 2 - You should feel that you can perform the following: a) paddle 6 miles in a day given the weather conditions for that day; b) a wet exit; c) maintain a straight heading without the use of a rudder; and d) turn your kayak using forward and reverse "sweep" strokes.

Level 3 - All of the above, and in addition feel confident in: a) assisting and performing a deep water rescue; b) paddle 13 miles in a day given the conditions for that day; c) paddle in 10 to 15 knot winds with seas of 2 to 3 feet; d) be able to launch and land from a beach in these conditions; e) use a marine band VHF radio.

Level 4 - All of the above plus: a) paddle 15 miles in a day given the conditions for that day; b) paddle in 20 knot winds; c) handle open ocean, large swells.

Level 5 - All of the above, and be able to paddle 20 miles in 25 knot winds with adverse sea conditions.

Sat., Sep. 1. Wellfleet Harbor. Put-in: From Route 6 in Wellfleet turn left at the traffic light toward Wellfleet Center and Harbor. Go 0.3 m and turn left on East Commercial Street. Go 0.7 m to the Town Marina and Harbor. Turn right on Kendrick Ave. The parking lot for Mayo Beach is a few hundred feet on the left. Life vest and spray skirt req. L Don Palladino ((508) 349-2950, djp1958@comcast.net)

Wed., Sep. 5. Shoestring Bay. Several options depending on conditions. Preregistration for put in info. Spray skirts required. L Louise Foster ((508) 420-7245 Anytime, janelouise@comcast.net)

Saturdays

Sep. 8. Mashpee-Wakeby Ponds. Mashpee-Wakeby Ponds. Leisurely trip following shoreline, lunch on sandy beach. PUT-IN DIRECTIONS: From Rt. 28 take Rt. 130N 2 mi to R at "State Landing" sign. LEVEL: 2 LIMITATIONS: Life vest required. L Nancy Wigley ((508) 548-2362, nrwigley@verizon.net)

Wed., Sep. 12. Onset Buttermilk Bay. Onset to Buttermilk Bay. Rt 25, Exit 1 to Onset, L on 6E/28S to Main Ave, 0.2 mi L Riverside Dr, Park on grass. pfd req. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Sep. 15. Leader's choice. Sandwich Old Harbor or Barnstable Harbor, or maybe Hall's Creek depending on wind direction. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Wed., Sep. 19. Pocasset Harbors. A leisurely 8-mi. tour around Bassett's Island and the harbors of Pocasset. PFD req. Spray skirt rec. Launch 10:30AM. Call for location. L Wesley Ewell ((774) 313-7599 7:00AM-9:00PM, twofootartist@yahoo.com)

Saturdays

Sep. 22. Indian Lakes, Marstons Mills. DESCRIPTION: Indian Lakes, Marstons Mills. Leisurely trip following shoreline, lunch on sandy beach. PUT-IN DIRECTIONS: Rt. 6, Exit 5 South on Rt 149 for 2.9 miles and turn right onto Mystic Drive (will have Indian Lakes sign). Cont. 0.7 miles to lane on right "Town Way to Water" LIMITATIONS: Life vest required. L Nancy Wigley ((508) 548-2362, nrwigley@verizon.net)

Wed., Sep. 26. New Bedford Harbor. New Bedford Harbor Acushnet River. I-195 Exit 15 Rt18S, At 4th light L Cove St to E Rodney French Blvd. Park at 1480 Rodney French on street. pfd req. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Saturdays

Sep. 29. Meetinghouse Pond, Little Pleasant Bay, Orleans. DESCRIPTION: Meetinghouse Pond, Little Pleasant Bay, Orleans. PUT-IN DIRECTIONS: From Rt 28 E on Main St to R on Barley Neck Rd, right at next fork (Barley Neck Rd) to town landing on R. LIMITATIONS: Life vest and spray skirt required. L Betty Hinkley ((508) 241-4782 any time, bhinkley@mindspring.com)

Wed., Oct. 3. North River, Marshfield-Hanover. Put-In, Marshfield side of Union St. Bridge. Spot cars in Hanover. Level 2/3. PFD Req. Spray Skirts may be Req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey ((781) 789-8005 anytime, geowey@comcast.net)

Saturdays

Oct. 6. Walker, Upper Mill, and Lower Mill Ponds, Brewster. Walker, Upper Mill, and Lower Mill Ponds, Brewster. Directions to put-in: Route 6 Exit 10, head north on Route 124 to a left turn on Long Pond Road to left on Route 6A to another left on Stony Brook. Left turn on Run Hill Road to the put-in on the right where the road turns to dirt. PFDs required. Spray skirts may be required if wind picks up. L Betty Hinkley ((508) 241-4782, bhinkley@mindspring.com)

Wed., Oct. 10. Swift Neck. Swift Neck. Rt 25 W Exit 2 Rt 6/28 to 6W L Swifts Beach Rd. (Wareham Service Sta.), after Lynn Rd L on Shore Ave to end. pfd req. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Oct. 13. Chase Garden Creek, Yarmouth Port. Route 6 exit 8 to Union St North, Left route 6A & quick Right Center St to Greys Beach at end. Limitations: Life Jacket required, Spray Skirt may be required if windy. Paddle Chase Garden Creek & tributaries Judah's & Whites Brooks. See Bray Farm, Shellfish Processing Plant and Chapin Beach. L Paul Corriveau ((508) 362-0451 before 6 pm, paulcorri@gmail.com), CL Jean Orser ((508) 362-0451 before 6 pm, jeanorser@aol.com)

Wed., Oct. 17. Leader's choice. Hall's Creek, Sandwich Old Harbor, or Barnstable Harbor depending on weather conditions. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Sat., Oct. 20. Childs River & Eel Pond. A leisurely 7-mi. tour of Childs River and Eel Pond estuaries. PFD and wet or dry suit req. Spray skirt rec. Launch 10:30AM at State ramp on White's Landing Road, off Route 28 in Falmouth near Mashpee town line. L Wesley Ewell ((774) 313-7599 7:00AM-9:00PM, twofootartist@yahoo.com)

Wed., Oct. 24. Dike Creek. Padanaram Harbor and Dike Creek. I-195 Exit 13S, Rt 140, R on Rt 6, L Slocum Rd., L at stop sign(Elm St) to Bridge St. R over bridge L on Smith Neck Rd. pfd req. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Oct. 27. Herring River, Harwich. Route 6 exit 10, route 124 south, route 39 south, route 28 north Left at town landing just before Herring River bridge.Limitations: Life Vest required, Spray Skirt may be required if windy.Paddle upstream to Coy Brook to end & back to Herring River & to North Road bridge for lunch; afterwards paddle to west & east reservoirs. L Jean Orser ((508) 362-0451 before 6 pm, jeanorser@aol.com), CL Paul Corriveau ((508) 362-0451 before 6 pm, paulcorri@gmail.com)

Wed., Oct. 31. Centerville River. Hayward St. put-in.10:30 am PFD, Wet/Dry suit required. Fr. Rt. 28 Centerville take Old Stage S into Main St. R on S Main St. to L on Hayward St. to put-in. L Bill Fischer ((508) 420-4137 before 9pm, wmbarbarafischer@comcast.net), CL Vickie Blair/Smith

TRAILS & TRAILWORK

Contact the trails chair: trailschair@amcsem.org

Watch our short notice list for trails events!

CONSERVATION

Contact the conservation chair: conservationchair@amcsem.org

Watch our short notice list for conservation events!

(C) (FT) (NM) Sat., Sep. 22. CoastSweep Plymouth Beach Clean Up. COASTSWEEP is part of the International Coastal Cleanup organized by Ocean Conservancy in Washington, DC. Volunteers from all over the world collect marine debris and record the types of trash they collect. This information is then analyzed and used to identify sources of debris and to develop education and policy initiatives to help reduce marine debris globally. Volunteers throughout Massachusetts turn out in large numbers each September and October for COASTSWEEP, the statewide coastal cleanup sponsored by the Massachusetts Office of Coastal Zone Management (CZM) and coordinated by the Urban Harbors Institute (UHI) of the University of Massachusetts Boston. Join me in cleaning up our local beaches. L Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com), R Maureen Kelly (508-224-9188 before 8pm, mokel773@aol.com)

FAMILY EVENTS

Watch our [chapter website](#) and the short notice email list for notices for family events!

SOCIAL COMMITTEE & SOCIAL EVENTS

Watch our [chapter website](#) and the short notice email list for notices for social events!

SKIING (XC and DOWNHILL)

Contact the ski chair: xskichair@amcsem.org

We had great fun this past winter – cross country skiing and downhill skiing. Watch our [chapter website](#) and the short notice email list for notices for events for next winter!

 **Think green**
If you print your e-Breeze, please recycle it when done



The Southeast Breeze

Monthly e-newsletter of the Appalachian Mountain Club
Southeastern Massachusetts Chapter
October, 2012

WRITTEN BY YOU FOR YOU

**Participate in your chapter!
Attend the Annual Meeting & Dinner!**

2012 AMC SEM ANNUAL MEETING

Saturday, November 3, 2012

Salerno's Function Hall • Onset, MA 02558

Agenda:

- | | |
|-----------------|---|
| 5:00 – 6:00 pm | Happy Hour (cash bar open throughout the evening) |
| 6:00 – 6:30 pm | Business Meeting (including election of 2012 Board) |
| 6:30 – 7:30 pm | Dinner Buffet |
| 7:30 – 7:50 pm | Awards |
| 7: 50 – 8:00 pm | Break |
| 8:00 – 8:45 pm | Guest Speaker: John Galluzzo, a local historian and the adult education and citizen science coordinator for Mass Audubon's South Shore Sanctuaries will give a presentation on his latest book, Half an Hour a Day Across Massachusetts - Finding Open Space in all 351 Cities and Towns. |

To register go to <http://www.amcsem.org/events.html> for secure online registration using our PayPal account OR mail your check with the Registration Form on page 4.

Deadline to Register is Wednesday, October 17th

NOTICES

Regular Meetings:

SEM Executive Board (6:30pm selected 2nd Wednesdays)
(contact chair@amcsem.org for more info)

Hike Planning Meetings 2012 (6:30pm 1st Wed. quarterly)
(contact hikingchair@amcsem.org for more info)

Where to find activities (hikes, bikes, paddles, etc.)

1. The monthly e-Breeze - arrives by email
2. AMC Outdoors magazine - arrives by snailmail
3. Online trip listings (activities.outdoors.org)
4. Sign up for *short notice* trip listings at www.amcsem.org

Pix and Article Submissions

We encourage SEM members to submit articles and photos for both The Breeze and our website. Materials for publication will be edited for content and to fit available space. Please send to communicationschair@amcsem.org.

Next Month's e-Breeze Deadlines: 7th trips; 15th articles/pix

SEM Non-members

Not an SEM chapter member? Want the e-Breeze? Contact the AMC Member Center and set your preferences. Or get a copy at our website at www.amcsem.org.

Volunteers needed!

Curious about the inner workings of your chapter? Volunteer for the Executive Board! Have technical skills? Volunteer for our website! Have writing/editing skills? Volunteer for the *Breeze*! Like kids? Volunteer for CYP! Want to get out more? Volunteer to lead a hike, bike, or paddle! We have lots of volunteer positions open! Please contact chair@amcsem.org if you'd like to get more involved with the chapter.

Find us on Facebook * Follow us on Twitter
CHAPTER WEBSITE: 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. Preview the waiver at: www.amcsem.org, Documents.

The Southeast Breeze, the e-newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published 12 times a year. **Editor:** Cheryl Lathrop, **Asst. Editor:** Ann McSweeney, **Proofreader:** Kate Patroia. **Change of Address** to AMC, 5 Joy St., Boston, MA 02108, 800.372.1758, or www.outdoors.org/membercenter

2012 Executive Board & Committee Chairs

Chapter Chair	chair@amcsem.org Jim Plouffe, 508-562-0051
Vice Chapter Chair	vicechair@amcsem.org Luther Wallis, 508-923-1935
Treasurer	treasurer@amcsem.org Patty Rottmeier
Secretary	secretary@amcsem.org Karen Singleton, 508-730-7701
Past Chapter Chair	pastchapterchair@amcsem.org Wayne Anderson

Biking	bikingchair@amcsem.org Jon Fortier, 508-982-1855
Biking (Vice)	bikingvicechair@amcsem.org Dan Egan, 508-717-2687
Canoe/Kayak	paddlingchair@amcsem.org George Wey, 781-789-8005
Canoe/Kayak (Vice)	paddlingvicechair@amcsem.org Betty Hinkley, 508-241-4782
Cape Hiking	capehikingchair@amcsem.org Pat Sarantis, 508-430-9965
Cape Hiking (Vice)	capehikingvicechair@amcsem.org Farley Lewis, 508-775-9168
Communications	communicationschair@amcsem.org Cheryl Lathrop, 508-668-4698
Comms. (Vice)	communicationsvicechair@amcsem.org Open
Conservation	conservationchair@amcsem.org Maureen Kelly, 508-224-9188
Conservation (Vice)	conservationvicechair@amcsem.org Open
CYP Chair	cypcoordinator@amcsem.org Sally Delisa, 781-834-6851
Education	education@amcsem.org Len Ulbricht, 508-359-2250
Education (Vice)	educationvicechair@amcsem.org Open
Hiking	hikingchair@amcsem.org Walt Granda, 508-971-6444
Hiking (Vice)	hikingvicechair@amcsem.org Paul Miller, 508-369-4151
Membership	membershipchair@amcsem.org Jim Casey, 781-924-5228
Membership (Vice)	membershipvicechair@amcsem.org Vickie Beaulieu,
Skiing	xskichair@amcsem.org Barbara Hathaway, 508-880-7266
Skiing (Vice)	xskivicechair@amcsem.org Farley Lewis, 508-775-9168
Trails	trailschair@amcsem.org Lou Sikorsky, 508-678-3984
Trails (Vice)	trailsvicechair@amcsem.org Open

AD HOC COMMITTEES:

Social Chair Jodi Jensen, 781-762-4483
Family Events Chair Chris Pellegrini, 508-244-9203

STAFF:

Social Networking Susan Salmon (moderator)
Webmaster webmaster@amcsem.org
Breeze Editor communicationschair@amcsem.org

The chapter includes ~3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.

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

NOT GETTING YOUR e-BREEZE? CALL: 800-372-1758

SWAP * BARTER * SELL * TRADE * FREE

- 1) Yaktrax - original "walk" model, size large. \$10
- 2) One liter bottle parka/jacket, brand: Forty Below, hardly used. \$10
- 3) Outdoor Research Wind mitts- outer shell is size extra large, Gortex - inner mitten is size large with enough room for wearing thin liner gloves. For large hands. Includes clips for attaching to jacket. \$20

Contact: Dexter Robinson, dexpcdoc@gmail.com, 781-294-8840



Men's Nike Air Flight Condor shoes

Size 12, worn once. \$50 (or best offer)

Contact Sue Salmon: 508-285-2440

THE E-BREEZE WILL PUBLISH FREE ADS FOR MEMBERS TO SWAP/BARTER/SELL/TRADE/FREE OUTDOOR EQUIPMENT.

Send your ads to: communicationschair@amcsem.org. Please put "BREEZE – SWAP" in the subject line.

Got an AMC-related outdoorsy business?
Run a paid business card-sized ad in the
Breeze for \$10/month (\$100/year). Contact: communicationschair@amcsem.org

CHAPTERWIDE EVENTS

2012 AMC SEM ANNUAL MEETING

Saturday, November 3, 2012

Salerno's Function Hall

196 Onset Avenue, 2nd floor • Onset, MA 02558

Telephone: 508-291-6182

Agenda:

- 5:00 – 6:00 pm Happy Hour (cash bar open throughout the evening)
6:00 – 6:30 pm Business Meeting (including election of 2012 Board)
6:30 – 7:30 pm Dinner Buffet
7:30 – 7:50 pm Awards
7: 50 – 8:00 pm Break
8:00 – 8:45 pm Guest Speaker: John Galluzzo, a local historian and the adult education and citizen science coordinator for Mass Audubon's South Shore Sanctuaries will give a presentation on his latest book, Half an Hour a Day Across Massachusetts - Finding Open Space in all 351 Cities and Towns.

To register go to <http://www.amcsem.org/events.html> 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 6th

\$30.00/per person for registrations received after Saturday, October 6th

If registering by mail, please send this completed form, along with appropriate payment, to: AMC SEM, c/o Patricia Rottmeier, 2 Killdeer Lane, Nantucket, MA 02554.

Deadline to Register is Wednesday, October 17th.

SEE THE BALLOT ON THE NEXT PAGE.

CHAPTERWIDE EVENTS

2012 - 2013 BALLOT

TO BE VOTED ON AT THE ANNUAL MEETING

Chair	OPEN
Chapter Vice Chair	OPEN
Secretary	Karen Singleton
Treasurer	Patty Rottmeier
Biking Chair	Jon Fortier
Cape Hiking Chair	OPEN
Communications Chair	OPEN
Conservation Chair	Maureen Kelly
CYP Chair	OPEN
Education Chair	Len Ulbricht
Hiking Chair	Walt Granda
Hiking Vice Chair	Paul Miller
Membership Chair	OPEN
Paddling Chair	OPEN
Skiing Chair	Barbara Hathaway
Trails Chair	Lou Sikorsky

Please contact the Chapter Chair if you are interested
in running for a position on the Executive Board.

CHAIR@AMCSEM.ORG

CHAPTERWIDE EVENTS

Chapter Hut Weekend 2012

FABULOUS FUN AT COLD RIVER CAMP!



CHAPTER HUT WEEKEND 2012



EDUCATION COMMITTEE



Wilderness First Aid (WFA) training

**November 17 & 18, 2012
Borderland State Park
North Easton, MA**

The WFA course runs 8:30-4 Saturday and Sunday. SOLO has been engaged to provide the instruction. Pricing is as follows: \$145 AMC Member Price, \$170 for non-AMC members. Pricing includes lunch and break service both days.

Register with Len Ulbricht, Education Chair, at lenu44@gmail.com

Wilderness First Aid Course (WFA)

Wilderness First Aid is a comprehensive lesson in how to react, respond, and save life in remote, life-threatening situations.

Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify.

GOT PIX FOR OUR CHAPTER WEBSITE?

Send them to: sendphotos@amcsem.org

HIKING COMMITTEE



RED LINE the BLUE HILLS NEWS

RLBH finished its last hike of the season on Thursday, September 13. They held their annual finale dinner on September 20. Watch the Breeze and activity listings for the first hike in Spring 2013!



See the RLBH website: www.amcsem.org/RLBHWS See all RLBH finishers at: www.amcsem.org/RLBHWS/m_finishers.htm

2012 HIKING PLANNING MEETINGS

March 6, June 5, Sep 4, Dec 4
6:30pm

Reminder: The AMC/SEM Annual **Winter Hiking Workshop** will be held November 3rd from 1:00 to 4:00 p.m. at the Lakewood Hills Property Owners Association Clubhouse, 7 Kiah's Way, East Sandwich, MA. Contact the hikingchair@amcsem.org for more information.

HIKING COMMITTEE

Mt. Osceola and East Peak



HIKING COMMITTEE

SEM Local Hike Standouts

Our youngest and oldest hikers tackle the trails at the Bradley Estate in Canton on Sept. 27. Ninety years separates one-year-old Megan from Eddie DeSantis, veteran of FDR's Civilian Conservation Corp and a 15-20 mile per week AMC hiker.



CAPE HIKING COMMITTEE

CAPE HIKE

TRURO BLUEBERRY HILL
9/20/12



HIKING COMMITTEE



Take a Long Hike

By Ray Anderson 

Hello fellow hikers.

Hello fellow hikers. Today I'd like to talk about hiking with children.

Kids need to stay active. They also thrive in new and challenging situations. Why not take them on an overnight camping trip in the mountains? I have a grandson named, Jack. He's ten years old and a typical gadget-gamer of our modern age. It was time to introduce him to hiking.

Last year, we climbed Mt. Zealand and stayed in the AMC hut. The day we hiked was neither the time nor the place for games and gadgetry; we were out to enjoy nature and get some exercise. I had two quarters in my pocket, and made a wager with Jack: If he saw the first animal, he would get a quarter. "Be on the lookout," I'd said. I showed him the trail markers and gave him the job of following the blazes on the trees while I walked behind. A couple of times he wandered, not finding a blaze. "Then, look behind you," I'd said. And, sure enough, he would see a blaze, which confirmed our heading.

But he was more interested in quarters. "Grandpa, do birds count?" he asked, as he spotted what looked like a crow. "No," I said. A few minutes later, he pointed with a wry grin, "What about frogs?" "Well, I suppose," and I handed him a quarter. "But I mean a real animal. I've got one more quarter if you see something first that's furry and runs on legs."

At the hut, by the waterfall, we snacked. Several hikers and a family sat nearby. I was beginning to think that we might not see any animals, for I hadn't even spotted a squirrel. After lunch Jack asked if fish counted as he looked in a rocky pool of water. I just looked at him and matched his wry grin. But on the way over to the hut, I saw a blur of something dart to my right. "Grandpa, a chipmunk!" "Right!" I handed Jack his quarter.

The mountains and kids; it's a great combination.

Visit Ray's hiking blog: www.TakeaLongHike.com

SKIING COMMITTEE

New this Winter

Multiday Midweek Alpine Skiing

The entire Shapleigh bunkhouse has been reserved for two days, Monday and Tuesday nights February 4 & 5, for a winter weekday snow fest. Arrangements include two breakfasts and dinners at the Highland Center, and discount lift tickets available to nearby ski areas. Pricing has been structured so that as more beds are filled the per person cost decreases. Max cost is \$162 based on 50% occupancy, discount lift tickets extra. See trip listing for details.



Contact Len Ulbricht (lenu44@gmail.com) for further information.



CONSERVATION COMMITTEE



Book Review

American Canopy-

Trees, Forests, and the Making of a Nation

Eric Rutkow

ISBN 978-1-4391-9354-9

I found *American Canopy* when browsing at the Bourne Public Library and was captivated by its striking cover illustration, *Cathedral Forest*, an Alfred Bierstadt painting. *American Canopy* is not your typical layman's book about trees or forests with a focus on the here and now – tree varieties and their recognition or evolution of forest groves. It's about 400 years of history of the American forest, a seemingly unbounded asset in the early 1600s that fell to man's widespread clear cutting practices, 40% having been cut and gone 300 years later, but through the subsequent forest management practices has today recovered to 75% of the original stands of timber. Along the way, *American Canopy* touches on fascinating tidbits of American history: the King's trees needed to insure Britain's preeminence of the seas, Liberty Tree impact on revolutionary planning, Weyhauser's cut and get out logging practices, the rise of forest management science under Theodore Roosevelt, FDR's own woodlot being the roots of the CCC, and a graduate student's cutting the oldest tree in the country, a 5000 year old bristlecone pine, to count the rings because his core boring tool broke. What was he thinking. But this book is not all history, as it also relates how forests worldwide play a role in global warming today. Destroy forests and carbon dioxide increases, but retain or expand forests and carbon dioxide is removed from the atmosphere. *American Canopy* instills a deeper appreciation for the forests we have and the woods we hike through.

--Len Ulbricht

WHY VOLUNTEER FOR THE AMC?



Gain work experience! Add it to your resume!

Got a little free time to help us grow? Are you a people person who likes to help others? Are you concerned about environmental issues? Do you enjoy outdoor activities? Do you have some free time? If this sounds like you, then you may be interested in some opportunities to help our chapter of the AMC grow and better accomplish its mission. Get in touch with us and we'll be happy to tell you more. Contact: chair@amcsem.org



The Breeze accepts:

COMMUNITY CONNECTIONS: Upcoming Community Outdoor Activities You Might Be Interested In. Send items to communicationschair@amcsem.org

PERSONAL POSTS: This section of the Breeze highlights our members. If you have news, or know of news, contact the communicationschair@amcsem.org

SWAP STUFF: THE E-BREEZE WILL PUBLISH FREE ADS FOR MEMBERS TO SWAP/BARTER/SELL/TRADE/FREE OUTDOOR EQUIPMENT. Send your ads to: communicationschair@amcsem.org . Please put "BREEZE – SWAP" in the subject line.

PAID ADS: Got an AMC-related outdoorsy business? Run a paid business card-sized ad in the Breeze for \$10/month (\$100/year)! Contact: communicationschair@amcsem.org

COLUMNISTS: Got something to say? Want to be a regular Breeze columnist? Contact the Breeze editor to volunteer! communicationschair@amcsem.org

HAVE YOU BEEN TO OUR **FACEBOOK** PAGE YET? LIKE US!



www.facebook.com/AMCSEM



NEWS FROM "JOY STREET"

The following information is from the AMC's central office at Joy St. in Boston and is written by them. Please contact them for additional details on anything in this section.

(cmartell@outdoors.org)

Save the Date for AMC's Fall Gathering

AMC's 2012 Fall Gathering will be held on October 19-21, at the Greenkill YMCA Retreat Center in Huguenot, NY. This year's gathering is being hosted by the New York-North Jersey Chapter in honor of their 100th Anniversary as a chapter. Everyone is invited to this club-wide event which will include hiking, biking, paddling and many more activities in the Catskill Mountains. Watch for details in the upcoming issues of AMC's *Outdoors* magazine or by visiting the NY-NoJ Chapter's website <http://www.amc-ny.org/>

Sharing Your Photos Through AMC's Social Media

When you're outdoors on an AMC chapter trip, do you bring along your camera? If so, share your adventures with us! We're always looking for great images of people recreating, wildlife, plants, and landscapes for our Facebook Page and Twitter feed. Send images (and captions/photo credit information) from your chapter's latest hike, paddle, volunteer trail day, bird watch, or other adventure to AMC's Social Media Associate, Josh Lake, jlake@outdoors.org. Please note that images shared may be used on any of AMC's social media pages and that you must have permission from all identifiable people in photographs before sharing the image with us. Thank you!

It's Time to Enter the 2012 AMC Photo Contest! Deadline is November 15!

AMC's 18th annual photo contest begins on September 4th. This year's Grand Prize winner will receive a spot in an upcoming photography workshop and an accompanying stay at an AMC destination. Winners of the "Kids, Families, and Adults Outdoors," "Scenics and Nature," "AMC in Action," and "People's Choice" categories will receive great outdoor gear prizes from Outdoor Research, Tubbs Snowshoes, and other manufacturers. For complete rules and entry instructions, visit www.outdoors.org/photocontest. Entries will be accepted until November 15th, with the winners appearing in a spring 2013 issue of *AMC Outdoors*.



TEAM WILLY—Will I Leave A Legacy, Yes!

Are you interested in investing in the future of AMC? Then we hope that you will consider joining Willy Ashbrook, Chair of Team Willy and member of AMC's Board of Directors, as well as, other club members in leaving your legacy with the AMC through your estate plans. Please know that a gift at any level will have a major impact on all AMC programs. To learn more, visit www.outdoors.org/plannedgiving or call Jim Hamilton at 617.391.6585.

CHAPTER ACTIVITIES

Note: These activities are taken directly from the AMC central online activity listing system.

All activity information appears exactly as entered by the activity leader.

Please contact the activity leader directly for any additional information on an activity.

activities.outdoors.org

SAVE THE DATE

CLUB-WIDE ACTIVITIES

AMC's Fall Gathering, October 19-21 www.amc-ny.org

Register for Fall Gathering: www.outdoors.org/fallgathering

CHAPTER-WIDE ACTIVITIES

SEM Annual Meeting, November 3, 2012

SEM Winter Hiking Series, November 3, 2012

SEM Wilderness First Aid (fall) November 17-18, 2012

SEM 2nd Annual Family Weekend, August 23-25, 2013

SEM Chapter Hut Weekend, September 2013

(See our website for details: www.amcsem.org,
and click on the "Upcoming Events" tab)

CHAPTER ANNOUNCEMENTS

Watch our [website](#) for the latest in AMC SEM!

NOTE ACTIVITIES MARKED FOR :

FT = First Timer **NM** = New Member

FULL LIST of ACTIVITIES at AMCSEM.ORG
(see 'schedules' tab)

Last minute activities (and cancellations) are posted on
our Short Notice Email List (SNEL). Sign up for this list
on our website, amcsem.org.

CHAPTER PROJECTS

D.W. Field Park Revitalization Project. We need
your help to make this project a reality. If you are
interested in helping, please email Jim Plouffe,
chair@amcsem.org or Maureen Kelly,
conservationchair@amcsem.org

SEM's Nike Reuse-A-Shoe Program.

www.amcsem.org/news.html

www.nikereuseashoe.com

Know what's happening in your chapter?

If not, visit our website, find us on FACEBOOK, or follow us on TWITTER

www.amcsem.org * www.facebook.com/AMCSEM * www.twitter.com/amcsem

HIKING / BACKPACKING

HIKE PLANNING MEETINGS: are held the 1st Wednesday of March, June, September, December. Contact hikingchair@amcsem.org for information.

IMPORTANT: Hikers unsure of their ability should try only 1 level more difficult than previously completed. No pets without permission of trip Leader. Registration req'd 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 activities.outdoors.org. Sign up for the SEM Short Notice E-Mail Trip List at www.amcsem.org.

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

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

IMPORTANT: No pets w/o prior permission of trip leader. Individuals under 18 years of age must be accompanied by a parent or responsible adult, and obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 week prior to the trip so Ls can discuss prior hiking exp., conditioning, clothing, and equipment. Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

Sat., Oct. 6. North Moat Loop. Join us for a nice fall hike over North Moat via the Red Ridge and Moat Mountain trails. A beautiful trip traversing large amounts of open ledge. L Leslie Carson ((508) 833-8237, lrc929@comcast.net), CL Tom Madden ((774) 994-2057 Before 9 PM, tomjmaddenjr@gmail.com), R Tom Madden ((774) 994-2057 Before 9 PM, tomjmaddenjr@gmail.com)

Thu., Oct. 11. Pequitside Farm/Mildred Morse Allen Wildlife Sanctuary Walk. Meet at 10am at Pequitside Farm (LOWER) Parking Lot, 79 Pleasant Street, Canton, MA across from reservoir near "The Little Red House" historical property. Leisurely four mile walk on 124 acre sanctuary along trail system through meadow and forest. Visit to Canton Historical Society and Art Exhibit included. Free to Audobon Members, small fee for non-members. Sturdy walking shoes required. Bring water and lunch. Apple cider and snack after the hike. Directions: FROM RT I-93: Take exit 2A (Route 138 south towards Stoughton). After .7 miles, turn right at the traffic lights onto Washington Street go 1.6 miles. Take Left at light onto Pleasant St. Go PAST large white building on right and enter smaller parking lot across from the reservoir on right near "The Little Red House". The Little Red House parking lot is 0.3 miles on the right side of Pleasant St From RT 24 N toward Boston. Merge onto I-93 S via Exit 21B on the left toward I-95 S and follow directions above. L Barbara Hathaway (508-880-7266, barb224@tmlp.net), CL Deborah Lepore (617-778-4339), R Deborah Lepore (Canton, MA, 617-778-4339 B4 9:00PM, DLepore2@Gmail.com)

(FT) (NM) Sat., Oct. 13. Intro to AMC Hiking at Whitney & Thayer Woods, Cohasset, MA. Join us on a great Introduction to AMC walk through Whitney and Thayer Woods in Cohasset. This Trustee of the Reservations land provides beautiful trails and carriage roads for our 4-6 mile hike. Walk along the Milliken Memorial Path a "wild garden" that was created in the late 1920's and take in the views from Turkey Hill. This hike is for beginners or anyone who wants a leisurely stroll. Come join us~! L Jim Casey (781-924-5228 6pm to 9pm, cmne@comcast.net), CL Tom Madden (774-994-2057 Call before 9pm, tomjmaddenjr@gmail.com), R Jim Casey (781-924-5228 6pm to 9pm, cmne@comcast.net)

(CE) Sun., Oct. 14. Wapack Trail end to end Section #2. Section #2, 6.9 miles (4.5 hours+/-) from NH 123/124 to NH 101. Ridge line hiking with moderate elevation gain. Special features: Scenic woodlands and stone walls. Side Trail to Kidder Mt. offers spectacular views. Scenic Sharon and temple Mt. Ledges. Attractive birch glade south of Burton Peak. Extensive blueberry barrens. Fine outlook towards Perterborough. L Fred Wason ((508) 838-6049, fmwason@gmail.com), R Fred Wason ((508) 699-7635 10:00 am to 9:30 pm, fmwason@gmail.com)

Sun., Oct. 14. Blue Hills Fast and Hilly. Stay in shape for the bigger mountains by hiking the Skyline Trail at a moderately fast pace. We'll hike the North-South loop, then out to Buck Hill and back. Meet at 8:45; not a beginner hike. L Maureen Kelly (508-224-9188 before 8pm, mokol773@aol.com), R Maureen Kelly (508-224-9188 before 8pm, mokol773@aol.com)

Thursdays

Oct. 18. Thurs. Morn. Hike Gilbert Hills State Forest, Foxboro, MA (B3C). Meet at 10:00am, Lakeview Pavilion in Foxboro. I-95 Exit 7B, go halfway around the rotary in the center. After the rotary, take Route 140N for 1 mile to Lakeview Road on the left. Entrance is 0.3 miles down on the right. Park away from the building. Bring boots, water, snacks, and lunch. Approximately 7 miles, past lakes and through pine and oak forest - a lovely fall hike. No registration, but call with any questions. L Joanne Staniscia ((508) 528-6799 7:00-9:00pm, joannes1@localnet.com)

Sat., Oct. 20. Sandwich Dome. 3993' elevation with 2500' elevation gain. 8 miles RT. Commanding views of Sandwich Range. Several brook crossings. Loop hike via Sandwich Mtn trail and Drakes Brook trail. L Len Ulbricht (lenu44@gmail.com), CL Paul Miller (paulallenmiller@verizon.net), R len ulbricht (11 hilltop circle, medfield, ME 02052, lenu44@gmail.com)

Thursdays

Oct. 25. Thurs. Morn Hike Quincy Quarries, Blue Hills, Ma. 5-6 mile hike to the historic Quincy Quarries. Some ledges to cross, hiking boots, water, snack. Rain cancels. Directions: Meet at Shea Rink at 10 AM, 651 Willard St, Quincy, from Rte. I-93/128 exit 6, go north on Willard St 0.7 miles, parking on left. <http://www.mass.gov/dcr>. Leader: Ellie MacPherson, elliemacp@comcast.net, 508-224-6465, cell before hike: 978-478-7106. L Ellie MacPherson ((508) 224-6465, elliemacp@comcast.net)

(CE) Sun., Oct. 28. Wapack Trail end to end Section #3. Section #3 5.4 miles from Nh 101 to Old Mountain Rd Greenfield, NH In this section we while ascend the southern slope of Pack Monadnock Mountaine to its summit. Continuing north across the summit, decending steeply into the Wapack National Wildlife Refuge continuing north on the ridgeline to ia steep ascent to the summit of North Pack Monadnock Mt.. Trail continues north descending steeply over ledges, then crossing, open pastures before reaching the Wapack Trail's northern terminus on Old Mountain Rd. L Fred Wason ((508) 838-6049 6:00pm to 9:30pm, fmwason@gmail.com), R Fred Wason ((508) 838-6049 6:00 pm to-9:30pm, fmwason@gmail.com)

(FT) (NM) Mon., Oct. 29. Borderland Full Moon Hike. Come hike around the ponds and through the woods on this (hopefully) clear crisp Fall evening beneath the full moon. (Space limited). L Bob Vogel (vogel.r@comcast.net), R Nancy Coote (nmcoote@yahoo.com)

Thu., Nov. 1. Thursday Morning Hike-Tully Trail Section #1. 6.5 mile hike from the Tully Lake Campground to the Royalston Falls Parking area on MA 32. This exciting hike passes Spirit Falls on its way to ledge views across the Tully River Valley. Heavy rain will cancel. L Walt Granda (508-999-6038 Before 9:00 PM, wlgranda@aol.com), R Walt Granda (589-999-6038 Before 9:00 PM, wlgranda@aol.com)

(FT) (NM) (SN) Sat., Nov. 3. Winter Hiking Workshop. Attention 3 season hikers! This years Winter Workshop is geared to extend your hiking into winter. Topics include boots, clothing, day hiking and overnight equipment. The hiking committee will be offering a series of hikes to acquaint 3 season hikers with the pleasures of winter hiking. L Walt Granda (wlgranda@aol.com), R Walt Granda (508-999-6038, wlgranda@aol.com)

Thu., Nov. 8. Thursday, Nov 8, Hike World's End (C3C). Meet at 10:00 AM, World's End, \$5.00 per person entrance fee for non-Trustees members. This will be a moderately paced walk of approximately 4-5 miles, exploring the landscape of a unique peninsula in Boston Harbor. The terrain is moderately hilly (over the 4 drumlins), with a mixture of carriage ways and sometimes rocky paths. Boots or shoes with good traction are recommended; light traction devices may be helpful if icy conditions exist. The reservation has stunning views, but is exposed to the sea and wind, so dress accordingly, in layers and with good wind protection! Bring water, thermos with hot drink, snacks or lunch. Directions: From Rt. 3, take Exit 14, Rt. 228 North for 6.5 mi. Turn left onto Rt. 3A (at traffic light), and follow for 0.7 mi. Turn right onto Summer St. (traffic light). At the major intersection with Rockland St. (another traffic light), continue straight across onto Martin's Lane. Follow for 0.7 mi. to entrance at end of road. After stopping at the entrance gate to show your Trustees card or pay \$5, park in the first lot you see on the left. There are portable toilets to the left of the parking area, up a small hill. For more information visit: <http://www.thetrustees.org/places-to-visit/greater-boston/worlds-end.html>. L Eva Borsody das (borsody@gmail.com)

Sun., Nov. 11. Blue Hills Fast and Hilly. Stay in shape for the bigger mountains by hiking the Skyline Trail at a moderately fast pace. We'll hike the North-South loop, then out to Buck Hill and back. Meet at 8:45; not a beginner hike. L Maureen Kelly (508-224-9188 before 8pm, mokol773@aol.com), R Maureen Kelly (508-224-9188 before 8pm, mokol773@aol.com)

Thu., Nov. 15. Thurs. Morn. Hike Borderland State Park. Meet: 10:00AM at Visitors Center. 6 Mi hike through trails of the the Park. Bring water and lunch. Rain cancels. L Claire Braye ((508) 857-0320 before 9:00PM, cbraye57@comcast.net)

Sat., Nov. 17. Parker Woodland Hike. 7 mile hike exploring the Parker Wildlife Refuge. George B. Parker Woodland Wildlife Refuge, in Coventry and Foster, is a magical place of ancient rock formations, Revolutionary War-era carriage roads, and great wildlife watching. With 860 acres of mostly forested land, Parker is a rewarding place to spend half a day exploring the extensive trail system far away from traffic noise. The historic 860-acre refuge features seven total miles of looped hiking trails, open fields, flowing brooks and most impressively more than 100 mysterious rock cairns (beehive-shaped stone piles ranging in height from two to over four feet.) Parker Woodland also contains the foundation of an eighteenth-century farmhouse, historic stone quarries, Revolutionary War-era carriage roads and the Isaac Bowen house, a colonial structure now on the National Register of Historic Places. L Walt Granda ((508) 999-6038 before 9:00 PM, wlgranda@aol.com), CL Kathy Stanley ((781) 799-5351 before 9:00 PM, kstanley@energy-advocates.com), R Kathy Stanley ((781) 799-5351 before 9 pm, kstanley@energy-advocates.com)

(XCE) Sat., Nov. 17-18. WFA Training. The WFA course runs 8:30-4 Saturday and Sunday. SOLO has been engaged to provide the instruction. Pricing is as follows: \$145 AMC Member Price, \$170 for non-AMC members. Pricing includes lunch and break service both days. Training to be held at Borderland State Park, Easton MA. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save life in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify

and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. L Len Ulbricht (lenu44@gmail.com), R len Ulbricht (lenu44@gmail.com)

(FT) (NM) Sun., Nov. 18. Intro to AMC Hiking at The Tucker Preserve, Pembroke MA. Introduction to AMC Hiking. Join us for a beautiful hike along the Indian Head River, a tributary of the North River. This 78.6 acre preserve is off West Elm Street in Pembroke. It's just south of the Indian Head River and offers incredible views. This hike is for new members and beginners. L Jim Casey ((781) 924-5228 6pm to 9pm, cmne@comcast.net), CL Tom Madden ((774) 994-2057 6pm to 10pm, tomjmaddenjr@gmail.com), R Tom Madden ((774) 994-2057 Call before 9pm, tomjmaddenjr@gmail.com)

(FT) (NM) Thu., Nov. 29. Thursday Morning Hike: Blue Hills CC Camp. Meet at 10:00 AM at the Chickatawbut overlook parking area. Bring water, snacks, suitable footwear and rain jacket. Heavy rain cancels. L Walt Granda (508-999-6038 Before 9:00 PM, wlgranda@aol.com)

Sat., Dec. 1. Winter Hike Series #1 Blue Hills. Join us on the 1st winter hike of the season. Learn the basic's of winter hiking as we discuss heat management, nutrition, equipment and other winter concerns. Great opportunity for three seasons hikers to experience the joys of winter hiking. L Walt Granda (wlgranda@aol.com), L Leslie Carson (ltc929@comcast.net), L Maureen Kelly (moke1773@aol.com), L Eva Borsody das (borsody@gmail.com), CL Paul Miller , CL Jim Casey , R Walt Granda (508-999-6038 before 9:00 PM, wlgranda@aol.com)

Thursdays

Dec. 6. Thursday Morning Hike: Warner Trail, Wrentham (B3C). Meet at 9:45am, end of Randall Road, Wrentham. Bring water, snacks, and lunch. I-495 Exit 15, then right onto Route 1A, Wrentham. Right at Randall Road (King Philip Plaza sign). Rain cancels. L Joanne Staniscia (508-528-6799 7-9 p.m., joannes1@localnet.com)

Thu., Dec. 13. Thursday Morning Blue Hills Hike. A 4-5 mile hike on the Blue Hills Reservation. We will be hiking between Hancock and Great Blue Hill on the Breakneck Ledge Loop. Meet on Hillside Street across from the Reservation Headquarters and the State Police Barracks. L Sue Chiavaroli (508-252-4146, brillo6452@yahoo.com)

(CE) Thu., Dec. 27. Thursday morning Rocky Woods Hike. Morning hike on the 6+ miles of trails in Rocky Woods, Medfield, MA. Varied terrain with some hills. Depending on snowfall, snowshoes may be required. 10:00 A.M. start. L Fred Wason (508-838-6049, fmwason@gmail.com)

CAPE COD HIKES

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.") Contact the Cape Hikes Chair: capehikingchair@amcsem.org . Cape Hikes are generally suspended during the summer months due to parking problems.

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

Watch our [chapter website](#) and the short notice email list for notices for events!

Thu., Oct. 4. 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)

Thu., Oct. 11. Wellfleet/Truro Cross-cape hike (B3C). One-way hike from Cape Cod Bay, Truro to Newcomb Hollow Beach, Wellfleet. Meet 9:45 a.m. Newcomb Hollow Beach for car shuttle to Truro, Ryder Beach. Extended time: 2.5 to 3 hrs. From Rte 6 Orleans/Eastham Rotary, go 11 mi. Turn Right on Gross Hill Rd. Continue on Gross Hill Rd to Newcomb Hollow Beach. L Janet Kaiser ((508) 432-3277, jtkaiser@comcast.net)

Saturdays

Oct. 13. Provincetown: Snail Road Dunes (B3B). Meet 10:45am Snail Road trail head on ocean side of Route 6, at the east end of Provincetown. Explore 360 views of dunes, historic dune shacks, pick some cranberries. Hike up and down to the ocean and back. Bring lunch. 3.5 hours. L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Oct. 14. Mashpee/Barnstable Santuit Pond/River (C3C). Land of the Wampanoags preserved forever by the foresight of two towns. Rte. 6 Exit 5, Rte 149 to R on 28. R on Santuit/Newtown Rd. for 0.8 mi. to yellow gate on L. Meet 12:45. Two hours. L Nancy Wigley ((508) 548-2362, nrwigley@verizon.net), R Janet Dimattia ((508) 394-9064)

Thu., Oct. 18. Brewster Nickerson SP (C3C). Hike the outer trails and through campground. Some hills. Enter the park from 6A in Brewster. Take first L on Flax Pond Rd. Drive to pk at end of road. Meet 9:45. Two hours. Heavy rain cancels. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Saturdays

Oct. 20. Provincetown: Snail Road Dunes (B3B). Meet 9:45am, Snail Road trail head on ocean side of Route 6, at the east end of Provincetown. Explore 360 views of dunes, historic dune shacks, pick some cranberries. Hike up and down to the ocean and back. Bring lunch. 3.5 hours. L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Oct. 21. E Sandwich Maple Swamp Hike (C3C). Hilly hike through historic conservation land, meet at 1:45 PM, starts at 1 PM in Maple Swamp lot. Rte 6 Quaker Meetinghouse exit turn S, immediate L on Service Rd. Parking lot on right. L Jane Harding ((508) 833-2864 before 9 PM, janeharding@comcast.net)

Thu., Oct. 25. Harwich, Harksnest SP (C3C). Hawksnest State Park - Off Exit 11, Rt.6, Park on Spruce Rd in Harwich for 2 hour hike. Meet 9:45AM. L Peter Selig ((508) 432-7656, pandmselig@hotmail.com)

Sat., Oct. 27. Yarmouth, Greenough Ponds (B3C). Walk through Yarmouth Botanical Gardens, Dennis & Greenough Ponds. Meet at 9:45, 3 1/2 hr. Exit 7 off Route 6 North and take

immediate right turn on Summer St. Follow dirt road 1/2 mile to beach parking lot. Bring lunch. L Richard Kaiser ((508) 432-3277, rjkaiser@comcast.net)

Sun., Oct. 28. Barnstable-Danforth Trails (C3C). Newer trails with a unique feature near Marstons Mills Airport. From Route 149, travel west on Race Lane to lot short distance on the left. 2 hours. Meet at 12:45. L Gary Miller ((508) 540-1857, Garymaxx@verizon.net)

(FT) (NM) Thu., Nov. 1. Barnstable-Bridge Creek Conservation (C3D). Flat terrain, cedar upland, maple swamp and salt marsh, bogs, and stone walls. Meet at 9:45am. 2 hours from Exit 5 off Route 6. North on Route 149. Park along grass triangle on immediate left beside West Parish Church. L Farley Lewis ((508) 775-9168, farlewis@comcast.net)

Saturdays

Nov. 3. Provincetown: Snail Road Dunes (B3B). Meet 9:45am, Snail Road trail head on ocean side of Route 6, at the east end of Provincetown. Explore 360 views of dunes, historic dune shacks, pick some cranberries. Hike up and down to the ocean and back. Bring lunch. 3.5 hours. L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Nov. 4. Harwich, Herring River (C3C). Wooded walk River/Reservoir views, C bogs. Rte 6, Ex 10, R on Rte 124 S for 2 miles to center. R on Main St/Grest Western Rd for 2 miles. Pk at Sand Pond on R. Meet at 12:45 for 1:00 start, 2 hrs. L Pat Sarantis ((508) 430-9965, patsarantis@gmail.com)

Thu., Nov. 8. 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)

Sun., Nov. 11. Brewster, Punkhorn Parklands (C3C). Wooded, hilly trails with pond views. Route 6 Exit 9B, 2 miles to a right on Satucket, then bear right at Stony Brook Road. In 0.3 miles, turn right on Run Hill Road. 1.3 miles to parking lot on the left. 2 hours. L Janet Kaiser ((508) 432-3277, jtkaiser@comcast.net)

Thu., Nov. 15. Yarmouth Port, Gray's Beach (C3C). Hike in Conservation land areas over trails along marsh, through woods, includes the boardwalk with views of Sandy Neck, Chapin Beach. Rte 6 to Exit 8, Union Street to Rte 6A. Turn Left, go 1 block, Turn Right on Center St. Go 1.0 mile, follow signs to beach pkg lot at end. Meet at 9:45 a.m. Two hours. L Janet Kaiser ((508) 432-3277, jtkaiser@comcast.net)

Saturdays

Nov. 17. Truro- High Head Sand Dune Walk (B3B). 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. Walk back via the bike path to Pilgrim Spring and panoramic views. 3.5 hours. Bring lunch. L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Nov. 18. Barnstable-Crooked Cartway (C3C). Wooded walk to The Deck. Mostly flat with some hills. Route 149 (north or south) to the rotary at Cape Cod Airport in Marstons Mills. Travel west on Race Lane for 1.1 miles, then turn right onto Crooked Cartway. Follow to the end. Meet at 12:45pm. Two hours RT. L Farley Lewis ((508) 775-9168, farlewis@comcast.net)

Sun., Nov. 25. Yarmouth, Three Ponds (C3C). Hike Cranberry bogs, woods roads to three ponds. Exit 8 from Rte 6. R at second light on Old Town house Rd. L at stop sign at end. Go approx. 1/2 mi on W. yarmouth Rd. Pk on side of road off the pavement. Meet 12:45. Two hours. Heavy rain cancels. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Thu., Nov. 29. Eastham, Salt Pond Visitor's Center (C3C). Park at National Seashore Salt Pond Visitor's Center, 2 Hour hike to ocean. Meet at 9:45 am. L Peter Selig ((508) 432-7656, pandmselig@hotmail.com)

Saturdays

Dec. 1. Truro/Bay Sea Turtle Walk(B3C). **Meet at 10:45am*** Noons Landing, Route 6A, N. Truro. Carpool to the trail head. Walk the bay beach looking for cold, stunned sea turtles. Bring lunch. 3.5 hours. bALL THAT MORNING FOR CARPOOL INFO. L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Dec. 2. Wellfleet, White Crest Beach (C3C). Wooded trails to Marconi White Cedar Swamp. Rt 6 to R on Lecount Hollow Rd to beach gatehouse. L on Ocean View Rd, Go 0.9 mi to R at beach pkg lot. Meet at 12:45 for 1:00 start, 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Saturdays

Dec. 8. Truro/Bay Sea Turtle Walk(B3C). Meet at 9:45am, Noons Landing, Route 6A, N. Truro. Carpool to the trail head. Walk the bay beach looking for cold, stunned sea turtles. Bring lunch. 3.5 hours. CALL THAT MORNING FOR CARPOOL INFO. L Nancy Braun (508-487-4004 any, nancytruro@comcast.net)

Thu., Dec. 13. 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 Rte 149. Park along grass triangle on immediate left beside church. L Farley Lewis (farlewis@comcast.net)

Sat., Dec. 15. Truro/Bay Sea Turtle Walk(B3C). Meet at **10:45 a.m.***, Noons Landing, Route 6A, N. Truro. Carpool to the trail head. Walk the bay beach looking for cold stunned sea turtles. Bring lunch. 3.5 hours. CALL THAT MORNING FOR CARPOOL INFO. L Nancy Braun (508-487-4004 any, nancytruro@comcast.net)

Sun., Dec. 16. Brewster Nickerson State Park (C3C). Winter woods walk on trails and dirt roads. Meet at 12:45 at the main Pkg lot immediately on the R after entering the park. Two hours. Bad weather cancels. Doubt? call L. L Janet DiMattia (jandimattia@verizon.net)

Sun., Dec. 16. Eastham, Doane Rock (C3C). Hike Nat'l Seashore Lands to Three Sisters/Nauset Light. Meet 12:45 2 hrs. Rte 6 turn R at Eastham Visitor Center. Go to Doane Rock Picnic area Pkg lot on R about 1 mi. Bad weather canels. Doubt? call L. L Janet DiMattia (jandimattia@verizon.net)

Thu., Dec. 20. West Yarmouth, Sandy Pond (C3C). Wooded trails, pond views. Route 6 Exit 7S, left on Camp Street, left on Buck Island Road, and left at Sandy Pond Recreation Area. Meet at 9:45am. 2 hours. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Saturdays

Dec. 22. Truro/Bay Sea Turtle Walk(B3C). Meet at 9:45am, Noons Landing, Route 6A, N. Truro. Carpool to the trail head. Walk the bay beach looking for cold stunned sea

turtles. Bring lunch. 3.5 hours. CALL THAT MORNING FOR CARPOOL INFO. L Nancy Braun (508-487-4004 any, nancytruro@comcast.net)

BIKE RIDES

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 (schedules), or use the AMC online trip listing system: activities.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		
Mis	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

WANTED: Ride Leaders and Co-Leaders. WANTED: Ride Leaders and Co-Leaders. Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm and routes w/ your fellow AMC members? Contact Bike Chair (bikingchair@amcsem.org) for more info.

AMC SEM 2,000 Mile Club. Join our unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair to register your mileage and for more info. (bikingchair@amcsem.org)

Turn Those Tires on Tues. Rides scheduled all year long, weather permitting. 25 mi of road or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location and directions. Intermed. pace. Riders and bicycles in top shape; tires and riders pumped and ready to roll; helmets and water req'd. L Paul Carrier (508-833-2690 8 am-7 pm, pbencurrier@hotmail.com)

(FT) (NM) (XCE) Tuesdays

Oct. 9. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Oct. 16. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Oct. 23. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, carrierpaul@comcast.net)

(FT) (NM) (XCE) Mondays

Oct. 29. Sunset Full Hunter's Moon Ride. Start in Sandwich Recreation Area (Freezer Rd) and ride along the canal and through Gray Gables & Mashnee Island for sunset over Buzzards Bay and Hunter's Moonrise over the canal. This is an intermediate road cycling ride for 2 hours or 22 miles. Helmets, spare tube & tire tools, pump, and water required. L Paul Carrier ((508) 833-2690 Until 7pm, carrierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Nov. 6. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, carrierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Nov. 13. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, carrierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Nov. 20. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, carrierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Nov. 27. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, carrierpaul@comcast.net)

(FT) (NM) (XCE) Wednesdays

Nov. 28. Sunset Full Beaver Moonrise Ride. Start in Sagamore Recreation Area and ride into Sagamore Highlands for sunset over Buzzards Bay and Cold Moonrise over the canal. This is an intermediate road cycling ride for 2 hours or 22 miles. Helmets, spare tube & tire tools, pump, and water required. L Paul Carrier ((508) 833-2690 Until 7pm, carrierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Dec. 4. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Dec. 11. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Dec. 18. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Wednesdays

Dec. 26. Tuesday Scenic Cycling on Wednesday. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Fridays

Dec. 28. Sunset/Full Cold Moonrise Ride. Start in Sandwich Recreation Area (Freezer Rd) and ride along the canal and through Gray Gables & Mashnee Island for sunset over Buzzards Bay and Hunter's Moonrise over the canal. This is an intermediate road cycling ride for 2 hours or 22 miles. Helmets, spare tube & tire tools, pump, and water required. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

Jan. 1. 10th Annual New Year's Day Ride. Kick off our SEMAMC cycling schedule and our annual quest to attain 2,000 or more miles. This is an intermediate ride for 27 miles with several bailouts for less miles. This beautiful trip includes the coast and harbor of Marion Center; Sea Shell Beach; Converse Road Loop; and Point and Delano Road Roads to Planting Island and Kittansett Golf Club offering a cross-the-bay view of all three bridges. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Jan. 1. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

CHAPTER YOUTH PROGRAM (CYP)

WANTED: Chapter Youth Program (CYP) Leaders. Share your outdoor knowledge and leadership skills with local groups of children. Give your time to these programs to help kids get outside who might not otherwise have the opportunity. A typical Chapter Youth Program (CYP) might include a local walk with some nature lesson or trail games. CYP leader training and screening is required. L Sally Delisa (picpocit@verizon.net) or cypcoordinator@amcsem.org

Watch our [chapter website](#) and the short notice list for notices for CYP events!

PADDLES

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 MA"). Contact the paddle chair: paddlingchair@amcsem.org

Trip Ratings/Levels:

Level 1- No previous or little sea kayak experience is required.

Level 2 - You should feel that you can perform the following: a) paddle 6 miles in a day given the weather conditions for that day; b) a wet exit; c) maintain a straight heading without the use of a rudder; and d) turn your kayak using forward and reverse "sweep" strokes.

Level 3 - All of the above, and in addition feel confident in: a) assisting and performing a deep water rescue; b) paddle 13 miles in a day given the conditions for that day; c) paddle in 10 to 15 knot winds with seas of 2 to 3 feet; d) be able to launch and land from a beach in these conditions; e) use a marine band VHF radio.

Level 4 - All of the above plus: a) paddle 15 miles in a day given the conditions for that day; b) paddle in 20 knot winds; c) handle open ocean, large swells.

Level 5 - All of the above, and be able to paddle 20 miles in 25 knot winds with adverse sea conditions.

Wed., Oct. 3. North River, Marshfield-Hanover. Put-In, Marshfield side of Union St. Bridge. Spot cars in Hanover. Level 2/3. PFD Req. Spray Skirts may be Req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey ((781) 789-8005 anytime, geowey@comcast.net)

Saturdays

Oct. 6. Walker, Upper Mill, and Lower Mill Ponds, Brewster. Walker, Upper Mill, and Lower Mill Ponds, Brewster. Directions to put-in: Route 6 Exit 10, head north on Route 124 to a left turn on Long Pond Road to left on Route 6A to another left on Stony Brook. Left turn on Run Hill Road to the put-in on the right where the road turns to dirt. PFDs required. Spray skirts may be required if wind picks up. L Betty Hinkley ((508) 241-4782, bhinkley@mindspring.com)

Wed., Oct. 10. Swift Neck. Swift Neck. Rt 25 W Exit 2 Rt 6/28 to 6W L Swifts Beach Rd. (Wareham Service Sta.), after Lynn Rd L on Shore Ave to end. pfd req. L Haven Roosevelt ((508) 636-0006 Any Time, [havesnq@comcast.net](mailto:havenesq@comcast.net))

Sat., Oct. 13. Chase Garden Creek, Yarmouth Port. Route 6 exit 8 to Union St North, Left route 6A & quick Right Center St to Greys Beach at end. Limitations: Life Jacket required, Spray Skirt may be required if windy. Paddle Chase Garden Creek & tributaries Judah's &

Whites Brooks. See Bray Farm, Shellfish Processing Plant and Chapin Beach. L Paul Corriveau ((508) 362-0451 before 6 pm, paulcorri@gmail.com), CL Jean Orser ((508) 362-0451 before 6 pm, jeanorser@aol.com)

Wed., Oct. 17. Leader's choice. Hall's Creek, Sandwich Old Harbor, or Barnstable Harbor depending on weather conditions. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Sat., Oct. 20. Childs River & Eel Pond. A leisurely 7-mi. tour of Childs River and Eel Pond estuaries. PFD and wet or dry suit req. Spray skirt rec. Launch 10:30AM at State ramp on White's Landing Road, off Route 28 in Falmouth near Mashpee town line. L Wesley Ewell ((774) 313-7599 7:00AM-9:00PM, twofootartist@yahoo.com)

Wed., Oct. 24. Dike Creek. Padanaram Harbor and Dike Creek. I-195 Exit 13S, Rt 140, R on Rt 6, L Slocum Rd., L at stop sign(Elm St) to Bridge St. R over bridge L on Smith Neck Rd. pfd req. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Oct. 27. Herring River, Harwich. Route 6 exit 10, route 124 south, route 39 south, route 28 north Left at town landing just before Herring River bridge. Limitations: Life Vest required, Spray Skirt may be required if windy. Paddle upstream to Coy Brook to end & back to Herring River & to North Road bridge for lunch; afterwards paddle to west & east reservoirs. L Jean Orser ((508) 362-0451 before 6 pm, jeanorser@aol.com), CL Paul Corriveau ((508) 362-0451 before 6 pm, paulcorri@gmail.com)

Wed., Oct. 31. Centerville River. Hayward St. put-in. 10:30 am PFD, Wet/Dry suit required. Fr. Rt. 28 Centerville take Old Stage S into Main St. R on S Main St. to L on Hayward St. to put-in. L Bill Fischer ((508) 420-4137 before 9pm, wmbarbarafischer@comcast.net), CL Vickie Blair/Smith

SKIING (XC and DOWNHILL)

Contact the ski chair: xcskichair@amcsem.org

Watch our [chapter website](#) and the short notice email list for notices for events!

Sun., Dec. 30. X-C Ski Instructional Workshop. X-C Ski Instructional Workshop Sun Dec 30 (Sat Jan 12 backup date), - Learn to use your new skis or brush up on technique. Suitable for all abilities, rentals available. Reg with L Art Paradice, 978-372-7442 (7-9PM) paradice1@mindspring.com, L Bob Bentley 508-866-3057 bentleyr@h2otest.net. L Art Paradice (978-372-7442 7 to 9 PM, paradice1@mindspring.com), L Bob Bentley (508-866-3057 7 to 10 PM, bentleyr@h2otest.com)

New this Winter: Multiday Midweek Alpine Skiing

The entire Shapleigh bunkhouse has been reserved for two days, Monday and Tuesday nights February 4 & 5, for a winter weekday snow fest. Arrangements include two breakfasts and dinners at the Highland Center, and discount lift tickets available to nearby ski areas. Pricing has been structured so that as more beds are filled the per person cost decreases. Max cost is \$162 based on 50% occupancy, discount lift tickets extra. See trip listing for details. Contact Len Ulbricht (lenu44@gmail.com) for further information.

TRAILS & TRAILWORK

Contact the trails chair: trailschair@amcsem.org

Watch our [chapter website](#) and the short notice email list for notices for events!

CONSERVATION

Contact the conservation chair: conservationchair@amcsem.org

Watch our [chapter website](#) and the short notice email list for notices for events!

FAMILY EVENTS

Contact the family events chair: 508-244-9203

Watch our [chapter website](#) and the short notice email list for notices for events!

SOCIAL COMMITTEE & SOCIAL EVENTS

Contact the social chair: 781-762-4483

Watch our [chapter website](#) and the short notice email list for notices for events!

 **Think green**
If you print your e-Breeze, please recycle it when done



The Southeast Breeze

Monthly e-newsletter of the Appalachian Mountain Club
Southeastern Massachusetts Chapter
November, 2012

WRITTEN BY YOU FOR YOU

Participate in your chapter!
Attend the Annual Meeting & Dinner!
It's not too late!

2012 AMC SEM ANNUAL MEETING

Saturday, November 3, 2012

Salerno's Function Hall • Onset, MA 02558

Agenda:

- | | |
|-----------------|---|
| 5:00 – 6:00 pm | Happy Hour (cash bar open throughout the evening) |
| 6:00 – 6:30 pm | Business Meeting (including election of 2013 Board) |
| 6:30 – 7:30 pm | Dinner Buffet |
| 7:30 – 7:50 pm | Awards |
| 7: 50 – 8:00 pm | Break |
| 8:00 – 8:45 pm | Guest Speaker: John Galluzzo, a local historian and the adult education and citizen science coordinator for Mass Audubon's South Shore Sanctuaries will give a presentation on his latest book, Half an Hour a Day Across Massachusetts - Finding Open Space in all 351 Cities and Towns. |

To register go to <http://www.amcsem.org/events.html> for secure online registration using our PayPal account OR mail your check with the Registration Form on page 4.

NOTICES

Regular Meetings:

SEM Executive Board (6:30pm selected 2nd Wednesdays)
(contact chair@amcsem.org for more info)

Hike Planning Meetings 2012 (6:30pm 1st Wed. quarterly)
(contact hikingchair@amcsem.org for more info)

Where to find activities (hikes, bikes, paddles, etc.)

1. The monthly e-Breeze - arrives by email
2. AMC Outdoors magazine - arrives by snailmail
3. Online trip listings (activities.outdoors.org)
4. Sign up for *short notice* trip listings at www.amcsem.org

Pix and Article Submissions

We encourage SEM members to submit articles and photos for both The Breeze and our website. Materials for publication will be edited for content and to fit available space. Please send to communicationschair@amcsem.org.

Next Month's e-Breeze Deadlines: 7th trips; 15th articles/pix

SEM Non-members

Not an SEM chapter member? Want the e-Breeze? Contact the AMC Member Center and set your preferences. Or get a copy at our website at www.amcsem.org.

Volunteers needed!

Curious about the inner workings of your chapter? Volunteer for the Executive Board! Have technical skills? Volunteer for our website! Have writing/editing skills? Volunteer for the *Breeze!* Like kids? Volunteer for CYP! Want to get out more? Volunteer to lead a hike, bike, or paddle! We have lots of volunteer positions open! Please contact chair@amcsem.org if you'd like to get more involved with the chapter.

Find us on Facebook * Follow us on Twitter
CHAPTER WEBSITE: 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. Preview the waiver at: www.amcsem.org, Documents.

The Southeast Breeze, the e-newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published 12 times a year. **Editor:** Cheryl Lathrop, **Asst. Editor:** Ann McSweeney, **Proofreader:** Kate Patroia. **Change of Address** to AMC, 5 Joy St., Boston, MA 02108, 800.372.1758, or www.outdoors.org/membercenter

2012 Executive Board & Committee Chairs

Chapter Chair	chair@amcsem.org Jim Plouffe, 508-562-0051
Vice Chapter Chair	vicechair@amcsem.org Luther Wallis, 508-923-1935
Treasurer	treasurer@amcsem.org Patty Rottmeier
Secretary	secretary@amcsem.org Karen Singleton, 508-730-7701
Past Chapter Chair	pastchapterchair@amcsem.org Wayne Anderson

Biking	bikingchair@amcsem.org Jon Fortier, 508-982-1855
Biking (Vice)	bikingvicechair@amcsem.org open
Canoe/Kayak	paddlingchair@amcsem.org George Wey, 781-789-8005
Canoe/Kayak (Vice)	paddlingvicechair@amcsem.org Betty Hinkley, 508-241-4782
Cape Hiking	capehikingchair@amcsem.org Pat Sarantis, 508-430-9965
Cape Hiking (Vice)	capehikingvicechair@amcsem.org Farley Lewis, 508-775-9168
Communications	communicationschair@amcsem.org Cheryl Lathrop, 508-668-4698
Comms. (Vice)	communicationsvicechair@amcsem.org Open
Conservation	conservationchair@amcsem.org Maureen Kelly, 508-224-9188
Conservation (Vice)	conservationvicechair@amcsem.org Open
CYP Chair	cypcoordinator@amcsem.org Sally Delisa, 781-834-6851
Education	education@amcsem.org Len Ulbricht, 508-359-2250
Education (Vice)	educationvicechair@amcsem.org Open
Hiking	hikingchair@amcsem.org Walt Granda, 508-971-6444
Hiking (Vice)	hikingvicechair@amcsem.org Paul Miller, 508-369-4151
Membership	membershipchair@amcsem.org Jim Casey, 781-924-5228
Membership (Vice)	membershipvicechair@amcsem.org Vickie Beaulieu,
Skiing	xskichair@amcsem.org Barbara Hathaway, 508-880-7266
Skiing (Vice)	xskivicechair@amcsem.org Farley Lewis, 508-775-9168
Trails	trailschair@amcsem.org Lou Sikorsky, 508-678-3984
Trails (Vice)	trailsvicechair@amcsem.org Open

AD HOC COMMITTEES:

Social Chair Jodi Jensen, 781-762-4483
Family Events Chair Chris Pellegrini, 508-244-9203

STAFF:

Social Networking Susan Salmon (moderator)
Webmaster webmaster@amcsem.org
Breeze Editor communicationschair@amcsem.org

The chapter includes ~3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.

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

NOT GETTING YOUR e-BREEZE? CALL: 800-372-1758

SWAP * BARTER * SELL * TRADE * FREE



1) Yaktrax - original "walk" model, size large. \$10

2) One liter bottle parka/jacket, brand: Forty Below, hardly used. \$10

3) Outdoor Research Wind mitts- outer shell is size extra large, Gortex - inner mitten is size large with enough room for wearing thin liner gloves. For large hands. Includes clips for attaching to jacket. \$20

Contact: Dexter Robinson,
dexpcdoc@gmail.com, 781-294-8840

THE E-BREEZE WILL PUBLISH FREE ADS FOR MEMBERS TO SWAP/BARTER/SELL/TRADE/FREE OUTDOOR EQUIPMENT.

Send your ads to: communicationschair@amcsem.org. Please put "BREEZE – SWAP" in the subject line.

Got an AMC-related outdoorsy business?
Run a paid business card-sized ad in the
Breeze for \$10/month (\$100/year). Contact: communicationschair@amcsem.org

CHAPTERWIDE EVENTS

2012 AMC SEM ANNUAL MEETING

Saturday, November 3, 2012

Salerno's Function Hall

196 Onset Avenue, 2nd floor • Onset, MA 02558

Telephone: 508-291-6182

Agenda:

- 5:00 – 6:00 pm Happy Hour (cash bar open throughout the evening)
- 6:00 – 6:30 pm Business Meeting (including election of 2013 Board)
- 6:30 – 7:30 pm Dinner Buffet
- 7:30 – 7:50 pm Awards
- 7: 50 – 8:00 pm Break
- 8:00 – 8:45 pm Guest Speaker: John Galluzzo, a local historian and the adult education and citizen science coordinator for Mass Audubon's South Shore Sanctuaries will give a presentation on his latest book, Half an Hour a Day Across Massachusetts - Finding Open Space in all 351 Cities and Towns.

To register go to <http://www.amcsem.org/events.html> 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 6th

\$30.00/per person for registrations received **after** Saturday, October 6th

If registering by mail, please send this completed form, along with appropriate payment, to: AMC SEM, c/o Patricia Rottmeier, 2 Killdeer Lane, Nantucket, MA 02554.

SEE THE PROPOSED BALLOT ON THE NEXT PAGE

CHAPTERWIDE EVENTS

2013 PROPOSED BALLOT

TO BE VOTED ON AT THE ANNUAL MEETING

Chair	OPEN
Chapter Vice Chair	OPEN
Secretary	Karen Singleton
Treasurer	Patty Rottmeier
Biking Chair	Jon Fortier
Cape Hiking Chair	OPEN
Communications Chair	OPEN
Conservation Chair	Maureen Kelly
CYP Chair	OPEN
Education Chair	Len Ulbricht
Hiking Chair	Walt Granda
Membership Chair	OPEN
Paddling Chair	OPEN
Skiing Chair	Barbara Hathaway
Trails Chair	Lou Sikorsky

Open positions will be filled by nominations from the floor.

Please contact the Chapter Chair if you are interested
in running for a position on the Executive Board.

CHAIR@AMCSEM.ORG

EDUCATION COMMITTEE



Wilderness First Aid (WFA) training

**November 17 & 18, 2012
Borderland State Park
North Easton, MA**

The WFA course runs 8:30-4 Saturday and Sunday. SOLO has been engaged to provide the instruction. Pricing is as follows: \$145 AMC Member Price, \$170 for non-AMC members. Pricing includes lunch and break service both days.

Register with Len Ulbricht, Education Chair, at lenu44@gmail.com

Wilderness First Aid Course (WFA)

Wilderness First Aid is a comprehensive lesson in how to react, respond, and save life in remote, life-threatening situations.

Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify.

GOT PIX FOR OUR CHAPTER WEBSITE?

Send them to: sendphotos@amcsem.org

HIKING COMMITTEE



RED LINE the BLUE HILLS NEWS



The RLBH Thursday night hiking group wrapped up its 2012 hiking season with a finale dinner. Watch for their first hike next spring as they begin their 8th season.

See the RLBH website: www.amcsem.org/RLBHWS See all RLBH finishers at: www.amcsem.org/RLBHWS/m_finishers.htm

2012 HIKING PLANNING MEETING

December 5

2013 HIKING PLANNING MEETINGS

March 6, June 5, Sep 4, Dec 4

6:30pm

Contact hikingchair@amcsem.org

HIKING COMMITTEE



WINTER HIKING WORKSHOP

The AMC/SEM Annual **Winter Hiking Workshop** will be held November 3rd from 1:00 to 4:00 p.m. at the Lakewood Hills Property Owners Association Clubhouse, 7 Kiah's Way, East Sandwich, MA.

Contact the hikingchair@amcsem.org for more information.

Go to the Winter Hiking Workshop, then the AMC SEM Annual Meeting - same day, same place!



A happy hiker: Jerry Yos

GOT PIX FOR OUR CHAPTER WEBSITE?
Send them to: sendphotos@amcsem.org

HIKING COMMITTEE

ADIRONDACK CAMPING TRIP

September 13-16

By Mike Woessner

This past September Mike Woessner, Cindy Woessner, Sue Salmon, Kevin Mulligan, Lesley Carson, Ken Carson, Sui-Wen and George Yang of the Southeastern Massachusetts Chapter of the AMC spent a few days camping in the Adirondack State Park in northern New York State. The Adirondack Park is 6 million acres of both privately owned and public lands. Unlike New Hampshire which has a lakes region and the White Mountains, the Adirondacks are a mixture of both mountains and lakes. The tallest mountain being Mt. Marcy at just over 1 mile high and the longest lake, Lake Champlain, on the eastern border at 90 miles long stretching into Canada.

The group first visited the Adirondack Museum in Blue Mountain Lake. The museum's vast campus features displays in 22 modern exhibition galleries and historic buildings. There are lush grounds and sweeping views. The exhibitions tell the unique story of the Adirondacks and its people.

The next stop was dinner at the Adirondack Mountain Club's (ADK) Loj in Lake Placid. The Loj is located on Heart Lake and is indeed in the Heart of the Adirondacks. Trails from here offer access to the high peaks region from the north. While a ½ hour drive to the west puts you in Saranac Lake, prime canoeing country.

After spending the night in tents at the ADK camp ground the group climbed Mt. Algonquin, the second highest peak at 5,115 ft. weather and time prohibited summiting. However, the group had many fine views of surrounding peaks and Lake Placid Olympic village. The hikers returned to their base camp and enjoyed a hearty spaghetti and meatball dinner, then a roaring campfire before retiring for the night.

The plan for the following day was to canoe Saranac Lake into Lake Flower. However, temperatures in the low 50s and a strong wind changed plans to some shopping, site seeing and lunch in Lake Placid Village. Then the group drove up the Veterans Memorial Auto Road to the summit cone of Whiteface Mountain. From there they hiked the ¼ mile up to the summit at 4,857 ft. The group enjoyed many fine views of northern New York, Vermont, Lake Champlain and Canada. After a tour of the observation deck some of the group took the elevator down 276 ft. to a 424 ft. tunnel, all bored thru solid granite. That night's dinner was at one of Lake Placid's fine restaurants to celebrate a great trip and plans were made for future trips.

(photos on next page)

HIKING COMMITTEE

ADIRONDACK CAMPING TRIP

September 13-16

Pictures By Mike Woessner



Algonquin summit attempt



Dinner in camp



Summit of Whiteface



ADK base camp



Leslie & Ken



George & Sui-Wen

HIKING COMMITTEE

This year's Hut to Hut trip
Lafayette summit



HIKING COMMITTEE

Sandwich Dome Hike 10/20/12



HIKING COMMITTEE



Take a Long Hike

By Ray Anderson 



Hello fellow hikers. September ended another season of Red Lining the Blue Hills (RLBH). We had our end-of-season celebration and awards dinner at the Fat Cactus restaurant in Braintree. Twenty-four hikers attended, and the pictures below tell the story. The man in glasses pointing to his patch is Jerry Yos. Jerry is 82 years old and was awarded his first-time patch for completing all the trails

in the Blue Hills Reservation. Congratulations, Jerry! The man in the yellow shirt with the big smile is Alan Greenstein. Standing behind



him, to the right, is Randy

Mills. Both hikers received recognition for attending the most hikes this season—20 out of 23 scheduled weekly hikes. Randy was a rookie this year; Alan has received patches before for his accomplishments. Congratulations to both. Our three leaders



appear in the other picture. From left to right, we have Michael Swartz, Joe Keogh, and Maureen Kelly. Our thanks go to them for leading us on all the great Thursday night hikes this past season. And that's our SEM-AMC Breeze editor, Cheryl, with her Red Line the Blue Hills T-shirt!



We hope more new members will sign up next year for the RLBH hikes. April isn't that far away.

Visit Ray's hiking blog: www.TakeALongHike.com

CYP COMMITTEE

CYP LEADERSHIP TRAINING SESSION

A Chapter Youth Leadership Training session will take place on December 1, 2012 at YMCA Camp Harrington in Boylston, MA. People who are interested should contact Sally Delisa, CYP Chair for more information. delisasally@yahoo.com



SKIING COMMITTEE

New this Winter

Multiday Midweek Alpine Skiing

The entire Shapleigh bunkhouse has been reserved for two days, Monday and Tuesday nights February 4 & 5, for a winter weekday snow fest. Arrangements include two breakfasts and dinners at the Highland Center, and discount lift tickets available to nearby ski areas. Pricing has been structured so that as more beds are filled the per person cost decreases. Max cost is \$162 based on 50% occupancy, discount lift tickets extra. See trip listing for details.



Contact Len Ulbricht (lenu44@gmail.com) for further information.



BIKING COMMITTEE

AMC SEM "2000 Mile Club" Sept 30 2012

LEONARD	FRANKLIN	4780
LEONARDI		
ROBYN SAUR	E. FALMOUTH	4100
GERRY NELSON	BOURNE	4088
DAN EGAN	BROCKTON	3750
JOE TAVILLA	OSTERVILLE	3302
KEVIN MCNATT	MANSFIELD	3294
RON SIKORA	COTUIT	3010
ROGER SCHOLL	ROCHESTER	2879
LARRY COHEN	S EASTON	2272
FRED CHASE	E PROVIDENCE	2232
BARRY GALLUS	YARMOUTH	2033
ED FOSTER	COTUIT	1996
BERNIE MEGGISON	ORLEANS	1991
LAWTON GANES	CANTON	1932
JOE BARRY	YARMOUTHPORT	1835
STEVE COTE	RAYNHAM	1810
JIM KILPEA	WAREHAM	1806
LINDA CHURCH	FALMOUTH	1785
PAUL CURRIER	SANDWICH	1765
PAM PATRICK	ORLEANS	1673
JOHN SULLIVAN	MARSHFIELD	1631
BOB KENNEDY	BROCKTON	1610
LEE ECKHART	ASSONET	1406
JACK JACOBSEN	FAIRHAVEN	830

BIKING COMMITTEE





WHY VOLUNTEER FOR THE AMC?

Gain work experience! Add it to your resume!

Got a little free time to help us grow? Are you a people person who likes to help others? Are you concerned about environmental issues? Do you enjoy outdoor activities? Do you have some free time? If this sounds like you, then you may be interested in some opportunities to help our chapter of the AMC grow and better accomplish its mission. Get in touch with us and we'll be happy to tell you more. Contact: chair@amcsem.org



The Breeze accepts:

COMMUNITY CONNECTIONS: Upcoming Community Outdoor Activities You Might Be Interested In. Send items to communicationschair@amcsem.org

PERSONAL POSTS: This section of the Breeze highlights our members. If you have news, or know of news, contact the communicationschair@amcsem.org

SWAP STUFF: THE E-BREEZE WILL PUBLISH FREE ADS FOR MEMBERS TO SWAP/BARTER/SELL/TRADE/FREE OUTDOOR EQUIPMENT. Send your ads to: communicationschair@amcsem.org . Please put "BREEZE – SWAP" in the subject line.

PAID ADS: Got an AMC-related outdoorsy business? Run a paid business card-sized ad in the Breeze for \$10/month (\$100/year)! Contact: communicationschair@amcsem.org

COLUMNISTS: Got something to say? Want to be a regular Breeze columnist? Contact the Breeze editor to volunteer! communicationschair@amcsem.org

HAVE YOU BEEN TO OUR **FACEBOOK** PAGE YET? LIKE US!



www.facebook.com/AMCSEM



NEWS FROM "JOY STREET"

The following information is from the AMC's central office at Joy St. in Boston and is written by them. Please contact them for additional details on anything in this section.

(cmartell@outdoors.org)

Adventure Travel Leader Training

Visit some of the most exciting places in the world as the leader of an AMC Adventure Travel Trip! AMC Adventure Travel Leadership Training is scheduled for Friday-Sunday, November 16-18, 2012. This workshop provides important training to people who have AMC activity leadership experience (no beginners please) to transition from leading weekend chapter activities to more complex and longer trips, domestically and overseas. AMC Adventure Travel Leadership Training emphasizes planning, cost estimating, trip management, people skills, and risk management. You'll also learn procedures and guidelines for researching, proposing, and leading Adventure Travel trips and have the chance to exchange ideas, problems, and solutions with some of the AMC's most skilled leaders. Cost is approximately \$85, which includes 2 nights lodging, 2 breakfasts, 2 lunches and 1 dinner. For more information or if you have questions, contact Merri Fox (860-485-1697) or see

<http://www.outdoors.org/recreation/adventure-travel/leadership-training.cfm>

First Day Trips

AMC's leaders will offer First Day events on January 1, 2013 as part of a nationwide celebration of state parks. Plan a trip or plan to attend. Whether you are on foot, snow shoe or on the water, it's a great way to start the New Year. All trips are listed at

<http://activities.outdoors.org>. If you will be in some other part of the country, you can still enjoy a First Day trip by visiting <http://www.americasstateparks.org/first-day-hikes>

Learn Outdoor Skills - Become an AMC Leader

AMC chapters offer over 7000 trips every year. You can improve your outdoor skills or even become one of these awesome volunteer leaders by attending a local chapter training. For a complete list of skills and leadership trainings, visit

<http://activities.outdoors.org/search/index.cfm?act=12>. Meet great people. Get outdoors. Have fun!

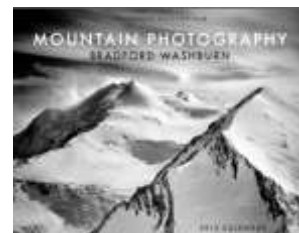
New AMC Book



AMC Books has just released of *Mountain Voices: Stories of Life and Adventure in the White Mountains and Beyond*, compiled and edited by Rebecca Oreskes and Doug Mayer. In this collection of interviews that have appeared in *Appalachia*, fifteen profiles capture fascinating stories of travel, adventure, and lifelong passion for nature, along with the spirit of the people who choose to live in the craggy, remote North Country. Over nearly two decades, authors Doug Mayer and Rebecca Oreskes have interviewed extraordinary people whose lives are intricately linked to New Hampshire's White Mountains.

In their own words, Brad and Barbara Washburn enumerate their groundbreaking mountaineering exploits, and Rick Wilcox discusses search and rescue efforts. Woodsmen like Ben English tell of their work on hiking trails, and George Hamilton recounts his career in AMC's high huts. White Mountain icons such as boot maker Karl Limmer and Ellen Teague of the Mount Washington Cog Railway offer accounts of their esteemed careers in the mountains. Guy and Laura Waterman detail the development of their backwoods ethics philosophy. Historical photographs accompany each interview.

A perfect companion to the book is the new *2013 Mountain Photography Bradford Washburn Calendar*, full of spectacular images from Alaska, the Swiss and French Alps, and New Hampshire's White Mountains.



You can order directly from the AMC at www.outdoors.org/amcstore or by calling 800-262-4455.



NEWS FROM "JOY STREET" (CONTINUED)

Registration is Open for AMC's 137th Annual Summit!

The 137th Annual Summit of the Appalachian Mountain Club will be held on Saturday, January 26, 2013, at the Four Points by Sheraton in Norwood, Massachusetts. We are pleased to announce that Audrey Peterman, President and Co-founder of [Earthwise Productions](#), will be the keynote speaker.

Audrey, along with her husband, Frank, has been credited with making millions aware of the National Park System and its relevance to their lives. Audrey is a national-award winning environmentalist and is a role model for engaging citizens in conservation. She brings a unique understanding of what motivates people of color to connect with the outdoors.

Audrey participated in several White House initiatives including the launch of America's Great Outdoors and the White House Conference on Conservation. Additionally, Audrey is the recipient of the *Environmental Hero Award* from the National Oceanic and Atmospheric Administration, as well as the *Marjory Stoneman Douglas Outstanding Citizen Conservationist Award* from the National Parks Conservation Association.



Special Celebration: YOP 45! Join AMC in celebrating our Youth Opportunities Program's 45th year of helping at-risk and urban youth get outdoors!

To register or obtain more information log onto our [Annual Summit website](#).

Added Bonus: Book ten (10) seats for the dinner program and we will reserve a table for you.

For other inquiries, please contact Cindy Martell, Event Coordinator, at 617-391-6603 or cmartell@outdoors.org.

CHAPTER ACTIVITIES

Note: These activities are taken directly from the AMC central online activity listing system.

All activity information appears exactly as entered by the activity leader.

Please contact the activity leader directly for any additional information on an activity.

activities.outdoors.org

SAVE THE DATE

CLUB-WIDE ACTIVITIES

AMC Annual Summit [Annual Summit website](#)

CHAPTER-WIDE ACTIVITIES

SEM Annual Meeting, November 3, 2012

SEM Winter Hiking Series, November 3, 2012

SEM Wilderness First Aid (fall) November 17-18, 2012

SEM 2nd Annual Family Weekend, August 23-25, 2013

SEM Chapter Hut Weekend, September 2013

(See our website for details: www.amcsem.org,
and click on the "Upcoming Events" tab)

CHAPTER ANNOUNCEMENTS

Watch our [website](#) for the latest in AMC SEM!

NOTE ACTIVITIES MARKED FOR :

FT = First Timer **NM** = New Member

FULL LIST of ACTIVITIES at AMCSEM.ORG

(see 'schedules' tab)

Last minute activities (and cancellations) are posted on
our Short Notice Email List (SNEL). Sign up for this list
on our website, amcsem.org.

GOT PIX FOR OUR CHAPTER WEBSITE?

Send them to:

sendphotos@amcsem.org

Like us on FACEBOOK

www.facebook.com/AMCSEM

Know what's happening in your chapter?

If not, visit our website, find us on FACEBOOK, or follow us on TWITTER

www.amcsem.org * www.facebook.com/AMCSEM * www.twitter.com/amcsem

HIKING / BACKPACKING

HIKE PLANNING MEETINGS: are held the 1st Wednesday of March, June, September, December. Contact hikingchair@amcsem.org for information.

IMPORTANT: Hikers unsure of their ability should try only 1 level more difficult than previously completed. No pets without permission of trip Leader. Registration req'd 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 activities.outdoors.org. Sign up for the SEM Short Notice E-Mail Trip List at www.amcsem.org.

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

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

IMPORTANT: No pets w/o prior permission of trip leader. Individuals under 18 years of age must be accompanied by a parent or responsible adult, and obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 week prior to the trip so Ls can discuss prior hiking exp., conditioning, clothing, and equipment. Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

Thu., Nov. 1. Thursday Morning Hike-Tully Trail Section #1. 6.5 mile hike from the Tully Lake Campground to the Royalston Falls Parking area on MA 32. This exciting hike passes Spirit Falls on its way to ledge views across the Tully River Valley. Heavy rain will cancel. L Walt Granda (508-999-6038 Before 9:00 PM, wlgranda@aol.com), R Walt Granda (589-999-6038 Before 9:00 PM, wlgranda@aol.com)

(FT) (NM) (SN) Sat., Nov. 3. Winter Hiking Workshop. Attention 3 season hikers! This years Winter Workshop is geared to extend your hiking into winter. Topics include boots, clothing, day hiking and overnight equipment. The hiking committee will be offering a series of hikes to acquaint 3 season hikers with the pleasures of winter hiking. L Walt Granda (wlgranda@aol.com), R Walt Granda (508-999-6038, wlgranda@aol.com)

Thu., Nov. 8. Thursday, Nov 8, Hike World's End (C3C). Meet at 10:00 AM, World's End, \$5.00 per person entrance fee for non-Trustees members. This will be a moderately paced walk of approximately 4-5 miles, exploring the landscape of a unique peninsula in Boston Harbor. The terrain is moderately hilly (over the 4 drumlins), with a mixture of carriage ways and sometimes rocky paths. Boots or shoes with good traction are recommended; light traction devices may be helpful if icy conditions exist. The reservation has stunning views, but is exposed to the sea and wind, so dress accordingly, in layers and with good wind protection! Bring water, thermos with hot drink, snacks or lunch. Directions: From Rt. 3, take Exit 14, Rt. 228 North for 6.5 mi. Turn left onto Rt. 3A (at traffic light), and follow for 0.7 mi. Turn right onto Summer St. (traffic light). At the major intersection with Rockland St. (another traffic light), continue straight across onto Martin's Lane. Follow for 0.7 mi. to entrance at end of road. After stopping at the entrance gate to show your Trustees card or pay \$5, park in the first lot you see on the left. There are portable toilets to the left of the parking area, up a small hill. For more information visit: <http://www.thetrustees.org/places-to-visit/greater-boston/worlds-end.html>. L Eva Borsody das (borsody@gmail.com)

Sun., Nov. 11. Blue Hills Fast and Hilly. Stay in shape for the bigger mountains by hiking the Skyline Trail at a moderately fast pace. We'll hike the North-South loop, then

out to Buck Hill and back. Meet at 8:45; not a beginner hike. L Maureen Kelly (508-224-9188 before 8pm, mokel773@aol.com), R Maureen Kelly (508-224-9188 before 8pm, mokel773@aol.com)

Thu., Nov. 15. Thurs. Morn. Hike Borderland State Park. Meet: 10:00AM at Visitors Center. 6 Mi hike through trails of the the Park. Bring water and lunch. Rain cancels. L Claire Braye ((508) 857-0320 before 9:00PM, cbraye57@comcast.net)

Sat., Nov. 17. Parker Woodland Hike. 7 mile hike exploring the Parker Wildlife Refuge. George B. Parker Woodland Wildlife Refuge, in Coventry and Foster, is a magical place of ancient rock formations, Revolutionary War-era carriage roads, and great wildlife watching. With 860 acres of mostly forested land, Parker is a rewarding place to spend half a day exploring the extensive trail system far away from traffic noise. The historic 860-acre refuge features seven total miles of looped hiking trails, open fields, flowing brooks and most impressively more than 100 mysterious rock cairns (beehive-shaped stone piles ranging in height from two to over four feet.) Parker Woodland also contains the foundation of an eighteenth-century farmhouse, historic stone quarries, Revolutionary War-era carriage roads and the Isaac Bowen house, a colonial structure now on the National Register of Historic Places. L Walt Granda ((508) 999-6038 before 9:00 PM, wlgranda@aol.com), CL Kathy Stanley ((781) 799-5351 before 9:00 PM, kstanley@energy-advocates.com), R Kathy Stanley ((781) 799-5351 before 9 pm, kstanley@energy-advocates.com)

(XCE) Sat., Nov. 17-18. WFA Training. The WFA course runs 8:30-4 Saturday and Sunday. SOLO has been engaged to provide the instruction. Pricing is as follows: \$145 AMC Member Price, \$170 for non-AMC members. Pricing includes lunch and break service both days. Training to be held at Borderland State Park, Easton MA. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save life in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. L Len Ulbricht (lenu44@gmail.com), R len Ulbricht (lenu44@gmail.com)

(FT) (NM) Sun., Nov. 18. Intro to AMC Hiking at The Tucker Preserve, Pembroke MA. Introduction to AMC Hiking. Join us for a beautiful hike along the Indian Head River, a tributary of the North River. This 78.6 acre preserve is off West Elm Street in Pembroke. It's just south of the Indian Head River and offers incredible views. This hike is for new members and beginners. L Jim Casey ((781) 924-5228 6pm to 9pm, cmne@comcast.net), CL Tom Madden ((774) 994-2057 6pm to 10pm, tomjmaddenjr@gmail.com), R Tom Madden ((774) 994-2057 Call before 9pm, tomjmaddenjr@gmail.com)

(FT) (NM) Thu., Nov. 29. Thursday Morning Hike: Blue Hills CC Camp. Meet at 10:00 AM at the Chickatawbut overlook parking area. Bring water, snacks, suitable footwear and rain jacket. Heavy rain cancels. L Walt Granda (508-999-6038 Before 9:00 PM, wlgranda@aol.com)

Sat., Dec. 1. Winter Hike Series #1 Blue Hills. Join us on the 1st winter hike of the season. Learn the basic's of winter hiking as we discuss heat management, nutrition, equipment and other winter concerns. Great opportunity for three seasons hikers to experience the joys of winter hiking. L Walt Granda (wlgranda@aol.com), L Leslie Carson (ltc929@comcast.net), L Maureen Kelly (mokel773@aol.com), L Eva Borsody das (borsody@gmail.com), CL Paul Miller , CL Jim Casey , R Walt Granda (508-999-6038 before 9:00 PM, wlgranda@aol.com)

Thursdays

Dec. 6. Thursday Morning Hike: Warner Trail, Wrentham (B3C). Meet at 9:45am, end of Randall Road, Wrentham. Bring water, snacks, and lunch. I-495 Exit 15, then right onto Route 1A, Wrentham. Right at Randall Road (King Philip Plaza sign). Rain cancels. L Joanne Staniscia (508-528-6799 7-9 p.m., joannes1@localnet.com)

Thu., Dec. 13. Thursday Morning Blue Hills Hike. A 4-5 mile hike on the Blue Hills Reservation. We will be hiking between Hancock and Great Blue Hill on the Breakneck Ledge Loop. Meet on Hillside Street across from the Reservation Headquarters and the State Police Barracks. L Sue Chiavaroli (508-252-4146, brillo6452@yahoo.com)

(CE) Thu., Dec. 27. Thursday morning Rocky Woods Hike. Morning hike on the 6+ miles of trails in Rocky Woods, Medfield, MA. Varied terrain with some hills. Depending on snowfall, snowshoes may be required. 10:00 A.M. start. L Fred Wason (508-838-6049, fmwason@gmail.com)

Sat., Jan. 5. Winter Series Hike #2 Mt Morgan/Mt Percival Loop (B3B). Second in our winter hiking series. This moderate 5.5 mile loop hike over Mount Morgan and Mount Percival offers great Squam Lake and mountain views. Full winter gear required. L Leslie Carson (ltc929@comcast.net), L Walt Granda (wlgranda@aol.com), CL Eva Borsody Das , CL Paul Miller , R Walt Granda (508-999-6038 Before 9 PM, wlgranda@aol.com)

Thu., Jan. 24. Thurs. Morn. Hike Houghton Section, Blue Hills. 6 mi hike around the Houghton section of the Blue Hills Bring water and snacks for cold weather plus proper footwear for condition. Rain or storm cancels. L Claire Braye ((508) 857-0320 before 9:00pm, cbraye57@comcast.net)

Sat., Feb. 2. Winter Hiking Series #3. Come join us for some winter fun hiking to Mt. Pierce, a 4,000 footer in the Presidentials with great views. Get a chance to try out your winter equipment. Afterward, warm up at the Highland Center. L Leslie Carson (508-833-8237, ltc929@comcast.net), L Wayne Anderson (wanderson@mxcsi.com), CL Karen Singleton , R Leslie Carson (64 Mill Rd., East Sandwich, MA 02537,)

Thu., Feb. 14. Thurs. Morn. Hike or Snowshoe; Ponkapoag. 6 Mi Hike or Snowshoe around Ponkapoag Pond area. Bring water and snacks suitable for eating in cold weather plus footwear for conditions. Meet: 10:00 AM at Ponkapoag Golf Course Parking Lot, Canton, MA. L Claire Braye ((508) 857-0320 before 9:00PM, cbraye57@comcast.net)

Sat., Mar. 2-3. Winter Hiking Series #4 Overnight. End the Winter Series with an overnight at Carter Hut. Winter equipment and sleeping bag required. Options for Sat. hikes. Friday night option to stay at Joe Dodge Lodge with great breakfast before hiking into the hut. Please contact registrar for details. Must confirm by Jan. 30th. L Leslie Carson (508-833-8237, ltc929@comcast.net), L Wayne Anderson (wanderson@mxcsi.com), L Mike Woessner (stridermw@hotmail.com), L Maureen Kelly (mokol773@aol.com), R Leslie Carson (64 Mill Road, East Sandwich, MA 02537,)

CAPE COD HIKES

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.") Contact the Cape Hikes Chair: capehikingchair@amcsem.org . Cape Hikes are generally suspended during the summer months due to parking problems.

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

Watch our [chapter website](#) and the short notice email list for notices for events!

(FT) (NM) Thu., Nov. 1. Barnstable-Bridge Creek Conservation (C3D). Flat terrain, cedar upland, maple swamp and salt marsh, bogs, and stone walls. Meet at 9:45am. 2 hours from Exit 5 off Route 6. North on Route 149. Park along grass triangle on immediate left beside West Parish Church. L Farley Lewis ((508) 775-9168, farlewis@comcast.net)

Saturdays

Nov. 3. Provincetown: Snail Road Dunes (B3B). Meet 9:45am, Snail Road trail head on ocean side of Route 6, at the east end of Provincetown. Explore 360 views of dunes, historic dune shacks, pick some cranberries. Hike up and down to the ocean and back. Bring lunch. 3.5 hours. L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Nov. 4. Harwich, Herring River (C3C). Wooded walk River/Reservoir views, C bogs. Rte 6, Ex 10, R on Rte 124 S for 2 miles to center. R on Main St/Grest Western Rd for 2 miles. Pk at Sand Pond on R. Meet at 12:45 for 1:00 start, 2 hrs. L Pat Sarantis ((508) 430-9965, patsarantis@gmail.com)

Thu., Nov. 8. 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)

Sun., Nov. 11. Brewster, Punkhorn Parklands (C3C). Wooded, hilly trails with pond views. Route 6 Exit 9B, 2 miles to a right on Satucket, then bear right at Stony Brook Road. In 0.3 miles, turn right on Run Hill Road. 1.3 miles to parking lot on the left. 2 hours. L Janet Kaiser ((508) 432-3277, jtkaiser@comcast.net)

Thu., Nov. 15. Yarmouth Port, Gray's Beach (C3C). Hike in Conservation land areas over trails along marsh, through woods, includes the boardwalk with views of Sandy Neck, Chapin Beach. Rte 6 to Exit 8, Union Street to Rte 6A. Turn Left, go 1 block, Turn Right on Center St. Go 1.0 mile, follow signs to beach pkg lot at end. Meet at 9:45 a.m. Two hours. L Janet Kaiser ((508) 432-3277, jtkaiser@comcast.net)

Saturdays

Nov. 17. Truro- High Head Sand Dune Walk (B3B). 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. Walk back via the bike path to Pilgrim Spring and panoramic views. 3.5 hours. Bring lunch. L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Nov. 18. Barnstable-Crooked Cartway (C3C). Wooded walk to The Deck. Mostly flat with some hills. Route 149 (north or south) to the rotary at Cape Cod Airport in Marstons Mills. Travel west on Race Lane for 1.1 miles, then turn right onto Crooked Cartway. Follow to the end. Meet at 12:45pm. Two hours RT. L Farley Lewis ((508) 775-9168, farlewis@comcast.net)

Sun., Nov. 25. Yarmouth, Three Ponds (C3C). Hike Cranberry bogs, woods roads to three ponds. Exit 8 from Rte 6. R at second light on Old Town house Rd. L at stop sign at end. Go approx. 1/2 mi on W. yarmouth Rd. Pk on side of road off the pavement. Meet 12:45. Two hours. Heavy rain cancels. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Thu., Nov. 29. Eastham, Salt Pond Visitor's Center (C3C). Park at National Seashore Salt Pond Visitor's Center, 2 Hour hike to ocean. Meet at 9:45 am. L Peter Selig ((508) 432-7656, pandmselig@hotmail.com)

Saturdays

Dec. 1. Truro/Bay Sea Turtle Walk(B3C). **Meet at 10:45am*** Noons Landing, Route 6A, N. Truro. Carpool to the trail head. Walk the bay beach looking for cold, stunned sea turtles. Bring lunch. 3.5 hours. bALL THAT MORNING FOR CARPOOL INFO. L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Dec. 2. Wellfleet, White Crest Beach (C3C). Wooded trails to Marconi White Cedar Swamp. Rt 6 to R on Lecount Hollow Rd to beach gatehouse. L on Ocean View Rd, Go 0.9 mi to R at beach pkg lot. Meet at 12:45 for 1:00 start, 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Saturdays

Dec. 8. Truro/Bay Sea Turtle Walk(B3C). Meet at 9:45am, Noons Landing, Route 6A, N. Truro. Carpool to the trail head. Walk the bay beach looking for cold, stunned sea turtles. Bring lunch. 3.5 hours. CALL THAT MORNING FOR CARPOOL INFO. L Nancy Braun (508-487-4004 any, nancytruro@comcast.net)

Thu., Dec. 13. 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 Rte 149. Park along grass triangle on immediate left beside church. L Farley Lewis (farlewis@comcast.net)

Sat., Dec. 15. Truro/Bay Sea Turtle Walk(B3C). Meet at **10:45 a.m.***, Noons Landing, Route 6A, N. Truro. Carpool to the trail head. Walk the bay beach looking for cold stunned sea turtles. Bring lunch. 3.5 hours. CALL THAT MORNING FOR CARPOOL INFO. L Nancy Braun (508-487-4004 any, nancytruro@comcast.net)

Sun., Dec. 16. Brewster Nickerson State Park (C3C). Winter woods walk on trails and dirt roads. Meet at 12:45 at the main Pkg lot immediately on the R after entering the park. Two hours. Bad weather cancels. Doubt? call L. L Janet DiMattia (jandimattia@verizon.net)

Sun., Dec. 16. Eastham, Doane Rock (C3C). Hike Nat'l Seashore Lands to Three Sisters/Nauset Light. Meet 12:45 2 hrs. Rte 6 turn R at Eastham Visitor Center. Go to Doane Rock Picnic area Pkg lot on R about 1 mi. Bad weather canels. Doubt? call L. L Janet DiMattia (jandimattia@verizon.net)

Thu., Dec. 20. West Yarmouth, Sandy Pond (C3C). Wooded trails, pond views. Route 6 Exit 7S, left on Camp Street, left on Buck Island Road, and left at Sandy Pond Recreation Area. Meet at 9:45am. 2 hours. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Saturdays

Dec. 22. Truro/Bay Sea Turtle Walk(B3C). Meet at 9:45am, Noons Landing, Route 6A, N. Truro. Carpool to the trail head. Walk the bay beach looking for cold stunned sea turtles. Bring lunch. 3.5 hours. CALL THAT MORNING FOR CARPOOL INFO. L Nancy Braun (508-487-4004 any, nancytruro@comcast.net)

Thu., Jan. 3. 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 (508-385-4085, sylvester_maria@hotmail.com)

Sun., Jan. 6. Yarmouth Three Ponds (C3C). Winter woods walk to secluded ponds. Meet 12:45 2 hrs. Ex 8 off Rte 6. R at 2nd traffic light. Go to L at end. Pkg off road in about 1 mi. Bad weather cancels. Doubt? Call L. L Janet DiMattia (jandimattia@verizon.net)

Thu., Jan. 10. Harwich, Hawk's Nest State Park (C3C). Take Spruce Street opposite exit ramp of Rt 6 Exit 11. Go approx. 1 mile and park on left side of road. Wooded hike through State Park and Harwich Conservation land. Meet 9:45, 2 hrs. L Peter Selig (508-432-7656, pandmselig@hotmail.com), CL pandmselig@hotmail.com (508-432-7656, pandmselig@hotmail.com), R pandmselig@hotmail.com (02633, 508-432-7656 before 10 pm, pandmselig@hotmail.com)

Sun., Jan. 13. Mashpee, Santuit Pond (C3C). Water views, working bogs, woodland trails. Rte 6, Ex 5, S on Rt 149 to Rt 28. Then R on Rt 28, R on Santuit/Newton Rd for 0.8 mi to yellow gate on L. Meet at 12:45, 2 hrs. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Thu., Jan. 17. Eastham Nauset Marsh (C3C). Walk perimeter of vast historic marsh. From Rte 6 in Eastham, R on Gov. Prence Rd, R on Fort Hill Rd to 1st pkg lot on L. Meet at 9:45 sharp to carpool to Salt Pond Visit Ctr. 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Sat., Jan. 19. Bourne Cape Cod Canal (C3C). Meet 9:45 am at the Herring Run Visitor center MAINLAND side between Sagamore & Bourne bridges for a 2 hour hike. L Gary Miller (508-540-1857, Garymaxx@verizon.net)

(FT) (NM) Thu., Jan. 24. 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. 2 hrs. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Sat., Jan. 26. Harwich, Herring River (B3C). Wooded walk with views of the beautiful Herring River. Walk both sides of West Reservoir, cranberry bogs. From Rte 6 E, Ex 10, R at top of ramp, Rte 124 for 1.3 mi, R @ Main St. straight 2 mi to park @ Sand Pond on R. Meet 9:45 a.m. 3.5 hrs. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sun., Jan. 27. Harwich, Island Pond (C3C). Scenic walk through Lavender farm, take rte 6 Exit 10 South to Rte 124. Turn L on Colony Way at crosswalk. Park at Harwich town pkg lot short distance on Right. Meet 12:45PM, start 1:00 PM. L Jane Harding (508-833-2864 call before 9 PM, janeharding@comcast.net)

Thu., Jan. 31. Sandwich, Ryder Conservation Hike (C3C). Rte 6 to exit 3, take Quaker Meetinghouse Rd. south to lights at Cotuit Rd. Turn L, Ryder Conservation Lands parking will be on right. Scenic hike to Lowell Holly Reservation with views of Maspee Wakefield pond. Meet at 9:45 AM start at 10 AM. 2 hrs. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Thu., Feb. 7. Harwich - Herring River Chili Pot Luck at Janet Kaiser's house. Herring River and reservoirs. Park on R at Sand Pond, Great Western Rd, 2 mi W from Harwich Ctr. Chili Pot Luck Party at Janet Kaiser's house in Harwich following hike. Meet 9:45. L Peter Selig (508-432-7656, pandmselig@hotmail.com), CL pandmselig@hotmail.com (508-432-7656, pandmselig@hotmail.com), R pandmselig@hotmail.com (02633, 508-432-7656, pandmselig@hotmail.com)

Thu., Feb. 14. 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 (508-385-4085, sylvester_maria@hotmail.com)

Sun., Feb. 17. Barnstable, Sandy Neck (C3C). Walk beach/marsh loop to 2nd crossover. Mostly soft sand. Rte 6, Ex 5 to Rte 149 N to Rte 6A; L on 6A, R on Sandy Neck Rd to pkg lot at end. Meet 12:45 for 1:00 start, 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

(FT) (NM) Thu., Feb. 21. Cotuit-Little River Sanctuary (C3D). Wooded walk with views of Eagle Pond. Meet promptly at 9:45am. Carpool shuttle from parking area in front of Rite-Aid Pharmacy located at intersection of Route 28 and Putnam Avenue in Cotuit. 2 hours. L Farley Lewis (farlewis@comcast.net)

Thu., Feb. 28. Sandwich Scorton Creek (C3C). Take exit 4 off Rte 6 turn N on Chase Rd., turn L on Old County Rd, follow to 6A turn right. Entrance to Scorton is dirt road on right near use car dealership. Scenic hike through historical area with views of salt marsh. Meet at 9:45 AM start at 10 AM. 2 hrs. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

BIKE RIDES

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 (schedules), or use the AMC online trip listing system: activities.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		
Mis	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

WANTED: Ride Leaders and Co-Leaders. WANTED: Ride Leaders and Co-Leaders. Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm and routes w/ your fellow AMC members? Contact Bike Chair (bikingchair@amcsem.org) for more info.

AMC SEM 2,000 Mile Club. Join our unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair to register your mileage and for more info. (bikingchair@amcsem.org)

Turn Those Tires on Tues. Rides scheduled all year long, weather permitting. 25 mi of road or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location and directions. Intermed. pace. Riders and bicycles in top shape; tires and riders pumped and ready to roll; helmets and water req'd. L Paul Currier (508-833-2690 8 am-7 pm, pbencurrier@hotmail.com)

(FT) (NM) (XCE) Tuesdays

Nov. 6. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Nov. 13. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Nov. 20. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Nov. 27. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Wednesdays

Nov. 28. Sunset Full Beaver Moonrise Ride. Start in Sagamore Recreation Area and ride into Sagamore Highlands for sunset over Buzzards Bay and Cold Moonrise over the canal. This is an intermediate road cycling ride for 2 hours or 22 miles. Helmets, spare tube &

tire tools, pump, and water required. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Dec. 4. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Dec. 11. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Dec. 18. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(XCE) Fri., Dec. 21. Winter Solstice/Adios to Autumn Ride. 22 +/-Miles or 2 Hours: Intermediate-paced road cycling. C2C Start at Skaket Beach, Orleans and do a Tour de Shore of the bay including Rock Harbor and perhaps cut over to the ocean side in Eastham. Return on some inner nook & cranny roads that include Sunken Meadow, Crooks, Campground, Thumpertown, and First Encounter Beaches for Sunset at Skaket. Tires and riders pumped and ready to roll. Helmets and water required as is registration - cancellation/rescheduling sent only to registered riders. Leader: Paul Currier currierpaul@comcast.net or call daily until 7PM 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (XCE) Wednesdays

Dec. 26. Tuesday Scenic Cycling on Wednesday. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Fridays

Dec. 28. Sunset/Full Cold Moonrise Ride. Start in Sandwich Recreation Area (Freezer Rd) and ride along the canal and through Gray Gables & Mashnee Island for sunset over Buzzards Bay and Hunter's Moonrise over the canal. This is an intermediate road cycling ride for 2 hours or 22 miles. Helmets, spare tube & tire tools, pump, and water required. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

Jan. 1. 10th Annual New Year's Day Ride. Kick off our SEMAMC cycling schedule and our annual quest to attain 2,000 or more miles. This is an intermediate ride for 27 miles

with several bailouts for less miles. This beautiful trip includes the coast and harbor of Marion Center; Sea Shell Beach; Converse Road Loop; and Point and Delano Road Roads to Planting Island and Kittansett Golf Club offering a cross-the-bay view of all three bridges. L Paul Carrier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Jan. 1. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Jan. 8. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Jan. 15. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Jan. 22. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Sat., Jan. 26. Sunset/Full Wolf Moon Ride. Ride Description: Road cycling. L Paul Carrier currierpaul@comcast.net or 508-833-2690 Ride the hills and shores of Sagamore and the canal trail to Buzzards Bay. We'll catch the spectacular sunset over Onset Bay during a tour of Mass Maritime and moonrise over Plymouth Bay. C2B Tires and riders pumped and ready to roll. Helmets, spare tube & tire tools, and water required as is registration -cancellation/rescheduling sent only to registered riders. Directions: From the former Sagamore Rotary now the Sagamore Straightaway, head toward Scusset and take Canal Road past Friendly's to the Sagamore Recreation Lot. L Paul Carrier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Jan. 29. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

CHAPTER YOUTH PROGRAM (CYP)

WANTED: Chapter Youth Program (CYP) Leaders. Share your outdoor knowledge and leadership skills with local groups of children. Give your time to these programs to help kids get outside who might not otherwise have the opportunity. A typical Chapter Youth Program (CYP) might include a local walk with some nature lesson or trail games. CYP leader training and screening is required. L Sally Delisa (picpocit@verizon.net) or cypcoordinator@amcsem.org

Watch our [chapter website](#) and the short notice list for notices for CYP events!

PADDLES

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 MA"). Contact the paddle chair: paddlingchair@amcsem.org

Trip Ratings/Levels:

Level 1- No previous or little sea kayak experience is required.

Level 2 - You should feel that you can perform the following: a) paddle 6 miles in a day given the weather conditions for that day; b) a wet exit; c) maintain a straight heading without the use of a rudder; and d) turn your kayak using forward and reverse "sweep" strokes.

Level 3 - All of the above, and in addition feel confident in: a) assisting and performing a deep water rescue; b) paddle 13 miles in a day given the conditions for that day; c) paddle in 10 to 15 knot winds with seas of 2 to 3 feet; d) be able to launch and land from a beach in these conditions; e) use a marine band VHF radio.

Level 4 - All of the above plus: a) paddle 15 miles in a day given the conditions for that day; b) paddle in 20 knot winds; c) handle open ocean, large swells.

Level 5 - All of the above, and be able to paddle 20 miles in 25 knot winds with adverse sea conditions.

Watch our [chapter website](#) and the short notice email list for notices for events!

SKIING (XC and DOWNHILL)

Contact the ski chair: xcskichair@amcsem.org

Watch our [chapter website](#) and the short notice email list for notices for events!

New this Winter: Multiday Midweek Alpine Skiing

The entire Shapleigh bunkhouse has been reserved for two days, Monday and Tuesday nights February 4 & 5, for a winter weekday snow fest. Arrangements include two breakfasts and dinners at the Highland Center, and discount lift tickets available to nearby ski areas. Pricing has been structured so that as more beds are filled the per person cost decreases. Max cost is \$162 based on 50% occupancy, discount lift tickets extra. See trip listing for details. Contact Len Ulbricht (lenu44@gmail.com) for further information.

Sun., Dec. 30. X-C Ski Instructional Workshop. X-C Ski Instructional Workshop Sun Dec 30 (Sat Jan 12 backup date), - Learn to use your new skis or brush up on technique. Suitable

for all abilities, rentals available. Reg with L Art Paradise, 978-372-7442 (7-9PM) paradice1@mindspring.com, L Bob Bentley 508-866-3057 bentleyr@h2otest.net. L Art Paradise (978-372-7442 7 to 9 PM, paradice1@mindspring.com), L Bob Bentley (508-866-3057 7 to 10 PM, bentleyr@h2otest.com)

(AN) (CE) Sat., Jan. 19-21. Catamount Trail Backcountry Ski Touring.. Join us for the MLK weekend of ski touring the Catamount trail in the Londonderry VT area (parts of Section 7, 8 and 10). We will stay at a cozy Lodge in Londonderry. Participants should be capable of skiing 5-7 miles each day. Trails are classic New England backcountry, undulating, forested, and fun to ski. Total \$275 pp, Deposit of \$100 due at registration, Sat-Sun-Mon brkfst and Sat-Sun dinner included. Reg by Dec 15. Details/reg with L Art Paradise, paradice1@mindspring.com, 978-372-7442 (7-9PM), L Bob Bentley 508-866-3057, bentleyr@h2otest.net . L Art Paradise (978-372-7442 7 to 9 PM, paradice1@mindspring.com), L Bob Bentley (508-866-3057 7 to 10 PM, bentleyr@h2otest.com)

(AN) (CE) Mon., Feb. 4-6. Midweek downhill skiing. Two days of downhill skiing (Tues. Feb 5 and Wed Feb 6) at Bretton Woods, Attitash, or Wildcat while staying at Shapleigh bunkhouse. Pricing includes two breakfasts and two dinners at the Highland Center, discount lift tickets extra. Optional third day skiing (Mon. Feb 4) on drive up. Partial rebate on pricing if minimum number of participants is exceeded. \$50 deposit due upon registration, balance due in full by January 5. No refunds thereafter unless alternate can fill your spot. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (11 hilltop circle, medfield, MA 02052, lenu44@gmail.com)

TRAILS & TRAILWORK

Contact the trails chair: trailschair@amcsem.org

Watch our [chapter website](#) and the short notice email list for notices for events!

CONSERVATION

Contact the conservation chair: conservationchair@amcsem.org

Watch our [chapter website](#) and the short notice email list for notices for events!

FAMILY EVENTS

Contact the family events chair: 508-244-9203

Watch our [chapter website](#) and the short notice email list for notices for events!

SOCIAL COMMITTEE & SOCIAL EVENTS

Contact the social chair: 781-762-4483

Watch our [chapter website](#) and the short notice email list for notices for events!



Think green

If you print your e-Breeze, please recycle it when done



Breeze

the southeast



December 2012

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

SAVE the Dates

Family Weekend

Aug. 23-25, 2013

Chapter Hut Weekend

Sep. 20-22, 2013

Annual Meeting

Nov. 2, 2013



Register for AMC's 137th Annual Summit!

Visit [here](#) for more information

Chapter Meetings

SEM Executive Board
6:30pm selected 2nd Wednesdays

Pictures and Article Submissions

Submit articles and photos for both The Breeze and our website to breeze.editor@amcsem.org

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

Editor: Andrea Holden

AMC, 5 Joy St. Boston, MA 02108,
800.372.1758
www.outdoors.org/membercenter

Attention

XC and Downhill Skiers

The February 4-6 mid-week downhill ski trip has been expanded to include cross country skiing for two fun filled days of skiing Tuesday and Wednesday at Bretton Woods, Attitash, or Wildcat, and optional third day skiing at Waterville Valley on Monday drive up.....see [Skiing](#) for details.



Carolyn Crowell is awarded 2012 SEM Distinguished Service Award by Chapter Chair Jim Plouffe

2012 SEM Distinguished Service Award

Carolyn Crowell, a member since 1962, received the SEM Distinguished Service Award at the Annual Meeting. Every year SEM awards the DSA to a member that has given volunteer service above and beyond.



SIGN up for the BREEZE 800-372-1758



2013 Executive Board Committee Chairs

Chapter Chair

chair@amcsem.org
Cheryl Lathrop, 508-668-4698

Vice Chapter Chair

vicechair@amcsem.org
Maureen Kelly, 508-224-9188

Treasurer

treasurer@amcsem.org
Patty Rottmeier
508-982-1099 (c), 508-228-4207 (h)

Secretary

secretary@amcsem.org
Karen Singleton, 508-730-7702

The chapter includes ~3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.



Photograph by Jeffrey Wheeler, AMC Southeastern Massachusetts Chapter

Available Volunteer Positions

Communication (Vice)
OPEN

Conservation (Vice)
OPEN

Education (Vice)
OPEN

XC Ski (Vice)
OPEN

Trails (Vice)
OPEN

Please contact the Chapter Chair if you are interested in running for a position on the Executive Board.
CHAIR@AMCSEM.ORG

WHY VOLUNTEER FOR AMC? Gain work experience! Add it to your resume! Got a little free time to help us grow? Are you a people person who likes to help others? Are you concerned about environmental issues? Do you enjoy outdoor activities? Do you have some free time? If this sounds like you, then you may be interested in some opportunities to help our chapter of the AMC grow and better accomplish its mission. Get in touch with us and we'll be happy to tell you more. Contact: chair@amcsem.org

NOTICES

Chapter Meetings

SEM Executive Board
6:30pm selected 2nd Wednesdays
contact chair@amcsem.org

Hike Planning Meetings

6:30pm 1st Wed. quarterly
contact hikingchair@amcsem.org

Where to find activities (hikes, bikes, etc.)

1. The monthly *Breeze* - arrives by email
2. *AMC Outdoors magazine* - arrives by mail
3. *Online trip listings* activities.outdoors.org
4. Sign up for *short notice trip listings* at <http://www.amcsem.org>

Pictures and Article Submissions

We encourage SEM members to submit articles and photos for both The Breeze and our website. Materials for publication will be edited for content and to fit available space.

Please send to
communicationschair@amcsem.org

Next Month's e-Breeze Deadlines: 7th trips; 15th articles/pix

SEM Non-members

Not an SEM chapter member? Want the e-Breeze? Contact the AMC Member Center and set your preferences.

Get a copy of the e-Breeze <http://www.amcsem.org/newsletters.html>

Volunteers needed!

Curious about the inner workings of your chapter? Volunteer for the Executive Board! Have technical skills? Volunteer for our website! Have writing/editing skills? Volunteer for the Breeze! Like kids? Volunteer for CYP! Want to get out more? Volunteer to lead a hike, bike, or paddle! We have lots of volunteer positions open, see box above!

Please contact chair@amcsem.org if you'd like to get more involved with the chapter.

Biking

bikingchair@amcsem.org
vicebikingchair@amcsem.org

Canoe/Kayak

paddlingchair@amcsem.org
George Wey, 781-789-8005

Canoe/Kayak (Vice)

paddlingvicechair@amcsem.org
Betty Hinkley, 508-241-4782

Cape Hiking

capehikingchair@amcsem.org
Farley Lewis, 508-775-9168

Cape Hiking (Vice)

capehikingvicechair@amcsem.org
Peter Selig

Cape Hiking (Vice)

capehikingvicechair@amcsem.org
Janet DiMattia, 508-394-9064

Communications

communicationschair@amcsem.org
Andrea Holden, 508-989-4239

Conservation

conservationchair@amcsem.org
Joanne Jarzowski, 508-775-7425

Chapter Youth Program (CYP)

cypcoordinator@amcsem.org
Sally Delisa, 781-834-6851

Education

education@amcsem.org
Len Ulbricht, 508-359-2250

Hiking

hikingchair@amcsem.org
Walt Granda, 508-971-6444

Hiking (Vice)

hikingvicechair@amcsem.org
Paul Miller, 508-369-4151

Membership

membershipchair@amcsem.org
Ed Miller, 774-222-0104
5-9pm, no calls after 9pm please

XC Ski

xcskchair@amcsem.org
Barbara Hathaway, 508-880-7266

Trails

trailschair@amcsem.org
Lou Sikorsky, 508-678-3984

Past Chapter Chair

pastchapterchair@amcsem.org
Jim Plouffe

AD Hoc Committees

Social Chair

socialchair@amcsem.org
Jodi Jensen, 781-762-4483

Family Events Chair

familyeventschair@amcsem.org
Chris Pellegrini, 508-233-9203

Staff

Social Networking Moderator

Susan Salmon

Webmaster

webmaster@amcsem.org

Breeze Editor

breeze.editor@amcsem.org

Blast Editor

blast.editor@amcsem.org

Send your photos to
sendphotos@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. Preview the waiver at: <http://amcsem.org/documents.html>



View from the Chair

By Cheryl Lathrop



Hello!

I had the distinct privilege of being elected as Chapter Chair at the AMC SEM Annual Meeting on November 3, 2012. In fact, your entire 16-member 2013 executive board was elected that night. On page 2 of the e-Breeze, you'll see the new 2013 board. And on behalf of the chapter, I thank each and every volunteer for stepping up.

I'm especially excited to work with my fellow officers. Maureen Kelly is Vice Chapter Chair. I am a hike leader and the former Communications Chair; Maureen is a hike leader and the former Conservation Chair. Returning for another year are Karen Singleton, board secretary, and Patty Rottmeier, board treasurer. You'll be in good hands this year!

We extend a special thank you to our outgoing 2012 officers: Jim Plouffe as Chapter Chair and Luther Wallis as Vice Chapter Chair, for leading us so well in 2012. And a thank you to all 2012 committee chairs for a great year! Be sure to read our 2012 Annual Report, available on our website, amcsem.org (click on 'documents'); you'll find summaries for each of our committees for 2012.

Now some very exciting news from your Executive Board! Your board has gone electronic! We had our first board meeting with the new board on November 14. Everyone was remote. Folks dialed in for audio using freeconferencecall.com. They logged in for visual at join.me where they saw my computer screen running PowerPoint slides and being shared over the internet. We use a shared calendar to keep us on track at google.com. We use a blog at blogspot.com for our monthly committee reports. And we are sending out meeting/event invitations using evite.com. No more driving. No more paper. And all these tech services are free.

I look forward to an exciting year in 2013 of AMC SEM activities brought to you by your committee chairs! Get ready for some great hikes, cape hikes, bikes, paddles, trail work, training, conservation, CYP, and skiing—as well as family and social events.

I'LL SEE YOU ALL OUTSIDE!

Cheryl Lathrop
Chapter Chair



The E-Breeze will publish FREE ads for members to Swap/Barter/Sell/Trade/Free Outdoor Equipment. Send your ads to: communicationschair@amcsem.org, use "BREEZE - SWAP" in the subject line.

GEAR

SWAP * BARTER * SELL * TRADE * FREE



Outdoor Research Wind Mitts \$20



Outer shell is size extra large, Gortex - inner mitten is size large with enough room for wearing thin liner gloves. For large hands. Includes clips for attaching to jacket. \$20. Contact: Dexter Robinson, dexpdoc@gmail.com, 781-294-8840

White, Tandem, Hurricane Kayak \$850

One season use. Open cock pit with yellow cover, one dry hull for first aid kit and/ or towel and extra clothes. Asking \$850. Easy to handle, Paddles not included. Call Rona Robin-



son 508-364-0568. (Hyannis, Ma.)

Tatarian™ X 55 Women's Backpack \$50 or BO

Brand new with tags, has discolorations on top lid, see picture of seams provided. Made for a women's frame, Capacity: 2253 - 3455 cu.in. /55 L, Pack weight: 3.76 lbs. (1.71 kg), Harness system adjusts to fit tor-



so range of 14 in. - 20 in. top loading, internal frame backpack top lid converts easily into a lumbar pack fabrics: 210D Silicon treated nylon diamond ripstop provides outstanding water repellency and shedding 1000D nylon pack cloth bottom for abrasion resistance Front kangaroo pocket 4 large external side pockets Waterproof zippers Hydration ready (bladder not included. Andrea Holden, aholden2578@comcast.net, 508.989.4239 Located in Attleboro for pick up or meet.



Send your photos to sendphotos@amcsem.org

CHAPTER WIDE EVENTS

See our website for details: www.amcsem.org and click on the "Upcoming Events" tab

Family Weekend

Aug. 23-25, 2013

Chapter Hut Weekend

Sep. 20-22, 2013

Annual Meeting

Nov. 2, 2013

Photograph by Jim Casey



Photograph by Jeffrey Wheeler



Photograph by Scott Kimball NH Chapter



Photograph by Stanley Grass

As always, feel free to contact your chapter chair, or vice chapter chair at any time.

Chapter Chair: Cheryl Lathrop (chair@amcsem.org) ~ Vice Chapter Chair: Maureen Kelly (vicechair@amcsem.org)

CHAPTER YOUTH PROGRAM (CYP)



CYP LEADERSHIP TRAINING SESSION

Chapter Youth Leadership Training session will take place on **December 1, 2012** at YMCA Camp Harrington in Boylston, MA. Please contact CYP Chair Sally Delisa, delisasally@yahoo.com



Adaption of *Twas the Night Before Christmas Poem*

By Jim Plouffe

Twas the night before Christmas, when all through the brush
Not a creature was stirring, not even a thrush.
The stockings were hung by the great oak with care,
In hopes that St. Nicholas soon would be there.

The children were nestled all snug in their sheds,
While visions of sugar-plums danced in their heads.
And mamma in her fleece, and I in my gaiters',
Had just settled our brains for a long winter's hiatus.

When out on the snow pack there arose such a clatter,
I sprang from the -20 sleeping bag to see what was the matter.
Away to the vestibule I flew like I'd cry,
Tore open the screen and threw up the fly.

The moon on the breast of the new-fallen snow
Gave the lustre of mid-day to objects at a gear show.
When, what to my wondering eyes should appear,
But a miniature sleigh, and eight tiny reindeer.

With a little old driver, so lively and quick,
I knew in a moment it must be St. Nick.
More rapid than eagles his coursers they came,
And he whistled, and shouted, and called them by name!

"Now Dasher! now, Dancer! now, Prancer and Vixen!
On, Comet! On, Cupid!, On Donner and Blitzen!
To the top of the pine! to the top of the rock wall!
Now dash away! Dash away! Dash away all!"

As dry leaves that before the wild hurricane fly,
When they meet with an obstacle, mount to the sky.
So up to the mountain-top the coursers they flew,

With the sleigh full of Toys, and St. Nicholas too.
And then, in a twinkling, I heard on the tent roof
The prancing and pawing of each little hoof.
As I drew in my head, and was turning around,
Through the side window St. Nicholas came with a bound.

He was dressed all in fur, from his head to his foot,
And his clothes were all tarnished with ashes and soot.
A bundle of Toys he had flung on his back,
And he looked like a peddler, just opening his pack.

His eyes-how they twinkled! his dimples how merry!
His cheeks were like roses, his nose like a cherry!
His droll little mouth was drawn up like a bow,
And the beard of his chin was as white as the snow.
The stump of a pipe he held tight in his teeth,
And the smoke it encircled his head like a wreath.
He had a broad face and a little round belly,
That shook when he laughed, like a bowlful of jelly!

He was chubby and plump, a right jolly old elf,
And I laughed when I saw him, in spite of myself!
A wink of his eye and a twist of his head,
Soon gave me to know I had nothing to dread.

He spoke not a word, but went straight to his work,
And filled all the Smart-wool, then turned with a jerk.
And laying his finger aside of his nose,
And giving a nod, up to the tree tops he rose!

He sprang to his sleigh, to his team gave a whistle,
And away they all flew like the down of a thistle.
But I heard him exclaim, 'ere he drove out of sight,
"Happy Christmas to all, and to all a good-night!"

HIKING



Crossing Drakes Brook



Sandwich Wilderness from Jennings Peak lookout



View of Jennings Peak

October 20, 2012 Sandwich Dome Hike



Preparing for the water crossing



Drakes Brook



Wet Trail

Two-Day "Woofa" Training Course Proves to be Time Well Spent

By Paul Miller
SEM Vice Hiking Chair



While participating in my first SEM Board Meeting several years ago, the then-Education Chair brought up the subject of the upcoming "woofa" training session. Sure, I didn't want to sound like an idiot, but my curiosity about this woofa stuff got the better of me, so I swallowed my pride and asked, "What's woofa?" It turns out that what sounded to me like "woofa," was actually "WFA," which everyone else around the table already knew stands for "Wilderness First Aid." While not generally a fan of three-letter acronyms, this intrigued me and I decided to take advantage of this WFA training at some point in the near future.

I finally got around to taking the WFA training this past weekend, November 17 and 18, at Borderland State Park in Easton. It turned out to be two days well spent, and not just because I need WFA certification to become a level 2 SEM hike leader (qualified to lead hikes in the Whites). I really did learn a lot! Most importantly, the training got me (and the 18 other participants) thinking about how

we would respond to a wide range of backcountry medical issues and emergencies, from simple scrapes, sprains, contusions, and insect bites; to more serious fractures, frostbite, hypothermia, burns, soft tissue punctures, head and spinal injuries, cardiac incidents, and the sometimes subtle symptoms of shock that accompany most serious injuries.

Like many other reasonably experienced outdoors people, I've picked up quite a bit of practical first aid knowledge over the years; at least some of it in formal training. But what this course really hit home for me was the different approach WFA practitioners need to take.

In the WFA context, "wilderness" means at least a mile or an hour away from the trailhead, where the "golden hour" rule used by ambulance-based EMTs simply does not apply. That's because, in a wilderness environment, there's no way you could get an injured hiker, ice climber, XC skier, mountain biker, or paddler to the ER within the first hour following injury. As we learned in this course, hours or even days is more likely. This requires "WFAs" to exercise a lot more ingenuity than would otherwise be required, and



PHOTO CAPTION: SEM Hike Leader, Ken Jones, models improvised splint created during the recent SEM WFA training at Borderland State Park.

in a few situations, provides us with a bit more latitude in how we could respond to a serious injury than would be allowed if the EMTs were a quick cell phone call away. We also learned how important it is during backcountry medical emergencies not to do anything that could further endanger the patient and to consider the safety of the WFA provider(s) as well as other group members.

While two days really isn't enough time to adequately cover all the topics included in this course, the combination of indoor classroom lectures, demonstrations, and discussions and outdoor practice exercises proved to be very ef-

fective at compressing the training and maximizing the learning experience.

During the outdoor exercises, we broke up into teams and responded to a number of different interesting backcountry medical emergency scenarios by improvising with the materials at hand in our backpacks, on our bodies, and in the environment. These exercises were very effective in getting us to think about how we would actually apply what we learned in the classroom in typically stressful backcountry medical emergencies. The photo shows the forearm splint that another teammate and I fashioned for SEM hike

leader, Ken Jones, during one of these exercises. We improvised the splint from a fallen tree branch, a few fleece gloves for padding, and a whole bunch of cloth cravats. While not pretty to look at, the splint did a good job of immobilizing the injury and keeping the "patient" relatively comfortable while we walked

him out of the woods in a simulated self-rescue. I hope that I'll never have to actually apply what I learned during this past weekend while leading or participating in an AMC hike. But, if necessary, it's reassuring to know that I and our other WFA-trained hike leaders are in a much better position to respond

appropriately than would otherwise be the case. Len Ulbricht, SEMs Education Chair did a great job organizing this WFA session. Len made all the scheduling and logistical arrangements; interfaced with SOLO Wilderness Medicine (the well-respected organization that delivered the training); dealt with all

the financial matters: and perhaps equally important, kept us 19 WFA trainees and our knowledgeable and animated SOLO instructor, Chris Nafziger, well fed and well caffeinated over the two days of the training.

Thank you Len and thank you Chris!



The top of Great Blue Hill. Red Line the Blue Hills hikers (RLBH) in May 2012

Take A Long Hike

By Ray Anderson



Hello fellow hikers.

I go nuts in outdoor stores. Everything looks good, and I try to rationalize that items I don't need may come in handy.

Hiking Tip: Improve and save \$ Here are a couple of ways you can be frugal and get the job done.

Sleeping warm I found that I became colder in my bag by morning. I was convinced dampness seeped up through my tent floor and through my pad into my sleeping bag. Obvious solution---buy a warmer bag. Then I remembered several hikers who placed contractor insulation



paper on their tent floor and put their sleeping bag over that. I can tell you it makes a difference, in the same way such insulation retards cold and moisture from getting into your house. Tyvek insulation paper does the same thing that Dupont and other insulation paper will. A local carpenter cut me the piece above, and it weighs next to nothing.

Mesh Dunk and Storage Bags To air out stinky clothes, to soak or chill something in a stream, to store garbage, etc., meshed ditty bags,



sold in outdoor shops, are popular on the trail and in camps. But the citrus bags (holding oranges and grapefruit), which my wife brings home from the grocery work just fine. I save them and use a couple of new ones on every extended hike. They do the job, and I'll never run out.

You work hard for your dollars, so improvise and save a few.

Happy trails!

Ray's Hiking Blog: www.TakeALongHike.com

Annual Meeting 2012

► SKIING

ATTENTION XC and Downhill Skiers

The February 4-6 mid-week downhill ski trip has been expanded to include cross country skiing for two fun filled days of skiing Tuesday and Wednesday at Bretton Woods, Attitash, or Wildcat, and optional third day skiing at Waterville Valley on Monday drive up. The entire Shapleigh bunkhouse has been reserved for two days, and pricing includes two breakfasts and two dinners at the Highland Center. Come and enjoy great

skiing, a press ski socializing and meals to please. Please note that a trip leader will not be managing the group and each skier should act accordingly and use their own judgement in selection of terrain suitable to their skill level, be it XC or downhill. Pricing has been structured so that as more beds are filled the per person cost decreases. Max cost is \$162 per per-

son for both days, with meals, based on 50% occupancy, discount ski tickets extra. A greater turnout lowers your cost, a tough to beat deal. \$50 deposit reserves a spot, balance due January 5. [See trip listing for details.](#)

Contact Len Ulbricht (lenu44@gmail.com) for further information



► BIKING

“2000 Mile Club”



LEONARD LEONARDI	FRANKLIN	4780
ROBYN SAUR	E. FALMOUTH	4100
GERRY NELSON	BOURNE	4088
DAN EGAN	BROCKTON	3750
JOE TAVILLA	OSTERVILLE	3302
KEVIN MCNATT	MANSFIELD	3294
RON SIKORA	COTUIT	3010
ROGER SCHOLL	ROCHESTER	2879
LARRY COHEN	S EASTON	2272
FRED CHASE	E PROVIDENCE	2232
BARRY GALLUS	YARMOUTH	2033
ED FOSTER	COTUIT	1996
BERNIE MEGGISON	ORLEANS	1991
LAWTON GANES	CANTON	1932
JOE BARRY	YARMOUTHPORT	1835
STEVE COTE	RAYNHAM	1810
JIM KILPEA	WAREHAM	1806
LINDA CHURCH	FALMOUTH	1785
PAUL CURRIER	SANDWICH	1765
PAM PATRICK	ORLEANS	1673
JOHN SULLIVAN	MARSHFIELD	1631
BOB KENNEDY	BROCKTON	1610
LEE ECKHART	ASSONET	1406
JACK JACOBSEN	FAIRHAVEN	830



Is Kilimanjaro on your bucket list?

Join AMC's 12-day trip from June 20-July 2 to climb Mount Kilimanjaro

By Robin Melavalin

Join the AMC's 12-day trip from June 20-July 2 to climb Mount Kilimanjaro (19,341') with just a day-pack. A UNESCO World Heritage Site (<http://whc.unesco.org/en/list/403>), Kilimanjaro is called the Crown of Africa with its snow-capped peak rising above Tanzania's cultivated farmland where locals grow coffee, bananas, cassava and maize. Just south

"hike the largest mountain on the continent of Africa"



Woman with Maasai children

of the equator, the highest freestanding mountain in the world rises majestically from the rolling savanna plain up through five microclimates with diverse ecosystems: rainforest, heather, moor-

land, desert and arctic. It is known for having beautiful forests. Our local guides will describe the flora and fauna of this unique mountain, its geologic and volcanic history, the effects of global warming and other human

impacts, and the cultures of the people who call this land "home."

This is a strenuous trek with 10,000 feet of elevation gain over 8 days, hiking at a moderate pace, with between 3-11 hours of hiking per day. Each year about 15,000 people hike Kilimanjaro in hopes of reaching the summit, but only 40% are successful. While there are shorter routes to the summit, such as the "Coca Cola Route," they are stressful for the body. The success rate for summiting on our eight-day trek via the Lemosho Route is better than on shorter climbs, giving our bodies time to adjust to the increasing elevation. While some routes require night hiking to

the summit with headlamps, we will do it during daylight to enjoy the views, if the weather cooperates, during the peak of the journey. Another reason the Lemosho route was selected is because it is less crowded than some of the others.

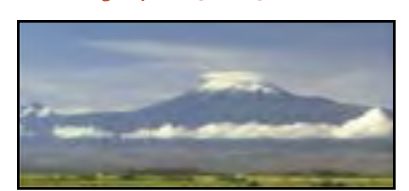


Tips

Dress warmly; bandaids across the tip of the nose stymies frostbite; no bare skin; down mittens help; ear protection is a necessity; use the chemical toe warmers; watch for black ice. Don't expect the same speed and distance of in-season rides.

We will have the support of local porters who will carry our camping gear, food, tents and luggage. Over-

nights before and after the trek are at lodges near Arusha; shared tents will be used during the trek. We've heard the meals on the trek are impressive; they will be made by our own chef and served in a comfortable dining tent with tables and chairs. Want a gentle wake-up call? The crew brings hot coffee, tea,



or cocoa to your tent in the mornings.

The price of \$3800 + flights (\$3400 if 15 participants) includes all lodging, guides and meals. Travel be-

fore or after the AMC dates for a safari or cultural experience can be arranged independently with the outfitter and are not part of the AMC trip.

Interested? Contact SEM H/B leader Robin Melavalin at Rmelavalin@rcn.com for an application.



Mount Kilimanjaro (19,341')



NEWS FROM JOY STREET

Registration is Open for AMC's 137th Annual Summit!

The 137th Annual Summit of the Appalachian Mountain Club will be held on Saturday, January 26, 2013, at the Four Points by Sheraton in Norwood, Massachusetts. We are pleased to announce that Audrey Peterman, President and Co-founder of Earthwise Productions, will be the keynote speaker.



Audrey, along with her husband, Frank, has been credited with making millions aware of the National Park System and its relevance to their lives. Audrey is a national-award winning environmentalist and is a role model for engaging citizens in conservation. She brings a unique understanding of what motivates people of color to connect with the outdoors.

Audrey participated in several White House initiatives including the launch of America's Great Outdoors and the White House Conference on Conservation. Additionally, Audrey is the recipient

of the Environmental Hero Award from the National Oceanic and Atmospheric Administration, as well as the Marjory Stoneman Douglas Outstanding Citizen Conservationist Award from the National Parks Conservation Association.

Special Celebration: YOP 45! Join AMC in celebrating our Youth Opportunities Program's 45th year of helping at-risk and urban youth get outdoors!



To register or obtain more information log onto our Annual Summit website.

Added Bonus: Book ten (10) seats for the dinner program and we will reserve a table for you.

For other inquiries, please contact Cindy Martell, Event Coordinator, at 617-391-6603 or cmartell@outdoors.org.

This information is from the AMC's central office at Joy St. in Boston. Please contact Cindy martell, Event Coordinator for additional details 617-391-6603 or cmartell@outdoors.org.



enumerate their groundbreaking mountaineering exploits, and Rick Wilcox discusses search and res-

cue efforts. Woodsmen like Ben English tell of their work on hiking trails, and George Hamilton recounts his career in AMC's high huts. White Mountain icons such as boot maker Karl Limmer and Ellen Teague of the Mount Washington Cog Railway offer accounts of their esteemed careers in the mountains. Guy and Laura Wa-

terman detail the development of their backwoods ethics philosophy. Historical photographs accompany each interview. A perfect companion to the book is the new 2013 Mountain Photography Bradford Washburn Calendar, full of spectacular images from Alaska, the Swiss and French Alps, and New Hampshire's White Mountains.

Learn Outdoor Skills
Become an AMC Leader AMC chapters offer over 7000 trips every year. You can improve your outdoor skills or even become one of these awesome volunteer leaders by attending a local chapter training. For a complete list of skills and leadership trainings, visit <http://activities.outdoors.org/search/index.cfm?act=12>. Meet great people. Get outdoors. Have fun!

First Day Trips AMC's leaders will offer First Day events on January 1, 2013 as part of a nationwide celebration of state parks. Plan a trip or plan to attend. Whether you are on foot, snow shoe or on the water, it's a great way to start the New Year. All trips are listed at <http://activities.outdoors.org>. If you will be in some other part of the country, you can still enjoy a First Day trip by visiting <http://www.americasstateparks.org/first-day-hikes>

AMC Books has just released of **Mountain Voices: Stories of Life and Adventure in the White Mountains and Beyond**, compiled and edited by Rebecca Oreskes and Doug Mayer. In this collection of interviews that have appeared in Appalachia, fifteen profiles capture fascinating stories

of travel, adventure, and lifelong passion for nature, along with the spirit of the people who choose to live in the craggy, remote North Country. Over nearly two decades, authors Doug Mayer and Rebecca Oreskes have interviewed extraordinary people whose lives are intricately linked to New Hampshire's White Mountains.

You can order directly from the AMC at www.outdoors.org/amcstore or by calling 800-262-4455.

COMMUNITY CONNECTIONS

Upcoming Community Outdoor Activities You Might Be Interested In. Send items to breeze.editor@amcsem.org

PERSONAL POSTS

This section of the Breeze highlights our members. If you have news, or know of news, contact the breeze.editor@amcsem.org

SWAP STUFF

The E-BREEZE will publish FREE ADS for MEMBERS to SWAP/BAR-TER/SELL/TRADE/FREE OUTDOOR EQUIPMENT. Send your ads to: breeze.editor@amcsem.org, put "BREEZE - SWAP" in the subject line.

ADVERTISING

Got an AMC-related outdoorsy business? Run a paid business card-sized ad in the Breeze for \$10/month (\$100/year)! Contact: breeze.editor@amcsem.org

COLUMNISTS

Got something to say, want to be a regular Breeze columnist? Contact the Breeze editor to volunteer! breeze.editor@amcsem.org

Want to get **WORD OUT** in the Breeze?



chapter announcements

Check our website **AMCSEM.ORG** for the latest news!

Note activities marked for:

FT = First Timer NM = New Member

FULL LIST of ACTIVITIES at AMCSEM.ORG (see 'schedules' tab)

Last minute activities and cancellations are posted on our Short Notice Email List (SNEL). Sign up for here <http://amcsem.org/>

HIKE PLANNING MEETINGS: are held the 1st Wednesday of March, June, September, December. Contact hikingchair@amcsem.org for information.

IMPORTANT: Hikers unsure of their ability should try only 1 level more difficult than previously completed. No pets without permission of trip Leader. Registration req'd 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 activities.outdoors.org.

HIKING / BACKPACKING

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

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

Chapter Trips

Sat., Dec. 1. Winter Hike Series #1 Blue Hills. Join us on the 1st winter hike of the season. Learn the basic's of winter hiking as we discuss heat management, nutrition, equipment and other winter concerns. Great opportunity for three seasons hikers to experience the joys of winter hiking. L Walt Granda (wlganda@aol.com), L Leslie Carson (lrc929@comcast.net), L Maureen Kelly (mokel773@aol.com), L Eva Borsody das (borsody@gmail.com), CL Paul Miller , CL Jim Casey , R Walt Granda (508-999-6038 before 9:00 PM, wlganda@aol.com)

Thursdays
Dec. 6. Thursday Morning Hike: Warner Trail, Wrentham (B3C). Meet at 9:45am, end of Randall Road, Wrentham. Bring water, snacks, and lunch. I-495 Exit 15, then right onto Route 1A, Wrentham. Right at Randall Road (King Philip Plaza sign). Rain cancels. L Joanne Staniscia (508-528-6799 7-9 p.m., joannes1@localnet.com)

Thu., Dec. 13. Thursday Morning Blue Hills Hike. A 4-5 mile hike on the Blue Hills Reservation. We will be hiking between Hancock and Great Blue Hill on the Breakneck Ledge Loop. Meet on Hillside Street across from the Reservation Headquarters and the State Police Barracks. L Sue Chiavaroli (508-252-4146, brillo6452@yahoo.com)

(CE) Thu., Dec. 27. Thursday morning Rocky Woods Hike. Morning hike on the 6+ miles of trails in Rocky Woods, Medfield, MA. Varied terrain with some hills. Depending on snow-

fall, snowshoes may be required. 10:00 A.M. start. L Fred Wason (508-838-6049, fmwason@gmail.com)

Sat., Jan. 5. Winter Series Hike #2 Mt Morgan/Mt Percival Loop (B3B). Second in our winter hiking series. This moderate 5.5 mile loop hike over Mount Morgan and Mount Percival offers great Squam Lake and mountain views. Full winter gear required. L Leslie Carson (lrc929@comcast.net), L Walt Granda (wlganda@aol.com), CL Eva Borsody Das , CL Paul Miller , R Walt Granda (508-999-6038 Before 9 PM, wlganda@aol.com)

Thursdays
Jan. 17. Thursday Morning Hike Cumberland, RI. Nice Hike at Monastery Grounds, Cumberland, RI. Directions: take 295S to exit 1, take 114S approx. 1 1/2 miles Monastery Grounds will be on your right. Enter Grnds. and park to right. Start time 10am. Ice or snow equipment may-

like follow add us !



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ShArE

Pictures
Adventures
Say "hello"

Send your photos to
sendphotos@amcsem.org



Sign up for the **SEM Short Notice E-Mail Trip List** at <http://amcsem.org>

be needed. Rain cancels. L Muriel Guenther (508-699-7461 Before 9pm, murielguenther@comcast.net)

Thu., Jan. 24. Thurs. Morn. Hike Houghton Section, Blue Hills. 6 mi hike around the Houghton section of the Blue Hills Bring water and snacks for cold weather plus proper footwear for condition. Rain or storm cancels. L Claire Braye ((508) 857-0320 before 9:00pm, cbraye57@comcast.net)

Fri., Jan. 25-27. Introduction to Winter Hiking at Noble View. Let us show you the joys of winter hiking and snowshoeing from a beautiful heated lodge in central Mass. Friday evening we will meet the group and discuss winter gear. Saturday and Sunday we'll have day hikes. Noble View has shared bunkrooms, a kitchen, electricity and wood stoves. All meals are included. Winter clothing, including winter boots, snowshoes and poles will be required (assuming we have snow). L Maureen Kelly (508-224-9188 before 8pm, mokel773@aol.com), L Walt Granda (508-971-6444 before 9pm, wigranda@aol.com), CL Kathy Stanley (kstanley@energy-advocates.com), R Maureen Kelly (508-224-9188 before 8pm, mokel773@aol.com)

Sat., Feb. 2. Winter Hiking Series #3. Come join us for some winter fun hiking to Mt. Pierce, a 4,000 footer in the Presidentials with great views. Get a chance to try out your winter equipment. Afterward, warm up at the Highland Center. L Leslie Carson (508-833-8237, lrc929@comcast.net), L Wayne Anderson (wanderson@mxcsi.com), CL Karen Singleton, R Leslie Carson (64 Mill Rd., East Sandwich, MA 02537,)

Thu., Feb. 14. Thurs. Morn. Hike or Snowshoe; Ponkapoag. 6 Mi Hike or Snowshoe around Ponkapoag Pond area. Bring water and snacks suitable for eating in cold weather plus footwear for conditions. Meet: 10:00 AM at Ponkapoag Golf Course Parking Lot, Canton, MA. L Claire Braye ((508) 857-0320 before 9:00PM, cbraye57@comcast.net)

Sat., Mar. 2-3. Winter Hiking Series #4 Overnight. End the Winter Series with an overnight at Carter Hut. Winter equipment and sleeping bag required. Options for Sat. hikes. Friday night option to stay at Joe Dodge Lodge with great breakfast before hiking into the hut. Please contact registrar for details. Must confirm by Jan. 30th. L Leslie Carson (508-833-8237, lrc929@comcast.net), L Wayne Anderson (wanderson@mxcsi.com), L Mike Woessner (stridermw@hotmail.com), L Maureen Kelly (mokel773@aol.com), R Leslie Carson (64 Mill Road, East Sandwich, MA 02537,)

Thursdays
Apr. 18. Thursday Hike. 10am at Oldham Trails in Foxboro, MA Hike thru Harold Clark Forest B3C Bring snacks & water. Sturdy boots needed. 95S take Rt.140N through Foxboro Ctr. around rotary continue 140N for 1/2 mile on left Conservation area across from Snow's Supply. L Muriel Guenther (508-699-7461 Before 9pm, murielguenther@comcast.net)

(NM) Thursdays
May. 2. Thursday Morning Hike. 10:00am at Wollomonopoag Hike, Wrentham, MA (B3C) Bring snacks and sturdy boots. Rain cancels. Find your way to Route 140N Wrentham Center and travel for approximately 1 1/2 miles to Elysium St. on left. Continue on Elysium to top of

hill and bear left, the conservation area will be on rt. You will see Es- kers, a beaver dam & Great Blue Heron Rookery. L Muriel Guenther (508-699-7461 before 9pm, murielguenther@comcast.net)

IMPORTANT: No pets w/o prior permission of trip leader. Individuals under 18 years of age must be accompanied by a parent or responsible adult, and obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 week prior to the trip so Ls can discuss prior hiking exp., conditioning, clothing, and equipment. Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

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.") Contact the Cape Hikes Chair: capehikingchair@amcsem.org. Cape Hikes are generally suspended during the summer months due to parking problems.

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

CAPE HIKES

Saturdays
Dec. 1. Truro/Bay Sea Turtle Walk(B3C). ****Meet at 10:45am***** Noons Landing, Route 6A, N. Truro. Carpool to the trail head. Walk the bay beach looking for cold, stunned sea turtles. Bring lunch. 3.5 hours. **ALL THAT MORNING FOR CARPOOL INFO.** L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Thu., Dec. 6. Punkhorn Brewster. Wooded hike Rte 6 to 124 N L on 6A to Stony Brook. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Thu., Dec. 6. Mock Moraine. Rolling hills, woods. Historical sites. Rte. 28 (McArthur Blvd.) south. Exit Thomas Landers Rd. Go R (west) off ramp, straight to stop sign. L on Rte. 28A, south for 1.4 m. Quick L past West Falmouth Library on Blacksmith Shop Rd. First L at tennis court into parking in lot. Meet 9:45 to hike at

10:00. Heavy rain /ice cancels. L Cathy Giordano (508 243 3884 before 9pm). L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com), R Cathy Giordano (PO Box 1289, North Falmouth, MA 02556, 508-243-3884 before 9pm, cmgiordan@msn.com)

Saturdays
Dec. 8. Truro/Bay Sea Turtle Walk(B3C). Meet at 9:45am, Noons Landing, Route 6A, N. Truro. Carpool to the trail head. Walk the bay beach looking for cold, stunned sea turtles. Bring lunch. 3.5 hours. **CALL THAT MORNING FOR CARPOOL INFO.** L Nancy Braun (508-487-4004 any, nancytruro@comcast.net)

Thu., Dec. 13. 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 Rte 149. Park along grass triangle on immediate left beside church. L Farley Lewis (farley@comcast.net)

Sat., Dec. 15. Truro/Bay Sea Turtle Walk(B3C). Meet at ****10:45 a.m.****, Noons Landing, Route 6A, N. Truro. Carpool to the trail head. Walk the bay beach looking for cold stunned sea turtles. Bring lunch. 3.5 hours. **CALL THAT MORNING FOR CARPOOL INFO.** L Nancy Braun (508-487-4004any,nancytruro@comcast.net)

Sun., Dec. 16. Eastham, Doane Rock (C3C). Hike Nat'l Seashore Lands to Three Sisters/Nauset Light. Meet 12:45 2 hrs.

Rte 6 turn R at Eastham Visitor Center. Go to Doane Rock Picnic area Pkg lot on R about 1 mi. Bad weather cancels. Doubt? call L. L Janet DiMattia (jandimattia@verizon.net)

Thu., Dec. 20. West Yarmouth, San-

dy Pond (C3C). Wooded trails, pond views. Route 6 Exit 7S, left on Camp Street, left on Buck Island Road, and left at Sandy Pond Recreation Area. Meet at 9:45am. 2 hours. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Saturdays
Dec. 22. Truro/Bay Sea Turtle Walk(B3C). Meet at 9:45am, Noons Landing, Route 6A, N. Truro. Carpool to the trail head. Walk the bay beach looking for cold stunned sea turtles. Bring lunch. 3.5 hours. **CALL THAT MORNING FOR CARPOOL INFO.** L Nancy Braun (508-487-4004 any, nancytruro@comcast.net)

Thu., Jan. 3. 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 (508-385-4085, sylvester_maria@hotmail.com)

Sun., Jan. 6. Yarmouth Three Ponds (C3C). Winter woods walk to secluded ponds. Meet 12:45 2 hrs. Ex 8 off Rte 6. R at 2nd traffic light. Go to L at end. Pkg off road in about 1 mi. Bad weather cancels. Doubt? Call L. L Janet DiMattia (jandimattia@verizon.net)

Thu., Jan. 10. Harwich, Hawk's Nest State Park (C3C). Take Spruce Street opposite exit ramp of Rt 6 Exit 11. Go approx. 1 mile and park on left side of road. Wooded hike through State Park and Harwich Conservation land. Meet 9:45, 2 hrs. L Peter Selig (508-432-7656, pandmselig@hotmail.com), CL pandmselig@hotmail.com (508-432-7656, pandmselig@hotmail.com), R pandmselig@hotmail.com (02633, 508-432-7656 before 10 pm, pandmselig@hotmail.com)

Sun., Jan. 13. Mashpee, Santuit Pond (C3C). Water views, working bogs, woodland trails. Rte 6, Ex 5, S on Rt 149 to Rt 28. Then R on Rt 28, R on Santuit/Newton Rd for 0.8 mi to yellow gate on L. Meet at 12:45, 2 hrs. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Thu., Jan. 17. Eastham Nauset Marsh (C3C). Walk perimeter of vast historic marsh. From Rte 6 in Eastham, R on Gov. Prence Rd, R on Fort Hill Rd to 1st pkg lot on L. Meet at 9:45 sharp to carpool to Salt Pond Visit Ctr. 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Sat., Jan. 19. Bourne Cape Cod Canal (C3C). Meet 9:45 am at the Herring Run Visitor center MAINLAND side between Sagamore & Bourne bridges for a 2 hour hike. L Gary Miller (508-540-1857, Garymaxx@verizon.net) (FT) (NM)

Thu., Jan. 24. 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. 2 hrs. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Sat., Jan. 26. Harwich, Herring River (B3C). Wooded walk with views of the beautiful Herring River. Walk both sides of West Reservoir, cranberry bogs. From Rte 6 E, Ex 10, R at top of ramp, Rte 124 for 1.3 mi, R @ Main St. straight 2 mi to park @ Sand Pond on R. Meet 9:45 a.m. 3.5 hrs. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sun., Jan. 27. Harwich, Island Pond (C3C). Scenic walk through Laverder farm, take rte 6 Exit 10 South to Rte 124. Turn L on Colony Way at crosswalk. Park at Harwich town pkg lot short distance on Right. Meet

12:45PM, start 1:00 PM. L Jane Harding (508-833-2864 call before 9 PM, janeharding@comcast.net)

Thu., Jan. 31. Sandwich, Ryder Conservation Hike (C3C). Rte 6 to exit 3, take Quaker Meetinghouse Rd. south to lights at Cotuit Rd. Turn L, Ryder Conservation Lands parking will be on right. Scenic hike to Lowell Holly Reservation with views of Maspee Wakefield pond. Meet at 9:45 AM start at 10 AM. 2 hrs. L Jane Harding (508-833-2864 Before 9 PM, (janeharding@comcast.net)

Thu., Feb. 7. Harwich - Herring River Chili Pot Luck at Janet Kaiser's house. Herring River and reservoirs. Park on R at Sand Pond, Great Western Rd, 2 mi W from Harwich Ctr. Chili Pot Luck Party at Janet Kaiser's house in Harwich following hike. Meet 9:45. L Peter Selig (508-432-7656, pandmselig@hotmail.com), CL pandmselig@hotmail.com (508-432-7656, pandmselig@hotmail.com), R pandmselig@hotmail.com (02633, 508-432-7656, pandmselig@hotmail.com)

Thu., Feb. 14. 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 (508-385-4085, sylvester_maria@hotmail.com)

Sun., Feb. 17. Barnstable, Sandy Neck (C3C). Walk beach/marsh loop to 2nd crossover. Mostly soft sand. Rte 6, Ex 5 to Rte 149 N to Rte 6A; L on 6A, R on Sandy Neck Rd to pkg lot at end. Meet 12:45 for 1:00 start, 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com) (FT) (NM) Thu., Feb. 21. Cotuit-Little River Sanctuary (C3D). Wooded walk with views of Eagle

Pond. Meet promptly at 9:45am. Carpool shuttle from parking area in front of Rite-Aid Pharmacy located at intersection of Route 28 and Putnam Avenue in Cotuit. 2 hours. L Farley Lewis (farlewis@comcast.net)

Thu., Feb. 28. Sandwich Scorton Creek (C3C). Take exit 4 off Rte 6 turn N on Chase Rd., turn L on Old County Rd, follow to 6A turn right. Entrance to Scorton is dirt road on right near use car dealership. Scenic hike through historical area with views of salt marsh. Meet at 9:45 AM start at 10 AM. 2 hrs. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)s

BIKING

WANTED: Ride Leaders and Co-Leaders. Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm and routes w/ your fellow AMC members? Contact Bike Chair (508-428-6887, bikingchair@amcsem.org) for more info.

AMC SEM 2,000 Mile Club. Join our unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair to register your mileage and for more info. (bikingchair@amcsem.org) **Turn Those Tires** on Tues. Rides scheduled all year long, weather permitting. 25 mi of road or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location and directions. Intermed. pace. Riders and bicycles in top shape; tires and riders pumped and ready to roll; helmets and water req'd. L Paul Currier (508-833-2690 8 am-7 pm, pbencurrier@hotmail.com)

Bike Ratings: First character indicates distance in mi: AA=50+; A=35-50; B=25-35; C=under 25. Second is L's pace in mph: 1=17; 2=13-16; 3=11-13; 4=up to 11. Third is terrain: A=very hilly; B=hilly; C=rolling; D=flat.

AMC SEM 2,000 Mile Club. AMC SEM is in the third year of our unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair to reg. your mi and for more info. (bikingchair@amcsem.org)

Tues. Rides. Turn Those Tires on

Tues. Rides scheduled all year long, weather permitting. 25 mi of road or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location and directions. Intermed. pace. Riders and bicycles in top shape; tires and riders pumped and ready to roll; helmets and water req'd. L Paul Currier (508-833-2690 8 am-7 pm, pbencurrier@hotmail.com)

Chapter Trips

(FT) (NM) (XCE) Tuesdays
Dec. 4. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays
Dec. 11. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays
Dec. 18. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique

locations. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(XCE) Fri., Dec. 21. Winter Solstice/Adios to Autumn Ride. 22 +/-Miles or 2 Hours: Intermediate-paced road cycling. C2C Start at Skaket Beach, Orleans and do a Tour de Shore of the bay including Rock Harbor and perhaps cut over to the ocean side in Eastham. Return on some inner nook & cranny roads that include Sunken Meadow, Crooks, Campground, Thumpertown, and First Encounter Beaches for Sunset at Skaket. Tires and riders pumped and ready to roll. Helmets and water required as is registration -cancellation/rescheduling sent only to registered riders. Leader: Paul Currier currierpaul@comcast.net or call daily until 7PM 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (XCE) Wednesdays
Dec. 26. Tuesday Scenic Cycling on Wednesday. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Fridays
Dec. 28. Sunset/Full Cold Moonrise Ride. Start in Sandwich Recreation Area (Freezer Rd) and ride along the canal and through Gray Gables & Mashnee Island for sunset over Buzzards Bay and Hunter's Moonrise over the canal. This is an inter-

mediate road cycling ride for 2 hours or 22 miles. Helmets, spare tube & tire tools, pump, and water required. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays
Jan. 1. 10th Annual New Year's Day Ride. Kick off our SEMAMC cycling schedule and our annual quest to attain 2,000 or more miles. This is an intermediate ride for 27 miles with several bailouts for less miles. This beautiful trip includes the coast and harbor of Marion Center; Sea Shell Beach; Converse Road Loop; and Point and Delano Road Roads to Planting Island and Kittansett Golf Club offering a cross-the-bay view of all three bridges. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays
Jan. 1. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays
Jan. 8. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays
Jan. 15. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays
Jan. 22. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Sat., Jan. 26. Sunset/Full Wolf Moon Ride. Ride Description: Road cycling. L Paul Currier currierpaul@comcast.net or 508-833-2690 Ride the hills and shores of Sagamore and the canal trail to Buzzards Bay. We'll catch the spectacular sunset over Onset Bay during a tour of Mass Maritime and moonrise over Plymouth Bay. C2B Tires and riders pumped and ready to roll. Helmets, spare tube & tire tools, and water required as is registration -cancellation/rescheduling sent only to registered riders. Directions: From the former Sagamore Rotary now the Sagamore Straightaway, head toward Scusset and take Canal Road past Friendly's to the Sagamore Recreation Lot. L Paul Currier (508-833-2690 8 - 7,

currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Jan. 29. Tuesday Scenic Cycling. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

SKIING

Chapter Trips

Sun., Dec. 30. X-C Ski Instructional Workshop. X-C Ski Instructional Workshop Sun Dec 30 (Sat Jan 12 backup date), - Learn to use your new skis or brush up on technique. Suitable for all abili-

ties, rentals available. Reg with L Art Paradise, 978-372-7442 (7-9PM) paradise1@mindspring.com, L Bob Bentley 508-866-3057 bentleyr@h2otest.net. L Art Paradise (978-372-7442 7 to 9 PM, paradise1@mindspring.com), L Bob Bentley (508-866-3057 7 to 10 PM, bentleyr@h2otest.com)

(AN) (CE) Fri., Jan. 18-21. XC Skiing, White Mountains. Boston 40+ Committee joins the Southeastern Massachusetts Chapter at cozy Applebrook B&B in Jefferson, NH, for skiing, snowshoeing, fun and games and great camaraderie. Three nights lodging, 3 breakfasts, and 2 dinners from \$200-\$350 p/p. Optional pizza and salad at the B&B followed by snowshoeing on the golf course behind the inn on Friday night. Ski groomed trails at Bretton Woods on Saturday; ski or snowshoe on Sunday, activity before returning home TBD. L Barbara Hathaway (508-880-7266 before 9p, barb224@tmlp.net), CL Wayne Cardoza (603-673-2518 before 9:00pm), R Barbara Hathaway (508-880-7266 before 9:00pm, barb224@tmlp.net)

(AN) (CE) Sat., Jan. 19-21. Catamount Trail Backcountry Ski Touring.. Join us for the MLK weekend of ski touring the Catamount trail in the Londonderry VT area (parts of Section 7, 8 and 10). We will stay at a cozy Lodge in Londonderry. Participants should be capable of skiing 5-7 miles each day. Trails are classic New England backcountry, undulating, forested, and fun to ski. Total \$275 pp, Deposit of \$100 due at registration, Sat-Sun-Mon brkfst and Sat-Sun dinner included. Reg by Dec 15. Details/reg with L Art Paradise, paradise1@mindspring.com, 978-372-7442 (7-9PM), L Bob Bentley 508-866-3057, bentleyr@h2otest.net . L Art Paradise (978-372-7442 7 to 9 PM, paradise1@mindspring.com), L Bob Bentley (508-866-3057 7 to 10 PM, bentleyr@h2otest.com)

(AN) (CE) Mon., Feb. 4-6. Midweek downhill skiing. Two days of downhill skiing (Tues. Feb 5 and Wed Feb 6) at Bretton Woods, A closeResearchTranslateTheSaurusNo results found.

EXECUTIVE COMMITTEE

Volunteer Opportunities

Until Filled. Chapter Youth Program (CYP) Leader. Share your outdoor knowledge and leadership skills with local groups of children. Give your time to these programs to help kids get outside who might not otherwise have the opportunity. A typical Chapter Youth Program (CYP) might include a local walk with some nature lesson or trail games. CYP leader training and screening is required. L Sally Delisa (picpocit@verizon.net)

TRAILS & TRAILWORK

Contact the trails chair Lou Sikorsky trailschair@amcsem.org 508-678-3984

SOCIAL & EVENTS

Contact the social chair socialchair@amcsem.org 781-762-4483

CONSERVATION

Contact the conservation chair Joanne Jarzobski conservationchair@amcsem.org 508-775-7425

FAMILY EVENTS

Contact the family events chair Chris Pellegrini familyeventschair@amcsem.org 508-244-9203

Breeze

the southeast

Written for
you by you

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



January 2013

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

Editor: Andrea Holden

AMC, 5 Joy St. Boston, MA
02108, 800.372.1758
www.outdoors.org/mem-bercenter

2013 LEADERSHIP TRAINING

Leadership Training will be held on Saturday, April 6, 2013 at Borderland State Park, N. Easton, MA. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure

similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader candidates are also welcome. It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to chapter members.

AMC Challenges Approval of Transmission Line in Delaware

AMC Challenges Approval of Transmission Line in Delaware Water Gap and Asks Courts to Halt Construction
In partnership with other conservation and trails organizations, AMC recently filed an injunction in Federal court chal-

lenging the approval by the National Park Service of the Susquehanna to Roseland transmission line in New Jersey and Pennsylvania, slicing through the heart of the Delaware Water Gap, the Appalachian Trail and the Delaware River, which

is federally recognized under the Wild & Scenic River Act. As part of this action, we also ask the courts to temporarily halt construction while our case is being considered.
[Read more >>](#)

save the dates

- Leadership Training Borderland SP
April 6, 2013
- Wilderness First Aid Noble View
April 27 & 28th, 2013
- Family Weekend
Aug. 23-25, 2013
- Chapter Hut Weekend
Sep. 20-22, 2013
- Annual Meeting
Nov. 2, 2013

Register for AMC's 137th Annual Summit!

Visit [here](#) for more information

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





Executive Board Chapter Meetings
6:30pm selected 2nd Wednesdays
contact chair@amcsem.org

Hike Planning Meetings
6:30pm 1st Wed. quarterly
contact hikingchair@amcsem.org

Where to find activities (hikes, bikes, etc.)
1. The monthly *Breeze* - arrives by email
2. *AMC Outdoors magazine* - arrives by mail
3. *Online trip listings* activities.outdoors.org
4. Sign-up for *short notice trip listings* at <http://www.amcsem.org>

Pictures and Article Submissions
We encourage SEM members to submit articles and photos for both The Breeze and our website. Materials will be edited for content and to fit available space. *Send to breeze.editor@amcsem.org*

Breeze Deadlines
Monthly on the 7th, trips; 15th articles/pix

Want the Breeze?
call 800-372-1758
Or email amcinformation@outdoors.org

Where to find Breeze Publications
<http://www.amcsem.org/newsletters.html>

Volunteers needed!
Volunteer for the Executive Board! Have technical, writing/editing, web design skills, like Kids? Volunteer to lead a hike, bike, or paddle! We have volunteer positions open! *Contact chair@amcsem.org*

Executive Board

- | | |
|--|---|
| <p>Chapter Chair
<i>chair@amcsem.org</i>
Cheryl Lathrop, 508-668-4698</p> | <p>Education
<i>education@amcsem.org</i>
Len Ulbricht, 508-359-2250</p> |
| <p>Vice Chapter Chair
<i>vicechair@amcsem.org</i>
Maureen Kelly, 508-224-9188</p> | <p>Hiking
<i>hikingchair@amcsem.org</i>
Walt Granda, 508-971-6444</p> |
| <p>Treasurer
<i>treasurer@amcsem.org</i>
Patty Rottmeier
508-982-1099 (c), 508-228-4207 (h)</p> | <p>Hiking (Vice)
<i>hikingvicechair@amcsem.org</i>
Paul Miller, 508-369-4151</p> |
| <p>Secretary
<i>secretary@amcsem.org</i>
Karen Singleton, 508-730-7702</p> | <p>Membership
<i>membershipchair@amcsem.org</i>
Ed Miller, 774-222-0104
5-9pm, no calls after 9pm please</p> |
| <p>Biking
<i>bikingchair@amcsem.org</i>
<i>vicebikingchair@amcsem.org</i></p> | <p>XC Ski
<i>xcskichair@amcsem.org</i>
Barbara Hathaway, 508-880-7266</p> |
| <p>Canoe/Kayak
<i>paddlingchair@amcsem.org</i>
George Wey, 781-789-8005</p> | <p>Trails
<i>trailschair@amcsem.org</i>
Lou Sikorsky, 508-678-3984</p> |
| <p>Canoe/Kayak (Vice)
<i>paddlingvicechair@amcsem.org</i>
Betty Hinkley, 508-241-4782</p> | <p>Past Chapter Chair
<i>pastchapterchair@amcsem.org</i>
Jim Plouffe</p> |
| <p>Cape Hiking
<i>capehikingchair@amcsem.org</i>
Farley Lewis, 508-775-9168</p> | <p>AD Hoc Committees</p> |
| <p>Cape Hiking (Vice)
<i>capehikingvicechair@amcsem.org</i>
Peter Selig</p> | <p>Social Chair
<i>socialchair@amcsem.org</i>
Jodi Jensen, 781-762-4483</p> |
| <p>Cape Hiking (Vice)
<i>capehikingvicechair@amcsem.org</i>
Janet DiMattia, 508-394-9064</p> | <p>Family Events Chair
<i>familyeventschair@amcsem.org</i>
Chris Pellegrini, 508-233-9203</p> |
| <p>Communications
<i>communicationschair@amcsem.org</i>
Andrea Holden, 508-989-4239</p> | <p>Staff</p> |
| <p>Conservation
<i>conservationchair@amcsem.org</i>
Joanne Jarzobski, 508-775-7425</p> | <p>Social Networking Moderator
Susan Salmon</p> |
| <p>Chapter Youth Program (CYP)
<i>cypcoordinator@amcsem.org</i>
Sally Delisa, 781-834-6851</p> | <p>Webmaster
<i>webmaster@amcsem.org</i></p> |
| | <p>Breeze Editor
<i>breeze.editor@amcsem.org</i></p> |
| | <p>Blast Editor
<i>blast.editor@amcsem.org</i></p> |



View from the Chair

By Cheryl Lathrop



Image Credit: <http://photo.cdn.com/happy-new-year-hd-wallpapers-2013.html>

As we see 2012 fading away in the rear view mirror, we remember all the great outdoor activities we had—all brought to you by the untiring efforts of our chapter volunteer leaders. Never forget for a moment that all SEM events are completely run by volunteer leaders. And on behalf of the AMC SEM Executive Board I extend a personal thank you to each and every one of our volunteers.

Don't for a minute think of the AMC as a fair weather club! No way! These same tireless volunteers have great winter activities prepared for you in 2013. So, get off the sofa and come join us! Winter activities are great fun. You get out of the house, you get exercise... And nothing beats standing on top of a snowy mountain in The Whites with no summer crowds and no leaves on the trees – fabulous views! That in addition to the satisfaction of having clawed your way up there on your microspikes!

Or, for those of you not so ambitious, let the chair lift carry you up the mountain and simply slide down! Or power yourself around the mountain on one of our cross country ski trips. And The Cape is now free of traffic and open for hiking! Don't miss it! Beautiful beaches and trails – and no crowds. And don't put your bike away either. It's not always snowy and slippery. Just bundle up and get out there with our bike leaders on a good day.

We're a 4-season club. See you outside!

Cheryl Lathrop
Chapter Chair



As always, feel free to contact your chapter chair, or vice chapter chair at any time.
Chapter Chair: Cheryl Lathrop (chair@amcsem.org) ~ Vice Chapter Chair: Maureen Kelly (vicechair@amcsem.org)

AMC ACTIVITY PARTICIPATION POLICY
AMC encourages involvement in its mission and activities through its membership, programs, pol...
status. Some AMC programs are designed for a certain age range of members or for a special activity or topic. However, any person who meets the minimum qualifications (age, skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available.
Individuals under 18 must be accompanied by a responsible adult. All participants in AMC activities are required to sign the AMC waiver form provided by the leader. Preview the waiver at: <http://amcsem.org/documents.html>

2013 LEADERSHIP TRAINING

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are also welcome. It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to chapter members.

For more information click [here](#) or contact Len Ulbricht at len44@gmail.com.

Take A Long Hike

By Ray Anderson



Hello fellow hikers. Take a look at the backpacks in the pictures. Both packs are empty, but the red one, with external frame, is already twice as heavy as the green one. And, because it is much bigger, you will cram extra stuff into it. The red pack is almost identical to the one I used on the Appalachian Trail in '03, and it topped out around 47 pounds (including food, but not water). I don't think I ever got it under 40 pounds, and this contributed to a knee problem I had out there.

I learned the hard way to buy a light pack and to pack light. I used the smaller, no-frame pack on the Pacific Crest Trail five years later and topped it out at 31 pounds. I doubt my knees would survive the A.T. today carrying over 40 pounds plus water. Today you will find ultra-lite long-distance hikers who carry less than 20 pounds!

Ray Jardine was the early guru of light backpacking. I studied his 1999 book Beyond Backpacking and learned a lot. And I'm going to buy his new one, Trail Life: Ray Jardine's Lightweight Backpacking. Reducing pack weight is the number one issue for any serious hiker. If it isn't a necessity, don't



haul it. Modify what you have. Rather than the old Boy Scout metal fork and spoon, buy a plastic spork. Think tarp rather than tent in milder weather. Get a tiny stove. Do you absolutely need a stove? What a difference a light pack makes!

Ray's Hiking Blog:
www.TakeaLongHike.com



CHAPTER WIDE EVENTS

See our website for details: www.amcsem.org and click on the "Upcoming Events" tab

- Leadership Training Borderland SP
April 6, 2013
- Wilderness First Aid Noble View
April 27 & 28th, 2013
- Family Weekend
Aug. 23-25, 2013
- Chapter Hut Weekend
Sep. 20-22, 2013
- Annual Meeting
Nov. 2, 2013



SWAP * BARTER *
SELL * TRADE * FREE



White, Tandem, Hurricane Kayak
\$850

One season use. Open cock pit with yellow cover, one dry hull for first aid kit and/ or towel and extra clothes. Asking \$850. Easy to handle, Paddles not included. Call Rona Robinson 508-364-0568. (Hyannis, Ma.)

treated nylon diamond ripstop provides outstanding water repellency and shedding 1000D nylon pack cloth bottom for abrasion resistance Front kangaroo pocket 4 large external side pockets Waterproof zippers Hydration ready. Andrea Holden, aholden2578@comcast.net, 508.989.4239, leave message (Attleboro)



EMS down mummy sleeping bag
\$75.00

Long (82 inches) like new.

Women's Avian Light WTPF multi sport shoe
\$25.00

Hardly worn (too small) size 8.

LL Bean original style Stabilicers
\$10.00

Size small.

Contact Joanne Staniscia
jstaniscia@comcast.net
508-528-6799



Tatarian™ X 55 Women's Backpack
\$50 or Best Offer

Brand new with tags, has discolorations on top lid, see picture of seams provided. Made for a women's frame, Capacity: 2253 - 3455 cu.in. /55 L, Pack weight: 3.76 lbs. (1.71 kg), Harness system adjusts to fit torso range of 14 in. - 20 in. top loading, internal frame backpack top lid converts easily into a lumbar pack fabrics: 210D Silicon



PADDLING



Leaders
Wanted

Contact Paddling Chair George Wey,
paddlingchair@amcsem.org, 781-789-8005

SOCIAL & EVENTS

Contact the social chair socialchair@amcsem.org
781-762-4483

FAMILY EVENTS

Contact the family events chair Chris Pellegrini
familyeventschair@amcsem.org 508-244-9203



Check our website **AMCSEM.ORG** for
the latest news!

Note activities marked for:

FT = First Timer NM = New Member

FULL LIST of ACTIVITIES at AMCSEM.ORG
(see 'schedules' tab)

Last minute activities and cancellations are posted
on our Short Notice Email List (SNEL). Sign up for
here <http://amcsem.org/>

Want to get WORD OUT in the Breeze?

COMMUNITY CONNECTIONS

Upcoming Community Outdoor Activities You Might Be Interested In.
Send items to breeze.editor@amcsem.org

PERSONAL POSTS

This section of the Breeze highlights our members. If you have news, or
know of news, contact the breeze.editor@amcsem.org

SWAP STUFF

The E-BREEZE will publish FREE ADS for MEMBERS to SWAP/BAR-
TER/SELL/TRADE/FREE OUTDOOR EQUIPMENT. Send your ads to:
breeze.editor@amcsem.org, put "BREEZE - SWAP" in the subject line.

ADVERTISING

Got an AMC-related outdoorsy business? Run a paid business card-sized
ad in the Breeze for \$10/month (\$100/year)! Contact: breeze.editor@amcsem.org

COLUMNISTS

Got something to say, want to be a regular Breeze columnist? Contact the
Breeze editor to volunteer! breeze.editor@amcsem.org

BICYCLING

WANTED: Ride Leaders and Co-Leaders. Are
you enthusiastic about cycling? Do you like show-
ing other riders your favorite roads? If yes, then why
not share your enthusiasm and routes w/ your fellow
AMC members? Contact Bike Chair (508-428-6887,

Bike Ratings: First character indicates distance
in mi: AA=50+; A=35-50; B=25-35;
C=under 25. Second is L's pace in mph:
1=17; 2=13-16; 3=11-13; 4=up to 11. Third
is terrain: A=very hilly; B=hilly; C=rolling;
D=flat.

bikingchair@amcsem.org for more info.

AMC SEM 2,000 Mile Club. AMC
SEM is in the third year of our
unique 2,000-mi Club. Certificates
of achievement and embroidered
award patches are presented annu-
ally to members who ride 2,000 mi or
more per year. Contact the bicycling
chair to reg. your mi and for more
info. (bikingchair@amcsem.org)

Tues. Rides. Turn Those Tires on
Tues. Rides scheduled all year long,
weather permitting. 25 mi of road or
15 mi of mtn. biking. Tues. at 2 p.m.
Flat to hilly. Contact L for start loca-
tion and directions. Intermed. pace.
Riders and bicycles in top shape;
tires and riders pumped and ready to
roll; helmets and water req'd. L Paul
Currier (508-833-2690 8 am-7 pm,
pbencurrier@hotmail.com)

Tuesdays

Jan. 1. 10th Annual New Year's Day
Ride. Kick off our SEMAMC cycling
schedule and our annual quest to at-
tain 2,000 or more miles. This is an
intermediate ride for 27 miles with
several bailouts for less miles. This
beautiful trip includes the coast and
harbor of Marion Center; Sea Shell
Beach; Converse Road Loop; and
Point and Delano Road Roads to
Planting Island and Kittansett Golf
Club offering a cross-the-bay view
of all three bridges. L Paul Cur-
rier ((508) 833-2690 Until 7pm,

currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Jan. 1. Tuesday Scenic Cycling.
Scenic cycling on Cape Cod - mostly
road - for 2 hours/22 miles with se-
lect stops. Less miles for mountain
bike rides. Intermediate paced cy-
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popular and lesser-known unique
locations. Tires and riders pumped
and ready to roll with helmets, spare
tube & tools, and water. Registra-
tion required as changes will be
sent only to registered riders. L Paul
Currier ((508) 833-2690 Until 7pm,
currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Jan. 8. Tuesday Scenic Cycling.
Scenic cycling on Cape Cod - mostly
road - for 2 hours/22 miles with se-
lect stops. Less miles for mountain
bike rides. Intermediate paced cy-
cling includes occasional stops at
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tube & tools, and water. Registra-
tion required as changes will be
sent only to registered riders. L Paul
Currier ((508) 833-2690 Until 7pm,
currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Jan. 15. Tuesday Scenic Cycling.
Scenic cycling on Cape Cod - mostly
road - for 2 hours/22 miles with se-
lect stops. Less miles for mountain
bike rides. Intermediate paced cy-
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popular and lesser-known unique
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Currier ((508) 833-2690 Until 7pm,
currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Jan. 22. Tuesday Scenic Cycling.
Scenic cycling on Cape Cod - mostly
road - for 2 hours/22 miles with se-
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tube & tools, and water. Registra-
tion required as changes will be
sent only to registered riders. L Paul
Currier ((508) 833-2690 Until 7pm,
currierpaul@comcast.net)

(FT) (NM) (XCE) Sat., Jan. 26.

Sunset/Full Wolf Moon Ride. Ride
Description: Road cycling. L Paul
Currier currierpaul@comcast.net
or 508-833-2690 Ride the hills and
shores of Sagamore and the canal
trail to Buzzards Bay. We'll catch the
spectacular sunset over Onset Bay
during a tour of Mass Maritime and
moonrise over Plymouth Bay. C2B
Tires and riders pumped and ready to
roll. Helmets, spare tube & tire tools,
and water required as is registration
-cancellation/rescheduling sent only
to registered riders. Directions: From
the former Sagamore Rotary now the
Sagamore Straightaway, head to-
ward Scusset and take Canal Road
past Friendly's to the Sagamore Rec-
reation Lot. L Paul Currier (508-833-
2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Jan. 29. Tuesday Scenic Cycling.
Scenic cycling on Cape Cod - mostly
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stops. Less miles for mountain bike
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and lesser-known unique locations.
Ratings from B3C to B2B. Tires and
riders pumped and ready to roll with
helmets, spare tube & tools, and wa-
ter. Registration required as changes



will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

CANOE/KAYAK

Wed., Apr. 24. Shoestring By. A paddle down Shoestring Bay and up the Masphee River for a look at early spring flora and fauna as salt water transitions into brackish and then fresh water. Then across Popponeset Bay for lunch on Thatch Island, Meadow Point or Crockers Neck Beach. Before heading back, paddling into Pinquicket Marsh, which should be very open this time of year. About 8 miles. Wet suits, spray skirts and PFD's required. Preregistration required for info on put in location. Phone: 508-420-7245. L Louise Foster (508-420-7245 Any Time, janlouisecomcast.net)

Wed., May. 1. Mashpee/Wakeby Ponds. Paddle around 2 fresh water ponds about 7 miles with lunch at beach at end of Wakeby Pond. Life jackets & spray skirts req DIRECTIONS: from rte 28 take 130N for 2 mi to R at "State Landing" sign to put-in. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau, CL (508-362-0451 before 8 pm, paulcorri@gmail.com)

Sat., May. 11. SWAN POND/RIVER PADDLE. Paddle down river to mouth on Nantucket Sound for lunch & return circumnavigating pond, about 7 mi. Life Vest & Spray Skirt req DIRECTIONS: rte 6 exit 9 to 134S (Harwich/Dennisport) past Patriot Square to L Upper County Rd past Hart Farm to L Clipper Lane to put-in. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau, CL (508-362-0451 before

8 pm, paulcorri@gmail.com)

Wed., May. 15. Indian Lakes. Middle Pond and Mystic Lake; 6 -7 miles; Spray skirt, wet suit and PFD Required; Preregistration 508-420-7245. L Louise Foster (508-420-7245 Any Time, janlouisecomcast.net)

Saturdays

Jun. 1. Meetinghouse Pond/Little Pleasant Bay, Orleans. Put-in: From 6-A or Rte 28 East, R on Main St.; R at fork onto Barley Neck Rd and continue on Barley Neck Rd to Town Landing on R. PFD required; spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Wednesdays

Jun. 12. Oyster Pond/Stage Harbor, Chatham. Put-in: Route 6, Exit 11 South to L on Route 28; at rotary take 1st exit (Stage Harbor Rd) to Oyster Pond. PFD required. Spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Saturdays

Jun. 15. Swan Pond/River, Dennis. Put-in: Clipper Lane off Upper County Road, Dennis; put-in is on the left. PFD required. Spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Sat., Jun. 29. Boston Harbor Inner Islands. Circumnavigate several harbor Islands. Put-In, Hull Gut, Hull, Ma. Level 3. PDF, spray skirt req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey (781-789-8005 anytime, geowey@comcast.net)

Wed., Aug. 14. Shoestring Bay.

Down Shoestring Bay, Up the Mashpee River to view changing flora as the water transitions from salt, to brackish to fresh. Cross Popponeset Bay to a variety of possible lunch spots. Into Pinquicket Cove and the marsh; 8 - 10 miles; Spray skirt, and PFD Required; Preregistration 508-420-7245. L Louise Foster (508-420-7245 Any Time, janlouisecomcast.net)

Sat., Sep. 7. Weir River, Hingham Bay Islands. Put-In, beach pkg. lot off Rt. 3A, just before Hingham Harbor Rotary. Level 2-3. PDF, spray skirt req. L George Wey (781-789-8005 anytime, geowey@comcast.net). L George Wey (781-789-8005 anytime, geowey@comcast.net)

Wed., Sep. 11. Mashpee Wakeby Ponds. Perimeter of Mashpee Wakeby Ponds; Spray Skirt and PFD required. About 8 miles. Preregister 508-420-7245. L Louise Foster (508-420-7245 Any Time, janlouisecomcast.net)

Saturdays

Sep. 21. Mashpee River. Put-in: Rt. 6 to Exit 5 (Rt 149); South on 149 to Rt. 28; Right onto Rt. 28 to Mashpee Rotary; From rotary take Great Neck Rd. S; Go 2.5 miles to unpaved parking lot on left marked Oway Bay Boat Ramp. PFD required. Spectacular riverside wildflowers. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Saturdays

Oct. 5. Swan Pond/River, Dennis. Put-in: Clipper Lane off Upper County Road, Dennis; put-in is on the left. PFD required. Spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

IMPORTANT: Hikers unsure of their ability should try only 1 level more difficult than previously completed. No pets without permission of trip Leader. Registration req'd 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 activities.outdoors.org.

CAPE HIKES

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.") Contact the Cape Hikes Chair: capehikingchair@amcsem.org. Cape Hikes are generally suspended during the summer months due to parking problems.

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

Thu., Jan. 3. 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 (508-385-4085, sylvester_maria@hotmail.com)

Sun., Jan. 6. Yarmouth Three Ponds (C3C). Winter woods walk to secluded ponds. Meet 12:45 2 hrs. Ex 8 off Rte 6. R at 2nd traffic light. Go to L at end. Pkg off road in about 1 mi. Bad weather cancels. Doubt? Call L. L Janet DiMattia (jandimattia@verizon.net)

Thu., Jan. 10. Harwich, Hawk's Nest State Park (C3C). Take Spruce Street opposite exit ramp of Rt 6 Exit 11. Go approx. 1 mile and park on left side of road. Wooded hike through State Park and Harwich Conservation land. Meet 9:45, 2 hrs. L Peter Selig (508-432-7656, pandmselig@hotmail.com), CL pandmselig@hotmail.com (508-432-7656, pandmselig@hotmail.com), R pandmselig@hotmail.com (02633, 508-432-7656 before 10 pm, pandmselig@hotmail.com)

Sun., Jan. 13. Mashpee, Santuit

Pond (C3C). Water views, working bogs, woodland trails. Rte 6, Ex 5, S on Rt 149 to Rt 28. Then R on Rt 28, R on Santuit/Newton Rd for 0.8 mi to yellow gate on L. Meet at 12:45, 2 hrs. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Thu., Jan. 17. Eastham Nauset Marsh (C3C). Walk perimeter of vast historic marsh. From Rte 6 in Eastham, R on Gov. Prentice Rd, R on Fort Hill Rd to 1st pkg lot on L. Meet at 9:45 sharp to carpool to Salt Pond Visit Ctr. 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Sat., Jan. 19. Bourne Cape Cod Canal (C3C). Meet 9:45 am at the Herring Run Visitor center MAINLAND side between Sagamore & Bourne bridges for a 2 hour hike. L Gary Miller (508-540-1857, Garymaxx@verizon.net)

(FT) (NM) Thu., Jan. 24. 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. 2 hrs. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Sat., Jan. 26. Harwich, Herring River (B3C). Wooded walk with views of the beautiful Herring River. Walk both sides of West Reservoir, cranberry bogs. From Rte 6 E, Ex 10, R at top of ramp, Rte 124 for 1.3 mi, R @ Main St. straight 2 mi to park @ Sand Pond on R. Meet 9:45 a.m.

3.5 hrs. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sun., Jan. 27. Harwich, Island Pond (C3C). Scenic walk through Laverder farm, take rte 6 Exit 10 South to Rte 124. Turn L on Colony Way at crosswalk. Park at Harwich town pkg lot short distance on Right. Meet 12:45PM, start 1:00 PM. L Jane Harding (508-833-2864 call before 9 PM, janeharding@comcast.net)

Thu., Jan. 31. Sandwich, Ryder Conservation Hike (C3C). Rte 6 to exit 3, take Quaker Meetinghouse Rd. south to lights at Cotuit Rd. Turn L, Ryder Conservation Lands parking will be on right. Scenic hike to Lowell Holly Reservation with views of Maspee Wakefield pond. Meet at 9:45 AM start at 10 AM. 2 hrs. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Thu., Feb. 7. Harwich - Herring River Chili Pot Luck at Janet Kaiser's house. Herring River and reservoirs. Park on R at Sand Pond, Great Western Rd, 2 mi W from Harwich Ctr. Chili Pot Luck Party at Janet Kaiser's house in Harwich following hike. Meet 9:45. L Peter Selig (508-432-7656, pandmselig@hotmail.com), CL pandmselig@hotmail.com (508-432-7656, pandmselig@hotmail.com), R pandmselig@hotmail.com (02633, 508-432-7656, pandmselig@hotmail.com)

Thu., Feb. 14. 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 (508-385-4085, sylvester_maria@hotmail.com)

Sun., Feb. 17. Barnstable, Sandy Neck (C3C). Walk beach/marsh loop to 2nd crossover. Mostly soft sand. Rte 6, Ex 5 to Rte 149 N to Rte 6A; L on 6A, R on Sandy Neck Rd to pkg lot at end. Meet 12:45 for 1:00 start, 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

(FT) (NM) Thu., Feb. 21. Cotuit-Little River Sanctuary (C3D). Wooded walk with views of Eagle Pond. Meet promptly at 9:45am. Carpool shuttle from parking area in front of Rite-Aid Pharmacy located at intersection of Route 28 and Putnam Avenue in Cotuit. 2 hours. L Farley Lewis (farlewis@comcast.net)

Thu., Feb. 28. Sandwich Scorton Creek (C3C). Take exit 4 off Rte 6 turn N on Chase Rd., turn L on Old County Rd, follow to 6A turn right. Entrance to Scorton is dirt road on right near use car dealership. Scenic hike through historical area with views of salt marsh. Meet at 9:45 AM start at 10 AM. 2 hrs. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

EXECUTIVE COMMITTEE

Volunteer Opportunities

Until Filled. Chapter Youth Program (CYP) Leader. Share your outdoor

knowledge and leadership skills with local groups of children. Give your time to these programs to help kids get outside who might not otherwise have the opportunity. A typical Chapter Youth Program (CYP) might include a local walk with some nature lesson or trail games. CYP leader training and screening is required. L Sally Delisa (picpocit@verizon.net)

HIKING

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

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

IMPORTANT: No pets w/o prior permission of trip leader. Individuals under 18 years of age must be accompanied by a parent or responsible adult, and obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 week prior to the trip so Ls can discuss prior hiking exp., conditioning, clothing, and equipment.

Thu., Jan. 3. Thursday Hike: Whitney and Thayer Woods (B3C). Lovely woods walk across rolling hills on Trustees of Reservations property. Meet at 10:00am, Whitney and Thayer Woods main parking area. Boots suitable for weather/trail conditions, possibly traction devices or snowshoes, water, winter wear (layers, hats, mittens) and snacks/lunch required. Directions from Route 3 (Exit 14), take Route 228N for 6.5 miles through Hingham. Turn right onto Route 3A eastbound and follow for 2 miles to the entrance. Parking is on the right. Contact L if weather is questionable. Please carpool if possible, as parking is limited. L Eva Borsody das (borsody@gmail.com)

Sat., Jan. 5. Winter Series Hike #2 Mt Morgan/Mt Percival Loop (B3B). Second in our winter hik-

ing series. This moderate 5.5 mile loop hike over Mount Morgan and Mount Percival offers great Squam Lake and mountain views. Full winter gear required. L Leslie Carson (lrc929@comcast.net), L Walt Granda (wlgranda@aol.com), CL Eva Borsody Das, CL Paul Miller, R Walt Granda (508-999-6038 Before 9 PM, wlgranda@aol.com)

(FT) (NM) Thu., Jan. 10. Noon Hill / Shattuck Reservation (C3C). Hike three-four miles on Trustees property. Portion of Bay Circuit Trail, pond views, peak outlook, possible Charles River stop. See www.trustees.org for trail map. Bring lunch. 10:00am start. From intersection of Rts. 1 and 27, take Route 27 through Walpole Center for five miles to traffic light at South Street in Medfield. Left onto South Street for 0.75 mile and bear right onto Noon Hill Street. Continue about one mile to parking area on left. Traction gear may be necessary. Rain cancels. Limited parking, please car pool. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

Sat., Jan. 12. Betty's Neck, Lakeville MA (C3D). A walk through open fields and paths in the woods with great views of Assawompsett Pond. With snow this hike will be a snowshoe. Great for beginners. L Luther Wallis (508-923-1935, lew89@comcast.net), R Luther Wallis (508-923-1935 7pm to 9pm, lew89@comcast.net)

Thursdays

Jan. 17. Thursday Morning Hike Cumberland, RI. Nice Hike at Monastery Grounds, Cumberland, RI. Directions: take 295S to exit 1, take 114S approx. 1 1/2 miles Monastery Grounds will be on your right. Enter Grnds. and park

to right. Start time 10am. Ice or snow equipment maybe needed. Rain cancels. L Muriel Guenther (508-699-7461 Before 9pm, murielguenther@comcast.net) Thu., Jan. 24. Thurs. Morn. Hike Houghton Section, Blue Hills. 6 mi hike around the Houghton section of the Blue Hills Bring water and snacks for cold weather plus proper footwear for condition. Rain or storm cancels. L Claire Braye ((508) 857-0320 before 9:00pm, cbraye57@comcast.net)

Fri., Jan. 25-27. Introduction to Winter Hiking at Noble View. Let us show you the joys of winter hiking and snowshoeing from a beautiful heated lodge in central Mass. Friday evening we will meet the group and discuss winter gear. Saturday and Sunday we'll have day hikes. Noble View has shared bunkrooms, a kitchen, electricity and wood stoves. All meals are included. Winter clothing, including winter boots, snowshoes and poles will be required (assuming we have snow). L Maureen Kelly (508-224-9188 before 8pm, mokel773@aol.com), L Walt Granda (508-971-6444 before 9pm, wlgranda@aol.com), CL Kathy Stanley (kstanley@energyadvocates.com), R Maureen Kelly (508-224-9188 before 8pm, mokel773@aol.com)

(FT) (NM) Thu., Jan. 31. Thursday Morning Hike Joe's Rock/Birchwood, Wrentham (C3C). 10:00 a.m. Joe's Rock. Wooded hike with short climb to Joe's Rock. Meet at Joe's Rock pkg. area on 121, Wrentham. Directions: Exit 15 off 495. right off exit. Left at light onto 121 south, 4 miles to pkg. on right. Layers, water, sturdy footwear. Traction devices if icy. Storm cancels. L Joanne Staniscia (508-528-6799 7-9 p.m.,

jstaniscia@comcast.net)

Sat., Feb. 2. Winter Hiking Series #3. Come join us for some winter fun hiking to Mt. Pierce, a 4,000 footer in the Presidentials with great views. Get a chance to try out your winter equipment. Afterward, warm up at the Highland Center. L Leslie Carson (508-833-8237, lrc929@comcast.net), L Wayne Anderson (wanderson@mxcsi.com), CL Karen Singleton, R Leslie Carson (64 Mill Rd., East Sandwich, MA 02537,)

Thu., Feb. 14. Thurs. Morn. Hike or Snowshoe; Ponkapoag. 6 Mi Hike or Snowshoe around Ponkapoag Pond area. Bring water and snacks suitable for eating in cold weather plus footwear for conditions. Meet: 10:00 AM at Ponkapoag Golf Course Parking Lot, Canton, MA. L Claire Braye ((508) 857-0320 before 9:00PM, cbraye57@comcast.net)

(FT) (NM) Sat., Feb. 16. Intro. to AMC Hiking - Foxboro State Forest. Nice app. 5-mile long local hike with several short up and down sections tailored for newer hikers, but enjoyable for all. L Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net), R Paul Miller (169 South Washington St., North Attleboro, MA 02760, 508-369-4151 before 9:00 pm, paulallenmiller@verizon.net)

(FT) (NM) Thu., Feb. 21. BCT Sherborn Forest/Rocky Narrows (B3C). 10am start. 6+ miles. Mostly level with an up/down section. Views of Charles River from King Phillip lookout. Meet at Cemetery Lane parking area in Sherborn center. When traveling

north on RT 27, Cemetery Lane is first right immediately after RR crossing. Drive to end and parking area on right. L Len Ulbricht (lenu44@gmail.com)

Sat., Mar. 2-3. Winter Hiking Series #4 Overnight. End the Winter Series with an overnight at Carter Hut. Winter equipment and sleeping bag required. Options for Sat. hikes. Friday night option to stay at Joe Dodge Lodge with great breakfast before hiking into the hut. Please contact registrar for details. Must confirm by Jan. 30th. L Leslie Carson (508-833-8237, lrc929@comcast.net), L Wayne Anderson (wanderson@mxcsi.com), L Mike Woessner (stridermw@hotmail.com), L Maureen Kelly (mokel773@aol.com), R Leslie Carson (64 Mill Road, East Sandwich, MA 02537,)

(FT) (NM) Sat., Mar. 23. INTRO hike, Blue Hills. New member introductory hike. Perambulate Buck Hill with side trip to summit. 5-6 miles. Easy terrain. 3-4 hours. Boston views. Learn what Southeast Mass chapter of AMC offers and the variety of hiking experience available both locally and in more distant areas. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

(SN) Sat., Apr. 6. Leadership Training for Trip Leaders. Leadership Training will be held on Saturday, April 6, 2013 at Borderland State Park, N. Easton, MA. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk

mitigation, and qualifications to become a leader. Non-trip leader candidates are also welcome. It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to chapter members. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

Thursdays

Apr. 18. Thursday Hike. 10am at Oldham Trails in Foxboro, MA Hike thru Harold Clark Forest B3C Bring snacks & water. Sturdy boots needed. 95S take Rt.140N through Foxboro Ctr. around rotary continue 140N for 1/2 mile on left Conservation area across from Snow's Supply. L Muriel Guenthner (508-699-7461 Before 9pm, murielguenthner@comcast.net)

(FT) (NM) Thu., Apr. 25. Thursday Morning Hike at Caratunk Refuge 10:00AM Start. The trails take you by many bridges and flowing brooks surrounded with wildlife. The hike will have several ponds along open fields and stone walls. Follow Route 152 south into Seekonk MA, past the Middle School then take a left onto Brown Ave. The refuge is on your left about a mile down the road. L Sue Chiavaroli (508-496-6452 7-9PM, brillo6452@yahoo.com)

Sat., Apr. 27. Grand Monadnock via Monte Rosa. Nice loop hike that will take us to the little-visited summit of Monte Rosa on the way to Grand Monadnock and then back via some of the more popular trails. L Ken Jones (lotsoluck@comcast.net), CL Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net), R Paul Miller (169 South Washington St., North Attleboro, MA

02760, 508-369-4151 before 9:00 pm, paulallenmiller@verizon.net)

(NM) Thursdays

May. 2. Thursday Morning Hike. 10:00am at Wollomonopoag Hike, Wrentham, MA (B3C) Bring snacks and sturdy boots. Rain cancels. Find your way to Route 140N Wrentham Center and travel for approximately 1 1/2 miles to Elysium St. on left. Continue on Elysium to top of hill and bear left, the conservation area will be on rt. You will see Eskers, a beaver dam & Great Blue Heron Rookery. L Muriel Guenthner (508-699-7461 before 9pm, murielguenthner@comcast.net)

SKIING

(AN) (CE) Fri., Jan. 18-21. XC Skiing, White Mountains. Boston 40+ Committee joins the Southeastern Massachusetts Chapter at cozy Applebrook B&B in Jefferson, NH, for skiing, snowshoeing, fun and games and great camaraderie. Three nights lodging, 3 breakfasts, and 2 dinners from \$200-\$350 p/p. Optional pizza and salad at the B&B followed by snowshoeing on the golf course behind the inn on Friday night. Ski groomed trails at Bretton Woods on Saturday; ski or snowshoe on Sunday, activity before returning home TBD. L Barbara Hathaway (508-880-7266 before 9p, barb224@tmlp.net), CL Wayne Cardoza (603-673-2518 before 9:00pm), R Barbara Hathaway (508-880-7266 before 9:00pm, barb224@tmlp.net)

(AN) (CE) Sat., Jan. 19-21. Catamount Trail Backcountry Ski Touring.. Join us for the MLK weekend of ski touring the Catamount trail in the Londonderry VT area (parts of Section 7, 8 and 10). We will stay at a cozy Lodge in Lon-

donderry. Participants should be capable of skiing 5-7 miles each day. Trails are classic New England backcountry, undulating, forested, and fun to ski. Total \$275 pp, Deposit of \$100 due at registration, Sat-Sun-Mon brkfst and Sat-Sun dinner included. Reg by Dec 15. Details/reg with L Art Paradise, paradice1@mindspring.com, 978-372-7442 (7-9PM), L Bob Bentley 508-866-3057, bentleyr@h2otest.net. L Art Paradise (978-372-7442 7 to 9 PM, paradice1@mindspring.com), L Bob Bentley (508-866-3057 7 to 10 PM, bentleyr@h2otest.com)

(XCE) Mon., Feb. 4-6. XC & Downhill Midweek Ski. Join in for two fun filled days of XC or downhill mid-week skiing at Bretton Woods, Attitash, or Wildcat. The entire Shapleigh bunkhouse has been reserved for two days, Monday Feb. 4 and Tuesday Feb. 5th, departing the 6th, and pricing includes two breakfasts and two dinners at the Highland Center. Ski Tuesday and Wednesday with optional third day skiing at Waterville Valley on Monday drive up. Come and enjoy great skiing, après ski socializing and meals to please. Please note that a trip leader will not be managing the group and each skier should act accordingly and use their own judgement in selection of terrain suitable to their skill level, be it XC or downhill. Pricing has been structured so that as more beds are filled the per person cost decreases. Max cost is \$162 per person for both days, with meals, based on 50% occupancy, discount ski tickets extra. A greater turnout lowers your cost, a tough to beat deal. \$50 deposit reserves a spot, balance due January 5. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

Nature Nurtures Creativity After Four Days of Hiking

Dec. 12, 2012 — Backpackers scored 50 percent better on a creativity test after spending four days in nature disconnected from electronic devices, according to a study by psychologists from the University of Utah and University of Kansas.

“This is a way of showing that interacting with nature has real, measurable benefits to creative problem-solving that really hadn’t been formally demonstrated before,” says David Strayer, a co-author of the study and professor of psychology at the University of Utah.

“It provides a rationale for trying to understand what is a healthy way to interact in the world, and that burying yourself in front of a computer 24/7 may have costs that can be remediated by taking a hike in nature.”

The study by Strayer and University of Kansas psychologists Ruth Ann Atchley and Paul Atchley was scheduled for publication Dec. 12 in PLOS ONE, an online journal published by the Public Library of Science.



Psychology Professor David Strayer, University of Utah, shown here during a hiking trip in southern Utah’s Grand Gulch, helped conduct a new study showing that people score better on a creativity test after spending four days backpacking in the wilderness disconnected from electronic devices. (Credit: Elisabeth Kwak-Heferan.)

Don’t the results seem obvious? “Writers for centuries have talked about why interacting with nature is important, and lots of people go on vacations,” says Strayer. “But I don’t think we know very well what the benefits are from a scientific perspective.”

The study involved 56 people -- 30 men and 26 women -- with an average age of 28. They participated in four- to six-day wilderness hiking trips organized by the Outward Bound expedition school in Alaska, Colorado, Maine and Washington state. No electronic devices were allowed on the trips.

Of the 56 study subjects, 24 took a 10-item creativity test the morning before they began their backpacking trip, and 32 took the test on the morning of the trip’s fourth day.

The results: people who had been backpacking four days got an average of 6.08 of the 10 questions correct, compared with an average score of 4.14 for people who had not yet begun a backpacking trip.

“We show that four days of immersion in nature, and the corresponding disconnection from multimedia and technology, increases performance on a creativity, problem-solving task by a full 50 percent,” the researchers conclude.

However, they note that their study was not designed to “determine if the effects are due to an increased exposure to nature, a decreased exposure to technology or the combined influence of these two factors.”

While earlier research has indicated nature has beneficial effects, “it’s equally plausible that it is not multitasking to wits’ end that is associated with the benefits,” Strayer says.

The results were controlled for age differences between the groups that took the test before and during the backpacking trip, because “as you get older, you have greater verbal abilities,” Strayer says.

The ‘Gentle, Soft Fascination’ of Nature

The researchers cited earlier studies indicating that children today spend only 15 to 25 minutes daily in outdoor play and sports, that nature-based recreation has declined for 30 years, and that the average 8- to 18-year-old spends more than 7.5 hours a day using media such as TV, cell phones and computers.

They also cite earlier work on “attentional restoration theory,” which holds that modern technology and multitasking place demands on our “executive attention” -- the ability to switch among tasks, stay on task and inhibit distracting actions and thoughts -- and that nature is effective in replenishing such abilities.

“Our modern society is filled with sudden events (sirens, horns, ringing phones, alarms, television, etc.) that hijack attention,” the psychologists wrote. “By contrast, natural environments are associated with gentle, soft fascination, allowing the executive attentional system to replenish.”

Earlier work has showed that going on a hike can improve proofreading, the ability to see a certain optical illusion and the ability to repeat digits backwards after hearing a list of digits. But Strayer says none of those abilities provide a standard measure of executive attention or creativity.

Strayer says he and the Atchleys did a trial run for the study in May 2010 by trying a variety of creativity tests on themselves during a five-day backpacking trip in southern Utah’s Grand Gulch. Outward Bound trips

for the study then were conducted during the summer of 2010.

The researchers decided on a decades-old test known as the Remote Associates Test, or RAT, that is a standard measuring tool for creative thinking and problem-solving. These abilities are believed to arise in the same prefrontal cortex area of the brain that is overtaxed by constant demands on our attention in our technological environment.

In this untimed test, participants get 10 sets of three words. For each set they must come up with a fourth word that is tied to the other three. For example, an answer to SAME/TENNIS/HEAD might be MATCH (because a match is the same, tennis match and match head).

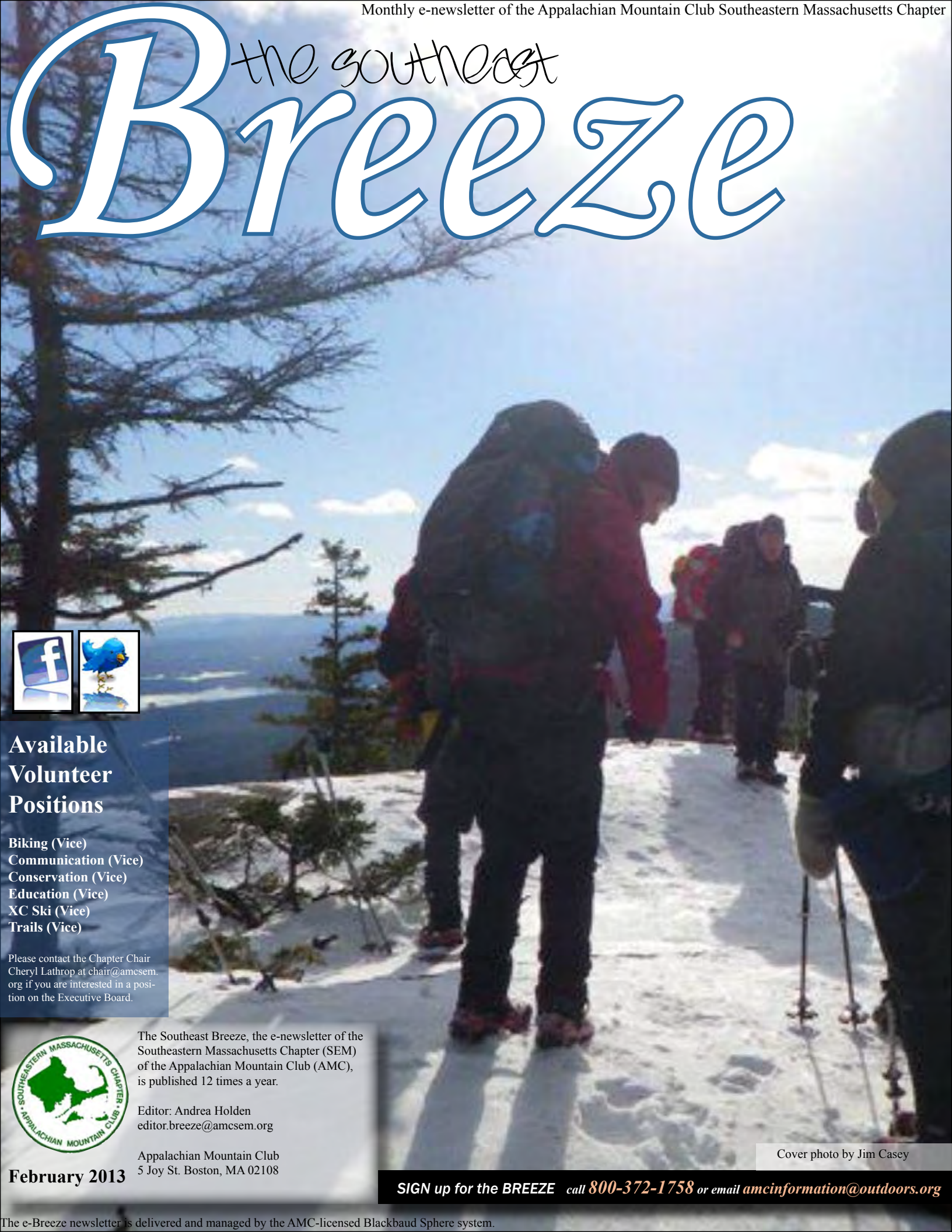
Unlike other studies, where subjects were tested in labs after brief periods outdoors, “the current study is unique in that participants were exposed to nature over a sustained period and they were still in that natural setting during testing,” the researchers write.

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Story Source: The above story is reprinted from materials provided by University of Utah.

Journal Reference: 1. Ruth Ann Atchley, David L. Strayer, Paul Atchley. Creativity in the Wild: Improving Creative Reasoning through Immersion in Natural Settings. PLoS ONE, 2012; 7 (12): e51474 DOI: 10.1371/journal.pone.0051474

the southeast Breeze



Available Volunteer Positions

- Biking (Vice)
- Communication (Vice)
- Conservation (Vice)
- Education (Vice)
- XC Ski (Vice)
- Trails (Vice)

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



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

Editor: Andrea Holden
editor.breeze@amcsem.org

Appalachian Mountain Club
5 Joy St. Boston, MA 02108

February 2013

Cover photo by Jim Casey

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

See our website for details:

www.amcsem.org and click on the "Upcoming Events" tab

SAVE THE DATES

OPEN HOUSE BCC, Bourne

March 9

Leadership Training Borderland SP

April 6

Wilderness First Aid Noble View

April 27 & 28th

Family Weekend

Aug. 23-25

Chapter Hut Weekend

Sep. 20-22

Annual Meeting & Dinner

Nov. 2

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

Executive Board Chapter Meetings

6:30pm selected 2nd Wednesdays

contact chair@amcsem.org



Hike Planning Meetings

6:30pm 1st Wed. quarterly

contact hikingchair@amcsem.org

Where to find activities (hikes, bikes, etc.)

1. The monthly *Breeze* - email
2. *AMC Outdoors magazine* - mail
3. *Online trip listings* activities.outdoors.org
4. Sign-up for **short notice trips** <http://www.amcsem.org>

Pictures and Article Submissions

We encourage SEM members to submit articles and photos for both the *Breeze* and our website. Materials will be edited at the editor's discretion. Send to breeze.editor@amcsem.org

Breeze Deadlines

Monthly on the 7th, trips; 15th articles/pix

Sign-up for the Breeze

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

Where to find Breeze Publications

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

Volunteers Wanted

Volunteer for the Executive Board. Do you have skill and want to see where you fit? Lead hikes bike, ski, snowshoe, x-country or paddle trips. We have volunteer positions open! Contact chair@amcsem.org

Executive Board

Chapter Chair

chair@amcsem.org

Cheryl Lathrop, 508-668-4698

Vice Chapter Chair

vicechair@amcsem.org

Maureen Kelly, 508-224-9188

Treasurer

treasurer@amcsem.org

Patty Rottmeier

508-982-1099 (c), 508-228-4207 (h)

Secretary

secretary@amcsem.org

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Biking

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View from the Chair

By Cheryl Lathrop

I've seen a lot of you outside this winter. But, how about the rest of you? Come on now—turn off the TV and get off the sofa. Put something on your feet—hiking boots, yaktrax, microspikes, snowshoes, cross country skis, downhill skis—and get out there!

A special thank you to all of our SEM leaders for leading winter activities and truly making us a 4-season club. Yes, it's cold out there, but it's also fun! And you leaders are what make it fun for the members. You keep our chapter vibrant and alive throughout what could be a long cold dreary winter.

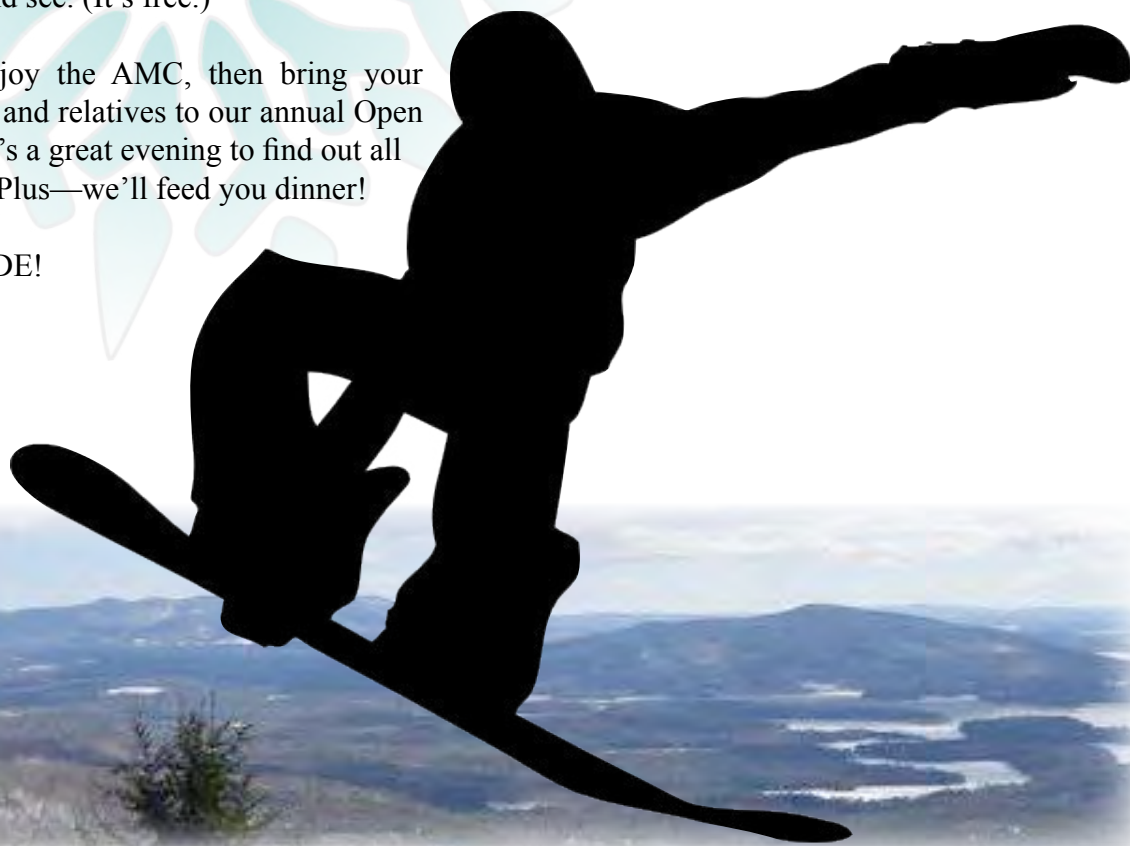
Things are going well in the chapter. We have a full Executive Board—and I couldn't do my job without every one of the board members. It surely is a team effort to keep the chapter running. We have a few Vice Chair openings (see the front of the Breeze). It's a great learning experience and volunteer work always looks good on your resume! (My activities as SEM Communications Chair over the past few years helped me land more than one freelance job!)

I recently approved some new hike and paddle leaders. Congrats to them all for completing the leader requirements. Leading is a great way to give back for all the times you've been a follower. Plus, when you lead an activity, you get to pick the location! Our annual chapter Leadership Training session is coming up in April. So, if you've ever been curious about what it takes to be a leader, sign up and see. (It's free.)

Finally, if you enjoy the AMC, then bring your friends, neighbors, and relatives to our annual Open House in March. It's a great evening to find out all about AMC SEM. Plus—we'll feed you dinner!

SEE YOU OUTSIDE!

Cheryl Lathrop
Chapter Chair



As always, feel free to contact your chapter chair, or vice chapter chair at any time.

Chapter Chair: Cheryl Lathrop (chair@amcsem.org) ~ Vice Chapter Chair: Maureen Kelly (vicechair@amcsem.org)

CHAPTER YOUTH PROGRAM (CYP)

No Child Left InSide

The Chapter Youth Program (CYP) Leaders work with youth groups.
Our goal is to get kids out and enjoying nature.

**Know of a group which might be interested?
Contact Sally Delisa, cypcoordinator@amcsem.org**

Photo by Herb Swanson, Courtesy of AMC

Benefits to Youth

Youth have the opportunity to:

- Have fun outdoors
- Connect with their local park
- Learn about nature
- Get some fresh air and exercise

Leaders have the opportunity to:

- Share their wonder of the natural world
- Give back to their community
- Make a difference in the life of a child



Photo by Herb Swanson, Courtesy of AMC

**CHECK
IT OUT!**



On the last day of 2012 **Alan Greenstein** completed Blue Lining all the trails in the Blue Hills Reservation, on the Wompatuck Trail at marker 3171. It took him 10 months to complete this hike and he was awarded his patch!!

SEM MEMBERSHIP OPEN HOUSE

Join us Saturday March 9, 2013

An opportunity to mix with trip leaders and other members to share interests and experiences and pick up ideas on activities that may be of interest to you. Members new to SEM these past 12 months are invited, as are friends, neighbors, co-workers who you think may be prospective members and of course long term arm chair members who wish to resume active participation.

Dinner will be complimentary; provided by AMC SEM.

The Bourne Community Center
239 Main Street Buzzards Bay, MA 02532
Plan on arriving between 5:30 and 6 pm

Space is limited. Register with:

Ed Miller, Membership Chair, at membershipchair@amcsem.org





WFA/CPR

Spring 2013

April 27 & 28, 2013

AMC Nobel View Outdoor Center, Russell, MA

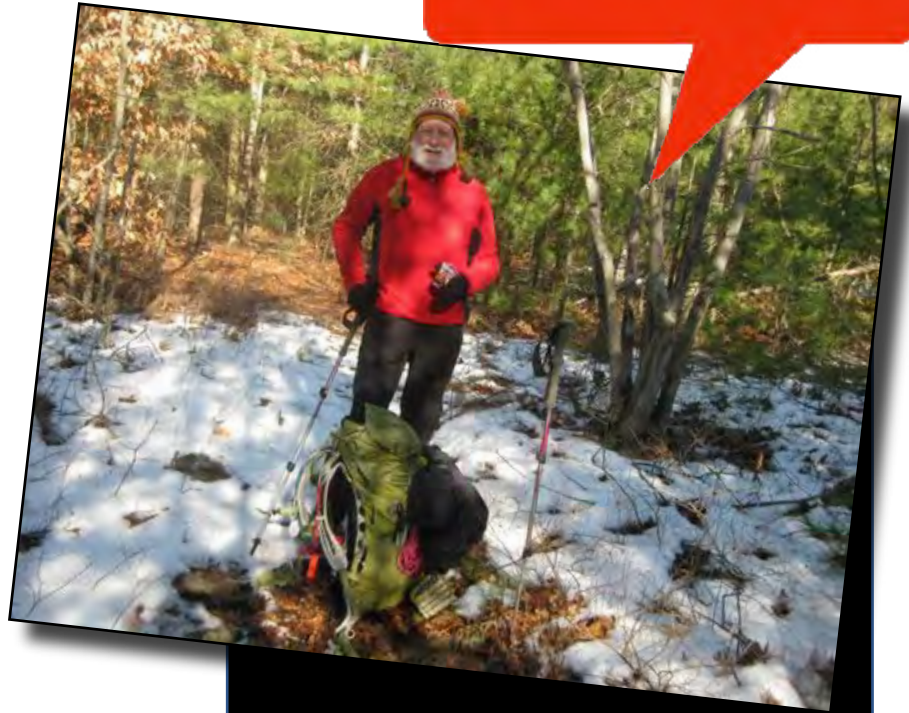
The WFA course runs 8-4 Saturday and Sunday. CPR follows the Saturday session. Pricing is as follows: \$190 AMC Member Price, \$215 for non-AMC members. CPR is optional for additional \$35. Pricing includes shared cabin accommodation and meals. Social gathering Friday and Saturday evening. Noble View description: <http://www.outdoors.org/lodging/cabins-campgrounds/camps-noble.cfm>

Register with Len Ulbricht, Education Chair, at lenu44@gmail.com

Wilderness First Aid Course (WFA)

This course deals with medical emergencies that may occur in the back woods when you are more than one hour from medical care and 911 help may not be accessible. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save life in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify.

psst...



On January 10, **Joe Keogh** finished his Orange Line of the Blue Hills on top of Tucker Hill at the end of the Athol trail. It took him a little less than 10 months to complete this round of trails.

VOLUNTEER



AMC SEM

Open Volunteer Positions

- Biking (Vice)
- Communication (Vice)
- Conservation (Vice)
- Education (Vice)
- XC Ski (Vice)
- Trails (Vice)

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

WINTER HIKING

By Ray Anderson



Hello fellow hikers. At the November winter hiking workshop, we learned the basics of hiking in winter. Here are just some of the pointers from our own AMC-SEM experts.

1. Dress in layers.
2. Fleece is best for warmth. And if fleece gets wet, it still insulates. Down is warm, but useless when wet.
3. Don't dress too warm while you are moving; save your warmest clothing for when you stop moving. Your sweat needs to be wicked away. If you are covered in a puffy down jacket while moving, you trap all that moisture.
4. Keep food handy, bite sized, and ready to eat. You will burn an enormous amount of energy and need to snack often. Cut bite-size portions ahead of time, and keep in baggies or in containers you can unscrew with gloves.
5. Store your water bottle upside-down. Water freezes at the top; when you turn the bottle right-side up, you won't have ice.
6. Fasten pull-ties on those little zipper handles. When you void, you can keep your gloves on. And when you snack, you can keep your gloves on as you unzip pockets. Use shoelace, trash bag ties, anything.
7. Add Tang or Gatorade to water to reduce the freezing point. You need to drink extra liquids. It seems counter-intuitive when it's cold, but you will sweat a lot. A flavoring added to water also adds taste.
8. Pack a small container of glasses/goggles anti-fog stuff.
9. Bring a spare hat; pack extra gloves and socks. The wind may sail your hat; you may not be able to retrieve it. You could drop a glove in a stream.
10. Wear gaiters. They will keep snow from getting into your boots. Your socks stay dry.
11. Keep spare batteries covered and in a pocket so that they are warm and ready, if needed.

The trick is to stay dry, and keeping warm is a function of keeping dry. We were shown all types of clothing as well as footwear. We looked at snow shoes and discussed traction systems like crampons and microspikes. We learned a lot and now many of us will join each other in the chapter's Annual Winter Hiking Series. Happy Trails!

Ray's hiking blog: www.TakeaLongHike.com

2013 LEADERSHIP TRAINING

Leadership Training will be held on Saturday, April 6, 2013 at Borderland State Park, N. Easton, MA. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifi-

cations to become a leader. Non-trip leader candidates are also welcome. It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to chapter members.

For more information click [here](#) or contact Len Ulbricht at len44@gmail.com.



EMS down mummy sleeping bag \$75.00

Long (82 inches) like new. Picture is example only.



Women's Avian Light WTPF multi sport shoe \$25.00

Hardly worn (too small) size 8. Men's 6 1/2 to 7 1/2 and Women's 8 1/2 to 10 Picture is example only.



LL Bean original style Stabilicers \$10.00

Size small. Picture is example only

Tatarian™ X 55 Women's Backpack \$30



New w/ tags, discolorations on seams of top lid. Made for a women's frame, Harness system adjusts to fit torso range of 14 in. - 20 in. top loading, internal frame, top lid converts to lumbar pack fabrics: outstanding water repellency. Front kangaroo pocket



4 large external side pockets Waterproof zippers Hydration ready. Andrea Holden, aholden2578@comcast.net, 508.989.4239, leave message (Attleboro)

Contact Joanne Staniscia jstaniscia@comcast.net 508-528-6799

The E-Breeze will publish FREE ads for members to Swap/Barter/Sell/Trade/Free Outdoor Equipment. Send your ads to: communicationschair@amcsem.org, use "BREEZE - SWAP" in the subject line.

Winter Series Hike #2: Morgan-Percival

What a View!

by Paul Miller,
SEM Hiking Committee
Vice-Chair

hikingvicechair@amcsem.org



Twenty pre-registered hikers showed up at the Mt. Morgan trail-

head in Holderness, NH on January 5th for the second hike in the SEM 2013 Winter Series, but only 17 returned to the trailhead at the end of the hike. This appeared to violate the "plus or minus 10 percent" rule that SEM hike leaders often kid about tongue in cheek. But in fact, all 20 hikers were accounted for. Three hikers, feeling the effects of the flu and other issues, were accompanied out mid-hike by leaders, but were otherwise safe and in good spirits. The leaders later rejoined the group to finish out the hike.

Once again for this hike - the always-popular 5.5-mile Mts. Morgan-Percival loop - we were blessed with near-ideal, early winter hiking conditions. The sky was mostly sunny. The temperature, ranging from the high 20s at the start to the low 30s at the end, was cool, but not bitter. There was some wind on the exposed summits, but not enough to



SEM hikers approaching the summits of one of the two peaks, with Squam Lake in the background. Photo provided by Sal Spada

become an issue. Lots of beautiful white snow blanketed the ground. And with the trail well broken in, but not icy, we could leave both our snowshoes and crampons in the cars and manage with Microspikes. These proved just fine for the conditions.

We usually do this hike in a clockwise direction; first summiting Mt. Morgan on the Mt. Morgan Trail and then following the Crawford-Ridgepole Trail to the summit of Mt. Percival, returning to the trailhead via

the Mt. Percival Trail and a pretty connecting trail. However, for this trip, we did the loop in a counter-clockwise direction. To avoid having to descend via a potentially icy section on the Mt. Percival Trail, we first summited Percival and then Morgan. From both summits, we enjoyed wonderful views of both nearby Squam Lake and the more expansive Lake Winnepesaukee in the distance. There were also some nice mountain views into the Pemi Wilderness

from the top of Percival. Seventeen happy hikers returned together to the trailhead with plenty of daylight left, making the drive back to Massachusetts a little less onerous. Another great hike in our Winter Series! For the third hike in the series on Feb. 2nd, we'll head up to Crawford Notch, NH to climb Mt. Pierce in the Southern Presidentials. This will bring most of us above 4,000 feet for the first time this year.

AMC ACTIVITY PARTICIPATION POLICY

AMC encourages involvement in its mission and activities through its membership, programs, policies, and procedures. Our goal is to be a community that is comfortable, inviting, and accessible for people of any age, gender, race, religion, ethnicity, ability, sexual orientation, or socioeconomic status. Some AMC programs are designed for a certain age range of members or for a special activity or topic. However, any person who meets the minimum qualifications (age, skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available. Individuals under 18 must be accompanied by a responsible adult. All participants in AMC activities are required to sign the AMC waiver form provided by the leader. Preview the waiver at: <http://amcsem.org/documents.html>

Winter Series Hike #2 Morgan-Percival

Photos by Jim Casey



Winter Series Hike #2 Morgan-Percival

Photos by Sal Spada



Leaders Wanted

Contact Paddling Chair George Wey,
paddlingchair@amcsem.org, 781-789-8005



COMMUNITY CONNECTIONS

Upcoming Community Outdoor Activities You Might Be Interested In. Send items to breeze.editor@amcsem.org



PERSONAL POSTS

This section of the Breeze highlights our members. If you have news, or know of news, contact the breeze.editor@amcsem.org

SWAP STUFF

The E-BREEZE will publish FREE ADS for MEMBERS to SWAP/BARTER/SELL/TRADE/FREE OUTDOOR EQUIPMENT. Send your information to breeze.editor@amcsem.org, put "BREEZE – SWAP" in the subject line.

ADVERTISING

Got an AMC-related outdoor business? Run a paid business card - sized ad in the Breeze for \$10/mo (\$100/year)
Contact breeze.editor@amcsem.org

COLUMNISTS

Got something to say, want to be a regular Breeze columnist? Contact the Breeze editor to volunteer!
Contact breeze.editor@amcsem.org

SPECIAL OFFERS FOR AMC MEMBERS.....

Receive a 10% discount on tours.
Bike New England Tours

Members get a 10% discount with proper ID.
Bona Fide Green Goods

Receive 20% off merchandise at Ibex's Boston store.
Ibex Boston

Go to [Chapter website](#) and login at the bottom right [Member Center](#) then click [Member Deals](#) for more information

AMC's 137th Annual Summit 2013

AMC's 137th Annual Summit provided a variety of professional development workshops, a showcase, chapter and committee meetings, dinner, presentation by guest speaker Audrey Peterman, volunteer awards, book signing, and more. This was an important communication event for all the chapters. All SEM attendees thought it was a great experience.



"Thankfully, we still have time to wake up, and adjust. Everything I do is to try to help that awakening along."

Audrey Peterman has visited more than 160 of the 397 units in our National Park System. But she didn't even know the parks existed until she and her husband, Frank, discovered them on a cross-country road trip after their youngest child graduated from college. They founded Earthwise Productions, a consulting and publishing company, in 1994 and since then have focused on breaking down barriers so that all Americans, regardless of ethnic heritage, can better appreciate our natural treasures.

Photo courtesy of Audrey Peterman

For a Q&A visit AMC's [Great Kids, Great Outdoors](#)

Courtesy of Heather Stephenson, Appalachian Mountain Club blog



Workshop: A Visual Update on AMC's Maine Woods Initiative



Workshop: "Ahhh....So Many Communications Tools?" Tips for Promoting Your Chapter or VMF with New and Existing Constituencies



NIKE REUSE-A-SHOE RECYCLING PROJECT

Recycle your old sneakers and athletic shoes.

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

Drop off your old sneakers with any hike, bike or paddle leader and they will get them to the conservation chair, Maureen Kelly, vicechair@amcsem.org.

Check out the website: www.nikereuseashoe.com

Universal access, public lands, and backcountry composting

Provided by AMC Outdoors/
<http://trailsblog.outdoors.org/>

Posted by Sally Manikian

Along a mild section of Appalachian Trail in the hills around Norwich and Hanover, there is a small shelter (previously maintained by the Dartmouth Outing Club, now the responsibility of the Green Mountain Club) with a big responsibility. The Happy Hill shelter on the Appalachian Trail in Vermont is home to the first of the new generation of backcountry composting outhouses: a universally accessible, two chambered moldering privy.

As backcountry facilities are being replaced, renovated, and updated on our public lands across New England, these facilities are now being designed to meet the requirements of universal access. Land managers and non profit

partners balance the needs of accessibility (size of the building, width of the door, angle of the ramp) as well as the traditional design considerations of the science of composting and that intangible wilderness character. The Happy Hill outhouse, completed in 2012 by the Green Mountain Club, is the first attempt at striking that balance. (Here at AMC trails we have met the requirements of accessibility by building Garfield and Eliza's new shelters at the precise height off the ground, in order for a person to transfer off a wheelchair onto the shelter floor.)

"But why do you build an accessible building in the middle of the woods?" is often the question raised about accessibility in the backcountry.

There are many ways to answer this question. The first is political. As a civil

right, (the rights of the disabled community have now been recognized as civil rights), we as the abled community should not judge what the disabled community can or cannot accomplish. For decades the disabled community has fought in a variety of arenas for equality: equality of work, pay, access to buildings. This a similar kind of fight that other communities have fought for, and have resulted in desegregation and women's right to vote. During those fights for equality, the majority side fully believed they 'knew' how to make decisions about the minority sides abilities and interests; as a majority of able-bodied people, we really can not be in the business of judging the capabilities of the disabled.

The second is a philosophical one. Why do we modify outhouses to include

stairs to access the door? Most outhouses are on remote hiking trails that include hand over hand ledge climbs (Mahoosuc Notch to Speck Pond) or grueling long distances and rock hopping across streams (Guyot), and if a person can hike to those remote places, why do we need to modify the outhouse to have stairs? Certainly a person could step up into an outhouse if they can make it through Mahoosuc Notch. And if we give able-bodied individuals a set of steps, why can't we give disabled individuals a ramp or a transfer handrail?

These reasons, philosophical and political, challenge us as abled-bodied to think about the basic assumptions we use to guide our decisions about what is the 'right' way to do things. At any rate, these are the requirements that we work within, and in many ways are simply another set of considerations that we add to our decision making (cost, wilderness character, durability, sustainability). As a program manager responsible for 18 different outhouses across the White and Mahoosuc Mountains, as well as an individual who has strong connections to the differently abled community in New Hampshire, I believe in civil rights and the spectrum of access.

The Happy Hill outhouse is a feat of accessible engineering, thrifty budgeting (all materials were hand-carried in), and creative thinking from some of the premier composting minds of the Northeast. There were lessons learned in design (how to access the material underneath), to be incorporated in future outhouses.



Many Hands

Volunteers make AMC programs happen—and are repaid with friendships, skills, and outdoor fun

By Marc Chalufour and Heather Stephenson

AMC Outdoors, May/June 2011

The numbers are huge, and the scope vast. Some 16,000 volunteers contribute half a million hours of service to AMC every year. They maintain trails from Maine's Acadia National Park down to the Chesapeake Bay in Virginia. They lead trips ranging from explorations of local parks to excursions on Annapurna. They study alpine wildflowers and update web pages. Initially brought together by a shared interest in enjoying and protecting the outdoors, AMC's volunteers often find ways to put their own particular skills to work for the organization.

Here are the stories of three volunteers. They're from three different countries, represent three different chapters, and followed three different paths to AMC. But they also represent a common theme: They joined AMC as outdoor enthusiasts, then found their involvement developing into something deeper. Now they find their enjoyment not just in experiencing the outdoors, but also in helping others do so. All conversations have been edited and condensed.

Steve Ridgley 60, Amesbury, Mass.

Boston Chapter

- Member since 1983
- Youth Opportunities Program (YOP) leader since 1978
- Long-time YOP Canoeing Workshop Instructor
- Recipient of 2004 YOP Distinguished Service Award
- Recipient of 2008 Volunteer Leadership Award

How did you first become involved with AMC?

My dad was an AMC member back when you had to be sponsored. So we hiked together, way back in the early 1960s. When did you become involved with YOP?

I was working for a special needs school in Cambridge in 1978, and they were looking to do outdoors things. When I was looking for resources, AMC was a logical place to look. I went out on the trainings and began using YOP as a resource. Years later, they asked me to help resurrect the canoe program. I now work for the North Shore Academy in Beverly, so I'm still utilizing YOP as a vehicle for its primary mission, which is to provide the training and the equipment and the other supportive resources that allow youth agencies to incorporate the wonders of the outdoors into whatever they do.

What is it that you enjoy about volunteering for YOP?

If you like young people and you like the outdoors, you're already about two-thirds of the way to really enjoying what you're doing. The other third is when you see how powerfully positive a force the outdoors can be in a young person's life. Then it really becomes something that you want to continue to do.

What was your most rewarding moment as a volunteer?

There's just so many—so many times, so many kids, so many really wonderful experiences. I do remember this one: I was with some kids who were on their first backpacking trip, and we were up in the Presidentials, and the valleys were completely filled with clouds, with fog below. It was that wonderful look of a giant white sea, with just the high peaks of the Presidentials poking out above, as if they were floating like islands above it. And the kids were really psyched. They just couldn't believe they were out there and the sun was shining. And one of the kids looked down and said, "Boy, the people down below must be thinking it's a really bad day."

What are some of the biggest challenges you've had to face as a volunteer?

You have to spend so much time thinking about what this kid's going to be like in the outdoors, what're gonna be the challenges. Because it's not just that you take the kid

GETTING STARTED

There are countless ways to volunteer with AMC. Here are a few suggestions for getting started, depending on how much time you have to give.

A few hours per year

Attend a National Trails Day (June 4) or National Public Lands Day (September 24) event :: Work at an annual chapter event :: Participate in Mountain Watch

A few days per year

Adopt a Trail :: Be an info vol, volunteer naturalist, alpine steward, or evening presenter (and stay for free at AMC huts and lodges)

A few hours per month

Lead chapter trips :: Join a volunteer trail crew

A few hours per week

Be a Boston Visitor Center volunteer :: Serve as a committee member or chair in your chapter

and you throw them in the outdoors and something magical happens. You have to be the agent of that, and you have to be a very careful, thoughtful, therapeutic agent. **What has surprised you about your time as a volunteer?**

I think if you maintain that sort of contact with kids, then you maintain contact with the sense of excitement, surprise, and innocence that makes everything novel and exciting. It's just so neat—the water, the snow, wanting to go sliding down the hill, or build a snow fort, or hitting the big peaks of the waves in a canoe. Sure, you could steer it off to the side, but what the heck. Just plow right through the middle of them and get splashed! And that sense of beauty and adventure—I think that struck me originally and has continued to be sustaining.

Maria Earley 61, Wakefield, R.I.

Narragansett Chapter

- Member since 1996
- Trails volunteer since 1997
- Hike leader since 1997
- Former Membership Chair (4 yr)

- Former Interim Trails Chair (1 yr)
- Trail Adopter in the White Mountains since 2000 and in South Kingston, R.I., since 2007
- Recipient of 2005 Narragansett Chapter Appie of the Year; 2006-2008 and 2010 Stewardship Society Marian Pychowska Award

What first interested you in the outdoors?

I was brought up in a little village in Portugal and we did a lot of stuff outdoors. We gathered wood, we worked on the farm. I enjoyed the outdoors. It's good for your soul and it's good for your body, physically, and emotionally.

Why is volunteering important to you?

I think it's important to do something that you enjoy. It's important to do something to contribute to the society as a whole. And it's important to either help other people, or to help a cause, or in the instance of doing trail work, to improve what's there for others to enjoy.

What keeps you motivated as a volunteer?

The camaraderie of the people. The feeling of a good day's work: You are tired but you are rewarded. When you hike on a trail where somebody has done good trail work, you treasure that. I take the opportunity when I can to say, "See this work over here? This was done by our trails committee."

Many people are familiar with AMC's trail work in the White Mountains, but you're a trail adopter in Rhode Island, is that right? That's correct. It's a series of trails in South Kingston called Tri-Pond. It's heavily used because it's right in the middle of the community and kids actually cross the trail to shortcut to school. And you have a nature center where they have classes and take people on short walks.

Were you familiar with the trails in South Kingston before you became involved in AMC?

Actually, I wasn't. And it's 5 miles from where I live. Once you're a member of the club, you hear about these places, join a hike, and then you get to learn. We try to have hikes all over the state, with people from different areas.

What are some of the challenges that you've faced as a volunteer?

The big challenge is not having enough volunteers. A lot of work is done by calling people. We have very few people that will call and say "I'll be there to help out," you know? You've got to seek out people. As a membership chair, how did you attract new people to AMC? I tried to promote the benefits of being a member: Enjoying other

people pursuing the same interests, enjoying the outdoors, the benefits of the exercise, that you don't have to spend a bundle of money to have a nice time. And a lot of times people have already heard about AMC, but you want them to be exposed. That's why I have new member hikes, because if somebody inquired about becoming a member, I would say, "Come and join us."

Michael O'Connor 44, Montreal
New Hampshire Chapter

- AMC member since 1997
- Trail Adopter since 2001
- Trail Adopter Region Leader since 2005
- North Country Adopt-a-Trail Registrar since 2008
- Volunteer Trail Crew Leader since 2008
- Alpine Steward since 2006
- Lead Volunteer for Alpine Stewardship since 2010
- Information Volunteer since 2002
- Information Volunteer Training Committee founding member, 2004-2007
- Fill-in Huts and Tent-Sites Caretaker since 1999
- Recipient of 2010 Volunteer Leadership Award; 2003-2010 Stewardship Society Warren Hart Award (for 224+ hours service)

How did you get involved volunteering with AMC?

Probably 18 years ago, I drove through the White Mountains and it looked like a really cool place to stop. I started camping there and learned about the AMC and joined. Then I responded to an ad to volunteer to fill in as a caretaker. I registered campers, dealt with the composting toilet, answered people's questions. That was my introduction to AMC.

What keeps you going as a volunteer?

It's always something new. It's based on your previous experience. You become the leader teaching other people what you got taught 10 years ago. You can also see something from the other side. I've filled in for the hut croos and you get to see it from the croo side.

Does AMC fill all your free time?

It pretty much takes up all my vacation time. But that's not a bad thing. I thoroughly look forward to it. This summer I'm headed up to Madison Hut; I want to see the renovations.

Describe one of the more challenging situations you've been in as a volunteer.

A college group was cooking on the helicopter pad outside Galehead when I was filling in as caretaker. They had a big pot of pasta boiling on a small burner and it splashed

and burned one of the female students. I had to help the leader get what he needed but not be in his face, so he would accept my help. I did it in the background. I got him medical supplies. I found someone to walk down with him and the injured person.

The next day, the leader hiked back up and he thanked me. He said, "I didn't realize what you were doing yesterday. You basically made all the decisions for me and made me feel like I made them."

How did you learn to do that, to lead without telling people directly what they should do?

As an info vol, you see people come in at Pinkham Notch saying they want to do a certain hike. It's way too much mileage and there's not enough daylight. You have to delicately talk them down to something reasonable. In the beginning I was probably more abrupt. But you get better at it.

As a volunteer alpine steward, you once chose to stop your flower research because you had a hunch someone was in trouble. Is search and rescue part of your job?

It's all voluntary. In that case, there was something in the back of my head saying, "Remember that guy you passed? He was kind of bent over and looking green? Maybe you should go back and check on him." I ended up getting him to drink water, giving him snacks, and walking slowly with him and the woman he was with to the hut. The caretaker hiked out to his car to get him his medicine. If I hadn't turned around, it probably would have been an air rescue or he might have perished on Lafayette.

What are your favorite places outdoors?

That's tough. I've been to Baxter State Park twice, and I like the remote feeling. Of AMC places, Mizpah and Galehead huts. I've been to those most frequently and it feels like going home.

Available AMC SEM Open Volunteer Positions

- Biking (Vice)
- Communication (Vice)
- Conservation (Vice)
- Education (Vice)
- XC Ski (Vice)
- Trails (Vice)

Contact the Chapter Chair if you are interested in a position on the Executive Board. CHAIR@AMCSEM.ORG

ACTIVITIES

BICYCLING

WANTED: Ride Leaders and Co-Leaders. Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm and routes w/ your fellow AMC members? Contact Bike Chair (508-428-6887, bikingchair@amcsem.org) for more info.

AMC SEM 2,000 Mile Club. AMC SEM is in the third year of our unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair to reg. your mi and for more info. (bikingchair@amcsem.org)

Tues. Rides. Turn Those Tires on Tues. Rides scheduled all year long, weather permitting. 25 mi of road or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location and directions. Intermed. pace. Riders and bicycles in top shape; tires and riders pumped and ready to roll; helmets and water req'd. L Paul Currier (508-833-2690 8 am-7 pm, pbencurrier@hotmail.com)

Bike Ratings: First character indicates distance in mi: AA=50+; A=35-50; B=25-35; C=under 25. Second is L's pace in mph: 1=17; 2=13-16; 3=11-13; 4=up to 11. Third is terrain: A=very hilly; B=hilly; C=rolling; D=flat.

(FT) (NM) (CE) Tuesdays
Feb. 5. Morning Cycling on Cape Cod. Late Morning cycling on Cape Cod includes occasional stops at popular and lesser-known unique locations. L Paul Currier (508-833-2690 Until

7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Feb. 12. Morning Cycling on Cape Cod. Late Morning cycling on Cape Cod includes occasional stops at popular and lesser-known unique locations. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Feb. 19. Morning Cycling on Cape Cod. Late Morning cycling on Cape Cod includes occasional stops at popular and lesser-known unique locations. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Mon., Feb. 25. Sunset/Full Snow Moon Ride. Sunset/Full Snow Moon Ride - Ride Hills & Shores of Sagamore to Buzzards Bay for sunset & moonrise over canal. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays
Mar. 5. Scenic Cycling on Cape Cod. Scenic cycling on Cape Cod for 2 hours/22 miles with occasional stops at popular and lesser-known unique locations. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays
Mar. 12. Tuesday afternoon cycling. Afternoon cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Wednesdays

Mar. 20. Vernal Equinox ride - Salute to Spring. Skaket Beach, Orleans start, ride to Audubon. Return on inner nook and cranny roads to beaches for sunset at Skaket. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)
(FT) (NM) (CE) Wed., Mar. 27. Sunset/Full Worm Moon Ride. Ride the canal and Gray Gables to Mashnee Island for sunset over Buzzards Bay and moonrise over Plymouth Bay. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Apr. 2. Afternoon Cycling on Cape Cod. Scenic cycling on Cape Cod for 2 hours/22 miles with occasional stops at popular and lesser-known unique locations. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Apr. 9. Scenic Cycling on Cape Cod. Scenic cycling on Cape Cod for 2 hours/22 miles with occasional stops at popular and lesser-known unique locations. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Apr. 16. Afternoon Cycling on Cape Cod. Afternoon cycling on Cape Cod for 2 hours/22 miles with occasional stops at popular and lesser-known unique locations. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Apr. 23. Afternoon Cycling on Cape Cod. Scenic cycling on Cape Cod for 2 hours/22 miles with occasional stops at popular and lesser-known unique locations. L Paul Currier (508-833-2690 Until 7pm,

currierpaul@comcast.net)

(FT) (NM) (CE) Thursdays
Apr. 25. Sunset/Full Pink Moon Ride. Ride the hills and shores of Sagamore to Buzzards Bay for sunset and canal for Pink moonrise over Plymouth Bay. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Apr. 30. Scenic Cycling on Cape Cod. Afternoon cycling on Cape Cod for 2 hours/22 miles with occasional stops at popular and lesser-known unique locations. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
May. 7. Evening Cycling on Cape Cod. Evening cycling on Cape Cod includes occasional stops at popular and lesser-known unique locations. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
May. 14. Evening Cycling on Cape Cod. Scenic cycling on Cape Cod includes occasional stops at popular and lesser-known unique locations. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
May. 21. Evening Cycling on Cape Cod. Evening cycling on Cape Cod includes occasional stops at popular and lesser-known unique locations. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Saturdays
May. 25. Sunset/Full Flower Moon Ride. Ride the canal to Gray Ga-

bles and Mashpee Island for sunset over Buzzards Bay and Flower moonrise over Plymouth Bay. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
May. 28. Evening Cycling on Cape Cod. Evening cycling on Cape Cod includes occasional stops at popular and lesser-known unique locations. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Jun. 11. Evening Cycling on Cape Cod. Evening cycling on Cape Cod includes occasional stops at popular and lesser-known unique locations. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Jun. 18. Cape Cod Evening Bicycling. Evening cycling on Cape Cod includes occasional stops at popular and lesser-known unique locations. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Sun., Jun. 23. Sunset/Full Strawberry Moon Ride. Ride the hills and shores of Sagamore for sunset over Onset Bay and moonrise over Plymouth Bay. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Jun. 25. Evening Cape Cod Bicycling. Evening cycling on Cape Cod includes occasional stops at popular and lesser-known unique locations. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

CANOE/KAYAK

Saturdays
Apr. 13. Centerville River. Rt.28 to S on Old Stage Rd to light, R on S Main to L on Hayward to put-in. PFD, Spray skirt and wet/dry suit req. Paddle Centerville River and local Bays. Lunch on Nantucket Sound. L Bill Fischer (508-420-4137 before 9PM, wmbarbarafischer@comcast.net)

Wed., Apr. 24. Shoestring By. Shoestring Bay, Masphee River, Popponesset Bay, Pinquicket Marsh. About 8 miles. Wet suits, Sray skirts, PFD's required. Preregistration. 508-420-7245. L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net)

Volunteer Opportunities

Wed., May. 1. Mashpee/Wakeby Ponds. Life jackets & spray skirts req. DIRECTIONS: from rte 28 take 130N for 2 mi to R at "State Landing" sign. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau, CL (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., May. 1. MASHPEE/WAKEBY PONDS, Mashpee. Rte 28 to rte 130 N 2 mi R "State Landing" sign to put-in. Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Sat., May. 11. SWAN POND/RIVER PADDLE. Life Vest & Spray Skirt req. DIRECTIONS: rte 6 exit 9 134S to L Upper County Rd to L Clipper Lane. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau, CL (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., May. 15. Indian Lakes. Middle Pond and Mystic Lake; 6 -7 miles; Spray skirt, wet suit and PFD Required; Preregistration 508-420-7245. L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net)

Saturdays

May. 18. Walkers Pond, Brewster. Satucket Rd. in Brewster to S on Slough Rd to put-in on left. PFD and Spray skirt req. Paddle Walkers and Mill Ponds. L Bill Fischer (508-429-4137 before 9PM, wmbarbarafischer@comcast.net)

Sat., May. 25. Wellfleet Bay Blackfish Creek. Put-in: In Wellfleet turn onto Pilgrim Spring Rd. from Rte. 6 (just past fire-lookout tower). Straight on Indian Neck Rd. to the Indian Neck Beach parking area. Life vest and spray skirt req. L Don Paladino (508-349-2950, djp1958@comcast.net)

Wednesdays

May. 29. Cotuit Bay, Marstons Mills. Route 6 to S on rt 149, R on Rt 28 L on Putnam St, L on Old Shore to Town Landing. Unload and park back up on Putnam. PFD and spray skirt req. Paddle three bays, lunch on Deadneck. L Bill Fischer (508-420-4137 before 9PM, wmbarbarafischer@comcast.net)

Saturdays

Jun. 1. Meetinghouse Pond/Little Pleasant Bay, Orleans. Put-in: From 6-A or Rte 28 East, R on Main St.; R at fork onto Barley Neck Rd and continue to TL on R. PFD required; spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Wed., Jun. 5. BASS RIVER SOUTH-

Dennis. Rte 6 exit 9, rte 134 S, R Upper County, L Main, R Cove. LifeVest, Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Saturdays

Jun. 8. Centerville River. Rt.28 to S on Old Stage to light, R on S Main st. to L on Hayward st. to put in. PFD and spray skirt req. L Bill Fischer (508-420-4137 before 9PM, wmbarbarafischer@comcast.net)

Wednesdays

Jun. 12. Oyster Pond/Stage Harbor, Chatham. Put-in: Route 6, Exit 11 South to L on Route 28; at rotary take 1st exit (Stage Harbor Rd) to Oyster Pond. PFD required. Spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Saturdays

Jun. 15. Swan Pond/River, Dennis. Put-in: Clipper Lane off Upper County Road, Dennis; put-in is on the left. PFD required. Spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Sat., Jun. 22. Wellfleet Harbor Duck Creek. Put-in: From Route 6 in Wellfleet at the traffic light left toward Wellfleet Center. 0.3 m, left on East Commercial Street. 0.7 m to Town Marina. Right on Kendrick to Mayo Beach parking lot. Life vest and spray skirt req. L Don Paladino (508-349-2950, djp1958@comcast.net)

Wednesdays

Jun. 26. Childs River, Falmouth. Rt. 28 to Whites Landing Rd, Fal-

mouth (near Mashpee town line). PFD and spray skirt req. Nice river and possible Bay paddle. L Bill Fischer (508-420-4137 before 9PM, wmbarbarafischer@comcast.net)

Sat., Jun. 29. Boston Harbor Inner Islands. Circumnavigate several harbor Islands. Put-In, Hull Gut, Hull, Ma. Level 3. PDF, spray skirt req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey (781-789-8005 anytime, geowey@comcast.net)

Wed., Jul. 3. FOLLINS-MILL PONDS - Dennis. Rte 6 exit 9, rte 134 N, L Setucket, L Mayfair, R Follins Pond. Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Saturdays

Jul. 27. Cotuit Bay, Marstons Mills. Route 6 to S on rt 149, R on Rt 28 L on Putnam St, L on Old Shore to Town Landing. Unload and park back up on Putnam. PFD and spray skirt req. L Bill Fischer (508-420-4137 before 9PM, wmbarbarafischer@comcast.net)

Wed., Aug. 14. Shoestring Bay. Shoestring Bay, Mashpee River, Popponesset Bay, Pinquicket Cove; 8 miles; Spray skirt, and PFD Required; Preregistration 508-420-7245. L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net)

Wed., Aug. 21. Great Island Wellfleet Bay. Put-in: From Route 6 in Wellfleet at traffic light left toward Wellfleet Center. 0.3 m and turn left on East Commercial Street to Town

Marina. Right on Kendrick to parking lot for Mayo Beach. Life vest and spray skirt req. L Don Paladino (508-349-2950, djp1958@comcast.net)

Wed., Sep. 4. Pamet Harbor. Put-in: From Route 6 in Truro, right at exit for Pamet Roads Truro Center. Right onto South Pamet Road. Left on Castle Road, right onto Depot Road to Harbor. Life vest, spray skirt required. \$6 launch fee. L Don Paladino (508-349-2950, djp1958@comcast.net)

Sat., Sep. 7. Weir River, Hingham Bay Islands. Put-In, beach pkg.lot off Rt.3A,just before Hingham Harbor Rotary. Level 2-3.PDF,spray skirt req. L George Wey(781-789-8005 anytime, geowey@comcast.net). L George Wey (781-789-8005 anytime, geowey@comcast.net)

Wed., Sep. 11. Mashpee Wakeby Ponds. Perimeter of Mashpee Wakeby Ponds; Spray Skirt and PFD required. About 8 miles. Pre-register 508-420-7245. L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net)

Wed., Sep. 18. HERRING RIVER NORTH-W Harwich. Rte 6 exit 10, R 124 S, R 39 S, R 28 N, L Town Landing. Vest & Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Saturdays
Sep. 21. Mashpee River. Put-in: Rt. 6 to Exit 5;South on 149 to Right on Rt. 28 to Mashpee Rotary; take Great Neck Rd. South, 2.5 miles to unpaved parking lot on left marked Ocway Bay Boat Ramp. PFD required.Spectacular riverside wildflowers. L Nancy Wigley (508-548-

2362, nrwigley@verizon.net)

Wednesdays
Sep. 25. Leader's Choice paddle. Contact Leader for information. PFD/spray skirt req. L Bill Fischer (508-420-4137 before 9PM, wmbarrabarafischer@comcast.net)

Sat., Sep. 28. LONG POND, BREWSTER/HARWICH. Rte 6 exit 10, rte 124 N, R Long Pond Drive, L town beach. Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Saturdays
Oct. 5. Swan Pond/River, Dennis. Put-in: Clipper Lane off Upper County Road, Dennis; put-in is on the left. PFD required. Spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Wed., Oct. 9. INDIAN LAKES- Marston Mills. Rte 6 exit 5, rte 149 S, R Mystic Drive, R town landing. Life Vests & Spray Skirts req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., Oct. 16. CHASE GARDEN CREEK, YARMOUTH PORT. Rte 6 exit 8, Union N, L rte 6A, QUICK R Center - Grey's Beach. Life Vest & Skirt req. L Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com), CL Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com)

Wed., Oct. 30. FOLLINS/MILL PONDS - Dennis. Rte 6 exit 9, rte 134 N, L Setucket, L Mayfair, R Fol-

lins Pond rd. Life Vest & Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

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.") Contact the Cape Hikes Chair: capehikingchair@amcsem.org. Cape Hikes are generally suspended during the summer months due to parking problems.

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

CAPE HIKES

Thu., Feb. 7. Harwich - Herring River Chili Pot Luck at Janet Kaiser's house. Herring River and reservoirs. Park on R @ Sand Pond, Great Western Rd, 2 mi W from Harwich Ctr. Chili Pot Luck Party at Janet Kaiser's house in Harwich following. Meet 9:45. L Peter Selig (508-432-7656, pandmselig@hotmail.com), CL pandmselig@hotmail.com (508-432-7656, pandmselig@hotmail.com), R pandmselig@hotmail.com (02633, 508-432-7656, pandmselig@hotmail.com)

Thu., Feb. 14. Dennis-Crowe to Crowe Loop (C3C). 2 hr. hike on paths, beach, and quiet roads. Meet 9:45. Rte 6 exit 9 onto Rte 134 to Rte 6A., R on 6A, L onto School St., R onto South St. to lot at end on right past cemetery. L Maria Sylvester (508-385-4085, sylvester_maria@hotmail.com)

Sun., Feb. 17. Barnstable, Sandy Neck (C3C). Walk beach/marsh loop to 2nd crossover. Mostly soft sand. Rte 6, Ex 5 to Rte 149 N to Rte 6A; L on 6A, R on Sandy Neck Rd to pkg lot at end. Meet 12:45 for 1:00 start, 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

(FT) (NM) Thu., Feb. 21. 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 and Putnam Ave. in Cotuit. Two hours. L Farley Lewis (farlewis@comcast.net)

Thu., Feb. 28. Sandwich Scorton Creek (C3C). Exit 4 off Rte 6 N on Chase Rd., turn L on Old County Rd, follow to 6A turn right. Entrance to Scorton is dirt road on right near used car dealership. Meet at 9:45, start 10 AM, 2 hrs. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Thu., Mar. 7. Dennis Pond, Yarmouth (C3C). Lots of nice pond views on this 2 hour hike. Route 6 exit #7 Willow street towards Yarmouth to Right on 6A to Right on Summer street to Dennis Pond. More directions on web. Meet 9:45AM. L Gary Miller (508-540-1857, Garymaxx@verizon.net)

Saturdays

Mar. 9. Provincetown: Whales Whales Whales (B3B). Walk beach to Race Point Lighthouse with binoculars. Meet 9:45am, Race Point Beach pkg.lot. 3hr walking. 2+ hours looking for whales & lunch! (5+ hours RT). L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Mar. 10. Truro, Ryder Beach (C3C). Beach, woodland trails, hills, scenic bay views. Rte 6, L on Prince Valley Rd. to end. R on County Rd. L on Ryder Beach Rd. Park at End. Meet 12:45 p.m. 2 hrs. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Thu., Mar. 14. Bourne-Cataumet Greenways (C3C). B Bridge to Otis

Rotary, 1st exit Cataumet. L on 28A S, 1/4m R on Longhill Rd, L on County Rd, R on Red Brook Harbor 1/2m past stop sign park lot R. 9:45 am. Ice cancels. L Cathy Giordano(508-243-3884, cmgiordan@msn.com). L Catherine Giordano (508-243-3884 before 9 pm, cmgiordan@msn.com), R Catherine Giordano (PO Box 1289, North Falmouth, MA 02556, 508-243-3884 before 9 pm, cmgiordan@msn.com)

Saturdays

Mar. 16. Provincetown: Whales and Trails (B3B). Meet at 9:45pm at Herring Cove Beach (far right of the right parking lot). Walk via bike trail/sand/salt marsh to Race Point Lighthouse. Five+ hours for lunch, whales. Bring binoculars! L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Mar. 17. Yarmouth Ponds (C3C). Hike wood to bogs and ponds. Rte 6 to exit 8S. R at 2nd light. L at stop sign to pkg off pavement either side about 1.mi. Meet 12:45. 2 hours. Bad weather cancels. Doubt? Call L. L Janet DiMattia (jandimattia@verizon.net)

Thu., Mar. 21. Dennis, Crowe to Crowe Loop (C3C). 2hr. hike. Paths, beach, quiet roads. Meet 9:45am. From Rt. 6, exit 9 onto Rt. 134N to Rt. 6A. R on 6A, L onto School St., then R onto South St. to lot on R past cemetery. L Maria Sylvester (508-385-4045, sylvester_maria@hotmail.com)

Thu., Mar. 28. White Crest Beach, Wellfleet (C3C). Wooded trails to Marconi White Cedar Swamp. Rte 6 to R on Lecount Hollow Rd to beach gatehouse. L on Ocean View Rd 0.9 mi to R at beach pkg lot. Meet 9:45, 2 hrs. L Pat Sarantis (508-430-9965,

patsarantis@gmail.com)

Saturdays

Mar. 30. Provincetown: Whales and Trails (B3B). Meet at 9:45pm at Herring Cove Beach (far right of the right parking lot). Walk via bike trail/sand/salt marsh to Race Point Lighthouse. Five+ hours for lunch, whales. Bring binoculars! L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Mar. 31. Brewster Nickerson State Park (C3C). Hike on woods trails possibly around ponds. Enter park from 6A. Stay on main rd for 1.7 to pkg at Fisherman's Landing on L. Meet at 12:45. 2 hours. Bad weather cancels. Doubt? Call L. L Janet DiMattia (jandimattia@verizon.net)

Thu., Apr. 4. Wellfleet, Griffin Island (C3C). Wooded trails, hills, out to dunes return. Meet 9:45 AM. Rte 6, left at lights toward Wellfleet Center, left on E. Commercial St. Turn Right on Chequessett Neck Rd. Turn Left and Park in Great Island pkg, lot. Over 2 hours. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Saturdays

Apr. 6. Provincetown: Whales Whales Whales (B3B). Walk beach to Race Point Lighthouse with binoculars. Meet 9:45am, Race Point Beach pkg.lot. 3hr walking. 2+ hours looking for whales & lunch! (5+hours RT). L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Apr. 7. Quashnet River. 2 hr. hike on paths along Quashnet River with short stop at herring run. From Mashpee Commons Rotary Route 28 towards FALMOUTH 2 miles , right on Martin Road to parking on

right. Meet 12:45. L Gary Miller (508-540-1857, Garymaxx@verizon.net)

cels. Doubt? Call L. L Janet DiMattia (jandimattia@verizon.net)

PL. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Thu., Apr. 11. Barnstable - Barnstable Conservation (B3B). Meet at transmission line on Service Road. Take Rt 6 to Rt. 149S and R on Service Road. Walk on Trail of Tears to Sandwich town line and return. Meet at 9:15 am for 9:30 am start, 3 hours. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Thu., Apr. 25. Mashpee-Mashpee River Woodlands (C3C). Wooded walk along Mashpee River. Take Orchard Rd. off Rte.28 to end. Turn R. then quick L onto Mashpee Neck Rd. Go 1.1 miles to Mashpee River Woodlands Pkg.Lot on R. Meet at 9:45AM. 2hrs. L Farley Lewis (farlewis@comcast.net)

Thu., May. 9. Ryder Conservation Area - Sandwich. Scenic hike, meet at 9:45 AM for 10 AM start. Rte 6 to Exit 3, turn south on Quaker Meetinghouse Rd to traffic lights turn L on Cotuit Rd. parking area on right. L Jane Harding (508-833-2864, janeharding@comcast.net)

Sat., Apr. 13. Yarmouth, Greenough Ponds (B3C). Walk through Yarmouth Botanical Gardens, Dennis & Greenough Ponds. Meet at 9:45, 3 1/2 hr. Exit 7 off Route 6 North and take immediate right turn on Summer St. Follow dirt road 1/2 mile to beach parking lot. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sat., Apr. 27. West Barnstable Conservation Area (B3C). Wooded hike to highest point in Barnstable, some hills. Rte 6 to Ex 5, Rte 149 S. R on Service Rd for 100 yds. Park in lot under power lines. Meet 9:45, 2 1/2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com), CL Tom Kastner (508-325-4486, lintfry@inbox.com)

Sat., May. 11. Brewster, Punkhorn Parklands (B3C). Hills, pond views. Exit 9B Rte 6; 2.0 mi. to R on Sattucket, to R on Stony Brook Rd, 0.3 mi R on Run Hill Rd. 1.3 mi park on left. Bring lunch 3.5 hours. Meet at 9:45AM. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Sun., Apr. 14. Sandwich-Maple Swamp. Hilly hike, meet at 12:45 PM, 1 PM start. Take Rte 6 to Exit 3 turn S on Quaker Meetinghouse Rd., 1st left on Service Rd just past Mill Rd on right. L Jane Harding (508-833-2864, janeharding@comcast.net)

Thu., May. 2. Dennis-Crowe to Crowe Loop (C3C). 2 hr. hike on paths, beach, quiet roads. Meet 9:45. Route 6 exit 9 onto Rte 134 north to Rte 6A. Take R on 6A, L onto School St., R onto South St. to lot on right. L Maria Sylvester (508-385-4045, sylvester_maria@hotmail.com)

Sundays

May. 12. Cape Cod Canal Trails, Bourne MA. Varied 4 miles bridge to bridge on Bournedale trails, others, Bourne Scenic Park, interesting "4 mile outlook" spot. Meet at Bournedale Herring Run Canal Visitor Center on Canal Scenic Highway MAINLAND SIDE. (web-directions) CARPOOLING REQUIRED, ARRIVE PROMPTLY 12:45. L Gary Miller (508-540-1857, Garymaxx@verizon.net)

(CE) Thu., Apr. 18. Barnstable, Sandy Neck. Walk marsh/beach loop to 4th crossover. Mostly soft sand. Rt 6, Exit 5 to Rt. 149N to Rt. 6A, L on 6A, R on Sandy Neck Rd. to last lot. Meet at 9:15 AM for 9:30 AM start, 3 hours. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sat., May. 4. Harwich, Herring River (B3C). Woods walk, river views, bogs and reservoir. Rte 6 Ex 10, Rte 124 S for 1.3 mi, R @ Main St. Go 2 mi, park @ Sand Pond on R. Meet 9:45 a.m. 3.5 hrs. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sun., May. 19. Sandwich Canal Hike. Hike canal to Sandwich boardwalk and back, meet at 12:45PM for 1 PM start. From 6A in Sandwich take Tupper Rd towards canal, turn R on Town Neck Rd, turn L on Coast Guard Rd and park in museum lot. L Jane Harding (508-833-2864, janeharding@comcast.net)

Sun., Apr. 21. Truro Ryder Beach (C3C). Woods, beach walk, ocean views. L on Prince Valley Rd just beyond Truro town line. R at end to immed. L on Ryder Beach Rd. Meet 12:45. 2 hours. Bad weather can-

Sun., May. 5. Mashpee-Barnstable: Santuit Pond/River. Meet 12:45PM for 1PM Hike. 2 hrs. Rte. 6, Exit 5, South on Rte. 149 to Rte. 28. R. on Rte. 28, R on Santuit-Newtown Rd. for 0.8 miles to yellow gate and

Sat., Jun. 22. Full Moon Hike: West Dennis Beach (C4C). Rte 6 Exit 9A S Rte 134, go straight, cross Rte 28,

go to end, turn Right. In 0.5 mi turn Left to beach pkg near entrance and concession bldg. Meet 7:00 p.m. < 2 hrs. L Janet Kaiser (508-432-3277)

EXECUTIVE COMMITTEE

Volunteer Opportunities

Until Filled. Chapter Youth Program (CYP) Leader. Share your outdoor skills with local groups of kids. Additional training and screening required. L Sally Delisa (picpocit@verizon.net)

HIKING

IMPORTANT: No pets w/o prior permission of trip leader. Individuals under 18 years of age must be accompanied by a parent or responsible adult, and obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 week prior to the trip so Ls can discuss prior hiking exp., conditioning, clothing, and equipment. Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

Sat., Feb. 2. Winter Hiking Series #3. Come join us for some winter fun hiking Mt. Pierce, a 4,000 footer and try out your winter equipment. L Leslie Carson (508-833-8237, ltc929@comcast.net), L Wayne Anderson (wanderson@mxcsi.com), CL Karen Singleton, R Leslie Carson (64 Mill Rd., East Sandwich, MA 02537,)

Thursdays

Feb. 7. Thursday Morning Hike, Moose Hill, Sharon, MA. Meet at 10

am at the Audubon Moose Hill parking lot for a 4 to 5 mile hike/snowshoe (all depending on condition) on a new route and new terrain mostly in the adjacent TTOR Moose Hill Farm property. Relatively flat route. Parking fee for non members is \$3 for Seniors. Bring winter gear, rain gear, lunch, water and possibly snow shoes. Rain cancels. Directions: From North, take I-95S, exit 10(Coney Street) .Turn left off exit and take first right onto Rt 27N (Walpole). Take first left onto Moose Hill Street and continue past TTOR Moose Hill Farm Parking at the top of hill. Turn left onto Moose Hill Parkway . Parking is on left. From South, take I-95N, Exit 8 (Main Street, Sharon). Turn right off exit and follow for one mile. Turn left onto Moose Hill Street. Follow to top of hill and turn right onto Moose Hill Parkway. Parking is on left. L Hans Luwald (508-668-0462 before 9 pm, hans.luwald@gmail.com)

Thu., Feb. 14. Thurs. Morn. Hike or Snowshoe; Ponkapoag. 6 Mi Hike or Snowshoe around Ponkapoag Pond area. Bring water and snacks suitable for eating in cold weather plus proper footwear for conditions. Meet 10:00 AM at Ponkapoag Golf Course Parking Lot, Canton, MA. L Claire Braye ((508) 857-0320 before 9:00PM, cbraye57@comcast.net)

(FT) (NM) Sat., Feb. 16. Intro. to AMC Hiking - Foxboro State Forest. Nice local hike with several short up and down sections tailored for newer hikers, but enjoyable for all. L Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net), R Paul Miller (169 South Washington St., North Attleboro, MA 02760, 508-369-4151 before 9:00 pm, paulallenmiller@verizon.net)

(FT) (NM) Thu., Feb. 21. BCT Sherborn Forest/Rocky Narrows (B3C). 10 am start. 6+ miles. Mostly level with an up/down section. Contact

leader for directions. L Len Ulbricht (lenu44@gmail.com)

Sat., Mar. 2-3. Winter Hiking Series #4 Overnight. End the Winter Series with an overnight at Carter Hut. Options for Sat. hikes. Must confirm by Jan. 30th. L Leslie Carson (508-833-8237, ltc929@comcast.net), L Wayne Anderson (wanderson@mxcsi.com), L Mike Woessner (stridermw@hotmail.com), L Maureen Kelly (mokol773@aol.com), R Leslie Carson (64 Mill Road, East Sandwich, MA 02537,)

(FT) (NM) Sat., Mar. 23. INTRO hike, Blue Hills. New member introductory hike. Perambulate Buck Hill with side trip to summit. 5-6 miles. Easy terrain. Boston views. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

(SN) Sat., Apr. 6. Leadership Training for Trip Leaders. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

Thursdays

Apr. 18. Thursday Hike. 10am at Oldham Trails in Foxboro, MA Hike thru Harold Clark Forest B3C Bring snacks & water. Sturdy boots needed. 95S take Rt.140N through Foxboro Ctr. around rotary continue 140N for 1/2 mile on left Conservation area across from Snow's Supply. L Muriel Guenther (508-699-7461 Before9pm, murielguenther@comcast.net)

(FT) (NM) Thu., Apr. 25. Thursday Morning Hike at Caratunk Refuge 10:00AM Start. A 4 mile hike at the Caratunk Wildlife Refuge. Follow Route 152 south into Seekonk MA, past the Middle School then take a

left onto Brown Ave. The refuge is on your left about a mile down the road. L Sue Chiavaroli (508-496-6452 7-9PM, brillo6452@yahoo.com)

Sat., Apr. 27. Grand Monadnock via Monte Rosa. Nice loop hike that will take us to the little-visited summit of Monte Rosa on the way to Grand Monadnock. L Ken Jones (lotsoluck@comcast.net), CL Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net), R Paul Miller (169 South Washington St., North Attleboro, MA 02760, 508-369-4151 before 9:00 pm, paulallenmiller@verizon.net)

(NM) Thursdays

May. 2. Thursday Morning Hike. 10:00am at Wollomonopoag Hike, Wrentham, MA (B3C) Bring snacks and sturdy boots. Rain cancels.

Find your way to Route 140N Wrentham Center and travel for approximately 1 1/2 miles to Elysium St. on left. Continue on Elysium to top of hill and bear left, the conservation area will be on rt. You will see Es-kers, a beaver dam & Great Blue Heron Rookery. L Muriel Guenther (508-699-7461 before 9pm, murielguenther@comcast.net)

(FT) (NM) Sat., May. 11. Introduction to Hiking at Blue Hills. Great hike for new members and first time hikers. A leisurely hike in the Blue Hills Reservation. L Sue Chiavaroli (508-496-6452 7-9PM, brillo6452@yahoo.com)

SKIING

(XCE) Mon., Feb. 4-6. XC & Downhill Midweek Ski. XC and downhill mid-week ski with two days overnight at Shapleigh bunkhouse, meals included. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

(CE) Fri., Mar. 1-3. XC Skiing, White Mountains. Boston 40+ and SEM at Applebrook B&B, NH skiing/snowshoeing. 2 nights, 2 breakfasts, 1 dinner, \$100 to \$160 p/p. L Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net), CL Wayne Cardoza (603-673-2518 before 9:00pm, wmc.amc@comcast.net), R Barbara Hathaway (508-880-7266 before 9:00pm, barb224@tmlp.net)



Cross-country skiing near Zealand Falls Hut. Photo by Mike Kautz, Courtesy of AMC

the southeast Breeze

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



March 2013

[Visit AMC SEM Website](#)

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[Photos](#)

[Open Volunteer Positions](#)

- Biking (Vice)
- Conservation (Vice)
- XC Ski (Vice)
- Trails (Vice)

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



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

Editor: Andrea Holden
breeze.editor@amcsem.org

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



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

XC & Downhill Mid-week Ski Feb. 4-6, 2013

By Len Ulbricht
SEM Education Chair
educationchair@amcsem.org

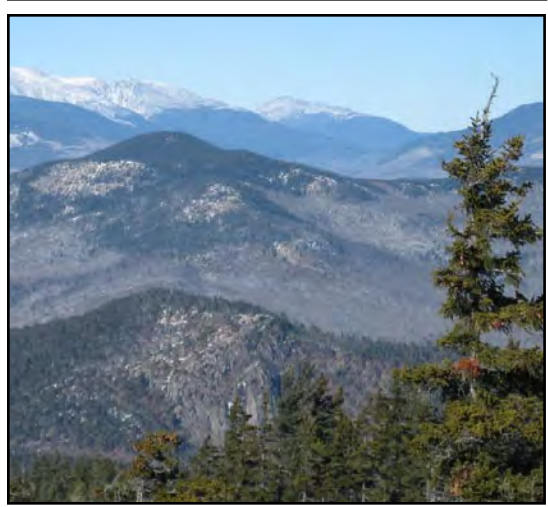
Six hardy SEMers traveled to the Whites for three days skiing with a two night stay at the Shapleigh Bunkhouse and hearty meals at the Highland Center. XC skiers took in Bretton Woods and the Jackson XC Ski Center. Jackson is the larger of the two though both offer classic and skate XC skiing on groomed trails. Downhillers took in one day each at Waterville Valley (on the drive up), Attitash and Bretton Woods.

Conditions were great considering the

washout rain one week earlier. Snow was well groomed with powder-like surface. Windy conditions on the first day were followed the next by clear bright sunshine offering brilliant views of the Presidentials. The last day was topped off by snow showers providing a light powder coverlet.

Apres ski time at Shapleigh began with Judith's famous crab cake dip and conversation sprang from favorite mystery authors to Internet gaming to college life and days of yore, on and on through dinner time. Evening skies brought out a Milky Way panorama with Orion and Jupiter glistening overhead. We didn't go away hungry, with yummy traditional and vegetarian offerings both nights. After dinner movies capped the evenings – ice climbing the Frankenstein Cliffs and an Everest climb by local North Conway mountaineers. Definitely a do again trip.

Photos provided by Len Ulbricht



Executive Board

SAVE THE DATES

OPEN HOUSE BCC, Bourne
March 9

Leadership Training Borderland SP
April 6

CYP Leadership Training Blue Hills
April 6

Family Hiking Series Borderland SP
March 9

Wilderness First Aid Noble View
April 27 & 28

Family Weekend
Aug. 23-25

Chapter Hut Weekend
Sep. 20-22

Annual Meeting & Dinner
Nov. 2

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

Executive Board Chapter Meetings 6:30pm selected 2nd Wednesdays *contact chair@amcsem.org*

Hike Planning Meetings
6:30pm 1st Wed. quarterly
contact hikingchair@amcsem.org

Where to find activities (hikes, bikes, etc.)
1. The monthly **Breeze** - email
2. **AMC Outdoors magazine** - mail
3. **Online trip listings** activities.outdoors.org
4. Sign-up for **short notice trips** <http://www.amcsem.org>

Pictures and Article Submissions
We encourage SEM members to submit articles and photos for both the Breeze and our website. Materials will be edited at the editor's discretion. *Send to breeze.editor@amcsem.org*

Breeze Deadlines
Monthly on the 7th, trips; 15th articles/pix

Sign-up for the Breeze
Call 800-372-1758 or email amcinformation@outdoors.org

Where to find Breeze Publications
<http://www.amcsem.org/newsletters.html>

Volunteers Wanted
Volunteer for the Executive Board. Do you have skill and want to see where you fit? Lead hikes bike, ski, snowshoe, x-country or paddle trips. We have volunteer positions open! *Contact chair@amcsem.org*

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View from the Chair

By Cheryl Lathrop

Brrr... Finally we're getting some winter weather! Finally some snow! After you shovel it, I hope you play in it. Don't know how to play in the snow? We'll teach you! Just sign up for an AMC winter activity—and our trained and qualified leaders will take you out to hike, snowshoe, or ski in it. (Thank you winter activity leaders for taking us to play in the snow!)

Our annual March Open House is coming up soon. If you're new, come find out what the AMC is all about. If you're a long-time member, come and tell the newbies what it's all about. If you're a medium-time member, come just for fun. Bring your friends, neighbors, and relatives. Free food! A night out!

As I write this here in February, my "view from the chair" sees another one foot of snow heading our way. Oh boy! Grab your skis and snowshoes, and . . .

I'LL SEE YOU ALL OUTSIDE!

Got something to say? Got a good idea? Want to volunteer?
Feel free to contact me anytime about anything!
chair@amcsem.org

Cheryl Lathrop

Chapter Chair



As always, feel free to contact your chapter chair, or vice chapter chair at any time.

Chapter Chair: Cheryl Lathrop (chair@amcsem.org) ~ Vice Chapter Chair: Maureen Kelly (vicechair@amcsem.org)

Chapter Youth Program (CYP)

The Chapter Youth Program (CYP) Leaders work with youth groups our goal is to get kids out and enjoying nature.

View our [Brochure](#)



CYP is a terrific match for **Youth Groups** interested in working on a Camping Interest Project.

- **Trails-maps-compasses**
- **Backpacks and essential clothing**
- **Outdoor cooking**
- **Leave No Trace**
- **Hiking safety**
- **Plant identification**
- **Local hikes**

PROGRAMS FOR GIRL SCOUTS

Whether you are a Daisy, Brownie, Junior, Cadette, Senior or Ambassador, we have some fun activities for you. Check out what we can do for you!

PROGRAMS FOR BOY SCOUTS

Whether you are a Cub Scout, Webelos Scout or Boy Scout, we have some fun activities for you.

OUR APPROACH

AMC has decades of experience in providing outdoor programs for youth, in many cases providing young people with their first backcountry experiences. Our approach is hands-on and place-based. With programs in local outdoor settings, CYP helps kids and adults alike learn about the joys and rewards of outdoor exploration and adventure.



KNOW A GROUP WHICH MIGHT BE INTERESTED?

Contact Sally Delisa
cypcoordinator@amcsem.org 781-834-6851



Up Coming.....April 6

Kids in Youth Groups enjoy nature with volunteer Chapter Youth Program (CYP) Leaders. CYP Leadership Training will be available on April 6 in the Blue Hills and possibly in Kittery, ME in July. For more information or to sign up, contact cypchair@amcsem.org or Sally Delisa, 781-834-6851

Questions? Contact Sally Delisa
cypcoordinator@amcsem.org 781-834-6851

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The E-Breeze will publish FREE ads for members to Swap/Barter/Sell/Trade/Free Outdoor Equipment. Send your ads to: communicationschair@amcsem.org, use "BREEZE – SWAP" in the subject line.

SEM MEMBERSHIP

OPEN HOUSE

Join us **Saturday March 9, 2013**

An opportunity to mix with trip leaders and other members to share interests and experiences and pick up ideas on activities that may be of interest to you. Members new to SEM these past 12 months are invited, as are friends, neighbors, co-workers who you think may be prospective members and of course long term arm chair members who wish to resume active participation.

Dinner will be complimentary; provided by AMC SEM.

The Bourne Community Center
239 Main Street Buzzards Bay, MA 02532
Plan on arriving between 5:30 and 6 pm

Space is limited. Register with:

Ed Miller,
Membership Chair
membershipchair@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. Preview the waiver at:

Family Events

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

FAMILY HIKING SERIES

This hiking series is meant to introduce families to the joy of hiking. There will be 4 hikes in the series; hike one or hike them all. At each hike we will increase our distance and time.

Got kids?

Join us for our very first hike in our Family Hiking Series!

March 9, 2013

Hike #1 will be at Borderland State Park. We will climb some rocks, cross some streams and enjoy lunch by the pond. We will be hiking for approximately 1 hour before our lunch break and 1 hour after.

Bring your family, pack a lunch and enjoy a local treasure. Appropriate for children 3 and up. Children under 3 are welcome in child carriers.

Contact leader Christine Pellegrini 508-244-9203 (best time to call: 6-8pm) chrispellegrini@yahoo.com for more information or to register.

*Registration Required.

Hike #2 4/13/13

Hike #3 5/11/13

Hike #4 6/22/13



[View our webpage](#)

[Contact Family Events Chair](#)

The Family Events Committee of SEM AMC is led by dedicated volunteers who keep us connected through the planning of trips and posting of information through our email list. Join us on one of our upcoming adventures. There are other families ready to share the outdoors with you!

Thursday Morning Hike Moosehill-Hope February 7th

By Ken Thomas

Thursday Morning Hiker

"I've got bad news and good news", so said our hike leader, Hans, here at Moosehill Audobon in Sharon, Massachusetts. "The bad news is I can only lead the hike for part of the way. I have been feeling sick for a while. The good news is we have a volunteer leader in Debbie that will continue the hike."

So after we circled up and introduced ourselves, we headed out.

Hans first showed us the "maple sugar shack." Here he shared with us the information he gives the maple sugar tours, all about the process of turning maple sap into that nectar, pure maple syrup. Fascinating and rather technical - 40 gallons of sap to one gallon of syrup, 219 degrees. Our next adventure brought us across the 100 yard long boardwalk over the frozen swamp. This is one end of the Billings Loop up the hill past some trees that are being "girdled" (systematically being killed to return the hill to a true field.) Here Hans showed us the Bluebird boxes he keeps track of for the Audobon society.

As we continued along the Billings Loop we passed



Weeto - Moswetuset
Local Native American Tribe

BREEZE - AMC Southeastern Massachusetts Chapter - 800-372-1758 amcinformation@outdoors.org Sign up



Giant Sugar Maple

George and Martha (don't ask I still haven't figured out which is which.) These are giant sugar maples it is thought were growing before we were a country! They already had three buckets each as maple sugar season has started early. A walk past the Billings barn and off trail we came across a "weeto"- Moswetuset (local native-American tribe) for "our home". The was constructed by the staff at Moosehill.

Back on trail we followed the Pasture Trail around the bottom of Moose Hill eventually coming out onto the upper pasture of Moosehill Farm, owned by the Trustees for Reservation. As we crossed this pasture we could see where they were preparing to start their coop farming project in the spring. An opening in the woods led us to the Woodland Trail.

This trail led us

through a mixed hardwood setting, down a gully up through a deep white-pine forest. Here we came across two cellar holes from a while ago. Here we stood wondering about the history of this place, deep in the woods yet hearing Route 95 in the distance.

Highland Trail led off this trail to the left and brought us to some really neat forest settings which led down to a road under some high tension wires. No deer spotted here but they were around!

Eventually we met up with the Pepperbush Trail which brought us to the Vernal Pond Trail. The Vernal Pond Trail led us back to the Nature center of Moosehill-Audobon. Here we figured we covered 4+ miles of beautiful terrain. Lunch for some, early departure for others.

The bad news is our hike was over. The good news is it is there to explore again

and again.

Can you tell it is one of my favorite places?

Thank you Hans and Debbie!



Hans Luwald at Moosehill Sugarshack

Reporting of Accidents

Aaron Gorban, AMC's Director of Outdoor Leadership Training, presented the 2012 summary of reported accidents to attendees of the Outdoor Leadership Development Committee (OLDC) during the AMC Summit on January 26 in Norwood. In his presentation Aaron emphasized that there are six criteria that warrant completing the Volunteer Accident Report Form, which is found on SEM's website under "Documents".

Aaron also pointed out that though 22 incidents were reported last year, based on his experience he feels there were others that were not reported. He is encouraging all trip leaders to be diligent in following up each accident/ incident with a Volunteer Accident Report. Please review Aaron's summary of 2012 reported incidents, which follows.
Len Ulbricht, SEM Education Chair

6 criteria that warrant completing the Volunteer Accident Report Form

The first three typically come to mind as reportable but the last three also need to be reported even when there is no injury.

An accident/incident that causes the participant

- to leave the trip with injury prior to it's conclusion
- to be evacuated by an AMC group or outside rescue team
- to seek medical treatment after the event

Also necessitating a report are incidents

- that cause a loss of property
- that involve behavior impacting safety or well being of the group
- of a near miss nature wherein the participant underwent a significant mechanism but without injury.

2012 AMC Volunteer-Led Activity Incident Data

OLDC Meeting, January 26, 2013

Incident Report Submission

The AMC runs an estimated 7000 volunteer-led activities each year. Volunteer leaders are asked to submit an Incident Report Form each time a participant has an accident/incident that causes the participant to leave the trip prior to its' conclusion, to be evacuated by the AMC group or an outside rescue team, or to seek medical attention after the event. An incident report form should also be submitted if there is loss of property due to the incident, a behavioral incident that impacts the safety or well-being of the group, or a near-miss incident in which a participant underwent a significant mechanism that did not result in an injury. In 2012, 22 incident report forms were submitted to the Leadership Training & Risk Management Department. It is our expectation that more than 22 reportable incidents occurred. In fact, since tracking this data, we've experienced under reporting of incidents annually. In addition, many of the submitted forms were filled out incompletely and lacking information in all

requested fields. We request that each of the OLDC members review this information, share it with your chapter/committee leadership chairs & activity leaders, and reevaluate reporting procedures within your representative committees.

Out of the 22 reports received,



20 of the forms documented an injury and 2 of the forms documented an illness. Although the number of reports is too small to establish trends, we've identified a few interesting facts.

Location of Injury

As seen in 2011, many of the 2012 injuries affected the hand, wrist, lower arm, or shoulder of the participant: 48% of the reported injuries. Most of these were trips and falls wherein the patient landed on an outstretched hand, resulting in hand lacerations, wrist sprains/fractures,

and shoulder dislocations. 2012 marks the second consecutive year that upper body injuries outnumbered lower leg injuries.

Activity at Time of Incident

Day hiking continues to yield the most incidents: 41% of the total. As a day hiking appears to be the most commonly offered activity by volunteer leaders, this leading percentage is to be expected. The number of accidents/incidents reported during "free" time (6-27% of the total) while at various camps and facilities, on the other hand, is higher than expected. The injuries sustained at camp or at a facility including burns and cuts while cooking, lacerations requiring stitches after falls during play, and multiple injuries sustained from falls. We urge leaders to remind their participants to be wary of risks throughout their time spent on AMC trips, before, during and after the main trip activity.

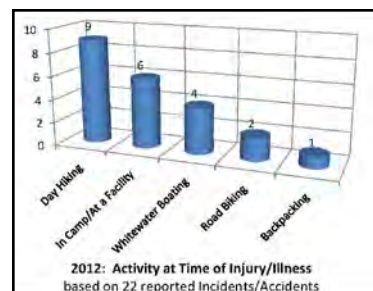
Age

Only 9 of the 22 submitted forms documented the age of the patient. We continue to encourage leaders to fully fill out the incident report forms to help us find trends in our incident data. Out of the 9 known ages,

6 patients were over the age of 50 and one was under the age of 10

Time of Incident

The first year AMC established incident trends, we were surprised to find that majority of documented volunteer-led incidents occurred between the hours of 11am and 3pm. This is contrary to the common assumption that most accidents happen near the end of the day. In 2012, 15 of the 22 incident report forms documented the time of the incident. True to our previous trend, 10 of the 15 incidents occurred at 3pm or earlier in the day. As in previous years, we hypothesize that early start times for activities combined with late lunch breaks can create individuals with low blood sugars who are more likely to trip or fall. **We again urge leaders to break for snacks regularly, and take lunch breaks when needed.**



Noble View Weekend

By Jodi Jensen
Social Committee Chair
socialchair@amcsem.org

“This past January, our chapter hosted the first winter weekend at Noble View Outdoor Center. The intention was to provide people new to winter hiking and snowshoeing an opportunity to try an AMC weekend close to home.

Only a 2 hour drive west of Boston in Russell, MA, Noble View is located in the “foothills” of the Berkshires. Eighteen attendees occupied the North Cottage Bunkhouse Friday through Sunday.



Photos Provided by Jodi Jensen



Maureen Kelly did an outstanding job planning this event. We were fortunate enough to have our own Joyce Wallis prepare fantastic meals, with the help of her husband, Luther. (You won't go hungry on these trips.) Along with co-leader, Walt Granda, we were offered 3 hiking opportunities on Saturday including a beautiful full moon night hike and bonfire!

After a superb breakfast Sunday morning, we all enjoyed a 3 hour hike before having lunch and heading home. Everyone agreed this was a successful weekend and should be an annual event. AMC has provided my husband and I with wonderful outdoor experiences and these weekend trips have given us the opportunity to develop great friendships. We now see familiar faces at every AMC event. We look forward to our “annual” AMC trips, which continue to grow every year.”

Wilderness First Aid is Coming

WFA (Woofers as some call it) is all set for a return visit to AMC's Noble View Camp in Russell MA April 27 & 28.

This course covers back woods first aid for those hikers who want to be prepared should a medical situation arise when they are in a remote area far from a quick 911 EMT response.

Whether one is hiking up north or out west, camping or backpacking away from populated areas, biking distant routes or paddling the hinterlands, accidents do happen and adverse health conditions do arise.

WFA prepares you to treat and stabilize victims until professional help arrives, which could take many hours and perhaps overnight. If you venture into remote areas, whether or not you are an AMC trip leader, WFA will give you confidence you can handle that unexpected situation we all hope will never occur.

Contact Len Ulbricht at lenu44@gmail.com for further information.

Close Encounters with Grey Jays on Mt. Pierce

By Paul Miller
Vice Chair
SEM Hiking Committee
hikingvicechair@amcsem.org



The previous week's freaky thaw and heavy rains "up north" didn't

bode well for the third trip in our 2013 Winter Hiking Series to Mt. Pierce in the Presidential Range of New Hampshire on February 1st. But this turned out to be yet another outstanding winter experience for the 14 enthusiastic participants, mostly from SEM, but also with representation from a handful of other AMC chapters.

Several of us had the luxury to drive up the day before and spend the night at either the AMC Highland Center in Crawford Notch or other nearby accommodations to be able to make it to the Mt. Clinton Road trailhead by the 8:45 am meeting time established by trip leaders, Leslie Carson and Wayne Anderson (Maureen Kelly and I served as co-leaders). Those who hadn't spent the night had to get up well before dawn to make it up to the trailhead on time; a necessary evil for most SEM hikes up in New Hampshire. I managed to duck out of work early on Friday following our weekly staff meeting. During my drive up to

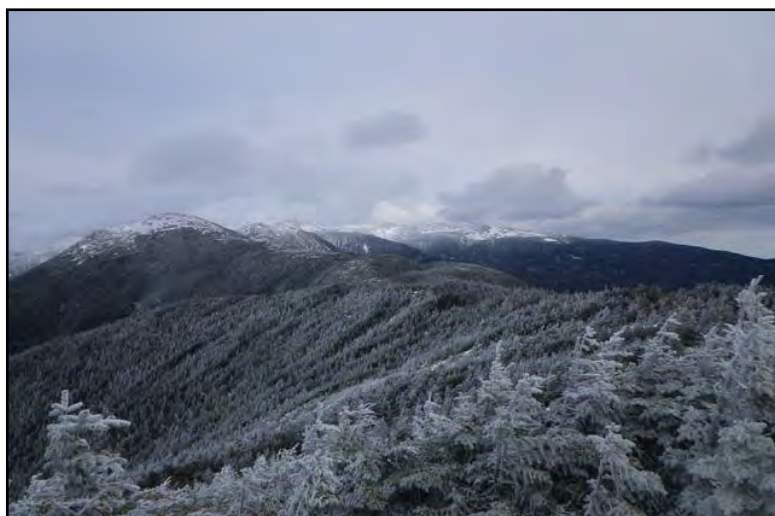


The group pauses for a photo on the bridge over Gibbs Brook, photo by Jim Casey

Crawford Notch that afternoon, I didn't get any real sense of "winter" until I hit Franconia Notch, and even there I only saw one brave soul attempting to negotiate the steep and what looked to be extremely icy slopes at Cannon Mt. Ski Area. Even in Crawford Notch, there wasn't an awful lot of snow on the ground and the snow guns were going full force at Bretton Woods in an attempt to make the ski trails skiable for the upcoming weekend. All this didn't portend well for our planned winter hike on Mt. Pierce the next day, but I tried hard to keep thinking positive thoughts. When I got out of my car at the Highland Center, it certainly was cold and windy enough, but once again,

there wasn't much snow cover on the ground. While checking in at the Highland Center, I asked about the conditions on the Crawford Path to try to gain a sense for what kind of equipment we would need for our hike the next day. "Ice, ice, and more ice," I was told. Hm-mmmnnnn. After enjoying an excellent

buffet dinner and glass of Shiraz at the Highland Center with fellow SEMer, Alan Greenstein and the several other friendly AMC members with whom we shared a table, I retreated to the inviting library on the second floor of the Highland Center and skimmed through an excellent wilderness first aid manual published



View of Ike and the Southern Presidentials from the Crawford Path, photo by Jim Casey



Feeding the “friendly” Gray Jays, photo by Jim Casey

by the National Ski Patrol. (My fellow hikers will be relieved to know that, now, in addition to knowing how to fashion a splint from a foam pad and a bungee cord, I know practically everything there is to know about delivering a baby in the backcountry...)

After a hearty breakfast Saturday morning at the Highland Center, Alan and I drove up the road to the hiker’s parking area off the Mt. Clinton Road and met up with the rest of the group. It was certainly cold enough for a winter hike (the thermometer in Alan’s car read 3 degrees F.), but the skies were sunny and there didn’t appear to be too much wind, all good signs. After “circling up” and doing the usual introductions, we all donned our MicroSpikes and headed up the predictably icy Crawford Connector path, crossed the bridge over pretty, fast-flowing Gibbs Brook, and started up the Crawford Path proper. This appeared to be

in relatively good shape, with only occasional water and a few slick spots in the hard-packed snow. After climbing a bit, we broke up into “faster” and “slower” groups to accommodate different people’s hiking preferences. Ultimately, both groups still managed to reach the summit of Mt. Clinton in time to eat lunch together. Predictably, at the point where the Crawford Path intersects with the Mizpah Cutoff we encountered several friendly Grey Jays, pretty, but aggressive “moochers” that know that hikers often stop at this spot for a quick snack and almost always swoop down to get their fair share.

Just before reaching the intersection of the Crawford Path and the Webster Cliff Trail on which we would hang a right to take us up to the summit of Mt. Pierce, we broke out of the trees and were treated to fabulous views of Mt. Eisenhower and beyond it up the Southern Presidential ridge to Mounts Franklin, Monroe, Wash-

ington (with the summit peeking in and out of the clouds), and even Jefferson well in the distance. The only really icy section we encountered -- and where full crampons would have worked better than the MicroSpikes -- was on the short, steep stretch of the Webster Cliff Trail leading up to the summit of Pierce. The two groups joined up on the summit where we enjoyed our lunch, drank in the views, and took some more pictures. As an extra gift for this winter hike, it actually started snowing lightly while we were on the summit and continued to do so on and off for the rest of the hike.

After lunch (and what appeared to be a brief nap for Jim Casey who was really grooving in his new ultra-warm, down-filled hiking duds), we continued on the Webster Cliff down to the AMC’s closed-for-the-season Mizpah Hut. While most of this portion of the trail is relatively level and winds its way prettily through snow-draped coniferous trees, the last stretch down to the hut does get pretty steep. This requires careful foot place-

ment any time of the year, and especially in the winter. From the hut, we took the Mizpah Cutoff back to the Crawford Path, meeting up with our still-hungry feathered friends at the same spot and then followed the Crawford Path and Crawford Connector back to the trailhead, first stopping for a group photo on the bridge over Gibbs Brook.

We arrived back to the trailhead at around 2:40 pm, with plenty of daylight left. After unshouldering our backpacks, pulling off our MicroSpikes, and thanking the leaders for what turned out to be another beautiful and convivial winter hike, some of us headed across the street to the Highland Center for either a cold beer for those lucky people planning to spend a second night in NH, or hot coffee for us not-so-lucky people who had to hit the road for the long drive back home to Massachusetts.

Next month, we finish up the 2013 SEM Winter Hiking Series with our overnight trip into beautiful Carter Notch, one of my favorite spots on earth. Can’t wait!



On the summit of Mt. Pierce, photo by Jim Casey

Winter Fun with Some New Toys

By Gina Hurley

SEM Communications Vice Chair



Some of you may be thinking that winter is nearly over, so why write about it, especially as many people are thinking about spring and summer activities. Well even though Punxsutawney Phil did not see his shadow, and is predicting an early spring, snow is still falling, and temperatures are cold enough to make any winter activity exciting. A year and a half ago my husband and I finished summiting New Hampshire's 48 four thousand footers. After completing them, we decided, like many people do, to try to summit all 48 in the winter months. Last winter we summited several peaks

“my husband and I finished summiting New Hampshire's 48 four thousand footers”

but began to feel that our equipment, which was mostly equipment we used for summer hikes and backpacking, or winter skiing, was not sufficient. Specifically we were concerned about having the appropriate clothing, traction for both light and heavy ice conditions, and the right pack size. As this winter began, we were committed to summiting several more 4,000 footers, and decided that new equipment was a must. We all know that our “toys” can be expensive, and so we have spent most of this winter adding to our collection. Here are some of our recent purchases and how they performed.

Appropriate Clothing: Although we have many articles of clothing for skiing and hiking, the three critical clothing items we needed were light weight gloves, newer wicking shirts, and a thin, packable down coat.



Gina Hurley and her husband Mark on Mt. Jefferson

- **Gloves:** We bought light weight gloves with a stretch fabric that are breathable, moisture-wicking, and wind, water, and abrasion resistant. We purchased these at Eastern Mountain Sports, and they have performed well. We have used these on many winter hikes, and they supplement our heavy duty gloves nicely.

- **Wicking Shirts:** I am sure many of you have wicking apparel. The long sleeve shirts I have are fine, but getting old. In addition, when buying clothing for winter activity you want to buy some of them larger so that you can layer, and still have enough room to move comfortably. You can find wicking shirts in many stores these days, not just outdoor recreation stores. In fact, some department stores carry these items regularly and can even be less expensive. We found ours at Sears and they are great.

- **Thin, Packable Down Coat:** We realized that hiking above 4,000 feet



Photo Provided by Gina Hurley

New Toys continued

requires many layers, and different coats for such layering. Having an outer parka is important, but as important is a thin, packable down coat that can be worn as an outer layer, and also as an inner layer under a heavier coat. Since we already had a heavier, outer layer, we bought a hooded Nordic Track down coat for the mid-weight. We also found this product at Sears. We used them recently on the top of Mount Monroe (5,372 feet) and they were comfortable and warm.

Traction: Snowshoes are great, and we've had ours for years. Our crampons were old, and the strap style made them difficult to stay tight on our boots. In addition, we needed a lighter traction tool, for less icy terrain. We bought the Hillsound Trail Crampon (about \$60) for lighter use, and the Hillsound Crampon Pro (about \$80) for more aggressive terrain. The Pro has simple ratchet buckle bindings, which make them very easy to put on and take off, and unlike our previous crampons, stay tight on our boots.

Pack: Winter hiking requires a pack larger than one used for day hiking, but not as large as needed for backpacking trips. You want a pack large enough to carry all of your gear, from light weight to heavy weight, from gloves to coats, from snow shoes to crampons, and sleeping bag or bivy, in case you have to spend an unplanned night out! I recently

“Now is a great time to buy, as most winter equipment is on sale”

bought the EMS Trail 50. With 3,010 cubic inches, and 3 lbs. 5 oz. it is a great size for winter day hikes, or a one-two day backpacking trip. It has pockets to store items you need to get at quickly, and lots of straps to hook your equipment to, such as snowshoes, crampons, or foam pad. The best part is this was recently on sale for 70% off!

There are always new “toys” to buy for our outdoor activities. Now is a great time to buy, as most winter equipment is on sale. Having the right equipment makes the experiences more enjoyable. These are just a few of my new winter “toys” that will make summiting the rest of the 4,000 footers a little bit easier.

New Pack and new crampons... working well!

Winter toys!!



Photo provided by Gina Hurley



Gina Hurley near Lakes of the Clouds Hut, just below Mt. Washington.

Leadership Training *Why Take It?*

In order to foster safe outdoor recreation enjoyable to all, AMC has for many years offered a variety of training programs – both for personal growth and trip leaders/organizers (checkout <http://www.outdoors.org/recreation/leadership/index.cfm>). The most basic program is Leadership Training. This program covers the essential elements our trip leaders need to understand when organizing, planning and managing groups of hikers, bikers, paddlers, or skiers. It is offered by all AMC chapters to train leaders with a common set of guidelines for situations they will likely face in running an outdoor activity. Anyone wishing to lead trips for our chapter should take this program.

Suppose one is uncertain as to whether or not they want to lead trips. Can they take it? Or how about members new to AMC who are not seeking to lead but want to learn how our organization operates. Can they take it? And there are those members who just wish to participate and not lead. Can they take it?

Yes! Yes! Yes! to all three questions. Leadership Training is for participants, too. You will learn how leaders manage groups, screening considerations leaders undertake and may ask you about to insure group compatibility, how to deal with accidents and AMC liability protections, and ways to personally prepare for your outdoor experience whether it's hiking, biking, paddling or skiing. You'll also meet and interact with SEM trip leaders who present course materials. So give LT some thought.

SEM offers Leadership Training once a year. The next offering is coming up on April 6. It's not too late to register.

Contact our Education Chair, Len Ulbricht at lenu44@gmail.com for further information.

2013 LEADERSHIP TRAINING

Leadership Training will be held on Saturday, April 6, 2013 at Borderland State Park, N. Easton, MA. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifi-

cations to become a leader. Non-trip leader candidates are also welcome. It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to chapter members.

For more information click [here](#) or contact Len Ulbricht at lenu44@gmail.com.

Skins and Skulls at the Highland Center Lodge

Provided by AMC Outdoors/ [Great Kids](#). [Great Outdoors](#) is an Appalachian Mountain Club blog. Written by Heather Stephenson

Has your child touched the tiny pelt of an ermine? Or noticed that the eye sockets of coyotes face forward more than those of deer?

"Skins and Skulls" gives them a chance to do this and more. For me and my daughter, the hands-on presentation we recently enjoyed at AMC's [Highland Center Lodge](#) in New Hampshire was a fun learning experience and a perfect break between a morning of snowshoeing and sledding and a hearty hot lunch in the dining hall.

I like to see animals alive and in their natural environments, but the reality is that a fox won't sit still for you to pet its fur. And measuring the size of a moose rack or noticing the little grooves left behind by the veins and arteries that were in its velvet

is best done when the moose itself is not around.

What could be explained in a book about animals is much more easily discovered and understood by seeing and touching their bones and fur. For example, it makes more sense to me now that ermine's winter white fur was once used as a sign of royalty and high status in Europe. Just think how many pelts of animals that range from 6 to 13 inches long would be needed to edge a cape! And now when I notice an animal like the deer with eyes on the side of its head, the better to notice what's coming after it, I will understand that it is avoiding a predator, which likely has forward-facing eyes that allow it to see and judge depth during the hunt.

"Skins and Skulls" is one of many free programs offered by guides at the lodge for all guests. Others include naturalist walks, snowshoe treks, guided hiking and cross-country skiing, and evening talks or movies about natural history or outdoor adventure. Special programming for kids



Photo by Heather Stephenson

is often increased during vacation weeks, so call the lodge at 603-278-4453 to see what's planned. The lodge also has a natural outdoor playscape to explore, a recently enlarged collection of children's books in its library and basement game room, and the L.L.Bean gear room, from which guests can borrow boots, coats, snowshoes, and other gear. There's even a toboggan at the door that you can borrow for sledding.

For more information, read about [family-friendly amenities](#) at the Highland Center.

August Camp 2013 in North Cascades, WA

Provided by Éva Borsody Das



In 2013 August Camp returns to the breathtaking North Cascades of Washington State. We'll hike in the North Cascades National Park, Mt. Baker-Snoqualmie National Forest, and Ross Lake and Lake Chelan National Recreation areas. Choose from a variety of 3-4 hikes every day, or add in backpacking, rafting or kayaking to expand your experience. No matter what you do, you'll be surrounded by amazing vistas! NEWSFLASH! Hike with AMC Southeast MA leader LESLIE CARSON as she joins the ranks of August Camp leaders during weeks 3 and 4 of Camp!

Our full service tent village for 64 campers each week offers home-cooked meals, daily hikes at all levels, nightly campfires and wonderful camaraderie. The 2013 campsite is on the banks of the swift-flowing Skagit River, a popular rafting destination, in the shadow of glaciated 10,781 foot Mt. Baker, and just down the road from Cascadian Farms, known for their organic food and the best ice cream we've ever had! Our site is reached by the North Cascades High-

way, considered the most scenic drive in Washington State. Fly into Seattle-Tacoma International airport, from where our fleet of vans provides free transportation to Camp each Saturday.

Registration forms and detailed Camp information can found at <http://www.augustcamp.org>. Plan your one or two week adventure now and be part of one of the oldest camps in the AMC. One week registration \$875; \$50 discount if registering for 2 weeks. (\$50 more for non AMC members).

Week 1: July 13 - July 20
Week 2: July 20 - July 27
Week 3: July 27 - Aug. 3
Week 4: Aug. 3 - Aug. 10

REGISTER FOR AUGUST CAMP ▶



Photo by Éva Borsody Das

Non-AMC area of interest

visit our new website page

Community Activities

[Article for SEM Cyclists Cape Cod Trail](#)
"Planners tout Cape Cod Rail Trail extension"

[New Museum opened with a focus on the White Mountains](#)
"Museum of the White Mountains"

[Upcoming Maple Syrup Festivals, Tours, and Children's Events](#)
It's maple syrup season, a sweet inspiration to get your family outside.

These activities are not a part of the AMC, nor endorsed by the AMC.

VOLUNTEER

AMC SEM Open Volunteer Positions

Biking (Vice)
Conservation (Vice)
XC Ski (Vice)
Trails (Vice)

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

Spring 2013 WFA/CPR

April 27 & 28, 2013

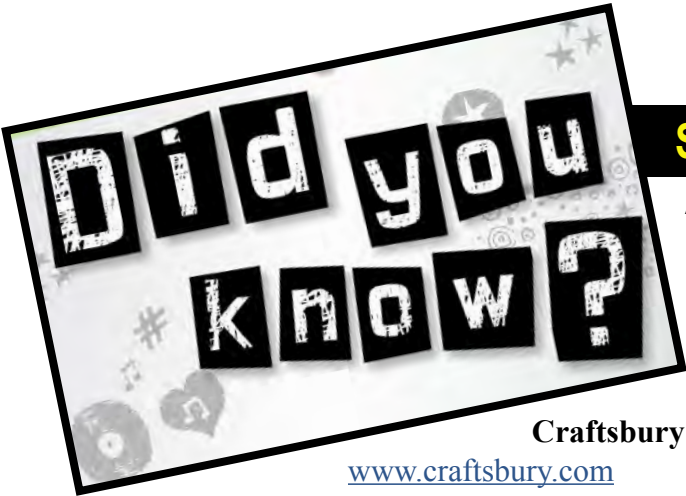
AMC Nobel View Outdoor Center, Russell, MA

The WFA course runs 8-4 that Saturday and Sunday. CPR follows the Saturday session. Pricing is as follows: \$190 AMC Member Price, \$215 for non-AMC members. CPR is optional for additional \$35. Pricing includes shared cabin accommodation and meals. Social gathering Friday and Saturday evening. Noble View description: <http://www.outdoors.org/lodging/cabins-campgrounds/camps-noble.cfm>



Register with Len Ulbricht, Education Chair, at lenu44@gmail.com Wilderness First Aid Course (WFA)

This course deals with medical emergencies that may occur in the back woods when you are more than one hour from medical care and 911 help may not be accessible. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save life in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify.



SPECIAL OFFERS FOR AMC MEMBERS.....

All member offers can be found in the [Member Center](#)

Coleman

www.coleman.com/proform

Use special member access code to save on selected gear.

Craftsbury Outdoor Center

www.craftsbury.com

AMC groups of 10 or more receive a 20% discount on their stay at Craftsbury.

Charles River Canoe & Kayak

www.paddleboston.com

10% discount on offsite boat rentals, instruction, and the regular price of a boat. No discounts on sale items.

Go to [Chapter website](#) and login at the bottom right [Member Center](#) then click [Member Deals](#) for more information

COMMUNITY CONNECTIONS

Upcoming Community Outdoor Activities You Might Be Interested In. Send items to breeze.editor@amcsem.org



PERSONAL POSTS

This section of the Breeze highlights our members. If you have news, or know of news, contact the breeze.editor@amcsem.org

SWAP STUFF

The E-BREEZE will publish FREE ADS for MEMBERS to SWAP/BARTER/SELL/TRADE/FREE OUTDOOR EQUIPMENT. Send your information to breeze.editor@amcsem.org, put "BREEZE – SWAP" in the subject line.

ADVERTISING

Got an AMC-related outdoor business? Run a paid business card - sized ad in the Breeze for \$10/mo (\$100/year) Contact breeze.editor@amcsem.org

COLUMNISTS

Got something to say, want to be a regular Breeze columnist? Contact the Breeze editor to volunteer! Contact breeze.editor@amcsem.org



NIKE REUSE-A-SHOE RECYCLING PROJECT

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

Drop off your old sneakers with any hike, bike or paddle leader
and they will get them to the Vice Chair, Maureen Kelly, vicechair@amcsem.org
Check out the website: www.nikereuseashoe.com

ACTIVITIES

SOUTHEASTERN MA ANNOUNCEMENTS

AMC SEM is always looking for volunteers to volunteer a little or a lot. Contact the chapter chair at chair@amcsem.org if you'd like to volunteer.

BICYCLING

WANTED: Ride Leaders and Co-Leaders. Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm and routes w/ your fellow AMC members? Contact Bike Chair (508-428-6887, bikingchair@amcsem.org) for more info.

AMC SEM 2,000 Mile Club. AMC SEM has a unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair to register your mileage and for more info. (bikingchair@amcsem.org)

Bike Ratings: First character indicates distance in mi: AA=50+; A=35-50; B=25-35; C=under 25. Second is L's pace in mph: 1=17; 2=13-16; 3=11-13; 4=up to 11. Third is terrain: A=very hilly; B=hilly; C=rolling; D=flat.

Tues. Rides. Turn Those Tires on Tues. Rides scheduled all year long, weather permitting. 25 mi of road or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location and directions. Intermed. pace. Riders and bicycles in top shape; tires and riders pumped and ready

to roll; helmets and water req'd. L Paul Currier (508-833-2690 8 am-7 pm, pbencurrier@hotmail.com)

Tuesdays

Mar. 5. Scenic Cycling on Cape Cod. Afternoon cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L - Paul Currier: currierpaul@comcast.net or 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

Mar. 12. Tuesday afternoon cycling. Afternoon cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L - Paul Currier: currierpaul@comcast.net or 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Wednesdays

Mar. 20. Vernal Equinox ride - Salute to Spring. Skaket Beach, Orleans start for a Tour de Shore of the bay including Rock Harbor to Audubon in Wellfleet. Return on inner nook and cranny roads that include Sunk-en Meadow, Crooks, Campground,

Thumpertown, and First Encounter Beaches for sunset at Skaket. Tires and riders pumped and ready to roll. Helmets and water required as is registration - cancellation/rescheduling sent only to registered riders. L - Paul Currier: currierpaul@comcast.net or 508-833-2690. Start aro 2 hours prior to sunset. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Wed., Mar. 27. Sunset/Full Worm Moon Ride. Ride Description: Road cycling. L Paul Currier currierpaul@comcast.net or 508-833-2690 Ride the canal and Gray Gables to Mashnee Island. We'll catch the spectacular sunset over Buzzards Bay and moonrise over Plymouth Bay. C2D Tires and riders pumped and ready to roll. Helmets, spare tube & tire tools, and water required as is registration -cancellation/rescheduling sent only to registered riders. Directions: From the former Sagamore Rotary now the Sagamore Straightaway, head toward Scusset and take Canal Road past Friendly's to the Sagamore Recreation Lot. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Apr. 2. Afternoon Cycling on Cape Cod. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Apr. 9. Scenic Cycling on Cape Cod. Afternoon cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Apr. 16. Afternoon Cycling on Cape Cod. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Apr. 23. Afternoon Cycling on Cape Cod. Afternoon cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration

required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Thursdays
Apr. 25. Sunset/Full Pink Moon Ride. Ride Description: Road cycling. L Paul Currier currierpaul@comcast.net or 508-833-2690 Ride the hills and shores of Sagamore and the canal trail to Buzzards Bay. We'll catch the spectacular sunset over Onset Bay during a tour of Mass Maritime and moonrise over Plymouth Bay. C2B Tires and riders pumped and ready to roll. Helmets, spare tube & tire tools, and water required as is registration -cancellation/rescheduling sent only to registered riders. Directions: From the former Sagamore Rotary now the Sagamore Straightaway, head toward Scusset and take Canal Road past Friendly's to the Sagamore Recreation Lot. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Apr. 30. Scenic Cycling on Cape Cod. Afternoon cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
May. 7. Evening Cycling on Cape

Cod. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
May. 14. Evening Cycling on Cape Cod. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
May. 21. Evening Cycling on Cape Cod. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690

Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Saturdays

May. 25. Sunset/Full Flower Moon Ride. Ride Description: Road cycling. L Paul Currier currierpaul@comcast.net or 508-833-2690. Ride the canal to Gray Gables and Mashnee Island. We'll catch the spectacular sunset over Buzzards Bay and moonrise over Plymouth Bay. C2D Tires and riders pumped and ready to roll. Helmets, spare tube & tire tools, and water required as is registration -cancellation/rescheduling sent only to registered riders. Directions: From the former Sagamore Rotary now the Sagamore Straightaway, head toward Scusset and take Canal Road past Friendly's to the Sagamore Recreation Lot. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

May. 28. Evening Cycling on Cape Cod. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. L Paul Currier currierpaul@comcast.net 508-833-2690 Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Jun. 11. Evening Cycling on Cape Cod. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known

unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Jun. 18. Cape Cod Evening Bicycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Sun., Jun. 23. Sunset/Full Strawberry Moon Ride. Ride Description: Road cycling. L Paul Currier currierpaul@comcast.net or 508-833-2690. Ride the hills and shores of Sagamore and the canal trail to Buzzards Bay. We'll catch the spectacular sunset over Onset Bay during a tour of Mass Maritime and moonrise over Plymouth Bay. C2B Tires and riders pumped and ready to roll. Helmets, spare tube & tire tools, and water required as is registration -cancellation/rescheduling sent only to registered riders. Directions: From the former Sagamore Rotary now the Sagamore Straightaway, head toward Scusset and take Canal Road past Friendly's to the Sagamore Recreation Lot. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Jun. 25. Evening Cape Cod Bicycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

CANOE/KAYAK

Always looking for additional paddle leaders, both flat water and ocean. Contact paddlingchair@amcsem.org

Saturdays

Apr. 13. Centerville River. Rt.28 to S on Old Stage Rd to light, R on S Main to L on Hayward to put-in. PFD, Spray skirt and wet/dry suit req. Paddle Centerville River and local Bays. Lunch on Nantucket Sound. L Bill Fischer (508-420-4137 before 9PM, wmbarbarafischer@comcast.net)

Wed., Apr. 24. Shoestring By. A paddle down Shoestring Bay and up the Masphee River for a look at early spring flora and fauna as salt water transitions into brackish and then fresh water. Then across Popponeset Bay for lunch on Thatch Island, Meadow Point or Crocker's Neck Beach. Before heading back, paddling into Pinquicket Marsh, which should be very open this time of year. About 8 miles. Wet suits, spray

skirts and PFD's required. Preregistration required for info on put in location. Phone: 508-420-7245. L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net)

Sat., Apr. 27. Leader's Choice. Paddle on Cape Cod. Exact location will depend on weather. Contact leader the week of the trip for more information. L Ed Foster (508-420-7245, erfoster@comcast.net)

Volunteer Opportunities

Wed., May. 1. Mashpee/Wakeby Ponds. Paddle around 2 fresh water ponds about 7 miles with lunch at beach at end of Wakeby Pond. Life jackets & spray skirts req. DIRECTIONS: from rte 28 take 130N for 2 mi to R at "State Landing" sign to put-in. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau, CL (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., May. 1. MASHPEE/WAKEBY PONDS, Mashpee. Paddle 2 fresh water ponds about 7 mi with lunch at end of Wakeby Pond. Rte 28 to rte 130 N 2 mi R at "State Landing" sign to put-in. Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., May. 8. Pamet Harbor. Explore Pamet River and Harbor. Put-in Directions: From Route 6 northbound in Truro, right at the exit sign for Pamet Roads and Truro Center. At the junction signed for North and South Pamet Roads turn right, go a few hundred feet and turn right again onto South Pamet Road. Go under Route 6. After 0.1 m you come to Castle Road. Turn left, go

about 100 feet and veer right onto Depot Road. After 0.5 m the road forks. Stay right toward Pamet Harbor. At 1.3 m you come to the harbor parking area. There is a \$6 launching fee. Life vest and spray skirt required. L Don Paladino (508-349-2950, djp1958@comcast.net)

Sat., May. 11. SWAN POND/RIVER PADDLE. Paddle down river to mouth on Nantucket Sound for lunch & return circumnavigating pond, about 7 mi. Life Vest & Spray Skirt req. DIRECTIONS: rte 6 exit 9 to 134S (Harwich/Dennisport) past Patriot Square to L Upper County Rd past Hart Farm to L Clipper Lane to put-in. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau, CL (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., May. 15. Indian Lakes. Middle Pond and Mystic Lake; 6 -7 miles; Spray skirt, wet suit and PFD Required; Preregistration 508-420-7245. L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net)

Saturdays

May. 18. Walkers Pond, Brewster. Satucket Rd. in Brewster to S on Slough Rd to put-in on left. PFD and Spray skirt req. Paddle Walkers and Mill Ponds. L Bill Fischer (508-429-4137 before 9PM, wmbarbarafischer@comcast.net)

Wed., May. 22. Jackknife Cove and Chatham Cut. Pleasant Bay, from Jackknife Cove to the barrier beach at the Chatham cut, returning around Strong Island. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., May. 25. Wellfleet Bay Black-

fish Creek. Explore Blackfish Creek and Fox Island Marsh Put-in: In Wellfleet turn onto Pilgrim Spring Rd. from Rte. 6 (just past the fire-lookout tower). At the stop sign and junction where Cove Rd. joins from the right continue straight on Indian Neck Rd. At the intersection with Samoset Ave. on left bear right and then right on Nauset Road to the Indian Neck Beach parking area. Use the existing paths to access the beach. Life vest and spray skirt req. Wet or dry suit may be req. depending on conditions. L Don Paladino (508-349-2950, djp1958@comcast.net)

Wednesdays

May. 29. Cotuit Bay, Marstons Mills. Route 6 to S on rt 149, R on Rt 28 L on Putnam St, L on Old Shore to Town Landing. Unload and park back up on Putnam. PFD and spray skirt req. Paddle the three bays with lunch on Deadneck. L Bill Fischer (508-420-4137 before 9PM, wmbarbarafischer@comcast.net)

Saturdays

Jun. 1. Meetinghouse Pond/Little Pleasant Bay, Orleans. Put-in: From 6-A or Rte 28 East, R on Main St.; R at fork onto Barley Neck Rd and continue on Barley Neck Rd to Town Landing on R. PFD required; spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Wed., Jun. 5. BASS RIVER SOUTH-DENNIS. Paddle Bass River 'fingers', Grand Cove to mouth at Nantucket Sound. Lunch West Dennis Beach. Life Vest & Spray Skirt required. Directions rte 6 exit 9, rte 134 South, R Upper County rd, L Main st, R Cove rd to landing at end. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8

pm, paulcorri@gmail.com)

net)

Saturdays

Jun. 8. Centerville River. Rt.28 to S on Old Stage to light, R on S Main st. to L on Hayward st. to put in. PFD and spray skirt req. L Bill Fischer (508-420-4137 before 9PM, wambararafischer@comcast.net)

Wednesdays

Jun. 12. Oyster Pond/Stage Harbor, Chatham. Put-in: Route 6, Exit 11 South to L on Route 28; at rotary take 1st exit (Stage Harbor Rd) to Oyster Pond. PFD required. Spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Saturdays

Jun. 15. Swan Pond/River, Dennis. Put-in: Clipper Lane off Upper County Road, Dennis; put-in is on the left. PFD required. Spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Wed., Jun. 19. Jackknife Cove and Chatham Cut. Pleasant Bay, from Jackknife Cove to the Barrier Beach at the Chatham Cut and return around Strong Island. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Jun. 22. Wellfleet Harbor Duck Creek. Explore Duck Creek from Wellfleet Harbor Put-in: From Route 6 in Wellfleet at the traffic light just past P.J.'s turn left toward Wellfleet Center and Harbor. Go 0.3 m and turn left on East Commercial Street. Go 0.7 m to the Town Marina and Harbor. Turn right on Kendrick Ave. The parking lot for Mayo Beach is a few hundred feet on the left. Life vest and spray skirt req. L Don Paladino (508-349-2950, djp1958@comcast.net)

Wednesdays

Jun. 26. Childs River, Falmouth. Rt. 28 to Whites Landing Rd, Falmouth (near Mashpee town line). PFD and spray skirt req. Nice river and possible Bay paddle. L Bill Fischer (508-420-4137 before 9PM, wambararafischer@comcast.net)

Sat., Jun. 29. Boston Harbor Inner Islands. Circumnavigate several harbor Islands. Put-In, Hull Gut, Hull, Ma. Level 3. PDF, spray skirt req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey (781-789-8005 anytime, geowey@comcast.net)

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

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

CAPE HIKES

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

Thu., Mar. 7. Dennis Pond, Yarmouth (C3C). Lots of nice pond views on this 2 hour hike. From ROUTE 6A in Yarmouth take Summer street 1/2 mile to Dennis Pond. Comming from Route 6 take exit #7 onto Willow street towards Yarmouth to Route 6A. Right on 6A a mile or so to Right on Summer Street. (Don't take Willow Street entrance onto Summer that end is badly rutted). Meet 9:45AM. L Gary Miller (508-540-1857, Garymaxx@verizon.net)

Saturdays

Mar. 9. Provincetown: Whales Whales Whales (B3B). Walk on the beach to the Race Point Lighthouse with binoculars in hand. Should see whales from the lighthouse! Meet at 9:45am, upper Race Point Beach parking lot, Provincetown. Walking will take 3 hours; eat lunch as we scan for whales with binoculars for another 2 hours. (5+ hours RT.). L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Mar. 10. Truro, Ryder Beach (C3C). Beach to woodland trails, hills, and scenic bay views. Route 6, then left on Prince Valley Road to the end. Right on County Road, then an immediate left on Ryder Beach Road. Park at the end. Meet at 12:45pm. 2 hours. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Thu., Mar. 14. Bourne-Cataumet Greenways (C3C). Wooded trails, old RR station. Bourne Bridge Rt28 to Otis Rotary, 1st exit - Cataumet. L onto 28A S, R in 1/4m onto Longhill Rd., L on County Rd., R on Red Brook Harbor. Continue 1/2m past stop sign. Park in lot on R (Bourne Conservation Trust sign) Meet at 9:45 am. 2 hrs. Heavy rain/ice cancels. L Cathy Giordano (508-243-3884, cmgiordan@msn.com). L Catherine Giordano (508-243-3884 before 9 pm, cmgiordan@msn.com), R Catherine Giordano (PO Box 1289, North Falmouth, MA 02556, 508-243-3884 before 9 pm, cmgiordan@msn.com)

Saturdays

Mar. 16. Provincetown: Whales and Trails (B3B). Meet at 9:45am, Herring Cove Beach parking lot, (far right of the right parking lot). Walk on bike trail, pine barrens, over dike, and through marsh to Race Point

Lighthouse. Bring your binoculars! Hike will last 3 hours, but allow 2+ extra hours for lunch while scanning with binoculars for whales (5+ hours RT). L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Mar. 17. Yarmouth Ponds (C3C). Hike wood to bogs and ponds. Rte 6 to exit 8S. R at 2nd light. L at stop sign to pkg off pavement either side about 1.mi. Meet 12:45. 2 hours. Bad weather cancels. Doubt? Call L. L Janet DiMattia (jandimattia@verizon.net)

Thu., Mar. 21. Dennis, Crowe to Crowe Loop (C3C). 2-hour hike on paths, beach, and quiet roads. Meet at 9:45am. From Route 6, take exit 9 onto Route 134N to Route 6A. Take a right on 6A, a left onto School Street, then a right onto South Street to the lot at the end on right past the cemetery. L Maria Sylvester (508-385-4045, sylvester_maria@hotmail.com)

Thu., Mar. 28. White Crest Beach, Wellfleet (C3C). Wooded trails to Marconi White Cedar Swamp. Rte 6 to R on Lecount Hollow Rd to beach gatehouse. L on Ocean View Rd 0.9 mi to R at beach pkg lot. Meet 9:45, 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Saturdays

Mar. 30. Provincetown: Whales and Trails (B3B). Meet at 9:45am, Herring Cove Beach parking lot, (far right of the right parking lot). Walk on bike trail, pine barrens, over dike, and through marsh to Race Point Lighthouse. Bring your binoculars! Hike will last 3 hours, but allow 2+ extra hour for lunch while scanning with binoculars for whales (5+ hours RT). L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Mar. 31. Brewster Nickerson State Park (C3C). Hike on woods trails possibly around ponds. Enter park from 6A. Stay on main rd for 1.7 to pkg at Fisherman's Landing on L. Meet at 12:45. 2 hours. Bad weather cancels. Doubt? Call L. L Janet DiMattia (jandimattia@verizon.net)

Thu., Apr. 4. Wellfleet, Griffin Island (C3C). Varied terrain: wooded trails, some hills, spectacular view of bay. Meet 9:45 AM. From Rte 6 left at lights toward Wellfleet Center, left on E. Commercial St. At harbor, Turn Right on Chequessett Neck Rd. Turn Left and Park in Great Island pkg, lot. Over 2 hours. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Saturdays

Apr. 6. Provincetown: Whales Whales Whales (B3B). Walk on the beach to the Race Point Lighthouse with binoculars in hand. Should see whales from the lighthouse! Meet at 9:45am, upper Race Point Beach parking lot, Provincetown. Walk will take 3 hours; eat lunch as we scan for whales with binoculars for another 2 hours+. (5+ hours RT.). L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Apr. 7. Quashnet River. 2 hr. hike on paths along Quashnet River. From Mashpee Commons Rotary Route 28 towards FALMOUTH 2 miles, right on Martin Road to parking on right. Meet 12:45. L Gary Miller (508-540-1857, Garymaxx@verizon.net)

Thu., Apr. 11. Barnstable - Barnstable Conservation (B3B). Meet at transmission line on Service Road. Take Rt 6 to Rt. 149S and R on Service

Road for 200 yds. Walk on Trail of Tears to Sandwich town line and return. Meet at 9:15 am for 9:30 am start, 3 hours. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sat., Apr. 13. Yarmouth, Greenough Ponds (B3C). Walk through Yarmouth Botanical Gardens, Dennis & Greenough Ponds. Meet at 9:45, 3 1/2 hr. Exit 7 off Route 6 North and take immediate right turn on Summer St. Follow dirt road 1/2 mile to beach parking lot. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sun., Apr. 14. Sandwich-Maple Swamp. Hilly hike through varied terrain, meet at 12:45 PM, 1 PM start. Land has history back to early Sandwich settlers. Hiking boots and poles recommended. Take Rte 6 to Exit 3 turn S on Quaker Meetinghouse Rd., 1st left on Service Rd just past Mill Rd on right. L Jane Harding (508-833-2864, janeharding@comcast.net)

(CE) Thu., Apr. 18. Barnstable, Sandy Neck. Walk marsh/beach loop to 4th crossover. Mostly soft sand. Rt 6, Exit 5 to Rt. 149N to Rt. 6A, L on 6A, R on Sandy Neck Rd. to last parking lot. Meet at 9:15 AM for 9:30 AM start, 3 hours. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sun., Apr. 21. Truro Ryder Beach (C3C). Woods, beach walk, ocean views. L on Prince Valley Rd just beyond Truro town line. R at end to immed. L on Ryder Beach Rd. Meet 12:45. 2 hours. Bad weather cancels. Doubt? Call L. L Janet DiMattia (jandimattia@verizon.net)

Thu., Apr. 25. Mashpee-Mashpee River Woodlands (C3C). Wooded walk along Mashpee River. Take Orchard Rd. off Rte.28 to end. Turn R. then quick L onto Mashpee Neck Rd. Go 1.1 miles to Mashpee River Woodlands Pkg.Lot on R. Meet at 9:45AM. 2hrs. L Farley Lewis (farlewis@comcast.net)

Sat., Apr. 27. West Barnstable Conservation Area (B3C). Wooded hike to highest point in Barnstable, some hills. Rte 6 to Ex 5, Rte 149 S. R on Service Rd for 100 yds. Park in lot under power lines. Meet 9:45, 2 1/2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com), CL Tom Kastner (508-325-4486, lintfry@inbox.com)

Thu., May. 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)

Sat., May. 4. Harwich, Herring River (B3C). Wooded walk with views of the beautiful Herring River. Walk both sides of West Reservoir, cranberry bogs. From Rte 6 E, Ex 10, R at top of ramp, Rte 124 for 1.3 mi, R @ Main St. straight 2 mi to park @ Sand Pond on R. Meet 9:45 a.m. 3.5 hrs. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sun., May. 5. Mashpee-Barnstable: Santuit Pond/River. Meet 12:45PM for 1PM Hike. 2 hrs. Rte. 6, Exit 5, South on Rte. 149 to Rte. 28. R on Rte. 28, R on Santuit-Newtown Rd. for 0.8 miles to yellow gate and

PL. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Thu., May. 9. Ryder Conservation Area - Sandwich. Scenic hike, through Lowell Holly Conservation area around Mashpee-Wakeby Pond, meet at 9:45 AM for 10 AM start. Rte 6 to Exit 3, turn south on Quaker Meetinghouse Rd to traffic lights and turn L on Cotuit Rd. 1 - 1.5 miles parking area on right. L Jane Harding (508-833-2864, janeharding@comcast.net)

Sat., May. 11. Brewster, Punkhorn Parklands (B3C). Wooded, hilly trails with pond views. Route 6 Exit 9B, 2 miles to a right on Satucket, then bear right at Stony Brook Road. In 0.3 miles, turn right on Run Hill Road. 1.3 miles to parking lot on the left. Bring lunch 3.5 hours. Meet at 9:45AM. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Sundays

May. 12. Cape Cod Canal Trails , Bourne MA. Varied point to point 4 miles on trails alongside canal from bridge to bridge including Bourne-dale trails, through Bourne scenic park, interesting "4 mile outlook". Meet at Bourneale Herring Run Canal Visitor Center on Canal Scenic Highway about a mile from Sagamore bridge going towards Bourne Bridge MAINLAND SIDE. CARPOOLING REQUIRED SO DON'T BE LATE. 12:45. L Gary Miller (508-540-1857, Garymaxx@verizon.net)

Sun., May. 19. Sandwich Canal Hike. Hike from canal along Town Neck Beach to Sandwich boardwalk and back through Sagamore village, meet at 12:45PM for 1 PM start. From 6A in Sandwich take Tupper Rd towards canal, turn R on Town Neck Rd, turn L on Coast

Guard Rd and park in museum lot. L Jane Harding (508-833-2864, janeharding@comcast.net)

Sat., Jun. 22. Full Moon Hike: West Dennis Beach (C4C). Route 6 Exit 9A south to Route 134, go straight and cross Route 28, then go to the end and turn right. After 0.5 miles, turn left to beach parking near entrance and concession bldg. Hike mile-long stretch on beach for sunset views. Return on beach for moon-rise! Option: Calm weather walk one more length of beach for 3rd mile Meet 7 p.m. Less than 2 hours. L Janet Kaiser (508-432-3277)

EXECUTIVE COMMITTEE

We need an "Event Planner" for the AMC SEM Executive Board. Do you have event planning skills? Our events are typically: Annual Meeting/Dinner, Holiday Party, Summer Picnic. Can you find and reserve a room, choose a menu that fits in our budget, worry about a projector and screen, set an agenda, and generally make an event happen? Contact the chapter chair at chair@amcsem.org.

Volunteer Opportunities

Until Filled. Chapter Youth Program (CYP) Leader. Share your outdoor knowledge and leadership skills with local groups of children. Give your time to these programs to help kids get outside who might not otherwise have the opportunity. A typical Chapter Youth Program (CYP) might include a local walk with some nature lesson or trail games. CYP leader training and screening is required. L Sally Delisa (picpocit@verizon.net)

HIKING

IMPORTANT: No pets w/o prior permission of trip leader. Individuals under 18 years of age must be accompanied by a parent or responsible adult, and obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 week prior to the trip so Ls can discuss prior hiking. **Rating codes (e.g. C4D):** first letter indicates distance in mi, middle number indicates pace, second letter indicates terrain.

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

ing exp., conditioning, clothing, and equipment.

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

Sat., Mar. 2-3. Winter Hiking Series #4 Overnight. End the Winter Series with an overnight at Carter Hut. Winter equipment and sleeping bag required. Options for Sat. hikes. Friday night option to stay at Joe Dodge Lodge with great breakfast before hiking into the hut. Please contact registrar for details. Must confirm by Jan. 30th. L Leslie Carson (508-833-8237, lrc929@comcast.net), L Wayne Anderson (wanderson@mxcsi.com), L Mike Woessner (stridermw@hotmail.com), L Maureen Kelly (mokel773@aol.com), R Leslie Carson (64 Mill Road, East Sandwich, MA 02537,)

(FT) (NM) Sat., Mar. 9. Family Hiking Series #1. Got kids? Join us for our very first hike in our Family Hiking Series. This hiking series is meant to introduce families to the

joy of hiking. There will be 4 hikes in the series; hike one or hike them all. At each hike we will increase our distance and time. Hike #1 will be at Borderland State Park. We will climb some rocks, cross some streams and enjoy lunch by the pond. We will be hiking for approximately 1 hour before our lunch break and 1 hour after. Bring your family, pack a lunch and enjoy a local treasure. Appropriate for children 3 and up. Children under 3 are welcome in child carriers. Contact leader for more information. L Christine Pellegrini (508-244-9203, chrispellegrini@yahoo.com), CL Bill Pellegrini (billpellegrini@yahoo.com), R Christine Pellegrini (508-244-9203 6-8pm, chrispellegrini@yahoo.com)

Sun., Mar. 10. Blue Hills Fast and Hilly. Stay in shape for the bigger mountains by hiking the Skyline Trail at a moderately fast pace. We'll hike the North-South loop, then out to Buck Hill and back. Meet at 8:45; not a beginner hike. L Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com), R Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com)

Thu., Mar. 14. BCT through Walpole Conservation Land. Meet at 10am at the VFW Post at 109 Robbins Rd in Walpole for a 4.5 mile hike on the BCT through Conservation Land. Mostly flat but with a number of steep, but short sections up and down eskers. DIRECTIONS: From intersection of Rt 1 and Rt 27 take Rt 27 North for 2.2 miles to Robbins Rd. (You will cross Rt 1A in Walpole Center. Continue on Rt 27 N under Railroad bridge. The second right is Robbins Rd) Take a right on Robbins Rd. Parking is on your left after 0.2 miles at the VFW Post. Bring hiking boots, traction devices, rain gear, water, lunch. Rain or storm cancels. L Hans Luwald (508-668-0462

Before 9 pm, hans.luwald@gmail.com), CL Debbie Lepore (781-828-0572 Before 9 pm, dlepore2@gmail.com)

Thu., Mar. 21. Thursday, March 21, Hike World's End (C3C). Meet at 10:00 AM, World's End, \$5.00 per person entrance fee for non-Trustees members. Come celebrate the vernal equinox with this moderately paced walk of approximately 4-5 miles, exploring the landscape of a unique peninsula in Boston Harbor. The terrain is moderately hilly (over the 4 drumlins), with a mixture of carriage ways and sometimes rocky paths. Boots or shoes with good traction are recommended; light traction devices may be helpful if icy conditions exist (hopefully not!). The reservation has stunning views, but is exposed to the sea and wind, so dress accordingly, in layers and with good wind protection, as well as sunglasses if bright out! Bring water, thermos with hot drink, snacks or lunch. Directions: From Rt. 3, take Exit 14, Rt. 228 North for 6.5 mi. Turn left onto Rt. 3A (at traffic light), and follow for 0.7 mi. Turn right onto Summer St. (traffic light). At the major intersection with Rockland St. (another traffic light), continue straight across onto Martin's Lane. Follow for 0.7 mi. to entrance at end of road. After stopping at the entrance gate to show your Trustees card or pay \$5, park in the first lot you see on the left. There are portable toilets to the left of the parking area, up a small hill. For more information visit: <http://www.thetrustees.org/places-to-visit/greater-boston/worlds-end.html>. L Eva Borsody das (borsody@gmail.com)

(FT) (NM) Sat., Mar. 23. INTRO hike, Blue Hills. New member introductory hike. Perambulate Buck Hill with side trip to summit. 5-6 miles. Easy terrain. 3-4 hours. Boston

views. Learn what Southeast Mass chapter of AMC offers and the variety of hiking experience available both locally and in more distant areas. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

(CE) Thursdays

Mar. 28. Thursday Morning Rocky Woods Hike 10:00 AM. Hike 6+ miles in Rocky Woods, Medfield, MA Varied terrain with some hills. Open cart paths and trails suitable for socializing as you hike. The trustee of reservations property, a \$2.00 fee per person may be charged. L Fred Wason (508-838-6049, fmwason@verizon.net)

(FT) (NM) Thu., Apr. 4. Thurs. Morn. Hike Horseneck/Westport Beach B3D. Meet at 10:00 AM Horseneck Beach main parking lot. 5 mile hike with an option to extend to 8 miles hiking Gooseberry Island. Bring snacks/lunch sturdy footwear, water, and rain jacket. Heavy Rain cancels. Directions: Rte 195 to Exit 10 Rte. 88 south. Follow Rte 88 to parking lot on your left. After the hike a short drive to a local restaurant for pie and ice cream. L Walt Granda (508-999-6038 before 9 pm, wlgranda@aol.com)

(SN) Sat., Apr. 6. Leadership Training for Trip Leaders. Leadership Training will be held on Saturday, April 6, 2013 at Borderland State Park, N. Easton, MA. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader candidates are also welcome. It is an all day course with a mix of classroom and outdoor exercises.

Lunch and refreshment breaks are provided. This course is offered at no cost to chapter members. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

(FT) (NM) Thursdays

Apr. 11. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Sat., Apr. 13. Family Hiking Series #2. Got kids? Join us for our Family Hiking Series. This hiking series is meant to introduce families to the joy of hiking. Hike #2 will be at F. Gilbert Hills State Forest. We will climb some more rocks, cross bog bridges and enjoy lunch in the woods. We will be hiking for approximately 1 hour and 30 minutes before our lunch break and 1 hour and 30 minutes after. Bring your family, pack a lunch and enjoy another local treasure. Appropriate for children 3 and up. Children under 3 are welcome in child carriers. Contact leader for more information. L Christine Pellegrini (508-244-9203, chrispellegrini@yahoo.com), CL Bill Pellegrini (billpellegrini@yahoo.com), R Christine Pellegrini (508-244-9203 6-8pm, chrispellegrini@yahoo.com)

Sun., Apr. 14. Blue Hills Fast and Hilly. Stay in shape for the bigger mountains by hiking the Skyline Trail at a moderately fast pace. We'll hike the North-South loop, then out

to Buck Hill and back. Meet at 8:45; not a beginner hike. L Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com), R Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com)

Thursdays

Apr. 18. Thursday Hike. 10am at Oldham Trails in Foxboro, MA Hike thru Harold Clark Forest B3C Bring snacks & water. Sturdy boots needed. 95S take Rt.140N through Foxboro Ctr. around rotary continue 140N for 1/2 mile on left Conservation area across from Snow's Supply. L Muriel Guenther (508-699-7461 Before9pm, murielguenther@comcast.net)

(FT) (NM) Thursdays

Apr. 18. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thu., Apr. 25. Thursday Morning Hike at Caratunk Refuge 10:00AM Start. The trails take you by many bridges and flowing brooks surrounded with wildlife. The hike will have several ponds along open fields and stone walls. Follow Route 152 south into Seekonk MA, past the Middle School then take a left onto Brown Ave. The refuge is on your left about a mile down the road. L Sue Chiavaroli (508-496-6452 7-9PM, brillo6452@yahoo.com)

(FT) (NM) Thursdays

Apr. 25. Red Line the Blue Hills. Join

us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Apr. 27. Grand Monadnock via Monte Rosa. Nice loop hike that will take us to the little-visited summit of Monte Rosa on the way to Grand Monadnock and then back via some of the more popular trails. L Ken Jones (lotsoluck@comcast.net), CL Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net), R Paul Miller (169 South Washington St., North Attleboro, MA 02760, 508-369-4151 before 9:00 pm, paulallenmiller@verizon.net)

Sun., Apr. 28. Introductory Hike at Borderland State Park. Join us for an introductory hike at Borderland State Park in Easton. This will be a spring walk over pretty terrain, a little up and down but generally level. We will hike 5-6 miles to see lots of spring lady slippers. New hikers should have comfortable footwear (sneakers or hiking boots) and bring 16 oz of water and a small snack. We plan to leave around 9:00 am and return around 11:30. The park has a \$2.00 parking fee. <http://www.mass.gov/dcr/parks/borderland?> L Kathleen Stanley (781-799-5351 Before 9:00 PM, kstanley@energy-advocates.com), R Kathy Stanley (781-799-5351 Before 9:00 PM, kstanley@energy-advocates.com)

(NM) Thursdays

May. 2. Thursday Morning Hike. 10:00am at Wollomonopoag Hike, Wrentham, MA (B3C) Bring snacks and sturdy boots. Rain cancels.

Find your way to Route 140N Wrentham Center and travel for approximately 1 1/2 miles to Elysium St. on left. Continue on Elysium to top of hill and bear left, the conservation area will be on rt. You will see Es-kers, a beaver dam & Great Blue Heron Rookery. L Muriel Guenther (508-699-7461 before 9pm, murielguenther@comcast.net)

(FT) (NM) Thursdays

May. 2. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays

May. 9. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Sat., May. 11. Introduction to Hiking at Blue Hills. Great hike for new members and first time hikers. A leisurely hike in the Blue Hills Reservation. L Sue Chiavaroli (508-496-6452 7-9PM, brillo6452@yahoo.com)

(FT) (NM) Sat., May. 11. Family Hiking Series #3. Got kids? Join us

for our Family Hiking Series. This hiking series is meant to introduce families to the joy of hiking. Hike #3 will be at Blue Hills Reservation. This hike we will adding some elevation gain to our hiking skills. We will be hiking for approximately 2 hours before our lunch break and 2 hours after. Bring your family, pack a lunch and enjoy beautiful views of the Boston skyline. Appropriate for children 3 and up. Children under 3 are welcome in child carriers. Contact leader for more information. L Christine Pellegrini (508-244-9203, chrispellegrini@yahoo.com), CL Bill Pellegrini (billpellegrini@yahoo.com), R Christine Pellegrini (508-244-9203 6-8pm, chrispellegrini@yahoo.com)

Sun., May. 12. Blue Hills Fast and Hilly. Stay in shape for the bigger mountains by hiking the Skyline Trail at a moderately fast pace. We'll hike the North-South loop, then out to Buck Hill and back. Meet at 8:45; not a beginner hike. L Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com), R Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com)

(FT) (NM) Thursdays

May. 16. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays

May. 23. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary

each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., May 25-27. Memorial Weekend in the Whites. Hike the Twins and the Bonds and stay at Galehead Hut. Group meals included. Cost is \$100.00 pp for the weekend. Confirmation and payment must be submitted by 4/20/13. L Leslie Carson (508-833-8237, ltc929@comcast.net), CL Maureen Kelly (mokol775@aol.com), R Leslie Carson (508-833-8237, ltc929@comcast.net)

(FT) (NM) Thursdays
May. 30. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays
Jun. 6. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays
Jun. 13. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays
Jun. 20. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Sat., Jun. 22. Family Hiking Series #4. Got kids? Join us for our Family Hiking Series. Hike #4 is our final hike. We have learned a lot since our first hike and we plan to take what we learned and head to New Hampshire. The destination will be decided based on how our group has improved over the last 3 hikes. Appropriate for children 3 and older with some hiking experience. Children under 3 years are welcome in child carriers. Contact leader for more information. L Christine Pellegrini (508-244-9203, chrispellegrini@yahoo.com), CL Bill Pellegrini (billpellegrini@yahoo.com), R Christine Pellegrini (508-244-9203 6-8pm, chrispellegrini@yahoo.com)

com), R Christine Pellegrini (508-244-9203 6-8pm, chrispellegrini@yahoo.com)

(FT) (NM) Thursdays
Jun. 27. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

SKIING

Looking for someone to take over the ski committee and plan xc ski and downhill ski events in the winter. Contact the current ski chair at xcskichair@amcsem.org

(CE) Fri., Mar. 1-3. XC Skiing, White Mountains. Boston 40+ Committee joins the Southeastern Massachusetts Chapter at cozy Applebrook B&B in Jefferson, NH, for skiing, snowshoeing, fun and games and great camaraderie. Two nights lodging, 2 breakfasts, and 1 pizza/salad, 1 dinner from \$100-\$160 p/p. Optional pizza and salad at the B&B followed by snowshoeing on the golf course behind the inn on Friday night. Ski groomed trails at Bretton Woods on Saturday; ski or snowshoe on Sunday TBD before returning home. L Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net), CL Wayne Cardoza (603-673-2518 before 9:00pm, wmc.amc@comcast.net), R Barbara Hathaway (508-880-7266 before 9:00pm, barb224@tmlp.net)



the southeast

Breeze

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

April 2013

Visit AMC SEM Website

Breeze Newsletters

Calendar

Photos

[SHORT NOTICE ALERTS](#) and [TWEETS](#)

Open Volunteer Positions

- Biking (Vice) | Conservation (Vice)
- XC Ski (Vice) | Trails (Vice)

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

CYP Leaders WANTED [see page 9](#)

volunteers wanted

Social Committee wanted to share ideas, planning, leading events [see page 10](#)



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

Editor: Andrea Holden
breeze.editor@amcsem.org



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

Sherborn BCT/Rocky Narrows Hike



By Len Ulbricht
Education Committee Chair
educationchair@amcsem.org

23 hikers turned out Thursday Feb. 21 on a cold blustery day offering brilliant sunshine for a walk-in-the-woods. Everyone layered up to fend off the biting wind. We expected the trail to be well packed from previous hikers tramping down the two foot snowfall but found a long section untrod by man, almost pristine, except for one set of horse hoof prints and dog tracks. This section of the Bay Circuit Trail in Sherborn is apparently lightly used, making it an even more wonderful trek though the snowy wooded landscape. But we had to break trail most of the way to Rocky Narrows. It was a tough, slow slog and we finally made the canoe landing for lunch, a most lovely spot on the Charles River where canoeists pull up in warmer weather. The return was equally enjoyable, and faster since we 20+ hikers had tramped down a solid path during our outbound trek.



Lunch at canoe landing, on the BCT, Rocky Narrows Reservation photo by Len Ulbricht

Spring Weekend Ramble Noble View April 27 & 28

Enjoy a social weekend taking in fabulous views and hiking trails for all abilities, bubbling brooks and waterfalls, spring wildflowers and flowering trees, brilliant sunshine and brisk winds, all capped off with social camaraderie and hearty meals provided by our own Joyce and Luther Wallis. The Noble View cabins are modernized and wood burning stove heated. They are situated on an easterly facing bluff with an absolutely magnificent view out toward Springfield and Mt. Wachusett. More information on [Noble View](#).

Extra spots are available this weekend while fellow SEMers take in WFA training. **\$80 covers meals and a bunk for both days**, pricing tough to beat.

Contact Len Ulbricht
lenu44@gmail.com to register

WANT to KNOW
what's going on in our chapter?
Read our committee report [blog](#)

Executive Board

SAVE THE DATES

- Leadership Training** Borderland SP
April 6
- Family Hiking Series** Gilbert Hills State Forest
April 13
- Wilderness First Aid** Noble View
April 27 & 28
- Solo Advanced Wilderness First Aid (AWFA)**
May 4 & 5
- Family Weekend**
Aug. 23-25
- Chapter Hut Weekend**
Sep. 20-22
- Fall Gathering (all chapters)** Hosted Delaware
Oct. 18-20
- Annual Meeting & Dinner**
Nov. 2
- Hike Planning Meetings** 6:30pm
6/5, 9/4, 12/4
- Board Meetings** 6:30pm
4/10, 5/8, 6/12 (in-person), 9/11, 10/9, 11/13

Chapter Chair

chair@amcsem.org
Cheryl Lathrop, 508-668-4698

Vice Chapter Chair

vicechair@amcsem.org
Maureen Kelly, 508-224-9188

Treasurer

treasurer@amcsem.org
Patty Rottmeier
508-982-1099 (c), 508-228-4207 (h)

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secretary@amcsem.org
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Ed Miller, 774-222-0104
5-9pm, no calls after 9pm please

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Lou Sikorsky, 508-678-3984

Past Chapter Chair

pastchapterchair@amcsem.org
Jim Plouffe

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Social Chair

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Jodi Jensen, 781-762-4483

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Ellen Correia

Family Events Chair

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Chris Pellegrini, 508-233-9203

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Social Networking Moderator

Susan Salmon

Webmaster

webmaster@amcsem.org

Breeze Editor

breeze.editor@amcsem.org

Blast Editor

blast.editor@amcsem.org

Where to find activities (hikes, bikes, etc.)

1. The monthly **Breeze** - email
2. **AMC Outdoors magazine** - mail
3. [Online trip listings](#)
4. Sign-up for [short notice trips](#)

Pictures and Article Submissions

We encourage SEM members to submit articles and photos for both the Breeze and our website. Materials will be edited at the editor's discretion, send to breeze.editor@amcsem.org

Breeze Deadlines

Monthly on the 7th, trips; 15th articles/pix

Sign-up for the Breeze

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

Where to find Breeze Publications

Volunteers Wanted

Volunteer for the Executive Board. Do you have skill and want to see where you fit? Lead hikes bike, ski, snowshoe, x-country or paddle trips. We have volunteer positions open! Contact chair@amcsem.org



View from the Chair

By Cheryl Lathrop

Wow, that was a lot of snow in March! But, whether here locally in SE Mass or up there in the mountains, SEM members know how to make the best of it. Thank you leaders for our wonderful winter cold weather and snow activities!

Will April showers bring May flowers? Don't know about that, but Daylight Savings Time is here and the days are getting longer. And April sure brings fun spring activities here in SEM!

Paddling is starting! Cape Hiking and Biking is still happening, Trails, Conservation, CYP, Family, and Social are waking up after a long winter nap. (Hiking is always happening, 24/7/365!)

SEM seems to use April for training – Leadership Training, CYP Leadership Training, and Wilderness First Aid Training (WFA). Check out the “Upcoming Events” tab on our website www.amcsem.org.

So, grab your paddle, your bike, or your boots, and . . .

I'LL SEE YOU ALL OUTSIDE!

Got something to say? Got a good idea? Want to volunteer?
Feel free to contact me anytime about anything!
chair@amcsem.org

Cheryl Lathrop
Chapter Chair

Photo by Jim Casey

As always, feel free to contact your chapter chair, or vice chapter chair at any time.

Chapter Chair: Cheryl Lathrop (chair@amcsem.org) ~ Vice Chapter Chair: Maureen Kelly (vicechair@amcsem.org)



Because it's
AWESOME

Congratulations to the following AMC members who completed all four hikes in the 2013 SEM Winter Hiking Series



Lysa Amaral



Maureen Kelly - Hike Series Leader

Alan Greenstein - 3rd yr in a row!
Hadley Donaldson

Jim Casey - Leader 2nd yr in a row!
Lysa Amaral

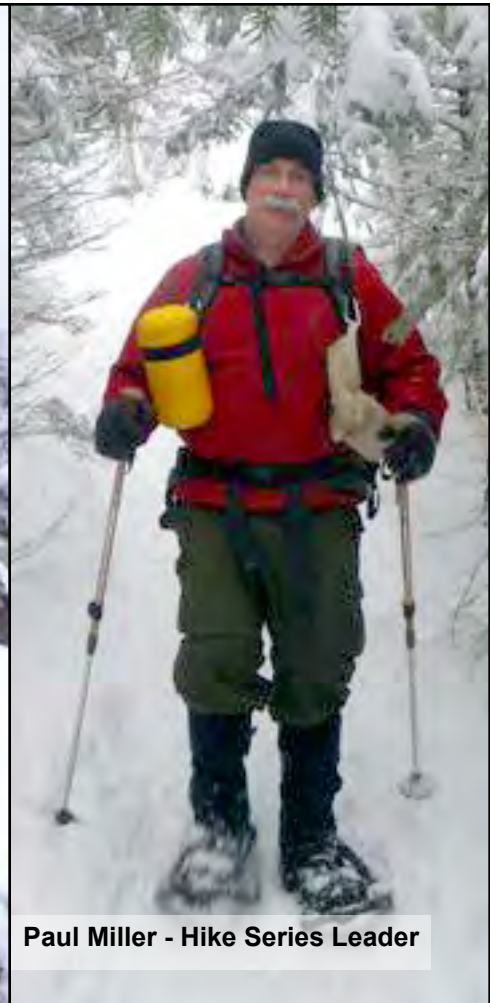
Maureen Kelly - Leader
Paul Miller - Leader



Alan Greenstein



Jim Casey- AMC Leader



Paul Miller - Hike Series Leader

A person is holding a yellow sign in front of a snowy mountain range. The sign has handwritten text and a drawing of a mountain. The background shows a vast, snow-covered mountain landscape under a clear blue sky.

25TH

MEMBERSHIP ANNIVERSARY

**John Goldrosen
Robert RN Ross
Stewart Sanders**

**George Sousa
Jean C. Stewart
Nancy Wigley**

Thank you for your years of membership in the Southeastern Massachusetts Chapter of the Appalachian Mountain Club, the nation's oldest outdoor recreation and conservation organization.

We believe your membership has intrinsic worth by helping to provide recreational opportunities, spiritual renewal, ecological and economic health for our region.

Your support enables AMC SEM to help shape our future, and continue efforts committed to ensuring the force that improves the lives of not only the members in our chapter but that of all people.

The work of AMC SEM would not be possible without our members, and we are proud to have you as part of our team.

Photo of Betsy DeFries "A View to Inspire, tell the world how or why you serve the planet" Credit: [Conservation Nation](#)

Family Events

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

FAMILY HIKING SERIES

This hiking series is meant to introduce families to the joy of hiking. There are 4 hikes in the series; hike one or hike them all. At each hike we will increase our distance and time.

Got kids?

Join us for a hike in our Family Hiking Series!

April 13, 2013

Hike #2 will be at F. Gilbert Hills State Forest. We will climb some more rocks, cross bog bridges and enjoy lunch in the woods. We will be hiking for approximately 1 hour and 30 minutes before our lunch break and 1 hour and 30 minutes after. Bring your family, pack a lunch and enjoy another local treasure.

Appropriate for children 3 and up. Children under 3 are welcome in child carriers. Contact leader for more information.

Bring your family, pack a lunch and enjoy a local treasure. Appropriate for children 3 and up. Children under 3 are welcome in child carriers.



Contact leader Christine Pellegrini 508-244-9203 (best time to call: 6-8pm) chrispellegrini@yahoo.com for more information or to register.

Registration Required.

Hike #3 5/11/13

Hike #4 6/22/13

[View our webpage](#)

The Family Events Committee of SEM AMC is led by dedicated volunteers who keep us connected through the planning of trips and posting of information through our email list. Join us on one of our upcoming adventures. There are other families ready to share the outdoors with you!

FAMILY HIKING SERIES #1 BORDERLAND STATE PARK

We had the first hike of the series March 9th. Who knew when we scheduled this hike we would have 25 inches of snow at Borderland? What to do.....we put some snowshoes on the leaders and packed down a trail. Hiking in the snow, even packed down is a little tougher for kids without any traction gear so we improvised. We hiked for a while had lunch then off to do some sledding. A good time was had by all.





Leadership Training Saturday April 6

Borderland State Park [Details](#)

Wilderness First Aid training April 27 & 28

AMC's Noble View Camp - [Details](#)

Spring 2013 WFA/CPR

April 27 & 28, 2013

AMC Nobel View Outdoor Center, Russell, MA

The WFA course runs 8-4 that Saturday and Sunday. CPR follows the Saturday session. Pricing is as follows: \$190 AMC Member Price, \$215 for non-AMC members. CPR is optional for additional \$35. Pricing includes shared cabin accommodation and meals. Social gathering Friday and Saturday evening. Noble View [description](#).

Register with Len Ulbricht, Education Chair, at lenu44@gmail.com

Wilderness First Aid Course (WFA)

This course deals with medical emergencies that

may occur in the back woods when you are more than one hour from medical care and 911 help may not be accessible. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save life in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify.

AMC family walk

April 06, 2013 - April 07, 2013 (Sat - Sun)

Location: Norman Smith Education Center
Blue Hills, Boston MA Area

Please encourage parents, grandparents, friends and neighbors to sign up for this great one day leadership training with AMC's expert trainer Aaron Gorban and the Boston Chapter Family Outings Committee. The training agenda will include all of the basics of AMC's leader training manual with a focus on how to be outdoors with kids.

Parents can leave their kids in the care of two excellent AMC program staff who will keep the kids outdoors all day with games and explorations. Overnight lodging is available.

[Full details](#). For registration and more information contact David Powell 781-858-5546 (best time to call: NCA 9.00) davidfreds@beld.net



Chapter Youth Program (CYP)

The Chapter Youth Program (CYP) Leaders work with youth groups our goal is to get kids out and enjoying nature.

OUR APPROACH AMC has decades of experience in providing outdoor programs for youth, in many cases providing young people with their first backcountry experiences. Our approach is hands-on and place-based. With programs in local outdoor settings, CYP helps kids and adults alike learn about the joys and rewards of outdoor exploration and adventure.

[View our Brochure](#)

Contact Sally Delisa cypchair@amcsem.org 781-834-6851

CYP LEADERSHIP TRAINING - April 6 -

-CANCELLED-
KIDS in [unclear] enjoy nature with volunteer Chapter Youth Program (CYP) Leaders.

Training will be available on April 6 in the Blue Hills and possibly in Kittery, ME in July.



KNOW A YOUTH GROUP INTERESTED in CYP?

Contact Sally Delisa
cypcoordinator@amcsem.org 781-834-6851

CYP leaders WANTED <<



Share your outdoor knowledge and leadership skills with local groups of children.

Give your time to these programs to help kids get outside who might not otherwise have the opportunity. A typical Chapter Youth Program (CYP) might include a local walk with some nature lesson or trail games.

CYP leader training and screening is required.
Contact Sally Delisa cypchair@amcsem.org, 781-834-685

volunteers wanted

THE SOCIAL COMMITTEE IS LOOKING FOR VOLUNTEERS SHARING IDEAS, PLANNING, LEADING EVENTS

Some events in the past have included bird watching in Mt. Auburn Cemetery, eagle tour on the Essex River in CT, bowling/dinner, and St. Patrick's Day walk in Boston/pizza in N. End.

The intention of the ad hoc committee is to encourage participation in the AMC by people who might not be a real outdoor enthusiast or for people looking for a more laid back/social outing.

If interested, please contact Jodi Jensen, Social Chair, at 781-249-8346 or jodiajensen@gmail.com

Take A Long Hike



By Ray Anderson

Hello fellow hikers. It's still winter up in the snow-covered mountains, so let's talk more about winter and early spring hiking.

One of the rewards of winter hiking is losing weight. In this case, however, body weight should not be lost by eating normal nutritious meals. One must eat extra carbohydrates and fats. What's more, don't stop for lunch--keep moving and snack, snack, snack.



Proteins take days to metabolize and fats take hours, but simple carbs metabolize quickly. Energy bars, gorp with candy, cookies and crackers, all give quick energy. If you hike in winter, this is what to snack on during the day, after you've had a

solid fat-filled breakfast of cereals, toast with peanut butter, or bagels and cream cheese, or french toast with syrup, and cheese, nuts, fruits.



But you will lose weight on a rigorous winter hike because you'll burn off more than you eat. Because proteins take so much longer to metabolize, you put yourself

in danger if you decide to eat "diet" meals. You will tire and get cold faster, which can lead to falls and accidents. Carbs and fats will keep you energized and warmer, especially if you keep moving and don't stop for lunch.

Here are some winter hiking pointers and reminders:

- 1) **Add Tang or Gatorade to water to reduce the freezing point.** You must drink extra liquid to stay hydrated. Drinking water seems counter-intuitive when it's cold outside, but you will sweat a lot. A flavoring added to water, keeps it from freezing and adds taste.
- 2) **Don't eat snow. Always melt it before you consume it.** Eating actual snow will make you cold and the amount of energy your body expends to melt it outweighs the benefit.
- 3) **Keep spare batteries covered and in a pocket so that they are warm and ready, if needed.**
- 4) **Pack a small container of glasses/goggles anti-fog stuff.**
- 5) **Fleece is best for warmth. And if fleece gets wet it still insulates.** "Down" is warm, but useless when wet.

In winter conditions, keeping warm is a function of keeping dry. The trick is to keep cool. "If your feet are cold, put a hat on, or pull your hat down over your ears. If you are hot, take off your hat, or pull it up over your ears." Don't remain hot or cold, stay cool!

Thanks to fellow AMC member Bob Vogel for providing most of this information.

Ray's Hiking Blog: www.TakeaLongHike.com

Slow and Snowy Hike



By Maureen Kelly
SEM Vice Chair and
Hike Leader

vicechair@amcsem.org

My usual Fast & Hilly Hike at the Blue Hills this month was revised by Mother Nature to a Slow & Snowy Hike. The storm that blew through our area for two days last week dropped close to 2 feet of snow at the Blue Hills. At home in Plymouth, my snow was almost gone and I knew there was more snow further north; I just didn't know how much.

My email with the poop sheet suggested waterproof boots and microspikes but not everyone had the spikes. I could see our usual route, the Skyline Trail, from the road and it had been walked on; but without traction, we'd be sliding all over the hills. Not knowing exactly what we'd find for trail conditions we decided to hike the flatter White Triangle Trail, some of us in spikes, some in bare boots.

At first the trails were heavily packed and we moved fairly quickly. Before long though, the trails were less used, post-holes were everywhere and we tried to step in the footprints of the person ahead of us. We did not break virgin trail on any section; others had been there before us. I want to thank every



Lianna Lucchesi, Maureen Kelly, Megan Conley, Karen Rudio, Aviva Slomich

hiker, snowshoer and skier that came through the trails before we did and packed the snow. At some points we could walk on single snowshoe tracks and not fall through the snow. Other areas were so deep that we needed snowshoes ourselves. In these areas and on the small hills we worked up enough heat to remove most of our outer layers. I don't want you to think I let the hikers off easy just because we weren't doing the Skyline Trail.

The deer in the park also appreciated the packed trails and we saw lots of tracks

on our hike. We spotted a few of those deer watching us from a distance. Birds were singing; they were preparing for spring despite the snow on the ground. We saw no other hikers until we made our last cross of the Skyline Trail where we saw a couple hiking and a woman on snowshoes. She took the picture of us. In the end, five women, Karen Rudio, Lianna Lucchesi, Megan Conley, Aviva Slomich and I had a beautiful, Sunday morning, winter hike of almost 7 miles in a lot of snow. It wasn't the hike we were expecting but it was great; it's nice to shake things up once in a while.

GEAR

SWAP * BARTER * SELL * TRADE * FREE

Rossignol Touring X Country Skis w/ bindings. 190/05741776. Women's boots to match size 7 1/2 to 8.

\$75 or Best Offer

Great Condition, bought at EMS.
508-331-5334

Wanted

2 person tent

For backpacking 4lbs or under preferred.

aholden2578@comcast.net
508.989.4239

OUTDOOR BUSINESS?

Run a paid business card advertisement in the Breeze

\$10/month
\$100/year

Contact: breeze.editor@amcsem.org

The E-Breeze will publish FREE ads for members to Swap/Barter/Sell/Trade/Free Outdoor Equipment. Send your ads to: breeze.editor@amcsem.org Indicate "BREEZE - SWAP" in the subject line.

Carter Notch Overnight Provides Fitting Finale for 2013

SEM Winter Hiking Series



By Paul Miller
SEM Hiking
Committee
Vice Chair

hikingchair@amcsem.org

The SEM Hiking Committee has developed what we think is a pretty good formula for our annual Winter Hiking Series.

First, we start off with an informative indoor workshop in November to provide prospective participants with an overview of what they can expect during the series as well as what equipment and clothing they'll need and how to use it. We also explain how to eat and drink during winter hikes to help void "bonking," dehydration, and hypothermia and provide some suggestions for conditioning.

Progressively more difficult winter hikes

Early in December, we have our first actual winter hike, usually an easy local hike, such as this year's Blue Hills hike on Dec. 1. As explained in an article in an earlier issue of the Breeze, while this was still pretty early in the season, we really lucked out this year with relatively cold temperatures and a light snowfall. This provided participants with a chance to try out some of their cold-weather gear.

Then, early in January, we usually head "up North," to a relatively easy mountain in NH. This year, we hiked the Morgan-Percival Loop overlooking scenic Squam Lake on Jan. 5. Once again, we lucked out with wonderful weather for winter hiking: sunny, cool temps in the mid 20s, and a moderate breeze on the exposed summits and ledges.

On February 1, for our third hike in the series, we hiked up 4,301-foot Mount Pierce in the Presidential Mountains of NH. Again, we experienced wonderful winter hiking weather. In this case, that meant cold temperatures in the single digits, very little wind, and sunny skies in the morning (yielding excellent views from the summit), which gradually progressed to overcast skies and light snowfall.

Had the "weather gods" finally deserted us?

However, in the week leading up to the final trip in the series, it looked like the beneficence of the "weather gods" might finally have left us. All week long, the weather reports for the upcoming weekend kept predicting unseasonably mild temperatures and a chance of showers...even at higher elevations. Not at all an encouraging outlook for our trip to the AMC's Joe Dodge Lodge

in Pinkham Notch and Carter Notch Hut, March 1-3.

But fear not resolute hikers; the weather turned out great for the weekend; cold on Friday in the teens, with only slightly warmer temps in the high 20s and low 30s on Saturday and Sunday. And while we didn't see any bright sunshine during the trip, it did snow lightly on and off all three days, providing an appropriate backdrop for winter hiking. In fact, my only weather-related complaint (if you can call it that) was that my 0 zero degree down sleeping bag was a little too warm for me Saturday night at Carter Notch, even in our unheated bunkroom.

Snowshoeing in Pinkham Notch

As usual, the hiking and camaraderie were also great. Most of us took the day off on Friday to make the long trek

from Southeast Mass. up to Pinkham Notch. After checking into their bunkrooms at the Joe Dodge Lodge, Leslie, Wayne, and Maureen (the other three leaders for the weekend) led a group of SEMers up the Tuckerman Ravine Trail for a quick afternoon snowshoe hike.

As planned, I waited around for some more stragglers to arrive and then led a smaller group up to Square Ledge. This short, fun hike offers a wonderful view down into Pinkham Notch. We had to break trail in our snowshoes through the fresh snow, which was a lot of fun, especially as we got to the final really steep section of trail that leads around to Square Ledge itself. Coming down this really steep, snowy section in our snowshoes was even "funner," but we took our time and everyone made it down OK.



On the Tuckerman Ravine Trail Photo by Sal Spada



Atop Square Ledge Photo by Jim Casey

The important thing, of course, is that both groups made it down to the Joe Dodge Lodge in time to enjoy our chapter “happy hour” in the cozy, fireplaced living room. This provided everyone with a chance to socialize, catch up with each other, snack lightly on cheese and crackers, and enjoy some of the wine and beer we all brought up with us for the trip.

At 6:00 pm, we headed over to the dining hall to enjoy an excellent and plentiful buffet dinner, which ultimately resulted in applause for the chef. (As is often the case at the AMC lodges, the homemade soup was particularly outstanding...). Then, after checking out all the neat gear and books in the adjacent Trading Post, many of us stuck around to enjoy a short film on backcountry skiing in Tuckerman Ravine, after which we all turned in early for our hike into Carter Notch the next morning. I lucked out that night, sharing a spacious “family room” at

the JDL with just one other person, a quiet (non-snoring) young guy up in Pinkham for the weekend to take a SOLO wilderness first aid course.

The siren call of Carter Notch in winter

Saturday morning, following a hearty breakfast, we met up in the Pinkham parking lot to split up the group food that Leslie had purchased and carpooled several miles up the road to the small Nineteen Mile Brook Trail parking area. Here, all 17 of us intrepid winter hikers shouldered our heavier-than-usual winter packs, circled



Gearing Up at the Trailhead Photo by Sal Spada

up for a brief orientation by the leaders, slipped on our microspikes, and then headed up the beautifully snow-covered, but well-broken-out Nineteen Mile Brook Trail for the 3.8 mile trek up to the Carter Hut.

For most of its length, this trail climbs gradually, hugging the pretty brook and providing occasional glimpses of mountains on both sides. This day, the trail was particularly attractive, with heavily snow-draped trees providing

each with two leaders. We all made it up to intersection with the Wildcat Ridge Trail in good order and then negotiated the short but steep descent into beautiful Carter Notch, with its two pristine, iced-over mountain ponds, the imposing “Ramparts,” and the historic stone AMC hut, all nestled between majestic Carter Dome and Wildcat A Mountains.

After following the trail around the shore of the larger pond and then crossing right



Allen and Jim at the Intersection of the Nineteen Mile Brook and Wildcat Ridge Trail Photo by Sal Spada

a real sense of winter hiking in NH. Soon after passing the Carter Dome Trail on our left, which marks the approximate halfway mark, at Wayne’s suggestion, we all swapped our microspikes for snowshoes, since the snow was getting deeper and softer as the trail climbed up toward the Wildcats. For the last half mile or so, the trail climbed steeply (or at least it seemed awfully steep to me...), at which point we broke up into “faster” and “slower” groups,

over the frozen smaller pond, we arrived at the hut, the oldest in the AMC hut system, a little after noon. This sits just above the shore of one of the two ponds, which serves as the winter water source for the hut. After checking in with Chad, the *a m i a b l e* winter caretaker, we found our *a s s i g n e d*



Chad, Winter Caretaker at the Carter Hut Photo by Sal Spada



Maureen on the Nineteen Mile Brook Trail Photo by Sal Spada

bunkrooms in one of the two unheated wood bunkhouses just up the trail from the stone hut itself. After spreading out our sleeping bags and orienting ourselves a bit, we all met up again in the hut to eat our lunches and discuss our plans for the afternoon.

the Notch. Maureen and I led another group to explore the Wildcat River Trail, which passed right out from behind our bunkhouse and eventually wends its way down to the paved Carter Notch Road in Jackson. Mistakenly, we thought this would be a relatively moderate ramble



Outside the Bunkhouse Photo by Alan Greenstein

You don't have to summit to have fun

We decided on two different snowshoe hikes. Leslie and Wayne led a group that wanted to score a winter summit of 4,832-foot Carter Dome, a steep, approximately 1,500-foot climb up from

through the woods. The relentlessly steep section of the Carter-Moriah Trail that leads up to the summit of Carter Dome proved to be deep in unbroken snow, meaning the hikers practically slid down two steps for every step climbed on their

snowshoes. In these challenging conditions, only two hikers actually made it all the way up to the summit, but all had a blast.

Our group ran into a surprise on the Wildcat River Trail as well. Rather than a pretty "ramble" through the woods, we found ourselves on a steeply descending trail, on which only a lone skier had passed since the last snowfall. While it was certainly pretty in these quiet, pristine woods and a lot of fun negotiating this descent on our snowshoes, the thought that we would have to regain all the altitude lost on our return to the hut prompted us to turn around after just a half hour or so. The climb back up to the hut wasn't nearly as difficult as we had anticipated and just before reaching the hut, several of us broke off to explore a side trail to The Ramparts, huge boulders that loomed over the Notch offering wonderful views.

An eating club with a hiking disorder...

Back at the hut, which was beginning to fill up with several other groups, we enjoyed Leslie and Maureen's sumptuous appetizer spread (along with wine and other refreshments) while waiting for our allotted time to prepare our group pasta dinner in the hut's small, but well-equipped kitchen. After din-

ner, we socialized some more and then headed back up to the bunkrooms to crawl into our sleeping bags for a well-deserved rest. For many of us, this was punctuated by more than a little bit of snoring, to which I no doubt contributed at least a bit.

The following morning, after a hearty group breakfast of pancakes, sausage, oatmeal, and coffee, we packed up for the much easier, largely downhill hike back to our cars, passing several other groups of hikers going in the opposite direction on the way.

Back at the trailhead once again, after unshouldering our packs and unstrapping our snowshoes, we circled up one last time to thank Leslie and Wayne for putting together this excellent trip and say our goodbyes before departing for the long drive home.

The headline says it all. This indeed was a fitting finale to the excellent 2013 SEM Winter Hiking Series. For me, while I've done many winter hikes with the Club, this was also the first winter series for which I personally completed all four hikes (see sidebar).

Send us your photos
sendphotos@amcsem.org

Spring Membership Open House

Photos by Jim Casey



By **Gina Hurley**
SEM Communications Vice Chair
commsvicchair@amcsem.org

On March 9, 2013 we held our annual Open House at the Bourne Community Center in Buzzards Bay. This was a great opportunity to meet new friends, and learn about all of the fun activities the SEM chapter offers.

About a dozen new members came, along with several current members. Most of the new members came from the Cape, and many were interested in hiking activities.

To give new members an idea of the opportunities in the chapter there were presentations on hiking by Walt Granda, family events by Christine Pellegrini, CYP by Sally Delisa, and August Camp by Leslie Carlson. Refreshments (sandwiches and cookies) were served, and raffle prizes insured fun was had by all!

We would like to thank Jim Casey for the photos, Maureen Kelly for helping with several tasks, and Ed Miller and others for their coordinating efforts.

A special thank you goes to all of the presenters that came to introduce new members to our organization. They left knowing more about AMCSEM then when they came!

Don't forget to look at the chapter [calendar](#) for other great events!



Moonlight Hiking Series

Moonlight Hikers,

My thanks to a great group for having faith and showing up, and for being such good hikers on a great night for a hike.

We hiked for approximately 2 hours with a distance of approx. 4.2 miles, West Side, French, Northwest, Ridge, right turn on Ridge, Granite Hills Loop to Tisdale House Site on Mountain Street, then Pond Walk back to the Visitor Center. Check out the [Borderland Map](#) for details on our location.

A great hike to end the year of Full Moon hikes, even if the moon didn't cooperate!

Special Thanks to Ellenor from the State Parks for having us.

Remember folks, we'll be back at **Borderland April 6th for [Leadership Training!](#)**

Bob Vogel
Moonlight Hike Series Leader

.....

To our faithful and fearless Night Owl Hikers,

Thank you all for a great hike, you're all good troopers.

I have enjoyed this season and happy to see that it ended with Mother Nature giving us a break so we could hike the hills with decent weather conditions.

A special thanks from me to Bob, Jim Casey and Sue Chiavaroli and the Borderland State Park Rangers for some great hikes and letting me help.

Hope to see you again soon...for more hikes visit our website [Hiking](#) quick link.

Happy Trails,

Nancy Coote
Moonlight Series Co-Leader



XC Ski at Applebrook Weekend, Mar 1-3, 2013



By Len Ulbricht
SEM Education Chair
educationchair@amcsem.org

When we arrived Friday afternoon, with 2-4 inches of fresh powdery white stuff on the ground, Barbara, Ellen, Anne and Ewa had their snowshoes strapped on and were off breaking trail into the woods surrounding Applebrook B&B, our sanctuary for the weekend. We (Monica and I) chose to get acquainted with our room and unload our luggage. Soon thereafter Wayne, Jodi, Ralph, Jeannine and Paul arrived rounding out our group just in time for pre-dinner appetizers. (For those unfamiliar with these XC ski weekends, Barbara reserves the entire B&B for our exclusive use, with dinner and breakfast both days included.)

I'm a downhill skier, never having tried XC, but I don't downhill on weekends anymore given the extra expense and crowds. So this was my time to experiment with XC skiing on flat terrain. Arriving at Bretton Woods Nordic Cen-

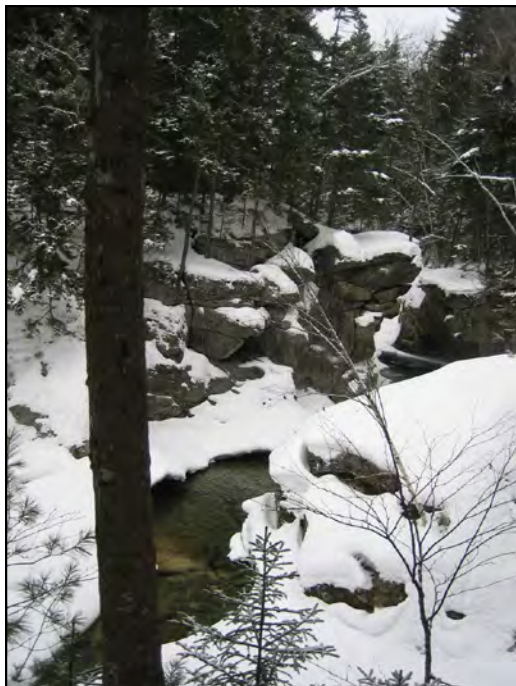


Photo provided by Len Ulbricht

ter to rent equipment I was presented with my first challenge – conventional or skate? Egads, people skate on skis? Stick with conventional skis they advise first timers. And what curious boots – they lace up. No buckles. Hadn't worn lace up ski boots for decades. And the pricing. The rental and trail fee came to less than my typical weekday lift ticket. Wow.

Next challenge was the XC step-in binding. Place the boot toe up against the binding, lean forward and snap goes

the binding – your fastened. That's what they told me, but they lied. Suffice it to say it was struggle struggle struggle until eventually "snap" went the binding and I was fastened in. Then repeat the struggle struggle struggle for the other foot. Downhill step-in bindings are so nice. Place the boot toe in the binding toe piece, press down with the heel and, walla, your fastened to the ski.

Next challenge – how to create forward motion with edgeless skis. Do it all the time with my alpine skis – push off with



Photo provided by Len Ulbricht

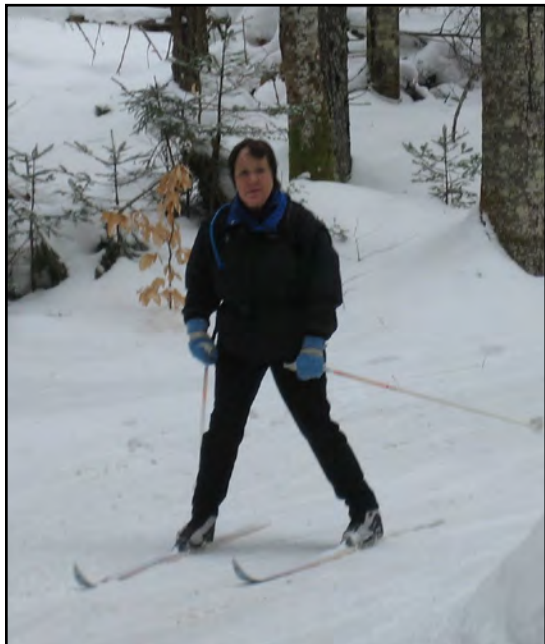


Photo provided by Len Ulbricht

the inside edge. But these things slip – and I fall. But no time to practice. The others have arrived and we are off to the first trail. No wide open slopes here. The groomed trails look to be 15 feet or so feet wide, bounded by scenic woods and a gurgling stream. Real nice. And the trails even have tracks, one for each ski, running along the side of the trail. The tracks are cut by the trail groomer. Nice person that groomer. So I put skis in tracks, copied the swinging motion of the others and off we went.

Next challenge – Whoa, how do I slow down? It’s so easy to ride up on

the skis of the person in front. Solution. Put Len in the lead. Ugh. Okay, away we go.

Well it didn’t take long to get into the swinging motion and glide along the trail. Glide left pole right, glide right pole left – you get the idea. Onward to the yurt. The yurt outpost was a most welcome rest stop in the far woods. Cooled down, ate lunch fixings, and chatted. Once refreshed, off again for the return. More glide left pole right, glide right pole left till we closed the loop and reached our starting point. Ahhh, off with these edgeless skis.



Photo provided by Len Ulbricht

Now for the reward, the best part. It is customary on these ski trips to simultaneously recover from the strain on our leg muscles and re-hydrate our depleted bodies with a stop at the Mt. Washington Hotel lobby bar. Then, after one or perhaps two rounds, we adjourn to the Applebrook for BYO appetizers and a gourmet dinner.

Tough to beat an introduction to XC skiing like this. From now on, downhill weekdays, XC weekends.

Conservation

Please consider adopting these three simple tips to protect our seas, streams, and water supplies:

Join the Massachusetts Annual Statewide Beach Cleanup:

Volunteers throughout Massachusetts turn out in large numbers each year for COASTSWEEP, the state-wide beach cleanup sponsored by Coastal Zone Management and the Urban Harbors Institute of UMass Boston. COASTSWEEP will celebrate its 24th year this September and October.

Get a free Seafood Watch Pocket Guide from Monterey Bay or download the Seafood Watch application right to your phone:

The Pocket Guide and Mobile application will help you choose ocean-friendly seafood wherever you live or travel. Worldwide fishing practices are damaging our oceans by destroying habitats and polluting water.

Be a smart consumer of seafood!

Consume LESS Bottled Water! Buy a BPA free water bottle with a filter attached. Every year, over 300 million tons of plastic are produced and contribute to garbage patches in our oceans, which kill birds, sea turtles and other sea life; in the US alone we buy an estimated 28 billion water bottles annually and over 80% end up in our landfills.

East River Motivates SEM Member

Louise Riemenschneider Foster reminisces up-coming AMC Paddling season



Man Kayaking on East River in Brooklyn/Manhattan NY gets Louise looking forward to the AMC's upcoming paddle season. Great shot of the Statue of Liberty in the background.

**By Louise Riemenschneider Foster
AMC Paddler**

Are your juices flowing yet?

Last weekend was Ed's annual NY Times Crossword Puzzle Tournament in Brooklyn Heights. Typically, while he "works," I explore the neighborhoods, take many photos and hope he takes me to a good place to eat later.

This year I invested in a \$12 ticket on the East River Ferry which gave me unlimited rides for the entire day and spent 2 hours riding north and south getting shots of Brooklyn and Manhattan, replete with a multitude of bridges. Such a deal!

About halfway through my voyage, look what I saw! Forgot to quiz him if he was wearing a wet-suit or noticed if he had a spray skirt. Shame on me, but we really we couldn't have communicated without a megaphone.

It got me looking forward to our upcoming opening paddle of the season - Bill's trip on the Centerville River, truly a perennial favorite.

Here's to spring and I can't wait!

Have an Outdoor related story or photos to share?

Send preferably w/photos to Andrea Holden, breeze.editor@amcsem.org

Non-AMC area of interest

These activities are not a part of the AMC, nor endorsed by AMC

Community Activities

[Blue Hills Reservation Adult Walking Club 2013](#)

[2nd Annual MA Trails Conference](#)

May 4, 8-4pm Devons Common Center, Shirley MA

[23rd annual MA Land Conservation Conference](#)

Sat 23 8am-4pm

[13 year old girl "Sunshine"](#) is attempting to hike the Continental Divide— provided by Tim Hart

["Sunshine" hiked the Appalachian Trail \(AT\) in 2012 and the Pacific Crest Trail in 2011](#)

[Modeling mechanical strains and stresses in soft tissues](#)

Article on shoulder strain with heavy backpacks provided by Tim Hart

AMC SOLO Advanced Wilderness First Aid (AWFA)

SEM Chapter leaders and members, as well as any interested parties, are welcome to join this AMC course.

AMC-Adventure Travel Committee will sponsor a SOLO Advanced Wilderness First Aid (AWFA) 2-day course at AMC's Cabot Auditorium, 4 Joy Street, Boston, on Saturday and Sunday, May 4 & 5, 2013. This course is for people who want to recertify their AWFA or upgrade their WFA to AWFA. In both

cases your current WFA or AWFA must not be expired at the time of this course.

If you have already taken WFA, it's a great idea to take AWFA to further hone your skills and keep things interesting. The cost of the course is \$120. To reserve a spot, please email Erika Bloom erika.bloom@comcast.net (508-951-1001; email preferred).

ACTIVITIES

SOUTHEASTERN MASSACHUSETTS ANNOUNCEMENTS(S)

AMC SEM is always looking for volunteers to volunteer a little or a lot. Contact the chapter chair at chair@amcsem.org if you'd like to volunteer.

BICYCLING

WANTED: Ride Leaders and Co-Leaders. Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm and routes w/ your fellow AMC members? Contact Bike Chair (508-428-6887, bikingchair@amcsem.org) for more info.

AMC SEM 2,000 Mile Club. AMC SEM has a unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair to register your mileage and for more info. (bikingchair@amcsem.org)

Bike Ratings: First character indicates distance in mi: AA=50+; A=35-50; B=25-35; C=under 25. Second is L's pace in mph: 1=17; 2=13-16; 3=11-13; 4=up to 11. Third is terrain: A=very hilly; B=hilly; C=rolling; D=flat.

Tues. Rides. Turn Those Tires on Tues. Rides scheduled all year long,

weather permitting. 25 mi of road or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location and directions. Intermediate pace. Riders and bicycles in top shape; tires and riders pumped and ready to roll; helmets and water req'd. L Paul Currier (508-833-2690 8 am-7 pm, pbencurrier@hotmail.com)

Chapter Trips

(FT) (NM) (CE) Tuesdays

Apr. 2. Afternoon Cycling on Cape Cod. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Apr. 9. Scenic Cycling on Cape Cod. Afternoon cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C

to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Apr. 16. Afternoon Cycling on Cape Cod. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

Sat., Apr. 20. Block Island Cycling. Join us for a day of quiet cycling (before the summer crowds start) on Block Island on Saturday April 20. We will take the 11:00am ferry from Galilee, RI, and cycle approximately 20 miles. There are many nice beach walks, old cemeteries, and ponds along the way. We'll be returning on the 6pm ferry. The ferry ride is 55 minutes. Cost is \$24.15 per person and \$6.40/bike round trip. Optional

dinner stop at the end of the day in Galilee. L Jodi Jensen (781-249-8346, jodiajensen@gmail.com), CL Ellen Correia (ellenrcorreia@gmail.com), R Ellen Correia (508-954-4099, ellenrcorreia@gmail.com)

(FT) (NM) (CE) Tuesdays

Apr. 23. Afternoon Cycling on Cape Cod. Afternoon cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Thursdays

Apr. 25. Sunset/Full Pink Moon Ride. Ride Description: Road cycling. L Paul Currier currierpaul@comcast.net or 508-833-2690 Ride the hills and shores of Sagamore and the canal trail to Buzzards Bay. We'll catch the spectacular sunset over Onset Bay during a tour of Mass Maritime and moonrise over Plymouth Bay. C2B Tires and riders pumped and ready to roll. Helmets, spare tube & tire tools, and water required as is registration -cancellation/rescheduling sent only to registered riders.

Directions: From the former Sagamore Rotary now the Sagamore Straightaway, head toward Scusset and take Canal Road past Friendly's to the Sagamore Recreation Lot. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Apr. 30. Scenic Cycling on Cape Cod. Afternoon cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

May. 7. Evening Cycling on Cape Cod. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier

currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

May. 14. Evening Cycling on Cape Cod. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

May. 21. Evening Cycling on Cape Cod. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

net)

(FT) (NM) (XCE) Saturdays

May. 25. Sunset/Full Flower Moon Ride. Ride Description: Road cycling. L Paul Currier currierpaul@comcast.net or 508-833-2690. Ride the canal to Gray Gables and Mashnee Island. We'll catch the spectacular sunset over Buzzards Bay and moonrise over Plymouth Bay. C2D Tires and riders pumped and ready to roll. Helmets, spare tube & tire tools, and water required as is registration -cancellation/rescheduling sent only to registered riders. Directions: From the former Sagamore Rotary now the Sagamore Straightaway, head toward Scusset and take Canal Road past Friendly's to the Sagamore Recreation Lot. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

May. 28. Evening Cycling on Cape Cod. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. L Paul Currier currierpaul@comcast.net 508-833-2690 Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Jun. 11. Evening Cycling on Cape Cod. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Jun. 18. Cape Cod Evening Bicycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Sun., Jun. 23. Sunset/Full Strawberry Moon Ride. Ride Description: Road cycling. L Paul

currierpaul@comcast.net or 508-833-2690. Ride the hills and shores of Sagamore and the canal trail to Buzzards Bay. We'll catch the spectacular sunset over Onset Bay during a tour of Mass Maritime and moonrise over Plymouth Bay. C2B Tires and riders pumped and ready to roll. Helmets, spare tube & tire tools, and water required as is registration -cancellation/rescheduling sent only to registered riders. Directions: From the former Sagamore Rotary now the Sagamore Straightaway, head toward Scusset and take Canal Road past Friendly's to the Sagamore Recreation Lot. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Jun. 25. Evening Cape Cod Bicycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

CANOE/KAYAK

Always looking for addi-

**tional paddle leaders, both
flat water and ocean. Contact
paddlingchair@amcsem.org**

Chapter Trips

Saturdays

Apr. 13. Centerville River. Rt.28 to S on Old Stage Rd to light, R on S Main to L on Hayward to put-in. PFD, Spray skirt and wet/dry suit req. Paddle Centerville River and local Bays. Lunch on Nantucket Sound. L Bill Fischer (508-420-4137 before 9PM, wambararafischer@comcast.net)

Wed., Apr. 24. Shoestring By. A paddle down Shoestring Bay and up the Mashpee River for a look at early spring flora and fauna as salt water transitions into brackish and then fresh water. Then across Popponeset Bay for lunch on Thatch Island, Meadow Point or Crockers Neck Beach. Before heading back, paddling into Pinquicket Marsh, which should be very open this time of year. About 8 miles. Wet suits, spray skirts and PFD's required. Preregistration required for info on put in location. Phone: 508-420-7245. L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net)

Sat., Apr. 27. Leader's Choice. Paddle on Cape Cod. Exact location will depend on weather. Contact leader the week of the trip for more information. L Ed Foster (508-420-7245, erfoster@comcast.net)

Volunteer Opportunities

Wed., May. 1. Mashpee/Wakeby Ponds. Paddle around 2 fresh water ponds about 7 miles with lunch at beach at end of Wakeby Pond. Life jackets & spray skirts req. DIRECTIONS: from rte 28 take 130N for 2 mi to R at "State Landing" sign to put-in. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau, CL (508-362-0451 before 8 pm, paulcorri@gmail.com)

Chapter Trips

Wed., May. 1. MASHPEE/WAKEBY PONDS, Mashpee. Paddle 2 fresh water ponds about 7 mi with lunch at end of Wakeby Pond. Rte 28 to rte 130 N 2 mi R at "State Landing" sign to put-in. Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., May. 8. Pamet Harbor. Explore Pamet River and Harbor. Put-in Directions: From Route 6 northbound in Truro, right at the exit sign for Pamet Roads and Truro Center. At the junction signed for North and South Pamet Roads turn right, go a few hundred feet and turn right again onto South Pamet Road. Go under Route 6. After 0.1 m you come to Castle Road. Turn left, go about 100 feet and veer right onto

Depot Road. After 0.5 m the road forks. Stay right toward Pamet Harbor. At 1.3 m you come to the harbor parking area. There is a \$6 launching fee. Life vest and spray skirt required. L Don Paladino (508-349-2950, djp1958@comcast.net)

Sat., May. 11. SWAN POND/RIVER PADDLE. Paddle down river to mouth on Nantucket Sound for lunch & return circumnavigating pond, about 7 mi. Life Vest & Spray Skirt req. DIRECTIONS: rte 6 exit 9 to 134S (Harwich/Dennisport) past Patriot Square to L Upper County Rd past Hart Farm to L Clipper Lane to put-in. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau, CL (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., May. 15. Indian Lakes. Middle Pond and Mystic Lake; 6 -7 miles; Spray skirt, wet suit and PFD Required; Preregistration 508-420-7245. L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net)

Saturdays

May. 18. Walkers Pond, Brewster. Satucket Rd. in Brewster to S on Slough Rd to put-in on left. PFD and Spray skirt req. Paddle Walkers and Mill Ponds. L Bill Fischer (508-429-4137 before 9PM, wambararafischer@comcast.net)

Wed., May. 22. Jackknife Cove and Chatham Cut. Pleasant Bay, from Jackknife Cove to the barrier beach at the Chatham cut, returning around Strong Island. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., May. 25. Wellfleet Bay Blackfish Creek. Explore Blackfish Creek and Fox Island Marsh Put-in: In Wellfleet turn onto Pilgrim Spring Rd. from Rte. 6 (just past the fire-lookout tower). At the stop sign and junction where Cove Rd. joins from the right continue straight on Indian Neck Rd. At the intersection with Samoset Ave. on left bear right and then right on Nauset Road to the Indian Neck Beach parking area. Use the existing paths to access the beach. Life vest and spray skirt req. Wet or dry suit may be req. depending on conditions. L Don Paladino (508-349-2950, djp1958@comcast.net)

Wednesdays

May. 29. Cotuit Bay, Marstons Mills. Route 6 to S on rt 149, R on Rt 28 L on Putnam St, L on Old Shore to Town Landing. Unload and park back up on Putnam. PFD and spray skirt req. Paddle the three bays with lunch on Deadneck. L Bill Fischer (508-420-4137 before 9PM, wmbarbarafischer@comcast.net)

Saturdays

Jun. 1. Meetinghouse Pond/Little

Pleasant Bay, Orleans. Put-in: From 6-A or Rte 28 East, R on Main St.; R at fork onto Barley Neck Rd and continue on Barley Neck Rd to Town Landing on R. PFD required; spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Wed., Jun. 5. BASS RIVER SOUTH-Dennis. Paddle Bass River 'fingers', Grand Cove to mouth at Nantucket Sound. Lunch West Dennis Beach. Life Vest & Spray Skirt required. Directions rte 6 exit 9, rte 134 South, R Upper County rd, L Main st, R Cove rd to landing at end. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Saturdays

Jun. 8. Centerville River. Rt.28 to S on Old Stage to light, R on S Main st. to L on Hayward st. to put in. PFD and spray skirt req. L Bill Fischer (508-420-4137 before 9PM, wmbarbarafischer@comcast.net)

Wednesdays

Jun. 12. Oyster Pond/Stage Harbor, Chatham. Put-in: Route 6, Exit 11 South to L on Route 28; at rotary take 1st exit (Stage Harbor Rd) to Oyster Pond. PFD required. Spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Saturdays

Jun. 15. Swan Pond/River, Dennis. Put-in: Clipper Lane off Upper County Road, Dennis; put-in is on the left. PFD required. Spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Wed., Jun. 19. Jackknife Cove and Chatham Cut. Pleasant Bay, from Jackknife Cove to the Barrier Beach at the Chatham Cut and return around Strong Island. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Jun. 22. Wellfleet Harbor Duck Creek. Explore Duck Creek from Wellfleet Harbor Put-in: From Route 6 in Wellfleet at the traffic light just past P.J.'s turn left toward Wellfleet Center and Harbor. Go 0.3 m and turn left on East Commercial Street. Go 0.7 m to the Town Marina and Harbor. Turn right on Kendrick Ave. The parking lot for Mayo Beach is a few hundred feet on the left. Life vest and spray skirt req. L Don Paladino (508-349-2950, djp1958@comcast.net)

Wednesdays

Jun. 26. Childs River, Falmouth. Rt. 28 to Whites Landing Rd, Falmouth (near Mashpee town line). PFD and spray skirt req. Nice river and possible Bay paddle. L Bill Fischer (508-420-4137 before 9PM, wmbarbarafischer@comcast.net)

Sat., Jun. 29. Boston Harbor Inner Islands. Circumnavigate several harbor Islands. Put-In, Hull Gut, Hull, Ma. Level 3. PDF, spray skirt req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey (781-789-8005 any-time, geowey@comcast.net)

CAPE HIKES

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

Chapter Trips

Thu., Apr. 4. Wellfleet, Griffin Island (C3C). Varied terrain: wooded trails, some hills, spectacular view of bay. Meet 9:45 AM. From Rte 6 left at lights toward Wellfleet Center, left on E. Commercial St. At harbor, Turn Right on Chequessett Neck Rd. Turn Left and Park in Great Island pkg, lot. Over 2 hours. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

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

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

Saturdays

Apr. 6. Provincetown: Whales

Whales Whales (B3B). Walk on the beach to the Race Point Lighthouse with binoculars in hand. Should see whales from the lighthouse! Meet at 9:45am, upper Race Point Beach parking lot, Provincetown. Walk will take 3 hours; eat lunch as we scan for whales with binoculars for another 2 hours+. (5+ hours RT.). L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Apr. 7. Quashnet River. 2 hr. hike on paths along Quashnet River. From Mashpee Commons Rotary Route 28 towards FALMOUTH 2 miles, right on Martin Road to parking on right. Meet 12:45. L Gary Miller (508-540-1857, Garymaxx@verizon.net)

Thu., Apr. 11. Barnstable - Barnstable Conservation (B3B). Meet at transmission line on Service Road. Take Rt 6 to Rt. 149S and R on Service Road for 200 yds. Walk on Trail of Tears to Sandwich town line and return. Meet at 9:15 am for 9:30 am start, 3 hours. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sat., Apr. 13. Yarmouth, Greenough Ponds (B3C). Walk through Yarmouth Botanical Gardens, Dennis & Greenough Ponds. Meet at 9:45, 3 1/2 hr. Exit 7 off Route 6 North and take immediate right turn on Summer St. Follow dirt road 1/2 mile

to beach parking lot. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sun., Apr. 14. Sandwich-Maple Swamp. Hilly hike through varied terrain, meet at 12:45 PM, 1 PM start. Land has history back to early Sandwich settlers. Hiking boots and poles recommended. Take Rte 6 to Exit 3 turn S on Quaker Meetinghouse Rd., 1st left on Service Rd just past Mill Rd on right. L Jane Harding (508-833-2864, janeharding@comcast.net)

(CE) Thu., Apr. 18. Barnstable, Sandy Neck. Walk marsh/beach loop to 4th crossover. Mostly soft sand. Rt 6, Exit 5 to Rt. 149N to Rt. 6A, L on 6A, R on Sandy Neck Rd. to last parking lot. Meet at 9:15 AM for 9:30 AM start, 3 hours. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sun., Apr. 21. Truro Ryder Beach (C3C). Woods, beach walk, ocean views. L on Prince Valley Rd just beyond Truro town line. R at end to immed. L on Ryder Beach Rd. Meet 12:45. 2 hours. Bad weather cancels. Doubt? Call L. L Janet DiMattia (jandimattia@verizon.net)

Thu., Apr. 25. Mashpee-Mashpee River Woodlands (C3C). Wooded walk along Mashpee River. Take

Orchard Rd. off Rte.28 to end. Turn R. then quick L onto Mashpee Neck Rd. Go 1.1 miles to Mashpee River Woodlands Pkg.Lot on R. Meet at 9:45AM. 2hrs. L Farley Lewis (farlewis@comcast.net)

Sat., Apr. 27. West Barnstable Conservation Area (B3C). Wooded hike to highest point in Barnstable, some hills. Rte 6 to Ex 5, Rte 149 S. R on Service Rd for 100 yds. Park in lot under power lines. Meet 9:45, 2 1/2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com), CL Tom Kastner (508-325-4486, lintfry@inbox.com)

Thu., May. 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)

Sat., May. 4. Harwich, Herring River (B3C). Wooded walk with views of the beautiful Herring River. Walk both sides of West Reservoir, cranberry bogs. From Rte 6 E, Ex 10, R at top of ramp, Rte 124 for 1.3 mi, R @ Main St. straight 2 mi to park @ Sand Pond on R. Meet 9:45 a.m. 3.5 hrs. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sun., May. 5. Mashpee-Barnstable: Santuit Pond/River. Meet 12:45PM for 1PM Hike. 2 hrs. Rte. 6, Exit 5, South on Rte. 149 to Rte. 28. R. on Rte. 28, R on Santuit-Newtown Rd. for 0.8 miles to yellow gate and PL. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Thu., May. 9. Ryder Conservation Area - Sandwich. Scenic hike, through Lowell Holly Conservation area around Mashpee-Wakeby Pond, meet at 9:45 AM for 10 AM start. Rte 6 to Exit 3, turn south on Quaker Meetinghouse Rd to traffic lights and turn L on Cotuit Rd. 1 - 1.5 miles parking area on right. L Jane Harding (508-833-2864, janeharding@comcast.net)

Sundays

May. 12. Cape Cod Canal Trails , Bourne MA. Varied point to point 4 miles on trails alongside canal from bridge to bridge including Bourne-dale trails, through Bourne scenic park, interesting "4 mile outlook". Meet at Bourneale Herring Run Canal Visitor Center on Canal Scenic Highway about a mile from Sagamore bridge going towards Bourne Bridge MAINLAND SIDE. CAR-POOLING REQUIRED SO DON'T BE LATE. 12:45. L Gary Miller (508-540-1857, Garymaxx@verizon.net)

Sun., May. 19. Sandwich Canal Volunteer Opportunities

Hike. Hike from canal along Town Neck Beach to Sandwich boardwalk and back through Sagamore village, meet at 12:45PM for 1 PM start. From 6A in Sandwich take Tupper Rd towards canal, turn R on Town Neck Rd, turn L on Coast Guard Rd and park in museum lot. L Jane Harding (508-833-2864, janeharding@comcast.net)

Sat., Jun. 22. Full Moon Hike: West Dennis Beach (C4C). Route 6 Exit 9A south to Route 134, go straight and cross Route 28, then go to the end and turn right. After 0.5 miles, turn left to beach parking near entrance and concession bldg. Hike mile-long stretch on beach for sunset views. Return on beach for moon-rise! Option: Calm weather walk one more length of beach for 3rd mile Meet 7 p.m. Less than 2 hours. L Janet Kaiser (508-432-3277)

EXECUTIVE COMMITTEE

We need an "Event Planner" for the AMC SEM Executive Board. Do you have event planning skills? Our events are typically: Annual Meeting/Dinner, Holiday Party, Summer Picnic. Can you find and reserve a room, choose a menu that fits in our budget, worry about a projector and screen, set an agenda, and generally make an event happen? Contact the chapter chair at chair@amcsem.org.

Until Filled. Chapter Youth Program (CYP) Leader. Share your outdoor knowledge and leadership skills with local groups of children. Give your time to these programs to help kids get outside who might not otherwise have the opportunity. A typical Chapter Youth Program (CYP) might include a local walk with some nature lesson or trail games. CYP leader training and screening is required. L Sally Delisa (picpocit@verizon.net)

HIKING

IMPORTANT: No pets w/o prior permission of trip leader. Individuals under 18 years of age must be accompanied by a parent or responsible adult, and obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 week prior to the trip so Ls can discuss prior hiking exp., conditioning, clothing, and equipment. Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

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

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

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

Chapter Trips

(AN) (CE) Tuesdays

Apr. 2. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. 9:30 Start. L Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net), CL Luther Wallis, R Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thu., Apr. 4. Thurs. Morn. Hike Horseneck/Westport Beach B3D. Meet at 10:00 AM Horseneck Beach main parking lot. 5 mile hike with an option to extend to 8 miles hiking Gooseberry Island. Bring snacks/lunch sturdy footwear, water, and rain jacket. Heavy Rain cancels. Directions: Rte 195 to Exit 10 Rte. 88 south. Follow Rte 88 to parking lot on your left. After the hike a short drive to a local restaurant for pie and ice cream. L Walt Granda (508-999-6038 before 9 pm, wlgranda@aol.com)

(SN) Sat., Apr. 6. Leadership Training for Trip Leaders. Leadership Training will be held on Saturday, April 6, 2013 at Borderland State Park, N. Easton, MA. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course cov-

ers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader candidates are also welcome. It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to chapter members. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

(AN) (CE) Tuesdays

Apr. 9. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. 9:30 Start. L Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net), CL Luther Wallis, R Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays

Apr. 11. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-

8346 early evening, RLBH_
registrar@amcsem.org)

(FT) (NM) Sat., Apr. 13. Family Hiking Series #2. Got kids? Join us for our Family Hiking Series. This hiking series is meant to introduce families to the joy of hiking. Hike #2 will be at F. Gilbert Hills State Forest. We will climb some more rocks, cross bog bridges and enjoy lunch in the woods. We will be hiking for approximately 1 hour and 30 minutes before our lunch break and 1 hour and 30 minutes after. Bring your family, pack a lunch and enjoy another local treasure. Appropriate for children 3 and up. Children under 3 are welcome in child carriers. Contact leader for more information. L Christine Pellegrini (508-244-9203, chrispellegrini@yahoo.com), CL Bill Pellegrini (billpellegrini@yahoo.com), R Christine Pellegrini (508-244-9203 6-8pm, chrispellegrini@yahoo.com)

Sat., Apr. 13. Seven Sisters Hike. Moderate 6 mile hike on the Metacomet Monadnock Trail over a series of peaks including Mt Holyoke, The Seven Sisters, Mt Hitchcock, and Bare Mountain. Climb Bare Mountain and proceed up and down the ridge to Mt Holyoke. Total elevation gain over 2000 ft. Enjoy great views of the Pioneer Valley and the Connecticut River while getting in condition for bigger hikes. L Anne Duggan (508-789-5538 evenings till 9:30, ab.duggan@verizon.net), CL Jodi

Jensen (jodiajensen@gmail.com), R Anne Duggan (508-789-5538 evenings till 9:30, ab.duggan@gmail.com)

Sun., Apr. 14. Blue Hills Fast and Hilly. Stay in shape for the bigger mountains by hiking the Skyline Trail at a moderately fast pace. We'll hike the North-South loop, then out to Buck Hill and back. Meet at 8:45; not a beginner hike. L Maureen Kelly (508-224-9188 before 8 pm, mokol773@aol.com), R Maureen Kelly (508-224-9188 before 8 pm, mokol773@aol.com)

(AN) (CE) Tuesdays

Apr. 16. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. 9:30 Start. L Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net), CL Luther Wallis, R Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net)

Thursdays

Apr. 18. Thursday Hike. 10am at Oldham Trails in Foxboro, MA Hike thru Harold Clark Forest B3C Bring snacks & water. Sturdy boots needed. 95S take Rt.140N through Foxboro Ctr. around rotary continue 140N for 1/2 mile on left Conservation area across from

Snow's Supply. L Muriel Guenther (508-699-7461 Before9pm, murielguenther@comcast.net)

(FT) (NM) Thursdays

Apr. 18. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(AN) (CE) Tuesdays

Apr. 23. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. 9:30 Start. L Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net), CL Luther Wallis, R Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thu., Apr. 25. Thursday Morning Hike at Caratunk Refuge 10:00AM Start. The trails take you by many bridges and flowing brooks surrounded with wildlife. The hike will have several ponds along open

fields and stone walls. Follow Route 152 south into Seekonk MA, past the Middle School then take a left onto Brown Ave. The refuge is on your left about a mile down the road. L Sue Chiavaroli (508-496-6452 7-9PM, brillo6452@yahoo.com)

(FT) (NM) Thursdays

Apr. 25. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Apr. 27. Grand Monadnock via Monte Rosa. Nice loop hike that will take us to the little-visited summit of Monte Rosa on the way to Grand Monadnock and then back via some of the more popular trails. L Ken Jones (lotsoluck@comcast.net), CL Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net), R Paul Miller (169 South Washington St., North Attleboro, MA 02760, 508-369-4151 before 9:00 pm, paulallenmiller@verizon.net)

(XCE) (SN) Sat., Apr. 27-28. Wilderness First Aid (WFA). WFA

training (instruction by SOLO, see <http://www.soloschools.com/index.cfm?event=course.wfa>) is again offered this spring at AMC's Noble View camp (<http://www.outdoors.org/lodging/cabins-campgrounds/camps-noble.cfm>). Learn what to do in case of a hiking related accident deep in the woods when professional help is hours away. Optional CPR instruction also available. This is a popular program and fills up quickly. Pricing includes room and board for both days. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

Sun., Apr. 28. Introductory Hike at Borderland State Park. Join us for an introductory hike at Borderland State Park in Easton. This will be a spring walk over pretty terrain, a little up and down but generally level. We will hike 5-6 miles to see lots of spring lady slippers. New hikers should have comfortable footwear (sneakers or hiking boots) and bring 16 oz of water and a small snack. We plan to leave around 9:00 am and return around 11:30. The park has a \$2.00 parking fee. <http://www.mass.gov/dcr/parks/borderland/> L Kathleen Stanley (781-799-5351 Before 9:00 PM, kstanley@energy-advocates.com), R Kathy Stanley (781-799-5351 Before 9:00 PM, kstanley@energy-advocates.com)

(AN) (CE) Tuesdays

Apr. 30. Blue Hills Reservation Conditioning Hikes. Join us for a weekly

conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. 9:30 Start. L Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net), CL Luther Wallis, R Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net)

(NM) Thursdays

May. 2. Thursday Morning Hike. 10:00am at Wollomonopoag Hike, Wrentham, MA (B3C) Bring snacks and sturdy boots. Rain cancels. Find your way to Route 140N Wrentham Center and travel for approximately 1 1/2 miles to Elysium St. on left. Continue on Elysium to top of hill and bear left, the conservation area will be on rt. You will see Es-kers, a beaver dam & Great Blue Heron Rookery. L Muriel Guenther (508-699-7461 before 9pm, murielguenther@comcast.net)

(FT) (NM) Thursdays

May. 2. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

registrar@amcsem.org)

(AN) (CE) Tuesdays

May. 7. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. 9:30 Start. L Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net), CL Luther Wallis, R Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays

May. 9. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Thu., May. 9. Borderland State Park/BCT. Meeting time is 9:45am at Borderland SP parking lot on Massapoag Ave. on the Sharon/North Easton border for a 4.5 mile hike. Hiking will conclude around 1:00pm with pizza and cake afterwards in the Borderland Visitor

Center. Please bring, water, rain gear, appropriate footwear, plastic bag for trash pick up and pruning shears. Storm cancels. Parking fee is \$2.00. Lunch fee is \$5.00. Registration is REQUIRED for this activity. Please call Barbara Hathaway to register for this activity and with any questions you may have. L Deborah Lepore (781-828-0572 Before 9 pm, DLepore2@GMail.com), CL Barbara Hathaway (508-880-7266 Before 9 pm, barb224@tmlp.net), R Barbara Hathaway (Taunton, MA, 508-880-7266 Before 9 pm, barb224@tmlp.net)

(FT) (NM) Sat., May. 11. Introduction to Hiking at Blue Hills. Great hike for new members and first time hikers. A leisurely hike in the Blue Hills Reservation. L Sue Chiavaroli (508-496-6452 7-9PM, brillo6452@yahoo.com)

(FT) (NM) Sat., May. 11. Family Hiking Series #3. Got kids? Join us for our Family Hiking Series. This hiking series is meant to introduce families to the joy of hiking. Hike #3 will be at Blue Hills Reservation. This hike we will adding some elevation gain to our hiking skills. We will be hiking for approximately 2 hours before our lunch break and 2 hours after. Bring your family, pack a lunch and enjoy beautiful views of the Boston skyline. Appropriate for children 3 and up. Children under 3 are welcome in child carriers. Contact leader for more information. L

Christine Pellegrini (508-244-9203, chrispellegrini@yahoo.com), CL Bill Pellegrini (billpellegrini@yahoo.com), R Christine Pellegrini (508-244-9203 6-8pm, chrispellegrini@yahoo.com)

Sun., May. 12. Blue Hills Fast and Hilly. Stay in shape for the bigger mountains by hiking the Skyline Trail at a moderately fast pace. We'll hike the North-South loop, then out to Buck Hill and back. Meet at 8:45; not a beginner hike. L Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com), R Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com)

(C) (FT) (NM) Sun., May. 12. Mt. Auburn Cemetery Bird Watch. Join us for our 2nd Annual Spring Walk in Mt. Auburn Cemetery, looking for migrant and breeding birds. Kevin Ryan, SEM chapter member, has traveled to Panama, Africa, S. America, Europe, the Caribbean and Hawaii in search of amazing birds. L Jodi Jensen (781-249-8346, jodiajensen@gmail.com), CL Kevin Ryan (kr1946@verizon.net), R Jodi Jensen (781-249-8346, jodiajensen@gmail.com)

(AN) (CE) Tuesdays

May. 14. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on

some of the more rugged trails in the Reservation with some elevation gain. 9:30 Start. L Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net), CL Luther Wallis , R Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays

May. 16. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., May. 18. Appalachian Trail hike from Connecticut to Race Brook Falls. Moderate to Strenuous 7.1 mile hike starting at Northwest Road on the MA-CT border to and proceeding to the AT. Hike 4.4 miles along the AT through Sages Ravine and over Race Mountain. Descend 2.1 miles on the Race Brook Falls Trail. L Anne Duggan (508-789-5538 evenings till 9:30, abduggan12@gmail.com), R Anne Duggan (508-789-5538 evenings till 9:30, abduggan12@gmail.com)

(AN) (CE) Tuesdays

May. 21. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. 9:30 Start. L Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net), CL Luther Wallis , R Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays

May. 23. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., May 25-27. Memorial Weekend in the Whites. Hike the Twins and the Bonds and stay at Galehead Hut. Group meals included. Cost is \$100.00 pp for the weekend. Confirmation and payment must be submitted by 4/20/13. L Leslie Carson (508-833-8237, ltc929@comcast.net), CL Maureen Kelly (mokol775@aol.com), R Leslie Carson (508-833-8237, ltc929@comcast.net)

(AN) (CE) Tuesdays

May. 28. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. 9:30 Start. L Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net), CL Luther Wallis , R Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays

May. 30. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays

Jun. 6. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L

Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays

Jun. 13. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Sat., Jun. 15. Introduction to AMC Hiking - Blue Hills. Join us for a nice hike in the Blue Hills and discover the fun, camaraderie, and great exercise of AMC hiking. Minimal equipment required for this intro. hike, but sturdy hiking shoes and water bottles will be a must. L Paul Miller (508-369-4151 before 9:00

P<, paulallenmiller@verizon.net), L Jim Casey (cmne@comcast.net), R Paul Miller (508-369-4151 before 9:00 PM, paulallenmiller@verizon.net)

(FT) (NM) Thursdays

Jun. 20. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Sat., Jun. 22. Family Hiking Series #4. Got kids? Join us for our Family Hiking Series. Hike #4 is our final hike. We have learned a lot since our first hike and we plan to take what we learned and head

to New Hampshire. The destination will be decided based on how our group has improved over the last 3 hikes. Appropriate for children 3 and older with some hiking experience. Children under 3 years are welcome in child carriers. Contact leader for more information. L Christine Pellegrini (508-244-9203, chrispellegrini@yahoo.com), CL Bill Pellegrini (billpellegrini@yahoo.com), R Christine Pellegrini (508-244-9203 6-8pm, chrispellegrini@yahoo.com)

(FT) (NM) Thursdays

Jun. 27. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_



NIKE REUSE-A-SHOE RECYCLING PROJECT

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

Drop off your old sneakers with any leader they will get them to the vice chair, Maureen Kelly, vicechair@amcsem.org. Check out the website: www.nikereuseashoe.com



the southeast Breeze

Dougie Karlson on North Sugarloaf. Do we look like we're having fun? Cover photo by Doug Karlson

May 2013

Visit AMC SEM Website

Breeze Newsletters

Calendar

Photos

Open Volunteer Positions

- | | |
|-------------------------|-----------------|
| Biking Vice | Education Vice |
| Chapter Youth | Membership Vice |
| Social Coordinator Vice | Trails (Vice) |
| Conservation Vice | XC Ski (Vice) |

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



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

Editor: Andrea Holden
breeze.editor@amcsem.org

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



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

Dehydrating Food: The Basics



By Gina Hurley
SEM Communications Vice Chair

No matter what our outdoor activity, when we are out in nature, particularly on extended trips, many of us struggle with the space and weight of food. Whether you hike or backpack, canoe or kayak, climb, bike, fish, camp, or even hunt, the amount of food we need to pack can take up a lot of space and weigh way too much. In addition to the space and weight, freshness is a factor. One way to deal with this is to use dehydrated foods. Of course there are many prepackaged options out there. Most outfitters carry different brands, such as [Mountain House](#) or [Backpacker's Pantry](#). You can also order different products as from [www.hawkvit-](#)

[tles.com](#) or [www.packitgourmet.com](#). These are all great options, but can be a bit pricey compared to dehydrating your own food. For those of you who want to try dehydrating your own food, it can be very easy and simple. Once you try it a couple of times you can get more creative and elaborate.

Getting started is easy. With the internet you can certainly find a lot of recipes and information online. In fact, you do not even need a dehydrator, but can dry your food in the oven. If you do choose a dehydrator you do not have to spend a lot of money. I have a Nesco, which was under \$50. You can get others for much higher in price, with more options, but for a beginner a basic dehydrator will do fine. A great resource for information and recipes is [www.backpackingchef.com](#). This website walks you through preparing and dehydrating individual items, such as [more >> Page 6](#)



SWAP * BARTER * SELL * TRADE * FREE

For Sale

Rossignol Touring X Country Skis w/ bindings. 190/05741776.
Women's boots to match size 7 1/2 to 8.

\$75 or Best Offer

Great Condition, bought at EMS
Madeleine 508-331-5334

EAGER
to SELL!

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

SAVE THE DATES

Family Hiking Series Blue Hills Reservation
May 11

Solo Advanced Wilderness First Aid (AWFA)
May 4 & 5

Family Weekend
Aug. 23-25

Chapter Hut Weekend
Sep. 20-22

Fall Gathering (all chapters) Hosted Delaware
Oct. 18-20

Annual Meeting & Dinner
Nov. 2

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

Board Meetings 6:30pm
4/10, 5/8, 6/12 (in-person), 9/11, 10/9, 11/13

Where to find activities (hikes, bikes, etc.)

1. The monthly **Breeze** - email
2. **AMC Outdoors magazine** - mail
3. [Online trip listings](#)
4. Sign-up for [short notice trips](#)

Pictures and Article Submissions

We encourage SEM members to submit articles and photos for both the Breeze and our website. Materials will be edited at the editor's discretion, send to breeze.editor@amcsem.org

Breeze Deadlines

Monthly on the 7th, trips; 15th articles/pix

Sign-up for the Breeze

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

Where to find [Breeze Publications](#)

Volunteers Wanted

Volunteer for the Executive Board. Do you have skill and want to see where you fit? Lead hikes bike, ski, snowshoe, x-country or paddle trips. We have volunteer positions open! Contact chair@amcsem.org

2013 Executive Board

Chapter Chair

chair@amcsem.org
Cheryl Lathrop, 508-668-4698

Vice Chapter Chair

vicechair@amcsem.org
Maureen Kelly, 508-224-9188

Treasurer

treasurer@amcsem.org
Patty Rottmeier
508-982-1099 (c), 508-228-4207 (h)

Secretary

secretary@amcsem.org
Karen Singleton, 508-730-7702

Cycling/Biking

bikingchair@amcsem.org
John Fortier, 508-982-1855

Canoe/Kayak

paddlingchair@amcsem.org
George Wey, 781-789-8005

Canoe/Kayak (Vice)

paddlingvicechair@amcsem.org
Betty Hinkley, 508-241-4782

Cape Hiking

capehikingchair@amcsem.org
Farley Lewis, 508-775-9168

Cape Hiking (Vice)

capehikingvicechair@amcsem.org
Peter Selig, 508-394-9064

Cape Hiking (Vice)

capehikingvicechair@amcsem.org
Janet DiMattia, 508-394-9064

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commschair@amcsem.org
Andrea Holden, 508-989-4239

Communications (Vice)

commsvicechair@amcsem.org
Gina Hurley, 508-362-6573

Conservation

conservationchair@amcsem.org
Joanne Jarzobski, 508-775-7425

Chapter Youth Program (CYP)

cypchair@amcsem.org
Sally Delisa, 781-834-6851

Education

educationchair@amcsem.org
Len Ulbricht, 508-359-2250

Education (Vice)

educationvicechair@amcsem.org
Barry Farnham, 508-272-1522

Hiking

hikingchair@amcsem.org
Walt Granda, 508-971-6444

Hiking (Vice)

hikingvicechair@amcsem.org
Paul Miller, 508-369-4151

Membership

membershipchair@amcsem.org
Ed Miller, 774-222-0104
5-9pm, no calls after 9pm
please

XC Ski

xcskichair@amcsem.org
Barbara Hathaway, 508-880-7266

Trails

trailschair@amcsem.org
Lou Sikorsky, 508-678-3984

Past Chapter Chair

pastchapterchair@amcsem.org
Jim Plouffe

AD Hoc Committees

Social Chair

socialchair@amcsem.org
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View from the Chair

By Cheryl Lathrop

As I write this, I'm excitedly packing for a weekend getaway! SEM is holding its 2-day Wilderness First Aid (WFA) training at AMC Noble View camp. What a brilliant idea—to have our 2-day class out in beautiful western MA!

I can't wait to wake up each morning and have a cup of coffee sitting on the porch of the Double-Cottage looking out for miles over the valley (pic below!) This is the best of SEM—combining daytime classroom safety training, with nighttime socializing with friends around the fire, with beautiful natural surroundings.

So, by the end of Sunday, I'll be rested and relaxed, and recertified in both WFA and CPR to maintain my qualifications to lead mountain hikes (as will all the other leaders attending).

So, whether you're on the trails, the waterways, or the roads this May—

I'LL SEE YOU ALL OUTSIDE!

Got something to say? Got a good idea? Want to volunteer?

Feel free to contact me anytime about anything!

chair@amcsem.org

Chapter Chair

FAMILY HIKING SERIES



Group picture after 3.4 miles. I'd say they had fun! Photo provided by Christine Pellegrini



Everyone had their turn in the hole! Photo provided by Christine Pellegrini

Got kids?

May 11, 2013

Hike #3 will be at Blue Hills Reservation

Join us for our Family Hiking Series. This hiking series is meant to introduce families to the joy of hiking. This hike we will be adding some elevation gain to our hiking skills.

We will be hiking for approximately 2 hours before our lunch break and 2 hours after. Bring your family, pack a lunch and enjoy beautiful views of the Boston skyline. Appropriate for children 3 and up.

Children under 3 are welcome in child carriers.

Contact leader Christine Pellegrini 508-244-9203 (best time to call: 6-8pm) chrispellegrini@yahoo.com for more information or to register.

Registration Required.

Hike #4
June 22, 2013

[View our webpage](#)

FAMILY HIKING SERIES #2

F. GILBERT HILLS STATE PARK

Had our second hike of the series April 13th and it was a blast! Beautiful day and quite the group of hikers ranging in age from 2 to 13 years old. Fun day in Foxboro for sure. Join us on hike #3 May 11th at Blue Hills Reservation!



Hiking Tip - Pack Sandals



By Ray Anderson

HELLO FELLOW HIKERS.

What's one of those items you keep forgetting to pack for a hike? Or, perhaps, you haven't realized their versatility and don't take them. I bet it might be sandals.

Hiking Tip: Pack Sandals

Let's say that your map shows several streams or narrow rivers. And when you arrive you find out there are no bridges. The streams are not too deep and are fordable, but the water will fill up your shoes or boots and drench your socks. So you decide to go barefoot. But wait; isn't that how you aggravated a blister or bloodied your foot on a rock the last time? Now, don't you wish you had packed sandals?

Crocs are my sandals. The ones you see in the pictures are the same ones I bought in Georgia in 2003 (back before they became a fashion statement) in a hiking store on the A.T. And I still wear them---around the house and on hikes. They are indestructible. I submit, and I'll probably be corrected, that crocs were first sold in outdoor stores. That's where I and many other hikers first saw them.



Sandals have other advantages. They provide the perfect way to air out your feet at the end of the day. And you won't stub your toe walking about camp. In the black of night, if you have to void, sandals are quick and convenient as you exit your tent or shelter, and you don't have to worry about stepping on sharp stones and twigs. Most of all, sandals are relaxing. Put them on your pack list, and end the day in comfort.

Happy trails!

Ray's Hiking Blog: www.TakeaLongHike.com

OUTDOOR BUSINESS?

Run a paid business card advertisement in the Breeze

\$10/month

\$100/year

Contact: breeze.editor@amcsem.org



Nesco dehydrator

vegetables, fruits, and meats, and also has many different recipes. I started dehydrating fruits and vegetables first to see how they came out, and then moved into various recipes. Once I understood the drying time with my specific dehydrator, I started getting a little more adventurous, adjusted different recipes, and even came up with my own version of buffalo chicken jerky.

I dehydrate food for our backpacking trips, specifically our long-distance hikes. I have dehydrated food for our trips on the Long Trail, the Tahoe Rim Trail, and the John Muir Trail. A bag of dehydrated strawberries, bananas, and pineapples makes for great snacking along the way. And when you have not had fresh fruit in days or weeks, a bag of dehydrated fruit is very tasty. The chicken or beef jerky also makes for great snacking or a nice lunch. I have also made some great dinners, prepared before our trips. All that is needed on the trail is to add water. Chili and pasta marinara bark have been my favorites over the years.

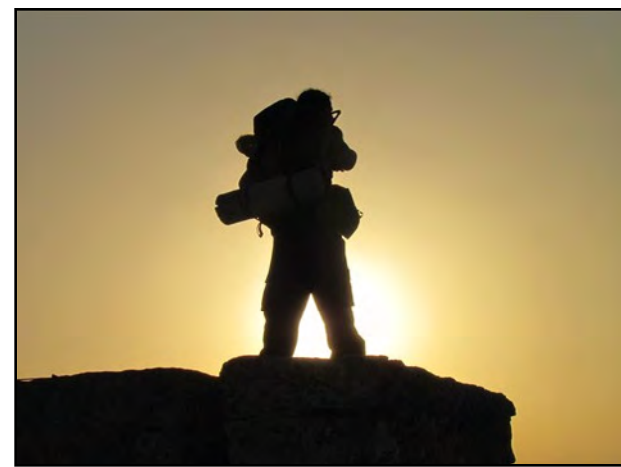
Whether you are going out for a long-distance hike, or a week long biking trip, dehydrating your food can be a nice way to lighten your load and still have great food along the way!



Our dehydrated food for the John Muir Trail

Go backpacking?

Yes, you should! The reasons are pretty simple and plenty. When you travel, you see new places, meet new interesting and strange new people, taste new food, experience new things and encounter different cultures. On the road you're away from routine, you live an adventurous life and experience complete freedom. **Answer:** why NOT? There's a huge world out there, ready to be explored!



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Did you know that SEM includes backpacking trips with its HIKE listings?

“Through travel I first became aware of the outside world; it was through travel that I found my own introspective way into becoming a part of it.”

-- Eudora Welty

Backpacking trip MEMORIAL WEEKEND shared with the Boston chapter and led by one of our very own SEM hike leader, Bryan Jones!

See [details](#) and watch for other backpacking trips coming up!

Teen Wilderness Adventures - Youth Adventures: Carter Notch Hut Base Camp



This trip begins by hiking to Carter Notch Hut in the White Mountains. This historic hut will act as home for the first two nights. As a group we will explore the Carter Range on day hikes while learning the basics of how to travel safely and efficiently as a group through this spectacular backcountry setting. The second half of the trip we will utilize backcountry campsites and put our new skills to use! Topics covered include: maps and navigation, dressing and packing properly, Leave No Trace, and basic camp craft. The fun outdoor skills you'll learn over the this 5-day adventure that will increase your wilderness confidence and leave you wanting more! Prices include instruction, transportation during the course, all meals from lunch the first day through lunch the last day, group equipment (tents, stoves, pots/pans, etc.), and all camping fees during the program. Trip planned for teens aged 12-14. [more>>](#)

Teen Wilderness Adventures - Wilderness First Aid and Rescue

Explore the terrain of the Presidential Range while learning wilderness first aid and search and rescue techniques. The course will use Hermit Lakes Shelters as a base camp to explore the surrounding area. Participants will explore introductory search and rescue techniques and leave with a Wilderness First Aid and CPR certification from SOLO. Trip planned for ages 16-18. Prices include instruction, transportation during the course, all meals from lunch the first day through lunch the last day, group equipment (tents, stoves, pots/pans, etc.), and all camping fees during the program. [more>>](#)

LEADERSHIP TRAINING APRIL 6, 2013



By Len Ulbricht
*SEM Education
Committee Chair*

SEM's annual Leadership Training workshop was held at Borderland State Park on April 6.

No commitment to lead trips is required or expected in order to attend this training. Ten SEMers participated, some interested in leading trips, others learning important elements of trip leadership to make them informed followers.

The attendees enthusiastically engaged presenters with questions and comments, and during role plays exhibited exceptional thespian prowess. This was fun for everyone, as learning experiences should be.

Thank you to our volunteer presenters who took a Saturday of personal time to offer their leadership experiences to the group:

Bryan Jones
Bob Vogel
Eva Borsody Das
Maureen Kelly
Walt Granda
Sue Chivarelli

Great job. Also, special recognition to Jess Wilson, AMC Manager of Leadership Training, who traveled down from NH to address the important topics of risk management and liability issues when leading trips for AMC.



Certified Leadership Workshop participants. Photo by Maureen Kelly



Photo by Len Ulbricht



Bob Vogel engages potential leaders.
Photo by Maureen Kelly



Photo by Maureen Kelly



Photo by Len Ulbricht



Photo by Len Ulbricht

Bagging peaks in the White Mountains



By Doug Karlson
SEM Member

One night last week after dinner at the Appalachian Mountain Club's Highland Center at Crawford Notch, (they have really good family-style dinners) we watched a movie called *Appalachian Impressions*, about people who hike the entire Appalachian Trail. From Georgia to Maine. Crazy people, if you ask me, but a special breed of folks and I'm glad our country is populated with men and women who would do that. The narrator said it's good that the White Mountains come near the end of the trek (for north-bound hikers) because by then they're well-conditioned. Unfortunately, I was not in the best shape last week when I drove north to "the Whites" for four days of hiking. I've been busy and hadn't been to yoga class in weeks.

According to the film, the White Mountains, which include the Presidential Range (the big mama is Mt. Washington, at 6,288 feet, the tallest peak east of the Mississippi and home to the Mt. Washington observatory), are considered the most difficult stretch of the AT. I'll take their word for it. During our four days there, those peaks tested us. We pushed ourselves to our limits, and it's a great feeling – not giving up when you really want to.

I'm a novice hiker. Sure, I've been doing local day hikes, and I once climbed Cradle Mountain and did the Overland Trail in Tasmania, and spent two weeks hiking in Yosemite and Into National Forest, but that was a long time ago. So this trip was designed as

a learning experience. I decided to go to the Appalachian Mountain Club's lodge so I could borrow any equipment we were missing and get advice from the guides there. We gained valuable insight that will help us on future trips: like the importance of crampons on icy terrain, waterproof pants for sliding down the mountain, and good recipes for trail mix (craisins, almonds and M&M's – yum!).

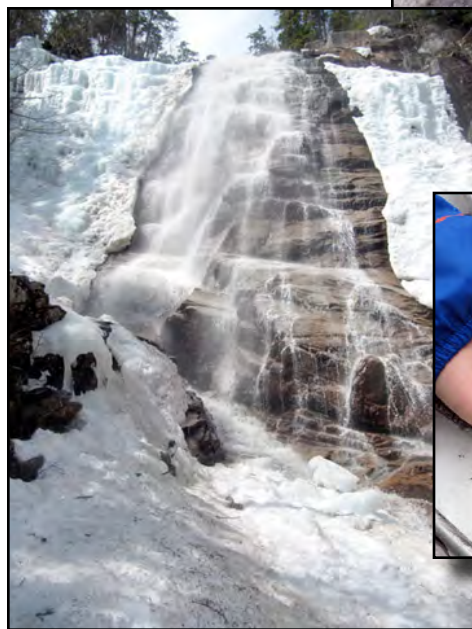
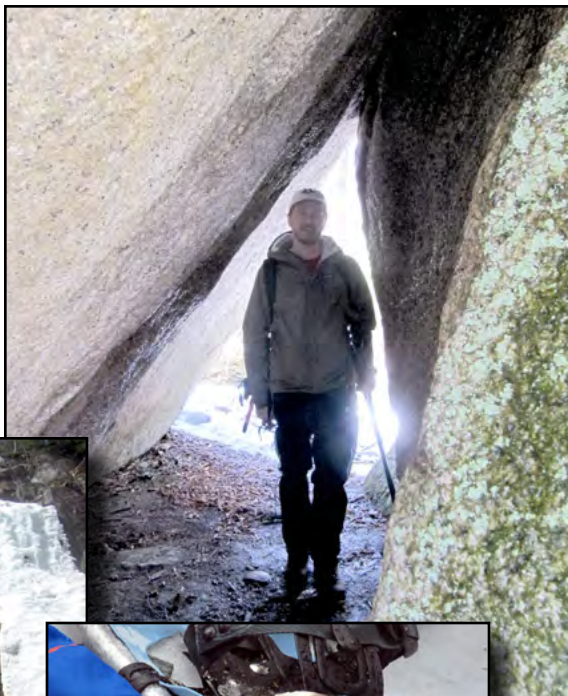
After checking in to the Shapleigh bunk house, our first hike was Mt. Avalon (elevation 3,442). We left at around 1 p.m. and

not knowing if it will become more difficult, or even impossible, makes it all the more rewarding when you finally get to the top.

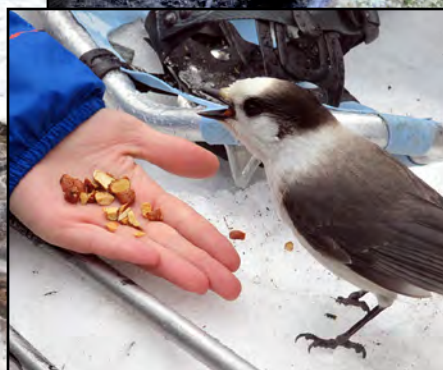
On Day Two we hiked a mile uphill on a paved road to get to the trailhead for Sugarloaf. It was about another mile and a half to the mountain's saddle, from which we went first to the Middle Sugarloaf summit, .3 miles away, then backtracked to the North Sugarloaf, which is .4 miles from where the trail connects to the top ridge. The sky was clear and we could see for miles as we stopped to enjoy our lunch. From the rocky cliff we could see hawks soaring in the valley below.

Day Three. This would have been a good day for a leisurely hike along flat terrain so I could rest my muscles and catch my breath. But no. We had planned to climb Mt. Jackson, our toughest climb by far. (Mt. Jackson is a 4,000 footer – 4,042 feet – but who's counting?)

Sugarloaf has interesting rock formations



Arethusa Falls



Grey Jay. You're not supposed to feed the animals, but this guy had real personality

reached the summit about 2 1/2 hours later. It wasn't the tallest peak we climbed, but one of the more challenging, there are sections that are very steep and solid ice. In some places I was literally clawing my way up, grabbing saplings and branches and looking for a foothold wherever I could find one. But the difficulty of the climb, and

Overall, it's not as steep as Mt. Avalon, (although there was one steep icy "scramble" in the beginning that almost stopped us) but it's a lot longer, the trail to the top is about 2 1/2 miles. We wore snowshoes, for the traction, but would have been better off with micro spikes.

It was too cold and windy at the top



It was cold and windy at the top of Mt. Jackson.

Bagging cont'd of Mt. Jackson to stay long, so we descended 100 feet or so to have lunch in the snowy trail.

We were joined by a friendly bird who landed on my son Dougie's hand and helped himself to trail mix and crackers. It was a Grey Jay, or Canada Jay, and they're very tame. He kept coming back for more trail mix and even managed to steal a Ryvita cracker.

Finally, on our last day we planned a

on the road and drive home. Instead we almost became an re-enactment of the Donner Party fiasco. Just kidding. The volunteers who maintain the trails do an awesome job, I'm the clueless one. Next time I'll bring a more detailed map. However, as we progressed, I started to notice that the trail was very rugged: downed trees, deep snow, washed out trail, tricky stream crossings. How can the trail be so rugged? I wondered. This is insane. We weren't wearing snowshoes, and I was up to my thighs in snow, and getting exhausted. Eventually, I said, "this is it, I can't go on," and then, through the tree branches, I saw the falls!



Halfway up Mt. Jackson



Dougie Karlson

short morning hike to Arethusa Falls, the highest falls in New Hampshire. Now, here I have a bone to pick with the volunteers who maintain the trails. Like maybe a sign that says "wrong way, this is the OLD trail." This was supposed to be the easiest of our hikes, short and sweet so we could get

After we got there, Dougie found a blue arrow on the other side of the river, and found a very well maintained trail. It was like walking on a red carpet. We made out way down to the mountain. Then drove to Conway, NH for wood fired pizza at Flatbread Pizza Co.

What a great trip. Years ago, when I spent that week hiking in Tasmania, I told myself I should do this every year. Then life got in the way. But I never forgot that I wanted to do that. Last year a good friend who was very into the White Mountains reminded me, and I'm grateful to her for that. It's about giving up the soft sheets and creature comforts, roughing it, being able to survive in the wild, forging special bonds with your mates, and appreciating how much you love this beautiful country. This beautiful planet.

The SOCIAL COMMITTEE looking for Volunteers

SHARING IDEAS
PLANNING
LEADING EVENTS

The Social Committee encourages participation in AMC by people who might not be a real outdoor enthusiast or for people looking for a more laid back/social outing.

Contact Jodi Jensen, Social Chair, at 781-249-8346, jodiajensen@gmail.com

Some events in the past have included bird watching in Mt. Auburn Cemetery, eagle tour on the Essex River in CT, bowling/dinner, and St. Patrick's Day walk in Boston/pizza in N. End.



New Hiker FAQ Sheet

By Paul Miller, Vice Hiking Chair

Welcome to the Appalachian Mountain Club! This FAQ page is intended for new members who are not sure how to choose a hike to match their ability level, register for a hike, or what to bring for a day in the outdoors. The Southeast Massachusetts (SEM) chapter organizes hikes year round, so it is important for new hikers to be honest in their self-assessment to maximize their safety and enjoyment as well as the safety and enjoyment of the other hikers in the group. Below you will find description codes that will help you choose, prepare for, and equip yourself for a hike that matches your strength and stamina. Also please feel free to contact the hike leaders indicated for any in which you are interested to discuss further.

Who may participate on an AMC hike?

All SEM hike participants must be physically able to participate in the activity described and be equipped with appropriate clothing, gear, and supplies for a day in the woods. AMC membership is not required, but encouraged. Younger hikers (under 18) are welcome, but must be accompanied by a parent or other responsible adult. The SEM Hiking Committee also offers several “family friendly” hikes every year, specifically targeted for families with younger hikers.

How can I decide which hike would be best for me?

AMC hikes are rated based on pace, terrain and distance. You should be aware that different chapters use a slightly different rating system for their respective hikes. In the SEM hiking rating system, the first letter indicates the distance of the hike (AA = 13+ miles, A = 9-13 miles, B = 5-8 miles, and C = less than 5 miles). The middle number indicates the pace that the hike leader plans to maintain (1 = very fast, 2 = fast, 3 = moderate, and 4 = leisurely). Finally, the second

letter indicates the type of terrain we expect to encounter during the hike (A = very strenuous, B = strenuous, C = average, and D = easy).

So, for example, a hike rated as B3B in the AMC trip listing system or in our chapter’s Southeast Breeze newsletter, would be somewhere between five and eight miles in length, covered at a moderate pace, and over strenuous terrain that is likely to have significant elevation gain and loss. Obviously, while not overly challenging for an experienced hiker, this would not be an appropriate hike for a beginner, especially one who is not already in reasonably good shape. On the other hand, a hike rated as C3C might be just what a person who is new to hiking, but walks a lot or goes to the gym regularly is looking for. In addition, the SEM tries to offer at least one local, “Intro to AMC Hiking” hike every month and also tags appropriate hikes listed on the AMC online trip listing system with either an “F” to indicate “great for first time hikers,” or “N,” indicating that new members are particularly welcome. (Please note that if the trip status is “Wait Listed,” it means that the hike leaders have reached the maximum number of hikers for this trip and that there is now a waiting list for participation.)

If you are a new hiker, start with a slower, easier hike rather than a faster, more difficult one. Never choose a hike solely because of its location, no matter how appealing it may sound! It’s a good idea to start with easier local hikes held in State Forests, State Parks, conservation areas, and the Blue Hills Reservation before heading up to the mountains of New Hampshire or out to the hills of Western Massachusetts. However, once you start getting into it, you’ll be surprised how quickly you’ll become ready (both physically and mentally) for more ambitious hikes “up North.” Once again, you shouldn’t be bashful about contacting the respective hike leaders to discuss.

Do I need to register for AMC hikes?

Hikes organized by the SEM Hiking Committee usually require participants to register in advance. However, most hikes organized by our

Cape Hikes Committee are just “show and go,” which means that you meet the group at a designated time and place.

For hikes that do require registration in advance, when you contact the person indicated as the hike “Registrar,” he or she will ask you several questions to help you decide whether that particular hike is appropriate for you based on your prior hiking experience (if any), physical condition, and equipment. Please don’t take it as a personal insult if the registrar turns you down for the hike and, as an alternative, recommends a hike that he or she feels might be appropriate (and enjoyable) for you. Also keep in mind that SEM hike leaders rarely (if ever) permit participants to bring their pets along on official chapter hikes and even then, you would require specific prior approval from the leader to do so.

When you show up for an AMC hike, you will be required to sign the liability waiver sheet at the meeting place and give a contact name and phone number. This is for your own safety. View a copy of the [waiver](#).

Where do I get driving directions to the meeting place?

Hike leaders almost always include detailed driving directions to the designated trailhead in the information sheet (what we often refer to as the “poop sheet”) that they will e-mail to you at least a week before the hike. Of course, it’s always a good idea to consult a road map, an online map site, and/or your GPS to verify that these directions make sense to you. Also, the AMC strongly encourages carpooling, so the leaders will also often suggest one or two carpooling locations and encourage participants to communicate with each other in advance to maximize carpooling. Drivers should plan to arrive at the trailhead at least 10-15 minutes before the hike starts so you can don your boots and be ready to go when the group leader starts the hike.

What should I wear and what gear do I need to bring?

The “poop sheet” will usually include

New Hiker Cont'd FAQ Sheet

detailed information on what to wear and what gear is required for that particular hike. In general, you'll need:

- at least two liters of water in Nalgene-type water bottle or Camelback
- trail snacks and sandwich for lunch
- full rain/wind gear
- waterproofed, well-broken-in hiking boots
- gaiters (for hikes in winter or "mud season")
- weather-appropriate synthetic or wool clothing, including warm fleece jacket or wool sweater (multiple light layers are better than a single heavy jacket or coat). No cotton jeans or sweatshirts...
- warm wool, fleece, or nylon-shelled hat and gloves (mandatory in winter, good idea in the mountains any time of year...)
- hiking poles (not mandatory)
- headlamp (required for some hikes)
- personal first aid kit, sunscreen, and insect repellent (during bug season)
- toilet paper and baggy
- trash bag
- whistle and compass (ideal for safety)
- pocket knife
- bandana
- foam pad for sitting during breaks (optional)
- ID card
- Mylar "space blanket" for emergencies
- daypack to hold all the above

For winter hikes, the leaders may also require light traction devices (such as microspikes), full crampons, and/or snowshoes; plus additional clothing layers and an extra hat and gloves.

Many hike leaders will not allow individuals wearing jeans to join a hike. Cotton takes too long to dry, making it uncomfortable in warmer months, and actually dangerous when the thermometer drops (hence the often-repeated expression, "cotton kills.") and jeans are not comfortable for hiking. When stopping for breaks, we cool down quickly and wet cotton clothes could cause hypothermia posing a risk not only to the hiker but to the group as well. Most hikers wear synthetic clothes, in layers, because they wick moisture away from the skin and dry quickly. You will also need a water

resistant windbreaker with a hood in case of a sudden rainstorm. In cold weather, you'll also need additional layers of fleece or wool (including a warm hat and gloves). Extra items in your backpack might include a fleece vest, a windbreaker, two or more extra pair of gloves in case the first pair gets wet; an extra shirt to change into for the ride home, and always, an extra pair of hiking socks. A leader can refuse a hiker if he/she deems the hiker is not attired in a manner appropriate for the conditions.

How do I choose hiking boots that will be right for me?

The first step in choosing hiking boots is to determine what kind of hiking you're most likely to be doing. Lightweight hiking shoes or boots are appropriate for local hikes on relative flat and smooth trails (think Borderland State Park); midweight hiking boots are more appropriate for more rugged Blue Hills or New Hampshire hikes. While, heavyweight hiking boots are usually best for multi-day backpacking trips, some diehards are willing to put up with their heavier weight and stiffness in exchange for the increased protection and support they provide. As a new hiker should probably choose midweight hiking boots, since these would also be appropriate as you progress to more challenging hikes. Please note that all heavyweight, most midweight, and even some lightweight hiking boots/shoes require adequate "breaking in" on the street before you hit the trails with them. You'll know when the boot is properly broken in when you can walk for a half hour or so and not feel any discomfort, pressure points, or "hot spots" caused by friction.

Go to a retailer that offers well-known, quality hiking gear (EMS, REI, LL Bean, etc.) and knows how to properly fit you for your hiking boots. A good boot fitter will measure your feet and take note of any conditions, such as pronation, that might require a supportive foot bed in order to get the best possible fit. Take along the socks you like wear for hiking. Be patient, and if you don't think the selection is broad enough, go to another store. Some stores that offer expert boot fitting will even take returns on

boots that have been worn if the boot turns out to be a bad fit.

The boots should be snug at the heel but roomy enough for you to wiggle your toes. One way to test for a good fit is to move your foot forward in the unlaced boot so that your toes touch the front of the boot. There should be just enough room for your forefinger to fit between your heel and the back of the boot. If you are an in-between size, have the boots fitted to your larger foot and try using a more cushioned insert, or heavier socks, in the boot for your smaller foot. Sporting goods stores that cater to hikers will have a slanted ramp that you can walk up and down to test the boots for comfort when walking up and down hills.

AMC offers various discounts available for AMC Members; check these [offers](#) out before purchasing.

How much food and water should I bring for a day hike?

Bring lunch (usually a sandwich or two), trail snacks (such as chocolate, a granola bar, and/or fresh or dried fruit), and a minimum two quarts of water (three quarts when the temperature is over 80 degrees). In cold weather, some hikers also bring a thermos of hot tea or soup. Never skimp on water; it's your own responsibility to stay properly hydrated, which helps prevent fatigue, cramping, heat stroke (in summer), and hypothermia (in winter). After you have hiked various distances in different weather conditions, you will have a better idea of how much water and food you need. You should always carry some extra food, such as high-energy bars, in case you experience a delay or if you feel hungry on the trip back home.

What is the role of the leader and the co-leader?

It's the leader's responsibility to plan and organize the hike and to guide the group, from the designated meeting place until the time of departure. The leader's decisions about the route and group conduct are final. The assistant co-leader(s) is/are there to assist the leader, who may delegate certain roles to that person. AMC leaders are

trained volunteers who want to provide an enjoyable day in the woods, so it is important to follow their guidance and observe all park regulations and club rules. Keep in mind that hiking involves a certain element of risk and that your personal safety is your responsibility, not the leaders, and that lack of preparation on your part can adversely impact the group as a whole.

What is the role of the sweep?

The official hike leader will designate someone to serve as both a “leader” and “sweep” before the hike begins. Hikers should remain behind the designated “leader” and in front of the “sweep” at all times during the hike to help ensure that no one gets lost or

left behind. The official hike leader will also announce “separation breaks” every two hours or so during the hike in which males and female participants will move out of sight each other to perform the needed bodily functions. If you need a separation break before the leader calls one, let the leader know. Never leave the group unannounced for a solo separation!

What if I want to go faster than the group or if I can't keep up?

It is best to remain with the group even if you feel that the pace is too slow. If you do go ahead unannounced, the leader will consider that you have left the hike and will note the sign-in sheet accordingly. If you find that you cannot keep up with the group, it is best to let the leader know as early in the hike as possible, since he or she

may have to assign another leader to walk you back to the trailhead. Never turn back on your own. Also, on SEM hikes, with adequate leadership, we'll often break a larger group into nominally “faster” and “slower” groups to accommodate different hiking speeds. Remember to read the hike descriptions carefully so you can choose a hike appropriate for your ability.

Can I use my cell phone on a hike?

Cell phone usage is not allowed except in the case of an emergency or special situation, in which case it should be used away from the group during a designated break and after you inform the leader so you don't get left behind by accident. Otherwise cell phones should be turned off during hikes.



Shenandoah National Park

By Gina Hurley

SEM Communications Vice Chair

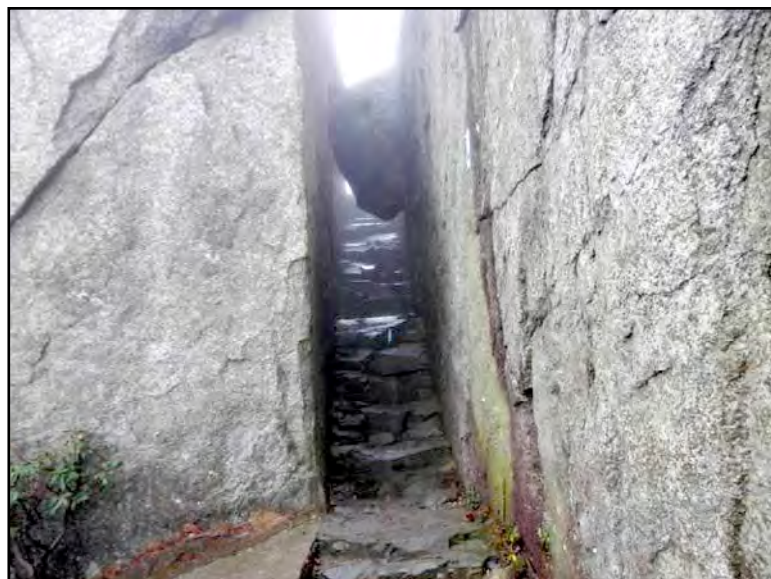
Of the 58 National Parks in the United States, my husband Mark and I have had the good fortune of traveling to 19!

The most recent was in mid-April when we went to Shenandoah, which is in northern Virginia. It is only 75 miles from Washington, DC, and easily accessible from the highway. Shenandoah National Park was established in 1935. One of its greatest features is the iconic

Skyline drive. Driving the Blue Ridge provides magnificent views to the left and right. This time of year the Skyland Resort is the only motel open in the park, and is located on Skyline drive. Although the word “resort” is in the title, think a bit more rustic!

The purpose of our trip was to hike. Given all of the mountains in and around the park, there is no shortage of great hikes: short and long, beginner to expert. On our first day we hiked Old Rag. Old Rag is Shenandoah's most popular and most dangerous hike. The circuit hike is about 9 miles. There is significant elevation change and a strenuous rock scramble that requires good upper body strength, maneuvering between rock formations, and jumping from boulder to boulder. Although the weather was cloudy, resulting in a viewless summit, this limited the crowds, and actually gave the hike a mystical and magical feel. We reached the summit with little difficulty. The hike down the other side was much easier, and had two shelters for day use. We stopped at the first one for lunch, and made it back to our car with ease.

On day two we drove a good part of Skyline drive taking in the sights and views. We also did a 3.3 mile circuit hike to Lewis falls, an 81 foot waterfall. Part of this circuit hike is on the AT. The AT runs close to the ridge



Narrow passage climbing Old Rag. Credit: Gina Hurley



Gina Hurley in front of the Upper Whiteoak Falls. Credit: Mark Hurley



AT marker along the Lewis Falls trail. Credit: Gina Hurley

throughout most of the park, so if you are a fan of the AT, there is plenty of opportunity to hike along the trail. Our last hike was in the Cedar Run and Whiteoak Canyon, which was an 8.2 circuit hike. The trail begins a descent down into the canyon, following a river, and passing Cedar Run falls. As the trail circles around to travel back up the canyon, it provides amazing access to Lower Whiteoak and Upper Whiteoak falls. Given the beauty of this hike, the trails were busy, even for a cool April day.

These are just three hikes in Shenandoah. There are many, many trails within the park. If you are planning a trip to Shenandoah, their website is very good, specifically their [hiking page](#). Hope you can experience the beauty of any of our national parks. They are truly a gift worth experiencing!



WANTED >> CYP LEADERS

OUR YOUTH NEED US.....

Share your outdoor knowledge and leadership skills with local groups of children.

Help kids get outside who might not otherwise have the opportunity. A typical Chapter Youth Program (CYP) might include a local walk with some nature lesson or trail games.

CYP leader training and screening is required.
Contact [Sally Delisa cypchair@amcsem.org](mailto:Sally.Delisa.cypchair@amcsem.org), 781-834-685



Red Line the Blue Hills

On April 11, the Thursday evening hike series, Red Line the Blue Hills started off its 8th season hiking the trails in the Blue Hills Reservation. A good number of hikers from previous years and many new faces joined us for a hike along the south shores of Ponkapoag Pond out to the Horse bridge over Rt. 24, and then around the AMC cabins. We also got to explore a new trail on the latest Blue Hills map. Our second hike took us up the Smith Trail to the old Nike base in Randolph and this week we head for the [CCC camp area](#).



A Paddle with Two Strange Bedfellows

By Louise Riemenschneider Foster
SEM Member

The setting is an early August paddle on the North River. Trip leaders, Art and Rick, rode up together from Southern Massachusetts to the headwaters of the North River. Rick had thrown his canoe, which had been stored in his yard, on top of his car and picked up Art on the way; then he headed north to Hanover.

The North River is a favorite destination and it was a spectacular day, so there was a large group eager to get on the water. The plan was to spot cars and ride the current of the outgoing tide to our lunch spot, Couch's Beach on Blueberry Island, and then on to the take out at Union Street in Marshfield. As usual, Art was in the bow and Rick manned the stern of his canoe, with the rest of us in kayaks. The lunch break was full of tall paddling tales and was followed by an easy ride to the take out.

When we reached Union Street, Rick began clearing debris he had not noticed before leaving home out of the

bow of his canoe. It was then he discovered a tiny mouse, which must have been a stow away in his canoe, first on top of the car and later on the river, likely with the soles of Art's big muddy boots in his face.

We all marveled on how this little creature could have survived the long ride north, travelling at highway speeds on top of the car in an inverted canoe! Some of us took his picture, while another complained that mice had destroyed the wiring in his hot tub.

Now the overriding question was what to do about the mouse! We certainly didn't want to subject him to another trip like the one he had endured earlier in the day. Short of one of us taking him home, which after the hot tub story no one wanted to do, the only reasonable option was to dump him out of the canoe into the Marshfield woods. So, as he scampered away into the wilderness, many felt guilty about displacing him from his native home and what he could face in these unfamiliar surroundings. But the mouse was finally forgotten, as we packed up our gear and headed home.

A few hours later, we all received a forwarded email Art had just received from Rick: "You're never gonna believe this. We saved that mouse's life! When I was hosing out the bow of my boat, out swam an eight inch snake!"



Boat. 'Best of Draw Something'. Rate this drawing click >>> [Credit Tango \(54\)](#)

So, for the mouse, this turned out to be one heck of a lucky day, but for the snake, totally frustrating. As Art commented, "they were paddling an Ark of sorts" and who knows what else fell out during the ride?

So, no, although you may have first guessed otherwise, the strange bedfellows in this tale are not Art and Rick. And the moral of this story is to thoroughly check out the contents of your boat before you launch. Otherwise, you just might find yourself paddling with strange bedfellows of your own.

Of Special Note: George Wey will be leading a [North River Trip](#) this year on Wednesday, August 7, probably leaving from Union Street in Marshfield. For details check the Canoe/Kayak schedule on [AMCSEM.org](#)

Barnstable Harbor and western creeks

By Ed Foster
SEM Leader

On April 27th, the 10.8' high tide was at 1:22 so we launched about mid tide and headed north across Barnstable Harbor toward the entrance to Wells Creek. You didn't appreciate the strength

of the tidal flow until you approached the far side of the harbor where there were various buoys and you could see yourself being swept from right to left relative to them.

We headed up Wells Creek with the intention of taking a sneak path back out to

Barnstable Harbor. However the tide had not filled in that much so I decided to continue further up the creek to allow time for tide to come in a bit more. At the spot when it appeared that the creek was narrowing down to the point that any travel further up would require us to back

paddle out we turned around. By then the creek had filled in quite well and the sneak path to the harbor had plenty of water in it. Once back in the harbor we headed west for a little bit until we came to an area that looked like we could haul out without too much problem. That was our

lunch spot and we made it at 5 minutes before noon. Two paddlers chose to remain in their boats while the other 4 pulled out onto the salt marsh.

After lunch we headed south across the harbor toward (we hoped) Bridge Creek. By now the tide was quite high and entrances to the various creeks were a bit blurred. After a false start or two we found our way into Bridge Creek and started working our way up it. The further up the creek we got the better defined the channels were

so finding the sneak path (the first of at least 3) to Brickyard Creek was fairly easy.

Two interesting experiences in Brickyard Creek. There was a Canada Goose nest right on the edge of the bank, with mother in attendance, that two of us came very close to before we realized what we were doing, and got a severe warning from the mother as a result. There was a collapsing Osprey platform that was apparently being contested by 2 Osprey pairs and we got to watch them swooping down on and chas-

ing off whichever ones dared to perch on the precarious platform. Eventually they tired of that, or came to some sort of accord, and flew off to search for fish.

The rest of the trip back was uneventful, the tide was high enough that we didn't have to stay in the channels but could glide over the marsh in a more or less direct line home. 9.4 miles by my GPS.



Ed Foster Entering Wells Creek. Photo By Louise Riemenschneider Foster



Goose nesting along Brickyard Creek. Photo By Louise Riemenschneider Foster



GPS Plot of paddle route. Provided by Betty Kinkley



Along Wells Creek. Photo By Louise Riemenschneider Foster



SEM Chapter 2,000 Mile Club

By **Bernie Meggison**
SEM Leader

The 2,000 Mile Club was founded by Jack Jacobsen in 2003 to recognize our Southeastern Mass AMC member's accomplishments of cycling 2,000 miles or more in a calendar year.

After a minor niggle in the early years, the club was successfully revived in

2007 by our then interim chair, Victor Oliver. Since then we have grown steadily and increased our membership every year.

Mileage

2013 marks the 10th year of the 2K Club, as the first year of recording our mileage was 2004. Mileage must be accurately logged and recorded and

"2013 Marks 10th Year of 2000 Club"

may be a combination of road cycling and mountain biking miles.

Send your mileage quarterly to our new registrar, Bernie Meggison at thosmeggisons@gmail.com.

Thanks again to Dan Egan for serving as registrar for the past four years.

SEM MILEAGE CHART 2013

NAME	LOCATION	QUARTER 1	YTD TOTAL
GRAND TOTALS		0	0
Robyn Saur	Falmouth	1,120	1,120
Joe Barry	Yarmouth Port	978	978
Bernie Meggison	W Harwich	741	741
Linda Church	Falmouth	427	427
Ron Sikora	Cotuit	255	255
Paul Currier	Sandwich	230	230
Lawrence Cohen	S Easton	199	199
Ed Foster		129	129
Joe Tavilla	Osterville	126	126
John F Sullivan	Marshfield	110	110

Embroidered Award Patch



Embroidered patches of recognition are awarded to first time members only. To receive your patch, e-mail your name, AMC Number, first year of qualification, and mailing (USPS) address to Paul Currier currierpaul@comcast.net.

NEWS FROM JOY STREET

AMC Books are available wherever books are sold, or order directly from AMC at outdoors.org/amcstore or by calling 800-262-4455.

AMC Books Announces New Titles



AMC's Best Day Hikes in Vermont provides detailed hike descriptions, maps, and directions as part of the "best of" hiking guide series. This guide will direct you to trips good for dogs, kids, snowshoeing, and cross-country skiing. It features GPS coordinates to trailheads, nearby attractions/amenities, trip planning/safety information, and nature and history essays.



AMC's Best Day Hikes in Connecticut, 2nd Edition is an updated and fully revised guide to hiking in Connecticut. The book offers 50 of the state's best trips up mountains, through caves, along riverwalks, and on shoreline trails. It features GPS coordinates to trailheads, nearby attractions/amenities, trip planning/safety information, and nature and history essays.



Outdoors with Kids Philadelphia is the latest addition to the AMC's Outdoors with Kids series. Providing comprehensive guides to low-cost adventure, the book includes destination and trip information for locations in and around Philadelphia. It focuses on the "pay-off" for children of each age group while specifying which locations are good for hiking, swimming, paddling, biking, etc. It features safety tips and a "Plan B" for each destination.

August Camp 2013 in North Cascades Washington



Breathtaking North Cascades of Washington State. Photo by: Éva Borsody Das

Week 1: July 13 - July 20

Week 2: July 20 - July 27

Week 3: July 27 - Aug. 3

Week 4: Aug. 3 - Aug. 10

[REGISTER FOR AUGUST CAMP ▶](#)

In 2013 August Camp returns to the breathtaking North Cascades of Washington State. We'll hike in the North Cascades National Park, Mt. Baker-Snoqualmie National Forest, and Ross Lake and Lake Chelan National Recreation areas. Choose from a variety of hikes every day, or add in backpacking,

Photo by [Monika Jaeger more >>](#)



rafting on the Skagit River or kayaking in the San Juan Islands to expand your experience. No matter what you do, you'll be surrounded by amazing vistas!

Our full service tent village for 64 campers each week offers home-cooked meals, daily hikes at all levels, nightly campfires and wonderful camaraderie. The 2013 campsite is on the banks of the Skagit River, just down the road from Cascadian Farms, known for their organic food and the best ice cream we've ever had! Our site is reached by the North Cascades Highway, considered the most scenic drive in Washington State. Our designated airport is Seattle-Tacoma International, and our

Photo by [Marianne Page more >>](#)



fleet of vans provides transport between camp and SeaTac on each Saturday.

Registration forms and detailed Camp information can found [here](#). Plan your one or two week adventure now and be part of one of the oldest camps in the AMC.

Photo by [Nancy Crowther more >>](#)



Join the August Camp Yahoo Group!

This is a useful tool to communicate with other August Campers who are signed up to go this summer. Email each other about travel plans, ask the leaders questions, etc.

To join the Group:

[Click here to join our
Yahoo Group](#)

When you get to the page, click the button "Join This Group". If you don't already have a free Yahoo account, open one to become a Yahoo Group Member, then click to join the group.

Where's my member number?

- On your Member Card
- AMC Outdoors Magazine
- In your "Welcome" email
- Contact Member Services at amcinformation@outdoors.org or 1-800-372-1758

How to Log into your AMC Member Center

- 1 Hover over the membership tab and click on "Member Center."
- 2 If you've logged in before, click "Log into Member Center." If this is your first time, click on "Member Validation," located under "Never logged in?"
- 3 Enter your member number and zip code into the appropriate field. (Live outside the US? Contact Member Services at amcinformation@outdoors.org or 1-800-372-1758)
- 4 Select the correct name. (Note: if you have a family membership, more than one name may appear)
- 5 Create your Username and Password. (Note: your Username will be your new Login Name)
- 6 Enter in the Login Name and Password you just created and hit Submit!



- Join the AMC
- Member Center
- Gift Memberships
- AMC Chapters
- Membership FAQs

Click Here! **1**

Home | Membership **2**

AMC Member Center

Use the Member Center to **get your chapter's newsletter electronically**, renew your membership, update your member profile, or get a weekly digest of **upcoming chapter activities** sent to your email inbox!

[Log In to Member Center](#)

Never logged in? Use your member number to confirm your member information on the Member Validation page if you do not already have a username and password.

AMC Member Center Login

If this is your first time accessing the Member Center, validate your information.

Access to this section of the site requires login.

Login Name:

Password:

Remember Me **6**

This is my First Time here!

Member Validation

MEMBER VALIDATION - Step 2 **4**

[New Search](#)

Please click on your name below to select it.

[Candice](#) ← **That's Me!**

Member Validation

MEMBER VALIDATION - Step 1 **3**

Enter Your Member ID:

ZIP/Postal Code:

*We're sorry we can't offer online member validation to members living outside the United States. Please send an email to AMCInformation@outdoors.org or call 1-800-372-1758 for assistance.

Haven't memorized your AMC member number just yet? Here are four easy ways to get it:

1. Look for it on your member card.
2. Find any issue of AMC Outdoors—on the cover, above your name, is your 5- or 6-digit member number, followed by your chapter, and your membership expiration date.
3. Call Member Services at 1-800-372-1758, Monday-Friday from 9 to 5 Eastern Time. You can leave a message outside these hours.
4. Send an email to AMCInformation@outdoors.org. Please include your name and address with your request for your member number.

Create Login

MEMBER VALIDATION - Step 3 **5**

Please select a Username and Password

Username:

Password:

Verify Password:

Security Question:

Security Answer:

ISTILLAB Museum.

Type the Two Words:

Welcome!

Home | Membership

Membership

- Join the AMC
- Member Center
- Renew Membership
- Change Address
- Change Chapter
- Update Interests
- Activity Digests
- Subscribe to Appalachia
- Gift Subscription to Appalachia
- Member Deals
- Edit Login Information
- AMC E-mail Subscriptions
- Log out

Gift Memberships

AMC Chapters

Membership FAQs

Newsletter Signup

Get deals, discounts, and take action on key conservation issues.

Member Center

Home | Membership

Welcome, Candice!

what's new at AMC

AMC Member Deals: [Print this coupon](#)
Baintree, MA on 9/15/12.

AMC Members who show their membership at [Bain's Boston store](#).

AMC Photo Contest is Open: [Get Your Photos in!](#)

Kids Outdoors: [Essential Outdoors](#)

Register for AMC's Fall Gathering: [North Jersey, October 19-21, 2012 at Huguenot, NJ.](#)

Fall Foliage Escape: [Stay 3 Nights, This Fall!](#)

most popular actions

- [New Member Offers](#)
- [Subscribe to Activity Digests](#)
- [Get Email Newsletter Preferences](#)

the latest from AMC Blogs

Take a Hike on the Bay Circuit Trail! (Boston, Worcester, SEM, NA, NH)

Join AMC Staff on monthly hikes to explore and learn about different sections of the Bay Circuit Trail and Greenway. Each hike will be approximately two hours long. Register in advance to receive hike details, directions and updates. Be sure to bring snacks, water and wear proper hiking gear. Hike locations may be subject to change depending on weather conditions and response.

- Wednesday, April 17 10:00am-12:00pm – Pembroke, MA
- Tuesday, May 14 3:30pm-5:30pm – Concord, MA
- Friday, June 21 10:00am-12:00pm – Duxbury, MA
- Friday, August 16 10:00am-12:00pm – Newbury, MA
- Thursday, September 19 10:00am-12:00pm – Boxford, MA
- Wednesday, October 16 10:00am-12:00pm – Sudbury, MA

To learn more or to register, visit www.bethikes.eventbrite.com or contact Courtney Cutler at 617-391-6576 or ccutler@outdoors.org.

ACTIVITIES

SOUTHEASTERN MASSACHUSETTS ANNOUNCEMENTS(S)

AMC SEM is always looking for volunteers to volunteer a little or a lot. Contact the chapter chair at chair@amcsem.org if you'd like to volunteer.

BICYCLING

WANTED: Ride Leaders and Co-Leaders. Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm and routes w/ your fellow AMC members? Contact Bike Chair (508-428-6887, bikingchair@amcsem.org) for more info.

Bike Ratings: First character indicates distance in mi: AA=50+; A=35-50; B=25-35; C=under 25. Second is L's pace in mph: 1=17; 2=13-16; 3=11-13; 4=up to 11. Third is terrain: A=very hilly; B=hilly; C=rolling; D=flat.

AMC SEM 2,000 Mile Club. AMC SEM has a unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair to register your mileage and for more info. (bikingchair@amcsem.org)

Tues. Rides. Turn Those Tires on Tues. Rides scheduled all year long, weather permitting. 25 mi of road or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location and directions. Intermed. pace. Riders and bicycles in top shape; tires and riders pumped and ready

to roll; helmets and water req'd. L Paul Currier (508-833-2690 8 am-7 pm, pbencurrier@hotmail.com)

Chapter Trips

Sat., May. 4. Block Island Cycling. Join us for a day of quiet cycling (before the summer crowds start) on Block Island on Saturday April 20. We will take the 11:00am ferry from Galilee, RI, and cycle approximately 20 miles. There are many nice beach walks, old cemeteries, and ponds along the way. We'll be returning on the 6pm ferry. The ferry ride is 55 minutes. Cost is \$24.15 per person and \$6.40/bike round trip. Optional dinner stop at the end of the day in Galilee. L Jodi Jensen (781-249-8346, jodiajensen@gmail.com), CL Ellen Correia (ellenrcorreia@gmail.com), R Ellen Correia (508-954-4099, ellenrcorreia@gmail.com)

(FT) (NM) (CE) Tuesdays

May. 7. Evening Cycling on Cape Cod. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

Sat., May. 11. Cape Cod Rail Trail. Ride the rail trail from Dennis to Wellfleet and return. Approximately 40-50 miles, with possible detours to Nauset or Wellfleet beach overlooks. L Jodi Jensen (781-249-8346, jodiajensen@gmail.com), CL Ellen

Correia, R Jodi Jensen (781-249-8346, jodiajensen@gmail.com)

(FT) (NM) (CE) Tuesdays

May. 14. Evening Cycling on Cape Cod. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

May. 21. Evening Cycling on Cape Cod. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (XCE) Saturdays

May. 25. Sunset/Full Flower Moon Ride. Ride Description: Road cycling. L Paul Currier currierpaul@comcast.net or 508-833-2690. Ride the canal to Gray Gables and Mashnee Island. We'll catch the spectacular sunset over Buzzards Bay and moonrise over Plymouth Bay. C2D Tires and riders pumped and ready

to roll. Helmets, spare tube & tire tools, and water required as is registration -cancellation/rescheduling sent only to registered riders. Directions: From the former Sagamore Rotary now the Sagamore Straightaway, head toward Scusset and take Canal Road past Friendly's to the Sagamore Recreation Lot. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

May. 28. Evening Cycling on Cape Cod. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. L Paul Currier currierpaul@comcast.net 508-833-2690 Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Jun. 11. Evening Cycling on Cape Cod. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Jun. 18. Cape Cod Evening Bicy-

cling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Sun., Jun. 23. Sunset/Full Strawberry Moon Ride. Ride Description: Road cycling. L Paul Currier currierpaul@comcast.net or 508-833-2690. Ride the hills and shores of Sagamore and the canal trail to Buzzards Bay. We'll catch the spectacular sunset over Onset Bay during a tour of Mass Maritime and moonrise over Plymouth Bay. C2B Tires and riders pumped and ready to roll. Helmets, spare tube & tire tools, and water required as is registration -cancellation/rescheduling sent only to registered riders. Directions: From the former Sagamore Rotary now the Sagamore Straightaway, head toward Scusset and take Canal Road past Friendly's to the Sagamore Recreation Lot. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Jun. 25. Evening Cape Cod Bicycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration

required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Oct. 8. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Oct. 15. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (XCE) Fridays

Oct. 18. Sunset/Full Hunter's Moon Ride. Ride Description: Road cycling. L Paul Currier currierpaul@comcast.net or 508-833-2690 Ride the hills and shores of Sagamore and the canal trail to Buzzards Bay. We'll catch the spectacular sunset over Onset

Bay during a tour of Mass Maritime and moonrise over Plymouth Bay. C2B Tires and riders pumped and ready to roll. Helmets, spare tube & tire tools, and water required as is registration -cancellation/rescheduling sent only to registered riders. Directions: From the former Sagamore Rotary now the Sagamore Straightaway, head toward Scusset and take Canal Road past Friendly's to the Sagamore Recreation Lot. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Oct. 22. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Oct. 29. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

CANOE/KAYAK

Always looking for additional paddle leaders, both flat water and ocean. Contact paddlingchair@amcsem.org

Volunteer Opportunities

Wed., May. 1. Mashpee/Wakeby Ponds. Paddle around 2 fresh water ponds about 7 miles with lunch at beach at end of Wakeby Pond. Life jackets & spray skirts req. DIRECTIONS: from rte 28 take 130N for 2 mi to R at "State Landing" sign to put-in. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau, CL (508-362-0451 before 8 pm, paulcorri@gmail.com)

Chapter Trips

Wed., May. 1. MASHPEE/WAKEBY PONDS, Mashpee. Paddle 2 fresh water ponds about 7 mi with lunch at end of Wakeby Pond. Rte 28 to rte 130 N 2 mi R at "State Landing" sign to put-in. Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., May. 8. Pamet Harbor. Explore Pamet River and Harbor. Put-in Directions: From Route 6 northbound in Truro, right at the exit sign for Pamet Roads and Truro Center. At the junction signed for North and South Pamet Roads turn right, go a few hundred feet and turn right again onto South Pamet Road. Go under Route 6. After 0.1 m you come to Castle Road. Turn left, go about 100 feet and veer right onto Depot Road. After 0.5 m the road forks. Stay right toward Pamet Harbor. At 1.3 m you come to the harbor parking area. There is a \$6

launching fee. Life vest and spray skirt required. L Don Paladino (508-349-2950, djp1958@comcast.net)

Sat., May. 11. SWAN POND/RIVER PADDLE. Paddle down river to mouth on Nantucket Sound for lunch & return circumnavigating pond, about 7 mi. Life Vest & Spray Skirt req. DIRECTIONS: rte 6 exit 9 to 134S (Harwich/Dennisport) past Patriot Square to L Upper County Rd past Hart Farm to L Clipper Lane to put-in. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau, CL (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., May. 15. Indian Lakes. Middle Pond and Mystic Lake; 6 -7 miles; Spray skirt, wet suit and PFD Required; Preregistration 508-420-7245. L Louise Foster (508-420-7245 AnyTime, janlouise@comcast.net)

Saturdays

May. 18. Walkers Pond, Brewster. Satucket Rd. in Brewster to S on Slough Rd to put-in on left. PFD and Spray skirt req. Paddle Walkers and Mill Ponds. L Bill Fischer (508-429-4137 before 9PM, wmbarbarafischer@comcast.net)

Wed., May. 22. Jackknife Cove and Chatham Cut. Pleasant Bay, from Jackknife Cove to the barrier beach at the Chatham cut, returning around Strong Island. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., May. 25. Wellfleet Bay Blackfish Creek. Explore Blackfish Creek and Fox Island Marsh Put-in: In Wellfleet turn onto Pilgrim Spring Rd. from Rte. 6 (just past the fire-

lookout tower). At the stop sign and junction where Cove Rd. joins from the right continue straight on Indian Neck Rd. At the intersection with Samoset Ave. on left bear right and then right on Nauset Road to the Indian Neck Beach parking area. Use the existing paths to access the beach. Life vest and spray skirt req. Wet or dry suit may be req. depending on conditions. L Don Paladino (508-349-2950, djp1958@comcast.net)

Wednesdays

May. 29. Cotuit Bay, Marstons Mills. Route 6 to S on rt 149, R on Rt 28 L on Putnam St, L on Old Shore to Town Landing. Unload and park back up on Putnam. PFD and spray skirt req. Paddle the three bays with lunch on Deadneck. L Bill Fischer (508-420-4137 before 9PM, wmbarbarafischer@comcast.net)

Saturdays

Jun. 1. Meetinghouse Pond/Little Pleasant Bay, Orleans. Put-in: From 6-A or Rte 28 East, R on Main St.; R at fork onto Barley Neck Rd and continue on Barley Neck Rd to Town Landing on R. PFD required; spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Wed., Jun. 5. BASS RIVER SOUTH-Dennis. Paddle Bass River 'fingers', Grand Cove to mouth at Nantucket Sound. Lunch West Dennis Beach. Life Vest & Spray Skirt required. Directions rte 6 exit 9, rte 134 South, R Upper County rd, L Main st, R Cove rd to landing at end. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Saturdays

Jun. 8. Centerville River. Rt.28 to S on Old Stage to light, R on S Main st. to L on Hayward st. to put in. PFD and spray skirt req. L Bill Fischer (508-420-4137 before 9PM, wmbarbarafischer@comcast.net)

Wednesdays

Jun. 12. Oyster Pond/Stage Harbor, Chatham. Put-in: Route 6, Exit 11 South to L on Route 28; at rotary take 1st exit (Stage Harbor Rd) to Oyster Pond. PFD required. Spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Saturdays

Jun. 15. Swan Pond/River, Dennis. Put-in: Clipper Lane off Upper County Road, Dennis; put-in is on the left. PFD required. Spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Wed., Jun. 19. Jackknife Cove and Chatham Cut. Pleasant Bay, from Jackknife Cove to the Barrier Beach at the Chatham Cut and return around Strong Island. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Jun. 22. Wellfleet Harbor Duck Creek. Explore Duck Creek from Wellfleet Harbor Put-in: From Route 6 in Wellfleet at the traffic light just past P.J.'s turn left toward Wellfleet Center and Harbor. Go 0.3 m and turn left on East Commercial Street. Go 0.7 m to the Town Marina and Harbor. Turn right on Kendrick Ave. The parking lot for Mayo Beach is a few hundred feet on the left. Life vest and spray skirt req. L Don Paladino (508-349-2950, djp1958@comcast.net)

Wednesdays

Jun. 26. Childs River, Falmouth. Rt. 28 to Whites Landing Rd, Falmouth (near Mashpee town line). PFD and spray skirt req. Nice river and possible Bay paddle. L Bill Fischer (508-420-4137 before 9PM, wmbarbarafischer@comcast.net)

Sat., Jun. 29. Boston Harbor Inner Islands. Circumnavigate several harbor Islands. Put-In, Hull Gut, Hull, Ma. Level 3. PDF, spray skirt req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey (781-789-8005 anytime, geowey@comcast.net)

Wed., Jul. 3. FOLLINS-MILL PONDS -Dennis. Paddle Follins Pond to Weir Creek & under bridge to Mill Pond passing Crab Creek Conservation area & back to circumnavigate Follins Pond.- 8 mi. Directions: rte 6 exit 9, rte 134 N, L Setucket, L Mayfair, R Follins Pond rd. Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Sat., Jul. 6. Herring River. 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. Bring lunch. DIRECTIONS: . Trip starts on Rt. 28 at Herring River Bridge in Harwich. L Robert Zani (508-246-3132, rzani1534@gmail.com)

Wed., Jul. 10. Oyster Pond. Four (4) hour paddle on Oyster Pond, Oyster River, Stage Harbor, Mitchell River to Mill Pond and return. Bring lunch for stop at Stage Harbor Lighthouse. Take exit 11 off rte 6, S on rte 137 to four way stop, L on Queen Anne, continue on Queen Anne with a right turn where the sign says Downtown,

Stay R at next stop sign to rte 28, L on rte 28 to tfc light. Right at light still on Queen Anne to R at Pond St where the put in is. L Robert Zani (508-246-3132, rzani1534@gmail.com)

Sat., Jul. 13. Jackknife Cove and Chatham Cut. Pleasant Bay, from Jackknife Cove to the barrier beach at the Chatham cut, returning around Strong Island. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Jul. 17. Lewis Bay. Circle Lewis Bay. Explore Uncle Robert's Cove, have lunch on Egg Island and perhaps venture into Hyannis Inner Harbor. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Jul. 20. Bass River South. DESCRIPTION: Bass River, Yarmouth south. 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. L Robert Zani (508-246-3132, rzani1534@gmail.com)

Wed., Jul. 24. Leader's Choice. Location will depend on wind and weather conditions. Contact leader the week of the trip for more definite information. L Ed Foster (508-420-7245, erfoster@comcast.net)

Saturdays

Jul. 27. Cotuit Bay, Marstons Mills. Route 6 to S on rt 149, R on Rt 28 L on Putnam St, L on Old Shore to Town Landing. Unload and park back up on Putnam. PFD and spray skirt req. L Bill Fischer (508-420-4137 before 9PM, wmbaraafischer@comcast.net)

net)

Sat., Aug. 3. Nauset Marsh. DESCRIPTION: 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 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 (508-246-3132, rzani1534@gmail.com)

Wed., Aug. 7. North River, Marshfield-Hanover. Put-in, Marshfield side of Union St. bridge. Spot cars in Hanover. Level 2/3. PFD req. Spray skirts may be req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey (781-789-8005 anytime, geowey@comcast.net), R George Wey (781-789-8005 anytime, geowey@comcast.net)

Sat., Aug. 10. Shoestring Bay. Mashpee River, Thatch Island, Meadow Point, Piquicket Cove, Santuit River, depending on conditions. Level 2- 3; 8 - 10 miles. Spray skirt PFD required. Call for directions to put in 508-420-7245. L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net), R Louise Foster (Cotuit, MA 02635, 508-420-7245 Any Time, louise.foster@alumnae.brynmawr.edu)

Wed., Aug. 14. Lewis Bay. Circle Lewis Bay. Explore Uncle Roberts Cove, lunch on Egg Island, and perhaps venture into Hyannis Inner Harbor. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Aug. 17. Bass River North. Bass River, Yarmouth. We will go north and if the tides oblige make our way into Mill Pond. Probably a nine mile paddle. 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. L Robert Zani (508-246-3132, rzani1534@gmail.com)

Wed., Aug. 21. Great Island Wellfleet Bay. Explore Wellfleet Bay and Great Island. Put-in: From Route 6 in Wellfleet at the traffic light just past P.J.'s turn left toward Wellfleet Center and Harbor. Go 0.3 m and turn left on East Commercial Street. Go 0.7 m to the Town Marina and Harbor. Turn right on Kendrick Ave. The parking lot for Mayo Beach is a few hundred feet on the left. Life vest and spray skirt req. L Don Paladino (508-349-2950, djp1958@comcast.net)

Sat., Aug. 24. Leader's Choice. Exact location will depend on wind/ weather conditions. Contact the leader the week of the trip for more definite information. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Sep. 4. Pamet Harbor. Explore Pamet River and Harbor. Put-in Directions: From Route 6 northbound in Truro, right at the exit sign for Pamet Roads and Truro Center. At the junction signed for North and South Pamet Roads turn right, go a few hundred feet and turn right again onto South Pamet Road. Go under Route 6. After 0.1 m you come to Castle Road. Turn left, go about 100 feet and veer right onto Depot Road. After 0.5 m the road forks. Stay right toward Pamet Harbor. At 1.3 m you come to the harbor

parking area. There is a \$6 launching fee. Life vest and spray skirt required. L Don Paladino (508-349-2950, djp1958@comcast.net)

Sat., Sep. 7. Weir River, Hingham Bay Islands. Put-In, beach pkg.lot off Rt.3A, just before Hingham Harbor Rotary. Level 2-3. PDF, spray skirt req. L George Wey (781-789-8005 anytime, geowey@comcast.net). L George Wey (781-789-8005 anytime, geowey@comcast.net)

Wed., Sep. 11. Mashpee Wakeby Ponds. Perimeter of Mashpee Wakeby Ponds; Spray Skirt and PFD required. About 8 miles. Pre-register 508-420-7245. L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net)

Sat., Sep. 14. Walker, Upper and Lower Mill Ponds. DESCRIPTION: Walker, Upper Mill, and 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 Robert Zani (508-246-3132, rzani1534@gmail.com)

Wed., Sep. 18. HERRING RIVER NORTH-W Harwich. Paddle up stream to Coy Brook to end & back to Herring River for lunch at North Rd bridge. Afterwards paddle to west & east reservoirs for total of 8 mi. Rte 6 exit 10, R 124 S, R 39 S, R 28 N, L Town Landing. Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Saturdays

Sep. 21. Mashpee River. Put-in: Rt. 6 to Exit 5 (Rt 149); South on 149 to Rt. 28; Right onto Rt. 28 to Mashpee Rotary; From rotary take Great Neck Rd. S; Go 2.5 miles to unpaved parking lot on left marked Ocway Bay Boat Ramp. PFD required. Spectacular riverside wildflowers. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Sat., Sep. 21. Leader's Choice. Exact location will depend on predicted wind/weather conditions. Contact the leader the week of the trip for more definite information. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wednesdays

Sep. 25. Leader's Choice paddle. Contact Leader for information. PFD/spray skirt req. L Bill Fischer (508-420-4137 before 9PM, wmbarrarafischer@comcast.net)

Sat., Sep. 28. LONG POND, BREWSTER/HARWICH. Nice six mile paddle circumnavigating the pond with lunch on beach. Rte 6 exit 10, rte 124 N, R Long Pond Drive, L town beach. Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., Oct. 2. Nauset Marsh. Explore Nauset Marsh and Mill Pond. Perhaps venture into Salt Pond. L Ed Foster (508-420-7245, erfoster@comcast.net)

Saturdays

Oct. 5. Swan Pond/River, Dennis. Put-in: Clipper Lane off Upper County Road, Dennis; put-in is on

the left. PFD required. Spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Wed., Oct. 9. INDIAN LAKES- Marston Mills. Paddle Middle & Mystic fresh water lakes with lunch on beach at end of Mystic Lake. total 7 miles. Rte 6 exit 5, rte 149 S for 3 mi, R Mystic Drive (after cemetery at sign for "Indian Lakes") for 7/10 mi, R at sign "Town Way to Water" to put-in. Life Vests & Spray Skirts req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., Oct. 16. CHASE GARDEN CREEK, YARMOUTH PORT. Paddle 8 mi Chase Garden Creek & tributaries. Lunch at Bray Farm or on beach near Shellfishing Plant. Rte 6 exit 8, Union st N, L rte 6A, QUICK R Center st to Grey's Beach at end. Life Vest & Spray Skirt req. L Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com), CL Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com)

Sat., Oct. 19. Barnstable Harbor. We'll explore some of the creeks in Barnstable Harbor, probably those on the western side. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Oct. 30. FOLLINS/MILL PONDS - Dennis. Paddle Follins Pond to Weir Creek & under bridge to circle Mill Pond passing Crab Creek Conservation area and back to circumnavigate Follins Pond & have lunch - total 8 miles. Rte 6 exit 9, rte 134 N, L Setucket, L Mayfair, R Follins Pond rd. Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-

0451 before 8 pm, paulcorri@gmail.com)

PL. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

stretch on beach for sunset views. Return on beach for moon-rise! Option: Calm weather walk one more length of beach for 3rd mile Meet 7 p.m. Less than 2 hours. L Janet Kaiser (508-432-3277)

CAPE HIKES

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

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

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

Thu., May. 9. Ryder Conservation Area - Sandwich. Scenic hike, through Lowell Holly Conservation area around Mashpee-Wakeby Pond, meet at 9:45 AM for 10 AM start. Rte 6 to Exit 3, turn south on Quaker Meetinghouse Rd to traffic lights and turn L on Cotuit Rd. 1 - 1.5 miles parking area on right. L Jane Harding (508-833-2864, janeharding@comcast.net)

EXECUTIVE COMMITTEE

We need an “Event Planner” for the AMC SEM Executive Board. Do you have event planning skills? Our events are typically: Annual Meeting/Dinner, Holiday Party, Summer Picnic. Can you find and reserve a room, choose a menu that fits in our budget, worry about a projector and screen, set an agenda, and generally make an event happen? Contact the chapter chair at chair@amcsem.org.

Chapter Trips

Thu., May. 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)

Sundays

May. 12. Cape Cod Canal Trails , Bourne MA. Varied point to point 4 miles on trails alongside canal from bridge to bridge including Bourne-dale trails, through Bourne scenic park, interesting “4 mile outlook”. Meet at Bourneale Herring Run Canal Visitor Center on Canal Scenic Highway about a mile from Sagamore bridge going towards Bourne Bridge MAINLAND SIDE. CAR-POOLING REQUIRED SO DON'T BE LATE. 12:45. L Gary Miller (508-540-1857, Garymaxx@verizon.net)

Volunteer Opportunities

Until Filled. Chapter Youth Program (CYP) Leader. Share your outdoor knowledge and leadership skills with local groups of children. Give your time to these programs to help kids get outside who might not otherwise have the opportunity. A typical Chapter Youth Program (CYP) might include a local walk with some nature lesson or trail games. CYP leader training and screening is required. L Sally Delisa (picpocit@verizon.net)

Sat., May. 4. Harwich, Herring River (B3C). Wooded walk with views of the beautiful Herring River. Walk both sides of West Reservoir, cranberry bogs. From Rte 6 E, Ex 10, R at top of ramp, Rte 124 for 1.3 mi, R @ Main St. straight 2 mi to park @ Sand Pond on R. Meet 9:45 a.m. 3.5 hrs. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sun., May. 19. Sandwich Canal Hike. Hike from canal along Town Neck Beach to Sandwich boardwalk and back through Sagamore village, meet at 12:45PM for 1 PM start. From 6A in Sandwich take Tupper Rd towards canal, turn R on Town Neck Rd, turn L on Coast Guard Rd and park in museum lot. L Jane Harding (508-833-2864, janeharding@comcast.net)

HIKING

IMPORTANT: No pets w/o prior permission of trip leader. Individuals under 18 years of age must be accompanied by a parent or responsible adult, and obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 week prior to the trip so Ls can discuss prior hiking exp., conditioning, clothing, and equipment. Rating codes (e.g. C4D): first letter

Sun., May. 5. Mashpee-Barnstable: Santuit Pond/River. Meet 12:45PM for 1PM Hike. 2 hrs. Rte. 6, Exit 5, South on Rte. 149 to Rte. 28. R. on Rte. 28, R on Santuit-Newtown Rd. for 0.8 miles to yellow gate and

Sat., Jun. 22. Full Moon Hike: West Dennis Beach (C4C). Route 6 Exit 9A south to Route 134, go straight and cross Route 28, then go to the end and turn right. After 0.5 miles, turn left to beach parking near entrance and concession bldg. Hike mile-long

indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

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

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

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

Chapter Trips

(NM) Thursdays

May. 2. Thursday Morning Hike. 10:00am at Wollomonopoag Hike, Wrentham, MA (B3C) Bring snacks and sturdy boots. Rain cancels. Find your way to Route 140N Wrentham Center and travel for approximately 1 1/2 miles to Elysium St. on left. Continue on Elysium to top of hill and bear left, the conservation area will be on rt. You will see Es-kers, a beaver dam & Great Blue Heron Rookery. L Muriel Guenther (508-699-7461 before 9pm, murielguenther@comcast.net)

(FT) (NM) Thursdays

May. 2. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(AN) (CE) Tuesdays

May. 7. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. 9:30 Start. L Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net), CL Luther Wallis, R Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays

May. 9. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Thu., May. 9. Borderland State Park/BCT. Meeting time is 9:45am at Borderland SP parking lot on Massapoag Ave. on the Sharon/North Easton border for a 4.5 mile hike. Hiking will conclude around 1:00pm with pizza and cake afterwards in the Borderland Visitor Center. Please bring, water, rain gear, appropriate footwear, plastic bag for trash pick up and pruning shears. Storm cancels. Parking fee is \$2.00. Lunch fee is \$5.00. Registration is REQUIRED for this activity. Please call Barbara Hathaway to register for this activity and with any questions you may have. L Deborah Lepore (781-828-0572 Before 9 pm, DLepore2@GMail.com), CL Barbara Hathaway (508-880-7266 Before 9

pm, barb224@tmlp.net), R Barbara Hathaway (Taunton, MA, 508-880-7266 Before 9 pm, barb224@tmlp.net)

(FT) (NM) Sat., May. 11. Introduction to Hiking at Blue Hills. Great hike for new members and first time hikers. A leisurely hike in the Blue Hills Reservation. L Sue Chiavaroli (508-496-6452 7-9PM, brillo6452@yahoo.com)

(FT) (NM) Sat., May. 11. Family Hiking Series #3. Got kids? Join us for our Family Hiking Series. This hiking series is meant to introduce families to the joy of hiking. Hike #3 will be at Blue Hills Reservation. This hike we will adding some elevation gain to our hiking skills. We will be hiking for approximately 2 hours before our lunch break and 2 hours after. Bring your family, pack a lunch and enjoy beautiful views of the Boston skyline. Appropriate for children 3 and up. Children under 3 are welcome in child carriers. Contact leader for more information. L Christine Pellegrini (508-244-9203, chrispellegrini@yahoo.com), CL Bill Pellegrini (billpellegrini@yahoo.com), R Christine Pellegrini (508-244-9203 6-8pm, chrispellegrini@yahoo.com)

Sun., May. 12. Blue Hills Fast and Hilly. Stay in shape for the bigger mountains by hiking the Skyline Trail at a moderately fast pace. We'll hike the North-South loop, then out to Buck Hill and back. Meet at 8:45; not a beginner hike. L Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com), R Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com)

(AN) (CE) Tuesdays

May. 14. Blue Hills Reservation

Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. 9:30 Start. L Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net), CL Luther Wallis , R Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays
May. 16. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Thu., May. 16. Thursday Morning Hike Wompatuck State park. Meet at visitor's center parking lot at 10AM for 6-7 mile hike. Bring lunch-snacks, water, sturdy footwear, rain jacket. Steady rain cancels. Directions: From RT. 3 take exit 14 to Rt.228 N,Hingham, 3.5 miles turn R onto Free St. 1 mile to Union St, and state park entrance. L Ed Fopiano (edfopiano@verizon.net)

Sat., May. 18. Appalachian Trail hike from Connecticut to Race Brook Falls. Moderate to Strenuous 7.1 mile hike starting at Northwest Road on the MA-CT border to and proceeding to the AT. Hike 4.4 miles along the AT through Sages Ravine and over Race Mountain. Descend 2.1 miles on the Race Brook Falls Trail. L Anne Duggan

(508-789-5538 evenings till 9:30, abduggan12@gmail.com), R Anne Duggan (508-789-5538 evenings till 9:30, abduggan12@gmail.com)

(AN) (CE) Tuesdays
May. 21. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. 9:30 Start. L Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net), CL Luther Wallis , R Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays
May. 23. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(C) (FT) Thu., May. 23. Thursday morning hike, Phillips Farm and Nelson Memorial Forest. The beautiful farm and woodland trails consist of a variety of a meadow and old trees on property which was once farmed. We'll hike trails along Cove Creek, the North River, carpaths in the woods, and see the remnants of an historical 'Packet Landing'. Wildflowers and birds abound. Property also borders the Marshfield Conservation land. Audubon's Tilden Farm is across street. We'll focus on wildflowers, but birders are welcome.

Great First Timer activity! L Sally Delisa (781-834-6851 Before 9 pm, delisally@yahoo.com)

Sat., May 25-27. Memorial Weekend in the Whites. Hike the Twins and the Bonds and stay at Galehead Hut. Group meals included. Cost is \$100.00 pp for the weekend. Confirmation and payment must be submitted by 4/20/13. L Leslie Carson (508-833-8237, ltc929@comcast.net), CL Maureen Kelly (moke1775@aol.com), R Leslie Carson (508-833-8237, ltc929@comcast.net)

(AN) (CE) Tuesdays
May. 28. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. 9:30 Start. L Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net), CL Luther Wallis , R Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays
May. 30. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Thu., May. 30. Thursday Morning Hike Leominster State Forest. Five mile hike from Redemption Rock to

Crow Hill cliffs and back. Meet at 10:30 am Redemption Rock Parking Lot. Bring lunch/water/ sturdy footwear. From Rte. 2 exit 25 take Rte. 140 south 3.1 miles to Redemptin Rock parking on right. Heavy rain cancels. L Jerry Yos (781-935-4647 before 11 pm, jerryyos@yahoo.com)

(FT) (NM) Thursdays

Jun. 6. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays

Jun. 13. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Sat., Jun. 15. Introduction to AMC Hiking - Blue Hills. Join us for a nice hike in the Blue Hills and discover the fun, camaraderie, and great exercise of AMC hiking. Minimal equipment required for this intro. hike, but sturdy hiking shoes and water bottles will be a must. L Paul Miller (508-369-4151 before 9:00

PM, paulallenmiller@verizon.net), L Jim Casey (cmne@comcast.net), R Paul Miller (508-369-4151 before 9:00 PM, paulallenmiller@verizon.net)

Sat., Jun. 15-16. Mt Greylock 2 day hike. 2 day Mt Greylock hiking trip. Saturday hike Money Brook Trail to Cataract Falls (7 miles). 3B3Bascom Lodge overnight (\$35/ per person. Limit 10 people). Sunday Rounds Rock Trek (6.9 miles) 3B3. L Anne Duggan (508-789-5538 before 9:30 pm, abduggan12@gmail.com), CL Sue Chiavroli (brillo6452@yahoo.com), CL Bryan Jones (bjones1017@gmail.com), R Anne Duggan (177 Rounseville Rd, Rochester, MA 02770, 508-789-5538 before 9:30 pm, abduggan12@gmail.com)

(FT) (NM) Thursdays

Jun. 20. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Sat., Jun. 22. Family Hiking Series #4. Got kids? Join us for our Family Hiking Series. Hike #4 is our final hike. We have learned a lot since our first hike and we plan to take what we learned and head to New Hampshire. The destination will be decided based on how our group has improved over the last 3 hikes. Appropriate for children 3 and older with some hiking experience. Children under 3 years

are welcome in child carriers. Contact leader for more information. L Christine Pellegrini (508-244-9203, chrispellegrini@yahoo.com), CL Bill Pellegrini (billpellegrini@yahoo.com), R Christine Pellegrini (508-244-9203 6-8pm, chrispellegrini@yahoo.com)

(AN) (CE) Sun., Jun. 23-30. Acadia NP Multi-Sport Camp. Join us for a week of hiking, biking, kayaking, and relaxing in one of Maine's premier outdoor destinations. We will be car camping using the Blackwoods Campground as our base camp. Leaders will plan multiple activities each day in and around the park. L Ken Jones (508-697-0142 6-9 pm except Thursday, lotsoluck@comcast.net), CL Luther Wallis (508-310-3949), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, 508-697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays

Jun. 27. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays

Jul. 4. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh

(508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(AN) Tue., Jul. 9-12. White Mountain Hut-to-Hut Trek (B3B). Join us as we trek across the Northern Presidential Range while enjoying lodging and meals at the AMC Mizpah, Lakes and Madison White Mountain Huts. Our trek will cover more than 23 miles over rugged terrain while enjoying magnificent and unique scenery. This strenuous trip is not for beginners. Trip rating B3B. L Ken Jones (508-697-0142 6-9 pm except Thursdays, lotsoluck@comcast.net), L Leslie Carson (lrc929@comcast.net), R Ken Jones (207 Walnut Street, 508-697-0142 6:00pm-9:00pm except Thursdays, lotsoluck@comcast.net)

(FT) (NM) Thursdays
Jul. 11. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Jul. 13. Welch-Dickey Loop. Nice loop hike in Waterville Valley area in NH with excellent views from exposed ledges. Moderate elevation gain, length, and pace make this a great hike for AMC members who may want to give day hiking in the White Mountains a try. L Paul Mill-

er (paulallenmiller@verizon.net), L Jim Casey (cmne@comcast.net), R Paul Miller (508-369-4151 before 9:00 PM, paulallenmiller@verizon.net)

(FT) (NM) Thursdays
Jul. 18. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays
Jul. 25. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays
Aug. 1. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-

8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays
Aug. 8. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays
Aug. 15. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Aug. 17. Whiteface Mtn. Loop hike over Blueberry Ledge Trail to Rollins Trail to Dicey's Mill Trail. Strenuous hike with challenging rock ledge scramble and a water crossing. One of the more challenging hikes in the Whites. For experienced White Mtn hikers only. Magnificent views from bare ledge precipices. El 4010, el change 2838 Ft, 10 mile loop. L Len Ulbricht (lwu9944@verizon.net), CL sue franconi-salmon (sfranc321@gmail.com), R len ulbricht (lenu44@gmail.com)

(AN) (CE) Mon., Aug. 19-25. Mount Katahdin Backpack. Join us for an extended backpack through Baxter State Park. We will camp at Wasataquoik Stream, Russell Pond, Roaring Brook, and Chimney Pond. Weather permitting we will summit Mount Katahdin, traverse the Knife Edge and summit Pamola. We will also plan on climbing Hamlin Peak via Hamlin Ridge. Group dinners provided. L Ken Jones (508-697-0142 6-9 pm except Thursdays, lotsoluck@comcast.net), CL Luther Wallis (508-310-3949, lew89@comcast.net), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, 508-697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays
Aug. 22. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays
Aug. 29. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays
Sep. 5. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays
Sep. 12. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays
Sep. 19. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays
Sep. 26. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-

8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays
Oct. 3. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

TRAILS

Looking for someone to be vice chair of the trails committee and plan local trailwork events for the chapter. Contact the chapter vice chair at vicechair@amcsem.org

Chapter Trips

Sat., May 11-12. Lonesome Lake Trail work. Lonesome lake trail work May 11th & 12th 2013. Want to get out and have fun getting dirty? Come join us for some trail work sprucing up Lonesome lake trail. We will be doing trail work Saturday and staying at Lonesome Lake hut on Saturday evening. If additional work is required we will continue on Sunday morning otherwise we can take in a hike to Kinsman or Canon Mt. Register with Wayne Anderson wanderson@mxcsi.com Phone (508)697-5289. L Lou Sikorsky (hikinglou@charter.net), R Wayne Anderson (508-697-5289, wanderson@mxcsi.com)



Lonesome Lake Trail Crew, Left to Right Wayne Anderson, Sandy Santilli, Frank Butterworth, Hadley Donaldson, Leslie Carson, Dexter Robinson is in the fog, photo by Ken Carson

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

June 2013

Visit AMC SEM Website

Breeze Newsletters

Calendar

Photos

Open Volunteer Positions

- Biking (Vice)
- Conservation (Vice)
- XC Ski (Vice)
- Trails (Vice)

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



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

Editor: Andrea Holden
breeze.editor@amcsem.org

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



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

Monadnock Without the Crowds

By Paul Miller,
SEM Vice Hiking Chair



It's well-known that Mt. Monadnock in Jaffrey, NH is one of the most frequently climbed mountains in the world. What's not so well known, is that it's easy enough to (largely) avoid the crowds if you make the effort to avoid the popular White Dot and White Cross Trails that lead directly from the main parking area to the main summit. I've been climbing Monadnock two or three times a year now for the last fifteen or so years and in that time have come up with a number of interesting hikes, most that avoid those two crowded trails like the plague.

One of my favorite hikes starts at the main parking area off Poole Road. But rather than going straight up to the summit on either the White Dot or White Cross Trails, this hike first loops around toward the other side of the mountain via the little-trod Parker and Lost Farm Trails and includes a visit to the peaceful summit of Monte Rosa, one of the two sub-peaks (along with Bald Rock) in Monadnock State Park before finally hitting the typically crowded main summit of Grand Monadnock. This is the

route that a group of thirteen intrepid SEM hikers (including leaders Ken Jones and I) took on April 27th for an excellent early-spring hike.



Scrambling up the Monte Rosa Trail by Sal Spada



Approaching Summit of Grand Monadnock by Sal Spada

SAVE THE DATES

AMC Boston Gear Swap

June 5 (Joy Street) - See Listing

Family Weekend

Aug. 23-25

Chapter Hut Weekend

Sep. 20-22

Fall Gathering (all chapters) Hosted Delaware

Oct. 18-20

Annual Meeting & Dinner

Nov. 2

Hike Planning Meetings 6:30pm

6/5, 9/4, 12/4

Board Meetings 6:30pm

6/12 (in-person), 9/11, 10/9, 11/13

Where to find activities (hikes, bikes, etc.)

1. The monthly **Breeze** - email
2. **AMC Outdoors magazine** - mail
3. [Online trip listings](#)
4. Sign-up for [short notice trips](#)

Pictures and Article Submissions

We encourage SEM members to submit articles and photos for both the Breeze and our website. Materials will be edited at the editor's discretion, send to breeze.editor@amcsem.org

Breeze Deadlines

Monthly on the 7th, trips; 15th articles/pix

Sign-up for the Breeze

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

Where to find [Breeze Publications](#)

Volunteers Wanted

Volunteer for the Executive Board. Do you have skill and want to see where you fit? Lead hikes bike, ski, snowshoe, x-country or paddle trips. We have volunteer positions open! Contact chair@amcsem.org

AMC Gear Swap

June 5, 2013 6:30pm - 9:30pm 4 Joy Street, Boston

Find a new home for that old, unused gear you have around the house, in the barn, or under the bed. You know, the stuff you never use, but it's still usable, or just needs minor repairs. Most items will be free and some items will be for sale. We hope that all the gear stays in the AMC family, but feel free to invite friends, family, coworkers and neighbors you think might want to come who could put the gear to good use. If you want to sell, donate, or volunteer, please register [here](#) and review [list of gear](#) available.

2013 Executive Board

Chapter Chair

chair@amcsem.org
Cheryl Lathrop, 508-668-4698

Vice Chapter Chair

vicechair@amcsem.org
Maureen Kelly, 508-224-9188

Treasurer

treasurer@amcsem.org
Patty Rottmeier
508-982-1099 (c), 508-228-4207 (h)

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Karen Singleton, 508-730-7702

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George Wey, 781-789-8005

Canoe/Kayak (Vice)

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Hiking (Vice)

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Ed Miller, 774-222-0104
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please

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Barbara Hathaway, 508-880-7266

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Lou Sikorsky, 508-678-3984

Past Chapter Chair

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Jim Plouffe

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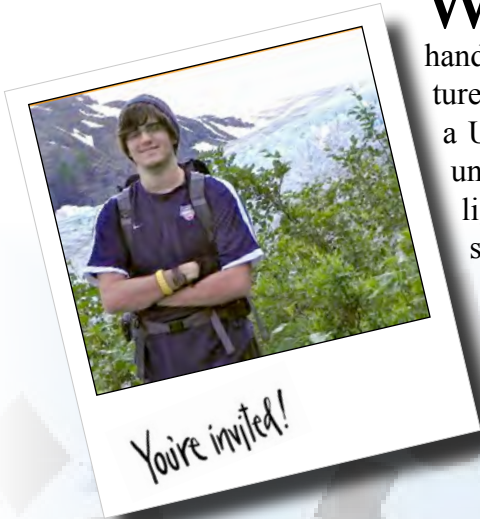
blast.editor@amcsem.org
Andrea Holden



View from the Chair

By Cheryl Lathrop

Wondering what to give your June graduate for a gift? I was recently wondering just this as I held the invitation to my nephew's graduation in my hand—and then I received an email from the AMC entitled “The Gift of Adventure”. Certainly curious, I opened it to see: “Give the gift of the outdoors. Give a U-30 membership.” I immediately clicked and bought my nephew a 2-year under-30 (U-30) membership. It came with a logo pouch and a clip-on LED light. Then I threw in my copy of a popular funny hiking the AT book. Problem solved with one click!



My nephew's graduation invitation e-vite (all is electronic nowadays!) had a picture of him in the Alaskan mountains from a family vacation. In my card I wrote: “You don't need to travel so far to find mountains; the Appalachian Mountains are right here in your own backyard!” (He'll be in the MD/DC chapter.)

So, forget briefcases and pens and watches. Congratulate your favorite member of the class of 2013 with the gift that brings them closer to the outdoors.

I'LL SEE YOU ALL OUTSIDE THIS JUNE!

Got something to say? Got a good idea? Want to volunteer?

Feel free to contact me anytime about anything!

chair@amcsem.org

Cheryl Lathrop

Chapter Chair

As always, feel free to contact your chapter chair, or vice chapter chair at any time.

Chapter Chair: Cheryl Lathrop (chair@amcsem.org) ~ Vice Chapter Chair: Maureen Kelly (vicechair@amcsem.org)

William E. Leahey, 91



AMC lost a loyal and long-time member on May 10, 2013 when Colonel William Leahey of Brewster passed away at age 91.

As an AMC SEM member, Bill participated in bicycling, hiking, and canoeing trips. He competently led AMC hikes on trails in the mid and lower-Cape areas. In addition, he participated in hiking trips to the White Mountains with AMC friends and one particularly memorable one was when we accompanied former hiking chairperson Janet Kaiser on her final 4,000 footer!

Bill's generosity and camaraderie was demonstrated in hosting large New Year's parties in his home for his AMC friends and others for which he will always be remembered as well as for his dedication to his country serving in both the National Guard and the U.S. Army for a total of 33 years retiring as a full colonel.

Written by Nancy Wigley, AMC Life Member

“ *AMC has lost a generation of renaissance men who were the leaders in the 80's and 90's.*

They had mountain and white water experiences and joined AMC when membership requirements challenged the applicants skills and knowledge.

Others gone but not forgotten . . . Colonel Dalton, Harry Dombrosk, Jack Handlen, and Bud Carter. They initially had established and implemented the AMC outdoor activities on the Cape, including trail maintenance.

May we remember with great appreciation these men and their legacy of commitment to AMC activities on the Cape ”

- AMC member Janet Kaiser

Egg Island, The Quasi Phoenix

by Louise Riemenschneider Foster

**Thanks to James Gould, Historian; Brian Braginton-Smith, Executive Director of the Lewis Bay Research Center; and Fred Stepanis, Barnstable Conservation Agent for the historical information in this report.*

The plan for our Lewis Bay trip is the “flip” of most of our others and the result is a delightful concoction of contrasts. This season, weather permitting, Ed Foster will be running this paddle on

July 17. It begins in bucolic estuaries and coves and then for the grand finale, heads into one of the busiest working harbors on the Cape. All this is punctuated by an ethereal lunch site, which is quite unexpected if you haven’t before been on this adventure. When leaders select dates for their events, they usually target high tides at mid day for travel as far as possible into tidal areas. This one is fundamentally based on the opposite, when the tide cycle around noon is near low. It is then when the waters finely retreat to expose Egg Island, seemingly, but not really, “rising” like a Phoenix from the deep. It is surreal and this will be our lunch spot!

The trip begins in Yarmouth, moving clockwise along the perimeter of Lewis Bay, aka Sepnessett (its ancient Wampanoag name)*, into little estuaries and

coves, the seclusion of Uncle Robert’s Cove and around Grand Island. The route is scattered with buoys marking shellfish grants and offers splendid, sweeping panoramas of the skyline of the Village of Hyannis, the “metropolis” of Cape Cod. On some trips we have an “encounter” in this area with a pirate ship! It is filled with kids dressed like bandits, and they point their huge cannons at us. These can deliver very hefty streams of water, but the adults in charge are saving the water for a summer hire floating in the harbor, pretending to be Slash, a nasty stranded mutineer. They soon head off searching for sunken treasure and the unfortunate Slash, leaving us in the midst of osprey screeching above.

Just when we are more than ready for lunch, we move past a breakwater

The Ferry Departing Hyannis for The Islands. Courtesy of Louise Riemenschneider Foster



Egg Island, Cont'd

into the harbor. If the timing is perfect, somewhere out there in Hyannis Outer Harbor, the waters part and our lunch spot magically appears as the Egg grows! This is a serene place, completely void of footprints other than our own. The water drains from the porous sand, instantly creating dry land so we can sit. Nirvana!

It is hard to imagine that not so long ago, there was a very different ecosystem here. Egg Island was a full fledged island with substantial upland dunes dotted with summer camps and could be accessed from Kalmus Beach by a shallow sand bar. A 13 foot deep channel into Hyannis Inner Harbor ran on the other side between it and Grand Island, and established the boundary between the Towns of Yarmouth and Barnstable, placing Egg Island in the Town of Barnstable. A popular social destination, girls rowed out with picnic supplies and boys waded over on the sand bar at low tide. It was known as a place where gulls' eggs hatched, hence the name. In about 1900, when today's wider channel into the harbor was dredged, the hydrodynamics of the Egg Island area were dramatically affected; sand accreted in the original channel and the island fell prey to major erosion, finally meeting its end at the hands of the hurricane of 1938. A sand bar now blocks the original channel, connects Egg Island to the mainland on the Yarmouth side and holds back waters from flushing the bay.* A robust land mass reduced to a sand bar and a once major channel choked with sand - perhaps an over simplification on my part, but a sad, all too familiar example of how a well intentioned project can trigger an upset elsewhere, and have far

reaching consequences.

After lunch, we depart the still growing sand bar and cautiously cross the boat channel, then through a large, crowded mooring basin and finally into the inner harbor. Here we pass and are passed by commercial vessels going off to work and excursion boats taking folks out to see some of the places we have just been. Almost always, we see the Duck Boat; the passengers "quack" at us as it whirs by. We stay off to the side to give a wide berth to the ferries, which create surprisingly small wakes. The atmosphere is colorful and noisy. Artists' shanties, ice cream stands and water-side restaurants lining the shore above, beckon us to return when we are ashore! There are

many kinds of marine tour operations and commercial fishing boats moored along the wharf at our level. We notice the pirate ship is back in port. Slash is no where in sight.

With little threat of pirate attack, it is back to the put in. All this covers 8 to 9 miles and as you load up your gear, you will feel "you have seen it all!" Hope for good weather on July 17 for the [Good Egg!](#)



The Pirate Ship, The Sea Gypsy VIII, Back in Hyannis Harbor (but where is Slash?)
Courtesy of Louise Riemenschneider Foster



The AMC Storming Egg Island. Courtesy of Louise Riemenschneider Foster

PADDLE TRIP REPORT - Pamet River, Truro

May 8, 2013

By Donald J Palladino

Paddlers: Jean Orser, Paul Corriveau, Vicki Blair-Smith, Gary Robinson, Don Palladino (Leader), Louise Foster, Ed Foster, Pat Caarden

A dense early morning fog in Wellfleet did not bode well for the paddle, but by 8:30 the fog had lifted. The forecast was for showers later in the day, and so out we went and could not have asked for a more perfect day. It was a bit breezy at times - 10- 15 mph as reported, but we were mostly protected in the river and marsh.

We launched just at high tide and paddled upstream on the Pamet to Pamet Center where the Castle Road embankment had prevented flow from the ocean into the upper Pamet into the lower Pamet when the dunes were breached at Ballston Beach during the spring storm. Just as the tide turned we paddled downstream to the harbor and then into the tidal flat toward Corn Hill, returning to the south bank of the harbor near the breakwater for lunch - a total of 4.5 miles. After lunch we paddled into the marsh south of the harbor but the tide was retreating quickly so we returned to the launch site - overall just over 6 miles.

Did not see much wildlife, but saw enough of the sun to enjoy a great paddle.



PADDLE TRIP REPORT - Mashpee Wakeby Ponds

May 1, 2013

By Jean Orser L.



Paddlers: Jean Orser (Leader), Paul Corriveau (Co-Leader), Vicki Blair-Smith, Gary Robinson, Don Palladino, Marjorie Jordan, Bill Fischer, Louise Foster, Ed Foster, George Wey

A perfect sunny spring day with very little wind and temps in 60's was enjoyed by all. We paddled clockwise from the put-in on Mashpee Pond, Mashpee to the lunch spot at the end of Wakeby Pond in Sandwich arriving 1 minute before noon. The picnic tables were still there and sitting in the sun; catching up with everyone's winter activities was fun. After lunch we continued back to the put-in with a slight tail wind for approximately 7 miles total. It was great to see paddling friends again.



PADDLE TRIP REPORT - Swan Pond/River

May 11, 2013

By Jean Orser

Paddlers: Jean Orser, (leader), Paul Corriveau (Co-Leader), Vickie Blair-Smith, George Wey, Bill Fischer

Although the weather forecast was dismal with rain, thunderstorm, and high winds predicted, we decided to go as it didn't look like it would happen soon.

We paddled clockwise on the pond to Swan River and headed downstream under Upper County bridge which was still under construction to route 28 bridge where a temporary bridge is being built for future reconstruction of the main bridge to



Lower County bridge.

The river mouth where we stopped for lunch (well before noon) is different again this year with much more sand on the left side and a very narrow channel to the ocean. White caps were visible in the ocean and so we didn't venture out. The wind increased and we had a nice ride back. We passed many geese, ducks, snowy egrets, a few osprey (2 in nest by route 28) and one swan.

The rain held off and it was a nice day to paddle.



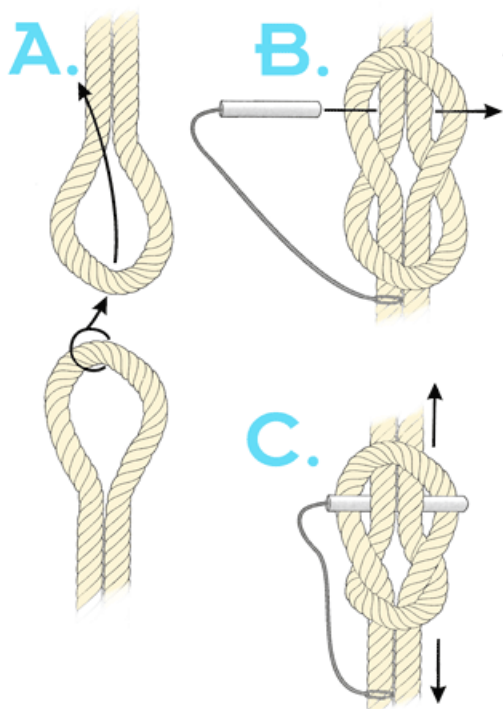
KNOTS

Mastering marlinespike

Provided by Max Sarazin

[Toggled reef knot >>](#)

When you need a quick and convenient temporary knot that can bear a continuous load and be rapidly untied, even under load, think of a toggle knot.



To produce a toggled reef knot, any fixed loops will do, but the loops ends must be secure. This knot is ideal for joining two eye splices, the loops of loop-producing knots or any combination of loops.

A. Bringing two loops together from opposite directions, take the tip of one loop under and through the tip of a second loop. Press the legs of the second loop up through the first loop and hold them in position.

B. Place the toggle between the legs of the second loop in front and the legs of the first loop behind.

C. Draw up tightly and maintain constant pressure on the toggle.

Source: www.theensign.org

Original materials used with thanks to Irene Rodriguez and John Bennett

Block Island Cycling May 4, 2013

The Greenway, inspired by England's Greenway system of trails, is a growing enterprise that now includes more than 12 miles of trails covering much of the southern half of the island. The trails, which range from wide and flat swaths of mowed grass to rocky slopes, pass through many of Block Island's most revered natural areas: Rodman's Hollow, the Enchanted Forest, Nathan Mott Park, and Turnip Farm.

The Mohegan Bluffs are large clay cliffs about 150 feet (46 m) high, located on the southern shore of Block Island. They got their name because the battle of the Niantic and the Mohegan took place here in the mid 16th century. The battle was over supremacy of the island, and the intruding Mohegans were forced over the cliffs to their death by the native Niantic.



Mohegan Bluffs, Block Island RI. Photo by Andrea Holden



Mohegan Bluffs, Block Island RI. Photo by Andrea Holden



Cliff overlooking beach from trail at Greenway Walking Trails at the Nature Conservancy . Photo by (Connie) Lee Shih-Yuan

Block Island Cycling Cont'd



Trip leaders Jodi Jensen and Ellen Correia. Photo by Ken Jones



Ken Jones (front), Jodi Jensen and Robert Martinelli hike Greenway Walking Trails at the Nature Conservancy. Photo by Andrea Holden



Coming ashore to Block Island. Photo by Ken Jones

FAMILY HIKING SERIES

June 22, 2013

Last Hike of the Season

Hike #4 location TBD - New Hampshire

[View our webpage](#)

Got kids? Join us for our Family Hiking Series. Hike #4 is our final hike. We have learned a lot since our first hike and we plan to take what we learned and head to New Hampshire. The destination will be decided based on how our group has improved over the last 3 hikes. Appropriate for children 3 and older with some hiking experience. Children under 3 are welcome in child carriers.

Contact leader Christine Pellegrini 508-244-9203 (best time to call: 6-8pm) chrispellegrini@yahoo.com for more information or to register. Registration Required.



Family Hike Series #3

Blue Hills Reservation Milton, MA

The May weather threatened the hike but with the right window of opportunity we sneaked in a wonderful hike with the Families in the 3rd series hike at Blue Hills. We had some 2 yr olds that walked and rode in packs but the youngest hiker on the ground was just under 4 years old. Everyone had a great time.

Photos by Christine Pellegrini



The Family Events Committee of SEM AMC is led by dedicated volunteers who keep us connected through the planning of trips and posting of information through our email list. Join us on one of our upcoming adventures. There are other families ready to share the outdoors with you!





WHY VOLUNTEER FOR AMC? Gain work experience! Add it to your resume! Got a little free time to help us grow? Are you a people person who likes to help others? Are you concerned about environmental issues? Do you enjoy outdoor activities? Do you have some free time? If this sounds like you, then you may be interested in some opportunities to help our chapter of the AMC grow and better accomplish its mission. Get in touch with us and we'll be happy to tell you more. Contact: chair@amcsem.org



AmeriCorps Volunteers of Barnstable hosted the 2013 Cape Cod Canal Cleanup Day



By Maureen Kelly
SEM Vice Chair and Leader
vicechair@amcsem.org

The AmeriCorps Volunteers of Barnstable hosted the 2013 Cape Cod Canal Cleanup Day on Saturday April 20. The weather was predicted to be rainy all morning and that kept some people back in their houses. Four SEM AMCsers donned their rain gear and pitched in to work. Nancy Wigley picked up trash along the canal as she has done in past years. The rest of us didn't see her because we were working on the Sagamore Hill Trails. Our group consisted of Joe Keogh, Cathy Garry and me. This is a nice area of trails across the street from the parking lot with the fishing pier on the way to Scusset Beach. Sagamore Hill is surrounded by the marsh but brings you to the high point of the area with beautiful views out to Cape Cod Bay.

There was light rain in the morning when we met our Americorp Volunteers Jenna and Scott. They had about a dozen engraved slate signs that are taken down in the fall and put up again in the spring. This was our main job for the morning as well as doing any small-scale trail maintenance that we noticed along the way. Joining our group was another local group of 3 adults and one mother and son team, Owen and Janet. Owen was the main sign-attacher because he was the shortest and could reach under the posts easier than the rest of us.



View to Cape Cod Bay over Sagamore Beach, photo by Maureen Kelly



One of about a dozen slate trail signs, photo by Maureen Kelly

At the top of the hill was the remains of an old artillery base from World War II. The Sagamore Hill Military Reservation was built on state land. Its mission was to protect the Cape Cod Canal from possible air and naval attack. It never did have to fire its guns in defense though but it did play an important part in the defense of the canal. The Panama mounts (1942) and battery commander's station of a two-gun 155mm battery still remain here, as well as several magazine igloos. >> [Sagamore Hill Military Reservation](#).

By this time the rain had stopped and the day was warming up. Cathy and I persuaded Jenna to walk us through other trails in the area so we could do more trail work since we were there and ready to work. She walked us around for about an hour and then back to the cars. All of the workers were rewarded with pizza in Buzzards Bay for lunch. It felt good to help care for a great recreational area in my backyard and I learned some local history as well. Thanks to all the AMCSEMers for putting in some hours to help keep it in good shape.



AmeriCorps Volunteer Jenna, photo by Maureen Kelly



AmeriCorps Volunteers mother Janet and son Owen, photo by Maureen Kelly

Adopted Trail Work

Lonesome Lake Trail May 11-12th

Photos by Ken Carson, AMC SEM Member

Volunteers, Wayne Anderson-Leader, Dexter Robinson-Leader, Frank Butterworth, Leslie Carson, Ken Carson, Hadley Donaldson, Sandy Santilli



Wayne Anderson-Leader and Frank Butterworth



Lonesome Lake Trail Crew, from left to right Dexter Robinson, Sandy Santilli, Frank Butterworth, Hadley Donaldson, Wayne Anderson, Leslie Carson, Ken Carson.

BLUE HILLS Conditioning Series



Chickatawbut Hill Blue Hills Conditioning Series, photo by Ken Jones

Waterfalls – Brought to you by you!

trails

A rushing waterfall welcomes hikers to snack, cool off, and reflect. How many steps, water bars, bog bridges, cleared blow downs, and trail blazes did it take to get to this picturesque oasis? Who keeps the trail clear of encroaching branches and makes it passable through mud and muck? Enjoying that waterfall depends on the work of people just like you who take time to learn about and do trail work.

AMC teaches trail work skills from basic brushing to stabilizing eroding trails with rocks. Chapters offer many opportunities to learn and make friends while you work. Imagine if instead of just passing by a piece of trail, you spent a day making it safer, more enduring, and easier to find? Get Out. Give Back.

We need people like you. [Volunteer >>](#)



President John Judge with Worcester Chapter Trails Chair, Steve Crowe.

Wilderness First Aid & SEM Rambler Spring Weekend

AMC's Noble View Outdoor Center, April 26-28, 2013



By Len Ulbricht
AMC SEM Education Chair

Photos courtesy of Christoph Gervais, Andrea Holden, Mark St. John and Len Ulbricht

Bird call courtesy of Andrea Holden

The stars were aligned for this absolutely fabulous weekend. Perfect sunny springtime weather in the 60s, gentle breezes perfect for kite flying, super sunrises from cottage porch lookout



Keystone Arches Bridge with modern concrete version in background. Courtesy of Len Ulbricht



The double arch dry stone bridge. Courtesy of Len Ulbricht

over the distant hills AND a 99% full pink moonrise above the glistening lights of Springfield, gurgling brooks, spring bird songfest, multi-course meals prepared on site by Luther and Joyce: what more could one ask.

In all 26 attendees from SEM, the Boston chapter and western MA scout

leaders took in the Noble View experience. Nineteen folks took WFA and nine took CPR. They had a fabulous professional instructor SEM engaged for the weekend. Our SEMers are now ready to splint you, CPR you or Heimlich you if you dare to give them a chance.

The Ramblers took advantage of the great weather to mosey about the NV trails and waterfalls, and made offsite trips to bicycle, hike Mt. Tom, and visit the Keystone Arches Bridges in nearby Chester. These railroad bridges date back top the early 1800s and were dry stone built (no mortar), and their still standing. Spring bird calls abounded and one noteworthy call can be heard



Strawberries for dessert. Courtesy of Andrea Holden



Mealtime at Noble View. Courtesy of Andrea Holden



Socializing before dinner. Courtesy of Mark St. John



Luther hawking SEM vests. Courtesy of Len Ulbricht



Capturing the spring wildflower. Courtesy of Andrea Holden



A Noble View walking trail. Courtesy of Andrea Holden

Wilderness First Aid Cont'd

[here>>](#) with Pitcher Brook gurgling in the background. If you can name that bird, email Len at lenu44@gmail.com with "bird call" in subject line. Will report responses in next Breeze issue.

Green SEM vests were in vogue this weekend. Luther made his

sale pitch to all and sold several to the group from Hadley. Remarkable. Scout leaders in western Mass will now be wearing AMC vests emblazoned with SEM's logo.

Noble View is a self service camp and SEM is blessed to have two special members, Luther and Joyce Wallis, who volunteer to prepare meals for



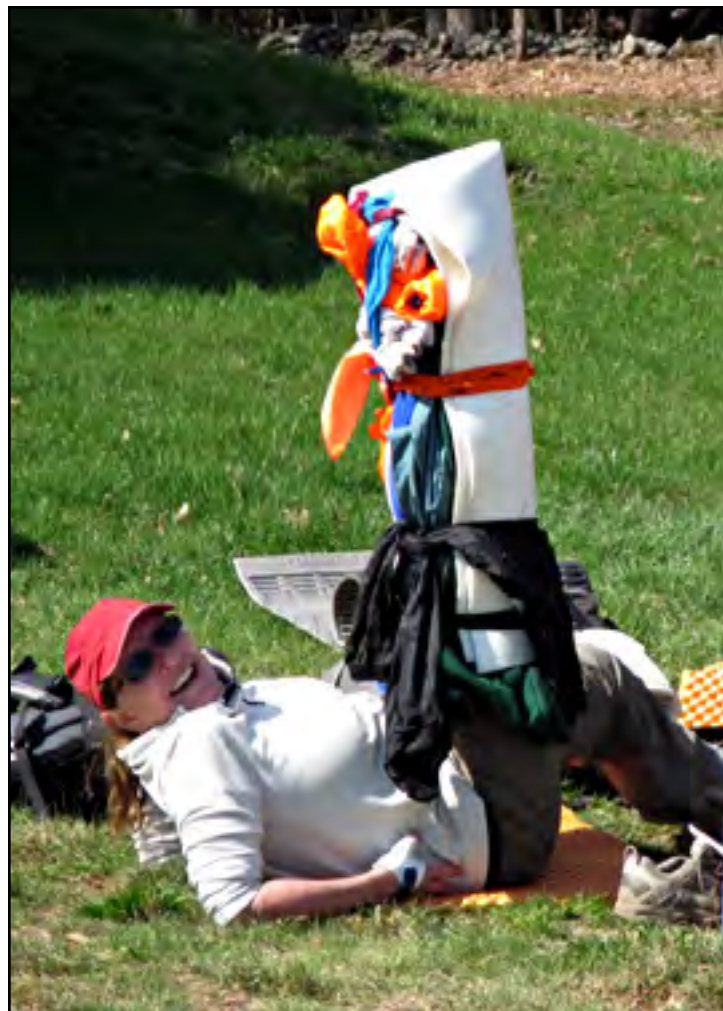
CPR training class. Courtesy of Len Ulbricht



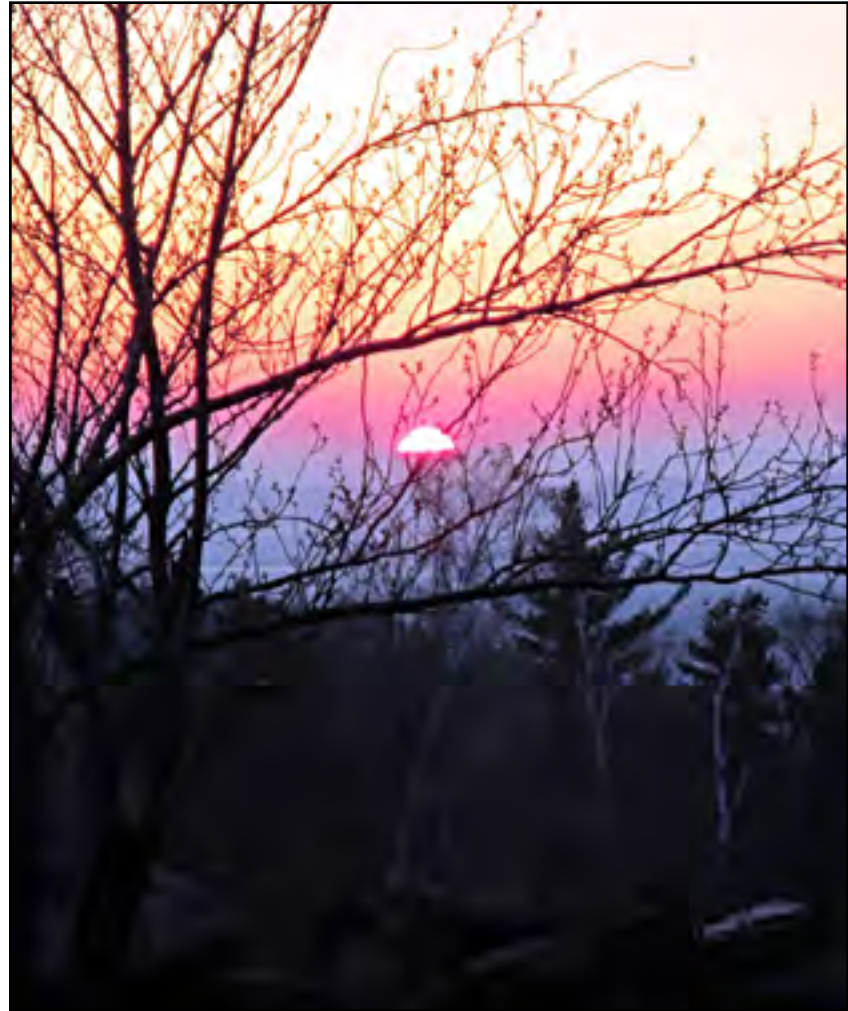
SEM vests adorning non-AMC participants. Courtesy of Mark St. John



TheWFA/CPR class of trainees. Courtesy of Len Ulbricht



Splinting practice. Courtesy of Mark St. John



Sunrise. Courtesy of Mark St. John

Wilderness First Aid Cont'd

attendees. Feeding 26 voracious weekenders is no small feat. It means planning meals, purchasing food and hauling it all to NV, waking at 4:30 to prepare breakfast, starting lunch soon thereafter, and dinner after that, then crashing early to get ready for the next day. And those meals: pan pizza dinner, breakfast quiche, French toast, pulled pork, chilli over rice, baked on site oatmeal cookies and brownies, hot hearty oatmeal, vegetarian options, and even cheese and veggie appetizers for social hour.

Each year SEM runs several events at AMC's Noble View Camp. If you would like to participate in a fun inexpensive weekend socializing with fel-



Upper Pitcher Brook Falls. Courtesy of Andrea Holden



©2013 Christoph Gervais
www.twisted-tree.smugmug.com

NV Waterfall Downstream. Courtesy of Christoph Gervais

Full moon rising. Courtesy of Mark St. John



Outdoor WFA classroom on a perfect weather day. Courtesy of Len Ulbricht



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Wilderness First Aid Cont'd

low SEMers while enjoying this beautiful location, consider this summer's family weekend in August, our winter weekend next February, or next April's combined Ramble and WFA training weekend.

At Left: Noble View and Full Moon. Courtesy of Christoph Gervais

Bottom: Pink moon rise over Springfield. Courtesy of Len Ulbricht



Monadnock Cont'd

While there was frost on my windshield when I left my home in North Attleboro at 6:15 am to meet up with several other hikers at one of our two designated carpool sites, by the time we arrived at the mountain, the day was already warming up nicely. We hit the trail at a little after 9:00 am as planned. This involved first ducking behind the recently renovated park store and skirting around the



Searching for the Thoreau Trail by Sal Spada

COLD RIVER CAMP LOOKING FOR LEADERS!

AMC Cold River Camp contacted South East Mass chapter looking for trained hike leaders to lead hikes for summer weeks at Cold River Camp. For leading four hikes over the course of a week, a leader would get free room (cabin) and board (great food) for seven days (a value of \$545). There is an extensive inventory of possible pre-existing hikes from Camp gathered in booklet form ranging the full spectrum from easy to heroic. A leader is bound by specific hikes on specific days. They are encouraged to customize the day trips based on the guests at Camp, weather, and leader interests. They usually have two hikes leaders and a naturalist each week with each leader leading four trips (two offered each day), so trip selection doesn't fall all on one person's shoulder. Having already the AMC leader certification is a big plus.

For more information, please contact Bill Gross, Hike Leader Coordinator wmgross4@verizon.net

Poole Reservoir to get to the Parker Trail. We followed the fairly level Parker Trail up to the Lost Farm Trail. This starts out level at first but soon starts to climb the side of the mountain. We followed the Lost Farm Trail up to the Cliff Walk Trail for a very short stretch to get to Thoreau's Seat (Monadnock was a favorite hangout for Thoreau, Emerson, and other Transcendentalists, who found its pristine beauty inspiring...). From there, after futzing around for a few minutes trying to find the correct trail (hey, I hadn't taken this particular hike for several years!) we found the sign for the Thoreau Trail, which brought us down to the clearing that marks the old Halfway House Site. Here, only a few pieces remain from the foundation of the small inn that used to house Victorian hikers.

From the Halfway Half Site, we followed the White Arrow Trail for a short stretch to the Monte Rosa Trail, which climbed with several steep sections up to the summit of Monte Rosa.

Other than one other hiking group that passed through us, we had this pretty spot all to ourselves (not at all an uncommon experience). We stopped atop Monte Rosa for a quick snack and to enjoy the view from our peaceful spot across and up to the well-populated summit of Grand Monadnock, just a half-mile away, but a good 1,000 feet higher.

From Monte Rosa, we dropped back down into the woods on the Smith Summit Trail and then alternately climbed and scrambled up to the crowded summit. Here, among the hordes, we located a spot for our group to hunker down on for lunch



Sue and Karen Scrambling up the Smith Summit Trail by Sal Spada



Water Break Atop Monte Rosa by Sal Spada

Monadnock Cont'd

and to enjoy the panoramic view. Uncharacteristically for Monadnock, there was very little wind on the summit and even on this early spring day we didn't have to pile on the layers to stay comfortable.

After enjoying our lunch and taking the obligatory summit photos, we started the return journey via the exposed, but scenic Pumpelly Trail and then down the Red Spot Trail. While this trail is not all that difficult to climb, its several steep sections often make it a bit challenging

to descend (a fact of which my 62-year old hips took the opportunity to remind me...). Luckily, the day was dry, so the footing remained secure. The Red Spot brought us to the gentler Cascade Link Trail, which follows a pretty stream for much of its length. This took us back to



On the Pumpelly by Sal Spada



Looking Back at the Summit by Sal Spada



Descending on the Pumpelly Trail by Sal Spada



Descending on the Red Spot Trail by Sal Spada

Monadnock Cont'd

the dreaded White Spot Trail for a short stretch, which was not really all that crowded this late in the day..) and, eventually, the main parking area. Here, we said our good-byes and hit the road back to Massachusetts, somewhat tired, but with smiles on our faces.

We finished this approximately 6.5-mile hike in a total elapsed time of about six hours. Not a speed record to be sure, but a great day all in all. No bugs, no ice (didn't need the Microspikes that I had declared to be mandatory equipment after all...), plenty of sunshine, little wind, and a really nice group of people. This included several AMC members who have never hiked with the SEM before, but are likely to do so again at some point in the future...



Obligatory Summit Photo by Madelyn Atwood



By Ray Anderson

Hello fellow hikers.

Peak-bagging is hiker jargon for those who get satisfaction in summiting mountains. Peak-baggers will climb (bag) peaks usually in some type of organized quest. It's how I developed a passion for hiking.

Some years ago, I met a hiker in the White Mountains who said he was going to summit all the 4000 footers



Washington's peak, looking down on Lakes of the Clouds Hut on the shoulder of Mt. Washington.



New Hampshire's Mount Washington, the highest mountain in the northeast, at 6288 feet.

in New Hampshire. There are 48, and he was up to 23. I checked my journals and realized I'd done seven. Over the next years, I finished the ones in New Hampshire and went on to complete all the 4000 footers in New England. There are five in Vermont and fourteen in Maine.

This whole idea can become addictive. There are lists of the 100 highest mountains in New England, the Northeast, and the USA. There are backpackers who try to "bag" all

those peaks. I stopped after the 4000 footers in New England, but will begin a quest of the 4000 footers in the Adirondacks of New York state this autumn. There are 46, so it will take me a while.

The landscape photo where you can just make out the towers is New Hampshire's Mount Washington, the highest mountain in the northeast, at 6288 feet. The other landscape photo is from Washington's peak, looking down on Lakes of the Clouds Hut on the shoulder of Mt. Washington. The profile photo shows the Franconia Ridge Trail up to the peak of another 4000 footer, New Hampshire's Mt. Lafayette (5260 ft).

Most peaks are scenic and peaceful, the perfect place to relax and put your life in perspective.

Ray's Hiking Blog: www.TakeaLongHike.com



Franconia Ridge Trail up to the peak of another 4000 footer, New Hampshire's Mt. Lafayette (5260 ft).

Attention Backpackers

Contributed by
Len Ulbricht & Barry Farnsworth
SEM Education Committee

Backpacker Magazine sponsors annual tours to review the latest in backpacker equipment. The tours stops in various locations around the country and this year there is a stop at Moosejaw Mountaineering, 1245 Worcester St. in Natick on June 25 at 7 pm and EMS, 300 Needham St. in Newton MA on June 26 at 6 pm .

The Moosejaw stop on June 25 is a Gear and Go Tour with Backpacker's ambassadors, Justin and Patrice Lavigne, who will inspire hikers and backpackers to gear up and go explore the great outdoors! The Gear & Go Tour will help outdoor enthusiasts "plan it, dream it, and do it" with regards to preparing for their outdoor adventures. The Gear and Go Tour will engage audiences with an informative skills clinic (plan it) an inspirational interview with a BACKPACKER Contributor and/or Brand Sponsored Athlete (dream it) and a highlight of local trail BETA (do it).

The EMS stop on June 26 is Get Out More Tour with Backpacker's ambassadors Sheri and Randy Propster will offer seasoned advice via an in-depth, 75-minute seminar that will both inspire and educate. This informative and fun seminar will cover a range of topics including:

- Backpacking essentials
- The latest in gear and apparel
- Survival skills
- Trail-tested tips

Admission is FREE and participants will have the chance to win great outdoor gear and apparel worth hundreds of dollars.

For further information on either tour checkout backpacker.com/events.

getting new life out of a old tent

By Doug
Karlson

AMC SEM
Member

I purchased my Eureka two-man tent in a sporting goods store in Lower Manhattan in 1987. I think I paid less than a hundred bucks. I was headed to Australia and New Guinea and a few other places, and while I was buying my backpack the tent caught my eye. It was an impulse purchase.

Turned out I didn't schlep the tent across the Pacific. When my mother told my father I planned to bring a tent into the jungle he recommended I stick to hotels. That was probably good advice. In New Guinea they have spiders that hunt birds, and centipedes the size of your arm. I wouldn't have slept a wink. Plus there are Anopheles mosquitoes, and, I think in 1987, still a few Japanese soldiers who didn't know the war was over.

Anyway, fast-forward twenty years. I've still got the tent, only when we use it at a Cub Scout camping trip (not exactly Papua, New Guinea, but challenging in its own way) I realize the tent is no longer waterproof. It's not even water-resistant. It's water absorbent. Water beads through the tent fabric. My down sleeping bag becomes saturated, my clothes soaked. I begin to question the whole Cub Scouting movement.

Rather than chuck the tent I asked Google, "why do tents leak?"



Dougie Karlson in a dry tent, credit Doug Karlson



The "Old" tent sealed and ready to stay dry



Nikwax Tent and Gear Solarproof Spray

"With a little common sense and Yankee thrift we saved some money and made do with a perfectly good tent"

They need to be re-sealed, Google said. That prompted a trip to EMS in Hyannis where I purchased Nikwax Tent and Gear Solarproof Spray and also a bottle of seam sealer.

Setting aside all the build-up about New

Guinea and the Cub Scouts, here's the information that's useful to you, the reader: it worked. I sealed the bottom of the tent, then erected it in the backyard, after which I sealed all the seams and sprayed the fly and lower sides of the tent.

How do I know it worked? Because the next morning the lawn sprinkler came on. It was like a lab at a testing facility. The tent was pummeled on all sides. That afternoon we inspected it. It had leaked, so we applied a second coat of Nikwax until the bottle was empty. (I'm guessing the tent probably weighs more than 7 pounds now.)

That night the heavens open up and the second test began. No way could it still be dry after all that, I thought, but when the rain stopped I inspected the tent. The sealer had worked. The tent was dry. With a little common sense and Yankee thrift we saved some money and made do with a perfectly good tent. Maybe it never made it to New Guinea, but this tent could still have a few good years in the White Mountains left. We're looking forward to using in the coming months. But I'm still hoping it doesn't rain.

Have a question or comment about this article? Email Doug at dkarlson2@gmail.com.

Spring Skiing in Tuckerman's Ravine



By Gina Hurley
AMC SEM Comms
Vice Chair

commsvicechair@amcsem.org

One of my favorite spring activities is hiking up the Tuckerman's Ravine trail in April and May to watch the hundreds of skiers ski the huge bowl and gullies in the ravine.

This spring, on a beautiful, clear Saturday we made the hike up to the ravine. Starting at Pinkham Notch Visitor's Center the Tuckerman's Ravine trail climbs 3.1 miles to the ravine. As we parked the car at 9:00 am in the overflow parking lot we saw many skiers, snowboarders, and day hikers getting ready to head up the trail. If you have never hiked this trail, it is a wide trail with a moderate slope. During spring season, on any good weekend day, the first ¼ mile of the hike is a line of skiers, snowboarders, and hikers starting the trek up the mountain. Even as you get further up the mountain, the crowd starts to spread out, but it is still very busy. The trail itself is very picturesque. There are bridge crossings, views of Wildcat Ski Resort, and a wonderful viewpoint for Crystal Cascade.

At 2.4 miles is Hermit Lakes caretaker cabin and shelters. Although the cabin is not for public use, there is a large covered porch and open patio with picnic tables. The shelters

are typical lean-to style, where skiers, snowboarders, and hikers can spend the night. This is where most people stop to regroup, talk to the rangers, and get an idea of the snow conditions. Conditions and avalanche information are posted, and during spring season additional AMC volunteers and rangers are present to answer questions and share information about the hazards of skiing and being in the ravine during spring conditions. These hazards include falling ice, crevasses, and waterfall holes. Many people have been injured or killed in the ravine, so anyone in the ravine, skier, snowboarder, or hiker, must be aware of the dangers.

We love to stop at Hermit Lakes cabin to take a break, talk to others, and see the activity as people check their equipment, and grab a quick snack before heading another half mile up the trail to the ravine, or deciding to climb one of the gullies near the cabin, such as Hillman's Highway. Although this gully is not as crowded, sitting at Hermit Lakes cabin you can watch some of the skiers climbing up and skiing down the gully. But if you really want to experience spring skiing in Tuckerman's Ravine make the extra half mile hike up the trail to the floor of the ravine. Not only are you awarded with spectacular views, you will experience a spring snow party like no other. There are hundreds of people in the ravine. Some are getting their skies or snowboards ready for the climb up one of

the gullies, while others are playing frisbee or sledding on the slopes in the ravine. Many are enjoying the views. Spectators and day hikers come prepared to spend some time in the ravine. They bring pads to sit on, food to eat, and all kinds of beverages to drink. And don't forget your sunblock, and the binoculars. Watching skiers climb up the ravine, and ski down is amazing. When someone makes a good run, the crowd cheers, yells, and applauds the person for their efforts. Each year my husband and I talk about attempting to ski the ravine ourselves. In the end, the time we have being spectators is so much fun, we put it off another year! If you haven't been up Tuckerman's Ravine for spring skiing, put it on your calendar for next year. I guarantee you will not regret it!



Have an Outdoor related story or photos to share? Send to Andrea Holden, breeze.editor@amcsem.org

Take a Hike on the Bay Circuit Trail!

(Boston, Worcester, SEM, NA, NH)

Join AMC Staff on monthly hikes to explore and learn about different sections of the Bay Circuit Trail and Greenway. Each hike will be approximately two hours long. Register in advance to receive hike details, directions and updates. Be sure to bring snacks, water and wear proper hiking gear. Hike locations may be subject to change depending on weather conditions and response.

- Friday, June 21 10:00am-12:00pm - Duxbury, MA
- Friday, August 16 10:00am-12:00pm - Newbury, MA
- Thursday, September 19 10:00am-12:00pm - Boxford, MA
- Wednesday, October 16 10:00am-12:00pm - Sudbury, MA

To learn more or to register, visit www.bcthikes.eventbrite.com or contact Courtney Cutler at 617-391-6576 or ccutler@outdoors.org.

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ShArE

Pictures
Adventures
Say "hello"

Send your photos to
sendphotos@amcsem.org

August Camp 2013 in North Cascades Washington



Breathtaking North Cascades of Washington State. Photo by: Éva Borsody Das

- Week 1: July 13 - July 20
- Week 2: July 20 - July 27
- Week 3: July 27 - Aug. 3
- Week 4: Aug. 3 - Aug. 10

[REGISTER FOR AUGUST CAMP ▶](#)

In 2013 August Camp returns to the breathtaking North Cascades of Washington State. We'll hike in the North Cascades National Park, Mt. Baker-Snoqualmie National Forest, and Ross Lake and Lake Chelan National Recreation areas. Choose from a variety of hikes every day, or add in backpacking,

Photo by [Monika Jaeger more >>](#)



rafting on the Skagit River or kayaking in the San Juan Islands to expand your experience. No matter what you do, you'll be surrounded by amazing vistas!

Our full service tent village for 64 campers each week offers home-cooked meals, daily hikes at all levels, nightly campfires and wonderful camaraderie. The 2013 campsite is on the banks of the Skagit River, just down the road from Cascadian Farms, known for their organic food and the best ice cream we've ever had! Our site is reached by the North Cascades Highway, considered the most scenic drive in Washington State. Our designated airport is Seattle-Tacoma International, and our

Photo by [Marianne Page more >>](#)



fleet of vans provides transport between camp and SeaTac on each Saturday.

Registration forms and detailed Camp information can found [here](#). Plan your one or two week adventure now and be part of one of the oldest camps in the AMC.

Photo by [Nancy Crowther more >>](#)



Join the August Camp Yahoo Group!

This is a useful tool to communicate with other August Campers who are signed up to go this summer. Email each other about travel plans, ask the leaders questions, etc.

To join the Group:

[Click here to join our
Yahoo Group](#)

When you get to the page, click the button "Join This Group". If you don't already have a free Yahoo account, open one to become a Yahoo Group Member, then click to join the group.

ACTIVITIES

SOUTHEASTERN MASSACHUSETTS ANNOUNCEMENTS

AMC SEM is always looking for volunteers to volunteer a little or a lot. Contact the chapter chair at chair@amcsem.org if you'd like to volunteer.

BICYCLING

WANTED: Ride Leaders and Co-Leaders. Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm and routes w/ your fellow AMC members? Contact Bike Chair (508-428-6887, bikingchair@amcsem.org) for more info.

Bike Ratings: First character indicates distance in mi: AA=50+; A=35-50; B=25-35; C=under 25. Second is L's pace in mph: 1=17; 2=13-16; 3=11-13; 4=up to 11. Third is terrain: A=very hilly; B=hilly; C=rolling; D=flat.

AMC SEM 2,000 Mile Club. AMC SEM has a unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair to register your mileage and for more info. (bikingchair@amcsem.org)

Tues. Rides. Turn Those Tires on

Tues. Rides scheduled all year long, weather permitting. 25 mi of road or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location and directions. Intermed. pace. Riders and bicycles in top shape; tires and riders pumped and ready to roll; helmets and water req'd. L Paul Currier (508-833-2690 8 am-7 pm, pbencurrier@hotmail.com)

Chapter Trips

(FT) (NM) (CE) Tuesdays
Jun. 11. Evening Cycling on Cape Cod. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Jun. 18. Cape Cod Evening Bicycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube

& tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Sun., Jun. 23. Sunset/Full Strawberry Moon Ride. Ride Description: Road cycling. L Paul Currier currierpaul@comcast.net or 508-833-2690. Ride the hills and shores of Sagamore and the canal trail to Buzzards Bay. We'll catch the spectacular sunset over Onset Bay during a tour of Mass Maritime and moonrise over Plymouth Bay. C2B Tires and riders pumped and ready to roll. Helmets, spare tube & tire tools, and water required as is registration -cancellation/rescheduling sent only to registered riders. Directions: From the former Sagamore Rotary now the Sagamore Straightaway, head toward Scusset and take Canal Road past Friendly's to the Sagamore Recreation Lot. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Jun. 25. Evening Cape Cod Bicycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent

only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Oct. 8. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Oct. 15. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (XCE) Fridays

Oct. 18. Sunset/Full Hunter's Moon Ride. Ride Description: Road cycling. L Paul Currier currierpaul@comcast.net or 508-833-2690 Ride the hills and shores of Sagamore and the canal trail to Buzzards Bay. We'll catch the spectacular sunset over Onset Bay during a tour of Mass Maritime and moonrise over Plymouth Bay. C2B Tires and riders pumped and ready to roll. Helmets, spare tube & tire tools, and water required as is registration -cancellation/rescheduling sent only to registered riders. Directions: From the former Sagamore Rotary now the Sagamore Straightaway, head toward Scusset and take Canal Road past Friendly's to the Sagamore Recreation Lot. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Oct. 22. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Oct. 29. Tuesday Evening Cycling. Evening cycling on Cape

Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

CANOE/KAYAK

Always looking for additional paddle leaders, both flat water and ocean. Contact paddlingchair@amcsem.org

Chapter Trips

Saturdays
Jun. 1. Meetinghouse Pond/Little Pleasant Bay, Orleans. Put-in: From 6-A or Rte 28 East, R on Main St.; R at fork onto Barley Neck Rd and continue on Barley Neck Rd to Town Landing on R. PFD required; spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Wed., Jun. 5. BASS RIVER SOUTH-Dennis. Paddle Bass River 'fingers', Grand Cove to mouth at Nantucket Sound. Lunch West Dennis Beach. Life Vest & Spray Skirt required. Directions rte 6 exit 9, rte 134 South, R Upper County rd, L Main st, R Cove rd to landing at end. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL

Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Saturdays

Jun. 8. Centerville River. Rt.28 to S on Old Stage to light, R on S Main st. to L on Hayward st. to put in. PFD and spray skirt req. L Bill Fischer (508-420-4137 before 9PM, wmbarbarafischer@comcast.net)

Wednesdays

Jun. 12. Oyster Pond/Stage Harbor, Chatham. Put-in: Route 6, Exit 11 South to L on Route 28; at rotary take 1st exit (Stage Harbor Rd) to Oyster Pond. PFD required. Spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Saturdays

Jun. 15. Swan Pond/River, Dennis. Put-in: Clipper Lane off Upper County Road, Dennis; put-in is on the left. PFD required. Spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Wed., Jun. 19. Jackknife Cove and Chatham Cut. Pleasant Bay, from Jackknife Cove to the Barrier Beach at the Chatham Cut and return around Strong Island. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Jun. 22. Wellfleet Harbor Duck Creek. Explore Duck Creek from Wellfleet Harbor Put-in: From Route 6 in Wellfleet at the

traffic light just past P.J.'s turn left toward Wellfleet Center and Harbor. Go 0.3 m and turn left on East Commercial Street. Go 0.7 m to the Town Marina and Harbor. Turn right on Kendrick Ave. The parking lot for Mayo Beach is a few hundred feet on the left. Life vest and spray skirt req. L Don Paladino (508-349-2950, djp1958@comcast.net)

Wednesdays

Jun. 26. Childs River, Falmouth. Rt. 28 to Whites Landing Rd, Falmouth (near Mashpee town line). PFD and spray skirt req. Nice river and possible Bay paddle. L Bill Fischer (508-420-4137 before 9PM, wmbarbarafischer@comcast.net)

Sat., Jun. 29. Boston Harbor Inner Islands. Circumnavigate several harbor Islands. Put-In, Hull Gut, Hull, Ma. Level 3. PDF, spray skirt req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey (781-789-8005 anytime, geowey@comcast.net)

Wed., Jul. 3. FOLLINS-MILL PONDS - Dennis. Paddle Follins Pond to Weir Creek & under bridge to Mill Pond passing Crab Creek Conservation area & back to circumnavigate Follins Pond.- 8 mi. Directions: rte 6 exit 9, rte 134 N, L Setucket, L Mayfair, R Follins Pond rd. Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Sat., Jul. 6. Herring River. 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. Bring lunch. DIRECTIONS: . Trip starts on Rt. 28 at Herring River Bridge in Harwich. L Robert Zani (508-246-3132, rzani1534@gmail.com)

Wed., Jul. 10. Oyster Pond. Four (4) hour paddle on Oyster Pond, Oyster River, Stage Harbor, Mitchell River to Mill Pond and return. Bring lunch for stop at Stage Harbor Lighthouse. Take exit 11 off rte 6, S on rte 137 to four way stop, L on Queen Anne, continue on Queen Anne with a right turn where the sign says Downtown, Stay R at next stop sign to rte 28, L on rte 28 to tfc light. Right at light still on Queen Anne to R at Pond St where the put in is. L Robert Zani (508-246-3132, rzani1534@gmail.com)

Sat., Jul. 13. Jackknife Cove and Chatham Cut. Pleasant Bay, from Jackknife Cove to the barrier beach at the Chatham cut, returning around Strong Island. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Jul. 17. Lewis Bay. Circle Lewis Bay. Explore Uncle Robert's Cove, have lunch on Egg Island and perhaps venture into Hyannis Inner Harbor. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Jul. 20. Bass River South. DESCRIPTION: Bass River,

Yarmouth south. 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. L Robert Zani (508-246-3132, rzani1534@gmail.com)

Wed., Jul. 24. Leader's Choice. Location will depend on wind and weather conditions. Contact leader the week of the trip for more definite information. L Ed Foster (508-420-7245, erfoster@comcast.net)

Saturdays

Jul. 27. Cotuit Bay, Marstons Mills. Route 6 to S on rt 149, R on Rt 28 L on Putnam St, L on Old Shore to Town Landing. Unload and park back up on Putnam. PFD and spray skirt req. L Bill Fischer (508-420-4137 before 9PM, wmbarbarafischer@comcast.net)

Sat., Aug. 3. Nauset Marsh. DESCRIPTION: 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 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 (508-246-3132, rzani1534@gmail.com)

Wed., Aug. 7. North

River, Marshfield-Hanover. Wed., Aug. 7

North River, Marshfield-Hanover. Put-in, Marshfield side of Union St. bridge. Spot cars in Hanover. Level 2/3. PFD req. Spray skirts may be req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey (781-789-8005 anytime, geowey@comcast.net), R George Wey (781-789-8005 anytime, geowey@comcast.net)

Sat., Aug. 10. Shoestring Bay. Mashpee River, Thatch Island, Meadow Point, Pinquicket Cove, Santuit River, depending on conditions. Level 2- 3; 8 - 10 miles. Spray skirt PFD required. Call for directions to put in 508-420-7245. L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net), R Louise Foster (Cotuit, MA 02635, 508-420-7245 Any Time, louise.foster@alumnae.brynmawr.edu)

Wed., Aug. 14. Lewis Bay. Circle Lewis Bay. Explore Uncle Roberts Cove, lunch on Egg Island, and perhaps venture into Hyannis Inner Harbor. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Aug. 17. Bass River North. Bass River, Yarmouth. We will go north and if the tides oblige make our way into Mill Pond. Probably a nine mile paddle. 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.

L Robert Zani (508-246-3132, rzani1534@gmail.com)

Wed., Aug. 21. Great Island Wellfleet Bay. Explore Wellfleet Bay and Great Island. Put-in: From Route 6 in Wellfleet at the traffic light just past P.J.'s turn left toward Wellfleet Center and Harbor. Go 0.3 m and turn left on East Commercial Street. Go 0.7 m to the Town Marina and Harbor. Turn right on Kendrick Ave. The parking lot for Mayo Beach is a few hundred feet on the left. Life vest and spray skirt req. L Don Paladino (508-349-2950, djp1958@comcast.net)

Sat., Aug. 24. Leader's Choice. Exact location will depend on wind/weather conditions. Contact the leader the week of the trip for more definite information. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Sep. 4. Pamet Harbor. Explore Pamet River and Harbor. Put-in Directions: From Route 6 northbound in Truro, right at the exit sign for Pamet Roads and Truro Center. At the junction signed for North and South Pamet Roads turn right, go a few hundred feet and turn right again onto South Pamet Road. Go under Route 6. After 0.1 m you come to Castle Road. Turn left, go about 100 feet and veer right onto Depot Road. After 0.5 m the road forks. Stay right toward Pamet Harbor. At 1.3 m you come to the harbor parking area. There is a \$6 launching fee. Life vest and spray skirt required. L Don Paladino (508-349-2950,

djp1958@comcast.net)

Sat., Sep. 7. Weir River, Hingham Bay Islands. Put-In, beach pkg.lot off Rt.3A,just before Hingham Harbor Rotary. Level 2-3. PDF,spray skirt req. L George Wey(781-789-8005 anytime, geowey@comcast.net). L George Wey (781-789-8005 anytime, geowey@comcast.net)

Wed., Sep. 11. Mashpee Wakeby Ponds. Perimeter of Mashpee Wakeby Ponds; Spray Skirt and PFD required. About 8 miles. Pre-register 508-420-7245. L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net)

Sat., Sep. 14. Walker, Upper and Lower Mill Ponds. DESCRIPTION: Walker, Upper Mill, and 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 Robert Zani (508-246-3132, rzani1534@gmail.com)

Wed., Sep. 18. HERRING RIVER NORTH-W Harwich. Paddle up stream to Coy Brook to end & back to Herring River for lunch at North Rd bridge. Afterwards paddle to west & east reservoirs for total of 8 mi. Rte 6 exit 10, R 124 S, R 39 S, R 28 N, L Town Landing. Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm,

jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Saturdays

Sep. 21. Mashpee River. Put-in: Rt. 6 to Exit 5 (Rt 149); South on 149 to Rt. 28; Right onto Rt. 28 to Mashpee Rotary; From rotary take Great Neck Rd. S; Go 2.5 miles to unpaved parking lot on left marked Ocway Bay Boat Ramp. PFD required. Spectacular riverside wildflowers. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Sat., Sep. 21. Leader's Choice. Exact location will depend on predicted wind/weather conditions. Contact the leader the week of the trip for more definite information. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wednesdays

Sep. 25. Leader's Choice paddle. Contact Leader for information. PFD/spray skirt req. L Bill Fischer (508-420-4137 before 9PM, wmbarbarafischer@comcast.net)

Sat., Sep. 28. LONG POND, BREWSTER/HARWICH. Nice six mile paddle circumnavigating the pond with lunch on beach. Rte 6 exit 10, rte 124 N, R Long Pond Drive, L town beach. Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., Oct. 2. Nauset Marsh. Explore Nauset Marsh and Mill Pond. Perhaps venture into Salt Pond. L Ed Foster (508-420-7245, erfoster@comcast.net)

Saturdays

Oct. 5. Swan Pond/River, Dennis. Put-in: Clipper Lane off Upper County Road, Dennis; put-in is on the left. PFD required. Spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Wed., Oct. 9. INDIAN LAKES-Marston Mills. Paddle Middle & Mystic fresh water lakes with lunch on beach at end of Mystic Lake. total 7 miles. Rte 6 exit 5, rte 149 S for 3 mi, R Mystic Drive (after cemetery at sign for "Indian Lakes") for 7/10 mi, R at sign "Town Way to Water" to put-in. Life Vests & Spray Skirts req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., Oct. 16. CHASE GARDEN CREEK, YARMOUTH PORT. Paddle 8 mi Chase Garden Creek & tributaries. Lunch at Bray Farm or on beach near Shellfishing Plant. Rte 6 exit 8, Union st N, L rte 6A, QUICK R Center st to Grey's Beach at end. Life Vest & Spray Skirt req. L Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com), CL Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com)

Sat., Oct. 19. Barnstable Harbor.

We'll explore some of the creeks in Barnstable Harbor, probably those on the western side. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Oct. 30. FOLLINS/MILL PONDS - Dennis. Paddle Follins Pond to Weir Creek & under bridge to circle Mill Pond passing Crab Creek Conservation area and back to circumnavigate Follins Pond & have lunch - total 8 miles. Rte 6 exit 9, rte 134 N, L Setucket, L Mayfair, R Follins Pond rd. Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

CAPE HIKES

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

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

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

Chapter Trips

Sat., Jun. 22. Full Moon Hike: West Dennis Beach (C4C). Route 6 Exit 9A south to Route 134, go straight and cross Route 28, then go to the end and turn right. After 0.5 miles, turn left to beach parking near entrance and concession bldg. Hike mile-long stretch on beach for sunset

views. Return on beach for moonrise! Option: Calm weather walk one more length of beach for 3rd mile Meet 7 p.m. Less than 2 hours. L Janet Kaiser (508-432-3277)

EXECUTIVE COMMITTEE

We need an "Event Planner" for the AMC SEM Executive Board. Do you have event planning skills? Our events are typically: Annual Meeting/Dinner, Holiday Party, Summer Picnic. Can you find and reserve a room, choose a menu that fits in our budget, worry about a projector and screen, set an agenda, and generally make an event happen? Contact the chapter chair at chair@amcsem.org.

Volunteer Opportunities

Until Filled. Chapter Youth Program (CYP) Leader. Share your outdoor knowledge and leadership skills with local groups of children. Give your time to these programs to help kids get outside who might not otherwise have the opportunity. A typical Chapter Youth Program (CYP) might include a local walk with some nature lesson or trail games. CYP leader training and screening is required. L Sally Delisa (picpocit@verizon.net)

HIKING

IMPORTANT: No pets w/o prior permission of trip leader. Individuals under 18 years of age must be accompanied by a parent or responsible adult, and obtain prior consent from L. Those ac-

companying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 week prior to the trip so Ls can discuss prior hiking exp., conditioning, clothing, and equipment.

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

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

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

Chapter Trips

(FT) (NM) Thursdays

Jun. 6. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays

Jun. 13. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe

Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Sat., Jun. 15. Introduction to AMC Hiking - Blue Hills. Join us for a nice hike in the Blue Hills and discover the fun, camaraderie, and great exercise of AMC hiking. Minimal equipment required for this intro. hike, but sturdy hiking shoes and water bottles will be a must. L Paul Miller (508-369-4151 before 9:00 P<, paulallenmiller@verizon.net), L Jim Casey (cmne@comcast.net), R Paul Miller (508-369-4151 before 9:00 PM, paulallenmiller@verizon.net)

Sat., Jun. 15-16. Mt Greylock 2 day hike. 2 day Mt Greylock hiking trip. Saturday hike Money Brook Trail to Cataract Falls (7 miles). 3B3Bascom Lodge overnight (\$35/ per person. Limit 10 people). Sunday Rounds Rock Trek (6.9 miles) 3B3. L Anne Duggan (508-789-5538 before 9:30 pm, abduggan12@gmail.com), CL Sue Chiavroli (brillo6452@yahoo.com), CLBryan Jones (bjones1017@gmail.com), R Anne Duggan (177 Rounseville Rd, Rochester, MA 02770, 508-789-5538 before 9:30 pm, abduggan12@gmail.com)

(FT) (NM) Thursdays
Jun. 20. Red Line the Blue Hills. Join us to hike all the trails in the

Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Sat., Jun. 22. Family Hiking Series #4. Got kids? Join us for our Family Hiking Series. Hike #4 is our final hike. We have learned a lot since our first hike and we plan to take what we learned and head to New Hampshire. The destination will be decided based on how our group has improved over the last 3 hikes. Appropriate for children 3 and older with some hiking experience. Children under 3 years are welcome in child carriers. Contact leader for more information. L Christine Pellegrini (508-244-9203, chrispellegrini@yahoo.com), CL Bill Pellegrini (billpellegrini@yahoo.com), R Christine Pellegrini (508-244-9203 6-8pm, chrispellegrini@yahoo.com)

Sat., Jun. 22. South Carter Mtn. (hike). Come enjoy a nice hike in the Whites along Nineteen Mile Brook trail up to South Carter Mtn. L Leslie Carson (508-833-8237, ltc929@comcast.net), CL Sue Franconi-Salmon (sfranc321@gmail.com), R Leslie Carson (508-833-8237, ltc929@comcast.net)

(FT) (NM) Thursdays

Jun. 27. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays
Jul. 4. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(AN) Tue., Jul. 9-12. White Mountain Hut-to-Hut Trek (B3B). Join us as we trek across the Northern Presidential Range while enjoying lodging and meals at the AMC Mizpah, Lakes and Madison White Mountain Huts. Our trek will cover more than 23 miles over rugged terrain while enjoying magnificent and unique scenery. This strenuous trip is not for beginners. Trip rating B3B. L Ken Jones (508-697-0142 6-9 pm except Thursdays, lotsoluck@comcast.net), L Leslie Carson (ltc929@comcast.net)

net), R Ken Jones (207 Walnut Street, 508-697-0142 6:00pm-9:00pm except Thursdays, lotsoluck@comcast.net)

(FT) (NM) Thursdays

Jul. 11. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Jul. 13. Welch-Dickey Loop. Nice loop hike in Waterville Valley area in NH with excellent views from exposed ledges. Moderate elevation gain, length, and pace make this a great hike for AMC members who may want to give day hiking in the White Mountains a try. L Paul Miller (paulallenmiller@verizon.net), L Jim Casey (cmne@comcast.net), R Paul Miller (508-369-4151 before 9:00 PM, paulallenmiller@verizon.net)

(FT) (NM) Thursdays

Jul. 18. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9

pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays

Jul. 25. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays

Aug. 1. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays

Aug. 8. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in

the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays

Aug. 15. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Aug. 17. Whiteface Mtn. Loop hike over Blueberry Ledge Trail to Rollins Trail to Dickey's Mill Trail. Strenuous hike with challenging rock ledge scramble and a water crossing. One of the more challenging hikes in the Whites. For experienced White Mtn hikers only. Magnificent views from bare ledge precipices. El 4010, el change 2838 Ft, 10 mile loop. L Len Ulbricht (lww9944@verizon.net), CL sue franconi-salmon (sfranc321@gmail.com), R len ulbricht (lenu44@gmail.com)

AN) (CE) Mon., Aug. 19-25. Mount Katahdin Backpack. Join

us for an extended backpack through Baxter State Park. We will camp at Wassataquoik Stream, Russell Pond, Roaring Brook, and Chimney Pond. Weather permitting we will summit Mount Katahdin, traverse the Knife Edge and summit Pamola. We will also plan on climbing Hamlin Peak via Hamlin Ridge. Group dinners provided. L Ken Jones (508-697-0142 6-9 pm except Thursdays, lotsoluck@comcast.net), CL Luther Wallis (508-310-3949, lew89@comcast.net), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, 508-697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays
Aug. 22. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays
Aug. 29. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9

pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays
Sep. 5. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays
Sep. 12. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays
Sep. 19. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register

once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays
Sep. 26. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays
Oct. 3. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

*Send your photos to
sendphotos@amcsem.org*

the southeast **Breeze**



Cover photo by Jean Orser, Leader

July 2013

Visit AMC SEM Website

Breeze Newsletters

Calendar

Photos

Open Volunteer Positions

- Conservation (Vice)
- CYP (Vice)
- Ski (Vice)
- XC Ski (Vice)
- Membership (Vice)

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



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

In a recent Globe article about local hiking spots, our chapter got some publicity! Go see [local hikes >>](#)

INTRODUCING THE AMC SEM 100-MILE HIKING CLUB [pg5>>](#)

SAVE THE DATES

- SEM 2nd Annual Family Weekend
Aug. 23-25
- Chapter Hut Weekend
Sep. 20-22
- Fall Gathering (all chapters)
Hosted Delaware
Oct. 18-20
- Annual Meeting & Dinner
Nov. 2
- Hike Planning Meetings 6:30pm
6/5, 9/4, 12/4
- Board Meetings 6:30pm
9/11, 10/9, 11/13

The next Chapter Youth Program Leadership Training will be in York, ME on August 17th.

If you are interested in attending or would like more information, contact:

Sally Delisa,
Chapter CYP Chair
cypcoordinator@amcsem.org
or call 781-834-6851



Where to find activities (hikes, bikes, etc.)

1. The monthly **Breeze** - email
2. **AMC Outdoors magazine** - mail
3. [Online trip listings](#)
4. Sign-up for [short notice trips](#)

Pictures and Article Submissions

We encourage SEM members to submit articles and photos for both the Breeze and our website. Materials will be edited at the editor's discretion, send to breeze.editor@amcsem.org

Breeze Deadlines

Monthly on the 7th, trips; 15th articles/pix

Sign-up for the Breeze

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

Where to find [Breeze Publications](#)

Volunteers Wanted

Volunteer for the Executive Board. Do you have skill and want to see where you fit? Lead hikes bike, ski, snowshoe, x-country or paddle trips. We have volunteer positions open! Contact chair@amcsem.org

Want SEM activities delivered right to your email inbox?

Sign up for AMC "digests". Access the Member Center from our home page (amcsem.org) or call 800-372-1758.

2013 Executive Board

Chapter Chair

Chair@amcsem.org
Cheryl Lathrop, 508-668-4698

Vice Chapter Chair

vicechair@amcsem.org
Maureen Kelly, 508-224-9188

Secretary

secretary@amcsem.org
Karen Singleton, 508-730-7702

Treasurer

treasurer@amcsem.org
Patty Rottmeier
508-982-1099 (c), 508-228-4207 (h)

Past Chapter Chair

pastchapterchair@amcsem.org
Jim Plouffe, 508-562-0051

Cycling/Biking

bikingchair@amcsem.org
John Fortier, 508-982-1855

Cycling/Biking (Vice)

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Joe Tavila

Cycling/Biking (Vice)

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Cheryl Washwell

Canoe/Kayak

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George Wey, 781-789-8005

Canoe/Kayak (Vice)

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Betty Hinkley, 508-241-4782

Cape Hiking

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Farley Lewis, 508-775-9168

Cape Hiking (Vice)

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Peter Selig, 508-394-9064

Cape Hiking (Vice)

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Barry Farnsworth, 508-272-1522

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Walt Granda, 508-971-6444

Hiking (Vice)

hikingvicechair@amcsem.org
Paul Miller, 508-369-4151

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membershipchair@amcsem.org
Ed Miller, 774-222-0104
5-9pm, no calls after 9pm please

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xcskichair@amcsem.org
Barbara Hathaway, 508-880-7266

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trailschair@amcsem.org
Lou Sikorsky, 508-678-3984

Trails (Vice)

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Wayne Anderson, 508-697-5289

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Social (Vice)

socialvicechair@amcsem.org
Ellen Correia

Family Events Chair

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Family Events Chair

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Andrea Holden, 774-219-2426

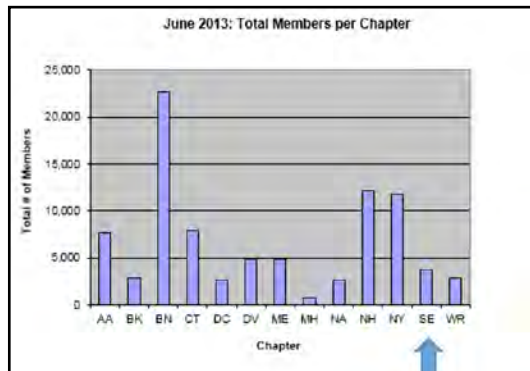
Volunteer with us!

Contact chair@amcsem.org



View from the Chair

By Cheryl Lathrop



Numbers! Numbers! Numbers!

Did you know that: The AMC is the nation’s oldest outdoor recreation and conservation organization, founded in 1876 by 34 outdoor enthusiasts. That New York was the 1st chapter, founded in 1912. That SEM chapter was created in 1976. That our SEM (SouthEastMass) chapter is 1 of 12 in the AMC club. That the club is managed by a Board of Directors (4 officers, 19 directors) and paid staff located in Boston at 5 Joy St. (which is why we call them “Joy Street”) . That the club is guided by “Vision 2020”

which is based on 5 strategic initiatives. That AMC’s Board of Directors has the goal of building a community of 500,000 constituents and helping to get 500,000 kids outdoors. That the AMC has 16,000 volunteers, with our own SEM volunteer leaders making up part of that total.

SEM has 3000 members, Boston has 23,000 members and Mohawk-Hudson (NY) has 1,000 members. That NY and NH have 12,000 members. We’re neither the biggest nor the smallest; we are a nice size. And we have great summer programs going on (thanks to our tireless volunteer leaders).

July is hot, but the trails are shady, the waters are cool, and the roads are breezy. So, get outside!

**I’LL BE OUTSIDE ON THE TRAILS THIS JULY!
WHERE WILL YOU BE?**

**Got something to say? Got a good idea? Want to volunteer?
Feel free to contact me anytime about anything! chair@amcsem.org**

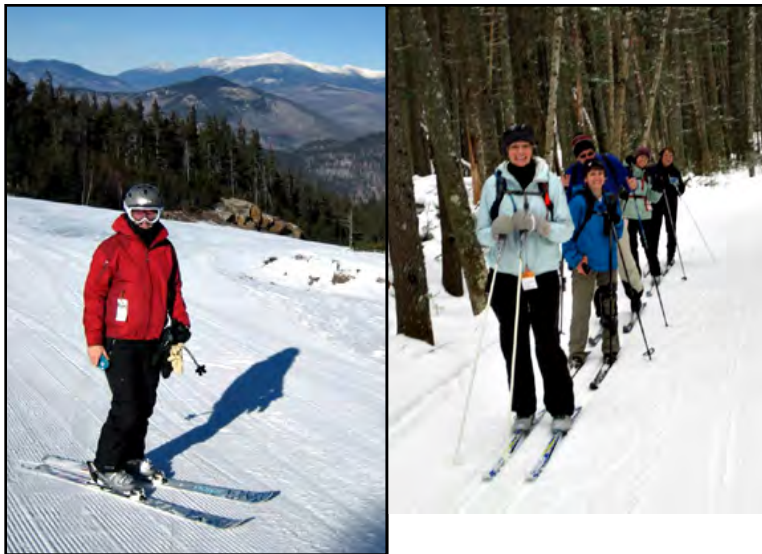


As always, feel free to contact your chair, or vice chair at any time.
Chapter Chair: Cheryl Lathrop
(chair@amcsem.org) ~ Vice Chapter Chair:
Maureen Kelly (vicechair@amcsem.org)

GET INVOLVED

Be a volunteer and reap the rewards

If you'd like to give back to your SEM chapter, we'll find something small for you to do to get started. Contact the Chapter Chair at chair@amcsem.org and we'll match up your interests and capabilities with our needs.



Photos by Len Ulbricht

Like to ski?

Want to see more ski trips?

Our Ski Committee needs a Vice Ski Chair to work with our Ski Chair to help to plan ski events, both downhill and cross-country.

Contact xcskichair@amcsem.org for more information.

Are you a detail person, long-time chapter member, and former board member?

We're forming a committee to update our chapter Bylaws and Operating Rules.

See our current [Bylaws and Operating Rules](#). Contact your Chapter Chair at chair@amcsem.org.

Conservation minded?

Want to contribute more?

Want more conservation activities?

Our Conservation Committee needs a Vice Conservation Chair to work with our Conservation Chair to help plan conservation events and education.

Contact conservationchair@amcsem.org for more information.



Morning Glory by Stanley Grass

Strawberry Moon/Sunset Ride - June 23, 2013

Photos by Paul Currier



"The Cliff" in Sagamore Highlands



Mass Maritime for sunset



INTRODUCING THE AMC SEM 100-MILE HIKING CLUB



Log your miles; earn an awesome patch!

Based partly on the success of the SEM Biking Committee's "2,000-Mile Club" and the New England hiking community's popular "4,000 Footer Club," the SEM Hiking Committee has just initiated an "100-Mile Hiking Club" for SEM members who get out on the trails regularly with the club.

Membership is open to any SEM member who, starting on July 1, 2013, hikes at least 100 miles with the SEM and/or any other AMC chapter and remembers to log those miles along with the date hiked and location on our online spreadsheet linked to the SEM Hiking page on www.amcsem.org.

To get your name included on the online [spreadsheet](#) so you can record your miles hiked with the AMC after July 1st (using the honor system), just send an email to either hikingchair@amcsem.org or hikingvicechair@amcsem.org.

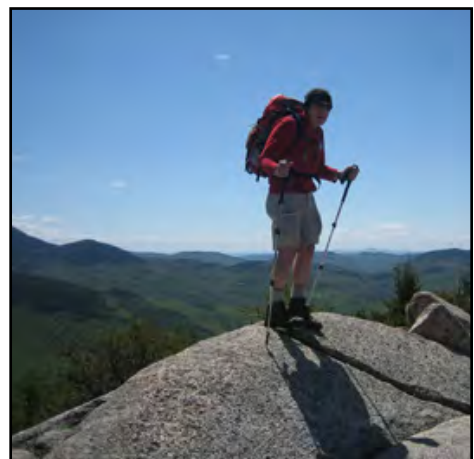
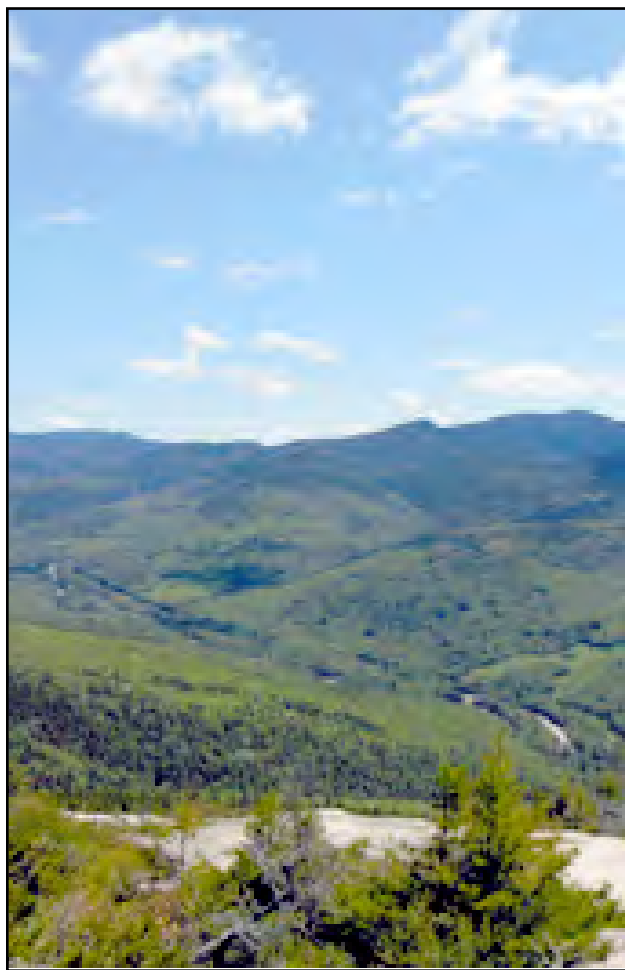
Hikers that complete the requisite 100 miles of hiking with AMC SEM will receive an awesome patch!

Welch-Dickey Hike May 14, 2013

Contributed by Len Ulbricht
Photo credits: Alan Greenstein, Ken Jones and Len Ulbricht

This hike was one in the Tuesday morning conditioning series that Ken Jones and Luther Wallis run during April and May at the Blue Hills. This day was a special treat. The weather was absolutely perfect. A cold front passed through the previous day so we had sunshine, 50 degrees and a brisk northerly wind (note gloves and fleeces in photos) making the air crystal clear to take in distant views. And no black flies.

Welch-Dickey is a loop hike of 4.4 miles and 1800 feet elevation gain. Granite slabs cover most of the peaks so for modest effort one experiences obstruction free views of Waterville Valley and the Tripyramids to the southeast, Franconia Notch and associated peaks to the north, and even distant Monadnock to the southwest. The multi-hued greens of budding trees covering the valleys and the deep blue sky above made this an exceptional hiking experience. Try it.



Attention Backpackers

Contributed by Len Ulbricht and Barry Farnsworth
SEM Education Committee

Backpacker Magazine sponsors an annual Get Out More Tour to review the latest in backpacker equipment. The tour stops in various locations around the country and this year there is a stop at EMS in Newton MA on June 26 at 6 pm .

The Get Out More team is offering their seasoned advice via an in-depth, 75-minute seminar that will both inspire and educate. This informative and fun seminar will cover a range of topics including:

- Backpacking essentials
- The latest in gear and apparel
- Survival skills
- Trail-tested tips

Admission is FREE and participants will have the chance to win great outdoor gear and apparel worth hundreds of dollars. For more detail see backpacker.com

Wilderness First Aid Training

The fall SEM offering of WFA (Woofers as some call it) will be held November 9 & 10, 2013 at the Chapel Meeting House in Foxboro, MA. It is taught by a professional instructor from SOLO schools.

The WFA course runs 8-4 that Saturday and Sunday. CPR follows the Saturday session. Pricing is as follows: \$145 AMC Member Price, \$170 for non-AMC members. CPR is optional for additional \$35.

This course covers back woods first aid for those hikers who want to be prepared should a medical situation arise when they are in a remote area far from a quick 911 EMT response. Whether one is hiking up north or out west, camping or backpacking away from populated areas, biking distant routes,

paddling the hinterlands or backcountry skiing, accidents do happen and adverse health conditions do arise. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. WFA prepares you to treat and stabilize victims until professional help arrives, which could take many hours and perhaps overnight. If you venture into remote areas, whether or not you are an AMC trip leader, WFA will give you confidence you can handle that unexpected situation we all hope will never occur. To register or for further information, contact Barry Farnsworth, Education Vice Chairperson, at bfarns99@yahoo.com.



Illustration by Supercorn

SAVED BY...DENTAL FLOSS

A string, several strands, and even the box can all come in handy.

By: Kristin Hostetter
Backpacker.com

Illustration by Supercorn

Braid several strands together to make stronger cordage for...

- Fishing line
- Snare and deadfall traps
- Bear-bagging
- Shelter-rigging
- Lashing knife to stick to make a spear

Bonus Use the plastic box to store ants, maggots, or other live bait.

Take A Long Hike

By Ray Anderson

Hello fellow hikers.



Hikers with dogs are common, but some parklands don't allow dogs on established trails. If you are thru-hiking the AT, for example, you are not supposed to bring your pet when you hike through Smoky Mountains National Park. It is wise to check beforehand and make proper arrangements.



Dogs on an extended hike with their master usually carry their own food and supplies. The dog in the picture on the left carries her own collapsible bowl, food, and a mat. The dog in the other picture, Danny, loves to run through brooks and streams, so he is equipped with a waterproof food bag.

On rocky terrain, claws and paws can get beat up pretty bad. To avoid this, on the rugged John Muir Trail, I saw dogs with "paw boots," little leather booties velcroed around their paws. You can buy them at hiking stores.

Dogs give warnings of other animals and possible problems. Most of all, they are great company for a lone hiker. Who else would listen to your sermonizing?

Ray's Hiking Blog: www.TakeaLongHike.com

PADDLE TRIP REPORT - Meeting House Pond to Little Pleasant Bay - June 1

By Betty Hinkley

Paddlers: George Wey, Paul Corriveau, Jean Orser, Vicki Blair-Smith, Joanne Snyder, Pat Carden

We set out on Meeting House Pond on an absolutely beautiful day.

We went down the River and across open water to Namequoit River fairly easily.

There were some wind gusts that persuaded us to keep close to the shoreline most of the time.

We went down the Namequoit River to Arrey's Pond.

While on the River, a swan came in for a landing close overhead; big wings flapping, it sounded like a small jet.

He landed in the middle of our group, and proceeded to look very angry; we gave him plenty of space (although it is a very narrow river).

We never saw a mate or babies, and he eventually drifted away, so not sure what his problem was.

We stopped at Namequoit Point for lunch, although that has signs posted saying that

it is private; but we thought we might get away with it at this time of year.

In fact, it is OK to be there if you have your feet in the water, so we were prepared to jump up and stand in the water if necessary.

In the end, nobody cared about our being there. We ate lunch, followed by Jean's brownies, and felt blessed.

After lunch we rounded the point into Little Pleasant Bay and paddled along the shore to the conservation area and into Paw Wah Pond.

After that we turned around and made our way back to Meeting House Pond.

Aside from the swan, the only interesting bird we saw was an osprey diving for a fish.

We did see a few sailboats and several power boats, so summer is definitely upon us.

Thanks for coming; it was a great day to be on the water.



PADDLE TRIP REPORT - Bass River South - June 5

By Jean Orser

Paddlers: Jean Orser, Leader, Paul Corriveau, Co-leader; George Wey, Vickie Blair-Smith, Gary Robinson, Margot Fitsch, Pat Carden, Bill Fischer

At the Cove Road put-in everyone marveled at the calmness of the water. As we were anxious to start before the wind came up, we decided to paddle around Grand Cove first so we would see any late comers when we passed the put-in on the way out. Along the way we saw a large nest on a raft with a sea gull and at least one baby gull. Seeing no late comers we paddled south on Bass River into Horse Foot Cove, past the Bass River Marina and under the route 28 bridge to Winkle Point where we gazed at all the large yachts moored in the fingers. Just past the West Dennis Yacht Club five of us ventured under the Loring Ave Bridge to Weir Creek where the water level was much higher than usual and so we ventured under the Lighthouse Road Bridge which goes into Uncle Stephen's Pond. It did look like we could go further up Weir Creek but we opted to return as no one knew how quickly the tide would go out plus it was after 12 (the usual lunch time). Along the way we saw an osprey in its nest and a beautiful snowy egret.

We landed on West Dennis Beach for lunch; there were very few cars in the lot probably because of the nesting plover restriction. One plover escaped from the designated area and strolled not too far from us. We headed out to Nantucket Sound looking at dredging equipment along the way. We reversed direction paddling on the opposite shore passing Grand Island, the Yarmouth Windmill, under route 28 bridge, past Bass River Yacht Club and into Grand Cove to the put-in. Bill's GPS showed we paddled 9.34 miles.

An exceptional day to be on the water.



PADDLE TRIP REPORT - Lewis Bay - June 19

By Ed Foster

Paddlers: Ed Foster - leader, Paul Corriveau, Bill Fischer, Lynne O'Riorden, Jean Orser

We launched from Mayo Beach in Wellfleet into a 12-14 mph wind from the southwest but quickly went around the harbor and pier into Duck Creek where the water was very calm. We paddled upstream past the marina, through the pilings of the bridge for the former Boston to Provincetown railroad and then under Uncle Tim's Bridge. Since it was then high tide we were able to paddle all the way upstream through the channels in the marsh to Route 6.

Returning to the harbor we paddled around Chipman's Cove and stopped at noon for lunch on a sandy beach on Indian Neck across from Mayo Beach. After lunch, the wind in Wellfleet Bay had not abated so some chose to go directly across the harbor to return home whereas the remainder paddled along the north shoreline of the Bay toward Great Island. We paddled against the wind but that made the return trip to Mayo Beach and the launch site with the wind at our back an easy paddle.



PADDLE TRIP REPORT - Duck Creek, Wellfleet - June 22

By Donald Palladino

Paddlers: George Wey, Bill Fisher, Jean Orser, Paul Corriveau, Gary Robinson, Don Palladino (Leader), Louise Foster, Ed Foster

We launched from Mayo Beach in Wellfleet into a 12-14 mph wind from the southwest but quickly went around the harbor and pier into Duck Creek where the water was very calm. We paddled upstream past the marina, through the pilings of the bridge for the former Boston to Provincetown railroad and then under Uncle Tim's Bridge. Since it was then high tide we were able to paddle all the way upstream through the channels in the marsh to Route 6.

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It was an absolutely great day to be on the water. Overall the trip covered 6.5 miles.

PADDLE TRIP REPORT - Swan Pond, Dennis MA - June 15

By Betty Hinkley

Paddlers: Vicki Blair-Smith, George Wey, Al Phillips, Rona Robinson, Margot Fitsch, Louise Foster, Ed Foster, Betty Hinkley (Leader)

This was a really beautiful day. We launched at 10:30 and went counter-clockwise around Swan Pond (no swans) and then under the newly constructed Upper County Road bridge - completely different from the old bridge, easy to pass under even at high tide. Lots of construction at the Route 28 bridge, but still OK to pass under, except for fishing lines. We saw several white egrets, geese, and a couple of osprey, and a few kayakers. No paddle boats yet, but signs of life at that location. We got to the end of the river and heeded the warning that Margot had given us from her trip - the channel into the Sound has been seriously narrowed, and the outgoing tide doesn't seem to have anywhere to go. If you got close to the breakwater, you were swept along, but then there was no water to go out to the Sound. Really need to do some dredging there. For the few who ventured out there, it was definitely a challenge to get back against the outgoing tide; physics is a wonderful thing, however, and in the end we all returned to the river.

We ate on the enlarged beach, next to the Plover homes. A brave seagull wandered apparently too close for comfort to the Plover territory (although not much closer than Ed and Margot) and the adult Plovers systematically nose dived the gull, who ducked at every attack. It was really funny to watch, and finally the gull decided he'd had enough and took off, and the Plovers followed him all the way to the opposite beach and continued to dive at him a few more times. We were happy that the gull took the heat for us. We returned up the river after lunch. A really nice leisurely trip.

Thanks for coming.



By Bill Fischer

Paddlers: Bill Fischer, Jean Orser, Paul Corriveau, George Wey, Gary Robinson, Phyllis Evanden, Ed Foster

The Day was very warm for June but the slight wind from the south west made for a lovely paddle. Once on the Childs River the pleasant conditions were very evident to all of us. We paddled down the Childs River to the SeaPit River and out into Waquoit Bay. We kept Washburn Island on our right all the way to Tim's Pond. The tide was just deep enough to make the entry into the Pond and across to the portage path back to the Childs River. After a portage of about 50 yards we were back on the water. We had lunch at the beach at the end of the Childs River.

After lunch we paddled back up the River past the put-in and under Route 28 as far as we could go. Then it was back to the put-in for a total of 6.5 to 7 miles depending on the path taken. The route will be forwarded on a different e-mail as it's provided by Ed Foster. Turned out to be a very nice paddle on a hot day.



Shoestring and Popponesset Bays - Short and Sweet or Fully Loaded

By Louise Riemenschneider Foster

Shoestring and Popponesset Bays offer a wealth of choices. Starting at exactly the same put in, one trip can be very different from the next, depending on the tides, preference and the stamina of the paddler. Time of year is another big variable. A good starting point is the Town Way to Water on Santuit Road in Cotuit. There are other ports of entry, such as Pirate's Cove or The Town Landing on Ockway Bay, both in Mashpee, but those require a resident parking sticker in season. Once on the water, the obvious route is south on Shoestring Bay toward Popponesset Bay and Nantucket Sound. Depending on the wind, hugging one of the shores may be a smart move. The two bays mark the border between the Towns of Barnstable and Mashpee and about a quarter of a mile from the put in is "The Narrows," which is the transition between Shoestring and

Popponesset. Exactly where that boundary lies has been disputed by property owners in that immediate area. On the Mashpee side, is Half Tide Marina and its crowded mooring fields. Pirate's Cove follows, and soon thereafter, the first decision point,

the entrance to the Mashpee River.

This is practically a "no brainer" because the Mashpee River offers such an interesting spectrum of flora as it changes from a salt water ecosystem, through brackish

water and finally to the fresh water source. The progression of plants reflects these changes and is impressive. In the spring there is new growth springing from the river's bottom, especially near the source, and in the fall, many spectacular wild-



Paddling the Upper Reaches of the Mashpee River in the Fall

flowers adorn the shore in full bloom. On occasion, some paddlers have made it almost to route 28, but this not easy and the final stages are often blocked with debris. There is always a rich assortment of birds - great blues, swans, osprey and many kingfishers. Oh, and let's not forget the ever present Canada Geese! There are two pair of osprey which nest on poles easily seen from Quinaquisset Avenue in Mashpee, nearby on the edge of the Mashpee River Woodlands, and are undoubtedly among those fishing the river. Up toward the entrance is evidence of oyster farming, which is a project employing filter feeders au naturale to remove unwanted nitrogen containing compounds from the watershed. As these slurping oysters gorge themselves and grow to a useful size, they are unceremoniously dumped on the shore for lucky resident holders of shellfish permits to collect and serve up for dinner. I have not seen data, but I can only hope this is working.

After the Mashpee River, continuing toward the sound and passing Gooseberry Is-

land on port, another option, Ockway Bay, is soon revealed. One of the alternative put ins is at the head of this bay and the one I believe Nancy Wigley will use for her upcoming September Mashpee River trip. The shoreline is quite developed with homes, and piers, but still offers great encounters with birds, including a long established osprey nest, which becomes larger and larger with each subsequent season. Bring your camera!

Continuing south another opportunity comes up. There is an interesting detour along Popponeset Creek. After going under the small bridge to upscale Popponeset Island, there is a relatively narrow manmade canal, quite densely lined on both sides with very large, high profile residences, This passage was dredged in the 1950's under the direction of a state official who eventually landed in jail for questionable practices in awarding contracts. The creek spits out next to a barrier beach known as Thatch Island aka Popponeset Spit, a favorite weekend "tailgating" destination for power boaters . Depending

on the day of the week this is a fine place for lunch - or continuing along this barrier beach and across the opening to the sound, leads to Meadow Point. This is protected by The Barnstable Land Trust and is a perfect spot to just watch the world go by, as marine traffic comes and goes through the cut. After lunch, if the seas are calm and currents are at a minimum, it may be possible to take a little spin out into the sound.

Another option for lunch would be the beach at Crocker's Neck Conservation Area due east of Gooseberry Island. After lunch at whatever site chosen, there are always the options of heading back to the put in or exploring a marsh area accessed through Pinquickset Cove, which is just adjacent to Crocker's Neck. Much of this excursion boards the pristine Town of Barnstable Conservation Area and in the spring, when marsh growth is just getting started, the vista is quite open. At high tide, travel up and around several little estuaries far into the marsh and almost to the Crocker's Neck shore is fairly easy and again, many birds can be seen.

Now it is definitely back to the put in. In the fall sizeable fish are jumping and sometimes thump into the hulls of the boats. When the put in is finally within sight, if the tide is fairly high and paddlers are up for even more, they can proceed to the north end of Shoestring Bay, paddle under the School Street Bridge and explore

the Santuit River. Most of this area is very undeveloped and there is usually lots of wildlife here. It is here in the spring that herring make their way from Popponeset Bay to the upper reaches of the river to spawn. Unfortunately many become snacks for hungry gulls and osprey (they have to eat too!), but the good news is that the herring counts here in the last couple of years are way up. Spring is a good time for this area because the views are not obstructed by tall growth, but in the fall, there are plenty of wild flowers to admire. This is a great side trip, but very serious caution is advised, since the water can run out quickly and it is easy to be stuck aground if the tides are marginal when you begin this part of the trip. On the other side of the coin, if the tide is too high, the underside of the bridge will be impassible going both in and out, so good planning is imperative. One possibility is to make this side trip at the very beginning of the day to take advantage of a perfect tide. Unfortunately, I can't tell you what "perfect" is.

This trip may be short and sweet or extremely long, especially if all the options are taken. On September 21, Nancy Wigley will be running a trip to the Mashpee River, specifically to showcase the lovely autumn wild flowers there. I will be leading a trip there in August and you can take it to the bank I won't be exercising all my options!





HOLD MY HAND and never let me go.
Watercolor Painting of hands - Jenna
De Troye www.etsy.com >>

A tribute to Pam Carter

“Pam took a walk along a stream, and touched the bark on the trees to feel the texture. And she felt the pine needles. As always, she was close to nature. After awhile she got tired and sat on a rock, and realized she had gone too far and would never get back home. The Lord spoke to her and said what a great life she had, and she told the Lord she’d never get home. The Lord told he that his house was closer, and took her hand... “

- Garden Club President

Recent Blue Hills “Intro” Hike Earns Rave Reviews

By Paul Miller, SEM Vice Hiking Chair

Most regular readers of the Southeast Breeze newsletter are well aware that we’re big on “series” hikes in the SEM Hiking Committee. Our Red Line the Blue Hills, Thursday Morning, Full Moon, and Winter hiking series have all become very popular; with 20 or more participants often showing up for hikes, in addition to the hike leaders.

Not quite two years ago, we also launched our “Intro to AMC Hiking” series of local hikes in an attempt to get more SEM members out on the trails to enjoy the fun, camaraderie, and great exercise of our chapter hikes. For reasons that largely evade your Hiking Committee, participation in this series still has not achieved what we consider to be “critical mass.” While several of the local intro hikes have attracted as many as ten or so participants, others have attracted only a handful. But based on the success of several recent intro hikes, this appears to be changing for the better.

In one example, Jim Casey and I planned and led an Intro Series hike in Blue Hills

on June 15 that drew five other participants (with a sixth person cancelling at the last minute with apologies due to illness...). Three participants had never hiked with the AMC before. Another participant’s last AMC hike (an intro-level backpacking trip with another chapter) had been less than enjoyable due largely to horrendous weather and possibly in part to an overly-ambitious agenda.

While there’s certainly no shortage of great hiking to be had in the Blue Hills, Jim and I took quite a bit of time studying the DCR Blue Hills Reservation topo map to put together a loop hike that would include interesting and varied terrain and some nice views to entice participants to come back for more; but would not be so challenging that participants would feel like they’re in

“over their heads.”

We ultimately decided on a modest, approximately 3.5-mile loop hike that started at the Chickatawbut Overlook, followed the Cedar Rock Path to the Headquarters Path, and then continued on to the Indian Trail Path, which eventually led around to the Skyline Trail. From here, we jogged east for a short stretch to climb and enjoy the views from Rattlesnake Hill before doubling back on the Skyline to Wompatuck Hill, where we stopped for a quick bite to eat before continuing around on the Skyline. After several more short “ups and downs,” this eventually led us to the Chickatawbut Tower loop that brought us back to our starting point.

It was a real pleasure for both Jim and I to have the opportunity share our enjoy-



Bambi sighting on the Cedar Rock Path. Photo by Jim Casey

Recent Blue Hills Cont'd

ment of and enthusiasm for hiking with this wonderful, if small group of largely

novice hikers. Based on their feedback during the hike, it was clear that everyone had a very positive experience, so we asked all to send us some comments

that we could include in this write up.

Here's what one woman hiker wrote: "Thank you, Paul! Our Skyline Trail hike in the Blue Hills has renewed my faith in AMC-run trips! After a particularly traumatizing beginner experience the previous weekend, I got up on the horse again by trying out 'just one more AMC hike.' I can't thank you enough for the great experience, beginner pace, help along the way, and the great views atop Rattlesnake Hill! I feel better about signing up for more trips and treks with the AMC – and only have great things to say about the SEM Chapter! Thank you, thank you!"

Another woman wrote: "Hi Paul! It was great meeting you and Jim on Saturday. It was our first hike with the AMC and we loved it. The weather was beautiful. Our hiking companions were friendly and eager to hike. We only live about 15 minutes from where we hiked and I can't believe we have not hiked it before. To kick off the day seeing the deer and then later on seeing the hummingbird on top of Rattlesnake Hill were the highlights for me. We also enjoyed some of the interesting hiking facts that you and Jim shared with us and your stories of past hikes that you have done with AMC. Looking forward to the next hike! Thanks so much for sharing the day with us!"

Doesn't sound like it was too painful an experience, does it? So, if you're one of the many SEM chapter members who have been sitting around thinking about coming out and joining us for a hike, but needed just a little more motivation to actually do so, what are you waiting for?

To check out some of the upcoming chapter hikes, just [click >>](#). And keep in mind that if you're ever not sure whether a particular hike (or any other chapter activity) is appropriate for you, just contact the leader to discuss. He or she will always be glad to point you in the right direction!



On the Skyline Trail (PHOTO: Jim Casey)



Atop Rattlesnake Hill. Photo by Jim Casey

Blue Hills garter snake with death grip on toad

June 4, 2013

On a recent morning in the Blue Hills, we happened across this sight right next to the trail, a garter snake just getting started on his breakfast! The poor toad was still very much alive -- we could see his throat pouch pulsating, and occasionally his front legs trying to get some traction -- not that it would get him anywhere!

We felt sorry for the toad, of course, but also admired the snake's successful hunt! We hung around for a while to see how the big fat toad was going to get inside the skinny snake, but after 10 minutes or so of not much progress, we continued on our way!

Credit: Éva Borsody Das



FOR SALE

Kayak Hurricane, white 14', tandem, brand new seats, has been garaged in order to get seats from factory (old ones rusted), easy to steer, dry storage with sealed cover, can be driven by one person too. only used one summer. asking \$800, Rona ronarobinson@hotmail.com 508-364-0568. includes yellow seat cover to protect inside of the kayak.

Men's Mavic Cycling Shirt, Medium (what was I thinking?!). Worn once and washed. Asking \$30. Contact: Sue Salmon at sfranc321@gmail.com



<actual item pictures>

Men's Conquest Boots, size 7. Very warm and comfortable but not a good fit for a woman's foot. \$60 Contact: Sue Salmon at sfranc321@gmail.com



<actual item pictures>

Want to sell your stuff?
Email commschair@amcsem.org
with the details, photos preferred
but not needed.

What Is On Your Summer Reading List?

By Gina Hurley

As we enjoy the long days of summer, I hope you are getting some good reading in. There are so many wonderful books out there, and many in the Outdoor Adventure category. Whether you are looking for true adventure stories, informational guides, nature stories, or anything in between, there is a plethora to choose from. Here are some from my collection that you might want to pick up.

Long Distance Hiking: If you are considering a long distance hike, there are many guides available to help you plan your trip.



You might want to start with the Thru Hiker's Guide to America by E. Schlimmer.

Schlimmer reviews and describes 25 trails, ranging from 95 to 1,300 miles long. Once you settle on a trail, there is usually a guide book to help you with planning your trip. One such guide is the Long Trail Guide (Green Mountain Club), which provides a wealth of information about this trail. Not only does this guide provide the reader with maps, trail profile, and trail description, it also provides information regarding wildlife, water, camping sites, permits, and safety. Want to head

to Mount Rainer and hike the Wonderland Trail? Pick up a copy of Bette Filley's Discovering the Wonders of the Wonderland Trail: Encircling Mount Rainer. Filley provides detailed information about the mountain, the trail, and all the rules and procedures of hiking this trail.

Of course, some of you might be thinking of hiking the Appalachian Trail.

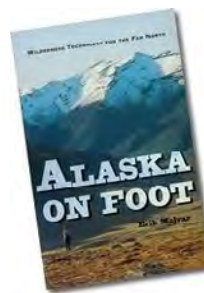
If so, there are many books to read about the AT. One personal account is Robert Alden Rubin's On the Beaten Path: An Appalachian Pilgrimage. In it Rubin recounts his journey, highlighting the people and the landscapes along the way. Walking the Appalachian Trail, by Larry Luxenberg, offers insight into why so many people chose to hike the AT. Luxenberg profiles many AT hikers in his book, providing a flavor of the different people and experiences along the way.

True Adventure Stories: Looking for an exciting true story to keep your blood pumping?

One of the best true survival stories is Touching the Void by Joe Simpson. Simpson and his climbing partner, Simon Yates, were climbing a 21,000 foot peak in the Andes when an accident changed their lives forever. Recounting the days on the mountain is an epic tale that will keep you on the edge of your seat

the whole time. Want to read a tale of survival at sea? Fatal Forecast, by Michael J. Tougias, describes the 1980 fishing trip of two vessels headed to George's Bank. When the weather turns up sixty-foot waves and hurricane-force winds, fishing turns to survival. Although stories of survival are always amazing, The Grizzly Maze, by Nick Jans, is not a story of survival, but a story of a fatal obsession with grizzly bears. The book takes you through the life and death of Timothy Treadwell and his many, and final, interactions with these aggressive animals.

Alaska: The 49th state has had many books written about it, especially books about travel and the Alaskan outdoors.



Alaska On Foot, by Erik Molvar, is a resource guide for hikers headed

into the backcountry. Molvar covers route selection, mapping and navigation, wildlife, and other components of planning an Alaskan trip. One Man's Wilderness, by Sam Keith and Richard Proenneke, recounts Proenneke's journey to Alaska and settlement in the wilderness. His simple account of his daily activities, exploration, and encounters with nature, coupled with great photography,

make this book a must read.

Of course a book collection about Alaska is not complete without a book on the Iditarod.

Gary Paulsen's Winterdance is his story of running this famous 1,180 mile dog sled race. Although all of these books about Alaska are great, one of the best is Arctic Homestead by Norma Cobb and Charles Sasser. In 1973, Norma Cobb, her husband Lester, and their five children, headed north to Alaska to follow their dream of claiming land under the Homestead Act. They settled near the Arctic Circle, where they encountered fierce winters, grizzly bears, and many other obstacles that would have turned most families away. Their story is one of true amazement.

Summer is a time to relax and enjoy the great outdoors. While you are doing so bring along one of these great reads. You will be glad you did!





AMC's Fall Gathering 2013

In the beautiful Delaware Water Gap National Recreation Area!

Home Location Accommodations Activities Meetings For Children FAQ

Registration for Fall Gathering 2013 will open July 1.

October 18-20

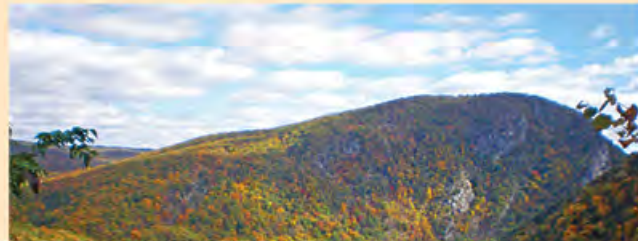
During the peak of the fall foliage

Activities include full and half-day hikes ranging from easy to hard, paddling trips, biking available throughout the camp roads (bikes and helmets available) or bring your own bike for a road or mountain bike ride. Horseback riding, plus canoe and boat rentals on the lake. For those over the age of 12, try the ropes course, zip line and climbing tower.

Also, tours of the nearby Grey Towers estate, once the home of conservation pioneer Gifford Pinchot, founder of the US Forest Service.

Saturday night join in the barn dancing with live music or relax around the campfire. For the kids and families, there are nature walks through a bog area, making critter creatures, biking (equipment available) for children ages seven and up. Saturday night you will have your own campfire with ghost stories, singing and a hayride.

Based at Camp Speers-Eljabar, a YMCA camp near Dingman's Ferry, PA, with on-site lake and trails. Stay in comfortable heated lodges and cabins, or tent. Family lodging. All meals provided.



Join fellow AMC members from Maine to DC!



Mohican Fall Foliage Special

Come early and hike and play for three days prior to the Fall Gathering. Stay at our southernmost AMC facility, Mohican Outdoor Center, located near Blairstown, NJ, where volunteers will be hosting a Fall Foliage Getaway on October 16-18.

Hike and paddle on the New Jersey side of the Water Gap. Hikes will be led by volunteers, or grab a map and venture out on your own. On Friday, take a scenic 45 minute drive to Camp Speers-Eljabar and the Fall Gathering.

To register for this event (not for the Fall Gathering) on line, [click here](#). Or send an e-mail to amclodging@outdoors.org. Or call AMC Reservations at 603-466-2727 Monday to Saturday 9:00 AM - 5:00 PM.



Hornbecks Creek

Appalachian Mountain Club Fall Gathering 2013 - Delaware Water Gap National Recreation Area



Appalachian Mountain Club
Delaware Valley Chapter

August Camp 2013 in North Cascades Washington



Breathtaking North Cascades of Washington State. Photo by: Éva Borsody Das

Week 1: July 13 - July 20
Week 2: July 20 - July 27
Week 3: July 27 - Aug. 3
Week 4: Aug. 3 - Aug. 10

[REGISTER FOR AUGUST CAMP ▶](#)

In 2013 August Camp returns to the breathtaking North Cascades of Washington State. We'll hike in the North Cascades National Park, Mt. Baker-Snoqualmie National Forest, and Ross Lake and Lake Chelan National Recreation areas. Choose from a variety of hikes every day, or add in backpacking, raft-

Photo by [Monika Jaeger more >>](#)



ing on the Skagit River or kayaking in the San Juan Islands to expand your experience. No matter what you do, you'll be surrounded by amazing vistas!

Our full service tent village for 64 campers each week offers home-cooked meals, daily hikes at all levels, nightly campfires and wonderful camaraderie. The 2013 campsite is on the banks of the Skagit River, just down the road from Cascadian Farms, known for their organic food and the best ice cream we've ever had! Our site is reached by the North Cascades Highway, considered the most scenic drive in Washington State. Our designated airport is Seattle-Tacoma International, and our fleet of vans provides transport between

Photo by [Marianne Page more >>](#)



Join the August Camp Yahoo Group!

This is a useful tool to communicate with other August Campers who are signed up to go this summer. Email each other about travel plans, ask the leaders questions, etc.

To join the Group:

[Click here to join our Yahoo Group](#)

When you get to the page, click the button "Join This Group". If you don't already have a free Yahoo account, open one to become a Yahoo Group Member, then click to join the group.

camp and SeaTac on each Saturday.

Registration forms and detailed Camp information can found [here](#). Plan your one or two week adventure now and be part of one of the oldest camps in the AMC.

Photo by [Nancy Crowther more >>](#)



Other Interests

*not endorsed by AMC



Narragansett Bay Wheelmen

Dartmouth Fifty

Date: Sunday June 16

Time: 10:00 AM

Route North Dartmouth,

Assonet, Westport

Start Location: Sears parking lot, 100 North Dartmouth Mall, Faunce Corner Road, North Dartmouth, MA.

Mileage Options: 15 / 34 / 55 miles

Formerly known as "Profile Rock Ride".



Cape Cod Against the Tide

event August 17th at DCR's

Nickerson State Park in Brewster, MA. The Massachusetts

Breast Cancer Coalition (MBCC) invites you to join us for the annual statewide Against the Tide swim, kayak, walk or run fundraising event-celebrating its 21st anniversary this year! Proceeds go towards cancer prevention. To register or make a pledge on a participant, visit www.mbcc.org/swim.

Easy Rider

Martha's Vineyard Tour

Date: Friday July 5, 2013

Location: Oak Bluffs/Vineyard Haven/Edgartown

Ride Leaders: Dan Egan

danielfrancisegan@hotmail.com 508-717-2687

Distance: 30 miles

Pace: Easy Rider- 12-14 mph average

Bike:\$28.00-Cash-No Credit Cards.

Description: The route will include a cruise down the Oak Bluffs to Edgartown Bike Path with side trips around the classic mansion cottages in East Chop, West Chop; and a trip out to Alley's Country store in West Tisbury. Possibly a visit to Menemsha.....Spend the day, bring a backpack with snacks and bathing suit (or not)... Time for shopping in Edgartown.

ACTIVITIES

SOUTHEASTERN MASSACHUSETTS ANNOUNCEMENTS(S)

AMC SEM is always looking for volunteers to volunteer a little or a lot. Contact the chapter chair at chair@amcsem.org if you'd like to volunteer.

BICYCLING

WANTED: Ride Leaders and Co-Leaders. Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm and routes w/ your fellow AMC members? Contact Bike Chair (508-428-6887, bikingchair@amcsem.org) for more info.

AMC SEM 2,000 Mile Club. AMC SEM has a unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair to register your mileage and for more info. (bikingchair@amcsem.org)

Tues. Rides. Turn Those Tires on Tues. Rides scheduled all year long, weather permitting. 25 mi of road or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location and directions. Intermed. pace. Riders and bicycles in top shape; tires and riders pumped and ready to roll;

helmets and water req'd. L Paul Currier (508-833-2690 8 am-7 pm, pbencurrier@hotmail.com)

Bike Ratings: First character indicates distance in mi: AA=50+; A=35-50; B=25-35; C=under 25. Second is L's pace in mph: 1=17; 2=13-16; 3=11-13; 4=up to 11. Third is terrain: A=very hilly; B=hilly; C=rolling; D=flat.

Chapter Trips

(FT) (NM) (CE) Tuesdays

Oct. 8. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Oct. 15. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube &

tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (XCE) Fridays

Oct. 18. Sunset/Full Hunter's Moon Ride. Ride Description: Road cycling. L Paul Currier currierpaul@comcast.net or 508-833-2690 Ride the hills and shores of Sagamore and the canal trail to Buzzards Bay. We'll catch the spectacular sunset over Onset Bay during a tour of Mass Maritime and moonrise over Plymouth Bay. C2B Tires and riders pumped and ready to roll. Helmets, spare tube & tire tools, and water required as is registration -cancellation/rescheduling sent only to registered riders. Directions: From the former Sagamore Rotary now the Sagamore Straightaway, head toward Scusset and take Canal Road past Friendly's to the Sagamore Recreation Lot. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Oct. 22. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations.

Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Oct. 29. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

CANOE/KAYAK

Always looking for additional paddle leaders, both flat water and ocean. Contact paddlingchair@amcsem.org

Chapter Trips

Wed., Jul. 3. FOLLINS-MILL PONDS - Dennis. Paddle Follins Pond to Weir Creek & un-

der bridge to Mill Pond passing Crab Creek Conservation area & back to circumnavigate Follins Pond.- 8 mi. Directions: rte 6 exit 9, rte 134 N, L Setucket, L Mayfair, R Follins Pond rd. Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Sat., Jul. 6. Herring River. 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. Bring lunch. DIRECTIONS: . Trip starts on Rt. 28 at Herring River Bridge in Harwich. L Robert Zani (508-246-3132, rzani1534@gmail.com)

Wed., Jul. 10. Oyster Pond. Four (4) hour paddle on Oyster Pond, Oyster River, Stage Harbor, Mitchell River to Mill Pond and return. Bring lunch for stop at Stage Harbor Lighthouse. Take exit 11 off rte 6, S on rte 137 to four way stop, L on Queen Anne, continue on Queen Anne with a right turn where the sign says Downtown, Stay R at next stop sign to rte 28, L on rte 28 to tfc light. Right at light still on Queen Anne to R at Pond St where the put in is. L Robert Zani (508-246-3132, rzani1534@gmail.com)

Sat., Jul. 13. Jackknife Cove and Chatham Cut. Pleasant Bay,

from Jackknife Cove to the barrier beach at the Chatham cut, returning around Strong Island. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Jul. 17. Lewis Bay. Circle Lewis Bay. Explore Uncle Robert's Cove, have lunch on Egg Island and perhaps venture into Hyannis Inner Harbor. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Jul. 20. Bass River South. DESCRIPTION: Bass River, Yarmouth south. 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. L Robert Zani (508-246-3132, rzani1534@gmail.com)

Wed., Jul. 24. Leader's Choice. Location will depend on wind and weather conditions. Contact leader the week of the trip for more definite information. L Ed Foster (508-420-7245, erfoster@comcast.net)

Saturdays

Jul. 27. Cotuit Bay, Marstons Mills. Route 6 to S on rt 149, R on Rt 28 L on Putnam St, L on Old Shore to Town Landing. Unload and

park back up on Putnam. PFD and spray skirt req. L Bill Fischer (508-420-4137 before 9PM, wmbarbarafischer@comcast.net)

Sat., Aug. 3. Nauset Marsh. DESCRIPTION: 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 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 (508-246-3132, rzani1534@gmail.com)

Wed., Aug. 7. North River, Marshfield-Hanover. Wed., Aug. 7. North River, Marshfield-Hanover. Put-in, Marshfield side of Union St. bridge. Spot cars in Hanover. Level 2/3. PFD req. Spray skirts may be req. L George Wey (781 789-8005, geowey@comcast.net). L George Wey (781-789-8005 anytime, geowey@comcast.net), R George Wey (781-789-8005 anytime, geowey@comcast.net)

Sat., Aug. 10. Shoestring Bay. Mashpee River, Thatch Island, Meadow Point, Pinquicket Cove, Santuit River, depending on conditions. Level 2- 3; 8 - 10 miles. Spray skirt PFD required. Call for directions to put in 508-420-7245.

L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net), R Louise Foster (Cotuit, MA 02635, 508-420-7245 Any Time, louise.foster@alumnae.brynmawr.edu)

Wed., Aug. 14. Lewis Bay. Circle Lewis Bay. Explore Uncle Roberts Cove, lunch on Egg Island, and perhaps venture into Hyannis Inner Harbor. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Aug. 17. Bass River North. Bass River, Yarmouth. We will go north and if the tides oblige make our way into Mill Pond. Probably a nine mile paddle. 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. L Robert Zani (508-246-3132, rzani1534@gmail.com)

Wed., Aug. 21. Great Island Wellfleet Bay. Explore Wellfleet Bay and Great Island. Put-in: From Route 6 in Wellfleet at the traffic light just past P.J.'s turn left toward Wellfleet Center and Harbor. Go 0.3 m and turn left on East Commercial Street. Go 0.7 m to the Town Marina and Harbor. Turn right on Kendrick Ave. The parking lot for Mayo Beach is a few hundred feet on the left. Life vest and spray skirt req. L

Don Paladino (508-349-2950, djp1958@comcast.net)

Sat., Aug. 24. Leader's Choice. Exact location will depend on wind/weather conditions. Contact the leader the week of the trip for more definite information. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Sep. 4. Pamet Harbor. Explore Pamet River and Harbor. Put-in Directions: From Route 6 northbound in Truro, right at the exit sign for Pamet Roads and Truro Center. At the junction signed for North and South Pamet Roads turn right, go a few hundred feet and turn right again onto South Pamet Road. Go under Route 6. After 0.1 m you come to Castle Road. Turn left, go about 100 feet and veer right onto Depot Road. After 0.5 m the road forks. Stay right toward Pamet Harbor. At 1.3 m you come to the harbor parking area. There is a \$6 launching fee. Life vest and spray skirt required. L Don Paladino (508-349-2950, djp1958@comcast.net)

Sat., Sep. 7. Weir River, Hingham Bay Islands. Put-In, beach pkg.lot off Rt.3A, just before Hingham Harbor Rotary. Level 2-3. PDF, spray skirt req. L George Wey (781-789-8005 anytime, geowey@comcast.net). L George Wey (781-789-8005 anytime, geowey@comcast.net)

Wed., Sep. 11. Mashpee Wakeby Ponds. Perimeter of Mashpee Wakeby Ponds; Spray Skirt and PFD required. About 8 miles. Pre-register 508-420-7245. L Louise Foster (508-420-7245 Any Time, janlouse@comcast.net)

Sat., Sep. 14. Walker, Upper and Lower Mill Ponds. DESCRIPTION: Walker, Upper Mill, and 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 Robert Zani (508-246-3132, rzani1534@gmail.com)

Wed., Sep. 18. HERRING RIVER NORTH-W Harwich. Paddle up stream to Coy Brook to end & back to Herring River for lunch at North Rd bridge. Afterwards paddle to west & east reservoirs for total of 8 mi. Rte 6 exit 10, R 124 S, R 39 S, R 28 N, L Town Landing. Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Saturdays

Sep. 21. Mashpee River. Put-

in: Rt. 6 to Exit 5 (Rt 149); South on 149 to Rt. 28; Right onto Rt. 28 to Mashpee Rotary; From rotary take Great Neck Rd. S; Go 2.5 miles to unpaved parking lot on left marked Ocway Bay Boat Ramp. PFD required. Spectacular riverside wildflowers. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Sat., Sep. 21. Leader's Choice. Exact location will depend on predicted wind/weather conditions. Contact the leader the week of the trip for more definite information. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wednesdays

Sep. 25. Leader's Choice paddle. Contact Leader for information. PFD/spray skirt req. L Bill Fischer (508-420-4137 before 9PM, wmbarbarafischer@comcast.net)

Sat., Sep. 28. LONG POND, BREWSTER/HARWICH. Nice six mile paddle circumnavigating the pond with lunch on beach. Rte 6 exit 10, rte 124 N, R Long Pond Drive, L town beach. Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., Oct. 2. Nauset Marsh.

Explore Nauset Marsh and Mill Pond. Perhaps venture into Salt Pond. L Ed Foster (508-420-7245, erfoster@comcast.net)

Saturdays

Oct. 5. Swan Pond/River, Dennis. Put-in: Clipper Lane off Upper County Road, Dennis; put-in is on the left. PFD required. Spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Wed., Oct. 9. INDIAN LAKES-Marston Mills. Paddle Middle & Mystic fresh water lakes with lunch on beach at end of Mystic Lake. total 7 miles. Rte 6 exit 5, rte 149 S for 3 mi, R Mystic Drive (after cemetery at sign for "Indian Lakes") for 7/10 mi, R at sign "Town Way to Water" to put-in. Life Vests & Spray Skirts req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., Oct. 16. CHASE GARDEN CREEK, YARMOUTH PORT. Paddle 8 mi Chase Garden Creek & tributaries. Lunch at Bray Farm or on beach near Shellfishing Plant. Rte 6 exit 8, Union st N, L rte 6A, QUICK R Center st to Grey's Beach at end. Life Vest & Spray Skirt req. L Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com), CL Jean Orser (508-362-0451

before 8 pm, jeanorser@gmail.com)

Sat., Oct. 19. Barnstable Harbor. We'll explore some of the creeks in Barnstable Harbor, probably those on the western side. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Oct. 30. FOLLINS/MILL PONDS - Dennis. Paddle Follins Pond to Weir Creek & under bridge to circle Mill Pond passing Crab Creek Conservation area and back to circumnavigate Follins Pond & have lunch - total 8 miles. Rte 6 exit 9, rte 134 N, L Setucket, L Mayfair, R Follins Pond rd. Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

CAPE HIKES

Always looking for additional leaders to lead hikes on the cape! Contact the

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

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

capehikingchair@amcsem.org

Chapter Trips

Mon., Aug. 19. Full Moon Hike Cape Cod Canal. Two hour hike, to enjoy the sunset and full moon while we walk to end of canal, east on Town Neck Beach to Sandwich boardwalk and back through Sagamore village. From 6A take Tupper Rd and turn N onto Freezer Rd., park in lot at end of road. Meet 5:45 PM, hike starts 6 PM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Thu., Sep. 19. Cataumet Greenways, Bourne (C3C). Wooded hike, bogs and farms, some hills. Stop at historic RR station. B Bridge to Otis Rotary, 1st exit Cataumet. L on 28A s, 1/4m R on Longhill Rd., Lon County Rd., Ron Red Brook Harbor 1/2 m past stop sign park lot R 9:45 AM Heavy rain cancels. Bring water, snacks. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com)

Saturdays

Sep. 21. Provincetown: Snail Road Dunes (B3B). Meet 9:45am, Snail Road trail head on ocean side of Route 6, at the east end of Provincetown. Explore 360 views of dunes, historic dune shacks, pick some cranberries. Hike up and down to the ocean and back. Bring lunch. 3.5 hours. L Nancy Braun (508-487-4004 morning, evening, nancytruro@comcast.net)

Sat., Sep. 28. Yarmouth, Greenough Ponds (B3C). Walk through Yarmouth Botanical Gardens, Dennis & Greenough Ponds. Meet at 9:45, 3 1/2 hr. Exit 7 off Route 6 to North, right on 6A, at sharp turn go right on Summer St. to beach parking lot. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Thu., Oct. 3. Scorton Creek Sandwich. Two hour hike, through woods, old state game farm, Nye estate and Talbot's Point. Take Rte 6 to Exit 4, turn N toward Cape Cod Bay, turn L on Old County Rd to 6A and turn R and just beyond used car dealership and before bridge turn R on dirt road. Meet at 9:45 AM, hike starts at 10 AM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Thu., Oct. 17. Ryder Beach, Truro. Beach to woodland trails, hills, and scenic bay views. Route 6, then left on Prince Valley Road to the end. Right on County Road, then an immediate left on Ryder Beach Road. Park at the end. Meet at 9:45 a.m.. 2 hours. L Janet Kaiser (508-432-3277 Before 9 p.m., jtkaiser@comcast.net)

Sat., Oct. 19. Harwich, Herring River (B3C). Wooded walk with views of the beautiful Herring River. Walk both sides of West Reservoir, cranberry bogs.

From Rte 6 E, Ex 10, R at top of ramp, Rte 124 for 1.3 mi, R @ Main St. straight 2 mi to park @ Sand Pond on R. Meet 9:45 a.m. 3.5 hrs. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sun., Oct. 20. Maple Swamp Sandwich. Hilly hike through historic woodlands which date back to original settlers, home to Maple swamp, quaking bog and other sites. Take Rte 6 to Exit 3 turn S on Quaking Meetinghouse Rd and take immediate L on Service Rd, Maple Swamp approx. 1 mile on R. From upper Cape take exit 4 turn S over highway and take immediate right onto Service Rd, Maple Swamp approx. 1 mile on left. Meet 12:45 PM start 1 PM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Thu., Oct. 24. Barnstable-Crooked Cartway (C3C) Hike. Wooded walk to The Deck. Mostly flat, some hills. Take Rte. 149 (N or S) to Rotary at Cape Cod Airport, Marstons Mills. West on Race Lane for 1.1 miles. Right onto Crooked Cartway. Go to end. Meet at 9:45AM. 2 hours. L Farley Lewis (508-775-9168, farlewis@comcast.net)

Sun., Oct. 27. Mashpee/Barnstable, Santuit Pond and River. Water views, abandoned and working cranberry bogs, wood-

land trails. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Saturdays

Nov. 2. Provincetown: Snail Road Dunes (B3B). Meet**10:45**am, Snail Road trail head on ocean side of Route 6, at the east end of Provincetown. Explore 360 views of dunes, historic dune shacks, pick some cranberries. Hike up and down to the ocean and back. Bring lunch. 3.5 hours. L Nancy Braun (508-487-4004 morning, evening, nancytruro@comcast.net)

Thu., Nov. 14. Ryder Conservation Sandwich. Scenic hike along edges of Mashpee and Wakeby lakes through Lowell Holly conservation area. Take Rte 6 to exit 3 Quaker Meetinghouse Road and turn S to traffic light, turn L on Cotuit Rd, go approx. 1.5 miles and Ryder Conservation is on the right. Meet 9:45 AM start 10 AM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Saturdays

Nov. 16. Truro- High Head Sand Dune Walk (B3B). Meet at**10:45** 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. Walk back via the bike path to Pilgrim Spring and panoramic views. 3.5 hours. Bring

lunch. L Nancy Braun (508-487-4004 morning, evening, nancytruro@comcast.net)

Thu., Nov. 21. Sandy Pond Recreation, West Yarmouth. Wooded trails, pond views in mid-cape area. Route 6 Exit 7S, left on Camp Street, left on Buck Island Road, and left at Sandy Pond Recreation Area. Meet at 9:45am. 2 hours. L Janet Kaiser (508-432-3277 before 9:00 p.m., jtkaiser@comcast.net)

Sun., Nov. 24. Barnstable-Bridge Creek Conservation (C3D) Hike. Flat terrain, cedar upland, maple swamp and salt marsh, bogs, stone walls. Meet at 12:45am. 2 hrs. From Exit 5 off Rte 6 North on Rte 149. Park along grass triangle on immediate left beside church. L Farley Lewis (508-775-9168, farlewis@comcast.net)

Sun., Dec. 1. Flax Pond Conservation, Dennis. Rolling hills near Flax Pond, golf course, wooded trails in wellfield area. Park on Setucket Rd at Flax Pond Conservation, East of Yarmouth- Dennis Town Line. Meet 12:45 p.m. 2 hrs. L Janet Kaiser (508-432-3277 before 9 p.m., jtkaiser@comcast.net)

EXECUTIVE COMMITTEE

We need an "Event Planner" for the AMC SEM Executive Board.

Do you have event planning skills? Our events are typically: Annual Meeting/Dinner, Holiday Party, Summer Picnic. Can you find and reserve a room, choose a menu that fits in our budget, worry about a projector and screen, set an agenda, and generally make an event happen? Contact the chapter chair at chair@amcsem.org.

Volunteer Opportunities

Until Filled. Chapter Youth Program (CYP) Leader. Share your outdoor knowledge and leadership skills with local groups of children. Give your time to these programs to help kids get outside who might not otherwise have the opportunity. A typical Chapter Youth Program (CYP) might include a local walk with some nature lesson or trail games. CYP leader training and screening is required. L Sally Delisa (picpocit@verizon.net)

HIKING

IMPORTANT: No pets w/o prior permission of trip leader. Individuals under 18 years of age must be accompanied by a parent or responsible adult, and obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 week prior to the trip so Ls can discuss prior hiking exp., conditioning, clothing, and equipment. Rating codes (e.g.

C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

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

Chapter Trips

(FT) (NM) Thursdays

Jul. 4. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(AN) Tue., Jul. 9-12. White Mountain Hut-to-Hut Trek (B3B). Join us as we trek across the Northern Presidential Range while enjoying lodging and meals at the AMC Mizpah, Lakes and Madison White Mountain Huts. Our trek will cover more than 23 miles over rugged terrain while enjoying magnificent and unique scenery. This strenuous

trip is not for beginners. Trip rating B3B. L Ken Jones (508-697-0142 6-9 pm except Thursdays, lotsoluck@comcast.net), L Leslie Carson (lrc929@comcast.net), R Ken Jones (207 Walnut Street, 508-697-0142 6:00pm-9:00pm except Thursdays, lotsoluck@comcast.net)

(FT) (NM) Thursdays

Jul. 11. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Jul. 13. Welch-Dickey Loop. Nice loop hike in Waterville Valley area in NH with excellent views from exposed ledges. Moderate elevation gain, length, and pace make this a great hike for AMC members who may want to give day hiking in the White Mountains a try. L Paul Miller (paulallenmiller@verizon.net), L Jim Casey (cmne@comcast.net), R Paul Miller (508-369-4151 before 9:00 PM, paulallenmiller@verizon.net)

(FT) (NM) Thursdays

Jul. 18. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in

the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Sat., Jul. 20. Introductory Hike at Borderland State Park. Join us for an introductory hike at Borderland State Park in Easton MA. This will be a 5-6 mile hike over fairly level terrain. New Hikers should have comfortable footwear (sneakers or hiking boots) and carry at least 16 oz of water and a small snack. There is a \$2.00 parking fee at the park. Registration is required for this hike. Plan to speak with the hike leader over the phone in order to register. L Kathleen Stanley (781-799-5351 Before 8:00 PM, kstanley@energy-advocates.com), R Kathy Stanley (781-799-5351 After 8:00 pm, kstanley@energy-advocates.com)

(FT) (NM) Thursdays

Jul. 25. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen

Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Sun., Jul. 28. Ponkapoag Pond, Blue Hills. Join us for a fun and scenic 4.2 mile walk around the Ponkapoag Pond at the Blue Hills, which is the reservations largest and most remote body of water. Wear sturdy footwear and bring insect repellent, 16 oz bottle of water and snacks. Registration is required for this walk. Plan to speak with the co-leader, Cathy MacCurtain, over the phone to register. L Walt Granda (wlgranda@aol.com), CL Cathy MacCurtain (781-848-9506 Before 9 pm, camaccurtain@aol.com), R Cathy MacCurtain (781-848-9506 Before 9 pm, camaccurtain@aol.com)

(FT) (NM) Thursdays

Aug. 1. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays

Aug. 8. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Aug. 10. Mt Cardigan Hike. The bare rocky summit of Mount Cardigan, at 3,155 feet, affords a 360 degree view stretching from rural New Hampshire to the summits of the White Mountains. Starting at the AMC Lodge our hike will take us up the Manning Trail to Firescrew and over to the Mount Cardigan fire tower. Our descent back to the Cardigan lodge will take us over Rimrock and Orange Mountain via the Skyland, Vistamount and Clark Trails. Depending on weather and trail conditions the route could be changed by hiking down the Clark trail. L Walt Granda (508-999-6038 Before 9:00 PM, wgrand@aol.com), CL Pau Miller, R Walt Granda (508-999-6038 Before 9:00 PM, wgrand@aol.com)

(FT) (NM) Thursdays

Aug. 15. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and

elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Aug. 17. Whiteface Mtn. Loop hike over Blueberry Ledge Trail to Rollins Trail to Dicey's Mill Trail. Strenuous hike with challenging rock ledge scramble and a water crossing. One of the more challenging hikes in the Whites. For experienced White Mtn hikers only. Magnificent views from bare ledge precipices. El 4010, el change 2838 Ft, 10 mile loop. L Len Ulbricht (lwu9944@verizon.net), CL sue franconi-salmon (sfranc321@gmail.com), R len ulbricht (lenu44@gmail.com)

(AN) (CE) Mon., Aug. 19-25. Mount Katahdin Backpack. Join us for an extended backpack through Baxter State Park. We will camp at Wassataquoik Stream, Russell Pond, Roaring Brook, and Chimney Pond. Weather permitting we will summit Mount Katahdin, traverse the Knife Edge and summit Pamola. We will also plan on climbing Hamlin Peak via Hamlin Ridge. Group dinners provided. L Ken Jones (508-697-0142 6-9 pm except Thursdays, lotsoluck@comcast.net), CL Luther Wallis (508-310-3949, lew89@comcast.net), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, 508-697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays

Aug. 22. Red Line the Blue Hills.

Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays

Aug. 29. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays

Sep. 5. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays

Sep. 12. Red Line the Blue Hills.

Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Sep. 14-15. N. & S. Twins and the Bonds. End of summer hiking, staying at Galehead hut with meals provided. Summit five 4K Footers with superb views. L Leslie Carson (508-833-8237, lrc929@comcast.net), CL Maureen Kelly (mokel773@aol.com), R Leslie Carson (508-833-8237, lrc929@comcast.net)

(FT) (NM) Thursdays

Sep. 19. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays

Sep. 26. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and

elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Sat., Sep. 28. Introduction to AMC Hiking - Mount Tom Trail. An easy hike that strolls through forests, stream, as well as a cliff outlook. It is part of the Arcadia Wildlife Management Area. Great for new time hikers as well as new and current members. L Sue Chiavaroli (508-496-6452, brillo6452@yahoo.com), CL Nancy Coote (508-596-8222 7-9PM, nmcoote@yahoo.com), R Sue Chiavaroli (508-496-6452, brillo6452@yahoo.com)

(FT) (NM) Thursdays

Oct. 3. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Oct. 5. Carter Notch via

Wildcat River Trail. Join us as we venture into beautiful Carter Notch from the south via the relatively untrammled Bog Brook and Wildcat River Trails. Can be combined with leaders' hike on Sunday, if desired. L Paul Miller (508-369-4151 before 9:00 PM, paulallenmiller@verizon.net), L Maureen Kelly (mokel773@aol.com), R Paul Miller (508-369-4151 before 9:00 PM, paulallenmiller@verizon.net)

(AN) (XCE) Sat., Nov. 9-10. WFA Training. The WFA course runs 8:30-4 Saturday and Sunday in Foxboro, MA. Optional CPR is available. SOLO has been engaged to provide the instruction. Pricing is as follows: \$145 AMC Member Price, \$170 for non-AMC members. Pricing includes lunch and break service both days. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save life in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. L Len Ulbricht (lenu44@gmail.com), R Barry Farnsworth (bfarns99@yahoo.com)



the southeast Breeze

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

August 2013

Visit AMC SEM Website

Breeze Newsletters

Calendar

Photos

Open Volunteer Positions

- Conservation (Vice)
- Chapter Youth Program CYP (Vice)
- Skiing (Vice)
- Membership (vice)

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

SAVE THE DATES

- SEM 2nd Annual Family Weekend
Aug. 23-25
- Chapter Hut Weekend
Sep. 19-22
- Fall Gathering (all chapters)
Oct. 18-20
- Annual Meeting & Dinner
Nov. 2
- Hike Planning Meetings 6:30pm
9/4, 12/4
- Board Meetings 6:30pm
9/11, 10/9, 11/13

Chapter Youth Program Leadership Training
 August 17th. - York, ME
 If you are interested in attending or would like more information, contact: Sally Delisa, Chapter CYP Chair cypcoordinator@amcsem.org or call 781-834-6851



Some hikers were nice and relaxed, Family Hiking Series #4 Photo by Christine Pellegrini



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

Editor: Andrea Holden
breeze.editor@amcsem.org

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



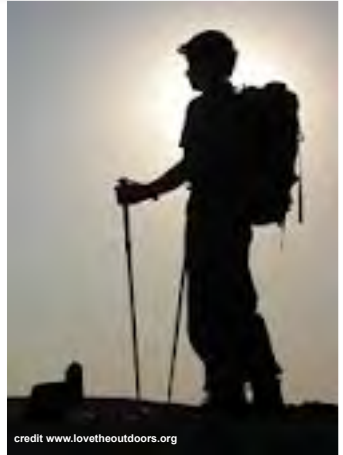
SIGN up for the BREEZE
call 800-372-1758 or email amcinformation@outdoors.org

AMC SEM 100-MILE HIKING CLUB

Log your miles; earn an awesome patch!

SEM Hiking Committee has just initiated an "100-Mile Hiking Club" for SEM members who get out on the trails regularly with the club.

To get your name included on the online spreadsheet so you can record your miles hiked with the AMC after July 1st (using the honor system), just send an email to either hikingchair@amcsem.org or hikingvicechair@amcsem.org.



credit www.lovetheoutdoors.org

Kayak Hurricane, white 14', tandem, brand new seats, has been garaged in order to get seats from factory (old ones rusted), easy to steer, dry storage with sealed cover, can be driven by one person too. Only used one summer. Asking \$800, Rona ronarobinson@hotmail.com 508-364-0568. Includes yellow seat cover to protect inside of the kayak.



Men's Conquest Boots, size 7. Very warm and comfortable but not a good fit for a woman's foot. \$60 Sue Salmon atsfranc321@gmail.com

Men's Mavic Cycling Shirt, Medium. Worn once and washed. Asking \$30. Sue Salmon at sfranc321@gmail.com



<actual item pictures>

Want to sell your stuff?
email commschair@amcsem.org with the details.



<actual item pictures>

Where to find activities (hikes, bikes, etc.)

1. The monthly **Breeze** - email
2. **AMC Outdoors magazine** - mail
3. [Online trip listings](#)
4. Sign-up for [short notice trips](#)

Pictures and Article Submissions

We encourage SEM members to submit articles and photos for both the Breeze and our website. Materials will be edited at the editor's discretion, send to breeze.editor@amcsem.org

Breeze Deadlines

Monthly on the 7th, trips; 15th articles/pix

Sign-up for the Breeze

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

Where to find Breeze Publications

Volunteers Wanted

Volunteer for the Executive Board. Do you have skill and want to see where you fit? Lead hikes bike, ski, snowshoe, x-country or paddle trips. We have volunteer positions open! Contact chair@amcsem.org

Want SEM activities delivered right to your email inbox?

Sign up for AMC "digests". Access the Member Center from our home page (amcsem.org) or call 800-372-1758.

2013 Executive Board

Chapter Chair

Chair@amcsem.org
Cheryl Lathrop, 508-668-4698

Vice Chapter Chair

vicechair@amcsem.org
Maureen Kelly, 508-224-9188

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secretary@amcsem.org
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Barry Farnsworth, 508-272-1522

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Walt Granda, 508-971-6444

Hiking (Vice)

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Paul Miller, 508-369-4151

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5-9pm, no calls after 9pm please

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Lou Sikorsky, 508-678-3984

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Wayne Anderson, 508-697-5289

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Chris Pellegrini, 508-233-9203

Family Events Chair

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Bill Pellegrini

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Andrea Holden, 774-219-2426

Blast Editor

blast.editor@amcsem.org
Andrea Holden, 774-219-2426

Volunteer with us!

Contact chair@amcsem.org



View from the Chair

By Cheryl Lathrop

Do you know how easy it is for me to find my AMC hikes? Or a bike or paddle if I want to go? Do I go search? No! I let the activities come right to me—right into my email inbox. So convenient!

I used the AMC Member Center, and signed up for my 3 AMC “digests” –I picked hiking, biking, and paddling. But, you can choose any three. Access the AMC Member Center from our own [SEM website](#). Log in and choose your digests. Or call the 800 number for help doing it (800-372-1758).

Member Center

Login Name

Password

[Forget Your Password?](#)

Log in now to:

- Change your address
- Get the e-Breeze by email
- Find member discounts

Need help? 800-372-1758

Sign-Up Now!

enter email address

groups.yahoo.com

[How to post trips on the Short Notice Email List \(SNEL\)](#)

Also, don't forget our SEM “SNEL”—ShortNoticeEmail-List. If you sign up and join the Yahoo group, last minute (spontaneous) activities again come right to your email inbox. So convenient. Sign up is on our [SEM website](#). (Note: The SNEL also notifies us of last minute changes and cancellations.)

And, as always, a big big thank you to all of our volunteer activity leaders who set up these great outdoor adventures for us every week!

**I'LL BE OUTSIDE ON THE TRAILS, ROADS, and WATERWAYS THIS AUGUST!
WHERE WILL YOU BE? NOT ON THE SOFA, I HOPE! GET OUTSIDE!**

Got something to say? Got a good idea? Want to volunteer?
Feel free to contact me anytime about anything!
chair@amcsem.org



Photo Credit: The Outdoors Guy

As always, feel free to contact your chapter chair, or vice chapter chair at any time.
Chapter Chair: Cheryl Lathrop (chair@amcsem.org) ~ Vice Chapter Chair: Maureen Kelly (vicechair@amcsem.org)

GET INVOLVED

Be a volunteer and reap the rewards

If you'd like to give back to your SEM chapter, we'll find something small for you to do to get started. Contact the Chapter Chair at chair@amcsem.org and we'll match up your interests and capabilities with our needs.

Are you a detail person, long-time chapter member & former board member?

We're forming a committee to update our chapter Bylaws and Operating Rules.

See our current [Bylaws and Operating Rules](#). Contact your Chapter Chair at chair@amcsem.org.

Like to work with groups of children? Want to share your outdoor knowledge with the next generation?

Our Chapter Youth Program (CYP) is looking for a leader. A typical CYP might include a local walk with some nature lesson or trail game. Contact Sally Delisa cypcoordinator@amcsem.org

Like to ski? Want to see more ski trips?

Our Ski Committee needs a Vice Ski Chair to work with our Ski Chair to help to plan ski events, both downhill and cross-country. Contact xcskichair@amcsem.org for more information.

Conservation minded? Want more conservation activities?

Our Conservation Committee needs a Vice Conservation Chair to work with our Conservation Chair to help plan conservation events and education. Contact conservationchair@amcsem.org for more information.



July 2, 2013

By Jean Orser, Leader

Paddlers: Jean Orser, Leader, Paul Corriveau, Co-Leader, Vickie Blair-Smith, Bill Fischer, David Metcalf, Bob Zani

A perfect day to paddle Follins/Mill Ponds as wind was 12-16mph with some gusts, but we stayed close to shore and the wind felt great. We left put-in and paddled counterclockwise around Follins Pond to Weir Creek and easily passed under the North Dennis road bridge (Boston hi tide 8:29 am 8.8 ft) into Mill Pond. We passed several crabbers and Crab Creek Conservation area. We circumnavigated the pond noting that there no longer was a putting green behind one house. There was a stiff incoming current at the bridge, but everyone made it thru quite easily. We continued paddling Follins Pond stopping to look at a spring historians say was used by Leif Eriksson around 1000 A.D. and boulders with holes typical of Norse mooring holes. Lunch on beach at 12:15 pm. Then on to Dinahs Pond and Kelleys Bay and back to the put-in at 2 pm for a total of 7.5 miles according to Bob and Bill. Along the way we saw 2 osprey nests with birds, a cormorant eating a snake, swans, geese and a egret. There was very little boat traffic which was great. A nice relaxing day to be on the water.



Photos provided by Jean Orser



Wilderness

First Aid Training

The fall SEM offering of WFA (Woofers as some call it) will be held November 9 & 10, 2013 at the Chapel Meeting House in Foxboro, MA. It is taught by a professional instructor from SOLO schools.

The WFA course runs 8-4 that Saturday and Sunday. CPR follows the Saturday session. Pricing is as follows: \$145 AMC Member Price, \$170 for non-AMC members. CPR is optional for additional \$35.

This course covers back woods first aid for those hikers who want to be prepared should a medical situation arise when they are in a remote area far from a quick 911 EMT response. Whether one is hiking up north or out west, camping or backpacking away from populated areas, biking distant routes, paddling the hinterlands or backcountry skiing, accidents do happen and adverse health conditions do arise. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. WFA prepares you to treat and stabilize victims until professional help arrives, which could take many hours and perhaps overnight. If you venture into remote areas, whether or not you are an AMC trip leader, WFA will give you confidence you can handle that unexpected situation we all hope will never occur.

To register or for further information, contact Barry Farnsworth, Education Vice Chairperson, at educationvicechair@amcsem.org



PADDLE TRIP REPORT - Oyster Pond to Mill Pond

July 10, 2013

By Bob Zani

Paddlers: Bob Zani Leader; George Wey, Tom Jones, Cheryl Doran, Fred Anderson, Bill Hor-rigan, Jean Orser, Paul Corriveau, Betty Hinkley, Vicky Blair-Smith Sweep

Nice paddle with nice weather cooperating. We had a good workout from Mill Pond back to Stage Harbor with a strong headwind, an adverse tide, and a fair chop. Total of 9.6 miles.



PADDLE TRIP REPORT - Lewis Bay

July 17, 2013

By Ed Foster

Paddlers: Ed Foster - leader; Paul Corriveau, Jean Orser, George Wey, Hugh Blaire-Smith

I was the last to arrive at the put-in and there was only one parking spot left. Max was at the put-in planning to paddle directly to Egg Island and a Power Squadron cookout. We set off in a clockwise direction and explored the small cove at the southeast end of Lewis Bay. Two paddlers opted to carry over the sand spit connecting Pine Island to the mainland into Pine Island Creek, an attractive little cove, while the others paddled around. After emerging from the cove we headed into Uncle Roberts Cove past several fields of oysters bags. Two paddlers went under the Great Island Road bridge and pretty far up the salt marsh before running out of water. After leaving Uncle Roberts Cove it was a quick paddle to Egg Island to meet up with Max and his Power Squadron buddies for lunch and Jean's brownies. After lunch Max persuaded us to enter a Bocce competition, AMC vs. Power Squadron; we got creamed but discovered that George had a real knack for the game. Paul wanted to play another match so we had a short men vs. women game; the men won. It was getting a bit late so we decided to paddle directly back to the put-in, logging 6 very easy and pleasant miles under light southeast winds.



PADDLE TRIP REPORT - Egg island

July 17, 2013

By Max Sarazin

Paddlers: Max Sarazin (solo)

Today's Egg Island Rendezvous was as good as any with a light breeze . Paddling solo, Max went thru fleets of Optimist prams, Lasers, and Cape Cod Knockabouts . We arrived to see Lee Johnson with his USPS flag on a 9 foot pole with 3 guys on the highest point which had just come out of the water at 1055 with low tide scheduled for 1303 . USPS members arrived by kayak, sail & power . Max unloaded grille and got charcoal going to cook his rack of ribs then there was room for everything else after a short grillin . People asked about the ribs and they are Plumrose from Stop & Shop, the only good ones . Max went to move his canoe as the tide was dropping further and noticed the anchor line was gone, and just before asking for help to find his anchor he noticed he was at the wrong end of the canoe! Don't tell anyone.

Soon after, the AMC arrived with Ed Foster, Bill Wey, and Jean Orsor & Paul Carriveau . They joined in and saw what a wonderful organization the U.S. Power Squadron is, people that is - we like to party! AMCers can still take the basic boating course and join in on our upcoming Bass River Rendezvous . Anyway we got down to business with a bocce game of USPS vs AMC with Max & Joan Croft referees, course USPS won as they get more practice . AMC and the Wampys both played bocce, but one day the trip leader wasn't too happy when Max broke out the bocce balls and that ended it except when we scheduled a PaddleQue to Bees River in Eastham . The men beat the ladies in the second round . New rules in effect as of last year consisting of a woman's tee a little closer when a male member tosses out the jack ball too far, but of course women lie and cheat and men only lie when they cheat.

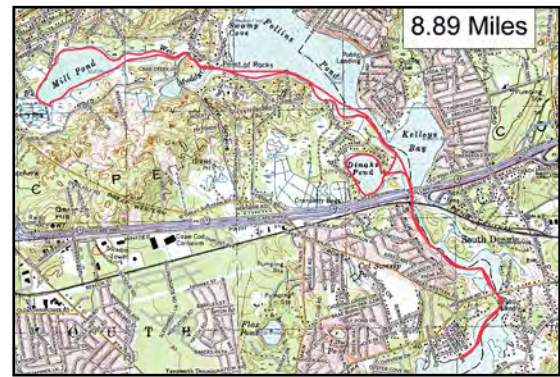
PADDLE TRIP REPORT - Bass River

July 20, 2013

By Bob Zani

Paddlers: Bob Zani Leader, Jeff Hyman, Paul Corriveau, Jean Orser, Kerry Griffin

Windy trip to start as we headed south. After a half mile or so we could see Grand Cove where we were to meet up with Margot and her group. Could not see them so assumed they had cancelled. We were fighting a fifteen plus knot headwind and a pretty good chop which was enhanced with the high speed boat traffic so we wimped out and turned to the north. The rest of the paddle was in mostly flat water with a few small swells at times when exposed to the wind. A total of 8.89 miles with a nice group of paddlers.



On arriving home and checking email, found out that Margot and her group had waited for us on the west side of the river. We couldn't see them so we never met but both groups had a nice paddle on a windy day.

Photos provided by Jean Orser



PADDLE TRIP REPORT - Barnstable Harbor,

July 24, 2013

By Ed Foster

Paddlers: Ed Foster - Leader, Paul Corriveau, Bill Fischer, Jean Orser, George Wey, Bob Zani

We followed the current up Clay's Creek a bit fearful that there might not yet be enough water to get through. That turned out not to be a problem, we easily made it to the junction of Bass Creek. Paddling out of Bass Creek had us going against the incoming tide and we had to work pretty hard at places.

Once into Barnstable Harbor we found the calmest conditions we had encountered there in quite a few years. It was an easy paddle to the tip of Chapin beach where we had an early lunch. However getting in and out of our boats was made a bit tricky by the strong cross shore current set up by the still incoming tide. After lunch we decided to take advantage of the incoming tide by going up Chase Garden Creek. One paddler decided to skip that so now there were only five of us. At Bray's farm two paddlers got out of their boats to stretch their legs and check out the chickens, goats, and cattle. Once back in the boats we decided that this was a good place to turn around so we headed out against a now reduced incoming tide. After a little over a mile of following the twists and turns of the creek the tide had finally come in enough to mostly flood the marsh so we could head straight over the marsh to the put-in. We made a slight detour to get a closer look at a small seal and then continued in a straight line to the put-in and the end of an 8.5 mile paddle.



DIY - Do It Yourself - Homemade Natural Bug Spray



By Andrea Holden
Communications Chair

Recipes provided by
[Wellness Mama](#)

Fresh or Dried Herbs Bug Spray

Ingredients:

- Distilled water
- Witch hazel or rubbing alcohol

- Dried herbs: peppermint, spearmint, citronella, lemongrass, catnip, lavender, cinnamon, cedarwood, eucalyptus etc.

How to Make Bug Spray From Fresh or Dried Herbs:

Boil 1 cup of water and add 3-4 TBSP of dried herbs total in any combination from the above. Use approx. 1 TBSP each of peppermint, spearmint, catnip and lavender, and also throw in a couple of dried cloves. Mix well, cover and let cool (covering is important to keep the volatile oils in!) Strain herbs out (use paper coffee filter, cheesecloth, or metal strainer) and mix water with 1 cup of witch hazel or rubbing alcohol. Store in a spray bottle in a cool place (fridge is great) Use as needed.

Vinegar of the Four Thieves Insect Repellent

Fair warning: this stuff stinks when wet, though the smell disappears as it dries. It works incredibly well, is very strong and has antiviral and antibacterial properties. It is based on a recipe that was used by [thieves during the Black Plague](#) to keep from getting sick. They used it internally and externally to avoid catching the disease and to keep the flies and other pests away. According to legend, it worked and they survived...



Ingredients:

- 1 - 32 ounce bottle of Apple Cider Vinegar
- 2 - TBSP each of dried Sage, Rosemary, Lavender, Thyme and Mint
- 1 - quart size or larger glass or plastic jar with airtight lid (reuse pickle, coffee or couscous canister, or peanut butter jars etc)

How to Make the Vinegar of the Four Thieves Insect Repellent:

Put the vinegar and dried herbs into large glass jar. Seal tightly and store on counter or place you will see it daily. Shake well each day for 2-3 weeks. After 2-3 weeks, strain the herbs out and store in spray bottles or tincture bottles (reuse spray bottles you already have), preferably in fridge. To use on skin, dilute to half with water in a spray bottle and use as needed.

Where to get dried herbs? [YourCraftSupplier](#) on etsy.com or [Atlantic Spice](#) in Truro MA, [Mountain Rose Herbs](#) in OR

Questions, suggestions, want to know how to DIY something else?
Send to Andrea Holden, commschair@amcsem.org



Female Hikers, Unite



By Ray Anderson

Hello fellow hikers.

This column is for **all** hikers, backpackers, and campers. Most of my blog subscribers are male and most comments I've received have been from men. Judging by the increased numbers of females on trails, I would have expected more readership and feedback from women. Every year I see more of the fair sex out on trails, and that's a positive development for the AMC hiking community.

Now and then, I see something referring to women hikers. Recently, it was Trail Dames at www.traildames.com. I

don't know much about this group or how active they are, but their site looks interesting. They have eleven chapters, all in the east except for a chapter in Michigan. I suspect this is because of the increasing popularity of women, young and old, hiking the Appalachian Trail. Trail Dames held their own conference this past June in Virginia.

Another blogger mentioned the Women's Adventure Club of Centre County PA, which ran an Appalachian Hiking Series For Women this past summer. When I thru-hiked the A.T. some years ago, I remember how grateful I was to a young lady who had---all day---hailed my sack of soaked and dirty laundry I'd left at the shelter.

A couple of years ago, Jennifer Pharr Davis captured the speed record for hiking the Appalachian Trail. She trimmed 26 hours off the previous record set by a man! Click above and you'll see the stunning article from Men's Journal. That she hiked the entire length of the A.T. in 46 days, 11 hours, and 26 minutes is incomprehensible to me. She was chosen as one of National Geographic's Adventurers of the Year.

The picture below is from a hike with friends to AMC's Mizpah Springs Hut. Most of the women I see on hikes are fit and tough. Welcome.

Ray's Hiking Blog: www.TakeaLongHike.com



AMC MILEAGE CHART 2013

NAME	LOCATION	QUARTER 1	QUARTER 2	YTD TOTAL	COMMENTS
Robyn Saur	Falmouth	1,120	1,204	2,324	Riding in Florida this winter
Joe Barry	Yarmouth Port	978	618	1,596	Marco Island, FL, great cycling
Bernie Meggison	W Harwich	741	864	1,605	Glad it's finally SUMMER here on the Cape!
Linda Church	Falmouth	427	796	1,223	
Ron Sikora	Cotuit	255	1,178	1,433	
Paul Currier	Sandwich	230	656	886	Been cranking out the trips and mileage
Lawrence Cohen	S Easton	199	1,052	1,251	
Ed Foster	~	129	~	129	129 miles so far, road & mountain bike.
Joe Tavilla	Osterville	126	1,058	1,184	
John F Sullivan	Marshfield	110	471	581	

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. For more information, contact amc@outdoors.org or visit <http://www.amc.org>. **AMC Seal of Honor** Massachusetts Chapter - BREEZE!

Have You Wanted To Try Backpacking?

By Gina Hurley
Communications Vice Chair

Are you a day hiker who has thought about backpacking? When you hike do you wonder about the people you see carrying big packs with sleeping pads latched to them, or a pair of Crocs hanging off the back? If so, then you may be ready to take the next step, and venture into the world of backpacking. I began hiking over 20 years ago. I remember when I first became aware of backpackers, and was so intrigued by the idea of spending a night or two, or more, out in the woods, with everything you needed strapped to your back. What a concept! At first I thought those people were crazy, but the more I hiked, and had encounters with them, the more curious I became. Given that I hike with my husband, he, too, started to get the backpacking bug, and before you knew it we were thinking we should try it. But where does one start? How do you know what you need? We learned a lot by watching others, and talking to backpackers we came across on our day hikes. We also used the AMC resources, such as the *Outdoors* magazine, guide books and maps, and classes. Another great resource is *Backpacker* magazine. All of these helped us prepare for our first backpacking trip.

I remember that trip 20 years ago. We spent months buying all of the basic equipment....pack, sleeping bags, stove, and tent. We went to Kinsman Pond Campsite in New Hampshire. There is a shelter (three sided lean-to) and four tent platforms. It is run by the AMC. There is a caretaker there in the summer, and a fee is collected. There are several established AMC sites in New Hampshire with a shelter, tent platforms, water, and a caretaker. These established sites are great spots for first time backpackers. Given that there is a caretaker, you have someone to talk to and ask questions in case you run into any difficulties. Plus, caretakers are a great source for information regarding hiking in the area, and knowledgeable about backpacking, and the outdoors in general. On that first trip I brought

cotton sweatpants and Tupperware! Obviously I was a novice and had a lot to learn. But I remember walking out of the woods back to our car after two nights out thinking “We made it, we are backpackers!” In the twenty years we have been backpacking we have had some amazing trips, from overnights in New Hampshire to long-distance trips such as the John Muir Trail, the Tahoe Rim Trail, and the Long Trail. All of them have been amazing and very special. Being in the backcountry provides solitude and serenity. Something we all need.

So where to begin?

First: the equipment. You do not need to buy all of the equipment before venturing out. Today there are stores, such as EMS, where you can rent the basic equipment. The nice thing about this is that you do not have to put out a lot of money to try backpacking. Also, you can rent different types of products to see which one works best for you. Maybe the two person tent you tried last time was too small, and you would really like a three person tent, but are wondering if it will be too heavy. Renting can be a great option when first venturing out. Regarding food and a stove, for your first trip or two you can bring some simple food that does not require cooking. Examples are granola bars, GORP, jerky, tuna in a pouch, or peanut butter and bagels. These are just a few options to get you started. Once you have mastered some of the basics you can venture into carrying a stove, and cooking up some great backpacking meals.

Second: where to go on your first overnight? Considering that going out for one’s first backpacking trip may be a little anxiety provoking and can be a bit risky (what if I forget something, what if I hate it), selecting a spot that is within a few miles from the trailhead is a smart choice. New Hampshire has many options that fit this criterion, making these spots ideal for first time backpackers.

1. **AMC Kinsman Pond Campsite:** As I stated above there is a shelter and

four tent platforms at this campsite. It is reached in 4.5 miles by the Cascade Brook Trail and the Kinsman Pond Trail, off of Route 93.

2. **AMC Nauman Tentsite:** Seven tent platforms, no shelter. One of the best parts of staying at Nauman Tentsite is its proximity to the AMC Mizpah Spring Hut. It is literally steps away. You can get that hut feeling, without staying there. From 302 near the AMC Highland Center take Mt. Clinton Road to the Crawford path parking area. Take Crawford Path 1.9 miles to the Mizpah Cutoff for another 0.7 mile. This is a very popular area in the summer. If you start early you can set up your tent and then take the Webster Cliff Trail for 0.9 mile to the summit of Mount Pierce for great views of the Presidentials. You can loop back down via the Crawford Path and Mizpah Cutoff.

3. **Sawyer Pond Campsite** (no caretaker): This shelter and 5 tent platforms can be reached via the Sawyer Pond Trail, which runs from the Kancamagus highway to Sawyer River Road. This is a beautiful spot, right on the pond. The fall foliage is spectacular. It is a quick and easy 1.5 mile hike in from Sawyer River Road or a longer 4.5 mile hike in from the Kancamagus. If you are bringing children on their first backpacking trip, the route from Sawyer River Road is a great option. Just be aware that given the easy access and short distance to the trailhead it is often busy.

4. **Osgood Campsite** (no caretaker): No shelter here, just tent platforms. This is an easy to reach area, hiking 1.8 miles on the Great Gulf Trail off of Route 16, then 0.8 miles on the Osgood Trail. Although there are no great views from here, you can set up camp, and continue up the Osgood Trail to the AMC Madison Spring Hut, and Mount Madison. It is a strenuous hike from this point on so be prepared.

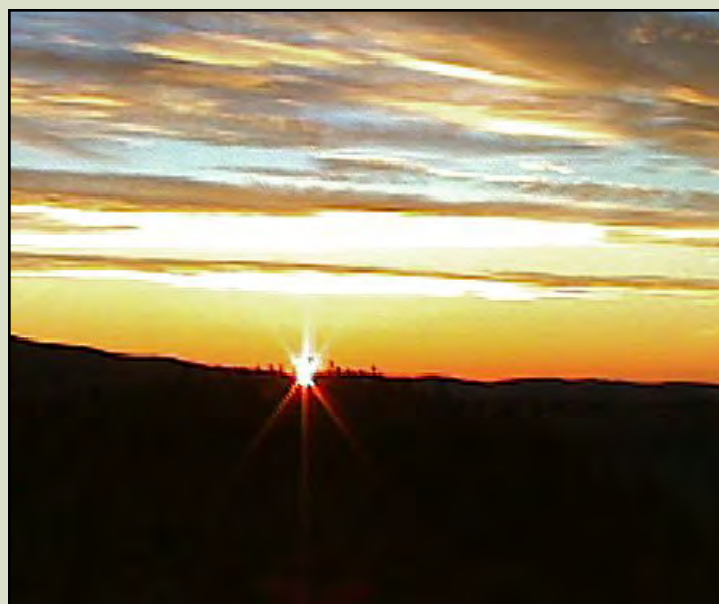
There are many other areas to consider for novice backpackers, these are just a few. I recommend [AMC’s Backcountry Camps and Shelters](#) for more information on these and other areas. Backpacking is a great way to enjoy the wilderness. Be safe, and get out there!

SEM annual
**CHAPTER HUT
WEEKEND (CHW)**

*Coming soon!
Look for details & signup
coming out soon!*

Cold River Camp
Sept. 19 - 22 (thu-sun)

For more information on
location and accommodations
visit Cold River Camp and
AMC Cold River



[Contact us](#) ~ [Brochure](#)

Cold River Camp

A place surrounded by mountains and by time.

Here, you can enjoy the astonishing pleasure of walking out the door of your own cabin in New Hampshire, crossing a river on a small bridge spanning the lovely Cold River, and beginning your day in the White Mountain National Forest. Here is a peaceful oasis ... surely a place to concentrate on the important things in life.

You need only to decide where to journey each day, from Little Deer and Big Deer just across the

bridge, to the great North Baldface just across the road! Magnificent hikes abound in every direction. Want larger challenges? With an early start, you can reach the Presidentials. Easy canoeing? The Saco and the Androscoggin Rivers are both close by.

Each adventure begins and ends with the good food, comfort, and companionship of the Cold River Camp. Perhaps that is why so many people return to this peaceful place year after year.

Join us this summer! Come, be part of the Cold River Camp community!

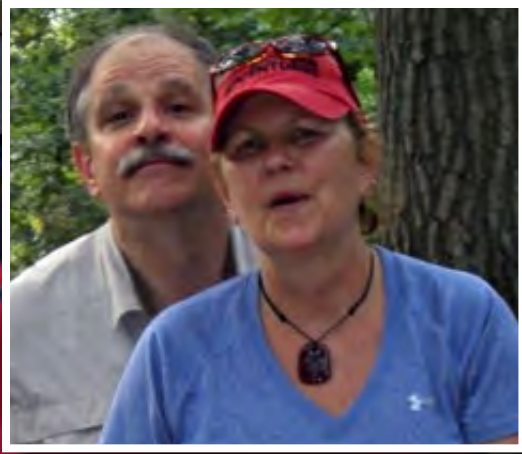
We look forward to seeing you.



**Atop
Mt. Washington
Presidential Range
Hut-to-Hut**
Courtesy of Alan Greenstein



Seventeen RLBH hikers took a night off the trail on July 18 to swim and gather around a cornucopia of delicious hot & cold food in the picnic grove adjacent to the new Houghton's Pond Bathhouse. Lots of good conversation and a fun evening were enjoyed by all in attendance. Courtesy of Alan Greenstein



Welch-Dickey Pleases in All Seasons

Paul Miller, SEM Vice Hiking Chair

Prior to this trip, I'd already hiked the popular Welch-Dickey loop near Waterville Valley in NH at least three or four times - but always in winter. These were all memorable trips to be

sure; the great views, fun scrambles, numerous exposed ledges, and (since these were all SEM trips) excellent company and scintillating conversation made the 2.5-hour drive each way well worth the effort.

At just about 4.5 miles long and only 1,650 of elevation gain, this is not a terribly challenging hike by NH standards. However, on my previous trips, the typically icy winter conditions made full crampons mandatory to prevent participants from slipping off the exposed, frequently steeply angled ledges into apparent oblivion. But what would it be like in summer, particularly if the ledges should be wet and slippery? After deciding to give Welch-Dickey a try in summer, I succeeded in roping Jim Casey into leading the trip with me (I believe his exact words were, "You do all the work, and I'll be glad to come along...") and we subsequently discussed this at some length. Since full crampons or even microspikes don't work very well in summer, we decided that if the trails were wet, the best approach would be to use extreme caution when negotiating the steeper ledges. What a strategy!

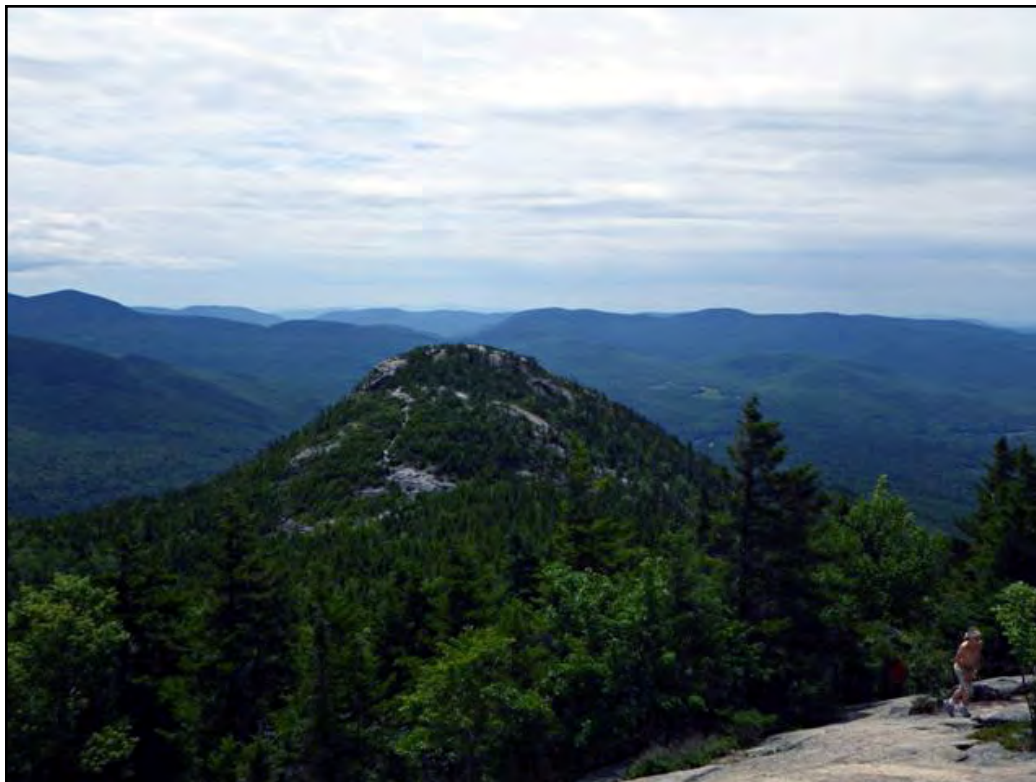
Luckily, despite numerous days of very hot and/or very wet weather in the weeks leading up to the hike (and, on the day of the hike itself, it was drizzling steadily when we left Massachusetts at 6:00 am for the drive up...), when we arrived at the trailhead off Orris Road in Campton, NH, a little before 9:00 am, the skies were mostly sunny and neither the temperature or humidity were excessive.

For reasons that still elude me, by the day of the hike, we were down to eight registered hikers. This, despite the fact that we had "wait listed" the previously oversubscribed hike several weeks before the scheduled date. When another couple cancelled the morning of the hike due to sudden illness, we ended up hitting the trail with just six hikers, including Jim and I. This turned out to be a good number, since it gave everyone a chance to interact and get to know each other.

While Jim and I had been a little concerned about stream crossings, the one crossing at the beginning of the hike



Kristen on one of the many ledges (Jim Casey photo)



Looking back at the tiny summit of Mt. Welch (Jim Casey photo)

Welch-Dickey Cont'd

soon after hitting the Mt. Welch Trail turned out to be a literal “hop, skip and a jump.” After passing through some pretty wooded areas, the trail started climbing a bit, with one or two fun scrambles. Then we hit the exposed ledges leading up to the tiny summit of 2,605-foot-high Mt. Welch and the fun really started, with more scrambles and some excellent views across the valley to Sandwich Dome and the Tri-pyramids. Atop Mt. Welch, we stopped for a snack and to take in the view up and across to the summit of Mt. Dickey (2,734 feet).

From the summit of Welch, the trail drops steeply back down into the woods and then parallels some more ledges before climbing up out of the trees to the expansive summit of Mt. Welch, where we stopped for lunch and to enjoy the views. This included some nice views across the Pemi Wilderness to Mts.

Lafayette, Lincoln, and Little Haystack on the distant Franconia Ridge. From the summit of Dickey, the trail looped back down to the trailhead, taking us along another series of exposed ledges, some quite expansive and many which offered more nice views in all directions.

We eventually arrived back at the trailhead, sweaty and well above “book time;” but fully intact, with smiles on our faces, and with plenty of time left to drive back down to Massachusetts before the popular racetrack in Loudon let out for the day, jamming up the interstate with pumped up NASCAR fans.

Winter or summer, this is wonderful hike! Several people have also told me that this is one of their favorite fall foliage hikes; but I guess I’ll have to find that out for myself...

Other Interests

*not endorsed by AMC

Swim Kayak Walk or Run

Against the Tide

Saturday, August 17

DCR's Nickerson State Park - Brewster MA

The Massachusetts Breast Cancer Coalition (MBCC)

invites you to join us for the annual statewide Against the Tide swim, kayak, walk or run fundraising event-celebrating its 21st anniversary this year! Proceeds go towards cancer prevention. Proceeds benefit MBCC toward our goal of breast cancer prevention. \$175 minimum donation per participant. To register or make a pledge on a participant, visit www.mbcc.org/swim or call 800-649-MBCC.



The “Surviving Six” atop Mt. Welch (Jim Casey photo)





AMC's Fall Gathering 2013

In the beautiful Delaware Water Gap National Recreation Area!

Home Location Accommodations Activities Meetings For Children FAQ

Registration for Fall Gathering 2013 will open July 1.

October 18-20

During the peak of the fall foliage

Activities include full and half-day hikes ranging from easy to hard, paddling trips, biking available throughout the camp roads (bikes and helmets available) or bring your own bike for a road or mountain bike ride. Horseback riding, plus canoe and boat rentals on the lake. For those over the age of 12, try the ropes course, zip line and climbing tower.

Also, tours of the nearby Grey Towers estate, once the home of conservation pioneer Gifford Pinchot, founder of the US Forest Service.

Saturday night join in the barn dancing with live music or relax around the campfire. For the kids and families, there are nature walks through a bog area, making critter creatures, biking (equipment available) for children ages seven and up. Saturday night you will have your own campfire with ghost stories, singing and a hayride.

Based at Camp Speers-Eljabar, a YMCA camp near Dingman's Ferry, PA, with on-site lake and trails. Stay in comfortable heated lodges and cabins, or tent. Family lodging. All meals provided.



Join fellow AMC members from Maine to DC!



Mohican Fall Foliage Special

Come early and hike and play for three days prior to the Fall Gathering. Stay at our southernmost AMC facility, Mohican Outdoor Center, located near Blairstown, NJ, where volunteers will be hosting a Fall Foliage Getaway on October 16-18.

Hike and paddle on the New Jersey side of the Water Gap. Hikes will be led by volunteers, or grab a map and venture out on your own. On Friday, take a scenic 45 minute drive to Camp Speers-Eljabar and the Fall Gathering.

To register for this event (not for the Fall Gathering) on line, [click here](#). Or send an e-mail to amclodging@outdoors.org. Or call AMC Reservations at 603-466-2727 Monday to Saturday 9:00 AM - 5:00 PM.



Hornbecks Creek

Appalachian Mountain Club Fall Gathering 2013 - Delaware Water Gap National Recreation Area



Appalachian Mountain Club
Delaware Valley Chapter

August Camp 2013 in North Cascades Washington



Breathtaking North Cascades of Washington State. Photo by: Éva Borsody Das

Week 1: July 13 - July 20

Week 2: July 20 - July 27

Week 3: July 27 - Aug. 3

Week 4: Aug. 3 - Aug. 10

REGISTER FOR AUGUST CAMP ▶

In 2013 August Camp returns to the breathtaking North Cascades of Washington State. We'll hike in the North Cascades National Park, Mt. Baker-Snoqualmie National Forest, and Ross Lake and Lake Chelan National Recreation areas. Choose from a variety of hikes every day, or add in backpacking, raft-

Photo by [Monika Jaeger more >>](#)



ing on the Skagit River or kayaking in the San Juan Islands to expand your experience. No matter what you do, you'll be surrounded by amazing vistas!

Our full service tent village for 64 campers each week offers home-cooked meals, daily hikes at all levels, nightly campfires and wonderful camaraderie. The 2013 campsite is on the banks of the Skagit River, just down the road from Cascadian Farms, known for their organic food and the best ice cream we've ever had! Our site is reached by the North Cascades Highway, considered the most scenic drive in Washington State. Our designated airport is Seattle-Tacoma International, and our fleet of vans provides transport between

Photo by [Marianne Page more >>](#)



camp and SeaTac on each Saturday.

Registration forms and detailed Camp information can found [here](#). Plan your one or two week adventure now and be part of one of the oldest camps in the AMC.

Photo by [Nancy Crowther more >>](#)



Join the August Camp Yahoo Group!

This is a useful tool to communicate with other August Campers who are signed up to go this summer. Email each other about travel plans, ask the leaders questions, etc.

To join the Group:

[Click here to join our
Yahoo Group](#)

When you get to the page, click the button "Join This Group". If you don't already have a free Yahoo account, open one to become a Yahoo Group Member, then click to join the group.

ACTIVITIES

SOUTHEASTERN MASSACHUSETTS ANNOUNCEMENTS

AMC SEM is always looking for volunteers to volunteer a little or a lot. Contact the chapter chair at chair@amcsem.org if you'd like to volunteer.

BICYCLING

WANTED: *Ride Leaders and Co-Leaders. Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm and routes w/ your fellow AMC members? Contact Bike Chair (508-428-6887, bikingchair@amcsem.org) for more info.*

AMC SEM 2,000 Mile Club. AMC SEM has a unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair to register your mileage and for more info. (bikingchair@amcsem.org)

Tues. Rides. Turn Those Tires on Tues. Rides scheduled all year long, weather permitting. 25 mi of road or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location and directions. Intermed.

pace. Riders and bicycles in top shape; tires and riders pumped and ready to roll; helmets and water req'd. L Paul Currier (508-833-2690 8 am-7 pm, pbencurrier@hotmail.com)

Bike Ratings: First character indicates distance in mi: AA=50+; A=35-50; B=25-35; C=under 25. Second is L's pace in mph: 1=17; 2=13-16; 3=11-13; 4=up to 11. Third is terrain: A=very hilly; B=hilly; C=rolling; D=flat.

Chapter Trips

(NM) (XCE) Tuesdays
Aug. 6. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690 Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

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(CE) Tue., Aug. 20. Sunset/Full Sturgeon Moon Ride. Ride Description: Road cycling. L Paul Currier currierpaul@comcast.net

net or 508-833-2690. Ride the hills and shores of Sagamore and the canal trail to Buzzards Bay. We'll catch the spectacular sunset over Onset Bay during a tour of Mass Maritime and moonrise over Plymouth Bay. C2B Tires and riders pumped and ready to roll. Helmets, spare tube & tire tools, and water required as is registration -cancellation/rescheduling sent only to registered riders. Directions: From the former Sagamore Rotary now the Sagamore Straightaway, head toward Scusset and take Canal Road past Friendly's to the Sagamore Recreation Lot. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

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(NM) (XCE) Tuesdays
Aug. 27. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690 Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Sep. 3. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Sep. 10. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Sep. 17. Tuesday Evening Cycling. Evening cycling on

Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

Sundays

Sep. 22. Sayonara to Summer/Autumnal Equinox Ride. Start at Skaket Beach, Orleans and do a Tour de Shore of the bay including Rock Harbor and perhaps cut over to the ocean side in Eastham. Return on some inner nook & cranny roads that include Sunken Meadow, Crooks, Campground, Thumpertown, and First Encounter Beaches for Sunset at Skaket. Tires and riders pumped and ready to roll. Helmets and water required as is registration -cancellation/rescheduling sent only to registered riders. Leader: Paul Currier currierpaul@comcast.net or call daily until 7PM 508-833-2690 C2C. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Sep. 24. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select

stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Oct. 1. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Oct. 8. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-

known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Oct. 15. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (XCE) Fridays

Oct. 18. Sunset/Full Hunter's Moon Ride. Ride Description: Road cycling. L Paul Currier currierpaul@comcast.net or 508-833-2690 Ride the hills and shores of Sagamore and the canal trail to Buzzards Bay. We'll catch the spectacular sunset over Onset Bay during a tour of Mass Maritime and moonrise over Plymouth Bay. C2B Tires and riders pumped

and ready to roll. Helmets, spare tube & tire tools, and water required as is registration -cancellation/rescheduling sent only to registered riders. Directions: From the former Sagamore Rotary now the Sagamore Straightaway, head toward Scusset and take Canal Road past Friendly's to the Sagamore Recreation Lot. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Oct. 22. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Oct. 29. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires

and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

CANOE/KAYAK

Always looking for additional paddle leaders, both flat water and ocean. Contact paddlingchair@amcsem.org

Chapter Trips

Sat., Aug. 3. Nauset Marsh. DESCRIPTION: 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 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 (508-246-3132, rzani1534@gmail.com)

Wed., Aug. 7. North River, Marshfield-Hanover. Wed., Aug. 7. North River, Marshfield-Hanover. Put-in, Marshfield side of Union St. bridge. Spot cars in Hanover. Level 2/3. PFD req. Spray skirts may be req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey (781-789-8005 anytime, geowey@comcast.net), R George Wey (781-789-8005

anytime, geowey@comcast.net)

Sat., Aug. 10. Shoestring Bay. Mashpee River, Thatch Island, Meadow Point, Piquicket Cove, Santuit River, depending on conditions. Level 2- 3; 8 - 10 miles. Spray skirt PFD required. Call for directions to put in 508-420-7245. L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net), R Louise Foster (Cotuit, MA 02635, 508-420-7245 Any Time, louise.foster@alumnae.brynmawr.edu)

Wed., Aug. 14. Lewis Bay. Circle Lewis Bay. Explore Uncle Roberts Cove, lunch on Egg Island, and perhaps venture into Hyannis Inner Harbor. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Aug. 17. Bass River North. Bass River, Yarmouth. We will go north and if the tides oblige make our way into Mill Pond. Probably a nine mile paddle. 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. L Robert Zani (508-246-3132, rzani1534@gmail.com)

Wed., Aug. 21. Great Island Wellfleet Bay. Explore Wellfleet Bay and Great Island. Put-in: From Route 6 in Wellfleet at the

traffic light just past P.J.'s turn left toward Wellfleet Center and Harbor. Go 0.3 m and turn left on East Commercial Street. Go 0.7 m to the Town Marina and Harbor. Turn right on Kendrick Ave. The parking lot for Mayo Beach is a few hundred feet on the left. Life vest and spray skirt req. L Don Paladino (508-349-2950, djp1958@comcast.net)

Sat., Aug. 24. Leader's Choice. Exact location will depend on wind/weather conditions. Contact the leader the week of the trip for more definite information. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Sep. 4. Pamet Harbor. Explore Pamet River and Harbor. Put-in Directions: From Route 6 northbound in Truro, right at the exit sign for Pamet Roads and Truro Center. At the junction signed for North and South Pamet Roads turn right, go a few hundred feet and turn right again onto South Pamet Road. Go under Route 6. After 0.1 m you come to Castle Road. Turn left, go about 100 feet and veer right onto Depot Road. After 0.5 m the road forks. Stay right toward Pamet Harbor. At 1.3 m you come to the harbor parking area. There is a \$6 launching fee. Life vest and spray skirt required. L Don Paladino (508-349-2950, djp1958@comcast.net)

Sat., Sep. 7. Weir River, Hingham Bay Islands. Put-In, beach

pkg.lotoffRt.3A,justbeforeHingham Harbor Rotary. Level 2-3. PDF,spray skirt req. L George Wey(781-789-8005 anytime, geowey@comcast.net). L George Wey (781-789-8005 anytime, geowey@comcast.net)

Wed., Sep. 11. Mashpee Wakeby Ponds. Perimeter of Mashpee Wakeby Ponds; Spray Skirt and PFD required. About 8 miles. Preregister 508-420-7245. L Louise Foster (508-420-7245 Any Time, janlouis@comcast.net)

Sat., Sep. 14. Walker, Upper and Lower Mill Ponds. DESCRIPTION: Walker, Upper Mill, and 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 Robert Zani (508-246-3132, rzani1534@gmail.com)

Wed., Sep. 18. HERRING RIVER NORTH-W Harwich. Paddle up stream to Coy Brook to end & back to Herring River for lunch at North Rd bridge. Afterwards paddle to west & east reservoirs for total of 8 mi.Rte 6 exit 10, R 124 S, R 39 S, R 28 N, L Town Landing. Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8

pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Saturdays

Sep. 21. Mashpee River. Put-in: Rt. 6 to Exit 5 (Rt 149);South on 149 to Rt. 28;Right onto Rt. 28 to Mashpee Rotary;From rotary take Great Neck Rd. S;Go 2.5 miles to unpaved parking lot on left marked Ocway Bay Boat Ramp. PFD required. Spectacular riverside wildflowers. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Sat., Sep. 21. Leader's Choice. Exact location will depend on predicted wind/weather conditions. Contact the leader the week of the trip for more definite information. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wednesdays

Sep.25.Leader'sChoicepaddle. Contact Leader for information. PFD/spray skirt req. L Bill Fischer (508-420-4137 before 9PM, wambarbarafischer@comcast.net)

Sat., Sep. 28. LONG POND, BREWSTER/HARWICH. Nice sixmilepaddlecircumnavigating the pond with lunch on beach. Rte 6 exit 10, rte 124 N, R Long Pond Drive, L town beach. Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL

Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., Oct. 2. Nauset Marsh. Explore Nauset Marsh and Mill Pond. Perhaps venture into Salt Pond. L Ed Foster (508-420-7245, erfoster@comcast.net)

Saturdays

Oct. 5. Swan Pond/River, Dennis. Put-in: Clipper Lane off Upper County Road, Dennis; put-in is on the left. PFD required. Spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Wed., Oct. 9. INDIAN LAKES-Marston Mills. Paddle Middle & Mystic fresh water lakes with lunch on beach at end of Mystic Lake. total 7 miles.Rte 6 exit 5, rte 149 S for 3 mi, R Mystic Drive (after cemetery at sign for "Indian Lakes") for 7/10 mi, R at sign "Town Way to Water" to put-in.Life Vests & Spray Skirts req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., Oct. 16. CHASE GARDEN CREEK, YARMOUTH PORT. Paddle 8 mi Chase Garden Creek & tributaries. Lunch at Bray Farm or on beach near Shellfishing Plant.Rte 6 exit 8, Union st N, L rte 6A, QUICK

R Center st to Grey's Beach at end. Life Vest & Spray Skirt req. L Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com), CL Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com)

Sat., Oct. 19. Barnstable Harbor. We'll explore some of the creeks in Barnstable Harbor, probably those on the western side. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Oct. 30. FOLLINS/MILL PONDS - Dennis. Paddle Follins Pond to Weir Creek & under bridge to circle Mill Pond passing Crab Creek Conservation area and back to circumnavigate Follins Pond & have lunch - total 8 miles.Rte 6 exit 9, rte 134 N, L Setucket, L Mayfair, R Follins Pond rd.Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

CAPE HIKES

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

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

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

Chapter Trips

Mon., Aug. 19. Full Moon Hike Cape Cod Canal. Two hour hike, to enjoy the sunset and full moon while we walk to end of canal, east on Town Neck Beach to Sandwich boardwalk and back through Sagamore village. From 6A take Tupper Rd and turn N onto Freezer Rd., park in lot at end of road. Meet 5:45 PM, hike starts 6 PM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Thu., Sep. 12. Nickerson State Park - Brewster. If >62 years old, obtain NEW LIFETIME FREE PARKING PASS at entrance. Meet at Fisherman's Landing for hike around waterways and woods. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sun., Sep. 15. East Dennis, Crowes Pasture (C3D). Scenic woods, sandy rd, by meadow to beach. Binoculars. Rte 6A East Dennis to L on School St, R on South St, straight past cemetery to pkg lot on R. 2 hours, Meet 1:15 pm. L Julie Early (508-776-4432, jearly@capecod.net)

Thu., Sep. 19. CataumetGreenways, Bourne (C3C). Wooded hike, bogs and farms, some hills. Stop at historic RR station. B Bridge to Otis Rotary, 1st exit Cataumet.L on 28A s, 1/4m R

on Longhill Rd., Lon County Rd., Ron Red Brook Harbor 1/2 m past stop sign park lot R 9:45 AM Heavy rain cancels. Bring water, snacks. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com)

Saturdays

Sep. 21. Provincetown: Snail Road Dunes (B3B). Meet 9:45am, Snail Road trail head on ocean side of Route 6, at the east end of Provincetown. Explore 360 views of dunes, historic dune shacks, pick some cranberries. Hike up and down to the ocean and back. Bring lunch. 3.5 hours. L Nancy Braun (508-487-4004 morning, evening, nancytruro@comcast.net)

Sun., Sep. 22. Harwich, Herring River (C3C). Wooded walk river/reservoir views, C bogs. Rte 6, Ex 10, R on Rte 124S 2 mi to ctr. R on Main St/Gr Western Rd for 2 mi to Sand Pond on R. Meet 12:45, 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Thu., Sep. 26. Hawks Nest - Harwich. Hike in State Park land and visit surrounding ponds. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sat., Sep. 28. Yarmouth, Greenough Ponds (B3C). Walk through Yarmouth Botanical Gardens, Dennis & Greenough

Ponds. Meet at 9:45, 3 1/2 hr. Exit 7 off Route 6 to North, right on 6A, at sharp turn go right on Summer St. to beach parking lot. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sun., Sep. 29. 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. Meet at 12:45PM. L Gary Miller (508-540-1857, garymaxxx@gmail.com)

Thu., Oct. 3. Scorton Creek Sandwich. Two hour hike, through woods, old state game farm, Nye estate and Talbot's Point. Take Rte 6 to Exit 4, turn N toward Cape Cod Bay, turn L on Old County Rd to 6A and turn R and just beyond used car dealership and before bridge turn R on dirt road. Meet at 9:45 AM, hike starts at 10 AM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Thu., Oct. 10. Eastham, Nauset Marsh (C3C). Walk perimeter of vast historic marsh. From Rte 6 in Eastham R on Gov. Prence Rd, R on Fort Hill Rd to first pkg lot on L. Meet at 9:45 sharp to carpool to Salt Pond Visit Ctr. 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Sun., Oct. 13. Yarmouth, Three Ponds. Hike cranberry bogs and through woods passing by three ponds. L Janet DiMattia (jandimattia@verizon.net)

Thu., Oct. 17. Ryder Beach, Truro. Beach to woodland trails, hills, and scenic bay views. Route 6, then left on Prince Valley Road to the end. Right on County Road, then an immediate left on Ryder Beach Road. Park at the end. Meet at 9:45 a.m.. 2 hours. L Janet Kaiser (508-432-3277 Before 9 p.m., jtkaiser@comcast.net)

Sat., Oct. 19. Harwich, Herring River (B3C). Wooded walk with views of the beautiful Herring River. Walk both sides of West Reservoir, cranberry bogs. From Rte 6 E, Ex 10, R at top of ramp, Rte 124 for 1.3 mi, R @ Main St. straight 2 mi to park @ Sand Pond on R. Meet 9:45 a.m. 3.5 hrs. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sun., Oct. 20. Maple Swamp Sandwich. Hilly hike through historic woodlands which date back to original settlers, home to Maple swamp, quaking bog and other sites. Take Rte 6 to Exit 3 turn S on Quaking Meetinghouse Rd and take immediate L on Service Rd, Maple Swamp approx. 1 mile on R. From upper Cape take exit 4 turn S over highway and take immediate right onto Service Rd, Maple Swamp approx. 1

mile on left. Meet 12:45 PM start 1 PM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Thu., Oct. 24. Barnstable-Crooked Cartway (C3C) Hike. Wooded walk to The Deck. Mostly flat, some hills. Take Rte. 149 (N or S) to Rotary at Cape Cod Airport, Marstons Mills. West on Race Lane for 1.1 miles. Right onto Crooked Cartway. Go to end. Meet at 9:45AM. 2 hours. L Farley Lewis (508-775-9168, farlewis@comcast.net)

Sun., Oct. 27. Mashpee/Barnstable, Santuit Pond and River. Water views, abandoned and working cranberry bogs, woodland trails. Starting time 12:45 for 2 hrs. The directions are: Rt. 6, Exit 5, South on Rt. 149 to Rt 28. Turn Rt. on Rt. 28, Ron Santuit-Newtown Road for 0.8 to yellow gate and parking lot on left. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Thu., Oct. 31. Mashpee South Cape Beach (C3C). Flat hike through woods for 2 miles, then 2 miles on sandy peninsula, or dirt fireroad. 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, Garymaxxx@gmail.com)

Saturdays

Nov. 2. Provincetown: Snail Road Dunes (B3B). Meet**10:45**am, Snail Road trail head on ocean side of Route 6, at the east end of Provincetown. Explore 360 views of dunes, historic dune shacks, pick some cranberries. Hike up and down to the ocean and back. Bring lunch. 3.5 hours. L Nancy Braun (508-487-4004 morning, evening, nancytruro@comcast.net)

Sun., Nov. 3. Truro, Bearberry Hill (C3C). Sand path Ballston to Longnook Bchs, hilltop 360 view. Rte 6 to Pamel Rd, R off ramp, L at S Pamel Rd to beach pkg lot. Meet 12:45pm, 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Sun., Nov. 10. Nickerson State Park. Hike in back sections of the park. Trails, woods roads and ponds. L Janet DiMattia (jandimattia@verizon.net)

Thu., Nov. 14. Ryder Conservation Sandwich. Scenic hike along edges of Mashpee and Wakeby lakes through Lowell Holly conservation area. Take Rte 6 to exit 3 Quaker Meeting-house Road and turn S to traffic light, turn L on Cotuit Rd, go approx. 1.5 miles and Ryder Conservation is on the right. Meet 9:45 AM start 10 AM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Saturdays

Nov. 16. Truro- High Head Sand Dune Walk (B3B). Meet at**10:45** 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. Walk back via the bike path to Pilgrim Spring and panoramic views. 3.5 hours. Bring lunch. L Nancy Braun (508-487-4004 morning, evening, nancytruro@comcast.net)

Sun., Nov. 17. Ryder Beach. Hike from Ryder Beach to Atwood House with views of Cape Cod Bay. L Janet DiMattia (jandimattia@verizon.net)

Thu., Nov. 21. Sandy Pond Recreation, West Yarmouth. Wooded trails, pond views in mid-cape area. Route 6 Exit 7S, left on Camp Street, left on Buck Island Road, and left at Sandy Pond Recreation Area. Meet at 9:45am. 2 hours. L Janet Kaiser (508-432-3277 before 9:00 p.m., jtkaiser@comcast.net)

Sun., Nov. 24. Barnstable-Bridge Creek Conservation (C3D) Hike. Flat terrain, cedar upland, maple swamp and salt marsh, bogs, stone walls. Meet at 12:45am. 2 hrs. From Exit 5 off Rte 6 North on Rte 149. Park along grass triangle on immediate left beside church. L Farley Lewis (508-775-9168, farlewis@comcast.net)

Sun., Dec. 1. Flax Pond Con-

servation, Dennis. Rolling hills near Flax Pond, golf course, wooded trails in wellfield area. Park on Setucket Rd at Flax Pond Conservation, East of Yarmouth- Dennis Town Line. Meet 12:45 p.m. 2 hrs. L Janet Kaiser (508-432-3277 before 9 p.m., jtkaiser@comcast.net)

EXECUTIVE COMMITTEE

Seeking an “Event Planner” for the AMC SEM Executive Board. Do you have event planning skills? Our events are typically: Annual Meeting/Dinner, Holiday Party, Summer Picnic. Can you find and reserve a room, choose a menu that fits in our budget, worry about a projector and screen, set an agenda, and generally make an event happen? Contact the chapter chair at chair@amcsem.org.

Volunteer Opportunities

Chapter Youth Program (CYP) Leader. Share your outdoor knowledge and leadership skills with local groups of children. Give your time to these programs to help kids get outside who might not otherwise have the opportunity. A typical Chapter Youth Program (CYP) might include a local walk with some nature lesson or trail games. CYP leader training and screening is required. L Sally Delisa (picpocit@verizon.net)

HIKING

IMPORTANT: No pets w/o prior permission of trip leader. Individuals under 18 years of age must be accompanied by a parent or responsible adult, and obtain prior consent from L. Those accompanying a minor are responsible for minor’s actions. Reg. req’d for most hikes, preferably at least 1 week prior to the trip so Ls can discuss prior hiking exp., conditioning, clothing, and equipment.

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

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

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

Chapter Trips

(FT) (NM) Thursdays
 Aug. 1. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays
 Aug. 8. Red Line the Blue Hills.

Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Aug. 10. Mt Cardigan Hike. The bare rocky summit of Mount Cardigan, at 3,155 feet, affords a 360 degree view stretching from rural New Hampshire to the summits of the White Mountains. Starting at the AMC Lodge our hike will take us up the Manning Trail to Firescrew and over to the Mount Cardigan fire tower. Our descent back to the Cardigan lodge will take us over Rimrock and Orange Mountain via the Skyland, Vistamount and Clark Trails. Depending on weather and trail conditions the route could be changed by hiking down the Clark trail. L Walt Granda (508-999-6038 Before 9:00 PM, wlgranda@aol.com), CL Pau Miller , R Walt Granda (508-999-6038 Before 9:00 PM, wlgranda@aol.com)

(FT) (NM) Thursdays
 Aug. 15. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week.

Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Aug. 17. Whiteface Mtn. Loop hike over Blueberry Ledge Trail to Rollins Trail to Dicey's Mill Trail. Strenuous hike with challenging rock ledge scramble and a water crossing. One of the more challenging hikes in the Whites. For experienced White Mtn hikers only. Magnificent views from bare ledge precipices. El 4010, el change 2838 Ft, 10 mile loop. L Len Ulbricht (lwu9944@verizon.net), CL sue franconi-salmon (sfranc321@gmail.com), R len ulbricht (lenu44@gmail.com)

(AN) (CE) Mon., Aug. 19-25. Mount Katahdin Backpack. Join us for an extended backpack through Baxter State Park. We will camp at Wassataquoik Stream, Russell Pond, Roaring Brook, and Chimney Pond. Weather permitting we will summit Mount Katahdin, traverse the Knife Edge and summit Pamola. We will also plan on climbing Hamlin Peak via Hamlin Ridge. Group dinners provided. L Ken Jones (508-697-0142 6-9 pm except Thursdays, lotsoluck@comcast.net), CL Luther Wallis (508-310-3949, lew89@comcast.net), R Ken Jones (207 Walnut

Street, Bridgewater, MA 02324, 508-697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays
Aug. 22. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays
Aug. 29. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Fri., Aug. 30-Sep. 2. Labor Day Weekend in VT. Enjoy the weekend in VT hiking and car camping. Hikes include Camels' Hump, Mt. Mansfield, Mts. Ellen and Abraham. L Leslie Carson (508-833-8237, ltc929@comcast.net), R Leslie Carson

(FT) (NM) Thursdays
Sep. 5. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays
Sep. 12. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Sep. 14-15. N. & S. Twins and the Bonds. End of summer hiking, staying at Galehead hut with meals provided. Summit five 4K Footers with superb views. L Leslie Carson (508-833-8237, ltc929@comcast.net), CL Maureen Kelly (moke1773@aol.com), R Leslie Carson (508-833-8237,

ltc929@comcast.net)

(FT) (NM) Thursdays

Sep. 19. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays

Sep. 26. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Sat., Sep. 28. Introduction to AMC Hiking - Mount Tom Trail. An easy hike that strolls through forests, stream, as well as a cliff outlook. It is part of the Arcadia Wildlife Management Area. Great for new time hikers as well as new and current members. L

Sue Chiavaroli (508-496-6452, brillo6452@yahoo.com), CL Nancy Coote (508-596-8222 7-9PM, nmcoote@yahoo.com), R Sue Chiavaroli (508-496-6452, brillo6452@yahoo.com)

(FT) (NM) Thursdays

Oct. 3. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Oct. 5. Carter Notch via Wildcat River Trail. Join us as we venture into beautiful Carter Notch from the south via the relatively untrammelled Bog Brook and Wildcat River Trails. Can be combined with leaders' hike on Sunday, if desired. L Paul Miller (508-369-4151 before 9:00 PM, paulallenmiller@verizon.net), L Maureen Kelly (mokel773@aol.com), R Paul Miller (508-369-4151 before 9:00 PM, paulallenmiller@verizon.net)

Sun., Oct. 6. Mt Chocorua via Brook and Liberty Trails. Join us to hike Mt Chocorua up the Brook Trail and down the Liberty Trail. Chocorua's elevation is 3500' but it gives you the feel of a 4000' mountain with

360° views from the top. The hike will be 7.5 miles, 2600' elevation and will have some strenuous sections. This hike may be combined with leaders' Saturday hike. L Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com), CL Paul Miller (paulallenmiller@verizon.net), R Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com)

EDUCATION

(AN) (XCE) Sat., Nov. 9-10. WFA Training. The WFA course runs 8:30-4 Saturday and Sunday in Foxboro, MA. Optional CPR is available. SOLO has been engaged to provide the instruction. Pricing is as follows: \$145 AMC Member Price, \$170 for non-AMC members. Pricing includes lunch and break service both days. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save life in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. L Len Ulbricht (lenu44@gmail.com), R Barry Farnsworth (educationvicechair@amcsem.org)

the southeast Breeze

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

Whiteface Mountain Sandwich Range Wilderness see [Page 9 >>](#). Courtesy of Joel Walfish

September 2013

Visit AMC SEM

Breeze Newsletters

Calendar

Photos

Open Volunteer Positions

Conservation -Vice
CYP (Chapter Youth) - Vice
Skiing - Vice

Looking for someone to take over the ski committee and plan xc ski & downhill ski events in the winter. Contact the current ski chair at xcskichear@amcsem.org

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



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

Editor: Andrea Holden
breeze.editor@amcsem.org

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



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

SAVE THE DATES

Fall Gathering (all chapters)
Oct. 18-20
Annual Winter Workshop
Nov. 2
Annual Meeting & Dinner
Nov. 2
Hike Planning Meetings 6:30pm
9/4, 12/4
Board Meetings 6:30pm
9/11, 10/9, 11/13
AMC 138th ANNUAL SUMMIT
January 25, 2014

Bass North [pg 18 >>](#)



Thursday Night Bike Ride



Fort Phoenix in Fairhaven, from left to right are Nancy Whipple, Pete Meggison, Lorraine Medeiros, Barbara Gaughan, Anne Cosentino and Doug Griffiths



Trip at a Glance

Activity: Hiking
Offered By: Southeastern MA
Status: Open
Location: Sandwich, MA, Massachusetts, Cape Cod, MA

Annual Winter Hiking Workshop Saturday November 2

Learn how much fun winter hiking can be at our annual workshop! Experienced SEM winter hike leaders will cover clothing, equipment, nutrition, and conditioning for safe and enjoyable winter hiking. Registration is required for this activity. [More information >>](#)

Registrar: Paul Miller
hikingvicechair@amcsem.org
Leader: Paul Miller
hikingvicechair@amcsem.org



New members especially welcome and Great for first timers in activity area

The Appalachian Mountain Club's

138th Annual Summit Saturday, January 25, 2014

Four Points by Sheraton Norwood Hotel & Conference Center
You can find additional information about the Annual Summit, including meeting schedules, workshops and information on our evening speaker, Kristen Kelliher [visit >>](#)

Mt. Hale August 24, 2013

Karen, Paul (CL), Peter, Bob (L), Katherine



Where to find activities (hikes, bikes, etc.)

1. The monthly **Breeze** - email
2. **AMC Outdoors magazine** - mail
3. **Online trip listings**
4. Sign-up for **short notice trips**

Pictures and Article Submissions

We encourage SEM members to submit articles and photos for both the Breeze and our website. Materials will be edited at the editor's discretion, send to breeze.editor@amcsem.org

Breeze Deadlines

Monthly on the 7th, trips; 15th articles/pix

Sign-up for the Breeze

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

Where to find **Breeze** Publications

Volunteers Wanted

Volunteer for the Executive Board. Do you have skill and want to see where you fit? Lead hikes bike, ski, snowshoe, x-country or paddle trips. We have volunteer positions open! Contact chair@amcsem.org

Want SEM activities delivered right to your email inbox?

Sign up for AMC "digests". Access the Member Center from our home page (amcsem.org) or call 800-372-1758.

2013 Executive Board

Chapter Chair

Chair@amcsem.org
Cheryl Lathrop, 508-668-4698

Vice Chapter Chair

vicechair@amcsem.org
Maureen Kelly, 508-224-9188

Secretary

secretary@amcsem.org
Karen Singleton, 508-730-7702

Treasurer

treasurer@amcsem.org
Patty Rottmeier
508-982-1099 (c), 508-228-4207 (h)

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pastchapterchair@amcsem.org
Jim Plouffe, 508-562-0051

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John Fortier, 508-982-1855

Cycling/Biking (Vice)

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Joe Tavila

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Cheryl Washwell

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Betty Hinkley, 508-241-4782

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Cape Hiking (Vice)

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Gina Hurley, 508-362-6573

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Barry Farnsworth, 508-272-1522

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Walt Granda, 508-971-6444

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Paul Miller, 508-369-4151

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Ed Miller, 774-222-0104
5-9pm, no calls after 9pm
please

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Barbara Hathaway, 508-880-7266

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trailschair@amcsem.org
Lou Sikorsky, 508-678-3984

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Jodi Jensen, 781-762-4483

Social (Vice)

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Ellen Correia

Family Events Chair

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Chris Pellegrini, 508-233-9203

Family Events Chair

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Bill Pellegrini

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Andrea Holden, 774-219-2426

Blast Editor

blast.editor@amcsem.org
Andrea Holden, 774-219-2426

Volunteer with us!

Contact chair@amcsem.org



View from the Chair

By Cheryl Lathrop



Happy September!

Labor Day Weekend marks the division 'tween summer and fall for us here in New England. Our cape and mountain family vacations are behind us—and didn't we have great fun with our SEM summer activities! Thanks leaders!

We're also looking forward to our fall activities! More great hikes, bikes, and paddles organized by our leaders. And, remember when you're out there to keep Conservation in the back of your mind. So, pick up a little trash along the way or move a branch off of a trail, because we in the AMC always: "Leave nothing but footprints, take nothing but pictures, and kill nothing but time."

A save-the-date for you: our SEM Annual Meeting and Annual Dinner on Nov. 2. Election of chapter officers and board meeting. And then a yummy dinner and interesting speaker – mixed in with a raffle and door prizes—and a chance to catch up with old friends. So, grab all of your old hiking, biking, or paddling buddies and reserve a table together!

I'LL BE OUTSIDE THIS SEPTEMBER! WHERE WILL YOU BE? GET OUTSIDE!

Got something to say? Got a good idea? Want to volunteer?
Feel free to contact me anytime about anything!
chair@amcsem.org

Cheryl Lathrop

Chapter Chair



If you'd like to give back to your SEM chapter, we'll find something small for you to do to get started. Contact the Chapter Chair at chair@amcsem.org and we'll match up your interests and capabilities with our needs.

Are you a detail person, long-time chapter member & former board member?

We're forming a committee to update our chapter Bylaws and Operating Rules. See our current [Bylaws and Operating Rules](#). Contact your Chapter Chair at chair@amcsem.org.

Like to work with groups of children?

Want to share your outdoor knowledge with the next generation?

Our Chapter Youth Program (CYP) is looking for a leader. A typical CYP might include a local walk with some nature lesson or trail game. Contact Sally Delisa cypcoordinator@amcsem.org

Like to ski?

Want to see more ski trips?

Our Ski Committee needs a Vice Ski Chair to work with our Ski Chair to help to plan ski events, both downhill and cross-country. Contact xcskichair@amcsem.org for more information.

Conservation minded?

Want more conservation activities?

Our Conservation Committee needs a Vice Conservation Chair to work with our Conservation Chair to help plan conservation events and education. Contact conservationchair@amcsem.org for more information.

volunteer



Wilderness First Aid Training

The fall SEM offering of WFA (Woofers as some call it) will be held November 9 & 10, 2013 at the Chapel Meeting House in Foxboro, MA. It is taught by a professional instructor from SOLO schools.

The WFA course runs 8-4 that Saturday and Sunday. CPR follows the Saturday session. Pricing is as follows: \$145 AMC Member Price, \$170 for non-AMC members. CPR is optional for additional \$35.

This course covers back woods first aid for those hikers who want to be prepared should a medical situation arise when they are in a remote area far from a quick 911 EMT response. Whether one is hiking up north or out west, camping or backpacking away from populated areas, biking distant routes, paddling the hinterlands or backcountry skiing, accidents do happen and adverse health conditions do arise. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. WFA prepares you to treat and stabilize victims until professional help arrives, which could take many hours and perhaps overnight. If you venture into remote areas, whether or not you are an AMC trip leader, WFA will give you confidence you can handle that unexpected situation we all hope will never occur.

To register or for further information, contact Barry Farnsworth, Education Vice Chairperson, at educationvicechair@amcsem.org

Plan B: Newfoundland and Labrador

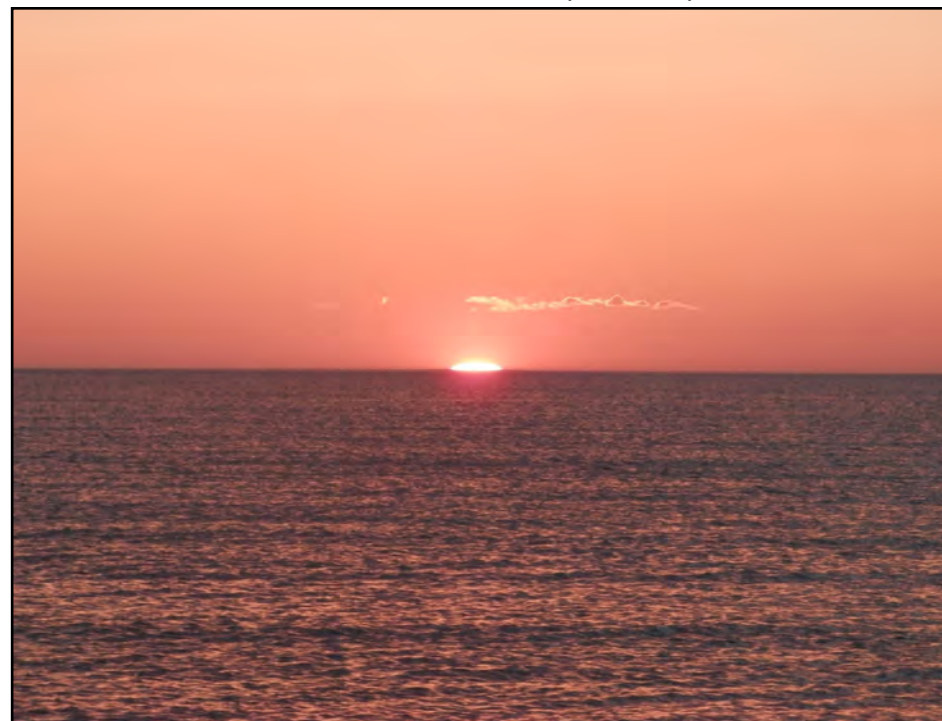
Gina Hurley
Communications vice-chair

This past winter I started planning my summer vacation. Like most of us, I love the planning, and spent many months getting my long distance hiking plans in order, from dehydrating food to researching and buying new equipment. Our plan was to thru-hike the 275 mile Long Trail in Vermont. My husband and I had thru-hiked this trail in the past, and loved it, so thought it would be a great summer vacation. We started our trip the first of July, during the very hot and humid week of July 4th. After 2 days I was miserable. I knew I could not do 25 more days. Mosquito bites and bleeding toes just did not feel like a vacation to me. So we pulled the plug, came back to the Cape, and thought about Plan B. We had always wanted to go to Newfoundland and Labrador, so took a few days to research the area and get our camping gear in order, and headed out. Prior to long distance hiking my husband

and I were big campers, and still love our camping trips to far and distance locations. We headed though Maine into Canada, first New Brunswick, and then Nova Scotia. At the tip of Nova Scotia, in North Sydney, we took the 7 hour ferry ride to Newfoundland. Newfoundland is a large Canadian island off the east coast of North America. The island of Newfoundland covers 43,008 square miles- an area that rivals the size of the three maritime provinces of Nova Scotia, New



Photo by Gina Hurley



Sunset-Gros Morne National Park, photo by Gina Hurley

Brunswick, and Prince Edward Island combined. With the addition of the vast territory of Labrador, the province covers a total area of 156,453 square miles, and has more than

18,000 miles of unspoiled coastline. It is no wonder that this would be a summer vacation destination.

Our trip included several days in Gros Morne

National Park, where we saw beautiful sunsets and caribou, and had wonderful coastal hikes. The campgrounds in the national park were busy, but not overly crowded. After

leaving this park, we headed to the northern tip of Newfoundland to the town of St. Anthony and were lucky enough to see whales swimming along the coast, and icebergs floating off shore. The drive thru this area was unspoiled, with spectacular views, and amazing scenery.

After another 2 hour ferry ride we arrived in Labrador. If you are looking for a quiet, undisturbed, and unpopulated area, this is the place! There are few amenities, including campgrounds, lodging, and gas stations. Driving the one major road takes planning, as gas stations are few and far between, and the road turns to dirt and gravel. We drove about 175 miles up the main road, and stopped in all of the coastal villages. From many of the villages we were lucky enough to see icebergs of various sizes. It is no wonder this part of Canada is referred to as Iceberg Alley.

After two weeks in this beautiful Canadian province I am happy that we pulled the trigger on Plan A, and focused on Plan B. Sometimes the most amazing gifts are the ones you never expect!

If you are thinking of traveling to Newfoundland and Labrador, check out these websites to help plan your trip.

[Newfoundland and Labrador](#)

[Marine Atlantic](#)



Iceberg-Labrador, photo by Gina Hurley



Caribou-Gros Morne National Park, photo by Gina Hurley

No Sweaters Needed for this Mt. Cardigan Hike!



Photos by Walt Granda

By Paul Miller
SEM Hiking Vice Chair

On August 10th, Walt Granda and I led a congenial group of AMCers on a fun hike up Mt. Cardigan in central New Hampshire. The ten of us met at about 9:15 am at the pristine AMC Cardigan Lodge, near the main

trailhead for the trails on the east side of this handsome mountain. This followed a surprisingly long, almost three-hour drive up from southeast Massachusetts. Surprising, because while the mileage is relatively small (compared to heading up to any of the notches, at least), we still had quite a bit of driving to do once we

got off the Interstate.

While it had rained heavily the day before, we lucked out with nice, mostly sunny skies, a light breeze, and warmish, but not oppressive temperatures. (This made it unlikely that we would actually have to slip on our sweaters for this “Cardigan” hike.)

After signing in, making our introductions, and a very brief speech by Walt, who had organized the hike, we set off on the main Manning/Holt Trail. This starts as a relatively flat logging road with numerous campsites on either side. Once the Holt and Manning Trails diverged and we started making our way up the Manning Trail for this approximately six-mile long, counter-clockwise loop, we hit a few steeper, fun sections; some requiring a bit of scrambling to negotiate. We followed the Manning



Trail up over some exposed ledges (similar to on last month's Welch-Dickey hike...) with nice views and eventually found ourselves on the expansive, largely wide open summit of Firescrew Mountain (3,084 feet), with its excellent views, including a view up and across to the fire tower atop Mt. Cardigan. We followed the connecting ridge across to the surprisingly uncrowded summit of Mt. Cardigan (3,155 feet), stopping along the way to collect handfuls of wild blueberries. Once atop the summit, we stopped for lunch and to enjoy the cooling breezes and

panoramic views.

While on our lunch break, one of our group, a Wilderness First Responder, provided some materials from his ample first aid kit to help a woman from a small family group clean and dress some nasty "rock burns" on her leg, the result of a bad fall near the summit. After lunch and some photos on the summit, we took a side trip over to South Peak, which we had all to ourselves.

On the way back to back to the Clark Trail via a small connecting

trail for our return trip, we passed by the AMC Cardigan High Cabin, which is nicely situated in a small clearing not too far down from the main summit. The cabin looked particularly appealing that day, with its newish wood siding, porch, and snazzy metal roof! We stopped for a few minutes to chat with one of the people renting the cabin for the weekend; part of a family that apparently rents the cabin every year at about this time to be able to view the Perseid Meteor Showers from the cabin's cozy and comfortable front porch. What a great idea!

Photos by Walt Granda



Once back on the Clark Trail, we followed this downhill a bit and then took a left onto the Holt-Clark Cutoff to "Grand Junction," and then followed the relatively benign Holt Trail through the woods back to the Holt-Manning Trail and, in not too long, back to the Cardigan Lodge trailhead. At the lodge, we took advantage of the facilities, thanked Walt for organizing the trip, said our goodbyes, and then hit the road back to southeast Mass.

All in all, yet another very enjoyable SEM hike!



Whiteface Mtn. Hike

Saturday August 17, 2013

Photos courtesy of Len Ulbricht, Bill Vickstrom and Joel Walfish

By **Len Ulbricht**

Whiteface is one of the smaller 48 NH 4000 footers, elevation 4020 feet, with 180 degree commanding views to the south. It anchors the west end of the Bowl Natural Research Area in the Sandwich Range Wilderness. Mt. Passaconaway, also a 4000 footer and 23 feet higher, sits at the east end, the two peaks connected by a ridge line above the bowl.

Perfecto weather- sunny, mid-70s, light wind, low humidity - filled the day for nine of us. The planned loop hike took us up the Blueberry Ledge Trail to the Rollins Trail and the summit of Whiteface, the Rollins Trail then continuing along the Bowl ridge line to the Dicey's Mill Trail at a point about a mile below the Passaconaway summit. We descended from there and had the loop's only water crossing on Dicey's Mill. The hiking distance of 9.8 miles



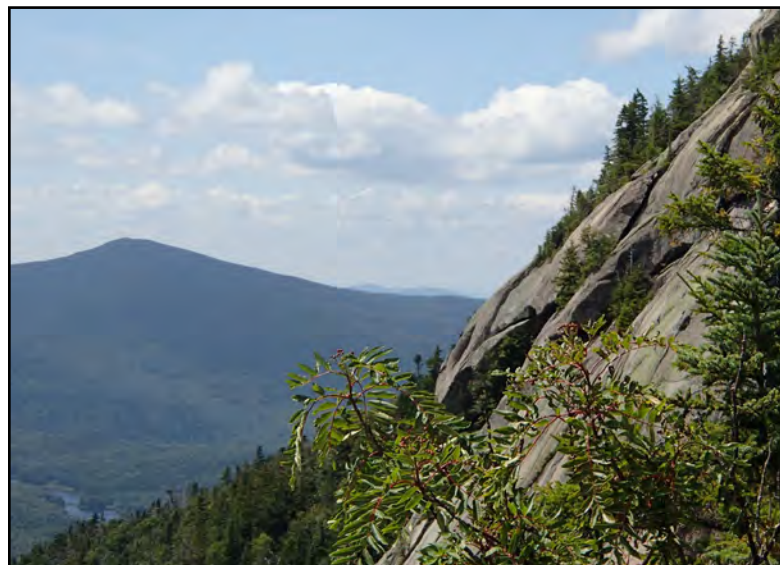
Courtesy of Joel Walfish



Courtesy of Bill Vickstrom



Courtesy of Bill Vickstrom



Courtesy of Bill Vickstrom



Courtesy of Joel Walfish

Whiteface Cont'd

one hour for lunch and rest breaks.

with 2800 foot elevation change was completed in 7.5 hours, book time plus

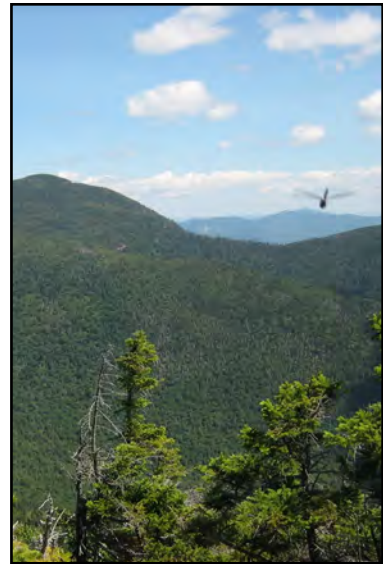
The 4 mile Blueberry Ledge Trail has lower and upper ledges, the lower

being less difficult and manageable with poles, but put them away for the upper ledges. The uppers are a challenging scramble demanding use

of all fours. Reminded me of Baldface. Stone steps have been placed on a steep section between the lower and upper ledges. Outstanding views from the upper ledges encompass Sebago Lake, Lake Winnepesaukee, Chocura, Passaconaway and the Bowl. The Whiteface summit is further along the



Dickey's Mill water crossing



Passaconaway



Whiteface Cont'd

Rollins Trail and treed, so get your views in at the ledges.

Continuing along the treed ridge line, the Rollins Trails roller coasters up and down for 2.4 miles, gradually de-

scending 700 - 800 feet. Soft tuff makes for pleasant trail footing. There are a few small lookout points out over the bowl along this section. Also noticeable are many blowdowns, all facing north, evidence of a fierce wind driving up the bowl face. Fortunately the trail was cleared of blowdowns.



Chocura



Whiteface Cont'd

The 3+ mile descent along Dicey's Mill Trail was easy, made easier by the stone steps on the steep

sections. The one water crossing over a felled tree was aided by a taught rope to steady ones balance.

Many hikers on the ledges

took in the view on this glorious weather day, and there were several places to do so. Crowding was not an issue. We only passed one hiker on the ridge line,

many apparently descending the shorter Blueberry Ledge route. No parking fee at the trailhead lot.



Take A Long Hike



Hello fellow hikers.

Recently, I spent three weeks hiking New Hampshire's [Cohos Trail](#).

This relatively new trail is an isolated path that runs from the Canadian border, just above Pittsburgh, New Hampshire down to [Crawford Notch](#), in the heart of New Hampshire's White Mountains. I trekked from north to south so I could build up to the more strenuous climbs in the Whites.

If you are looking for a new trail to hike and don't mind not seeing many (if any) other hikers, then this is a good challenge for you. I didn't see a soul. Only when I neared [Mt. Eisenhower](#) and the overly popular [Mt. Washington](#), did I spot other hikers.

In most sections the blazing is good; in some sections, the blazing is weathered and can be confusing. I used my compass often to confirm direction, and I suggest you bring separate maps of the White Mountain trails you will encounter. The Cohos Trail website store sells a set of Cohos Trail maps, and these are an absolute must if you are planning to thru-hike the Cohos.

If you do plan to thru-hike this trail, go with a friend or with a group. It is very isolated and cell phone coverage is limited at best.

The two pictures are from the Cohos Trail. The shelter you see is one of only three on the trail.

Ray Anderson

Ray's Hiking Blog:

www.TakeaLongHike.com



Want to sell your stuff?
email commschair@amcsem.org with the details.



Kayak Hurricane, white 14', tandem, brand new seats, has been garaged in order to get seats from factory (old ones rusted), easy to steer, dry storage with sealed cover, can be driven by one person too. Only used one summer. Asking \$800, Ronarobinson@hotmail.com 508-364-0568. Includes yellow seat cover to protect inside of the kayak.

Men's Mavic Cycling Shirt, Medium. Worn once and washed. Asking \$30. Sue Salmon at sfranc321@gmail.com



<actual item >

Men's Conquest Boots, size 7. Very warm and comfortable but not a good fit for a woman's foot. \$60 Sue Salmon atsfranc321@gmail.com



<actual item >



(2) 2012 14.5 FT Wilderness Systems Tsunami Kayaks (1) RED, (1) Orange, both Poly construction Upgraded seats that are adjustable padded



with Rudder systems, barely used. Both for 2,000 or separate for 1,000 Email Rich Sunbird20@comcast.net Attleboro, MA

Whose Nirvana Anyway?



A Portion of The Panoramic View in February of Hall's Creek and Nantucket Sound from Saint Andrews By The Sea

By Louise Riemenchneider Foster

Now that Labor Day is over, we have a new degree of freedom! Those signs in parking areas which promise tickets to those of us who do not have stickers are passe! We are now free to roam jurisdictions formerly either denied or unaffordable to the many of us falling under the dreaded classification of "nonresidents"! Welcome to just one of the many perks of fall paddling.

One of this seasonal wellspring of new options is a destination little known to paddlers - Hall's Creek! Select a day when the wind is either slack or from the north, making excursions along other shores of the Cape an uncomfortable choice. Before Labor Day without a Town of Barnstable beach sticker, Covell Beach off Craigville Beach Road

in Centerville would not let you park there at any price - that is, if there were spaces even available. Now, it could still be tough to find a parking spot if you come later in the day, but at our usual 10:30 launch time, there are usually plenty of spaces and the kids at the gate checking beach stickers have all gone back to school!

After launching into the surf, proceed east along the sound passing many seasonal old, and not so old time, West Hyannisport residences. About half a mile in the distance, is your way point, a breakwater marking the entrance to our destination. Once at the breakwater and the entrance of Hall's Creek, a charming pastoral tableau unfolds before you. For descriptive purposes, the creek and its estuaries can be very loosely thought of as a distorted right

Join an AMC Adventure Travel Trip to Peru - May 31 - June 13, 2014

Hike the Inca Trail
Tour Machu Picchu
See Cuzco and the Sacred Valley
Visit Lake Titicaca

Contact Leaders for details:
Ron Janowitz: Ron@Ronjanowitz.com
Robin Melavalin: Rmelavalin@rcn.com



hand with five digits, and a palm like small island. Paddling counter clockwise into the pinkie and ring fingers, the marshes protected by the western shore of very private Squaw Island and the causeway, border the old community perched above; long ago a portion of the



The Hyannisport Club with Saint Andrews By The Sea Church in the Background.

island was a secluded retreat, the JFK Summer White House. To the north, high on Sunset Hill, is the enchanting, storybook stone structure of Saint Andrews By the Sea Episcopal Church. This place is to be remembered when back on land; a visit to the church parking lot offers very nearly celestial views of the creek and the sound beyond. Immediately to the west of the church is the Hyannisport Club. Having once been treated to a tour of the golf course, I can tell you the condition of the fairways here rivals that of greens elsewhere. Traveling along this part of the shore and into middle and index fingers of the creek will take you past tees and along fairways of the course and you may be greeted by happy golfers along the way.

When it is time for lunch, there is no spot specifically offered to the public and, of course, somewhere along the golf course is definitely out of the question. There is a small association beach and areas along the opposite little island, the palm, which seem available for a brief, discrete interlude, since as I said, the kids are back in school. After the break, the trip up the remaining branch of Hall's Creek, the long thumb, is a nice finale to an exploration of this off the beaten track oblivion.



A Typical Hall's Creek Trip Paddling Route. Courtesy of Ed Foster

The paddle back to Covell can be a bit choppy with waves coming at you from the side, but the return trip is just as short as the way out. Depending on the day, you may return to a deserted beach, or be confronted by a sea of prone, sunscreen slathered humanity, cell phones clamped to alternating ears. Quite a jolt after the utopia of Hall's Creek. But everyone's Nirvana is different; seemingly for some, it has been right there all along, chattering and basking in the sand and sun on Covell Beach.

This trip, which is about seven miles long, has not been scheduled for this year, but I will do my best to influence a Leader's Choice in this direction. Keep watching our paddling email notices for good news.



Bike Law

Provided by:
MassBike.org

For exact requirements, please read the complete text of the laws pertaining to bicyclists and bicycling in Massachusetts. General Laws of the Commonwealth of Massachusetts, Chapter 85, Section 11b, Chapter 85, Section 11c, and Chapter 85, Section 11d.

Your rights

You may ride your bicycle on any public road, street, or bikeway in the Commonwealth, except limited access or express state highways where signs specifically prohibiting bikes have been posted.

You may ride on sidewalks outside business districts, unless local laws prohibit sidewalk riding.

You may use either hand to signal stops and turns.

You may pass cars on the right.

If you carry children or other passengers inside an enclosed trailer or other device that will adequately restrain them and protect their heads in a crash, they need not wear helmets.

Do you know your rights of the road? Do you know what your responsibilities are when biking in Massachusetts? Here is a summary of Massachusetts' bike law that covers equipment, riding, safety standards, races, violations, and penalties. This law applies to all cyclists in Massachusetts — even you!



You may hold a bicycle race on any public road or street in the Commonwealth, if you do so in cooperation with a recognized bicycle organization, and if you get approval from the appropriate police department before the race is held.

You may establish special bike regulations for races by agreement between your bicycle organization and the police.

You may have as many lights and reflectors on your bike as you wish.
Your responsibilities: you **MUST** do these things

You must obey all traffic laws and regulations of the Commonwealth.

You must use hand signals to let people know you plan stop or turn.

You must give pedestrians the right of way.

You must give pedestrians an audible signal before overtaking or passing them.

You may ride two abreast, but must facilitate passing traffic. This means riding single file when faster traffic wants to pass, or staying in the right-most lane on a multi-lane road.

You must ride astride a regular, permanent seat that is attached to your bicycle.

You must keep one hand on your handlebars at all times.

If you are 16 years old or younger, you must wear a helmet that meets U.S. Consumer Product Safety Commission requirements on any bike, anywhere, at all times. The helmet must fit your head and the chin strap must be fastened.

You must have your headlight and taillight on if you are riding anytime from 1/2 hour after sunset until 1/2 hour before sunrise.

You must wear reflectors on both ankles if there are no reflectors on your pedals.

You must notify the police of any accident

involving personal injury or property damage over \$100.

Your responsibilities: you **MAY NOT** do these things

You may not carry a passenger anywhere on your bike except on a regular seat permanently attached to the bike, or to a trailer towed by the bike.

You may not carry any child between the ages of 1 to 4, or weighing 40 pounds or less, anywhere on a single-passenger bike except in a baby seat attached to the bike. The child must be able to sit upright in the seat and must be held in the seat by a harness or seat belt. Their hands and feet must be out of reach of the wheel spokes.

You may not carry any child under the age of 1 on your bike, even in a baby seat; this does not preclude carrying them in a trailer.

You may not use a siren or whistle on your bike to warn pedestrians.

You may not park your bike on a street, road, bikeway or sidewalk where it will be in other people's way.

You may not carry anything on your bike unless it is in a basket, rack, bag, or trailer designed for the purpose.

You may not modify your bike so that your hands are higher than your shoulders when gripping the handlebars.

You may not alter the fork of your bike to extend it.

Your responsibilities: equipping your bike

Your bike must have a permanent, regular seat attached to it.

Your brakes must be good enough to bring you to a stop, from a speed of 15 miles an hour, within 30 feet of braking. This distance assumes a dry, clean, hard, level surface.

At night, your headlight must emit a white light visible from a distance of at least 500 feet. A generator-powered lamp that shines only when the bike is moving is okay.

At night, your taillight must be red and must be visible from a distance of at least 600 feet.

At night, your reflectors must be visible in the low beams of a car's headlights from a distance of at least 600 feet. Reflectors and reflective material on your bike must be visible from the back and sides.

Penalties

Violations of any of these laws can be punished by a fine of up to \$20. Parents and guardians are responsible for cyclists under the age of 18. The bicycle of anyone under 18 who violates the law can be impounded by the police or town selectmen for up to 15 days.

Motorist Responsibilities (see MGL Chapter 89, Section 2 and Chapter 90 Section 14)

Motorists and their passengers must check for passing bicyclists before opening their door. Motorists and their passengers can be ticketed and fined up to \$100 for opening car or truck doors into the path of any other traffic, including bicycles and pedestrians.

Motorists must stay a safe distance to the left of a bicyclist (or any other vehicle) when passing. Motorists are also prohibited from returning to the right until safety clear of the bicyclist.

Motorists must pass at a safe distance. If the lane is too narrow to pass safely, the motorist must use another lane to pass, or, if that is also unsafe, the motorist must wait until it is safe to pass.

Motorists are prohibited from making abrupt right turns ("right hooks") at intersections and driveways after passing a cyclist.

Motorists must yield to oncoming bicyclists when making left turns. The law expressly includes yielding to bicyclists riding to the right of other traffic (e.g., on the shoulder), where they are legally permitted but may be more difficult for motorists to see.

- [See more >>](#)



WANTED - SKI COMMITTEE LEAD

Looking for someone to take over the ski committee and plan xc ski & downhill ski events in the winter.

Contact the current ski chair at xcskichair@amcsem.org

DIY - Do It Yourself

Bacon like a baller

By Andrea Holden
Communications Chair

Source: [Eat Liver.com](http://EatLiver.com)



PADDLE TRIP REPORT - Cotuit Bay

July 27, 2013
By Bill Fischer

Paddlers - Bill Fischer, Pat Carden, Pat Sarantis, Bob Sarantis, Jean Orser, Paul Carriveau.

We left the put-in at Ropes Beach to travel Clockwise around Oysterville Grand Island. For the balance of the paddle we kept Grand Island on our immediate right. This kept the wind from becoming much of a factor in the paddle. In the middle of the Bay it was pretty strong but in the lee of Grand Island it made for a very nice trip. It was nice to have some wind as the temp was about 80 degrees. After going under the Oysterville Bridge we made a sharp right as we entered West Bay and headed for Dead Neck for lunch. There were a lot of boats in the channel but that was the only place there was a lot of boat traffic on the trip. It was almost 5 miles to the lunch spot. After lunch we went down the Seapuit River back to Cotuit Bay and the put-in for a total of 7.5 miles. A very nice summer day and great paddle.



PADDLE TRIP REPORT - Illumination Night

July 27, 2013
By Max Sarazin

After a busy day at Korea Veterans Memorial in Hyannis on the 60th anniv of the Truce we prepared for Illumination Night in Onset Bay . We arrived at 5:10 not knowing what time the Onset 'Walking Jazz Band' would be going alongside the river, across the bridge, and into Onset Village . This band, although small, is excellent and compares to New Orleans with their goings on along the route . We made our way to what used to be Ken's Salt Water Taffy from the '30s . A structure was built over the original clam shack to protect it, and going inside the building you were standing 'outside' the original shack, but no longer; the place was sold, name changed, and the inside was gutted . No place to get good fried clams or all that good stuff anymore . The firewhistle sounded at 8:50 and townsfolk ignited the approx. 2300 flares outlining Onset Bay, Wicketts Island and Onset Island, quite a site, but I like the Town Band best.



PADDLE TRIP REPORT - Nauset Marsh

August 3, 2013
By Bob Zani

Paddlers - Bob Zani Leader, Jean Orser, Paul Correveau, Kerri Griffin, Lynne O'Riorden, Gary Robinson

Nice paddle of 6.7 miles with a bit of rain, plenty of wind, and a dicey time crossing the inlet to the marsh. If you look on the map, the location of the inlet is now where the little jog in the paddle takes place just south of the T in the caption Nauset Marsh. As an added attraction Max and his wife were at the launch site to provide a send off audience.



PADDLE TRIP REPORT - North River

August 7, 2013

By George Wey

Participants - Al Hart & Rick McNally (Canoe), Pat Carden, Vicki Blair-Smith, Bill Fischer, Carol Houghton, George Wey (kayaks)

It was a beautiful day for a leisurely paddle of the 8.6 miles from Marshfield to Hanover. At 10:30am we moved cars from the put-in on the Marshfield side of the Union St. Bridge to the take-out in Hanover. Upon returning we launched and were on our way up river with the current at approximately 11:15. At noon we stopped at Blueberry Island for lunch. Continuing on after lunch we reached the take-out at approximately 2:30.



PADDLE TRIP REPORT - Shoestring/Popponeset Bays

August 10, 2013

By Louise Foster

Participants - Louise Foster, Leader, Paul Corriveau, Bill Fischer, Ed Foster, Betty Hinkley, Jeff Hyman, Jean Orser, Gary Robinson

We began our trip traveling north from the put in under the School Street Bridge and into the Santuit River. The water seemed low so we paddled in just a short distance. Back out into Shoestring Bay we traveled in light breezes toward our designated lunch spot on Meadow Point. We were accompanied by several osprey who were diving in the water attempting to catch their supper. They should have been pretty successful, since the fish were jumping all day. As we neared our goal, we realized we had time for an extra maneuver before the obligatory noon arrival time for our lunch. Hence, we explored the Popponeset River and approached Meadow Point from along Thatch Island. There were lots of boats traveling in and out of the cut and people wading the tepid water along the sand spit. Gary and Jeff took a swim and Jean plied us with her delicious brownies. After lunch we skirted the lines of a few fishermen on shore and headed into Pinqickset Cove and Marsh. We saw several egret and great blue heron as we made our way into the narrow channel of the marsh. Upon reentry into the cove we discovered the wind had shifted from NW to SW and had built to probably 17 - 18 miles per hour, which made paddling back across the cove and Ryefeld Point to the bay very slow going. Once there, however, we were protected from the west and the south wind helped to blow us back to the put in. Our route was one of those sparkling venues and approximately 8 miles.



PADDLE TRIP REPORT - Bass River North

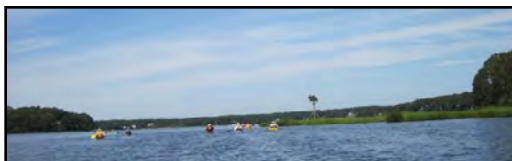
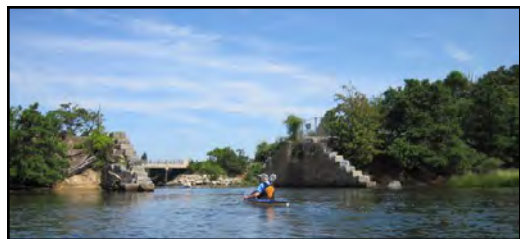
Photos by Jean Orser

August 17, 2013

By Bob Zani

Bob Zani Leader, Vicki Blair-Smith, Margot Fitsch, Bill Fischer, Jean Orser, Paul Corriveau, Tom Crowe, Al Phillips, Betty Hinkley, Gary Robinson Sweep

An absolutely perfect day for a paddle with the only drawback the numerous power boats on the water. Circled Grand Cove then went north to lunch at Follins landing and then to Mill Pond, but not into the pond. Half of the group had a nice 10.7 mile jaunt while the other half cut it a little short but still managed 9 plus miles.





PADDLE TRIP

Bass River North

Photos by Margot Fitsch



PADDLE TRIP - Bass River North

Photos by Margot Fitsch



PADDLE TRIP REPORT - Cotuit Bay & Prince Cove

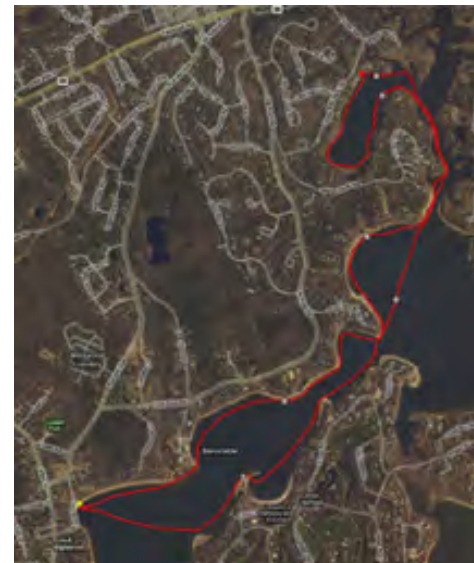
August 24, 2013

By Ed Foster

Paddlers: Ed Foster - Leader, Vicki Blair-Smith, Paul Corriveau, Bill Fischer, Betty Hinkley, Jean Orser, Bob Zani

We set off hugging the left hand shore to try to find some relief from the wind and as a result paddled coves and inlets we normally pass by. Every time we rounded a point we got a full blast of headwind, but the wind eased a little as we got out of North Bay and into the river leading to Prince Cove. Because of our late start lunch, at the Prince Cove town landing, was also a half hour late but Jean's brownies made up for it. After lunch we continued around Prince Cove keeping the land on our right. When we again got to North Bay we took a direct route across it but now with the wind (which seemed to have abated a bit) at our backs. Six of the paddlers stayed to the right while one decided that he'd like to have a change of scenery and hugged the shore of Great Island (Oyster Harbors). Crossing Cotuit Bay to the put-in was easy in spite of a sidewind.

6.8 miles for a much better paddle than we might have expected given the wind.



PADDLE TRIP REPORT - Lewis Bay/Egg Island

August 28, 2013

By Bob Zani

Paddlers: Jean Orser, Paul Corriveau, Bill Fischer, Vicki Blair-Smith, George Wey, Gary Robinson, Ed Foster, Louise Foster, Betty Hinkley

This was a very delightful impromptu trip; the weather was perfect, and we had the water almost to ourselves, with the exception of Hyannis Harbor. Egg Island was apparently much smaller than when the famous bocce match was played there in July, but it was fine for lunch (and brownies), and a very interesting experience for those who had never been there before.



Photo by Betty Hinkley



Other Interests

*not endorsed by AMC

Dear Friend,



Thank you. These humbles words hardly begin to express our gratitude for your support of the 14th annual event that means so much to me and to so many of us throughout the state. With each year that goes by, Against the Tide continues to inspire and encourage us all that prevention is possible. None of this would be possible without each and every one of you.

For event results, [visit >>](#). We hope you will join us again in 2014!

Cheryl Osimo
Executive Director
508-246-3047
cherylosimo@comcast.net



NEWS FROM JOY STREET

Team AMC: Rock 'n' Roll Brooklyn 10k

October 12, 2013 (Sat)

Team AMC is a fundraising program offering members the opportunity to support AMC's mission and programs by participating in events as a charity runner. Participants raise funds that support the protection, enjoyment, and understanding of the mountains, forests, waters, and trails of the Appalachian region.

AMC is proud to be a part at this year's Rock 'n' Roll Brooklyn 10k. All funds raised will go to support the

New York -New Jersey Youth Opportunities Program (YOP).

AMC members interested in participating in the Team AMC Brooklyn 10k must fill-out and submit an application. Space will be limited to ten runners for this event. Each participant selected to run for AMC in the Brooklyn 10k, is required to raise a minimum of \$500. [Visit >>](#)

Please [visit >>](#) for additional requirements and information. For additional information or questions, email crebbe@outdoors.org

Adventure Travel Training Workshop

November 15-17, 2013

Visit some of the most exciting places in the world as the leader of an AMC Adventure Travel Trip!

The Adventure Travel Training workshop (held November 15-17th, 2013 at White Memorial Foundation) provides important training to people who have AMC activity leadership experience (no beginners, please) to transition from leading weekend chapter activities to more complex and longer trips, domestically and overseas. Previous outdoor leadership training is highly desirable.

It emphasizes planning, cost estimating, trip management, people skills, and risk management. You'll also learn procedures and guidelines for researching, proposing, and leading Adventure Travel trips and have the chance to exchange ideas, problems, and solutions with some of the AMC's most skilled leaders. The training's small group size assures abundant discussion and access to instructors. For more information [visit >>](#).

Climate Change Series (Boston-area activity—more pertinent to SEM, WR, BN, NA)

Air pollution and climate change affect both the health and experiences of people who love to get outdoors to enjoy the unique ecology of the Northeastern United States. It takes action from individuals and communities to make the

changes that will slow and/or reverse these trends.

This fall AMC's chapters will offer events and programs designed to help you learn about climate change and what you can do about it. In Boston, AMC is collaborating with the [Episcopal Diocese of Massachusetts](#) to increase awareness and action on climate change, energy, and the outdoors.

Upcoming events:

September 4—come to AMC headquarters at 5 Joy Street in Boston to hear speaker Dr. James Hunt talk about his new biography about John Muir's 1000-mile walk through the southern US in 1867, which was a formative journey for Muir.

September 4—Unveiling of the Barbara Bosworth photography exhibit which features the New England Scenic Trail.

October TBD—AMC 5 Joy Street—Panel Discussion: Our Clean Air Future and Natural Gas

November TBD—AMC 5 Joy Street—Exporting our Clean Energy Impacts

November TBD—Episcopal Diocese of Massachusetts, Cathedral of St. Paul, 138 Tremont Street, Boston, MA 02108—Ecumenical/Interfaith discussion about Faith, Climate Change, and Action.

[Visit >>](#) for more information about these events and about how you can make a difference.

ACTIVITIES

ANNUAL MEETING & DINNER.

Saturday, Nov. 2. Salernos, Onset, MA. Vote for 2014 board members, dinner, speaker, awards, raffles, see old friends. RESERVE YOUR TABLE NOW FOR YOU & YOUR SEM BUDDIES. Let's get all the SEM 'old-timers' there this year!

AMC SEM is always looking for volunteers to volunteer a little or a lot. Contact the chapter chair at chair@amcsem.org if you'd like to volunteer.

BICYCLING

Bike Ratings: First character indicates distance in mi: AA=50+; A=35-50; B=25-35; C=under 25. Second is L's pace in mph: 1=17; 2=13-16; 3=11-13; 4=up to 11. Third is terrain: A=very hilly; B=hilly; C=rolling; D=flat.

WANTED: Ride Leaders and Co-Leaders. Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm and routes w/ your fellow AMC members? Contact Bike Chair (508-428-6887, bikingchair@amcsem.org) for more info.

AMC SEM 2,000 Mile Club. AMC SEM has a unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair to register your mileage and for more info. (bikingchair@amcsem.org)

~ WANTED ~ Event Planner

Typical Events: Annual Meeting/Dinner, Holiday Party, Summer Picnic.

Can you find and reserve a room, choose a menu that fits in our budget, handle organizing a projector and screen, set an agenda, and generally make an event happen? If so, we want you to join our team!

Contact the chapter chair at chair@amcsem.org

Tues. Rides. Turn Those Tires on Tues. Rides scheduled all year long, weather permitting. 25 mi of road or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location and directions. Intermed. pace. Riders and bicycles in top shape; tires and riders pumped and ready to roll; helmets and water req'd. L Paul Currier (508-833-2690 8 am-7 pm, pbencurrier@hotmail.com)

Chapter Trips

(FT) (NM) (CE) Tuesdays
Sep. 3. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Sep. 10. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube

& tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Sep. 17. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(NM) (XCE) Thursdays
Sep. 19. Sunset/Full Harvest Moon Cycling. Sunset/Full Harvest Moon Cycling - Road cycle the canal and streets of Gray Gables and Mashnee Island at an intermediate pace: C2D. Return for sunset over Buzzards Bay and moonrise over the Sagamore Bridge. 22 +/- miles. Start at Sandwich Recreation Area at end of Freezer Rd 1 1/2 to 2 hours before sunset. L Paul Currier (508-833-2690 7 am - 7 pm, currierpaul@comcast.net)

Sundays

Sep. 22. Sayonara to Summer/Autumnal Equinox Ride. Start

at Skaket Beach, Orleans and do a Tour de Shore of the bay including Rock Harbor and perhaps cut over to the ocean side in Eastham. Return on some inner nook & cranny roads that include Sunken Meadow, Crooks, Campground, Thumpertown, and First Encounter Beaches for Sunset at Skaket. Tires and riders pumped and ready to roll. Helmets and water required as is registration -cancellation/rescheduling sent only to registered riders. Leader: Paul Currier currierpaul@comcast.net or call daily until 7PM 508-833-2690 C2C. L Paul Currier (508-833-2690 8-7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Sep. 24. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Oct. 1. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes oc-

casional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Oct. 8. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Oct. 15. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul

Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (XCE) Fridays
Oct. 18. Sunset/Full Hunter's Moon Ride. Ride Description: Road cycling. L Paul Currier currierpaul@comcast.net or 508-833-2690 Ride the hills and shores of Sagamore and the canal trail to Buzzards Bay. We'll catch the spectacular sunset over Onset Bay during a tour of Mass Maritime and moonrise over Plymouth Bay. C2B Tires and riders pumped and ready to roll. Helmets, spare tube & tire tools, and water required as is registration -cancellation/rescheduling sent only to registered riders. Directions: From the former Sagamore Rotary now the Sagamore Straightaway, head toward Scusset and take Canal Road past Friendly's to the Sagamore Recreation Lot. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Oct. 22. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul

Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Oct. 29. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

Sat., Nov. 2. SEM Annual Meeting & Dinner. Annual Meeting/ Dinner. Salernos, Onset. Elections, dinner, speaker, awards, raffles. RESERVE A TABLE NOW FOR YOU & YOUR SEM BUDDIES! L Jon Fortier (bikingchair@amcsem.org)

CANOE/KAYAK

Always looking for additional paddle leaders, both flat water and ocean. Contact paddlingchair@amcsem.org

Chapter Trips

Wed., Sep. 4. Pamet Harbor. Explore Pamet River and Harbor. Put-in Directions: From Route 6 northbound in Truro, right at the exit sign for Pamet Roads and Truro Center. At the junc-

tion signed for North and South Pamet Roads turn right, go a few hundred feet and turn right again onto South Pamet Road. Go under Route 6. After 0.1 m you come to Castle Road. Turn left, go about 100 feet and veer right onto Depot Road. After 0.5 m the road forks. Stay right toward Pamet Harbor. At 1.3 m you come to the harbor parking area. There is a \$6 launching fee. Life vest and spray skirt required. L Don Paladino (508-349-2950, djp1958@comcast.net)

Sat., Sep. 7. Weir River, Hingham Bay Islands. Put-In, beach pkg.lot off Rt.3A, just before Hingham Harbor Rotary. Level 2-3. PDF, spray skirt req. L George Wey (781-789-8005 anytime, geowey@comcast.net). L George Wey (781-789-8005 anytime, geowey@comcast.net)

Wed., Sep. 11. Mashpee Wakeby Ponds. Perimeter of Mashpee Wakeby Ponds; Spray Skirt and PFD required. About 8 miles. Pre-register 508-420-7245. L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net)

Sat., Sep. 14. Walker, Upper and Lower Mill Ponds. DESCRIPTION: Walker, Upper Mill, and 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 Robert Zani (508-246-3132,

rzani1534@gmail.com)

Wed., Sep. 18. HERRING RIVER NORTH-W Harwich. Paddle up stream to Coy Brook to end & back to Herring River for lunch at North Rd bridge. Afterwards paddle to west & east reservoirs for total of 8 mi. Rte 6 exit 10, R 124 S, R 39 S, R 28 N, L Town Landing. Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com) CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Saturdays

Sep. 21. Mashpee River. Put-in: Rt. 6 to Exit 5 (Rt 149); South on 149 to Rt. 28; Right onto Rt. 28 to Mashpee Rotary; From rotary take Great Neck Rd. S; Go 2.5 miles to unpaved parking lot on left marked Ocway Bay Boat Ramp. PFD required. Spectacular riverside wildflowers. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Sat., Sep. 21. Leader's Choice. Exact location will depend on predicted wind/weather conditions. Contact the leader the week of the trip for more definite information. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wednesdays

Sep. 25. Leader's Choice paddle. Contact Leader for information. PFD/spray skirt req. L Bill Fischer (508-420-4137 before 9PM, wmbarbarafischer@comcast.net)

Sat., Sep. 28. LONG POND, BREWSTER/HARWICH. Nice six mile paddle circumnavigating the pond with lunch on beach. Rte 6 exit 10, rte 124 N, R Long Pond Drive, L town beach. Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com) CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Sat., Sep. 28. LONG POND BREWSTER PADDLE. Nice leisurely six mile paddle with lunch at east end of pond. L Jean Orser (508-362-0451 before 8 pm, jeanorser@aol.com) CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., Oct. 2. Nauset Marsh. Explore Nauset Marsh and Mill Pond. Perhaps venture into Salt Pond. L Ed Foster (508-420-7245, erfoster@comcast.net)

Saturdays

Oct. 5. Swan Pond/River, Dennis. Put-in: Clipper Lane off Upper County Road, Dennis; put-in is on the left. PFD required. Spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Wed., Oct. 9. INDIAN LAKES-Marston Mills. Paddle Middle & Mystic fresh water lakes with lunch on beach at end of Mystic Lake. total 7 miles. Rte 6 exit 5, rte 149 S for 3 mi, R Mystic Drive (after cemetery at sign for "Indian Lakes") for 7/10 mi, R at sign

"TownWaytoWater" to put-in. Life Vests & Spray Skirts req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com) CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., Oct. 16. CHASE GARDEN CREEK, YARMOUTH PORT. Paddle 8 mi Chase Garden Creek & tributaries. Lunch at Bray Farm or on beach near Shellfishing Plant. Rte 6 exit 8, Union st N, L rte 6A, QUICK R Center st to Grey's Beach at end. Life Vest & Spray Skirt req. L Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com) CL Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com)

Wed., Oct. 16. Chase Garden Creek Yarmouth Port Paddle. Paddle Chase Garden Creek and tributaries with lunch at Bray Farm. L Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com) CL Jean Orser (608-362-0451 before 8 pm, jeanorser@aol.com)

Sat., Oct. 19. Barnstable Harbor. We'll explore some of the creeks in Barnstable Harbor, probably those on the western side. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Oct. 30. FOLLINS/MILL PONDS - Dennis. Paddle Follins Pond to Weir Creek & under bridge to circle Mill Pond passing Crab Creek Conservation area and back to circumnavi-

gate Follins Pond & have lunch - total 8 miles. Rte 6 exit 9, rte 134 N, L Setucket, L Mayfair, R Follins Pond rd. Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com) CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Sat., Nov. 2. SEM Annual Meeting & Dinner. Annual Meeting/ Dinner. Salernos, Onset. Elections, dinner, speaker, awards, raffles. RESERVE A TABLE NOW FOR YOU & YOUR SEM BUDDIES! L George Wey (paddlingchair@amcsem.org)

CAPE HIKES

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

Chapter Trips

Thu., Sep. 12. Nickerson State Park - Brewster. If > 62 years old, obtain NEW LIFETIME FREE PARKING PASS at entrance. Meet at Fisherman's Landing for hike around waterways and woods. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sun., Sep. 15. East Dennis, Crowes Pasture (C3D). Scenic woods, sandy rd, by meadow to beach. Binoculars. Rte 6A East Dennis to L on School St, R on South St, straight past cemetery to pkg lot on R. 2 hours, Meet 1:15 pm. L Julie Early (508-776-4432, jearly@capecod.net)

Thu., Sep. 19. Cataumet Greenways, Bourne (C3C). Wooded hike, bogs and farms, some hills. Stop at historic RR station. B Bridge to Otis Rotary, 1st exit Cataumet. L on 28A s, 1/4m R on Longhill Rd., Lon County Rd., Ron Red Brook Harbor 1/2 m past stop sign park lot R 9:45 AM Heavy rain cancels. Bring water, snacks. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com)

Saturdays

Sep. 21. Provincetown: Snail Road Dunes (B3B). Meet 9:45am, Snail Road trail head on ocean side of Route 6, at the east end of Provincetown. Explore 360 views of dunes, historic dune shacks, pick some cranberries. Hike up and down to the ocean and back. Bring lunch. 3.5 hours. L Nancy Braun (508-487-4004 morning, evening, nancytruro@comcast.net)

Sun., Sep. 22. Harwich, Herring River (C3C). Wooded walk river/reservoir views, C bogs. Rte 6, Ex 10, R on Rte 124S 2 mi to ctr. R on Main St/Gr Western Rd for 2 mi to Sand Pond on R. Meet 12:45, 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Thu., Sep. 26. Hawks Nest - Harwich. Hike in State Park land and visit surrounding ponds. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sat., Sep. 28. Yarmouth, Gre-

enough Ponds (B3C). Walk through Yarmouth Botanical Gardens, Dennis & Greenough Ponds. Meet at 9:45, 3 1/2 hr. Exit 7 off Route 6 to North, right on 6A, at sharp turn go right on Summer St. to beach parking lot. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sun., Sep. 29. 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. Meet at 12:45PM. L Gary Miller (508-540-1857, garymaxxx@gmail.com)

Thu., Oct. 3. Scorton Creek Sandwich. Two hour hike, through woods, old state game farm, Nye estate and Talbot's Point. Take Rte 6 to Exit 4, turn N toward Cape Cod Bay, turn L on Old County Rd to 6A and turn R and just beyond used car dealership and before bridge turn R on dirt road. Meet at 9:45 AM, hike starts at 10 AM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Thu., Oct. 10. Eastham, Nauset Marsh (C3C). Walk perimeter of vast historic marsh. From Rte 6 in Eastham R on Gov. Prence Rd, R on Fort Hill Rd to first pkg lot on L. Meet at 9:45 sharp to carpool to Salt Pond Visit Ctr. 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Sun., Oct. 13. Yarmouth, Three Ponds. Hike cranberry bogs and through woods passing by three ponds. L Janet DiMattia (jandimattia@verizon.net)

Thu., Oct. 17. Ryder Beach, Truro. Beach to woodland trails, hills, and scenic bay views. Route 6, then left on Prince Valley Road to the end. Right on County Road, then an immediate left on Ryder Beach Road. Park at the end. Meet at 9:45 a.m.. 2 hours. L Janet Kaiser (508-432-3277 Before 9 p.m., jtkaiser@comcast.net)

Sat., Oct. 19. Harwich, Herring River (B3C). Wooded walk with views of the beautiful Herring River. Walk both sides of West Reservoir, cranberry bogs. From Rte 6 E, Ex 10, R at top of ramp, Rte 124 for 1.3 mi, R @ Main St. straight 2 mi to park @ Sand Pond on R. Meet 9:45 a.m. 3.5 hrs. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sun., Oct. 20. Maple Swamp Sandwich. Hilly hike through historic woodlands which date back to original settlers, home to Maple swamp, quaking bog and other sites. Take Rte 6 to Exit 3 turn S on Quaking Meetinghouse Rd and take immediate L on Service Rd, Maple Swamp approx. 1 mile on R. From upper Cape take exit 4 turn S over highway and take immediate right onto Service Rd, Maple Swamp approx. 1 mile on left. Meet 12:45 PM start 1 PM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Thu., Oct. 24. Barnstable-Crooked Cartway (C3C) Hike. Wooded walk to The Deck. Mostly flat, some hills. Take Rte. 149 (N or S) to Rotary at Cape Cod Airport, Marstons Mills. West on Race Lane for 1.1 miles. Right onto Crooked Cartway. Go to end. Meet at 9:45AM. 2 hours. L Farley Lewis (508-775-9168, farlewis@comcast.net)

Sun., Oct. 27. Mashpee/Barnstable, Santuit Pond and River. Water views, abandoned and working cranberry bogs, woodland trails. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Thu., Oct. 31. Mashpee South Cape Beach (C3C). Flat hike through woods for 2 miles, then 2 miles on sandy peninsula, or dirt fireroad. 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, Garymaxxx@gmail.com)

Saturdays

Nov. 2. Provincetown: Snail Road Dunes (B3B). Meet**10:45**am, Snail Road trail head on ocean side of Route 6, at the east end of Provincetown. Explore 360 views of dunes, historic dune shacks, pick some cranberries. Hike up and down to the ocean and back. Bring lunch. 3.5 hours. L Nancy Braun (508-487-4004 morning, evening, nancytruro@comcast.net)

Sat., Nov. 2. SEM Annual Meeting & Dinner. Annual Meeting/ Dinner. Salernos, Onset. Elections, dinner, speaker, awards, raffles. RESERVE A TABLE NOW FOR YOU & YOUR SEM BUDDIES! L Farley Lewis (capehikingchair@amcsem.org)

Sun., Nov. 3. Truro, Bearberry Hill (C3C). Sand path Ballston to Longnook Bchs, hilltop 360 view. Rte 6 to Pamel Rd, R off ramp, L at S Pamet Rd to beach pkg lot. Meet 12:45pm, 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Sun., Nov. 10. Nickerson State Park. Hike in back sections of the park. Trails, woods roads and ponds. L Janet DiMattia (jandimattia@verizon.net)

Thu., Nov. 14. Ryder Conservation Sandwich. Scenic hike along edges of Mashpee and Wakeby lakes through Lowell Holly conservation area. Take Rte 6 to exit 3 Quaker Meetinghouse Road and turn S to traffic light, turn L on Cotuit Rd, go approx. 1.5 miles and Ryder Conservation is on the right. Meet 9:45 AM start 10 AM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Saturdays

Nov. 16. Truro- High Head Sand Dune Walk (B3B). Meet at**10:45** 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. Walk back via the bike

path to Pilgrim Spring and panoramic views. 3.5 hours. Bring lunch. L Nancy Braun (508-487-4004 morning, evening, nancytruro@comcast.net)

Sun., Nov. 17. Ryder Beach. Hike from Ryder Beach to Atwood House with views of Cape Cod Bay. L Janet DiMattia (jandimattia@verizon.net)

Thu., Nov. 21. Sandy Pond Recreation, West Yarmouth. Wooded trails, pond views in mid-cape area. Route 6 Exit 7S, left on Camp Street, left on Buck Island Road, and left at Sandy Pond Recreation Area. Meet at 9:45am. 2 hours. L Janet Kaiser (508-432-3277 before 9:00 p.m., jtkaiser@comcast.net)

Sun., Nov. 24. Barnstable-Bridge Creek Conservation (C3D) Hike. Flat terrain, cedar upland, maple swamp and salt marsh, bogs, stone walls. Meet at 12:45am. 2 hrs. From Exit 5 off Rte 6 North on Rte I49. Park along grass triangle on immediate left beside church. L Farley Lewis (508-775-9168, farlewis@comcast.net)

Sun., Dec. 1. Flax Pond Conservation, Dennis. Rolling hills near Flax Pond, golf course, wooded trails in wellfield area. Park on Setucket Rd at Flax Pond Conservation, East of Yarmouth- Dennis Town Line. Meet 12:45 p.m. 2 hrs. L Janet Kaiser (508-432-3277 before 9 p.m., jtkaiser@comcast.net)

EDUCATION

Chapter Trips

Sat., Nov. 9-10. Wilderness First Aid (WFA). WFA Training November 09, 2013 - November 10, 2013 (Sat - Sun) The WFA course runs 8:30-4 Saturday and Sunday in Foxboro, MA. Optional CPR is available. SOLO has been engaged to provide the instruction. Pricing is as follows: \$145 AMC Member Price, \$170 for non-AMC members. Pricing includes lunch and break service both days. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save life in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. L Len Ulbricht (education@amcsem.org), R Barry Farnsworth (educationvicechair@amcsem.org)

EXECUTIVE COMMITTEE

We need an "Event Planner" for the AMC SEM Executive Board. Do you have event planning skills? Our events are typically:

Annual Meeting/Dinner, Holiday Party, Summer Picnic. Can you find and reserve a room, choose a menu that fits in our budget, worry about a projector and screen, set an agenda, and generally make an event happen? Contact the chapter chair at chair@amcsem.org.

Volunteer Opportunities

Until Filled. Chapter Youth Program (CYP) Leader. Share your outdoor knowledge and leadership skills with local groups of children. Give your time to these programs to help kids get outside who might not otherwise have the opportunity. A typical Chapter Youth Program (CYP) might include a local walk with some nature lesson or trail games. CYP leader training and screening is required. L Sally Delisa (picpocit@verizon.net)

Chapter Trips

Sat., Nov. 2. Annual Meeting. AMC SEM Annual Meeting. Salernos Function Hall, Onset, MA. Vote for 2014 Executive Board. L Cheryl Lathrop (chair@amcsem.org)

Sat., Nov. 2. Annual Dinner. SEM-SEM Annual Dinner. Salernos Function Hall. Onset, MA. Dinner, speaker, raffles, awards. GET TOGETHER WITH ALL YOUR OLD SEM FRIENDS! RESERVE A TABLE TOGETHER! Annual Dinner. Salernos Function Hall. Onset, MA. Dinner, speaker, raffles, awards. GET TOGETHER WITH ALL YOUR OLD SEM FRIENDS! RESERVE A TABLE TOGETHER! L Cheryl Lathrop

(chair@amcsem.org) L Maureen Kelly (vicechair@amcsem.org)

HIKING

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

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

IMPORTANT: No pets w/o prior permission of trip leader. Individuals under 18 years of age must be accompanied by a parent or responsible adult, and obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 week prior to the trip so Ls can discuss prior hiking exp., conditioning, clothing, and equipment.

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

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

Chapter Trips

(FT) (NM) Thursdays
Sep. 5. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org) L Michael Swartz (swartz@brandeis.edu) L Ellen Correia (ellenrcorreia@gmail.com)

(com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays
Sep. 12. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org) L Michael Swartz (swartz@brandeis.edu) L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Sep. 14-15. N. & S. Twins and the Bonds. End of summer hiking, staying at Galehead hut with meals provided. Summit five 4K Footers with superb views. L Leslie Carson (508-833-8237, lrc929@comcast.net) CL Maureen Kelly (mokel773@aol.com), R Leslie Carson (508-833-8237, lrc929@comcast.net)

(FT) (NM) Thursdays
Sep. 19. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org) L Michael Swartz (swartz@brandeis.edu) L Ellen Correia (ellenrcorreia@gmail.com)

com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thu., Sep. 19-22. Chapter Hut Weekend. Join us at beautiful Cold River Camp in Evan's Notch NH for a weekend of bikes, hikes and paddles. Stay for 1, 2 or 3 nights. Register by sending a check to Patty Rottmeier, address below. L Cheryl Lathrop (cheryl4698@verizon.net), R Patty Rottmeier (2 Killdeer Lane, Nantucket, MA 02554, treasurer@amcsem.org)

(FT) (NM) Thursdays
Sep. 26. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org) L Michael Swartz (swartz@brandeis.edu) L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Thu., Sep. 26. Thurs. Morning hike Manomet Beach Walk, South Plymouth. This is a 4-5 mile beach walk, starting at 55 Manomet Beach Blvd (my home) to Stage Point and back. There could be some rock scrambles near Stage Point. Bring plenty of water, wear hiking boots, snacks as needed. Meet at 9am, I have parking nearby for up to 12 cars, so please carpool if possible. Stop&Shop parking lot is in the

center of town on Rt 3A, 2 miles north of Manomet Beach Blvd. There will be tea and coffee etc. after the hike. L Ellie MacPherson (508-224-6465 before 10:00 PM, elliemac@comcast.net)

(FT) (NM) Thursdays
Oct. 3. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org) L Michael Swartz (swartz@brandeis.edu) L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) (CE) Thu., Oct. 3. Thurs Morn - Blue Hills Hike - Braintree Pass Path. Meet at 10:00 a.m. parking lot at intersection of Chickatawbut and Rt. 28 for a 5 mile hike. Bring water, lunch, layers and sturdy footwear. L Catherine MacCurtain (781-848-9506 before 9:00 p.m., camaccurtain@aol.com)

Fri., Oct. 4-6. Wilderness paddling/camping in the Maine North Woods at Lobster Lake. Join us for a weekend in the wilderness of the Maine North Woods. We will be paddling, canoe/kayak, out to a remote camp site on Lobster Lake. There should be great Fall color, stargazing and hopefully lots of moose watching. Expect comfortable days and cool to cold nights. This trip is not for begin-

ners. You must be experienced paddling in open lakes and either have previously attended a trip similar to this or have backpacking experience. L Luther Wallis (lew89@comcast.net) CL Ken Jones (lotsoluck@comcast.net), R Luther Wallis (508-923-1935 7-9PM, lew89@comcast.net)

Sat., Oct. 5. Carter Notch via Wildcat River Trail. Join us as we venture into beautiful Carter Notch from the south via the relatively untrammelled Bog Brook and Wildcat River Trails. Can be combined with leaders' hike on Sunday, if desired. L Paul Miller (508-369-4151 before 9:00 PM, paulallenmiller@verizon.net) L Maureen Kelly (mokol773@aol.com), R Paul Miller (508-369-4151 before 9:00 PM, paulallenmiller@verizon.net)

Sun., Oct. 6. Mt Chocorua via Brook and Liberty Trails. Join us to hike Mt Chocorua up the Brook Trail and down the Liberty Trail. Chocorua's elevation is 3500' but it gives you the feel of a 4000' mountain with 360° views from the top. The hike will be 7.5 miles, 2600' elevation and will have some strenuous sections. This hike may be combined with leaders' Saturday hike. L Maureen Kelly (508-224-9188 before 8 pm, mokol773@aol.com) CL Paul Miller (paulallenmiller@verizon.net), R Maureen Kelly (508-224-9188 before 8 pm, mokol773@aol.com)

Thu., Oct. 17. Thursday Morn. Hike Gilbert Hills State Forest, Foxboro, MA (B3C). Meet 10:00

a.m. Lakeview Ballroom. Nice Fall hike following part of the Warner Trail to Headquarters where we will have lunch. Different trails on our return will loop back to the start. L Joanne Staniscia (508-528-6799 7-9 p.m., jstaniscia@comcast.net)

Thu., Oct. 24. Borderland State Park/BCT. Meet at 10am at Borderland SP parking lot on Massapoag Avenue on the Sharon/North Easton border for a 6 mi hike. Portion of Bay Circuit Trail with pond views. Bring water, lunch, layers, sturdy footwear. Rain or storm cancels. Directions: see Borderlandstatepark website. Parking fee is \$2.00 at the entrance. L Deborah Lepore (781-828-0572 Before 9 PM, DLepore2@GMail.com)

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(FT) (NM) (AN) Sat., Nov. 2. Annual Winter Hiking Workshop. Learn how much fun winter hiking can be at our annual workshop! Experienced SEM winter hike leaders will cover clothing, equipment, nutrition, and conditioning for safe and enjoyable winter hiking as a prelude for participating in our popular Winter Hiking

Series. The Series will start out with a local hike in December, then proceed to increasingly more challenging winter hikes in NH, culminating with an overnight trip to an AMC hut. L Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net), R Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net)

Sat., Nov. 2. SEM Annual Meeting & Dinner. Annual Meeting/ Dinner. Salernos, Onset. Elections, dinner, speaker, awards, raffles! RESERVE A TABLE NOW FOR YOU & YOUR SEM BUDDIES! L Cheryl Lathrop (chair@amcsem.org) L Maureen Kelly (vicechair@amcsem.org)

(FT) (NM) Thu., Nov. 7. Thurs Morn - Blue Hills Hike - Wolcott & Border Path. Meet at 10:00 a.m. parking lot on the left of the Trailside Museum for a 5 mile hike. Bring water, lunch, layers and sturdy footwear. L Catherine MacCurtain (781-848-9506 before 9:00 p.m., camaccurtain@aol.com)

(AN) (XCE) Sat., Nov. 9-10. WFA Training. The WFA course runs 8:30-4 Saturday and Sunday in Foxboro, MA. Optional CPR is available. SOLO has been engaged to provide the instruction. Pricing is as follows: \$145 AMC Member Price, \$170 for non-AMC members. Pricing includes lunch and break service both days. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save life in remote, life-threatening situations. Wilderness First

Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculo-skeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. L Len Ulbricht (lenu44@gmail.com), R Barry Farnsworth (bfarns99@yahoo.com)

Thu., Nov. 14. Borderland State Park Hike (Thurs). Meet at 10:00am for a 6 Mile hike/ snowshoe depending on conditions over a variety of trails. Bring: Water, snack and wear appropriate footwear. Rain or storm cancels. L Claire Braye (508-857-0320 Before 9 pm, cbraye57@comcast.net)

(CE) Sun., Nov. 24. Pre-Condition for Turkey Day!. Show and Go Blue Hills, 6 miles, some Skyline and some Massachusetts, Three miles of hilly terrain and three miles more level. Out by 9 AM and back before 1:00 PM. Meet at Trailhead for Skyline trail and Bugbee Path opposite State Police and Reservations Headquarters. Call Kathy with questions Cell 781-799-5351. L Kathleen Stanley (781-799-5351 Before 9:00 PM, kstanley@energy-advocates.com)

(FT) (NM) Thu., Dec. 5.

Thurs Morn - Blue Hills Hike - Ponkapoag Pond. Meet at 10:00 a.m. at the Ponkapoag Golf Course parking lot in Canton for a 5 mile hike. Bring water, lunch, layers and sturdy footwear. L Catherine MacCurtain (781-848-9506 before 9:00 p.m., camaccurtain@aol.com)

Thu., Jan. 23. Thursday Morn. hike Houghton's Pond. Meet at 10:00 for a 6 mile hike/snowshoe depending on conditions over a variety of trails. Bring: water, snack and wear appropriate footwear. L Claire Braye (508-857-0320, cbraye57@comcast.net)

net)

Thu., Feb. 13. Ponkapoag Pond Hike (Thurs.). Meet at 10:00am in Ponkapoag Golf Course Parking Lot for a 5 mile hike/snowshoe depending on conditions over a variety of trails. Bring: water, snack and wear appropriate footwear. L Claire Braye (508-857-0320, cbraye57@comcast.net)

SKIING

Looking for someone to take over the ski committee and plan

xc ski and downhill ski events in the winter. Contact the current ski chair at xcskichair@amcsem.org

Chapter Trips

Sat., Nov. 2. SEM Annual Meeting & Dinner. Annual Meeting/ Dinner. Salernos, Onset. Elections, dinner, speaker, awards, raffles. RESERVE A TABLE NOW FOR YOU & YOUR SEM BUDDIES! L Barbara Hathaway (xcskichair@amcsem.org)



NIKE REUSE-A-SHOE RECYCLING PROJECT

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

Drop off your old sneakers with any leader they will get them to the vice chair, Maureen Kelly, vicechair@amcsem.org.
Check out the website: www.nikereuseashoe.com

“Reunite With Old Friends and Make Some New Ones”

The Southeastern Massachusetts Chapter Of the Appalachian Mountain Club

Invites You to the

Annual Meeting

Followed by the

Annual Dinner

Saturday, November 2, 2013

Salerno's in Onset

4:30 pm - Registration and Happy Hour

5:30 pm - Annual Meeting - no charge

6:30 - pm Buffet Dinner - \$20 per person/\$30 after Oct. 19

Distinguished Service Award, Raffles, Other Awards, SEM Green Vests for Sale

Speaker: Gina Hurley

“A Dozen Life Lessons Outdoor Adventure Has Taught Me”

Bring your old sneakers to recycle - nikereuseashoe.com Bring your worn-out fleece to donate

Click [here](#) to register. Click [here](#) with questions.

All SEM members, potential members, spouses and friends are welcome



Trip at a Glance

Activity: Hiking
 Offered By: Southeastern MA
 Status: Open
 Location: Sandwich, MA,
 Massachusetts,
 Cape Cod, MA



Annual Winter Hiking Workshop

Saturday November 2

Learn how much fun winter hiking can be at our annual workshop! Experienced SEM winter hike leaders will cover clothing, equipment, nutrition, and conditioning for safe and enjoyable winter hiking. Registration is required for this activity. [More information >>](#)

Registrar: Paul Miller

hikingvicechair@amcsem.org

Leader: Paul Miller

hikingvicechair@amcsem.org

N F New members especially welcome and Great for first timers in activity area

SAVE THE DATES

Fall Gathering (all chapters)
 Oct. 18-20
 Annual Meeting & Dinner
 Nov. 2
 SEM WFA (Wilderness 1st Aid)
 11/9-11/10
 Hike Planning Meetings 6:30pm
 12/4/13, 3/5, 6/4, 9/3, 12/3
 Board Meetings 6:30pm
 10/9, 11/13
AMC 138th Annual Summit
 1/25/14
 SEM Intro to Winter Fun
 2/7-2/9/2014



Where to find activities (hikes, bikes, etc.)

1. The monthly **Breeze** - email
2. **AMC Outdoors magazine** - mail
3. [Online trip listings](#)
4. Sign-up for [short notice trips](#)

Pictures and Article Submissions

We encourage SEM members to submit articles and photos for both the Breeze and our website. Materials will be edited at the editor's discretion, send to breeze.editor@amcsem.org

Breeze Deadlines

Monthly on the 7th, trips; 15th articles/pix

Sign-up for the Breeze

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

Where to find Breeze Publications

Volunteers Wanted

Volunteer for the Executive Board. Do you have skill and want to see where you fit? Lead hikes bike, ski, snowshoe, x-country or paddle trips. We have volunteer positions open! Contact chair@amcsem.org

Want SEM activities delivered right to your email inbox? Sign up for AMC "digests". Access the Member Center from our home page (amcsem.org) or call 800-372-1758.

2013 Executive Board

Chapter Chair

Chair@amcsem.org
 Cheryl Lathrop, 508-668-4698

Vice Chapter Chair

vicechair@amcsem.org
 Maureen Kelly, 508-224-9188

Secretary

secretary@amcsem.org
 Karen Singleton, 508-730-7702

Treasurer

treasurer@amcsem.org
 Patty Rottmeier
 508-982-1099 (c), 508-228-4207 (h)

Past Chapter Chair

pastchapterchair@amcsem.org
 Jim Plouffe, 508-562-0051

Cycling/Biking

bikingchair@amcsem.org
 John Fortier, 508-982-1855

Cycling/Biking (Vice)

bikingvicechair@amcsem.org
 Joe Tavila

Cycling/Biking (Vice)

bikingvicechair@amcsem.org
 Cheryl Washwell

Canoe/Kayak

paddlingchair@amcsem.org
 George Wey, 781-789-8005

Canoe/Kayak (Vice)

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 Betty Hinkley, 508-241-4782

Cape Hiking

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 Farley Lewis, 508-775-9168

Cape Hiking (Vice)

capehikingvicechair@amcsem.org
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 Andrea Holden, 774-219-2426

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 Gina Hurley, 508-362-6573

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 Joanne Jarzobski, 508-775-7425

Chapter Youth Program (CYP)

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 Sally Delisa, 781-834-6851

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 Len Ulbricht, 508-359-2250

Education (Vice)

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 Barry Farnsworth, 508-272-1522

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hikingchair@amcsem.org
 Walt Granda, 508-971-6444

Hiking (Vice)

hikingvicechair@amcsem.org
 Paul Miller, 508-369-4151

Membership

membershipchair@amcsem.org
 Ed Miller, 774-222-0104
 5-9pm, no calls after 9pm please

XC Ski

xcskichair@amcsem.org
 Barbara Hathaway, 508-880-7266

Trails

trailschair@amcsem.org
 Lou Sikorsky, 508-678-3984

Trails (Vice)

trailsvicechair@amcsem.org
 Wayne Anderson, 508-697-5289

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socialchair@amcsem.org
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socialvicechair@amcsem.org
 Ellen Correia

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familyeventschair@amcsem.org
 Chris Pellegrini, 508-233-9203

Family Events Chair

familyeventsvicechair@amcsem.org
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 Andrea Holden, 774-219-2426

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blast.editor@amcsem.org
 Andrea Holden, 774-219-2426

Volunteer with us!

Contact chair@amcsem.org



View from the Chair

By Cheryl Lathrop



First the “Annual Meeting” where we elect our SEM chapter officers for 2014. You needn’t pay for, nor attend, the annual dinner to vote. Just come to the meeting!

Then Happy Hour followed by a yummy buffet dinner with something for everyone. An interesting speaker—one of our own SEM members! All mixed in with door prizes and raffles. Bring your old sneakers and your old fleece as we’ll be collecting for charity.

So, catch up with all your old SEM buddies! Meet our new members! Reserve your spot now!

Cheryl Lathrop

Chapter Chair

Got something to say? Got a good idea? Want to volunteer?
Feel free to contact me anytime about anything! chair@amcsem.org



As always, feel free to contact your chapter chair, or vice chapter chair at any time.

Chapter Chair: Cheryl Lathrop (chair@amcsem.org) ~ Vice Chapter Chair: Maureen Kelly (vicechair@amcsem.org)

GET INVOLVED

Be a volunteer and reap the rewards

Like to ski? Want to see more ski trips?

Our Ski Committee needs a Vice Ski Chair to work with our Ski Chair to help to plan ski events, both downhill and cross-country. Contact xcskichair@amcsem.org for more information.

Are you a detail person, long-time chapter member & former board member?

We're forming a committee to update our chapter Bylaws and Operating Rules. See our current [Bylaws and Operating Rules](#) at the bottom of the webpage. Contact your Chapter Chair at chair@amcsem.org.

Like to work with groups of children? Want to share your outdoor knowledge with the next generation?

Our Chapter Youth Program (CYP) is looking for a leader. A typical CYP might include a local walk with some nature lesson or trail game. Contact Sally Delisa cypcoordinator@amcsem.org

If you'd like to give back to your SEM chapter, we'll find something small for you to do to get started. Contact the Chapter Chair at chair@amcsem.org and we'll match up your interests and capabilities with our needs.



REUNITED

AMC SEM HELPS REUNITE 30 YEAR OLD FRIENDSHIP

"Sam" Ruth Janke
North Region
&
Louise Riemenschneider Foster
Southeastern MA

Photo taken on the summit of Luxmore on the Kepler Track in New Zealand in 2010 during an AMC Adventure Travel Trip Led by "Sam" Ruth Jamke; in red. Louise is not pictured. Provided by "Sam" Ruth Jamke

Wilderness First Aid Training

The fall SEM offering of WFA (Woofer as some call it) will be held November 9 & 10, 2013 at the Chapel Meeting House in Foxboro, MA. It is taught by a professional instructor from SOLO schools.

The WFA course runs 8-4 that Saturday and Sunday. CPR follows the Saturday session. Pricing is as follows: \$145 AMC Member Price, \$170 for non-AMC members. CPR is optional for additional \$35. This course covers back woods first aid for

those hikers who want to be prepared should a medical situation arise when they are in a remote area far from a quick 911 EMT response. Whether one is hiking up north or out west, camping or backpacking away from populated areas, biking distant routes, paddling the hinterlands or backcountry skiing, accidents do happen and adverse health conditions do arise. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, ani-

mal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. WFA prepares you to treat and stabilize victims until professional help arrives, which could take many hours and perhaps overnight. If you venture into remote areas, whether or not you are an AMC trip leader, WFA will give you confidence you can handle that unexpected situation we all hope will never occur.

To register or for further information, contact Barry Farnsworth, Education Vice Chairperson, at educationvicechair@amcsem.org

Jim Casey; I'm an official Red Liner now, I have a PATCH~!!



My RLBH Patch

It was August 25, 2013 at 7:15pm when I walked the last trail to complete my Red Lining of the Blue Hills. It took just under two years, but I managed to hike every trail, just

over 120 miles of them, in the Blue Hills Reservation with the help of my AMC friends.

I joined the Thursday night Red Liners back in early 2011. First thing I needed to do was print out the oversized Blue Hills Reservation map so I could track each trail, then I was off; up to Great Blue for a spectacular view from the tower overlooking Boston, then over to Buck Hill (and yes, I saw a buck there, so it's an appropriate name), next we headed through the Great Swamp, then to Rattle Snake Hill, then out to Chickatawbut Tower, around Houghton's Pond, over to Tucker Hill, mile after mile I began to highlight the trails with my red marker (Red Lining~!).

Each Thursday night our AMC group met at different



This little fella was only about 6 inches long, but he was feisty

locations around the Blue Hills Reservation and headed off for roughly two hours of hiking the scenic reser-

vation. I was amazed at how big and diverse the Blue Hills is. We ran into deer, hawks, snakes, turtles, frogs, Great Blue Heron and much more.

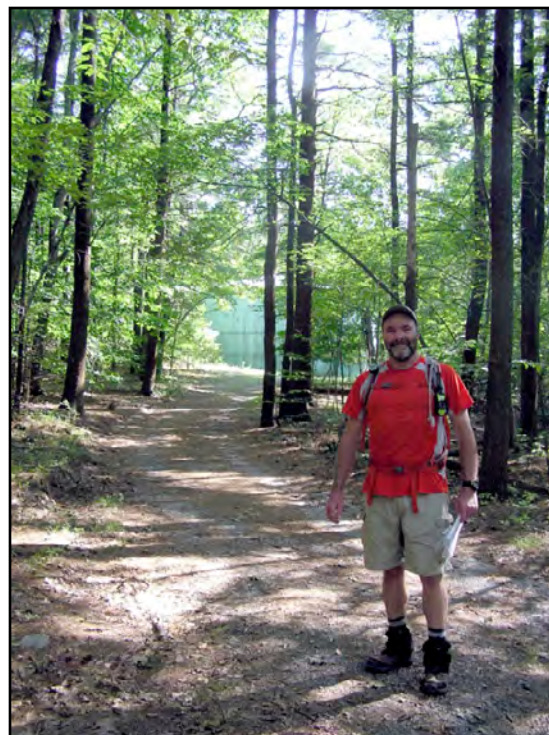
We also ran into several lost hikers. In fact, one time when I was leading a hike, we ran into some hikers who got separated from their group and couldn't figure out how to get back to their car. It was approaching dusk, and they had no map or headlamp. We headed them in the right direction, pointing them to a main trail so they could safely hike back.

I love to hike and enjoy hiking with others – especially telling stories and just having a lot fun in the process. The RLBH series was right up my alley; rain or shine, we hiked each Thursday night through the reservation on a pre-planned set of trails. On more than one occasion, we arrived back at our vehicles with headlamps lighting the way.

I met a bunch of great people, had a ton of laughs and actually accomplished a goal. (My mom was so proud, I had finally accomplished a goal and it only took me 51 years.)

Special thanks to the RLBH Hike leaders; Maureen Kelley, Joe Keogh, M i c h a e l Swartz, and all the Red Liners for helping me achieve this incredibly fun goal.

Now I'm getting ready to White Line the Blue Hills....yes, I'm going to hike every trail during Winter~!!



My last trail to the Water Tank above the Trailside Museum

Cathy MacCurtain My journey began.....



My journey began in April 2012 when I joined the conditioning hikes lead by Ken Jones. I had been recently laid off and was trying to keep busy while looking for employment. After each hike I would highlight the trails I had hiked. I continued hiking the Blue Hills and surrounding areas with the DCR and the AMC.

In April 2013, I again joined the Tuesday morning conditioning hikes. After speaking with other hikers in the group, I learned about the redline group and was intrigued by the idea of hiking all the trails in the Blue Hills. Having completed some of the trails already, I began redlining in April with the goal of finishing by the end of September.

Upon realizing how challenging my goal was, I continued to hike on Tuesday mornings when the conditioning hikes ended, and also on the weekends. After each Thursday night hike I was more motivated to conquer the Blue Hills and was hiking whenever I had the time. When I was going to hike a remote section, I would ask a co-hiker or friend to accompany me. My husband hiked with me on weekends.

I finished my last section of trails on Saturday September 7. It was a rewarding experience as it allowed me to meet so many great people along the trails. Thanks to everyone that helped me!



The Appalachian Mountain Club's **138th Annual Summit** Saturday, January 25, 2014

Four Points by Sheraton Norwood Hotel & Conference Center

You can find additional information about the Annual Summit, including meeting schedules, workshops and information on our evening speaker, Kristen Kelliher [visit >>](#)

Photos courtesy of Jean Orser



Could not have asked for a better day. Arrived at Pamet Harbor and yes there was a \$6 fee but we were welcomed by the Assistant Harbor Master who even helped some carry their kayak down the wooden stairs to the launch.

After lunch, and Jean's brownies for all, we paddled east up the Pamet River to "Truro Center" before returning with the outgoing tide to the launch site. However, perhaps a first for an AMC paddle, on the return trip we ran into a Boston Whaler with an outboard that had quit, so they threw a line to Gary Robinson who

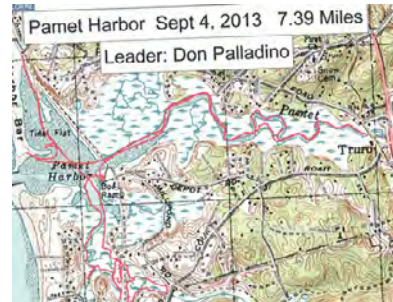


We launched an hour before high tide and unlike previous trips this time paddled south from the harbor into the marsh. Since the tide was coming in there was ample water to paddle all the way to Mill Pond Road and explore the entire tidal marsh before returning to the harbor and proceeding north on the Little Pamet River toward

Pamet River Truro

September 3, 2013

pulling the Whaler with three on board safely back to the harbor. Jean has photos of this noteworthy event - AMC Public



Service Award perhaps? Well done Gary. We were welcomed back to the harbor by the Harbor Master who has quite a story of his own about his service in

WW II to tell. We stopped at precisely noon on the protected side of the Harbor Bar for lunch.

WW II to tell.

Saw little wildlife, a few herons and gulls, and overall an enjoyable 7.5 mile paddle. Next year we'll have to bone up on the history of the area, or perhaps paddle the upper Pamet.



Paddlers: Jean Orser, Paul Corriveau, Vicki Blair-Smith, Gary Robinson, Don Palladino (Leader), Louise Foster, Ed Foster, Pat Carden, Bob Zani

PADDLE TRIP REPORT - Hingham Bay/Weir River

September 7, 2013

By George Wey

Paddlers: Vicki Blair-Smith and George Wey

It was another great day for a paddle. We launched at the usual time 10:30 and crossed Hingham Harbor to the Trustee's Reservation. Paddled along the shore then around Worlds End and down the Weir River. At the Straits Pond sluice gate we turned around and headed back up river stopping at Trustee's Reservation for lunch.

Many years ago I was involved in the re-construction of Nantasket pier in Hull, so after lunch we decided to paddle over and check the condition of the pier after those many years. It appeared to be still in good condition.

Heading back we encountered a southwesterly breeze after rounding Worlds End. Paddled by the four Hingham Harbor Islands keeping Langlee, Sarah & button on our left and Ragged on our right. Reached the put-In at approximately 3:00 after a 11 mile paddle.



PADDLE TRIP REPORT - Mashpee Wakeby Ponds

September 11, 2013

By Ed Foster

Paddlers: Ed Foster - Leader, Vicki blair-Smithm, Bill Fischer, Gary Robinson, Bob Zani

We set off planning to do a counter-clockwise loop around the ponds. We'd be exposed to the wind going north but it would be at our backs and returning south we'd be protected by the western shore. By the time we got to the narrows between Mashpee and Wakeby we figured the wind was mild enough that we could go up the western shore of Wakeby Pond, making a figure 8 and putting on a little more mileage before the lunch stop. Even so we got to the beach at Conaumet Cove a little early. After lunch we continued our journey hugging the shore back to the put in. We arrived just as about half a dozen power boaters were arriving to launch or pull their boats. It took a while for the congestion to ease but the ramp finally cleared enough to let us bring our cars down, load up our boats, and depart. 7.5 very pleasant miles.



Mount Rainier from Van Trump Park, Mt. Rainier National Park.

August Camp 2014

Experience Van Trump Park, Mt. Rainier National Park and Mount St. Helens with AMC's August Camp, July 19 to Aug. 16, 2014.

Come for one or two weeks, starting any Saturday. It's a full service summer camp for grown-ups, with hikes at all levels every day! Detail-savailable in December at www.augustcamp.org.

Questions?

Contact Sam Jamke, 472-2536 before 8 pm or regionaldirectornh@amc-nh.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. Preview the waiver at: <http://amcsem.org/documents.html>

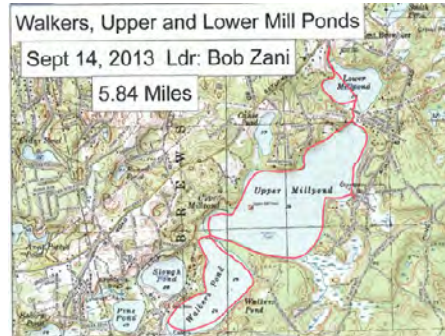
Walker, Upper and Lower Miller Ponds

September 14, 2013

By Bob Zani

Paddlers: Bob Zani Leader, Paul Corriveau, Jean Orser, Margot Fitsch, Joanne Snyder, Betty Hinkley, Annmarie Gavin, Steve Gavin, Bill Fischer

Great day for a paddle which turned out to be 5.8 miles on Walkers, Upper and Lower Mill Ponds. Launched from the Punkhorn because of a very intimidating \$30.00 sign at the Slough Road put in. Margot indicated that it was inactive after Labor Day but the sign didn't say so, so the decision was made to relocate.



Photos courtesy of Jean Orser



Herring River

September 18, 2013

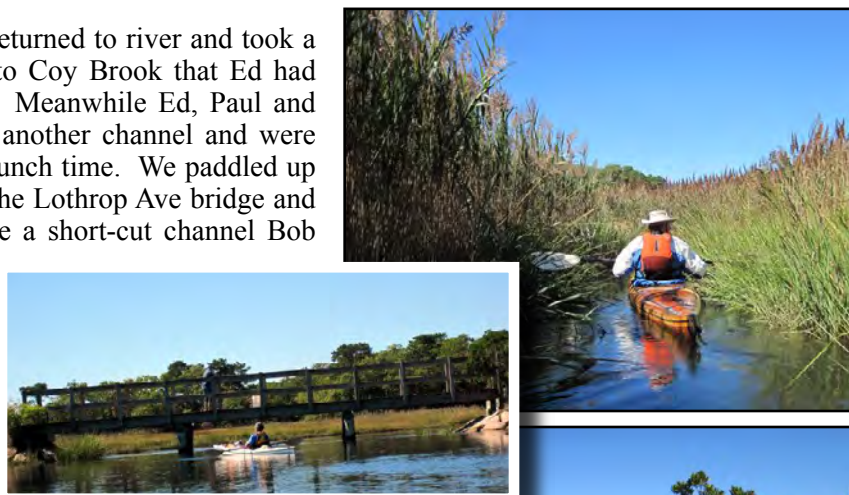
By Jean Orser

Paddlers: Jean Orser, L, Paul Corriveau, CL, Bill Fischer, Bob Zani, Margot Fitsch, Gary Robinson, Ed Foster, Louise Foster

A perfect day for paddling the Herring River with a Boston high tide at 11 am of 10.8 ft and 5 mph southwest wind; so marsh was filled with very calm water. We started up short-cut to Coy Brook and felt there was water was too high to go under the bridge

so most of us returned to river and took a new short-cut to Coy Brook that Ed had recommended. Meanwhile Ed, Paul and Gary explored another channel and were not seen until lunch time. We paddled up Coy Brook to the Lothrop Ave bridge and returned to take a short-cut channel Bob found to the East Reservoir which we circumnavigated

Photos courtesy of Jean Orser



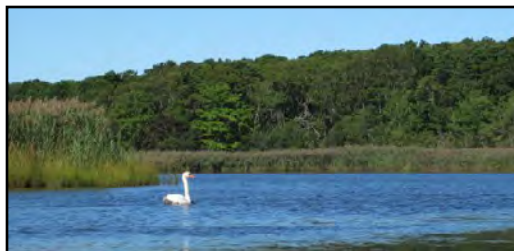
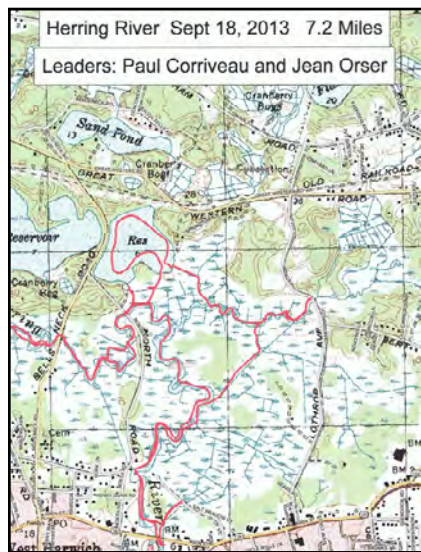
Herring Cont'd



Herring Cont'd

keeping our distance from the 2 swans. We took channel to the right of our entrance and paddled on the Herring River to the North Road Footbridge where we had lunch and regrouped with the explorers and exchange our adventures. After lunch we continued on the river to the West Reservoir where we viewed the Herring Run. Along the way we passed bright scarlet tupelos and a plant with pink flower clusters which Nancy Wigley says is salt marsh fleabane which

has "a faint odor of camphor, a known flea repellent, hence the name fleabane" from page 160 of "Trailside Treasures" by Nancy Wigley. Wildlife seen included osprey, great blue herons, a hawk, swans and several jelly fish. Mileage for the main group was 7.2 and the explorers had another mile or so. Thanks to Bob for all his help with his map and gps.



Mashpee River

September 21, 2013

By Nancy Wiggley

Photo Courtesy Margot Fitsch

Paddlers: Nancy Wiggley (L), George Wey, Ray Buchan, Margot Fitsch, Steve and Annmarie Gavin, Joyce Keay, Pat Carden, Pat and Bob Sarantis, Peter Meggison and Ken Burnes

Twelve kayakers enjoyed the last day of summer under excellent conditions while on the AMC Mashpee River trip on Saturday, September 21, 2013. We launched at 10:30 a.m. from the Town landing onto Ockway Bay (free parking after Labor Day) and with a tail wind went past Gooseberry Island and up the beautiful Mashpee River with its wooded conservation lands on both sides. The theme of the trip was to view the wetland wildflowers which grow in abundance and bloom at this time of year along the edges of the river especially in the section near Route 28. Flowers seen were: Cat-tails, red Cardinal flowers, blue Forget-me-nots, the mauve-color blossoms of Joe Pyeweed, Climbing hempweed, the

rare Burr-marigolds (yellow blossoms), Salt marsh fleabane with its clusters of pink blossoms and fragrance of camphor, golden Jewelweed reputed for being the natural antidote for poison ivy, etc. as well as ribbons of green aquatic plants undulating in the current of the shallows. The population of wild rice which has been seen in years past has proliferated substantially. Birds seen were: Great Blue Heron, Little Green Her-



Ockway Bay TL



Hidden cove

Cont'd Mashpee

on, flock of Red-wing Blackbirds, Kingfishers, an adolescent Swan, Cormorants, five Mallard ducks, and a large group of Canada Geese. We stopped for lunch just south of Canaway Cove on a high point of land which afforded spectacular views of

the river in both directions. After lunch we explored Canaway Cove. "It is here that there is an old wooden aqueduct, a ghost of days when it carried water west from the river to the cranberry bogs. Canaway Cove marks the farthest reach of the sea's salt water where it meets the freshwater flowing south from Mashpee/Wakeby Ponds.

The Mashpee River, famous for its "salters" or sea-run brook trout, once drew statesman-fishermen such as Daniel Webster and President Grover Cleveland." The return trip had us back by 2 p.m. where we noted the rising astronomically high moon tide (11.1 ft.)which now covered much of the launching ramp.



Exploring after lunch



Climbing the hill to have lunch

My sincere appreciation to the following people (listed in order from the sign-in sheet) for joining me to see the wildflowers best viewed as we did from the water. Your company and camaraderie made for a memorable trip. Special thanks to Margot Fitsch who has provided the photos for your enjoyment.



Pat Carden



Wild Rice



Cardinal Lobelia



Burr Marigolds



Lucia lives in Montreal. About 15 years ago there was a pretty girl sitting on an overturned dinghy reading a book. When she saw all the AMC canoes she said she wished she could go, so Libby offered her

Lucia; a long lasting friendship

the seat in Max's bow. But Max offered to come back the next day instead and take her down Swan River. She had a wonderful time and all including swimming from his canoe.

She was staying with an aunt by Swan Pond, but a few years ago the aunt died, so she has a friend in Brewster where she now stays for a week.

Until a couple years ago Max took her paddling or flying. Last year they spent the day

in Provincetown, but this year they explored all around Rock Harbor, and they went out to eat at Seafood Sams. Usually they go out to eat or he cooks for her here, like scallop casserole or baked stuffed lobster. Max used to take her to the Pilot's Breakfast where they all love her.

Lucia was a model, and her daughter is an actress in Canada. Another former Canadian friend, a neighbor, is Trixie shown on left with Lucia.



Photo Courtesy of Ed Foster

Barnstable Harbor Western Creeks

By Ed Foster

Paddlers: Ed Foster - leader, Paul Corriveau, Bill Fischer, Louise Foster, Betty Hinkley, Jean Orser

Autumn is particularly lovely in the Great Marshes of Barnstable Harbor with the marsh grasses showing beautiful golden hues. However when trying to navigate through narrow creeks and drainage ditches those grasses can pose problems. More about that later.

We set off north across the harbor toward Wells Creek. The entrance to Wells Creek is very difficult to see until you're practically on top of it but previous paddles had shown us what landmark to aim for so we got to it with no difficulty, especially with the wind at our backs. We paddled up Wells Creek as far as we could go while leaving enough room to turn around and not have to back paddle out. Instead of going all the way back to the entrance we took a previously discovered "short cut" through the

marsh. Alas, we found ourselves blocked by tall marsh grass and couldn't see where the route was. Frustrated we backtracked to Wells Creek and took another path through the marsh a little further east. When we emerged into Barnstable Harbor we encountered a 15 MPH wind right in our faces. Deciding that eating lunch under those conditions would not be pleasant we decided to cross the harbor and hope that the south side would provide some protection from the wind.

Once across the harbor we couldn't find any dry land to use as a lunch spot. We were also half a mile east of the Bridge Creek, which was our goal. It was a relatively calm paddle to Bridge Creek but once in the creek we again got periods of gusty winds. Again our goal was to use the man made drainage ditches to get from Bridge Creek to Brickyard Creek and once again the marsh grasses blocked/hid the route. Since by now we were really hungry we found a relative high point (which was still under a couple inches of water), and pulled out to have lunch.

The boats provided a dry place to sit but a few paddlers ate standing up.

After lunch we made one last attempt at finding a route to Brickyard Creek and this time were successful . . . sort of. Now the high tide mostly flooded the marsh and made it difficult to find the channel (it turned out we crossed it twice without seeing it). We finally stumbled onto a channel that led us to Brickyard Creek and from then on the trip back to the put-in was uneventful. We did a total of 11.7 miles on what should have been closer to a 9 mile trip. This is a much easier trip in the spring (see the 27 April trip report) because the grasses aren't high enough to hide the channels but the marsh is SO much prettier in the fall. Maybe by next year I'll have it perfected.



Waquoit Bay

September 25, 2013

By **Bill Fischer**

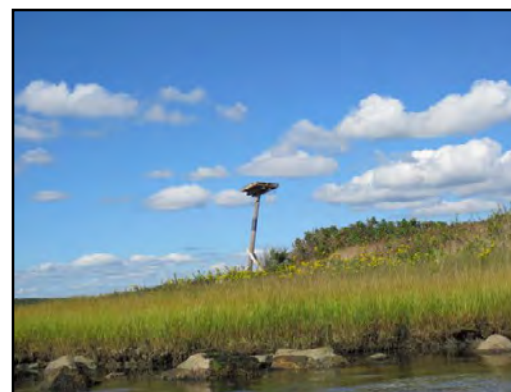
Photos Courtesy **Jean Orser**

Paddlers: Bill Fischer - George Wey - Jean Orser- Paul Corriveau - Louise Foster - Ed Foster

The conditions for a early fall paddle were near perfect today on Waquoit Bay. It is truly a wonderful place to paddle with many options regarding where to go and how long to paddle. We went Down the Childs River and turned left onto the Sea Pit River . We then paddled across Waquoit Bay with a lite breeze coming over our left shoulder. I was worried there would be enough water to make it thru the culvert under Meadow Neck Road but as it turned out there was plenty. We then moved into Hamblin Pond and down Little River back to Waquoit Bay.

We paddled across the Bay with the slight wind now coming over our right

shoulder. We made it to Washburn Island just after noon and stopped at lovely beach for a private lunch. Washburn Island is a true gem on Cape Cod. Well worth the paddle for anyone who enjoys beach, water and sun. After lunch 5 Paddlers went South to Tim's Pond and to the Portage over to the Childs River. One Paddler went North up Waquoit Bay and the Sea Pit River back to the put-in. We all made it back to the put-in around 2pm. 7+ miles of wonderful paddling.



WANTED - SKI COMMITTEE LEAD

Looking for someone to take over the ski committee and plan xc ski & downhill ski events in the winter.

Contact the current ski chair at xcskichair@amcsem.org

Take A Long Hike



By Ray Anderson

Hello fellow hikers. Hiking in the rain happens all

the time. You get used to it. Getting wet is one thing; sleeping in dampness is another. Anyone who's slept in a damp sleeping bag will tell you of their misery on a cold night.

You may know of hikers who quit their thru-hike because they got tired of dealing with rain. I saw it happen during the usual rainy spring on the A.T. and on Vermont's Long Trail during a weeks-long stretch of downpours. Hikers complained of damp sleeping bags and wet clothes that couldn't dry. These hikers didn't sleep comfortably.

A simple, fool-proof way to seal a sleeping bag from rain and dampness, is to wrap it in the ubiquitous green trash bag before putting it in your backpack.

This, more than anything, keeps my bag dry. Always. I also store "for sleeping only" a dry t-shirt and underpants in the sleeping bag.

When I wake in the morning, I remove this underwear and place it in a plastic baggie, which I then put back in my sleeping bag. I can handle hiking in wet

clothes because I will become warm with movement and after food. But I never sleep wet or damp. In the picture with the unrolled bag, I've placed the trash bag on the left and my sleep underwear on

the bottom of the bag. The other picture shows everything rolled up in the trash bag except for the original sleeping bag sack, which stays home.

Give yourself a well-deserved night's sleep after hiking all day in rain. Keep your bag protected; sleep in dry underwear.

Ray's Hiking Blog: [www. TakeALongHike.com](http://www.TakeALongHike.com)

HIKING TIP:

Wrap your sleeping bag; keep a separate set of underwear only for sleeping.



~ Congratulations ~

KAREN SINGLETON

48th 4000 Footer

On Sunday September 15th Karen Singleton completed 48 mountains in New Hampshire Over 4,000 feet!



Little River - Big Challenge

By Peggy Qvicklund

The trip was planned for Memorial Day Weekend. Karen would complete her 48th 4000 footer with fellow AMC members/friends and her brother who flew in from Idaho to be part of the celebration.

Now, think back to that weekend.

Rain predictions, cold temperatures, even forecasts of snow. Was this really late May? Yes, this is New England!

The group drove to the trailhead, then headed up North Twin trail, but met raging waters early on. Safety comes first, and they were forced to abandon their plans to reach North Twin Mt. (In fact, the AMC had issued a closure of Galehead Hut, urging all AMC groups to cancel their hikes.)

Coordinating another trip, Lesley and Maureen booked Galehead Hut again, this time Sept 14th. Despite good weather forecasts, the clouds were heavy over the Twins, making for misty hiking conditions. As we

followed the unofficial bushwhack trail alongside Little River, we met many hikers who had reached the crossing point, but turned around. "Too much water". "Not worth trying". But Karen was on a mission, and we had to follow her! Some shimmied over the log, some took off boots and waded, but we all got across the cold, rushing water safely.

By 2pm, we had reached North Twin summit, and, in the fog, we celebrated Karen's achievement with hoots and hollers and of course champagne!

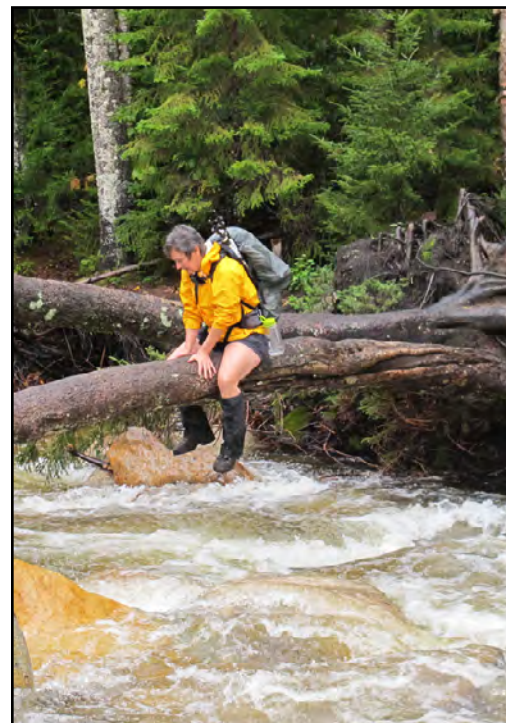
On to South Twin and finally Galehead Hut where we continued to celebrate her accomplishment.

The turkey dinner served by the croo was a perfect ending to the big day.

Sunday morning brought cloudless skies and we watched the sun rise slowly over the mountain tops, warming us in the 39 degree temperatures of early morning.

A quick hike up Galehead Mt after breakfast then down a very muddy Gale River Trail to our cars.

Congratulations to Karen - you are an inspiration to us all!



Who Are you?

Paul Carrier ~ cyclist/leader

How long have you been involved in cycling?

60+ years – ever since I was big enough to get on a two-wheeler. I've only been involved in serious cycling since moving to the cape in 1998 and meeting up with some AMC riders who most graciously taught me about riding.

How long have you been an AMC member?

Since 4/17/98 – I was kayaking in Barnstable Harbor alone and met up with a group of AMC paddlers. I joined AMC a week or so later. I've been paddling, cycling, and hiking with our chapter since then.

How long have you been a trip leader?

10 years or so. I lead about 65 rides a year:

- Tuesday afternoon/evening rides all year long
- New Year's Day ride
- Sunset/full moon rides all year long
- First day of spring, Last day of summer, Last day of autumn rides. I'll probably add the first day of summer next year.

What do you enjoy about being a trip leader?

Showing riders what great places for riding we have in our chapter territory. The biggest reward is sharing places I have found with folks who have been here far longer than are and I unaware of these out of the way spots. The current byline for my Tuesday rides is: "Rides include views of & occasional stops at known & lesser known unique & interesting spots".

It is rewarding to receive gratitude and to be thanked for my rides and to know that our chapter chairs and vice-chairs appreciate my efforts.



Brought to you by Gina Hurley ~ Comms Vice Chair ~ commsvicechair@amcsem.org ~ suggest a member

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

Stop procrastinating – get out there with our leaders and make your intentions known; co-lead rides at first; then plan and co-lead rides. Visit our [website](#) – read our [publications](#) about cycling and [leadership](#).

What/where are some of your favorite cycling rides/trips?

Skaket Beach, Orleans to Audubon in Wellfleet • Wellfleet or Truro to Provincetown • Shores and necks of Monument Beach, Pocasset, and Cataumet • Sagamore or Wareham to Plymouth • Falmouth to Woods Hole • South Coast: Rochester/Marion/Mattapoisett/Lakeville/Middleboro/ Westport/Horseneck Beach South Shore: Hull, Hingham, Cohasset, Scituate • Craigville/Hyannisport • Martha's Vineyard • The mainland (sunny) side of the canal in mid-morning/early afternoon in the winter.

8. Where would you like to ride that you have not been yet (your dream ride)?

I have no dreams of conquering Mt. Washington on my trusty old Trek! Perhaps the North Shore – Gloucester/Rockport area; coast of Maine; Prince Edward Island.

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

Visit the Massbike website www.massbike.org Ride for safety and pleasure. Stay on the right side of the road. Get and use a mirror. Use hand signals. Dress in bright clothing. Ride safely - get used to your bicycle in traffic-free areas. Watch what your fellow, more experienced riders are doing and ask them questions; ignore them if they ride in the middle of the street!

There are many bikes out there. What factors should one consider when selecting/buying a bike?

Visit bike shops – the folks in the shop should assess your skill level and address your cycling needs. They should ask you many questions before recommending a type of bike – road, hybrid, mountain, and the levels of each category. The type of bike and a bike matching your riding intentions is far more important than a specific brand name.

Ask your fellow riders to refer you to a bike shop.

Visit and assess your local shop – it is nice to have a shop close by.



By Paul Miller
SEM Vice Hiking
Chair

“You like to do what?”

“Are you out of your mind?”

These are the reactions I usually get when I tell my (non-hiking) friends and family members that - as enjoyable as spring and fall hiking may be -- I like winter hiking the best.

Even my own sister, who has hiked extensively throughout New England, California, and more recently on the big mountains of the Pacific Northwest, thinks I have a screw loose for hiking in New Hampshire in the winter. After all, NH in the winter is notorious for its bitterly cold temperatures, deep snow, and high winds above treeline, right?

And while it's very possible that I do have a screw loose, I can still create a more-or-less rational argument for why winter is the best time to hike...even up in NH. And that's an opinion shared by many other SEM winter hikers. As we stress at our annual Winter Hiking Workshop (designed to prepare new winter hikers for the SEM's popular Winter Hiking Series) safe and enjoyable winter hiking requires the appropriate clothing and footwear; the right winter hiking gear; proper hydration, nutrition, and conditioning; adequate knowledge; mindful trip selection; a sharp eye to the weather; and a

general surfeit of caution.

That said; here's my personal “top ten list” of the reasons why I think winter hiking is the best:

#10 - Gives me a chance to use my snowshoes, crampons, microspikes, and other cool winter gear

#9 - It's easy to spot animal tracks in the snow

Ten Reasons Why I Love Winter Hiking



Several hearty SEMers on the summit of Mt. Pierce in February 2013; Alan, Paul, Kim, Kat, Leslie. The cold, crisp air made the views even better! Photo by Ken Carson

#8 - The trails are less crowded

#7 - Excellent camaraderie

#6 - Generally better views (no leaves on the trees to get in the way)

#5 - The snow muffles sounds - making it quieter in the woods

#4 - No bugs

#3 - No humidity (usually)

#2 - The trails are generally

smoother and easier to negotiate (with snowshoes) because those darn, ankle-twisting rocks are buried under several feet of snow

#1 - The snow-draped landscapes often resemble an awe-provoking fantasyland

Of course, you're entitled to create your own top-ten list; but not until you've actually given winter hiking a try. If you're interested,

a good first step would be to join us for our free annual Winter Hiking Workshop in Sandwich, MA on November 2nd from 1:00 to

4:00 pm (before the SEM Annual Meeting and Dinner in nearby Bourne...). *Please note that Winter Hiking Workshop participation is required for new winter hikers who wish to participate in the upcoming SEM Winter Hiking Series.*

As usually, this year's winter series will start with an introductory winter hike in the Blue Hills early in December. This usually provides an opportunity to practice hiking with a full winter pack while wearing your snazzy new winter clothing and footwear (last year, we even had some light snow!). We'll follow this with progressively more challenging hikes up in New Hampshire, including a trip to beautiful Mt. Monadnock in January; Mt. Pierce, a 4,000 footer in the Presidential Range in February; and a fun overnight trip to the AMC Lonesome Lake Hut early in March. While the

AMC SEM Chapter
**Hiking Series
Schedule**

Nov. 2, 2013
Winter Hiking Workshop
Sandwich, MA

Dec. 7, 2013
Winter Hike #1
Blue Hills

Jan. 4, 2014
Winter Hike #2
Mt. Monadnock

Feb. 1, 2014
Winter Hike #3
Mt. Pierce

Feb. 28-March 2
Winter Hike #4
Lonesome Lake Hut
overnight trip

Registration required for all activities
and workshop participation required
for new winter hikers

hike into Lonesome Lake is a relative breeze, we'll offer a choice of more challenging day hikes from there, possibly including a hike up the Fishin' Jimmy Trail to near-by Kinsman Pond and North Kinsman Mountain, and/or one up to the summit of majestic Cannon Mountain.

If you'd like to register for the Winter Hiking Workshop, please contact me (Paul Miller) at paulallenmiller@verizon.net, or if you don't have e-mail, give me a call at 508-369-4151 (before 9:00 pm please...). And check out the [Breeze](#) and the [AMC online trip listing](#) system for details on this year's SEM winter hikes.

RLBH Thursday NIGHT HIKERS



Twenty-one of the RLBH Thursday Night hikers gathered at the Olive Garden in Stoughton for a wind-up dinner to the 2013 series.

Lots of great food, beverage and lively conversation made for a fun gathering.

The Leadership Team of the series, Joe Keogh, Maureen Kelly, Michael Swartz, Jim Casey & Nancy Coote, thanked everyone for their participation & enthusiasm.

Bill Doherty was acknowledged for having the best attendance this year.



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

CYCLING



This is a great time of year to get out on that bike.

[Tuesday evening Cape ride.](#)

[Sunset/Full Harvest Moon cycling](#) on Friday, 10/18

[Cycling Wellfleet Oysterfest](#) on Saturday 10/19

RIDE LEADERS WANTED.

Because we have a short notice list you could maybe plan a ride or two in your area. We cover a lot of terrain and some very beautiful areas.

Coordinating a biking committee, interested? Contact bikingchair@amcsem.org

Want to sell your stuff?
Send to commschair@amcsem.org with details.



Kayak Hurricane, white 14', tandem, brand new seats, has been garaged in order to get seats from factory (old ones rusted), easy to steer, dry storage with sealed cover, can be driven by one person too. Only used one summer. **Asking \$800**, Rona ronarobinson@hotmail.com 508-364-0568. Includes yellow seat cover to protect inside of the kayak.

Men's Mavic Cycling Shirt, Medium. Worn once and washed. **Asking \$30**. Sue Salmon at sfranc321@gmail.com



<actual item >

Men's Conquest Boots, size 7. Very warm and comfortable but not a good fit for a woman's foot. **\$60 or Best Offer** Sue Salmon at atsfranc321@gmail.com



<actual item >

(2) 2012 14.5 FT Wilderness Systems Tsunami Kayaks (1) RED, (1) Orange, both Poly construction Upgraded seats that are adjustable padded with Rudder systems, barely used. **Both for 2,000 or separate for 1,000** Email Rich Sunbird20@comcast.net Attleboro, MA



Annual Celebration
Thursday, October 10, from
7-9 p.m. - Fuller Village, 1372
Brush Hill Road, Milton

Please join us at our [Annual Celebration!](#) We will have heavy hors d'oeuvres, a silent auction, music, cash bar and much more! Tickets are \$35 in advance (\$40 at the door).

Mr. Jack Murray, the newly appointed Commissioner of the Department of Conservation and Recreation, will be our keynote speaker. We will also be presenting our Community Partners Award to three individuals and organizations who have had a big impact on the Blue Hills Reservation this year.

Please also consider becoming a sponsor of our Annual Celebration or donating an item to our Silent Auction.

Word Search - Hiking

Q P V G L X N F A W X K A E P
W O A I F J N H S I X Y Z W W
A A A M I N I L X C S A Z K P
U R T S K C A N S K N K C A Q
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BOOTS
CAIRNS
COMPASS
GORETEX
MAP
PACK
PEAK
POLES
SNACKS
SUMMIT
TRAIL
WATER
WICKING

Provided by Gina Hurley - Communications
Vice Chair commsvicechair@amcsem.org

Connecticut Chapter - "AT Day, 2013"

Saturday, Oct 19

Each year, on "AT Day", we celebrate our good fortune in having over 50 miles of the Appalachian Trail, or "AT", in Connecticut. "AT Day" has become the chapter's biggest annual event and a great opportunity to enjoy fall color. .

We have a long list of [activities to choose](#) from.

We have a series of hikes, which together, cover the entire length of the Connecticut section of the AT with additional hikes in Macedonia Brook State Park, near Kent, through which the AT once went. We also have a bike ride, three trail work parties, and even a chance to learn how to rock climb.

Join us at our Grand BBQ from 3:00pm, \$6 for BBQ or earlier if people turn up before, until sunset at Macedonia Brook State Park. BBQ is rain or shine. *Directions: Take Route 341 for 3 miles west from Kent to Macedonia Brook Road and follow north to the park entrance. Continue on the park road to the pavilion on the right.*

ACTIVITIES

SOUTHEASTERN MASSACHUSETTS ANNOUNCEMENTS(S)

ANNUAL MEETING & DINNER. Saturday, Nov. 2. Salernos, Onset, MA. Vote for 2014 board members, dinner, speaker, awards, raffles, see old friends. **RESERVE YOUR TABLE NOW FOR YOU & YOUR SEM BUDDIES.** Let's get all the SEM 'old-timers' there this year!

AMC SEM is always looking for volunteers to volunteer a little or a lot. Contact the chapter chair at chair@amcsem.org if you'd like to volunteer.

BICYCLING

WANTED: Ride Leaders and Co-Leaders. Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm and routes w/ your fellow AMC members? Contact Bike Chair (508-428-6887, bikingchair@amcsem.org) for more info.

AMC SEM 2,000 Mile Club. AMC SEM has a unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair to register your mileage and for more info. (bikingchair@amcsem.org)

Tues. Rides. Turn Those Tires on Tues. Rides scheduled all year long, weather permitting. 25 mi of road or 15 mi of mtn. biking.

Tues. at 2 p.m. Flat to hilly. Contact L for start location and directions. Intermed. pace. Riders and bicycles in top shape; tires and riders pumped and ready to roll; helmets and water req'd. L Paul Currier (508-833-2690 8 am-7 pm, pbencurrier@hotmail.com)

Chapter Trips

(FT) (NM) (CE) Tuesdays
Oct. 1. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Oct. 8. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul

Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Oct. 15. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (XCE) Fridays
Oct. 18. Sunset/Full Hunter's Moon Ride. Ride Description: Road cycling. L Paul Currier currierpaul@comcast.net or 508-833-2690 Ride the hills and shores of Sagamore and the canal trail to Buzzards Bay. We'll catch the spectacular sunset over Onset Bay during a tour of Mass Maritime and moonrise over Plymouth Bay. C2B Tires and riders pumped and ready to roll. Helmets, spare tube & tire tools, and water required as is registration -cancellation/rescheduling sent only to registered riders. Directions: From the former Sagamore Rotary now the Sagamore Straight-away, head toward Scusset and take Canal Road past Friendly's to the Sagamore Recreation Lot. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

Sat., Oct. 19. Cycling Wellfleet Oysterfest. Come experience October on the Cape at the Wellfleet Oysterfest. We will be riding on the CCRT from Nickerson State Park to the end in Wellfleet, then ride back roads to the Oysterfest. Total distance 35 miles. Spend the day sampling oysters, "chowda", and other fish delights. Browse through the crafts, listen to music, watch the oyster shuckers contest. Great way to spend a day on the Cape. Optional car camping at Nickerson Friday and/or Saturday night. L Jodi Jensen (781-249-8346, jodiajensen@gmail.com) CL Sandy Santilli (smsantilli@comcast.net), R Jodi Jensen (jodiajensen@gmail.com)

(FT) (NM) (CE) Tuesdays

Oct. 22. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Oct. 29. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles

for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) Sat., Nov. 2. SEM Annual Meeting & Dinner. Annual Meeting/Dinner. Salernos, Onset. Elections, dinner, speaker, awards, raffles. RESERVE A TABLE NOW FOR YOU & YOUR SEM BUDDIES! L Jon Fortier (bikingchair@amcsem.org)

CANOE/KAYAK

Always looking for additional paddle leaders, both flat water and ocean. Contact paddlingchair@amcsem.org

Chapter Trips

Wed., Oct. 2. Nauset Marsh. Explore Nauset Marsh and Mill Pond. Perhaps venture into Salt Pond. L George Wey (geowey@comcast.net)

Saturdays

Oct. 5. Swan Pond/River, Dennis. Put-in: Clipper Lane off Upper County Road, Dennis; put-in is on the left. PFD required. Spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Wed., Oct. 9. INDIAN LAKES-Marston Mills. Paddle Middle & Mystic fresh water lakes with lunch on beach at end of Mystic Lake. total 7 miles. Rte 6 exit 5, rte 149 S for 3 mi, R Mystic Drive (after cemetery at sign for "Indian Lakes") for 7/10 mi, R at sign "Town Way to Water" to put-in. Life Vests & Spray Skirts req. L Jean Orser (508-362-0451 before 8pm, jeanorser@gmail.com) CL Paul Corriveau (508-362-0451 before 8pm), paulcorri@gmail.com)

Wed., Oct. 16. CHASE GARDEN CREEK, YARMOUTH PORT. Paddle 8 mi Chase Garden Creek & tributaries. Lunch at Bray Farm or on beach near Shellfishing Plant. Rte 6 exit 8, Union st N, L rte 6A, QUICK R Center st to Grey's Beach at end. Life Vest & Spray Skirt req. L Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com) CL Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com)

Wed., Oct. 16. Chase Garden Creek Yarmouth Port Paddle. Paddle Chase Garden Creek and tributaries with lunch at Bray Farm. L Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com) CL Jean Orser (608-362-0451 before 8 pm, jeanorser@aol.com)

Sat., Oct. 19. Barnstable Harbor. We'll explore some of the creeks in Barnstable Harbor, probably those on the western side. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Oct. 30. FOLLINS/MILL PONDS - Dennis. Paddle Follins Pond to Weir Creek & under bridge to circle Mill Pond passing Crab Creek Conservation area and back to circumnavigate Follins Pond & have lunch - total 8 miles. Rte 6 exit 9, rte 134 N, L Setucket, L Mayfair, R Follins Pond rd. Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com) CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

(FT) (NM) Sat., Nov. 2. SEM Annual Meeting & Dinner. Annual Meeting/Dinner. Salernos, Onset. Elections, dinner, speaker, awards, raffles. RESERVE A TABLE NOW FOR YOU & YOUR SEM BUDDIES! L George Wey (paddlingchair@amcsem.org)

CAPE HIKES

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

Chapter Trips

Thu., Oct. 3. Scorton Creek Sandwich. Two hour hike, through woods, old state game farm, Nye estate and Talbot's Point. Take Rte 6 to Exit 4, turn N toward Cape Cod Bay, turn L on Old County Rd to 6A and turn R and just beyond used car dealership and before bridge turn R on dirt road. Meet at 9:45 AM, hike starts at 10 AM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Thu., Oct. 10. Eastham, Nauset Marsh (C3C). Walk perimeter of vast historic marsh. From Rte 6 in Eastham R on Gov. Prence Rd, R on Fort Hill Rd to first pkg lot on L. Meet at 9:45 sharp to carpool to Salt Pond Visit Ctr. 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Sun., Oct. 13. Yarmouth, Three Ponds. Hike cranberry bogs and through woods passing by three ponds. L Janet DiMattia (jandimattia@verizon.net)

Thu., Oct. 17. Ryder Beach, Truro. Beach to woodland trails, hills, and scenic bay views. Route 6, then left on Prince Valley Road to the end. Right on County Road, then an immediate left on Ryder Beach Road. Park at the end. Meet at 9:45 a.m.. 2 hours. L Janet Kaiser (508-432-3277 Before 9 p.m., jtkaiser@comcast.net)

Sat., Oct. 19. Harwich, Herring River (B3C). Wooded walk with views of the beautiful Herring River. Walk both sides of West Reservoir, cranberry bogs. From Rte 6 E, Ex 10, R at top of ramp, Rte 124 for 1.3 mi, R @ Main St. straight 2 mi to park @ Sand Pond on R. Meet 9:45 a.m. 3.5 hrs. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sun., Oct. 20. Maple Swamp Sandwich. Hilly hike through historic woodlands which date back to original settlers, home to Maple swamp, quaking bog and

other sites. Take Rte 6 to Exit 3 turn S on Quaking Meetinghouse Rd and take immediate L on Service Rd, Maple Swamp approx. 1 mile on R. From upper Cape take exit 4 turn S over highway and take immediate right onto Service Rd, Maple Swamp approx. 1 mile on left. Meet 12:45 PM start 1 PM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Thu., Oct. 24. Barnstable-Crooked Cartway (C3C) Hike. Wooded walk to The Deck. Mostly flat, some hills. Take Rte. 149 (N or S) to Rotary at Cape Cod Airport, Marstons Mills. West on Race Lane for 1.1 miles. Right onto Crooked Cartway. Go to end. Meet at 9:45AM. 2 hours. L Farley Lewis (508-775-9168, farlewis@comcast.net)

Sun., Oct. 27. Mashpee/Barnstable, Santuit Pond and River. Water views, abandoned and working cranberry bogs, woodland trails. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Thu., Oct. 31. Mashpee South Cape Beach (C3C). Flat hike through woods for 2 miles, then 2 miles on sandy peninsula, or dirt fireroad. 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, Garymaxxx@gmail.com)

Saturdays

Nov. 2. Provincetown: Snail Road Dunes (B3B). Meet**10:45**am,

Snail Road trail head on ocean side of Route 6, at the east end of Provincetown. Explore 360 views of dunes, historic dune shacks, pick some cranberries. Hike up and down to the ocean and back. Bring lunch. 3.5 hours. L Nancy Braun (508-487-4004 morning, evening, nancytruro@comcast.net)

(FT) (NM) Sat., Nov. 2. SEM Annual Meeting & Dinner. Annual Meeting/Dinner. Salernos, Onset. Elections, dinner, speaker, awards, raffles. RESERVE A TABLE NOW FOR YOU & YOUR SEM BUDDIES! L Farley Lewis (capehikingchair@amcsem.org)

(FT) (NM) Sat., Nov. 2. Annual Winter Hiking Workshop. Learn how much fun winter hiking can be at our annual workshop! Experienced SEM winter hike leaders will cover clothing, equipment, nutrition, and conditioning for safe and enjoyable winter hiking as a prelude for participating in our popular Winter Hiking Series. The Series will start out with a local hike in December, then proceed to increasingly more challenging winter hikes in NH, culminating with an overnight trip to an AMC hut. (And you'll be done in time to attend the SEM Annual Meeting & Dinner nearby!). L Maureen Kelly (508-224-9188 before 8 pm, mokol773@aol.com), R paul miller (paulallenmiller@verizon.net)

Sun., Nov. 3. Truro, Bearberry Hill (C3C). Sand path Ballston to Longnook Bchs, hilltop 360 view. Rte 6 to Pamel Rd, R off

ramp, L at S Pamet Rd to beach pkg lot. Meet 12:45pm, 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Sun., Nov. 10. Nickerson State Park. Hike in back sections of the park. Trails, woods roads and ponds. L Janet DiMattia (jandimattia@verizon.net)

Thu., Nov. 14. Ryder Conservation Sandwich. Scenic hike along edges of Mashpee and Wakeby lakes through Lowell Holly conservation area. Take Rte 6 to exit 3 Quaker Meetinghouse Road and turn S to traffic light, turn L on Cotuit Rd, go approx. 1.5 miles and Ryder Conservation is on the right. Meet 9:45 AM start 10 AM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Saturdays

Nov. 16. Truro- High Head Sand Dune Walk (B3B). Meet at**10:45** 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. Walk back via the bike path to Pilgrim Spring and panoramic views. 3.5 hours. Bring lunch. L Nancy Braun (508-487-4004 morning, evening, nancytruro@comcast.net)

Sun., Nov. 17. Ryder Beach. Hike from Ryder Beach to Atwood House with views of Cape Cod Bay. L Janet DiMattia (jandimattia@verizon.net)

Thu., Nov. 21. Sandy Pond

Recreation, West Yarmouth. Wooded trails, pond views in mid-cape area. Route 6 Exit 7S, left on Camp Street, left on Buck Island Road, and left at Sandy Pond Recreation Area. Meet at 9:45am. 2 hours. L Janet Kaiser (508-432-3277 before 9:00 p.m., jtkaiser@comcast.net)

Sun., Nov. 24. Barnstable-Bridge Creek Conservation (C3D) Hike. Flat terrain, cedar upland, maple swamp and salt marsh, bogs, stone walls. Meet at 12:45am. 2 hrs. From Exit 5 off Rte 6 North on Rte 149. Park along grass triangle on immediate left beside church. L Farley Lewis (508-775-9168, farlewis@comcast.net)

Sun., Dec. 1. Flax Pond Conservation, Dennis. Rolling hills near Flax Pond, golf course, wooded trails in wellfield area. Park on Setucket Rd at Flax Pond Conservation, East of Yarmouth- Dennis Town Line. Meet 12:45 p.m. 2 hrs. L Janet Kaiser (508-432-3277 before 9 p.m., jtkaiser@comcast.net)

Thu., Dec. 5. Hike - West Falmouth-Mock Moraine (C3C). Rolling woodland trails, water views, historical sites. 2 hours, Meet 9:45 AM. Heavy rain cancels. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com), R Catherine Giordano (508-243-3884 before 9 pm, cmgiordan@msn.com)

(FT) (NM) Sun., Dec. 8. Hike - Cotuit-Little River Sanctuary (C3D). Wooded walk with views

of Eagle Pond. Meet promptly at 12:45pm. Carpool shuttle from parking area in front of Rite-Aid Pharmacy located at intersection of Route 28 and Putnam Avenue in Cotuit. 2 hours. L Farley Lewis (508-775-9168 Not after 9pm, farlewis@comcast.net)

Thu., Dec. 12. Hike - Scorton Creek Sandwich (C3C). 2 hour hike along Scorton Creek through old state game preserve and around Talbot's point. We will hike past historic Hoxie pond and cranberry bogs. Take Rte 6 to Exit 4, turn N on Chase Rd. Turn L on Old County Rd. to end. Turn R on 6A, turn R on dirt road just after MBM auto sales. Park in dirt lot at end of Rd. Meet 9:45 AM. L Jane Harding (508-833-2864 before 9 PM, janeharding@comcast.net)

Sun., Dec. 15. Hike - Crowes Pasture, E Dennis (C3C). Wooded paths, beach, quiet roads. Ex 9 off Rte 6, Rte 134 N to R on Rte 6A then L on School St, R on South St, to lot at road end past the cemetery. 2 hrs, Meet 12:45. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Thu., Dec. 19. Hike - Island Pond Conservation Area, Harwich (C3C). Winter walk through woods and conservation area crossing Route 6 on bike path bridge. Meet 9:45. Going E on Rte 6 Exit 10, left on Rte 124 crossing Rte 6 then L on Headwaters Drive to bike path pkg on L. Two hours. Bad weather cancels. L Janet DiMattia (jandimattia@verizon.net)

Saturdays

Dec. 21. Truro/Bay Sea Turtle - Walk (B3C). Meet at 9:45a.m. N. Truro. Carpool to the trail head. Walk the bay beach looking for cold stunned sea turtles. Bring lunch. 3.5 hours. CALL THAT MORNING FOR CARPOOL INFO.50848740044132972785. L Nancy Braun (508-487-4004 any, nancytruro@comcast.net)

Saturdays

Dec. 28. Truro/Bay Sea Turtle - Walk (B3C). Meet at 9:45a.m. N. Truro. Carpool to the trail head. Walk the bay beach looking for cold stunned sea turtles. Bring lunch. 3.5 hours. CALL THAT MORNING FOR CARPOOL INFO.50848740044132972785. L Nancy Braun (508-487-4004 any, nancytruro@comcast.net)

Sat., Jan. 4. Hike - Harwich, Herring River (B3C). Wooded walk with views of the beautiful Herring River. Walk both sides of West Reservoir, cranberry bogs. From Rte 6 E, Ex 10, R at top of ramp, Rte 124 for 1.3 mi, R @ Main St. straight 2 mi to park @ Sand Pond on R. Meet 9:45 a.m. 3.5 hrs. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sun., Jan. 5. Hike - Hawksnest State Park Harwich (C3C). Winter woods walk dirt roads, trails. Meet 12:45. Two hours. From Rte 6 Exit 11 S. L at exit light then immediate R on Spruce Rd. Pkg approx 0.8 mi. on either side of road. Bad weather cancels. L Janet DiMattia (jandimattia@verizon.net)

Thu., Jan. 9. Hike - White Crest Beach, Wellfleet (C3C). Wooded trails to Marconi White Cedar Swamp. Rte 6 to R on Lecount Hollow Rd to beach gatehouse. L on Ocean View Rd. Go 0.9 mi to R at beach pkg. Meet 9:45, 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Sun., Jan. 12. Hike - Mashpee River Woodlands, West Mashpee (C4C). Land/River of the Wampanoags. Stately beech and white pine forests. Spectacular views of river. Abandoned cranberry bogs w/remains of old aqueduct. Trout Pond. From Mashpee rotary go E on 28. First R onto Quinaquisset Ave. Go approx. 500' to Pkg on R. From E on 28, take L onto Orchard Rd, then R onto Quinaquisset. If parking on road, tires must be completely off pavement. 2hrs. Arrive @ 12:45P for prompt start @ 1P. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Thu., Jan. 16. Nickerson State Park Hike - Brewster (C3C). Meet at park entrance at 9:45 am for a 10:00 am start. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

(FT) (NM) Thu., Jan. 23. Walk - Indian Lands Dennis (C3C). Shortened winter walk along Bass River. Meet 9:45. From Rte 6 Exit 9A Immediate R on Old Main St. Bear L to pkg at South Dennis Town Offices pkg lot on R. Bad weather cancels. L Janet DiMattia (jandimattia@verizon.net)

Sat., Jan. 25. Hike - Long Pond & Collins Woodlot, Falmouth (B3C). Walk along pond and moraine, and through town forest. From Mashpee rotary, take Rt. 151 west 3.4m to L at Sandwich Rd. Go 3.7m south to R on Brick Kiln; then 0.9m west and pass through traffic light at Gifford to parking area on R just beyond light. Meet 9:45. Rain cancels. 3.5 hours. Bring lunch. L John Gould (508-540-5779, jhgould@comcast.net)

Sun., Jan. 26. Hike - Sandwich Canal (C3C). 2 hour hike along canal to end. Hike beach to Mill Creek past Sandwich boardwalk. Return through Sagamore. From Rte 6a Sandwich turn onto Freezer Rd. Go to end and park in lot at edge of canal. Meet at 12:45 PM for 1 PM start. L Jane Harding (508-833-2864 before 9 PM, janeharding@comcast.net)

Thu., Jan. 30. Hike - Wellfleet, Griffin Island (C3C). Varied terrain: wooded trails, some hills, spectacular view of bay. Meet 9:45 AM. From Rte 6 left at lights toward Wellfleet Center, left on E. Commercial St. At harbor, Turn Right on Chequessett Neck Rd. Continue to Great Island Parking lot on Left. Over 2 hours. L Janet Kaiser (508-432-3277 eve 7 to 9 p.m., jtkaiser@comcast.net)

Sun., Feb. 2. Hike - Sandwich Maple Swamp (C3B). Hilly hike through varied terrain, meet at 12:45 PM, 1 PM start. Land has history back to early Sandwich settlers. Hiking boots and poles

recommended. Take Rte 6 to Exit 3 turn S on Quaker Meetinghouse Rd., 1st left on Service Rd entrance to Maple Swamp is just past Mill Rd on right. Trip at a Glance Activity: Hiking - L Jane Harding (508-833-2864 before 9 PM, janeharding@comcast.net)

Thu., Feb. 6. Hike - Island Pond, Harwich (C3C). Wooded hike, cranberry bog, lavender farm. Ex 10 off Rte 6, N on Rte 124. 1st L on Headwaters Drive to pkg lot on L at bike trail. Meet 9:45, 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Sat., Feb. 8. Hike - Yarmouth, Greenough Ponds (B3C). Walk through Yarmouth Botanical Gardens, Dennis & Greenough Ponds. Meet at 9:45, 3 1/2 hr. Exit 7 off Route 6 to North, right on 6A, at sharp turn go right on Summer St. to beach parking lot. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

(FT) (NM) Sun., Feb. 9. Hike - EastFalmouth-Mashpee, Quashnet River (C3C). Walk in upland woods along small stream. Heavy snow on ground, or rain, cancels. From Mashpee rotary, take Rt 28N toward Falmouth 2.1 miles, then take R on Martins Rd to parking area. Meet 12:45. 2 hours. L John Gould (508-540-5779, jhgould@comcast.net)

Thu., Feb. 13. Herring River - Harwich (hike) (C3C). Meet at Sand Pond at 9:45 am for 10:00 start. Woods walk, river views, bogs, reservoir. RT. 6, Exit 10,

Rr. 124 S for 1.3 mi. R on Main St. Go 2 miles and park at Sand Pond. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Thu., Feb. 20. Hike - Yarmouth Port, Gray's Beach (C3C). Hike in Conservation land areas over trails along marsh, through woods, includes the boardwalk with views of Sandy Neck, Chapin Beach. Rte 6 to Exit 8, Union Street to Rte 6A. Turn Left, go 1 block, Turn Right on Center St. Go 1.0 mile, follow signs to beach pkg lot at end. Meet at 9:45 a.m. Two hours. L Janet Kaiser (508-432-3277 7:00 to 9:00 p.m., jtkaiser@comcast.net)

Sat., Feb. 22. Hike - Mashpee River Woodlands (C3C). 2 hour hike along scenic parts of east and west sides of Mashpee River. Meet 9:45am. Take Quinaquisset Road from Route 28, just east of Mashpee Rotary. Parking is a short way on right. L Gary Miller (508-540-1857, garymaxxx@gmail.com)

(FT) (NM) Sun., Feb. 23. Hike-Beebe Woods, Falmouth (C3C). Hike a varied terrain of rolling woods, two ponds, stone walls, and an old farm. From Bourne bridge, take Rt 28 south to a traffic light by the entrance to Falmouth Hospital. Continue through the light and go 0.6 miles and turn right on to Depot Ave. Follow the narrowing road 0.4 miles up a hill to the end by Cape Cod Conservatory. Rain cancels. Meet 12:45. 2 hours. L John Gould (508-540-5779, jhgould@comcast.net)

Thu., Feb. 27. Hike - Yarmouth Three Ponds (C3C). Woods walk pass bogs and ponds. Meet 9:45. Two hours. Exit 8 from Rte 6. R at second light. L at end on West Yarmouth Rd. Pk in 1mi. well off road. Bad weather cancels. L Janet DiMattia (jandimattia@verizon.net)

EDUCATION

Chapter Trips

Sat., Nov. 9-10. Wilderness First Aid (WFA). WFA Training November 09, 2013 - November 10, 2013 (Sat - Sun) The WFA course runs 8:30-4 Saturday and Sunday in Foxboro, MA. Optional CPR is available. SOLO has been engaged to provide the instruction. Pricing is as follows: \$145 AMC Member Price, \$170 for non-AMC members. Pricing includes lunch and break service both days. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save life in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. L Len

Ulbricht (education@amcsem.org), R Barry Farnsworth (educationvicechair@amcsem.org)

EXECUTIVE COMMITTEE

We need an "Event Planner" for the AMC SEM Executive Board. Do you have event planning skills? Our events are typically: Annual Meeting/Dinner, Holiday Party, Summer Picnic. Can you find and reserve a room, choose a menu that fits in our budget, worry about a projector and screen, set an agenda, and generally make an event happen? Contact the chapter chair at chair@amcsem.org.

Volunteer Opportunities

Until Filled. Chapter Youth Program (CYP) Leader. Share your outdoor knowledge and leadership skills with local groups of children. Give your time to these programs to help kids get outside who might not otherwise have the opportunity. A typical Chapter Youth Program (CYP) might include a local walk with some nature lesson or trail games. CYP leader training and screening is required. L Sally Delisa (picpocit@verizon.net)

Chapter Trips

(FT) (NM) Sat., Nov. 2. SEM Annual Meeting. AMC SEM Annual Meeting. Salernos Function Hall, Onset, MA. Vote for 2014 Executive Board. L Cheryl Lathrop (chair@amcsem.org)

(FT) (NM) Sat., Nov. 2. SEM An-

nual Dinner. SEMSEM Annual Dinner. Salernos Function Hall. Onset, MA. Dinner, speaker, raffles, awards. GET TOGETHER WITH ALL YOUR OLD SEM FRIENDS! RESERVE A TABLE TOGETHER! Annual Dinner. Salernos Function Hall. Onset, MA. Dinner, speaker, raffles, awards. GET TOGETHER WITH ALL YOUR OLD SEM FRIENDS! RESERVE A TABLE TOGETHER! L Cheryl Lathrop (chair@amcsem.org) L Maureen Kelly (vicechair@amcsem.org)

HIKING

IMPORTANT: No pets w/o prior permission of trip leader. Individuals under 18 years of age must be accompanied by a parent or responsible adult, and obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 week prior to the trip so Ls can discuss prior hiking exp., conditioning, clothing, and equipment. Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

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

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

Chapter Trips

(FT) (NM) Thursdays

Oct. 3. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org) L Michael Swartz (swartz@brandeis.edu) L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) (CE) Thu., Oct. 3. Thurs Morn - Blue Hills Hike - Braintree Pass Path. Meet at 10:00 a.m. parking lot at intersection of Chickatawbut and Rt. 28 for a 5 mile hike. Bring water, lunch, layers and sturdy footwear. L Catherine MacCurtain (781-848-9506 before 9:00 p.m., camaccurtain@aol.com)

Fri., Oct. 4-6. Wilderness paddling/camping in the Maine North Woods at Lobster Lake. Join us for a weekend in the wilderness of the Maine North Woods. We will be paddling, canoe/kayak, out to a remote camp site on Lobster Lake. There should be great Fall color, stargazing and hopefully lots of moose watching. Expect comfortable days and cool to cold nights. This trip is not for beginners. You must be experienced paddling in open lakes and either have previously attended a trip similar to this or have backpacking experience. L Luther Wallis (lew89@comcast.net) CL Ken Jones (lotsoluck@comcast.net), R Luther Wallis (508-923-1935 7-9PM, lew89@comcast.net)

Sat., Oct. 5. Carter Notch via Wildcat River Trail. Join us as we venture into beautiful Carter Notch from the south via the relatively untrammled Bog Brook and Wildcat River Trails. Can be combined with leaders' hike on Sunday, if desired. L Paul Miller (508-369-4151 before 9:00 PM, paulallenmiller@verizon.net) L Maureen Kelly (mokol773@aol.com), R Paul Miller (508-369-4151 before 9:00 PM, paulallenmiller@verizon.net)

Sun., Oct. 6. Mt Chocorua via Brook and Liberty Trails. Join us to hike Mt Chocorua up the Brook Trail and down the Liberty Trail. Chocorua's elevation is 3500' but it gives you the feel of a 4000' mountain with 360° views from the top. The hike will be 7.5 miles, 2600' elevation and will have some strenuous sections. This hike may be combined with leaders' Saturday hike. L Maureen Kelly (508-224-9188 before 8 pm, mokol773@aol.com) CL Paul Miller (paulallenmiller@verizon.net), R Maureen Kelly (508-224-9188 before 8 pm, mokol773@aol.com)

(FT) (NM) Thu., Oct. 10. Thurs Hike BCT Sherborn Forest/Rocky Narrows (B3C). 10am start. 6+ miles. Mostly level with an up/down section. Fall foliage viewing by Charles River and from King Phillip lookout. L Len Ulbricht (lenu44@gmail.com)

Thu., Oct. 17. Thursday Morn. Hike Gilbert Hills State Forest,

Foxboro, MA (B3C). Meet 10:00 a.m. Lakeview Ballroom. Nice Fall hike following part of the Warner Trail to Headquarters where we will have lunch. Different trails on our return will loop back to the start. L Joanne Staniscia (508-528-6799 7-9 p.m., jstaniscia@comcast.net)

(FT) (NM) Thu., Oct. 17. Borderland Full Moon Hike. Come on a two hour, more or less, evening hike around the ponds, and maybe through the woods, on this 'Full Moon' hike at Borderland State Park in Sharon/Easton, MA. Please wear clothing and footwear appropriate for the weather. We walk at a 'moderate' pace, not fast, not dawdling. And we generally just get some exercise, see the park in the dark, see old friends and make new ones. (We hike monthly, October through March, except during heavy snow when they need the lot empty to plow, on a convenient evening that's at least close to the full moon.). L Bob Vogel (vogel.r@comcast.net) L Jim Casey (cmne@comcast.net) CL Nancy Coote, R Nancy Coote (nmcoote@yahoo.com)

Thu., Oct. 24. Borderland State Park/BCT. Meet at 10am at Borderland SP parking lot on Massapoag Avenue on the Sharon/North Easton border for a 6 mi hike. Portion of Bay Circuit Trail with pond views. Bring water, lunch, layers, sturdy footwear. Rain or storm cancels. Directions: see Borderlandstatepark website. Parking fee is \$2.00 at the entrance. L Deborah Lepore (781-828-0572 Before 9 PM, DLepore2@GMail.com)

Thu., Oct. 24. Borderland State Park/BCT Hike. Meet at 10AM at Borderland SP parking lot on Massapoag Avenue on the Sharon/North Easton border for a 6 mi hike. Portion of Bay Circuit Trail with pond views. Bring water, lunch, layers, sturdy footwear. Rain or storm cancels. Directions: see Borderlandstatepark website. Parking fee is \$2.00 at the entrance. L Deborah Lepore (781-828-0572 before 9 PM, DLepore2@GMail.com)

Thu., Oct. 31. Thurs. Morn. Hike World's End (C3C). Meet at 10:00 AM, World's End, \$5.00 per person entrance fee for non-Trustees members. Come celebrate Halloween with this moderately paced walk of approximately 4-5 miles, exploring the landscape of a unique peninsula in Boston Harbor. The terrain is moderately hilly (over the 4 drumlins), with a mixture of carriage ways and sometimes rocky paths. Boots or shoes with good traction are recommended. The reservation has stunning views, but is exposed to the sea and wind, so dress accordingly, in layers and with good wind protection, as well as sunglasses if bright out! Bring water, thermos with hot drink, snacks or lunch. Directions: From Rt. 3, take Exit 14, Rt. 228 North for 6.5 mi. Turn left onto Rt. 3A (at traffic light), and follow for 0.7 mi. Turn right onto Summer St. (traffic light). At the major intersection with Rockland St. (another traffic light), continue straight across onto Martin's Lane. Follow for 0.7 mi. to entrance at end of road. After stopping at the entrance gate to

show your Trustees card or pay \$5, park in the first lot you see on the left. There are portable toilets to the left of the parking area, up a small hill. For more information visit: <http://www.thetrustees.org/places-to-visit/greater-boston/worlds-end.html>. L Eva Borsody das (borsody@gmail.com)

(FT) (NM) (AN) Sat., Nov. 2. Annual Winter Hiking Workshop. Learn how much fun winter hiking can be at our annual workshop! Experienced SEM winter hike leaders will cover clothing, equipment, nutrition, and conditioning for safe and enjoyable winter hiking as a prelude for participating in our popular Winter Hiking Series. The Series will start out with a local hike in December, then proceed to increasingly more challenging winter hikes in NH, culminating with an overnight trip to an AMC hut. L Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net), R Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net)

(FT) (NM) Sat., Nov. 2. SEM Annual Meeting & Dinner. Annual Meeting/Dinner. Salernos, Onset. Elections, dinner, speaker, awards, raffles! RESERVE A TABLE NOW FOR YOU & YOUR SEMBUDDIES! L Cheryl Lathrop (chair@amcsem.org) L Maureen Kelly (vicechair@amcsem.org), R Patty Rottmeier (2 Killdeer Lane, Nantucket, MA 02554, 508-982-1099, treasurer@amcsem.org)

Sun., Nov. 3. Blue Hills Fowl Meadow Hike. Join the 'Red

Line the Blue Hills' hikers as they finish their season by hiking 6.5 miles of Fowl Meadow along the Neponset River. The terrain will be mostly flat and probably wet in some areas. Meet at the end of Royall St. Canton at 9:30. Only non-Red Liners need to register. Red Liners can just show n go. Bring lunch and a smile. L Joe Keogh (jpkeo24@gmail.com) L Michael Swartz (617-840-4199 before 9 pm, swartz@brandeis.edu), R Joe Keogh (jpkeo24@gmail.com)

(FT) (NM) Thu., Nov. 7. Thurs Morn - Blue Hills Hike - Wolcott & Border Path. Meet at 10:00 a.m. parking lot on the left of the Trailside Museum for a 5 mile hike. Bring water, lunch, layers and sturdy footwear. L Catherine MacCurtain (781-848-9506 before 9:00 p.m., camaccurtain@aol.com)

(AN) (XCE) Sat., Nov. 9-10. WFA Training. The WFA course runs 8:30-4 Saturday and Sunday in Foxboro, MA. Optional CPR is available. SOLO has been engaged to provide the instruction. Pricing is as follows: \$145 AMC Member Price, \$170 for non-AMC members. Pricing includes lunch and break service both days. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save life in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care

scenarios. This emergency response training includes patient assessment, trauma, musculo-skeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. L Len Ulbricht (lenu44@gmail.com), R Barry Farnsworth (bfarns99@yahoo.com)

Thu., Nov. 14. Borderland State Park Hike (Thurs). Meet at 10:00am for a 6 Mile hike/snowshoe depending on conditions over a variety of trails. Bring: Water, snack and wear appropriate footwear. Rain or storm cancels. L Claire Braye (508-857-0320 Before 9 pm, cbraye57@comcast.net)

Sat., Nov. 16. Blue Hills End to End Hike. Join us at the end of our Blue Hills Redlining Season to hike the Skyline Trail from end to end. The hike is about 9 miles and 6 hours at a moderate pace. Best for intermediate hikers used to climbing hills. Great conditioning hike. We will make our traditional trip to the Blue Hills Brewery after the hike to support our local business! L Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) CL paul miller (paulallenmiller@verizon.net), R maureen kelly (508-224-9188 before 8 pm, mokel773@aol.com)

Thu., Nov. 21. Thurs. Morn. Hike Powisset Farm, (TTOR) , Dover, MA. Fairly new area with nice trails off the beaten path. We will hike 5.5 miles with a number of short ups and downs. Some nice views. L Hans Luwald (508-668-0462 before 9 PM, hans.luwald@gmail.com)

(CE) Sun., Nov. 24. Pre-Condition for Turkey Day!. Show and Go Blue Hills, 6 miles, some Skyline and some Massachusetts, Three miles of hilly terrain and three miles more level. Out by 9 AM and back before 1:00 PM. Meet at Trailhead for Skyline trail and Bugbee Path opposite State Police and Reservations Headquarters. Call Kathy with questions Cell 781-799-5351. L Kathleen Stanley (781-799-5351 Before 9:00 PM, kstanley@energy-advocates.com)

(FT) (NM) Thu., Dec. 5. Thurs Morn - Blue Hills Hike - Ponkapoag Pond. Meet at 10:00 a.m. at the Ponkapoag Golf Course parking lot in Canton for a 5 mile hike. Bring water, lunch, layers and sturdy footwear. L Catherine MacCurtain (781-848-9506 before 9:00 p.m., camaccurtain@aol.com)

Sat., Dec. 7. Winter Hike Series #1 Blue Hills. Join us on the 1st winter hike of the season. Learn the basic's of winter hiking as we discuss heat management, nutrition, equipment and other winter concerns. Great opportunity for three seasons hikers to experience the joys of winter hiking.

Also check out our winter hiking workshop Nov. 2. L Walt Granda (508-999-6038 Before 9:00 p.m., wlgranda@aol.com) L Paul Miller (paulallenmiller@verizon.net) CL Maureen Kelly (mokel773@aol.com) CL Mike Woessner (stridermw@hotmail.com), R Walt Granda (508-999-6038 before 9:00 PM, wlgranda@aol.com)

Thursdays

Dec. 12. Thursday Morning Hike: Warner Trail, Wrentham (B3C). Meet at 9:45am, end of Randall Road, Wrentham. Wear suitable footwear and bring water, snacks, and lunch. We will follow the Warner Trail from Crocker Pond back to the Library. Six mile hike with rocky climbs over several peaks with nice views. Rain cancels. L Joanne Staniscia (508-528-6799 7-9 p.m., jstaniscia@comcast.net)

Sat., Jan. 4. Winter Hike #2, Mount Monadnock. For the second winter hike of the season, the SEM Chapter will be climbing Mount Monadnock (elevation 3165 feet). This hike brings us to Monadnock State Park in New Hampshire and up one of the most climbed peaks in North America. Monadnock's bare, and rocky summit provides expansive views from the Boston skyline to Mt Greylock and the Green Mountains in Vt. This will give us a opportunity to test out winter hiking gear and skills before going to the next winter hike in the White Mountains. Also check out our winter hiking workshop on November 2. L Walt Granda (508-999-6038 before 9:00 p.m., wlgranda@aol.com) L Paul Miller

(paulallenmiller@verizon.net) L Maureen Kelly (mokol773@aol.com) L Mike Woessner (stridermw@hotmail.com), R Walt Granda (508-999-6038 Before 9 pm, wlgranda@aol.com)

(FT) (NM) Thu., Jan. 9. Thurs. Morn. Hike Copicut Woods, Fall River (B3C). Meet at 10:00 a.m. Indian Town Rd Parking lot. Required equipment: Hiking boots, rain gear, water and snacks. Heavy rains will cancel. Snow or ice will require yaktrax, stabilizers, or snowshoes. This 516-acre property is both a prime destination and the southern gateway to the Southeastern Massachusetts Bioserve. Copicut introduces nature lovers and outdoor enthusiasts to an entire regional ecosystem. Experience forests, streams, and cedar swamps, amid an array of flora and fauna, from deer and coyote darting among stands of hardwoods and conifers, to hawks, owls, and salamanders. L Walt Granda (508-999-6038 before 9:00 PM, wlgranda@aol.com)

Thu., Jan. 23. Thursday Morn. hike Houghton's Pond. Meet at 10:00 for a 6 mile hike/snowshoe depending on conditions over a variety of trails. Bring: water, snack and wear appropriate footwear. L Claire Braye (508-857-0320, cbraye57@comcast.net)

Sat., Feb. 1. Winter Hike #3 - Mt. Pierce. Join us for the third hike in our 2014 Winter Series, which will bring us above 4,000 feet for the first time this year to the summit of Mt. Pierce, with it's

panaromic views of the southern Presidentials, Mt. Washington, and beyond. We'll take the historic (mostly protected) Crawford Path and return via the Webster Cliff Trail to the Mizpah Cutoff and then back to the trailhead via the Crawford Path. Previous winter hiking experience and/or participation in the SEM Winter Workshop on Nov. 2, 2013 required. L Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net) L Christine Pellegrini (chrispellegrini@yahoo.com) L Bill Pellegrini (billpellegrini@yahoo.com) CL Jim Casey , R Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net)

Thu., Feb. 13. Ponkapoag Pond Hike (Thurs.). Meet at 10:00am in Ponkapoag Golf Course Parking Lot for a 5 mile hike/snowshoe depending on conditions over a variety of trails. Bring: water, snack and wear appropriate footwear. L Claire Braye (508-857-0320, cbraye57@comcast.net)

SKIING

Looking for someone to take over the ski committee and plan xc ski and downhill ski events in the winter. Contact the current ski chair at xcskichair@amcsem.org

Chapter Trips

(FT) (NM) Sat., Nov. 2. SEM Annual Meeting & Dinner. Annual Meeting/Dinner. Salernos, Onset. Elections, dinner, speaker, awards, raffles. RESERVE A

TABLE NOW FOR YOU & YOUR SEM BUDDIES! L Barbara Hathaway(xcskichair@amcsem.org)

(AN) Sat., Jan. 11. Cross Country Ski Instructional Workshop. Learn to use your new skis or brush up on technique. Suitable for all abilities. We will review equipment, clothing, uphill and downhill methods, various terrain. Rental equipment will be available. Participants responsible for trail fee. Lack of adequate snow conditions may postpone or cancel. L Art Paradise (978-372-7442 7 to 9 PM, doubledice@me.com) CL Bob Bentley (), R Art Paradise (28 Garrison Street, Groveland, MA 01834, 978-372-7442 7 to 9 PM, Doubledice@me.com)

(AN) (CE) Sat., Jan. 18-20. Catamount Trail Backcountry Ski Touring.. Join us for the MLK weekend of ski touring along the Catamount trail in the Ludlow-Plymouth area (Tentatively Section 9,10, &11). We will stay at a cozy family inn in Ludlow. Participants should be capable of skiing 5-7 miles each day. Trails are classic New England backcountry, undulating, forested, and fun to ski. Approx. \$325 pp, Sat-Sun -Mon brkfst and Sat-Sun dinner included. Reg by Dec 15. L Art Paradise (978-372-7442 7 to 9 PM, doubledice@me.com) CL Bob Bentley(paradice1@mindspring.com)(), R Art Paradise (01834, Groveland, MA 01834, 978-372-74427 to 9 PM, Doubledice@me.com)

the southeast Breeze



Photo by Margot Fitsch

November 2013

[Visit AMC SEM Website](#)

Breeze Newsletters

Calendar

Photos



Open Volunteer Positions

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

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



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

Editor: Andrea Holden
breeze.editor@amcsem.org

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



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

Bay Circuit Trail hike through the Sherborn Town Forest to Rocky Narrows

Courtesy Len Ulbricht



Charles River Canoe Landing at Rocky Narrows, Sherborn



Lunch time, King Phillip Overlook



View of Charles River and Medfield from King Philip Overlook, Rocky Narrows, Sherborn

Congratulations!

Ellen Thompson

Completing Red Lining
the Blue Hills [RLBH]



Where to find activities (hikes, bikes, etc.)

1. The monthly *Breeze* - email
2. *AMC Outdoors magazine* - mail
3. [Online trip listings](#)
4. Sign-up for [short notice trips](#)

Pictures and Article Submissions

We encourage SEM members to submit articles and photos for both the *Breeze* and our website. Materials will be edited at the editor's discretion, send to breeze.editor@amcsem.org

Breeze Deadlines

Monthly on the 7th, trips; 15th articles/pix

Sign-up for the Breeze

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

Where to find [Breeze Publications](#)

Volunteers Wanted

Volunteer for the Executive Board. Do you have skill and want to see where you fit? Lead hikes bike, ski, snowshoe, x-country or paddle trips. We have volunteer positions open! Contact chair@amcsem.org

Want SEM activities delivered right to your email inbox?

Sign up for AMC "digests". Access the Member Center from our home page (amcsem.org) or call 800-372-1758.

2013 Executive Board

Chapter Chair

Chair@amcsem.org
Cheryl Lathrop, 508-668-4698

Vice Chapter Chair

vicechair@amcsem.org
Maureen Kelly, 508-224-9188

Secretary

secretary@amcsem.org
Karen Singleton, 508-730-7702

Treasurer

treasurer@amcsem.org
Patty Rottmeier
508-982-1099 (c), 508-228-4207 (h)

Past Chapter Chair

pastchapterchair@amcsem.org
Jim Plouffe, 508-562-0051

Cycling/Biking

bikingchair@amcsem.org
John Fortier, 508-982-1855

Cycling/Biking (Vice)

bikingvicechair@amcsem.org
Joe Tavila

Cycling/Biking (Vice)

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Cheryl Washwell

Canoe/Kayak

paddlingchair@amcsem.org
George Wey, 781-789-8005

Canoe/Kayak (Vice)

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Betty Hinkley, 508-241-4782

Cape Hiking

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Cape Hiking (Vice)

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Cape Hiking (Vice)

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Gina Hurley, 508-362-6573

Conservation

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Sally Delisa, 781-834-6851

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Education (Vice)

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Barry Farnsworth, 508-272-1522

Hiking

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Walt Granda, 508-971-6444

Hiking (Vice)

hikingvicechair@amcsem.org
Paul Miller, 508-369-4151

Membership

membershipchair@amcsem.org
Ed Miller, 774-222-0104
5-9pm, no calls after 9pm please

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xcskichair@amcsem.org
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Trails

trailschair@amcsem.org
Lou Sikorsky, 508-678-3984

Trails (Vice)

trailsvicechair@amcsem.org
Wayne Anderson, 508-697-5289

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socialchair@amcsem.org
Jodi Jensen, 781-762-4483

Social (Vice)

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familyeventschair@amcsem.org
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Family Events Chair

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Bill Pellegrini

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Cheryl Lathrop/Andrea Holden

Breeze Editor

breeze.editor@amcsem.org
Andrea Holden, 774-219-2426

Blast Editor

blast.editor@amcsem.org
Andrea Holden, 774-219-2426

Volunteer with us!

Contact chair@amcsem.org



View from the Chair

By Cheryl Lathrop

SAVE THE DATES

Annual Meeting & Dinner
Nov. 2

SEM WFA (Wilderness 1st Aid)
11/9-11/10

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

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

AMC 138th Annual Summit
1/25/14

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

November is always an exciting month for us here in SEM. At our Annual Meeting on November 2, the chapter membership elects a new Executive Board. Some are returning chairs completing a multi-year term and others are vice chairs moving up into the chair position.

November then becomes a time of transition for the chapter leadership as some leave, some stay, and some move up. Our chapter mentoring program handles this transition well—people serve as vice chair for a year or two and learn the ropes before stepping into the chair position.

I'd like to use this *View from the Chair* to thank all outgoing members of the SEM Executive Board. You attended monthly Executive Board meetings, managed a full staff of volunteer activity leaders, often worked a full-time job, and attended to your family responsibilities. The chapter sincerely appreciates your volunteer service!

I also welcome all incoming members to the Executive Board. I look forward to working with you. And thank you for stepping up.

And our returning board members? You will be the glue that holds us together as we start our new year. I look to you to help me teach the newbies.

Your chapter will be in good hands in 2014. Competent, caring, and dedicated volunteers have stepped forward to run for office and lead the chapter. Thank you all!

Chapter Chair

Got something to say? Got a good idea? Want to volunteer?

Feel free to contact me anytime about anything!

chair@amcsem.org



Pinkham Notch fall hikers. Credit: Herb Swanson, Courtesy of AMC

As always, feel free to contact your chapter chair, or vice chapter chair at any time.

Chapter Chair: Cheryl Lathrop (chair@amcsem.org) ~ Vice Chapter Chair: Maureen Kelly (vicechair@amcsem.org)

“Reunite With Old Friends and Make Some New Ones”

The Southeastern Massachusetts Chapter Of the Appalachian Mountain Club

Invites You to the

Annual Meeting

Followed by the

Annual Dinner

Saturday, November 2, 2013

Salerno's in Onset

4:30 pm - Registration and Happy Hour

5:30 pm - Annual Meeting - no charge

6:30 - pm Buffet Dinner - \$20 per person/\$30 after Oct. 19

Distinguished Service Award, Raffles, Other Awards, SEM Green Vests for Sale

Speaker: Gina Hurley

“A Dozen Life Lessons Outdoor Adventure Has Taught Me”

Bring old sneakers to recycle - nikereuseashoe.com, and your unwanted fleece for [urban youth](#)

See Registration Form below. Click [here](#) with any questions.

All SEM members, potential members, spouses and friends are welcome



If you'd like to give back to your SEM chapter, we'll find something small for you to do to get started. Contact the Chapter Chair at chair@amcsem.org and we'll match up your interests and capabilities with our needs.

WE VOLUNTEERS

**Like to work with groups of children?
Want to share your outdoor knowledge
with the next generation?**

Our Chapter Youth Program (CYP) is looking for a leader. A typical CYP might include a local walk with some nature lesson or trail game. Contact Sally Delisa cypcoordinator@amcsem.org

Like to ski? Want to see more ski trips?

Our Ski Committee needs a Vice Ski Chair to work with our Ski Chair to help to plan ski events, both down-hill and cross-country. Contact xcskichair@amcsem.org for more information.

Almost 35,000 miles by the SEM Cycling Group

By Paul Currier and Bernie Meggison

Collectively, we have ridden around the world once.....at the equator, then from Boston to LA and back.....and have reached LA again.....

We have 24 registered riders on the report. This is an impressive number, given that a small percentage of the riders register for this 'club'.



Paul Currier
Cycling Leader

Maybe with good weather, we can accumulate enough mileage to circle the globe two times

AMC MILEAGE CHART 2013

NAME	LOCATION	QUARTER 1	QUARTER 2	QUARTER 3	YTD TOTAL	COMMENTS
Robyn Saur	Falmouth	1,120	1,204	1,176	3,500	
Joe Barry	Yarmouth Port	978	618		1,596	
Bernie Meggison	W Harwich	741	864	1,018	2,623	Great cycling season!
Linda Church	Falmouth	427	796	1,177	2,400	
Ron Sikora	Cotuit	255	1,178	1,662	3,095	
Paul Currier	Sandwich	230	656	806	1,692	Been cranking out the trips and mileage
Lawrence Cohen	S Easton	199	1,052		1,251	
Ed Foster		129			129	129 miles so far, road & mountain bike.
Joe Tavilla	Osterville	126	1,058	1,483	2,667	WOW, hope the new heart valve is a hummer
John F Sullivan	Marshfield	110	471	925	1,506	
Jack Jacobson	Fairhaven	80	171	322	573	
Gerard Nelson	Bourne	77			77	
Lee Eckhart	Assonet	70	1,306	1,446	2,822	
Lawton Gaines	Canton	0	513	1,313	1,826	
Jack O'Malley	Brockton		407		407	
Barry Gallas	Cotuit		611	585	1,196	
Rachel Teebo	Brockton		705		705	New member,, welcome!
Mark Gurnee		564	787	1,099	2,450	
Irene Caldwell				596	596	
Jim Kilpela	Wareham			1,981	1,981	
Kelli Covel	Taunton			2,123	2,123	New member,, welcome! From Florida
Cheryl Washwell	W Bridgewater	20	118	224	362	Our Vice Chair, Biking
GRAND TOTALS		5,126	12,515	17,936	35,577	

Moose Sighting on Mt. Chocorua and Other Good Times up North



Paul Miller, SEM Hiking Vice Chair

So here's a trick question: What's better than a full day of beautiful fall hiking in the White Mountains with a crew of amiable AMCers?

Answer: Two days of AMC hikes in the White Mountains.

That's what we were lucky enough to do several weekends ago when Maureen Kelly and I led hikes on consecutive days up in the White Mountains early in October (yup, pretty much at peak foliage...).

Day One: Carter Notch via the Wildcat River Trail

First hike on the list was a fun trek into beautiful Carter Notch from the south on the Wildcat River Trail, one of the hidden gems in the White Mountains. SEM hikers have been into Carter Notch a number of times in recent years, but typically we did so by hiking in from the north via the popular Nineteen Mile Brook Trail. So why the change? Last March, following a fun exploratory snowshoe hike on the steep upper part of the Wildcat River Trail from the Carter Notch Hut during yet another excellent 2012-13 Winter Hiking Series overnight trip, Maureen and I made loose plans to lead a hike into the Notch via this relatively wild and less-

traveled route.

From the south, the usual route into Carter Notch is to take the Bog Brook Trail from its trailhead near the top of the Carter Notch Rd. in Jackson for a short stretch to get up to the Wildcat River Trail. Based on local knowledge (and the advice in several hiking guides), we decided to avoid the tricky water crossings on the Bog Brook Trail by instead following a gated forest road at the very top of Carter Notch Road to get to the Wildcat River Trail.

Since there was only limited parking at the gate for the forest road, the ten of us first met at a roadside parking area a little way down Carter Notch Road (just after it turns to gravel) and then carpooled up to the



On the Wildcat River Trail (Sal Spada photo)



Happy Hikers outside AMC Carter Hut



Maureen Negotiates a Ledge on Brook Trail (Sal Spada photo)



On Chocorua Summit

gate in three vehicles. The forest road not only avoided those tricky water crossings, it also gave us some nice advance views up to Carter Dome and other peaks. After crossing over the Wildcat River on a bridge on the forest road, we hung a left and started up the inviting Wildcat River Trail.

Initially, this climbs gradually up toward Carter Notch, crossing and re-crossing the river several times and passing through several forest layers. After passing the intersection with the Wild River Trail that leads off to the east to Perkins Notch, we started getting some nice views up toward Carter Dome and Wildcat A, between which Carter Notch is perched. About a half mile before hitting Carter Notch, the trail began to climb steeply up to the AMC Carter Notch Hut. This was the same section of the trail that we had “played” on last



Sal on Chocorua Summit



Wildcat River Trail Starts Getting Steep (Sal Spada photo)



Outside Jim Liberty Cabin (Sal Spada photo)



Ann Crossing the Wildcat River (Sal Spada photo)

March on our snowshoes, but back then there had been several feet of snow on the trail and it had looked very different!

Soon after passing the spur trail that leads off to The Ramparts, we came upon the first bunkhouse, which appeared to be in excellent shape with its new windows and re-shingled front porch. (Our Club has done an amazing job of keeping the huts in fine shape...). We checked out the empty Carter Notch Hut itself, the oldest and eastern most in the AMC hut system (the caretaker had literally “gone fishing”) and

then headed down to the larger of the two Carter Ponds to enjoy our lunch and take in the wonderful views across the peaceful pond and up to majestic (4,832-foot) Carter Dome, ablaze in fall foliage. Following lunch, we visited The Ramparts, where the jumble of huge boulders provides a unique vantage point for enjoying beautiful and remote Carter Notch.

The hike back down hill to the forest road on the Wildcat River Trail was a relative breeze (even for this 62-year old hiker...), and we got back to our cars with plenty

of daylight left. After saying our goodbyes, several of us drove up to the AMC Joe Dodge Lodge in nearby Pinkham Notch for the evening, several headed down to the hostel in Conway, and several (less lucky



Carrie poses with Moose in Background (Sal Spada photo)



One of the Carter Ponds (Sal Spada photo)



Approaching Mt. Chocorua Summit (Sal Spada photo)



Maureen at The Ramparts (Sal Spada photo)



Moose Sighting on Brook Trail (Sal Spada photo)

hikers) headed home.

Day Two: Mt. Chocorua via the Brook and Liberty Trails

The next morning, nine of us met at the Brook Trail trailhead off Paugus Road for a hike up to the summit of beautiful, 3,475-foot Mt. Chocorua (a first for me). The plan was to take the Brook Trail up to the summit, then return via the Liberty Trail. This AMC group, which included several hikers from the day before plus several new hikers, made for another interesting and amiable mix.

The lower part of the Brook Trail follows the Claybank Brook, gradually climbing up the side of the mountain. About an hour into the hike, one of our party spotted a moose foraging peacefully in the woods, just 30 or 40 feet away. Unfortunately, about half our group had already passed by without noticing this noble beast minding its own business, but the rest of enjoyed this special opportunity to see a moose at such close range and snap a few (unfortunately pretty blurry) pictures.

At some point, the gradual climb on the pretty Brook Trail turned into a series of challenging but fun scrambles up several steep and exposed ledges before meeting up with the upper portion of the Liberty Trail. This soon brought us up to Chocorua's bare summit, which

afforded wonderful views in all directions, even on this relatively cloudy day! After snapping a few obligatory summit photos, we layered up and huddled down for a quick lunch before heading back down to the trailhead on the Liberty Trail. This soon brought us past the historic Jim Liberty Cabin, well situated in a clearing not far down from the summit. One of the more interesting features of this cabin, are the massive chains that loop over its roof to keep it from being blown off the mountain!

Once again, the trip back down to the trailhead was a relative breeze. We got back down to our cars, with plenty of daylight left for the drive back down to Massachusetts. Luckily, we also managed to get back in time to miss the rain, which had threatened on and off all weekend, but didn't actually materialize until after we were well on our way back to our respective homes.

The drive out from the trailhead brought us between the two picturesque Chocorua Lakes, which had attracted numerous roadside foliage watchers and picture takers on this fall afternoon. This wrapped up two wonderful days of fall hiking up in the White Mountains, including a great hike into a peaceful and remote mountain notch via a new route and a hike up to the summit of a classic NH peak, with its expansive views.



Sal and Paul outside Carter Hut



Trail Sign (Sal Spada photo)

AMC ACTIVITY PARTICIPATION POLICY

AMC encourages involvement in its mission and activities through its membership, programs, policies, and procedures. Our goal is to be a community that is comfortable, inviting, and accessible for people of any age, gender, race, religion, ethnicity, ability, sexual orientation, or socioeconomic status. Some AMC programs are designed for a certain age range of members or for a special activity or topic. However, any person who meets the minimum qualifications (age, skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available. Individuals under 18 must be accompanied by a responsible adult. All participants in AMC activities are required to sign the AMC waiver form provided by the leader. Preview the waiver at: <http://amcsem.org/documents.html>

Day trip up Mt. Washington

By Doug Karlson

What can I say about climbing Mt. Washington that hasn't been said a thousand times? Probably not much. It's steep. It's rocky. It's also big. Very big.

Some readers may recall that in April we ascended Mt. Jackson and Mt. Avalon and the Sugarloafs, and we got lost on our way to Arethusa Falls. I chronicled that adventure in a story called "Bagging Peaks in the White Mountains." Following that trip we thought it might be fun to climb Mt. Washington. Since it's such a popular, well-described hike, I'll keep my account short, and include lots of photos.

We originally planned to stop for the night in Lake of the Clouds Hut, but after learning that was closed for the season, we were assured that Mt. Washington could be tackled in a day hike. Following the advice of a friend, we decided to go up via Tuckerman's Ravine Trail, and come down by way of Lion's Head. The fellow who sold me a new pair of hiking boots at EMC in Hyannis recommended that we be first in line at breakfast so we could get an early start, and thus be back before dark.

Our party was made up of my teen-aged sons Norman and Dougie, their stepbrother Matt, and Jean, an ex-

change student from Monte Carlo. We set off from Pinkham Notch's Joe Dodge Lodge at 8 a.m. Sunday following one of those delicious AMC breakfasts. The weather forecast was good, with heavy clouds in the lower elevations.

I saw how in bad weather you could get into trouble fast. But we had beautiful weather, once we broke

judging from the heavy traffic on the trail last Columbus Day Weekend. That surprised me, given the difficulty of the hike (tallest peak in the Northeast, 6200 feet, famous for dangerously erratic weather, etc.). The holiday weekend, good weather and fall foliage probably encouraged all those people, us included.

All those hikers were a varied group. We ran into quite a few French Canadians, some Boy Scout troops, and many families. There was a speed hiker who got to the top in an hour and 22 minutes, and we also passed people who were on the verge of giving up and turning back. There were several dogs, and I met one woman who was carrying her fox terrier up Tuckerman's Ravine headwall.

After an hour and a half or so going up the lower valley (accurately described in the guidebook as "moderate but relentless" we arrived above the clouds at Hermit Lake where you get your first very impressive look at the enormous peak we had to climb, with Lion's Head off to the right. Here we also found a pump with good fresh water (the water at Pinkham Notch is slightly sulphurous).

Despite its vastness, the headwall was not as exhausting as I had feared. Maybe that's because the rocks form a ladder of sorts, and



through the clouds it was sunny and clear and about 70 degrees. I was comfortable in shorts and a shirt and sun hat.

Mt. Washington must be one of the most popular hikes in the country

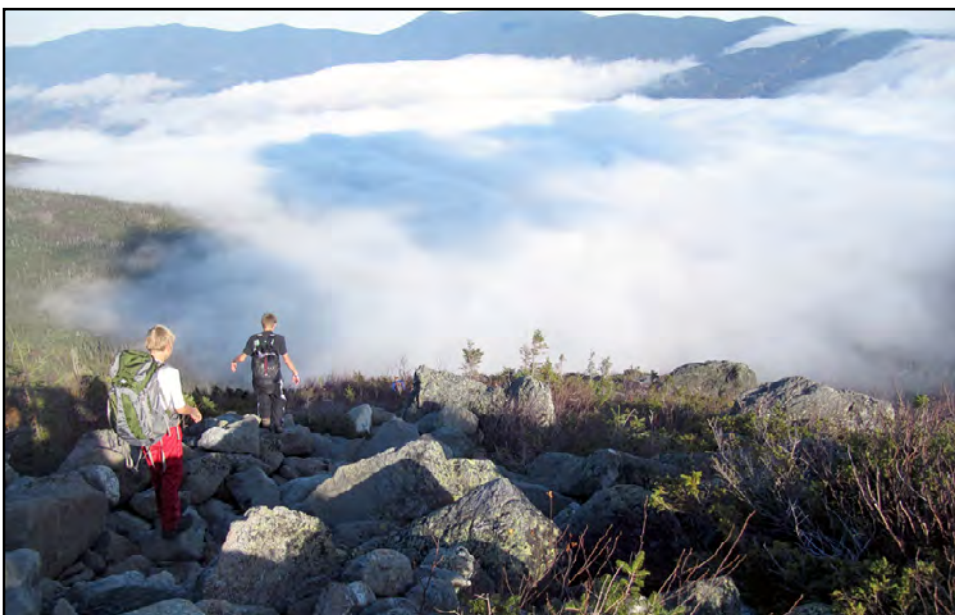
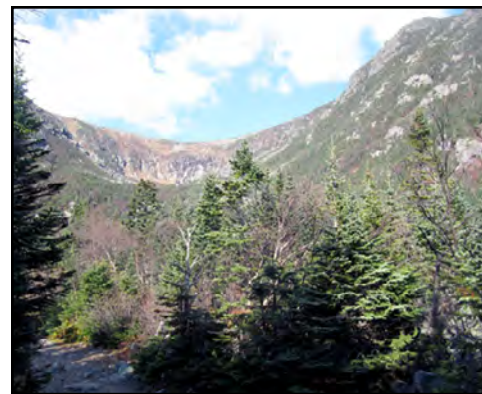
because I was comparing it to the icy and snowy conditions in April. In fact, my son, Norman, and I remarked that this part of the climb was the most interesting, and there are gorgeous waterfalls.

The cone of the mountain is another story. The top half mile or so of the trail, leading from the top of the headwall to the summit, is like a rocky wasteland. We arrived at the summit at 12:45. The top has great views, but it's a bit of a disappointment, there are hundreds of tourists who have arrived by bus and train and car, and you have to wait in line to have your photo taken at the sign on the summit. (We didn't bother, instead taking a photo by the cairn.)

Getting down we again descended the rocky cone, which would be difficult going in rain, and then turned left down the Lions Head trail, which is scenic, especially as it passes the Alpine Meadow at 5,000 feet, and often very steep,

with rocky scrambles.

The legs were feeling a bit tired by the time we finally staggered into Pinkham Notch at just before 6 p.m. in time for roast pork and mashed potatoes in the Trading Port. A highly successful day hike!



Take A Long Hike



Hello fellow hikers.

The [Esbite Pocket Stove](#) continues to be a well-kept secret. I have no

idea why hikers who try to shave every fraction of an ounce from their pack, ignore the mighty little Esbiter. This dependable tiny stove,



which can fit in your pocket, has been used around the world since WW II.

TIP: To reduce pack weight and increase pack space, get a tiny stove.

I've used the larger, quick-firing

stoves that require liquid fuel. I admit those stoves probably work better for serving several people, especially if you are in a hurry. Their "simmer" advantage is also convenient. However, the Esbit is always



reliable, and it will never clog. Most of all, it's small and light!


I remember on the A.T. having to clean and maintain my high-end stove; having to watch my fuel - hoping it lasted until the next supply stop, then over-supplying and hauling extra, bulky canisters.



Yes, stoves have gotten smaller and better. But the Esbit is one of the simplest, easiest, most reliable stoves out there. What's more, the fuel for the Esbit is portion controlled; it uses little fuel tabs that you unwrap and place on the floor of the stove. One tab will cook your meal. I sometimes light two and re-use them the next time, as shown in the picture.

The Esbit provides a foolproof system for cooking in the wilds. Check it out.

Ray's Hiking Blog
www.TakeaLongHike.com



Harvest Puzzle

E	X	X	H	C	S	F	O	T	A	F	N	D	G	V
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APPLE
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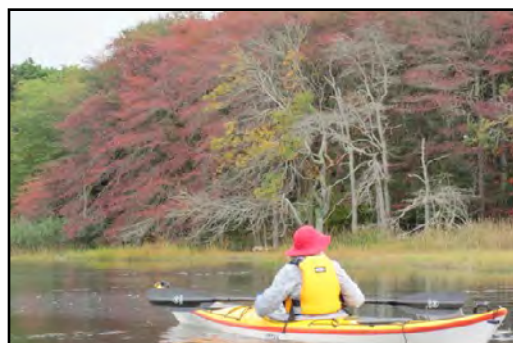
FALL
LEAVES
SCARECROW

PADDLE TRIP REPORT - Swan River

October 5, 2013

By Betty Hinkley, photos by Jean Orser

Paddlers: Jean Orser, Bill Fischer, Betty Hinkley (Leader)



Despite a niffy weather forecast, this turned out to be a great day for a paddle.

We launched at Swan Pond and went counter-clockwise around the perimeter and then under the bridge at Upper County. We saw at least 3 great blue herons in the course of the trip, several geese, and the usual cormorants and ducks.



The bridge at 28 was under construction westbound, and they had a few hazards



in the water, but we passed through and kept going. We stopped short of the exit to the Sound, as the tide was coming in through the narrow channel pretty swiftly, and also it was lunch-time. After lunch, including all the brownies we could eat, since there were just 3 of us, we headed back up the River and returned to the put-in just before 1:00 PM. Plenty of time to catch the second half of your favorite college football game.

It was a delightful trip, and a remarkably warm day for an October paddle.



Toys-for-Tots Coming in December

Toys-for-Tots collection 2nd week in Dec. at Max Sarazan's Railroad for AMC cyclists, hikers & paddlers. More information to come!



Max Sarazin's railroad



Adventure Travel Training Workshop - Nov. 15-17th

Visit some of the most exciting places in the world as the leader of an AMC Adventure Travel Trip! The Adventure Travel Training workshop (held November 15-17th, 2013 at White Memorial Foundation) provides important training to people who have AMC activity leadership experience (no beginners, please) to transition from leading weekend chapter activities to more complex and longer trips, domestically and overseas. Previous outdoor leadership training is highly desirable.

The workshop emphasizes planning, cost estimating, trip management, people skills, and risk management. You'll also learn procedures and guidelines for researching, proposing, and leading Adventure Travel trips and have the chance to exchange ideas, problems, and solutions with some of the AMC's most skilled leaders. The training's small group size assures abundant discussion and access to instructors. For more information [visit >>](#)

Enhanced Bay Circuit Alliance Website

We are pleased to share with you an enhanced Bay Circuit Alliance website! [Check it out >>](#) We hope to be able to highlight any AMC trips on the Bay Circuit Trail on this website. If you're an AMC leader and you're planning a trip on the trail, please include "Bay Circuit Trail" in your trip listing title so that it can be included!

PADDLE TRIP REPORT - Long Pond

September 28, 2013

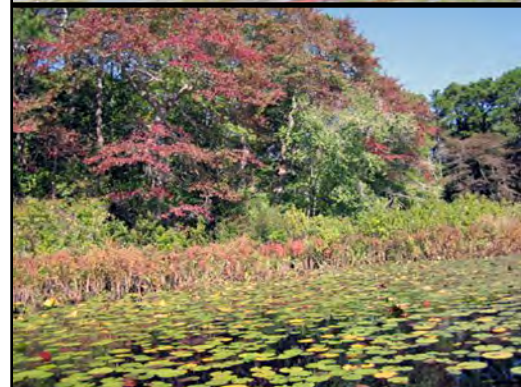
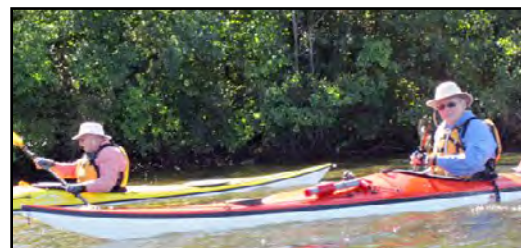
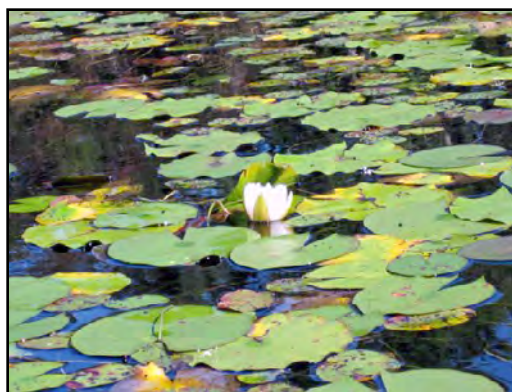
By Jean Orser

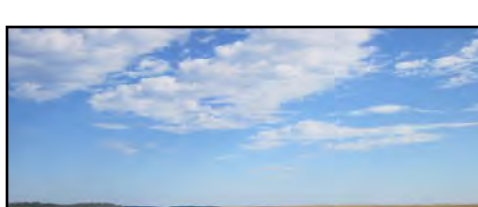
Paddlers: Margot Fitsch, Vickie Blair Smith, Pat Carden, Betty Hinkley, Bill Fischer, Ed Foster, Louise Foster, Ernesto Waingortin, Paul Corriveau, CL, Jean Orser, L

Ten paddlers left the Harwich Town Landing to circumnavigate counter clock-wise Long Pond on a fantastic mid 70s sunny day with little wind. The Mass Gov't web site says Long Pond is the largest fresh wa-

ter pond on the cape with an average depth of 23' and a maximum depth of 66' and has 6.4 miles of shoreline. We paddled to the 2nd Harwich Town Landing and did the short portage to Smalls Pond which was well worth the effort as there were numerous water lilies, colorful tupelos and Margo saw a painted turtle and several frogs. Next we headed to the lunch spot Margo recommended at Sea Camps which was closed and perfect for

us and we arrived at noon. Then we continued past girl scout camp, old cranberry bog, Brewster town landing, portage trail to Black Pond which we omitted and arrived at the put-in at 2pm. Ed said we had 7+ miles depending on how much one hugged the shore. A perfect day to paddle with a great group.





PADDLE TRIP REPORT - Nauset Marsh

October 2, 2013
By George Wey, photos by Jean Orser

Paddlers: Vicki Blair-Smith, Paul Corriveau, Jean Orser, Pat Carden, Pat Sarantis, Bob Sarantis, George Wey, leader.

It was another nice day for a paddle. After launching our kayaks at 10:30am we headed in a counter clockwise direction to circumnavigate Nauset marsh. At the Orleans end of the marsh we explored Mill Pond then crossed Nauset Harbor and paddled along the inside of the Nauset barrier beach. At 12 o'clock noon we picked a spot along the beach and stopped for lunch. Continuing our trip we crossed the main boat channel and skimmed across tidal flats with less than a foot of water heading for the so called northwest passage. In doing so we passed a cluster of about fifty to eighty huge seals. When they saw us coming they all made a dash for deep water

causing quite a splash. After passing through the marsh we paddled over to the foot bridge below the old Coast Guard station. Some of the group went under the bridge and into the creek beyond. In heading back to the put-In we checked out Salt Pond next to Seashore Visitors Center. We arrived back at about 2:30pm. The trip distance was about 8 1/2 to 9 miles.



PADDLE TRIP REPORT - Indian Lakes

October 9, 2013
By Jean Orser
Photos by Jean Orser and Margot Fitsch

Paddlers: Jean Orser, L, Paul Corriveau, CL, Gary Robinson, Margot Fitsch, Joyce Keay, Betty Hinkley, Bill Fischer, Louise Foster, Ed Foster



Courtesy Jean Orser



Courtesy Margot Fitsch

Nine paddlers left the put-in with some trepidation about the 14 mph northeast wind and higher gusts. We paddled counterclockwise around Middle pond mostly out of the wind and admired the fall colors. We passed by the spot where we used to portage to Hamblin Pond (near the wooden structure in the water) which is very overgrown now and doesn't look inviting. Soon we reached the passage on Carsley Neck into Mystic Lake where we continued to paddle counterclockwise. Since it was early for lunch we paddled around the island passing a live tree hanging in the water and seeing an abandoned house which one paddler explored. Then we headed to lunch passing many dead pine trees along the shore. Lunch at 11:30 was at the town beach on Race Lane and although there was some noisy traffic the beach was in the sun and out of the wind. We lingered for an hour hearing about travel stories. We headed back to the put-in with a nice tail wind stopping to go up the creek to the herring run. Bill and Ed reported the total distance paddled

was 5 - 5.6 miles depending on how closely one hugged the shore. Another fine fall day for kayaking.



Courtesy Jean Orser



Courtesy Jean Orser



Courtesy Jean Orser



Courtesy Jean Orser



Courtesy Margot Fitsch



Courtesy Jean Orser



Courtesy Jean Orser



Courtesy Jean Orser



Courtesy Jean Orser



Courtesy Jean Orser



Courtesy Jean Orser



Courtesy Margot Fitsch

PADDLE TRIP REPORT - Clay's Creek and Barnstable Harbor

October 19, 2013

By Ed Foster

Paddlers: Ed Foster - leader, Bill Fischer, Louise Foster, Gary Robinson

A beautiful day. We went up Clay's Creek to the connection with Lone Tree Creek which we followed to it's opening into Barnstable Harbor. There was no wind, the Harbor was smooth with only swells for the Whale Watch boat. Lunch was a little early at the Water Street public landing. After lunch we headed for Hallet's Mill Pond but the tide was too high to get under the bridge so we cruised around the marshes north of the bridge before heading back along the edge of the marsh to our put-in. A total paddle of just under 6 miles.



PADDLE TRIP REPORT - Chase Garden Creek

October 16, 2013

By Jean Orser

*Paddlers: Trip Leader - Paul Corriveau Co-Leader - Jean Orser
Anna Brandin, Bill Fischer, Ed Foster, Louise Foster*

Fog and drizzle at Grey's Beach put-in. High Tide, according to my Casio G-Shock, G 7900-A. Navigated thru the marshes, with a few alternate pathways out to the farm. Board Walk Approach for Picnic Table Lunch with the Animals at Bray's Farm. A swift return with favorable wind and tide!



What is a Ski Club?

By Gina Hurley



Winter is coming! I know, fall foliage is just wrapping up, but that means winter will be here soon. If you love to get outdoors in the winter to ski, snowshoe, or just play in the snow, especially in the White Mountains, you might want to consider becoming a member of a ski club. The clubs offer year-round outdoor activities,

including skiing and winter outings. I have spent some time with Mr. Bob Gargano, past president of one of the ski clubs, and asked him to answer some questions about ski clubs. If you haven't heard of them, or are not sure what they are, read on!

What is a ski club? A Ski Club is a Not for Profit entity that allows a budget friendly means to accommodate overnight guests over the age of 21 in a friendly, skier oriented communal environment. The ski club acts as a primary vehicle to for people of diverse back rounds who share a common interest to get to know one another and enjoy the outdoors.

How does a Ski Club work? The Ski Clubs for the Mt. Washington Valley area fall under the primary umbrella of EICSL (Eastern Inter Club Ski League) which has a board of directors and various committees that will establish general by laws and protocol. However, the individual Ski Clubs, which there are about 20, establish their own By Laws as well as House Rules. Each Ski Club has their own respective board of directors which would include a treasurer to ensure all operating expenses, taxes, insurance and so forth are paid. Revenue typically comes from annual Membership Dues and perhaps internal fund raising.

What are the benefits of joining a Ski Club? Members enjoy discounts on lift tickets, food, and equipment, as well as inexpensive lodging and a great atmosphere. I would say the main benefit of joining any given Ski Club is that you are surrounded by people whom paths you may never cross but now have a common interest. This passion of common interest has sparked many successful relationships as well as marriages. Friendships that are made tend to be long lasting and are maintained throughout the year.

What is the cost of joining a Ski Club? All Ski Clubs vary but are also all within a reasonable

range. Some clubs offer upgraded benefits which increase their annual operating expenses which costs gets passed down to membership. On average, one would expect to pay somewhere in the neighborhood of \$400/annually for a Full Membership. Various membership packages are available which can lower the cost to as little as \$75/annually.

Are there differences in Ski Clubs? Yes!!!! There are some Ski Clubs that are family oriented, with all ages are permitted, while some require that you must be 21 or older. Some allow dogs, and some Ski Clubs have more desirable locations.

What factors should one consider about a Ski Club before joining? Ski Clubs in general are more conducive to communal living lifestyles which may not suit everyone. Rooms are segregated by gender and will sleep anywhere from 3-5 members. All Ski Clubs encourage coming up a few times as a guest to make sure you are comfortable with your environment. Staying at different Ski Clubs is also encouraged due to the unique character of each Ski Club.

How many Ski Clubs are in the Mt. Washington Valley? There are approximately 20 Ski Clubs in the Mt. Washington Valley. Visit www.EICSL.org to review all Ski Club listings.

What activities, besides Skiing, does the Club offer? The primary activity is Skiing, however most Ski Clubs are a four season club which will host Kayaking, Golfing, Mountain Biking, Hikes, etc., and there are always social activities throughout the year. You will never be bored!

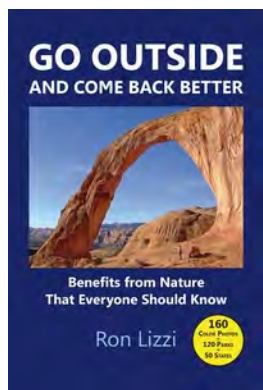
How long have you been a Ski Club member? I have been a member of the Stoneham Skidaddlers, located in Bartlet, NH, approximately 1 mile from Attitash, Bear Peak for 5 years and the President for the last 4. I have made lifelong friends with some tremendous people. More importantly, I have met someone very special through the Ski Club which has been a blessing. I am an Alpine Racer for the USSA Masters as well as a Professional Ski Instructor (PSIA), and I teach at Wildcat....but even if you are just learning to ski, a Ski Club is a great option.

Anything else you would like to tell us about the Ski Club? Please...don't be shy!!!! Come up as a guest. Check out all the websites (www.EICSL.org), and ask questions. There are approximately 1000 members throughout EICSL.....you never know who you might meet!



New book is nature's brochure, includes all 50 states

BETHANY, Conn., Sept. 30, 2013—Autumn has arrived and that leads many to think about enjoying the outdoors. Those seeking ideas about places to go can find plenty in a new book. *Go Outside and Come Back Better: Benefits from Nature That Everyone Should Know* is nature's brochure, according to author Ron Lizzi.



Go Outside is an inspirational travel essay woven through a landscape photography collection. It features 160 color photos from parks in all 50 U.S. states, including not only national parks but other federal lands plus state, municipal, and Native American tribal parks. The book showcases the tremendous variety of scenery available in America, including coastline, canyons, mountains, deserts, badlands, and waterfalls. Many of the photos highlight places that will be unfamiliar to most readers.

"So many people only know the most famous parks, like the Grand Canyon and Yosemite, but there are wonderful places all across the country," says Lizzi.

Far from a guide, *Go Outside* is an idea

book. Lizzi makes the case for spending time outdoors by showing nature's power to inspire, teach, and improve lives. He does this using down-to-earth insight plus his novel concept of "matterdays," memorable days with a lasting impact. With a message as compelling as its images, the book aims to encourage and inform outdoor lovers and newbies alike.

Midwest Book Review calls the book "the next best thing to an immediate vacation." ForeWord Reviews writes, "This stunning photo journal offers a fresh perspective on the pleasures of nature."

Go Outside is available in hardcover from most bookstores or as an iPad e-book from Apple's iBookstore.

For a book trailer video and more information, visit the book's companion website: www.GoOutsideBook.com.

About the Author

Ron Lizzi (pronounced LIT-see) has hiked 1,700 miles in nearly 500 parks across America, camera in hand. Still, he's no elite outdoorsman, just a regular guy, one that most readers can relate to. And that's important because he intends to make the case for spending time in nature, particularly in America's beautiful parks, and therefore he wants readers to imagine themselves behind his camera.

About the Book

Go Outside and Come Back Better: Benefits from Nature That Everyone Should Know by Ron Lizzi. River Stream Media. Hardcover ISBN: 978-1939435781 • \$27.95 • 6 x 9 • 192 pages • 163 illustrations • iPad e-book ISBN: 978-1939435811 • \$12.99.

Massachusetts Agriculture Calendar Photo Contest

Amateur photographers who enjoy capturing local rural scenes, farm animals and fresh produce are invited to enter the Massachusetts Agriculture Photo Contest sponsored by the Massachusetts Department of Agricultural Resources and Massachusetts Agriculture in the Classroom, Inc. Winning photos will be featured in the 2015 Massachusetts Agriculture Calendar.

Twelve photos will be selected, one for each month. Photos will be selected that depict the diversity of agriculture, horticulture, and natural resources on the commonwealth's farms throughout the year.

Winning photographers will be credited in the calendar, will be invited to attend a winner's ceremony at the Eastern States Exposition (The Big E) in Springfield in September and tickets to the fair, and will receive copies of the calendar.

The Massachusetts Agriculture Calendar will also feature facts and figures about Bay State agriculture, horticulture and conservation, as well as other educational resources.

Deadline for submissions is June 1, 2014. For details and an entry form, Photo Contest Rules and regulations: or contact Rick LeBlanc at Massachusetts Department of Agricultural Resources, 617-626-1759 or send an e-mail to him.

Print an [Entry Form](#)>>

Cape Cod Bicycle Summit - *Healthy Cyclists, Healthy Communities*

Friday November 8, 2013 - 8:30 AM to 2:00 PM

Tilden Arts Center at Cape Cod Community College
2240 Iyannough Road (Route 132), West Barnstable, MA 02668

If you are interested in learning how to increase safety for bicyclists on the Cape and Islands, encourage more locals to use our beautiful pathways, and educate our communities on the economic, environmental, and personal benefits of cycling, please register for this free event today!

[Get more information](#) - [Register Now!](#)

ACTIVITIES

SOUTHEASTERN MASSACHUSETTS ANNOUNCEMENTS)

ANNUAL MEETING & DINNER. Saturday, Nov. 2. Salernos, Onset, MA. Vote for 2014 board members, dinner, speaker, awards, raffles, see old friends. RESERVE YOUR TABLE NOW FOR YOU & YOUR SEM BUDDIES. Let's get all the SEM 'old-timers' there this year!

AMC SEM is always looking for volunteers to volunteer a little or a lot. Contact the chapter chair at chair@amcsem.org if you'd like to volunteer.

BICYCLING

Bike Ratings: First character indicates distance in mi: AA=50+; A=35-50; B=25-35; C=under 25. Second is L's pace in mph: 1=17; 2=13-16; 3=11-13; 4=up to 11. Third is terrain: A=very hilly; B=hilly; C=rolling; D=flat.

WANTED: Ride Leaders and Co-Leaders. Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm and routes w/ your fellow AMC members? Contact Bike Chair (508-428-6887, bikingchair@amcsem.org) for more info.

AMC SEM 2,000 Mile Club. AMC SEM has a unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair to register your mileage and for more info. (bikingchair@amcsem.org)

Tues. Rides. Turn Those Tires on Tues. Rides scheduled all year long, weather permitting. 25 mi of road or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location and directions. Intermed. pace. Riders and bicycles in top shape; tires and riders pumped and ready to roll; helmets and water req'd. L Paul Currier (508-833-2690 8 am-7 pm, pbencurrier@hotmail.com)

Chapter Trips

(FT) (NM) Sat., Nov. 2. SEM Annual Meeting & Dinner. Annual Meeting/Dinner. Salernos, Onset. Elections, dinner, speaker, awards, raffles. RESERVE A TABLE NOW FOR YOU & YOUR SEM BUDDIES! L Jon Fortier (bikingchair@amcsem.org), R Patty Rottmeier (2 Killdeer Lane, Nantucket, MA 02554, 508-228-4207, treasurer@amcsem.org)

(XCE) Tuesdays

Nov. 5. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Nov. 12. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Sundays

Nov. 17. Sunset/Full Beaver Moon Ride. Start at Sagamore Recreation area and ride the hills and shores of Sagamore and the canal trail to Buzzards Bay and Mass Maritime for sunset over Onset. Perhaps a stop at 3-Mile Outlook before returning for Beaver Moonrise over the Sagamore Bridge and Plymouth Bay. Helmets, water, registration,

and spare tube and tools required. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Nov. 19. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Nov. 26. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Dec. 3. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Dec. 10. Tuesday Cycling. Scenic cycling on Cape

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

(XCE) Tuesdays

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

(XCE) Tuesdays

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

(XCE) Saturdays

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

2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

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

(XCE) Tuesdays

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

(XCE) Wednesdays

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

(XCE) Tuesdays

Jan. 7. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours.

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

(XCE) Tuesdays

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

(XCE) Wednesdays

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

(XCE) Tuesdays

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

net)

(XCE) Tuesdays

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

(XCE) Tuesdays

Feb. 4. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

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

(XCE) Fridays

Feb. 14. Sunset/Full Snow Moon Rise Ride. Intermediate paced road cycling from Sandwich Recreation area on Freezer Road for ride on canal trail

and streets of Gray Gables and Mashnee Island. Return to the canal for sunset near RR Bridge and ride along the canal for full Snow Moon Rise over the Sagamore Bridge. Helmets, water, registration, spare tube and tools required. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

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

(XCE) Tuesdays

Feb. 25. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

CANOE/KAYAK

Always looking for additional paddle leaders, both flat water and ocean. Contact paddlingchair@amcsem.org

Chapter Trips

(FT) (NM) Sat., Nov. 2. SEM Annual Meeting & Dinner. Annual Meeting/Dinner. Salernos, Onset. Elections, dinner, speaker, awards, raffles. RESERVE A TABLE NOW FOR YOU & YOUR SEM BUD-

DIES! L George Wey (paddlingchair@amcsem.org), R Patty Rottmeier (2 Killdeer Lane, Nantucket, MA 02554, 508-228-4207, treasurer@amcsem.org)

CAPE HIKES

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

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

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

Meet**10:45**am, Snail Road trail head on ocean side of Route 6, at the east end of Provincetown. Explore 360 views of dunes, historic dune shacks, pick some cranberries. Hike up and down to the ocean and back. Bring lunch. 3.5 hours. L Nancy Braun (508-487-4004 morning, evening, nancytruro@comcast.net)

(FT) (NM) Sat., Nov. 2. SEM Annual Meeting & Dinner. Annual Meeting/Dinner. Salernos, Onset. Elections, dinner, speaker, awards, raffles. RESERVE A TABLE NOW FOR YOU & YOUR SEM BUDDIES! L Farley Lewis (capehikingchair@amcsem.org), R Patty Rottmeier (2 Killdeer Lane, Nantucket, MA 02554, 508-228-4207, treasurer@amcsem.org)

(FT) (NM) Sat., Nov. 2. Annual Winter Hiking Workshop. Learn how much fun winter hiking can be at our annual workshop! Experienced SEM winter hike leaders will cover clothing, equipment, nutrition, and conditioning for safe and enjoyable winter hiking as a prelude for participating in our popular Winter Hiking Series. The Series will start out with a local hike in December, then proceed to increasingly more challenging winter hikes in NH, culminating with an overnight trip to an AMC hut. (And you'll be done in time to attend the SEM An-

nual Meeting & Dinner nearby!). L Maureen Kelly (508-224-9188 before 8 pm, mokol773@aol.com), R paul miller (paulallenmiller@verizon.net)

Sun., Nov. 3. Truro, Bearberry Hill (C3C). Sand path Ballston to Longnook Bchs, hilltop 360 view. Rte 6 to Pamel Rd, R off ramp, L at S Pamet Rd to beach pkg lot. Meet 12:45pm, 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Sun., Nov. 10. Nickerson State Park. Hike in back sections of the park. Trails, woods roads and ponds. L Janet DiMattia (jandimattia@verizon.net)

Thu., Nov. 14. Ryder Conservation Sandwich. Scenic hike along edges of Mashpee and Wakeby lakes through Lowell Holly conservation area. Take Rte 6 to exit 3 Quaker Meetinghouse Road and turn S to traffic light, turn L on Cotuit Rd, go approx. 1.5 miles and Ryder Conservation is on the right. Meet 9:45 AM start 10 AM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Saturdays
Nov. 16. Truro- High Head Sand Dune Walk (B3B). Meet at**10:45** 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. Walk back via the bike path to Pilgrim Spring and panoramic views. 3.5 hours. Bring lunch. L Nancy Braun (508-487-4004 morning, evening, nancytruro@comcast.net)

Sun., Nov. 17. Ryder Beach. Hike from Ryder Beach to Atwood House with views of Cape Cod Bay. L Janet DiMattia (jandimattia@verizon.net)

Thu., Nov. 21. Sandy Pond Recreation, West yarmouth. Wooded trails, pond views in mid-cape area. Route 6 Exit 7S, left on Camp Street, left on Buck Island Road, and left at Sandy Pond Recreation Area. Meet at 9:45am. 2 hours. L

Janet Kaiser (508-432-3277 before 9:00 p.m., jtkaiser@comcast.net), janeharding@comcast.net)

Sun., Nov. 24. Barnstable-Bridge Creek Conservation (C3D) Hike. Flat terrain, cedar upland, maple swamp and salt marsh, bogs, stone walls. Meet at 12:45am. 2 hrs. From Exit 5 off Rte 6 North on Rte 149. Park along grass triangle on immediate left beside church. L Farley Lewis (508-775-9168, farlewis@comcast.net)

Sun., Dec. 1. Flax Pond Conservation, Dennis. Rolling hills near Flax Pond, golf course, wooded trails in wellfield area. Park on Setucket Rd at Flax Pond Conservation, East of Yarmouth- Dennis Town Line. Meet 12:45 p.m. 2 hrs. L Janet Kaiser (508-432-3277 before 9 p.m., jtkaiser@comcast.net)

Thu., Dec. 5. Hike - West Falmouth-Mock Moraine (C3C). Rolling woodland trails, water views, historical sites. 2 hours, Meet 9:45 AM. Heavy rain cancels. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com), R Catherine Giordano (508-243-3884 before 9 pm, cmgiordan@msn.com)

(FT) (NM) Sun., Dec. 8. Hike - Cotuit-Little River Sanctuary (C3D). Wooded walk with views of Eagle Pond. Meet promptly at 12:45pm. Carpool shuttle from parking area in front of Rite-Aid Pharmacy located at intersection of Route 28 and Putnam Avenue in Cotuit. 2 hours. L Farley Lewis (508-775-9168 Not after 9pm, farlewis@comcast.net)

Thu., Dec. 12. Hike - Scorton Creek Sandwich (C3C). 2 hour hike along Scorton Creek through old state game preserve and around Talbot's point. We will hike past historic Hoxie pond and cranberry bogs. Take Rte 6 to Exit 4, turn N on Chase Rd. Turn L on Old County Rd. to end. Turn R on 6A, turn R on dirt road just after MBM auto sales. Park in dirt lot at end of Rd. Meet 9:45 AM. L Jane Harding (508-833-2864 before 9 PM,

Sun., Dec. 15. Hike - Crowes Pasture, E Dennis (C3C). Wooded paths, beach, quiet roads. Ex 9 off Rte 6, Rte 134 N to R on Rte 6A then L on School St, R on South St, to lot at road end past the cemetery. 2 hrs, Meet 12:45. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Thu., Dec. 19. Hike - Island Pond Conservation Area, Harwich (C3C). Winter walk through woods and conservation area crossing Route 6 on bike path bridge. Meet 9:45. Going E on Rte 6 Exit 10, left on Rte 124 crossing Rte 6 then L on Headwaters Drive to bike path pkg on L. Two hours. Bad weather cancels. L Janet DiMattia (jandimattia@verizon.net)

Saturdays

Dec. 21. Truro/Bay Sea Turtle - Walk (B3C). Meet at 9:45a.m. N. Truro. Carpool to the trail head. Walk the bay beach looking for cold stunned sea turtles. Bring lunch. 3.5 hours. CALL THAT MORNING FOR CARPOOL INFO. 508 4874004 413 2972785. L Nancy Braun (508-487-4004 any, nancytruro@comcast.net)

Saturdays

Dec. 28. Truro/Bay Sea Turtle - Walk (B3C). Meet at 9:45a.m. N. Truro. Carpool to the trail head. Walk the bay beach looking for cold stunned sea turtles. Bring lunch. 3.5 hours. CALL THAT MORNING FOR CARPOOL INFO. 508 4874004 413 2972785. L Nancy Braun (508-487-4004 any, nancytruro@comcast.net)

Sat., Jan. 4. Hike - Harwich, Herring River (B3C). Wooded walk with views of the beautiful Herring River. Walk both sides of West Reservoir, cranberry bogs. From Rte 6 E, Ex 10, R at top of ramp, Rte 124 for 1.3 mi, R @ Main St. straight 2 mi to park @ Sand Pond on R. Meet 9:45 a.m. 3.5 hrs. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sun., Jan. 5. Hike - Hawksnest State Park Harwich (C3C). Winter woods walk dirt roads, trails. Meet 12:45. Two hours. From Rte 6 Exit 11 S. L at exit light then immediate R on Spruce Rd. Pkg approx 0.8 mi. on either side of road. Bad weather cancels. L Janet DiMattia (jandimattia@verizon.net)

Thu., Jan. 9. Hike - White Crest Beach, Wellfleet (C3C). Wooded trails to Marconi White Cedar Swamp. Rte 6 to R on Lecount Hollow Rd to beach gatehouse. L on Ocean View Rd. Go 0.9 mi to R at beach pkg. Meet 9:45, 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Sun., Jan. 12. Hike - Mashpee River Woodlands, West Mashpee (C4C). Land/River of the Wampanoags. Stately beech and white pine forests. Spectacular views of river. Abandoned cranberry bogs w/remains of old aqueduct. Trout Pond. From Mashpee rotary go E on 28. First R onto Quinaquisset Ave. Go approx. 500' to Pkg on R. From E on 28, take L onto Orchard Rd, then R onto Quinaquisset. If parking on road, tires must be completely off pavement. 2hrs. Arrive @ 12:45P for prompt start @ 1P. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Thu., Jan. 16. Nickerson State Park Hike - Brewster (C3C). Meet at park entrance at 9:45 am for a 10:00 am start. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

(FT) (NM) Thu., Jan. 23. Walk - Indian Lands Dennis (C3C). Shortened winter walk along Bass River. Meet 9:45. From Rte 6 Exit 9A Immediate R on Old Main St. Bear L to pkg at South Dennis Town Offices pkg lot on R. Bad weather cancels. L Janet DiMattia (jandimattia@verizon.net)

Sat., Jan. 25. Hike - Long Pond & Collins Woodlot, Falmouth (B3C). Walk along pond and moraine, and through town forest. From Mashpee rotary,

take Rt. 151 west 3.4m to L at Sandwich Rd. Go 3.7m south to R on Brick Kiln; then 0.9m west and pass through traffic light at Gifford to parking area on R just beyond light. Meet 9:45. Rain cancels. 3.5 hours. Bring lunch. L John Gould (508-540-5779, jhgould@comcast.net)

Sun., Jan. 26. Hike - Sandwich Canal (C3C). 2 hour hike along canal to end. Hike beach to Mill Creek past Sandwich boardwalk. Return through Sagamore. From Rte 6a Sandwich turn onto Freezer Rd. Go to end and park in lot at edge of canal. Meet at 12:45 PM for 1 PM start. L Jane Harding (508-833-2864 before 9 PM, janeharding@comcast.net)

Thu., Jan. 30. Hike - Wellfleet, Griffin Island (C3C). Varied terrain: wooded trails, some hills, spectacular view of bay. Meet 9:45 AM. From Rte 6 left at lights toward Wellfleet Center, left on E. Commercial St. At harbor, Turn Right on Chequessett Neck Rd. Continue to Great Island Parking lot on Left. Over 2 hours. L Janet Kaiser (508-432-3277 eve 7 to 9 p.m., jtkaiser@comcast.net)

Sun., Feb. 2. Hike - Sandwich Maple Swamp (C3B). Hilly hike through varied terrain, meet at 12:45 PM, 1 PM start. Land has history back to early Sandwich settlers. Hiking boots and poles recommended. Take Rte 6 to Exit 3 turn S on Quaker Meetinghouse Rd., 1st left on Service Rd entrance to Maple Swamp is just past Mill Rd on right. Trip at a Glance Activity: Hiking L Jane Harding (508-833-2864 before 9 PM, janeharding@comcast.net)

Thu., Feb. 6. Hike - Island Pond, Harwich (C3C). Wooded hike, cranberry bog, lavender farm. Ex 10 off Rte 6, N on Rte 124. 1st L on Headwaters Drive to pkg lot on L at bike trail. Meet 9:45, 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Sat., Feb. 8. Hike - Yarmouth, Greenough Ponds (B3C). Walk through Yarmouth Botanical Gardens, Dennis & Greenough Ponds. Meet at 9:45,

3 1/2 hr. Exit 7 off Route 6 to North, right on 6A, at sharp turn go right on Summer St. to beach parking lot. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

(FT) (NM) Sun., Feb. 9. Hike - East Falmouth-Mashpee, Quashnet River (C3C). Walk in upland woods along small stream. Heavy snow on ground, or rain, cancels. From Mashpee rotary, take Rt 28N toward Falmouth 2.1 miles, then take R on Martins Rd to parking area. Meet 12:45. 2 hours. L John Gould (508-540-5779, jhgould@comcast.net)

Thu., Feb. 13. Herring River - Harwich (hike) (C3C). Meet at Sand Pond at 9:45 am for 10:00 start. Woods walk, river views, bogs, reservoir. RT. 6, Exit 10, Rr. 124 S for 1.3 mi. R on Main St. Go 2 miles and park at Sand Pond. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Thu., Feb. 20. Hike - Yarmouth Port, Gray's Beach (C3C). Hike in Conservation land areas over trails along marsh, through woods, includes the boardwalk with views of Sandy Neck, Chapin Beach. Rte 6 to Exit 8, Union Street to Rte 6A. Turn Left, go 1 block, Turn Right on Center St. Go 1.0 mile, follow signs to beach pkg lot at end. Meet at 9:45 a.m. Two hours. L Janet Kaiser (508-432-3277 7:00 to 9:00 p.m., jtkaiser@comcast.net)

Sat., Feb. 22. Hike - Mashpee River Woodlands (C3C). 2 hour hike along scenic parts of east and west sides of Mashpee River. Meet 9:45am. Take Quinaquisset Road from Route 28, just east of Mashpee Rotary. Parking is a short way on right. L Gary Miller (508-540-1857, garymaxxx@gmail.com)

(FT) (NM) Sun., Feb. 23. Hike-Beebe Woods, Falmouth (C3C). Hike a varied terrain of rolling woods, two ponds, stone walls, and an old farm. From Bourne bridge, take Rt 28 south to a traffic light by the entrance to Falmouth Hospital. Continue through the light and go 0.6 miles and turn

right on to Depot Ave. Follow the narrowing road 0.4 miles up a hill to the end by Cape Cod Conservatory. Rain cancels. Meet 12:45. 2 hours. L John Gould (508-540-5779, jhgould@comcast.net)

Thu., Feb. 27. Hike - Yarmouth Three Ponds (C3C). Woods walk pass bogs and ponds. Meet 9:45. Two hours. Exit 8 from Rte 6. R at second light. L at end on West Yarmouth Rd. Pk in 1mi. well off road. Bad weather cancels. L Janet DiMattia (jandimattia@verizon.net)

EDUCATION

Chapter Trips

Sat., Nov. 9-10. Wilderness First Aid (WFA). WFA Training November 09, 2013 - November 10, 2013 (Sat - Sun) The WFA course runs 8:30-4 Saturday and Sunday in Foxboro, MA. Optional CPR is available. SOLO has been engaged to provide the instruction. Pricing is as follows: \$145 AMC Member Price, \$170 for non-AMC members. Pricing includes lunch and break service both days. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save life in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. L Len Ulbricht (education@amcsem.org), R Barry Farnsworth (educationvicechair@amcsem.org)

EXECUTIVE COMMITTEE

We need an "Event Planner" for the AMC SEM Executive Board. Do you have event planning skills? Our events are typically: Annual Meeting/Dinner, Holiday Party, Summer Picnic. Can you find and

reserve a room, choose a menu that fits in our budget, worry about a projector and screen, set an agenda, and generally make an event happen? Contact the chapter chair at chair@amcsem.org.

Volunteer Opportunities

Until Filled. Chapter Youth Program (CYP) Leader. Share your outdoor knowledge and leadership skills with local groups of children. Give your time to these programs to help kids get outside who might not otherwise have the opportunity. A typical Chapter Youth Program (CYP) might include a local walk with some nature lesson or trail games. CYP leader training and screening is required. L Sally Delisa (picpocit@verizon.net)

Chapter Trips

(FT) (NM) Sat., Nov. 2. SEM Annual Meeting (only). AMC SEM Annual Meeting. Salernos Function Hall, Onset, MA. Vote for 2014 Executive Board. No charge for just the meeting. L Cheryl Lathrop (chair@amcsem.org), R Patty Rottmeier (2 Killdeer Lane, Nantucket, MA 02554, 508-228-4207, treasurer@amcsem.org)

(FT) (NM) Sat., Nov. 2. SEM Annual Dinner. SEM-SEM Annual Dinner. Salernos Function Hall. Onset, MA. Dinner, speaker, raffles, awards. GET TOGETHER WITH ALL YOUR OLD SEM FRIENDS! RESERVE A TABLE TOGETHER! Annual Dinner. Salernos Function Hall. Onset, MA. Dinner, speaker, raffles, awards. GET TOGETHER WITH ALL YOUR OLD SEM FRIENDS! RESERVE A TABLE TOGETHER! L Cheryl Lathrop (chair@amcsem.org) L Maureen Kelly (vicechair@amcsem.org), R Patty Rottmeier (2 Killdeer Lane, Nantucket, MA 02554, 508-228-4207, treasurer@amcsem.org)

HIKING

IMPORTANT: No pets w/o prior permission of trip leader. Individuals under 18 years of age must be accompanied by a parent or responsible adult, and obtain prior consent from L. Those accompany-

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

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

ing a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 week prior to the trip so Ls

can discuss prior hiking exp., conditioning, clothing, and equipment. Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

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

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

Chapter Trips

(FT) (NM) (AN) Sat., Nov. 2. Annual Winter Hiking Workshop. Learn how much fun winter hiking can be at our annual workshop! Experienced SEM winter hike leaders will cover clothing, equipment, nutrition, and conditioning for safe and enjoyable winter hiking as a prelude for participating in our popular Winter Hiking Series. The Series will start out with a local hike in December, then proceed to increasingly more challenging winter hikes in NH, culminating with an overnight trip to an AMC hut. L Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net), R Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net)

(FT) (NM) Sat., Nov. 2. SEM Annual Meeting & Dinner. Annual Meeting/Dinner. Salernos, Onset. Elections, dinner, speaker, awards, raffles! RESERVE A TABLE NOW FOR YOU & YOUR SEM BUDDIES! L Cheryl Lathrop (chair@amcsem.org) L Maureen Kelly (vicechair@amcsem.org), R Patty Rottmeier (2 Killdeer Lane, Nantucket, MA 02554, 508-982-1099, treasurer@amcsem.org)

(FT) (NM) Sat., Nov. 2. Come hike with old Friends, or meet new ones.. This 'Hike', in the afternoon of the Annual Meeting will be more of a stroll. A stroll down Memory Lane as we take a leisurely walk around the reservoir at Myles Standish, a short distance from the Annual Meeting (And scheduled to allow plenty of time to get to the meeting for the social hour there too.). L Bob Vogel (vogel.r@comcast.net) L Erika Bloom (erika.bloom@comcast.net)

Sun., Nov. 3. Blue Hills Fowl Meadow Hike. Join the 'Red Line the Blue Hills' hikers as they finish their season by hiking 6.5 miles of Fowl Meadow along the Neponset River. The terrain will be mostly flat and probably wet in some areas. Meet at the end of Royall St. Canton at 9:30. Only non-Red Liners need to register. Red Liners can just show n go. Bring lunch and a smile. L Joe Keogh (jpkeo24@gmail.com) L Michael Swartz (617-840-4199 before 9 pm, swartz@brandeis.edu), R joe keogh (jpkeo24@gmail.com)

(FT) (NM) Thu., Nov. 7. Thurs Morn - Blue Hills Hike - Wolcott & Border Path. Meet at 10:00 a.m. parking lot on the left of the Trailside Museum for a 5 mile hike. Bring water, lunch, layers and sturdy footwear. L Catherine MacCurtain (781-848-9506 before 9:00 p.m., camaccurtain@aol.com)

(AN) (XCE) Sat., Nov. 9-10. WFA Training. The WFA course runs 8:30-4 Saturday and Sunday in Foxboro, MA. Optional CPR is available. SOLO has been engaged to provide the instruction. Pricing is as follows: \$145 AMC Member Price, \$170 for non-AMC members. Pricing includes lunch and break service both days. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save life in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes

patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. L Len Ulbricht (lenu44@gmail.com), R Barry Farnsworth (bfarns99@yahoo.com)

Thu., Nov. 14. Borderland State Park Hike (Thurs). Meet at 10:00am for a 6 Mile hike/snowshoe depending on conditions over a variety of trails. Bring: Water, snack and wear appropriate footwear. Rain or storm cancels. L Claire Braye (508-857-0320 Before 9 pm, cbraye57@comcast.net)

Sat., Nov. 16. Blue Hills End to End Hike. Join us at the end of our Blue Hills Redlining Season to hike the Skyline Trail from end to end. The hike is about 9 miles and 6 hours at a moderate pace. Best for intermediate hikers used to climbing hills. Great conditioning hike. We will make our traditional trip to the Blue Hills Brewery after the hike to support our local business! L Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) CL paul miller (paulallenmiller@verizon.net), R maureen kelly (508-224-9188 before 8 pm, mokel773@aol.com)

(FT) (NM) Mon., Nov. 18. Borderland Full Moon Hike. Come on a two hour, more or less, evening hike around the ponds, and maybe through the woods, on this 'Full Moon' hike at Borderland State Park in Sharon/Easton, MA. Please wear clothing and footwear appropriate for the weather. We walk at a 'moderate' pace, not fast, not dawdling. And we generally just get some exercise, see the park in the dark, see old friends and make new ones. (We hike monthly, October through March, except during heavy snow when they need the lot empty to plow, on a convenient evening that's at least close to the full moon.). L Bob Vogel (vogel.r@comcast.net) L Jim Casey (cmne@comcast.net) CL Nancy Coote , R Nancy Coote (nmcoote@yahoo.com)

Thu., Nov. 21. Thurs. Morn. Hike Powisset Farm, (TTOR) , Dover, MA. Fairly new area with nice trails off the beaten path. We will hike 5.5 miles with a number of short ups and downs. Some nice views. L Hans Luwald (508-668-0462 before 9 PM, hans.luwald@gmail.com)

(CE) Sun., Nov. 24. Pre-Condition for Turkey Day!. Show and Go Blue Hills, 6 miles, some Skyline and some Massachuseuck, Three miles of hilly terrain and three miles more level. Out by 9 AM and back before 1:00 PM. Meet at Trailhead for Skyline trail and Bugbee Path opposite State Police and Reservations Headquarters. Call Kathy with questions Cell 781-799-5351. L Kathleen Stanley (781-799-5351 Before 9:00 PM, kstanley@energy-advocates.com)

(FT) (NM) Thu., Dec. 5. Thurs Morn - Blue Hills Hike - Ponkapoag Pond. Meet at 10:00 a.m. at the Ponkapoag Golf Course parking lot in Canton for a 5 mile hike. Bring water, lunch, layers and sturdy footwear. L Catherine MacCurtain (781-848-9506 before 9:00 p.m., camaccurtain@aol.com)

Sat., Dec. 7. Winter Hike Series #1 Blue Hills. Join us on the 1st winter hike of the season. Learn the basic's of winter hiking as we discuss heat management, nutrition, equipment and other winter concerns. Great opportunity for three seasons hikers to experience the joys of winter hiking. Also check out our winter hiking workshop Nov. 2. L Walt Granda (508-999-6038 Before 9:00 p.m., wlgranda@aol.com) L Paul Miller (paulallenmiller@verizon.net) CL Maureen Kelly (mokol773@aol.com) CL Mike Woessner (stridermw@hotmail.com), R Walt Granda (508-999-6038 before 9:00 PM, wlgranda@aol.com)

Thursdays

Dec. 12. Thursday Morning Hike: Warner Trail, Wrentham (B3C). Meet at 9:45am, end of Randall Road, Wrentham. Wear suitable footwear and bring

water, snacks, and lunch. We will follow the Warner Trail from Crocker Pond back to the Library. Six mile hike with rocky climbs over several peaks with nice views. Rain cancels. L Joanne Stanisicia (508-528-6799 7-9 p.m., jstaniscia@comcast.net)

Sat., Jan. 4. Winter Hike #2, Mount Monadnock. For the second winter hike of the season, the SEM Chapter will be climbing Mount Monadnock (elevation 3165 feet). This hike brings us to Monadnock State Park in New Hampshire and up one of the most climbed peaks in North America. Monadnock's bare, and rocky summit provides expansive views from the Boston skyline to Mt Greylock and the Green Mountains in Vt. This will give us a opportunity to test out winter hiking gear and skills before going to the next winter hike in the White Mountains. Also check out our winter hiking workshop on November 2. L Walt Granda (508-999-6038 before 9:00 p.m., wlgranda@aol.com) L Paul Miller (paulallenmiller@verizon.net) L Maureen Kelly (mokol773@aol.com) L Mike Woessner (stridermw@hotmail.com), R Walt Granda (508-999-6038 Before 9 pm, wlgranda@aol.com)

(FT) (NM) Thu., Jan. 9. Thurs. Morn. Hike Copicut Woods, Fall River (B3C). Meet at 10:00 a.m. Indian Town Rd Parking lot. Required equipment: Hiking boots, rain gear, water and snacks. Heavy rains will cancel. Snow or ice will require yaktrax, stabilicers, or snowshoes. This 516-acre property is both a prime destination and the southern gateway to the Southeastern Massachusetts Bioreserve. Copicut introduces nature lovers and outdoor enthusiasts to an entire regional ecosystem. Experience forests, streams, and cedar swamps, amid an array of flora and fauna, from deer and coyote darting among stands of hardwoods and conifers, to hawks, owls, and salamanders. L Walt Granda (508-999-6038 before 9:00 PM, wlgranda@aol.com)

Thu., Jan. 23. Thursday Morn. hike Houghton's Pond. Meet at 10:00 for a 6 mile hike/snowshoe depending on conditions over a variety of trails. Bring: water, snack and wear appropriate footwear. L

Claire Braye (508-857-0320, cbraye57@comcast.net)

Sat., Feb. 1. Winter Hike #3 - Mt. Pierce. Join us for the third hike in our 2014 Winter Series, which will bring us above 4,000 feet for the first time this year to the summit of Mt. Pierce, with it's panoramic views of the southern Presidentials, Mt. Washington, and beyond. We'll take the historic (mostly protected) Crawford Path and return via the Webster Cliff Trail to the Mizpah Cutoff and then back to the trailhead via the Crawford Path. Previous winter hiking experience and/or participation in the SEM Winter Workshop on Nov. 2, 2013 required. L Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net) L Christine Pellegrini (chrispellegrini@yahoo.com) L Bill Pellegrini (billpellegrini@yahoo.com) CL Jim Casey , R Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net)

Thu., Feb. 13. Ponkapoag Pond Hike (Thurs.). Meet at 10:00am in Ponkapoag Golf Course Parking Lot for a 5 mile hike/snowshoe depending on conditions over a variety of trails. Bring: water, snack and wear appropriate footwear. L Claire Braye (508-857-0320, cbraye57@comcast.net)

SKIING

Looking for someone to take over the ski committee and plan xc ski and downhill ski events in the winter. Contact the current ski chair at xcskichair@amcsem.org

Chapter Trips

(FT) (NM) Sat., Nov. 2. SEM Annual Meeting & Dinner. Annual Meeting/Dinner. Salernos, Onset. Elections, dinner, speaker, awards, raffles. RESERVE A TABLE NOW FOR YOU & YOUR SEM BUDDIES! L Barbara Hathaway (xcskichair@amcsem.org), R Patty Rottmeier (2 Killdeer Lane, Nantucket, MA 02554, 508-228-4207, treasurer@amcsem.org)

(AN) Sat., Jan. 11. Cross Country Ski Instructional Workshop. Learn to use your new skis or brush up on technique. Suitable for all abilities. We will review equipment, clothing, uphill and downhill methods, various terrain. Rental equipment will be available. Participants responsible for trail fee. Lack of adequate snow conditions may postpone or cancel. L Art Paradise (978-372-7442 7 to 9 PM, doubledice@me.com) CL Bob Bentley (), R Art Paradise (28 Garrison Street, Groveland, MA 01834, 978-372-7442 7 to 9 PM, Doubledice@me.com)

(AN) (CE) Sat., Jan. 18-20. Catamount Trail Backcountry Ski Touring.. Join us for the MLK weekend of ski touring along the Catamount trail in the Ludlow-Plymouth area (Tentatively Section 9,10, &11). We will stay at a cozy family inn in Ludlow. Participants should be capable of skiing 5-7 miles each day. Trails are classic New England backcountry, undulating, forested, and fun to ski. Approx. \$325 pp, Sat-Sun -Mon brkfst and Sat-Sun dinner included. Reg by Dec 15. L Art Paradise (978-372-7442 7 to 9 PM, doubledice@me.com) CL Bob Bentley (paradice1@mindspring.com)(), R Art Paradise (01834, Groveland, MA 01834, 978-372-7442 7 to 9 PM, Doubledice@me.com)



Breeze

the southeast

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



THE WAYWARD CANOE [PG 5](#)

Photo by Art Hart

December 2013

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[Breeze Newsletters](#)

[Calendar](#)

[Photos](#)

[Open Volunteer Positions](#)

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

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

'Stroll Down Memory Lane' Hike

Courtesy Elsie Laverty

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



SAVE THE DATES

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

AMC 138th Annual Summit
1/25/14

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

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



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

Editor: Andrea Holden
breeze.editor@amcsem.org

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

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



WANTED SKI COMMITTEE LEAD

Looking for someone to take over the ski committee and plan xc ski & downhill ski events in the winter.

Contact the current ski chair at xcskichair@amcsem.org

Advanced Notice

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

Leadership Training
May 3, 2014 at Borderland State Park

Where to find activities (hikes, bikes, etc.)

1. The monthly Breeze - email
2. AMC Outdoors magazine - mail
3. [Online trip listings](#)
4. Sign-up for [short notice trips](#)

Pictures and Article Submissions

We encourage SEM members to submit articles and photos for both the Breeze and our website. Materials will be edited at the editor's discretion, send to breeze.editor@amcsem.org

Breeze Deadlines

Monthly on the 7th, trips; 15th articles/pix

Sign-up for the Breeze

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

Where to find [Breeze Publications](#)

Volunteers Wanted

Volunteer for the Executive Board. Do you have skill and want to see where you fit? Lead hikes bike, ski, snowshoe, x-country or paddle trips. We have volunteer positions open! Contact chair@amcsem.org

Want SEM activities delivered right to your email inbox? Sign up for AMC "digests". Access the Member Center from our home page (amcsem.org) or call 800-372-1758.



2013 Executive Board

Chapter Chair

Chair@amcsem.org
Cheryl Lathrop, 508-668-4698

Vice Chapter Chair

vicechair@amcsem.org
Maureen Kelly, 508-224-9188

Secretary

secretary@amcsem.org
Karen Singleton, 508-730-7702

Treasurer

treasurer@amcsem.org
Patty Rottmeier
508-982-1099 (c), 508-228-4207 (h)

Past Chapter Chair

pastchapterchair@amcsem.org
Jim Plouffe, 508-562-0051

Cycling/Biking

bikingchair@amcsem.org
John Fortier, 508-982-1855

Cycling/Biking (Vice)

bikingvicechair@amcsem.org
Joe Tavila

Cycling/Biking (Vice)

bikingvicechair@amcsem.org
Cheryl Washwell

Canoe/Kayak

paddlingchair@amcsem.org
George Wey, 781-789-8005

Canoe/Kayak (Vice)

paddlingvicechair@amcsem.org
Betty Hinkley, 508-241-4782

Cape Hiking

capehikingchair@amcsem.org
Farley Lewis, 508-775-9168

Cape Hiking (Vice)

capehikingvicechair@amcsem.org
Peter Selig, 508-394-9064

Cape Hiking (Vice)

capehikingvicechair@amcsem.org
Janet DiMattia, 508-394-9064

Communications

commschair@amcsem.org
Andrea Holden, 774-219-2426

Communications (Vice)

commsvicechair@amcsem.org
Gina Hurley, 508-362-6573

Conservation

conservationchair@amcsem.org
Joanne Jarzobski, 508-775-7425

Chapter Youth Program (CYP)

cypchair@amcsem.org
Sally Delisa, 781-834-6851

Education

educationchair@amcsem.org
Len Ulbricht, 508-359-2250

Education (Vice)

educationvicechair@amcsem.org
Barry Farnsworth, 508-272-1522

Hiking

hikingchair@amcsem.org
Walt Granda, 508-971-6444

Hiking (Vice)

hikingvicechair@amcsem.org
Paul Miller, 508-369-4151

Membership

membershipchair@amcsem.org
Ed Miller, 774-222-0104
5-9pm, no calls after 9pm
please

XC Ski

xcskichair@amcsem.org
Barbara Hathaway, 508-880-7266

Trails

trailschair@amcsem.org
Lou Sikorsky, 508-678-3984

Trails (Vice)

trailsvicechair@amcsem.org
Wayne Anderson, 508-697-5289

AD Hoc Committees

Social Chair

socialchair@amcsem.org
Jodi Jensen, 781-762-4483

Social (Vice)

socialvicechair@amcsem.org
Ellen Correia

Family Events Chair

familyeventschair@amcsem.org
Chris Pellegrini, 508-233-9203

Family Events Chair

familyeventsvicechair@amcsem.org
Bill Pellegrini

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Breeze Editor

breeze.editor@amcsem.org
Andrea Holden, 774-219-2426

Blast Editor

blast.editor@amcsem.org
Andrea Holden, 774-219-2426

Volunteer with us!

Contact chair@amcsem.org



View from the Chair

By Cheryl Lathrop

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

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

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

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

Cheryl Lathrop

Chapter Chair

**Got something to say? Got a good idea? Want to volunteer?
Feel free to contact me anytime about anything!
chair@amcsem.org**

As always, feel free to contact your chapter chair, or vice chapter chair at any time.

Chapter Chair: Cheryl Lathrop (chair@amcsem.org) ~ Vice Chapter Chair: Maureen Kelly (vicechair@amcsem.org)



Barry C. Farnsworth

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

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

An Appreciation

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

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

Photo Courtesy of Shutterstock

Volunteer Volunteer Volunteer Volunteer Volunteer

Are you a detail person, long-time chapter member & former board member?

We're forming a committee to update our chapter Bylaws and Operating Rules. See our current [Bylaws and Operating Rules](#). Contact your Chapter Chair at chair@amcsem.org.

Like to work with groups of children? Want to share your outdoor knowledge with the next generation?

Our Chapter Youth Program (CYP) is looking for a leader. A typical CYP might include a local walk with some nature lesson or trail game. Contact Sally Delisa cypcoordinator@amcsem.org

Like to ski? Want to see more ski trips?

Our Ski Committee needs a Vice Ski Chair to work with our Ski Chair to help to plan ski events, both down-hill and cross-country. Contact xcskichair@amcsem.org for more information.

Conservation minded? Want more conservation activities?

Our Conservation Committee needs a Vice Conservation Chair to work with our Conservation Chair to help plan conservation events and education. Contact conservationchair@amcsem.org for more information.

If you'd like to give back to your SEM chapter, we'll find something small for you to do to get started. Contact the Chapter Chair at chair@amcsem.org and we'll match up your interests and capabilities with our needs.



NIKE REUSE-A-SHOE RECYCLING PROJECT

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

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

Check out the website: www.nikereuseashoe.com



THE WAYWARD CANOE

Submitted by Art Hart
SEM AMC member and trip leader

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

Our put in and first night campsite

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

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

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

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



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

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

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

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

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

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

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

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

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



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

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



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

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

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

Who ARE you?

Chris and Bill Pellegrini - Family Hiking

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

What is your name?

Christine Pellegrini

How long have you been involved in hiking?

7 years

How long have you been an AMC member?

7 years



How long have you been a trip leader?

5 years

What do you enjoy about being a trip leader?

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

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

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

What/where are some of your hikes?

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

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

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

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

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

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

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

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

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



What else would you like us to know about hiking?

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

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

HOLIDAY PUZZLE

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Want to sell your stuff?

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



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

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

\$75 or Best Offer

Great Condition, bought at EMS

Madeleine
508-331-5334



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

Answers on [Page 11](#)

Erika Bloom Awarded - 2013 Distinguished Service Award (DSA)

By Max Sarazin

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

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

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

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



2013 DSA Award Winner
Erika Bloom. Courtesy Ken Carson.

Take A Long Hike

Backpacking with children

by Ray Anderson

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

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

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



Anthony (right) and CJ--White Mountains

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

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



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

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

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

Bill Cannon & Ellen Thompson - finishing Redline Trails

By Bill Cannon

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

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

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

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

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

Ellen was a huge inspiration to me finishing. We

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

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



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

By Ellen Thompson

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

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



RLBH Photos and articles provided by Joe Keogh

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



By Paul Miller
SEM Hiking Chair

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



Bob Vogel. Courtesy Ken Carson

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

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

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

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

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



Courtesy Ken Carson



Courtesy Ken Carson

HOLIDAY PUZZLE ANSWERS

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

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

SHOP THE STORE

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

the trail at the Rte. 95/128 (or is it now Rte. 93?) cloverleaf. Then, we did an “about face” and headed back eastward on the Skyline toward Little Big Blue Hill. While this is relatively gentle terrain by “Skyline” standards, we had to be careful not to slip on the thick bed of leaves covering the sloping trail.

(I may have been the first of several hikers to go down, but luckily for me, it was a “soft” landing.)

After hustling across busy Rte. 138 near the Trailside Museum and Blue Hills Ski Area, the group started a real climb up to the top of Big Blue on a steep, rugged section of the Skyline Trail. Looking back, we caught our first views of the day. After passing the Blue Hill Observatory, we arrived at the 614-foot summit of Big Blue, where we stopped to regroup and to provide hikers who’d never been to the top of the Eliot Tower to enjoy the expansive views from that vantage point.

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

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



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

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

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

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



Rocks in the BH, courtesy Ken Carson

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

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

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

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

AMC ACTIVITY PARTICIPATION POLICY

AMC encourages involvement in its mission and activities through its membership, programs, policies, and procedures. Our goal is to be a community that is comfortable, inviting, and accessible for people of any age, gender, race, religion, ethnicity, ability, sexual orientation, or socioeconomic status. Some AMC programs are designed for a certain age range of members or for a special activity or topic. However, any person who meets the minimum qualifications (age, skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available. Individuals under 18 must be accompanied by a responsible adult. All participants in AMC activities are required to sign the AMC waiver form provided by the leader. Preview the waiver at: <http://amcsem.org/documents.html>

A Golden Day

Ryder Conservation Lands in Sandwich

Photo Courtesy of David Selfe



Winter Workshop



What is Wilderness First Aid all About?

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

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



Accident scene
Courtesy of Christine Pellegrini



Debrief accident scene response
Courtesy of Christine Pellegrini

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

The class structure involves both lecture and demonstration fol-



Laceration injury
Courtesy of Christine Pellegrini



WFA Class Nov. 2013
Courtesy by Barry Farnsworth

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

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



Fracture with bone protruding
Courtesy of Jim Abate

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

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

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

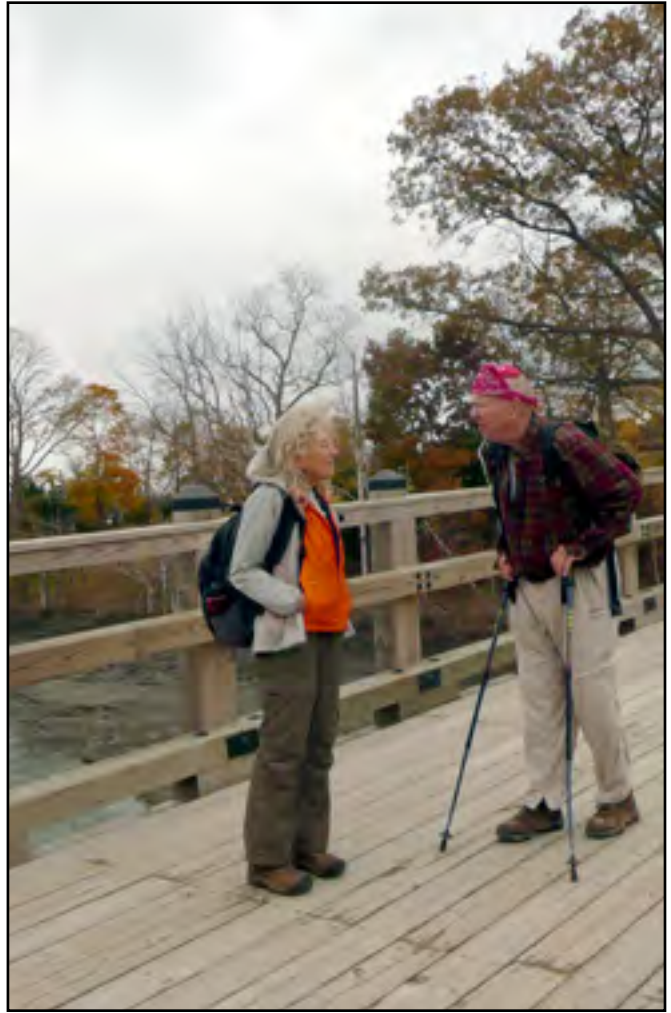


Lecture preceding role play

World's End hike

Photos courtesy Bill Nickerson





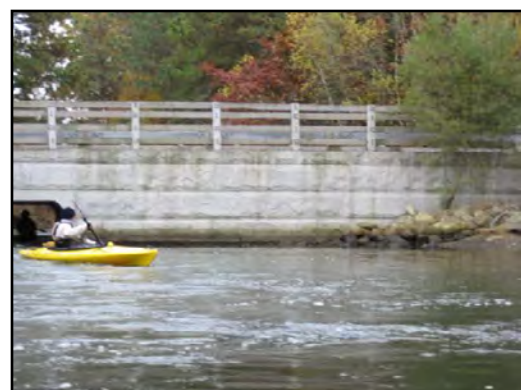
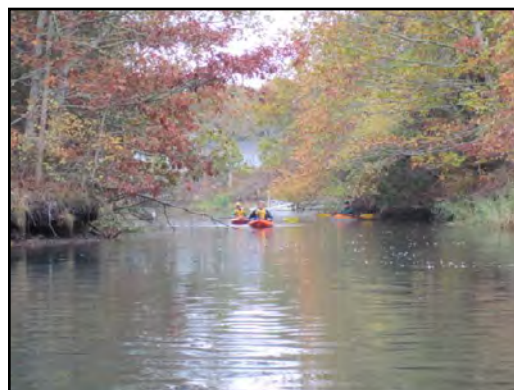
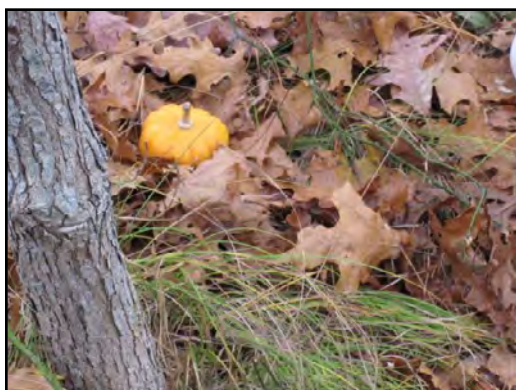
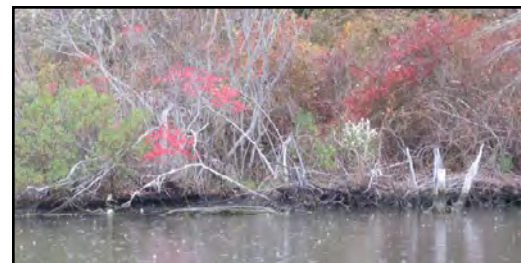
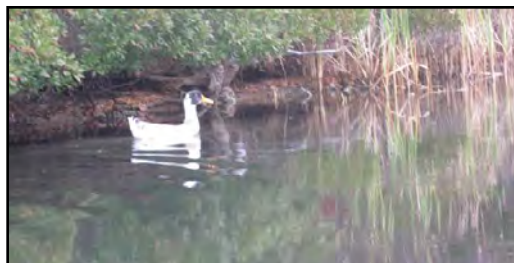
PADDLE TRIP REPORT - Follins/Mill Ponds

October 30, 2013

By Jean Orser

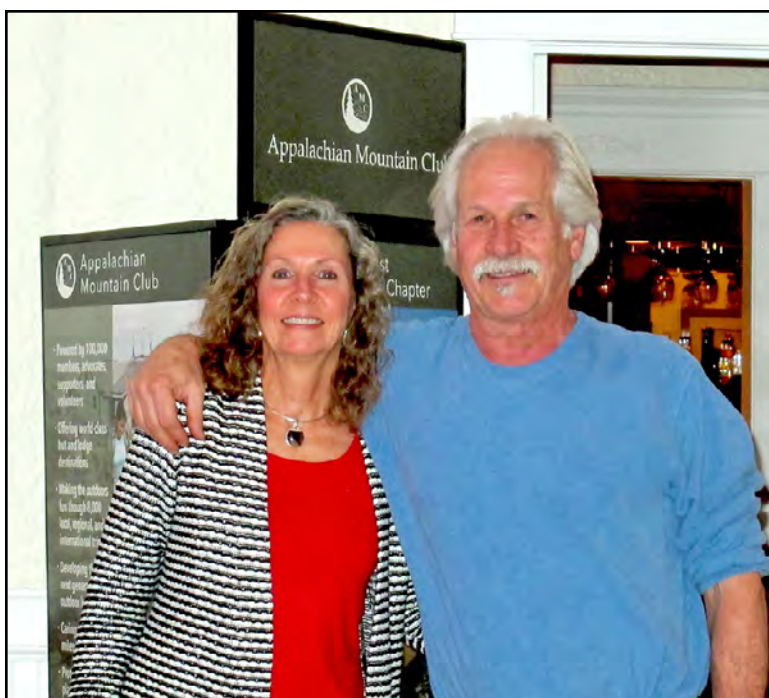
Paddlers: Margot Fitsch, Katy Hansen, Diane Carlson, Marilyn Leary, Gary Robinson, Paul Corriveau, CL, Jean Orser, Leader

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



2013 Annual Meeting & Dinner

Courtesy Ken Carson









2014 Adventure Travel Trips

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

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

Annual Pizza Social

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

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



Registration is Open!

The day's activities will include

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

AMC Expo, Doors open at 8am

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

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

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

Registration is required and opening October 1st

ACTIVITIES

SOUTHEASTERN MASSACHUSETTS ANNOUNCEMENTS(S)

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

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

BICYCLING

WANTED: Ride Leaders and Co-Leaders. Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm and routes w/ your fellow AMC members? Contact Bike Chair (bikingchair@amcsem.org) for more info.

AMC SEM 2,000 Mile Club. AMC SEM has a unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair to register your mileage and for more info. (bikingchair@amcsem.org)

Tues. Rides. Turn Those Tires on Tues. Rides scheduled all year long, weather permitting. 25 mi of road or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location and directions. Intermed. pace. Riders and bicycles in top shape; tires and riders pumped and ready to roll; helmets and water req'd. L Paul Currier (508-833-2690 8 am-7 pm, pbencurrier@hotmail.com)

Chapter Trips

(XCE) Tuesdays

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

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

(XCE) Tuesdays

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

(XCE) Tuesdays

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

(XCE) Tuesdays

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

(XCE) Saturdays

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

(XCE) Tuesdays

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

(XCE) Tuesdays

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

(XCE) Wednesdays

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

(XCE) Tuesdays

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

(XCE) Tuesdays

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

(XCE) Wednesdays

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

(XCE) Tuesdays

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

(XCE) Tuesdays

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

(XCE) Tuesdays

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

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

(XCE) Tuesdays

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

(XCE) Fridays

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

(XCE) Tuesdays

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

(XCE) Tuesdays

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

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

CAPE HIKES

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

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

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

Chapter Trips

Sun., Dec. 1. Flax Pond Conservation, Dennis. Rolling hills near Flax Pond, golf course, wooded trails in wellfield area. Park on Setucket Rd at Flax Pond Conservation, East of Yarmouth- Dennis Town Line. Meet 12:45 p.m. 2 hrs. L Janet Kaiser (508-432-3277 before 9 p.m., jtkaiser@comcast.net)

Thu., Dec. 5. Hike - West Falmouth-Mock Moraine (C3C). Rolling woodland trails, water views, historical sites. 2 hours, Meet 9:45 AM. Heavy rain cancels. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com), R Catherine Giordano (508-243-3884 before 9 pm, cmgiordan@msn.com)

(FT) (NM) Sun., Dec. 8. Hike - Cotuit-Little River Sanctuary (C3D). Wooded walk with views of Eagle Pond. Meet promptly at 12:45pm. Carpool shuttle from parking area in front of Rite-Aid Pharmacy located at intersection of Route 28 and Putnam Avenue in Cotuit. 2 hours. L Farley Lewis (508-775-9168 Not after 9pm, farlewis@comcast.net)

Thu., Dec. 12. Hike - Scorton Creek Sandwich (C3C). 2 hour hike along Scorton Creek through old state game preserve and around Talbot's point. We will hike past historic Hoxie pond and cranberry bogs. Take Rte 6 to Exit 4, turn N on Chase Rd. Turn L on Old County Rd. to end. Turn R on 6A, turn R on dirt road just after MBM auto sales. Park in dirt lot at end of Rd. Meet 9:45 AM. L Jane Harding (508-833-2864)

before 9 PM, janeharding@comcast.net)

Sun., Dec. 15. Hike - Crowes Pasture, E Dennis (C3C). Wooded paths, beach, quiet roads. Ex 9 off Rte 6, Rte 134 N to R on Rte 6A then L on School St, R on South St, to lot at road end past the cemetery. 2 hrs, Meet 12:45. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Thu., Dec. 19. Hike - Island Pond Conservation Area, Harwich (C3C). Winter walk through woods and conservation area crossing Route 6 on bike path bridge. Meet 9:45. Going E on Rte 6 Exit 10, left on Rte 124 crossing Rte 6 then L on Headwaters Drive to bike path pkg on L. Two hours. Bad weather cancels. L Janet DiMattia (jandimattia@verizon.net)

Saturdays

Dec. 21. Truro/Bay Sea Turtle - Walk (B3C). Meet at 9:45a.m. N. Truro. Carpool to the trail head. Walk the bay beach looking for cold stunned sea turtles. Bring lunch. 3.5 hours. CALL THAT MORNING FOR CARPOOL INFO. 508 4874004 413 2972785. L Nancy Braun (508-487-4004 any, nancytruro@comcast.net)

Saturdays

Dec. 28. Truro/Bay Sea Turtle - Walk (B3C). Meet at 9:45a.m. N. Truro. Carpool to the trail head. Walk the bay beach looking for cold stunned sea turtles. Bring lunch. 3.5 hours. CALL THAT MORNING FOR CARPOOL INFO. 508 4874004 413 2972785. L Nancy Braun (508-487-4004 any, nancytruro@comcast.net)

Sat., Jan. 4. Hike - Harwich, Herring River (B3C). Wooded walk with views of the beautiful Herring River. Walk both sides of West Reservoir, cranberry bogs. From Rte 6 E, Ex 10, R at top of ramp, Rte 124 for 1.3 mi, R @ Main St. straight 2 mi to park @ Sand Pond on R. Meet 9:45 a.m. 3.5 hrs. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sun., Jan. 5. Hike - Hawksnest State Park Harwich (C3C). Winter woods walk dirt roads, trails. Meet 12:45. Two hours. From Rte 6 Exit 11 S. L at exit light then immediate R on Spruce Rd. Pkg approx 0.8 mi. on either side of road. Bad weather cancels. L Janet DiMattia (jandimattia@verizon.net)

Thu., Jan. 9. Hike - White Crest Beach, Wellfleet (C3C). Wooded trails to Marconi White Cedar Swamp. Rte 6 to R on Lecount Hollow Rd to beach gatehouse. L on Ocean View Rd. Go 0.9 mi to R at beach pkg. Meet 9:45, 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Sun., Jan. 12. Hike - Mashpee River Woodlands, West Mashpee (C4C). Land/River of the Wampanoags. Stately beech and white pine forests. Spectacular views of river. Abandoned cranberry bogs w/remains of old aqueduct. Trout Pond. From Mashpee rotary go E on 28. First R onto Quinaquisset Ave. Go approx. 500' to Pkg on R. From E on 28, take L onto Orchard Rd, then R onto Quinaquisset. If parking on road, tires must be completely off pavement. 2hrs. Arrive @ 12:45P for prompt start @ 1P. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Thu., Jan. 16. Nickerson State Park Hike - Brewster (C3C). Meet at park entrance at 9:45 am for a 10:00 am start. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

(FT) (NM) Thu., Jan. 23. Walk - Indian Lands Dennis (C3C). Shortened winter walk along Bass River. Meet 9:45. From Rte 6 Exit 9A Immediate R on Old Main St. Bear L to pkg at South Dennis Town Offices pkg lot on R. Bad weather cancels. L Janet DiMattia (jandimattia@verizon.net)

Sat., Jan. 25. Hike - Long Pond & Collins Woodlot, Falmouth (B3C). Walk along pond and moraine, and through town forest. From Mashpee rotary, take Rt. 151 west 3.4m to L at Sandwich Rd. Go 3.7m south to R on Brick Kiln; then 0.9m west and pass through traffic light at Gifford to parking area on R just beyond light. Meet 9:45. Rain cancels. 3.5 hours. Bring lunch. L John Gould (508-540-5779, jhgould@comcast.net)

Sun., Jan. 26. Hike - Sandwich Canal (C3C). 2 hour hike along canal to end. Hike beach to Mill Creek past Sandwich boardwalk. Return through Sagamore. From Rte 6a Sandwich turn onto Freezer Rd. Go to end and park in lot at edge of canal. Meet at 12:45 PM for 1 PM start. L Jane Harding (508-833-2864 before 9 PM, janeharding@comcast.net)

Thu., Jan. 30. Hike - Wellfleet, Griffin Island (C3C). Varied terrain: wooded trails, some hills, spectacular view of bay. Meet 9:45 AM. From Rte 6 left at lights toward Wellfleet Center, left on E. Commercial St. At harbor, Turn Right on Chequesett Neck Rd. Continue to Great Island Parking lot on Left. Over 2 hours. L Janet Kaiser (508-432-3277 eve 7 to 9 p.m., jtkaiser@comcast.net)

Sun., Feb. 2. Hike - Sandwich Maple Swamp (C3B). Hilly hike through varied terrain, meet at 12:45 PM, 1 PM start. Land has history back to early Sandwich settlers. Hiking boots and poles recommended. Take Rte 6 to Exit 3 turn S on Quaker Meetinghouse Rd., 1st left on Service Rd entrance to Maple Swamp is just past Mill Rd on right. L Jane Harding (508-833-2864 before 9 PM, janeharding@comcast.net)

Thu., Feb. 6. Hike - Island Pond, Harwich (C3C). Wooded hike, cranberry bog, lavender farm. Ex 10 off Rte 6, N on Rte 124. 1st L on Headwaters Drive to pkg lot on L at bike trail. Meet 9:45, 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Sat., Feb. 8. Hike - Yarmouth, Greenough Ponds (B3C). Walk through Yarmouth Botanical Gardens, Dennis & Greenough Ponds. Meet at 9:45, 3 1/2 hr. Exit 7 off Route 6 to North, right on 6A, at sharp turn go right on Summer St. to beach parking lot. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

(FT) (NM) Sun., Feb. 9. Hike - East Falmouth-Mashpee, Quashnet River (C3C). Walk in upland woods along small stream. Heavy snow on ground, or rain, cancels. From Mashpee rotary, take Rt 28N toward Falmouth 2.1 miles, then take R on Martins Rd to parking area. Meet 12:45. 2 hours. L John Gould (508-540-5779, jhgould@comcast.net)

Thu., Feb. 13. Herring River - Harwich (hike) (C3C). Meet at Sand Pond at 9:45 am for 10:00 start. Woods walk, river views, bogs, reservoir. RT. 6, Exit 10, Rr. 124 S for 1.3 mi. R on Main St. Go 2 miles and park at Sand Pond. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Thu., Feb. 20. Hike - Yarmouth Port, Gray's Beach (C3C). Hike in Conservation land areas over trails along marsh,

through woods, includes the boardwalk with views of Sandy Neck, Chapin Beach. Rte 6 to Exit 8, Union Street to Rte 6A. Turn Left, go 1 block, Turn Right on Center St. Go 1.0 mile, follow signs to beach pkg lot at end. Meet at 9:45 a.m. Two hours. L Janet Kaiser (508-432-3277 7:00 to 9:00 p.m., jtkaiser@comcast.net)

Sat., Feb. 22. Hike - Mashpee River Woodlands (C3C). 2 hour hike along scenic parts of east and west sides of Mashpee River. Meet 9:45am. Take Quinaquisset Road from Route 28, just east of Mashpee Rotary. Parking is a short way on right. L Gary Miller (508-540-1857, garymaxxx@gmail.com)

(FT) (NM) Sun., Feb. 23. Hike-Beebe Woods, Falmouth (C3C). Hike a varied terrain of rolling woods, two ponds, stone walls, and an old farm. From Bourne bridge, take Rt 28 south to a traffic light by the entrance to Falmouth Hospital. Continue through the light and go 0.6 miles and turn right on to Depot Ave. Follow the narrowing road 0.4 miles up a hill to the end by Cape Cod Conservatory. Rain cancels. Meet 12:45. 2 hours. L John Gould (508-540-5779, jhgould@comcast.net)

Thu., Feb. 27. Hike - Yarmouth Three Ponds (C3C). Woods walk pass bogs and ponds. Meet 9:45. Two hours. Exit 8 from Rte 6. R at second light. L at end on West Yarmouth Rd. Pk in 1mi. well off road. Bad weather cancels. L Janet DiMattia (jandimattia@verizon.net)

EXECUTIVE COMMITTEE

We need an "Event Planner" for the AMC SEM Executive Board. Do you have event planning skills? Our events are typically: Annual Meeting/Dinner, Holiday Party, Summer Picnic. Can you find and reserve a room, choose a menu that fits in our budget, worry about a projector and screen, set an agenda, and generally make an event happen? Contact the chapter chair at chair@amcsem.org.

Volunteer Opportunities

Until Filled. Chapter Youth Program (CYP) Leader. Share your outdoor knowledge and leadership skills with local groups of children. Give your time to these programs to help kids get outside who might not otherwise have the opportunity. A typi-

cal Chapter Youth Program (CYP) might include a local walk with some nature lesson or trail games. CYP leader training and screening is required. L Sally Delisa (picpocit@verizon.net)

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

HIKING

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

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

IMPORTANT: No pets w/o prior permission of trip leader. Individuals under 18 years of age must be accompanied by a parent or responsible adult, and obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 week prior to the trip so Ls can discuss prior hiking exp., conditioning, clothing, and equipment. Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

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

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

Chapter Trips

(FT) (NM) Thu., Dec. 5. Thurs Morn - Blue Hills Hike - Ponkapoag Pond. Meet at 10:00 a.m. at the Ponkapoag Golf Course parking lot in Canton for a 5 mile hike. Bring water, lunch, layers and sturdy footwear. L Catherine MacCurtain (781-848-9506 before 9:00 p.m., camaccurtain@aol.com)

Sat., Dec. 7. Winter Hike Series #1 Blue Hills. Join us on the 1st winter hike of the season. Learn the basic's of winter hiking as we discuss heat management, nutrition, equipment and other winter concerns. Great opportunity for three seasons hikers to experience the joys of winter hiking. Also check out our winter hiking workshop Nov. 2. L Walt Granda (508-999-6038 Before 9:00 p.m., wlgranda@aol.

Thursdays

Dec. 12. Thursday Morning Hike: Warner Trail, Wrentham (B3C). Meet at 9:45am, end of Randall Road, Wrentham. Wear suitable footwear and bring water, snacks, and lunch. We will follow the Warner Trail from Crocker Pond back to the Library. Six mile hike with rocky climbs over several peaks with nice views. Rain cancels. L Joanne Staniscia (508-528-6799 7-9 p.m., jstaniscia@comcast.net)

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

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

Sat., Jan. 4. Winter Hike #2, Mount Monadnock. For the second winter hike of the season, the SEM Chapter will be climbing Mount Monadnock (elevation 3165 feet). This hike brings us to Monadnock State Park in New Hampshire and up one of the most climbed peaks in North America. Monadnock's bare, and rocky summit provides expansive views from the Boston skyline to Mt Greylock and the Green Mountains in Vt. This will give us a opportunity to test out winter hiking gear and skills before going to the next winter hike in the White Mountains. Also check out our winter hiking workshop on November 2. L Walt Granda (508-999-6038 before 9:00 p.m., wlgranda@aol.com) L Paul Miller (paulallenmiller@verizon.net) L Maureen Kelly (mokol773@aol.com) L Mike Woessner (stridermw@hotmail.com), R Walt Granda (508-999-6038 Before 9 pm, wlgranda@aol.com)

(FT) (NM) Thu., Jan. 9. Thurs. Morn. Hike Copicut Woods, Fall River (B3C). Meet at 10:00 a.m. Indian Town Rd Parking lot. Required equipment: Hiking boots, rain gear, water and snacks. Heavy rains will cancel. Snow or ice will require yaktrax, stabilicers, or snowshoes. This 516-acre property is both a prime destination and the southern gateway to the Southeastern Massachusetts Bioreserve. Copicut introduces nature lovers and outdoor enthusiasts to an entire regional ecosystem. Experience forests, streams, and cedar swamps, amid an array of flora and fauna, from deer and coyote darting among stands of hardwoods and conifers, to hawks, owls, and salamanders. L Walt Granda (508-999-6038 before 9:00 PM, wlgranda@aol.com)

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

Thu., Jan. 23. Thursday Morn. hike Houghton's Pond. Meet at 10:00 for a 6 mile hike/snowshoe depending on conditions over a variety of trails. Bring: water, snack and wear appropriate footwear. L Claire Braye (508-857-0320, cbraye57@comcast.net)

(FT) (NM) Thursdays

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

Sat., Feb. 1. Winter Hike #3 - Mt. Pierce. Join us for the third hike in our 2014 Winter Series, which will bring us above 4,000 feet for the first time this year to the summit of Mt. Pierce, with it's panoramic views of the southern Presidentials, Mt. Washington, and beyond. We'll take the historic (mostly protected) Crawford Path and return via the Webster Cliff Trail to the Mizpah Cutoff and then back to the trailhead via the Crawford Path. Previous winter hik-

ing experience and/or participation in the SEM Winter Workshop on Nov. 2, 2013 required. L Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net) L Christine Pellegrini (chrispellegrini@yahoo.com) L Bill Pellegrini (billpellegrini@yahoo.com) CL Jim Casey , R Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net)

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

Thu., Feb. 13. Ponkapoag Pond Hike (Thurs.). Meet at 10:00am in Ponkapoag Golf Course Parking Lot for a 5 mile hike/snowshoe depending on conditions over a variety of trails. Bring: water, snack and wear appropriate footwear. L Claire Braye (508-857-0320, cbraye57@comcast.net)

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

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

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

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

SKIING

Looking for someone to take over the ski committee and plan xc ski and downhill ski events in the winter. Contact the current ski chair at xcskchair@amcsem.org

Chapter Trips

(AN) Sat., Jan. 11. Cross Country Ski Instructional Workshop. Learn to use your new skis or brush up on technique. Suitable for all abilities. We will review equipment, clothing, uphill and downhill methods, various terrain. Rental equipment will be available. Participants responsible for trail fee. Lack of adequate snow conditions may postpone or cancel. L Art Paradise (978-372-7442 7 to 9 PM, doubledice@me.com) CL Bob Bentley (), R Art Paradise (28 Garrison Street, Groveland, MA 01834, 978-372-7442 7 to 9 PM, Doubledice@me.com)

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

(AN) (CE) Sat., Jan. 18-20. Catamount Trail Backcountry Ski

Touring.. Join us for the MLK weekend of ski touring along the Catamount trail in the Ludlow-Plymouth area (Tentatively Section 9,10, &11). We will stay at a cozy family inn in Ludlow. Participants should be capable of skiing 5-7 miles each day. Trails are classic New England backcountry, undulating, forested, and fun to ski. Approx. \$325 pp, Sat-Sun -Mon brkfst and Sat-Sun dinner included. Reg by Dec 15. L Art Paradise (978-372-7442 7 to 9 PM, doubledice@me.com) CL Bob Bentley (paradice1@mindspring.com)(), R Art Paradise (01834, Groveland, MA 01834, 978-372-7442 7 to 9 PM, Doubledice@me.com)

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

the southeast Breeze

Courtesy Joe Balboni



January 2014

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



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

Editor: Andrea Holden
breeze.editor@amcsem.org

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

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

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

Open House - March

**AMC 138th
Annual Summit
January 25**

**Intro to Winter Fun
Noble View 2/7-2/9/2014**

**Spring Leadership training
Borderland State Park
May 3**

**Spring WFA/CPR
(Wilderness First Aid)
Noble View
April 5-6**

Who Are you?

Pam Ciborowski & Rod Cartocci

doors through partnerships, online and print information, and training leaders to take youth outdoors. To support these efforts we decided to explore and share the benefits physical activity has on children.

activity is important for everyone. What are the benefits of physical activity and why is it important in children's health?

Pam: Physical activity decreases ones risk for many diseases such as hypertension, diabetes, cancer, and others. It helps all body systems function better. It helps prevent osteoporosis, improves cognitive functioning, helps with depression and anxiety, improves heart-lung and muscle fitness, and improves sleep. It is important that adequate physical activity starts early on to improve health not just for the present but for their future.

Rod: Human beings were evolved to move. Evolution over two million years has created the biology, anatomy and physiology of the human body in its present form. Exercise was necessary for survival in our beginnings, and only began to become a "hobby" activity at the



Continued on Pg 4

1. What is your name and profession, and how long have you been in the field?

Pam Ciborowski: Nursing/Public Health, 33 years

Rod Cartocci: Health Education and Physical Education teacher, holistic nutrition specialist, and a certified instructor in the Zen style of Hatha Yoga. I have been teaching and practicing for several years.

2. Most people would agree that physical

The Benefits of Physical Activity

The AMC's Vision 2020 is based on five strategic initiatives, with one of them focused on [Getting Kids Outdoors](#). The AMC plans to serve 200,000 youth directly and encourage another 300,000 to get out-



Brought to you by Gina Hurley ~ Communications Chair ~ commschair@amcsem.org ~ suggest a member

2013 Executive Board

Chapter Chair

Chair@amcsem.org
Cheryl Lathrop, 508-668-4698

Vice Chapter Chair

vicechair@amcsem.org
Maureen Kelly, 508-224-9188

Past Chapter Chair

pastchapterchair@amcsem.org
Jim Plouffe, 508-562-0051

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secretary@amcsem.org
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treasurer@amcsem.org
Patty Rottmeier
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Ed Miller, 774-222-0104
5-9pm, no calls after 9pm

Membership Vice Chair

membershipvicechair@amcsem.org
Ellen Thompson

Biking Chair

bikingchair@amcsem.org
Cheryl Washwell

Chapter Youth Program (CYP) Chair

cypchair@amcsem.org
Sally Delisa, 781-834-6851

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Cape Hiking Vice Chair

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Barbara Hathaway, 508-880-7266

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Chris Pellegrini, 508-244-9203

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Breeze Editor

breeze.editor@amcsem.org
Andrea Holden, 774-219-2426

Blast Editor

blast.editor@amcsem.org
Gina Hurley, 508-362-6573

Where to find activities (hikes, bikes, etc.)

1. The monthly *Breeze* - email
2. *AMC Outdoors magazine* - mail
3. [Online trip listings](#)
4. Sign-up for [short notice trips](#)

Pictures and Article Submissions

We encourage SEM members to submit articles and photos for both the *Breeze* and our website. Materials will be edited at the editor's discretion, send to breeze.editor@amcsem.org

Breeze Deadlines

Monthly on the 7th, trips; 15th articles/pix

Sign-up for the Breeze

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

Where to find [Breeze Publications](#)

Volunteers Wanted

Volunteer for the Executive Board. Do you have skill and want to see where you fit? Lead hikes bike, ski, snowshoe, x-country or paddle trips. We have volunteer positions open! Contact chair@amcsem.org

Want SEM activities delivered right to your email inbox? Sign up for AMC "digests". Access the Member Center from our home page (amcsem.org) or call 800-372-1758.



View from the Chair

By Cheryl Lathrop

Halloween, Thanksgiving, Christmas, and December holidays are over! Only New Years to get through. Do you have that standard New Year's Resolution to "get healthy?" If so, in addition to the dreaded "diet and exercise", why not toss a few AMC SEM winter activities into your schedule. They're great fun!

We've got winter local hikes and mountain hikes. Snowshoes and walks. Cross-country skiing and downhill skiing. Day trips and weekend trips. And yes our bike leaders are still leading rides. Something for everyone this winter!

So, have a Happy New Year and ring in 2014. And then, get outside!!! Our hardworking SEM volunteer leaders have set up some wonderful winter activities for you!

**Got something to say? Got a good idea? Want to volunteer?
Feel free to contact me anytime about anything!
chair@amcsem.org**

Cheryl Lathrop

Chapter Chair

Happy
New
Year

As always, feel free to contact your chapter chair, or vice chapter chair at any time.

Chapter Chair: Cheryl Lathrop (chair@amcsem.org) ~ Vice Chapter Chair: Maureen Kelly (vicechair@amcsem.org)

GET INVOLVED

Be a volunteer and reap the rewards

If you'd like to give back to your SEM chapter, we'll find something small for you to do to get started. Contact the Chapter Chair at chair@amcsem.org and we'll match up your interests and capabilities with our needs.

Are you a detail person, long-time chapter member & former board member?

We're forming a committee to update our chapter Bylaws and Operating Rules. See our current [Bylaws and Operating Rules](#). Contact your Chapter Chair at chair@amcsem.org.

Like to work with groups of children? Want to share your outdoor knowledge with the next generation?

Our Chapter Youth Program (CYP) is looking for a leader. A typical CYP might include a local walk with some nature lesson or trail game. Contact Sally Delisa cypcoordinator@amcsem.org

Like to ski? Want to see more ski trips?

Our Ski Committee needs a Vice Ski Chair to work with our Ski Chair to help to plan ski events, both downhill and cross-country. Contact xskichair@amcsem.org for more information.

Conservation minded? Want more conservation activities?

Our Conservation Committee needs a Vice Conservation Chair to work with our Conservation Chair to help plan conservation events and education. Contact conservationchair@amcsem.org for more information.

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time of the industrial revolution. If we as humans choose not to stimulate our biology (by exercising and eating whole food diets) then we invite obesity. This is especially the case for children because childhood is the foundational beginning to the physical, mental and social habits of a lifetime. Every cell, tissue, organ, joint and muscle in the body requires regular, daily exercise to benefit from the oxygen and nutrients of survival.

3. Is there any research that supports physical activity as a benefit to learning? If so, what does the research say?

Pam: The research shows that physical activity increases mental clarity, efficiency, and is associated with better thinking, learning and judgment.

Rod: Exercise research studies demonstrating the benefits to learning ability are

numerous....here are a few examples:

[How Exercise Makes your Brain Grow](#)

[Physical Fitness in Childhood Linked to Higher Reading and Math Scores](#)

4. Is there any research that supports physical activity as a benefit to emotional health? If so, what does the research say?

Pam: Countless research studies show that exercise has incredible benefits not just for physical health, but for all areas of health, including mental, emotional, intellectual, and yes, even social well-being. Here are a few to consider.

- Regular aerobic exercise increases levels of serotonin and dopamine in the brain, which is linked with improved mood.

- Exercise enhances the mind's ability to withstand daily hassles and stressors and to regulate itself.

- Regular exercise has been shown equal to antidepressant use in treating Major Depressive Disorder.

- Exercise is associated with deeper relaxation and better quality of sleep (which protects the brain and increases energy).

- Regular exercise is associated with higher self-esteem.

Rod: Modern, human life contains more mental and emotional stress, now than ever before. Our lives seem to be traveling at "warp speed" every moment. The stress, unless coped with in a healthy manner, can be crippling. Our "being" is not compartmentalized. Our mental, physical, emotional, and spiritual natures are always connected and overlapping. Physical exercise stimulates a

Continued on Pg 5

Continued from Pg 4

biochemical process in our bodies that assists us in playing-down the sympathetic nervous system's "fight or flight" reaction, and helps to initiate a parasympathetic, calming response.

5. What role does food and nutrition play in children's health?

Pam: Proper nutrition is essential for the healthy growth and development of children. When children develop good eating habits at an early age, research shows that they are more likely to carry these throughout their lifetime. We know that healthy foods fuel bodies so that they can best learn and grow, while poor nutrition increases their risk of

multiple diseases and problems.

Rod: The nutrition and lifestyle habits of a lifetime begin in early childhood. A child's or anyone's future health is largely determined by dietary practices. Refer to the media daily, and you will hear about the obesity epidemic. Chronic disease potential is in direct proportion to the lack of proper nutrition. The CDC reports that 80% of all cancer is the result of diet. Diseases, like Type II diabetes, which was once called Adult-onset diabetes because it affected people over 40, is now becoming ever more pronounced in younger years, and even in elementary school children. Education to combat this trend should be a priority in our healthcare system, and in our schools.

9. What suggestions can you give parents to help them increase their children's physical activity?

Pam: Make physical activity a family habit. The National PTA also suggests taking a family walk around the block each night after dinner; scheduling a weekly game of touch football in the park; walking instead of driving when you can; walking or biking with your child to school; parking as far away from entrances as possible; using the stairs.

Rod: One of the best things parents can do is to model the behavior they wish to see in their children. Go on walks as a family. Walking has received a bad "rap" by elite fitness buffs, but walking is one of the best exercises a person can engage in for overall wellness and physical fitness. It stimulates the "being", in a superbly healthy way and on every level, physically, mentally, emotionally and spiritually. Also, research your town or city's recreation department offerings. If you find something the child is interested in, then take an obvious interest yourself...go online with the child and research the history of the activity and notable players or participants, show enthusiasm about it, go to the games or meets or matches. Set times and limits for T.V. and video games.

Want to sell your stuff?

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



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

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

\$75 or Best Offer

Great Condition, bought
at EMS

Madeleine
508-331-5334



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

6. What obstacles or challenges do you see families facing to increase children's physical activity?

Pam: TV, Computers, iPhones, and other technology that pulls kids in rather than having them engage in physical activity and games outdoors.

Rod: Families in earlier years were able to allow their children to play outdoors, safely. Today it is not the case.

7. What are some of your favorite outdoor activities?

Pam: Kayaking, golfing, and walking.

Rod: I hike, bike, swim, compete in Masters Track and Field, work-out regularly at school and at a fitness club, and work in the yard at my home.

8. If you could change one thing in order to increase children's physical activity, what would it be?

Pam: Have daily physical activity a requirement in the schools for a minimum of 30 minutes/day.

Rod: Allow school students to have daily Physical Education, taught by a certified professional. Healthy, lifetime habits will be introduced and practiced, at the same time that physical, mental, emotional and social fitness skills are being developed. Then...watch obesity and disease decline, and maximal physical health and academic performance skyrocket!



Rod Cartocci

Take A Long Hike



Hello fellow hikers.

One of the questions I frequently get asked is whether a hiker should buy a self-inflating mattress or a fold out pad, like Z-lite, for camping overnight.

The pictures show a purple mattress (not inflated) and a yellowish foldout pad. Either item goes under your sleeping bag.

If you are looking only for comfort, the self-inflating mattress (this one from [Therm-a-rest](#)) is the way to go---hands down. But there are advantages to the pad, and this Z-lite

pad (also made by Therm-a-rest) is very popular.

I've settled on the non-inflatable pad, and here's why.

Light weight--Pads weigh less than inflatable mattresses; this pad weighs less than a pound.

Indestructible--No worries about puncturing it, or wrecking the valve.

Convenience--Shake it loose and it's ready to go. When I take a meal, especially in wet or rocky areas, it's the first thing I grab to sit on.

Pack Support--As more hikers go ultralight with frameless rucksacks, this pad provides pack support.

I admit that I miss the cushy comfort of an inflatable mattress when I sleep. For convenience, however, especially on breaks, when you want to smother ants and insects with something other than your pants, when you want to rest and air out your socks and footwear, nothing beats the pad. So why not carry both? Well, one day I may.

Happy new hiking year!

Ray's Hiking Blog: www.TakeaLong-Hike.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. Preview the waiver at: <http://amcsem.org/documents.html>



Winter Wonderland

CIE

WONS ₆

SIKGN

RETWIN ₄ ₉

GOONIWSENHS ₁

LOEVS ₅

GGSELGO ₇

KARPA ₃ ₈ ₂

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1 2 3 3 4 5 6 7 8 9

The Education Committee organizes and promotes training of trip leaders for our chapter. Two fundamental programs, Leadership Training and Wilderness First Aid, are planned and supported every year. Other programs may be offered at the committee's discretion.

Volunteer Opportunity Education Committee Vice Chair

Upon expiration of the Chair's term in office, the Vice Chair normally moves into the Chair's position.

Small event planning experience helpful. Completion of Leadership Training or Wilderness First Aid desirable but not required.

The Vice Chair and Chair share tasks that typically involve the planning, co-ordination and hosting of training sessions, nominally two or three weekend sessions per year. Presenting training material is not required.

To explore this volunteer position further, contact Len Ulbricht, the Education Committee Chair, at lenu44@gmail.com.



2014 LEADERSHIP TRAINING

Leadership Training will be held on Saturday, May 3, 2014 at Borderland State Park, N. Easton, MA. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader candidates are also welcome. It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to chapter members.

Please register by April 19 with Len Ulbricht at lenu44@gmail.com

Leadership Training - Why Take It?

In order to foster safe outdoor recreation enjoyable to all, AMC has for many years offered a variety of [training programs](#) - both for personal growth and trip leaders/organizers. The most basic program is Leadership Training. This program covers the essential elements our trip leaders need to understand when organizing, planning and managing groups of hikers, bikers, paddlers, or skiers. It is offered by all AMC chapters to train leaders with a common set of guidelines for situations they will likely face in running an outdoor activity. Anyone wishing to lead trips for our chapter should take this program.

Suppose one is uncertain as to whether or not they want to lead trips. Can they take it? Or how about members new to AMC who are not seeking to lead but want to learn how our organization operates. Can they take it? And there are those members who just wish to participate and not lead. Can they take it?

Yes! Yes! Yes! to all three questions. Leadership Training is for participants, too. You will learn how leaders manage groups, screening considerations leaders undertake and may ask you about to insure group compatibility, how to deal with accidents and AMC liability protections, and ways to personally prepare for your outdoor experience whether it's hiking, biking, paddling or skiing. You'll also meet and interact with SEM trip leaders who present course materials. So give LT some thought.

WINTER WONDERLAND ANSWERS

Answers: ice , snow, skiing, winter, snowshoeing, gloves, goggles, parka

Wanted
Trails Chair

Spring 2014 WFA/CPR April 5 & 6, 2014

AMC Nobel View Outdoor Center,
Russell, MA

The WFA course runs 8-4 that Saturday and Sunday. CPR follows the Saturday session. Pricing is as follows: \$190 AMC Member Price, \$215 for non-AMC members. CPR is optional for additional \$35. Pricing includes shared cabin accommodation and meals Friday evening through Sunday lunch. Social gathering Friday and Saturday evening. [Noble View description.](#)

Register with Len Ulbricht, Education Chair, at lenu44@gmail.com

Wilderness First Aid Course (WFA)

This course deals with medical emergencies that may occur in the back woods when you are more than one hour from medical care and 911 help may not be accessible. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save life in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify.

Our 2013 year
AMC SEM's Board
collected toys for
Marine's Toys for Tots

**We collected enough toys
for several families, and
many children.**

*We are pleased to contribute to
such a worthwhile program!*



[Registration is Open!](#)

The day's activities will include

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

AMC Expo, Doors open at 8am

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

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

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

Registration is required

Saddle up

Yes it is a bit chilly to get on the bike...but we always have some warmer days throughout the winter



Ride some or all of these great rides!

How about the **11th Annual New Year's Day Ride?**

January 01, 2014 (Wed)

SEMAC 11th Annual New Years Day Ride. Kick off our cycling schedule and our annual quest for 2,000 + miles. 30 miles with options for early bailout.

This beautiful coastal ride includes Marion Harbor, Seashell Beach, Converse Rd. loop, The Stone Estate, Planting Island, and Kittansett Point. Helmets, water, Spare tube and tools required as is registration as changes will be sent to registered riders only. Paul Currier - currierpaul@comcast.net or call until 7pm

This is a great way to start accumulating your 2000 miles for 2014 to earn your badge.

And let's not forget the **Sunset/Full Wolf Moon Ride**

January 15, 2014 (Wed)

Intermediate paced road cycling from Sandwich Recreation area on Freezer Road for ride on canal trail and streets of Gray Gables and Mashnee Island. Return to the canal for sunset near RR Bridge and ride along the canal for full Snow Moon Rise over the Sagamore Bridge. Helmets, water, registration, spare tube and tools required contact Paul Currier - currierpaul@comcast.net or call until 7pm.

Paul Courier also leads rides every Tuesday.

Plenty of opportunities for January.



Ride-Leaders
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?*

This opportunity is for all types of rider - fast, intermediate, slow, touring, special events, mountain etc.
We will train you to lead the rides.

Contact Bike Chair - Cheryl Washwell , cawashwell@gmail.com or 774.259.4535

2014 Adventure Travel Trips



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

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

Annual Pizza Social

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

Other Interests *not endorsed by AMC



MASSACHUSETTS BREAST CANCER COALITION

The Lesbians & Friends Dance: A Party for Prevention is a benefit for the Massachusetts Breast Cancer Coalition (MBCC), the only education and advocacy non-profit in the country working closely with an environmental research organization toward breast cancer prevention. This event for the New England LGBT community and friends will be held on Saturday, January 25th from 8:30pm-12:30am at the Holiday Inn Brookline located on 1200 Beacon Street in Brookline, MA.

Highlights for the 16th annual dance include the **musical stylings of DJ Jodi**, an abundant silent auction, complimentary hors d'oeuvres, and a cash bar. Tickets are \$40 in advance (visit www.mbcc.org or call 617-376-6222 to purchase) or \$45 at the door. For full event information, please visit www.mbcc.org.

[Buy Tickets](#)

DANCE WORKSHOP FOR PREVENTION:

Dancing With A Star: Chaz Bono and
OUT to Dance Director Liz Nania

From 8:00pm-8:30pm at the Holiday Inn Brookline, directly before the Lesbians & Friends Dance, all event participants can enjoy a 30 minute free Beginners' Merengue Lesson by Liz Nania, Boston's premier dance instructor and Director of OUT to Dance.

Merengue is the easiest dance ever, guaranteed! It's perfect for both merengue music and top 40 club-style pop music, so you can dance it all night long; you'll learn the super-simple merengue footwork and dress it up with some fun and fancy spins. Absolutely no experience or partner needed for this easy and exhilarating dance lesson. Meet some fun new women and get your groove on; your two left feet are welcome!

To learn more about OUT to Dance, please visit www.outtodance.com.



NIKE REUSE-A-SHOE RECYCLING PROJECT

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

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

Check out the website: www.nikereuseashoe.com

ACTIVITIES

SOUTHEASTERN MASSACHUSETTS ANNOUNCEMENTS(S)

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

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

BICYCLING

Bike Ratings: First character indicates distance in mi: AA=50+; A=35-50; B=25-35; C=under 25. Second is L's pace in mph: 1=17; 2=13-16; 3=11-13; 4=up to 11. Third is terrain: A=very hilly; B=hilly; C=rolling; D=flat.

WANTED: Ride Leaders and Co-Leaders. Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm and routes w/ your fellow AMC members? Contact Bike Chair (bikingchair@amcsem.org) for more info.

AMC SEM 2,000 Mile Club. AMC SEM has a unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair to register your mileage and for more info. (bikingchair@amcsem.org)

Tues. Rides. Turn Those Tires on Tues. Rides scheduled all year long, weather permitting. 25 mi of road or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location and directions. Intermed. pace. Riders and bicycles in top shape; tires and riders pumped and ready to roll; helmets and water req'd. L Paul Currier (508-833-2690 8 am-7 pm, pbencurrier@hotmail.com)

Chapter Trips

(XCE) Wednesdays

BREEZE - AMC Southeastern Massachusetts Chapter - 800-372-1758 amcinformation@outdoors.org Sign up

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

(XCE) Tuesdays

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

(XCE) Tuesdays

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

(XCE) Wednesdays

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

(XCE) Tuesdays

Jan. 21. Tuesday Cycling. Scenic cycling on Cape

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

(XCE) Tuesdays

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

(XCE) Tuesdays

Feb. 4. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

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

(XCE) Fridays

Feb. 14. Sunset/Full Snow Moon Rise Ride. Intermediate paced road cycling from Sandwich Recreation area on Freezer Road for ride on canal trail and streets of

Gray Gables and Mashnee Island. Return to the canal for sunset near RR Bridge and ride along the canal for full Snow Moon Rise over the Sagamore Bridge. Helmets, water, registration, spare tube and tools required. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

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

(XCE) Tuesdays

Feb. 25. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

CAPE HIKES

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

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

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

Chapter Trips

Sat., Jan. 4. Hike - Harwich, Herring River (B3C). Wooded walk with views of the beautiful Herring River. Walk both

sides of West Reservoir, cranberry bogs. From Rte 6 E, Ex 10, R at top of ramp, Rte 124 for 1.3 mi, R @ Main St. straight 2 mi to park @ Sand Pond on R. Meet 9:45 a.m. 3.5 hrs. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sun., Jan. 5. Hike - Hawksnest State Park Harwich (C3C). Winter woods walk dirt roads, trails. Meet 12:45. Two hours. From Rte 6 Exit 11 S. L at exlt light then immediate R on Spruce Rd. Pkg approx 0.8 mi. on either side of road. Bad weather cancels. L Janet DiMattia (jandimattia@verizon.net)

Thu., Jan. 9. Hike - White Crest Beach, Wellfleet (C3C). Wooded trails to Marconi White Cedar Swamp. Rte 6 to R on Lecount Hollow Rd to beach gatehouse. L on Ocean View Rd. Go 0.9 mi to R at beach pkg. Meet 9:45, 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Sun., Jan. 12. Hike - Mashpee River Woodlands, West Mashpee (C4C). Land/River of the Wampanoags. Stately beech and white pine forests. Spectacular views of river. Abandoned cranberry bogs w/remains of old aquaduct. Trout Pond. From Mashpee rotary go E on 28. First R onto Quinaquisset Ave. Go approx. 500' to Pkg on R. From E on 28, take L onto Orchard Rd, then R onto Quinaquisset. If parking on road, tires must be completely off pavement. 2hrs. Arrive @ 12:45P for prompt start @ 1P. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Thu., Jan. 16. Nickerson State Park Hike - Brewster (C3C). Meet at park entrance at 9:45 am for a 10:00 am start. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

(FT) (NM) Thu., Jan. 23. Walk - Indian Lands Dennis (C3C). Shortened winter walk along Bass River. Meet 9:45. From Rte 6 Exit 9A Immediate R on Old Main St. Bear L to pkg at South Dennis Town Offices pkg lot on R. Bad weather cancels. L Janet DiMattia (jandimattia@verizon.net)

Sat., Jan. 25. Hike - Long Pond & Collins Woodlot, Falmouth (B3C). Walk along pond and moraine, and through town forest. From Mashpee rotary, take Rt. 151 west 3.4m to L at Sandwich Rd. Go 3.7m south to R on Brick Kiln; then 0.9m west and pass through traffic light at Gifford to parking area on R just beyond light. Meet 9:45. Rain cancels. 3.5 hours. Bring lunch. L John Gould (508-540-5779, jhgould@comcast.net)

Sun., Jan. 26. Hike - Sandwich Canal (C3C). 2 hour hike along canal to end. Hike beach to Mill Creek past Sandwich boardwalk. Return through Sagamore. From Rte 6a Sandwich turn onto Freezer Rd. Go to end and park in lot at edge of canal. Meet at 12:45 PM for 1 PM start. L Jane Harding (508-833-2864 before 9 PM, janeharding@comcast.net)

Thu., Jan. 30. Hike - Wellfleet, Griffin Island (C3C). Varied terrain: wooded trails, some hills, spectacular view of bay. Meet 9:45 AM. From Rte 6 left at lights toward Wellfleet Center, left on E. Commercial St. At harbor, Turn Right on Chequessett Neck Rd. Continue to Great Island Parking lot on Left. Over 2 hours. L Janet Kaiser (508-432-3277 eve 7 to 9 p.m., jtkaiser@comcast.net)

Sun., Feb. 2. Hike - Sandwich Maple Swamp (C3B). Hilly hike through varied terrain, meet at 12:45 PM, 1 PM start. Land has history back to early Sandwich settlers. Hiking boots and poles recommended. Take Rte 6 to Exit 3 turn S on Quaker Meetinghouse Rd., 1st left on Service Rd entrance to Maple Swamp is just past Mill Rd on right. Trip at a Glance Activity: Hiking Offered By: Southeastern Massachusetts L Jane Harding (508-833-2864 before 9 PM, janeharding@comcast.net)

Thu., Feb. 6. Hike - Island Pond, Harwich (C3C). Wooded hike, cranberry bog, lavender farm. Ex 10 off Rte 6, N on Rte 124. 1st L on Headwaters Drive to pkg lot on L at bike trail. Meet 9:45, 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Sat., Feb. 8. Hike - Yarmouth, Greenough Ponds (B3C). Walk through Yarmouth Botanical Gardens, Dennis & Greenough Ponds. Meet at 9:45, 3 1/2 hr. Exit 7 off Route 6 to North, right on 6A, at sharp turn go right on Summer St. to beach parking lot. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

(FT) (NM) Sun., Feb. 9. Hike - East Falmouth-Mashpee, Quashnet River (C3C). Walk in upland woods along small stream. Heavy snow on ground, or rain, cancels. From Mashpee rotary, take Rt 28N toward Falmouth 2.1 miles, then take R on Martins Rd to parking area. Meet 12:45. 2 hours. L John Gould (508-540-5779, jhgould@comcast.net)

Thu., Feb. 13. Herring River - Harwich (hike) (C3C). Meet

at Sand Pond at 9:45 am for 10:00 start. Woods walk, river views, bogs, reservoir. RT. 6, Exit 10, Rr. 124 S for 1.3 mi. R on Main St. Go 2 miles and park at Sand Pond. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Thu., Feb. 20. Hike - Yarmouth Port, Gray's Beach (C3C). Hike in Conservation land areas over trails along marsh, through woods, includes the boardwalk with views of Sandy Neck, Chapin Beach. Rte 6 to Exit 8, Union Street to Rte 6A. Turn Left, go 1 block, Turn Right on Center St. Go 1.0 mile, follow signs to beach pkg lot at end. Meet at 9:45 a.m. Two hours. L Janet Kaiser (508-432-3277 7:00 to 9:00 p.m., jtkaiser@comcast.net)

Sat., Feb. 22. Hike - Mashpee River Woodlands (C3C). 2 hour hike along scenic parts of east and west sides of Mashpee River. Meet 9:45am. Take Quinaquisset Road from Route 28, just east of Mashpee Rotary. Parking is a short way on right. L Gary Miller (508-540-1857, garymaxxx@gmail.com)

(FT) (NM) Sun., Feb. 23. Hike-Beebe Woods, Falmouth (C3C). Hike a varied terrain of rolling woods, two ponds, stone walls, and an old farm. From Bourne bridge, take Rt 28 south to a traffic light by the entrance to Falmouth Hospital. Continue through the light and go 0.6 miles and turn right on to Depot Ave. Follow the narrowing road 0.4 miles up a hill to the end by Cape Cod Conservatory. Rain cancels. Meet 12:45. 2 hours. L John Gould (508-540-5779, jhgould@comcast.net)

Thu., Feb. 27. Hike - Yarmouth Three Ponds (C3C). Woods walk pass bogs and ponds. Meet 9:45. Two hours. Exit 8 from Rte 6. R at second light. L at end on West Yarmouth Rd. Pk in 1mi. well off road. Bad weather cancels. L Janet DiMattia (jandimattia@verizon.net)

EXECUTIVE COMMITTEE

We need an "Event Planner" for the AMC SEM Executive Board. Do you have event planning skills? Our events are typically: Annual Meeting/Dinner, Holiday

AMC ACTIVITY PARTICIPATION POLICY

AMC encourages involvement in its mission and activities through its membership, programs, policies, and procedures. Our goal is to be a community that is comfortable, inviting, and accessible for people of any age, gender, race, religion, ethnicity, ability, sexual orientation, or socioeconomic status. Some AMC programs are designed for a certain age range of members or for a special activity or topic. However, any person who meets the minimum qualifications (age, skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available. Individuals under 18 must be accompanied by a responsible adult. All participants in AMC activities are required to sign the AMC waiver form provided by the leader. Preview the waiver at: <http://amcsem.org/documents.html>

Party, Summer Picnic. Can you find and reserve a room, choose a menu that fits in our budget, worry about a projector and screen, set an agenda, and generally make an event happen? Contact the chapter chair at chair@amcsem.org.

Volunteer Opportunities

Until Filled. Chapter Youth Program (CYP) Leader. Share your outdoor knowledge and leadership skills with local groups of children. Give your time to these programs to help kids get outside who might not otherwise have the opportunity. A typical Chapter Youth Program (CYP) might include a local walk with some nature lesson or trail games. CYP leader training and screening is required. L Sally Delisa (picpocit@verizon.net)

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

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

HIKING

IMPORTANT: No pets w/o prior permission of trip leader. Individuals under 18 years of age must be

accompanied by a parent or responsible adult, and obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 week prior to the trip so Ls can discuss prior hiking exp., conditioning, clothing, and equipment. Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

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

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

Chapter Trips

Sat., Jan. 4. Winter Hike #2, Mount Monadnock. For the second winter hike of the season, the SEM Chapter will be climbing Mount Monadnock (elevation 3165 feet). This hike brings us to Monadnock State Park in New Hampshire and up one of the most climbed

peaks in North America. Monadnock's bare, and rocky summit provides expansive views from the Boston skyline to Mt Greylock and the Green Mountains in Vt. This will give us a opportunity to test out winter hiking gear and skills before going to the next winter hike in the White Mountains. Also check out our winter hiking workshop on November 2. L Walt Granda (508-999-6038 before 9:00 p.m., wlgranda@aol.com) L Paul Miller (paulallenmiller@verizon.net) L Maureen Kelly (mokol773@aol.com) L Mike Woessner (stridermw@hotmail.com), R Walt Granda (508-999-6038 Before 9 pm, wlgranda@aol.com)

(FT) (NM) Thu., Jan. 9. Thurs. Morn. Hike Copicut Woods, Fall River (B3C). Meet at 10:00 a.m. Indian Town Rd Parking lot. Required equipment: Hiking boots, rain gear, water and snacks. Heavy rains will cancel. Snow or ice will require yaktrax, stabilicers, or snowshoes. This 516-acre property is both a prime destination and the southern gateway to the Southeastern Massachusetts Bioreserve. Copicut introduces nature lovers and outdoor enthusiasts to an entire regional ecosystem. Experience forests, streams, and cedar swamps, amid an array of flora and fauna, from deer and coyote darting among stands of hardwoods and conifers, to hawks, owls, and salamanders. L Walt Granda (508-999-6038 before 9:00 PM, wlgranda@aol.com)

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

Thu., Jan. 23. Thursday Morn. hike Houghton's Pond. Meet at 10:00 for a 6 mile hike/snowshoe depending on conditions over a variety of trails. Bring: water, snack and wear appropriate footwear. L Claire Braye (508-857-0320, cbraye57@comcast.net)

(FT) (NM) Thursdays

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

BREEZE - AMC Southeastern Massachusetts Chapter - 800-372-1758 amcinformation@outdoors.org Sign up

Sat., Feb. 1. Winter Hike #3 - Mt. Pierce. Join us for the third hike in our 2014 Winter Series, which will bring us above 4,000 feet for the first time this year to the summit of Mt. Pierce, with it's panoramic views of the southern Presidentials, Mt. Washington, and beyond. We'll take the historic (mostly protected) Crawford Path and return via the Webster Cliff Trail to the Mizpah Cutoff and then back to the trailhead via the Crawford Path. Previous winter hiking experience and/or participation in the SEM Winter Workshop on Nov. 2, 2013 required. L Paul Miller (508-369-4151 before 9:00pm, paulallenmiller@verizon.net) L Christine Pellegrini (chrispellegrini@yahoo.com) L Bill Pellegrini (billpellegrini@yahoo.com) CL Jim Casey , R Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net)

Fri., Feb. 7-9. Intro to Winter Hiking and Cross Country Skiing at Noble View Camp. Let us show you the joys of winter hiking, snowshoeing and cross country skiing from a beautiful heated lodge in central Mass. Friday evening we will meet the group and discuss winter gear. Saturday and Sunday we'll have half - day hikes and ski trips both in the morning and the afternoon. Hot lunch will be served back at the Camp. Noble View has shared bunkrooms, a kitchen, electricity, showers, flush toilets and wood stoves. All meals are included. Winter clothing and gear will be required. L Maureen Kelly (508-224-9188 before 8 pm, mokol773@aol.com) L Walt Granda (wlgranda@aol.com) L Jodi Jensen (jodijensen@gmail.com) CL cathy maccurtain , R maureen kelly (508-224-9188 before 8 pm, mokol773@aol.com)

Thu., Feb. 13. Ponkapoag Pond Hike (Thurs.). Meet at 10:00am in Ponkapoag Golf Course Parking Lot for a 5 mile hike/snowshoe depending on conditions over a variety of trails. Bring: water, snack and wear appropriate footwear. L Claire Braye (508-857-0320, cbraye57@comcast.net)

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

Fri., Feb. 28-Mar. 2. Winter Hike Series #4. Complete the SEM Winter Series with an overnight stay at Lonesome Lake hut for two nights. Opportunity to hike the Kinsmans or Cannon. 4 group meals (dinners, breakfasts) included. Winter gear/experience required. \$90 payment needed by 1/20/14 to ensure spot. L Leslie Carson (508-833-8237, ltc929@comcast.net) L Paul Miller (paulallenmiller@verizon.net) L Maureen Kelly (mokol773@aol.com) L Mike Woessner (stridermw@hotmail.com), R Paul Miller (508-369-4151 before 9 pm please, paulallenmiller@verizon.net)

(FT) (NM) Thu., Mar. 13. Blue Hills Hike. We will meet at 10:00 am on Hillside Street across from the Reservation Headquarters and the State Police Barracks. It will be a leisurely 4-5 mile hike with a lunch break either before or after the hike. It will all depend on when we reach the Houghton Pond area. Make sure you bring two liters of water, snacks, and a lunch. Bring a rain jacket in case or layers of clothing depending on the weather. L Sue Chiavaroli (508-496-6452, brillo6452@yahoo.com)

Sat., Apr. 5. Great Woods Hike Norton to Mansfield. Great Woods from Yelle Conservation Area in Norton to Mansfield's Greatwoods via two previously unconnected trail systems with historical sites, vernal pools and varied glacial remnants. Car spotting. Rain or Shine. L Richard Carnes (508-947-3204, rcarnes2@aol.com), R Richard Carnes (508-947-3204 Before 9PM, rcarnes2@aol.com)

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

(C) (FT) (NM) Thu., May. 8. Thurs Morn. Hike - Wollomonopoag Conservation Area. Meet 10:00am in Conservation Area parking lot off of Elysium St. Bring water, snack or lunch & sturdy footwear. Rain cancels. Great blue rookery and eskers and possible sighting of

deer. L Muriel Guenther (508-699-7461 Before 9:00pm, murielguenther@comcast.net), R Muriel Guenther (99 Birchwood Drive, Attleboro Falls, MA 02763, 508-699-7461 Before 9:00pm, murielguenther@comcast.net)

(FT) (NM) Sat., Jun. 21. Long/Ell Pond Hike on Narragansett Trail. We'll hike along the Narragansett Trail to the cliff that overlooks Long Pond. The hike will then descend through a gorge of rhododendrons and hemlocks to a beautiful lunch spot along another pond. A great hike for new members and hikers. L Sue Chiavaroli (508-242-4164 9AM-5PM, brillo6452@yahoo.com) CL Nancy Coote (nmcoote@yahoo.com)

SKIING

Looking for someone to take over the ski committee and plan xc ski and downhill ski events in the winter. Contact the current ski chair at xcskichair@amcsem.org

Chapter Trips

(AN) Sat., Jan. 11. Cross Country Ski Instructional Workshop. Learn to use your new skis or brush up on technique. Suitable for all abilities. We will review equipment, clothing, uphill and downhill methods, various terrain. Rental equipment will be available. Participants responsible for trail fee. Lack of adequate snow conditions may postpone or cancel. L Art Paradise (978-372-7442 7 to 9 PM, doubledice@me.com) CL Bob Bentley (), R Art Paradise (28 Garrison Street, Groveland, MA 01834, 978-372-7442 7 to 9 PM, Doubledice@me.com)

(CE) Fri., Jan. 17-20. XC Ski Weekend in White Mountains. SEM and Boston Forty+ join together for xc skiing, snowshoeing and camaraderie at Carlson's Lodge in Twin Mountain, a few miles from Bretton Woods. Friday, Saturday and Sunday nights lodging and continen-

Join an AMC Adventure Travel Trip to Peru - May 31– June 13, 2014

Hike the Inca Trail
Tour Machu Picchu
See Cuzco and the Sacred Valley
Visit Lake Titicaca

Contact Leaders for details:
Ron Janowitz: Ron@Ronjanowitz.com
Robin Melavalin: Rmelavalin@rcn.com



tal breakfast (cereal, juice, toast, & coffee) are included in rates that range from \$87 to \$119 plus taxes per night per room. After registering with Leader, call Carlson's Lodge at 800-348-5502 to reserve your room. A 14-day cancellation policy applies. Pizza and salad on Friday night at Carlson's and Saturday and Sunday dinners at local restaurants are extra. Additional details provided prior to trip. L Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net) CL Wayne Cardoza (603-673-2518 before 9pm), R Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net)

(AN)(CE) Sat., Jan. 18-20. Catamount Trail Backcountry Ski Touring.. Join us for the MLK weekend of ski touring along the Catamount trail in the Ludlow-Plymouth area (Tentatively Section 9,10, &11). We will stay at a cozy family inn in Ludlow. Participants should be capable of skiing 5-7 miles each day. Trails are classic New England backcountry, undulating, forested, and fun to ski. Approx. \$325 pp, Sat-Sun -Mon brkfst and Sat-Sun dinner included. Reg by Dec 15. L Art Paradise (978-372-7442 7 to 9 PM, doubledice@me.com) CL Bob Bentley (paradice1@mindspring.com), R Art Paradise (01834, Groveland, MA 01834, 978-372-7442 7 to 9 PM, Doubledice@me.com)

(AN) (XCE) Tue., Mar. 4-6. Mid-Week XC and downhill skiing. Join in for three fun filled days of XC or downhill mid-week skiing at Bretton Woods, Jackson, Attitash, Wildcat or other local ski area. Stay in the Shapleigh bunkhouse for three days, Tuesday March 4 through

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

AMC SEM 100-MILE HIKING CLUB



Log your miles; earn an awesome patch!

SEM Hiking Committee has just initiated an "100-Mile Hiking Club" for SEM members who get out on the trails regularly with the club.

Membership is open to any SEM member who, starting on July 1, 2013, hikes at least 100 miles with the SEM and/or any other AMC chapter and remembers to log those miles along with the date hiked and location on our online spreadsheet linked to the SEM Hiking page on www.amcsem.org.

To get your name included on the online spreadsheet so you can record your miles hiked with the AMC after July 1st (using the honor system), just send an email to either hikingchair@amcsem.org or hikingvicechair@amcsem.org.



Mount Rainier from Van Trump Park, Mt. Rainier National Park.

August Camp 2014

Experience Van Trump Park, Mt. Rainier National Park and Mount St. Helens with AMC's August Camp, July 19 to Aug. 16, 2014.

Come for one or two weeks, starting any Saturday. It's a full service summer camp for grown-ups, with hikes at all levels every day! Details available in December at www.augustcamp.org.

Questions?

Contact Sam Jamke, 472-2536 before 8 pm or regionaldirectornh@amc-nh.org

the southeast Breeze



**AMC's Annual Photo Contest People's
Choice Award 3rd Place**
Nature's Reflection, by Lysa Amaral AMC SEM Chapter

Congratulations to SEM member Lysa Amaral for her finish in the AMC's Annual Photo Contest. Lysa won third place in the People's Choice Award. Nice Job Lysa! To see her spectacular picture of Long Lake, N.Y. and other winners [here >>](#)

Spring Leadership Training

Borderland State Park - May 3

Spring WFA/CPR

Noble View - April 5-6

Hike Planning Meetings

6:30pm - 3/5, 6/4, 9/3, 12/3

Board Meetings

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

Open Volunteer Positions

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

Biking Vice Chair
CYP Vice Chair
Communications Vice Chair
Trails Chair

Conservation Vice Chair
Education Vice Chair
XC Skiing Vice Chair

February 2014

[Visit AMC SEM Website](#)

Breeze Newsletters

Photos



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

Editor: Andrea Holden
breeze.editor@amcsem.org

2014 LEADERSHIP TRAINING

Leadership Training will be held on **Saturday, May 3, 2014** at **Borderland State Park, N. Easton, MA**. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader candidates are also welcome. It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to chapter members.

Please register by April 19 with Len Ulbricht at lenu44@gmail.com

Leadership Training - *Why Take It?*

In order to foster safe outdoor recreation enjoyable to all, AMC has for many years offered a variety of [training programs](#) - both for personal growth and trip leaders/organizers. The most basic program is Leadership Training. This program covers the essential elements our trip leaders need to un-

derstand when organizing, planning and managing groups of hikers, bikers, paddlers, or skiers. It is offered by all AMC chapters to train leaders with a common set of guidelines for situations they will likely face in running an outdoor activity. Anyone wishing to lead trips for our chapter should take this program.

Suppose one is uncertain as to whether or not they want to lead trips. Can they take it? Or how about members new to AMC who are not seeking to lead but want to learn how our organization operates. Can they take it? And there are those members who just wish to participate and not lead. Can they take it?

Yes! Yes! Yes! to all three questions. Leadership Training is for participants, too. You will learn how leaders manage groups, screening considerations leaders undertake and may ask you about to insure group compatibility, how to deal with accidents and AMC liability protections, and ways to personally prepare for your outdoor experience whether it's hiking, biking, paddling or skiing. You'll also meet and interact with SEM trip leaders who present course materials. So give LT some thought.

CYP Leadership Training

A CYP Leadership Training class will be given in our region one Saturday in March
However, we need to guarantee 6 people.

IF YOU ARE INTERESTED IN BECOMING A CYP LEADER, CONTACT THE CYP CHAIR ASAP! cypchair@amcsem.org

2014 Executive Board

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chair@amcsem.org
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Vice Chapter Chair

vicechair@amcsem.org
Maureen Kelly, 508-224-9188

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pastchapterchair@amcsem.org
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Breeze Editor

breeze.editor@amcsem.org
Andrea Holden, 774-219-2426

Find activities (hikes, bikes, etc.)

1. The monthly **Breeze** - email
2. **AMC Outdoors magazine** - mail
3. [Online trip listings](#)
4. Sign-up for [short notice trips](#) (center bottom of page)

Pictures and Article Submissions

We encourage SEM members to submit articles and photos for both the Breeze and our website. Materials will be edited at the editor's discretion. Send to breeze.editor@amcsem.org

Breeze Deadline

Monthly on the 15th

Sign-up for the Breeze

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

Where to find Breeze Publications

Volunteers Wanted

Volunteer for the Executive Board. Do you have skill and want to see where you fit? Lead hike, bike, ski, snowshoe, x-country or paddle trips. We have volunteer positions open! Contact chair@amcsem.org

Want SEM activities delivered right to your email inbox? Sign up for AMC "digests". Access the Member Center from our home page (amcsem.org) or call 800-372-1758.



View from the Chair

By Cheryl Lathrop

Guess what giant outdoor event is happening in February? The Winter Olympics! Our country's best winter athletes will be travelling to Sochi, Russia to compete. This should make for two weeks of great watching.

But, don't just watch! And don't think you have to be an Olympian! You too can get outside and participate in winter sports. Our SEM leaders have set up hikes, bikes, and ski trips for you. And we'll have some SEM 'Olympians' completing the Winter Hiking Series with an overnight stay at Lonesome Lake hut for two nights.

Guess what other giant outdoor event is happening in February? It's Super Bowl XLVIII. It's being billed as the first, outdoor, cold weather Super Bowl. At the NY/NJ MetLife Stadium. Well, those of us that participate in SEM winter activities know firsthand what outdoor cold weather feels like—and we love it! We love getting outside.

So, enjoy the Super Bowl and enjoy the Olympics. But don't spend all of your time in front of the TV. Get outside!!! Our hardworking SEM volunteer leaders have set up some wonderful winter activities for you!

Cheryl Lathrop

Chapter Chair

**Got something to say?
Got a good idea?
Want to volunteer?**

**Feel free to contact me
anytime about anything!
chair@amcsem.org**



Your chapter chair scrunching under a log

As always, feel free to contact your chapter chair, or vice chapter chair at any time.

Chapter Chair: Cheryl Lathrop (chair@amcsem.org) ~ Vice Chapter Chair: Maureen Kelly (vicechair@amcsem.org)

GET INVOLVED

Be a volunteer and reap the rewards

If you'd like to give back to your SEM chapter, we'll find something small for you to do to get started.

Contact the Chapter Chair at chair@amcsem.org and we'll match up your interests and capabilities with our needs.

Are you a detail person, long-time chapter member & former board member?

We're forming a committee to update our chapter Bylaws and Operating Rules.

See our current [Bylaws and Operating Rules](#). Contact your Chapter Chair at chair@amcsem.org.

Like to work with groups of children? Want to share your outdoor knowledge with the next generation?

Our Chapter Youth Program (CYP) is looking for leaders. A typical CYP might include a local walk with some nature lesson or trail game. Contact Sally Delisa cypcoordinator@amcsem.org

Like to ski? Want to see more ski trips?

Our Ski Committee needs a Vice Ski Chair to work with our Ski Chair to help to plan ski events, both downhill and cross-country. Contact xcskichair@amcsem.org for more information.

Conservation minded? Want more conservation activities?

Our Conservation Committee needs a Vice Conservation Chair to work with our Conservation Chair to help plan conservation events and education. Contact conservationchair@amcsem.org for more information.



Mountain of Fleece

Contributions go to AMC "Youth Opportunities Program" Making the outdoors accessible and meaningful to urban and at-risk youth

At the 2013 SEM Annual Meeting on November 2, SEM collected fleece to add to the AMC "Mountain of Fleece" at the 2014 AMC Annual Summit on Jan. 25. Here it is! We threw our bags of fleece into the pile!

The Education Committee organizes and promotes training of trip leaders for our chapter. Two fundamental programs, Leadership Training and Wilderness First Aid, are planned and supported every year. Other programs may be offered at the committee's discretion.

The Vice Chair and Chair share tasks that typically involve the planning, coordination and hosting of training sessions, nominally two or three weekend sessions per year. Presenting training material is not

required. Upon expiration of the Chair's term in office, the Vice Chair normally moves into the Chair's position.

Volunteer Opportunity Education Committee Vice Chair

Small event planning experience helpful. Completion of Leadership Training or Wilderness First Aid desirable but not required.

To explore this volunteer position further, contact Len Ulbricht, the Education Committee Chair, at lenu44@gmail.com.

“...THE BEST DAY OF MY LIFE”

A twelve year old girl exclaimed, “This is the best day of my life!” The child, and her inner city peer group, had just completed a 1¼ mile hike with the Chapter Youth Program Leaders (CYP). The trail, on a former estate, was quiet and covered with crunchy fallen leaves. The rolling terrain offered a variety of tall trees, rhododendron, stone walls and foot bridges over a stream. Along some sections of the trail, busy streets and expensive homes could be seen in the dis-

ance. As they crested the last hill a blue reservoir surprised the group.

That sunny fall outing was far more than a hike in the woods. Four dedicated CYP Leaders shared their skills and time with eleven inner city boys and girls, thus making the day special for all. The children learned to read trail maps and trail blazes, observed mosses and lichens through magnifying lenses, measured the girth of trees, learned to determine the age of white pine saplings, saw where deer had browsed and practiced Leave No Trace (LNT). The group was also taught trail courtesy when meeting people and pets. Their etiquette generated compli-

ments from other site visitors.
Continued [Page 6 >](#)



August Camp 2014 Mount Rainier National Park, WA

Hike in the shadows of majestic Mount Rainier



© Peter Selig

In 2014 August Camp experiences the incredible beauty of Mount Rainier National Park. Marvel at spectacular scen-

ery, wildflowers and towering hemlocks, relive the drama of Mt. St. Helens, and hike on the shoulders of one of the highest peaks in the lower 48. Camp will be set up in the small former lumbering town of Packwood, adjacent to the park.

After a day of the activity of your choice, relax around the nightly campfire, listening to ranger talks, reports from the day’s hikes, and a description of the next day’s activities, followed by singing and conversation.

This full service tent village for 64 campers each week offers home-cooked meals, daily hikes at all levels, evening campfires and wonderful camaraderie.

The designated airport is Seattle-Tacoma International, and the camp fleet of vans provides transport between camp and SeaTac each Saturday.

The Application and Camper information forms, as well as detailed Camp information can found on the August Camp website at <http://www.august-camp.org/> . Plan your one or two week adventure now and be part of one of the AMC’s oldest traditions.

Southeast MA chapter leaders Leslie Carson and Éva Borsody Das will be leading hikes at August Camp during weeks 3 and 4.

Applications will be accepted after Jan 1, 2014.

- Week 1:** July 19 - July 26
- Week 2:** July 26 - Aug 2
- Week 3:** Aug 2- Aug. 9
- Week 4:** Aug. 9 - Aug. 16

Questions about August Camp? Contact SEM Chapter and August Camp leader Éva Borsody Das, at borsody@gmail.com.

Want to sell your stuff?
Send to breeze.editor@amcsem.org with details.



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

Women’s boots to match size 7 1/2 to 8

\$75 or Best Offer
Great Condition, bought at EMS

Madeleine
508-331-5334



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

..THE BEST Continued from Page 5

Near the end of the adventure, the children sat for a snack break on a slope overlooking the reservoir. The LNT activities at the site included packing up all food scraps and crumbs prior to departing. Back on the trail, a young boy, who had frequently needed redirection by the group's director, dropped back with a CYP leader. "Well, if the squirrels like our food, why can't we feed them?" he asked. With an 'aha' moment, the retired teacher explained, "Well, you know how you really like junk food even though it isn't good for you?" "Yes" (vigorously nodding his head) "Well, squirrels and other wildlife are kind of the same. Our food is like junk food for them. It just is not good for their bodies." "Oh", replied the child as he looked up with sparkling eyes. And then he said in a surprised voice, "You know, you are really nice!"



At the trailhead, the children and their three parent/ chaperones enthusiastically demonstrated appreciation for the hike. As their loaded van departed, the CYP Leaders waved back to the smiling and waving group. Then the sweep leader (last person who assures entire group is ahead) shared

that a child had privately exclaimed, "This is the best day of my life!"

This adventure is a wonderful example what CYP is all about! If you would like to share your love of the outdoors with children, who might not otherwise have the opportunity, then consider becoming a CYP Leader. For information contact cypchair@amcsem.org
Sally Delisa, CYP Chair, SEM/AMC

Note: This hike was facilitated by the Framingham AMC Youth and Family Outdoor Community Coordinator. It was the first time an AMC Staffer had worked with CYP to provide an outdoor adventure for inner city youth. The successful outing could not have happened without the Our House Director's support and enthusiasm for getting kids outdoors.



Barry Farnsworth Memorial Scholarship

Map and Compass Training

To honor the late Barry Farnsworth, our recent Education Committee Vice Chair, the Executive Board has voted to create a \$100 scholarship toward the cost of M&C training tuition. Barry had a personal interest in promoting M&C training within the chapter, and the Board chose to recognize him in this manner. The funds may be used for training programs offered by any AMC chapter or those offered by non-AMC entities. This scholarship is open to both trip leaders and non-trip leaders in SEM. Interested parties should review the scholarship [application form](#) and, upon completion of training, submit an SEM scholarship application to the Education Committee chair. Reimbursement will be made upon approval by the chapter's Executive Board.

Contact Education Committee chairperson, Len Ulbricht, at lenu44@gmail.com for further information.



Spring 2014 WFA/CPR April 5 & 6, 2014

AMC Noble View Outdoor Center, Russell, MA

The WFA course runs 8-4 that Saturday and Sunday. CPR follows the Saturday session. Pricing is as follows: \$190 AMC Member Price, \$215 for non-AMC members. CPR is optional for additional \$35. Pricing includes shared cabin accommodation and meals Friday evening through Sunday lunch. Social gathering Friday and Saturday evening. [Noble View description](#)

Register with Len Ulbricht, Education Chair, at lenu44@gmail.com

Wilderness First Aid Course (WFA)

This course deals with medical emergencies that may occur in the back woods when you are more than one hour from medical care and 911 help may not be accessible. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save life in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify.

Snowshoeing

S W W F G H L J F S P P Q T H
 O N W X K U Y S E F U P W N B
 T V O N G R V S B R T P I Z L
 C R C W F S A K R P A C K E K
 N I M Q S R V L U Q L O M C N
 Y Q A X Q H D Q A O I L Y M O
 D B Y A M F O B R Y S A V O V
 O S Q M D U L E Y B L E V N Q
 R O L S W D Y B S Y P X L N U
 N Y P A N G W L J G U S U O D
 T A Z C L W S L I A R T B Y P
 M X O O P P L P Z I T O M C Y
 K J V C D H K A G R R O K W N
 Y E H J D G I W Y C J B G N L
 S C U B S Y K U Y K C X H I L

BOOTS	FEBRUARY	GLOVES
MAPS	PACK	POLES
SNOWSHOES	TRAILS	

Submit a photo or article
breeze.editor@amcsem.org

AMC SEM 2,000 MILE CLUB

10th Anniversary



Jack Jacobsen founded the 2,000 Mile Club in 2003 to recognize our South-eastern Mass AMC member's accomplishments of cycling 2,000 miles or more in a calendar year. After initial interest subsided somewhat, the club was successfully revived in 2007 thanks to our then interim Cycling Chair, Victor Oliver. Since then we have grown steadily and are increasing our

membership annually.

Mileage

2013 marks the 10th year of the 2K Club, as the first year of recording our mileage was 2004. Mileage must be accurately logged and recorded on your bicycle odometer and may be a combination of road cycling and mountain biking miles in whatever climate you may be enjoying. Send your mileage quarterly to our registrar, Bernie Meggison at thosmeggisons@gmail.com.

Embroidered patches of recognition are awarded to first time members only. To receive your patch, e-mail your name, AMC number, first year of qualification, and mailing (USPS) address to Paul Carrier currierpaul@comcast.net.

This year we have two new members in our 2,000 Mile Club:

Mark Gurnee	Falmouth, Ma	2679 Miles for 2013
Kelli Covel	Taunton MA	2444 Mileage Total for 2013



Congratulations and welcome aboard!

For additional information about the 2,000 Mile Club, please contact Bernie, Jack at cyclejac51@yahoo.com or me, Paul.

2000 MILE CLUB 2013

NAME	LOCATION	QUARTER 1	QUARTER 2	QUARTER 3	QUARTER 4	YTD TOTAL	COMMENTS
Robyn Saur	Falmouth	1,120	1,204	1,176	1,051	4,551	
Glynn Mathieu					3,904	3,904	
Ron Sikora	Cotuit	255	1,178	1,662	431	3,526	
Paul Corriveau	"				3,365	3,365	
Bernie Meggison	W Harwich	741	864	1,018	660	3,283	Great cycling season!
Lee Eckhart	Assonet	70	1,306	1,446	415	3,237	
Linda Church	Falmouth	427	796	1,177	600	3,000	
Mark Gurnee		564	787	1,099	229	2,679	
Joe Tavilla	Osterville	126	1,058	1,483		2,667	WOW,, hope the new heart valve is a hummer
Jim Kilpela	Wareham			1,981	520	2,501	
Lawrence Cohen	S Easton	199	1,052		1,152	2,403	
Paul Currier	Sandwich	230	656	806	452	2,144	Been cranking out the trips and mileage
Lawton Gaines	Canton	0	513	1,313	297	2,123	
Kelli Covel	Taunton			2,123		2,123	New member,, welcome! From Florida
Jean Orsa	Yarmouth Port				2,029	2,029	
Riders who participated in the program but fell short of reaching the 2000 mile mark							
Rachel Thibeault	Brockton				1,915	1,915	
John F Sullivan	Marshfield	110	471	925	285	1,791	
Joe Barry	Yarmouth Port	978	618			1,596	
Ed Foster		129	455	455	456	1,495	129 miles so far, road & mountain bike.
Barry Gallas	Cotuit		611	585	167	1,363	
						0	
						0	
Grand Totals		4,949	11,569	17,249	17,928	51,695	



SUNSET/FULL WOLF MOON RIDE

To have a great sunset, there must be clouds to disperse the multitude of colors across the sky. Tonight the entire sky was alive and illuminated with pinks, purples, reds, violets, yellows, golds and more as the sun descended. The picture that includes yours truly was taken facing EAST - the opposite direction from sunset. In the few years I have been on the cape, I've met so many, many people who have been here for so long who have never experienced the ongoing changing and spectacular outdoors that is continuously waiting for folks like us to observe. - Paul Currier





TUESDAYS Sunset/Full Moon Road Cycling Rides

Scheduled all year long. 22+/- miles or 2 hours; flat to rolling/hilly. Riders and tires pumped and ready to roll; helmets, spare tube & tools, and water required. Contact leader Paul Currier at currierpaul@comcast.net or 508-833-2690 for location and time.

Photo by Barbara Gaughan

Why I Love Snowshoeing!

By Gina Hurley



If you have not had the pleasure of snowshoeing make the effort to get out there and try it this winter. Snowshoeing is a great winter activity for many reasons. Here are a few of my reasons for picking this as my absolute favorite winter activity.

1. It is great cardio activity.
2. It is easy to learn.
3. You can snowshoe just about anywhere there is snow....hiking trails, golf courses, closed forest roads, to name a few.
4. You do not need a lot of equipment....appropriate outdoor winter clothing, winter boots, and snowshoes. You can add hiking or ski poles for balance, and more of a workout.
5. Snowshoeing is often a very quiet, serene, and peaceful activity. Who doesn't need peace and quiet!

Hopefully these reasons resonate with you, and sparked your interest in snowshoeing. If you want to learn more about snowshoeing the following websites are great resources. From getting started to choosing snowshoes these resources will give you all the information you need to get out there!



<http://www.rei.com/learn/expert-advice/snowshoes.html>

<http://www.snowshoemag.com>

<http://www.outdoors.org/publications/outdoors/2014/learnhow/tromping-technique.cfm>

SEM Winter Hikers Test their Skills on a Frigid Mt. Monadnock



Minus 20 degree windchill on the summit! (Sal Spada photo)

By Paul Miller, SEM Hiking Chair

While the “Nor’easter” snowstorm that hit parts of New England on January 2nd and 3rd may not have fully lived up to the weather forecasters’ foreboding predictions, their predictions for intense cold to follow overnight on Jan. 3rd and into the morning of Jan. 4th were right on. When I woke up before dawn that Saturday morning, the temperature outside my home in North Attleboro was well below zero. However, with predictions for the thermometer to rise into the mid-teens that afternoon, accompanied by mostly sunny skies and moderate winds; I made my own prediction that this was going to be excellent winter hiking

weather for SEM Winter Series Hike #2 to Mt. Monadnock in southern New Hampshire.

I was right.

A combination of unanticipated visits by relatives, awesome XC skiing conditions back in Mass., and the weather forecasts had shrunk our numbers significantly. However, 13 hearty SEMers showed up at the main parking area for Monadnock State Park off Poole Rd., in Jaffrey, NH at the designated time of 8:45 am. By then, the temperature had risen to a “balmy” four degrees below zero. Based on a quick visual reconnaissance of the trail by leaders Walt Granda, Maureen Kelly, Mike Woessner, and myself and the

recommendation of the park rangers, we modified our plans a bit and decided to attempt the summit and then return again via the White Dot Trail. According to the ranger who collected our \$5.00 per person fee in the park store (too cold in the unheated entrance kiosk...), the White Dot: 1) was broken out, 2) had the least ice, and 3) should only require microspikes. This third point meant we could all shed a little weight by leaving both our crampons and snowshoes in the cars.

As many of you know, I usually abhor the popular White Dot Trail. While this is the most direct route to the summit, it’s typically swarming with often loud and ill-prepared

day trippers. However, with the cold weather on this particular Saturday, crowds were not a problem. What's more, the recent snowfall actually made the White Dot Trail a very pretty choice for this winter hike.

After everyone signed in, slipped on their microspikes, and shouldered their still-heavy winter packs, we "circled up" for a few minutes. This provided the leaders with an opportunity to once again remind everyone that, on days like this, it was very important to adjust clothing layers to prevent overheating, drink plenty of water to stay hydrated, and keep an eye on each other for signs of frostbite. At around 9:30 am, we finally hit the snow-covered trail with Walt in the lead keeping a nice slow pace. This gave everyone a chance to warm up gradually and loosen up our still-stiff legs after the two-hour drive up from Massachusetts. The trail was covered in snow but easy to negotiate, with our microspikes providing a little extra traction. In not too long a time, we made our first stop to peel off a layer or two of clothing and drink some water.

Once the trail started getting a little steeper, one of our party convinced himself that he wouldn't be able to keep up with the group, so - after a little discussion among the leaders -- Walt walked him back to the car. I took the lead, maintaining my usual steady, snail-like, but often-appreciated pace. (Walt later rejoined us and the other hiker used the time waiting for our return as an opportunity to practice his snowshoeing on the gentler trails low down on the mountain, so it all worked out ok.)

The trail only got steeper as we made our way up the mountain, but as the trees thinned out a bit; we were rewarded with nice views



Those hiking poles and microspikes sure helped (Mike Woessner photo)

back toward Mt. Wachusett and the Boston area. Along the way, we encountered perhaps a half dozen other well-bundled-up hikers who were making their way back down the mountain. They reported good views; but also very cold temps and high winds on the exposed summit. As we got closer to the summit, with cairns replacing the occasionally visible white dots to mark the trail, we started feeling the full force of the wind and the biting cold. This called for yet another layering adjustment. After passing through several wooded areas near the summit and scrambling up a few steep areas on the trail, we made our final push to the mountain's dramatic summit, which we had all to ourselves. This is a rare occurrence indeed on this popular and accessible mountain!

While the views were indeed fine, the high wind and cold temps kept us from dawdling up there for very

long. (An earlier summiteer we encountered on the trail had told us that, using an anemometer and thermometer, he calculated that the wind chill on the summit to be in the area of 20 degrees below zero...). Instead, we started back down the steep and snowy White Dot Trail, which - not surprisingly -- proved a lot trickier to descend than climb. (Full crampons or even snowshoes may have worked better here, but the microspikes represented an acceptable compromise...) While several of us took tumbles on the slippery trail, to the best of my knowledge, we all had "soft" landings, with no bodily damage experienced.

Once we got back to a more protected wooded area on the trail, we stopped for a quick lunch and some good-natured kidding. Soon after starting up again, we encountered Walt on his way up to join us, although he was barely recog-

nizable all covered up and with his snow goggles on.

Other than a bit of slipping and sliding on some of the trickier sections of the trail, the rest of the hike back down to the cars was uneventful, but very enjoyable. This was particularly the case when passing through some pretty, peaceful, snow-draped groves of birch

trees. We got back to our cars at about 3:00 pm, having completed the four-mile round trip hike with something like 1,800 ft. elevation gain in about five hours of hiking time. Not a record to be sure, but nothing to be ashamed of either. Particularly considering the relatively harsh weather conditions.

Since no one experienced any signs of hypothermia, frost bite, or dehydration, and most everyone expressed their pleasure and appreciation; this trip helped prove a point we've been making all season: with appropriate knowledge, caution, gear, and clothing - real winter hiking can be both safe and very enjoyable.

A short break at a cairn near the summit (Mike Woessner photo)



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AMC ACTIVITY PARTICIPATION POLICY

AMC encourages involvement in its mission and activities through its membership, programs, policies, and procedures. Our goal is to be a community that is comfortable, inviting, and accessible for people of any age, gender, race, religion, ethnicity, ability, sexual orientation, or socioeconomic status. Some AMC programs are designed for a certain age range of members or for a special activity or topic. However, any person who meets the minimum qualifications (age, skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available. Individuals under 18 must be accompanied by a responsible adult. All participants in AMC activities are required to sign the AMC waiver form provided by the leader. Preview the waiver at: <http://amcsem.org/documents.html>

Hiking Safely



By Ray Anderson

Mount Katahdin is the peak having the greatest spire measure in Eastern United States. Français : Vue aérienne du mont Katahdin.

Hiking safely is a big subject worthy of many posts. For a start, here are some suggestions on this important topic.

MAPS: No matter how short or how easy the hike is, don't go anywhere without some type of map. If you get injured, and you raise help on your cell, the first question asked is, "Where exactly are you?" To say you're in Wompatuck Park makes things difficult and

adds to rescue time. Carry a map.

WHISTLE: The lowly referee whistle enables you to give the universal signal for distress--three sharp blasts.

FIRST AID KIT: Get a [first aid kit](#) for you and for providing help to others. I once met a hiker who had a nasty cut on his back; he'd fallen on the broken branch of a blow-down and gotten stabbed. He had no bandages or ointments with him, and I was able to help him.

EXTRA WATER: I always carry an additional small bottle inside my pack. You never want to run out, and water can also be used to clean a wound.

RAIN JACKET WITH HOOD: Some type of rain gear is a must. A [hooded rain jacket](#), sometimes

called a shell, always comes with me, even on a short hike on a nice day. If there is one item I consider indispensable, it is this. Be prepared for foul weather.

The picture by the lake was taken in the 100 mile wilderness in Maine---that last gasp before Mt. Katahdin. The other picture shows my family on the scenic summit of Mt. Liberty, a popular 4000 footer in New Hampshire.

Ray's Hiking Blog: www.TakeaLongHike.com

Photo credit: Wikipedia



ACTIVITIES

SOUTHEASTERN MASSACHUSETTS ANNOUNCEMENTS)

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

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

BICYCLING

WANTED: Ride Leaders and Co-Leaders. Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm and routes w/ your fellow AMC members? Contact Bike Chair (bikingchair@amcsem.org) for more info.

Bike Ratings: First character indicates distance in mi: AA=50+; A=35-50; B=25-35; C=under 25. Second is L's pace in mph: 1=17; 2=13-16; 3=11-13; 4=up to 11. Third is terrain: A=very hilly; B=hilly; C=rolling; D=flat.

AMC SEM 2,000 Mile Club. AMC SEM has a unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair to register your mileage and for more info. (bikingchair@amcsem.org)

Tues. Rides. Turn Those Tires on Tues. Rides scheduled all year long, weather permitting. 25 mi of road or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location and directions. Intermed. pace. Riders and bicycles in top shape; tires and riders pumped and ready to roll; helmets and water req'd. L Paul Currier (508-833-2690 8 am-7 pm, pbencurrier@hotmail.com)

Chapter Trips

(XCE) Tuesdays

Feb. 4. Tuesday Cycling. Middays. 22+/- Miles or 2+ hours. Road cycling with views & stops at unique and interesting places. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Feb. 11. Tuesday Cycling. Middays. 22+/- Miles or 2+ hours. Road cycling with views & stops at unique and interesting places. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Fridays

Feb. 14. Sunset/Full Snow Moon Rise Ride. Sandwich Recreation area to Mashnee Island. Return to the canal for sunset and full Snow Moon Rise. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Feb. 18. Tuesday Cycling. Middays. 22+/- Miles or 2+ hours. Road cycling with views & stops at unique and interesting places. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Feb. 25. Tuesday Cycling. Middays. 22+/- Miles or 2+ hours. Road cycling with views & stops at unique and interesting places. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Mar. 4. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Mar. 11. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Sundays

Mar. 16. Sunset/Full Worm Ride. Cycling the canal

and Gray Gables/Masnhee Island for sunset over Buzzards Bay and the moonrise over the Sagamore Bridge. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Mar. 18. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Thursdays

Mar. 20. Vernal Equinox - Salute to Spring Ride. Skaket Beach to Audubon in S Wellfleet. Return on some inner nook & cranny beach/marsh roads for sunset. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Mar. 25. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Apr. 1. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Apr. 8. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Apr. 15. Sunset/Full Pink Moon ride. Cycle Sagamore hills/shores/canal/Mass Maritime for sunset over Onset Bay. Return for Plymouth Bay moonrise. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Apr. 15. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday.

Alt. day Monday. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Apr. 22. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Apr. 29. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(AN) Sat., May. 3. Leadership Training. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. L Maureen Kelly (mokol773@aol.com), R Len Ulbricht (lenu44@gmail.com)

(CE) Tuesdays

May. 6. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

May. 13. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Wednesdays

May. 14. Sunset/Full Flower Moon Ride. Cycling the canal and Gray Gables/ Masnhee Island for sunset over Buzzards Bay and the moonrise over the Sagamore Bridge. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

May. 20. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday.

day. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

paddlingchair@amcsem.org

(CE) Tuesdays

May. 27. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Jun. 3. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Jun. 10. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Fridays

Jun. 13. Sunset/Full Strawberry Moon Ride. Cycle hills/shores/highlands/canal to Mass Maritime for sunset. Return for moonrise over Plymouth Bay. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Jun. 17. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Jun. 24. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

CANOE/KAYAK

Always looking for additional paddle leaders, both flat water and ocean. Contact

Chapter Trips

Sat., Apr. 12. Leaders choice paddle. Registration required - contact Leader. PFD/spray skirt wet/dry suit required. L Bill Fischer (508-420-4137) before 9pm wmbarbarafischer@comcast.net. L Bill Fischer (508-420-4137 before 9 pm, wmbarbarafischer@comcast.net)

Wed., Apr. 16. PADDLE-Leader's Choice. Registration Required. Probably Barnstable Harbor, Well's, Bridge, and Brickyard Creeks, a trip of about 8 to 9 miles. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Apr. 23. PADDLE-Leader's Choice. Registration Required. Weather permitting, Lewis Bay, otherwise Popponesset Bay and the Mashpee River. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Apr. 26. Leaders choice paddle. Registration required - contact Leader. PFD/spray skirt wet/dry suit required. L Bill Fischer (508-420-4137) before 9pm wmbarbarafischer@comcast.net. L Bill Fischer (508-420-4137 BEFORE 9 PM, wmbarbarafischer@comcast.net)

Wed., Apr. 30. PADDLE-Leader's Choice. Registration Required. Barnstable or Sandwich Old Harbor, or Scorton Creek. L Ed Foster (508-420-7245, erfoster@comcast.net)

CAPE HIKES

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

Chapter Trips

Sun., Feb. 2. Hike - Sandwich Maple Swamp (C3B).

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.") Contact the Cape Hikes Chair: capehikingchair@amcsem.org. Cape Hikes are generally suspended during the summer months due to parking problems.

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

Hilly hike through varied terrain. Two hours. Take Rte 6 to Exit 3 turn S on Quaker Meetinghouse Rd., 1st left on Service Rd just past Mill Rd on right. Meet 12:45 PM. L Jane Harding (508-833-2864 before 9 PM, janeharding@comcast.net)

Thu., Feb. 6. Hike - Island Pond, Harwich (C3C). Wooded hike, cranberry bog, lavender farm. Ex 10 off Rte 6, N on Rte 124. 1st L on Headwaters Drive to pkg lot on L at bike trail. Meet 9:45, 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Sat., Feb. 8. Hike - Yarmouth, Greenough Ponds (B3C). Walk through Yarmouth Botanical Gardens, Dennis & Greenough Ponds. Meet at 9:45, 3 1/2 hr. Exit 7 off Route 6 to North, right on 6A, at sharp turn go right on Summer St. to beach parking lot. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

(FT) (NM) Sun., Feb. 9. Hike - East Falmouth-Mashpee, Quashnet River (C3C). Upland woods, stream. Rain cancels. From Mashpee rotary, Rt28N to Falmouth 2.1m; R on Martins Rd. 12:45. 2hrs. L John Gould (508-540-5779, jhgould@comcast.net)

Thu., Feb. 13. Herring River - Harwich (hike) (C3C). Meet at Sand Pond at 9:45 am for 10:00 start. Woods walk, river views, bogs, reservoir. RT. 6, Exit 10, Rr. 124 S for 1.3 mi. R on Main St. Go 2 miles and park at Sand Pond. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Thu., Feb. 20. Hike - Yarmouth Port, Gray's Beach (C3C). Hike in Conservation land areas over trails along marsh, through woods, includes the board-

walk with views of Sandy Neck, Chapin Beach. Meet at 9:45 a.m. Two hours. L Janet Kaiser (508-432-3277 7:00 to 9:00 p.m., jtkaiser@comcast.net)

Sat., Feb. 22. Hike - Mashpee River Woodlands (C3C). 2 hour hike along scenic parts of east and west sides of Mashpee River. Meet 9:45am. Take Quinaquisset Road from Route 28, just east of Mashpee Rotary. Parking is a short way on right. L Gary Miller (508-540-1857, garymaxxx@gmail.com)

(FT) (NM) Sun., Feb. 23. Hike-Beebe Woods, Falmouth (C3C). Hike a varied terrain of rolling woods, two ponds, stone walls, and an old farm. See web listing for directions. Rain cancels. Meet 12:45. 2 hours. L John Gould (508-540-5779, jhgould@comcast.net)

Thu., Feb. 27. Hike - Yarmouth Three Ponds (C3C). Woods walk pass bogs and ponds. Meet 9:45. Two hours. Exit 8 from Rte 6. R at second light. L at end on West Yarmouth Rd. Pk in 1mi. well off road. Bad weather cancels. L Janet DiMattia (jandimattia@verizon.net)

Thu., Mar. 6. Hike-Truro, Bearberry Hill (C3C). Sand path Ballston to Longnook Bchs, hilltop 360 views. Rte 6 to Pamet Rd, R off ramp, L at S Pamet Rd to beach pkg lot. Meet 9:45, 10:00 start. 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Sun., Mar. 9. Barnstable-Under the tunnel & through woods (C3C hike). 2 hrs. Newer trails with a unique feature. From route 149, W. on Race Lane, lot short distance on Left. Meet at 12:45 PM. L Gary Miller (508-540-1857, garymaxxx@gmail.com)

Thu., Mar. 13. Hike-Brewster, Punkhorn Parklands (C3C). Hills, ponds. Exit 9B Rte 6; 2.0 mi. to R on Satucket, to R on Stony Brook Rd, 0.3 mi R on Run

Hill Rd. 1.3 mi park on left. Meet 9:45 a.m. 2 hours. L Janet Kaiser 508-432-3277. L Janet Kaiser (508-432-3277 before 9 p.m., jtkaiser@comcast.net)

Sat., Mar. 15. Hike- Harwich, Herring River (B3C). Woods walk, river views, bogs and reservoir. Rte 6 Ex 10, Rte 124 S for 1.3 mi, R @ Main St. Go 2 mi, park @ Sand Pond on R. Meet 9:45 a.m. 3.5 hrs. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Saturdays

Mar. 22. Hike - Provincetown Whales Whales (B3B). Walk beach to Race Point Lighthouse with binoculars. Meet 9:45am, Race Point Beach pkg.lot. 3hr walking. 2+ hours looking for whales & lunch! (5+hours RT). L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Thu., Mar. 27. Hike -Mashpee-Mashpee River Woodlands (C3C). Wooded walk along Mashpee River. Take Orchard Rd. off Rte.28 to end. Turn R. then quick L onto Mashpee Neck Rd. Go 1.1 miles to Mashpee River Woodlands Pkg. Lot on R. Meet at 9:45AM. 2hrs. L Farley Lewis (farlewis@comcast.net)

Saturdays

Mar. 29. Hike - Provincetown Whales Whales (B3B). Walk beach to Race Point Lighthouse with binoculars. Meet***10:45am***, Race Point Beach pkg.lot. 3hr walking. 2+ hours looking for whales & lunch! (5+hours RT). L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Mar. 30. Hike - Yarmouth Three Ponds (C3C). Hike - bogs, ponds, woodland trails. Meet 9:25. Two hours. Exit 8 S from Rte 6. R. at second light. Go thru light to L on Yarmouth Rd. In mile pkg on side of road. Bad weather cancels. L Janet DiMattia (jandimattia@verizon.net)

Saturdays

Apr. 5. Hike - Provincetown Whales and Trails

(B3B). Meet at 9:45pm at Herring Cove Beach (far right of the right parking lot). Walk via bike trail/sand/salt marsh to Race Point Lighthouse. 3 hours walking + 2+ hours for lunch, whales. Bring binoculars! L Nancy Braun (508-487-4004, nancytruro@comcast.net)(508-487-4004)

Sun., Apr. 6. Hike - Hawksnest State Park Harwich (C3C). Spring woods walk. Two hours. meet 12:45. Rte. 6 Exit 11. L at light then immediate R on Spruce Rd. Pkg approx. 0.8 on either side of road. Bad weather cancels. Doubt? Call L. L Janet DiMattia (jandimattia@verizon.net)

Thu., Apr. 10. Hike - Cataumet Greenways. Bourne Bridge to Otis rotary, 1st exit Cataumet. L on 28A s, 1/4m R on Longhill Rd, L on CountyRd, R on Red Brook Harbor, 1/2 m past stop sign park lot on R 9:45 AM.Diverse terrain. Heavy rain cancels. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com), R Catherine Giordano (PO Box 1289, North Falmouth, MA 02556, 508-243-3884 before 9 pm, cmgiordan@msn.com)

Sat., Apr. 12. Hike-Yarmouth, Greenough Ponds (B3C). Walk through Yarmouth Botanical Gardens, Dennis & Greenough Ponds. Meet at 9:45, 3 1/2 hr. Exit 7 off Route 6 to North, right on 6A, at sharp turn go right on Summer St. to beach parking lot. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sun., Apr. 13. Hike - Barnstable Conservation (C3C). Hike - Meet at 12: 45 PM for 1:00 PM start. 3 Hour Hike. Barnstable Conservation (C3C) Exit Rt. 6 at Exit 5, Head South and Park on Service Rd. Hike Barnstable Conservation Land and Otis Atwood land. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Thu., Apr. 17. Hike-Truro, Ryder Beach (C3C). Beach, woodland trails,hills, scenic bay views. Rte 6, L on Prince Valley Rd.to end. R on County Rd. L on Ryder Beach Rd. Park at End. Meet 9:45 a.m. 2 hrs. L Janet Kaiser (508-432-3277 before 9 p.m.,

jtkaiser@comcast.net)

Janet DiMattia (jandimattia@verizon.net)

Sun., Apr. 20. Hike - Nickerson State Park Brewster (C3C). Easter Sunday spring hike ponds, woodland trails. Meet 12:45. Two hours. Enter park from 6A in Brewster. Stay on main road 1.8 mi. to L on dirt road pkg at Fishermans landing. L Janet DiMattia (jandimattia@verizon.net)

(AN) Sat., May. 3. Leadership Training. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. L Maureen Kelly (mokol773@aol.com), R Len Ulbricht (lenu44@gmail.com)

Thu., Apr. 24. Hike-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 miles. Right onto Crooked Cartway to end. Meet 9:45AM. 2 hours. L Farley Lewis (farlewis@comcast.net)

(C) Sun., May. 4. Hike - Mashpee/Barnstable Santuit Pond (C3C). Bogs, woodland trails, field w/Bird's Foot violets in bloom! Rte. 6 Exit 5, So on Rte. 149 to Rte 28. R on 28, r on Santuit-Newtown rd for 0.8 to yellow gate, pkg on L. Meet 12:45. Two hours. L Nancy Wigley (nrwigley@verizon.net)

(FT) (NM) Sat., Apr. 26. "Celebrate Blue Hills" Hike, Paddle, Trailwork Event - Join Us!. "Celebrate Blue Hills" - Hikes, family hike, paddle and trail work. Cookout at 4:00, \$6. L Maureen Kelly (508-224-9188 before 8 pm, mokol773@aol.com) CL Karen Singleton (karen.singleton@comcast.net), R Maureen Kelly (508-224-9188 before 8 pm, mokol773@aol.com)

Thu., May. 8. Hike - Craigville Beach (C3C). Beach hike, Rte 6 to Exit 6, turn S take 1st R on Shottflying Hill Rd., follow signs to Craigville Beach, park to R of bathhouse. Meet 9:45 AM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Sun., Apr. 27. Hike - Maple Swamp Sandwich (C2B). Hilly hike. Take Rte 6 to Exit 3 turn S and take immediate L on Service Rd, Maple Swamp approx. 1 mile on R. Meet 12:45 PM start 1 PM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Sun., May. 11. Hike-Eastham, National Seashore, Doane Rock (C3C). Hike Nat'l Seashore Lands to Three Sisters /Nauset Light. Rte 6 turn R at lights at Visitor Center. Go to Doane Rock Picnic area Pkg lot on R, 1 mi. Meet 12:45 p.m. 2 hrs. L Janet Kaiser (508-432-3277 Before 9 p.m., jtkaiser@comcast.net)

Thu., May. 1. Hike-Harwich, Hawks Nest State Forest (C3C). Wooded hike past Olivers, Hawks Nest, Walkers Ponds. Rte 6, Ex11, L at traffic light, quick R onto Spruce Rd. Park 1/3 mi at 2nd blue hydrant. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Thu., May. 15. Last Hike/Picnic Great Island, Wellfleet (C3C). Meet at 9:45 Am for 10:00 AM start. Hike/Picnic - From Wellfleet Center take Chequesett Neck Rd, to Great Island Parking Lot. Hike on Trail, return via Cape Cod Bay Beach. End of season Picnic, bring food to share. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sat., May. 3. Hike - Truro Bound Brook area (B3C). Saturday 3-3 1/2 hour hike woods, dunes, beach. Bring lunch. Meet 9:45. From Rte 6- L on Prince Valley Rd to end. R on County Rd. First L on Ryder Beach Rd. Pk at end. Bad weather cancels. L

Fri., Jul. 11. Hike Full Moon Cape Cod Canal (C3C). Hike canal to Sandwich boardwalk and back. From 6A take Tupper Rd and turn N onto Freezer Lane, park in lot at end of road. Meet 5:45 PM, hike starts 6 PM. L Jane Harding (508-833-

2864 before 8 PM, janeharding@comcast.net)

Looking for families that want to hike! Contact familyeventschair@amcsem.org.

Sat., Aug. 9. Hike - Full Moon West Dennis Beach (C4C). Rte 6 Exit 9A S Rte 134, go straight, cross Rte 28, go to end, turn Right. In 0.5 mi turn Left to beach pkg near entrance and concession bldg. Meet 7:00 p.m. < 2 hrs. L Janet Kaiser (508-432-3277 Before 9 p.m.)

Chapter Trips

(FT) (NM) Sat., Apr. 26. "Celebrate Blue Hills" Family Hike. A Family hike in conjunction with the chapter's "Celebrate Blue Hills" event. Appropriate for children 3+, under 3 in carrier. L Christine Pellegrini (chrispellegrini@yahoo.com) CL Bill Pellegrini (billpellegrini@yahoo.com)(chrispellegrini@yahoo.com), R Christine Pellegrini (508-244-9203 6-8 PM, chrispellegrini@yahoo.com)

EDUCATION

Looking for a vice chair! Contact education@amcsem.org

Chapter Trips

(AN) (XCE) Sat., May. 3. Leadership Training. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. L Len Ulbricht (lenu44@gmail.com) CL Len Ulbricht (508-359-2250, lwu9944@verizon.net), R Len Ulbricht (11 Hilltop Circle, Medfield, MA 02052, lenu44@gmail.com)

HIKING

IMPORTANT: No pets w/o prior permission of trip leader. Individuals under 18 years of age must be accompanied by a parent or responsible adult, and obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 week prior to the trip so Ls can discuss prior hiking exp., conditioning, clothing, and equipment. Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

EXECUTIVE COMMITTEE

We need an "Event Planner" for the AMC SEM Executive Board. Do you have event planning skills? Our events are typically: Annual Meeting/Dinner, Holiday Party, Summer Picnic. Can you find and reserve a room, choose a menu that fits in our budget, worry about a projector and screen, set an agenda, and generally make an event happen? Contact the chapter chair at chair@amcsem.org.

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

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

Volunteer Opportunities

Until Filled. Chapter Youth Program (CYP) Leader. Share your outdoor skills with local groups of kids. Additional training and screening required. L Sally Delisa (picpocit@verizon.net)

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

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

FAMILY

Looking for ideas for new and fun Family Hikes.

Chapter Trips

Sat., Feb. 1. Winter Hike #3 - Mt. Pierce. We'll summit 4,312-ft. Mt. Pierce in the Presidentials.

Previous winter hiking experience required. L Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net) L Christine Pellegrini (chrispellegrini@yahoo.com) L Bill Pellegrini (billpellegrini@yahoo.com) CL Jim Casey , R Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net)

(NM) Thu., Feb. 6. Blue Hills (Thurs Hike). Meet at third parking area on Route 28 in Milton.(limited parking) at 10:00AM. Take Route 95 North, then take 93 towards Boston. Take exit 5 North towards Milton and the parking area will be on your left. L Sue Chiavaroli (150-846-6452 7PM-9PM, brillo6452@yahoo.com)

Fri., Feb. 7-9. Intro to Winter Hiking and Cross Country Skiing at Noble View Camp. Intro to winter hiking and xcountry skiing at heated Noble View Camp in central Mass. All meals included. L Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com) L Walt Granda (wlgranda@aol.com) L Jodi Jensen (jodijensen@gmail.com) CL cathy maccurtain , R maureen kelly (508-224-9188 before 8 pm, mokel773@aol.com)

Thu., Feb. 13. Ponkapoag Pond Hike (Thurs.). Meet at 10:00am in Ponkapoag Golf Course Parking Lot for a 5 mile hike/snowshoe depending on conditions over a variety of trails. Bring: water, snack and wear appropriate footwear. L Claire Braye (508-857-0320, cbraye57@comcast.net)

Thu., Feb. 13. Borderland Full Moon Hike. Evening 2 hour hike/snowshoe. L Bob Vogel (vogel.r@comcast.net) L Jim Casey (cmne@comcast.net) CL Nancy Coote , R Nancy Coote (nmcoote@yahoo.com)

Sat., Feb. 15-17. Winter Hike and Overnight at Cardigan High Cabin. Presidents Weekend trip to High Cabin. Full winter gear and previous winter hiking and camping experience required. L Mike Woessner (508-577-4879 Anytime, stridermw@hotmail.com) CL Kevin Mulligan , R Mike Woessner

(12 Bradley Ln., Westford, MA, 508-577-4879, Stridermw@hotmail.com)

Thu., Feb. 20. Thursday morning Hike Joe's Rock/ Birchwold, Wrentham (C3C). Meet 10:00 a.m. at Joe's Rock Recreation Area in Wrentham, MA. Wooded hike or snowshoe with short climb up to Joe's Rock. Bring lunch, snacks, water. Wear layers and suitable footwear. L Joanne Staniscia (508-528-6799 7-9 p.m., jstaniscia@comcast.net)

Thu., Feb. 27. Thurs. Adams Farm Hike, Walpole, MA. Meet at 10 am on the Adams Farm parking lot , located on 999 North Street in Walpole, MA. We will hike 5 miles over relatively level terrain on mostly wide, well-maintained trails. Bring proper footwear for the weather, rain gear, lunch, water. Rain cancels. L Hans Luwald (508-668-0462 before 9 pm, hans.luwald@gmail.com) CL Debbie Lepore (781-828-0572 before 9 pm)

Fri., Feb. 28-Mar. 2. Winter Hike Series #4. Stay at Lonesome Lake hut and hike Kinsmans/Cannon. 4 group meals included. Winter gear/experience required. \$90 payment needed by 1/20/14. L Leslie Carson (508-833-8237, ltc929@comcast.net) L Paul Miller (paulallenmiller@verizon.net) L Maureen Kelly (mokel773@aol.com) L Mike Woessner (stridermw@hotmail.com), R Paul Miller (508-369-4151 before 9 pm please, paulallenmiller@verizon.net)

(FT) Thu., Mar. 6. Thurs Morn. Hike (Walk) in Historic Plymouth. Meet at 10:00 AM parking lot beyond Jenny's Grist Mill, 6 Spring Lane, Plymouth, MA. L Ellie MacPherson (508-224-6465, elliemacp@comcast.net)

(FT) (NM) Thu., Mar. 13. Blue Hills Hike. We will meet at 10:00 am on Hillside Street across from the Reservation Headquarters and the State Police Barracks. It will be a leisurely 4-5 mile hike. Bring lunch, snack, and water. L Sue Chiavaroli (508-496-6452, brillo6452@yahoo.com)

Thu., Mar. 20. Thursday Morning Moose Hill/TTOR Hike. Meet at 10AM at the Moose Hill Audubon parking lot for a 6 mile hike over relatively flat terrain with some gentle climbing. No parking fee for Audubon members; small fee for non members. Bring appropriate footwear, water and lunch. Storm cancels. L Deborah Lepore (781-828-0572 Before 9 PM, DLepore2@GMail.com)

(FT) (NM) Sun., Mar. 23. Ponkapoag Pond Hike. Intro. hike, great for new members. Hike around Ponkapoag Pond. Easy terrain, 4.5 miles. Bring sturdy footwear, water and snacks. Heavy rain cancels. Meet at 8:45 am Ponkapoag Golf Course (Rt. 138) parking lot in Canton. L Catherine MacCurtain (781-848-9506 Before 9:00 p.m., camaccurtain@aol.com)

Sat., Apr. 5. Great Woods Hike Norton to Mansfield. Great Woods from Norton to Mansfield via two previously unconnected trail systems. Car spotting. Rain or Shine. L Richard Carnes (508-947-3204, rcarnes2@aol.com), R Richard Carnes (508-947-3204 Before 9PM, rcarnes2@aol.com)

(AN) (XCE) Sat., Apr. 5-6. WFA Training. SOLO taught WFA/CPR for hiking leaders and outdoor enthusiasts to be held in Russell, MA. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

(FT) (NM) Sun., Apr. 6. Braintree Pass Path Hike. Intro hike through the beautiful Braintree Pass Path. Easy terrain, 4.5 miles. Bring sturdy footwear, water and snacks. Meet at 9:00 am at the parking lot at the intersection of Rt. 28 and Chickatawbut Rd. Heavy rain cancels. L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com)

Thu., Apr. 17. Thurs. Morning Hike - Oldham Trail & Harold Clark Forest. Hike the Oldham Trail & Harold Clark Forest. Meet 10:00 am at parking lot on Rt. 140 Foxboro across from Sunoco Station.

Bring lunch or snack and water and wear appropriate footwear. L Muriel Guenther (508-699-7461 Before 9:00PM, murielguenther@comcast.net)

(FT) (NM) Thu., Apr. 17-Sep. 18. Red Line Blue Hills. Hike all the trails in the Blue Hills. Location varies each week. 6pm. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org) L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Sat., Apr. 26. "Celebrate Blue Hills" Wolcott and Border Path Hike. Intro hike through Wolcott and Border Path in conjunction with the chapter's "Celebrate Blue Hills" event. Easy 4.5 miles. L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) CL Cathy Fagan (fagankd@msn.com), R Cathy MacCurtain (781-848-9506, camaccurtain@aol.com)

(FT) (NM) Sat., Apr. 26. "Celebrate the Blues Hills" Beginner's Hike. A leisurely 4-5 mile hike with some rolling hills in conjunction with the chapter's "Celebrate the Blue Hills" event. L Sue Chiavaroli (508-496-6452 7-9 PM, brillo6452@yahoo.com) CL Nancy Coote (508-596-8222 7-9PM, nmcoote@yahoo.com), R Sue Chiavaroli (508-496-6452 7-9 PM, brillo6452@yahoo.com)

Sat., Apr. 26. "Celebrate the Blue Hills" Skyline Trail End-to-End Hike. Rugged 9-mile end-to-end hike on the Skyline Trail in conjunction with the chapter's "Celebrate the Blue Hills" event. L Walt Granda (508-999-6038 Before 9:00 PM, wlgranda@aol.com) L Paul Miller (paulallenmiller@verizon.net), R Walt Granda (508-999-6038 Before 9 pm, wlgranda@aol.com)

Sat., Apr. 26. "Celebrate Blue Hills" Fast & Hilly Skyline Trail Hike. Fast hike on rugged Skyline Trail for 5-6 miles in conjunction with the Chapter's "Celebrate Blue Hills" event. L Eva Borsody

das (borsody@gmail.com), R Eva Borsody-Das (borsody@gmail.com)

(C) (FT) (NM) (SN) Sat., Apr. 26. "Celebrate Blue Hills" Hike, Paddle, Trailwork Event - Join Us!. "Celebrate Blue Hills" - Hikes, family hike, paddle and trail work. Cookout at 4:00, \$6. L Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com) CL Karen Singleton (karen.singleton@comcast.net), R Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com)

(AN) (XCE) Sat., May. 3. Leadership Training. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

Sun., May. 4. Buck Hill Hike. Challenging 3.5 mile Sunday hike (not for beginners) to the rocky summit of Buck Hill with great views. Bring sturdy footwear, water and snacks. Meet at 9:00 am at Houghton Pond parking lot. Heavy rain cancels. L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com)

(C) (FT) (NM) Thu., May. 8. Thurs Morn. Hike - Wollomonopoag Conservation Area. Thu., May 8. Wollomonopoag Conservation Area, Wrentham, MA. Meet 10:00 am in Cons. parking lot off of Elysium St. Bring water, snack or lunch & sturdy footwear. Rain cancels. L. Muriel Guenther (508-699-7461 before 9:00pm mguenther@comcast.net). B3C. L Muriel Guenther (508-699-7461 Before 9:00pm, murielguenther@comcast.net), R Muriel Guenther (99 Birchwood Drive, Attleboro Falls, MA 02763, 508-699-7461 Before 9:00pm, murielguenther@comcast.net)

Fri., May 9-11. Mt. Greylock Backpack Hike. Enjoy a spring weekend hiking Mt. Greylock and camping under the stars. Backpacking experience preferred, but not necessary. L Leslie Carson (508-833-8237 Before 9 PM, ltc929@comcast.net) L Maureen Kelly (mokel773@aol.com) L Mike Woessner (stridermw@hotmail.com), R Leslie Carson

Sat., May. 17. North Pack Monadnock Hike. 8-mile hike to North Pack Monadnock on the Wapack Trail. L Walt Granda (508-999-6038 Before 9:00 p.m., wlgranda@aol.com) CL Luther Wallis (lew89@comcast.net), R Walt Granda (508-999-6038 Before 9:30 pm, wlgranda@aol.com)

Sat., May. 31. Mt. Holyoke Range Hike. Enjoy some of the nicest views along the Metacomet-Monadnock Trail, hiking the Seven Sisters and Mt. Holyoke. L Leslie Carson (508-833-8237 Before 9 PM, ltc929@comcast.net) L Eva Borsody das (borsody@gmail.com), R Leslie Carson

(FT) (NM) Sat., Jun. 21. Long/Ell Pond Hike on Narragansett Trail. Long / Ell Pond Hike along the Narragansett Trail to the cliff that overlooks Long Pond. L Sue Chiavaroli (508-242-4164 9AM-5PM, brillo6452@yahoo.com) CL Nancy Coote (nmcoote@yahoo.com)

Sat., Jun. 28. Alpine Garden via Nelson Crag Loop Hike. Alpine Garden hike on Mt. Washington. Also see leader's hike on June 29th. L Paul Miller (508-369-4151 before 9:00PM, paulallenmiller@verizon.net) L Eva Borsody das (borsody@gmail.com), R Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net)

Sun., Jun. 29. Mt. Crawford Hike. Hike to the summit of Mt. Crawford to enjoy the views. Also see leader's hike on June 28th. L Paul Miller (paulallenmiller@verizon.net) L Eva Borsody das (borsody@gmail.com), R Paul Miller (508-369-4151 before 9:00 PM, paulallenmiller@verizon.net)

PADDLING

Always looking for additional paddle leaders! Contact the canoe/kayak committee at paddlingchair@amcsem.org

Chapter Trips

Sat., Apr. 26. "Celebrate Blue Hills" Ponkapoag Pond Paddle. Paddle Ponkapoag Pond in conjunc-

tion with the chapter's "Celebrate Blue Hills". PFD required. Wet/dry suit recommended. Launch at 1:00. L Betty Hinkley (bhinkley@mindspring.com) CL George Wey (geowey@comcast.net), R Betty Hinkley (Bhinkley@mindspring.com)

Sat., Apr. 26. "Celebrate Blue Hills" Hike, Paddle, Trailwork Event - Join Us!. "Celebrate Blue Hills" - Hikes, family hike, paddle and trail work. Cookout at 4:00, \$6. L Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com) CL Karen Singleton (karen.singleton@comcast.net), R Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com)

(AN) Sat., May. 3. Leadership Training. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. L Maureen Kelly (mokel773@aol.com), R Len Ulbricht (lenu44@gmail.com)

SKIING

Looking for someone to take over the ski committee and plan xc ski and downhill ski events in the winter. Contact the current ski chair at xcskichair@amcsem.org. Also looking for xc and downhill ski leaders!

Chapter Trips

Fri., Feb. 28-Mar. 2. XC Ski White Mtns. Can you think of a better way to begin the month of March than XC- skiing in the White Mountains? Join the SEM and Forty Plus chapters on Feb. 28 and Mar. 1 for 2 nights lodging at the Old Field House in Intervale, NH. Room rates are from \$120 to \$135

per night plus tax and include a hearty breakfast on Saturday and Sunday mornings. Visit their website www.oldfieldhouse.com for a complete description of their amenities. We'll ski at Jackson or Bear Notch - or right out the door on the Intervale trails. Bring your snowshoes, too. The weekend begins with a pizza, salad and socializing on Friday night (nominal charge) around 6:00 or 6:30. Bring a snack to share and your favorite beverage. After registering by phone with the AMC Leader, call the Old Field House to reserve your room. If you don't have a roommate, I'll try to match you up with one or you have the option of paying for a single supplement. Space is limited, so reserve a spot soon. L Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net) CL Wayne Cardoza (603-673-2518 before 9pm), R Barbara Hathaway (508-880-7266 before 9 pm, barb224@tmlp.net)

TRAILS

Looking for leaders to lead trail work events. Contact chair@amcsem.org. Looking for a trails chair.

Chapter Trips

(C) (AN) (CE) Sat., Apr. 26. "Celebrate Blue Hills" Trail Work Event. Help maintain the trails we love in conjunction with the chapter's "Celebrate Blue Hills" event. N. Skyline between Reservation Headquarters and Elliot Circle. Tools & training provided. 12:30am - 3:30 pm. L Ken Jones (508-697-0142 6-9 pm except Thursdays, lotsoluck@comcast.net), R Ken Jones (508-697-0142 5:00-9:00pm (except Thursdays), lotsoluck@comcast.net)

(C) (NM) Sat., Apr. 26. "Celebrate Blue Hills" - Hike, Paddle and Trailwork Event - Join Us!. "Celebrate Blue Hills" - Hikes, family hike, paddle and trail work. Cookout at 4:00, \$6. L Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com) CL Karen Singleton (karen.singleton@comcast.net), R Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com)

Join an AMC Adventure Travel Trip to Peru - May 31- June 13, 2014

Hike the Inca Trail
Tour Machu Picchu
See Cuzco and the Sacred Valley
Visit Lake Titicaca

Contact Leaders for details:
Ron Janowitz: Ron@Ronjanowitz.com
Robin Melavalin: Rmelavalin@rcn.com



the southeast *Breeze*



OPEN HOUSE

**Bourne Community Center
3/29 4-9pm**

Spring Leadership Training **Borderland**
State Park - 5/3

Hike Planning Meetings

6:30pm - 3/5, 6/4, 9/3, 12/3

Board Meetings

6:30pm electronic
3/12, 4/9, 5/14, 6/11, 9/10, 10/8, 11/12

Open Volunteer Positions

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

- Biking Vice Chair
- CYP Vice Chair
- Communications Vice Chair
- Trails Chair
- Conservation Vice Chair
- Education Vice Chair
- XC Skiing Vice Chair

March 2014

Visit AMC SEM Website

Breeze Newsletters

Photos



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

Editor: Andrea Holden
breeze.editor@amcsem.org



AMC SEM
Spring
OPEN
HOUSE

March 29 | 4pm - 9pm
Bourne Community Center

For more information contact Membership Chair
 Ed Miller membershipchair@amcsem.org

The Education Committee organizes and promotes training of trip leaders for our chapter. Two fundamental programs, Leadership Training and Wilderness First Aid, are planned and supported every year. Other programs may be offered at the committee's discretion.

The Vice Chair and Chair share tasks that typically involve the planning, coordination and hosting of training sessions, nominally two or three weekend sessions per year. Presenting training material is not

required. Upon expiration of the Chair's term in office, the Vice Chair normally moves into the Chair's position.

Volunteer Opportunity
Education Committee Vice Chair

Small event planning experience helpful. Completion of Leadership Training or Wilderness First Aid desirable but not required.

To explore this volunteer position further, contact Len Ulbricht, the Education Committee Chair, at lenu44@gmail.com.

2014 Executive Board

Chapter Chair

chair@amcsem.org
 Cheryl Lathrop, 508-668-4698

Vice Chapter Chair

vicechair@amcsem.org
 Maureen Kelly, 508-224-9188

Secretary

secretary@amcsem.org
 Karen Singleton, 508-730-7701

Treasurer

treasurer@amcsem.org
 Patty Rottmeier
 508-982-1099 (c) 508-228-4207 (h)

Past Chapter Chair

pastchapterchair@amcsem.org
 Jim Plouffe, 508-562-0051

Membership Chair

membershipchair@amcsem.org
 Ed Miller, 774-222-0104
 5-9pm, no calls after 9pm

Membership Vice Chair

membershipvicechair@amcsem.org
 Ellen Thompson

Biking Chair

bikingchair@amcsem.org
 Cheryl Washwell, 774.259.4535

Chapter Youth Program (CYP) Chair

cypchair@amcsem.org
 Sally Delisa, 781-834-6851

Cape Hiking Chair

capehikingchair@amcsem.org
 Farley Lewis, 508-775-9168

Cape Hiking Vice Chair

capehikingvicechair@amcsem.org
 Peter Selig, 508-432-7656

Cape Hiking Vice Chair

capehikingvicechair@amcsem.org
 Janet DiMattia, 508-394-9064

Paddling Chair

paddlingchair@amcsem.org
 Betty Hinkley, 508-241-4782

Paddling Vice Chair

paddlingvicechair@amcsem.org
 Ed Foster

Communications Chair

commschair@amcsem.org
 Gina Hurley, 508-362-6573

Trails Vice Chair

trailsvicchair@amcsem.org
 Wayne Anderson, 508-697-5289

Conservation Chair

conservationchair@amcsem.org
 Joanne Jarzowski, 508-775-7425

Education Chair

educationchair@amcsem.org
 Len Ulbricht, 508-359-2250

Hiking Chair

hikingchair@amcsem.org
 Paul Miller, 508-369-4151

Hiking Vice Chair

hikingvicechair@amcsem.org
 Leslie Carson, 508-833-8237

Ski Chair

xcskichair@amcsem.org
 Barbara Hathaway, 508-880-7266

Ad Hoc Committees

Family Events Chair

familyeventschair@amcsem.org
 Chris Pellegrini, 508-244-9203

Family Events Vice Chair

familyeventsvicechair@amcsem.org
 Bill Pellegrini, 508-244-9203

Social Director

socialchair@amcsem.org
 Melissa Powers

Staff

Social Networking Moderator

social.nw.moderator@amcsem.org
 Susan Salmon

Blast Editor

blast.editor@amcsem.org
 Gina Hurley, 508-362-6573

Breeze Editor

breeze.editor@amcsem.org
 Andrea Holden, 508.837.6998

Find activities (hikes, bikes, etc.)

1. The monthly *Breeze* - email
2. *AMC Outdoors magazine* - mail
3. [Online trip listings](#)
4. Sign-up for [short notice trips](#) (center bottom of page)

Pictures and Article Submissions

We encourage SEM members to submit articles and photos for both the *Breeze* and our website. Materials will be edited at the editor's discretions. Send to breeze.editor@amcsem.org

Breeze Deadline

Monthly on the 15th

Sign-up for the Breeze

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

Where to find [Breeze Publications](#)

Volunteers Wanted

Volunteer for the Executive Board. Do you have skill and want to see where you fit? Lead hike, bike, ski, snowshoe, x-country or paddle trips. We have volunteer positions open! Contact chair@amcsem.org

Want SEM activities delivered right to your email inbox? Sign up for AMC "digests". Access the Member Center from our home page (amcsem.org) or call 800-372-1758.



View from the Chair

By Cheryl Lathrop

Winter isn't over yet! Remember, March comes in like a lion and goes out like a lamb. But, here in New England it could be quite the reverse! That's why our activity leaders have a March full of winter outdoor activities set up for you. So, get outside!

Newbie SEM member? Wannabe SEM member? Come to our annual SEM Open House—Saturday, March 29, 4-9:00pm at the Bourne Community Center. Meet SEM volunteer leaders and find out what our chapter is all about. Free food, slide shows, and lotsa info!

Want to get more involved? Email me and I'll find something for you. We have both large and small volunteer needs. And I'll find something that matches your interests and capabilities.

Cheryl Lathrop

Chapter Chair

Got something to say? Got a good idea? Want to volunteer?
Feel free to contact me anytime about anything!
chair@amcsem.org



Courtesy Nancy Minah

As always, feel free to contact your chapter chair, or vice chapter chair at any time.

Chapter Chair: Cheryl Lathrop (chair@amcsem.org) ~ Vice Chapter Chair: Maureen Kelly (vicechair@amcsem.org)

GET INVOLVED

Be a volunteer and reap the rewards

If you'd like to give back to your SEM chapter, we'll find something small for you to do to get started. Contact the Chapter Chair at chair@amcsem.org and we'll match up your interests and capabilities with our needs.

Are you a detail person, long-time chapter member & former board member?

We're forming a committee to update our chapter Bylaws and Operating Rules.

See our current [Bylaws and Operating Rules](#). Contact your Chapter Chair at chair@amcsem.org.

Like to work with groups of children? Want to share your outdoor knowledge with the next generation?

Our Chapter Youth Program (CYP) is looking for leaders. A typical CYP might include a local walk with some nature lesson or trail game. Contact Sally Delisa cypcoordinator@amcsem.org

Like to ski? Want to see more ski trips?

Our Ski Committee needs a Vice Ski Chair to work with our Ski Chair to help to plan ski events, both downhill and cross-country. Contact xcskichair@amcsem.org for more information.

Conservation minded? Want more conservation activities?

Our Conservation Committee needs a Vice Conservation Chair to work with our Conservation Chair to help plan conservation events and education. Contact conservationchair@amcsem.org for more information.

2014 LEADERSHIP TRAINING

Leadership Training will be held on **Saturday, May 3, 2014** at **Borderland State Park, N. Easton, MA**. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader candidates are also welcome. It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to chapter members.

Please register by April 19 with Len Ulbricht at lenu44@gmail.com

Leadership Training - Why Take It?

In order to foster safe outdoor recreation enjoyable to all, AMC has for many years offered a variety of [training programs](#) - both for personal growth and trip leaders/organizers. The most basic program is Leadership Training. This program covers the essential elements our trip leaders need to understand when organiz-

ing, planning and managing groups of hikers, bikers, paddlers, or skiers. It is offered by all AMC chapters to train leaders with a common set of guidelines for situations they will likely face in running an outdoor activity. Anyone wishing to lead trips for our chapter should take this program.

Suppose one is uncertain as to whether or not they want to lead trips. Can they take it? Or how about members new to AMC who are not seeking to lead but want to learn how our organization operates. Can they take it? And there are those members who just wish to participate and not lead. Can they take it?

Yes! Yes! Yes! to all three questions. Leadership Training is for participants, too. You will learn how leaders manage groups, screening considerations leaders undertake and may ask you about to insure group compatibility, how to deal with accidents and AMC liability protections, and ways to personally prepare for your outdoor experience whether it's hiking, biking, paddling or skiing. You'll also meet and interact with SEM trip leaders who present course materials. So give LT some thought.

CYP Leadership Training

A CYP Leadership Training class will be given in our region one Saturday in March
However, we need to guarantee 6 people.

IF YOU ARE INTERESTED IN BECOMING A CYP LEADER, CONTACT THE CYP CHAIR ASAP! cypchair@amcsem.org

Mt. Pierce Winter Hike Doesn't Disappoint

by Paul Miller, SEM Hiking Chair

With temperatures frequently in the single digits down here in Massachusetts in the weeks leading up to SEM 2014 Winter Hike #3 on Feb. 1st, I had been a little concerned about the weather and trail conditions we would encounter for Saturday's trip to 4,300 foot Mt. Pierce in New Hampshire's Presidential Range. On the Friday before the hike the local weather forecast posted at the AMC Highland Center in beautiful Crawford Notch wasn't all that encouraging. But rather than the anticipated bitterly cold temperatures, the forecast now called for lots of clouds and unseasonably mild temperatures with the possibility of snow or rain in the afternoon.

But we lucked out once again. When the 16 intrepid SEM winter hikers, many of us who had driven up to Crawford Notch the day before, showed up at the large Crawford Connector parking area off the Mt. Clinton Rd. at 8:45 am on Saturday morning, the sun was shining brightly and the temps in the high 20's at the trailhead suggested that we would have fine winter weather for our hike. Leaders for this Winter Series hike included myself, Mike Woessner, Wayne Anderson, and Chris and Bill Pellegrini, with Anne Duggan serving as co-leader.

Based on the AMC info desk reports that trail conditions on the Crawford Path were mostly hard-packed snow with several icy spots, we decided to leave our snowshoes in the cars and wear our microspikes to start out. But we also brought our full crampons...

because you never know what kind of conditions you'll encounter along the way.

At the last minute, we also decided to modify our route. Since several people had expressed concern about potentially icy conditions on the steep section of the Webster Cliff Trail between the summit of Pierce and the AMC Mizpah Hut, we decided to do a reverse,

The group pauses for a photo op on the summit of Mt. Pierce. That's Mt. Eisenhower and Mt. Washington in the background. (Mike Woessner photo)



Barry Farnsworth

Memorial Scholarship

Map and Compass Training

To honor the late Barry Farnsworth, our recent Education Committee Vice Chair, the Executive Board has voted to create a \$100 scholarship toward the cost of M&C training tuition. Barry had a personal interest in promoting M&C training within the chapter, and the Board chose to recognize him in this manner. The funds may be used for training programs offered by any AMC chapter or those offered by non-AMC entities. This scholarship is open to both trip leaders and non-trip leaders in SEM. Interested parties should review the scholarship [application form](#) and, upon completion of training, submit an SEM scholarship application to the Education Committee chair. Reimbursement will be made upon approval by the chapter's Executive Board.

Contact Education Committee chairperson, Len Ulbricht, at lenu44@gmail.com for further information.

Map & Compass Training Opportunities

A map and compass (M&C) are two of the ten must have essentials for wilderness hiking. (Do you know the other eight.) Key elements of M&C instructional training include basic compass use, correction for magnetic variation, terrain map reading, following a compass course, triangulation and bushwhacking. If M&C is new to you or if you could use a refresher session, consider the following M&C offerings.

March 9, 15 or 22 at Rocky Woods in Medfield. Offered by REI. See <http://www.rei.com/outdoorschool/140/programs/23>

April 25-27 at Cardigan Lodge in NH. Offered by NH Chapter. See <http://activities.outdoors.org/search/index.cfm/action/details/id/72532>

May 2-4 at Highland Center in Crawford, Notch NH. Offered by AMC. See <http://activities.outdoors.org/search/index.cfm/action/details/id/70838>

SEM is offering the Barry Farnsworth Memorial Scholarship for Map & Compass training. This scholarship will help defray the tuition expense for any of the above training opportunities. Contact the Education Chair, Len Ulbricht, at lenu44@gmail.com for further details.



Julianne and Sue change from microspikes to crampons at the closed-for-season Mizpah Hut. (Mike Woessner photo)

counter-clockwise loop. This involved taking the Crawford Connector to the Crawford Path; heading up the Crawford Path and taking the Mizpah Cutoff on the inbound (rather than outbound) loop, before hitting the summit Pierce via the Webster Cliff Trail from the hut. This would mean we would be climbing up (rather than down) the short, but very steep section of the Webster Cliff Trail to the summit of Pierce. The rationale here, of course, was that it's usually a safer to scramble up steep icy sections of trail, than slip, slide, and stumble down...

As it turned out, either loop probably would have worked fine on this particular day, but I for one certainly did enjoy the variety of doing the loop in a counter-clockwise direction.

As promised, the snow-packed Crawford Path offered excellent footing and the few icy sections were not difficult to negotiate with our microspikes, which were able to get a grip on the relatively soft ice (this might not have been the case if the temperatures had been colder). We made it up to the Mizpah Cutoff in

pretty good time and then followed this up toward the hut. As we got closer to the hut, gaining altitude along the way, the snow got a bit deeper and less consolidated, the temperature dropped, and the trail became even prettier as we passed through the peaceful snow-draped birch forest.

It was only about 11:30 am when we broke out of the trees into the clearing in which the closed-for-the-season Mizpah Hut sits, but it was so sunny and pleasant there that we decided to stop for a quick lunch before negotiating the short (.9-mile), section of the Webster Cliff Trail that leads up to the summit of Pierce.

At this point, I retook the lead, but even at my tortoise-like pace, this section of the trail provided everyone with an excellent cardio workout. One step at a time (in full crampons now), we eventually got up the steep section and arrived at a false summit that offered some wonderful views north toward Mt. Washington, and even across to Jefferson and Adams in the Northern Presis. Very cool!

From this false summit, it was a pretty easy jaunt up through the increasingly smaller trees to the partially exposed (but on this day, virtually windless) summit of Pierce, which added a nice view of the rounded summit of nearby Mt. Eisenhower to the panorama.

After stopping to enjoy the views and take the obligatory summit photos, we changed back into our microspikes, shouldered our packs, and headed down the short remaining stretch of the Webster Cliff Trail to the Crawford Path. The jog back down the Crawford Path was quite enjoyable, since now we had gravity working in our favor and the hard-packed snow was easy on the knees. We didn't even mind that the predicted clouds had started to fill in, with a clear threat of snow in the air.

We got back to our cars at around 3:30 pm, having completed the 6.6-mile loop hike with app. 2,400 elevation gain in about 6.5 hours. While several lucky hikers had made plans to stay up in Crawford Notch, most of us had to make the long drive back down to Massachusetts. Before doing so, I stopped briefly at the Highland Center to change into street clothes and grab the first of several cups of coffee for the drive.

AMC SEM 100-MILE HIKING CLUB



Log your miles; earn an awesome patch!

SEM Hiking Committee has just initiated an "100-Mile Hiking Club" for SEM members who get out on the trails regularly with the club.

Membership is open to any SEM member who, starting on July 1, 2013, hikes at least 100 miles with the SEM and/or any other

AMC chapter and remembers to log those miles along with the date hiked and location on our online spreadsheet linked to the SEM Hiking page on www.amcsem.org.

To get your name included on the online spreadsheet so you can record your miles hiked with the AMC after July 1st (using the honor system), just send an email to either hikingchair@amcsem.org or hikingvicechair@amcsem.org.

PUZZLE ANSWERS

Answers

1. biking
2. hiking
3. communication
4. paddling
5. conservation
6. education
7. membership
8. skiing
9. social
10. trailwork
11. family

Final: Committees of the SEM executive board

ter in my kayak, seeing wildlife around me like seabirds and seals and using my strength to paddle through the water -hiking or skiing in a winter wonderland of snow and blue skies, waiting for the stars to come out with my backpacking buddies in the Maine mountains

5. Dream adventure: My dream outdoor adventure would be to hike the Grand Canyon with my 3 sons

Karen Singleton, Secretary

Executive Board: 4th year as Secretary
 AMC member: Since October 2002
 Favorite activity: hiking
 Dream adventure: Would love to go hiking in New Zealand



Patty Rottmeier, Treasurer

Executive Board: Third year as treasurer.
 AMC member: Since 2007
 Favorite activity: Love Downhill skiing and cross country skiing...just don't get to do it often enough. I love to hike and bike (rail trails are great fun on Cape Cod and are being developed around Mass)
 Dream adventure: Most likely a ski adventure...guided back country trip.



Gina Hurley, Communications Chair

Executive Board: 1 year
 AMC member: Since 1996
 Favorite activity: Hiking
 Dream adventure: There are so many dream trips....one is hiking in the Swiss Alps.



Farley Lewis-Chair Cape Hikes

Executive Board: Second year
 AMC member: 12+ years.
 Favorite activity: hiking.
 Dream adventure: Explore Norway



Christine Pellegrini, Family Events Chair and Bill Pellegrini, Family Events Co-chair

Executive Board: Chris 6+ years, Bill 4yrs
 AMC member: 8 yrs.
 Favorite activity: Riding our Tandem Bike
 Dream adventure: Riding the Tandem across the US



Elizabeth Hinkley, Paddling Chair

Executive Board: 4 years
 AMC member: Since 2002
 Favorite activity: Kayaking
 Dream adventure: Kayaking in other places around the world (Baja, New Zealand etc.)



Len Ulbricht, Education Committee Chair

Executive Board: Six years, the first three as Membership Chair
 AMC member: Since February 2008
 Favorite activity: Hiking and sailing
 Dream adventure: Hiking to the Napali Coast on Hawaiian island of Kauai



Paul Miller, Hiking Chair

Executive Board: Just started as Hiking Chair; previously served two tours as Communications Chair
 AMC member: Since 1995
 Favorite activity: Hiking in winter and sailing and biking in summer
 Dream adventure: Trekking in Nepal or chartering a sailboat in the Caribbean.



Melissa Powers, Social Director

Executive Board: 1 Month
 AMC member: Since September 2013.
 Favorite activity: I love Hiking!
 Dream adventure: I hope to one day walk the Camino de Santiago en route to Santiago de Compostela.



Ellen Thompson, Vice chair Membership

Executive Board: A few months
 AMC member: 4 years
 Favorite activity: Hiking, biking, kayaking and cross country skiing. All of them.
 Dream adventure: Skiing in the Alps.



Cheryl Washwell, Biking Chair

Executive Board: On board and Vice Biking Chair in June 2013
 AMC member: Since 2013.
 Favorite outdoor activity is road cycling – love it, love it, love it!
 Dream adventure: I don't have a specific outdoor dream trip but I think cycling all over the globe – I would love to see the world from a bike.



Leslie Carson, Hiking Vice Chair

Executive Board: One month; was the SEM Treasurer for 3 years
 AMC member: Ten years
 Favorite activity: Hiking
 Dream adventure: Hiking and exploring in New Zealand



Explore the Bay Circuit Trail

One of Boston's premier recreation destinations, with AMC.

The 200-mile trail stretches around Boston from Newburyport all the way to Duxbury!

First proposed in 1929 by Benton MacKaye and Charles Eliot II, the Bay Circuit Trail and Greenway is a 200-mile outer "emerald necklace" linking 57 Boston area communities in Eastern Massachusetts and providing open space and recreational opportunities to metropolitan Boston.

Join AMC Staff on monthly hikes to explore and learn about different sections of the trail. We will meet at

the designated trailhead 15 minutes prior to the start of each hike. Each hike will be two hours long with little elevation gain. Be prepared to be walking for the full two hours as there is limited time for breaks. Also be sure to bring snacks, water, and wear proper hiking gear. Hike locations may be subject to change depending on weather conditions and response.

Specific trailhead locations and directions will be sent to you after you register, along with information about hike difficulty.

To learn more or to register, contact Tessa Olson at 617-391-6634 or tolson@outdoors.org.

- Thursday, April 22 (Earth Day!) - 10am-12pm - Easton/West Bridge-water
- Wednesday, July 23 - 10am-12pm - North Andover
- Thursday, August 14 - 10am-12pm - Walpole

Trail Maintenance

<http://www.outdoors.org/conservation/trails/volunteer/trailopps/vol-work-parties.cfm>

Bay Circuit Trail Stewardship Programs, MA

May 3

BCT Trail Volunteer Day
Bay Circuit Trail, MA - Exact Location TBA
Free
(603) 466-8156

June 7

National Trails Day - BCT Trail Volunteer Day
Bay Circuit Trail, MA - Exact Location TBA
Free
(603) 466-8156

July 12

BCT Trail Volunteer Day
Bay Circuit Trail, MA - Exact Location TBA
Free
(603) 466-8156

August 16

BCT Trail Volunteer Day
Bay Circuit Trail, MA - Exact Location TBA
Free
(603) 466-8156

September 27

National Public Lands Day - BCT Trail Volunteer Day
Bay Circuit Trail, MA - Exact Location TBA
Free
(603) 466-8156

October 11

BCT Trail Volunteer Day
Bay Circuit Trail, MA - Exact Location TBA
Free
(603-466-8156

November 8

BCT Trail Volunteer Day
Bay Circuit Trail, MA - Exact Location TBA
Free
(603) 466-8156

August Camp 2014 Mount Rainier National Park, WA

Hike in the shadows of majestic Mount Rainier

© Peter Selig

In 2014 August Camp experiences the incredible beauty of Mount Rainier National Park. Marvel at spectacular scenery,

wildflowers and towering hemlocks, relieve the drama of Mt. St. Helens, and hike on the shoulders of one of the highest peaks in the lower 48. Camp will be set up in the small former lumbering town of Packwood, adjacent to the park.

After a day of the activity of your choice, relax around the nightly campfire, listening to ranger talks, reports from the day's hikes, and a description of the next day's activities, followed by singing and conversation.

This full service tent village for 64 campers each week offers home-cooked meals, daily hikes at all levels, evening campfires and wonderful camaraderie.

The designated airport is Seattle-Tacoma International, and the camp fleet of vans provides transport between camp and SeaTac each Saturday.

The Application and Camper information forms, as well as detailed Camp information can found on the August Camp website at <http://www.augustcamp.org/>. Plan your one or two week adventure now and be part of one of the AMC's oldest traditions.

Southeast MA chapter leaders Leslie Carson and Éva Borsody Das will be leading hikes at August Camp during weeks 3 and 4.

Applications will be accepted after Jan 1, 2014.

Week 1: July 19 - July 26

Week 2: July 26 - Aug 2

Week 3: Aug 2- Aug. 9

Week 4: Aug. 9 - Aug. 16

Questions about August Camp? Contact SEM Chapter and August Camp leader Éva Borsody Das, at borsody@gmail.com.



Other Interests *not endorsed by AMC

Winter Boot Camp

Milton, MA:
Mondays and Fridays
Meet at Blue Hills Reservation/Houghton's Pond Visitor Center
840 Hillside Street, Milton

9:00 am, approximately 1 hour

DCR MassParks and YMCA/Hyde Park co-sponsor the first Boot Camp Exercise Program at the Blue Hills Reservation. A heart-pounding exercise, repetitive drills, running trails and sweating guaranteed! Wear workout clothes for outdoors (including heat, rain, dirt, grass and pavement), proper foot gear and bring water.

<http://www.mass.gov/dcr/parks/bluehills/>

The Massachusetts Department of Conservation and Recreation (DCR), an agency of the Executive Office of Energy and Environmental Affairs, oversees 450,000 acres of parks and forests, beaches, bike trails, watersheds, dams, and parkways. Led by Commissioner Edward M. Lambert Jr., the agency's mission is to protect, promote, and enhance our common wealth of natural, cultural, and recreational resources. To learn more about DCR, our facilities, and our programs, please visit www.mass.gov/dcr.



2014 Adventure Travel Trips

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

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



Mount Rainier from Van Trump Park, Mt. Rainier National Park.

August Camp 2014

Experience Van Trump Park, Mt. Rainier National Park and Mount St. Helens with AMC's August Camp, July 19 to Aug. 16, 2014.

Come for one or two weeks, starting any Saturday. It's a full service summer camp for grown-ups, with hikes at all levels every day! Details available in December at www.augustcamp.org.

Questions?
Contact Sam Jamke, 472-2536 before 8 pm or regionaldirectornh@amc-nh.org



NIKE REUSE-A-SHOE RECYCLING PROJECT

Recycle your old sneakers and athletic shoes. The Nike recycling facility grinds them up into materials that are used to make indoor and outdoor track flooring. They won't accept dress shoes, sandals, flip-flops or cleats. Drop off your old sneakers with any leader they will get them to the vice chair, Maureen Kelly, vicechair@amcsem.org. Check out the website: www.nikereuseashoe.com

www.outdoors.org

Where's my member number?

- On your Member Card
- AMC Outdoors Magazine
- In your "Welcome" email
- Contact Member Services at amcinformation@outdoors.org or 1-800-372-1758

How to Log into your AMC Member Center

- 1 Hover over the membership tab and click on "Member Center."
- 2 If you've logged in before, click "Log into Member Center." If this is your first time, click on "Member Validation," located under "Never logged in?"
- 3 Enter your member number and zip code into the appropriate field. (Live outside the US? Contact Member Services at amcinformation@outdoors.org or 1-800-372-1758)
- 4 Select the correct name. (Note: if you have a family membership, more than one name may appear)
- 5 Create your Username and Password. (Note: your Username will be your new Login Name)
- 6 Enter in the Login Name and Password you just created and hit Submit!



APPALACHIAN MOUNTAIN CLUB

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Membership **Donate**

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- Member Center
- Gift Memberships
- AMC Outlets
- Membership FAQs

Click Here!

Welcome!

MEMBERSHIP

- Join the AMC
- Member Center
- Gift Memberships
- AMC Outlets
- Membership FAQs

MEMBER CENTER

Welcome, Candice!

AMC Member Center: This is the place where you can manage your account, view your membership information, and more.

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AMC Member Center

Use the Member Center to get your chapter's newsletter electronically, renew your membership, update your member profile, or get a weekly digest of upcoming chapter activities sent to your email inbox.

[Log in to Member Center](#)

Never logged in? Use your member number to confirm your member information on the Member Validation page. If you do not already have a user name and password.

AMC Member Center Login

If this is your first time accessing the Member Center, you'll need to create a user name and password to the section of the site requires login.

Login Name:

Password:

Remember Me

Member Validation

MEMBER VALIDATION - Step 2

[View Search](#)

Please click on your name below to select it.

Member Validation

MEMBER VALIDATION - Step 2

Enter Your Member ID:

Zip/Postal Code:

[View Search](#)

2. Look for it on your member card.

3. Call Member Services at 1-800-372-1758, Monday-Friday 9am-5pm EST. You can leave a message outside these hours.

4. Send an email to amcinformation@outdoors.org. Please include your name and address with your request for your member number.

Create Login

MEMBER VALIDATION - Step 2

When asked to create a user name and password:

Username:

Password:

Confirm Password:

Security Answer:

ACTIVITIES

2690 8 am-7 pm, pbencurrier@hotmail.com)

Chapter Trips

(CE) Tuesdays

Mar. 4. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Mar. 11. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Sundays

Mar. 16. Sunset/Full Worm Ride. Start at Freezer Road in Sandwich for Road Cycling along the canal and through Gray Gables and Masnhee Island at an intermediate pace for 22+/- miles or 2 hours. We'll catch the sunset over Buzzards Bay and the moonrise over the Sagamore Bridge. Tires and riders pumped and and ready to roll. Helmets and spare tube, tire tools, and water required. Cancellation/rescheduling sent to registered riders. Alt day - Sat. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Mar. 18. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires

SOUTHEASTERN MASSACHUSETTS ANNOUNCEMENTS(S)

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

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

BICYCLING

WANTED: Ride Leaders and Co-Leaders. Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm and routes w/ your fellow AMC members? Contact Bike Chair (bikingchair@amcsem.org) for more info.

AMC SEM 2,000 Mile Club. AMC SEM has a unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair to register your mileage and for more info. (bikingchair@amcsem.org)

Bike Ratings: First character indicates distance in mi: AA=50+; A=35-50; B=25-35; C=under 25. Second is L's pace in mph: 1=17; 2=13-16; 3=11-13; 4=up to 11. Third is terrain: A=very hilly; B=hilly; C=rolling; D=flat.

Tues. Rides. Turn Those Tires on Tues. Rides scheduled all year long, weather permitting. 25 mi of road or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location and directions. Intermed. pace. Riders and bicycles in top shape; tires and riders pumped and ready to roll; helmets and water req'd. L Paul Currier (508-833-

and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Carrier (508-833-2690 8am - 7pm, carrierpaul@comcast.net)

(CE) Thursdays

Mar. 20. Vernal Equinox - Salute to Spring Ride. Start at Skaket Beach, Orleans to Audubon S Wellfleet along the bay and hills including Rock Harbor and perhaps cut over to the ocean side in Eastham. Return on some inner nook & cranny roads that include Sunken Meadow, Crooks, Campground, Thumpertown, and First Encounter Beaches for Sunset at Skaket. Tires and riders pumped and ready to roll. Helmets and water required as is registration -cancellation/rescheduling sent only to registered riders. Leader: Paul Carrier carrierpaul@comcast.net or call daily until 7PM 508-833-2690. L Paul Carrier (508-833-2690 8am - 7pm, carrierpaul@comcast.net)

(CE) Tuesdays

Mar. 25. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Carrier (508-833-2690 8am - 7pm, carrierpaul@comcast.net)

(CE) Tuesdays

Apr. 1. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Carrier (508-833-2690 8am - 7pm, carrierpaul@comcast.net)

(CE) Tuesdays

Apr. 8. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Carrier (508-833-2690 8am - 7pm, carrierpaul@comcast.net)

(CE) Tuesdays

Apr. 15. Sunset/Full Pink Moon ride. Road cycle the hills and shores of Sagamore and Highlands Cliff and along the canal to Buzzards Bay and Mass Maritime Academy for sunset over Onset Bay. Return along the canal may include a stop at 3 Mile Outlook before moonrise over Plymouth Bay. Tires and riders pumped and ready to roll. Helmets, spare tube & tools and water required. Cancellation/rescheduling sent to registered riders only. L Paul Carrier (508-833-2690 8am - 7pm, carrierpaul@comcast.net)

(CE) Tuesdays

Apr. 15. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Carrier (508-833-2690 8am - 7pm, carrierpaul@comcast.net)

(CE) Tuesdays

Apr. 22. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Carrier (508-833-2690 8am - 7pm,

currierpaul@comcast.net)

(CE) Tuesdays

Apr. 29. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(AN) Sat., May. 3. Leadership Training. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader candidates are also welcome. It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to SEM chapter members. L Maureen Kelly (mokol773@aol.com), R Len Ulbricht (lenu44@gmail.com)

(CE) Tuesdays

May. 6. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

May. 13. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires

and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Wednesdays

May. 14. Sunset/Full Flower Moon Ride. Start at Freezer Road in Sandwich for Road Cycling along the canal and through Gray Gables and Masnhee Island at an intermediate pace for 22+/- miles or 2 hours. We'll catch the sunset over Buzzards Bay and the moonrise over the Sagamore Bridge. Tires and riders pumped and and ready to roll. Helmets and spare tube, tire tools, and water required. Cancellation/rescheduling sent to registered riders. Alt day - Start at Freezer Road in Sandwich for Road Cycling along the canal and through Gray Gables and Masnhee Island at an intermediate pace for 22+/- miles or 2 hours. We'll catch the sunset over Buzzards Bay and the moonrise over the Sagamore Bridge. Tires and riders pumped and and ready to roll. Helmets and spare tube, tire tools, and water required. Cancellation/rescheduling sent to registered riders. Alt day - Tue. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

May. 20. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

May. 27. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or re-

scheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Jun. 3. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Jun. 10. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Fridays

Jun. 13. Sunset/Full Strawberry Moon Ride. Road cycle the hills and shores of Sagamore and Highlands Cliff and along the canal to Buzzards Bay and Mass Maritime Academy for sunset over Onset Bay. Return along the canal may include a stop at 3 Mile Outlook before moonrise over Plymouth Bay. Tires and riders pumped and ready to roll. Helmets, spare tube & tools and water required. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Jun. 17. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling

sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Jun. 24. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

CANOE/KAYAK

Always looking for additional paddle leaders, both flat water and ocean. Contact paddlingchair@amcsem.org

Chapter Trips

Sat., Apr. 12. Leaders choice paddle. Leaders choice paddle. Contact leader for info. PFD/Spray skirt Wet/dry suit req. L. Bill Fischer (508 420 4137) before 9pm wmbarbarafischer@comcast.net. L Bill Fischer (508-420-4137 before 9 pm, wmbarbarafischer@comcast.net)

Wed., Apr. 16. PADDLE-Leader's Choice. Probably Barnstable Harbor, Well's, Bridge, and Brickyard Creeks, a trip of about 8 to 9 miles. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Apr. 23. PADDLE-Leader's Choice. Weather permitting, Lewis Bay with lunch on Egg Island. We'll explore Uncle Robert's Cove and perhaps Hyannis Inner Harbor. Otherwise Popponesset Bay and the Mashpee River. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Apr. 26. Leaders choice paddle. Leaders choice paddle. Contact leader for info. PFD/spray skirt wet/dry suit required. L Bill Fischer (508-420-4137)

before 9 pm. Email wambarbarafischer@comcast.net. L Bill Fischer (508-420-4137 BEFORE 9 PM, wambarbarafischer@comcast.net)

Wed., Apr. 30. PADDLE-Leader's Choice. Barnstable or Sandwich Old Harbor, or Scorton Creek. If the 4/16/14 trip goes as planned we'll do Sandwich Old Harbor, Scorton Creek, or the eastern end of Barnstable Harbor, otherwise we'll do the 4/16/14 trip. L Ed Foster (508-420-7245, erfoster@comcast.net)

CAPE HIKES

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

Chapter Trips

Thu., Mar. 6. Hike-Truro, Bearberry Hill (C3C). Sand path Ballston to Longnook Bchs, hilltop 360 views. Rte 6 to Pamet Rd, R off ramp, L at S Pamet Rd to beach pkg lot. Meet 9:45, 10:00 start. 2 hrs.

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.") Contact the Cape Hikes Chair: capehikingchair@amcsem.org. Cape Hikes are generally suspended during the summer months due to parking problems.

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

L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Sun., Mar. 9. Barnstable-Under the tunnel & through woods (C3C hike). Newer trails with a unique feature near Marstons Mills Airport. From Route 149, travel west on Race Lane to lot on the left. 2 hours. Meet at 12:45 PM. L Gary Miller (508-540-1857, garymaxxx@gmail.com)

Thu., Mar. 13. Hike-Brewster, Punkhorn Parklands (C3C). Wooded, hilly trails with pond views. Route 6 Exit 9B, 2 miles to a right on Satucket, then bear

right at Stony Brook Road. In 0.3 miles, turn right on Run Hill Road. 1.3 miles to parking lot on the left. Meet 9:45 a.m. 2 hours. L Janet Kaiser (508-432-3277 before 9 p.m., jtkaiser@comcast.net)

Sat., Mar. 15. Hike- Harwich, Herring River (B3C). Wooded walk with views of the beautiful Herring River. Walk both sides of West Reservoir, cranberry bogs. From Rte 6 E, Ex 10, R at top of ramp, Rte 124 for 1.3 mi, R @ Main St. straight 2 mi to park @ Sand Pond on R. Meet 9:45 a.m. 3.5 hrs. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Saturdays

Mar. 22. Hike - Provincetown Whales Whales Whales (B3B). Walk on the beach to the Race Point Lighthouse with binoculars in hand. Should see whales from the lighthouse! Meet at 9:45am, upper Race Point Beach parking lot, Provincetown. Walk will take 3 hours; eat lunch as we scan for whales with binoculars for another 2+ hours. (5+ hours RT.). L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Thu., Mar. 27. Hike -Mashpee-Mashpee River Woodlands (C3C). Wooded walk along Mashpee River. Take Orchard Rd. off Rte.28 to end. Turn R. then quick L onto Mashpee Neck Rd. Go 1.1 miles to Mashpee River Woodlands Pkg.Lot on R. Meet at 9:45AM. 2hrs. L Farley Lewis (farlewis@comcast.net)

Saturdays

Mar. 29. Hike - Provincetown Whales Whales Whales (B3B). Walk on the beach to the Race Point Lighthouse with binoculars in hand. Should see whales from the lighthouse! Meet at ***10:45am***, upper Race Point Beach parking lot, Provincetown. Walk will take 3 hours; eat lunch as we scan for whales with binoculars for another 2+ hours. (5+ hours RT.). L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Mar. 30. Hike - Yarmouth Three Ponds (C3C).

Late winter hike - bogs, ponds, woodland trails. Meet 9:25. Two hours. Exit 8 S from Rte 6. R. at second light. Go straight thru light to L on Yarmouth Rd. In about a mile pkg on both sides of road. Bad weather cancels. Doubt? Call L. L Janet DiMattia (jandimattia@verizon.net)

Saturdays

Apr. 5. Hike - Provincetown Whales and Trails (B3B). Meet at 9:45am, Herring Cove Beach parking lot, (far right of the right parking lot). Walk on bike trail, pine barrens, over dike, and through marsh to Race Point Lighthouse. Bring your binoculars! Hike will last 3 hours, but allow 2+ hours for lunch while scanning with binoculars for whales (5+ hours RT). L Nancy Braun (508-487-4004, nancytruro@comcast.net)(508-487-4004)

Sun., Apr. 6. Hike - Hawksnest State Park Harwich (C3C). Spring woods walk. Two hours. meet 12:45. Rte. 6 Exit 11. L at light then immediate R on Spruce Rd. Pkg approx. 0.8 on either side of road. Bad weather cancels. Doubt? Call L. L Janet DiMattia (jandimattia@verizon.net)

Thu., Apr. 10. Hike - Cataumet Greenways. Diverse terrain, bogs, farms, rolling woodland trails. Bourne Bridge to Otis rotary, 1st exit Cataumet. L on 28A s, 1/4m R on Longhill Rd, L on CountyRd, R on Red Brook Harbor, 1/2 m past stop sign park lot on R 9:45 AM. Heavy rain cancels. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com), R Catherine Giordano (PO Box 1289, North Falmouth, MA 02556, 508-243-3884 before 9 pm, cmgiordan@msn.com)

Sat., Apr. 12. Hike-Yarmouth, Greenough Ponds (B3C). Walk through Yarmouth Botanical Gardens, Dennis & Greenough Ponds. Meet at 9:45, 3 1/2 hr. Exit 7 off Route 6 to North, right on 6A, at sharp turn go right on Summer St. to beach parking lot. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sun., Apr. 13. Hike - Barnstable Conservation

(C3C). Hike - Meet at 12: 45 PM for 1:00 PM start. 3 Hour Hike. Barnstable Conservation (C3C) Exit Rt. 6 at Exit 5, Head South and Park at parking lot on Service Rd. Hike Barnstable Conservation Land and Otis Atwood land. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Thu., Apr. 17. Hike-Truro, Ryder Beach (C3C). Beach to woodland trails, hills, and scenic bay views. Route 6, then left on Prince Valley Road to the end. Right on County Road, then an immediate left on Ryder Beach Road. Park at the end. Meet at 9:45 a.m. 2 hours. L Janet Kaiser (508-432-3277 before 9 p.m., jtkaiser@comcast.net)

Sun., Apr. 20. Hike - Nickerson State Park Brewster (C3C). Easter Sunday spring hike ponds, woodland trails. Meet 12:45. Two hours. Enter park from 6A in Brewster. Stay on main road 1.8 mi. to L on dirt road pkg at Fishermans landing. L Janet DiMattia (jandimattia@verizon.net)

Thu., Apr. 24. Hike-Barnstable-Crooked Cartway (C3C). Wooded walk to The Deck. Mostly flat, some hills. Take Rte. 149 (N or S) to Rotary at Cape Cod Airport, Marstons Mills. West on Race Lane for 1.1 miles. Right onto Crooked Cartway. Go to end. Meet at 9:45AM. 2 hours. L Farley Lewis (farlewis@comcast.net)

(FT) (NM) Sat., Apr. 26. "Celebrate Blue Hills" Hike, Paddle, Trailwork Event - Join Us!. "Celebrate Blue Hills" - Join the Southeast Mass Chapter in celebrating this 7000 acre parcel of land incorporated in 1893, containing 125 miles of trails and 22 hills with a day full of events on Saturday, April 26, 2014. The Blue Hills Reservation is located 19 miles South of Boston and is bounded by the towns of Quincy, Braintree, Randolph, Canton, Dedham and Milton. Numerous fun options! Sign up for an easy, intermediate or rugged hike on trails showing a variety of habitats and views of Boston, Mt. Wachusett or points south. Have little ones? Try the family hike. Or sign up to paddle the shores of Ponkapoag Pond in hopes of seeing early spring plants and birds. You could also choose to do Trail

work and give back to the Reservation by brushing and edging the trails with rocks on the popular Skyline Trail. All of these activities will be hosted by knowledgeable leaders. They are listed individually online and you must register for them. Enjoy your choice of activity and then join us for a cookout at 4:00pm by Houghton's Pond. Cost for the cookout is \$6/person payable by cash on the day of the event. Sign up for the cookout online when you sign up for an activity. Please join us; we hope to share this wonderful park and the activities with you rain or shine. L Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com) CL Karen Singleton (karen.singleton@comcast.net), R Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com)

Sun., Apr. 27. Hike - Maple Swamp Sandwich (C2B). Hilly hike through historic woodlands which date back to original settlers, home to Maple swamp, quaking bog and other sites. Take Rte 6 to Exit 3 turn S on Quaking Meetinghouse Rd and take immediate L on Service Rd, Maple Swamp approx. 1 mile on R. From upper Cape take exit 4 turn S over highway and take immediate right onto Service Rd, Maple Swamp approx. 1 mile on left. Meet 12:45 PM start 1 PM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Thu., May. 1. Hike-Harwich, Hawks Nest State Forest (C3C). Wooded hike past Olivers, Hawks Nest, Walkers Ponds. Rte 6, Ex11, L at traffic light, quick R onto Spruce Rd. Park 1/3 mi at 2nd blue hydrant. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Sat., May. 3. Hike - Truro Bound Brook area (B3C). Saturday 3-3 1/2 hour hike woods, dunes, beach. Bring lunch. Meet 9:45. Meet 9:45. From Rte. 6- L on Prince Valley rd to end. R on County Rd. First L on Ryder Beach Road to pkg at end. Bad weather cancels. L Janet DiMattia (jandimattia@verizon.net)

(AN) Sat., May. 3. Leadership Training. This course prepares trip leaders for managing groups they will

be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader candidates are also welcome. It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to SEM chapter members. L Maureen Kelly (mokel773@aol.com), R Len Ulbricht (lenu44@gmail.com)

(C) Sun., May. 4. Hike - Mashpee/Barnstable Santuit Pond (C3C). Bogs, woodland trails, field w/ Bird's Foot violets in bloom! Rte. 6 Exit 5, So on Rte. 149 to Rte 28. R on 28, r on Santuit-Newtown rd for 0.8 to yellow gate, pkg on L. Meet 12:45. Two hours. L Nancy Wigley (nrwigley@verizon.net)

Thu., May. 8. Hike - Craigville Beach (C3C). Beach hike, Rte 6 to Exit 6, turn S take 1st R on Shottflying Hill Rd., follow signs to Craigville Beach, park to R of bathhouse. Meet 9:45 AM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Sun., May. 11. Hike-Eastham, National Seashore, Doane Rock (C3C). Hike Nat'l Seashore Lands to Three Sisters/Nauset Light. Rte 6 turn R at Eastham Visitor Center. Go to Doane Rock Picnic area Pkg lot on R, 1 mi. Meet 12:45 p.m. 2 hrs. L Janet Kaiser (508-432-3277 Before 9 p.m., jtkaiser@comcast.net)

Thu., May. 15. Last Hike/Picnic Great Island, Wellfleet (C3C). Meet at 9:45 Am for 10:00 AM start. Hike/Picnic - From Wellfleet Center take Chequesett Neck Rd, to Great Island Parking Lot. Hike on Trail, return via Cape Cod Bay Beach. End of season Picnic, bring food to share. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Fri., Jul. 11. Hike Full Moon Cape Cod Canal (C3C). Two hour hike, to enjoy the sunset and full moon while we walk to end of canal, east on Town Neck

Beach to Sandwich boardwalk and back through Sagamore village. From 6A take Tupper Rd and turn N onto Freezer Rd., park in lot at end of road. Meet 5:45 PM, hike starts 6 PM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Sat., Aug. 9. Hike - Full Moon West Dennis Beach (C4C). Route 6 Exit 9A south to Route 134, go straight and cross Route 28, then go to the end and turn right. After 0.5 miles, turn left to beach parking near entrance and concession bldg. Hike mile-long stretch on beach for sunset views. Return on beach for moon-rise! Option: Calm weather walk one more length of beach for 3rd mile Meet 7 p.m. Less than 2 hours. L Janet Kaiser (508-432-3277 Before 9 p.m.)

EDUCATION

Lookingforavicechair!Contacteducation@amcsem.org

Chapter Trips

(AN) (XCE) Sat., May. 3. Leadership Training. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader candidates are also welcome. It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to SEM chapter members. L Len Ulbricht (lenu44@gmail.com) CL Len Ulbricht (508-359-2250, lwu9944@verizon.net), R Len Ulbricht (11 Hilltop Circle, Medfield, MA 02052, lenu44@gmail.com)

EXECUTIVE COMMITTEE

We need an "Event Planner" for the AMC SEM Executive Board. Do you have event planning skills? Our events are typically: Annual Meeting/Dinner,

Holiday Party, Summer Picnic. Can you find and reserve a room, choose a menu that fits in our budget, worry about a projector and screen, set an agenda, and generally make an event happen? Contact the chapter chair at chair@amcsem.org.

Volunteer Opportunities

Until Filled. Chapter Youth Program (CYP) Leader. Share your outdoor knowledge and leadership skills with local groups of children. Give your time to these programs to help kids get outside who might not otherwise have the opportunity. A typical Chapter Youth Program (CYP) might include a local walk with some nature lesson or trail games. CYP leader training and screening is required. L Sally Delisa (picpocit@verizon.net)

FAMILY

Looking for ideas for new and fun Family Hikes. Looking for families that want to hike! Contact familyeventschair@amcsem.org.

Chapter Trips

(FT) (NM) Sat., Apr. 26. "Celebrate Blue Hills" Family Hike. Join us for a Family springtime hike through the Blue Hills Reservation on the Skyline Trail in conjunction with the chapter's "Celebrate Blue Hills" event. Located only minutes from the bustle of downtown Boston, the DCR Blue Hills Reservation stretches over 7,000 acres from Quincy to Dedham, Milton to Randolph, providing a green oasis in an urban environment. Rising above the horizon, Great Blue Hill reaches a height of 635 feet, the highest of the 22 hills in the Blue Hills chain. From the rocky summit visitors can see over the entire metropolitan area. We will be hiking on the skyline trail out to the infamous Whale Rock where we will take a break and enjoy a snack. The rock actually looks like a whale from a distance and is a great place to take pictures. Appropriate for children 3+, under 3 in child carrier. Hike begins at 10:30. Registration necessary. Join us after the hike for a fun cookout at 4:00 pm at Houghton's Pond. Cost for the cookout is \$6/person. Sign up for the cookout with your leader when you sign

up for the activity (hike, paddle, or trail work).
 L Christine Pellegrini (chrispellegrini@yahoo.com)
 CL Bill Pellegrini (billpellegrini@yahoo.com)(chrisspellegrini@yahoo.com), R Christine Pellegrini (508-244-9203 6-8 PM, chrispellegrini@yahoo.com)

HIKING

IMPORTANT: No pets w/o prior permission of trip leader. Individuals under 18 years of age must be accompanied by a parent or responsible adult, and obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 week prior to the trip so Ls can discuss prior hiking exp., conditioning, clothing, and equipment. Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

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

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

Chapter Trips

(FT) Thu., Mar. 6. Thurs Morn. Hike (Walk) in Historic Plymouth. Meet at 10:00 AM parking lot beyond Jenny's Grist Mill, 6 Spring Lane, Plymouth. We will visit Burial Hill, Forefathers Monument, Plymouth Harbor, Sarcophagus of Pilgrim bones,

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

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

and more. Please bring water and snack, be prepared for cold. L Ellie MacPherson (508-224-6465, elliemacp@comcast.net)

Thu., Mar. 13. Borderland Full Moon Hike. Come on a two hour, more or less, evening hike/snowshoe around the ponds, and maybe through the woods, on this 'Full Moon' hike at Borderland State Park in Sharon/Easton, MA. Please wear clothing and footwear appropriate for the weather. We walk at a 'moderate' pace, not fast, not dawdling. And we generally just get some exercise, see the park in the dark, see old friends and make new ones. (We hike monthly, October through March, except during heavy snow when they need the lot empty to plow, on a convenient evening that's at least close to the full moon.). L Bob Vogel (vogel.r@comcast.net) L Jim Casey (cmne@comcast.net) CL Nancy Coote, R Nancy Coote (nmcoote@yahoo.com)

(FT) (NM) Thu., Mar. 13. Blue Hills Hike. We will meet at 10:00 am on Hillside Street across from the Reservation Headquarters and the State Police Barracks. It will be a leisurely 4-5 mile hike with a lunch break either before or after the hike. It will all depend on when we reach the Houghton Pond area. Make sure you bring two liters of water, snacks, and a lunch. Bring a rain jacket in case or layers of clothing depending on the weather. L Sue Chiavaroli (508-496-6452, brillo6452@yahoo.com)

Thu., Mar. 20. Thursday Morning Moose Hill/TTOR Hike. Meet at 10AM at the Moose Hill Audubon parking lot for a 6 mile hike over relatively flat terrain with some gentle climbing. No parking fee for Audubon members; small fee for non members. Bring appropriate footwear, water and lunch. Storm cancels. L Deborah Lepore (781-828-0572 Before 9 PM, DLepore2@GMail.com)

Sat., Mar. 22. Mt. Tom and M&M Hike. 8.9 mile loop hike over moderate terrain through the Mt Tom Reservation and on the Metacomet-Monadnock Trail. Enjoy views of the Berkshires, Pioneer Valley, and the Connecticut River. L Anne Duggan (508-789-5538 before 9 pm, ab.duggan@verizon.net) L Len Ulbricht (lwu9944@verizon.net), R Anne Duggan (Rochester, MA 02770, 508-789-5538 before 9 pm, abduggan12@gmail.com)

(FT) (NM) Sun., Mar. 23. Ponkapoag Pond Hike. Intro. hike, great for new members. Hike around Ponkapoag Pond. Easy terrain, 4.5 miles. Bring sturdy footwear, water and snacks. Heavy rain cancels. Meet at 8:45 am Ponkapoag Golf Course (Rt. 138) parking lot in Canton. L Catherine MacCurtain (781-848-9506 Before 9:00 p.m., camaccurtain@aol.com)

Thu., Mar. 27. Thursday Morning Hike Joe's Rock/ Birchwold Wrentham. Wooded hike with short climb to Joe's Rock. Meet 10:00 a.m. at Joe's Rock pkg. area on 121, Wrentham. Bring water, lunch/snacks. Wear layers and suitable footwear. Traction devices if icy. Storm or rain cancels. L Joanne Staniscia (508-528-6799 7-9 p.m., jstaniscia@comcast.net)

Sat., Apr. 5. Great Woods Hike Norton to Mansfield. Great Woods from Yelle Conservation Area in Norton to Mansfield's Greatwoods via two previously unconnected trail systems with historical sites, vernal pools and varied glacial remnants. Car spotting. Rain or Shine. L Richard Carnes (508-947-3204, rcarnes2@aol.com), R Richard Carnes (508-947-3204 Before 9PM, rcarnes2@aol.com)

(FT) (NM) Sun., Apr. 6. Braintree Pass Path Hike. Sunday intro hike through the beautiful Braintree Pass Path in Blue Hills. Easy terrain, 4.5 miles. Bring sturdy footwear, water and snacks. Meet at 9:00 am at the parking lot at the intersection of Rt. 28 and Chickatawbut Rd. Heavy rain cancels. L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com)

(FT) (NM) Thu., Apr. 10. Thursday Hike in the Blue Hills. Nice Thursday morning hike through the Blue Hills. Meet at 10:00 AM at the third parking area on the left on Route 28 in Milton. There is limited parking. There are some parking areas along the road. Take Route 95 North, and then take 93 towards Boston. Take exit 5 North towards Milton. L Sue Chiavaroli (508-496-6452 7PM-9PM, brillo6452@yahoo.com)

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

(FT) (NM) Thu., Apr. 17-Sep. 18. Red Line Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org) L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Sat., Apr. 26. "Celebrate Blue Hills" Wolcott and Border Path Hike. Intro hike through Wolcott and Border Path in conjunction with the chapter's "Celebrate Blue Hills" event. Easy terrain 4.5 miles. Bring sturdy footwear, water and snacks. Meet at 1:30 am at the parking lot to the left of the Trailside Museum. Heavy rain cancels. Join us after the hike for a fun cookout at 4:00 pm at Houghton's Pond. Cost for the cookout is \$6/person. Sign up for the cookout with your leader when you sign up for the activity (hike, paddle, or trail work). L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) CL Cathy Fagan (fagankd@msn.com), R Cathy MacCurtain (781-848-9506, camaccurtain@aol.com)

(FT) (NM) Sat., Apr. 26. "Celebrate the Blues Hills" Beginner's Hike. A leisurely 4-5 mile hike with some rolling hills but basically flat in conjunction with the chapter's "Celebrate the Blue Hills" event. Join us after the hike for a fun cookout at 4:00 pm at Houghton's Pond. Cost for the cookout is \$6/person. Sign up for the cookout with your leader when you sign up for the activity (hike, paddle, or trail work). Meet at 12:45 for

1:00 start. L Sue Chiavaroli (508-496-6452 7-9 PM, brillo6452@yahoo.com) CL Nancy Coote (508-596-82227-9PM, nmcoote@yahoo.com), RSueChiavaroli (508-496-6452 7-9 PM, brillo6452@yahoo.com)

Sat., Apr. 26. "Celebrate the Blue Hills" Skyline Trail End-to-End Hike. App. 9-mile long, 6-hour hike in conjunction with the chapter's "Celebrate Blue Hills" event. Great spring conditioning hike to get you ready for some 4000 footers in NH! Join us after the hike for a fun cookout at 4:00 pm at Houghton's Pond. Cost for the cookout is \$6/person. Sign up for the cookout with your leader when you sign up for the activity (hike, paddle, or trail work). L Walt Granda (508-999-6038 Before 9:00 PM, wlgranda@aol.com) L Paul Miller (paulallenmiller@verizon.net), R Walt Granda (508-999-6038 Before 9 pm, wlgranda@aol.com)

Sat., Apr. 26. "Celebrate Blue Hills" Fast & Hilly Skyline Trail Hike. Join us for a fast and hilly loop on the rugged and rocky North & South Skyline trails, on to Tucker and beyond if we have time, 1pm-3:30pm, in conjunction with the Chapter's "Celebrate Blue Hills" event. Meet at Houghton Pond parking lot playground. Limited to experienced hill walkers who can maintain a steady pace with few breaks. Then join us after the hike for a fun cookout at 4:00 pm at Houghton's Pond. Cost for the cookout is \$6/person. Sign up for the cookout with your leader when you sign up for the activity (hike, paddle, or trail work). L Eva Borsody das (borsody@gmail.com), R Eva Borsody-Das (borsody@gmail.com)

(C) (FT) (NM) (SN) Sat., Apr. 26. "Celebrate Blue Hills" Hike, Paddle, Trailwork Event - Join Us!. "Celebrate Blue Hills" - Join the Southeast Mass Chapter in celebrating this 7000 acre parcel of land incorporated in 1893, containing 125 miles of trails and 22 hills with a day full of events on Saturday, April 26, 2014. The Blue Hills Reservation is located 19 miles South of Boston and is bounded by the towns of Quincy, Braintree, Randolph, Canton, Dedham and Milton. Numerous fun options! Sign up for an easy, intermediate or rugged hike on trails showing a variety of habitats and views of Boston, Mt. Wachusett or points south. Have little

ones? Try the family hike. Or sign up to paddle the shores of Ponkapoag Pond in hopes of seeing early spring plants and birds. You could also choose to do Trail work and give back to the Reservation by brushing and edging the trails with rocks on the popular Skyline Trail. All of these activities will be hosted by knowledgeable leaders. They are listed individually online and you must register for them. Enjoy your choice of activity and then join us for a cookout at 4:00pm by Houghton's Pond. Cost for the cookout is \$6/person payable by cash on the day of the event. Sign up for the cookout online when you sign up for an activity. Please join us; we hope to share this wonderful park and the activities with you rain or shine. L Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com) CL Karen Singleton (karen.singleton@comcast.net), R Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com)

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Sun., May. 4. Buck Hill Hike. Challenging 3.5 mile Sunday hike (not for beginners) to the rocky summit of Buck Hill with great views. Bring sturdy footwear, water and snacks. Meet at 9:00 am at Houghton Pond parking lot. Heavy rain cancels. L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com)

(C) (FT) (NM) Thu., May. 8. Thurs Morn. Hike - Wollomonopoag Conservation Area. Meet 10:00am in Conservation Area parking lot off of Elysium St. Bring water, snack or lunch & sturdy footwear. Rain cancels. Great blue rookery and eskers and possi-

ble sighting of deer. L Muriel Guenthner (508-699-7461 Before 9:00pm, murielguenthner@comcast.net), R Muriel Guenthner (99 Birchwood Drive, Attleboro Falls, MA 02763, 508-699-7461 Before 9:00pm, murielguenthner@comcast.net)

Fri., May 9-11. Mt. Greylock Backpack Hike. Enjoy a spring weekend hiking Mt. Greylock and camping under the stars. Backpacking experience preferred, but not necessary. L Leslie Carson (508-833-8237 Before 9 PM, ltc929@comcast.net) L Maureen Kelly (mokol773@aol.com) L Mike Woessner (stridermw@hotmail.com), R Leslie Carson

Sat., May. 17. North Pack Monadnock Hike. Great springtime hike near the MA/NH border. This section of the Wapack Trail to North Pack Monadnock offers some great views and a few challenging sections to the summit. The 8-mile hike will start at the Miller State Park using the Wapack and Cliff trails. L Walt Granda (508-999-6038 Before 9:00 p.m., wlgranda@aol.com) CL Luther Wallis (lew89@comcast.net), R Walt Granda (508-999-6038 Before 9:30 pm, wlgranda@aol.com)

Sat., May. 31. Mt. Holyoke Range Hike. Enjoy some of the nicest views along the Metacomet-Monadnock Trail, hiking the Seven Sisters and Mt. Holyoke. L Leslie Carson (508-833-8237 Before 9 PM, ltc929@comcast.net) L Eva Borsody das (borsody@gmail.com), R Leslie Carson

(FT) (NM) Sat., Jun. 21. Long/Ell Pond Hike on Narragansett Trail. We'll hike along the Narragansett Trail to the cliff that overlooks Long Pond. The hike will then descend through a gorge of rhododendrons and hemlocks to a beautiful lunch spot along another pond. A great hike for new members and hikers. L Sue Chiavaroli (508-242-4164 9AM-5PM, brillo6452@yahoo.com) CL Nancy Coote (nmcoote@yahoo.com)

Sat., Jun. 28. Alpine Garden via Nelson Crag Loop Hike. We'll visit the Alpine Garden on Mt. Washington on a challenging, but rewarding loop hike

via the Nelson Crag, Alpine Garden, Lion Head, and Tuckerman Ravine Trails. Experienced hikers only. Also see leader's hike on June 29th. Several overnight accomodation options available. L Paul Miller (508-369-4151 before 9:00 PM, paulallenmiller@verizon.net) L Eva Borsody das (borsody@gmail.com), R Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net)

Sun., Jun. 29. Mt. Crawford Hike. A relatively easy White Mountain hike to the summit of Mt. Crawford from Rte 302 in Crawford Notch where (weather permitting) we'll get to enjoy the beautiful views. Also see leader's hike on June 28h. Several overnight lodging available. L Paul Miller (paulallenmiller@verizon.net) L Eva Borsody das (borsody@gmail.com), R Paul Miller (508-369-4151 before 9:00 PM, paulallenmiller@verizon.net)

PADDLING

Always looking for additional paddle leaders! Contact the canoe/kayak committee at paddlingchair@amcsem.org

Chapter Trips

Sat., Apr. 26. "Celebrate Blue Hills" Ponkapoag Pond Paddle. Paddle Ponkapoag Pond with us to see spring plants, birds and fish in conjunction with the chapter's "Celebrate Blue Hills" event. Launch time is 1:00 and paddle should last about 1.5 hours. PFD required. Wet/dry suit recommended. Join us after the hike for a fun cookout at 4:00 pm at Houghton's Pond. Cost for the cookout is \$6/person. Sign up for the cookout with your leader when you sign up for the activity (hike, paddle, or trail work). L Betty Hinkley (bhinkley@mindspring.com) CL George Wey (geowey@comcast.net), R Betty Hinkley (Bhinkley@mindspring.com)

Sat., Apr. 26. "Celebrate Blue Hills" Hike, Paddle, Trailwork Event - Join Us!. "Celebrate Blue Hills" - Join the Southeast Mass Chapter in celebrating this 7000 acre parcel of land incorporated in 1893, containing 125 miles of trails and 22 hills with a day full of events on Saturday, April 26, 2014. The

Blue Hills Reservation is located 19 miles South of Boston and is bounded by the towns of Quincy, Braintree, Randolph, Canton, Dedham and Milton. Numerous fun options! Sign up for an easy, intermediate or rugged hike on trails showing a variety of habitats and views of Boston, Mt. Wachusett or points south. Have little ones? Try the family hike. Or sign up to paddle the shores of Ponkapoag Pond in hopes of seeing early spring plants and birds. You could also choose to do Trail work and give back to the Reservation by brushing and edging the trails with rocks on the popular Skyline Trail. All of these activities will be hosted by knowledgeable leaders. They are listed individually online and you must register for them. Enjoy your choice of activity and then join us for a cookout at 4:00pm by Houghton's Pond. Cost for the cookout is \$6/person payable by cash on the day of the event. Sign up for the cookout online when you sign up for an activity. Please join us; we hope to share this wonderful park and the activities with you rain or shine. L Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com) CL Karen Singleton (karen.singleton@comcast.net), R Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com)

(AN) Sat., May. 3. Leadership Training. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader candidates are also welcome. It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to SEM chapter members. L Maureen Kelly (mokel773@aol.com), R Len Ulbricht (lenu44@gmail.com)

TRAILS

Looking for leaders to lead trail work events. Contact chair@amcsem.org. Looking for a trails chair.

Volunteer Opportunities

Until Filled. SEM needs a TRAILS CHAIR !. SEM needs a Trails Chair. Contact chair@amcsem.org to volunteer! L Cheryl Lathrop (chair@amcsem.org)

Chapter Trips

(C) (AN) (CE) Sat., Apr. 26. "Celebrate Blue Hills" Trail Work Event. Give back a little this year by helping maintain the trails we all love in conjunction with the chapter's "Celebrate Blue Hills" event. We will perform trail work on a section of the North Skyline between Reservation Headquarters and Elliot Circle. Tools and training will be provided. 12:30am - 3:30 pm. Join us after the trail work for a fun cookout at 4:00 pm at Houghton's Pond. Cost for the cookout is \$6/person. Sign up for the cookout with your leader when you sign up for the activity (hike, paddle, or trail work). L Maureen Kelly (508-224-9188 before 8pm, mokel773@aol.com), R Luther Wallis (lew89@comcast.net)

(C) (NM) Sat., Apr. 26. "Celebrate Blue Hills" - Hike, Paddle and Trailwork Event - Join Us!. "Celebrate Blue Hills" - Join the Southeast Mass Chapter in celebrating this 7000 acre parcel of land incorporated in 1893, containing 125 miles of trails and 22 hills with a day full of events on Saturday, April 26, 2014. The Blue Hills Reservation is located 19 miles South of Boston and is bounded by the towns of Quincy, Braintree, Randolph, Canton, Dedham and Milton. Numerous fun options! Sign up for an easy, intermediate or rugged hike on trails showing a variety of habitats and views of Boston, Mt. Wachusett or points south. Have little ones? Try the family hike. Or sign up to paddle the shores of Ponkapoag Pond in hopes of seeing early spring plants and birds. You could also choose to do Trail work and give back to the Reservation by brushing and edging the trails with rocks on the popular Skyline Trail. All of these activities will be hosted by knowledgeable leaders. They are listed individually online and you must register for them. Enjoy your choice of activity and then join us for a cookout at 4:00pm by Houghton's Pond. Cost for the cookout is \$6/person payable by cash on the day of the event. Sign up for the cookout online when you sign up for an activity. Please join us; we hope to share this wonderful park and the activities with you rain or shine. L Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com) CL Karen Singleton (karen.singleton@comcast.net), R Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com)

the southeast **Breeze**



Photo courtesy Ken Carson [Page 9 >>](#)

Lonesome Lake Winter Hike

SEM LONESOME LAKE TRAILWORK

May 31- June 1

Open Volunteer Positions

Contact Chapter Chair at chair@amcsem.org

if you are interested in a position on the Executive Board.

- Biking Vice Chair
- CYP Vice Chair
- Communications Vice Chair
- Trails Chair
- Conservation Vice Chair
- Education Vice Chair
- XC Skiing Vice Chair

CYP Leader Training
April 12, 9-3:00, Marshfield

Hike Planning Meetings
6:30pm - June 4, September 3,
December 3

“Celebrate Blue Hills” Day
April 26, Blue Hills

Board Meetings
6:30pm electronic
April 9, May 14, June 11
September 10, October 8
November 12

Spring Leadership Training

Chapter Hut Weekend
September 19-20 2014

Borderland State Park - May 3

Wilderness First Aid
Fall 2014

April 2014

Visit AMC SEM Website

Breeze Newsletters

Photos



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

Editor: Andrea Holden
breeze.editor@amcsem.org

Are you a detail person, long-time chapter member or former board member?

We're forming a committee to update our chapter Bylaws and Operating Rules.

See our current [Bylaws and Operating Rules](#).

Contact your Chapter Chair at chair@amcsem.org.

Like to work with groups of children? Want to share your outdoor knowledge with the next generation?

Our Chapter Youth Program (CYP) is looking for leaders. A typical CYP might include a local walk with some nature lesson or trail game. Contact Sally Delisa cypcoordinator@amcsem.org

Like to ski? Want to see more ski trips?

Our Ski Committee needs a Vice Ski Chair to work with our Ski Chair to help to plan ski events, both downhill and cross-country. Contact xcskichair@amcsem.org for more information.

Conservation minded? Want more conservation activities?

Our Conservation Committee needs a Vice Conservation Chair to work with our Conservation Chair to help plan conservation events and education. Contact conservationchair@amcsem.org for more information.

If you'd like to give back to your SEM chapter, we'll find something small for you to do to get started. Contact the Chapter Chair at chair@amcsem.org and we'll match up your interests and capabilities with our needs.



2014 Executive Board

Chapter Chair

chair@amcsem.org
Cheryl Lathrop, 508-668-4698

Vice Chapter Chair

vicechair@amcsem.org
Maureen Kelly, 508-224-9188

Past Chapter Chair

pastchapterchair@amcsem.org
Jim Plouffe, 508-562-0051

Secretary

secretary@amcsem.org
Karen Singleton, 508-730-7701

Treasurer

treasurer@amcsem.org
Patty Rottmeier
508-982-1099 (c) 508-228-4207 (h)

Membership Chair

membershipchair@amcsem.org
Ed Miller, 774-222-0104
5-9pm, no calls after 9pm

Membership Vice Chair

membershipvicechair@amcsem.org
Ellen Thompson

Biking Chair

bikingchair@amcsem.org
Cheryl Washwell, 774.259.4535

Chapter Youth Program (CYP) Chair

cypchair@amcsem.org
Sally Delisa, 781-834-6851

Cape Hiking Chair

capehikingchair@amcsem.org
Farley Lewis, 508-775-9168

Cape Hiking Vice Chair

capehikingvicechair@amcsem.org
Peter Selig, 508-432-7656

Cape Hiking Vice Chair

capehikingvicechair@amcsem.org
Janet DiMattia, 508-394-9064

Paddling Chair

paddlingchair@amcsem.org
Betty Hinkley, 508-241-4782

Paddling Vice Chair

paddlingvicechair@amcsem.org
Ed Foster

Communications Chair

commschair@amcsem.org
Gina Hurley, 508-362-6573

Trails Vice Chair

trailsvicechair@amcsem.org
Wayne Anderson, 508-697-5289

Conservation Chair

conservationchair@amcsem.org
Joanne Jarzowski, 508-775-7425

Education Chair

educationchair@amcsem.org
Len Ulbricht, 508-359-2250

Hiking Chair

hikingchair@amcsem.org
Paul Miller, 508-369-4151

Hiking Vice Chair

hikingvicechair@amcsem.org
Leslie Carson, 508-833-8237

Ski Chair

xcskichair@amcsem.org
Barbara Hathaway, 508-880-7266

Ad Hoc Committees

Family Events Chair

familyeventschair@amcsem.org
Chris Pellegrini, 508-244-9203

Family Events Vice Chair

familyeventsvicechair@amcsem.org
Bill Pellegrini, 508-244-9203

Social Director

socialchair@amcsem.org
Melissa Powers

Staff

Social Networking Moderator

social.nw.moderator@amcsem.org
Susan Salmon

Blast Editor

blast.editor@amcsem.org
breeze.editor@amcsem.org
Gina Hurley, 508-362-6573

Breeze Editor

Andrea Holden, 508.837.6998

Find activities (hikes, bikes, etc.)

1. The monthly *Breeze* - email
2. *AMC Outdoors magazine* - mail
3. [Online trip listings](#)
4. Sign-up for [short notice trips](#) (center bottom of page)

Pictures and Article Submissions

We encourage SEM members to submit articles and photos for both the *Breeze* and our website. Materials will be edited at the editor's discretion. Send to

Breeze Deadline

Monthly on the 15th

Sign-up for the Breeze

Call 800-372-1758 or email

Where to find Breeze Publications

Volunteers Wanted

Volunteer for the Executive Board. Do you have skill and want to see where you fit? Lead hike, bike, ski, snowshoe, x-country or paddle trips. We have volunteer positions open! Contact chair@amcsem.org

Want SEM activities delivered right to your email inbox? Sign up for AMC "digests". Access the Member Center from our home page (amcsem.org) or call 800-372-1758.



View from the Chair

By Cheryl Lathrop

April showers bring May flowers! Yes, it is a little muddy this month. But, at least the snow is gone (hopefully!)

How about those great Conservation events in March! And there are more coming up in April. Watch our SNEL (Short Notice Email List). And you can always click on the “Schedules” tab on our website, then click on “conservation”, to see all of our upcoming conservation activities.

Are you ready to “Celebrate the Blue Hills” on April 26? We love our local Blue Hills, and we wanted to celebrate them with a day of hiking, paddling, and trail work. All topped off with a cookout! On our website, click on the “Schedules” tab, then “all SEM activities”—and sign up for one of the many “Celebrate the Blue Hills” fun events!



Courtesy Cheryl Lathrop

Want to get more involved? Email me and I’ll find something for you. We have both large and small volunteer needs. And I’ll find something that matches your interests and capabilities.

Cheryl Lathrop

Chapter Chair

Got something to say?
Got a good idea?
Want to volunteer?

Feel free to contact me
anytime about anything!
chair@amcsem.org

As always, feel free to contact your chapter chair, or vice chapter chair at any time.

Chapter Chair: Cheryl Lathrop (chair@amcsem.org) ~ Vice Chapter Chair: Maureen Kelly (vicechair@amcsem.org)

TREKKING THE ALPS

By Gina Hurley
Communications Chair

ONE OF MY DREAM ADVENTURES is to trek through the Alps.

This year my husband and I are celebrating 25 years of marriage, and want a big vacation, so we are looking into making this dream adventure come true. I have planned many big trips, including several long distance backpacking trips, such as the Long Trails, the Tahoe Rim Trail, and the John Muir Trail. However, trekking in the Alps offers so many possibilities, that

it is hard to zero in on one area.

In doing my research I found 20 classic trekking routes covering several different countries, including France, Switzerland, Austria, Italy, Germany, and even Slovenia. Where to begin? Of course if you want to do some day hiking, any of these classic routes can be broken into a one or two day trip, but if you are considering a long distance trek, other factors have to be considered. Distance, duration, ascent, and grade are all factors to think about. The shorter treks are about 6 days, with many averaging 12-15 days,

and a few treks can take a month or longer to complete.

All the routes have accommodations along the way. Some treks have mountain huts or hostels, and most provide access to small towns with typical accommodations, such as hotels and B & Bs. Since there are huts and hostels along the way, you do not need to bring all of the gear you typically need backpacking, such as a tent, stove, and dinner and breakfast food. You spend the nights at the huts, so

Continued on page 7

The Education Committee organizes and promotes training of trip leaders for our chapter. Two fundamental programs, Leadership Training and Wilderness First Aid, are planned and supported every year. Other programs may be offered at the committee's discretion.

The Vice Chair and Chair share tasks that typically involve the planning, coordination and hosting of training sessions, nominally two or three weekend sessions per year. Presenting training material is not

required. Upon expiration of the Chair's term in office, the Vice Chair normally moves into the Chair's position.

Volunteer Opportunity Education Committee Vice Chair

Small event planning experience helpful. Completion of Leadership Training or Wilderness First Aid desirable but not required.

To explore this volunteer position further, contact Len Ulbricht, the Education Committee Chair, at lenu44@gmail.com.

Map & Compass Training Opportunities

A map and compass (M&C) are two of the ten must have essentials for wilderness hiking. (Do you know the other eight?) Key elements of M&C instructional training include basic compass use, correction for magnetic variation, terrain map reading, following a compass course, triangulation and bushwhacking. If M&C is new to you or if you could use a refresher session, consider the following M&C offerings.

March 9, 15 or 22 at Rocky Woods in Medfield. Offered by REI. See <http://www.rei.com/outdoorschool/140/programs/23>

April 25-27 at Cardigan Lodge in NH. Offered by NH Chapter. See <http://activities.outdoors.org/search/index.cfm/action/details/id/72532>

May 2-4 at Highland Center in Crawford, Notch NH. Offered by AMC. See <http://activities.outdoors.org/search/index.cfm/action/details/id/70838>



SEM is offering the Barry Farnsworth Memorial Scholarship for Map & Compass training. This scholarship will help defray the tuition expense for any of the above training opportunities. Contact the Education Chair, Len Ulbricht, at lenu44@gmail.com for further details.

Barry Farnsworth Memorial Scholarship

Map and Compass Training

To honor the late Barry Farnsworth, our recent Education Committee Vice Chair, the Executive Board has voted to create a \$100 scholarship toward the cost of M&C training tuition. Barry had a personal interest in promoting M&C training within the chapter, and the Board chose to recognize him in this manner. The funds may be used for training programs offered by any AMC chapter or those offered by non-AMC entities. This scholarship is open to both trip leaders and non-trip leaders in SEM. Interested parties should review the scholarship [application form](#) and, upon completion of training, submit an SEM scholarship application to the Education Committee chair. Reimbursement will be made upon approval by the chapter's Executive Board.

Contact Education Committee chairperson, Len Ulbricht, at lenu44@gmail.com for further information.

Alan Greenstein Completes RLBH Green Sequence



Third time around and in excess of 375 miles later, I think that I am beginning to have a feel for the lay of the land in the Blue Hills Reservation. The variety of trails traversed on the Thursday night RLBH hikes supplemented by the skillful planning of Trail Master Extraordinaire, Joe Keogh, during the winter "off-season" supported my completing the Green Sequence in just under 14 months. Great fun all around except maybe for the "wettest ever" Thursday night hike during the summer of 2013.

-Alan Greenstein

Joe Keogh presents Alan Greenstein with RLBH patch.
Let's congratulate Alan Greenstein! Photo courtesy Joe Keogh

Want to see your photo on our website?

You know the rotating/changing banner photos on our chapter website, www.amcsem.org? Well, we're looking for some new ones! If you have a great photo of a SEM activity or of the outdoors, please send it to the chapter webmaster, webmaster@amcsem.org. We can provide a photo credit in the corner! Requirements: High quality. Horizontal format is best. Generally the bigger the file size, the better the picture. (Not 72 dpi)

2014 LEADERSHIP TRAINING

Leadership Training will be held on **Saturday, May 3, 2014** at **Borderland State Park, N. Easton, MA**. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader candidates are also welcome. It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to chapter members.

Please register by April 19 with Len Ulbricht at lenu44@gmail.com

Leadership Training - Why Take It?

In order to foster safe outdoor recreation enjoyable to all, AMC has for many years offered a variety of [training programs](#) - both for personal growth and trip leaders/organizers. The most basic program is Leadership Training. This program covers the essential elements our trip leaders need to understand when organiz-

ing, planning and managing groups of hikers, bikers, paddlers, or skiers. It is offered by all AMC chapters to train leaders with a common set of guidelines for situations they will likely face in running an outdoor activity. Anyone wishing to lead trips for our chapter should take this program.

Suppose one is uncertain as to whether or not they want to lead trips. Can they take it? Or how about members new to AMC who are not seeking to lead but want to learn how our organization operates. Can they take it? And there are those members who just wish to participate and not lead. Can they take it?

Yes! Yes! Yes! to all three questions. Leadership Training is for participants, too. You will learn how leaders manage groups, screening considerations leaders undertake and may ask you about to insure group compatibility, how to deal with accidents and AMC liability protections, and ways to personally prepare for your outdoor experience whether it's hiking, biking, paddling or skiing. You'll also meet and interact with SEM trip leaders who present course materials. So give LT some thought.

AMC ACTIVITY PARTICIPATION POLICY

AMC encourages involvement in its mission and activities through its membership□ 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) establish□ by a responsible adult. All participants in AMC activities are required to sign the AMC waiver form provided by the leader. Preview the waiver at: <http://amcsem.org/documents.html>

**SHARE YOUR SKILLS AND
MAKE A DIFFERENCE WITH YOUTH!**

Hear a Child Say, **“THIS IS THE BEST DAY OF MY LIFE!”**

The Southeastern Massachusetts Chapter
Of the Appalachian Mountain Club Offers

CYP Leadership Training

By Jess Wilson, AMC Leadership Training Mgr.

Saturday, April 12, 2014

At Ventress Memorial Library

Marshfield, MA

9:00-3:00

Materials and Lunch Provided

TO REGISTER for a space, materials and lunch in the
Chapter Youth Program Leadership Training
contact Sally Delisa, cypchair@amcsem.org
Or call 781-834-6851 (Best time between 7-9 p.m.)

only need to carry food and gear for a day hike each day.

There are circuit routes, starting and ending in the same small European town, and then there are distance routes, where you start in one country and end in another.

An interesting circuit route is the Tour of the Matterhorn. For this trek you start and finish in Zermatt, Switzerland. It is a 91 mile hike that takes about 8-10 days to complete. The Matterhorn stands at the center of this circuit trek.



The Walker's Haute Route is another trek. This one starts in Chamonix, France, and ends in Zermatt, Switzerland. It is 112 miles, and takes about 12-14 days. The

20 routes seem to have a bit of everything, and each seems appealing in their own right.

SO HOW DO YOU CHOOSE?

I am not sure, and am trying to figure that out.

Oh, what a problem! There are guidebooks published by Cicerone (www.cicerone.co.uk) for most of these treks. There is also a lot of information on the web. If Trekking the Alps is on your bucket list, I hope you have the adventure of a lifetime. I'm planning on it!

COMING EVENTS

CYP Leader Training (4/12) : TO REGISTER for a space, materi-

als and lunch contact Sally Delisa, cypchair@amcsem.org Or call 781-834-6851 (Best time between 7-9p.m.) www.amcsem.org/events_cyp.train_04.12.14.pdf

Celebrate Blue Hills Day (4/26): Come

celebrate the Blue Hills with the Southeast Mass Chapter on Saturday, April 26. We are offering hikes for all levels, a paddle on Ponkapoag Pond and trail work. Enjoy your activity and then join us for a cookout at 4:00pm by Houghton's Pond for \$6/person <http://activities.outdoors.org/search/index.cfm/action/details/id/73692>.

August Camp 2014 Mount Rainier National Park, WA

Hike in the shadows of majestic Mount Rainier

© Peter Selig

In 2014 August Camp experiences the incredible beauty of Mount Rainier National Park. Marvel at spectacular scenery, wildflowers and towering hemlocks, relive the drama of Mt. St. Helens, and hike on the shoulders of one of the highest peaks in the lower 48. Camp will be set up in the small former lumbering town of Packwood, adjacent to the park.



After a day of the activity of your choice, relax around the nightly campfire, listening to ranger talks, reports from the day's hikes, and a description of the next day's activities, followed by singing and conversation.

This full service tent village for 64 campers each week offers home-cooked meals, daily hikes at all levels, evening campfires and wonderful camaraderie.

The designated airport is Seattle-Tacoma International, and the camp fleet of vans provides transport between camp and SeaTac each Saturday.

The Application and Camper information forms, as well as detailed Camp information can found on the August Camp website at <http://www.augustcamp.org/>. Plan your one or two week adventure now and be part of one of the AMC's oldest traditions.

Southeast MA chapter leaders Leslie Carson and Eva Borsody Das will be leading hikes at August Camp during weeks 3 and 4.

Applications will be accepted after Jan 1, 2014.

- Week 1:** July 19 - July 26
- Week 2:** July 26 - Aug 2
- Week 3:** Aug 2- Aug. 9
- Week 4:** Aug. 9 - Aug. 16

Questions about August Camp? Contact SEM Chapter and August Camp leader Éva Borsody Das, at borsody@gmail.com.

Leadership Training (5/03): This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader candidates are also welcome. It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to SEM chapter members. For more information go to <http://activities.outdoors.org/search/index.cfm/action/details/id/73661>

Lonesome Lake Trail Work (5/31-6/1)" Join us for trailwork on our adopted trail "Lonesome Lake Trail" on May 31-June 1, in beautiful Franconia Notch. Stay at the hut; tools provided; all are welcome. trailsvicchair@amcsem.org.

Chapter Hut Weekend (9/19-9/21): Mark your calendars; more information to come!

community places

Massachusetts Breast Cancer Coalition SWIM, KAYAK, WALK OR RUN

This half-day event is held rain or shine and every dollar you raise goes to the Massachusetts Breast Cancer Coalition's work toward breast cancer prevention! For more information [visit >>](#)

YEAR ROUND. BLUE HILLS HIKES

Blue Hills (Milton, MA) hikes and other activities run year round [visit >>](#)

Activities are not a part of AMC, nor endorsed by AMC. They are provided as a resource for chapter members, as AMC also believes in getting outside. Send your activity web link (url) to the webmaster@amcsem.org and/or breeze.editor@amcsem.org for consideration.

The SEM Communications Chair and SEM Executive Board will be the sole judge of a submission's appropriateness for posting.

Please join us for the annual Cape Cod Canal Clean Up. SEM participates every year and it's a great event to give back to our beautiful Cape Cod.

CAPE COD CANAL CLEAN UP

<http://www.americorpscapedod.org/volunteer-opportunities-2/annualsignature-events/canal-clean-up/>

When: Sat, April 19, 9am - 1pm

Where: Buzzards Bay, Bourne, MA

Annual signature event, Canal Clean-Up, a day to spruce up our beloved canal, will celebrate the 100th anniversary of the Cape Cod Canal along with the Army Corps of Engineers! Please join us in making the canal a even more enjoyable spot to spend your days! Interested in joining us?

CONSERVATION



Use one less paper napkin than you normally would. The average American uses about 2,200 napkins per year. That is about six per day! If everyone used just one less napkin per day, it would save more than a billion pounds of napkins from landfills. You can conserve even more paper by using cloth napkins at home. These save both money and the environment!

Object to receiving fund raising emails from the AMC?

Call the AMC to specify your preferences! 800-372-1758

SEM VOLUNTEERS NEEDED – to "Table Sit"



Melissa Powers & Ed Miller "Table Sitting"

We need "table sitters". Folks willing to sit at a table and talk to the public about what we do locally. Many people think we only hike the AT! We get a lot of opportunities to have a SEM "table" at EMS, REI, LLBean, Wellness Day, State Park, etc. So, we need *you* to hand out SEM brochures and chat with folks that stop at the table. Bring your backpack, your bike, or your new paddle as a great prop to bring people to the table. Great opportunity to give back to the chapter!

Ideally we'd like a long list of folks to call on when an opportunity arises, so no one has to invest an entire day, but only a 2-hour shift.

Contact the Membership Committee: membershipchair@amcsem.org, membershipvicechair@amcsem.org. Or the Chapter Chair, chair@amcsem.org, or Vice Chair, vicechair@amcsem.org



Alan, Robert, and Maureen on the Fishin' Jimmy Trail. Photo courtesy Sal Spada.



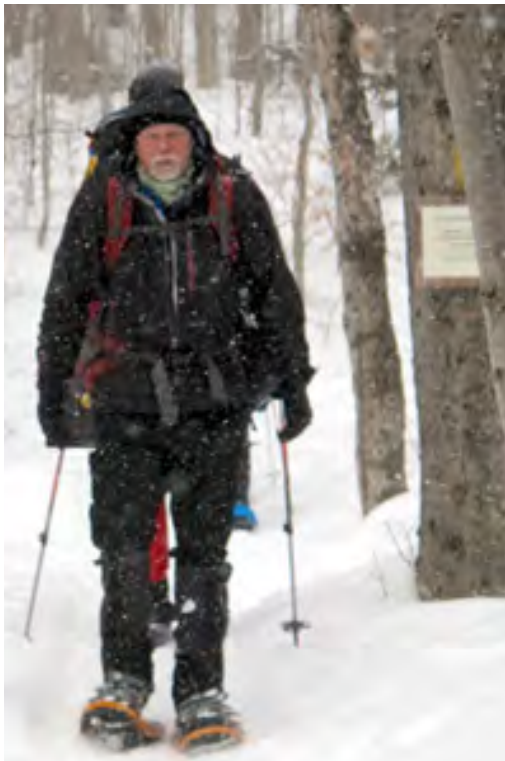
Kinsman Pond Shelter. Photo courtesy Robert Price.

worked fine on the snow-packed trails, a couple of sections of trail had proved more challenging.

One section in particular sticks in my mind (I had half-jokingly referred to it as the "crux" of our hike...). While in the lead at one steep section not too far from the summit, I had encountered an obstacle. To the left of the trail immediately in front of me was a fairly steep drop off into the woods. To the right, an ice-encrusted boulder protruded menacingly into the trail. The available footpath itself was very narrow, slippery looking, and angled ever so slightly toward the drop off. After stopping for a moment to figure out how I was going to negotiate this obstacle,

I lunged toward a small tree just past my reach, caught the tree, and successfully swung my way around the boulder. Probably not the smartest move, but it worked.

Since I had no idea how I was going to help everyone else get past this obstacle, luckily for the group, SEM hike leader extraordinaire, Wayne Anderson, bounded up the trail in his full crampons (Wayne being the only one of us who had had the sense to wear crampons, rather than microspikes), established his sturdy body against the same tree I had used, dug in his crampons, and made sure that everyone made it safely around the protruding ice-encrusted boulder.



Mountain Man Wayne. Photo courtesy Ken Carson



Maureen and Paul heading out. Photo courtesy Ken Carson

From the hut, we had used the adjacent Lonesome Lake Trail and then the Kinsman Ridge Trail to get to the summit of Cannon. As is typical of winter hikes in the White Mountains, both trails got prettier and prettier as we climbed higher up on the mountain, with hardwoods changing to birch trees and finally to conifers and the snow getting progressively deeper (although never deep enough to require snowshoes...). Once at the summit, we climbed the summit tower, which was being buffeted by some pretty impressive wind gusts, and then hiked a little ways down to the Tram Lodge, which was operating today, even though the tram itself was not. While luxuriating in the lodge after devouring our cafeteria lunches,

we had briefly pondered returning to the hut via the slightly longer Hi-Cannon Trail, an idea I quickly squelched after looking at the trail map and noticing that at one section of the trail, the contour lines appeared very, very close, indicating significant steepness. "That's where the ladders are," one of our party contributed. But, since ladders are rarely of any use when buried in snow, we all agreed to descend the same way we had come up.

Other than having to negotiate that same obstacle again on the way down (with Wayne once again providing the safety cushion...), the hike back down to the hut was a blast. Not only was gravity on our side this time around, but the well-cushioned, snow-covered trails were very easy on the knees. We took advantage of multiple opportunities to "butt slide," a highly refined winter hiking technique that's fast, easy on the legs, and a whole boatload of fun! At one of the trail intersections, we encountered a several younger people (also staying at the hut, but not part of our group) who were in the final stages of completing what -- compared to our own modest hike -- was a near-epic hike; having already climbed up to North Kinsman via the Fishin' Jimmy Trail, traversed the challenging Cannonballs on the unbroken-out Kinsman Ridge Trail, and were now on their way up to the summit of Cannon, before returning to the hut later that afternoon!

Since it was still kind of early when we arrived back down at the lake (not surprisingly, butt sliding is a lot quicker than hiking...), we took the long way around. This provided us with another opportunity to cross the frozen lake and look back to enjoy the amazing views that it affords of Mounts Lafayette, Lincoln, and Little Haystack on the Franconia Ridge across Franconia Notch.

Upon our return to the hut at about 3:00 pm, I took the opportunity to



Leslie, Maureen, and Alan in the hut. Photo courtesy Sal Spada

change into a fresh base layer of clothing in my bunkroom (always a luxury!). Back in the main hut, we patiently held off breaking out the cheese, crackers, and wine for our traditional pre-dinner "happy hour" almost until our SEM compatriots who had climbed North Kinsman returned at about 5:00 pm. Led by Maureen Kelley, this small group of SEMers had pioneered an enjoyable, new (for us) loop hike that involved taking the Fishin' Jimmy and Kinsman Ridge Trails up to the 4,293-foot summit of North Kinsman, and then returning via the Kinsman Pond and Cascade Brook Trails, an almost 7-mile round trip hike with approximately 2,260 feet of elevation gain; quite a bit more ambitious than our own relatively modest 4.2 mile (round trip) Cannon hike, with a measly 1,400 feet of elevation gain.

After preparing dinner (spicy Shrimp Creole!), devouring it, cleaning up, and then socializing a bit, we all trickled off to our bunkrooms to hit the sack. With the temperature on Saturday night a relatively "balmy" plus-six degrees (twelve degrees warmer than on Friday night!), many of us found ourselves stripping off layers to keep from overheating in our winter sleeping bags. (Ordinarily, plus six degrees would seem pretty cold, but -- of course -- everything is relative...). Sunday morning, after preparing and eating breakfast, cleaning up, and packing up our stuff; we donned our



In the Woods. Photo courtesy Sal Spada

ground in Franconia Notch. On Friday, when we first arrived at Franconia Notch, lugging our full winter packs (loaded down with the group food and our personal beverages) up the 1.6-miles to the hut with its 1,000 feet of elevation gain had been a bit of a struggle for some, and certainly a good cardio workout for everyone. However, as usual, the hike back down to the trailhead was a breeze.

I'd like to thank the other trip leaders - Leslie Carson, Wayne, and Maureen - for making this, the finale of the 2013-14 SEM Winter Hiking Series such a success (and particularly Leslie and Maureen for the wonderful group meals they prepared...). I'd also like to thank everyone else who participated in both this trip and the entire Winter Series.

I, for one, had a blast!

PUZZLE ANSWERS

Words: spring, birds, grow, tulips, daffodils, grass, hike, bike, April

Final Answer: Spring is here.

and shouldered our backpacks for the short hike back down to the trailhead at Lafayette Camp-

ACTIVITIES

SOUTHEASTERN MASSACHUSETTS ANNOUNCEMENTS(S)

AMCS SEM "Open House" Sat. March 29, 4-9:00pm!
Bourne Community Center, Bourne, MA. Great
chance for new or prospective members to get
to know the chapter. Come meet our leaders and
see what SEM is all about. Free food. Slide shows.
A great night!

Looking for a 3rd member for our Bylaw Update
Committee to serve from now til 11/1/2014 An-
nual Meeting. Contact chair@amcsem.org

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

SEM "Celebrate Blue Hills" Day (April 26, Blue
Hills)
SEM Leadership Training (May 3, Borderland)
SEM Annual Meeting & Dinner, Sat. Nov. 1.

BICYCLING

Bike Ratings: First character indicates distance in mi:
AA=50+; A=35-50; B=25-35; C=under 25. Second is L's
pace in mph: 1=17; 2=13-16; 3=11-13; 4=up to 11. Third
is terrain: A=very hilly; B=hilly; C=rolling; D=flat.

WANTED: Ride Leaders and Co-Leaders. Are you
enthusiastic about cycling? Do you like show-
ing other riders your favorite roads? If yes, then
why not share your enthusiasm and routes w/
your fellow AMC members? Contact Bike Chair
(bikingchair@amcsem.org) for more info.

AMC SEM 2,000 Mile Club. AMC SEM has a unique
2,000-mi Club. Certificates of achievement and
embroidered award patches are presented annu-
ally to members who ride 2,000 mi or more per
year. Contact the bicycling chair to register your

mileage and for more info. (bikingchair@amcsem.
org)

Tues. Rides. Turn Those Tires on Tues. Rides
scheduled all year long, weather permitting. 25
mi of road or 15 mi of mtn. biking. Tues. at 2
p.m. Flat to hilly. Contact L for start location and
directions. Intermed. pace. Riders and bicycles
in top shape; tires and riders pumped and ready
to roll; helmets and water req'd. L Paul Currier
(508-833-2690 8 am-7 pm, pbencurrier@hotmail.
com)

Chapter Trips

(CE) Tuesdays

Apr. 1. Tuesday Cycling. Scenic Cycling on Cape
Cod - 22+ miles/2 hours. C2B-C2D. Casual inter-
mediate road cycling. Alt. day Monday. Rides in-
clude views of and occasional stops at known and
lesser known unique and interesting places. Tires
and riders pumped and ready to roll. Helmets,
spare tube & tools, and water required. Cancel-
lation or rescheduling sent to registered riders
only. L Paul Currier (508-833-2690 8am - 7pm,
currierpaul@comcast.net)

(CE) Tuesdays

Apr. 8. Tuesday Cycling. Scenic Cycling on Cape
Cod - 22+ miles/2 hours. C2B-C2D. Casual inter-
mediate road cycling. Alt. day Monday. Rides in-
clude views of and occasional stops at known and
lesser known unique and interesting places. Tires
and riders pumped and ready to roll. Helmets,
spare tube & tools, and water required. Cancel-
lation or rescheduling sent to registered riders
only. L Paul Currier (508-833-2690 8am - 7pm,
currierpaul@comcast.net)

(CE) Tuesdays

Apr. 15. Sunset/Full Pink Moon ride. Road cycle
the hills and shores of Sagamore and Highlands
Cliff and along the canal to Buzzards Bay and
Mass Maritime Academy for sunset over Onset
Bay. Return along the canal may include a stop
at 3 Mile Outlook before moonrise over Plymouth
Bay. Tires and riders pumped and ready to roll.

Helmets, spare tube & tools and water required. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Apr. 15. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Apr. 22. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Apr. 29. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(AN) Sat., May. 3. Leadership Training. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar

group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader candidates are also welcome. It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to SEM chapter members. L Maureen Kelly (mokol773@aol.com), R Len Ulbricht (lenu44@gmail.com)

(CE) Tuesdays

May. 6. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

May. 13. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Wednesdays

May. 14. Sunset/Full Flower Moon Ride. Start at Freezer Road in Sandwich for Road Cycling along the canal and through Gray Gables and Masnhee Island at an intermediate pace for 22+/- miles or 2 hours. We'll catch the sunset over Buzzards Bay and the moonrise over the Sagamore Bridge. Tires and riders pumped and and ready to roll. Helmets and spare tube, tire tools, and water required. Cancellation/rescheduling sent to registered riders. Alt day -Start at Freezer Road in Sandwich for Road Cycling along the canal and through Gray Gables and Masnhee Island at an intermediate pace for 22+/- miles or 2 hours.

We'll catch the sunset over Buzzards Bay and the moonrise over the Sagamore Bridge. Tires and riders pumped and ready to roll. Helmets and spare tube, tire tools, and water required. Cancellation/rescheduling sent to registered riders. Alt day - Tue. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

May. 20. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

May. 27. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Jun. 3. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Jun. 10. Tuesday Cycling. Scenic Cycling on Cape

Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Fridays

Jun. 13. Sunset/Full Strawberry Moon Ride. Road cycle the hills and shores of Sagamore and Highlands Cliff and along the canal to Buzzards Bay and Mass Maritime Academy for sunset over Onset Bay. Return along the canal may include a stop at 3 Mile Outlook before moonrise over Plymouth Bay. Tires and riders pumped and ready to roll. Helmets, spare tube & tools and water required. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Jun. 17. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Jun. 24. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

CANOE/KAYAK

Please see "paddle" committee. Contact paddlingchair@amcsem.org

Chapter Trips

Sat., Apr. 12. Leaders choice paddle. Leaders choice paddle. Contact leader for info. PFD/Spray skirt Wet/dry suit req. L. Bill Fischer (508 420 4137) before 9pm wmbarbarafischer@comcast.net. L Bill Fischer (508-420-4137 before 9 pm, wmbarbarafischer@comcast.net)

Wed., Apr. 16. PADDLE-Leader's Choice. Probably Barnstable Harbor, Well's, Bridge, and Brickyard Creeks, a trip of about 8 to 9 miles. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Apr. 23. PADDLE-Leader's Choice. Weather permitting, Lewis Bay with lunch on Egg Island. We'll explore Uncle Robert's Cove and perhaps Hyannis Inner Harbor. Otherwise Popponesset Bay and the Mashpee River. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Apr. 26. Leaderschoicepaddle. Leaderschoice paddle. Contact leader for info. PFD/spray skirt wet/drysuit required. L Bill Fischer (508-420-4137) before 9 pm. Email wmbarbarafischer@comcast.net. L Bill Fischer (508-420-4137 BEFORE 9 PM, wmbarbarafischer@comcast.net)

Wed., Apr. 30. PADDLE-Leader's Choice. Barnstable or Sandwich Old Harbor, or Scorton Creek. If the 4/16/14 trip goes as planned we'll do Sandwich Old Harbor, Scorton Creek, or the eastern end of Barnstable Harbor, otherwise we'll do the 4/16/14 trip. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., May. 3. Paddling- Walker & Mill ponds. Paddle Walker and Lower Mill Ponds, Brewster. L Bill Fischer

(508-420-4137) wmbarbarafischer@comcast.net. Registration Required. L Bill Fischer (508-420-4137 BEFORE 9 PM, wmbarbarafischer@comcast.net)

Wednesdays

May. 7. Paddling - Indian Lakes, Marston Mills. Paddle Middle & Mystic fresh water ponds. Lunch on beach at end of Mystic Lake. Distance about 7 miles. Life jacket required. Spray skirt may be required. Registration required. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com) CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Saturdays

May. 10. Paddling - Follins/Mill Ponds, Dennis. Paddle Follins & Mill Ponds. Lunch on beach. Life vest required/spray skirt may be required depending on conditions. Distance 7-9 miles. Registration required. L Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com) CL Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com)

Wed., May. 14. Paddling - Pamet Harbor. Paddle Pamet River from the Bay and surrounding marsh. PFD required. Launch at 10:30 am. Registration required. L Don Palladino (djp1958@comcast.net) (508-349-2950). L Don Paladino (508-349-2950, djp1958@comcast.net), R Don Palladino (Box 352, South Wellfleet, MA 02663, 508-349-2950, djp1958@comcast.net)

Saturdays

May. 17. Paddling - Mashpee Wakeby Ponds, Mashpee. Paddle 2 fresh water ponds about 7 miles. Lunch on beach at end of Wakeby pond. Life jackets required. Spray skirts may be required depending on conditions. Registration required. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com) CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Sat., May. 24. Paddling- Shoestring Bay. A menu of options, depending on conditions - Masphee

and Santuit Rivers, Ockway Bay, Popponesset Creek, Shoestring Bay, Popponesset Bay, Nantucket Sound and Pinguickset Marsh. Possible lunch spots - Gooseberry Island, Thatch Island, Meadow Point and Crocker's Neck Beach. Likely wildlife galore!. Probably approximately 8 miles. Registration required. L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net), R Louise Foster (508-420-7245 anytime)

Wed., May. 28. Leader's Choice Paddle. Depending on conditions, Barnstable Harbor, Southway/Monomoy, or Hall's Creek. We'll probably paddle 8 to 10 miles in relatively protected waters. Arrive no later than 10:15 for a 10:30 departure. Registration required -contact leader. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Jun. 4. Paddling - Lewis Bay. Lewis Bay. Circle Lewis Bay. Explore Uncle Roberts Cove. Lunch on Egg Island. L Bill Fischer (508 420 4137) wambarbarafischer@comcast.net Registration Required- contact Leader for put-in information. L Bill Fischer (508-420-4137 BEFORE 9 PM, wambarbarafischer@comcast.net), R Bill Fischer (508-420-4137 before 9pm, wambarbarafischer@comcast.net)

Saturdays

Jun. 7. Paddling - Bass River South from Cove. Paddle 'fingers', Grand Cove to Nantucket Sound. Lunch West Dennis Beach. Life jacket required. Spray skirt may be required. Registration required. L Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com) CL Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com)

Wednesdays

Jun. 11. Paddling - Herring River North. Paddle upstream to Coy Brook, East & West reservoirs, 8-9 miles. North bridge lunch. Life vests required. Spray skirts may be required. Registration required. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com) CL paul corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Sat., Jun. 14. Paddling - Wellfleet Harbor. Paddle Wellfleet Harbor. PFD required. Launch at 10:30 am. Registration required. L Don Palladino (djp1958@comcast.net) (508-349-2950). L Don Paladino (508-349-2950, djp1958@comcast.net), R Don Palladino (508-349-2950, djp1958@comcast.net)

Wed., Jun. 18. Paddle - Pleasant Bay. We'll paddle around Allen Point, past the Chatham Fish Pier, around Tern Island and then out to the Chatham cut where we'll have lunch. We'll return around Strong Island for a 10 plus mile paddle. Arrive no later than 10:15 for a 10:30 departure. Registration required - contact leader. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Jun. 21. Paddling - Great Hill. Approximately 13 mile open and flat water trip to and around Great Hill. Launch site and time upon registration. PFD, 14' plus boat, level 3-4 skills all required. Registration Haven Roosevelt, 508-636-0006, Havenesq@comcast.net; paddlewu@gmail.com. L Haven Roosevelt (508-636-0006 Any time, Havenesq@comcast.net)

Wed., Jun. 25. Paddling - Nauset Marsh, Eastham. Nine plus mile paddle. Contact leader for directions to put-in. PFD req'd. Spray skirt may be req'd. level 2/3. Registration Required. L George Wey (781-789-8005 anytime, geowey@comcast.net), R George Wey (781-789-8005 anytime, geowey@comcast.net)

Sat., Jun. 28. Leader's Choice Paddle. Depending on conditions, Barnstable Harbor or Southway/Monomoy. We'll probably paddle 8 to 10 miles in relatively protected waters. Arrive no later than 10:15 for a 10:30 departure. Registration required - contact Leader. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Jul. 16. Paddling - Shoestring Bay. A menu of options, depending on conditions: Masphee

and Santuit Rivers, Ockway Bay, Popponeset Creek, Shoestring Bay, Popponeset Bay Nantucket Sound and Pinquickset Marsh. Possible lunch spots - Gooseberry Island, Thatch Island, Meadow Point and Crocker's Neck Beach. Likely wildlife galore! Probably approximately 8 miles. Registration required. L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net), R Louise Foster (508-420-7245 Any Time, louise.foster@alumnae.brynmawr.edu)

Sat., Jul. 19. Indian Lakes. Explore Middle Pond and Mystic Lake. Possibly Hamblin Pond, Likely 6+ miles. L George Wey (781-789-8005, geowey@comcast.net), R george wey (781-789-8005 any time, geowey@comcast.net)

Wednesdays

Jul. 23. Paddling - Follins/Mill Ponds, Dennis. Paddle Follins to Weir creek & if tide is ok into Mill Pond passing crab creek conservation area and back to circumnavigate Follins Pond, 7-9 miles. Beach lunch. Life vest required. Spray skirt may be required. Registration required. L Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com) CL Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com)

Sat., Jul. 26. Leader's Choice Paddle. Depending on conditions, Barnstable Harbor or Southway/Monomoy. We'll probably paddle 8 to 10 miles in relatively protected waters. Arrive no later than 10:15 for a 10:30 departure. Registration required - contact Leader. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Jul. 30. Paddle - Pleasant Bay. We'll paddle around Allen Point, past the Chatham Fish Pier, around Tern Island and then out to the Chatham cut where we'll have lunch. We'll return around Strong Island for a 10 plus mile paddle. Arrive no later than 10:15 for a 10:30 departure. Registration required - contact Leader. L Ed Foster (508-420-7245, erfoster@comcast.net)

Saturdays

Aug. 9. Paddling - Herring River North. Paddle upstream to Coy Brook, East & West Reservoirs, 8-9 miles. Lunch North Bridge. Life vests required. Spray skirts may be required. Registration required. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com) CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., Aug. 13. Paddling - Wellfleet Harbor. Wellfleet Harbor. PFD required. Launch at 10:30 am. Registration required. L Don Palladino (djp1958@comcast.net) (508-349-2950). L Don Paladino (508-349-2950, djp1958@comcast.net)

Sat., Aug. 16. Paddling - Slocum River. Mostly flat water trip down Dartmouth's Slocum River and up Little River, about 14 miles. PFD, 14' plus boat, level 3 skills all required. Registration required. Haven Roosevelt 508-636-0006, Havenesq@comcast.net; paddlewu@gmail. L Haven Roosevelt (508-636-0006 any time, havenesq@comcast.net)

Sat., Aug. 23. Leader's Choice Paddle. Depending on conditions, Barnstable Harbor or Southway/Monomoy. We'll probably paddle 8 to 10 miles in relatively protected waters. Arrive no later than 10:15 for a 10:30 departure. Registration required - contact Leader. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Aug. 27. Paddling - Pamet Harbor. Pamet Harbor. PFD required. Launch at 10:30 am. Registration required. L Don Palladino (djp1958@comcast.net) (508-349-2950). L Don Paladino (508-349-2950, djp1958@comcast.net), R Don Palladino (Box 352, South Wellfleet, MA 02663, 508-349-2950, djp1958k@comcast.net)

CAPE HIKES

Always looking for additional leaders to lead hikes on the cape! Contact thecapehikingchair@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.") Contact the Cape Hikes Chair: capehikingchair@amcsem.org. Cape Hikes are generally suspended during the summer months due to parking problems.

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

Chapter Trips

Saturdays

Apr. 5. Hike - Provincetown Whales and Trails (B3B). Meet at 9:45am, Herring Cove Beach parking lot, (far right of the right parking lot). Walk on bike trail, pine barrens, over dike, and through marsh to Race Point Lighthouse. Bring your binoculars! Hike will last 3 hours, but allow 2+ hours for lunch while scanning with binoculars for whales (5+ hours RT). L Nancy Braun (508-487-4004, nancytruro@comcast.net)(508-487-4004)

Sun., Apr. 6. Hike - Hawksnest State Park Harwich (C3C). Spring woods walk. Two hours. meet 12:45. Rte. 6 Exit 11. L at light then immediate R on Spruce Rd. Pkg approx. 0.8 on either side of road. Bad weather cancels. Doubt? Call L. L Janet DiMattia (jandimattia@verizon.net)

Thu., Apr. 10. Hike - Cataumet Greenways. Diverse terrain, bogs, farms, rolling woodland trails. Bourne Bridge to Otis rotary, 1st exit Cataumet. L on 28A s, 1/4m R on Longhill Rd, L on County Rd, R on Red Brook Harbor, 1/2 m past stop sign park lot on R 9:45 AM. Heavy rain cancels. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com), R Catherine Giordano (PO Box 1289, North Falmouth, MA 02556, 508-243-3884 before 9 pm, cmgiordan@msn.com)

Sat., Apr. 12. Hike-Yarmouth, Greenough Ponds (B3C). Walk through Yarmouth Botanical Gardens, Dennis & Greenough Ponds. Meet at 9:45, 3 1/2 hr. Exit 7 off Route 6 to North, right on 6A, at sharp turn go right on Summer St. to beach parking lot. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sun., Apr. 13. Hike - Barnstable Conservation (C3C). Hike - Meet at 12: 45 PM for 1:00 PM start. 3 Hour Hike. Barnstable Conservation (C3C) Exit Rt. 6 at Exit 5, Head South and Park at parking lot on Service Rd. Hike Barnstable Conservation Land and Otis Atwood land. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Thu., Apr. 17. Hike-Truro, Ryder Beach (C3C). Beach to woodland trails, hills, and scenic bay views. Route 6, then left on Prince Valley Road to the end. Right on County Road, then an immediate left on Ryder Beach Road. Park at the end. Meet at 9:45 a.m. 2 hours. L Janet Kaiser (508-432-3277 before 9 p.m., jtkaiser@comcast.net)

Sun., Apr. 20. Hike - Nickerson State Park Brewster (C3C). Easter Sunday spring hike ponds, woodland trails. Meet 12:45. Two hours. Enter park from 6A in Brewster. Stay on main road 1.8 mi. to L on dirt road pkg at Fishermans landing. L Janet DiMattia (jandimattia@verizon.net)

Thu., Apr. 24. Hike-Barnstable-Crooked Cartway (C3C). Wooded walk to The Deck. Mostly flat, some hills. Take Rte. 149 (N or S) to Rotary at Cape Cod Airport, Marstons Mills. West on Race Lane for 1.1 miles. Right onto Crooked Cartway. Go to end. Meet at 9:45AM. 2 hours. L Farley Lewis (farlewis@comcast.net)

(FT) (NM) Sat., Apr. 26. "Celebrate Blue Hills" Hike, Paddle, Trailwork Event - Join Us!. "Celebrate Blue Hills" - Join the Southeast Mass Chapter in celebrating this 7000 acre parcel of land incorporated in 1893, containing 125 miles of trails and 22 hills with a day full of events on Saturday, April 26, 2014. The Blue Hills Reservation is located 19 miles South of Boston and is bounded by the towns of Quincy, Braintree, Randolph, Canton, Dedham and Milton. Numerous fun options! Sign up for an easy, intermediate or rugged hike on trails showing a variety of habitats and views of Boston, Mt. Wachusett or points south. Have little ones? Try the family hike. Or sign up

to paddle the shores of Ponkapoag Pond in hopes of seeing early spring plants and birds. You could also choose to do Trail work and give back to the Reservation by brushing and edging the trails with rocks on the popular Skyline Trail. All of these activities will be hosted by knowledgeable leaders. They are listed individually online and you must register for them. Enjoy your choice of activity and then join us for a cookout at 4:00pm by Houghton's Pond. Cost for the cookout is \$6/person payable by cash on the day of the event. Sign up for the cookout online when you sign up for an activity. Please join us; we hope to share this wonderful park and the activities with you rain or shine. L Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com) CL Karen Singleton (karen.singleton@comcast.net), R Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com)

Sun., Apr. 27. Hike - Maple Swamp Sandwich (C2B). Hilly hike through historic woodlands which date back to original settlers, home to Maple swamp, quaking bog and other sites. Take Rte 6 to Exit 3 turn S on Quaking Meetinghouse Rd and take immediate L on Service Rd, Maple Swamp approx. 1 mile on R. From upper Cape take exit 4 turn S over highway and take immediate right onto Service Rd, Maple Swamp approx. 1 mile on left. Meet 12:45 PM start 1 PM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Thu., May. 1. Hike-Harwich, Hawks Nest State Forest (C3C). Wooded hike past Olivers, Hawks Nest, Walkers Ponds. Rte 6, Ex11, L at traffic light, quick R onto Spruce Rd. Park 1/3 mi at 2nd blue hydrant. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

(AN) Sat., May. 3. Leadership Training. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader candidates are also welcome. It is an all day course

with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to SEM chapter members. L Maureen Kelly (mokel773@aol.com), R Len Ulbricht (lenu44@gmail.com)

(C) Sun., May. 4. Hike - Mashpee/Barnstable Santuit Pond (C3C). Bogs, woodland trails, field w/ Bird's Foot violets in bloom! Rte. 6 Exit 5, So on Rte. 149 to Rte 28. R on 28, r on Santuit-Newtown rd for 0.8 to yellow gate, pkg on L. Meet 12:45. Two hours. L Nancy Wigley (nrwigley@verizon.net)

Thu., May. 8. Hike - Craigville Beach (C3C). Beach hike, Rte 6 to Exit 6, turn S take 1st R on Shottflying Hill Rd., follow signs to Craigville Beach, park to R of bathhouse. Meet 9:45 AM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Sun., May. 11. Hike-Eastham, National Seashore, Doane Rock (C3C). Hike Nat'l Seashore Lands to Three Sisters/Nauset Light. Rte 6 turn R at Eastham Visitor Center. Go to Doane Rock Picnic area Pkg lot on R, 1 mi. Meet 12:45 p.m. 2 hrs. L Janet Kaiser (508-432-3277 Before 9 p.m., jtkaiser@comcast.net)

Thu., May. 15. Last Hike/Picnic Great Island, Wellfleet (C3C). Meet at 9:45 Am for 10:00 AM start. Hike/Picnic - From Wellfleet Center take Chequessett Neck Rd, to Great Island Parking Lot. Hike on Trail, return via Cape Cod Bay Beach. End of season Picnic, bring food to share. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Fri., Jul. 11. Hike Full Moon Cape Cod Canal (C3C). Two hour hike, to enjoy the sunset and full moon while we walk to end of canal, east on Town Neck Beach to Sandwich boardwalk and back through Sagamore village. From 6A take Tupper Rd and turn N onto Freezer Rd., park in lot at end of road. Meet 5:45 PM, hike starts 6 PM. L Jane Harding (508-833-2864 before 8 PM,

janeharding@comcast.net)

Sat., Aug. 9. Hike - Full Moon West Dennis Beach (C4C). Route 6 Exit 9A south to Route 134, go straight and cross Route 28, then go to the end and turn right. After 0.5 miles, turn left to beach parking near entrance and concession bldg. Hike mile-long stretch on beach for sunset views. Return on beach for moon-rise! Option: Calm weather walk one more length of beach for 3rd mile Meet 7 p.m. Less than 2 hours. L Janet Kaiser (508-432-3277 Before 9 p.m.)

CHAPTER YOUTH PROGRAMS

Share Skills With Youth - Our group works with facilities to plan and lead children in outdoor activities. If you're interested in the gratifying experience of getting kids out on the trails and discovering nature, please contact the SEM CYP Coordinator for workshop details. cypcoordinator@amcsem.org

Chapter Trips

(NM) (CE) (SN) Sat., Apr. 12. Chapter Youth Program Leadership Training. Become a Chapter Youth Program Leader and make a difference in the life of a child. Share your skills with children who might not otherwise have a chance to get out on a trail. Here is a description of our November, 2013 hike with children from a housing authority: That sunny fall outing was far more than a hike in the woods. Four dedicated CYP Leaders shared their skills and time with eleven inner city boys and girls, thus making the day special for all. That sunny fall outing was far more than a hike in the woods. Four dedicated CYP Leaders shared their skills and time with eleven inner city boys and girls, thus making the day special for all. The children learned to read trail maps and trail blazes, observed mosses and lichens through magnifying lenses, measured the girth of trees, learned to determine the age of white pine saplings, saw where deer had browsed and practiced Leave No Trace (LNT). The group was also taught trail courtesy when meeting people and pets. Their etiquette generated compliments

from other site visitors. See the SEM website for CYP Leaders. www.amcsem.org Click on CYP in the left column. L Sally Delisa (781-834-6851 7-9 p.m., delisally@yahoo.com), R Sally Delisa (781-834-6851 7-9 p.m., delisasally@yahoo.com)

CONSERVATION

Looking for a vice chair for our conservation committee to help the chair plan and execute conservation events for the chapter. Contact the conservationchair@amcsem.org

Chapter Trips

(C) (FT) (NM) Sat., Apr. 19. CONSERVATION ALERT: Cape Cod Canal Cleanup. Please join us, for the annual Cape Cod Canal Clean Up. SEM participates every year and it's a great event to give back to our beautiful Cape Cod. Come celebrate the 100th anniversary of the Cape Cod Canal! Buzzards Bay, 9 am-1 pm. This is not a leader-led event. Please make your own plans to attend. L Joanne Jarzowski (conservationchair@amcsem.org)

(C) (FT) (NM) Sat., Apr. 26. CONSERVATION ALERT: Massasoit SP Spring Clean Up Day. SAVE THE DATE! 2014 State Park Clean up day is Saturday, April 26 and Massasoit State Park will have it's spring Clean-Up Day on that day. More information and details will be posted soon on our Facebook page: <https://www.facebook.com/pages/Friends-of-Massasoit-State-Park/110253339052017> THIS IS NOT A LEADER-LED TRIP. PLEASE MAKE PLANS TO ATTEND INDIVIDUALLY! L Joanne Jarzowski (conservationchair@amcsem.org)

(C) (FT) (NM) Sat., Apr. 26. CONSERVATION ALERT: 2014 Mass. Park Serve Day. Join us for DCR's Park Serve Day 2014. This year's event features parks from the Berkshires to Cape Cod, giving you a wide range of volunteer opportunities to choose from. Last year, more than 4,000 volunteers participated in DCR's Park Serve Day. During this statewide day of volunteer service, we will work together to get state parks and beaches across

Massachusetts ready for the recreation season by cleaning coastlines, clearing trails, planting flowers, painting picnic tables, and more. So please, take a moment to check your calendar and sign up to volunteer. We look forward to seeing you out there! <http://web1.env.state.ma.us/DCR/Parkserve/> This is not a leader-led trip. Please make your own plans to attend. L Joanne Jarzowski (conservationchair@amcsem.org)

EDUCATION

Looking for a vice chair! Contact education@amcsem.org

Chapter Trips

(AN) (XCE) Sat., May. 3. Leadership Training. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader candidates are also welcome. It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to SEM chapter members. L Len Ulbricht (lenu44@gmail.com) CL Len Ulbricht (508-359-2250, lwu9944@verizon.net), R Len Ulbricht (11 Hilltop Circle, Medfield, MA 02052, lenu44@gmail.com)

EXECUTIVE COMMITTEE

Looking for a 3rd member for our Bylaw Update Committee to serve from now til Nov. 1 Annual Meeting. Contact chair@amcsem.org

Volunteer Opportunities

Until Filled. Chapter Youth Program (CYP) Leader. Share your outdoor knowledge and leadership skills with local groups of children. Give your time to these programs to help kids get outside who might not otherwise have the opportunity. A typical Chapter Youth Program (CYP) might include a local walk with some nature lesson or trail games. CYP leader training and screening is

required. L Sally Delisa (picpocit@verizon.net)

Chapter Trips

(FT) (NM) (AN) Sat., Nov. 1. SEM Annual Meeting. SEM Annual Meeting. L Cheryl Lathrop (chair@amcsem.org)

FAMILY

Looking for ideas for new and fun Family Hikes. Looking for families that want to hike! Contact familyeventschair@amcsem.org.

Chapter Trips

(FT) (NM) Sat., Apr. 26. "Celebrate Blue Hills" Family Hike. Join us for a Family springtime hike through the Blue Hills Reservation on the Skyline Trail in conjunction with the chapter's "Celebrate Blue Hills" event. Located only minutes from the bustle of downtown Boston, the DCR Blue Hills Reservation stretches over 7,000 acres from Quincy to Dedham, Milton to Randolph, providing a green oasis in an urban environment. Rising above the horizon, Great Blue Hill reaches a height of 635 feet, the highest of the 22 hills in the Blue Hills chain. From the rocky summit visitors can see over the entire metropolitan area. We will be hiking on the skyline trail out to the infamous Whale Rock where we will take a break and enjoy a snack. The rock actually looks like a whale from a distance and is a great place to take pictures. Appropriate for children 3+, under 3 in child carrier. Hike begins at 10:30. Registration necessary. Join us after the hike for a fun cookout at 4:00 pm at Houghton's Pond. Cost for the cookout is \$6/person. Sign up for the cookout with your leader when you sign up for the activity (hike, paddle, or trail work). L Christine Pellegrini (chrispellegrini@yahoo.com) CL Bill Pellegrini (billpellegrini@yahoo.com)(chrispellegrini@yahoo.com), R Christine Pellegrini (508-244-9203 6-8 PM, chrispellegrini@yahoo.com)

HIKING

IMPORTANT: No pets w/o prior permission of trip leader. Individuals under 18 years of age must be

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

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

accompanied by a parent or responsible adult, and obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 week prior to the trip so Ls can discuss prior hiking exp., conditioning, clothing, and equipment. Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

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

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

Chapter Trips

Sat., Apr. 5. Great Woods Hike Norton to Mansfield. Great Woods from Yelle Conservation Area in Norton to Mansfield's Greatwoods via two previously unconnected trail systems with historical sites, vernal pools and varied glacial remnants. Car spotting. Rain or Shine. L Richard Carnes (508-947-3204, rcarnes2@aol.com), R Richard Carnes (508-947-3204 Before 9PM, rcarnes2@aol.com)

(FT) (NM) Sun., Apr. 6. Braintree Pass Path Hike. Sunday intro hike through the beautiful Braintree Pass Path in Blue Hills. Easy terrain, 4.5 miles. Bring sturdy footwear, water and snacks. Meet at 9:00 am at the parking lot at the intersection of Rt. 28 and Chickatawbut Rd. Heavy rain cancels. L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com)

(FT) (NM) Thu., Apr. 10. Thursday Hike in the

Blue Hills. Nice Thursday morning hike through the Blue Hills. Meet at 10:00 AM at the third parking area on the left on Route 28 in Milton. There is limited parking. There are some parking areas along the road. Take Route 95 North, and then take 93 towards Boston. Take exit 5 North towards Milton. L Sue Chiavaroli (508-496-6452 7PM-9PM, brillo6452@yahoo.com)

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

(FT) (NM) Thu., Apr. 17-Sep. 18. Red Line Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org) L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Thu., Apr. 24. Thurs. Morn. Hike-Cornell Farm/Little River Reserve. Meet at 9:45 at Cornell Farm parking area for a 6-mile hike. The hike will explore the DNRT Frank Knowles-Little River Reserve and the Trustees Cornell Farm. The trails will take us on the newly a constructed boardwalk and suspended bridge through wetlands, pass stone walls and farmhouse foundations. The crown jewel of DNRT's Little River Reserve is the Boardwalk Trail, which features a 200-foot-long suspended boardwalk and viewing platform that takes hikers 15 feet above a red maple swamp for a bird's eye view of the mound-and-pool wetland below. The trail then connects to two long boardwalks that cross through pristine salt marsh at the head of Little River, allowing visitors to wander over the estuarine environment. Benches

along the boardwalk provide visitors with a place to take in salt marsh vistas extending nearly half a mile south toward the mouth of Little River. A wooded upland trail across DNRT's Jonny Point property connects the two salt marsh boardwalks. Some trails could be wet and soggy so waterproof footwear is suggested. Bring snacks/lunch, rain jacket and at least one liter of water. Heavy rain will cancel. L Walt Granda (508-999-6038 before 9 PM, wlgranda@aol.com)

(FT) (NM) Sat., Apr. 26. "Celebrate Blue Hills" Wolcott and Border Path Hike. Intro hike through Wolcott and Border Path in conjunction with the chapter's "Celebrate Blue Hills" event. Easy terrain 4.5 miles. Bring sturdy footwear, water and snacks. Meet at 1:30 am at the parking lot to the left of the Trailside Museum. Heavy rain cancels. Join us after the hike for a fun cookout at 4:00 pm at Houghton's Pond. Cost for the cookout is \$6/person. Sign up for the cookout with your leader when you sign up for the activity (hike, paddle, or trail work). L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) CL Cathy Fagan (fagankd@msn.com), R Cathy MacCurtain (781-848-9506, camaccurtain@aol.com)

(FT) (NM) Sat., Apr. 26. "Celebrate the Blue Hills" Beginner's Hike. A leisurely 4-5 mile hike with some rolling hills but basically flat in conjunction with the chapter's "Celebrate the Blue Hills" event. Join us after the hike for a fun cookout at 4:00 pm at Houghton's Pond. Cost for the cookout is \$6/person. Sign up for the cookout with your leader when you sign up for the activity (hike, paddle, or trail work). Meet at 12:45 for 1:00 start. L Sue Chiavaroli (508-496-6452 7-9 PM, brillo6452@yahoo.com) CL Nancy Coote (508-596-8222 7-9PM, nmcoote@yahoo.com), R Sue Chiavaroli (508-496-6452 7-9 PM, brillo6452@yahoo.com)

Sat., Apr. 26. "Celebrate the Blue Hills" Skyline Trail End-to-End Hike. App. 9-mile long, 6-hour hike in conjunction with the chapter's "Celebrate Blue Hills" event. Great spring conditioning hike to get you ready for some 4000 footers in NH! Join

us after the hike for a fun cookout at 4:00 pm at Houghton's Pond. Cost for the cookout is \$6/person. Sign up for the cookout with your leader when you sign up for the activity (hike, paddle, or trail work). L Walt Granda (508-999-6038 Before 9:00 PM, wlgranda@aol.com) L Paul Miller (paulallenmiller@verizon.net), R Walt Granda (508-999-6038 Before 9 pm, wlgranda@aol.com)

Sat., Apr. 26. "Celebrate Blue Hills" Fast & Hilly Skyline Trail Hike. Join us for a fast and hilly loop on the rugged and rocky North & South Skyline trails, on to Tucker and beyond if we have time, 1pm-3:30pm, in conjunction with the Chapter's "Celebrate Blue Hills" event. Meet at Houghton Pond parking lot playground. Limited to experienced hill walkers who can maintain a steady pace with few breaks. Then join us after the hike for a fun cookout at 4:00 pm at Houghton's Pond. Cost for the cookout is \$6/person. Sign up for the cookout with your leader when you sign up for the activity (hike, paddle, or trail work). L Eva Borsody das (borsody@gmail.com), R Eva Borsody-Das (borsody@gmail.com)

(C) (FT) (NM) (SN) Sat., Apr. 26. "Celebrate Blue Hills" Hike, Paddle, Trailwork Event - Join Us!. "Celebrate Blue Hills" - Join the Southeast Mass Chapter in celebrating this 7000 acre parcel of land incorporated in 1893, containing 125 miles of trails and 22 hills with a day full of events on Saturday, April 26, 2014. The Blue Hills Reservation is located 19 miles South of Boston and is bounded by the towns of Quincy, Braintree, Randolph, Canton, Dedham and Milton. Numerous fun options! Sign up for an easy, intermediate or rugged hike on trails showing a variety of habitats and views of Boston, Mt. Wachusett or points south. Have little ones? Try the family hike. Or sign up to paddle the shores of Ponkapoag Pond in hopes of seeing early spring plants and birds. You could also choose to do Trail work and give back to the Reservation by brushing and edging the trails with rocks on the popular Skyline Trail. All of these activities will be hosted by knowledgeable leaders. They are listed individually online and you must register for them. Enjoy your choice of activity and then join us for a cookout

at 4:00pm by Houghton's Pond. Cost for the cook-out is \$6/person payable by cash on the day of the event. Sign up for the cookout online when you sign up for an activity. Please join us; we hope to share this wonderful park and the activities with you rain or shine. L Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com) CL Karen Singleton (karen.singleton@comcast.net), R Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com)

(AN) (XCE) Sat., May. 3. Leadership Training. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader candidates are also welcome. It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to SEM chapter members. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

Sun., May. 4. Buck Hill Hike. Challenging 3.5 mile Sunday hike (not for beginners) to the rocky summit of Buck Hill with great views. Bring sturdy footwear, water and snacks. Meet at 9:00 am at Houghton Pond parking lot. Heavy rain cancels. L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com)

(C) (FT) (NM) Thu., May. 8. Thurs Morn. Hike - Wollomonopoag Conservation Area. Meet 10:00am in Conservation Area parking lot off of Elysium St. Bring water, snack or lunch & sturdy footwear. Rain cancels. Great blue rookery and eskers and possible sighting of deer. L Muriel Guenthner (508-699-7461 Before 9:00pm, murielguenthner@comcast.net), R Muriel Guenthner (99 Birchwood Drive, Attleboro Falls, MA 02763, 508-699-7461 Before 9:00pm, murielguenthner@comcast.net)

(AN) Fri., May 16-18. Mt. Greylock Hiking/Backpacking. Enjoy a spring weekend hiking Mt.

Greylock and camping under the stars. Backpacking experience preferred, but not necessary. Hike over Mts. Prospect, Williams, Fitch and Greylock - 8+ miles. L Leslie Carson (508-833-8237, ltc929@comcast.net) L Mike Woessner (stridermw@hotmail.com) L Maureen Kelly (mokel773@aol.com), R Leslie Carson

Sat., May. 17. North Pack Monadnock Hike. Great springtime hike near the MA/NH border. This section of the Wapack Trail to North Pack Monadnock offers some great views and a few challenging sections to the summit. The 8-mile hike will start at the Miller State Park using the Wapack and Cliff trails. L Walt Granda (508-999-6038 Before 9:00 p.m., wlgranda@aol.com) CL Luther Wallis (lew89@comcast.net), R Walt Granda (508-999-6038 Before 9:30 pm, wlgranda@aol.com)

Sat., May. 31. Mt. Holyoke Range Hike. Enjoy some of the nicest views along the Metacomet-Monadnock Trail, hiking the Seven Sisters and Mt. Holyoke. L Leslie Carson (508-833-8237 Before 9 PM, ltc929@comcast.net) L Eva Borsody das (borsody@gmail.com), R Leslie Carson

(FT) (NM) Sat., Jun. 21. Long/Ell Pond Hike on Narragansett Trail. We'll hike along the Narragansett Trail to the cliff that overlooks Long Pond. The hike will then descend through a gorge of rhododendrons and hemlocks to a beautiful lunch spot along another pond. A great hike for new members and hikers. L Sue Chiavaroli (508-242-4164 9AM-5PM, brillo6452@yahoo.com) CL Nancy Coote (nmcoote@yahoo.com)

Sat., Jun. 21-22. Bonds and Bondcliff Hike. Hike and camp in the Pemigewasset Wilderness with unsurpassed views. Hiking Zealand Mtn., West Bond, Mt. Bond and Bondcliff. Camping at Guyot campsite. Backpacking experience needed. L Leslie Carson (508-833-8237, ltc929@comcast.net) L Maureen Kelly (mokel773@aol.com), R Leslie Carson (508-833-8237, ltc929@comcast.net)

Sat., Jun. 28. Alpine Garden via Nelson Crag Loop Hike. We'll visit the Alpine Garden on Mt. Washington on a challenging, but rewarding loop hike via the Nelson Crag, Alpine Garden, Lion Head, and Tuckerman Ravine Trails. Experienced hikers only. Also see leader's hike on June 29th. Several overnight accommodation options available. L Paul Miller (508-369-4151 before 9:00 PM, paulallenmiller@verizon.net) L Eva Borsody das (borsody@gmail.com), R Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net)

Sun., Jun. 29. Mt. Crawford Hike. A relatively easy White Mountain hike to the summit of Mt. Crawford from Rte 302 in Crawford Notch where (weather permitting) we'll get to enjoy the beautiful views. Also see leader's hike on June 28th. Several overnight lodging available. L Paul Miller (paulallenmiller@verizon.net) L Eva Borsody das (borsody@gmail.com), R Paul Miller (508-369-4151 before 9:00 PM, paulallenmiller@verizon.net)

(AN) Sat., Aug. 2. Whiteface and Passaconaway Loop Hike. Loop hike over Blueberry Ledge Trail to Rollins Trail to Dicey's Mill Trail. Will summit both Whiteface (4,020 ft) and Passaconaway (4,043 ft). Strenuous hike with challenging rock ledge scramble and a water crossing. One of the more challenging hikes in the Whites. For experienced White Mtn. hikers only. Magnificent views from bare ledge precipices. Elevation change 2850 Ft, 10+ mile loop. L Len Ulbricht (lenu44@gmail.com) CL Walt Granda (wlgranda@aol.com), R len ulbricht (lenu44@gmail.com)

(AN) Mon., Aug. 25-27. White Mtns. Hut Hike (multi-day). Enjoy one of the best hikes in the Whites with superb views, summiting Mts. Monroe, Washington, Clay, Jefferson, Adams and Madison. Stay at Lakes of the Clouds and Madison huts, dinners and breakfasts included. Cost \$212 per person. L Leslie Carson (508-833-8237, ltc929@comcast.net) L Maureen Kelly (mokel773@aol.com), R Leslie Carson

Sat., Sep. 13-14. Mt. Isolation Hike. Hike along the Rocky Branch Ridge, camp among the stars and summit Mt. Isolation surrounded by wonderful views of the Presidential Range. Several river crossings. Backpacking experience needed. L Leslie Carson (508-833-8237, ltc929@comcast.net) L Maureen Kelly (mokel773@aol.com), R Leslie Carson (508-833-8237, ltc929@comcast.net)

(FT) (NM) (AN) Fri., Feb. 6-8. Winter Fun Weekend (hiking, snowshoeing, xc skiing, etc.). SEM Annual "Winter Fun" Weekend at Noble View. Hiking, snowshoeing, XC skiing, sledding, etc. DETAILS TO COME. L Walt Granda (wlgranda@aol.com) L Jodi Jensen (jodiajensen@gmail.com)

PADDLING

Always looking for additional paddle leaders! Contact the canoe/kayak committee at paddlingchair@amcsem.org

Chapter Trips

Sat., Apr. 26. "Celebrate Blue Hills" Ponkapoag Pond Paddle. Paddle Ponkapoag Pond with us to see spring plants, birds and fish in conjunction with the chapter's "Celebrate Blue Hills" event. Launch time is 1:00 and paddle should last about 1.5 hours. PFD required. Wet/dry suit recommended. Join us after the hike for a fun cookout at 4:00 pm at Houghton's Pond. Cost for the cookout is \$6/person. Sign up for the cookout with your leader when you sign up for the activity (hike, paddle, or trail work). L Betty Hinkley (bhinkley@mindspring.com) CL George Wey (geowey@comcast.net), R Betty Hinkley (Bhinkley@mindspring.com)

Sat., Apr. 26. "Celebrate Blue Hills" Hike, Paddle, Trailwork Event - Join Us!. "Celebrate Blue Hills" - Join the Southeast Mass Chapter in celebrating this 7000 acre parcel of land incorporated in 1893, containing 125 miles of trails and 22 hills with a day full of events on Saturday, April 26, 2014. The Blue Hills Reservation is located

19 miles South of Boston and is bounded by the towns of Quincy, Braintree, Randolph, Canton, Dedham and Milton. Numerous fun options! Sign up for an easy, intermediate or rugged hike on trails showing a variety of habitats and views of Boston, Mt. Wachusett or points south. Have little ones? Try the family hike. Or sign up to paddle the shores of Ponkapoag Pond in hopes of seeing early spring plants and birds. You could also choose to do Trail work and give back to the Reservation by brushing and edging the trails with rocks on the popular Skyline Trail. All of these activities will be hosted by knowledgeable leaders. They are listed individually online and you must register for them. Enjoy your choice of activity and then join us for a cookout at 4:00pm by Houghton's Pond. Cost for the cookout is \$6/person payable by cash on the day of the event. Sign up for the cookout online when you sign up for an activity. Please join us; we hope to share this wonderful park and the activities with you rain or shine. L Maureen Kelly (508-224-9188 before 8 pm, mokol773@aol.com) CL Karen Singleton (karen.singleton@comcast.net), R Maureen Kelly (508-224-9188 before 8 pm, mokol773@aol.com)

(AN) Sat., May. 3. Leadership Training. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader candidates are also welcome. It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to SEM chapter members. L Maureen Kelly (mokol773@aol.com), R Len Ulbricht (lenu44@gmail.com)

Wed., May. 21. Paddling - Long Pond, Harwich. Paddle the perimeter of Long Pond; lunch half-way around. Put-in: Exit 10 North from Route 6; R on Long Pond Rd; L to parking/beach. PFD required. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Sat., May. 31. Paddling- Meeting House Pond/Little Pleasant Bay. Put-in: Main St. Orleans to Barley Neck Rd; R to TL at Meeting House Pond. PFD, spray skirt required. Paddle out to Little Pleasant Bay; side trip into Arey's Pond. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

SOCIALS

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

Chapter Trips

(FT) (NM) (AN) Fri., Sep. 19-21. CHAPTER HUT WEEKEND 2014 (Highland Center). Chapter Hut Weekend 2014 at the AMC Highland Center. L Melissa Powers (socialchair@amcsem.org), R Patty Rottmeier (treasurer@amcsem.org)

(FT) (NM) (AN) Sat., Nov. 1. SEM Annual Dinner. SEM Annual Dinner. L Melissa Powers (socialchair@amcsem.org)

TRAILS

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

Volunteer Opportunities

Until Filled. SEM needs a TRAILS CHAIR !. SEM needs a Trails Chair. Contact chair@amcsem.org to volunteer! L Cheryl Lathrop (chair@amcsem.org)

Chapter Trips

(C) (AN) (CE) Sat., Apr. 26. "Celebrate Blue Hills" Trail Work Event. Give back a little this year by helping maintain the trails we all love in conjunction with the chapter's "Celebrate Blue Hills" event. We will perform trail work on a section of the North Skyline between Reservation Head-

quarters and Elliot Circle. Tools and training will be provided. 12:30am - 3:30 pm. Join us after the trail work for a fun cookout at 4:00 pm at Houghton's Pond. Cost for the cookout is \$6/person. Sign up for the cookout with your leader when you sign up for the activity (hike, paddle, or trail work). L Maureen Kelly (508-224-9188 before 8pm, mokel773@aol.com), R Luther Wallis (lew89@comcast.net)

(C) (NM) Sat., Apr. 26. "Celebrate Blue Hills" - Hike, Paddle and Trailwork Event - Join Us!. "Celebrate Blue Hills" - Join the Southeast Mass Chapter in celebrating this 7000 acre parcel of land incorporated in 1893, containing 125 miles of trails and 22 hills with a day full of events on Saturday, April 26, 2014. The Blue Hills Reservation is located 19 miles South of Boston and is bounded by the towns of Quincy, Braintree, Randolph, Canton, Dedham and Milton. Numerous fun options! Sign up for an easy, intermediate or rugged hike on trails showing a variety of habitats and views of Boston, Mt. Wachusett or points south. Have little ones? Try the family hike. Or sign up to paddle the shores of Ponkapoag Pond in hopes of seeing early spring plants and birds. You could also choose to do Trail work and give back to the Reservation by brushing and edging

the trails with rocks on the popular Skyline Trail. All of these activities will be hosted by knowledgeable leaders. They are listed individually online and you must register for them. Enjoy your choice of activity and then join us for a cookout at 4:00pm by Houghton's Pond. Cost for the cookout is \$6/person payable by cash on the day of the event. Sign up for the cookout online when you sign up for an activity. Please join us; we hope to share this wonderful park and the activities with you rain or shine. L Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com) CL Karen Singleton (karen.singleton@comcast.net), R Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com)

(C) Sat., May 31-Jun. 1. Lonesome Lake Trail work. Come get dirty and enjoy the scenery of Franconia Notch as we embark on our annual trail maintenance of Lonesome lake trail. We will work Saturday and spend the night at Lonesome lake hut. The work will consist lite maintenance of brushing, water bar clean-outs and brush removal. Possible hike on Sunday depending on time. L Wayne Anderson (wanderson@mxcsi.com) CL Maureen Kelly (mokel773@aol.com), R Wayne Anderson (wanderson@mxcsi.com)

COMMUNITY CONNECTIONS

Upcoming Community Outdoor Activities You Might Be Interested In. Send items to breeze.editor@amcsem.org

PERSONAL POSTS

This section of the Breeze highlights our members. If you have news, or know of news, contact the breeze.editor@amcsem.org

SWAP STUFF

The E-BREEZE will publish FREE ADS for MEMBERS to SWAP/BAR-TER/SELL/TRADE/FREE OUTDOOR EQUIPMENT. Send your ads to: breeze.editor@amcsem.org, put "BREEZE - SWAP" in the subject line.

ADVERTISING

Got an AMC-related outdoorsy business? Run a paid business card-sized ad in the Breeze for \$10/month (\$100/year)! Contact: breeze.editor@amcsem.org

COLUMNISTS

Got something to say, want to be a regular Breeze columnist? Contact the Breeze editor to volunteer! breeze.editor@amcsem.org

Want to get
WORD OUT
in the Breeze?





Lookout over Easthampton and beyond, photo courtesy of Len Ulbricht

Breeze

Open Volunteer Positions

- Biking Vice Chair
- CYP Vice Chair
- Communications Vice Chair
- Trails Chair
- Conservation Vice Chair
- Education Vice Chair
- XC Skiing Vice Chair

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

Save the Date

Lonesome Lake Trail Work
Lonesome Lake May 31-June 1

Chapter Hut Weekend
Highland Center
September 18-21

Wilderness First Aid
November 8-9

Fall Gathering
October 17-19 - Maine

Board Meetings
6:30pm electronic
May 14, June 11, September 10,
October 8, November 12

Map and Compass Training

To honor the late Barry Farnsworth, our recent Education Committee Vice Chair, the Executive Board has voted to create a \$100 scholarship toward the cost of M&C training tuition. Barry had a personal interest in promoting M&C training within the chapter, and the Board chose to recognize him in this manner. The funds may be used for training programs offered by any AMC chapter or those offered by non-AMC entities. This scholarship is open to both trip leaders and non-trip leaders in SEM. Interested parties should review the scholarship [application form](#) and, upon completion of training, submit an SEM scholarship application to the Education Committee chair.



Reimbursement will be made upon approval by the chapter's Executive Board.

tee chairperson, Len Ulbricht, at lenu44@gmail.com for further information.

Map & Compass Training Opportunities

A map and compass (M&C) are two of the ten must have essentials for wilderness hiking. (Do you know the other eight?) Key elements of M&C instructional training include basic compass use, correction for magnetic variation, terrain map reading, following a compass course, tri-

[Page 4 >>](#)

Volunteer Opportunity

Education Committee Vice Chair

The Education Committee organizes and promotes training of trip leaders for our chapter. Two fundamental programs, Leadership Training and Wilderness First Aid, are planned and supported every year. Other programs may be offered at the committee's discretion.

The Vice Chair and Chair share tasks

[Page 4 >>](#)

Are you a detail person, long-time chapter member or former board member?

We're forming a committee to update our chapter Bylaws and Operating Rules.

See our current [Bylaws and Operating Rules](#).

Contact your Chapter Chair at chair@amcsem.org.

Like to work with groups of children? Want to share your outdoor knowledge with the next generation?

Our Chapter Youth Program (CYP) is looking for leaders. A typical CYP might include a local walk with some nature lesson or trail game. Contact Sally Delisa cypcoordinator@amcsem.org

Like to ski? Want to see more ski trips?

Our Ski Committee needs a Vice Ski Chair to work with our Ski Chair to help to plan ski events, both downhill and cross-country. Contact xcskichair@amcsem.org for more information.

Conservation minded? Want more conservation activities?

Our Conservation Committee needs a Vice Conservation Chair to work with our Conservation Chair to help plan conservation events and education. Contact conservationchair@amcsem.org for more information.

If you'd like to give back to your SEM chapter, we'll find something small for you to do to get started. Contact the Chapter Chair at chair@amcsem.org and we'll match up your interests and capabilities with our needs.



2014 Executive Board

Chapter Chair

chair@amcsem.org
Cheryl Lathrop, 508-668-4698

Vice Chapter Chair

vicechair@amcsem.org
Maureen Kelly, 508-224-9188

Past Chapter Chair

pastchapterchair@amcsem.org
Jim Plouffe, 508-562-0051

Secretary

secretary@amcsem.org
Karen Singleton, 508-730-7701

Treasurer

treasurer@amcsem.org
Patty Rottmeier
508-982-1099 (c) 508-228-4207 (h)

Membership Chair

membershipchair@amcsem.org

Membership Vice Chair

membershipvicechair@amcsem.org
Ellen Thompson

Biking Chair

bikingchair@amcsem.org
Cheryl Washwell, 774.259.4535

Chapter Youth Program (CYP) Chair

cypchair@amcsem.org
Sally Delisa, 781-834-6851

Cape Hiking Chair

capehikingchair@amcsem.org
Farley Lewis, 508-775-9168

Cape Hiking Vice Chair

capehikingvicechair@amcsem.org
Peter Selig, 508-432-7656

Cape Hiking Vice Chair

capehikingvicechair@amcsem.org
Janet DiMattia, 508-394-9064

Paddling Chair

paddlingchair@amcsem.org
Betty Hinkley, 508-241-4782

Paddling Vice Chair

paddlingvicechair@amcsem.org
Ed Foster

Communications Chair

commschair@amcsem.org
Gina Hurley, 508-362-6573

Trails Vice Chair

trailsvicechair@amcsem.org
Wayne Anderson, 508-697-5289

Conservation Chair

conservationchair@amcsem.org
Joanne Jarzowski, 508-775-7425

Education Chair

educationchair@amcsem.org
Len Ulbricht, 508-359-2250

Hiking Chair

hikingchair@amcsem.org
Paul Miller, 508-369-4151

Hiking Vice Chair

hikingvicechair@amcsem.org
Leslie Carson, 508-833-8237

Ski Chair

xcskichair@amcsem.org
Barbara Hathaway, 508-880-7266

Ad Hoc Committees

Family Events Chair

familyeventschair@amcsem.org
Chris Pellegrini, 508-244-9203

Family Events Vice Chair

familyeventsvicechair@amcsem.org
Bill Pellegrini, 508-244-9203

Social Director

socialchair@amcsem.org
Melissa Powers

Staff

Social Networking Moderator

social.nw.moderator@amcsem.org
Susan Salmon

Blast Editor

blast.editor@amcsem.org
breeze.editor@amcsem.org
Gina Hurley, 508-362-6573

Breeze Editor

Andrea Holden, 508.837.6998

Find activities (hikes, bikes, etc.)

1. The monthly *Breeze* - email
2. *AMC Outdoors magazine* - mail
3. [Online trip listings](#)
4. Sign-up for [short notice trips](#) (center bottom of page)

Pictures and Article Submissions

We encourage SEM members to submit articles and photos for both the *Breeze* and our website. Materials will be edited at the editor's discretion. Send to breeze.editor@amcsem.org

Breeze Deadline

Monthly on the 15th

Sign-up for the Breeze

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

Where to find Breeze Publications

Volunteers Wanted

Volunteer for the Executive Board. Do you have skill and want to see where you fit? Lead hike, bike, ski, snowshoe, x-country or paddle trips. We have volunteer positions open! Contact chair@amcsem.org

Want SEM activities delivered right to your email inbox? Sign up for AMC "digests". Access the Member Center from our home page (amcsem.org) or call 800-372-1758.



View from the Chair

By Cheryl Lathrop

May brings us sunshine, flowers, and warm weather – and also SEM hikes, bikes, and paddles! In early May we offer our annual Leadership Training for aspiring activity leaders or anyone looking to see how trips are run. And in late May we offer our annual chapter trailwork event—the cleanup of our adopted trail in the White Mountains: The Lonesome Lake Trail. A fun weekend of work mixed with hiking!

Want to get more involved? Email me and I'll find something for you that matches your interests and capabilities.

Got something to say? Got a good idea? Want to volunteer?

Feel free to contact me anytime about anything! chair@amcsem.org

Chapter Chair



Wellfleet Hike 2 March 2014, photo courtesy of AMC SEM Flickr Photostream

As always, feel free to contact your chapter chair, or vice chapter chair at any time.

Chapter Chair: Cheryl Lathrop (chair@amcsem.org) ~ Vice Chapter Chair: Maureen Kelly (vicechair@amcsem.org)

that typically involve the planning, coordination and hosting of training sessions, nominally two or three weekend sessions per year. Presenting training material is not required. Upon expiration of the Chair's term in office, the Vice Chair normally moves into the Chair's position.

Small event planning experience helpful. Completion of Leadership Training or Wilderness First Aid desirable but not required.

To explore this volunteer position further, contact Len Ulbricht, the Education Committee Chair, at lenu44@gmail.com.

CONSERVATION

Buy in bulk whenever possible. This means that instead of buying individually wrapped bags of goods such as rice, beans, etc., you can bring your own container, and fill it with rice your self! This significantly cuts down on packaging, and it quite often less expensive. You can reuse empty pasta sauce jars (and containers like that) to put your bulk items in, and that way, you are also reusing materials. Win win!



Mt. Tom Spring Hike

March 22, 2014

By Len Ulbricht

The forecast portended gloomy conditions, cloudy with chance of morning snow and showers, wind picking up, temperature near freezing, not one's preferred choice for the first spring hike of the year. The day's plan called for hiking up Bray Loop, Lost Boulder, Keystone Ext and DOC to the west facing ridge of the Metacomet-Monadnock Trail, turn south along the precipice to Mt. Tom, double back and continue north along the ridge line past Goat Peak to Mt. Nonotuck, double back again and return via Teabag to reservation headquarters, a distance of 8.9 miles with 900 ft. elevation gain.

We arrived at the trailhead with overcast conditions, temperature at 32 degrees, and ice on the trail. The slippery kind of ice, the kind nothing but spikes will handle. Gloves, fleece and parka time, and on with the micro-spikes. Ahhhh the joys of spring. Though the uphill climb was gradual and well blazed, it was slow going on the ice bound trail. After a couple of delayering stops, about 3/4 of the way to the ridge line flurries and a light shower forced us to put on rain gear. It is spring, isn't it? The ice and frequent gear swaps slowed our pace. It wasn't long before decision time came upon reaching the ridge. Behind schedule, we bagged the southerly spur to Mt. Tom and followed the ridge line north.

Object to receiving fund-raising emails from the AMC?
Call the AMC to specify your preferences! 800-372-1758

COMING EVENTS

Leadership Training (5/03)

This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader candidates are also welcome. It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to SEM chapter members. For more information go to <http://activities.outdoors.org/search/index.cfm/action/details/id/73661>

Lonesome Lake Trail Work (5/31-6/1)

Join us for trailwork on our adopted trail

"Lonesome Lake Trail" on May 31-June 1, in beautiful Franconia Notch. Stay at the hut; tools provided; all are welcome. trailsvicechair@amcsem.org.

Chapter Hut Weekend (9/18-9/21)

Mark your calendars!

Map & Compass

The SEM Executive Board has approved funding for a scholarship to promote map and compass skill development for SEM members. A special application form (the Barry Farnsworth Memorial Scholarship) has been created and is now available on the SEM website under "Documents". See <http://amcsem.org/assets/pdf/schapp bf.pdf>. The scholarship offers up to \$100 toward the M&C tuition offered by AMC or any AMC chapter, or a

non-AMC entity (e.g., REI). For further information contact Len Ulbricht at education@amcsem.org.

Current AMC M&C offerings

May 8 M&C workshop, Narragansett Chapter, see <http://activities.outdoors.org/search/index.cfm/action/details/id/75358>

Oct 24-26 M&C Weekend at Mohican

in NJ, see <http://activities.outdoors.org/search/index.cfm/action/details/id/73824>

REI Map & Compass offerings

May 3 at Rocky Woods, Medfield and May 24 at Goddard State Park in Rhode Island. See <http://www.rei.com/class/49378/market/140>

And then - spring arrived. The rain stopped, the cloud cover dissipated,

blue sky appeared and old sol warmed away the chill. On went the sun glasses, off came the rain gear, parka and gloves, for a short

while at least. Soon the wind began blowing up the face of and over the precipice, setting in a chill. But the sun shone on and cheered us on our way. We passed one lookout after another with views over Easthampton out to the Berkshires. Goat Peak offered a treat - raptors. A hawk and then an eagle floated upon the air above us and glided out over the landscape. Gorgeous. Further along toward Nomotuck at another lookout ice covered an oxbow lake, formerly part of the Connecticut River. Thick with ice and snow, it's shore outline was lost in the white blanket covering fields of a farm tucked in the arms of the lake. Finally the decent towards our return home. Just in time to beat the gated 4 pm entrance closure. Though shortened to 6 miles, a great introduction to spring hiking. A do-again hike when real spring arrives.



Ice on the trail, photo courtesy Len Ulbricht



The Oxbow Lake, photo courtesy Len Ulbricht

Bill Doherty finishes Greenlining

By Bill Doherty

I have to admit it - I enjoy hiking the Blue Hills. Last year, 2013, was a great year for the SEM Redline the Blue Hills (RLBH) Series. Our leaders Joe Keogh, Michael Swartz, Maureen Kelly and Jim Casey led us all over the reservation, completing an astounding 114 miles of trails. This started with the weekly Thursday evening hikes in April and culminated with the Skyline End-



to-End hike in November.

I try to attend most of the RLBH hikes. I like the camaraderie, the gentle ribbing and support everyone provides. We also learn a lot from each other. It is a talkative and social group. The amazing diversity of the terrain in the Blue Hills provides endless opportunities for our leaders to vary the hikes from easy walks to more difficult hill climbs. After a couple of easy hikes we generally walk at a very good pace. Further you can increase the intensity of your individual workout just by just carrying more weight in your pack. Over time this really does increase your physical endurance and overall conditioning. Hiking with the SEM RLBH is an excellent way to improve your health while having fun.

I hiked on my own to complete my remaining Greenline trails. Being directionally challenged, I am forced to use some of the skills I learn from our leaders to find my own way in the woods. It builds self confidence. Further, I found out that what Bob Vogel told me was true. He said that you can occasionally get lost in the Blue Hills but you can't stay lost in the Blue Hills. Within 15 to 20 minutes of wandering you will usually come to a road or a larger trail and be able to get your bearings on your map. The serenity of being alone in the woods can be appreciated because you can really savor the quiet and enjoy the beauty of the Blue Hills.

I encourage my fellow RLBH hikers to get out there and finish the trails they need in order to collect a coveted RLBH patch.

Lonesome Lake Trail work

May 31, 2014 - June 01, 2014 (Sat - Sun)

Come get dirty and enjoy the scenery of Franconia Notch as we embark on our annual trail maintenance of Lonesome lake trail.

We will work Saturday and spend the night at Lonesome lake hut. The work will consist lite maintenance of brushing, water bar clean-outs and brush removal. Possible hike on Sunday depending on time.

Location: New Hampshire, White Mountains, NH

Nearby AMC Destination: Lonesome Lake Hut

Registrar information: <http://activities.outdoors.org/search/index.cfm/action/details/id/75143>

Trip at a Glance

Activity:	Trail Work
Offered By:	Southeastern MA
Status:	Open
Location:	New Hampshire, White Mountains, NH



THANK YOU ANDREA HOLDEN!

The May newsletter is Andrea's last one as editor. Thank you Andrea for all of the work you have done to get our newsletter published each month. It is a huge undertaking. You have done an amazing job, and will be missed. Thank you, thank you, thank you!

If you would like to step in to help the Communication committee with the next newsletter, please email Gina Hurley, the Communications Chair at communicationschair@amcsem.org

WHY VOLUNTEER FOR AMC? Gain work experience! Add it to your resume! Got a little free time to help us grow? Are you a people person who likes to help others? Are you concerned about environmental issues? Do you enjoy outdoor activities? If this sounds like you, then you may be interested in some opportunities to help our chapter of the AMC grow and better accomplish its mission. Get in touch with us and we'll be happy to tell you more. Contact: chair@amcsem.org

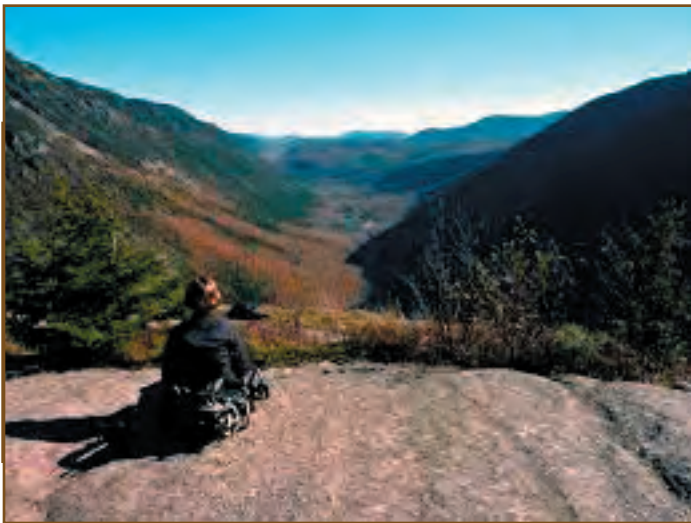
Chapter Hut Weekend

These weekends are full of fun, hikes, paddles, bikes and most important laughs.

MARK YOUR CALENDARS

SEPTEMBER 18TH - 21ST

WE WILL BE HOSTING OUR
ANNUAL SEM CHAPTER HUT WEEKEND AT
**THE HIGHLAND CENTER AT CRAWFORD
NOTCH, NEW HAMPSHIRE**



*Don't miss out on the fun!
Reserve your spot at Chapter Hut Weekend Now!*

We are excited to be hosting this weekend at the beautiful Highland Center. The accommodations will not disappoint. Your package includes your lodging as well as breakfast and dinner. The food is absolutely delicious and we can meet up after our various activities over a drink in front of the fireplace.

WITH AN EXTENSIVE TRAIL NETWORK AT ITS FRONT DOOR, WATERFALLS, LAKES, AND MORE, THE [HIGHLAND CENTER](#) IS THE PERFECT BASE FOR ANY OUTDOOR ADVENTURES.

WE HAVE ALREADY HAD PEOPLE RESERVING THEIR SPOTS.
DON'T WAIT - BOOK YOUR RESERVATION TODAY!

This will be a year you won't want to miss.
Check out our [flyer](#) to learn more and register.

For questions and reservations contact Melissa Powers at socialchair@amcsem.org

Spring skiing: East versus West

By Gina Hurley

Spring skiing is something I look forward to each year. There is nothing like skiing in a light jacket, or just a t-shirt. This year I had the good fortune to enjoy spring skiing out west, and up north. After a business trip to Portland, Oregon, my husband and I took a day to ski at Timberline. Timberline is a beautiful hotel and ski resort on Mount Hood. It is the only ski area in North America that is open all 12 months of the year. While traveling out west several years ago, my husband and I skied there in mid-July, vowing to come back to try it during the winter season when the mountain would be fully open. Late this March we had our chance. Timberline is a very unique mountain. With 3,690 feet of vertical drop (more than anybody else in the Pacific Northwest), it is located near the top of an 11,245 foot volcano.

If you are not familiar with Timberline, it is located in Government Camp, approximately one hour from Portland, Oregon. It is the mountain lodge where the movie *The Shining* was filmed. Driving the long and winding 6 mile road to get to the lodge and ski resort is excit-

ing and beautiful. It is an interesting ski resort; one of the few where you can actually ski down the mountain from the parking lot before the ski lifts open. The day we skied the

amazing, and the views spectacular! To learn more about this wonderful ski resort go to <http://www.timberlinelodge.com/>

Fresh tracks on Mt. Hood at Timberline. Photo courtesy of Gina Hurley



View from Wildcat....it never gets old. Photo courtesy of Gina Hurley

mountain had received 18 inches of fresh new powder overnight. With 41 trails, and over 400 inches of snow this year, the conditions were

Although skiing out west is phenomenal, skiing in the northeast is what I know. It is where I learned to ski, so has sentimental value. Even with some of the more challenging conditions, there is something special about skiing in your own "backyard." Wildcat is a great, rustic mountain located in Pinkham Notch, NH. There is no volcano to ski on, and there is less vertical drop than Timberline, but there is that amazing view of Mount Washington and the ravines. On a clear day, like the one I had, the view is spectacular. Wildcat does not get as much snow as Timberline, and thus did not have the same amount of base as Timberline did this spring, but, with all 47 trails still open in early April, it was a great day to cruise the slopes. The chart below compares the two mountains. Although the numbers may matter to some, both mountains delivered with great views and great fun! I hope you were able to get in some spring skiing. If not, put it on your to-do list for next year. It is a great way to cap off a season for fun.

	Timberline	Wildcat
Annual Snowfall	444 inches (13-14 season)	200 inches (average)
Current Base Depth	147 inches	18-36 inches
Number of Trails	41	47
Vertical Drop	3,690	2,112

Milestone Celebrations

A beautiful spring hike at Ponkapoag Pond.
In the middle, holding his tree, is Eddy DeSantas, who turned 93 on April 20th.

Happy Birthday, Eddy!



Photo courtesy of Deborah Lepore

Are you or someone you know celebrating a milestone with an outdoor activity?

Are you turning 60, 70, 80, or 90+ and still enjoying the outdoors, like Eddy? If so, tell us about it. We would love to include your story in our newsletter. Send entries to breeze.editor@amcsem.org.

Spring Products To Be Excited About

Interview with Peter Casson, Schools General Manager, Eastern Mountain Sports

By Gina Hurley

I had the chance to interview Peter about the new products he and Eastern Mountain Sports are excited about. Below is his list, along with links to learn more about these great new products. I also asked Peter a few questions about his own outdoor adventures. His favorite activities are stand-up-paddling and kayaking. He enjoys doing both with his 4 and 8 year old children. Although a dream trip was hard to come up with, Peter is currently planning a 3 day overnight kayak trip in ME with his 8 year old. Sounds like a fun trip!



• EMS Wapack

- With a pack as well-designed and comfortable as the EMS Wapack, you'll wish you could quit your job and just be a full-time backpacker instead (as if that thought has never crossed your mind before!)
- Wapack 60
 - MSRP \$159
 - In stock in all stores and EMS.com
 - Additional detail at: <http://www.ems.com/product/index.jsp?productId=22249506>
- Wapack Youth 50
 - MSRP \$139
 - In stock in all stores and EMS.com
 - Additional detail at: <http://www.ems.com/product/index.jsp?productId=22249496>

• EMS Long Trail Packs

- Fully featured with clean lines and new technology to keep you as comfortable as possible, the updated EMS Long Trail 70 is a well-thought-out work of art that'll keep you on the trails for years to come.
- MSRP \$229
- In stock in May in all stores and EMS.com

• EMS Boreal 20 Sleeping Bags

- Updated for 2014 with InsoTECT Tubic construction and Pinneco Core insulation, the EMS Boreal 20 is now a more perfect solution for your lightweight, three-season sleeping needs than ever before.
- MSRP \$199-209
- In stock in May in all stores and EMS.com

• EMS Velocity 35 Sleeping Bag

- New for 2014 with a shortened zipper and lighter weight construction, the Velocity 35 is a perfectly packable, ultra-lightweight synthetic sleeping bag designed to meet all of your fast-packing needs.
- MSRP \$229-\$239
- In stock in May in all stores and EMS.com

- NOTE: One of our employees is carrying this on his Appalachian Trail thru-hike. Follow his adventures at <http://www.emsoutstores.com/wordpress/why-weve-never-followed-an-appalachian-trail-thru-hiker-until-now/>

• Jetboil Joule Group Cooking System:

- A trusted companion on any adventure—and 2013 Outdoor Industry Award winner—the Jetboil Joule Group Cooking System provides unparalleled cold-weather performance and ease of use for expert backpacking groups and alpinists. New regulator systems and inverted canister design make boiling water for a group fast and efficient.
- MSRP \$199.95
- In stock now on EMS.com
- Additional details at: <http://www.ems.com/product/index.jsp?productId=24484676>

• BioLite Stove and Kettlepot:

- BioLite Stove
 - If you've been trying to find a way to pack a little lighter, be a little greener, and have a little more fun when cooking in the wilderness, then the BioLite CampStove is exactly what you're looking for! This innovative stove will simultaneously boil water and charge your gadgets using biomass, which decreases your carbon footprint and eliminates the need to carry the extra weight of a solar charging panel and fuel canisters.
 - MSRP \$129.95
 - In stock now in all stores and EMS.com
 - Additional details at: <http://www.ems.com/product/index.jsp?productId=16895996>
- KettlePot
 - The newest addition to the BioLite family, the KettlePot cooks like a pot, pours like a kettle, and stores your CampStove inside to save valuable pack space.
 - MSRP \$50
 - In stock now on EMS.com
 - Additional details at: <http://www.ems.com/product/index.jsp?productId=24084096>

• Leatherman Juice CS4

- An update to a classic tool. Pliers, wine opener, scissors and much more coming in a nice little package makes it a must have for your pack.
- MSRP \$79.95
- Anticipated in-stock in May in all stores and EMS.com

• Petzl Tikka RXP

- Reactive Lighting! An integrated light sensor adjusts the light output of this headlamp to your conditions, look down the trail and you'll get up to 215 lumen beam to see your way look down at your map and the light dims to an appropriate level.
- MSRP \$94.95
- In stock in limited stores (including Hyannis MA) and

EMS.com now; Will be in all stores in May

- Additional details at: <http://www.ems.com/product/index.jsp?productId=19459966>

- **Goal Zero Lighthouse 250 Lantern**

- The Goal Zero Lighthouse 250 is both a lantern and USB power hub in one convenient unit, perfect for use on camping trips or during a power outage. Up to 250 lumens of light and an large internal rechargeable Li-ion battery with a 5v usb output to charge your other gadgets. Charge at home with wall socket, in the field with the built in dynamo hand crank, or use a Goal Zero solar panel (not included).
- MSRP \$79.95
- In stock now at EMS.com
- Additional details at: <http://www.ems.com/product/index.jsp?productId=29603826>

- **Garmin Vivofit Fitness band**

- Track your day to day activity with this fitness band from Garmin. Learns your daily activity levels and sets goals to encourage you to step up your fitness. tracks steps distance and heart rate when

paired with a Garmin chest strap (available w/ select versions). Track your progress on Garmin Connect.

- MSRP \$129.99
- In stock in all stores and EMS.com by May
- Additional details at: <http://www.ems.com/product/index.jsp?productId=32680986>

- **Tifosi Dolomite 2.0 Sunglasses**

- Built to provide technically advanced eye protection to enthusiasts of all sports and outdoor activities, Tifosi Dolomite 2.0 sunglasses with Fototec lenses are guaranteed to enhance your sport whether you're running a 10k, riding a century, or heading out on the weekend for a kayak fishing trip. The Polarized Fototec lens automatically adjust from 32.1- 11.9 visible light transmission meaning you don't spend time interchanging lens when you have variable light conditions. Tough Grilamid frames and built in venting to prevent fogging make these perfect for strenuous activity.
- MSRP \$99.95
- In stock now at EMS.com
- Additional details at: <http://www.ems.com/product/index.jsp?productId=34658286>

Biking

Biking

Spring is here!!! The roads will have our presence on them again!

There will be many opportunities to enjoy the great outdoors on our bikes this upcoming season.

If you have never had the pleasure of enjoying one of Paul C's cape rides, try one of these: Paul's once a month Tuesday rides, and his famous Full Moon rides 5/14 and 6/13.

And Jack is back after double hip replacements – His rides are in the Lakeville – Fairhaven areas. And they are so very enjoyable.

We are also organizing a weekend on Nantucket. Special thanks to our Treasurer Patty who will be our gracious tour guide for the weekend. (Psst it's also her birthday and we are going to celebrate it on Saturday night with a Good Old New England Clam Bake.) You don't need to know Patty to come! It will be a great weekend at an absolutely priceless location with great people and great fun.

We have reserved some beds at the ***Star of the Sea Hostel***

<http://www.hiusa.org/massachusetts/nantucket/nantucket>

We will be taking the Traditional Ferry out of Hyannis on Friday June 20th at noon. We will return on Sunday June 22nd. There is some flexibility with the return times on this. We have beaches to stroll, sunsets to enjoy, biking all over to soak in the unique splendor of Nantucket with Patty showing it off and knowing all the great places to enjoy.

The cost to register for this event is \$160. This includes travel, lodging and Saturday's New England Clam Bake. Breakfast is provided at hostel if you like. All other meals and sundries we will pay for on our own.

Space is limited please register with Bike Chair (Cheryl W.) at bikingchair@amcsem.org. Include name, address, telephone, email and emergency name and number.

See you on the bike soon!

Joyfully submitted,

Cheryl Washwell, Bike Chair AMC SEM

Pre-Fall Gathering 2014

Come early to Fall Gathering and stay up to three nights in the AMC Maine wilderness lodges at deeply discounted rates. Choose from cabins with facilities, rustic cabins, or bunkhouses, all sited close to a log lodge, a Maine wilderness lake, and inviting hiking trails. Hike a hill, paddle a lake, or sit on a porch. Full family-style meals included.

Take this opportunity to visit AMC's newest facilities in Maine and see what all the excitement has been. Come to Maine early and make your drive worth it!

Dates: Oct 14, 15, or 16, the three nights immediately preceding Fall Gathering.

Location: Little Lyford Lodge and Cabins and Gorman Chairback Lodge and Cabins are about 45 minutes from Greenville, ME, in the heart of AMC's 67,000 wilderness acres.

Accommodations and Costs:

Little Lyford Lodge and Cabins

- Cabin: \$ 85
- Bunkhouse: \$ 58

Gorman Chairback Lodge and Cabins:

- Deluxe Cabin: \$ 112
- Cabin: \$ 95
- Bunkhouse: \$ 73

The per night rates above are valid for 1 to 3 nights, Oct 14, 15 or 16, and will be taxed at 8%. Cabin rates are double occupancy. Deluxe cabins at Gorman Chairback Lodge have private bath. Guests can call AMC reservations (603-466-2727) any time and reserve whatever space is still available. To get these rates, mention Group #246008.



August Camp 2014 Mount Rainier National Park, WA



Hike in the shadows of majestic Mount Rainier

© Peter Selig

In 2014 August Camp experiences the incredible beauty of Mount Rainier National Park. Marvel at spectacular scenery, wildflowers and towering hemlocks, relive the drama of Mt. St. Helens, and hike on the shoulders of one of the highest peaks in the lower 48.

Camp will be set up in the small former lumbering town of Packwood, adjacent to the park.

After a day of the activity of your choice, relax around the nightly campfire, listening to ranger talks, reports from the day's hikes, and a description of the next day's activities, followed by singing and conversation.

This full service tent village for 64 campers each week offers home-cooked meals, daily hikes at all levels, evening campfires and wonderful camaraderie.

The designated airport is Seattle-Tacoma International, and the camp fleet of vans provides transport between camp and SeaTac each Saturday.

The Application and Camper information

forms, as well as detailed Camp information can be found on the August Camp website at <http://www.augustcamp.org/>. Plan your one or two week adventure now and be part of one of the AMC's oldest traditions.

Southeast MA chapter leaders Leslie Carson and Éva Borsody Das will be leading hikes at August Camp during weeks 3 and 4.

Applications will be accepted after Jan 1, 2014.

Week 1: July 19 - July 26

Week 2: July 26 - Aug 2

Week 3: Aug 2- Aug. 9

Week 4: Aug. 9 - Aug. 16

Questions about August Camp? Contact SEM Chapter and August Camp leader Éva Borsody Das, at borsody@gmail.com.

Fall Gathering 2014



Katahdin 13, photo courtesy Kim Sanders



Chairback Canoes, photo courtesy Peg Nation

Dates: Oct 17, 18, and 19, 2014

Cost: To be determined soon, but reasonable!

Location: Picture-perfect Maine summer camp, beautiful Camp Wavus on Damariscotta Lake in Jefferson, Maine.

Activities: Hiking, biking, socializing, exploring the Maine coast, and having fun!

Register: www.amcmaine.org under AMC Fall Gathering 2014

FMI: www.amcmaine.org or email Larry Dyer at lwdamc@maine.rr.com

You ARE INVITED

AMC's Fall Gathering October 17-19, 2014, a traditional AMC club-wide activity for AMCs, their families, and guests of all ages.

Gear up now for some great AMC fun this October in Maine when AMCs from all chapters will gather for three days of fun and exciting outdoor activities and socializing along the Maine coast! Grab your friends and make plans now for Jefferson, Maine, near the waterfront village of Damariscotta.

ACTIVITIES

SOUTHEASTERN MASSACHUSETTS ANNOUNCEMENTS(S)

Looking for a 3rd member for our Bylaw Update Committee to serve from now til 11/1/2014 Annual Meeting. Contact chair@amcsem.org

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

SEM Leadership Training (May 3, Borderland)
SEM Annual Meeting & Dinner, Sat. Nov. 1.

BICYCLING

WANTED: Ride Leaders and Co-Leaders. Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm and routes w/ your fellow AMC members? Contact Bike Chair (bikingchair@amcsem.org) for more info.

AMC SEM 2,000 Mile Club. AMC SEM has a unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair to register your mileage and for more info. (bikingchair@amcsem.org)

Bike Ratings: First character indicates distance in mi: AA=50+; A=35-50; B=25-35; C=under 25. Second is L's pace in mph: 1=17; 2=13-16; 3=11-13; 4=up to 11. Third is terrain: A=very hilly; B=hilly; C=rolling; D=flat.

Tues. Rides. Turn Those Tires on Tues. Rides scheduled all year long, weather permitting. 25 mi of road or 15 mi of mtn. biking. Tues. at 2

p.m. Flat to hilly. Contact L for start location and directions. Intermed. pace. Riders and bicycles in top shape; tires and riders pumped and ready to roll; helmets and water req'd. L Paul Currier (508-833-2690 8 am-7 pm, pbencurrier@hotmail.com)

Chapter Trips

(AN) Sat., May. 3. Leadership Training. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader candidates are also welcome. It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to SEM chapter members. L Maureen Kelly (mokol773@aol.com), R Len Ulbricht (lenu44@gmail.com)

(CE) Tuesdays

May. 6. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

May. 13. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Wednesdays

May. 14. Sunset/Full Flower Moon Ride. Start at Freezer Road in Sandwich for Road Cycling along the canal and through Gray Gables and Masnhee Island at an intermediate pace for 22+/- miles or 2 hours. We'll catch the sunset over Buzzards Bay and the moonrise over the Sagamore Bridge. Tires and riders pumped and ready to roll. Helmets and spare tube, tire tools, and water required. Cancellation/rescheduling sent to registered riders. Alt day -Start at Freezer Road in Sandwich for Road Cycling along the canal and through Gray Gables and Masnhee Island at an intermediate pace for 22+/- miles or 2 hours. We'll catch the sunset over Buzzards Bay and the moonrise over the Sagamore Bridge. Tires and riders pumped and ready to roll. Helmets and spare tube, tire tools, and water required. Cancellation/rescheduling sent to registered riders. Alt day - Tue. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

May. 20. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

May. 27. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Jun. 3. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Jun. 10. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Fridays

Jun. 13. Sunset/Full Strawberry Moon Ride. Road cycle the hills and shores of Sagamore and Highlands Cliff and along the canal to Buzzards Bay and Mass Maritime Academy for sunset over Onset Bay. Return along the canal may include a stop at 3 Mile Outlook before moonrise over Plymouth Bay. Tires and riders pumped and ready to roll. Helmets, spare tube & tools and water required. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Jun. 17. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm,

currierpaul@comcast.net)

(NM) Fri., Jun. 20-22. Exploring Nantucket Bike and Walk.. Enjoy a weekend on Nantucket! Special thanks to our Treasurer Patty who will be our gracious tour guide for the weekend. (Psst it's also her birthday and we are going to celebrate it on Saturday night with a Good Old New England Clam Bake.) You don't need to know Patty to come! It will be a great weekend at an absolutely priceless location with great people and great fun. We have reserved some beds at the Star of the Sea Hostel <http://www.hiusa.org/massachusetts/nantucket/nantucket> We will be taking the Traditional Ferry out of Hyannis on Friday June 20th at noon. We will return on Sunday June 22nd. There is some flexibility with the return times on this. We have beaches to stroll, sunsets to enjoy, biking all over to soak in the unique splendor of Nantucket with Patty showing it off and knowing all the great places to enjoy. The cost to register for this event is \$160. This includes travel, lodging and Saturday's New England Clam Bake. Breakfast is provided at hostel if you like. All other meals and sundries we will pay for on our own. Space is limited please register with Bike Chair (Cheryl W.) at bikingchair@amcsem.org. L Cheryl Washwell (774-259-4535 between 7am - 8pm, cawashwell@gmail.com) CL Patty Rottmeier (prottmeier@aol.com), R Cheryl Washwell (774-258-4535 7am-8pm, cawashwell@gmail.com)

(CE) Tuesdays

Jun. 24. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

CANOE/KAYAK

Please see "paddle" committee. Contact paddlingchair@amcsem.org

Chapter Trips

Sat., May. 3. Paddling- Walker & Mill ponds. Paddle Walker and Lower Mill Ponds, Brewster. L Bill Fischer (508-420-4137) wambarbarafischer@comcast.net. Registration Required. L Bill Fischer (508-420-4137 BEFORE 9 PM, wambarbarafischer@comcast.net)

Wednesdays

May. 7. Paddling - Indian Lakes, Marston Mills. Paddle Middle & Mystic fresh water ponds. Lunch on beach at end of Mystic Lake. Distance about 7 miles. Life jacket required. Spray skirt may be required. Registration required. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com) CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Saturdays

May. 10. Paddling - Follins/Mill Ponds, Dennis. Paddle Follins & Mill Ponds. Lunch on beach. Life vest required/spray skirt may be required depending on conditions. Distance 7-9 miles. Registration required. L Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com) CL Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com)

Wed., May. 14. Paddling - Pamet Harbor. Paddle Pamet River from the Bay and surrounding marsh. PFD required. Launch at 10:30 am. Registration required. L Don Palladino (djp1958@comcast.net) (508-349-2950). L Don Paladino (508-349-2950, djp1958@comcast.net), R Don Palladino (Box 352, South Wellfleet, MA 02663, 508-349-2950, djp1958@comcast.net)

Saturdays

May. 17. Paddling - Mashpee Wakeby Ponds, Mashpee. Paddle 2 fresh water ponds about 7 miles. Lunch on beach at end of Wakeby pond. Life jackets required. Spray skirts may be required depending on conditions. Registration required. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com) CL Paul Corriveau (508-

362-0451 before 8 pm, paulcorri@gmail.com)

Sat., May. 24. Paddling- Shoestring Bay. A menu of options, depending on conditions - Masphee and Santuit Rivers, Ockway Bay, Popponesset Creek, Shoestring Bay, Popponesset Bay, Nantucket Sound and Pinguickset Marsh. Possible lunch spots - Gooseberry Island, Thatch Island, Meadow Point and Crocker's Neck Beach. Likely wildlife galore!. Probably approximately 8 miles. Registration required. L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net), R Louise Foster (508-420-7245 anytime)

Wed., May. 28. Leader's Choice Paddle. Depending on conditions, Barnstable Harbor, Southway/ Monomoy, or Hall's Creek. We'll probably paddle 8 to 10 miles in relatively protected waters. Arrive no later than 10:15 for a 10:30 departure. Registration required -contact leader. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Jun. 4. Paddling - Lewis Bay. Lewis Bay. Circle Lewis Bay. Explore Uncle Roberts Cove. Lunch on Egg Island. L Bill Fischer (508 420 4137) wambarbarafischer@comcast.net Registration Required- contact Leader for put-in information. L Bill Fischer (508-420-4137 BEFORE 9 PM, wambarbarafischer@comcast.net), R Bill Fischer (508-420-4137 before 9pm, wambarbarafischer@comcast.net)

Saturdays

Jun. 7. Paddling - Bass River South from Cove. Paddle 'fingers', Grand Cove to Nantucket Sound. Lunch West Dennis Beach. Life jacket required. Spray skirt may be required. Registration required. L Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com) CL Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com)

Wednesdays

Jun. 11. Paddling - Herring River North. Paddle upstream to Coy Brook, East & West reservoirs, 8-9 miles. North bridge lunch. Life vests required.

Spray skirts may be required. Registration required. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com) CL paul corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Sat., Jun. 14. Paddling - Wellfleet Harbor. Paddle Wellfleet Harbor. PFD required. Launch at 10:30 am. Registration required. L Don Palladino (djp1958@comcast.net) (508-349-2950). L Don Paladino (508-349-2950, djp1958@comcast.net), R Don Palladino (508-349-2950, djp1958@comcast.net)

Wed., Jun. 18. Paddle - Pleasant Bay. We'll paddle around Allen Point, past the Chatham Fish Pier, around Tern Island and then out to the Chatham cut where we'll have lunch. We'll return around Strong Island for a 10 plus mile paddle. Arrive no later than 10:15 for a 10:30 departure. Registration required - contact leader. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Jun. 21. Paddling - Great Hill. Approximately 13 mile open and flat water trip to and around Great Hill. Launch site and time upon registration. PFD, 14' plus boat, level 3-4 skills all required. Registration Haven Roosevelt, 508-636-0006, Havenesq@comcast.net; paddlewu@gmail.com. L Haven Roosevelt (508-636-0006 Any time, Havenesq@comcast.net)

Wed., Jun. 25. Paddling - Nauset Marsh, Eastham. Nine plus mile paddle. Contact leader for directions to put-in. PFD req'd. Spray skirt may be req'd. level 2/3. Registration Required. L George Wey (781-789-8005 anytime, geowey@comcast.net), R George Wey (781-789-8005 anytime, geowey@comcast.net)

Sat., Jun. 28. Leader's Choice Paddle. Depending on conditions, Barnstable Harbor or Southway/ Monomoy. We'll probably paddle 8 to 10 miles in relatively protected waters. Arrive no later than 10:15 for a 10:30 departure. Registration required - contact Leader. L Ed Foster (508-420-

7245, erfoster@comcast.net)

Wed., Jul. 16. Paddling - Shoestring Bay. A menu of options, depending on conditions: Masphee and Santuit Rivers, Ockway Bay, Popponesset Creek, Shoestring Bay, Popponesset Bay Nantucket Sound and Pinguickset Marsh. Possible lunch spots - Gooseberry Island, Thatch Island, Meadow Point and Crocker's Neck Beach. Likely wildlife galore! Probably approximately 8 miles. Registration required. L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net), R Louise Foster (508-420-7245 Any Time, louise.foster@alumnae.brynmawr.edu)

Sat., Jul. 19. Indian Lakes. Explore Middle Pond and Mystic Lake. Possibly Hamblin Pond, Likely 6+ miles. L George Wey (781-789-8005, geowey@comcast.net), R george wey (781-789-8005 any time, geowey@comcast.net)

Wednesdays

Jul. 23. Paddling - Follins/Mill Ponds, Dennis. Paddle Follins to Weir creek & if tide is ok into Mill Pond passing crab creek conservation area and back to circumnavigate Follins Pond, 7-9 miles. Beach lunch. Life vest required. Spray skirt may be required. Registration required. L Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com) CL Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com)

Sat., Jul. 26. Leader's Choice Paddle. Depending on conditions, Barnstable Harbor or Southway/Monomoy. We'll probably paddle 8 to 10 miles in relatively protected waters. Arrive no later than 10:15 for a 10:30 departure. Registration required - contact Leader. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Jul. 30. Paddle - Pleasant Bay. We'll paddle around Allen Point, past the Chatham Fish Pier, around Tern Island and then out to the Chatham cut where we'll have lunch. We'll return around Strong Island for a 10 plus mile paddle. Arrive no

later than 10:15 for a 10:30 departure. Registration required - contact Leader. L Ed Foster (508-420-7245, erfoster@comcast.net)

Saturdays

Aug. 9. Paddling - Herring River North. Paddle upstream to Coy Brook, East & West Reservoirs, 8-9 miles. Lunch North Bridge. Life vests required. Spray skirts may be required. Registration required. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com) CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., Aug. 13. Paddling - Wellfleet Harbor. Wellfleet Harbor. PFD required. Launch at 10:30 am. Registration required. L Don Palladino (djp1958@comcast.net) (508-349-2950). L Don Paladino (508-349-2950, djp1958@comcast.net)

Sat., Aug. 16. Paddling - Slocum River. Mostly flat water trip down Dartmouth's Slocum River and up Little River, about 14 miles. PFD, 14' plus boat, level 3 skills all required. Registration required. Haven Roosevelt 508-636-0006, Havenesq@comcast.net; paddlewu@gmail. L Haven Roosevelt (508-636-0006 any time, havenesq@comcast.net)

Sat., Aug. 23. Leader's Choice Paddle. Depending on conditions, Barnstable Harbor or Southway/Monomoy. We'll probably paddle 8 to 10 miles in relatively protected waters. Arrive no later than 10:15 for a 10:30 departure. Registration required - contact Leader. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Aug. 27. Paddling - Pamet Harbor. Pamet Harbor. PFD required. Launch at 10:30 am. Registration required. L Don Palladino (djp1958@comcast.net) (508-349-2950). L Don Paladino (508-349-2950, djp1958@comcast.net), R Don Palladino (Box 352, South Wellfleet, MA 02663, 508-349-2950, djp1958k@comcast.net)

CAPE HIKES

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

Chapter Trips

Thu., May. 1. Hike-Harwich, Hawks Nest State Forest (C3C). Wooded hike past Olivers, Hawks Nest, Walkers Ponds. Rte 6, Ex11, L at traffic light, quick R onto Spruce Rd. Park 1/3 mi at 2nd blue hydrant. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

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.") Contact the Cape Hikes Chair: capehikingchair@amcsem.org. Cape Hikes are generally suspended during the summer months due to parking problems.

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

(AN) Sat., May. 3. Leadership Training. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader candidates are also welcome. It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to SEM chapter members. L Maureen Kelly (mokol773@aol.com), R Len Ulbricht (lenu44@gmail.com)

(C) Sun., May. 4. Hike - Mashpee/Barnstable Santuit Pond (C3C). Bogs, woodland trails, field w/ Bird's Foot violets in bloom! Rte. 6 Exit 5, So on Rte. 149 to Rte 28. R on 28, r on Santuit-Newtown rd for 0.8 to yellow gate, pkg on L. Meet 12:45. Two hours. L Nancy Wigley (nrwigley@verizon.net)

Thu., May. 8. Hike - Craigville Beach (C3C). Beach hike, Rte 6 to Exit 6, turn S take 1st R

on Shottflying Hill Rd., follow signs to Craigville Beach, park to R of bathhouse. Meet 9:45 AM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Sun., May. 11. Hike-Eastham, National Seashore, Doane Rock (C3C). Hike Nat'l Seashore Lands to Three Sisters/Nauset Light. Rte 6 turn R at Eastham Visitor Center. Go to Doane Rock Picnic area Pkg lot on R, 1 mi. Meet 12:45 p.m. 2 hrs. L Janet Kaiser (508-432-3277 Before 9 p.m., jtkaiser@comcast.net)

Thu., May. 15. Last Hike/Picnic Great Island, Wellfleet (C3C). Meet at 9:45 Am for 10:00 AM start. Hike/Picnic - From Wellfleet Center take Chequessett Neck Rd, to Great Island Parking Lot. Hike on Trail, return via Cape Cod Bay Beach. End of season Picnic, bring food to share. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Fri., Jul. 11. Hike Full Moon Cape Cod Canal (C3C). Two hour hike, to enjoy the sunset and full moon while we walk to end of canal, east on Town Neck Beach to Sandwich boardwalk and back through Sagamore village. From 6A take Tupper Rd and turn N onto Freezer Rd., park in lot at end of road. Meet 5:45 PM, hike starts 6 PM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Sat., Aug. 9. Hike - Full Moon West Dennis Beach (C4C). Route 6 Exit 9A south to Route 134, go straight and cross Route 28, then go to the end and turn right. After 0.5 miles, turn left to beach parking near entrance and concession bldg. Hike mile-long stretch on beach for sunset views. Return on beach for moon-rise! Option: Calm weather walk one more length of beach for 3rd mile Meet 7 p.m. Less than 2 hours. L Janet Kaiser (508-432-3277 Before 9 p.m.)

EDUCATION

Looking for a vice chair! Contact

education@amcsem.org

Chapter Trips

(AN) (XCE) Sat., May. 3. Leadership Training. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader candidates are also welcome. It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to SEM chapter members. L Len Ulbricht (lenu44@gmail.com) CL Len Ulbricht (508-359-2250, lwu9944@verizon.net), R Len Ulbricht (11 Hilltop Circle, Medfield, MA 02052, lenu44@gmail.com)

EXECUTIVE COMMITTEE

Looking for a 3rd member for our Bylaw Update Committee to serve from now til Nov. 1 Annual Meeting. Contact chair@amcsem.org

Volunteer Opportunities

Until Filled. Chapter Youth Program (CYP) Leader. Share your outdoor knowledge and leadership skills with local groups of children. Give your time to these programs to help kids get outside who might not otherwise have the opportunity. A typical Chapter Youth Program (CYP) might include a local walk with some nature lesson or trail games. CYP leader training and screening is required. L Sally Delisa (picpocit@verizon.net)

Chapter Trips

(FT) (NM) (AN) Sat., Nov. 1. SEM Annual Meeting. SEM Annual Meeting. L Cheryl Lathrop (chair@amcsem.org)

HIKING

IMPORTANT: No pets w/o prior permission of trip leader. Individuals under 18 years of age must be accompanied by a parent or responsible adult, and obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 week prior to the trip so Ls can discuss prior hiking exp., conditioning, clothing, and equipment. Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

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

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

Chapter Trips

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

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

(C) (NM) Thu., May. 1. Thurs. Hike at Mass Audubon Broadmoor Sanctuary, Natick. Meet at 9:45 am at the Broadmoor Wildlife Sanctuary at 280 Eliot Street (Rt 16) in Natick, Mass. We will hike 5 scenic miles over relatively flat terrain on well maintained trails. \$10:00.- fee for entrance and Naturalist. Bring proper footwear for the weather, rain gear, lunch and water. Rain cancels. L Hans Luwald (508-668-0462 before 9 pm, hans.luwald@gmail.com)

(FT) (NM) Thursdays

May. 1. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then

show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(AN) (XCE) Sat., May. 3. Leadership Training. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader candidates are also welcome. It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to SEM chapter members. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

Sun., May. 4. Buck Hill Hike. Challenging 3.5 mile Sunday hike (not for beginners) to the rocky summit of Buck Hill with great views. Bring sturdy footwear, water and snacks. Meet at 9:00 am at Houghton Pond parking lot. Heavy rain cancels. L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com)

Tuesdays

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

(C) (FT) (NM) Thu., May. 8. Thurs Morn. Hike - Wollomonopoag Conservation Area. Meet 10:00am in Conservation Area parking lot off of Elysium St. Bring water, snack or lunch & sturdy footwear. Rain cancels. Great blue rookery and eskers and possible sighting of deer. L Muriel Guenther (508-699-

7461 Before 9:00pm, murielguenther@comcast.net), R Muriel Guenther (99 Birchwood Drive, Attleboro Falls, MA 02763, 508-699-7461 Before 9:00pm, murielguenther@comcast.net)

(FT) (NM) Thursdays

May. 8. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

Tuesdays

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

(FT) (NM) Thursdays

May. 15. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(AN) Fri., May 16-18. Mt. Greylock Hiking/Backpacking. Enjoy a spring weekend hiking Mt. Greylock and camping under the stars. Backpacking experience preferred, but not necessary. Hike over Mts. Prospect, Williams, Fitch and Greylock - 8+ miles. L Leslie Carson (508-833-8237, ltc929@comcast.net) L Mike Woessner

(stridermw@hotmail.com) L Maureen Kelly (mokol773@aol.com), R Leslie Carson

Sat., May. 17. North Pack Monadnock Hike. Great springtime hike near the MA/NH border. This section of the Wapack Trail to North Pack Monadnock offers some great views and a few challenging sections to the summit. The 8-mile hike will start at the Miller State Park using the Wapack and Cliff trails. L Walt Granda (508-999-6038 Before 9:00 p.m., wlgranda@aol.com) CL Luther Wallis (lew89@comcast.net), R Walt Granda (508-999-6038 Before 9:30 pm, wlgranda@aol.com)

Tuesdays

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

Tuesdays

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

(FT) (NM) Thursdays

May. 22. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and eleva-

tion will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(C) (FT) (NM) (AN) (CE) (SN) Thu., May. 29. North Hill Wildflower Hike. On this hike, our group can anticipate seeing a variety of wildflowers which we will stop and observe along the trails. We will hike at a relaxed pace over some of Duxbury's upland trails and hills, past a large kettle hole, and along an old cart path. Then, we will drop down and hike past a cranberry bog and around a large pond owned by Audubon. There will be a separation/snack break about half way. Following the hike, those wishing for more on their own may wish to hike nearby Round Pond. The Bay Circuit Trail goes across that property and there is a bench overlooking the pond. The last time the leader offered this hike, we spotted several varieties of wildflowers, including about one hundred Lady Slippers in prime bloom. In addition to flowers, we saw five snakes, several birds, and even gave wide birth to a turtle laying her eggs in the middle of a sandy trail. Registration required. L Sally Delisa (781-834-6851 7-9 p.m., delisally@yahoo.com), R Sally Delisa (781-834-6851 7-9 p.m., delisasally@yahoo.com)

(FT) (NM) Thursdays

May. 29. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

Sat., May. 31. Mt. Holyoke Range Hike. Enjoy some of the nicest views along the Metacomet-Monadnock Trail, hiking the Seven Sisters and Mt. Holyoke. L Leslie Carson (508-833-8237 Before 9 PM, ltc929@comcast.net) L Eva Borsody das (borsody@gmail.com), R Leslie Carson

(FT) (NM) Thursdays

Jun. 5. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Thursdays

Jun. 12. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Thursdays

Jun. 19. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Sat., Jun. 21. Long/Ell Pond Hike on Narragansett Trail. We'll hike along the Narragansett Trail to the cliff that overlooks Long Pond. The hike will then descend through a gorge of rhododendrons and hemlocks to a beautiful lunch spot along another pond. A great hike for new members and hikers. L Sue Chiavaroli (508-242-4164 9AM-5PM, brillo6452@yahoo.com) CL Nancy Coote (nmcoote@yahoo.com)

Sat., Jun. 21-22. Bonds and Bondcliff Hike. Hike and camp in the Pemigewasset Wilderness with unsurpassed views. Hiking Zealand Mtn., West Bond, Mt. Bond and Bondcliff. Camping at Guyot campsite. Backpacking experience needed. L Les-

lie Carson (508-833-8237, ltc929@comcast.net) L Maureen Kelly (mokol773@aol.com), R Leslie Carson (508-833-8237, ltc929@comcast.net)

(FT) (NM) Thursdays

Jun. 26. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

Sat., Jun. 28. Alpine Garden via Nelson Crag Loop Hike. We'll visit the Alpine Garden on Mt. Washington on a challenging, but rewarding loop hike via the Nelson Crag, Alpine Garden, Lion Head, and Tuckerman Ravine Trails. Experienced hikers only. Also see leader's hike on June 29th. Several overnight accommodation options available. L Paul Miller (508-369-4151 before 9:00 PM, paulallenmiller@verizon.net) L Eva Borsody das (borsody@gmail.com), R Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net)

Sun., Jun. 29. Mt. Crawford Hike. A relatively easy White Mountain hike to the summit of Mt. Crawford from Rte 302 in Crawford Notch where (weather permitting) we'll get to enjoy the beautiful views. Also see leader's hike on June 28th. Several overnight lodging available. L Paul Miller (paulallenmiller@verizon.net) L Eva Borsody das (borsody@gmail.com), R Paul Miller (508-369-4151 before 9:00 PM, paulallenmiller@verizon.net)

(FT) (NM) Thursdays

Jul. 3. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm,

cathygarry@comcast.net)

(FT) (NM) Thursdays

Jul. 10. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Thursdays

Jul. 17. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Thursdays

Jul. 24. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Thursdays

Jul. 31. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(AN) Sat., Aug. 2. Whiteface and Passaconaway Loop Hike. Loop hike over Blueberry Ledge Trail to Rollins Trail to Dicey's Mill Trail. Will sum-

mit both Whiteface (4,020 ft) and Passaconaway (4,043 ft). Strenuous hike with challenging rock ledge scramble and a water crossing. One of the more challenging hikes in the Whites. For experienced White Mtn. hikers only. Magnificent views from bare ledge precipices. Elevation change 2850 Ft, 10+ mile loop. L Len Ulbricht (lenu44@gmail.com) CL Walt Granda (wlgranda@aol.com), R len ulbricht (lenu44@gmail.com)

(FT) (NM) Thursdays

Aug. 7. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(AN) Sat., Aug. 9-16. Baxter State Park 7-Day Backpack. EXPERIENCED BACKPACKERS ONLY: A scenic backpack in the Maine Wilderness, we will travel through Baxter State Park, staying at three different Ponds. The trip will be leisurely, allowing us to paddle in Russell Pond at the beginning of the week, spend a midweek night in a remote lean-to at Davis Pond, and then access Chimney pond via the Northwest Basin trail, where we'll stay for four nights. As long as weather holds up, we'll traverse the Knife Edge from Baxter peak to Pamola peak. There will be space for 4 people total on this trip and we'll have group dinners. Contact the leader for details of the trip including difficulty levels and prior experience required. L Jim Plouffe (508-562-0051 5-8 PM, jimplouffe@comcast.net), R James Plouffe (508-562-0051 5-8 PM, jimplouffe@comcast.net)

(FT) (NM) Thursdays

Aug. 14. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm,

cathygarry@comcast.net)

(FT) (NM) Thursdays

Aug. 21. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(AN) Mon., Aug. 25-27. White Mtns. Hut Hike (multi-day). Enjoy one of the best hikes in the Whites with superb views, summiting Mts. Monroe, Washington, Clay, Jefferson, Adams and Madison. Stay at Lakes of the Clouds and Madison huts, dinners and breakfasts included. Cost \$212 per person. L Leslie Carson (508-833-8237, ltc929@comcast.net) L Maureen Kelly (mokel773@aol.com), R Leslie Carson

(FT) (NM) Thursdays

Aug. 28. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Thursdays

Sep. 4. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Thursdays

Sep. 11. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a

walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

Sat., Sep. 13-14. Mt. Isolation Hike. Hike along the Rocky Branch Ridge, camp among the stars and summit Mt. Isolation surrounded by wonderful views of the Presidential Range. Several river crossings. Backpacking experience needed. L Leslie Carson (508-833-8237, ltc929@comcast.net) L Maureen Kelly (mokel773@aol.com), R Leslie Carson (508-833-8237, ltc929@comcast.net)

(FT) (NM) Thursdays

Sep. 18. Red Line Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Cheryl Lathrop (chair@amcsem.org), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Thursdays

Sep. 18. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Thursdays

Sep. 25. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(AN) (XCE) Sat., Nov. 8-9. Wilderness First Aid (WFA) Training [Foxboro]. The WFA course runs 8:30 am -4:00 pm Saturday and Sunday in Foxboro, MA. Optional CPR is available. SOLO has been engaged to provide the instruction. Pricing is as follows: \$145 AMC Member Price, \$170 for non-AMC members. Pricing includes lunch and break service both days. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save life in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. L Len Ulbricht (lenu44@gmail.com), R Len Ulbricht (lenu44@gmail.com)

(FT) (NM) (AN) Fri., Feb. 6-8. Winter Fun Weekend (hiking, snowshoeing, xc skiing, etc.). SEM Annual "Winter Fun" Weekend at Noble View. Hiking, snowshoeing, XC skiing, sledding, etc. DETAILS TO COME. L Walt Granda (wlgranda@aol.com) L Jodi Jensen (jodiajensen@gmail.com)

PADDLING

Always looking for additional paddle leaders! Contact the canoe/kayak committee at paddlingchair@amcsem.org

Chapter Trips

(AN) Sat., May. 3. Leadership Training. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader can-

didates are also welcome. It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to SEM chapter members. L Maureen Kelly (mokol773@aol.com), R Len Ulbricht (lenu44@gmail.com)

Wed., May. 21. Paddling - Long Pond, Harwich. Paddle the perimeter of Long Pond; lunch half-way around. Put-in: Exit 10 North from Route 6; R on Long Pond Rd; L to parking/beach. PFD required. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Sat., May. 31. Paddling- Meeting House Pond/Little Pleasant Bay. Put-in: Main St. Orleans to Barley Neck Rd; R to TL at Meeting House Pond. PFD, spray skirt required. Paddle out to Little Pleasant Bay; side trip into Arey's Pond. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Wed., Jul. 2. Paddle Cotuit Bay. Paddle Cotuit bay, PFD and spray skirt req. 10:30 am. Route 28 to south on Putnam, Left on Old Shore to town landing. Unload and park back up on Putnam. Paddle 3 Bays, Lunch on Deadneak. Registration required. L Bill Fischer (508-420-4137 before 9pm, wambarbarafischer@comcast.net), R Bill Fischer (508-420-4137 before 9pm, wambarbarafischer@comcast.net)

Sat., Jul. 12. Paddle Waquoit Bay Falmouth. Paddle Waquoit Bay, Falmouth. PFD and spray skirt req. 10:30am. Rt. 28 to Whites Landing Rd. (near Mashpee town line.) Nice river and Possible bay Paddle. Registration required. L Bill Fischer (508-420-4137 BEFORE 9 PM, wambarbarafischer@comcast.net), R Bill Fischer (508-420-4137 before 9pm, wambarbarafischer@comcast.net)

Wed., Aug. 6. Paddle Cotuit Bay. Paddle Cotuit Bay. PFD and spray skirt req. 10:30am. Rt. 28 to left on Putnam. L on Old Shore to town landing. Unload and park back up on Putnam. Paddle 3 Bays and lunch on Deadneck. Registration re-

quired. L Bill Fischer (508-420-4137 before 9pm, wmbarbarafischer@comcast.net)

SOCIALS

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

Chapter Trips

(FT) (NM) (AN) Thu., Sep. 18-21. CHAPTER HUT WEEKEND 2014 (Highland Center). Chapter Hut Weekend 2014 at the AMC Highland Center. Join us for some Fabulous Chapter fun at the beautiful Highland Center at Crawford Notch, New Hampshire. The weekend will be chock-full of good times, good food, great company and lots of outside activities. In the White Mountains' awe-inspiring Crawford Notch, you'll lose all sense of time. With magnificent waterfalls, soaring cliffs, and surrounding forest, the natural world will draw you in. Hike to nearby peaks or take a quiet stroll around a mountain lake. Either way, the choice is yours. Plenty of hikes along with bike and paddle trips to make this weekend have something for everyone to enjoy! Register Now and Reserve Your Spot. Spaces are limited. L Melissa Powers (socialchair@amcsem.org), R Melissa Powers (socialchair@amcsem.org)

(FT) (NM) (AN) Sat., Nov. 1. SEM Annual Dinner. SEM Annual Dinner. L Melissa Powers (socialchair@amcsem.org)

TRAILS

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

Volunteer Opportunities

Until Filled. SEM needs a TRAILS CHAIR !. SEM needs a Trails Chair. Contact chair@amcsem.org to volunteer! L Cheryl Lathrop (chair@amcsem.org)

Chapter Trips

(C) Sat., May 31-Jun. 1. Lonesome Lake Trail work. Come get dirty and enjoy the scenery of Franconia Notch as we embark on our annual trail maintenance of Lonesome lake trail. We will work Saturday and spend the night at Lonesome lake hut. The work will consist lite maintenance of brushing, water bar clean-outs and brush removal. Possible hike on Sunday depending on time. L Wayne Anderson (wanderson@mxcsi.com) CL Maureen Kelly (mokol773@aol.com), R Wayne Anderson (wanderson@mxcsi.com)



the southeast Breeze

June 2014



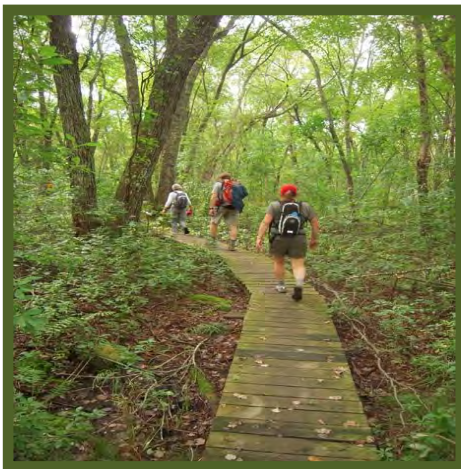
View from the Chair

By Cheryl Lathrop

Happy spring! And look at our nice new Breeze! You can always tell when we have a change of Breeze editors, as they always put their personal stamp on the newsletter. Change is good! Variety is good! And welcome and thank you Gina Hurley, Communications Chair, for producing our chapter newsletter, *The Southeast Breeze*!

A special thank you to all of our volunteer leaders! Spring is gonna be great with all the activities you have set up for us. I signed up for the *AMC Digest* so I don't miss any—the activities get mailed right to my email inbox. Super convenient! At our chapter website www.amcsem.org, click on the "Schedules tab", and then click on "Sign up for the AMC Activity Digest."

While I love hiking, biking, and paddling—actually anything where I can get outdoors!—my personal fav is a "series"—something where you keep plugging away until you do it all—like the NH 48 4000-footers. Below you'll see me in my red hat on my last hike to finish the North-South Trail in RI. Also my shirt documenting my finish of the Red Line the Blue Hills hike series.



I'm still working on the Mid-State Trail; 12 more miles to go! And I'm still working on the 48; I keep my 48 hike record in the White Mountain Guide Online—easy! Go to our chapter website www.amcsem.org, click on Hiking on the left, then click on "White Mt. Guide" on the right.

Got something to say? Got a good idea? Want to volunteer? Feel free to contact me

anytime about anything! chair@amcsem.org

Cheryl Lathrop

Chapter Chair



2014 Executive Board

Chair	Cheryl Lathrop	Education Chair	Len Ulbricht
Chapter Vice Chair	Maureen Kelly	Education Vice Chair	Open
Secretary	Karen Singleton	Hiking Chair	Paul Miller
Treasurer	Patty Rottmeier	Hiking Vice Chair	Leslie Carson
Past Chapter Chair	Jim Plouffe	Membership Chair	Jim Casey
Biking Chair	Cheryl Washwell	Membership Vice Chair	Ed Miller
Biking Vice Chair	Open	Membership Vice Chair	Ellen Thompson
Cape Hiking Chair	Farley Lewis	Membership Vice Chair	Kristen Yngve
Cape Hiking Vice Chair	Peter Selig	Paddling Chair	Betty Hinkley
Communications Chair	Gina Hurley	Paddling Vice Chair	Ed Foster
Communications Vice Chair	Open	Skiing Chair	Barbara Hathaway
Conservation Chair	Joanne Jarzobski	Skiing Vice Chair	Open
Conservation Vice Chair	Open	Trails Chair	Open
CYP Chair	Sally Delisa	Trails Vice Chair	Wayne Anderson
CYP Vice Chair	Open		

Ad Hoc Committee Chairs and Other Chapter Contacts

Social Director	Melissa Powers
Social Vice Chair	Open
Family Events Chair	Chris Pelligrini
Family Events Vice Chair	Bill Pelligrini
Social Networking Moderator	Susan Franconi-Salmon
Webmaster	webmaster
Breeze Editor	Gina Hurley
Blast Editor	Gina Hurley

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

**Board Meetings:
June 11, September 10,
October 8, November 12**

Save the Date

[Chapter Hut Weekend](#)

September 18-21

[Fall Gathering \(AMC\)](#)

October 17-19, Jefferson, Maine

[Wilderness First Aid](#)

November 8-9

The Breeze Has A New Look

We hope you like the new look of the Breeze....simple and sleek! We want to keep it simple so that you could get the information you want and need to get you spending more time in the outdoors. And more changes are coming. We will be moving to just one newsletter this summer....a July/August edition. Although we will continue to publish a monthly newsletter from September to June, July and August will be a combined

edition. **Also, the July/August edition will be the last one that will include the listing of activities.** We will always provide the website link for the activities. This is the most up to date way of providing you current information. Starting with the September 2014 edition the activities will be just a click away! To find current activities, [click here](#), or see the listings at the end of this edition.

Important Chapter Information and Links

Find activities (hikes, bikes, etc.)

1. The monthly *Breeze* - email
2. *AMC Outdoors magazine* - mail
3. [Online trip listings](#)

Pictures and Article Submissions

We encourage SEM members to submit articles and photos for both the Breeze and our website. Materials will be edited at the editor's discretion.

Submissions must be copy ready.

Credit for all photos must be included.

Send to breeze.editor@amcsem.org

Breeze Deadline

Monthly on the 15th

Sign-up for the Breeze

Call 800-372-1758 or email

amcinformation@outdoors.org

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

Volunteers Wanted

Volunteer for the Executive Board. Do you have skill and want to see where you fit? We have volunteer positions open! Contact chair@amcsem.org

Want SEM activities delivered right to your email inbox?

Sign up for AMC "digests". Access the Member Center from our [homepage](#) or call 800-372-1758.

Ten 'Gifts' Join Six

By Sally Delisa, CYP Chair

Eight SEM members gave an April Saturday for training to become Leaders in the Chapter Youth Program (CYP). Three of the current CYP Leaders joined the April trainees for lunch and an afternoon of related games/activities. Two additional SEM members had previously completed training in March during a combined CYP/Family Hiking class. That brings our total to ten new people. CYP Leaders must also have completed AMC Leadership Training. We are delighted to report that on May 3, the final three completed that requirement. These ten new people join six active CYP Leaders. Their 'gifts' will be shared with area children. Each CYP Leader

donates gifts of time, energy, skills and joy in the outdoors to benefit lucky children at agencies such as Inner City Housing groups, YMCA, Boys and Girls Clubs and Scouts. In the past, due to a lack of available CYP Leaders, SEM has cancelled at least two activities. We have also been slow to recruit new agencies due to our lack of available leaders. These issues should not happen again. Sixteen CYP leaders now represent all parts of our region including the Cape. Their 'gifts' will be shared with youth throughout our region. **CYP IS ON A ROLL!** If you know of a group of children who might benefit from CYP activities, please send an email to cypchair@amcsem.org



Photos courtesy of Sally Delisa, SEM CYP Chair

SEM in Norwood

SEM was invited to the recent Advanced Instruments Health Fair in Norwood on May 1. Our display joined Whole Foods, the Norwood Country Club, L.L. Bean and others during the two hour event. Table

Sitting was a delightful adventure and we may have recruited some new members as we distributed information. It was also a pleasure to chat with current AMC members who stopped by the table.



Photo courtesy of Sally Delisa, SEM CYP Chair

THE COMMUNICATIONS COMMITTEE NEEDS YOU!

- **Do you like the Breeze?**
- **Have ideas for improving it?**
- **Do you like technology?**
- **Do you have an interest in publishing?**
- **Do you simply want to help out?**

If any of these apply to you, please contact the Communications Chair.

WE NEED YOU!

Conservation Tip

By Joanne Jarzowski, Conservation Chair

Eat organic whenever possible; it is better for both the environment and better for you! Here are a couple of reasons why:

- Studies show that organic food is higher in nutrients than conventionally grown foods.
- They do not contain neurotoxins. Neurotoxins? Yep, neurotoxins--those pesky compounds that damage brain and nerve cells. The majority of pesticides fall under the category of neurotoxins, therefore, by eating organic, you cut the risk of being exposed to them.
- According to the US Environmental Agency, pesticides used in farming pollute the source of drinking water for about half of the American population.
- Since pesticides and herbicides are not used on organic farms, the surrounding wildlife is not exposed to harmful chemicals.

These are a few of the big reasons, but there are many more. This website lists those mentioned above, as well as several more: [15 Reasons to Eat Organic Foods](#)

CONSERVATION MINDED? LOVE THE OUTDOORS? ESPECIALLY LOVE SOUTHEAST MASS? WANT TO VOLUNTEER?



The AMC SEM Conservation and Trails Committees are looking for your help—and you don't even have to leave home! Just a few minutes a day...

We need someone computer literate to search and find South East Mass trails and conservation community activities and simply let us know about them—enter them into the OLTL (On Line Trip Listing) system [5 min] and send them out on our SNEL (Short Notice Email List) [5 min]. Only 10 minutes at your computer for each one! We also ask that you receive activities that others email you and then enter them also. Quick! Easy!

Contact the Chapter Chair, chair@amcsem.org, if you can volunteer to help out!

Don't miss out on the fun! Reserve your spot at Chapter Hut Weekend Now!

By Melissa Powers, Social Chair

Mark your calendars for September 19th - 21st as we will be hosting our annual SEM Chapter Hut Weekend at The Highland Center at Crawford Notch, New Hampshire. These weekends are full of fun, hikes, paddles, bikes and most important laughs.



We are excited to be hosting this weekend at the beautiful Highland Center. The accommodations will not disappoint. Your package includes your lodging as well as breakfast and dinner. The food is absolutely delicious and we can meet up after our various activities over a drink in front of the fireplace.

With an extensive trail network at its front door, waterfalls, lakes, and more, the Highland Center is the perfect base for any outdoor adventures.



We have already had people reserving their spots. Don't wait - [book your reservation](#) today! This will be a year you won't want to miss. Check out our [flyer](#) to learn more and register.

Questions? Contact Melissa Powers at socialchair@amcsem.org

Leadership Training

By Len Ulbricht, Education Chair

We had ten SEM members complete Leadership Training this spring. Three of the trainees are targeting CYP, and one already signed up for WFA in November. All are now eligible to begin the co-leading process toward attaining certification as SEM trip leaders.

The SEM Leadership Training includes both classroom presentations by SEM senior trip leaders and outdoor role plays emulating group management situations. Also included this year were exercises on decision making and screening to better prepare the participants for managing trip situations. SEM trip leaders participating in the day were Eva Borsody Das, Bob Vogel, Sally DeLisa, Leslie Carson and Len Ulbricht. In addition, Winslow Carroll from AMC Leadership Development facilitated the exercises and discussed AMC's approach to managing risk.

Looks like we have a good group of leader candidates. Congratulations to our new leaders!

- Peggy Qvicklund
- Barry Young
- Patti McNally
- Tom Madden Jr.
- Mike DeBartolomeo
- Jean DeBartolomeo
- Karen Singleton
- Jay Vivian
- Paul Brooks
- Peter MacPherson



Photo courtesy of Len Ulbricht, Education Chair

Biking



By Cheryl Washwell, Biking Chair

We are so glad that biking seasons is upon us. We are developing new leaders and some 'old' ones are returning! We have Jack back in the saddle doing rides in the southeast area and a number of leaders for all areas of the cape. We have a great weekend on Nantucket planned! And you have to experience Paul's Full Moon rides! Just getting going – Jodi is doing an easy one!

Please keep checking the following link as we continue to add more rides.

<http://activities.outdoors.org/search/index.cfm?type=1&grp=10&com=5>

Red Lining the Blue Hills

By Paul Brookes

I am back from England and just completed Red Lining the Blue Hills, 'Blue' series. I started with the new year (Jan 7 for me) and finished yesterday (May 10). Total distance walked 173 miles, over 4 months. Of that, my dog Sunny hiked with me every day other than two of the days: 166 miles!

It was a much different experience than the first time round which I did during the summer months. This time the majority of the walking was in the winter with micro spikes or snow shoes. Those days when the temperature was in single digits I would rarely see another hiker and found these were some of the most enjoyable hikes of all. Those days when I hiked in fresh or falling snow, Sunny would bound ahead, in and out of the snow drifts until tired then would recuperate by walking in my snow-shoe footsteps. He's quite the hero of my hikes.



Photos courtesy of Joe Keogh

More Red Lining the Blue Hills

Several SEM members have been working on Red Lining the Blue Hills. Here are some pictures of recent hikes. All photos are courtesy of Joe Keogh.



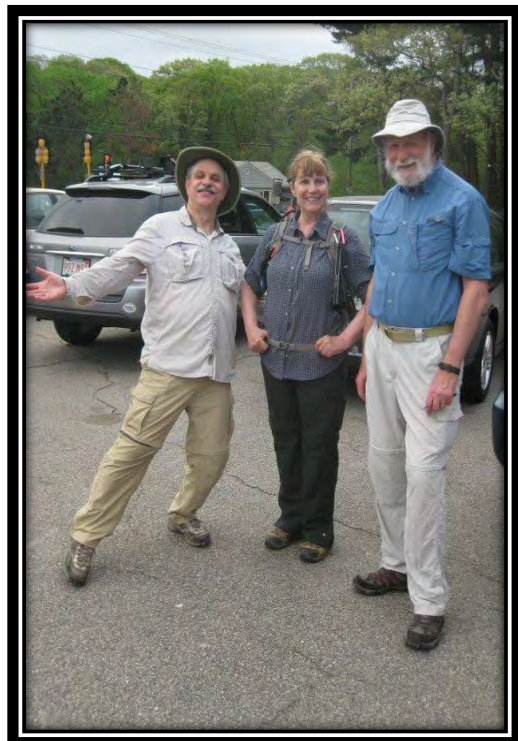
Hikers on Babel Rock



Hikers on The Crags at Rattlesnake Hill



Putting out the fire on hill by Murphy Path



Michael Swartz, Nancy Coote & Joe Keogh



CALLING ALL WOMEN! BACKPACKER'S "GET OUT MORE" TOUR

This one-of-a-kind mobile tour brings BACKPACKER'S authoritative advice to life. The 50+ event Tour features in-depth retail workshops and presentations that inform and inspire active and aspiring outdoor women while covering the unique challenges women face while hiking, camping and backpacking, the specialized equipment designed specifically for women and the current state of fashion in the outdoor industry. For more details visit www.Backpacker.com/womensedition

Are You An AAA Member?

Do you have an AAA membership? Do you like to bike? If you answered yes to both of these....read on. AAA Southern New England covers your bicycle, too! AAA Bicycle Service is free and available to all membership levels AAA Members automatically receive two bicycle calls per year. If your bicycle breaks down while you're out for a ride, simply call the road service number on your AAA card (1-800-AAA-HELP).



National Trails Day is June 7! Click [here](#) for more information and to find a National Trails Day activity near you.

SEM 100-Mile Hiked Patches

By Paul Miller, SEM Hiking Chair

This month, I had the pleasure of awarding SEM 100-Mile Hiked patches to Alan Greenstein, Kathy Fagan, and Dan Fagan. Congratulations to them!!

Any SEM member that would like to have his or her name entered into the 100-mile hiking log spreadsheet (accessible from the SEM Hiking Page on www.amcsem.org) to be able to log their own AMC hiking mileage to earn a patch, should contact the Hiking Chair via email hikingchair@amcsem.org



Alan Greenstein receiving his patch from Paul Miller.
Photo courtesy of Sal Spada



Kathy and Dan Fagan receiving their patch from Paul Miller.
Photo courtesy of Joe Keogh

10 Essentials for Summer Day Hikes

Before you go out for a fun day hike, don't forget to put these items in your daypack. (www.wildlife.state.nh.us)

1. Map
2. Compass
3. Warm Clothing
(jacket, pants, hat)
4. Extra Food and Water
5. Flashlight or headlamp
6. Matches/Firestarter
7. First Aid Kit/Repair Kit
8. Whistle
9. Rain/Wind Jacket and Pants
10. Pocket Knife

Passings

Luke Leonard, a long time SEM chapter member, passed away recently. Luke, from Lakeville, also served on the SEM executive board as the conservation chair. In addition, he was involved in hiking and trail work.

SOUTHEASTERN MASSACHUSETTS ACTIVITIES

The July/August edition will be the last one that will include the listing of activities. We will always provide the website link for the activities. This is the most up to date way of providing you current information. Starting with the September 2014 edition the activities will be just a click away! To find current activities, see below, or [click here.](#)

BICYCLING

WANTED: Ride Leaders and Co-Leaders. Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm and routes w/ your fellow AMC members? Contact Bike Chair (bikingchair@amcsem.org) for more info.

AMC SEM 2,000 Mile Club. AMC SEM has a unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair to register your mileage and for more info. (bikingchair@amcsem.org)

Tues. Rides. Turn Those Tires on Tues. Rides scheduled all year long, weather permitting. 25 mi of road or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location and directions. Intermed. pace. Riders and bicycles in top shape; tires and riders pumped and ready to roll; helmets and water req'd. L Paul Currier (508-833-2690 8am-7pm, paulbcurrier@comcast.net)

Chapter Trips

(CE) Tuesdays

Jun. 3. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Jun. 10. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Fridays

Jun. 13. Sunset/Full Strawberry Moon Ride. Road cycle the hills and shores of Sagamore and Highlands Cliff and along the canal to Buzzards Bay and Mass Maritime Academy for sunset over Onset Bay. Return along the canal may include a stop at 3 Mile Outlook before moonrise over Plymouth Bay. Tires and riders pumped and ready to roll. Helmets, spare tube & tools and water required. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Jun. 17. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(NM) Fri., Jun. 20-22. Exploring Nantucket Bike and Walk.. Enjoy a weekend on Nantucket! Special thanks to our Treasurer Patty who will be our gracious tour guide for the weekend. (Psst it's also her birthday and we are going to celebrate it on Saturday night with a Good Old New

England Clam Bake.) You don't need to know Patty to come! It will be a great weekend at an absolutely priceless location with great people and great fun. We have reserved some beds at the Star of the Sea Hostel <http://www.hiusa.org/massachusetts/nantucket/nantucket> We will be taking the Traditional Ferry out of Hyannis on Friday June 20th at noon. We will return on Sunday June 22nd. There is some flexibility with the return times on this. We have beaches to stroll, sunsets to enjoy, biking all over to soak in the unique splendor of Nantucket with Patty showing it off and knowing all the great places to enjoy. The cost to register for this event is \$160. This includes travel, lodging and Saturday's New England Clam Bake. Breakfast is provided at hostel if you like. All other meals and sundries we will pay for on our own. Space is limited please register with Bike Chair (Cheryl W.) at bikingchair@amcsem.org. L Cheryl Washwell (774-259-4535 between 7am - 8pm, cawashwell@gmail.com) CL Patty Rottmeier (prottmeier@aol.com), R Cheryl Washwell (774-258-4535 7am-8pm, cawashwell@gmail.com)

(CE) Tuesdays

Jun. 24. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

CAPE HIKES

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

Chapter Trips

Fri., Jul. 11. Hike Full Moon Cape Cod Canal (C3C). Two hour hike, to enjoy the sunset and full moon while we walk to end of canal, east on Town Neck Beach to Sandwich boardwalk and back through Sagamore village. From 6A take Tupper Rd and turn N onto Freezer Rd., park in lot at end of road. Meet 5:45 PM, hike starts 6 PM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Sat., Aug. 9. Hike - Full Moon West Dennis Beach (C4C). Route 6 Exit 9A south to Route 134, go straight and cross Route 28, then go to the end and turn right. After 0.5 miles, turn left to beach parking near entrance and concession bldg. Hike mile-long stretch on beach for sunset views.

Return on beach for moon-rise! Option: Calm weather walk one more length of beach for 3rd mile Meet 7 p.m. Less than 2 hours. L Janet Kaiser (508-432-3277 Before 9 p.m.)

EXECUTIVE COMMITTEE

Looking for a 3rd member for our Bylaw Update Committee to serve from now til Nov. 1 Annual Meeting. Contact chair@amcsem.org

Volunteer Opportunities

Until Filled. Chapter Youth Program (CYP) Leader. Share your outdoor knowledge and leadership skills with local groups of children. Give your time to these programs to help kids get outside who might not otherwise have the opportunity. A typical Chapter Youth Program (CYP) might include a local walk with some nature lesson or trail games. CYP leader training and screening is required. L Sally Delisa (picpocit@verizon.net)

HIKING

IMPORTANT: No pets w/o prior permission of trip leader. Individuals under 18 years of age must be accompanied by a parent or responsible adult, and obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 week prior to the trip so Ls can discuss prior hiking exp., conditioning, clothing, and equipment. Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

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

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

Chapter Trips

(FT) (NM) Thursdays

Jun. 5. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Thursdays

Jun. 12. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Thursdays

Jun. 19. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Sat., Jun. 21. Long/Ell Pond Hike on Narragansett Trail. We'll hike along the Narragansett Trail to the cliff that overlooks Long Pond. The hike will then descend through a gorge of rhododendrons and hemlocks to a beautiful lunch spot along another pond. A great hike for new members and hikers. L Sue Chiavaroli (508-242-4164 9AM-5PM, brillo6452@yahoo.com) CL Nancy Coote (nmcoote@yahoo.com)

Sat., Jun. 21-22. Bonds and Bondcliff Hike. Hike and camp in the Pemigewasset Wilderness with unsurpassed views. Hiking Zealand Mtn., West Bond, Mt. Bond and Bondcliff. Camping at Guyot campsite. Backpacking experience needed. L Leslie Carson (508-833-8237, ltc929@comcast.net) L Maureen Kelly (mokel773@aol.com), R Leslie Carson (508-833-8237, ltc929@comcast.net)

(FT) (NM) Thursdays

Jun. 26. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

Sat., Jun. 28. Alpine Garden via Nelson Crag Loop Hike. We'll visit the Alpine Garden on Mt. Washington on a challenging, but rewarding loop hike via the Nelson Crag, Alpine Garden, Lion Head, and Tuckerman Ravine Trails. Experienced hikers only. Also see leader's hike on June 29th. Several overnight accommodation options available. L Paul Miller (508-369-4151 before 9:00 PM, paulallenmiller@verizon.net) L Eva Borsody das (borsody@gmail.com), R Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net)

Sun., Jun. 29. Mt. Crawford Hike. A relatively easy White Mountain hike to the summit of Mt. Crawford from Rte 302 in Crawford Notch where (weather permitting) we'll get to enjoy the beautiful views. Also see leader's hike on June 28h. Several overnight lodging available. L Paul Miller (paulallenmiller@verizon.net) L Eva Borsody das (borsody@gmail.com), R Paul Miller (508-369-4151 before 9:00 PM, paulallenmiller@verizon.net)

(FT) (NM) Thursdays

Jul. 3. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Thursdays

Jul. 10. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Thursdays

Jul. 17. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Thursdays

Jul. 24. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Thursdays

Jul. 31. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(AN) Sat., Aug. 2. Whiteface and Passaconaway Loop Hike. Loop hike over Blueberry Ledge Trail to Rollins Trail to Dicey's Mill Trail. Will summit both Whiteface (4,020 ft) and Passaconaway (4,043 ft). Strenuous hike with challenging rock ledge scramble and a water crossing. One of the more challenging hikes in the Whites. For experienced White Mtn. hikers only. Magnificent views from bare ledge precipices. Elevation change 2850 Ft, 10+ mile loop. L Len Ulbricht (lenu44@gmail.com) CL Walt Granda (wlgranda@aol.com), R len ulbricht (lenu44@gmail.com)

(FT) (NM) Thursdays

Aug. 7. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(AN) Sat., Aug. 9-16. Baxter State Park 7-Day Backpack. EXPERIENCED BACKPACKERS ONLY: A scenic backpack in the Maine Wilderness, we will travel through Baxter State Park, staying at three different Ponds. The trip will be leisurely, allowing us to paddle in Russell Pond at the beginning of the week, spend a midweek night in a remote lean-to at Davis Pond, and then access Chimney pond via the Northwest Basin trail, where we'll stay for four nights. As long as weather holds up, we'll traverse the Knife Edge from Baxter peak to Pamola peak. There will be space for 4 people total on this trip and we'll have group dinners. Contact the leader for details of the trip including difficulty levels and prior experience required. L Jim Plouffe (508-562-0051 5-8 PM, jimplouffe@comcast.net), R James Plouffe (508-562-0051 5-8 PM, jimplouffe@comcast.net)

(FT) (NM) Thursdays

Aug. 14. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Thursdays

Aug. 21. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(AN) Mon., Aug. 25-27. White Mtns. Hut Hike (multi-day). Enjoy one of the best hikes in the Whites with superb views, summiting Mts. Monroe, Washington, Clay, Jefferson, Adams and Madison. Stay at Lakes of the Clouds and Madison huts, dinners and breakfasts included. Cost \$212 per person. L Leslie Carson (508-833-8237, ltc929@comcast.net) L Maureen Kelly (moke1773@aol.com), R Leslie Carson

(FT) (NM) Thursdays

Aug. 28. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

PADDLING/CANOE/KAYAK

Always looking for additional paddle leaders! Contact the canoe/kayak committee at paddlingchair@amcsem.org

Chapter Trips

Wed., Jun. 4. Paddling - Lewis Bay. Lewis Bay. Circle Lewis Bay. Explore Uncle Roberts Cove. Lunch on Egg Island. L Bill Fischer (508 420 4137) wmbarbarafischer@comcast.net Registration

Required- contact Leader for put-in information. L Bill Fischer (508-420-4137 BEFORE 9 PM, wmbarbarafischer@comcast.net), R Bill Fischer (508-420-4137 before 9pm, wmbarbarafischer@comcast.net)

Saturdays

Jun. 7. Paddling - Bass River South from Cove. Paddle 'fingers', Grand Cove to Nantucket Sound. Lunch West Dennis Beach. Life jacket required. Spray skirt may be required. Registration required. L Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com) CL Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com)

Wednesdays

Jun. 11. Paddling - Herring River North. Paddle upstream to Coy Brook, East & West reservoirs, 8-9 miles. North bridge lunch. Life vests required. Spray skirts may be required. Registration required. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com) CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Sat., Jun. 14. Paddling - Wellfleet Harbor. Paddle Wellfleet Harbor. PFD required. Launch at 10:30 am. Registration required. L Don Palladino (djp1958@comcast.net) (508-349-2950). L Don Paladino (508-349-2950, djp1958@comcast.net), R Don Palladino (508-349-2950, djp1958@comcast.net)

Wed., Jun. 18. Paddle - Pleasant Bay. We'll paddle around Allen Point, past the Chatham Fish Pier, around Tern Island and then out to the Chatham cut where we'll have lunch. We'll return around

Strong Island for a 10 plus mile paddle. Arrive no later than 10:15 for a 10:30 departure. Registration required - contact leader. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Jun. 21. Paddling - Great Hill. Approximately 13 mile open and flat water trip to and around Great Hill. Launch site and time upon registration. PFD, 14' plus boat, level 3-4 skills all required. Registration Haven Roosevelt, 508-636-0006, Havenesq@comcast.net; paddlewu@gmail.com. L Haven Roosevelt (508-636-0006 Any time, Havenesq@comcast.net)

Wed., Jun. 25. Paddling - Nauset Marsh, Eastham. Nine plus mile paddle. Contact leader for directions to put-in. PFD req'd. Spray skirt may be req'd. level 2/3. Registration Required. L George Wey (781-789-8005 anytime, geowey@comcast.net), R George Wey (781-789-8005 anytime, geowey@comcast.net)

Sat., Jun. 28. Leader's Choice Paddle. Depending on conditions, Barnstable Harbor or Southway/Monomoy. We'll probably paddle 8 to 10 miles in relatively protected waters. Arrive no later than 10:15 for a 10:30 departure. Registration required - contact Leader. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Jul. 16. Paddling - Shoestring Bay. A menu of options, depending on conditions: Masphee and Santuit Rivers, Ockway Bay, Popponesset Creek, Shoestring Bay, Popponesset Bay Nantucket Sound and Pinquisset Marsh. Possible lunch spots - Gooseberry Island, Thatch Island, Meadow Point and Crocker's Neck Beach. Likely wildlife galore! Probably approximately 8 miles. Registration required. L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net), R Louise Foster (508-420-7245 Any Time, louise.foster@alumnae.brynmawr.edu)

Sat., Jul. 19. Indian Lakes. Explore Middle Pond and Mystic Lake. Possibly Hamblin Pond, Likely 6+ miles. L George Wey (781-789-8005, geowey@comcast.net), R George Wey (781-789-8005 any time, geowey@comcast.net)

Wednesdays

Jul. 23. Paddling - Follins/Mill Ponds, Dennis. Paddle Follins to Weir creek & if tide is ok into Mill Pond passing crab creek conservation area and back to circumnavigate Follins Pond, 7-9 miles. Beach lunch. Life vest required. Spray skirt may be required. Registration required. L Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com) CL Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com)

Sat., Jul. 26. Leader's Choice Paddle. Depending on conditions, Barnstable Harbor or Southway/Monomoy. We'll probably paddle 8 to 10 miles in relatively protected waters. Arrive no later than 10:15 for a 10:30 departure. Registration required - contact Leader. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Jul. 30. Paddle - Pleasant Bay. We'll paddle around Allen Point, past the Chatham Fish Pier, around Tern Island and then out to the Chatham cut where we'll have lunch. We'll return around Strong Island for a 10 plus mile paddle. Arrive no later than 10:15 for a 10:30 departure. Registration required - contact Leader. L Ed Foster (508-420-7245, erfoster@comcast.net)

Saturdays

Aug. 9. Paddling - Herring River North. Paddle upstream to Coy Brook, East & West Reservoirs, 8-9 miles. Lunch North Bridge. Life vests required. Spray skirts may be required. Registration required. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com) CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., Aug. 13. Paddling - Wellfleet Harbor. Wellfleet Harbor. PFD required. Launch at 10:30 am. Registration required. L Don Palladino (djp1958@comcast.net) (508-349-2950). L Don Paladino (508-349-2950, djp1958@comcast.net)

Sat., Aug. 16. Paddling - Slocum River. Mostly flat water trip down Dartmouth's Slocum River and up Little River, about 14 miles. PFD, 14' plus boat, level 3 skills all required. Registration required.

Haven Roosevelt 508-636-0006, Havenesq@comcast.net; paddlewu@gmail. L Haven Roosevelt (508-636-0006 any time, havenesq@comcast.net)

Sat., Aug. 23. Leader's Choice Paddle. Depending on conditions, Barnstable Harbor or Southway/Monomoy. We'll probably paddle 8 to 10 miles in relatively protected waters. Arrive no later than 10:15 for a 10:30 departure. Registration required - contact Leader. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Aug. 27. Paddling - Pamet Harbor. Pamet Harbor. PFD required. Launch at 10:30 am. Registration required. L Don Palladino (djp1958@comcast.net) (508-349-2950). L Don Paladino (508-349-2950, djp1958@comcast.net), R Don Palladino (Box 352, South Wellfleet, MA 02663, 508-349-2950, djp1958k@comcast.net)

Chapter Trips

Wed., Jul. 2. Paddle Cotuit Bay. Paddle Cotuit bay, PFD and spray skirt req. 10:30 am. Route 28 to south on Putnam, Left on Old Shore to town landing. Unload and park back up on Putnam. Paddle 3 Bays, Lunch on Deadneak. Registration required. L Bill Fischer (508-420-4137 before 9pm, wmbarbarafischer@comcast.net), R Bill Fischer (508-420-4137 before 9pm, wmbarbarafischer@comcast.net)

Wed., Jul. 9. Paddle - Oyster Pond/Stage Harbor - Chatham, MA. Launch 10:30 AM; PFD/spray skirt required; Put-in: from Route 6, take Exit 11 South to Left on Route 28; at rotary take 1st exit (Stage Harbor Rd) to Oyster Pond. Description: From Oyster Pond, up the river to Stage Harbor, across to Mill Pond. Back across part of Stage Harbor to lunch on the beach. After lunch, perhaps go out to the Sound to look around, then back down the River to Oyster Pond. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Sat., Jul. 12. Paddle Waquoit Bay Falmouth. Paddle Waquoit Bay, Falmouth. PFD and spray skirt req. 10:30am. Rt. 28 to Whites Landing Rd. (near Mashpee town line.) Nice river and Possible bay Paddle. Registration required. L Bill Fischer (508-420-4137 BEFORE 9 PM, wmbarbarafischer@comcast.net), R Bill Fischer (508-420-4137 before 9pm, wmbarbarafischer@comcast.net)

Wed., Aug. 6. Paddle Cotuit Bay. Paddle Cotuit Bay. PFD and spray skirt req. 10:30am. Rt. 28 to left on Putnam. L on Old Shore to town landing. Unload and park back up on Putnam. Paddle 3 Bays and lunch on Deadneck. Registration required. L Bill Fischer (508-420-4137 before 9pm, wmbarbarafischer@comcast.net)

Wed., Aug. 20. Paddle - Swan Pond/River, Dennis, MA. Launch 10:30 AM; PFD required/spray skirt if windy; Put-in: Clipper Lane off Upper County Road, Dennis; put-in (Swan Pond) is on the left. Description: Down the river to the Sound; if possible, we'll go out into the Sound for a short time, but that will depend on what the outlet is like and the weather. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

TRAILS

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



SOUTHEASTERN MASSACHUSETTS CHAPTER

YOUR CONNECTION TO THE OUTDOORS

July/August 2014



View from the Chair

By Cheryl Lathrop

Happy summer! Heat! Humidity! And everything we were dying for all that long winter! Well, now you got it!

Thank you leaders for all the fun activities I see coming up in July and August—we're gonna be out on the trails, the roads, and the waterways.

Grab your spot now for Chapter Hut Weekend! Fun doings at the Highland Center Sept. 18-21. I'm going. Are you? And mark your calendar now for our SEM Annual Meeting and Dinner on Nov. 1. Come for the social hour, for the meeting, for the dinner—or for all three! And remember, we run our Winter Hiking Workshop that afternoon. (And maybe some fun local hikes that day.)

Email me and I'll find something for you that matches your interests and capabilities. And your time and energy available!

Got something to say? Got a good idea? Want to volunteer?
Feel free to contact me anytime about anything! chair@amcsem.org

Chapter Chair

2014 Executive Board

Chair	Cheryl Lathrop	Education Chair	Len Ulbricht
Chapter Vice Chair	Maureen Kelly	Education Vice Chair	Open
Secretary	Karen Singleton	Hiking Chair	Paul Miller
Treasurer	Patty Rottmeier	Hiking Vice Chair	Leslie Carson
Past Chapter Chair	Jim Plouffe	Membership Chair	Jim Casey
Biking Chair	Cheryl Washwell	Membership Vice Chair	Ed Miller
Biking Vice Chair	Open	Membership Vice Chair	Ellen Thompson
Cape Hiking Chair	Farley Lewis	Membership Vice Chair	Kristen Yngve
Cape Hiking Vice Chair	Peter Selig	Paddling Chair	Betty Hinkley
Communications Chair	Gina Hurley	Paddling Vice Chair	Ed Foster
Communications Vice Chair	Open	Skiing Chair	Barbara Hathaway
Conservation Chair	Joanne Jarzobski	Skiing Vice Chair	Open
Conservation Vice Chair	Open	Trails Chair	Open
CYP Chair	Sally Delisa	Trails Vice Chair	Wayne Anderson
CYP Vice Chair	Open		

Ad Hoc Committee Chairs and Other Chapter Contacts

Social Director	Melissa Powers
Social Vice Chair	Open
Family Events Chair	Chris Pelligrini
Family Events Vice Chair	Bill Pelligrini
Social Networking Moderator	Susan Franconi-Salmon
Webmaster	webmaster
Breeze Editor	Gina Hurley
Blast Editor	Gina Hurley

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

Upcoming Board Meetings:
September 10, October 8,
November 12.

Save the Date

[Chapter Hut Weekend](#)

September 18-21

[Fall Gathering \(AMC\)](#)

October 17-19, Jefferson, Maine

[SEM Annual Meeting and Dinner](#)

November 1

[Wilderness First Aid](#)

November 8-9

Summer BREEZE...makes me feel fine!

We have moved to a July/August edition of the Breeze. Although we will continue to publish a monthly newsletter from September to June, July and August will be a combined edition. **Also, the July/August edition is the last one that will include the listing of activities.**

We will always provide the website link for the activities. This is the most up to date way of providing you current information. To find current activities, [click here](#), or see the listings one last time at the end of this edition.

Important Chapter Information and Links

Find activities (hikes, bikes, etc.)

1. The monthly *Breeze* - email
2. *AMC Outdoors* magazine - mail
3. [Online trip listings](#)

Pictures and Article Submissions

We encourage SEM members to submit articles and photos for both the Breeze and our website. Materials will be edited at the editor's discretion.

Submissions must be copy ready.

Credit for all photos must be included.

Send to breeze.editor@amcsem.org

Breeze Deadline

Monthly on the 15th

Sign-up for the Breeze

Call 800-372-1758 or email

amcinformation@outdoors.org

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

Volunteers Wanted

Volunteer for the Executive Board. Do you have skill and want to see where you fit? We have volunteer positions open! Contact chair@amcsem.org

Want SEM activities delivered right to your email inbox?

Sign up for AMC "digests". Access the Member Center from our [homepage](#) or call 800-372-1758.

TRAILWORK FOR NATIONAL TRAILS DAY, JUNE 7

by the Red-Liners

In keeping with the SEM guidelines for incorporating conservation and trails concepts into our everyday SEM lives and activities, the Thursday evening Red Line the Blue Hills (RLBH) hiking series dedicated its Thursday, June 5, Ponkapoag hike to conservation and trail work by picking up trash. It was a rainy day and the trails were muddy, but 17 intrepid hikers arrived at the Fisherman's Beach trail head early to pick up the considerable trash there. Then each hiker donned protective gloves and carried a trash bag to collect trash while hiking. The promise of a prize provided great motivation and a little competition. "No, no, that's my beer can! I saw it first!"



Trash consisted of the usual detritus: cans, bottles, candy wrappers, snack wrappers, and cigarette butts. Along with a few unmentionables! And there were 2 big bottles of hand sanitizer waiting at the end of the hike.

A lot of recognition and good will was generated. The Friends of the Blue Hills (FBH) donated trash bags. The Blue Hills Rangers donated trash bags also. The SEM Trails Committee supplied the

What a wet, muddy, and trashy crew we are!

(Photo courtesy of Cheryl Lathrop)

Rangers to leave the trash gathered at the Fisherman's Beach map board sign for pick up by truck. All of this made a nice cooperative collaborative effort with both the FBH and the Rangers. It put SEM on their radar as caring and giving back. All in all, a lot of good will was generated!

And who was the winner? Sue Svelnis picked up the most trash and won a \$20 AMC book. (She had the biggest bag!)

protective gloves and hand sanitizer. Prior arrangements had been made with the

Wilderness First Aid Training

by Len Ulbricht, Education Chair

The fall SEM offering of WFA (Woofers as some call it) will be held November 8 & 9 at the Chapel Meeting House in Foxboro, MA. It is taught by a professional instructor from SOLO schools.

The WFA course runs 8-4 that Saturday and Sunday. CPR follows the Saturday session. Pricing is as follows: \$145 AMC Member Price, \$170 for non-AMC members. CPR is optional for additional \$35.

This course covers back woods first aid for those hikers who want to be prepared should a medical situation arise when they are in a remote area far from a quick 911 EMT response. Whether one is hiking up north or out west, camping or backpacking away from populated areas, biking distant routes, paddling the hinterlands or backcountry skiing, accidents do happen and adverse health conditions

do arise. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. WFA prepares you to treat and stabilize victims until professional help arrives, which could take many hours and perhaps overnight. If you venture into remote areas, whether or not you are an AMC trip leader, WFA will give you confidence you can handle that unexpected situation we all hope will never occur. To register or for further information, contact Len Ulbricht, Education Chairperson, at lenu44@gmail.com.



Mt. Tom Redux, May 20, 2014

by Len Ulbricht, Education Chair

Mt. Tom served as the capstone hike for the Tuesday Blue Hills Conditioning Series. Previously hiked this past March in cold icy conditions by several of the participants, this return trip brought delightful sunny warmth for the 8.7 mile loop hike.



The Oxbow

Dominated by terrific views along the west facing ridge line between Mt Tom in the south and Mt Nonotuck in the north, participants took in the Oxbow Lake, ruins of the Eyrie House, gliding hawks, a 360 degree panorama from the Goat Peak

viewing tower, a garden labyrinth in a resident's yard below the ridge, Mt Greylock on the distant horizon, groves of oak and pine trees, and trailside spring flowers. Images that follow capture several of the pleasures of this hike that are best experienced in person.



Columbine

Photos courtesy of Len Ulbricht

THE COMMUNICATIONS COMMITTEE NEEDS YOU!

- Do you like the Breeze?
- Have ideas for improving it?
- Do you like technology?
- Do you have an interest in publishing?
- Do you simply want to help out?

If any of these apply to you, please contact the Communications Chair.

WE NEED YOU!

Don't miss out on the fun! Reserve your spot at Chapter Hut Weekend Now!

by Melissa Powers, Social Chair

Mark your calendars for September 19th - 21st as we will be hosting our annual SEM Chapter Hut Weekend at The Highland Center at Crawford Notch, New Hampshire. These weekends are full of fun, hikes, paddles, bikes and most important laughs.



We are excited to be hosting this weekend at the beautiful Highland Center. The accommodations will not disappoint. Your package includes your lodging as well as breakfast and dinner. The food is absolutely delicious and we can meet up after our various activities over a drink in front of the fireplace.

With an extensive trail network at its front door, waterfalls, lakes, and more, the Highland Center is the perfect base for any outdoor adventures.



We have already had people reserving their spots. Don't wait - [book your reservation](#) today! This will be a year you won't want to miss. Check out our [flyer](#) to learn more and register.

Questions? Contact Melissa Powers at socialchair@amcsem.org

AMCSEM FIVE DO MT. GREYLOCK BACKPACK/OVERNIGHT

by Alan Greenstein

The day following the big mid-May rainstorm Jim Plouffe and Maureen Kelly led five veteran AMCSEM hikers including Karen Singleton, Jeannine Audet and Alan Greenstein on a trip which included 12.6 miles of hiking over two days and an overnight at the Sperry Campground. The adventure began at the access road to the trailhead which was blocked by a tree felled by the storm the night before. Alan's folding pack saw proved an asset in clearing the substantial limbs which Maureen rapidly moved to the side of the road just in time for Jim's carpool to arrive. He offered a big THANKS! We packed-in the 1.7 miles to the campground, had lunch and proceeded to hike down, down, down the Hopper Trail, ascended to the Stone Ledge campground, enjoyed the view and then back in time for lots of wine, starting a bonfire and

preparing dinner on a JetBoil and a white gas stove. A surprise treat of toasted marshmallows with chocolate syrup was enjoyed by all. We stowed remaining food in the prominent bear box and retired for the night. Alan slept in his tent while the others utilized the shelter. Everyone professed to have a good night's sleep. It was clear and 39 degrees when we awoke on Sunday. We left most equipment at the campground, energetically ascended Mt. Greylock, enjoyed the view and interpretive signage and toured the Bascom Lodge. The hike down and out to the trailhead was uneventful, but one challenge remained. Jim's truck would not start. Jumper cables were available and the hurdle was quickly overcome. It was a terrific couple of days and a preview of the great hiking/camping program available this summer.



Photos courtesy of Alan Greenstein

PADDLE REPORT: BASS RIVER SOUTH 6-7-14 by Betty Hinkley



Paddlers: Paul Corriveau, L, Jean Orser, CL, Vickie Blair-Smith, Bill Fischer, Margot Fitsch, Gary Robinson, Pat Carden, Seth Stoffregen, Imelda Stoffregen, Lilo Kimball, Mary O'Connor, Beverly Ferris

Twelve paddlers left Cove Road put-in and paddled south on Bass River into Horse Foot Cove past Bass River Marina and under Route 28 bridge to Winkle Point where we checked out the large boats moored in the fingers. Just past the West Dennis Boat Club we looked at the Loring Ave Bridge to Weir Creek where we had paddled last year, but the tide was going out too fast to get under the bridge. So we headed to West Dennis Beach passing a family of geese with a really cute baby. We lunched opposite the dredging crane on West Dennis Beach and one brave paddler went swimming and she said the water was great. Afterwards we headed back on the opposite shore out of the slight breeze passing Grand Island and the Yarmouth Windmill. Most headed to the put-in but a few circled Grand Cove. Bill reported the mileage as 7.6. A really nice day for paddling with perfect temp, light breeze and sunshine.



Photos courtesy of Betty Hinkley

Conservation News from the AMC

The Cleanest Energy is the Energy Not Used

Energy dependence is a huge issue. With some of your favorite places to recreate at risk from big energy projects like Northern Pass, it's time to look at why these threats are popping up in the first place. Hint: it has a lot to do with high demand.

AMC's dedication to recreation goes further than caring for your trails, helping you plan your next adventure, and introducing you to new places to explore all over the Northeast. Your club is dedicated to all things outdoors – including protecting your natural playgrounds.

Conservation has been part of our mission from the start and today we're recognized as experts for our independent research and our impactful advocacy. Every time you pay your dues, you support our conservation efforts. The same goes for every kWh you conserve.

AMC has asked members to take a pledge to schedule a home energy audit. If you've already done so, kudos to you! Now, encourage a friend to take the pledge. Think about how your daily energy consumption affects the demand for new energy projects. Consider how you get from place to place and see if you can make less of an impact on air quality.

It's true, many energy projects are greener than in the past, but **the cleanest energy is the energy not used**. Keep up with AMC's Cleanest Energy campaign by joining the Conservation Action Network today at www.outdoors.org/CAN.



Appalachian Mountain Club Welcomes EPA Plan to Reduce Carbon Pollution from Existing Power Plants

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Georgia Murray
AMC Staff Scientist
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The Appalachian Mountain Club (AMC) applauds today's announcement by the Environmental Protection Agency of a much anticipated plan that will address carbon pollution from America's existing power generating facilities. As the nation's oldest conservation and recreation organization, AMC sees this as an essential step toward curbing greenhouse gas emission impacts, improving air and water quality, and encouraging a robust clean-energy future. Using proven market-based approach of cap-and-trade as one of the core tools to achieve emissions reductions of 30 percent from 2005 levels by 2030, the plan also will foster investments in energy efficiency and clean energy alternatives, AMC representatives said.

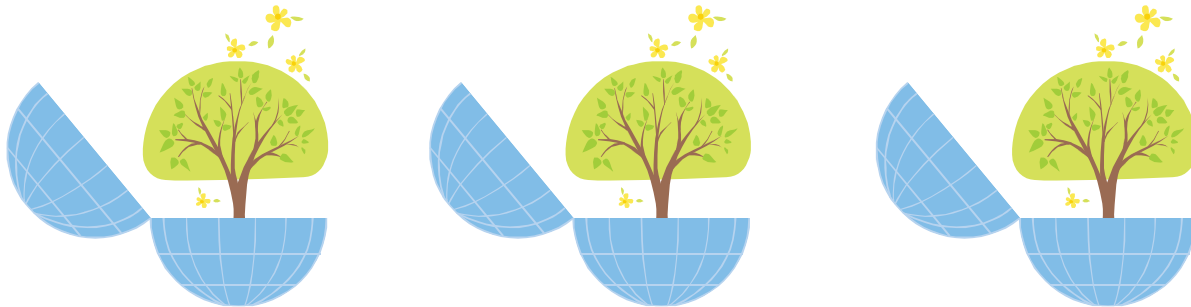
"AMC has been studying the impacts of air pollution and climate change in the northern Appalachian mountains for decades. As outdoor recreationists and conservationists, we take air pollution personally, given what it can do to our lungs, our views, and our environment," said AMC Air Quality Scientist Georgia Murray. "We promote outdoor activity to help kids and their families learn about and enjoy the natural world, and we encourage stewardship of our trails, forests, and waters. But dirty air is a barrier to healthy outdoor experiences and it degrades popular outdoor places that attract millions of people each year," she said.

Further, noted Murray, the release of greenhouse gases from fossil fuel combustion threatens the ecological stability of mountain and forested landscapes. She reports that over the past 80 years, the White Mountains of New Hampshire have warmed and snow melt timing is trending about two weeks earlier today in Pinkham Notch than in the 1930s. "While the mountain forests and unique alpine plants of the Northeast summits survived the last natural warming period, with human-caused climate change we are headed into uncharted waters," she said.

The good news, Murray said, is that air quality has improved, thanks to successful Clean Air Act cap-and-trade programs and Northeast states' participation in the Regional Greenhouse Gas Initiative (RGGI). "Mountain ozone levels have decreased, hazy polluted days have declined, and rain and cloud water are less acidic," she said. "The RGGI program has seen success with reduced CO2 emissions and increased energy efficiency investments that will pay off far into the future. AMC believes these same proven tools can be used to

make much needed additional progress nationally. And the Obama Administration agrees, as the plan announced today offers the successful RGGI model as an option for all states to use to meet carbon reductions requirements.”

Murray said AMC looks forward to helping finalize strong standards that focus on energy efficiency and conservation.



AMC CLUBWIDE NEWS

AMC'S FALL GATHERING 2014

Hosted by the Maine Chapter
October 17-19, 2014
Camp Wavus, Damariscotta Lake,
Jefferson, Maine

- **REGISTER BY OCTOBER 1, 2014:** Lodging/Tenting options and Day Rate available, including meals, activities, and registration fee. For more information or to register, visit www.amcmaine.org/fall
- **HIKING • PADDLING • BICYCLING • NATURE WALKS:** Gear up for some great AMC fun this October when AMCs from all Chapters will gather for three days of exciting outdoor activities and socializing along the Maine coast! Grab your friends and make plans now to join us in Jefferson, Maine, near the waterfront town of Damariscotta. Events for all ages including families, groups, and singles.
- **Come enjoy this club-wide event hosted by the Maine Chapter!** www.amcmaine.org/fall or www.outdoors.org/fallgathering

AMC's NEW LOOK

AMC is unveiling an updated look. You'll see a refreshed logo and some changes to how we talk about AMC. It's all a part of the effort to simplify AMC's message, address common misconceptions, attract a younger, more diverse constituency, and better represent the current, vibrant AMC community. Go to outdoors.org/AMCbranding and check out a new video featuring our tagline "Your Connection to the Outdoors." You will also find a Q&A on the refreshed branding.

AMC BOOK HIGHLIGHT

***Quiet Water Massachusetts, Connecticut, and Rhode Island: AMC's Canoe and Kayak Guide to 100 of the Best Ponds, Lakes, and Easy Rivers*, 3rd ed.**
By John Hayes and Alex Wilson Paperback • \$19.95 Pub date: 4/16/14

Explore the flatwater ponds, lakes, and rivers of southern New England with this fully updated guide in AMC's popular Quiet Water series. Great for families, anglers, and canoeists and kayakers of all abilities, this guide features 100 of the best flatwater paddling trips in Massachusetts, Connecticut, and Rhode Island, including twelve new trips. Explore the tidal estuary of the Parker River, trace the travels of Thoreau and Emerson on the historic Concord River, and observe abundant bird life on the great ponds of Martha's Vineyard. Look for blueberries and mountain laurel along the shores of Western Connecticut's Lake Winchester. Follow the meandering Wood River in Rhode Island and experience the Housatonic River on its run from the Berkshires to Long Island Sound. And much more!

Praise

- "*Quiet Water* is a fabulous, comprehensive resource ideally suited for novice as well as experienced paddlers. Use it to explore, enjoy, and especially to appreciate peaceful lakes, ponds, rivers and estuaries that are readily accessible throughout southern New England."—Gary R. Clayton, VP for Conservation Programs, Mass Audubon

Inside You'll Find:

- Detailed descriptions of each pond, lake, and river, with maps and photographs
- At-a-Glance Trip Planner listing trip time, distance, difficulty, and special features
- Safety and equipment tips
- GPS coordinates, driving directions, and put-in instructions

About the Authors

John Hayes is the Director of Sustainability at Pacific University. He has paddled extensively in New England and is co-author with Alex Wilson of three other books in AMC's Quiet Water series. Wilson is an avid canoeist and naturalist and

a widely published writer on energy, building technology, and environmental issues. He lives near Brattleboro, Vermont.

Ordering Information for AMC Books

AMC Books are available nationwide through booksellers and outdoor retailers, and are distributed by The Globe Pequot Press, Inc., Guilford, CT 06437.

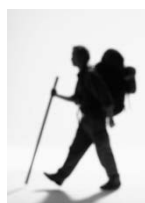
Members and then general public may order directly from AMC at www.outdoors.org/amcstore or by calling 800-262-4455. (Members receive a 20% discount.) The e-book versions are available online through Amazon, iBooks, and Barnes and Noble.

Don't Forget

- Do you have an AAA membership? Do you like to bike? If you answered yes to both of these....read on. AAA Southern New England covers your bicycle, too! AAA Bicycle Service is free and available to all membership levels AAA Members automatically receive two bicycle calls per year. If your bicycle breaks down while you're out for a ride, simply call the road service number on your AAA card (1-800-AAA-HELP).
- **SEM 100-Mile Hiked Patches**
Any SEM member that would like to have his or her name entered into the 100-mile hiking log spreadsheet (accessible from the SEM Hiking Page on www.amcsem.org) to be able to log their own AMC hiking mileage to earn a patch, should contact the Hiking Chair via email hikingchair@amcsem.org

How to Fit a Backpack

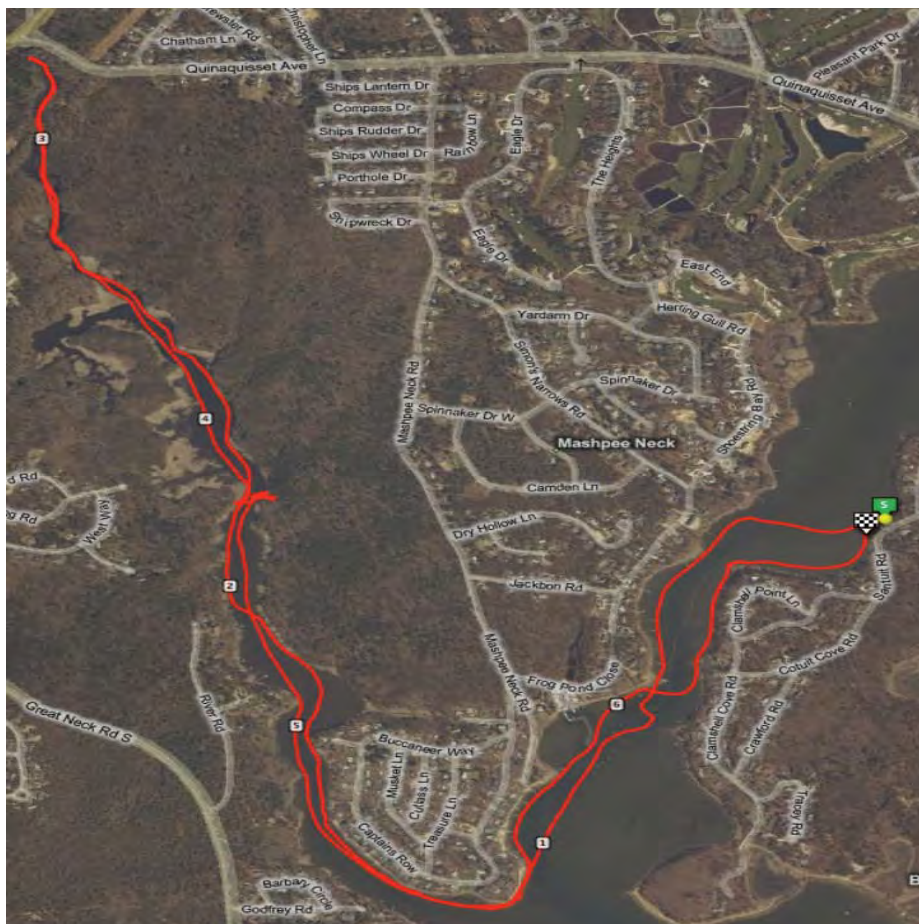
Learn how to fit a backpack so that you enjoy your days of hiking. Read this article to learn how to [carry in comfort!](#)



Paddle Report: Shoestring Bay and Mashpee River, 5-24-14 by Ed Foster - Leader

Despite predictions of rain and wind 7 paddlers showed up at the put-in. We headed out with the wind at our backs but crossed to the western shore to get relief from the chop. It was comfortable paddling to Punkhorn point where we turned north into the Mashpee River. Somehow we were sheltered from the wind and casually paddled all the way to Rte. 28. On the way up, the leader had noticed a possible lunch spot on the left (west) at the end of Amos landing Road and pulled out there on the way out. The other paddlers didn't like the sharp drop-off and opted to a somewhat sandy beach on the eastern side.

The leader dutifully went along. After lunch we continued out the Mashpee River planning to cross the entrance to Shoestring Bay and go into Pinquicket Cove. However there was significant chop and not wanting to deal with that we headed up Shoestring Bay planning to paddle to its head and go up the Santuit River. Unfortunately no matter which side of the bay we paddled on there was no relief from the stiff headwind (~15-20 mph) so we fought our way back to the put-in and called it a day after a 6.6 mile paddle. No rain and other than the headwind heading up Shoestring Bay it was a delightful paddle.



The Southeastern Massachusetts Bioreserve – This Land is Your Land! by Everett Castro

Down in the southeastern part of the state is a forested oasis almost completely surrounded by suburbia. Although some local residents have enjoyed its natural amenities for many years, this public open space land has only been fully accessible to the public for the past twelve years and is just now becoming known to a wider range of outdoor enthusiasts and those that simply enjoy viewing the natural world. What and exactly where is this public land? It is the Southeastern Massachusetts Bioreserve (SMB) in Freetown, Fall River and Dartmouth.



ORV damage and riverbank erosion
at Freetown State Forest
Photo courtesy of *Everett Castro*

Within a fifty mile radius from the center of the SMB reside more than one million people. Easy to see how this forested area is of importance not only to the human residents of southeastern Massachusetts, but also ...especially ... to the vanishing flora and fauna of Bristol County. Our Bioreserve consists of a large (for our small state) contiguous forest with diverse habitats and natural communities. The largest portion of land within the SMB is managed by the Massachusetts Department of Conservation and Recreation (DCR) and the Massachusetts Department of Fish and Wildlife. Also included within the SMB are the Watuppa Watershed lands of the Fall River Water Department as well as land owned and managed by The Trustees of Reservations.

The purpose of our Bioreserve, the first in the state, is to protect, restore and enhance the biological diversity and ecological integrity of a large scale ecosystem representative of southeastern Massachusetts. 15,000 acres is the minimum necessary, according to ecological consultants, required to achieve that goal. At present the SMB is 13,000 acres ...and growing! The SMB also permanently protects drinking water supplies, such as North Watuppa Pond and the Copicut Reservoir as well as wetlands that drain to coastal rivers. In addition, the Bioreserve protects early cultural resources and allows for interpretive educational programs on natural and human history.

In this densely populated area of the state, the SMB also provides opportunities for passive outdoor recreation and enjoyment of our natural environment. Great place to take a break from the urban environment most of us spend our days in and unwind by taking a hike around our shared property.

Let's take a look at a unique, biodiversity rich, coastal stream that lies almost entirely within the SMB. Flowing from Atlantic white cedar swamps, sphagnum bogs and hillside springs, deep within the SMB, is Rattlesnake Brook. Rattlesnake Brook is a lovely, high-gradient, cold water brook. Along and in Rattlesnake Brook live mink and otter, muskrats and raccoons, banded sunfish, red fin pickerel and stocked brook trout. Along the brook nest the rarely seen worm eating warbler, parula warbler, northern water thrush and Acadian flycatcher. In the not too distant past the brook hosted anadromous alewife, blueback herring, rainbow smelt and salter brook trout. A dam at tidewater has blocked the return of these former residents. The good news is that the dam is slated to be removed in the near future and this will, hopefully, help restore those extirpated anadromous species adding to the biodiversity of the Bioreserve.

However, even here in this forested oasis, there is illegal dumping and growing illegal off-highway-vehicle (OHV) use. OHVs have, unfortunately, destroyed a portion of the Rattlesnake Brook valley, just upstream of the old dam. For many years DCR turned a blind eye to this destructive and illegal activity. The damage is egregious.

Not a high profile DCR managed property ...think Horseneck Beach State Reservation, Blue Hills Reservation, Walden Pond State Reservation ...with thousands of patrons and the political interest that brings ...DCR is loath to secure that area of the Bioreserve and restore the brook and land. They need a little nudge.

We are reaching out for support to other regional and statewide groups and organizations that can provide some of the little nudges we feel are needed. Constant vigilance by those in charge and an environmentally aware public are essential to the preservation of such large bioreserves and reservations that are set aside in the public interest.

Those that use and love the forest ...hikers, trail runners, horse riders, berry pickers, birders, mountain bicycle riders, hunters, cross country skiers, etc. have a treasure in the SMB. Shall the land be conserved ...or wasted? These large and small abuses, seemingly minor concession here and there, may lead to the SMB's ultimate destruction before most even get to know it.

If interested in viewing the SMB, there is a small map [here](#):

And a free comprehensive map is available at:

- Freetown State Forest Headquarters, Slab Bridge Road, Freetown, MA.
- The Town Farm, 830 Drift Road, Westport, MA.
- Watuppa Reservation Headquarters, 2929 Blossom Road, Fall River, MA.



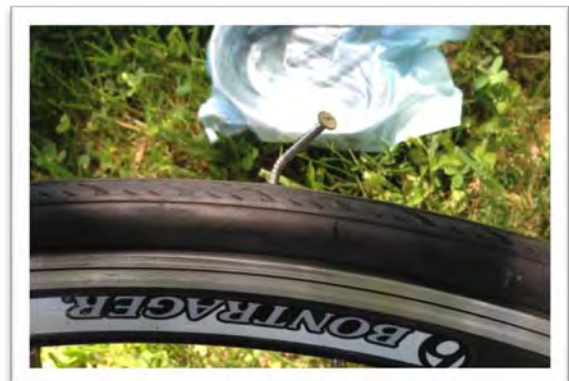
ORV and erosion damage at
Freetown State Forest
Photo courtesy of Everett Castro

Biking Trips-by Cheryl Washwell

We have had a great spring season for biking. Paul Currier continues to share the beauty of the Cape with us with a variety of rides including his Full Moon rides. Linda Church has jumped back in to lead some Cape rides too!

6/23/14: we had an absolutely beautiful ride with Linda Church: We rode the bike path N, then stopped at Megansett, Fiddler's Cove and took the back way to Old Silver, Sippewissett Rd. to Oyster and cut over to surf drive and back to parking lot for a total of 23 miles. Everyone had a great time. We even saw a skunk run across the road. I have had many wildlife sightings over the years on my bike; however, this was my first skunk one!

Jack Jacobson is back too, leading great scenic rides alternating out of Rochester, Lakeville and Carver. Good to have you back!



Trail Hazard

AMC-SEM Bike trip – Nantucket Trek:

June 20, 2014 - June 22, 2014 (Fri - Sun)

Photos courtesy of Len Ulbricht

-Departed Hyannis Fri 6/20/14 at 12:00pm on the Steamship Authority Traditional Ferry (Slow boat).

-Arrived in Nantucket 2:15pm at the Steamship Wharf. Luggage was transported to the Hostel in Surfside. Everyone biked to the Hostel thru downtown (route was thru the historic district) and to the Surfside bike path (3.4 Miles). All checked in to the Hostel by 4pm.



The Nantucket Hostel



Dinner at Lola Burger

-Dinner was at LoLa Burger (casual dining with fun atmosphere) at the rotary about 5pm-ish. Although the restaurant was about 2 miles from hostel, we squeezed 7 people in a Mazda SUV and 4 in the little red Jeep Wrangler. Two others biked in for additional fun.

-After dinner 9 of us rode back, 2 walked back (the long way) to the Hostel for the sunset and evening at the beach. With minimal light pollution, and clear sky, viewing the constellations was splendid, while listening to the surf.

-Saturday bike trip – Breakfast was provided at the Hostel by 7am. First Trek was the Siasconset Loop – started from Surfside to Siasconset (east side of island) by way of Polpis road....about 13 miles. It was a windy bike path with slight ups and downs, with no big hills. Once in Siasconset we were able to do a little touring around of the town with cute little houses from the 1800's. Since it was early (11am) we decided to continue to Cisco Beach & Cisco Brewery on the way to Cisco Beach for lunch. This leg of the trip was 11 – 17 miles on Milestone Rd (very flat and straight stretch) to the Rotary, then to Fairgrounds Rd bike path to Surfside bike path; Surfside to Vesper Lane to Cisco bike path. We reached the Cisco Brewery where we were could pick up a lunch at one of the concession

trucks from local restaurants and a beverage from the brewery...one favorite was the Blueberry Triple 8 Vodka with Lemonade. We enjoyed the outside seating, at the brewery, in the beautiful day we were blessed with. We then biked back on to Cisco Beach for a little beach time and get our feet wet in the surf. Now we had a few who wanted to find some ice cream so we back tracked on the Cisco bike path and continued into downtown to find the ice! That was a bit tricky thru the narrow roads and Saturday afternoon traffic (with 12 bikers), but we survived it. We made it to the Juice Bar for the homemade ice cream....Then back to the Hostel to clean up for dinner.



Siasconset Town



Prepping for beach sunset

-Saturday night dinner was a NE Clambake (lobster, chowder, corn on the cob) or a non-seafood choice from Sayles Seafood. Food was served at Patty Rottmeier's house in Naushop on Old South Road for a little birthday revelry. We had the car shuttling again, and by now we are still all getting along, so that was still fun also. Fun evening of eating, and exchanging stories.

-Sunday – 9am the coach came to pick up the luggage and the group sang “Happy Birthday” to the 2 birthday girls. Lots of chuckles were had....Now it was time for all saddled to up for their bike ride to the Steamship. We had time before the boat departs at noon, so everyone strolled around downtown to window shop, have coffee, or buy gifts for their loved ones. Sandwiches were picked up on Broad Street (otherwise known as fast food alley) near the Steamship to take on the boat for lunch. One last laugh for the adventure was that once we unloaded the luggage from the car, there was one extra suit case that belonged to no one in the group...oops...we picked up someone else's luggage from the Hostel. With a quick call to the Hostel, disaster was averted for one distressed camper.

Boat sails back to America, with the happy bikers who hope to come back for another trip.



Path to the beach and dunes

Interested in being a Bike Leader??

There are many more opportunities for new bike leaders to emerge. I would love to chat with you about this if you have a passion for cycling and would like to show of your neck of the woods to the many cyclists that are looking for just what you have to offer. We all have very different styles and abilities. Let's share them with the many people who are like us.

If you would like to lead or co lead a ride or 2 or 10...or 64 like Paul Currier please let me know. If you are interested in a particular area for rides please let me know. If you or anyone you know is interested in a leadership position such as a committee vice chair position – send them my way!

If I can be of assistance to you please email bikingchair@amcsem.org
Bike Chair AMC SEM
Cheryl Washwell



SOUTHEASTERN MASSACHUSETTS ACTIVITIES

This July/August edition will be the last one that will include the listing of activities. We will always provide the website link for the activities. This is the most up to date way of providing you current information. Starting with the September 2014 edition the activities will be just a click away! To find current activities, see below, or [click here](#).

BICYCLING

WANTED: Ride Leaders and Co-Leaders. Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm and routes w/ your fellow AMC members? Contact Bike Chair (bikingchair@amcsem.org) for more info.

AMC SEM 2,000 Mile Club. AMC SEM has a unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair to register your mileage and for more info. (bikingchair@amcsem.org)

Tues. Rides. Turn Those Tires on Tues. Rides scheduled all year long, weather permitting. 25 mi of road or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location and directions. Intermed. pace. Riders and bicycles in top shape; tires and riders pumped and ready to roll; helmets and water req'd. L Paul Currier (508-833-2690 8am-7pm, paulbcurrier@comcast.net)

Chapter Trips

(CE) Tue., Jul. 1. Scenic Cycling - Chatham in Bloom, Massachusetts, Cape Cod, MA. Chatham in bloom; Morris Island, the shore and the breaks. Views and stops at unique and interesting places. L Paul Currier (508-833-2690 7AM - 7PM, paulbcurrier@comcast.net)

(CE) Sat., Jul. 12. Sunset/Full Buck Moon Ride, Massachusetts, Cape Cod, MA. Road Cycling canal and Gray Gables and Masnhee Island for sunset over Buzzards Bay and moonrise over the Sagamore Bridge. L Paul Currier (508-833-2690 7AM - 7PM, paulbcurrier@comcast.net)

(CE) Tue., Jul. 29. Scenic Cycling - Chatham North, Massachusetts, Cape Cod, MA. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B. Chatham North - spectacular scenery from hills and seaside. L Paul Currier (508-833-2690 7am- 7pm, paulbcurrier@comcast.net)

(CE) Sun., Aug. 10. Sunset/Full Sturgeon Moon Ride, Massachusetts, Cape Cod, MA. Road cycling - hills and shores of Sagamore & canal to Buzzards Bay for sunset at MMA and Sagamore moonrise. L Paul Currier (508-833-2690 7AM - 7PM, paulbcurrier@comcast.net)

(CE) Tue., Aug. 26. Scenic Cycling on Cape Cod, Massachusetts, Cape Cod, MA. Scenic Road Cycling on Cape Cod- Dennis - 22+ miles/2 hours. C2B-C2D. Views & stops at unique and interesting places. L Paul Currier (508-833-2690 7am-7pm, paulbcurrier@comcast.net)

(CE) Mon., Sep. 22. BIKE: Sunset & Summerset at Skaket, Massachusetts, Cape Cod, MA. Road cycling from Skaket Beach to Mass Audubon in Wellfleet. Beautiful views of marshes and beaches and spectacular Skaket sunset. L Paul Currier (508-833-2690 7am-7pm, paulbcurrier@comcast.net)

CANOE/KAYAK

Please see "paddle" committee. Contact paddlingchair@amcsem.org

Chapter Trips

Wed., Jul. 9. Paddle Wednesday July 9 - Oyster Pond/Stage Harbor - Chatham, MA, Oyster Pond, Chatham, MA, Massachusetts, Cape Cod, MA. Launch at 10:30AM. Exit 11 South from Route 6; Left on Route 28; first exit off the rotary in Chatham to beach. PFD required; spray skirt if windy. L Betty Hinkley (bhinkley@mindspring.com)

Wed., Jul. 16. Paddling - Shoestring Bay, Cotuit, Barnstable, MA, Massachusetts, Cape Cod, MA. Depending on conditions: rivers, bays, a creek, open water and a marsh. Likely wildlife galore! Probably about 8 miles. L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net), R Louise Foster (508-420-7245 Any Time, louise.foster@alumnae.brynmawr.edu)

Sat., Jul. 19. Indian Lakes, Marstons Mills, Barnstable, MA, Massachusetts, Cape Cod, MA. Explore Middle Pond and Mystic Lake. Possibly Hamblin Pond, Likely 6+ miles. L George Wey (781-789-8005, geowey@comcast.net), R George Wey (781-789-8005 any time, geowey@comcast.net)

Wednesdays

Jul. 23. Paddling - Follins/Mill Ponds, Dennis, Dennis, MA, Massachusetts, Southeast, MA. Paddle ponds, 7-9 miles. Beach lunch. Life vest required. Spray skirt may be required. Registration required. L Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com) CL Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com)

Sat., Jul. 26. Leader's Choice Paddle, Massachusetts, Cape Cod, MA. Depending on conditions, Barnstable Harbor or Southway/Monomoy. 8 to 10 miles. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Jul. 30. Paddle - Pleasant Bay, Massachusetts, Cape Cod, MA. Paddle around Tern Island to the Chatham cut. Return around Strong Island for 10 plus miles. L Ed Foster (508-420-7245, erfoster@comcast.net)

Saturdays

Aug. 9. Paddling - Herring River North, West Harwich, MA, Massachusetts, Southeast, MA. Paddle 8-9 miles. Lunch North Bridge. Life vests required. Spray skirts may be required. Registration required. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com) CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., Aug. 13. Paddling - Wellfleet Harbor, Massachusetts, Cape Cod, MA. Wellfleet Harbor. PFD required. Launch at 10:30 am. Registration required. L Don Palladino (djp1958@comcast.net) (508-349-2950). L Don Paladino (508-349-2950, djp1958@comcast.net)

Sat., Aug. 16. Paddling - Slocum River, Dartmouth, MA, Massachusetts, Southeast, MA. Mostly flat water trip down Dartmouth's Slocum river and up Little River, about 14 miles. L Haven Roosevelt (508-636-0006 any time, havenesq@comcast.net)

Wed., Aug. 20. Paddle Wednesday August 20 - Swan River, Dennis, MA, Massachusetts, Cape Cod, MA. Launch 10:30AM. Exit 9 South from Route 6; Left on Upper County Road to Left on Clipper Lane to put-in on left. PFD required; spray skirt if windy. L Betty Hinkley (bhinkley@mindspring.com)

Sat., Aug. 23. Leader's Choice Paddle, Massachusetts, Cape Cod, MA. Depending on conditions, Barnstable Harbor or Southway/Monomoy. 8 to 10. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Aug. 27. Paddling - Pamet Harbor, Massachusetts, Cape Cod, MA. Pamet Harbor. PFD required. Launch at 10:30 am. Registration required. L Don Palladino (djp1958@comcast.net) (508-349-2950). L Don Paladino (508-349-2950, djp1958@comcast.net), R Don Palladino (Box 352, South Wellfleet, MA 02663, 508-349-2950, djp1958k@comcast.net)

CAPE HIKES

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

Chapter Trips

Fri., Jul. 11. Hike Full Moon Cape Cod Canal (C3C), Cape Hikes, Massachusetts, Cape Cod, MA. Hike canal to Sandwich boardwalk and back. From 6A take Tupper Rd and turn N onto Freezer Lane, park in lot at end of road. Meet 5:45 PM, hike starts 6 PM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Sat., Aug. 9. Hike - Full Moon West Dennis Beach (C4C), Massachusetts, Cape Cod, MA. Rte 6 Exit 9A S Rte 134, go straight, cross Rte 28, go to end, turn Right. In 0.5 mi turn Left to beach pkg near entrance and concession bldg. Meet 7:00 p.m. < 2 hrs. L Janet Kaiser (508-432-3277 Before 9 p.m.)

EXECUTIVE COMMITTEE

Volunteer Opportunities

Until Filled. Chapter Youth Program (CYP) Leader, Southeastern Mass Chapter, Massachusetts, Southeast, MA. Share your outdoor skills with local groups of kids. Additional training and screening required. Sally Delisa (picpocit@verizon.net)

Chapter Trips

(FT) (NM) (AN) Sat., Nov. 1. SEM Annual Meeting, Massachusetts, Southeast, MA. SEM Annual Meeting. L Cheryl Lathrop (chair@amcsem.org)

HIKING

IMPORTANT: No pets w/o prior permission of trip leader. Individuals under 18 years of age must be accompanied by a parent or responsible adult, and obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 week prior to the trip so Ls can discuss prior hiking exp., conditioning, clothing, and equipment. Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

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

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

Chapter Trips

(FT) (NM) Thursdays

Jul. 3. Red Line the Blue Hills, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Thursdays

Jul. 10. Red Line the Blue Hills, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Thursdays

Jul. 17. Red Line the Blue Hills, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-

go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Thursdays

Jul. 24. Red Line the Blue Hills, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Thursdays

Jul. 31. Red Line the Blue Hills, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(AN) Sat., Aug. 2. Whiteface and Passaconaway Loop Hike, New Hampshire, White Mountains, NH. Strenuous hike with challenging rock ledge scramble. Two 4K peaks with 2,850 ft elevation change, 10+ mile loop. Experienced hikers only. L Len Ulbricht (lenu44@gmail.com) CL Walt Granda (wlgranda@aol.com), R len ulbricht (lenu44@gmail.com)

(FT) (NM) Thursdays

Aug. 7. Red Line the Blue Hills, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(AN) Sat., Aug. 9-16. Baxter State Park 7-Day Backpack, Baxter State Park, Maine, Maine, Inland, ME. EXPERIENCED BACKPACKERS ONLY: Scenic backpack in Maine Wilderness; Trip will be leisurely, allowing us to paddle in Russell Pond, spend midweek night in remote lean-to at Davis Pond, and then access Chimney pond via the Northwest Basin trail, hopefully traversing the Knife Edge. Only 3 spaces available. L Jim Plouffe (508-562-0051 5-8 PM, jimplouffe@comcast.net), R James Plouffe (508-562-0051 5-8 PM, jimplouffe@comcast.net)

(FT) (NM) Thursdays

Aug. 14. Red Line the Blue Hills, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Thursdays

Aug. 21. Red Line the Blue Hills, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(AN) Mon., Aug. 25-27. White Mtns. Hut Hike (multi-day), New Hampshire, White Mountains, NH. Enjoy a fabulous hike in the Whites summiting 5 4K footers and staying at Lakes and Madison huts. Cost \$212. L Leslie Carson (508-833-8237, ltc929@comcast.net) L Maureen Kelly (moke1773@aol.com), R Leslie Carson

(FT) (NM) Thursdays

Aug. 28. Red Line the Blue Hills, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Thursdays

Sep. 4. Red Line the Blue Hills, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Thursdays

Sep. 11. Red Line the Blue Hills, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

Sat., Sep. 13-14. Mt. Isolation Hike, New Hampshire, White Mountains, NH. Hike along the Rocky Branch Ridge, camp among the stars and summit Mt. Isolation surrounded by wonderful views. L Leslie Carson (508-833-8237, ltc929@comcast.net) L Maureen Kelly (moke1773@aol.com), R Leslie Carson (508-833-8237, ltc929@comcast.net)

(FT) (NM) Thursdays

Sep. 18. Red Line Blue Hills, Massachusetts, Boston Area, MA. Hike all the trails in the Blue Hills. Location varies each week. 6pm. Register once then show-n-go. L Cheryl Lathrop (chair@amcsem.org), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Thursdays

Sep. 18. Red Line the Blue Hills, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) (AN) Thu., Sep. 18-21. *** CHAPTER HUT WEEKEND 2014 *** , Highland Center, New Hampshire, White Mountains, NH. Join us for some Fabulous Chapter fun at the beautiful Highland Center at Crawford Notch, New Hampshire. http://www.amcsem.org/events_chw.2014_flyer.pdf. L Cheryl Lathrop (socialchair@amcsem.org) CL Melissa Powers (socialchair@amcsem.org), R Melissa Powers (socialchair@amcsem.org)

(FT) (NM) Thursdays

Sep. 25. Red Line the Blue Hills, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(AN) (XCE) Sat., Nov. 8-9. Wilderness First Aid (WFA) Training [Foxboro], Massachusetts, Southeast, MA. SOLO WFA/CPR training for AMC hiking leaders and all outdoor enthusiasts to be held in Foxboro, MA. L Len Ulbricht (lenu44@gmail.com), R Len Ulbricht (lenu44@gmail.com)

(FT) (NM) (AN) Fri., Feb. 6-8. Winter Fun Weekend (hiking, snowshoeing, xc skiing, etc.), Noble View Outdoor Center, Massachusetts, Central, MA. SEM Annual "Winter Fun" Weekend at Noble View. Hiking, snowshoeing, XC skiing, sledding, etc. DETAILS TO COME. L Walt Granda (wlgranda@aol.com) L Jodi Jensen (jodiajensen@gmail.com)

PADDLING

Always looking for additional paddle leaders! Contact the canoe/kayak committee at paddlingchair@amcsem.org

Chapter Trips

Wed., Jul. 2. Paddle Cotuit Bay, Massachusetts, Cape Cod, MA. Paddle Cotuit bay, PFD and spray skirt req. 10:30 am. Registration required. L Bill Fischer (508-420-4137 before 9pm, wmbarbarafischer@comcast.net), R Bill Fischer (508-420-4137 before 9pm, wmbarbarafischer@comcast.net)

Wed., Jul. 9. Paddle - Oyster Pond/Stage Harbor - Chatham, MA, Oyster Pond, Chatham, MA, Massachusetts, Cape Cod, MA. Launch 10:30 AM; PFD/spray skirt required; Put-in: from Route 6, take Exit 11 South to Left on Route 28; at rotary take 1st exit (Stage Harbor Rd) to Oyster Pond. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Sat., Jul. 12. Paddle Waquoit Bay Falmouth, Massachusetts, Cape Cod, MA. Paddle Waquoit Bay, Falmouth. PFD and spray skirt req. 10:30am. Registration required. L Bill Fischer (508-420-4137 BEFORE 9 PM, wmbarbarafischer@comcast.net), R Bill Fischer (508-420-4137 before 9pm, wmbarbarafischer@comcast.net)

Sat., Aug. 2. Paddling - Monk's Cove, Buzzards Bay, Massachusetts, Cape Cod, MA. Circumnavigate Toby's Island & explore Back River. Contact leader for directions to put-in. PFD & spray skirt req'd. Level 2/3. Registration required. L George Wey (781-789-8005 anytime, geowey@comcast.net)

Wed., Aug. 6. Paddle Cotuit Bay, Massachusetts, Cape Cod, MA. Paddle Cotuit Bay. PFD and spray skirt req. 10:30am. Registration required. L Bill Fischer (508-420-4137 before 9pm, wmbarbarafischer@comcast.net)

Wed., Aug. 20. Paddle - Swan Pond/River, Dennis, MA, Massachusetts, Cape Cod, MA. Launch 10:30 AM; PFD required/spray skirt if windy; Put-in: Clipper Lane off Upper County Road, Dennis; put-in (Swan Pond) is on the left. Description: Down the river to the Sound. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

SOCIALS

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

Chapter Trips

(FT) (NM) (AN) Thu., Sep. 18-21. CHAPTER HUT WEEKEND 2014 (Highland Center), AMC Highland Center, New Hampshire, White Mountains, NH. Chapter Hut Weekend 2014 at the AMC Highland Center. Register Now and Reserve Your Spot. Spaces are limited. L Melissa Powers (socialchair@amcsem.org), R Melissa Powers (socialchair@amcsem.org)

(FT) (NM) (AN) Sat., Nov. 1. SEM Annual Dinner, Massachusetts, Southeast, MA. SEM Annual Dinner. L Melissa Powers (socialchair@amcsem.org)

TRAILS

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

Volunteer Opportunities

Until Filled. SEM needs a TRAILS CHAIR !, Massachusetts, Southeast, MA. SEM needs a Trails Chair. Contact chair@amcsem.org to volunteer! L Cheryl Lathrop (chair@amcsem.org)



SOUTHEASTERN MASSACHUSETTS CHAPTER

YOUR CONNECTION TO THE OUTDOORS

September 2014



View from the Chair

By Cheryl Lathrop

Thank you leaders for all the fun activities I see coming up in September!

I can't wait for our **Annual Chapter Hut Weekend!** Our chapter Social Director, Melissa Powers, has done a superb job organizing and advertising it. We have close to 50 members attending! Looking forward to a great weekend with all of you.

And mark your calendar now for **our Nov. 1 SEM Annual Meeting and Dinner.** Come for the cash-bar social hour (free hors d'oeuvres), for the Annual Meeting (free), for the Annual Dinner (register and pay)—or for all three! And remember, we run our Winter Hiking Workshop and our "Stroll Down Memory Lane" (easy) hike nearby that afternoon.

We have lots of volunteer opportunities available! Contact me if you want to get more involved in any of those listed on the next page.





Chapter Officers needed—

Chapter Vice Chair—In training to take over as Chapter Chair.

Chapter Secretary – Take notes at monthly Executive Board meetings.



Committee Chairs needed—Manage the committee and leaders.

Education Chair

Skiing Chair

Trailwork Chair



Committee Vice Chairs needed—Help the Committee Chair. In training to take over when their term ends.

Biking

Communications

CYP

Conservation

Education

Skiing

Social

Trailwork

Additional leaders for all sports

needed—Watch for our next Leadership Training course in the spring!

Got something to say? Got a good idea? Want to volunteer?

Feel free to contact me anytime about anything! chair@amcsem.org

Cheryl Lathrop
Chapter Chair

2014 Executive Board

Chair	Cheryl Lathrop	Education Chair	Len Ulbricht
Chapter Vice Chair	Maureen Kelly	Education Vice Chair	Open
Secretary	Karen Singleton	Hiking Chair	Paul Miller
Treasurer	Patty Rottmeier	Hiking Vice Chair	Leslie Carson
Past Chapter Chair	Jim Plouffe	Membership Chair	Jim Casey
Biking Chair	Cheryl Washwell	Membership Vice Chair	Ed Miller
Biking Vice Chair	Open	Membership Vice Chair	Ellen Thompson
Cape Hiking Chair	Farley Lewis	Membership Vice Chair	Kristen Yngve
Cape Hiking Vice Chair	Peter Selig	Paddling Chair	Betty Hinkley
Communications Chair	Gina Hurley	Paddling Vice Chair	Ed Foster
Communications Vice Chair	Open	Skiing Chair	Barbara Hathaway
Conservation Chair	Joanne Jarzobski	Skiing Vice Chair	Open
Conservation Vice Chair	Open	Trails Chair	Open
CYP Chair	Sally Delisa	Trails Vice Chair	Wayne Anderson
CYP Vice Chair	Open		

Ad Hoc Committee Chairs and Other Chapter Contacts

Social Director	Melissa Powers
Social Vice Chair	Open
Family Events Chair	Chris Pelligrini
Family Events Vice Chair	Bill Pelligrini
Social Networking Moderator	Susan Franconi-Salmon
Webmaster	webmaster
Breeze Editor	Gina Hurley
Blast Editor	Gina Hurley

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

Upcoming Executive Board Meetings:
September 10, October 8,
November 12.

Save the Date

[Chapter Hut Weekend](#)

September 18-21

[Fall Gathering \(AMC\)](#)

October 17-19, Jefferson, Maine

[SEM Annual Meeting and Dinner](#)

November 1

[Wilderness First Aid](#)

November 8-9

Important Chapter Information and Links

Find activities (hikes, bikes, etc.)

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

Pictures and Article Submissions

We encourage SEM members to submit articles and photos for both the *Breeze* and our website. Materials will be edited at the editor's discretion.

Submissions must be copy ready.

Title and credit for all photos must be included.

Send to breeze.editor@amcsem.org

Breeze Deadline

On the 15 of the preceding month.

Sign-up for the Breeze

Call 800-372-1758 or email

amcinformation@outdoors.org

Where to find [Breeze newsletters](#)

(current and past).

Volunteers Wanted

Volunteer for the Executive Board. Do you have skill and want to see where you fit? We have volunteer positions open! Contact chair@amcsem.org

Want SEM activities delivered right to your email inbox?

Sign up for AMC "digests". Access the Member Center from our [homepage](#) or call 800-372-1758.



Franconia Ridge, NH
Photo courtesy of Gina Hurley

SEM ACTIVITIES AND TRIPS

UPCOMING ACTIVITIES

Schedules -- QUICK-CLICKS

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

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

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

[All SEM activities](#)

[All AMC activities](#)

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

[SEM VOLUNTEER OPPORTUNITIES](#)

Where else can you find SEM activities listed?

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

Short Notice Email List

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

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

Short Notice Email List (SNEL)



Sign-Up Now!

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

Sign up now! Go to: <http://www.amcsem.org/schedules.html>

[Instructions for posting SNEL trips](#)

Activity Participation Policy

"AMC encourages involvement in its mission and activities, through its membership, programs, policies and procedures. Our goal is to be a community that is comfortable, inviting and accessible for people of any age, gender, race, religion, ethnicity, ability, sexual orientation, or socioeconomic status. Some AMC programs are designed for a certain age range of members or for a special activity or topic. However, any person who meets the minimum qualifications (skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available."

Chapter Hut Weekend

By Melissa Powers, Social Chair

Registration for this event is officially closed but if you want to join in the fun – contact the Highland Center directly to see if they have room for you. We would love to see you!

The dates are September 19th - 21st we will be hosting our annual SEM Chapter Hut Weekend at The Highland Center at Crawford Notch, New Hampshire. Call the Highland Center at 603-466-2727.



Chapter Youth Program

By Sally Delisa

This fall the AMC SEM Chapter Youth Program leaders we will be working with students from the Cardinal Cushing school. Recently leaders met and discussed great areas in our region for children, a list for First Aid Kits geared to our needs, required/suggested equipment list for growing children, activities such as Forest Watch, tick prevention and other safety ideas, pond and tidal pool fun, and experiments from the AMC 'Staying Found' kit. We discussed possible other new groups to recruit and a newly created recruiting folder with information. Many thanks to six leaders who gave of their valuable time to AMC SEM!



Photos courtesy of Sally Delisa

“Reunite With Old Friends and Make Some New Ones”
All SEM members, potential members, spouses and friends are
welcome!

The Southeastern Massachusetts Chapter
Of the Appalachian Mountain Club

Invites You to the

Annual Meeting

Followed by the

Annual Dinner

Saturday, November 1, 2014

Salerno's in Onset

4:30 pm – Registration and Cocktail Hour – (cash bar) no charge

5:30 pm – Annual Meeting – no charge

6:30 – pm Buffet Dinner - \$20 per person/\$30 after October 18th

Distinguished Service Award, Raffles, Other Awards, SEM Green
Vests for Sale

Special Guest Speaker & Prolific Author: Laura Waterman
Laura will do a reading from one of her many books
followed by a Q&A

Click [here](#) to to view the [flyer](#) and find out how to register!

Hiking in Switzerland, Italy, and France! (Part 1 of 3)

By Gina Hurley

(All photos courtesy of Gina Hurley)



The Matterhorn

This summer I was so fortunate to take the trip of a lifetime.....hiking for a month in Europe, specifically Zermatt, Switzerland; Monterosso, Italy; and Chamonix, France. It was our 25th wedding anniversary trip. My husband and I took just our backpacks, and made a dream come true. Here are some of the highlights of Zermatt, Switzerland. Look for the Italy and France highlights in the October and November Breeze.

Zermatt is a great village, with the Matterhorn and many other peaks looming over it. Although there are many hotels, there is a campground on the edge of town that we stayed at to help save some money. There are also two hostels in the village. Our plan was to spend a couple of nights in Zermatt, and then backpack for 10 days around the Matterhorn. The book "Tour of the Matterhorn", by Hilary Sharp, provides a lot of detail and information to plan the hike. We had great weather the first couple of days of the hike. On our first day of the backpacking trip we hiked 11 miles to Europahutte, a full service high mountain hut with amazing views.



View from the Europahutte deck.



Ibex near the Europahutte

The hut is at 7,280 feet elevation. We met hikers from New Zealand, England, Spain, Germany, and Denmark....some were completing the same backpacking trip as us.

The next few days brought more great hiking in Grachen, Zinal, and Grimentz, but also brought rain in the valley and snow (yes, it was snowing in July) at higher elevations. The new snow on the glaciers caused some of the passes to be too dangerous to cross. So we went to plan B....took the train back to Zermatt for several day hikes.

Given that the mountains are so high, hikers can take gondolas, trams, chairlifts, or even trains to higher elevations to hike. One day we took two gondola rides up to the Matterhorn Glacier Paradise. The ride was 35 minutes, and the temperature went from the 60s to low 20s. It is at 12,740 feet. Of course it was snowing at the top, and plenty of skiers (in case you are looking for summer skiing in the Alps). You can also walk through the glacier.

(Below-Inside the Matterhorn Glacier)



We hiked back down to the village. Above Zermatt there are several tiny villages on the mountainside. We stopped at one (Zum See) that had a little restaurant. Very unique and quaint place....great for a little snack.



Tram to Matterhorn Glacier Paradise



Restaurant Zum See

Another great hike was the Gornergrat. Gornergrat is a rocky ridge that overlooks the Gorner Glacier, and is at 10,285 feet. We took the train up, and hiked down. On the way down we saw lots of wildlife. There are many trails down the

mountain, some go by tiny villages, others are more secluded, and follow the river into Zermatt. The trails are well marked, and utilized. Given that they are all above tree line, they are very easy to follow.



View from Gornergrat



Wildlife on Gornergrat

Zermatt was easy to get around, and the tourist office was very helpful, offering many ideas for hikes and outdoor activities. If you are considering a trip to Zermatt, visit their website before hand (www.zermatt.ch/en/). They will respond to email questions, and help you plan a great trip. Zermatt is an outdoor enthusiast's dream. Hiking, skiing, climbing, and mountaineering are all at your fingertips. It is a trip worth making!

In the next breeze, look for the highlights of hiking in Monterosso, Italy.

A Visit to the Alpine Garden **By Paul Miller, SEM Hiking Committee Chair**

Like most ardent AMC hikers, I've spent quite a bit of time over the years poring over the wonderfully detailed topographical maps included with the AMC White Mountain Guide. At first, I struggled to correlate what I was looking at on the two-dimensional map with the very three-dimensional White Mountains. This made it challenging to visualize terrain and the relatively steepness or ruggedness of the different trails. The detailed trail descriptions in the White Mountain Guide helped; but just a bit.

Now that I've actually visited many of the places and hiked many of the trails included on those maps to use as points of reference, I can do a much better job of visualizing the challenge new trails would pose, estimating relative distances

and actual hiking times (as opposed to the often-unrealistic “book times” provided in the White Mountain Guide...), and figuring out how much physical preparation my no-longer-youthful body might need before attempting those trails.

In recent years, I’ve shied away from hikes on Mt. Washington, partly because the more popular trails tend to get pretty crowded, and partly because I’ve pretty much lost my ardor for hikes that involve huge elevation gains. While these are tough to avoid anywhere on that 6,288-foot high mountain, since I felt like trying something new and relatively challenging, I took another look at “the Rockpile” as a potential destination for a new hike to lead in the warmer months. As I often do, I turned to Daniel Doan’s “50 Hikes in the White Mountains,” for ideas. His description of one hike in particular caught my fancy; a loop hike through the Alpine Garden via the Old Jackson Rd. and Nelson Crag Trail, and back down via the Lion Head and Tuckerman Ravine Trails. According to Mr. Doan:

The object of the climb to Mount Washington’s Alpine Garden is enjoyment of the mountain rather than its conquest. This loop climb, with the garden as its destination, is a rugged and demanding rock-scramble above tree line. But it’s spectacular and shows you why the mountain is unique. The alpine-arctic environment at the garden affords more attractions than the tourist mecca on the summit.



Smiles before the hike
(Photo courtesy of Peggy Qvicklund)



Eva weighs her pack
(Photo courtesy of Peggy Qvicklund)

Since I’d never been to the Alpine Garden and I’ve never been a huge fan of the crowded, touristy summit in the summer (souvenirs and hot dogs in the Visitor’s Center anyone?), this sounded like a great fit. So I pulled out my trusty AMC Presidential Range topo map and carefully studied the route that Dan Doan described. I also checked with the White Mountain Guide Online to verify distances and get more current trail descriptions than were available in my somewhat outdated hard-copy guide.

“What a cool hike!” was all I could think. But it was also clear that the climb/scramble/crawl(?) up the very steep Nelson Crag Trail would be a real challenge, for me, at least. As a point of reference, consider that while both the Nelson Crag Trail and the Mt. Washington Auto Road start at about the same elevation in Pinkham Notch and both end at the summit; the 8-mile long Auto Road meanders upward in a series of broad switchbacks, while the app. 3.7-mile long Nelson Crag Trail covers the same elevation gain in pretty much a straight line.



Climbing Nelson Crag Trail
(Photo courtesy of Dexter Robinson)



Approaching Nelson Crag
(Photo courtesy of Dexter Robinson)

Timing would also be particularly crucial for this hike, since the alpine flora in the Alpine Garden only bloom for several weeks each year, and that can vary depending on the particular weather conditions experienced that year.

Another consideration was my own relative inexperience leading above-treeline hikes. I decided that I would only go ahead with this hike if I could recruit another leader to join me, one who was both strong and experienced. I sure hit a couple of homeruns in this respect, as shortly after throwing this out hike out to the SEM hiking committee, both Eva Borsody das and Len Ulbricht stepped up to lead the hike with me. We were on a roll!

When I entered this app. 8-9 miles round trip hike with app. 4,000- foot elevation gain (and loss!) into the AMC online system, I indicated that it was for experienced” NH hikers only. Nevertheless, the trip didn’t take very long at all to fill up, with most participants taking advantage of the group reservation that I made for the night before for a couple of bunkrooms at the AMC Joe Dodge Lodge in Pinkham Notch. This is conveniently located practically right at the trailhead. A week or so before the hike, I sent out a “cheat sheet” onto which I had cut and pasted the pictures and names of some of the alpine flowers that we hoped to see in the garden. These included Bigelow’s Sedge, Mountain Avens, Diapensia, Labrador Tea, Alpine Bilberry, and Mountain Cranberry, several of which are typically only found at much higher latitudes, and one or two that are only present in the alpine zone of NH! Former SEM chapter chair and hike leader,

Dexter Robinson, also forwarded a link to a wonderful narrated AMC video tour of the Alpine Garden, which further whetted our respective appetites to see lovely and obviously tenacious alpine flowers.

The night before the hike, most of us met for a hearty buffet dinner in the dining hall at the AMC facility in Pinkham Notch, followed by some wine and socializing in the cozy common room at the Joe Dodge Lodge, after which we turned in early to get a good night's sleep (which, unfortunately, eluded me) in anticipation of the next day's hike.

After breakfast Saturday morning, we all assembled our gear, filled up our water bottles, and reconvened on the dining hall porch to await Eva, who had elected to spend the night at the comfortable Sub Sig Outing Club cabin down the road in Hart's Location. Unfortunately for her, when she arrived at Pinkham Notch that morning, the parking lot was already full and she had to park in the "overflow" lot up the road at Wildcat Mountain and hike back from there.

We hit the trail almost on time at around 9:30 am. While nice and sunny with mild temps at that relatively early hour, it was already obvious that this was going to be an uncomfortably muggy day. This turned out to be the case and it didn't take very long at all for everyone to de-layer down to hiking shorts and t-shirts!



Group at Nelson Crag
(Photo courtesy of Sal Spada)



On the Alpine Garden Trail
(Photo courtesy of Kristin Yngve)

From the AMC Pinkham Notch Center, we took the Tuckerman Ravine trail for a short stretch to the Old Jackson Rd. We followed this trail (part of the AT) gradually uphill for approximately two miles, crossing several streams. After passing the Crew Cut and George's Gorge Trails and the Raymond Path, and just before we hit the Mt. Washington Auto Rd., we hung a left on the Nelson Crag Trail to begin our climb up the massive Chandler Ridge on Mt. Washington's shoulder. The challenging, approximately two-mile climb up to 5,635-foot Nelson

Crag (just 635 feet below the summit of Mt. Washington), was a real lung buster! It involved several fun scrambles, including a particularly memorable scramble at a point on the trail right at around treeline after it intersected with the Auto Rd. for several yards. At around 12:30 pm or so, we stopped for a quick lunch on a relatively level ledge with nice views across Pinkham Notch to the Wildcats and Carters and northward over the Great Gulf to Mounts Madison, Adams, and Jefferson in the Northern Presidentials and then resumed our climb.



Mountain Avens
(Photo courtesy of Dexter Robinson)



Group in Alpine Garden
(Photo courtesy of Peggy Qvicklund)

While I did hear an occasional grumble or two, and at least one good-natured, “Paul, you’re killing me!” everyone did fine and we eventually made it up to the huge stone cairn that marked Nelson Crag itself. We continued over Nelson Crag and followed the well-cairned Nelson Crag Trail to the Alpine Garden Trail, which also featured large cairns, most with distinctive white marble-like stones at their tops. Not surprisingly, the Alpine Garden Trail traverses the Alpine Garden. This compact plateau passes along the top of dramatic Huntington Ravine about a mile below the summit of Mt. Washington, which was now temptingly close to us on which we could clearly see the summit buildings. We followed the Alpine Garden Trail into the Alpine Garden itself. I was a bit disappointed to see that we had missed the peak bloom for many of the plants by at a least a week. Nevertheless, quite a few flowers were still in bloom, keeping the photographers in our group busy.

Being careful not to trample the fragile vegetation, we took another quick break to rest our tiring legs, hydrate, and have a snack. We were surprised to see several casually dressed young women romping about with flip flops on their feet and could only surmise that they had parked their car on the nearby Auto Road to do some sightseeing! We followed the relatively level Alpine Garden Trail past the cairned intersection with the Huntington Ravine Trail, where we encountered a number of hikers descending from the summit and others on their way up to the summit.

We continued on to the Lion Head Trail to begin our long descent back down to Pinkham Notch. After passing over the dramatic Lion Head itself with its expansive views down into Tuckerman Ravine (which still had some snow on the headwall) and across to Boot Spur, we took the steep and rugged Lion Head Trail down to its intersection with the Tuckerman Ravine Trail. While, the Tuckerman Ravine Trail is technically a fire road at that point, it was still a long, rocky slog back down to Pinkham Notch, prompting the question, "Does this trail ever end?" from at least one in our party.



Stream in Alpine Garden
(Photo courtesy of Kristin Yngve)

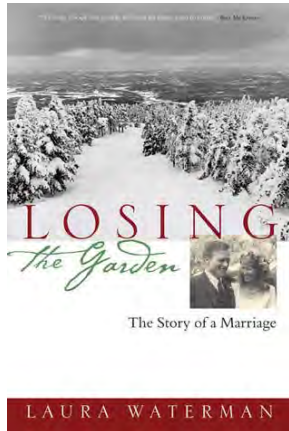
We finally made it back down to Pinkham Notch at about 6:30 pm, after being on the trail for a solid nine hours, tired, but exhilarated! After saying our goodbyes to those who were heading home, several of us took advantage of the shower facilities at Pinkham before driving down to Hart's Location to enjoy the vegetarian dinner Eva was preparing for us at the Sub Sig Cabin. Not only did this hike turn out to be a wonderful, if challenging, alpine experience for all, it helped me fill in some additional pieces of the topographical "puzzle" that the White Mountains represent for me.



On Alpine Garden Trail
(Photo courtesy of Dexter Robinson)



Tuckerman Ravine headwall from Lion Head
(Photo courtesy of Kristen Yngve)



SEM's ANNUAL DINNER By Maureen Kelly

**SAVE THE DATE:
NOVEMBER 1, 2014**

Laura Waterman will be speaking at our Annual Dinner on November 1, 2014. She and her husband Guy were instrumental in voicing the new ideas of "conservation" in the 1960s and wrote many books about hiking, climbing and camping. I decided to read some of her books before she spoke to our group. I started with "Losing the Garden", the story of her marriage. It begins with Guy heading out for a hike on a February morning to the Franconia Ridge with the plan to not return. A very compelling beginning, and an honest narrative of their life together. I recommend it.

AMC'S FALL GATHERING 2014

Hosted by the Maine Chapter
October 17-19, 2014
Camp Wavus, Damariscotta Lake,
Jefferson, Maine

- **REGISTER BY OCTOBER 1, 2014:** Lodging/Tenting options and Day Rate available, including meals, activities, and registration fee. For more information or to register, visit www.amcmaine.org/fall
 - **Come enjoy this club-wide event hosted by the Maine Chapter!** www.amcmaine.org/fall or www.outdoors.org/fallgathering
-

CLIMATE CHANGE

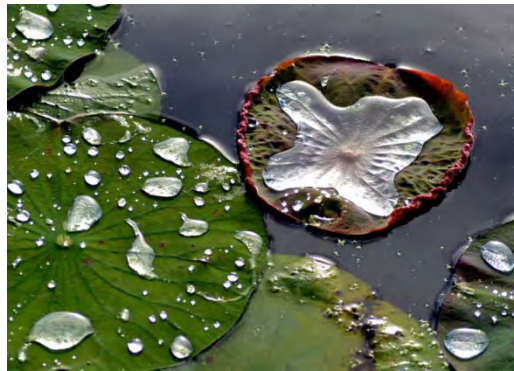
The AMC will be marching with thousands of others to call for worldwide political action on climate change. The New York-North Jersey Chapter will host AMC members and friends at the largest ever [Climate March](#). The group will meet at the AMC's NYC Headquarters (in the West Side YMCA on 5 West 63rd Street) on **September 21** and walk together to join the March, which begins at Columbus Circle. Membership Chair Jill Arbuckle will lead the group on the day. For more information, click on [March with the AMC](#). Email Lauren Zondag to sign up to march with the AMC and to receive updates (lzondag@outdoors.org)

AMC ADVENTURE TRAVEL LEADERSHIP TRAINING

November 14-16, 2014

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

AMC's 20th Annual Photo Contest is now open!



*"Water Jewels," by Ashok Boghani, Boston Chapter.
Winner of the 2013 Grand Prize.*

AMC's Photo Contest began on August 4 and will remain open until October 1. This year's Grand Prize winner will receive a spot in an upcoming photography workshop and an accompanying stay at an AMC destination. Winners of the "Kids, Families, and Adults Outdoors," "Scenics and Nature," "AMC in Action," and "People's Choice" categories will receive great outdoor gear prizes from Deuter, Forty Below, LEKI, and Outdoor Research.

For complete rules and entry instructions, visit www.outdoors.org/photocontest. Entries will be accepted until October 1, with the winners appearing in a 2014 issue of *AMC Outdoors*.



SOUTHEASTERN MASSACHUSETTS CHAPTER

YOUR CONNECTION TO THE OUTDOORS

October 2014



View from the Chair

By Cheryl Lathrop

I just returned from our annual SEM Chapter Hut Weekend—held this year at the AMC Highland Center in NH. Melissa Powers, our Social Director, organized a fabulous weekend for us. And our Hiking Committee, led by Chair Paul Miller and Vice Chair Leslie Carson, planned a wonderful array of hikes—something for everyone. A big thank you to everyone who helped make this weekend a great success. And to all the 50 attendees who made it great fun.

In addition to our usual fall lineup of hikes, bikes, and paddles, we have our SEM Annual Meeting and Dinner coming up Nov. 1. First you get to choose your chapter officers for 2015. And then you get to enjoy dinner, raffles, awards—and a very special speaker this year: Laura Waterman. See the signup sheet on page 9. Seating is limited, so reserve your spot now!

This will be my last *View from the Chair*, as my 2-year term as SEM Chapter Chair ends November 1 when we elect a new Chair. It has been an honor to serve the chapter these past 2 years. But, I couldn't have done it without the selfless volunteerism of the entire Executive Board and all of our volunteer Activity Leaders. You all made it fun and interesting.

See you all on the trails, roads, and waterways!

Got something to say? Got a good idea? Want to volunteer?
Feel free to contact me anytime about anything! chair@amcsem.org

Chapter Chair



Chapter Officers needed—

- Chapter Vice Chair—In training to take over as Chapter Chair.
- Chapter Secretary - Take notes at monthly Executive Board meetings.

Committee Chairs needed—Manage the committee and leaders.

- Education Chair
- Skiing Chair
- Trailwork Chair

Committee Vice Chairs needed—Help the Committee Chair. In training to take over when their term ends.

- Biking
- Communications
- CYP
- Conservation
- Education
- Skiing
- Social
- Trailwork

Additional leaders for all sports needed—Watch for our next Leadership Training course in the spring!



2014 Executive Board

Chair	Cheryl Lathrop	Education Chair	Len Ulbricht
Chapter Vice Chair	Maureen Kelly	Education Vice Chair	Open
Secretary	Karen Singleton	Hiking Chair	Paul Miller
Treasurer	Patty Rottmeier	Hiking Vice Chair	Leslie Carson
Past Chapter Chair	Jim Plouffe	Membership Chair	Jim Casey
Biking Chair	Cheryl Washwell	Membership Vice Chair	Ed Miller
Biking Vice Chair	Open	Membership Vice Chair	Ellen Thompson
Cape Hiking Chair	Farley Lewis	Membership Vice Chair	Kristen Yngve
Cape Hiking Vice Chair	Peter Selig	Paddling Chair	Betty Hinkley
Communications Chair	Gina Hurley	Paddling Vice Chair	Ed Foster
Communications Vice Chair	Open	Skiing Chair	Barbara Hathaway
Conservation Chair	Joanne Jarzobski	Skiing Vice Chair	Open
Conservation Vice Chair	Open	Trails Chair	Open
CYP Chair	Sally Delisa	Trails Vice Chair	Wayne Anderson
CYP Vice Chair	Open		

Ad Hoc Committee Chairs and Other Chapter Contacts

Social Director	Melissa Powers
Social Vice Chair	Open
Family Events Chair	Chris Pelligrini
Family Events Vice Chair	Bill Pelligrini
Social Networking Moderator	Susan Franconi-Salmon
Webmaster	webmaster
Breeze Editor	Gina Hurley
Blast Editor	Gina Hurley

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

Upcoming Executive Board Meetings:
October 8, November 12,
January 14, February 11

Save the Date

- [Fall Gathering \(AMC\)](#)
October 17-19, Jefferson, Maine
- [SEM Annual Meeting and Dinner](#)
November 1
- [Wilderness First Aid](#)
November 8-9
- AMC [Annual Summit](#)
Jan. 2015

Important Chapter Information and Links

Find activities (hikes, bikes, etc.)

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

Pictures and Article Submissions

We encourage SEM members to submit articles and photos for both the *Breeze* and our website. Materials will be edited at the editor's discretion.

Submissions must be copy ready.

Title and credit for all photos must be included.

Send to breeze.editor@amcsem.org

Breeze Deadline

On the 15 of the preceding month.

Sign-up for the Breeze

Call 800-372-1758 or email

amcinformation@outdoors.org

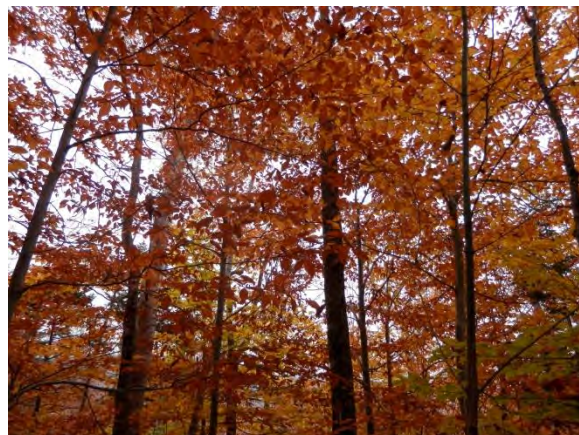
Where to find [Breeze newsletters](#)
(current and past).

Volunteers Wanted

Volunteer for the Executive Board. Do you have skill and want to see where you fit? We have volunteer positions open! Contact chair@amcsem.org

Want SEM activities delivered right to your email inbox?

Sign up for AMC "digests". Access the Member Center from our [homepage](#) or call 800-372-1758.



Fall Foliage
(Photo courtesy of Gina Hurley)

SEM ACTIVITIES AND TRIPS

UPCOMING ACTIVITIES

Schedules -- QUICK-CLICKS

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

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

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

[All SEM activities](#)

[All AMC activities](#)

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

[SEM VOLUNTEER OPPORTUNITIES](#)

Where else can you find SEM activities listed?

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

Short Notice Email List

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

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

Short Notice Email List (SNEL)



Sign-Up Now!

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

Sign up now! Go to: <http://www.amcsem.org/schedules.html>

[Instructions for posting SNEL trips](#)

Activity Participation Policy

"AMC encourages involvement in its mission and activities, through its membership, programs, policies and procedures. Our goal is to be a community that is comfortable, inviting and accessible for people of any age, gender, race, religion, ethnicity, ability, sexual orientation, or socioeconomic status. Some AMC programs are designed for a certain age range of members or for a special activity or topic. However, any person who meets the minimum qualifications (skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available."

SEM COMMITTEE ANNOUNCEMENTS

***BICYCLING**

-WANTED: Ride Leaders and Co-Leaders. Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm and routes w/ your fellow AMC members? Contact Bike Chair (bikingchair@amcsem.org) for more info.

-AMC SEM 2,000 Mile Club. AMC SEM has a unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair to register your mileage and for more info. (bikingchair@amcsem.org)

-Tues. Rides. Turn Those Tires on Tues. Rides scheduled all year long, weather permitting. 25 mi of road or 15 mi of mountain biking. Tues. at 2 p.m. Flat to hilly. Intermediate pace. Riders and bicycles in top shape; tires and riders pumped and ready to roll; helmets and water required. Contact Paul Currier (508-833-2690 8am-7pm, paulbcurrier@comcast.net)

***CAPE HIKES**

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

***HIKING**

-IMPORTANT: No pets w/o prior permission of trip leader. Individuals under 18 years of age must be accompanied by a parent or responsible adult, and obtain prior consent from leader. Those accompanying a minor are responsible for minor's actions.

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

***PADDLING**

Always looking for additional paddle leaders! Contact the canoe/kayak committee at paddlingchair@amcsem.org

***SOCIALS**

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

***TRAILS**

Looking for leaders to lead trail work events. Contact chair@amcsem.org.
Looking for a trails chair.

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

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



The screenshot shows a web form for subscribing to activity digests. It features three main sections: 1. 'Activity:' with a dropdown menu showing 'Backpacking', 'Bicycling', and '-Evening'. 2. '*Email Frequency:' with a dropdown menu showing 'Daily', 'Weekly', 'Bi-Weekly', and 'Monthly'. 3. A checkbox labeled '*Yes! I'd like to receive a periodic digest of Group activity listings.' which is checked. Below these sections is a 'Review' button.

Conservation Tip

Turn off your computer at night. By completely shutting down your computer (as opposed to leaving it in sleep mode) you can save 40 watt-hours per day. In monetary terms, this translates to saving 4 cents per day, and about \$14 per year. **That doesn't seem like a whole lot, but if everyone takes part, it amounts to a huge difference.** If you don't turn it off all the way because you don't want to have to wait for it to start up, you can set it so that it turns on automatically just before the time you know that you will need it.

What is Trail Magic?

By Gina Hurley

Trail Magic can be simply defined as an unexpected act of kindness given to a long-distance hiker. My husband Mark and I have been supporting Appalachian Trail thru-hikers with trail magic for several years. For the past few years we have picked a day late in August, set up at the Ripley Falls/Ethan Pond trailhead off of Route 302 in New Hampshire, and provided a cookout for the AT hikers making their way to Katahdin. We pick this spot, as it is the beginning of their ascent of the Presidentials, and Mt. Washington. Not only are we able to feed them, but can offer a bit of information as to what to expect on the trail, and at the summit of Mt. Washington. Cars, trains, and a cafeteria are not always expected by hikers that have been out on the trail for 4-5 months. Our simple cookout of hotdogs, chips, pickles, cookies, and drinks are so appreciated by the hikers, that it even brought one hiker to tears this year. However, the joy is just as great for us. Sitting with the hikers, listening to their stories, finding out where they are from

and how their journey is going, is a great experience. This year we met a young man from my childhood town, and ironically his family members are friends with my family members. It really is a small world! For many hikers, their thru-hike has been a dream of theirs. If we can play a small roll in helping a stranger achieve their dream, then that is a gift to be had. Mark and I were blessed with trail angels on our thru-hikes and the idea of paying back, and forward, is something we plan to do each year!



Two A.T. thru-hikers getting close to the end!

Fall walking Weekend: October 10-13

Fall Walking Weekend is sponsored by the Cape Cod Pathways. It offers hikes and walks of all types. Please visit the Cape Cod Commission Website at: www.capecodcommission.org and click on Walking Weekend.

“Reunite With Old Friends and Make Some New Ones”
All SEM members, potential members, spouses and friends are
welcome!

The Southeastern Massachusetts Chapter Of the Appalachian Mountain Club

Invites You to the

Annual Meeting

Followed by the

Annual Dinner

Saturday, November 1, 2014

Salerno's in Onset

4:30 pm – Registration and Cocktail Hour – (cash bar) no charge

5:30 pm – Annual Meeting – no charge

6:30 – pm Buffet Dinner - \$20 per person/\$30 after October 18th

Distinguished Service Award, Raffles, Other Awards, SEM Green
Vests for Sale

Special Guest Speaker & Prolific Author: Laura Waterman
Laura will do a reading from one of her many books
followed by a Q&A

Click [here](#) to to view the [flyer](#) and find out how to register!

Hiking in Switzerland, Italy, and France! (Part 2 of 3)

By Gina Hurley

(Photos courtesy of Gina Hurley)

Part two of my trip took us from the mountains of Switzerland to sea level in Italy. We took the train from Zermatt to Rome, as we wanted to tour the Vatican, and some other sites in Rome. After spending a few days camping in Rome, yes, you can find camping in Rome (www.ecvacanze.it/en/), we headed to the Ligurian Sea, and Cinque Terre. Cinque Terre is a rugged portion of coast comprised of five villages: Monterosso, Vernazza, Corniglia, Manarola, and Riomaggiore. The five villages are surrounded by cliffs, stunning ocean views, and vineyards. The villages are connected by a trail that takes you through the rugged hillside. There are no cars allowed in the villages, so the only way to get from by village to village is by train, boat, or trail.



(Monterosso Beach from the trail)

We were staying in Monterosso, so planned to hike from Monterosso to the next village, Vernazza. The trail to Vernazza leaves Monterosso along the beach, then begins to climb up and out of the village. The views of the water, vineyards, and colorful old village structures are stunning.



(Views of the trail)

The trail is well marked, and easy to climb. There is a fee, but nominal. Many tourists hike this trail for the beautiful scenery. After the climb out of Monterossa the trail weaves through vineyards, and curves exposing amazing cliffs and ocean views. The trip to Vernazza is not long, and although not a difficult trail, the heat (over 90 degrees that day) made it a bit warm. After about an hour of hiking we started the descent, and beautiful views of Vernazza appeared. Vernazza is a lovely village with plenty of restaurants and shops perfect for summer tourists.



(Views of Vernazza from the trail)

We spent the day in Vernazza, swimming, eating, and enjoying this quant village. Although the walk back would not have been long, the heat of the day, and the ease of the ferry all worked together to make an easy trip back to Monterosso. If you are thinking of a trip to Italy, consider Cinque Terre. With some options for hiking, beautiful ocean views, and wonderful seafood dinners, it is a place well worth visiting.



(Ferry leaving Vernazza for Monterosso)

Vermont Outlaws Handheld Cell Phone Use While Driving
Click [here](#) for more information.



The Massachusetts Walking Tour on the Bay Circuit Trail

By Kristen Sykes

(Photos courtesy of Kristen Sykes)

This summer I joined a band of intrepid hikers for most of their journey along sections of the Bay Circuit Trail and Greenway (www.baycircuit.org). The Greenway, envisioned almost ninety years ago and now nearly complete, curves its way along more than 230 miles of trail from Plum Island on the north shore of the Massachusetts Bay to Kingston Bay on the south shore, passing through 34 towns.

The hikers were a group of traveling musicians known as the Massachusetts Walking Tour (www.masswalkingtour.org). Since 2010, folk musicians Mark Mandaville and Raianne Richards, have been organizing an annual “bi-pedal tour” of free community concerts for towns throughout the Bay State. Last year they were joined by two more musicians, Mark Killianski and Amy Alvey, along the Massachusetts stretch of the New England National Scenic Trail. And in 2014, after some persuasion by Charlie Tracy from the National Park Service, the troupe set its sights on the Bay Circuit Trail.

The tour began with a free concert on June 17th at the Spencer Pierce

Little Farm, a Historic New England property in Newbury. We then set off across the salt flats of Newbury, up a steep overgrown portion of the trail in Rowley and into Rowley town center where the troupe played to a sold out concert at the public library. Passing through Ipswich, Boxford, North Andover, Lowell, and Acton, the troupe was guided on the trail by the people who built and still maintain the trail.

On a particularly hot and muggy day in Acton we encountered a fellow on a bike with a child in a baby seat. After a short exchange, this firefighter from Lowell offered to buy us all iced coffee at the local Dunkin Donuts. We gladly accepted and hauled our heavy packs to the air-conditioned coolness of New England’s ubiquitous coffee shop. Here we were greeted by patrons asking “where we were going” and “what the heck we were doing?” We stood out even more than the average backpackers as I wore a large, antique external frame pack and the Walking Tour musicians had their instruments strapped to their packs. We told the customers where we were headed and handed out postcards with the dates and locations of the free community

concerts. This type of 'trail magic' greeted us at nearly every turn.



The MA Walking Tour playing a free community concert at Camp Kiwanee in Hanson, MA



The MA Walking Tour hiking on the Bruce Freeman Trail stretch of the Bay Circuit Trail in Acton, MA

Due to the close-to-home nature of the Bay Circuit Trail we would often find ourselves walking down a suburban street and would have a chance to tell the neighbors, out mowing their lawns, that we were hiking the Bay Circuit Trail from Newbury to Kingston. Although the trail ran right by their houses, many people were unaware of the span of the Bay Circuit Trail.

Our travels also took us down historic paths. We walked along the Jenkins Road in Andover past stops on the Underground Railroad. We followed the Acton Minutemen's "Line of March in 1775", which ended at the North Bridge in Concord. The concert that evening was in the shadow of the Old

Manse, a Trustees of Reservations property that was home to many transcendentalists including Emerson, Hawthorne and Peabody.

Leaving the Old Manse we followed the trail past Henry David Thoreau's cabin site and on to an eagerly anticipated dip in Walden Pond. Later we enjoyed a home-cooked meal by another 'trail angel' and chair of the Bay Circuit Alliance board. We continued through Lincoln, Wayland, and into the Nobscot Scout Reservation in Sudbury where a rousing concert, that included 5 musical acts, made for a fun evening. Thanks to the help of a Bay Circuit Trail maintainer and his wife we skipped down to the South Shore to East

Bridgewater where we had a day off that culminated with a concert around the campfire at dusk.

As we made our way to Kingston Bay we were treated with more hospitality at Camp Kiwanee in Hanson and participated in the dedication of a protected cranberry bog, known as the Alton J. Smith Reserve or "Smitty's Bog." This 103-acre bog with amazing views was protected through the Town of Hanson and the Natural Resources Conservation Service and is truly one of the jewels of the Bay Circuit Trail.

After a stay at the Silver Lake Sanctuary in Kingston we made the last leg of our journey accompanied by Alan French, Bay Circuit guru and driving force behind the trail. It was with mixed emotions that we ended our nearly

3 week, 110-mile journey with a concert at the Jones River Landing in Kingston. In all, the Walking Tour played 17 free community concerts along the trail. But we'll be back! We had such an incredible time on the Bay Circuit that the Mass. Walking Tour plans to finish the rest of the Bay Circuit Trail next summer.

So it is with incredible gratitude to all those who love and care for the Bay Circuit Trail, the many people and trail angels we encountered along the way, and the kinship of the Walking Tour that we rest, till next year's trek.

Kristen Sykes is Director of Conservation Strategies for the Appalachian Mountain Club and the Director of Operations for the Bay Circuit Alliance.



The MA Walking Tour plays their final concert at the southern terminus of the Bay Circuit Trail in Kingston, MA.

North Presidential Range Hut-to-Hut Aug 24 - 27, 2014

By Len Ulbricht

(Photos courtesy of Len Ulbricht)

This multi-day trip covered the last sections of the Presidential range aborted last year due to continuous rain and threats of thunderstorms. This time clear skies favored us. The first day goal was to hike up the beautiful Ammonoosuc Ravine trail to Lakes of the Clouds hut in the morning, then drop our packs for a quick jaunt up nearby Mt. Monroe. Views from Monroe were fabulous, all the way back to Eisenhower, Pierce and beyond, views that didn't exist last year in the rain and cloud cover. Upon returning to the hut a few hikers cooled off in the nearby lake. Yes some folks even brought suits to go for a frigid swim. After a relaxing dinner hikers were drawn to the west facing hillside behind the hut for nature's sunset treat.



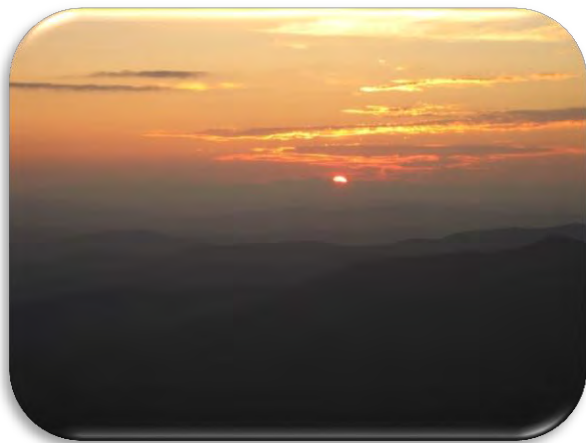
Madison Spring Hut



Trailside berries

Day 2 was a long grueling rock pile hike. First up Mt. Washington, then the Gulfside trail to Mts. Clay, Jefferson, and Adams to reach the Madison Springs hut. These peaks are all above tree line, and are all just piles of boulders, as if a huge dump truck in the sky dumped loads upon load of granite rocks. Ankles and knees ached with every step. But we had fabulous views in all directions to make up for the soreness.

On day 3 we awoke to cloud emersion. There were a few souls who woke before sunrise to climb from cairn to cairn to the summit of Madison for their cloud enshrouded sun spectacular. The rest of us went after breakfast, still cloud enveloped, to a peek into grayness at the top. As we all gathered for our descent via the Air Line trail, the sun broke though and gave us a fourth day of captivating views from the high peaks of New Hampshire.



Beautiful Sunset



View from Mt. Monroe



Views along the Ammonoosuc trail

AMC'S FALL GATHERING 2014

Hosted by the Maine Chapter
October 17-19, 2014
Camp Wavus, Damariscotta Lake,
Jefferson, Maine

- **REGISTER BY OCTOBER 1, 2014:** Lodging/Tenting options and Day Rate available, including meals, activities, and registration fee. For more information or to register, visit www.amcmaine.org/fall
- **Come enjoy this club-wide event hosted by the Maine Chapter!** www.amcmaine.org/fall or www.outdoors.org/fallgathering

AMC-SEM Chapter Hut Weekend 2014

By Melissa Powers

Chapter Hut Weekend 2014 was a huge success. We had 49 attendees! Some longtime members and lots of new ones. What a great way to meet people and really become active with the Chapter.

We stayed at the Highland Center at Crawford Notch, New Hampshire. The lodge was large enough to accommodate our group and, most importantly, it was in close proximity to many trails and peaks—making it the perfect location for our annual chapter weekend.

Some folks opted for a 4-day weekend, but most joined in the fun from Friday to Sunday. For those who arrived on Thursday evening, they enjoyed a variety of informal hikes on Friday.

The weekend officially kicked off with a Social Hour hosted by The Highland Center in the Washburn Room. We had a chance to get to know one another over a drink and some appetizers while enjoying the amazing photography by Bradford Washburn.



Hadley Donaldson and Julieanne Capone



Liz Monteiro, Sally DeLisa, Barbara Manuelpillai



M. Baby, P. Miller and B. Doherty



Cheryl Lathrop, Chapter Chair, Welcoming all



Group Photo (Courtesy of Ken Carson)

After dinner on Friday night we enjoyed a presentation on **“Lightweight Backpacking & Experiences from Long Journeys on the Trail”** by Jeremy Day.

Jeremy "Beowulf" Day talked to us about the newest technologies, designs, and methodologies of lightweight backpacking that he learned by hiking on the Appalachian Trail, Pacific Crest Trail, Long Trail, and John Muir Trails.

In his talk, he covered Cuben Fiber versus Cordura backpack designs, minimalist shelters and hammocks, lightweight footwear and its importance, cottage industry gear manufacturers, eating for light weight backpackers, and simple, inexpensive ways to ditch weight and make your hike more enjoyable. He taught us that you CAN get your base weight down to 10-12 pounds! Also, he shared the importance of Hiking Your Own Hike (HYOH).



Jeremy "Beowulf" Day



Jeremy talking to the group

Saturday was for hiking in the wilderness and being together. Paul Miller, Hiking Chair, will be sharing more details on the hikes that he and his committee organized and led. They did a fabulous job offering hikes of different levels and different varieties.

In the evening after our Social Hour and group dinner, Sally Delisa organized an impromptu lecture and discussion on "How to Pack your Pack" that was delivered by Sue Chiavaroli.



Sue Chiavaroli talking to the group on Saturday Night

Later that evening, Jodi Jensen led a rousing game of "spoons." Additionally, some folks got to enjoy the beautiful night sky loaded with stars while others sat in the Living Room enjoying each other's company and making new friends.

At breakfast on Sunday it was a time to swap emails and numbers and make plans to meet up at future hikes and chapter outings. Some took part that day in a hike led by the Highland Center while others enjoyed Zip Lining at the nearby Bretton Woods Ski Area. Others simply meandered around the beautiful grounds of the Highland Center.

We were sad to leave on Sunday. The weekend flew by but the experiences we had and the memories we made will last a lifetime.

There truly was something for everyone to enjoy over the weekend. Mostly, we had plenty of time for hiking, socializing, fun, and laughs. If you didn't get to join us this year - please join us next year. It's our goal to make it even bigger and better and with you there we will certainly accomplish that!

Check out our Facebook page and follow us on Twitter to see more pictures from the weekend. Also, check out the photo gallery on our Chapter site (<https://www.flickr.com/photos/amcsem/sets/>).



Like us on [Facebook](#)



Follow us on [Twitter](#)

SEM Hikers on Crawford Notch for Chapter Hut Weekend

By Paul Miller, SEM Hiking Committee Chair

With almost 50 enthusiastic SEM Chapter members (mostly hikers) signed up for our annual Chapter Hut Weekend up at the AMC Highland Center in beautiful Crawford Notch, NH, your Hiking Committee found it a bit challenging to come up with a full program of hikes. Our initial goal was to offer "something for everyone;" from eager entry-level hikers, to experienced Cape and Blue Hills hikers, to several hikers who have scaled all 48 4,000-foot peaks in NH!

The fact that only a small handful of "Class 2" (NH hike-rated) hiking leaders had signed up for the weekend made this even more challenging; and with one leader coming down with a bad head cold at the last minute and having to reluctantly cancel out for the weekend, we had to do some additional last-minute scrambling. But based on all the smiling faces we saw during the weekend and the many gracious compliments received afterwards, it appears that we managed to pull this off!

Apparently, quite a few people took advantage of the option to come early stay at the Highland Center for a third night (Thursday), because bright and early on Friday morning Leslie Carson led a group of almost 20 hikers up to the 3,430-foot summit of Mount Avalon via the Avalon Trail. This starts virtually at the back door of the Crawford Depot, part of the AMC's modest complex of facilities in Crawford Notch.

According to reports, it was a glorious sunny day with comfortable temperatures and a nice breeze. Once at the summit of Mt. Avalon, after enjoying the spectacular views, hike participants performed a careful self-assessment, with several hikers wisely deciding to descend back down to the Highland Center and the rest of the group continuing on to summit both Mounts Field (4,340 feet) and Willey (4,285 feet) before descending to the Willey House Site back down in Crawford Notch, where they had spotted a car prior to the hike.



Down the ladders on Mt. Willey and the Summit of Mt. Fields (Photos courtesy of Ken Carson)

Following a little shuttling around in cars, the whole group made it back to the Highland Center in time to join us for the 5:00 pm social hour in the Washburn Room prior to dinner in the dining room. This was a challenging, approximately nine-mile long hike involving two 4,000 footers and significant elevation gain and loss. Kudos to those hikers!

Saturday morning, we were able to offer a choice of two different hikes: Maureen Kelly's easy-to-moderate "Sugarloaves" hike and a more challenging Eisenhower/Pierce hike led by Leslie and me. While the weather forecast for the higher peaks ("in the clouds," high winds, with a chance of rain in the afternoon), the forecast for the valleys was pretty good (partly sunny, breezy, and mild...).

Twenty-one hikers joined Maureen for this hike, which first required a short car ride up Crawford Notch road to the Zealand Road in Twin Mountain. After a short jaunt up the Zealand Road past the popular campground, the group hit the trail up to Middle Sugarloaf. From this modest peak, the group enjoyed fine views in several directions, including nice views of nearby North Sugarloaf and more distant Mt. Hale.



On Middle Sugarloaf (Photo courtesy of Barry Young)

For the "more challenging" Saturday hike, I had planned out an app. 8.5-mile long loop that would take us up the nearby Edmands Path (trailhead accessible via the Mt. Clinton Rd. which started in eyesight of the Highland Center...), to the summit of 4,761- foot high Mt. Eisenhower. On a clear day this offers spectacular views in all directions, including up the Crawford Path to the summits of Mt. Monroe and Mt. Washington and beyond to the Northern Presidentials (Mounts Jefferson, Adams, and Madison). From the top of "Ike," we would follow the Crawford Path for several (exposed) above-treeline miles and jog up to the summit of Mt. Pierce before "cruising" back down to the Highland Center via the Crawford Path. Once back at the Highland Center, the plan was to hop into a car or two and retrieve the rest of our cars at the Edmands Path trailhead. It was a great plan and I'm sure this would have been a wonderful hike; but not one that fit in well with the ominous higher peaks forecast for that particular day!

Instead, we did a familiar 8.2-mile loop hike that started at the trailhead for the historic Crawford Path (the oldest continuously maintained hiking trail in the US...). From the trailhead, located directly across from the Highland Center, we hiked up the Crawford Path to the Mizpah Cutoff. From here, we took the Cutoff through some very pretty woods to the AMC Mizpah Hut where we stopped for a short break and took advantage of the "facilities." Then we took the sporadically steep Webster Cliff Trail up to 4,321-foot summit of Pierce before returning to the Highland Center via the Crawford Path.

This route made a lot of sense considering the high winds and low visibility, since the Crawford Path remains largely within treeline and thus not exposed to the worst of the elements until just below the summit of Pierce. (This is why we often do this same loop as part of our Winter Hiking Series.) "Plan B" worked out just fine, providing everyone with a nice, if not overly challenging, hike to the summit of a Presidential 4,000 footer, a chance to check out an AMC high mountain hut while it was still open for the season, and have lunch on the windy the summit, which we shared with several other groups of hikers. Unfortunately, while the summit of Mt. Pierce often offers excellent views, on this day the weather forecasters were right on, since we indeed were "in the clouds." Also on the positive side, we got back down to the Highland Center in time to take hot showers prior to the 5:00 pm social hour, followed by dinner and more socializing!

On Saturday afternoon, Maureen led a group of about 18 hikers on an easy, but scenic hike up to nearby Arethusa Falls, the highest waterfall in the White Mountains! From all reports, the Falls were beautiful, and the group got to enjoy viewing some early fall foliage up at the Falls.

While we couldn't offer any "official" hikes Sunday morning, several SEMers chose to do some hikes on their own to nearby locations, including another small group that headed up to Arethusa Falls to check it out.

While it would have been nice to be able to offer more entry-level hikes, all in all, it was a great hiking weekend with a great group of people!



Arethusa Falls (Photo courtesy of Barry Young)

AMC ADVENTURE TRAVEL LEADERSHIP TRAINING

November 14-16, 2014

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

Congratulations Gary!!



Gary Forish, AMC Berkshire Chapter, has had a trail named after him at the AMC Noble View Outdoor Center, in honor of his many contributions to Noble View

Paddling Trip Report

By Betty Hinckley

Mashpee/Wakeby ponds – Saturday September 13, 2014

Paddlers: Jean Orser, Leader, Paul Corriveau, CL, Ed Foster, Louise Foster, George Wey, Gary Robinson

We left the put-in on Mashpee Pond on calm water heading in a clockwise direction; there was some chop before the narrows but very doable. After the narrows into Wakeby Pond we paddled around Pickerel Cove and headed for the beach at the end of the Wakeby pond for lunch arriving at 11:50 am. We were delighted to see 5 new large picnic tables on the back of the beach each under a tree - perfect for us. After lunch we continued circling back to the put-in. The ponds were quiet with little boat traffic. Sighted were a coyote, many ducks and an osprey. Mileage reported ranged from 7.35 - 7.5 miles depending on how closely one hugged the shore.



(Photos courtesy of Pictures by Jean Orser.)



SOUTHEASTERN MASSACHUSETTS CHAPTER

YOUR CONNECTION TO THE OUTDOORS

November 2014



Maureen Kelly,
Chapter Chair

VIEW FROM THE CHAIR

Maureen Kelly, Chapter Chair
Cheryl Lathrop, Past Chapter Chair



Cheryl Lathrop,
Past Chapter Chair

Transitions

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

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

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

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

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

Maureen & Cheryl

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

2015 Executive Board

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

Ad Hoc Committee Chairs and Other Chapter Contacts

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

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

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

Save the Date

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

Important Chapter Information and Links

Find activities (hikes, bikes, etc.)

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

Pictures and Article Submissions

We encourage SEM members to submit articles and photos for both the *Breeze* and our website. Materials will be edited at the editor's discretion.

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

Send to breeze.editor@amcsem.org

Breeze Deadline

On the 15 of the preceding month.

Sign-up for the Breeze

Call 800-372-1758 or email

amcinformation@outdoors.org

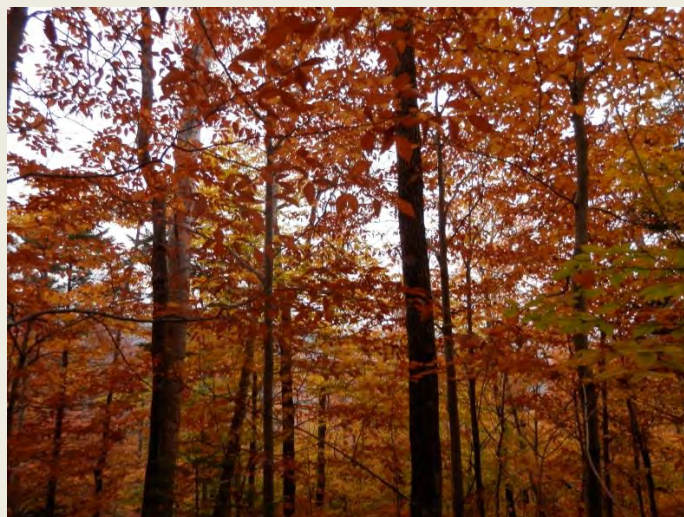
Where to find [Breeze newsletters](#)
(current and past).

Volunteers Wanted

Volunteer for the Executive Board. Do you have skill and want to see where you fit? We have volunteer positions open! Contact chair@amcsem.org

Want SEM activities delivered right to your email inbox?

Sign up for AMC "digests". Access the Member Center from our [homepage](#) or call 800-372-1758.



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

SEM ACTIVITIES AND TRIPS

UPCOMING ACTIVITIES

Schedules -- QUICK-CLICKS

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

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

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

[All SEM activities](#)

[All AMC activities](#)

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

[SEM VOLUNTEER OPPORTUNITIES](#)

Where else can you find SEM activities listed?

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

Short Notice Email List

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

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

Short Notice Email List (SNEL)



Sign-Up Now!

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

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

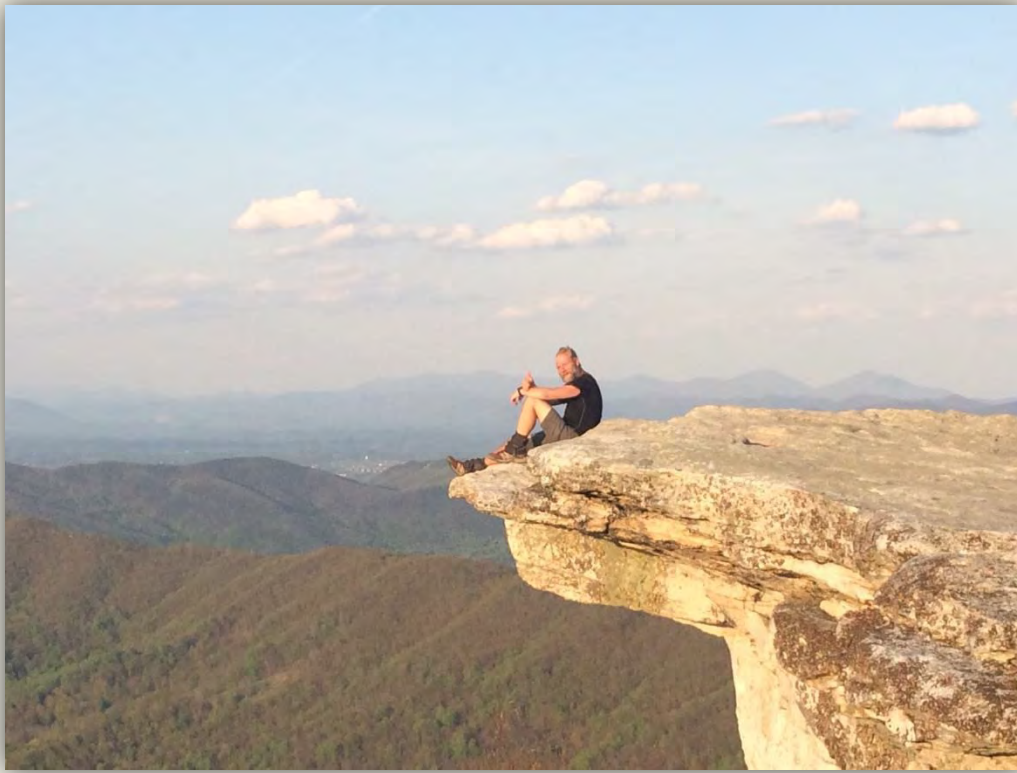
[Instructions for posting SNEL trips](#)

Activity Participation Policy

"AMC encourages involvement in its mission and activities, through its membership, programs, policies and procedures. Our goal is to be a community that is comfortable, inviting and accessible for people of any age, gender, race, religion, ethnicity, ability, sexual orientation, or socioeconomic status. Some AMC programs are designed for a certain age range of members or for a special activity or topic. However, any person who meets the minimum qualifications (skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available."

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

By Gina Hurley



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

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

1. Why the AT and why this year?

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

10. What other equipment did you have with you?

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

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

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

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

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

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

13. How did you resupply?

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

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

14. What was your favorite trail food?

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

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

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

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

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

17. How did you keep your motivation?

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

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

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

19. Describe the feeling of finishing.

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

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

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

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

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

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

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

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

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

Here is a video about my trail family:

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

Here is a video of the views along the AT:

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



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

INTERESTED IN BIKING??

Read Some of Our Recent Biking Trip Reports.

You Will Want to Join the Next One!



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

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

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

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

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

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

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

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

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

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



Exploring Nantucket Bike and Walk in June

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

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

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



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

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

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

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

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

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

Passings

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



(Photo and text courtesy of Nancy Moran)

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

By Gina Hurley

(Photos courtesy of Gina Hurley)

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



View of Mt. Blanc from the campground



Top of L'Aiguille du Midi

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

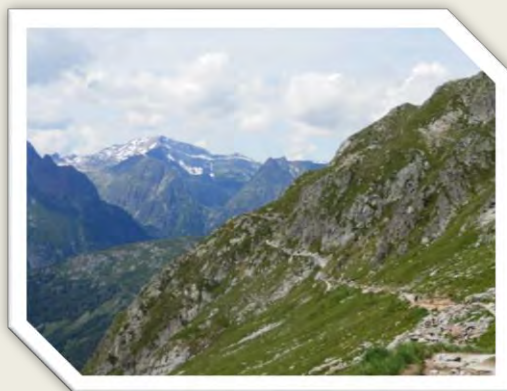


Hotel Montenvers



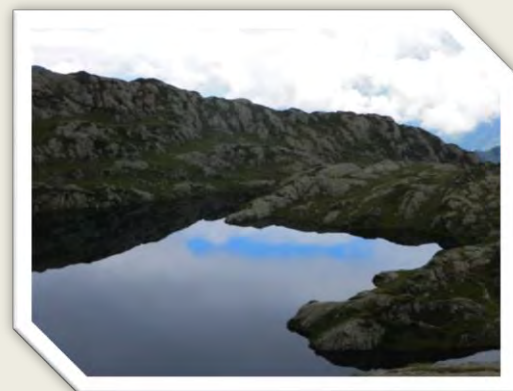
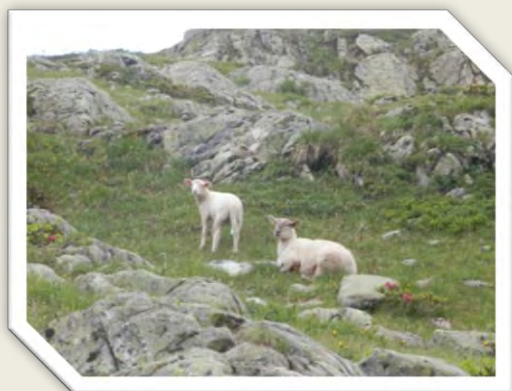
Montenvers Glacier

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



Hiking Trail to Refuge Albert 1

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



Goats near Lac Brevent.

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

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

SEM COMMITTEE ANNOUNCEMENTS

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

BICYCLING

- WANTED: Biking Vice Chair. Contact bikingchair@amcsem.org
- WANTED: Ride Leaders and Co-Leaders. Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm and routes w/ your fellow AMC members? Contact Bike Chair (bikingchair@amcsem.org) for more info.
- AMC SEM 2,000 Mile Club. AMC SEM has a unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair to register your mileage and for more info. (bikingchair@amcsem.org)
- Tues. Rides. Turn Those Tires on Tues. Rides scheduled all year long, weather permitting. 25 mi of road or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location and directions. Intermed. pace. Riders and bicycles in top shape; tires and riders pumped and ready to roll; helmets and water req'd. L Paul Currier (508-833-2690 8am-7pm, paulbcurrier@comcast.net)

CAPE HIKES

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

HIKING

- IMPORTANT: No pets w/o prior permission of trip leader. Individuals under 18 years of age must be accompanied by a parent or responsible adult, and obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 week prior to the trip so Ls can discuss prior hiking exp., conditioning, clothing, and equipment. Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)
- Get your 100-mile patch! Contact hikingchair@amcsem.org.
- Always looking for additional hike leaders! Contact hikingchair@amcsem.org

PADDLING

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

SKIING

Looking for ski chair. Looking for someone to take over the ski committee and plan xc ski and downhill ski events in the winter. Contact the current ski chair at xcskichair@amcsem.org. Also looking for xc and downhill ski leaders! Also looking for a Vice Ski Chair.

SOCIALS

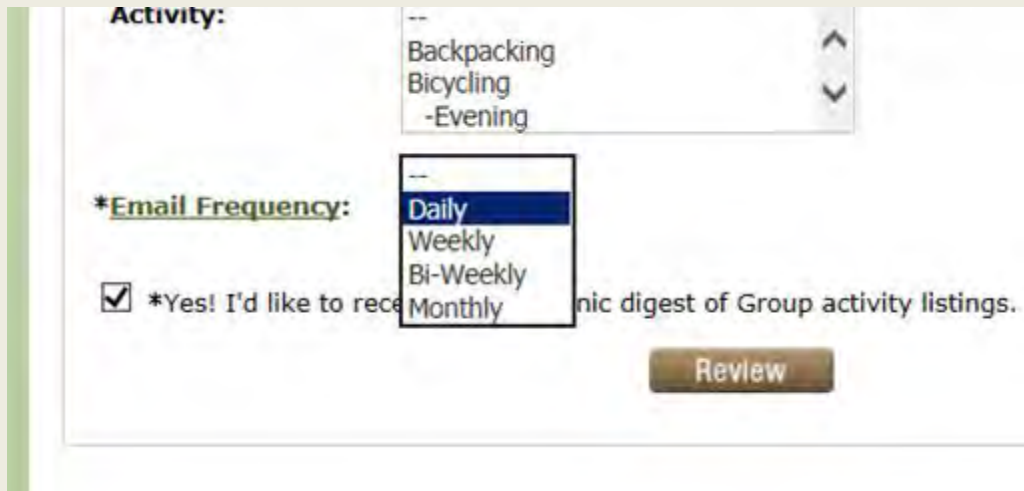
Looking for leaders to lead social events. Contact: socialchair@amcsem.org

TRAILS

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

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

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



The screenshot shows a web form for selecting activity and email frequency. The 'Activity' dropdown menu is open, showing options: Backpacking, Bicycling, and -Evening. The '*Email Frequency:' dropdown menu is also open, showing options: Daily, Weekly, Bi-Weekly, and Monthly. Below the dropdowns, there is a checked checkbox with the text '*Yes! I'd like to receive a periodic digest of Group activity listings.' and a 'Review' button.



Like us on [Facebook](#)



Follow us on [Twitter](#)

Cell Phone Use While Driving

By Alan Greenstein

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

Click [here](#) for more information.



AMC ADVENTURE TRAVEL LEADERSHIP TRAINING

November 14-16, 2014

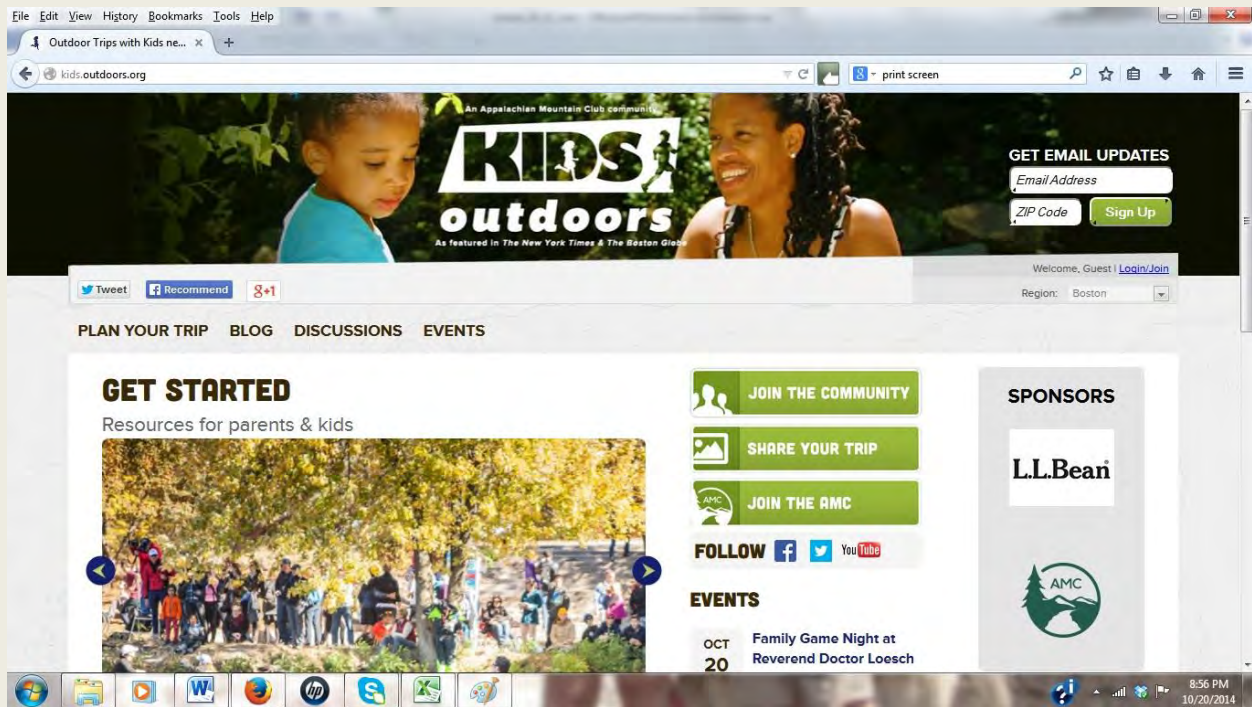
Visit some of the most exciting places in the world as the leader of an AMC Adventure Travel trip! This workshop provides important training to people who have AMC chapter leadership experience (no beginners) to transition from leading weekend chapter activities to more complex and longer trips, domestically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

Conservation Tip

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

Have your Heard of KIDS.OUTDOORS.ORG?

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





The Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the AMC

December 2014

View From the Chair



Maureen Kelly, Chapter Chair

Hello! I am very excited and honored to be the Chapter Chair of SEM. I'm grateful to the previous Chairs and Executive Committees for their hard work and organization, especially to Cheryl Lathrop. I plan to build onto their successes with the help of our many wonderful volunteer leaders and officers.

December starts the season of winter fun. If you've always wanted to be more active in the winter, **now** is the time to check our list of trips and join us for one. Our trained volunteer leaders are waiting to show you the beauty of winter.

We are always looking for new leaders and new volunteers. Meet some great people who love the outdoors. Feel free to contact me if you'd like to volunteer, make a suggestion or just introduce yourself.

See you outdoors!

Maureen Kelly, Chapter Chair
chair@amcsem.org

2015 Executive Board

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

Ad Hoc Committee Chairs and Other Chapter Contacts

Social Director	Melissa Powers
Social Vice Chair	Open
Social Networking Moderator	Susan Franconi
Webmaster	webmaster
Breeze Editor	Gina Hurley
Blast Editor	Gina Hurley

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

Upcoming 2015 Executive Board Meetings:
January 14, February 11, March 11, April 8

MARK YOUR CALENDARS——SAVE THE DATE

AMC [Annual Summit](#) (Jan. 24, 2015, [Norwood](#))
SEM [Winter Fun Weekend](#) (Feb. 6-8, 2015, [Noble View](#)) (FULL)
SEM [Leadership Training](#) (April 11, 2015)
SEM [Wilderness First Aid](#) (May, 2-3, 2015)
AMC [August Camp](#) (July 18-Aug. 15, 2015)
SEM [Chapter Hut Weekend](#), (Sep. 17-20, 2015, [Cold River Camp](#))
SEM Annual Meeting & Dinner (Nov. 7, 2015, [Salernos](#))

Important Chapter Information and Links

Find activities (hikes, bikes, etc.)

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

Pictures and Article Submissions

We encourage SEM members to submit articles and photos for both the *Breeze* and our website. Materials will be edited at the editor's discretion. **Submissions must be copy ready.** Title and credit for all photos must be included.

Send to breeze.editor@amcsem.org

Breeze Deadline

On the 15th of the preceding month.

Sign-up to receive the Breeze via email

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

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

Volunteers Wanted

Volunteer for the Executive Board. Do you have skill and want to see where you fit? We have volunteer positions open! Contact chair@amcsem.org

Want SEM activities delivered right to your email inbox?

Sign up for AMC "digests". Access the Member Center from our [homepage](#) or call 800-372-1758.

SEM ACTIVITIES AND TRIPS

UPCOMING ACTIVITIES

Schedules -- QUICK-CLICKS

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

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

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

[All SEM activities](#)

[All AMC activities](#)

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

[SEM VOLUNTEER OPPORTUNITIES](#)

Where else can you find SEM activities listed?

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

Short Notice Email List

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

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

Short Notice Email List (SNEL)



Sign-Up Now!

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

Sign up now! Go to: <http://www.amcsem.org/schedules.html>

[Instructions for posting SNEL trips](#)

Activity Participation Policy

"AMC encourages involvement in its mission and activities, through its membership, programs, policies and procedures. Our goal is to be a community that is comfortable, inviting and accessible for people of any age, gender, race, religion, ethnicity, ability, sexual orientation, or socioeconomic status. Some AMC programs are designed for a certain age range of members or for a special activity or topic. However, any person who meets the minimum qualifications (skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available." experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available.

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!

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

!

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!

SOCIALS

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

!

News from the Communications Committee

Meet Mark St. John



Recently I was elected as the Vice Chair of the Communication's Committee for the AMCSEM. For the past fifteen years I served various roles in the IT department of a specialty retailer in the Boston area – most recently as the Director of IT. I am hopeful that I can bring some of my expertise to AMCSEM to streamline technology and make the experience for the end-users and the administrators a more fulfilling online engagement. I have been a member of AMC for several years and have participated in the

WFA course that was presented in 2013. In addition to this I have done considerable hiking in the area completing both the Appalachian Trail (thru-hike) and the Long Trail (section-hike) in 2014 and the NH 48 4,000 footers in 2012. I continue hiking as often as I can get out and will continue my quest of the NH 'Winter' 48 4,000 footers this year. I am a member of the Appalachian Mountain Club, Appalachian Trail Conservancy, Green Mountain Club and Appalachian Long Distance Hiker Association. You can reach me at communicationsvicechair@amcsem.org.

Annual Winter Hiking Workshop Draws a Crowd

By Paul Miller, SEM Hiking Committee Chair

The SEM Hiking Committee held our annual Winter Hiking Workshop in Sandwich on Nov. 1, 2014 (prior to the Annual Meeting and Dinner in Onset).

Approximately 30 curious people with a wide variety of hiking backgrounds participated in this successful workshop, which was possible thanks largely to the efforts of SEM winter hike leaders Leslie Carson, Mike Woessner, Walt Granda, and Eva Borsody Das; plus Sue and Kevin Mulligan (who put on a dynamite winter hiking slide show).

The program covered appropriate clothing, gear, hydration/nutrition, and conditioning for safe and enjoyable winter hiking in the White Mountains of New Hampshire.

Participation in this (or an equivalent) workshop is a prerequisite for hikers without prior winter hiking experience to register for the 2014-15 SEM Winter Hiking Series. This season's series includes trips to Mt. Wachusetts in Princeton, MA; Mt. Kearsarge North in North Conway, NH; Mts. Tom and Field in Crawford Notch, NH; and a winter overnight trip to the AMC Zealand Falls Hut in NH.

!



!

Winter Workshop presenters (left to right): Kevin and Sue Mulligan, Mike Woessner, Leslie Carson, Paul Miller, Eva Borsody Das, and Walt Granda (Photo courtesy of Ken Carson)

!

Wilderness First Aid Training November 8 and 9, 2014 at Chapel Meeting House

By Doug Griffiths

Say you are a couple miles up the trail. What would you do if a member of your hiking group tripped and seriously sprained their ankle, or maybe even broke their ankle? How about if you are confronted with someone having an asthma attack or reaction to a bee sting? What if you came across someone who just had a bad fall from the steep cliff trail they were scrambling up, their leg doesn't look very good, or worse, they are unconscious? Don't freak out, take a deep breath and recall your wilderness first aid training.

This two-day, concentrated but manageable course, gives you a systematic approach to assessing the scene, the circumstances, the injury and the response that you can offer when rapid professional intervention is an hour or more away.

Twenty two people, most of them AMC members, took advantage of the most recent wilderness first aid training at the charming and convenient Chapel Meeting House in the Cocasset River Recreation Area in Foxboro, MA. Beautiful weather allowed us to focus completely on the hands-on training opportunities, much of which takes place outside.

Led by an instructor from SOLO (Stonehearth Open Learning Opportunities), a wilderness medicine school in Conway, NH, the course involves about equal parts of lecture, followed by practice scenarios, feedback and discussion. Participants trade off roles as victims and rescuers for practical experience. Even the victims get instructed how to act out their injuries for true realism. It's fun, exciting and serious all at the same time. As a rescuer, your heart rate increases just as it would in a real life situation. There is ample time to discuss and process the practice scenarios. SOLO has been providing these trainings to AMCSEM for several years, and our instructor for this course, Kathryn, was dynamic and engaging.

The curriculum for the course has been carefully prepared by SOLO and includes instruction in assessing the scene for safety, assessing the patient for both critical and less critical injuries, obtaining necessary background information, and then providing comfort and treatment with whatever resources you may have on hand in the backcountry. Attention is paid to developing a rescue plan, managing the safety and anxiety of the rest of your group as you wait for or travel towards more definitive treatment. There is a specific framework for these assessments and plans that is outlined in an excellent, easy-to-read, illustrated text that is provided to all participants.

Wilderness first aid training is required for current and prospective AMC hike leaders, but is a great experience for anyone who enjoys outdoor recreation including hikers, bikers, paddlers, skiers, campers and families. This course increases your confidence and so increases your enjoyment of all those activities. It's fun to meet new faces from outside the chapter who take advantage of the training. This course included fifteen SEM members, three Boston chapter members and four non-AMC'ers. Naturally, WFA participants are outdoor enthusiasts who have their own stories and tips for great trips and destinations.

The skills learned in wilderness first aid are most helpful when two or more people involved in a group activity have experienced this training. Using teamwork when confronting a situation multiplies the level of care, the degree of calmness, and the confidence brought to bear. Keep an eye out for future offerings. You won't regret it!



The Chapel Meeting House
(Photo courtesy of The Foxboro Reporter)



Daring Birdwatcher (Paul Miller) Falls From Tree
(Photo courtesy of Walt Granda)



Congratulations to Sue Franconi for finishing the 48 4,000 footers in September. Here she is on #48-Whiteface. Way to go Sue!!

(Photo courtesy of Sue Franconi)

Earn An AMC SEM Patch In Conservation!

The AMC SEM Conservation Committee is proposing to offer a patch for conservation-related activities, similar to earning a patch for climbing all 4000 footers in the White Mountains or riding a bike for 2000 miles. To earn a patch, participants would need to complete any 10 activities from the 18 listed below, but at least one from each of the six categories. Ideally, you would not pick an activity that you already do, and each activity should be done whenever possible, but for at least one year. Should you have your own ideas for an activity within a category, feel free to substitute, but please let the Conservation Committee know in advance. Completing the activities as a family or group is fine, as long as everyone participates. We will establish a central location to update progress. Here are the categories and the activities in each:

Conservation Activism

!

- Write an elected official about a conservation-related topic
- Read a book about conservation and write a summary for AMC SEM Breeze
- Teach 'Leave No Trace' principles to a local group

!

Environmental Activism

- Spend at least a day doing trail work maintenance
- Participate in conservation-related events, such as clean-ups, walks or lectures
- Plant native plants around your home that require less water and pesticide

!

Health Activism

!

- Walk or ride a bike on one errand or commute per week
- Replace one grocery item with an organic or locally-grown item per week
- Use organic fertilizer and pesticide

Energy Conservation

- Thermostat: not higher than 63 degrees F in winter, not lower than 78 F in summer
- Always turn off unnecessary lights and appliances
- Take stairs rather than elevators

!

Water Conservation

!

- Collect rain water to use for watering lawn and garden
- Take shorter showers
- Use gray water to flush toilets

Waste Reduction

- Compost kitchen and yard waste
- Use reusable bags at stores other than grocery stores
- Reduce household waste disposal by 10%

Reducing household waste by 10% might sound a bit tricky to accomplish. Here is our thought: each person should estimate how much trash they dispose of per week e.g. "my trash can is always 3/4 full", and then etch or paint a line about 10% below that. Then each week, try to get close to the line. It is imperfect, but we are trying to instill a way of thinking related to reducing, reusing and recycling as opposed to strict rules.

Please let us know what you think about the idea of a Conservation Patch and the specific activities by emailing the Conservation Committee at conservationvicechair@amcsem.org. We may change the activities depending on feedback. We hope to begin the program in 2015. As the recent U.N. IPCC report highlighted, now is the time to focus on conservation/environment issues/ climate change!

Sincerely,

AMC SEM Conservation Committee



**Thursday morning hike.
Freetown State Forest:
Profile Rock. Jerry from
Woburn, AI from Middleboro,
Ed from Abbingdon.**

(Photo courtesy of Berryman Minah)

!

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

!

August Camp 2015 will take place in the Three Sisters Wilderness area in the Central Cascades of Oregon, southwest of Portland. This area offers terrific hiking and fascinating geological sites. Studded with volcanic peaks, mountain lakes, wildflower meadows, lava tubes and obsidian, miles of beautiful hiking trails, including the Pacific Crest Trail and the Three Sisters Wilderness Area -- it's legendary for a reason! In addition to the multiple hikes August Camp offers each day for all levels of ability, other activities may include car camping at Crater Lake National Park, backpacking, sightseeing excursions, river rafting, canoeing and kayaking. Delicious cooked meals and trail lunches are provided; great camaraderie and nightly campfire make for a memorable experience. This full service tent village accommodates 64 campers each week, and the fleet of rental vans provides transportation to trailheads, as well as between camp and the airport (Portland International) each Saturday.

The Application and Camper information forms, as well as detailed Camp information can be found on the

August Camp website at www.augustcamp.org. Plan your one or two week adventure now and be part of one of the AMC's oldest traditions.

Applications will be accepted after Jan. 1, 2015.

Week 1: July 18 - July 25

Week 2: July 25- Aug 1

Week 3: Aug 1- Aug 8

Week 4: Aug 8 - Aug 15

Questions about August Camp? Contact hike leaders Éva Borsody Das, borsody@gmail.com, or Leslie Carson, lc929@comcast.net



Nine happy Southeast Mass. Chapter hikers during week 3 of August Camp 2014 in Washington's Mount Rainier National Park. (Photo courtesy of Éva Borsody Das.)

!

AMC ANNOUNCEMENTS



YOU'RE INVITED...
to help us kick off a fantastic year in the outdoors!

AMC Annual Summit – Norwood, MA – Saturday, January 25, 2015

The AMC Annual Summit is a fun day of exciting trainings, meaningful meetings, and fun conversations with volunteers and staff from every level and area of the club. We have curated a great selection of useful and interesting courses this year including:

- Splinting in the Backcountry
- AMC's Historical Film Fest
- Advocacy for the Outdoors
- Volunteer for Trails!
- Navigation for Sea Kayakers
- Group Dynamics for Leaders

and many more!

!

For more information and to register, visit outdoors.org/AnnualSummit

AMC's New Books!

AMC Fall Books: [No Limits But the Sky: The Best Mountaineering Stories from Appalachia Journal](#) and [Outdoors With Kids Maine, New Hampshire, and Vermont](#). Contact Ryan Dorsey (rdorsey@outdoors.org) if you are interested in writing a review for either of these books in your newsletter.



Adventure Travel

Adventure Travel recently added 7 new trips to their 2015 calendar. There are a total of 41 opportunities in 2015 for an adventurous trip with like-minded travelers, and we have started listing our trips for 2016 too. Travel the globe including such destinations as Thailand, Utah, Machu Picchu, Austria, Alaska and Patagonia. Check out our full listings of trips at www.outdoors.org/adventuretravel. If you are interested in leading Adventure Travel trips, please contact Nancy Holland (nholland@outdoors.org) for more information about the upcoming training in November.

!

AMC NH Chapter Winter School

Two sessions Jan 30-Feb. 1, and Feb. 27-March 1 2015

!

This workshop offers instruction in winter mountain travel to backcountry skiers and snowshoers of all levels, covering just about every aspect of winter backcountry travel. The weekend is filled with instruction, field exercises, lectures and discussions. And there will be plenty of great food to fuel you back up!

!

Choose from one of the following classes:

- Introduction to Winter Mountain Travel: beginner and intermediate classes. Instruction in safety equipment, route finding, map and compass, off-trail navigation, weather, trip planning, nutrition and emergencies in the mountain environment.

!

- Backcountry Skiing: beginner, intermediate and Down-mountain Backcountry classes.

!

- Advanced winter wilderness travel, high peaks and crampons.

!

- Winter backpacking: beginner in January, intermediate class in February. Instruction in backpacking equipment, campsite selection, route finding, map and compass, weather, trip planning, cooking and emergencies. For those who want to take their skills beyond day hiking. Plan to spend Friday and Saturday night outdoors and provide for your own backpacking equipment.

!

- Leadership and Mountain Skills: For those who have good winter hiking and/ or skiing skills, and wish to enhance them to run trips of their own. Exercises in planning, organizing and conducting trips with emphasis on leadership techniques and group dynamics. Plus the basics of accident scene management, medical considerations and off-trail navigation.

!

Not sure which class is right for you? Just ask Workshop Director Rick Silverberg at (603) 225-5921. You must be 18 years or older to attend. Cost is \$150 for AMC members and \$170 for non-members, and includes lodging, excellent meals, materials and instruction.

!

Workshop begins at 7:30 p.m. on Friday and ends at 4 p.m. Sunday.

!

For more information go to www.amc-nh.org

!

AMC Activity Digests

Find out about new chapter activities the day they are posted!

!

Don't have time to search AMC's or your chapter's website? Can't wait for your weekly digest? Good news! You can now receive a daily update of newly posted chapter activities via e-mail. You can be notified of upcoming chapter activities by chapter, activity area, or region.

Sign up for this member-only benefit now, or update your digest settings, through AMC's Member Center: www.outdoors.org/membercenter.

!



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The *Breeze*

The Newsletter of the Southeastern Massachusetts Chapter of the AMC

January 2015

View From the Chair



Maureen Kelly, Chapter Chair

Happy New Year!

Every year at this time we gather our hopes and dreams for the New Year. We commit ourselves to improvement. Come with us this year as we increase our strength and vitality outside. Come with us as we learn about and protect our environment. Come with us and join the social fun. Start off 2015 with the Southeastern Mass Chapter of the AMC.

In January, our local hikers will be at the Barnstable Crooked Cartway, Moose Hill in Sharon, the Blue Hills, a R.I. Monastery, Hawks Nest State Park, Ryder Conservation Lands, the Bay Circuit Trail at Borderland State Park, Island Pond in Harwich and Great Woods in Mansfield – and that is only January! Don't you want to experience all those wonderful local places?

Come with us! We'll be looking for **you** on the trails.

See you outdoors!

Maureen Kelly, Chapter Chair chair@amcsem.org

2015 Executive Board

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

Ad Hoc Committee Chairs and Other Chapter Contacts

Social Director	Melissa Powers
Social Vice Chair	Open
Social Networking Moderator	Susan Franconi
Webmaster	webmaster
Breeze Editor	Gina Hurley
Blast Editor	Gina Hurley

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

**Upcoming 2015 Executive Board Meetings:
January 14, February 11, March 11, April 8**

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

AMC [Annual Summit](#) (Jan. 24, 2015, [Norwood](#))
SEM [Winter Fun Weekend](#) (Feb. 6-8, 2015, [Noble View](#)) (FULL)
AMC Outdoor Leadership Gathering (March 21, 2015, Connecticut)
SEM [Leadership Training](#) (April 11, 2015)
SEM Open House (April 18, 2015, Borderland State Park)
SEM Trail work Training (April 25, 2015, Blue Hills)
SEM [Wilderness First Aid](#) (May, 2-3, 2015, Foxboro State Forest)
AMC [August Camp](#) (July 18-Aug. 15, 2015)
SEM [Chapter Hut Weekend](#), (Sep. 17-20, 2015, [Cold River Camp](#))
SEM Annual Meeting & Dinner (Nov. 7, 2015, [Salernos](#))

Upcoming Chapter Activities

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

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

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

[All SEM activities](#)

[All AMC activities](#)

Want SEM activities delivered right to your email inbox?

**Sign up for AMC "digests". [Sign up for the AMC Activity Digest](#)
or call 800-372-1758.**

[Visit our SEM Website Homepage](#)



Map and Compass Training

A compass is one of the 10 hiking essentials to pack. If circumstances dictate going off trail, do you know how to use one to get yourself (or a group) out? All hikers should have a sufficient knowledge of M & C skills to guide themselves and others to safety.

To encourage SEM members to develop (or refresh) skills in the use of terrain navigation using a map and compass, the SEM Executive Board has approved funding for a scholarship to promote map and compass skill development. A special application form (the Barry Farnsworth Memorial Scholarship) has been created and is now available on the SEM website under "Documents". (Click [here](#)). **The scholarship offers up to \$100 toward the M & C tuition offered by any AMC or non-AMC entity (e.g., REI, LL Bean). This award is open to all SEM members, trip leaders and non-trip leaders alike.**

Current M & C Offerings: April 24-26, 2015, NH Chapter Spring School @ AMC Cardigan Lodge.

Check for monthly M & C offerings from REI [here](#); from LL Bean [here](#)

The joy of winter hiking in the Bay State In the *Boston Globe*

November 30, 2014



Click [here](#) to read a recent *Boston Globe* article on AMC winter hikes. Paul Miller, SEM Hiking Chair, as well as Worcester Chapter leaders offer reasons why we head to the trails in December, January and February and suggestions for safe and enjoyable winter hiking.

(Photo courtesy of Gina Hurley)



Thursday Morning Hikes

(Photos courtesy
of Berryman Minah)

Massasoit State Park

Led by Barbara Hathaway



Barbara Hathaway guides hikers up a steep section of trail (left); Maria Campbell and Friends of Myles Standish State Forest (middle); and Massasoit State Park (right). Can you tell it is deer season?

SEM CONSERVATION CORNER: By Joshua Tefft!

What's new in SEM Conservation?

Hello everyone! I'm Joshua Tefft, the new Conservation Vice Chair. While conservation may not be at the top of everyone's list, it is the cornerstone for what we love as outdoor enthusiasts. Without conservation we wouldn't have so many outdoor parks and other areas to enjoy. But conservation isn't just about having special areas for nature to thrive, and people to visit; it is about the human/nature interaction in its entirety. Everyday our actions affect the environment in some way (for better, or worse); these actions not only affect nature, but our own well-being too. It only takes a little effort for everyone to contribute to the conservation of our planet's natural resources; it can be as simple as recycling, or repurposing an item.

The SEM Conservation Committee is hoping to help you become more conservation savvy, and live more sustainably (if you choose). The SEM Conservation web page will be updated soon with new links related to conservation, including where to recycle electronics, water and energy saving tips, and suggested reading list. We will also be contributing a monthly article in the *Breeze*, and establishing a **Conservation Patch Program**.



Saving money and energy in an un"bear"able winter

A lot of us in New England love the winter months, the beautiful snow covered peaks and frost laden forest. However, there is nothing pretty about a hefty heating bill. High heating bills not only have a negative effect on your wallet, but the environment too. The simplest money saving tip is to turn your thermostat down when you're not home (save 10% a year). Sealing cracks and holes in your house with weather stripping or caulk is another great tip, which will pay for itself in a year. For those of you wanting to cut more off your heating cost (35%-50%) a pellet stove is a great investment. Click [energy saving tips](#) for more ways to save this winter, and winters to come. The EPA also has a new [Energy Star Tool](#) to help homeowners save money this winter. So by applying a few of these suggestions you could not only save the environment, but a few dollars along the way.

For any questions, comments, or to volunteer on the committee please contact me at conservationvicechair@amcsem.org. Stay warm and happy.

COMING ATTRACTIONS FOR SEM AMC CYCLING 2014-2015



- Winter cycling – We are still road cycling on the few sunny days we are having – anyone want to be added to the list? If so, contact

paulbcurrier@comast.net,

508-833-2690

- Sunday Dec. 21 – Winter Solstice Ride. Contact

paulbcurrier@comast.net,

508-833-2690

2015 - Thursday Jan. 1 – The 11th Annual New Year's Day Ride. Contact paulbcurrier@comast.net, 508-833-2690

- March (or sooner) a group ride & lunch to discuss the upcoming cycling season – what should be included, suggestions for rides, etc. Contact Biking Chair, Cheryl Washwell cawashwell@gmail.com
- Plan a ride for all of the 2,000 Mile Club Members. Let's get to know who is who!



Like us on [Facebook](#)



Follow us on [Twitter](#)

Update on Damage in the Southeastern Massachusetts Bioreserve By Everett Castro

In the southeastern corner of Massachusetts is the Southeastern Massachusetts Bioreserve (SMB). By linking protected lands managed by the Department of Conservation and Recreation, the Massachusetts Department of Fish and Game, The Trustees of Reservations and municipal watershed land controlled by the City of Fall River, the SMB was born.

In establishing the Bioreserve, Massachusetts seized a rare opportunity to protect a large, contiguous area of coastal forest with diverse habitats. The SMB protects natural communities representative of the region such as Atlantic white cedar swamps, which host species adapted to wet conditions and the pitch pine-scrub oak barrens, which host species that are adapted to dry conditions. Species considered at risk by the state's Natural Heritage and Endangered Species Program are the Plymouth gentian, a flowering plant found only along broad, sloping lakeshores; Hartford fern; marbled and four-toed salamanders; spotted and eastern box turtles and the barrens buck moth.

The SMB provides opportunities for the enjoyment of the natural environment and for appropriate outdoor recreation. Unfortunately, before its creation a little more than a decade ago, the Freetown/Fall River State Forest section of the SMB suffered years of neglect. Trails were illegally cut and legal trails were compromised by off-road vehicle (ORV) activity. The most serious land and trail damage in the SMB occurs along Rattlesnake Brook and its watershed. Rattlesnake Brook is a high gradient stream flowing almost entirely through protected land, northerly to the Assonet River and westerly, to the Wild and Scenic Taunton River.

Rattlesnake Brook is one of the last pristine, ecologically-rich, brooks in Bristol County and will be even richer in species diversity when the remnants of a dam are removed and anadromous brook trout, river herring and other species can once again ascend to their natal waters for spawning.

Seeking to find ways to restore the brook reclaim the land and repair legal trails AMCSEM long-time member Rick McNally contacted AMC. He was referred to AMC's Director of Trails and Recreation Management Andrew Norkin and Trails Supervisor Kris Kebler and asked them if they would come down and take a look at the damage and assess what it will take to repair it.

Andrew and Kris were kind enough to come for a site visit December 3rd to view the most egregious damage. While walking and viewing the site Andrew and Kris shared some initial ideas and they promised to get back to Rick with a more comprehensive assessment of what can be done to return the land to its former pristine condition ...or else as close to pristine as is humanly possible.

Thanks to Andrew and Kris for their interest and we look forward to their report.



Rick McNally leading the way (photo courtesy of E.Castro)



Damage to brook and Ridge Top Trail (photo courtesy of E.Castro)



The AMC SEM Executive Board played Santa by making a donation to Toys for Tots! Here are some of the toys we thought kids would enjoy!

(photo courtesy of G.Hurley)

* * * * *



From all of us at AMC SEM we wish you a very Happy New Year!

Make your New Year's resolution to get outside!

NEWS FROM THE EDUCATION COMMITTEE

Leadership Training

The next Leadership Training course will be held on Saturday, April 11, 2015 at the Chapel Meeting House, 56 Mill Street, Foxboro, MA 02035. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader candidates are also welcome. It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshments are provided. The course is offered at no cost to SEM members.

This training is required for prospective SEM trip leaders, but is useful for any participant interested in improving their outdoor skills and anyone wishing to become familiar with trip group management.

To register, please contact AMCSEM Education Chair Doug Griffiths (RedDougG@aol.com) or 508-758-4315 after 6 PM.

Wilderness First Aid Training

The next Wilderness First Aid course will be held 5/2 and 5/3/2015 in Foxboro, MA. with an optional CPR course available.

Instruction is provided by SOLO, experts in providing wilderness medical training. Their excellent courses have been well received by AMC members for years and we look forward to continuing to sponsor their trainings.

Cost: \$155 for AMC Members; \$170 for non-AMC members. Price includes lunch and break service both days.

Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify.

This training is required for AMCSEM Level 2 and above trip leaders, but is a great experience for any outdoor enthusiast.

To register, please contact AMCSEM Education Chair Doug Griffiths (RedDougG@aol.com) or 508-758-4315 after 6 PM.

***Breeze* Information**

Pictures and Article Submissions

We encourage SEM members to submit articles and photos for both the *Breeze* and our website. Materials will be edited at the editor's discretion. Submissions must be copy ready. Title and credit for all photos must be included.

Send to breeze.editor@amcsem.org

Breeze Deadline

On the 15th of the preceding month

Sign-up to receive the *Breeze* via email

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

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

Volunteers Wanted

AMC SEM is always looking for volunteers to volunteer a little or a lot. Contact the chapter chair at chair@amcsem.org. We have something for everyone!

CAPE HIKES: Looking for additional leaders to lead hikes on the cape. Contact the capehikingchair@amcsem.org.

HIKING: Looking for additional hike leaders. Contact hikingchair@amcsem.org.

SKIING: Looking for leaders to plan XC and/or downhill ski events. Also looking for new Ski Committee Chair and Ski Committee Vice Chair. Contact the current ski chair at xskichair@amcsem.org.

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

THANK YOU



The Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the AMC

February 2015

View From the Chair



Maureen Kelly, Chapter Chair

Hello SEMers,

Fresh Snow has arrived in our area! Prepare to cross-country ski and snowshoe in this powdery, white, crystalized water. Our SEM volunteer leaders have planned great trips for you. Check out the 'skiing' and 'hiking' links in this newsletter for trip specifics.

Join us and see snowy landscapes in the glow of the late-afternoon sun. Feel your strength as you power through the cold. Enjoy the relaxed atmosphere afterwards as you share the stories of the day with the group. Give it a try; winter is wonderful.

The SEM Chapter Activity Listings are printed again in this edition of *The Breeze*. Contact me anytime with questions or comments.

chair@amcsem.org **SEE YOU IN THE OUTDOORS!**

2015 Executive Board

Chair	Maureen Kelly	Education Chair	Doug Griffiths
Chapter Vice Chair	Open	Education Vice Chair	Open
Secretary	John Pereira	Hiking Chair	Paul Miller
Treasurer	Patty Rottmeier	Hiking Vice Chair	Leslie Carson
Past Chapter Chair	Cheryl Lathrop	Membership Chair	Jodi Jensen
Biking Chair	Cheryl Washwell	Membership Vice Chair	Ed Miller
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Conservation Chair	Open	Trails Chair	Cathy MacCurtain
Conservation Vice Chair	Joshua Tefft	Trails Vice Chair	Wayne Anderson

Ad Hoc Committee Chairs and Other Chapter Contacts

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

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

Upcoming 2015 Executive Board Meetings:
February 11, March 11, April 8, May 13

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

SAVE THE DATE -- 2015 EVENTS

SEM [Winter Fun Weekend](#) (Feb. 6-8, [Noble View](#))

SEM Open House (Apr. 18, [Borderland SP](#))

[National Trails Day](#) (June 6)

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

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

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

!

SAVE THE DATE -- 2015 TRAINING

AMC OLDC Leadership Gathering (Mar 20-22, Litchfield, CT)

SEM [Leadership Training](#) (Apr 11, Foxboro)

SEM Trailwork Training (Apr 25, Blue Hills)

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

AMC [Mountain Leadership School](#) (Dates in June and August)

AMC Volunteer and Naturalist Training

-April 17-19, [Mohican Center, NJ](#) -May 16-17, [Highland Center, NH](#)

-June 5-7, [Gorman Chairback Lodge, ME](#)

!

Upcoming Chapter Activities

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

!

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

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

[All SEM activities](#)

[All AMC activities](#)

Want SEM activities delivered right to your email inbox?

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

**Congratulations to SEM member Ken Carson
for his win in the AMC Photo Contest.
Way to go Ken!!**



!
*Kids, Adults, and Families Outdoors First Place: From Point A to B
Taken in Mount Rainier National Park, Washington,
during AMC's August Camp.*
!

NEWS FROM THE EDUCATION COMMITTEE

Leadership Training Offered Saturday April 11, 2015

- This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips.
- It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshments are provided.
- The course is offered at no cost to SEM members.

Wilderness First Aid Training Offered May 2 and 3, 2015

- The course runs 8:30 AM to 4:00 PM both days with an optional CPR course available Saturday at 4:00 PM.
- Instruction is provided by SOLO, experts in providing wilderness medical training.
- Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives in remote, life-threatening situations.
- This training is required for AMCSEM trip leaders, but is a great experience for any outdoor enthusiast. Any AMC trip participant is encouraged to consider taking this course. You will find it exciting and stimulating.

To register for these courses, please contact AMCSEM Education Chair Doug Griffiths (RedDougG@aol.com) or 508-758-4315 after 6 PM.

How Exercise Keeps Us Young! By Paul Carrier

The NY Times Health Section recently published an article regarding an interesting study on the effects of bicycle fitness on the, if you will excuse the term, "elderly". Here is the gist of the findings.

"As it turned out, the cyclists did not show their age. On almost all measures, their physical functioning remained fairly stable across the decades and was much closer to that of young adults than of people their age. As a group, even the oldest cyclists had younger people's levels of balance, reflexes, metabolic health and memory ability." **To read the article, click [here](#).**

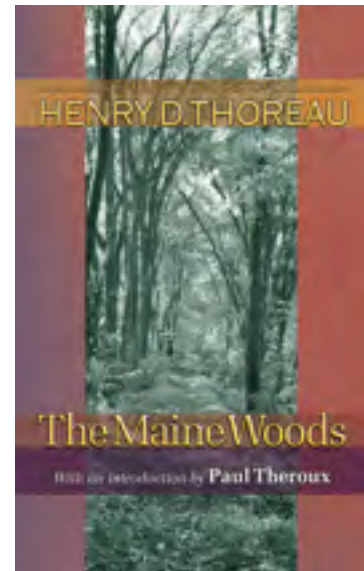


Len Ulbricht Reviews Henry Thoreau's *The Maine Woods*

I spotted this book at the Medfield Town Library. I had recently enjoyed reading *Walden* and, having never been in the Maine woods, just up and down the coastline, thought here's a means to learn about deep woods Maine should I ever find my way there. This presumes of course it hasn't changed much in the 150+ years since Thoreau trekked these woods.

The Maine Woods is Thoreau's travelogue of three separate trips to Maine's interior, the first in 1849 to ascend Mt. Katahdin, the second in 1853 to reach Chesuncook Lake and observe a moose hunt, and the third in 1857 to explore the Allagash and East Branch of the Penobscot. Each excursion went deeper into the heart of Maine than it's predecessor. Thoreau began each trip in Bangor and traveled for the most part by bateaux or canoe inland through Maine's many interconnected lakes and streams. The annotations clarified references and unfamiliar terminology used by Thoreau. Absent from the book are maps depicting the route taken on each trip. Given the countless bodies of water Thoreau describes I wished I had had a map of Maine handy as I read to visualize the extent of his travels

One of the joys of *Walden* was the meticulous details Thoreau the naturalist paints of the environment around him, be it lake ice formations, plants, critters, people, his bean field, even the clouds. His notes are used today by researchers studying the effects of global warming in seasonal changes. Similarly *The Maine Woods* focuses on forest and plant observations that he recorded in his journal for scientific posterity. But he also gives detailed descriptions of bateaux and birch bark canoe construction, their passage over lakes, streams, white water and swamps, and many other aspects of the Maine wilderness. There were no settled communities back then, just occasional logger huts or sparsely spaced single family farms cut at water's edge out of impenetrable wilderness. Nearest neighbors were many days travel away. Campsites were simple with mattresses of freshly cut tree bows to sleep on, and large camp fires made with four foot logs to burn all night for warmth, and a blanket propped up to keep off the rain or dew, if needed. Provisions of salt pork and hard tack biscuits were occasionally supplemented by berries, forest plants and moose kill. Camping was



different in those days. Thoreau also recorded the evidence of logging deep into the wilderness, not the clear cutting of today but the selective logging of white pine, and the impact of damming streams to enable the floating of cut logs from the deep woods all the way to Bangor for milling. Loggers cut all winter and floated their logs downstream in the spring, and marked each log cut (like branding or tagging cows) to distinguish theirs from those cut by others when sorted at the mill, so they could be paid. And as with *Walden* ample insertions of his philosophical ideas about man and society weaved into this travelogue.

! So if you want to get a sense of what old time wilderness travel used to be like, and is no more, put away Strayed's *Wild* or Bryson's *A Walk in the Woods* and pick up Thoreau's *The Maine Woods*.



Map and Compass Training

! A compass is one of the 10 hiking essentials to pack. If circumstances dictate going off trail, do you know how to use one to get yourself (or a group) out?

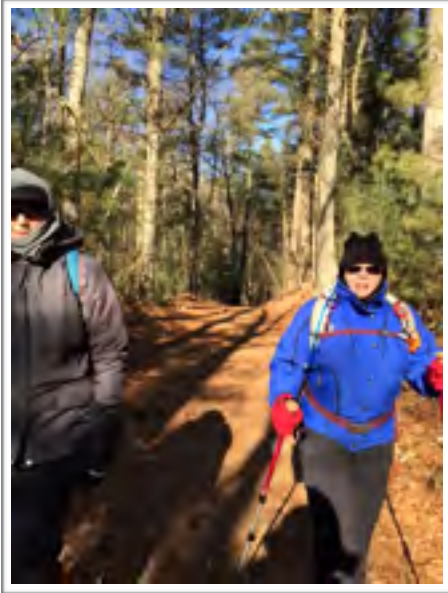
To encourage SEM members to develop (or refresh) skills in the use of terrain navigation using a map and compass, the SEM Executive Board has approved a scholarship to promote map and compass skill development. The scholarship offers up to \$100 toward the cost offered by any AMC or non-AMC entity. This scholarship is open to all SEM members, trip leaders and non-trip leaders alike. Click [here](#) for more information.

Current M & C Offerings: April 24-26, 2015, NH Chapter Spring School @ AMC Cardigan Lodge. Check for monthly M & C offerings from REI [here](#).; from LL Bean [here](#).

!

!

**Thursday Morning Hike: Audubon Society's Moose Hill
Wildlife Sanctuary, Sharon, MA.**



Hearty hikers enjoy Moose Hill in Sharon. Temperature was a cool 5 degrees at the start . Hike leader Hans Luwald and co-leader Debbie Lepore. Photos courtesy of Berryman Minah!

**First Day Hike
January 1, 2015**



Jodi Jensen led the annual First Day Hike at Blue Hills that included 21 hikers. They hiked for 2 1/2 hours at a moderate pace followed up with the DCR's chicken noodle soup. New Year's Day doesn't get any better!

Mount Wachusett: Winter Hiking Series – Hike 1

By Susan Mulligan (All photos courtesy of Susan Mulligan)

Hike 1 of the winter series actually took place a week after hike 2 due to rainy weather conditions on the originally scheduled date. It was decided to switch things up a little this year so the first hike took place at Mount Wachusett, instead of the usual Blue Hills. The summit of Wachusett Mountain, at 2006', is the highest point in Massachusetts east of the Connecticut River and provides panoramic views all the way to the Boston skyline. It was a sunny, clear day that was cold but not frigid; a nice day for a winter hike.



We started our trek from the Mt. Wachusett ski area parking lot following the Balancing Rock trail. We came out of the woods just below the summit by the ski lift where many skiers were preparing for their runs down the mountain. They

were surprised to see 14 people walk out of the woods with full packs on their backs heading for the summit. We were a strange sight for the skiers. Why would anyone want to walk up the mountain instead of taking a ski lift?

The summit was windy and cold but the views were spectacular! We even saw the Boston skyline way off in the distance in a blurry haze. We lingered long enough to take some photos then headed back down into the trees for a quick lunch in a more protected area. Too soon, we arrived back at the parking lot and our hike was over.



Kearsarge North: Winter Series Hike -Hike 2 By Paul Miller, SEM Hiking Committee Chair

(All photos courtesy of Sal Spada)

On Saturday, January 3rd, 19 SEM winter hikers met at the trailhead for the Mt. Kearsarge North Trail on Hurricane Mountain Road in Intervale, NH. While this was supposed to be “Winter Series Hike #2” in our carefully planned out Winter Series, it actually preceded Hike #1 to Mt. Wachusett, which we had to reschedule due to nasty, un-winter-like weather on the initially planned date in December.

A number of us had driven up the day before and stayed overnight in NH (including three of us who stayed at the AMC Joe Dodge Lodge in Pinkham Notch and thus got to enjoy a nice “pre-dinner” hike on the snow-covered Tuckerman Ravine Trail to work up an appetite). However, several intrepid SEMers carpooled up that same morning, requiring a very early start indeed! For those of us who drove up on Friday, all except Doug Griffith managed to avoid the colossal 35-vehicle (or so) mid-day pileup on Rte. 93 near Sandwich, NH that resulted from a sudden snow squall that reduced visibility to essentially zero and rapidly froze the road surface. While Doug’s car reportedly was totaled, we heard that Doug luckily avoided serious injury (but was in no condition to hike with us the next day..)



Trail Sign



On the Trail

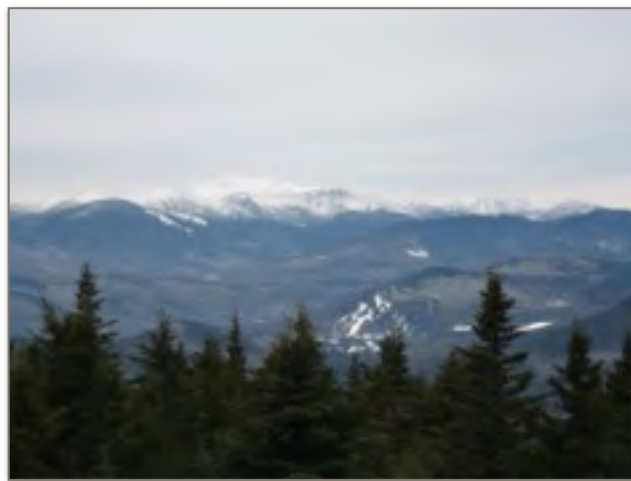
!

The higher summits weather forecast for Saturday called for high winds, low temps, and dangerous windchill conditions. Luckily for us, at 3,268 feet, Kearsarge North is not among the higher summits in NH. What's more the trail remains mostly in the trees until just below the summit and the summit boasts a rare, well-maintained fire tower that hikers are welcomed to visit to escape the elements and enjoy the panoramic, 360-degree views into Maine, the nearby Presidential peaks, and other fine vistas!

While we were hoping to see more snow on the trails, the recent snow/rain/thaw/freeze cycle meant that any white stuff on the largely bare trail was more likely to be ice than snow. So the leaders (Maureen Kelly and myself) and co-leaders (Barry Young and Paul Brookes) made the executive decision to leave our snowshoes in the car and rely on our microspikes to keep us upright on the trail, particularly the icier trail sections, which popped up with some frequency, often accompanied by steep pitches.

While definitely winter like, the weather that day was pleasant enough with partly sunny skies, temps in the mid-twenties, and a barely any wind at all down low on the trail. Not surprisingly, there was plenty of wind on the mostly exposed summit.

The trail started out gently enough, passing through a pleasant forested stretch (formerly farmland). After a bit, we reached several more challenging steep and ledgy sections of trail where the icy conditions made them a little trickier to get up (with the promise of being even trickier to get down on our return trip). The group kept together nicely, with no one straggling behind or leaping ahead, and the nonstop conversation indicated that no one was struggling. Always a good sign.



View of the Presidentials

After several short stops to make layering adjustments to our clothing, rehydrate, and/or grab a handful of gorp, we eventually made it up to the upper reaches of the mountain. There, we encountered more snow cover, hardier vegetation, and increasing winds.

Eventually, the fire tower came into view atop this fine little mountain. Once we reached the tower, we doffed our microspikes, climbed the stairs leading up to the glass-enclosed tower. Once inside and out of the wind, we encountered a number other hikers, making it a "standing-room only situation." The upside of the crowded conditions, of course, was that all that body heat meant that the temperature inside the glass-enclosed (but otherwise unheated), fire tower was now noticeably higher than outside. After taking in the great views, we unshouldered our heavy winter packs and enjoyed our respective lunches; with many of us in agreement that nothing tastes better than a good peanut butter and jelly sandwich on top of a mountain!



Approaching the Fire Tower

After a bit, not wanting everyone's muscles to get too stiff after the climb, the leaders gently prodded our hikers to re-shoulder their packs and leave the relative comfort of the fire tower to begin the trip back down. Since the wind on the summit had now built to the point where we didn't want to stand around waiting for everyone to get ready, many of us waited in a more protected spot out of the wind a little way back down the trail until all members of our group had assembled.

The hike back down was easier than expected. By going slowly and carefully on some of the trickier spots, we managed to get back down to the cars with only several of us taking minor tumbles. (Although I did do a nice job wrenching my shoulder when, less than a quarter-mile from the cars, I removed my microspikes prematurely and ended taking a hard fall on a small patch of ice. Lesson learned!) It was also good that we got back down in advance of the snowfall predicted for that afternoon.

While the hike itself had been very enjoyable and relatively uneventful, the drive back to Massachusetts took longer than usual for most of us due to intermittent light snow in NH that developed into heavier snow and slippery driving conditions in Mass.

All in all, a great beginning for the 2014-15 Winter Hiking Series; even though it was billed as "Winter Series Hike #2." Onward to Mounts Tom and Field in Crawford Notch in February!



Saying goodbye!

!



Department of Conservation and Recreation

!

Draft Resource Management Plan for DCR Properties on Cape Cod and the Islands

!

The full draft plan is available for viewing on the DCR website at <http://www.mass.gov/eea/agencies/dcr/public-outreach/public-meetings/>, and in print form at public libraries in Brewster, Edgartown, Harwich, Nantucket, Sandwich, and West Tisbury. The draft plan is also available for review at the Waquoit Bay National Estuarine Research Reserve headquarters, 131 Waquoit Highway (Route 28), during business hours.

Written comments on the draft plan may be submitted to DCR until March 2, 2015, either via email to DCR.Updates@state.ma.us, noting "Cape Cod and the Islands" in the subject line, or by mail to the Department of Conservation and Recreation, Office of Public Outreach, 251 Causeway Street, Suite 600, Boston, MA 02114.

SEM CONSERVATION CORNER

By Joshua Tefft
AMC SEM Conservation Vice Chair

What's new in SEM Conservation? Hello everyone! We are moving along almost as fast as the New Year. The new [conservation page](#) is up and nearly complete. Soon all the conservation page links will be active, giving you a wealth of conservation resources right at your finger tips.

We are also working on a collaborative with local conservation groups (e.g. Buzzards Bay Coalition) to strengthen the Chapter's involvement in the conservation. We hope these partnerships will allow our members more opportunities to practice conservation in their community.

Conservation Patch Program & Volunteering: I want to remind everyone that our [Conservation Patch Program](#) is almost underway. Participating in the program is a great way for families to bond while saving the planet, or for the individual looking to set clear conservation goals. Also, if you are looking to volunteer the Conservation Committee could use your help. We are looking for people to help us come up with conservation activities, as well as assist/organize at events. If you are interested please contact me at conservationvicechair@amcsem.org.

Every year most of us make a resolution to minimize something (whether it be our waistline, or our spending), but I think we should focus more on what we can gain, rather than lose. By losing weight we can gain a better sense of health and self-esteem. By cutting our spending we are able to save for that backpacking trip we've been dreaming about. In terms of conservation, we can make lasting improvements to the environment (and our own well-being) by reducing our impact on the planet. I am making a resolution to gain a healthier Earth and community this year. What will you gain in 2015?

Mt. Jackson. Photo by J. Tefft



Notes from the Biking Committee

By Paul Currier



Paul Currier. Photo courtesy of Paul Currier
Our Award Recipient of Greatest
Contributor to Biking!

Biking has had a great 2014 and so looking forward to all this year will bring. Our 2014 totals for our 2000 mile club are now posted on line – check it out [here](#).

AMC SEM 2,000 Mile Club Celebrates Tenth Year

Founded in 2004 by Jack Jacobsen and becoming operational in 2005, our AMC Southeast Massachusetts 2000 Mile Club is now in its 10th successful year of recording and awarding our cyclists for riding 2,000 miles or more annually. First time achievers are awarded the 2,000 Mile Club patch.

The club experienced its first significant growth during our Vice-Chair – Victor Oliver's tenure and has been growing since. We have had several volunteer registrars starting with Paul Currier and continuing with Dan Egan to our present registrar, Bernie Meggison.

For information about joining our 2,000 Mile Club, contact our club officers Bernie Meggison, thosemeggisons@gmail.com, Jack Jacobsen cyclejac51@yahoo.com, or Paul Currier paulbcurrier@comcast.net

!



!

Linda Church and Cheryl Washwell
Photo courtesy of Cheryl Washwell

This Is What Biking Has Accomplished In Miles By Bernie Meggison

!

We have a total of 56,192 miles, or 96,432.3 km. That means that our participants have cycled the equivalent mileage of:

- Hiking the Appalachian Trail of 2,185 miles both ways, 4,370 miles...
- And paddling the Mississippi River up and down, 4,640 miles
- AND... kayaking the Charles River both ways... 160 miles
- Oh... and canoeing the Kennebec River end to end and back, 540 miles
- The Saco River up and down to the ocean...272 miles
- The entire Merrimack River, two ways...234 miles...And we are not tired yet.
- We then rafted the Colorado River up and down for a total of 2,840 miles.
- The Amazon River was a fun boat trip from almost coast to coast...another 8,000 miles.
- Then we got bored and did the entire route once again for laughs...and a few brews.

!

Upcoming Biking Events: Contact paulcurrier@comcast.net

AMC SEM Winter Cycling: February 3 - Sunset/Full Snow Moon Ride – Intermediate Road Cycling from the Sagamore Recreation area in Sandwich to Monument Beach– return on Shore Rd to Gray Gables and canal. 22 miles/2+hours. C2C

Mid-month cycling February: February 22-26 – Intermediate Road Cycling – 10:30-ish on one of these weekdays - We'll do one of my 22 mile/2 hour rides on a good weather day during this week. Location TBD by wind and weather.

Ride and Planning Meeting: Early March- If interested in sharing your thoughts please contact C. Washwell, Bike Chair at cawashwell@gmail.com



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Leadership Team at a Full Moon ride

Photo courtesy of Cheryl Washwell

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Beartown State Forest
Monterey, MA
January 17, 2015
By Len Ulbricht

!

Couldn't think of a better summary of the day than this comment from fellow hiker Vince Forte, *Blue skies, snow covered trails, animal tracks, changing woodland scenes, old and new hiking friends -- a great day in the Berkshires!*. And so it was. Six of us trekked to Beartown State Forest, a gem of a DCR property, for a winter day in the woods. It was a cold start, 4 degrees, but no wind chill. A good day to find out if the chosen layers did the job. Hand and toe warmers were in order. Snow cover was just deep enough for either snowshoes or micro-spikes.

!

About 8 miles of the AT plus numerous other trails populate 12,000 acre Beartown. We chose to hike a portion of the AT plus a couple of the local trails. Snow on the trail was undisturbed by previous hikers, giving the aura of untrammelled wilderness. Anne and Rima broke trail in their snowshoes, the rest of us opted for the spikes. We had fantastic views to the east from the AT, and in the unmarred snow easily spotted deer, coyote and raccoon tracks. A newly built lean-to, where we stopped for lunch, had a sleeping loft in addition to four 2 person platforms. Quite an upgrade from the previous

lean-to which was still standing nearby and usable. Our goal for the day was to reach Mt. Wilcox (el. 2155 ft.) but we hit our turn around time before we could make it. We did pass through two large rhododendron groves which in bloom would be a spring hike treat. All in all a most pleasant winter day hike of about 7 miles with a few hundred feet of elevation change. !



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(Photos courtesy of Sara Hart)



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**Remembering a Former
SEM Executive Board
Member**

!



Walter ("Walt") L Wells 67, of Bridgewater MA, died Friday, December 26, 2014 after a brief illness. Walt was an avid hiker. For many years, he served as Hiking Chair and Board Member of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club. As a hiking leader Walt led many hikes in the White Mountains, as well as the Adirondacks. In 2005, he and two friends climbed the Chilkoot Trail, a high mountain pass used by gold seekers in the 1898 Klondike Gold Rush, which runs from Dyea, Alaska to Lake Bennett, British Columbia. In September, 2009, he was recognized by the AMC for having climbed all 48 of the New Hampshire's "4000 Footer" peaks.

!

In lieu of flowers, the family suggests that memorial gifts be made to the Appalachian Mountain Club, 5 Joy Street, Boston MA 02108 or via their website www.outdoors.org/tribute or to the American Heart Association.

!

Considering the AMC in your Will or Estate Planning?

!

The Summit Trust is a group of AMC supporters who have included the AMC in their wills or other estate plans. By joining them, you can extend your commitment to the mountains, rivers, and trails of the Northeast far beyond your own lifetime.

!

For more information, contact Stephanie Schiele at 617.391.6638 or sschiele@outdoors.org.

!

Breeze Information

Pictures and Article Submissions

We encourage SEM members to submit articles and photos for both the Breeze and our website. Materials will be edited at the editor's discretion. Submissions must be copy ready. Title and credit for all photos must be included. Send to breeze.editor@amcsem.org

Breeze Deadline

On the 15th of the preceding month.

Sign-up to receive the Breeze via email

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

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

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THANK YOU!

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SOUTHEASTERN MASSACHUSETTS ANNOUNCEMENTS AND ACTIVITIES

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

Activities

Tue., Feb. 3. Sunset/Full Snow Moon Ride, Massachusetts, Cape Cod, MA. Sunset/Full Snow Moon Ride - Intermediate Road Cycling from the Sagamore Recreation area in Sandwich. L Paul Currier (508-833-2690 8 - 7, paulbcurrier@comcast.net)

Thu., Feb. 5. Hike -Mashpee-Mashpee River Woodlands (C3C), Massachusetts, Cape Cod, MA. Wooded walk along Mashpee River. Take Orchard Rd. off Rte.28 to end. Turn R. then quick L onto Mashpee Neck Rd. Go 1.1 miles to Mashpee River Woodlands Pkg.Lot on R. Meet at 9:45AM. 2hrs. L Farley Lewis (508-775-9168, farlewis@comcast.net)

(FT) (NM) Thu., Feb. 5. Thurs. Morn Hike Destruction Brook Woods (B3C), Dartmouth, MA, Massachusetts, Southeast, MA. 5-to 6-mile hike on Dartmouth Natural Resources Trust property. Meet at 10:00am, Slades Corner Parking lot. Bring lunch, snacks, water, winter traction devices and rain jacket. Heavy rain will cancel. L Walt Granda (508-999-6038 Before 9:00 PM, wigranda@aol.com)

(FT) (NM) (AN) Fri., Feb. 6-8. Intro. to Winter Hiking and Cross Country Skiing at Noble View Camp, Massachusetts, Central, MA. Intro to winter hiking and xcountry skiing at heated Noble View Camp in central Mass. All meals included. L Jodi Jensen (781-249-8346 Before 9 pm, jodijensen@gmail.com) L Walt Granda (508-999-6038 Before 9pm, wigranda@aol.com) L Maureen Kelly (mokel773@aol.com) CL Cathy MacCurtain (camacurtain@aol.com), R Jodi Jensen (781-249-8346 before 9 pm, jodijensen@gmail.com)

(FT) (NM) Thu., Feb. 12. Thursday AM Ponkapoag Pond Hike, Canton, MA, Massachusetts, Southeast, MA. Meet at 10AM in Ponkapoag Golf Course Parking Lot for a 5 mile hike/snowshoe (depending on conditions) around the pond. Bring: water, snack and appropriate footwear. L Deborah Lepore (781-828-0572 before 9 PM, DLepore2@GMail.com)

Thu., Feb. 12. Hike Harwich Herring River (C3C), Massachusetts, Cape Cod, MA. Winter walk along the Herring River and bogs on trails and dirt roads. Meet 9:45. Two hours. Icy/snowy conditions cancels. L Janet DiMattia (jandimattia@verizon.net)

(FT) (NM) Sat., Feb. 14. Blue Hills Hike- Wolcott Path Loop, Blue Hills, Canton, MA, Massachusetts, Southeast, MA. Join us for a Valentine's Day hike through Wolcott Path Loop. Easy hike, 5 miles. Bring sturdy footwear, water and snacks. Dress for the elements. Stabilizer/Yak Trak required for snow/ice. Meet at 8:30 a.m. in the North parking lot on rt. 138 (lot to the left of the Trailside Museum.) Storm cancels. L Catherine MacCurtain (781-848-9506, camacurtain@aol.com) CL Kathy Fagan

(FT) (NM) Thu., Feb. 19. Blue Hills Thursday Morning Hike, Milton, MA, Massachusetts, Southeast, MA. Leisurely 4-5 mile hike in the Blue Hills. L Sue Chiavaroli (508-496-6452 7-9PM, brillo6452@yahoo.com)

Thu., Feb. 19. Wellfleet: White Crest Beach (C3C), Massachusetts, Cape Cod, MA. Wooded walk to Marconi White Cedar Swamp. Rte 6 to R on Lecount Hollow Rd to beach gatehouse. L on Ocean View Rd for 0.9 miles to R at beach parking lot. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Fri., Feb. 20. Mid-month Intermediate Road Cycling, Massachusetts, Cape Cod, MA. Intermediate Road Cycling - 10:30-ish on one weekday this week - 22 miles/2 hours on a good weather day. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

(AN) Sat., Feb. 21. Winter Hike Series #3 Mt Tom and Mt Field, Crawford Notch New Hampshire, New Hampshire, White Mountains, NH. Join us for the third hike in our popular Winter Series. Weather permitting, this moderate 7.3- mile hike to Mt. Tom and Mt Field in Crawford Notch with views from the south of the Presidential range. Note that participation in our Winter Hiking Workshop (or equivalent) is required for new winter hikers. Full winter gear required. L Wayne Anderson (508-697-5289, wanderson@mxcsi.com) L Paul Miller (paulallenmiller@verizon.net), R Wayne Anderson (509-697-5289, wanderson@mxcsi.com)

Sun., Feb. 22. Hike - Shawme Crowell State Park, Sandwich, MA, Massachusetts, Cape Cod, MA. Hike for 2 hours on scenic wood trails through state forest with some views of Cape Cod Canal. Meet at 12:45 PM for 1 PM start. L Jane Harding (508-833-2864 before 9 PM, janeharding@comcast.net)

! .
(FT) (NM) Thursdays

Feb. 26. Thurs. Morn. Hike Powisset Farm, (TTOR) , Dover, MA, 37 Powisset Street, Dover, MA, Massachusetts, Southeast, MA. Fairly new area with nice trails off the beaten path at the Trustee of Reservations Powisset Farm. We will hike 5.5 miles with a number of short ups and downs. Depending on the conditions, we might shorten the hike and/or eliminate the steepest sections. Some nice views. Depending on the weather, we might hike or snowshoe. Bring traction devices, if icy. L Hans Luwald (508-668-0462 before 9 PM, hans.luwald@gmail.com) CL Debbie Lepore (781-828-0572 Berore 9 PM)

! .
(FT) (NM) Sat., Feb. 28. Foxboro State Forest - Local Winter Hike, Massachusetts, Southeast, MA. Local winter hike in Foxboro SF, approximately 5 miles. Equipment required may include MicroSpikes and/or snowshoes. L Barry Young (508-339-3089 Before 9 PM, Barry.young@comcast.net) L Anne Duggan (ab.duggan@verizon.net), R Barry Young (1785 West Street, Mansfield, MA 02048, 508-339-3089 Before 9 PM, Barry.young@comcast.net)

! .
(FT) (NM) Thursdays

Mar. 5. Thursday Morning Hike Joe's Rock/Birchwold Wrentham, Wrentham, MA., Massachusetts, Southeast, MA. Wooded hike with short climb to Joe's Rock. Meet 10:00 a.m. at Joe's Rock pkg. area on Rte. 121 in Wrentham. Bring water, lunch/snacks. Wear layers and suitable footwear. Traction devices if icy. Storm or rain cancels. L Joanne Staniscia (508-528-6799 7-9 p.m., jstaniscia@comcast.net)

! .
(AN) Fri., Mar. 6-8. XC Ski White Mountains, Intervale, NH, New Hampshire, White Mountains, NH. Can you think of a better way to begin the month of March than XC- skiing in the White Mountains? Join the SEM and Forty Plus chapters on Mar. 6 for 2 nights lodging at the Old Field House in Intervale, NH. Room rates are from \$120 to \$135 per night plus tax and include a hearty breakfast on Saturday and Sunday mornings. Visit their website www.oldfieldhouse.com for a complete description of their rooms and amenities. After registering by phone with the AMC Leader, call the Old Field House at 800-444-9245 to reserve your room. If you don't have a roommate, leader or innkeeper will try to match you up with one or you

have the option of paying for a single supplement. We'll ski at Jackson, Great Glen, or Bear Notch - or right out the door on the Intervale trails. Bring your snowshoes, too. The weekend begins with pizza, salad and socializing on Friday night (nominal charge) around 6:30. Bring a snack to share at Happy Hours and your favorite beverage. Space is limited, so reserve a spot soon. L Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net) CL Wayne Cardoza (), R Barbara Hathaway (508-880-7266 before 9 pm, barb224@tmlp.net)

! Fri., Mar. 13-15. SEM Winter Hike Series #4 Overnight, White Mountains, NH, New Hampshire, White Mountains, NH. Join us for an overnight at Zealand hut. !-2 nights stay with group meals. Winter experience and gear required. L Leslie Carson (Itc929@comcast.net) L Wayne Anderson (wanderson@mxcsi.com) L Maureen Kelly (mokel773@aol.com) L Mike Woessner (stridermw@hotmail.com) CL Paul Miller , R Leslie Carson (508-833-8237, Itc929@comcast.net)

! (FT) (NM) Thu., Mar. 19. Thursday Morning Blue Hills Hike, Milton, MA, Massachusetts, Southeast, MA. Blue Hills Hike. L Sue Chiavaroli (508-496-6452, brillo6452@yahoo.com)

HIKING KEY

Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)



! Arethusa Falls, Crawford Notch, NH

(Photo courtesy of Gina Hurley)



The Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the AMC

March 2015

View From the Chair



Maureen Kelly, Chapter Chair

Have you been reading *The SEM Breeze* for months but haven't joined us for an activity yet? We have the perfect event for you.

"Take It Outside with AMC" is SEM's Open House, Saturday, April 18 at [Borderland State Park](#) in Easton from 10:00-4:00.

Join us for a [beginner hike](#), a [beginner bike ride](#), a [family hike](#), a nature walk to a [vernal pool](#) or an [intermediate hike](#). We'll have a **free lunch** for you at the Visitor's Center and interesting talks and presentations.

Sign up with the leader for each activity on the links above. Or contact [Jodi](#) with any questions.

Come with us! We'd like to show you the trails.
SEE YOU IN THE OUTDOORS! chair@amcsem.org

2015 Executive Board

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

Ad Hoc Committee Chairs and Other Chapter Contacts

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

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

Upcoming Executive Board Meetings: March 11, April 8, May 13
Hiking Planning Meeting - March 4
Biking Planning Meeting and Ride- March 28

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

SAVE THE DATE -- 2015 EVENTS

SEM Open House (Apr. 18, [Borderland SP](#))

[National Trails Day](#) (June 6)

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

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

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

!
SAVE THE DATE -- 2015 TRAINING

AMC OLDC Leadership Gathering (Mar 20-22, Litchfield, CT)

SEM [Leadership Training](#) (Apr 11, Foxboro)

SEM Trailwork Training (Apr 25, Blue Hills)

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

AMC [Mountain Leadership School](#) (Dates in June and August)

AMC Volunteer and Naturalist Training

-April 17-19, [Mohican Center, NJ](#) -May 16-17, [Highland Center, NH](#)

-June 5-7, [Gorman Chairback Lodge, ME](#)

!

Upcoming Chapter Activities

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

!

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

[Conservation](#) | [Volunteering](#)

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

[All SEM activities](#)

[All AMC activities](#)

!
Want SEM activities delivered right to your email inbox?

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

!

NEWS FROM THE EDUCATION COMMITTEE

!

Leadership Training Offered Saturday April 11, 2015

- This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips.
- It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshments are provided.
- The course is offered at no cost to SEM members.

!

Wilderness First Aid Training Offered May 2 and 3, 2015

- The course runs 8:30 AM to 4:00 PM both days with an optional CPR course available Saturday at 4:00 PM.
- Instruction is provided by SOLO, experts in providing wilderness medical training.
- Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives in remote, life-threatening situations.
- This training is required for AMCSEM trip leaders, but is a great experience for any outdoor enthusiast. Any AMC trip participant is encouraged to consider taking this course. You will find it exciting and stimulating.

!

To register for these courses, please contact AMCSEM Education Chair Doug Griffiths (RedDougG@aol.com) or 508-758-4315 after 6 PM.

!

!

"The Young Woman and The Mountain"

!

Sadly, there was a recent death of a woman attempting to traverse the top four mountains in the Presidential range: Madison, Adams, Jefferson, and Washington. This true story is a reminder of the dangerousness of the mountains. As you read [this account](#) please remember that the mountains will be there on another day when better weather and conditions prevail.

!



Volunteer of the Month

Each month the SEM will recognize one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the bests! This month we recognize **Wes Blauss** from the Chapter Youth Program.

Wes has given many hours of dedication and support for the AMC goal of getting children outdoors. While in his capacity as a Chapter Youth Program Leader, he generated an appreciation for nature while on the trail. In addition, he has been instrumental in recruiting agencies for our group.



His White Pine workshop is exciting for youth and adults because he can use a branch from our backyard white pine tree to determine the health of the tree and the quality of the air we all breathe. His ability to share this information has generated excitement, enthusiasm and curiosity about our environment.

Wes will receive a Volunteer of the Month certificate and a \$50 gift card.

Are you interested in volunteering?

We have something for everyone. Contact the chapter chair at chair@amcsem.org to learn more about the opportunities that await you!

Nelson Memorial Forest Hike

By Sally Delisa

(Photos courtesy of Mary Wisbach)

What a great hike! Seventeen hardy hikers joined Co-Leader/Naturalist Lorraine Rubinacci for a wonderful January hike at Nelson Memorial Forest in Marshfield. One section of trail followed along the North River estuary, where we saw a mature bald eagle. First the bird flew toward us, then turned and flew parallel to our group, thus providing an opportunity to view the vivid and beautiful white head and tail feathers.

During the hike, the group learned about the history of the land and many aspects of the flora on this reforested farm. Nearing the end of our hike, we took a trip down a side trail to visit my favorite place on the property, a huge old oak tree. We tried to measure the circumference and to determine the type. Some hikers thought that it was probably a black oak. Three people gathered to put their arms around it, thus guessing the circumference to be approximately fifteen feet. (The largest oaks in Massachusetts measure about 20 feet). An attempt to obtain good measurements with a string was difficult because the grand old tree is growing on a hillside and fingers quickly got cold. Lorraine later calculated that the tree is approximately 214 years of age! I wonder if it was a seedling during the War of 1812?

Back at the trailhead, our group gave Lorraine a round of applause for a great hike which was packed with information. When we hikers left, the temperature had 'warmed up' to 18 degrees and the wind had died down.



SEM Conservation Corner

By Joshua Tefft



What's new in SEM Conservation?

The SEM Conservation Committee wants you to design our Conservation Patch! We are looking for some creative ideas for our patch and would love your support.



The only rules are:

1. Patch must contain, "AMC, SEM, and Conservation"
2. Patch detail must be simple enough to place on a 3"x3" area.
3. All entries must be emailed to conservationvicechair@amcsem.org by May 8, 2015.
4. Name must be on entry (first and last).



The top 3 entries will be determined by the SEM Conservation Committee and/or the SEM Executive Board; finalists will be showcased in the June issue of the Breeze. Members and the public will be able to vote on the final 3 patch ideas (more details to come on where and how to vote).



If you still haven't checked out our [Conservation Patch Program](#), please do. Participating in the program is a great way for families to bond while saving the planet, or for the individual looking to set clear conservation goals. If anyone has any questions about the Conservation Patch Program, or any other SEM Conservation topic please contact me at conservationvicechair@amcsem.org.



Winter Fun Weekend at Noble View

February 6-8, 2015

By Julieanne Capone

!



(Photo courtesy of Jodi Jensen)

A wonderful weekend of winter activities and socializing was had by twenty-seven members at Noble View Outdoor Center in Russell, Massachusetts. The property, acquired by the AMC in 1931, provided our recreational trails, living space, and a hilltop view of the Pioneer Valley. The time and effort put forth by trip organizer Jodi Jensen to plan such a fun-filled weekend was much appreciated by all. Our gracious volunteer-member hosts, Joyce and Luther Wallis, prepared, cooked, and served a variety of homemade hot meals and baked goods all weekend long that left many of us asking for recipes and seconds, of course! Everyone was very grateful for their hard work and talents! The Wallis' also kept us warm by keeping the cabin's wood stoves freshly stoked. Many thanks to the leaders, Walt Granda, Maureen Kelly, and Cathy MacCurtain, that guided cross country skiing and snowshoeing trips.

The weekend began as participants arrived Friday afternoon and evening, this was an opportunity to settle-in and socialize before dinner was served. Albeit a necessity of communal living, Jodi assigned rotating post-meal dishwashing, wipe-down, and sweep-up duties to the group members. Saturday morning's plentiful breakfast provided everyone with full stomachs for their cross-country skiing and snowshoeing adventures. Both groups embarked with the common goal of not being late for lunch, naturally. Lunch time conversations were in collective agreement that weather and snow conditions were excellent according to skiers and hikers alike. Lightly falling snow, warm beverages, and the coziness of the wood stove provided an iconic winter scene as yet another delicious meal quenched our appetites. In the afternoon, there was more snowshoeing and cross country skiing to be had, while some members chose to spend the afternoon enjoying the comforts of the indoors to relax amongst the many leather sofas. Light snacks and libations preceded another wonderful dinner with accompanying desserts by Joyce and Luther. After dinner, a yoga session, led by volunteer member Jeanine Audet, proved to be a terrific way to stretch after a day full of activity. Yoga enthusiasts were grateful for Jeanine's expertise in the following morning's session as well.

Sunday morning began with a hot breakfast and coffee, and culminated with tidying up the cabin and packing up belongings. Some took advantage of a mid-morning snowshoe hike, while others headed home in anticipation of a winter storm warning and accompanying traffic. As "good-bye's" were said, it was obvious the weekend was a fantastic way to embrace winter's offerings. 'Winter Fun Weekend' would not have been possible without the work and efforts of our volunteer members! Thank you again to those who dedicated themselves to making the time spectacular!



Like us on [Facebook](#)



Follow us on [Twitter](#)

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Draft Resource Management Plan for DCR Properties on Cape Cod and the Islands: Comments accepted until March 2, 2015!

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The full draft plan is available for viewing on the DCR website at <http://www.mass.gov/eea/agencies/dcr/public-outreach/public-meetings/>, and in print form at public libraries in Brewster, Edgartown, Harwich, Nantucket, Sandwich, and West Tisbury. The draft plan is also available for review at the Waquoit Bay National Estuarine Research Reserve headquarters, 131 Waquoit Highway (Route 28), during business hours.

Written comments on the draft plan may be submitted to DCR until March 2, 2015, either via email to DCR.Updates@state.ma.us, noting "Cape Cod and the Islands" in the subject line, or by mail to the Department of Conservation and Recreation, Office of Public Outreach, 251 Causeway Street, Suite 600, Boston, MA 02114.



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Gina and Mark Hurley enjoying a snowshoe hike up Mt. Willard. Photo courtesy of Gina Hurley

!

Biking

By Cheryl Washwell, Biking Chair



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Happy Winter! Well as you can imagine, biking is not the way to get around these days. However, Paul Currier paulbcurrier@comcast.net will continue attempting to do his monthly road cycling rides - a full moon ride and a mid-month weekday ride. Check our [website](#) for scheduled time and location.

BIG NEWS: We have a scheduled ride with a planning meeting on March 28thrain date is the 29th. If you are a leader or interested in finding out about leading or co-leading rides please consider this great kick start to our riding season. If you have lead rides in the past and want to get more involved please come.

We will be riding about 20+ miles out of Rochester (beautiful area) and will also have a shorter and easier pace ride for variety. We will enjoy some pizza after the ride and do some planning for our riding season. Our goal is to offer more rides in different areas (SEM covers some great picturesque territory), different distances, different paces, different goals!

Check out the [website](#) for this listing – It will be posted soon!

Be Safe – Stay Warm cawashwell@gmail.com

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

SEM-TRAIL MAINTENANCE

One Day – That's all we ask!

Are you using the Southeastern Massachusetts trails for recreation (hiking, biking, skiing)? If so, you should also contribute to their maintenance. Where do you recreate? Who maintains those trails? If you don't know, ask the trailschair@amcsem.org

We do everything from digging in the dirt, clipping branches, painting blazes, moving rocks, building steps, changing and building trails. Every trail project is unique and we have work for volunteers of all abilities and experiences (including none). We teach you everything you need to know and why.

One day a year is all that is necessary if everyone pitches in. Don't be surprised if you find trail work fun, creative, interesting and compelled to return for more projects. The trail work is fun, otherwise none of us would do it.

Check the SEM Trail schedule for upcoming projects.

SEM TRAIL MAINTENANCE WORKSHOP

GET OUT, GIVE BACK, GET DIRTY...AND GET TO KNOW THE BLUE HILLS!

We are looking for volunteers for our "Trail Maintenance Workshop" which will be held on **Saturday April 25, 2015** at the Blue Hills. We have a leader from the AMC North Country coming to show us the basics of trail maintenance including use of tools, tool safety and practical application on the trails of the Blue Hills

RAIN OR SHINE! NO EXPERIENCE NEEDED, JUST ENTHUSIASM!

REGISTRATION REQUIRED: Contact Cathy MacCurtain with any questions at trailschair@amcsem.org

Thank YOU for Volunteering!

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**Remembering an SEM
Executive Board Member:
Betty Hinkley 1941-2015**

It is with a heavy heart we report the sudden passing of Betty Hinkley on February 17, 2015. She was the quintessential volunteer, mother, grandmother and friend. Among her passions and beneficiaries of her unfailing willingness to pitch in, were the hiking and paddling programs of AMCSEM. She most recently served as Vice Chair and Chair of the Paddling Committee and channeled her energy and talent to support several other nonprofit organizations in both hands-on and leadership roles. These organizations included the Alumnae Associations of both her alma maters, Northfield Mount Hermon School and Tufts University; the Business and Professional Women's Foundation of Lower Cape Cod, the Orleans Council on Aging and the Independence House. In spite of a full calendar, nothing was more important than family and she always had time for friends. Betty leaves a son Steve and a daughter Sara, three grandchildren and countless friends in her generation, as well as her children's - and she never turned down an opportunity to travel to Texas and California to visit her family. Betty will be greatly missed and fondly remembered by the many who were privileged to share a day with her on the water, a hike along a Cape Cod cranberry bog, or a job on a program committee. On the very day she was stricken, Betty posted an email response to a fellow paddler who had proposed a Spring Celebration Potluck, saying "Great idea...what day would it be?...I'd be happy to help." That was so "very" Betty. A memorial service is being planned for this summer on a date to be announced later.



! Submitted by Louise Riemenschneider Foster
(Photos courtesy of the Hinkley family).
!

Sara Hinkley and her mother, former Chair of the Paddling Committee, Betty Hinkley.

!

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Breeze Information

Pictures and Article Submissions

We encourage SEM members to submit articles and photos for both the Breeze and our website. Materials will be edited at the editor's discretion. Submissions must be copy ready. Title and credit for all photos must be included. Send to breeze.editor@amcsem.org

Breeze Deadline

On the 15th of the preceding month.

Sign-up to receive the Breeze via email

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

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

!

SOUTHEASTERN MASSACHUSETTS ANNOUNCEMENTS AND ACTIVITIES

!

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

!

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Activities

HIKING KEY

Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy). FT=First Timer; NM = New Member; AN = Advance Notice; C = Conservation

!

(FT) (NM) Wed., Mar. 4. SEM Hike Planning Meeting, 122 Dean St. (Rte. 44 West), Taunton, MA, Massachusetts, Southeast, MA. Quarterly Hike Planning Meeting for AMC Southeastern Mass. Chapter Hiking Committee. We'll plan out additional hikes for the spring and look ahead toward summer. Pizza at 6:00 pm, meeting starts at 6:30 pm. L Paul Miller (508-369-4151 before 9:00 PM, paulallenmiller@verizon.net) L Leslie Carson (lrc929@comcast.net), R Paul Miller (paulallenmiller@verizon.net)

!

(NM) Thu., Mar. 5. Hike-Barnstable-Crooked Cartway (C3C), Massachusetts, Cape Cod, MA. Wooded walk to The Deck. Take Rte. 149 to Rotary at Cape Cod Airport, Marstons Mills. West on Race Lane for 1.1 miles. Right onto Crooked Cartway to end. Meet 9:45AM. 2 hours. L Farley Lewis (508-775-9168, farlewis@comcast.net)

!

(FT) (NM) Thu., Mar. 5. Thursday Morning Hike/Snowshoe at F. Gilbert Hills State Forest, F. Gilbert Hills State Forest, Foxboro, MA., Massachusetts, Southeast, MA. Meet 10:00 a.m. at Gilbert Hills State Forest for 4-5 mile hike or snowshoe depending on conditions. Wear layers and bring water, lunch/snacks. Microspikes or other light traction required if icy. Snow storm or rain cancels. L Joanne Staniscia (508-528-6799 7-9 p.m., jstaniscia@comcast.net)

!

(FT) (NM) Thu., Mar. 5. Borderland State Park Full Moon Hike - Thur March 5th, Borderland State Park, Massachusetts, Southeast, MA. Join us for an easy, under 5 mile hike on relatively flat trails in the moonlight. L Patricia McNally (508-212-0330, pmcnallyma@comcast.net) CL Nancy Coote (508-596-8222, cranstonstreet22@gmail.com), R Patti McNally (pmcnallyma@comcast.net)

!

(AN) Fri., Mar. 6-8. XC Ski White Mountains, Intervale, NH, New Hampshire, White Mountains, NH. Can you think of a better way to begin the month of March than XC- skiing in the White Mountains? Join the SEM and Forty Plus chapters on Mar. 6 for 2 nights lodging at the Old Field House in Intervale, NH. Room rates are from \$120 to \$135 per night plus tax and include a hearty breakfast on Saturday and Sunday mornings. Visit their website www.oldfieldhouse.com for a complete description of their rooms and amenities. After registering by

phone with the AMC Leader, call the Old Field House at 800-444-9245 to reserve your room. If you don't have a roommate, leader or innkeeper will try to match you up with one or you have the option of paying for a single supplement. We'll ski at Jackson, Great Glen, or Bear Notch - or right out the door on the Intervale trails. Bring your snowshoes, too. The weekend begins with pizza, salad and socializing on Friday night (nominal charge) around 6:30. Bring a snack to share at Happy Hours and your favorite beverage. Space is limited, so reserve a spot soon. L Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net) CL Wayne Cardoza (), R Barbara Hathaway (508-880-7266 before 9 pm, barb224@tmlp.net)

!

Sat., Mar. 7. Purgatory Brook Trail Hike, Milford, NH, Milford, NH, New Hampshire, Monadnock Region, NH. 6-mile along anlong the with views of 3 waterfalls. L Anne Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com) CL Peggy Qvicklund (508-883-1623 before 9 pm, qvickan@comcast.net), R Peggy Qvicklund (508-883-1623 before 9 pm, qvickan@comcast.net)

!

(FT) (NM) Thu., Mar. 12. Thursday Morning Hike Allens Pond, Westport, Massachusetts, Southeast, MA. Meet at 10:00am, Stone Barn Farm, Allens Pond Wildlife Sanctuary, Westport, MA. Hiking boots, rain gear, water, and snacks/lunch required. Heavy rain will cancel. Snow or ice will require Yaktrax or stabilicers. This is a 6.5 mile hike at a slightly faster pace exploring forested wetlands, salt marshes and shorelines. GPS units will not give accurate directions so use the printed directions. This is a different meeting place so we will not be meeting at the main Field Station house across from the the Bayside Restaurant. Cell 508-971-6444. L Walt Granda (508-999-6038 before 9:00 pm, wlgranda@aol.com)

!

Thu., Mar. 12. Wellfleet, Whitecrest Beach (C3C), Massachusetts, Cape Cod, MA. Wooded walk to Marconi White Cedar Swamp. Flat or rolling terrain except for one large sand hill. Rte 6 to R on Lecount Hollow Rd to beach gatehouse. L on Ocean View Rd for 0.9 mi to beach pkg lot on R. Meet 9:45, start 10:00. 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

!

Fri., Mar. 13-15. SEM Winter Hike Series #4 Overnight, White Mountains, NH, New Hampshire, White Mountains, NH. Join us for an overnight at Zealand hut. !-2 nights stay with group meals. Winter experience and gear required. L Leslie Carson (Itc929@comcast.net) L Wayne Anderson (wanderson@mxcsi.com) L Maureen Kelly (moke1773@aol.com) L Mike Woessner (stridermw@hotmail.com) CL Paul Miller , R Leslie Carson (508-833-8237, Itc929@comcast.net)

! .
(FT) (NM) Thu., Mar. 19. Thursday Morning Blue Hills Hike, Milton, MA, Massachusetts, Southeast, MA. Blue Hills Hike. L Sue Chiavaroli (508-496-6452, brillo6452@yahoo.com)

! .
(NM) Thu., Apr. 2. Hike-Barnstable-Bridge Creek Conservation (C3D), Cape Cod, Massachusetts, Cape Cod, MA. 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 church. L Farley Lewis (508-775-9168, farlewis@comcast.net)

! .
(AN) Sat., Apr. 11. Leadership Training AMC Southeastern Massachusetts Chapter, Foxboro, MA, Massachusetts, Southeast, MA. This one day training session is required for SEM trip leaders. Training is focused on improving group management skills and understanding AMC leadership practices. Training is optional yet encouraged for group participants who wish to become familiar with trip group management. This training is free to AMC members. L Douglas Griffiths (508-758-4315 after 6 PM, RedDougG@aol.com), R Doug Griffiths (508-758-4315 after 6pm, RedDougG@aol.com)

! .
(AN) (SN) Sat., Apr. 11. SEM Leader Training, 56 Mill Street, Foxboro, MA 02035, Massachusetts, Southeast, MA. The SEM Leadership Training course prepares hiking and other trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to ensure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader candidates are also welcome. It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to AMC members. Non-AMC cost \$25. L Paul Miller

(paulallenmiller@verizon.net), R Doug Griffiths (508-758-4315 after 6:00 pm, RedDougG@aol.com)

! .
(FT) (NM) Thu., Apr. 16. Thurs. Morning Hike - Oldham Trail & Harold Clark Forest, Foxboro, MA, Massachusetts, Southeast, MA. Hike the Oldham Trail & Harold Clark Forest. Meet 10:00 am at parking lot on Rt. 140 Foxboro across from Sunoco Station. Bring lunch or snack and water and wear appropriate footwear. L Muriel Guenthner (508-699-7461 Before 9:00PM, murielguenthner@comcast.net)

! .
(C) (FT) (NM) (AN) Sat., Apr. 18. Take it Outside with AMC - SEM's Open House, Massachusetts, Southeast, MA. Join us for "Take it Outside with the AMC" the Open House for SEM on April 18 at Borderland State Park. L Jodi Jensen (781-249-8346, jodiajensen@gmail.com)

! .
(FT) (NM) (AN) Sat., Apr. 18. "Take it Outside with AMC" Beginners Hike @ 1:00PM, Easton, MA, Massachusetts, Southeast, MA. A leisurely 3-mile hike around the pond areas at Borderland State Park. L Sue Chiavaroli (508-496-6452, brillo6452@yahoo.com) CL Hadley Donaldson

! .
(FT) (NM) Thu., Apr. 23. Blue Hills Thursday Morning Hike - Chickatawbut Hill Area, Blue Hills Reservation, Milton, MA, Massachusetts, Southeast, MA. Join us for a leisurely hike through the Blue Hills. 10:00 am start. L Sue Chiavaroli (508-496-6452, brillo6452@yahoo.com)

! .
Sat., Apr. 25. Grand Monadnock via Monte Rosa Hike, Monadnock State Park, Jaffrey, NH, New Hampshire, Monadnock Region, NH. Nice 6-mile loop hike with 2,500-foot elevation gain that will take us to the little-visited summit of Monte Rosa on the way to Grand Monadnock and then back via some of the more popular trails. While not a 4,000 footer, this is a relatively challenging hike. Experienced hikers only please. L Paul Miller (paulallenmiller@verizon.net) L Walt Granda (wlgranda@aol.com) CL Barry Young (508-386-6041 before 9:00 pm, barry.young@comcast.net), R Barry Young (508-386-6041 before 9:00 pm, barry.young@comcast.net)

Sat., Apr. 25. Trail Maintenance Workshop, Blue Hills, Canton, MA, Massachusetts, Southeast, MA. SEM TRAIL MAINTENANCE WORKSHOP GET OUT, GIVE BACK, GET DIRTY April 25, 2015 REGISTRATION REQUIRED: Contact Cathy MacCurtain trailschair@amcsem.org. L Catherine MacCurtain (781-848-9506 Before 9:00 p.m.), R Cathy MacCurtain (781-848-9506 Before 9:00 p.m.)

! (AN) Sat., May 2-3. Wilderness First Aid AMC Southeastern Massachusetts Chapter, Foxboro, MA, Massachusetts, Southeast, MA. Two day SOLO Wilderness First Aid/CPR training for AMC leaders and all outdoor enthusiasts to be held in Foxboro, MA. L Douglas Griffiths (508-758-4315 after 6 PM, RedDougG@aol.com), R Doug Griffiths (508-758-4315 after 6 pm, RedDougG@aol.com)

! (C) (FT) (NM) (AN) Sat., May 2-3. Wilderness First Aid (WFA) AMC SEM Chapter, Foxboro, MA, Massachusetts, Southeast, MA, Massachusetts, Southeast, MA. The WFA course runs 8:30 am -4:00 pm Saturday and Sunday in Foxboro, MA. Optional CPR is available. L Cheryl Washwell (774-259-4535 8a-8p, cawashwell@gmail.com), R Doug Griffiths (508-758-4315 best time to call: after 6 PM), RedDougG@aol.com)



The Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the AMC

April 2015

View From the Chair



Maureen Kelly, Chapter Chair

chair@amcsem.org

Welcome Spring!

It's been hard to think about Spring so far but the bulbs **are** starting to push through the snow and the weather will warm up **soon**. We have some fun Spring Events for you.

Consider taking our free, one-day [Leadership Training](#) Program in Foxboro on **Saturday, April 11**. Begin to lead hikes, bikes or paddles as one of the great volunteer leaders of the SEM Chapter of the AMC. We want YOU to become our new leader.

If you are new to the AMC or haven't tried an activity with us yet, we are hosting an [SEM Open House](#) called "Take It Outdoors with AMC" on **Saturday, April 18** at Borderland State Park in Easton. Meet our leaders and join us for a beginner or intermediate hike, a beginner bike, a family hike or a nature walk to a vernal pool with a naturalist. I will see you there.

See you outdoors!

2015 Executive Board

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

Ad Hoc Committee Chairs and Other Chapter Contacts

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

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

Upcoming Executive Board Meetings: April 8, May 13, June 10

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

COMMITTEE PLANNING MEETINGS

SEM QUARTERLY HIKE PLANNING MEETINGS (6:30pm)

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

SAVE THE DATE -- 2015 EVENTS

SEM [Open House: "Take It Outside with AMC"](#) (Apr. 18, [Borderland SP](#))

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

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

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

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

SAVE THE DATE -- 2015 TRAINING

SEM [Leadership Training](#) (Apr 11, Foxboro)

AMC Info Vol & Naturalist Training (Apr 17-19, [Mohican Outdoor Center](#))

SEM [Trailwork Training](#) (Apr 25, Blue Hills)

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

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

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

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

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

AMC [Mountain Leadership School](#)

Upcoming Chapter Activities

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

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

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

[All SEM activities](#)

[All AMC activities](#)

Want SEM activities delivered right to your email inbox?

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

Are you a member of AMC but haven't tried any of our activities yet? Good, because we have an Open House for you!

SEM Chapter Open House

Take it Outside with AMC

Saturday, April 18, 2015, 10:00-4:00

[Borderland](#) State Park, Easton

Activities

Beginner [Bike](#) 10:00-12:00

Conservation Presentation 10:00- 10:15

Beginner [Hike](#) 10:00-12:00

Intermediate [Hike](#) 10:30-12:30

Free Lunch! 12:00-1:30

Boot Tying Demonstration 12:30-12:45

Conservation Presentation 12:45-1:00

Family [Hike](#) 1:00-3:00

Beginner [Hike](#) 1:00

*******FULL** Intermediate [Hike](#) 1:30-3:30 **FULL*******

Naturalist [Hike](#) to Vernal Pool - 1:30-3:30

Questions about Take it Outside with AMC? Email Jodi at membershipchair@amcsem.org

[AMCSEM website](#) [Borderland Trail Map](#)

REGISTER TODAY!

Leadership Training Offered Saturday April 11, 2015

- This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips.
- It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshments are provided.
- ! The course is offered at no cost to SEM members.

Wilderness First Aid Training Offered May 2 and 3, 2015

- The course runs 8:30 AM to 4:00 PM both days with an optional CPR course available Saturday at 4:00 PM.
- Instruction is provided by SOLO, experts in providing wilderness medical training.
- Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives in remote, life-threatening situations.
- This training is required for AMCSEM trip leaders, but is a great experience for any outdoor enthusiast. Any AMC trip participant is encouraged to consider taking this course. You will find it exciting and stimulating.

! To register for these courses, please contact SEM Education Chair Doug Griffiths (RedDougG@aol.com) or 508-758-4315 after 6 PM.

HAPPY SPRING!





Volunteer of the Month Joe Keogh

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

Joe continues to do an outstanding job organizing, nurturing, and leading hikes for the SEM RLBH (Red Line the Blue Hills) series of Thursday evening hikes that starts up reliably every spring and runs through the fall. This very popular series not only provides our members with an opportunity to get out and enjoy the diverse trails in the Blue Hills for some exercise and socializing, but also provides an effective mechanism for transforming inactive AMC members into active members and as an "engine" for generating new SEM hike leaders. The SEM Hiking Committee truly appreciates Joe for his time and dedication. Joe will receive a Volunteer of the Month certificate and a \$50 gift card.



Are you interested in volunteering?

We have something for everyone. Contact the chapter chair at chair@amcsem.org to learn more about the opportunities that await you!

Cyclists: Do You Know What The Tour de Barnstable Is? (From the Barnstable Patriot, March 13, 2015)

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Simply put, it is a nice spin on two wheels around the seaside town of Barnstable. The ride is a first-time cycling event that consists of a 38.5-mile ride around Barnstable and its seven picturesque villages on May 17. Much of the money raised from the event will go toward the Barnstable Land Trust and the in-the-works George Morrison Training Village, a program for at-risk youth run by a Barnstable police officer. The "Great Fundo" is based on the gran fondo cycling events that originated in Italy and have since grown in popularity in the United States. In gran fondos, cyclists ride, rather than race. "Being that it's not a race, it's about people riding bicycles," said ride consultant Rob Micelli, of Cotuit Cycling Tours. "You can ride your bicycle comfortably at any pace." The ride will kick off at Aselton Memorial Park in Hyannis and wend its way through all seven villages by traveling north to Barnstable Village, west to West Barnstable, south to Cotuit and back east to Hyannis. Registration forms and additional details are available at semcsports.com. Fees are \$55 to register in advance; \$60 after April 1; and \$65 on the day of the ride.

!



A route map for the Tour de Barnstable

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**AMC Boston Chapter Bicycling Committee
BIKE REPAIR AND INFORMATION WORKSHOP**

Saturday, April 11, 2015 9:45AM - 3:30PM

Trinitarian Congregational Church, 54 Walden Street, Concord, MA 01742

Come to the **Bike Repair and Information Workshop** to improve your bike knowledge and ride preparedness! This workshop is worthwhile for both newer and more experienced riders who want to feel more confident and capable on the road or trail. Topics covered include:

- differences between road, mountain, hybrid and other varieties of bikes
- the correct way to fit a helmet
- how to maintain your bicycle
- understanding gear ratios
- clothing and equipment

Concepts will be discussed and demonstrated at four stations: "Basic Bike", "General Maintenance", "Flat Tires", and "Brakes & Derailleurs". Participants will rotate through all four stations and receive an extensive handout to take home. During lunch (included) you will have the opportunity to pump your instructors about their favorite bike routes, best area bike shops, worthwhile bike accessories and clothing or anything else bike-related.

Advance registration strongly recommended

Prices are: Adults: \$30 for AMC Members/\$35 for Non Members
Youth (12-18): \$20 for AMC Members/\$25 for Non Members
\$40 at the door for ALL

Register online at: <http://www.amcboston.org/bicycle/workshop/reg.php> OR mail your check payable to "AMC Boston Chapter Bicycling Committee" along with contact information to **Valerie Paul, 85 Fruit St., Ashland MA 01721.**

Please arrive by 9:45 to sign in. Bring the front wheel from your bike (it is easier to remove than the rear), tire irons, and a pump to practice fixing flats, but NOT the whole bike (space is limited).

**For more information, contact Valerie Paul
valerie.paul@gmail.com or 508-561-8097 before 9:00PM**

Cycling By Paul Currier

!

We have been road cycling on the recent sunny days. At last we were able to ride the sunny side of the meticulously plowed canal. It's been a long time since the milder days of early January. Our chapter bicycling photographer and cartographer **Barbara Gaughan** took several dramatic pictures of her ride and the ice flows. Riders with her were Jim Kilpela, Larry Decker, and Paul Currier.

!

If you want to be added to the Riders list contact paulbcurrier@comcast.net or 508-833-2690. Paul Currier will continue to attempt full moon and mid-month road cycling. Check our AMCSEM website for [cycling schedule](#) and particulars.

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SEM's Conservation Corner

By Joshua Tefft

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In a world full of comfort and convince it can be hard to think, and act, with conservation in mind. Some of you may want to add more daily conservation acts to your life, but difficulties may be holding you back. As Conservation Vice Chair, I want everyone to know I also have a hard time being as ecofriendly as I should. While I do recycle, and turn off lights when not in the room, I still find myself committing eco-sacrilege. I sometimes find myself buying drive-thru coffee (in unrecyclable cups) out of sheer convenience. It wasn't until recently my wife and I finally got reusable shopping bags. And my biggest act against the environment-LONG SHOWERS!

My position as Vice Chair of Conservation and my personal pursuit of the SEM Conservation Patch have caused me to be more critical of my daily activity. Since my biggest concern is water conservation, I thought reducing my showering time was a great place to start. Most of you know the guilty pleasure of long, hot showers after a long hike, and I am no exception to this delight. I've probably taken 20 minute showers after a long muddy hike or obstacle course race. So what did I do? Rest assured I did not stop taking them. I took a stopwatch into the shower and timed the cleansing process. I averaged a little over 10 minutes on a regular work day. After doing some research, I found the average shower last 8.2 minutes, wasting over 17 gallons of water (2.1 gallons per minute)! I was over the average, so I decided to reduce my shower time and water use. I'm currently approaching the average, but I'm hoping to reduce my overall time to 6-7 minutes. I am also planning to invest in a showerhead that uses less water. Check out <http://www.home-water-works.org/> to calculate your water use in the shower, and the rest of your home.

We often have to give one thing up to gain another, and some choices are harder than others. The trick is to not give up all together. I hope everyone keeps pushing on with their conservation efforts (and any other goals) despite the difficulties. As always if anyone has any questions about the Conservation Patch Program, or any other SEM Conservation topic please contact me at conservationvicechair@amcsem.org.

And...if you still haven't checked out our [Conservation Patch Program](#), please do. Participating in the program is a great way for families to bond while saving the planet, or for the individual looking to set clear conservation goals.



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

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

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AMC Books Announces the Publication of [AMC's Best Day Hikes Along the Maine Coast: Four-Season Guide to 50 of the Best Trails From the Maine Beaches to Down East](#)

This new guide from the editor of AMC's popular *Maine Mountain Guide* lets hikers explore the full length of the rugged coast of Maine. Between the century-old stands of white pine in Vaughan Woods Memorial State Park near Portland, and the oceanfront cliffs and maritime forests of Quoddy Head State Park—the easternmost point in the US—readers will find 50 of the best hikes in the state that can be completed in less than a day.

Acadia National Park is here, including the iconic Isle au Haut, as are multiple hikes in the York County, Casco Bay, Midcoast, and Downeast regions. Beginner hikers and seasoned trekkers alike will discover trails that will satisfy their longing for classic views of the rocky coast of Maine. For short outdoor excursions along the coast of the Pine Tree State, this guide will prove invaluable.

Inside You'll Find:

- 50 of the best coastal day hikes in Maine
- At-a-Glance Trip Planner, including family- and dog-friendly hikes
- Detailed maps, trail descriptions, difficulty ratings, distances, elevation gain and estimated times
- Directions to trailheads and GPS coordinates for parking areas
- Trip planning, safety tips, and Leave No Trace information

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About the Author

Carey Michael Kish has been exploring the hiking trails along the coast and in the mountains of Maine for more than four decades. Carey is a freelance outdoors and travel writer and photographer, editor of AMC's *Maine Mountain Guide*, and writes a regular hiking and camping column for the *Portland Press Herald/Maine Sunday Telegram*. His writing and images have also appeared in a variety of online and print publications, including *AMC Outdoors* magazine. A Registered Maine Guide and Wilderness First Responder, Carey has thru-hiked the Appalachian Trail and completed more than two dozen other long-distance backpacking treks in the US, Canada, and Europe. He lives in Southwest Harbor, Maine.

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Ordering Information for AMC Books

AMC Books can be ordered directly from AMC at outdoors.org/amcstore or by calling 800-262-4455. (**AMC members receive a 20% discount.**) The e-book versions are available online through Amazon, iBooks, and Barnes & Noble.

Other AMC Spring Book Releases



- New England Trail Map & Guide
- Southern New Hampshire Trail Guide, 4th edition
- AMC's Best Day Hikes in the Berkshires, 2nd edition
- AMC's Best Day Hikes in the Shenandoah Valley
- AMC's Best Sea Kayaking in New England, Available Early May

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

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

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



AMC's 2015 Information Volunteers and Volunteer Naturalist Trainings

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

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

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

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AMC Information and Naturalist Training Dates:

April 17-19 – Mohican Outdoor Center

May 16-17 – Highland Center

June 5-7 – Gorman Chairback Camp

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For more information contact the AMC at 800-372-1758.
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15TH ANNUAL HIKE-A-THON TO SUPPORT MOUNT WASHINGTON OBSERVATORY

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

SEEK **YOUR** PEAK

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



KICK-OFF PARTY

\$30,000+ IN GIVEAWAYS

AFTER PARTY

OUTDOOR EXPO

THE NATION'S PREMIER HIKING EVENT

SEEKTHEPEAK.ORG

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



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



Cape
Hikes to
Island
Pond in
Harwich
by
David
Selfe.

Breeze Information

Pictures and Article Submissions

We encourage SEM members to submit articles and photos for both the Breeze and our website. Materials will be edited at the editor's discretion. Submissions must be copy ready. Title and credit for all photos must be included. Send to breeze.editor@amcsem.org

Breeze Deadline

On the 15th of the preceding month.

Sign-up to receive the Breeze via email

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

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

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SOUTHEASTERN MASSACHUSETTS ANNOUNCEMENTS AND ACTIVITIES

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

Activities

HIKING KEY

Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy). FT=First Timer; NM = New Member; AN = Advance Notice; C = Conservation

(NM) Thu., Apr. 2. Hike-Barnstable-Bridge Creek Conservation (C3D), Cape Cod, Massachusetts, Cape Cod, MA. 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 church. L Farley Lewis (508-775-9168, farlewis@comcast.net)

(FT) Thu., Apr. 2. Thurs. Morn. Hike World's End (C3C), Hingham, MA, Massachusetts, Southeast, MA. Meet at 10:00 AM, World's End, \$5.00 per person entrance fee for non-Trustees members. Join us on a moderately paced walk of approximately 4-5 miles, exploring the landscape of a unique peninsula in Boston Harbor. The terrain is moderately hilly (over the 4 drumlins), with a mixture of carriage ways and sometimes rocky paths. Boots or shoes with good traction are recommended. The reservation has stunning views, but is exposed to the sea and wind, so dress accordingly, in layers and with good wind protection, as well as sunglasses if bright out! Bring water, snacks or lunch. There are portable toilets to the left of the parking area, up a small hill. For more information visit: <http://www.thetrustees.org/places-to-visit/greater-boston/worlds-end.html>. L Eva Borsody das (borsody@gmail.com)

(FT) (NM) Thu., Apr. 9. Thursday Morning Hike Blue Hills, Blue Hills, Massachusetts, Southeast, MA. A moderate paced 5 mile hike around the Yellow Triangle loop with a short detour to Eliot Tower where we will have lunch. Make sure to bring two liters of water, snacks, and a lunch. Bring sturdy shoes, this is a rugged and hilly hike in sections. Also bring a rain jacket and appropriate layers of clothing depending on the weather. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com)

(AN) Sat., Apr. 11. Leadership Training AMC Southeastern Massachusetts Chapter, Foxboro, MA, Massachusetts, Southeast, MA. This one day training session is required for SEM trip leaders. Training is focused on improving group management skills and understanding AMC leadership practices. Training is optional yet encouraged for group participants who wish to become familiar with trip group management. This training is free to AMC members. L Douglas Griffiths (508-758-4315 after 6 PM, RedDougG@aol.com), R Doug Griffiths (508-758-4315 after 6pm, RedDougG@aol.com)

(FT) (NM) Thu., Apr. 16. Thurs. Morning Hike - Oldham Trail & Harold Clark Forest, Foxboro, MA, Massachusetts, Southeast, MA. Hike the Oldham Trail & Harold Clark Forest. Meet 10:00 am at parking lot on Rt. 140 Foxboro across from Sunoco Station. Bring lunch or snack and water and wear appropriate footwear. L Muriel Guenthner (508-699-7461 Before 9:00PM, murielguenthner@comcast.net)

(C) (FT) (NM) (AN) Sat., Apr. 18. Take it Outside with AMC - SEM's Open House, Massachusetts, Southeast, MA. Join us for "Take it Outdoors with the AMC" the SEM Open House on Saturday, April 18 at Borderland State Park. L Jodi Jensen (781-249-8346, jodiajensen@gmail.com)

(FT) (NM) (AN) Sat., Apr. 18. "Take it Outside with AMC" Beginners Hike @ 1:00PM, Easton, MA, Massachusetts, Southeast, MA. A leisurely 3-mile hike around the pond areas at Borderland State Park. L Sue Chiavaroli (508-496-6452, brillo6452@yahoo.com) CL Hadley Donaldson

(FT) (NM) (AN) Sat., Apr. 18. Take It Outside with AMC...SEM's Open House-Road Cycling, Borderland State Park, Massachusetts, Southeast, MA. Join AMC SEM's Open House event at Borderland State Park for a group road ride. This 20-25 mile ride is geared for new AMC members who are new to group rides and/or AMC members who would like to try an activity. Free post-ride lunch will be available. Discover that AMC is more than hiking the

Appalachian Trail. *Borderland Parking Fee (\$6). L Jodi Jensen (781-249-8346, jodiajensen@gmail.com) CL Linda Church (lchurch@whoi.edu), R Jodi Jensen (781-249-8346, jodiajensen@gmail.com)

(FT) (NM) (AN) Sat., Apr. 18. "Take It Outside With AMC" - Intermediate Hike @ 1:30 PM", Borderland State Park, Massachusetts, Southeast, MA. Join us for a moderately paced 4-5 mile hike on the Bay Circuit Trail and Borderland State Park. This hike will be in conjunction with the Southeastern Mass Chapter's "Take It Outside With AMC" event. Hike starts at 1:30 pm, but participants are invited to come early and join us for lunch and other great activities! Hike starts at the Visitor's Center. *Borderland Parking Fee (No Charge for lunch and activities). L Catherine MacCurtain (781-848-9506 Before 9:00 p.m., camaccurtain@aol.com) CL Pat Achorn , R Cathy MacCurtain (781-848-9506 Before 9:00 p.m., camaccurtain@aol.com)

(C) (FT) (NM) Sat., Apr. 18. "Take it Outside with AMC" Beginners Hike @ 10:00am, Massachusetts, Southeast, MA. FOR BEGINNERS, NEWBIES, AND THOSE WANTING TO TRY HIKING: An easy, leisurely 3-mile (~2 hours) hike around the pond areas at Borderland State Park during the Southeast Mass. Chapter's "Take it Outside with the AMC" event. Stay afterwards and join us for lunch and great afternoon activities! Hike starts at the Visitor's Center. Wear sturdy tie shoes and appropriate outdoor clothing. Bring water and a snack. (Sorry no pets. Children must be accompanied by a parent/guardian.) Borderland parking fee is \$6/car. (lunch and activities are free). L Cheryl Lathrop (cheryl4698@verizon.net) CL Ellen Correia , R Cheryl Lathrop (cheryl4698@verizon.net)

(NM) (AN) Sat., Apr. 18. "Take it Outside with AMC" Intermediate Hike @ 10:30 AM, Borderland State Park, Massachusetts, Southeast, MA. FOR INTERMEDIATE HIKERS: moderately paced, 5-mile (~2 hours) hike during SEM Chapter's "Take it Outside with the AMC". L Barry Young (508-339-3089 Before 9 PM, Barry.young@comcast.net) CL Joshua Tefft , R Barry Young (1785 West Street, Mansfield, MA 02048, 508-339-3089, Barry.young@comcast.net)

(C) (FT) (NM) (AN) Sat., Apr. 18. Take it Outside with AMC - Vernal Pool Exploration @ 1:30 PM, Massachusetts, Southeast, MA. A hike to and exploration of vernal pools at Borderland State Park during the Southeast Mass. Chapter's "Take it Outside with the AMC" event. L Maureen Kelly (moke1773@aol.com) CL Lorraine Rubinacci (617-335-0267 before 9pm, lrubinacci@hotmail.com), R Lorraine Rubinacci (617-335-0267 before 9 pm, lrubinacci@hotmail.com)

(FT) (NM) (AN) Sat., Apr. 18. Take It Outside With AMC - Family Hike @1:00, Massachusetts, Southeast, MA. Family Hike during Southeastern MA Chapter Open House at Borderland State Park. L Sally Delisa (781-834-6851 7-9pm, delisally@yahoo.com) CL Karen Singleton (), R Sally Delisa (781-834-6851 7-9 pm, delisally@yahoo.com)

(FT) (NM) Thu., Apr. 23. Blue Hills Thursday Morning Hike - Chickatawbut Hill Area, Blue Hill Reservation, Milton, MA, Massachusetts, Southeast, MA. Join us for a leisurely hike through the Blue Hills. 10:00 am start. L Sue Chiavaroli (508-496-6452, brillo6452@yahoo.com)

Sat., Apr. 25. Grand Monadnock via Monte Rosa Hike, Monadnock State Park, Jaffrey, NH, New Hampshire, Monadnock Region, NH. Nice 6-mile loop hike with 2,500-foot elevation gain that will take us to the little-visited summit of Monte Rosa on the way to Grand Monadnock and then back via some of the more popular trails. While not a 4,000 footer, this is a relatively challenging hike. Experienced hikers only please. L Paul Miller (paulallenmiller@verizon.net) L Walt Granda (wlgranda@aol.com) CL Barry Young (508-386-6041 before 9:00 pm, barry.young@comcast.net)

Sat., Apr. 25. Trail Maintenance Workshop at Blue Hills, Massachusetts, Southeast, MA. GET OUT, GIVE BACK, GET DIRTY...AND GET TO KNOW THE BLUE HILLS! We are looking for volunteers to participate in our "Trail Maintenance Workshop." A leader from the AMC North Country will show us the basics of trail maintenance including use of tools, tool safety and practical application on the trails of the Blue Hills. RAIN OR SHINE! NO EXPERIENCE NEEDED, JUST ENTHUSIASM! L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com), R Cathy MacCurtain (781-848-9506 Before 9:00 p.m., camaccurtain@aol.com)

Thu., Apr. 30. Falmouth Moraine Hike, Falmouth, Massachusetts, Cape Cod, MA. Hike approximately 5 1/2 miles of the Falmouth Moraine trail This is a one way hike. Carpool from the pond area parking lot in Goodwill Park promptly at 9:30 AM to the 10 AM start in Technology Park. We will traverse varied woodland rock strewn trails. Some steep hills, ridges, kettle holes and pond views. 3- 3 1/2 hours, depending on trail conditions Hikers should be experienced. Hiking boots are necessary. Bring plenty of water, snacks, tick protection. Dress in layers. Rain or inclement weather cancels the hike. For additional information, call L Cathy Giordano 508-243-3884. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com)

(FT) (NM) Thu., Apr. 30. Thurs. Morn. Hike Bioreserve, Fall River, Fall River, MA, Massachusetts, Southeast, MA. Meet at 10:00 a.m. Indian Town Rd

Parking lot. Required equipment: Hiking boots, rain gear, water and snacks. Heavy rains or snow will cancel. The hike is a gentle climb to the lookout tower which also can be climbed and then a gentle slope down to the parking area. The Bioreserve, almost 15,000 acres, introduces nature lovers and outdoor enthusiasts to an entire regional ecosystem. Experience forests, streams, and cedar swamps, amid an array of flora and fauna, from deer and coyote darting among stands of hardwoods and conifers, to hawks, owls, and salamanders. Art Hart's day of hike cell phone 508-932-2705 Rick McNally's day of hike cell phone 508-415-0605. L Art Hart (ajhart32@comcast.net) CL Rick McNally (508-636-7179 Before 8 PM, rjmcnally@charter.net)

Sat., May 2-3. Wilderness First Aid AMC Southeastern Massachusetts Chapter, Foxboro Rec Hall, 56 Mill St, Foxboro, MA 02035, Massachusetts, Southeast, MA. The WFA course runs 8:30 am -4:00 pm Saturday and Sunday in Foxboro, MA. Optional CPR is available. SOLO has been engaged to provide the instruction. Pricing is as follows: \$155 AMC Member Price, \$170 for non-AMC members. Pricing includes lunch and break service both days. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save life in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. Optional CPR is \$35 extra. R Douglas Griffiths (508-758-4315 after 6PM, RedDougG@aol.com)

(C) (FT) (NM) Thu., May. 7. Thurs Morn. Hike - Wollomonopoag Conservation Area, Wrentham, MA, Massachusetts, Southeast, MA. Thu., May 8. Wollomonopoag Conservation Area, Wrentham, MA. Meet 10:00 am in Conservation parking lot off of Elysium St. Bring water, snack or lunch & sturdy footwear. Rain cancels. L. Muriel Guenther (508-699-7461 before 9:00pm mguenthner@comcast.net). B3C. L Muriel Guenther (508-699-7461 Before 9:00pm, murielguenther@comcast.net), R Muriel Guenther (99 Birchwood Drive, Attleboro Falls, MA 02763, 508-699-7461 Before 9:00pm, murielguenther@comcast.net)

Sat., May. 9. Blue Hills Skyline End-to-End Hike, Blue Hills Reservation - Braintree and Canton, Massachusetts, Boston Area, MA. Skyline Trail from the Shea Rink in Braintree to the end of Royall St. in Canton. L Paul Miller

(508-369-4151 before 9:00 pm, paulallenmiller@verizon.net) L Maureen Kelly (moke1773@aol.com) L Anne Duggan (ab.duggan@verizon.net), R Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net)

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

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

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

(FT) (NM) Thu., May. 21. Thursday Morning Hike in Blue Hills, Blue Hills, Massachusetts, Southeast, MA. A leisurely 5 mile hike in the Blue Hills. We will meet at Shea Ice Rink and follow the Skyline trail to Chickatawbut Tower where we will have lunch. After lunch we will cross Chickatawbut road and allowing lunch to settle by returning along Indian Camp Path at a gentle stroll through relatively flat woodlands. Make sure to bring two liters of water, snacks, and a lunch. Bring sturdy shoes, the skyline part of the trail is rugged and rocky in parts. Also bring a rain jacket and appropriate layers of clothing depending on the weather. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com)



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The Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the AMC

May 2015

View From the Chair



Maureen Kelly, Chapter Chair
chair@amcsem.org

!

Spring has arrived and Summer is Coming!

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

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

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

See you Outdoors!

!

2015 Executive Board

!

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

Ad Hoc Committee Chairs and Other Chapter Contacts

!

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

!

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

!

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

!

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

COMMITTEE PLANNING MEETINGS

SEM QUARTERLY HIKE PLANNING MEETINGS (6:30pm)

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

!
SAVE THE DATE -- 2015 EVENTS

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

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

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

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

!
SAVE THE DATE -- 2015 TRAINING

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

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

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

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

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

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

AMC [Mountain Leadership School](#)

!

Upcoming Chapter Activities

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

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

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

[All SEM activities](#)

[All AMC activities](#)

!
Want SEM activities delivered right to your email inbox?

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

SEM TRAIL MAINTENANCE WORKSHOP

By Cathy MacCurtain



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

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

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

!



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

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



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

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

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



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

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



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

EMS Partnership and Club Day

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

#EMSClubDay



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

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

20% OFF
ALL FULL-PRICE ITEMS STOREWIDE*

EASTERN MOUNTAIN SPORTS

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

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



Planning a White Mountain Hiking Trip?

The White Mountain Hiker Shuttle Map and Schedule for 2015 is now available.

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

In Memorium: Joseph F. Quinn



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

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



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

Teen Trail Crew Opportunity on the Bay Circuit Trail!

By Molly Higgins

Community Engagement Coordinator, Bay Circuit Trail

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

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

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



projects that one-day work parties cannot. Know a teen that might be interested? Check out the information below!

Dates: July 19th – July 24th

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

Perfect for: Beginners, Teens (15-18)

Click [here](#) for more information.

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

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



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

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

Week 1: July 18 - July 25

Week 4: Aug 8 - Aug 15

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

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

AMC's 2015 Information Volunteers and Volunteer Naturalist Trainings

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

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

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

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AMC Information and Naturalist Training Dates:

May 16-17 – Highland Center

June 5-7 – Gorman Chairback Camp

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

PIECES OF SEM HISTORY PRESERVED!

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

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

Also thanks to Bruce's record keeping—

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

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

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

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

Breeze Information

Pictures and Article Submissions

We encourage SEM members to submit articles and photos for both the Breeze and our website. Materials will be edited at the editor's discretion. Submissions must be copy ready. Title and credit for all photos must be included.

Send to breeze.editor@amcsem.org

Breeze Deadline

On the 15th of the preceding month.

Sign-up to receive the Breeze via email

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

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

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

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

SEEK **YOUR** PEAK

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



KICK-OFF PARTY

\$30,000+ IN GIVEAWAYS

AFTER PARTY

OUTDOOR EXPO

THE NATION'S PREMIER HIKING EVENT

SEEKTHEPEAK.ORG

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



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



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



SOUTHEASTERN MASSACHUSETTS ANNOUNCEMENTS AND ACTIVITIES

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

Activities

HIKING KEY

Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy). FT=First Timer; NM = New Member; AN = Advance Notice; C = Conservation

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

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

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

Wednesdays

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

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

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

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

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

! .
(FT) (NM) (AN) Thursdays

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

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

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

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

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

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

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

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

Wednesdays

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

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

(FT) (NM) (AN) Thursdays

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

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

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

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

Wednesdays

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

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

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

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

!

(FT) (NM) (AN) Thursdays

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

!

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

!

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

!

(FT) (NM) (AN) Thursdays

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

!

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

!

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

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

! (FT) (NM) (AN) Thursdays

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

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

lucky, we may spot one...) This first backpack in the series will involve modest distance and elevation gain, and we'll have all day to "get there." Future backpack trips in the series will be more challenging. Preference in this series will be given to those who have completed the workshop and the previous backpacks in the series. Interested? Sign up for the workshop May 9th (if you are available). Then sign up for this backpack (registrations accepted after May 9th.) Series dates (tentative): (Details of hikes 2-5 will be available when hikes are listed.) Series dates (dates and locations are tentative, and subject to revision): May 9th: Workshop (Foxboro) June 5-7: Backpack #1 Near Three Ponds, Ellsworth, NH July 18-19th: Backpack #2 Mt. Sunapee greenway area August 15-16th: Backpack #3 Flume and Liberty, with camping off the Osseo Trail September 26-27th: Backpack #4 Mt Cabot, with the night at Unknown Pond. L Bob Vogel (vogel.r@comcast.net) L Leslie Carson (lrc929@comcast.net) CL Barry Young (Barry.young@comcast.net), R Barry Young (Barry.young@comcast.net)

! (FT) (NM) (AN) Thursdays

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

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

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

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

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

! .
(FT) (NM) (AN) Thursdays

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

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

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

! .
(FT) (NM) (AN) Thursdays

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

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



The Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the AMC

June 2015

View From the Chair



Maureen Kelly, Chapter Chair

chair@amcsem.org

June is Here!

If you find yourself on Cape Cod this month.....

Join our great volunteer leaders for an outdoor activity while you're on the Cape!

We are leading a wonderful 22 mile 'Sunset and Full Strawberry Moon' bike ride in the Monument Beach and Gray Gables area of Bourne.

Paddling Trips in June include Chase Garden Creek in Yarmouth Port, the Herring River in Harwich, Oyster Pond in Chatham and Follins and Mill Ponds in Dennis.

When you are looking for an outdoor activity, check out our [website](#) to see what wonderful trips the Southeastern Mass Chapter of the AMC is offering.

See you Outdoors!

2015 Executive Board

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

Ad Hoc Committee Chairs and Other Chapter Contacts

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

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

Upcoming Executive Board Meetings: June 10, Sept. 9, Oct. 14

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

COMMITTEE PLANNING MEETINGS

SEM QUARTERLY HIKE PLANNING MEETINGS (6:30pm)

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

SAVE THE DATE -- 2015 EVENTS

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

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

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

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

SAVE THE DATE -- 2015 TRAINING

AMC Info Vol & Naturalist Training (May 16-17, [Highland Center](#))

AMC Info Vol & Naturalist Training (Jun 5-7, [Gorman Chairback Lodge](#))

SEM "Leave No Trace" (Aug 15, Foxboro)

AMC [Wilderness Navigation](#) 101 (Sep 12, [Joe Dodge Lodge](#))

AMC [Mountain Leadership School](#)

Upcoming Chapter Activities

**Click on the links below to see the up-to-date listings for
all of our activities.**

[Biking](#) | [Cape Hiking](#) | [Hiking](#) | [Paddle](#) | [Skiing](#) | [Trails](#)
[Conservation](#) | [Volunteering](#)

[Social](#) | [Education](#) | [Executive Committee](#)

[All SEM activities](#)

[All AMC activities](#)

Want SEM activities delivered right to your email inbox?

[Sign up for the AMC Activity Digest](#) or call 1-800-372-1758

Volunteer of the Month Jodi Jensen



Each month the SEM recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! This month we recognize **Jodi Jensen** from the Biking Committee.

Jodi is involved in the SEM chapter in a number of capacities. One of which is sharing her time and biking skills creating and leading great rides showing off various places in our SEM region. Jodi put together and led a beginner's ride at our open house. Each year she leads a beginning of the season ride. One of her great rides is the 'Mothers Day Muffin Ride'. Jodi leads rides that are beautiful, fun, and have a great social component to them. Jodi is the current SEM Membership chair, and has served as the Biking chair. Thanks Jodi for your dedication! Jodi will receive a Volunteer of the Month certificate and a \$50 gift card.

Are you interested in volunteering?

We have something for everyone...Biking, Communications, Conservation, Education, Paddling, Skiing, and Social committees all need you! Contact the chapter chair at chair@amcsem.org to learn more about the opportunities that await you!

Take it Outside with AMC

WAS A GREAT SUCCESS!

Did We Meet You There?

AMC SEM Leaders and Volunteers

**Engaged more than 100 people in a bike, hikes,
and vernal pool exploration.**



Photos by A. Greenstein

**Thank you SEM Leaders and Volunteers for
sharing your love of the outdoors and AMC with
others.**

**Thank you Rangers Eleanor and Paul at Borderland
State Park for all of your help. More pictures below.**

2015 OPEN HOUSE -- TAKE IT OUTSIDE WITH AMC

MORNING BEGINNER HIKE: By Cheryl Lathrop

Saturday, April 18, was AMC SEM's "Take It Outside with AMC" Open House program at Borderland State Park. As part of this exciting day, we held a beginner hike at 10:00am to walk around the ponds at Borderland-- the "Pond Walk" trail. The leader was Cheryl Lathrop (red cap kneeling); the co-leader was Ellen Correia (pink shirt standing). As it turns out, we didn't get real beginners, but rather those recovering from long winter illnesses, joint replacements, and having eaten too many holiday cookies. But we did get one teenager (and his parents).

We had a nice warm sunny day, which was a great relief after our awful New England winter. Our hike was a leisurely 2-hour walk around the ponds, talking and getting to know each other, and taking pictures. Our teenager even went wading (the rest of us used the bridge).

INTERMEDIATE HIKE: By Cathy MacCurtain

We had an overwhelming response to the afternoon intermediate hike that included fifteen new enthusiastic SEM members. Pat Achorn mapped out the 4.1 mile hike that included a wooded, rocky route which followed part of the Bay Circuit Trail as it crosses Borderlands. Because of the recent snowmelt and rain there were several bubbling springs. Borderlands was previously a private property; we observed evidence of historic use in old stone walls and the dams that create the ponds on the property. It was a warm afternoon and so not to overwhelm the new hikers, the hike finished along the Heart Healthy Trail avoiding some of the elevation and providing an easy walk along the Leach ponds and past the Lodge on the return to the Visitor Center.

[See more photos here!](#)

PHOTO COURTESY ALAN GREENSTEIN



!

Cape Cod Paddling Trip Report by Ed Foster Popponeset/Shoestring Bays and the Mashpee River May 2, 2015

!

Leader: Louise Foster

Paddlers: Vicki Blair-Smith, Bill Fischer, Ed Foster, George Wey

We departed from the put-in in bright sun, temperatures in the low 50's and very light winds. A few had difficult starts, likely due to the long hiatus from last fall. Made our way along the shore of Shoestring Bay, crossing from the east to the western shores slightly after the Narrows. Along the way we noted several docks which had been ravaged by the harsh winter. A pair of osprey were busy trying to reconstruct a nest which had been built on a float owned by the marina on Popponeset Bay and removed by the same. The osprey had not yet given up hope of rebuilding, although it looked pretty bleak. Paddled up to the end of the Mashpee River, which according to Bill was exactly three miles from where we began. Had lunch on the river at a deserted picnic table, on a small patch of open beach area along the river.

Returned to the put-in around 2:00. I can only speak for Ed and me in saying we are a bit sorer than usual after just six miles, but that is usually the way it is after the first paddle of the season (for us, anyway). It was a good day and great to be back out on the water with friends. We miss Betty. !

SEM's Chapter Hut Weekend Sept. 17-20 2015



!

Mark your calendar for the 2015 SEM's Chapter Hut Weekend **Sept. 17-20**, returning to the comfortable AMC Cold River Camp in beautiful Evans Notch, NH. The weekend will feature a variety of hiking and other outdoor activities, plus wonderful meals and lots of socializing.

!

Wilderness First Aid Training May 2 and 3, 2015 By Doug Griffiths-Education Chair



Our chapter sponsored a successful and well attended Wilderness First Aid two-day training on May 2nd and 3rd in Foxboro at the Donald Cotter Recreation Hall of the Cocasset River Recreation Area. We had 23 participants with one no-show, unfortunate because we had 8 last minute people who wanted to be on a wait list. Twelve attendees were from SEM, five from the Boston chapter, two from Worcester and one from New Hampshire. We had two Eagle Scouts preparing to go to the Philmont Scout Ranch and Training Center in New Mexico and there was one unaffiliated participant, maybe later to be encouraged to join the AMC!

The course was led by SOLO instructor Jennifer Spears, a wilderness EMT, outdoor educator and leader. Her interactive and engaging style kept everyone interested, involved and on their toes.

In a series of hands-on scenarios, participants faced a bewildering array of backcountry emergencies and using an organized approach to evaluation and treatment, saved life and limb in repeated situations. With equal time spent in classroom talk and in role plays, it is during the role plays and debriefings in which one begins to develop self confidence in handling situations. This makes for a challenging and exhilarating day that leaves you brimming with knowledge. If you've never taken this course, you should check it out the next time. It's really cool and you'll have a fun time.

(WFA Human Burrito—warming up a hypothermic patient by encasing them in a human burrito made of fleece layers, inside a waterproof outside layer, Photo courtesy Cheryl Lathrop.)





! Backwoods arm splint and helping the unconscious. Previous page: leg splint.
Photos courtesy of Maureen Kelly !

! **MASSACHUSETTS DEPARTMENT OF CONSERVATION AND RECREATION IS HOSTING ACCESSIBLE RECREATION FAIR
MAY 30TH, 2015 FROM 10AM-3PM
AT ARTESANI PARK IN BRIGHTON** !

The Department of Conservation and Recreation's (DCR) Universal Access Program (UAP) will offer a free fun-filled day of celebrating Accessible Outdoor Recreation available for individuals, families and friends of people with disabilities. Activities will include a cycling fair with an assortment of accessible cycles available for use; other adaptive recreational activities, including power soccer, hiking, letterboxing, face painting, kite decorating/flying, DJ music, snacks, and more!

! Join us rain or shine [call 617 626-1294 for recorded status in case of severe weather] and enjoy the accessible recreation fair and the beauty of the Charles River running along the park. Enjoy the camaraderie while learning about DCR's inclusive, accessible programs and resources available to people of all abilities around the state.

For more information on DCR's Universal Access Program and a schedule of activities, and to confirm program status, call (617) 626-1294 or visit <http://www.mass.gov/eea/agencies/dcr/massparks/accessibility/>

Grand Monadnock via Monte Rosa Hike Turns into an Exercise in Group Navigation By Paul Miller, SEM Hiking Chair



! |
On the summit of Grand Monadnock
(Photo courtesy of Peggy Qvicklund)

! |
Anyone who has climbed Mount Monadnock in southern NH on a nice day knows that the main trails leading to the summit can be like Boston's Southeast Expressway at rush hour. Over the years, to avoid the crowds, I've put together a number of hikes on this wonderful mountain that, to a large degree, avoid the more popular White Dot and White Cross Trails that start at the State Park Headquarters in Jaffrey, NH. These are the two most direct routes to the summit (if not the prettiest) and thus the ones that get the most traffic.

One of my favorite of these alternate, "avoid the crowds" hikes is my "Grand Monadnock via Monte Rosa" loop hike. From the park headquarters, this hike skirts around the Poole Reservoir and follows the Parker Trail to the Lost Farm Trail and then hangs a right onto the Cliff Walk Trail for a short stretch before dropping down on the Thoreau Trail to the old Halfway House site. From there, the hike follows the Monte Rosa Trail up to the top of little-visited Monte Rosa. Next, it drops down again on the interesting Smith Summit Trail and eventually climbs steeply up to the summit of Grand Monadnock, typically the first place you run into any number of other hikers. From the Monadnock summit, the hike follows the exposed Pumpelly Trail for a stretch and then drops down again on the somewhat challenging (but fun) Red Spot Trail to pretty Cascade Link, which leads back to the main White Dot Trails and ultimately back to the main parking area.

Thanks to the fine advance work of co-leader, Barry Young, fifteen well-matched, enthusiastic and appropriately-dressed and equipped hikers showed up at the trailhead right on time at 9:15 am for our early spring hike on April 25th, including several participants joining us from other AMC chapters and Walt Granda and myself as nominal hike leaders. It looked like the weather for the hike would be great too, with comfortable temps in the 50s and mostly sunny skies. After a little socializing, we shouldered our packs, made the usual procedural announcements and introductions, and hit the trail at 9:30 am. We started out with me in the lead, Walt in the middle, and Barry doing "sweep."

One of the things that I like about this hike, is that rather than going right at the fall line, it starts with a relatively gentle stretch of the Parker Trail and only starts climbing a bit after a half mile or so when you reach the very pretty Lost Farm Trail. This gives everyone a chance to loosen up the legs and get the heart pumping after the approximately hour-and-half drive up from Southeastern Mass. After about a mile or so on the Lost Farm Trail (and at least one "de-layering" break), we gained about 700 feet of elevation and got to enjoy some nice views toward the south. Then we hung a right onto the Cliff Walk Trail for a short distance to the Thoreau Trail, which drops down to the historic Halfway House site. While obvious signs mark both ends of the Thoreau Trail, this not-terribly-popular trail appears to be otherwise totally unblazed. This is when our exercise in group navigation began, since I lost the trail at one point and it took multiple eyeballs to regain it.

Once down at the Halfway House Site, where a small inn served by the Old Toll Road (now a trail) had once operated at some point in the past, we followed the popular White Arrow Trail for a short stretch to the Monte Rosa Trail. All was well until I missed the turn that leads up to the summit of Monte Rosa and continued for a short stretch on the aptly named Smith Bypass Trail, which bypasses this pretty sub-summit altogether. Luckily, Barry was paying better attention than I, and let me know about it before we went too far out of our way. The pretty, typically "un-peopled" summit of Monte Rosa features a distinctive wind vane. From here, we looked across to the crowded, exposed summit of Grand Monadnock, on which the wind appeared to be howling. Based on this observation and the fact that it was now almost noon, we decided to eat a quick lunch on a nicely protected spot on Monte Rosa before continuing along on our hike.

After lunch, we initially started down by following a cairn that I had mistakenly assumed identified the Smith Summit Trail, but others in the group more astutely identified the correct trail as the one marked by an "S" (duh!). The Smith Summit Trail drops down a bit into the trees before climbing steeply toward the exposed summit area of Grand Monadnock, requiring some scrambling in several spots. Once at the summit, where it was colder and windier enough to have to re-layer again, we found a more-or-less protected spot to stop for a drink, a snack, and a grab a few summit photos. After this quick break, Walt took the lead and led us down on the Pumpelly Trail, which follows a largely exposed ridge and ultimately ends up at Dublin Pond in picturesque Dublin, NH (home of *Yankee* magazine).

The Pumpelly offers several options for regaining the trailhead. Initially, we had planned to take the Pumpelly down to the Red Spot Trail, which cuts a corner and connects up with the Cascade Link Trail. However, due to the relatively steep and rugged nature of the Red Spot and the likelihood of encountering some wet and/or icy spots, we opted to follow the more scenic Pumpelly Trail all the way to its intersection with the Cascade Link and, from there, then descend from the ridge via the Cascade Link down to the main White Dot Trail that leads back to the parking area. While this added about a mile to the hike and there still were a few tricky spots to negotiate on the upper end of the Cascade Link, I'm pretty sure this is a "gentler and kinder" way down from this mountain. (Not everyone would agree with me on this...)

While the mostly sunny sky had threatened to cloud up ominously at several points in the hike, we made it back down to our cars dry, in good spirits, and with plenty of daylight left; if about an hour later than anticipated due to the route adjustment. Thanks everyone for joining us for this excellent hike on this wonderful, relatively nearby mountain!



! Windvane atop summit of Monte Rosa
(Photo courtesy of Peggy Qvicklund)

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Nature's Detective: Animal Tracking Workshop Reveals Unseen World

By Doug Karlson
(Photos courtesy of Doug Karlson)



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You don't have to actually see an otter to know that one's out there. You just have to read its signs. Reading those signs is Todd Kelley's specialty. The self-taught animal tracker from Chatham doesn't do it to hunt animals, rather, to understand them. Tracking is a way of observing nature, nature that is often unseen. A short distance from the herring run in Bell's Neck Conservation area in Harwich, he points out a narrow path where vegetation has been

trampled down. "This is an otter run," Kelley informs the 15 people who turned up on a recent Saturday morning for his tracking workshop organized by the Harwich Conservation Trust, "and that's an otter's scat."

Everyone gathers for a closer look as Kelley picks up the otter waste and pokes it with his finger. The scat contains fish scales, which makes sense, since river otters eat fish. As an added bonus, the otter has also left behind some scat, which is an anal gland secretion animals in the weasel family use to mark their scent. It's a form of communication, an animal's way of marking its range, or of attracting a mate. "It's nature's bulletin board," says Kelley.

A graduate of Chatham High School, Kelley started Kelley Trailblazer (kelleytrailblazers.com). Interpretive Guide Services after beginning his career as a 16th century Timucuan Indian re-enactor in St. Augustine, Florida. That led to an interest in tracking, and Kelley now hosts popular nature walks in Chatham, Orleans, Harwich and elsewhere on the Cape where he introduces the art, and the science, of tracking. During the summer he also works as a naturalist educator at Nickerson State Park. Part naturalist, part semiotician, Kelley see signs others would miss. "There are

signs all around us. When you walk out your door in the morning, there are signs. The question is, can you perceive them?"

When you're interpreting signs, explains Kelley, "you're a nature detective.... Through [an animal's] tracks, you're stepping into its life." With a little practice, he adds, it's amazing how you start to recognize them. Interpreting signs involves a process of elimination, says Kelley. That tells you what it isn't. For example, if a footprint has five toes, it's not canine. But figuring out what it is can be a challenge. You look for clues. If a print has four toes in front, four in back, it's a rodent. A twist in the scat indicates the animal is a carnivore. The color and composition tell us when, in the animal's digestive process, the scat was deposited, and by whom. It also helps if you know what you should be looking for. Kelley has been to Bell's Neck many times before, and has collected fresh water mussel shells that have been bitten open by otters. So he knows they live here. There are also fishers, bobcats, minks, weasels, muskrats, snapping turtles, coyotes, foxes, raccoons and many other animals. Most of them avoid humans during the day, but are active at night. Kelley is particularly interesting in minks, and hopes to spot one. "You never see animals, but I want to see signs that they're there," said Alison Carroll of Orleans, who attended the three-hour walk. "I thought it was fascinating that there are just so many signs. It's amazing."

Tracking is "really an art, but it's a science also," says Kelley (pictured below). In fact it's a blend of many sciences: meteorology, ornithology, dendrology, botany, and geology. That's because it not just about footprints, it's about using all your senses to see, hear, and smell the signs around you: weather, sounds, smells, marks on trees, birds in the sky. It can also get very technical, and as Kelley examined a set of tracks left in the dirt, one is reminded of Sherlock Holmes investigating a crime scene. Trackers consider



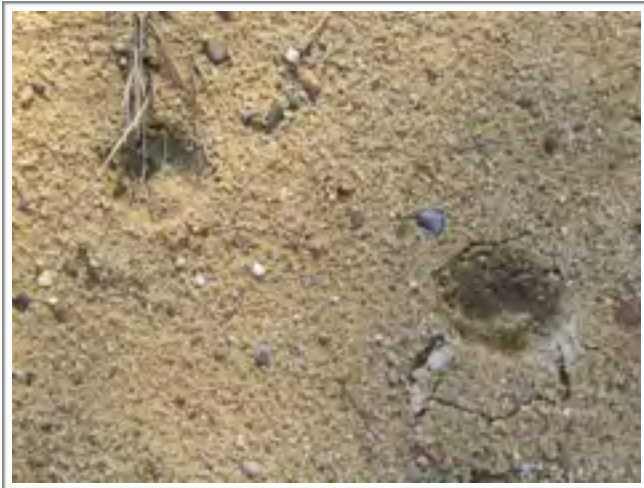
many three dimensional components of an animal's track, as well as the composition of the soil. Identifying the gait, which is a pattern of movement that demonstrates the rate of speed, is also important. The gait indicates whether the animal is a bounder, a hopper, a waddler, or a looper, among other things. It may also indicate if the animal is tired, injured, old, hungry or sick.

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On the sandy marge of a cranberry bog, Kelley studies a footprint. He points out a subtle raised portion of the print which he says was made by the fur on the bottom of the paw, and a barely discernible chevron pattern on its heel. The only animal around here that has fur like that on the bottom of its paw, and a chevron, is the red fox, he explains. Kelley is concerned that people are losing that connection to nature, and are out of sync with the seasonal rhythms that traditionally guided activities on Cape Cod. By reading the signs, we realize how much nature is all around us, and that leads to greater respect for it. Says Kelley, "when you have a deep reverence for it, you stop being a consumer and actually have a relationship with nature."

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He pauses by West Reservoir toward the end of his tour, and looks down to examine some scat he's noticed at the water's edge. Even an expert tracker like Kelley is sometimes challenged.



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Tracks in the sand left by a red fox.

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Friends of
Massasoit State Park
Spring Cleanup
Saturday June 20th 9-12
Click [here](#) for more
information.



SEM's Hiking and Backpacking Workshop

By Leslie Carson

On May 9th, an Introduction to Hiking and Backpacking workshop was held at The Chapel Meeting House in Foxboro.

Three SEM leaders, Bob Vogel, Bryan Jones and Leslie Carson were the presenters to the 24 participants who attended.

The morning was spent on general hiking information. A few of the topics included clothing, footwear, nutrition, hydration, water purification and Leave No Trace. The presenters and some participants brought gear to demonstrate and related personal stories about hiking experiences. The afternoon session focused on backpacking. A variety of tents were set up and cooking demonstrations with different stoves took place outside. Great tips were offered on how to pack a backpack and decrease weight when backpacking. The participants asked pertinent questions, were able to sample trail food and tried out the different styles of tents. Regardless of what the participants' level of experience, everyone left with some new information. It was a great way to kick off the summer Hiking and Backpacking Series!



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Photos courtesy of Paul Brookes and Bob Vogel

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Skyline End to End Hike in the Blue Hills By Paul Brookes

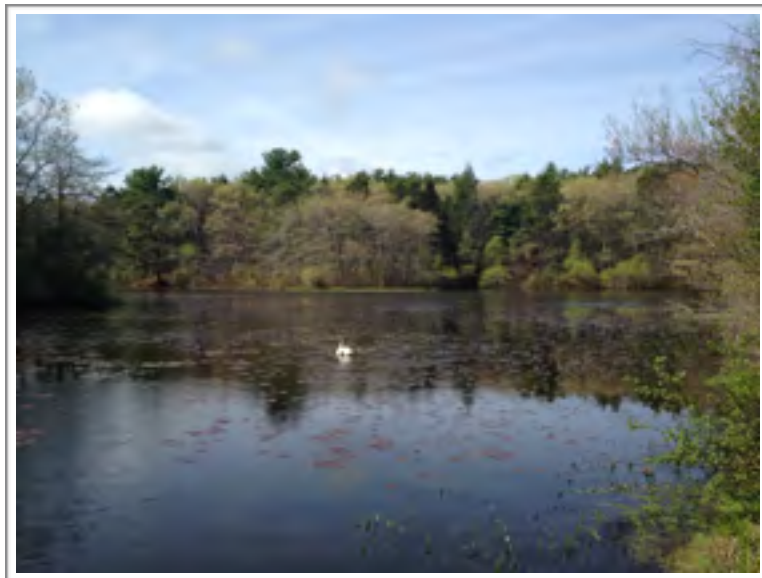
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On Mother's day, SEM held its traditional Skyline end to end hike in the Blue Hills. This is a strenuous 8 mile hike that allows the participants to summit 12 of the hills in the Blue Hills. The temperature for the day was in the mid to high 80's, extremely hot for this early in the season, yet a small and intrepid crew braved the heat to enjoy a challenging hike and good company. With amazing views of Boston from Buck Hill where we had lunch, to the welcome shade of Tucker ravine, we enjoyed it all. The first leaves of spring along the woodland trails were appearing on the beech trees and the



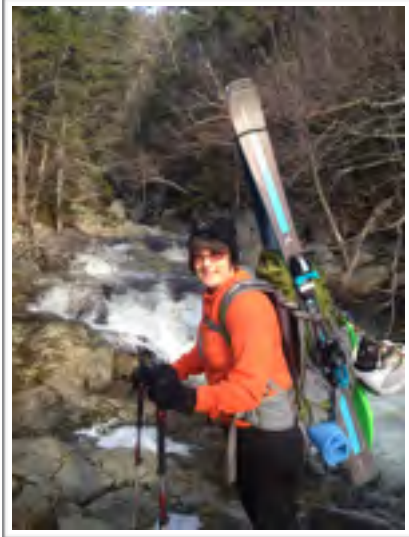
Skyliners at the finish line.
Photo courtesy of Paul Brookes.

skunk cabbage in the wetlands was soaking up the heat; it's flowers ready to burst forth. We stopped at the Blue Hills Weather Observatory to pay homage to the plaque showing maximum snow depth over the years and confirmed that this winter will be added as an historical high in both total snow fall and greatest depth. Then on to Little Blue Hill and Royall Street where our cars awaited. This hike is dedicated to Mother's everywhere.



St. Moritz Pond with swan.
Photo courtesy of Jane Chen.

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Skiing Tuckerman's Ravine!

By Gina Hurley

(Photos courtesy of Mark Hurley)

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On Saturday May 9, 2015 I crossed this off my bucket list! For the past several years, each spring my husband and I have hiked up into Tuckerman's Ravine to watch hundreds of people ski the steep walls of the ravine. Each year we have wanted to trek up with our skis and try out our skiing skills. This year we finally did it! We loaded our ski boots and gear into our packs, strapped on skis to the outside of the pack and off we went. Our packs weighed about 35

pounds, which is about the same weight when we

are long distance hiking. Here are a few pictures from the day. The pictures cannot capture the experience. Every year it is a party atmosphere.

Hundreds and hundreds of young and old (I think we were on the top of the old side) enjoyed the day. People bring backpacking stoves to cook, sleds to ride, music, four legged friends, and a variety of food and beverages! Many skiers climb left or right gully to the top, but others climb up as far as they feel comfortable. When a skier or snowboarder completes a great run the crowd goes wild, and gives a round of applause. Each year we have heard of some of the crazy antics. While in the ravine this year we actually witnessed this....a skier coming down with just his ski boots and skis. That's right, he was totally naked. He seemed to be one with nature, and received a round of applause. If skiing Tuckerman's has been on your bucket list, my advice is to just do it! You will be exhausted at the end of the day, but be thrilled and overjoyed with the experience.



! AMC's Activities Database (OLTL) Updates Have Launched!

We are pleased to announce that AMC's activities database, activities.outdoors.org, has some new exciting changes to ease trip sign-up and participation! The new features, launched in April 2015, allow participants to register for trips online and receive registration confirmation via email, and help coordinate carpooling with other participants.** You can also use your account dashboard to keep track of your upcoming trips!

In order to use these new features, you will need to login to <https://activities.outdoors.org/login> with your AMC account (the same as the AMC Member Center account or your AMC Online store login). If you have not yet created an AMC account, go to the link above and fill in the appropriate information in the box on the left side of the screen to create one. If you have an account but have forgotten the username and password, just scroll down and click the "I forgot my username or password" link at the bottom of the screen.

**Note that these new features are only available if the leader who posted the trip has opted to use the AMC Registration Form.

! AMC Members: Drive Green and Save Green!

Want to put your auto and home insurance to work for the environment and save money at the same time?



AMC members receive an automatic 10% discount on auto insurance purchased through the [Environmental Insurance Agency](http://EnvironmentalInsuranceAgency.com) (EIA). Low-mileage drivers save even more. Each EIA policy also supports the environmental advocacy work of Conservation Law Foundation, a loyal AMC partner dedicated to [solving New England's toughest environmental issues](http://solvingNewEngland.com). When's the last time your auto (and home) insurance helped promote healthy forests and clean water, fight climate change, and build healthy communities throughout New England? Learn more at <http://EIAinsurance.com/AMC>.

White Lining the Blue Hills By Paul Brookes

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This Winter I decided to hike all the trails in the Blue Hills in the twelve cold and dark weeks between the Winter Solstice and the Spring Equinox. The SEM chapter of the AMC call this White Lining. After hurricane Juno dropped three feet of snow I would rarely see another person, just the occasional cross country skier. Usually I would be snow-shoeing through the virgin snow with map, compass and handy Garmin, my only indications that under many feet of white fluff a trail lay hidden.

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I would leave my house after weekday traffic died down, drive to the hills and hike into the twilight. Four weeks into White Lining, Juno hit hard and from then on I was snow-showing. My dog, Sunny, would run ahead or when tired walk in the indentations left by my snow shoes. He would nuzzle my pocket, where I often carried treats, when he thought it was time for lunch. I would stomp down the snow until it formed a hardened circle; take off my pack and stretch my weary back, then give him his kibble. While I slowly ate my sandwich, Sunny would lie down and gather in the scents on the breeze, confident that I would protect him from the snow demons that lurked behind ice bound trees.

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Once you leave the over hiked Houghton's pond area the Hills are more alone, more strange, more assured of themselves. These less hiked trails remind me of my childhood, playing in the woods behind my house where I was once sure wood nymphs danced around the next bend and older magic hung in the air. My daily trudge through the drifting snow settled into a melancholic rhythm, in tune with the deep sadness of winter: A season on pause; a season waiting for spring. Then to unwind, then to restart, only then to begin the cycle of life anew.



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Paul and Dog Sunny
White Lining the Blue Hills
(Photo courtesy of Paul
Brookes)
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I finished the last trail two days before the Spring Equinox, happy to have accomplished my goal, in one season, during the worst winter in memory. Now, as spring approaches, like the winter hills, I am renewed and ready, waiting for new adventures and the new life that comes with the spring. I cannot say why the Blue Hills enamor me so but I ask that you hike them yourself and if you find an answer flowing in the brook or whispered on the breeze maybe you can let me know and we can share a trail together.

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For more information on White Lining the Blue Hills, click [here](#).

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Biking News By Cheryl Washwell

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After a grueling winter we are all glad to be back enjoying what Southeastern Massachusetts offers us for great riding. We had a couple of bike rides and a planning meeting on March 29th. There were about 12 people who attended. It was very cold that day but we had great rides – the sun was shining bright and there was no wind. Here are some pictures to inspire you for summer riding. To learn more about the Biking Committee and our trips, [click here](#).

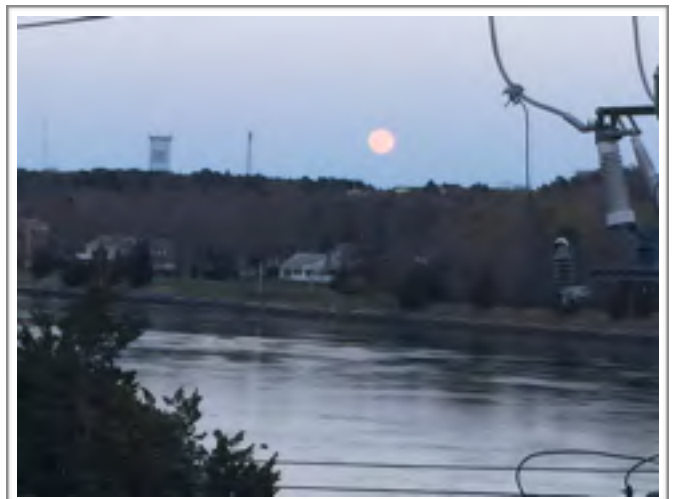


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Peaked Cliff

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Three Mile Lookout
(Photos courtesy of Paul Currier)





Wednesday Blue Hills Conditioning Hike Series By Len Ulbricht

! (Photo courtesy of Alan Greenstein)

This hiking series began on April 1 and continued for 8 consecutive Wednesdays through May 20. With a focus on conditioning for more demanding hikes in the Whites, we began week one hiking the north to south Skyline loop, about 3 miles

of up and down hills. Then each subsequent week an additional up and down was added so that by the seventh week we were up to 7+ miles with lots of hills including a leg out to Buck Hill. Sometimes we reversed direction from the previous week to add a bit of variety. Some of us even added weight to our packs as the weeks progressed to enhance the conditioning effect. Weatherwise we hit the jackpot. No rain any day and sunshine or partial sun every Wednesday. Twenty two hikers participated but not every day. Turnout varied from as few as 4 to as many as 13, with several hikers getting their first Skyline Trail experience. The last hike of the series, on May 20, dawned with clear breezy conditions, a perfect hiking day that highlighted our traditional capstone hike. For this year's finale we hiked the Skyline Trail end-to-end from west to east, completing the 8.5 mile trek in 5 1/2 hours. Kudos to George Danis for making 7 of the 8 hikes, Pete Tierney made 6, and both Alan Greenstein and Ellen Nichols made 5 hikes. To emphasize the benefit of taking on a conditioning series, here is a quote selected from an email to me from one of this year's hikers.

! "...I wanted you to know it [the conditioning series] is much appreciated and has been very effective for me. On week one when we headed up Hancock on the North Skyline and you didn't stop till we reached the top, I thought my heart was going to pop out of my chest. It was a rude awakening to show me how poor my conditioning really was after a bad winter. This week when we headed up Hancock again (after already heading out to Buck Hill and back), I had no problems at all. That's when it really sunk into my brain that the conditioning hikes have really helped."

! As a final note, this spring's weekly conditioning series was inspired by a similar series in past years that I attended run by Ken Jones, and the fast and hilly series of Maureen Kelly. Thank you both for leading the way!

Breeze Information

Pictures and Article Submissions

We encourage SEM members to submit articles and photos for both the Breeze and our website. Materials will be edited at the editor's discretion. Submissions must be copy ready. Title and credit for all photos must be included. Send to breeze.editor@amcsem.org

Breeze Deadline

On the 15th of the preceding month.

Sign-up to receive the Breeze via email

Call 800-372-1758 or email amcinformation@outdoors.org

Where to find [Breeze newsletters](#) (current and past).

National Trails Day is June 6! Click [here](#) to read about the volunteers who have helped restore trails and what has been gained through their efforts.



Sign up to get all the latest AMC Club and Chapter wide news at the [AMC Member Center](#)! Don't miss out on all the outdoor fun!



SOUTHEASTERN MASSACHUSETTS ANNOUNCEMENTS AND ACTIVITIES

AMC SEM is always looking for volunteers to volunteer a little or a lot. Contact the chapter chair at chair@amcsem.org if you'd like to volunteer. We have outdoorsy opportunities (e.g., leading a hike); we also have indoorsy opportunities (e.g., web work, arranging events). Something for everyone!

Activities

HIKING KEY

Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy). FT=First Timer; NM = New Member; AN = Advance Notice; C = Conservation

Wed., Jun. 3. SEM Hike Planning Meeting, Massachusetts, Southeast, MA. At this quarterly Hike Planning Meeting for the SEM Hiking Committee, we'll fill out our summer hiking schedule and look ahead to fall hikes. This will be an in-person meeting at a central location in Brockton. L Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net) L Leslie Carson (lrc929@comcast.net), R Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net)

(FT) (NM) (AN) Thursdays

Jun. 4. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) (AN) (SN) Fri., Jun. 5-7. Backpacking Series - Backpack Hike #1 - Three Ponds, Three Ponds, Ellsworth, NH, New Hampshire, White Mountains, NH. Have you ever wanted to backpack into the woods of New Hampshire, but weren't sure how to get started? If that's the case, this summer the SEM Chapter is offering a 'Backpacking Series', where we will take you from 'What you need to know' to 'camping in the backwoods of the White Mountain National Forest'. The series starts May 9th with a workshop (see separate listing), where you can learn about clothing, food, equipment, etc. It will be followed by four backpacks, ranging from 'Anyone can do this!' to 'Hey, that was one HECK of a backpack!' This backpack, #1 in the Series, will take place near Three Ponds, in Ellsworth, NH. Friday night (for those who can make it) will give you an opportunity to camp 'near your cars' (In case this is backpack number 1 for you, and you want to start near your car, and a cozy cabin.... just in case.) Saturday night we will camp in the back country near Three Ponds. (This is prime territory for moose, so if we are lucky, we may spot one...) This first backpack in the series will involve modest distance and elevation gain, and we'll have all day to "get there." Future backpack trips in the series will be more challenging. Preference in this series will be given to those who have completed the workshop and the previous backpacks in the series. Interested? Sign up for the workshop May 9th (if you are available). Then sign up for this backpack (registrations accepted after May 9th.) Series dates (tentative): (Details of hikes 2-5 will be available when hikes are listed.) Series dates (dates and locations are tentative, and subject to revision): May 9th: Workshop (Foxboro) June 5-7: Backpack #1 Near Three Ponds, Ellsworth, NH July 18-19th: Backpack #2 Mt. Sunapee greenway area August 15-16th: Backpack #3 Flume and Liberty, with camping off the Osseo Trail September 26-27th: Backpack #4 Mt Cabot, with the night at Unknown Pond. L Bob Vogel (vogel.r@comcast.net) L Leslie Carson (lrc929@comcast.net) CL Barry Young (Barry.young@comcast.net), R Barry Young (Barry.young@comcast.net)

(FT) (NM) (AN) Thursdays

Jun. 11. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm

every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

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Thu., Jun. 11. Mt. Tecumseh (hike), New Hampshire, White Mountains, NH. Climb Mt Tecumseh Trail from the Waterville Valley Ski area. Elevation gain: 2,200 feet. Distance 5 miles round trip. Moderate pace. L Anne Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com) CL Peggy Qvicklund (508-883-1623 before 9 pm, qvickan@comcast.net), R Peggy Qvicklund (Bellingham, MA, 508-883-1623 before 9 pm, qvickan@comcast.net)

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Fridays

Jun. 12. Loop Hike Moosilauke (El. 4,802 ft), New Hampshire, White Mountains, NH. Take in 360 degree views from the above tree line summit of this 4,000 footer to the Franconia Ridge, the Kinsmans and the Green Mountains of VT. A 9+ mile loop hike from Ravine Lodge trailhead over Gorge Brook and Asquam Ridge trails. The Appalachian Trail crosses the summit. This is a strenuous hike for experienced hikers. L Len Ulbricht (lenu44@gmail.com) CL Anne Duggan (abduggan12@gmail.com), R len ulbricht (lenu44@gmail.com)

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Sat., Jun. 13. Mt. Monadnock and Bald Rock, New Hampshire, Monadnock Region, NH. 5.5 mile loop on Mt. Monadnock and Bald Rock. L Maureen Kelly (mokol773@aol.com) CL John Pereira (774-473-8145 6-8:30 pm, johnpereira33@gmail.com), R John Pereira (774-473-8145 6-8:30 pm, johnpereira33@gmail.com)

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(AN) Sat., Jun. 13. Paddle Chase Garden Creek, Yarmouth Port, Chase Garden Creek, Yarmouth Port, Massachusetts, Southeast, MA. Paddle Chase Garden Creek & tributaries. See Greys & Chapin beaches, shellfish plant & Brays Farm. Stop for lunch. Roundtrip 7-8 mi. L Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com) CL jean orser (508-362-0451 before 8 pm, jeanorser@gmail.com)

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Wed., Jun. 17. Paddle - Harwich - Herring River North - Level 2, Massachusetts, Cape Cod, MA. Paddle - Harwich - Herring River North Meet at 10:00 am for 10:30 am Start. Put in on the south side of Rt. 28 at the Herring River (east bank). L Peter Selig (508-432-7675 x6, pandmselig@hotmail.com) CL pandmselig@hotmail.com (508-432-7656, pandmselig@hotmail.com), R pandmselig@hotmail.com (02633, Chatham, MA 02633, 508-432-7656, pandmselig@hotmail.com)

(FT) (NM) (AN) Thursdays

Jun. 18. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) (AN) Thu., Jun. 18. Thursday Morning Blue Hills Hike, Milton, MA, Massachusetts, Southeast, MA. A leisurely 4-5 mile hike in the Blue Hills starting at 10:00 AM. L Sue Chiavaroli (508-496-6452 7-9PM, brillo6452@yahoo.com)

Sat., Jun. 20. Paddle - Chatham - Oyster Pond - Level 2, Massachusetts, Cape Cod, MA. Paddle- Chatham - Meet at 10:00 am for 10:30 am start - Starting at Oyster Pond to Oyster River to Stage Harbor to Mitchell River to Mill Pond and return. Lunch at entrance of Stage Harbor. L Peter Selig (508-432-7656, pandmselig@hotmail.com) CL pandmselig@hotmail.com (508-432-7656, pandmselig@hotmail.com), R pandmselig@hotmail.com (02633, 508-432-7656, pandmselig@hotmail.com)

Sat., Jun. 20-20. Whitney and Thayer Woods, Massachusetts, Southeast, MA. What do giant boulders, a Nike missile site, a hermit's den, and American holly trees have in common? They can all be found at Whitney and Thayer Woods! This special Trustees of Reservations property and the adjacent Turkey Hill offer rocky trails, a brook, vernal pools, grasslands, and fine views. Rich in human and natural history, this Cohasset reserve is part of the largest tract of open space on the South Shore. Come enjoy its lovely trails in early summer when some of the rhododendrons will still be in bloom. We will be making some stops to study nature and history along the trails. Expect 5 miles of somewhat hilly terrain. Wear sturdy shoes and please bring water, snack, and raingear. Binoculars would be helpful. L Lorraine Rubinacci (lrubinacci@hotmail.com), R Lorraine Rubinacci (lrubinacci@hotmail.com)

(FT) (NM) (AN) Thursdays

Jun. 25. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes

(603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com),
R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

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(AN) Sat., Jun. 27. Paddle Follins/Mill Ponds, Dennis, Dennis, MA,
Massachusetts, Southeast, MA. Paddle Follins Pond to Weir Creek & if tide is
ok under bridge into Mill Pond passing Crab Creek Conservation area & back
to circumnavigate Follins Pond stopping on beach for lunch. 7-9 mi. L Paul
Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com), R Jean Orser
(508-362-0451 before 8 pm, jeanorser@gmail.com)

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(FT) (NM) (AN) Thursdays

Jul. 2. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike
the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every
Thursday night. Register once then show-n-go. L Michael Swartz
(swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506,
camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes
(603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com),
R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

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(AN) Wed., Jul. 8. Paddle Mashpee/Wakeby Ponds, Sandwich, Sandwich, MA,
Massachusetts, Southeast, MA. Circumnavigate 2 fresh water ponds for
about 7 mi with lunch on beach at end of Wakeby Pond. L Jean Orser
(508-362-0451 before 8 pm, jeanorser@mail.com) CL Paul Corriveau
(508-362-0451 before 8 pm, paulcorri@gmail.com)

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(FT) (NM) (AN) Thursdays

Jul. 9. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike
the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every
Thursday night. Register once then show-n-go. L Michael Swartz
(swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506,
camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes
(603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com),
R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

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(AN) Fri., Jul. 10-12. Hike the Carters and Wildcats, Pinkham Notch, NH,
New Hampshire, White Mountains, NH. Trip includes a Friday night at Joe
Dodge Lodge and Saturday night at the Carter Notch Hut. The Saturday and
Sunday hike is a total of 16 miles on Middle Carter, South Carter, Carter
Dome, Wildcat Mnt. and Wildcat D. Not recommended for inexperienced
hikes. Space is limited so register as soon as possible. L Walt Granda
(508-999-6038 Before 9:00 PM, wlgranda@aol.com) CL Len Ulbricht
(lenu44@gmail.com), R Walt Granda (508-999-6038 Before 9:00 pm,
wlgranda@aol.com)

Wed., Jul. 15. Leader's Choice Paddle, Cape Cod, Massachusetts, Cape Cod, MA. Probably Barnstable Harbor, weather permitting. L Ed Foster (508-420-7245, erfoster@comcast.net)

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(FT) (NM) (AN) Thursdays

Jul. 16. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

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(AN) Sat., Jul. 18. Paddle Swan Pond/River, Dennis, Dennis, Massachusetts, Southeast, MA. Paddle down Swan River to mouth on Nantucket Sound with lunch on beach and return circumnavigating Swan pond for 7-8 mi. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), R Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

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(FT) (NM) (AN) Thursdays

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! .
(FT) (NM) (AN) Thursdays

Jul. 30. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)



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Follow us on [Twitter](#)



The Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the AMC

July/August 2015

View From the Chair



Maureen Kelly, Chapter Chair

chair@amcsem.org

Dear SEM Members,

I hope you enjoy the summer weather and the beautiful locations that our area has to offer. Check out our activities [here](#).

SEM is looking to strengthen our communications team. If you enjoy working with social media, editing stories and getting the word out about our great SEM Chapter, contact the [Communication Chair](#) to see how you can help.

Let me know what you would like to see in The Breeze and how we can communicate our news and activities to you in a way that works for you. Email me anytime at chair@amcsem.org.

See you Outdoors!

2015 Executive Board

Chair	Maureen Kelly	Education Chair	Doug Griffiths
Chapter Vice Chair	Open	Education Vice Chair	Open
Secretary	John Pereira	Hiking Chair	Paul Miller
Treasurer	Patty Rottmeier	Hiking Vice Chair	Leslie Carson
Past Chapter Chair	Cheryl Lathrop	Membership Chair	Jodi Jensen
Biking Chair	Cheryl Washwell	Membership Vice Chair	Ed Miller
Biking Vice Chair	Open	Membership Vice Chair	Ellen Thompson
Cape Hiking Chair	Farley Lewis	Paddling Chair	Open
Cape Hiking Vice Chair	Peter Selig	Paddling Vice Chair	Ed Foster
Communications Chair	Gina Hurley	Skiing Chair	Barbara Hathaway
Communications Vice Chair	Open	Skiing Vice Chair	Open
Conservation Chair	Joshua Tefft	Trails Chair	Cathy MacCurtain
Conservation Vice Chair	Open	Trails Vice Chair	Wayne Anderson

Ad Hoc Committee Chairs and Other Chapter Contacts

Social Director	Open
Social Vice Chair	Open
Social Networking Moderator	Susan Mulligan
Webmaster	webmaster
Breeze Editor	Gina Hurley
Blast Editor	Gina Hurley
Short Notice Email List	snel.admin@amcsem.org

Contact Chapter Chair at chair@amcsem.org if you are interested in any open position.

Upcoming Executive Board Meetings: Sept. 9, Oct. 14, Nov. 11

**MARK YOUR CALENDARS——SAVE THE DATE
AMC Club-wide and SEM Chapter-wide Events**

COMMITTEE PLANNING MEETINGS

SEM QUARTERLY HIKE PLANNING MEETINGS (6:30pm)

Next meetings: 9/2, 12/2- Contact [Hiking Chair](#) for details.

SAVE THE DATE -- 2015 EVENTS

AMC [August Camp](#) (Jul 18-Aug15)

SEM [Chapter Hut Weekend](#), (Sep. 17-20, [Cold River Camp](#))

AMC [Fall Gathering](#) (Oct 17-18, Upstate New York)

SEM [Annual Meeting & Dinner](#) (Nov 7, [Salernos](#))

AMC Annual Summit (Jan 30, 2016)

SAVE THE DATE -- 2015 TRAINING

SEM ["Leave No Trace"](#) (Aug 15, Foxboro)

AMC [Wilderness Navigation 101](#) (Sep 12, [Joe Dodge Lodge](#))

AMC [Mountain Leadership School](#)

AMC [Adventure Travel Leadership Training](#) (Nov. 2015)

Upcoming Chapter Activities

**Click on the links below to see the up-to-date listings for
all of our activities.**

[Biking](#) | [Cape Hiking](#) | [Hiking](#) | [Paddle](#) | [Skiing](#) | [Trails](#)
[Conservation](#) | [Volunteering](#)

[Social](#) | [Education](#) | [Executive Committee](#)

[All SEM activities](#)

[All AMC activities](#)

Want SEM activities delivered right to your email inbox?

[Sign up for the AMC Activity Digest](#) or call 1-800-372-1758

Are you interested in volunteering?

We have something for everyone...Biking, Communications, Conservation, Education, Paddling, Skiing, and Social committees all need you! Contact the chapter chair at chair@amcsem.org to learn more about the opportunities that await you!

!

SEM's Chapter Hut Weekend Sept. 17-20 2015 Registration is Open!



!

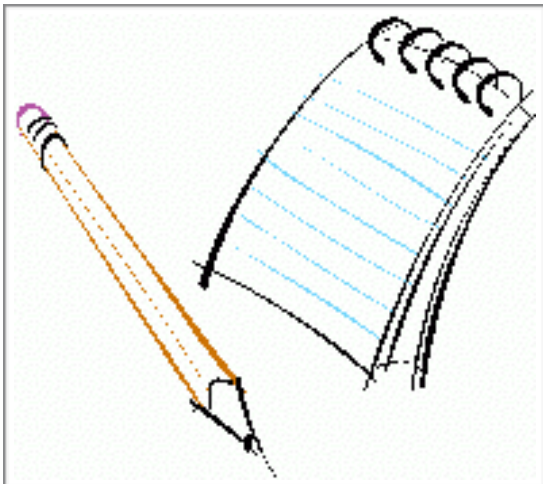
Mark your calendar for the 2015 SEM's Chapter Hut Weekend **Sept. 17-20**, returning to the comfortable AMC Cold River Camp in beautiful Evans Notch, NH. The weekend will feature a variety of hiking and other outdoor activities, plus wonderful meals and lots of socializing.

!

To register: Email Sandy Santilli ASAP and reserve your spot! smsantilli@comcast.net

!

!



Are you wondering what the SEM committees are doing? Read their monthly reports! This is a great way to stay informed and up to date on all of the outdoor activities of the SEM!



The Communication's Committee is looking for support developing the BREEZE newsletter. Do you like to write, edit, or publish? Do you want to help get information to the SEM membership? If so, we could use your help a few hours a month. Contact the Communications Chair at communicationschair@amcsem.org

!

!

!



Breeze Information

Pictures and Article Submissions

We encourage SEM members to submit articles and photos for both the Breeze and our website. Materials will be edited at the editor's discretion. Submissions must be copy ready. Title and credit

for all photos must be included. Send to breeze.editor@amcsem.org

Breeze Deadline

On the 15th of the preceding month.

Sign-up to receive the Breeze via email

Call 800-372-1758 or email amcinformation@outdoors.org

Where to find [Breeze newsletters](#) (current and past).

Photo courtesy of Gina Hurley.

!



!

News from the Biking Committee

By Cheryl Washwell

Bike Chair

!

May 3: Sunset/Full Flower Mood Ride

Flowers spring forth in abundance this month. Some Algonquin tribes knew this full Moon as the Corn Planting Moon or the Milk Moon. Our Flower Moon ride on May 3 was accompanied by a strong, cold and gusty wind mostly from the north and west - more of a November than May feeling - making the trip toward Buzzards Bay a challenge. But of course our hearty riders were up to the task knowing that the trip back would be a breeze. We had hoped to see a whale or two from the cliff in Sagamore, some herring in the herring run, and a gorgeous sunset. We opted to cut Mass Maritime from the trip and headed up to 3-Mile Outlook for sunset. The camaraderie of our crew and the beautiful moonrise were reward enough. Our regulars were joined by a new rider to our crew - Kate Jewett - welcome, Kate and hope to see you for more rides.

!



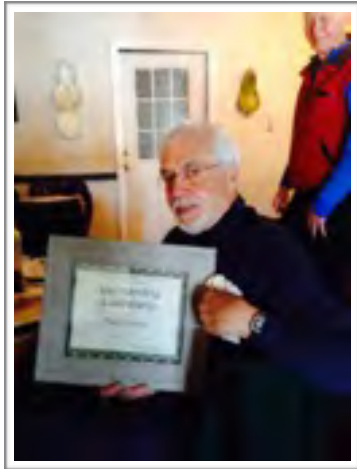
!

Photos courtesy of Jim Doherty. Riders - from left to right - Jack Jacobsen, Larry Decker, Paul Currier (leader), Bernie Meggison, Kate Jewett, and Linda Church. We were certainly not lacking for co-leaders on this trip!

Mother's Day Muffin Ride with Jodi Jensen: By Linda Church

On Mother's Day, nine cyclists took to the road starting in Wrentham in search of muffins. We rode up and down rolling hills and past wide open fields. As we breezed along the flats on that sunny day, we saw many horses along the way. About $\frac{3}{4}$ of the way thru the ride Phantom Farm appeared where we found the muffins. After eating and conversation the group saddled up and rode back to the parking lot where we said goodbyes until next time. Thanks to Jodi Jensen for leading the 28 mile muffin ride! Ride on!

!



!

!

The Biking Committee also presented an award to Paul Currier.

Photo courtesy of Cheryl Washwell

!

- Up and coming rides include two rides in July - a Blue Moon Month.
July 2 Buck Moon
July 31 Blue Moon

!

- Watch our website for details or contact me - paulbcurrier@comcast.net
- There are more people in training to become leaders and some returning! We have some very interesting rides coming up – stay tuned to the listings on our [website](#).
- We are always looking for leaders to share the great areas they like to ride or making a social event along with a ride. If you are interested in sharing your gifts please contact me. bikingchair@amcsem.org

Mt. Moosilauke Loop Hike **Friday, June 12, 2015** **By Len Ulbricht!**

! Leader: Len Ulbricht

Co-leader: Anne Duggan

Difficulty Rating: B (strenuous) for distance, C (average) for terrain

(Photo courtesy of Len Ulbricht)

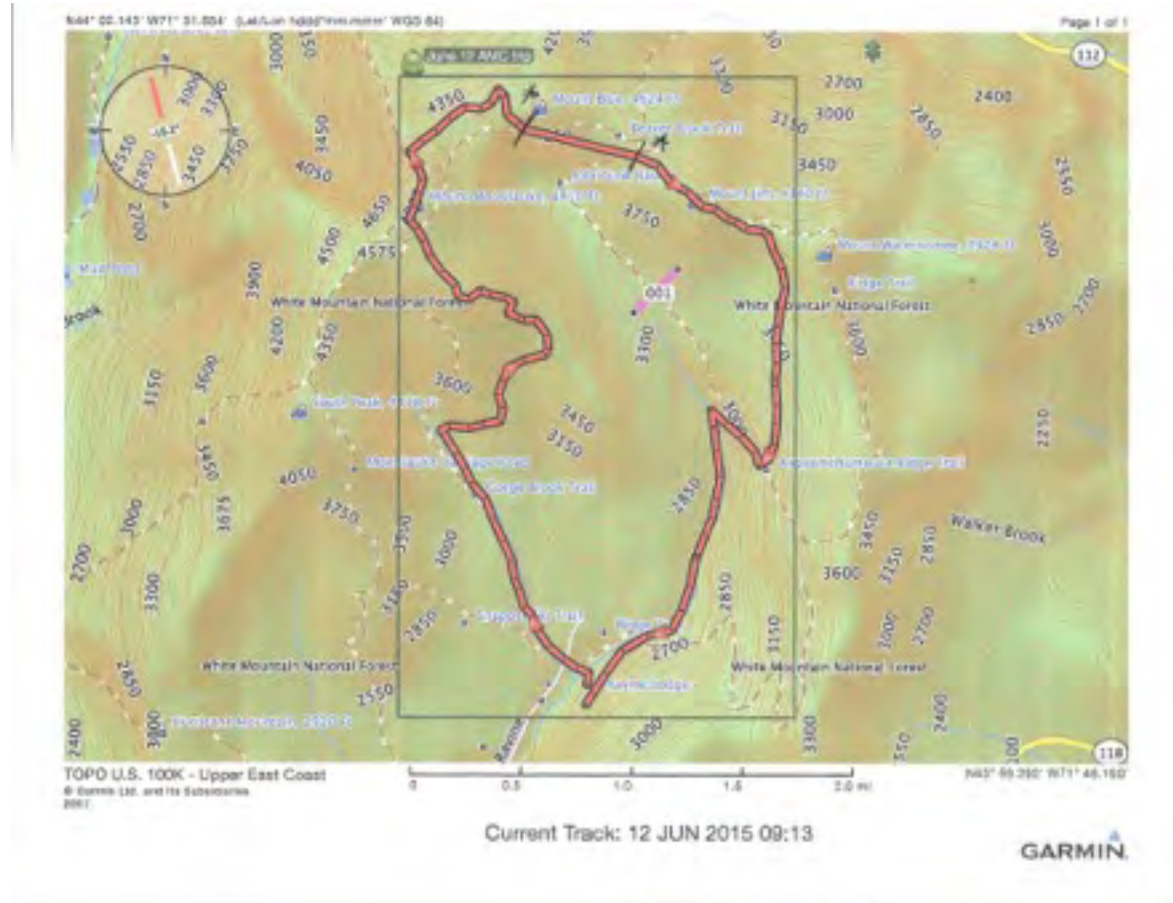
! This enjoyable loop hike is long at 9.3 miles but terrain is not overly difficult, even for the summit's 4802 ft elevation and an elevation change of about 2400 ft. The route starts at the Moosilauke Ravine Lodge off NH route 118 following the Gorge Brook trail to the summit, then loops around Jobildunk Ravine to return via the Beaver Brook (part of the AT) and Asquam Ridge trails. The trails are well maintained with stone steps in many places, easy switchbacks when needed and all river crossings bridged. There are signs of hurricane Irene damage and trail re-routing is still underway in spots. The Lodge, which is open to the public, and though part of the WMNF much of the mountain is property of the Dartmouth College Outing Club (See http://outdoors.dartmouth.edu/services/ravine_lodge/). There is ample roadside parking. Just the day before club members celebrated the opening of a newly built bunkhouse. (It's the Class of 65 bunkhouse should you inquire about accommodations.)

! Weather was perfect with temperature in the 70s, moderate humidity, a light NW breeze and high cloud cover filtering out the sun's heat, yet occasional pockets of blue sky allowed the sun to poke through every now and then. Six of us completed the hike in about 7 hours including a 40 minute lunch, rest and enjoy the view stop at the summit. Our 2 hour 40 minutes to the summit (book time is 3 hours) is indicative of easy terrain not fast hiking. On the ascent the roar of Gorge Brook accompanied us much of the way. At one point there was a large south facing view clearing giving uninterrupted sightline to Mt. Kineo, the ridge line of wind turbines in Rumney/Plymouth area, what looked like Mt Cardigan in the far distance, and rolling hills to the left and right. Just gorgeous. The treeless summit is well marked with cairns and we easily spotted the Franconia Notch ridge line and peaks beyond. To get relief from the cool wind hikers huddled behind several stone windbreaks, perhaps foundation remnants of a former mountaintop hotel. An AT through hiking couple (with dachshund) passed us on the summit. The



pretty return trip took us through dense and fragrant pine forest, over a couple of side peaks (Mts. Blue and Jim), sections of open forest understory with multiple stretches of emerald green moss and clintonia borealis wildflower carpeting the forest floor, and more roaring brook from the Baker River.

Track courtesy of Walt Granda. GPS hike time 7:05 hrs., ascent 2579 feet, distance 8.7 miles



Sign up to get all the latest AMC Club and Chapter wide news at the [AMC Member Center!](#) Don't miss out on all the outdoor fun!





Mt. Washington and the Alpine Garden

By Gina Hurley

If you have never walked through the Alpine Garden on Mt. Washington in June, put it on your "To Do" list. Although climbing Mt. Washington is always a great experience, adding an extra mile or so to stroll through the Alpine Garden is well worth it. We

recently did this. Starting on the Tuckerman's Ravine trail we hiked up to the Lion's Head trail, and then to the junction with the Alpine Garden trail. We took our time walking the 1.1 miles to the Huntington Ravine trail, snapping photos and enjoying the beautiful wild flowers nature had to offer. After hiking up the top of the Huntington Ravine trail to the Nelson Crag trail, we made it to the top of Mt. Washington. After a snack break, we headed down the Tuckerman's Ravine trail, back to the Lion's head trail, as part of Tuckerman's was still closed due to snow and ice. We took the lower part of Tuckerman's Ravine trail back to the parking lot. The hike was about 10 miles, and took us about 8 1/2 hours. A great day!



Top Left: Cairns leading the path on the Alpine Garden trail.
Above: Wild flowers in the Alpine Garden.
Photos courtesy of Gina Hurley



Beartown State Forest **INTERPRETIVE PROGRAM**

69 Blue Hill Road, P.O. Box 97, Monterey, MA 01245
(413) 528-0904

Appalachian Trail Hike & Community Picnic

Saturday July 25, 2015

FREE

Come celebrate Great Barrington's connection with the Appalachian Trail. Join DCR MassParks staff and Great Barrington Trails & Greenways partners on one of four separate hikes being offered.

Parking for the event will be offered at the main entrance for Beartown State Forest near the boat ramp on Benedict Pond Rd. in Monterey.

Hikers interested in joining us on one of two adventurous 7 mile hikes: south along the A.T. from Fernside Rd. OR north along the A.T. from Homes Rd, are asked to meet at Benedict Pond parking lot for 10:30am and will be shuttled to the starting points. **Space limited/Registration required: info@gbtrails.org**

A third moderate hike will be offered beginning at 2pm leaving from the parking lot where hikers will travel along the Benedict Pond Loop Trail and join the A.T. with a short climb to "The Ledges" for fantastic views.

A fourth all ages hike around the Benedict Pond Loop will begin at 2pm leaving from the parking lot.

After the hike join us for our community pot luck beginning at 5pm; bring your favorite picnic food to share.

Swimming & campfire provided.



photograph by Peter Robertson

Sponsored by: DCR MassParks, GB Trails & Greenways, Greenagers, AMC, & ATC.

Hiking registration is required! For hike, picnic or both, email: info@gbtrails.org

For more information please visit <http://www.gbtrails.org> or CALL 413-528-0904

In the event of rain or significant weather the event will be cancelled.



Coming Event

Department of Conservation and Recreation, Massachusetts State Parks

WE WANT YOU IN AMC OUTDOORS!

! Our chapters work hard and play hard! We have two special opportunities coming up to showcase AMC's chapters in the pages of our member magazine.

! **1.** The first is our **21st ANNUAL PHOTO CONTEST**, coming this summer from *AMC Outdoors*. This is the contest you know and love, showcasing your gorgeous photography, with a couple of twists. We're adding a new category in 2016: Recreation Close to Home, focused on the adventures you find in the parks, preserves, and bike paths in your own neck of the woods, throughout the entire AMC region.

! We're also upping the ante with a competitive contest pitting chapter against chapter, Maine against Mohawk Hudson: The recipient of our new **Chapter Award**, delivered to the chapter with the highest percentage of participation in the contest, will win a customized photography workshop with the staff of *AMC Outdoors*. For details, including the contest's summertime launch date, stay tuned to outdoors.org/photocontest.

! **2.** Are your creative juices flowing? Good! For our November/December 2015 issue, we're aiming to capture **48 HOURS IN THE LIFE OF AMC**, from the volunteer-managed camps to chapter activities to the trails to the rivers to the huts to YOP to—well, you get the idea. The 48 hours in question will be **Friday, August 7 through Saturday, August 8**, and we want to gather every photo, every paddle, every summit, and every quiet moment of reflection from that 48-hour period that you're willing to share.

! We'll weave all of this rich material from all of our many constituents—members, volunteers, board, staff, and beyond—into one epic timeline conveying just how awesome this club is and how truly proud of it we are. We'll be reaching out to chapter leaders soon to enlist your help. We're eager to showcase all of your excellent efforts to work together on these projects celebrating AMC! Stay tuned!!

! Jennifer Wehunt, editor in chief (jwehunt@outdoors.org)

Marc Chalufour, senior editor (mchalufour@outdoors.org)

Ryan Smith, managing editor (rsmith@outdoors.org)

2015 FALL GATHERING

YMCA Camp Chingachgook • Lake George, New York
Hosted by the Mohawk Hudson Chapter
October 16-18, 2015



Join us for a weekend on scenic Lake George in the Adirondacks! Choose from a variety of activities including cycling local bike paths, paddling the coves, hiking summits, relaxing by the lake, and much more. Start planning your fall adventure at outdoors.org/fallgathering today!

SOUTHEASTERN MASSACHUSETTS ANNOUNCEMENTS AND ACTIVITIES

AMC SEM is always looking for volunteers to volunteer a little or a lot. Contact the chapter chair at chair@amcsem.org if you'd like to volunteer. We have outdoorsy opportunities (e.g., leading a hike); we also have indoorsy opportunities (e.g., web work, arranging events). Something for everyone!

Activities

HIKING KEY

Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy). FT=First Timer; NM = New Member; AN = Advance Notice; C = Conservation

(FT) (NM) (AN) Thursdays

Jul. 2. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)
Thursdays

Jul. 2. Thur July 2 - Sunset and Full Buck Moon Ride, Massachusetts, Cape Cod, MA. Bucks begin to grow new antlers at this time. This full Moon was also known as the Thunder Moon, because thunderstorms are so frequent during this month. We'll ride from Sagamore Recreation Area (mainland side) into Sagamore Highlands with a stop at Peaked Cliff for a peek at Provincetown in the distance. Return to the recreation area and along the canal to Buzzards Bay for sunset at MMA or on Three Mile Outlook. Then back along the canal for a spectacular moonrise over the Sagamore Bridge. - 22+/- Miles/ 2 +/- hours. Flats & Hills. Contact leader for further information. Ride starts around two hours before sunset. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

!

Tuesdays

Jul. 7. Tuesday Evening Cycling, Massachusetts, Cape Cod, MA. Nothing is much nicer than Tuesday evening cycling on a warm summer evening - so let's ride again! Rides will mostly be in Dennis, Chatham, Sandwich, Bourne, Falmouth, Hyannis, and Mashpee. Our intermediate-paced road cycling (22+ Miles/ 2+ Hours: C2C & C2B) includes views of and occasional stops at known and lesser-known unique and interesting spots. Contact Paul Currier for start time & place: paulbcurrier@comcast.net or call 508-833-2690 daily until 7PM. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

!

(AN) Wed., Jul. 8. Paddle Mashpee/Wakeby Ponds, Sandwich, Sandwich, MA, Massachusetts, Southeast, MA. Circumnavigate 2 fresh water ponds for about 7 mi with lunch on beach at end of Wakeby Pond. L Jean Orser (508-362-0451 before 8 pm, jeanorser@mail.com) CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

!

(FT) (NM) (AN) Thursdays

Jul. 9. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes

(603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com),
R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

! .
(AN) Fri., Jul. 10-12. Hike the Carters and Wildcats, Pinkham Notch, NH,
New Hampshire, White Mountains, NH. Trip includes a Friday night at Joe
Dodge Lodge and Saturday night at the Carter Notch Hut. The Saturday and
Sunday hike is a total of 16 miles on Middle Carter, South Carter, Carter
Dome, Wildcat Mnt. and Wildcat D. Not recommended for inexperienced
hikes. Space is limited so register as soon as possible. L Walt Granda
(508-999-6038 Before 9:00 PM, wlgranda@aol.com) CL Len Ulbricht
(lenu44@gmail.com), R Walt Granda (508-999-6038 Before 9:00 pm,
wlgranda@aol.com)

! .
Tuesdays

Jul. 14. Tuesday Evening Cycling, Massachusetts, Cape Cod, MA. Nothing is
much nicer than Tuesday evening cycling on a warm summer evening - so
let's ride again! Rides will mostly be in Dennis, Chatham, Sandwich, Bourne,
Falmouth, Hyannis, and Mashpee. Our intermediate-paced road cycling (22+
Miles/ 2+ Hours: C2C & C2B) includes views of and occasional stops at
known and lesser-known unique and interesting spots. Contact Paul Currier
for start time & place: paulbcurrier@comcast.net or call 508-833-2690 daily
until 7PM. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

! .
Wed., Jul. 15. Leader's Choice Paddle, Cape Cod, Massachusetts, Cape Cod,
MA. Probably Barnstable Harbor, weather permitting. L Ed Foster
(508-420-7245, erfoster@comcast.net)

! .
(FT) (NM) (AN) Thursdays

Jul. 16. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA.
Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm
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(swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506,
camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes
(603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com),
R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

! .
(FT) (NM) Sat., Jul. 18. ELL/Long Pond Hike, Hopkington, RI, Rhode Island,
RI. A hike along the Narragansett Trail to the cliff that over looks Long Pond.
! Sue Chiavaroli (508-496-6452, brillo6452@yahoo.com)

! .
(AN) Sat., Jul. 18. Paddle Swan Pond/River, Dennis, Dennis, Massachusetts,
Southeast, MA. Paddle down Swan River to mouth on Nantucket Sound with
lunch on beach and return circumnavigating Swan pond for 7-8 mi. L Jean

Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), R Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Sat., Jul. 18-19. Backpack Series #2, New Hampshire, Monadnock Region, NH. Second in the series, this backpack follows the Monadnock-Sunapee Greenway Trail (MSGT) starting from north of the town of Washington to the summit of Mt. Sunapee. On day one, after spotting cars, we will hike 4.4 miles passing over Kittredge Hill (elev. 2140') to the shelter where we will camp for the night. On day two, we will hike 5.5 miles to the summit of Mt. Sunapee (elev. 2743') along the Sunapee Ridge then down another 2.4 miles to the parking lot and our cars. Total mileage 12.3 miles. Preference is given to those who attended the Backpack Workshop and/or participated in Backpack #1. Participants can share gear, if needed (tents, stoves, water filters). L Leslie Carson (lrc929@comcast.net) L Bob Vogel (vogel.r@comcast.net) CL Joshua Tefft (tefft9wes@aol.com), R Joshua Tefft (401-212-7463 Before 9 pm, tefft9wes@aol.com)

Sat., Jul. 18-18. Head of Westport River/ Dartmouth Ride, Massachusetts, Southeast, MA. Join us for a beautiful mid-summer ride through Westport & Dartmouth, MA. We will start & end at the Head of the Westport River. The ride will take us by farms, farm stands, an orchard, conservation land & through Russells Mills village. This intermediate level ride is estimated length 24-28 miles on mostly rural roads, & includes some rolling hills, 2- 2 1/2 hours riding time. We will have lunch on the river bank at the end of the ride, pack your own or purchase from the store across the street (sandwiches, ice cream, lemonade). Bike helmet required. 2 bottles of water, sunscreen & bike tube & pump recommended. L Jeannine Audet (508-493-8221 Weekdays after 6:00 pm; weekends anytime, milmod@aol.com) CL Cheryl Washwell (774-259-4535)

Tuesdays

Jul. 21. Tuesday Evening Cycling, Massachusetts, Cape Cod, MA. Nothing is much nicer than Tuesday evening cycling on a warm summer evening - so let's ride again! Rides will mostly be in Dennis, Chatham, Sandwich, Bourne, Falmouth, Hyannis, and Mashpee. Our intermediate-paced road cycling (22+ Miles/ 2+ Hours: C2C & C2B) includes views of and occasional stops at known and lesser-known unique and interesting spots. Contact Paul Currier for start time & place: paulbcurrier@comcast.net or call 508-833-2690 daily until 7PM. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

(FT) (NM) (AN) Thursdays

Jul. 23. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm

every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

Sun., Jul. 26-26. The Bridgewater Ride, Massachusetts, Southeast, MA. 25 miles mostly on secondary roads with an average maintain speed of 11/12 miles. One stop at Bridgewater University for a snack. L Claire Braye (508-857-0320 7:00 PM- 9:00 PM)

Tuesdays

Jul. 28. Tuesday Evening Cycling, Massachusetts, Cape Cod, MA. Nothing is much nicer than Tuesday evening cycling on a warm summer evening - so let's ride again! Rides will mostly be in Dennis, Chatham, Sandwich, Bourne, Falmouth, Hyannis, and Mashpee. Our intermediate-paced road cycling (22+ Miles/ 2+ Hours: C2C & C2B) includes views of and occasional stops at known and lesser-known unique and interesting spots. Contact Paul Currier for start time & place: paulbcurrier@comcast.net or call 508-833-2690 daily until 7PM. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

(FT) (NM) (AN) Thursdays

Jul. 30. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

Fridays

Jul. 31. Fri July 31 - Sunset & Full Blue Moon Ride, Massachusetts, Cape Cod, MA. Contrary to popular belief, a blue moon is not actually blue in color. Blue moon is a term that is used to describe the third full moon of a season that has four full moons. A year has four seasons - Spring, Summer, Fall (Autumn), and Winter - with three months and three full moons each. When one of the seasons in a year has four full moons, instead of the usual three, the third full moon is called a blue moon. These days, the second full moon in a calendar month is also often referred to as a blue moon. This particular use was popularized due to a misinterpretation in a 1946 article in Sky and Telescope magazine. Such blue moons occur rather frequently - at least once every two or three years. The next such blue moon will occur on July 31, 2015. We'll ride from Sandwich Recreation Area at the end of Freezer Road

in Sandwich to Monument Beach and return along Shore Road and through Gray Gables and Mashpee Island for sunset at Tidal Flats Recreation Area across the canal from MMA. Return along the canal with a stop - maybe - at the RR Bridge for the Energy Train and Aptuxet Trading Post/ President Cleveland's personal railroad station. 22+/- Miles/ 2 +/- hours. Mostly flat - a couple of hills. Contact leader for further information. Ride starts around two hours before sunset. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

! Tuesdays

Aug. 4. Tuesday Evening Cycling, Massachusetts, Cape Cod, MA. Nothing is much nicer than Tuesday evening cycling on a warm summer evening - so let's ride again! Rides will mostly be in Dennis, Chatham, Sandwich, Bourne, Falmouth, Hyannis, and Mashpee. Our intermediate-paced road cycling (22+ Miles/ 2+ Hours: C2C & C2B) includes views of and occasional stops at known and lesser-known unique and interesting spots. Contact Paul Currier for start time & place: paulbcurrier@comcast.net or call 508-833-2690 daily until 7PM. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

! (FT) (NM) (AN) Thursdays

Aug. 6. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

! Fri., Aug. 7-9. Hike the Bonds in August (Fri-Sun), New Hampshire, White Mountains, NH. Three days hiking to summit the Bonds, the Twins and Galehead with both Friday and Saturday overnights at Galehead Hut. Breakfast and dinner included. Moderate pace, portions above tree line, spectacular views. Bag six 4,000 footers. Experienced hikers only. Must be able to hike up to 12 miles a day with elevation gain. Register no later than June 30. L Len Ulbricht (lenu44@gmail.com) CL Walt Granda (wlgranda@aol.com), R Len ulbricht (lenu44@gmail.com)

! Tuesdays

Aug. 11. Tuesday Evening Cycling, Massachusetts, Cape Cod, MA. Nothing is much nicer than Tuesday evening cycling on a warm summer evening - so let's ride again! Rides will mostly be in Dennis, Chatham, Sandwich, Bourne, Falmouth, Hyannis, and Mashpee. Our intermediate-paced road cycling (22+ Miles/ 2+ Hours: C2C & C2B) includes views of and occasional stops at

known and lesser-known unique and interesting spots. Contact Paul Currier for start time & place: paulbcurrier@comcast.net or call 508-833-2690 daily until 7PM. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

! .
(FT) (NM) (AN) Thursdays

Aug. 13. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

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(C) Sat., Aug. 15-15. Leave No Trace Trainer (1 day course), Chapel Meeting House 56 Mill Street, Foxboro, MA, Massachusetts, Southeast, MA. This Leave No Trace Trainer course is a 2-day course jam packed into one FULL day. The course will go over the 7 LNT principles and more, with on the trail and classroom exercises. Participants who complete the course will be able to teach workshops and other forms of LNT awareness (e.g. on the trail). Lunch and refreshments will be provided. The cost is \$65/person. Register by July 12th, or sooner! Space is limited! Chapel Meeting House 56 Mill Street, Foxboro, MA 02035. L Joshua Tefft (401-212-7463, conservationchair@amcsem.org) CL Joshua Tefft (401-212-7463, conservationchair@amcsem.org)

! .
Tuesdays

Aug. 18. Tuesday Evening Cycling, Massachusetts, Cape Cod, MA. Nothing is much nicer than Tuesday evening cycling on a warm summer evening - so let's ride again! Rides will mostly be in Dennis, Chatham, Sandwich, Bourne, Falmouth, Hyannis, and Mashpee. Our intermediate-paced road cycling (22+ Miles/ 2+ Hours: C2C & C2B) includes views of and occasional stops at known and lesser-known unique and interesting spots. Contact Paul Currier for start time & place: paulbcurrier@comcast.net or call 508-833-2690 daily until 7PM. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

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(FT) (NM) (AN) Thursdays

Aug. 20. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

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Sat., Aug. 22. Mt. Eisenhower/Mt. Pierce Hike, New Hampshire, White Mountains, NH. This 10.5-mile loop hike will take us to the summits of Mt. Eisenhower (4,780') and Mt. Pierce (4,311'). L Maureen Kelly (moke1773@aol.com) CL John Pereira (774-473-8145 6-8:30 pm, johnpereira33@gmail.com), R John Pereira (774-473-8145 6-8:30 pm, johnpereira33@gmail.com)

!

(AN) Sat., Aug. 22. Zealand Falls/Hut Hike, New Hampshire, White Mountains, NH. This 5.6 mile hike takes you along a stream, over wooden bridges, past beaver meadows, ponds, and eventually to Zealand Falls. This hike is relatively easy, following the bed of an old railroad for most of the hike. If the group wishes, we can go up to the hut that is a steep 0.1 mile steep climb. L Sue Chiavaroli (508-496-6452 7-10PM, brillo6452@yahoo.com) CL Nancy Coote (508-596-8222 7-9PM, cranstonstreet22@gmail.com), R Sue Chiavaroli (505-496-6452 7-9PM, brillo6452@yahoo.com)

!

(C) (FT) (NM) Sun., Aug. 23. Allens Pond Hike, Westport, MA, Massachusetts, Southeast, MA. We'll take a leisurely 7-mile hike through Allens Pond in Westport. The hike will provide the opportunity to enjoy various ecosystems: coastal, wetland and woodland. For those who love bird watching, bring your binoculars because the sanctuary has recorded over 300 species. A pre-hike breakfast will take place for those who would like to join. L Walt Granda (wlgranda@aol.com) CL John Pereira (774-473-8145 6:00 to 8:30 P.M., Johnpereira33@gmail.com), R John Pereira (774-473-8145 6:00 to 8:30 P.M., Johnpereira33@gmail.com)

!

Tuesdays

Aug. 25. Tuesday Evening Cycling, Massachusetts, Cape Cod, MA. Nothing is much nicer than Tuesday evening cycling on a warm summer evening - so let's ride again! Rides will mostly be in Dennis, Chatham, Sandwich, Bourne, Falmouth, Hyannis, and Mashpee. Our intermediate-paced road cycling (22+ Miles/ 2+ Hours: C2C & C2B) includes views of and occasional stops at known and lesser-known unique and interesting spots. Contact Paul Currier for start time & place: paulbcurrier@comcast.net or call 508-833-2690 daily until 7PM. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

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(FT) (NM) (AN) Thursdays

Aug. 27. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506,

camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) (AN) Thursdays

Sep. 3. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) (AN) Thursdays

Sep. 10. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)



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The Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the AMC

September 2015

View From the Chair



Maureen Kelly, Chapter Chair

chair@amcsem.org

!

What a great summer with lots of outdoor fun!

I want to thank all of our paddling, biking and hiking leaders for offering wonderful activities this summer in the outdoors.

Are you joining us at Chapter Hut Weekend this year at Cold River Camp? We have a couple of spots left and would love to have you join us. It's a fun and relaxing weekend with old and new friends in the White Mountains of New Hampshire. See the registration information on our homepage www.amcsem.org.

As we begin to feel cooler evenings and see bright colors in the trees, be sure to check out our many upcoming [Fall Activities](#).

!

See you Outdoors!

!

2015 Executive Board

Chair	Maureen Kelly	Education Chair	Doug Griffiths
Chapter Vice Chair	Open	Education Vice Chair	Open
Secretary	John Pereira	Hiking Chair	Paul Miller
Treasurer	Patty Rottmeier	Hiking Vice Chair	Leslie Carson
Past Chapter Chair	Cheryl Lathrop	Membership Chair	Jodi Jensen
Biking Chair	Cheryl Washwell	Membership Vice Chair	Ed Miller
Biking Vice Chair	Open	Membership Vice Chair	Ellen Thompson
Cape Hiking Chair	Farley Lewis	Paddling Chair	Open
Cape Hiking Vice Chair	Peter Selig	Paddling Vice Chair	Ed Foster
Communications Chair	Gina Hurley	Skiing Chair	Barbara Hathaway
Communications Vice Chair	Open	Skiing Vice Chair	Open
Conservation Chair	Joshua Tefft	Trails Chair	Cathy MacCurtain
Conservation Vice Chair	Open	Trails Vice Chair	Wayne Anderson

Ad Hoc Committee Chairs and Other Chapter Contacts

Social Director	Open
Social Vice Chair	Open
Social Networking Moderator	Susan Mulligan
Webmaster	webmaster
Breeze Editor	Gina Hurley
Blast Editor	Gina Hurley
Short Notice Email List	snel.admin@amcsem.org

Contact Chapter Chair at chair@amcsem.org if you are interested in any open position.

Upcoming Executive Board Meetings: Sept. 9, Oct. 14, Nov. 11

**MARK YOUR CALENDARS——SAVE THE DATE
AMC Club-wide and SEM Chapter-wide Events**

COMMITTEE PLANNING MEETINGS

SEM QUARTERLY HIKE PLANNING MEETINGS (6:30pm)

Next meetings: 9/2, 12/2- Contact [Hiking Chair](#) for details.

SEM CAPE HIKE, PADDLE, BIKE PLANNING MEETINGS (contact [activity chair](#))

SAVE THE DATE -- 2015 EVENTS

SEM [Chapter Hut Weekend](#), (Sep. 17-20, [Cold River Camp](#))

AMC [Fall Gathering](#) (Oct 17-18, Upstate New York)

SEM [Annual Meeting & Dinner](#) (Nov 7, [Salernos](#))

AMC Annual Summit (Jan 30, 2016)

SAVE THE DATE -- 2015 TRAINING

AMC [Wilderness Navigation 101](#) (Sep 12, [Joe Dodge Lodge](#))

AMC [Mountain Leadership School](#)

AMC [Adventure Travel Leadership Training](#) (Nov. 2015)

Upcoming Chapter Activities

**Click on the links below to see the up-to-date listings for
all of our activities.**

[Biking](#) | [Cape Hiking](#) | [Hiking](#) | [Paddle](#) | [Skiing](#) | [Trails](#)
[Conservation](#) | [Volunteering](#)

[Social](#) | [Education](#) | [Executive Committee](#)

[All SEM activities](#)

[All AMC activities](#)

Want SEM activities delivered right to your email inbox?

[Sign up for the AMC Activity Digest](#) or call 1-800-372-1758

Are you interested in volunteering?

We have something for everyone...Biking, Communications, Conservation, Education, Paddling, Skiing, and Social committees all need you! Contact the chapter chair at chair@amcsem.org to learn more about the opportunities that await you!

!

SEM's Chapter Hut Weekend Sept. 17-20 2015 Registration Now!

!

Contact Sandy to register. smsantilli@comcast.net



!

Mark your calendar for the 2015 SEM's Chapter Hut Weekend **Sept. 17-20**, returning to the comfortable AMC Cold River Camp in beautiful Evans Notch, NH. The weekend will feature a variety of hiking and other outdoor activities, plus wonderful meals and lots of socializing.

!

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!

Annual Picnic for the Red Line Blue Hills Hikers By Nancy Coote



!

On Thursday, July 9, the annual picnic for the Red Line the Blue Hills (RLBH) hikers was held at Houghton's Pond in Milton. Many enjoyed an early, pre-picnic hike and dip in the pond. As usual we BBQ'd and enjoyed all the pot luck fixings, conversation, and laughter brought by everyone. Thank you to all who attended and made it a fun event.



!

The Communication's Committee is looking for support developing the BREEZE newsletter. Do you like to write, edit, or publish? Do you want to help get information to the SEM membership? If so, we could use your help a few hours a month. Contact the Communications Chair at communicationschair@amcsem.org

!

Breeze Information

Pictures and Article Submissions

We encourage SEM members to submit articles and photos for both the Breeze and our website. Materials will be edited at the editor's discretion. Submissions must be copy ready. Title and credit for all photos must be included. Send to breeze.editor@amcsem.org

Breeze Deadline

On the 15th of the preceding month.

Sign-up to receive the Breeze via email

Call 800-372-1758 or email amcinformation@outdoors.org

Where to find [Breeze newsletters](#) (current and past).



! !
Meet Ray Anderson: Some of you may remember Ray. He is one of our hikers. He also was a regular columnist for the Breeze. Along with hiking, writing is one of his passions. You can enjoy his writing [here](#).
!



! !
Sign up to get all the latest AMC Club and Chapter wide news at the AMC [Member Center](#)! Don't miss out on all the outdoor fun!
!



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AMC Fall Gathering
By Sam Jamke

!

AMC's 2015 Fall Gathering is being hosted by the Mohawk Hudson Chapter and is being held on beautiful Lake George in NY State, **October 16-18**. If you have never attended a Gathering, let me tell you all about this Club-wide annual event and the spectacular venue for this year's special weekend. All of AMC's chapters take turns hosting this fun event to which all AMCers, friends and family are welcome. It is a great opportunity for each chapter to showcase hikes, bike rides, cultural sites and other activities in their area, with trips all led by the chapter's experienced leaders. The Fall Gathering is also a great way to meet AMCers from across the club. I know many people who have maintained friendships with folks they met at a Fall Gathering—even across our whole region!

So what goes on at the annual Fall Gathering? There are numerous activities offered to attendees each day – hikes, bikes, and other outings. Nighttime brings concerts, special speakers, dancing and campfires. (You might be able to sneak in a swim or a paddle, too.) The area around Lake George offers endless possibilities for great outings, including a couple of mountains right next to the camp.

For those of you that are interested in Club governance, the Fall Gathering also hosts meetings of Club-wide committees, like Chapters Committee, Outdoor Leadership Development Committee, Conservation Committee and other special interest groups, like Young Members. These meetings are open to all AMC members who are interested.

So why come this year, you ask? Because Camp Chingachgook is a fabulous location on Lake George! Mohawk Hudson hosted the 2006 Spring

Gathering there and it was one of the prettiest venues I have ever been to. Hopefully they can arrange the same spectacular weather, too. Check out the [website](#) for information on planned activities and for registration information. I hope I will see you there!

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AMC's 21st Annual Photo Contest – and All-New Chapter Award!

Our annual photo contest is underway—with a new twist! As always, you can enter for a chance to win great outdoor gear prizes and, new this year, your entry will also help your chapter compete for the Chapter Award. The chapter with the greatest level of participation (as of the close of the contest, on September 30) will receive a **customized outdoor photography workshop** conducted by AMC Outdoors staff. The winner will be determined by the highest number of entries as a percentage of total chapter membership. Enter today at www.outdoors.org/photocontest and encourage your friends to join you!



! !

2014 Grand Prize winner "Star Trails Over Greenleaf"
by Stephen Fabricius, Maine Chapter

!

SOUTHEASTERN MASSACHUSETTS ANNOUNCEMENTS AND ACTIVITIES

AMC SEM is always looking for volunteers to volunteer a little or a lot. Contact the chapter chair at chair@amcsem.org if you'd like to volunteer. We have outdoorsy opportunities (e.g., leading a hike); we also have indoorsy opportunities (e.g., web work, arranging events). Something for everyone!

Activities

HIKING KEY

Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy). FT=First Timer; NM = New Member; AN = Advance Notice; C = Conservation

Wed., Sep. 2-2. Paddle Child's River and Waquoit Bay, Massachusetts, Cape Cod, MA. Paddle down the Child's River into Waquoit Bay and possibly Hamblin Pond. Arrive no later than 10:15 for a 10:30 departure. Bring lunch and water. PFD's are required, spray skirts may be necessary if conditions are windy/rough. L Bill Fischer (508-420-4137, wmbarbarafischer@comcast.net)

(FT) (NM) (AN) Thursdays

Sep. 3. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camacurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Sat., Sep. 5. AMC/SEM - INTRO HIKING SERIES - BLUE HILLS, Blue Hills, Massachusetts, Boston Area, MA. AMC/SEM - INTRO HIKING SERIES - BLUE HILLS This series of five hikes is for those who are new or interested in getting back into hiking. For those unfamiliar with the Blue Hills, or who only know a small section of the 250 miles of hiking trails

available, this is also a good way to broaden your experience of the Reservation. Each hike builds on a prior hike to increase stamina with increasing distance, elevation, challenging trails or a combination of those features. There is no requirement to commit to every hike but hiking regularly with the group also provides an opportunity to become acquainted with others who share your love of being outdoors. In order to accommodate busy schedules we will start all the hikes at 8:30 a.m. Intro Series Hike Dates: September 5, 2015 September 19, 2015 October 3, 2015 October 31, 2015 November 14, 2015 Leader: Cathy MacCurtain Co-Leader: Pat Achorn Intro Hike # 1 - Ponkapoag Pond The hike around the Ponkapoag Pond is 5 miles with easy terrain. Dress in layers. Bring 16 oz of water, snacks and sturdy footwear. Heavy rain cancels. L Catherine MacCurtain (781-848-9506 Before 9:00 p.m., camacurtain@aol.com) CL Patricia-Lee Achorn (plachorn@me.com), R Patrica-Lee Achorn (plachorn@me.com)

Sat., Sep. 5. Paddle Swan Pond/River, Dennisport, Massachusetts, Cape Cod, MA. Paddle down river to mouth on Nantucket Sound & along coast if not too windy. Lunch on beach. Return & circumnavigate pond. PFD required, bring spray skirt for windy conditions, bring lunch. REGISTRATION REQUIRED. L Jean Orser (jeanorser@gmail.com)

Wed., Sep. 9. Paddle Chase Garden Creek, Yarmouth Port, Massachusetts, Southeast, MA. Paddle Chase Garden Creek & tributaries Judahs & White's Brook; see Bray Farm, shell processing plant & Chapin Beach for 7-8 miles with a stop for lunch. Wear PFD, bring spray skirt (for windy conditions) & lunch. REGISTRATION REQUIRED. L Paul Corriveau (paulcorri@gmail.com) L Jean Orser (jeanorser@gmail.com), R Jean Orser (jeanorser@gmail.com)

(FT) (NM) (AN) Thursdays

Sep. 10. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camacurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

Sat., Sep. 12-13. Cycling Martha's Vineyard-Overnight, Massachusetts, Cape Cod, MA. Join us for a weekend on the Vineyard. Enjoy two days cycling (approximately 40 miles/day) and stay one night at the hostel. We will take the early ferry from Wood's Hole Saturday morning to Vineyard Haven, stopping at the Farmer's Market in W. Tisbury and then spend the day

cycling to Aquinnah. We will take the bus from the hostel to Menemsha for dinner Saturday evening and watch the sunset. On Sunday, we will leave the hostel and head to the flatter east side of the island including Edgartown. We will return Sunday on the later afternoon ferry from Oak Bluffs. This ride is for strong cyclists who are comfortable riding on the roads as well as bike trails. Cost does not include lunches or dinner or ferry transportation (\$25 round trip). All cyclists must have helmet, water, and spare inner tube. Limited to 12 cyclists. Contact Jodi Jensen for more information. L Jodi Jensen (781-249-8346, jodiajensen@gmail.com), R Jodi Jensen (781-249-8346, jodiajensen@gmail.com)

! .
Sat., Sep. 12-12. Leader's Choice Paddle, Massachusetts, Cape Cod, MA. If winds are favorable we'll paddle into Hall's Creek, Hyannisport. Otherwise Barnstable Harbor. Arrive no later than 10:15 for a 10:30 departure. Bring water and lunch. PFDs are required, spray skirts may be necessary depending on wind/water conditions. L Ed Foster (508-420-7245, erfoster@comcast.net)

! .
Wed., Sep. 16. Paddle Oyster Pond/River, Chatham, Massachusetts, Cape Cod, MA. Paddle Oyster Pond/River, Stage Harbor, Mitchel River to Mill Pond stopping for lunch and return. Wear PFD, bring spray skirt in case it becomes windy, bring lunch. REGISTRATION REQUIRED. L Jean Orser (jeanorser@gmail.com) L Paul Corriveau (paulcorri@gmail.com)

! .
(FT) (NM) Thu., Sep. 17-20. Chapter Hut Weekend 2015, AMC Cold River Camp, New Hampshire, White Mountains, NH. Mark your calendar for the 2015 Southeastern Mass. Chapter Hut Weekend, now returning to the comfortable AMC Cold River Camp in beautiful Evans Notch, NH. The weekend will feature a variety of hiking and other outdoor activities at nearby venues, plus wonderful meals and lots of socializing. L Maureen Kelly (moke1773@aol.com), R Sandy (smsantilli@comcast.net)

! .
(FT) (NM) (AN) Thursdays

Sep. 17. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camacurrtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

! .
(FT) (NM) Sat., Sep. 19. AMC/SEM - INTRO HIKING SERIES - BLUE HILLS, Blue Hills, Massachusetts, Boston Area, MA. Intro Hike # 2 - Braintree Path

Pass The hike around the Braintree Path Pass loop is 5.8 miles with easy terrain. Dress in layers. Bring 16 oz water, snacks and sturdy footwear. Heavy rain cancels. L Catherine MacCurtain (781-848-9506 Before 9:00 p.m., camaccurtain@aol.com) CL Patricia-Lee Achorn (plachorn@me.com), R Patrica-Lee Achorn (plachorn@me.com)

Sat., Sep. 19. Paddle Mashpee/Wakeby Ponds, Sandwich, Massachusetts, Central, MA. Paddle 2 fresh water ponds with lunch on beach at end of Wakeby Pond & return for about 7 miles total. Wear PFD, bring spray skirt in case conditions become windy, bring lunch. REGISTRATION REQUIRED. L Jean Orser (jeanorser@gmail.com) L Paul Corriveau (paulcorri@gmail.com)

Wed., Sep. 23-23. Paddle Cotuit, North, and West Bays, Cotuit, Massachusetts, Cape Cod, MA. Circumnavigate Osterville Grand Island (Oyster Harbors) and Little Island with lunch on Dead Neck. Arrive no later than 10:15 for a 10:30 departure. Bring water and lunch. PFDs are required, spray skirts may be necessary if conditions are windy/rough. L Bill Fischer (508-420-4137, wmbarbarafischer@comcast.net)

(FT) (NM) (AN) Thursdays

Sep. 24. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

Thu., Sep. 24-24. Hike - Eastham, Salt Pond Visitor's Center (C3C), Massachusetts, Cape Cod, MA. Meet at 9:45am for 10:00am departure. Meet at National Seashore Salt Pond Visitor's Center. Classic hike from the center to the Atlantic Ocean (Coast Guard Beach) and return. Directions: Rte 6 to National Seashore Salt Pond Visitor's Center. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Fri., Sep. 25-27. Exploring Nantucket Bike and Walk, Massachusetts, Cape Cod, MA. Enjoy a weekend on Nantucket!. It will be a great weekend at an absolutely priceless location with great people and great fun. We have reserved some beds at the Star of the Sea Hostel <http://www.hiusa.org/massachusetts/nantucket/nantucket> We will be taking the Traditional Ferry out of Hyannis on Friday September 25th at 9am. We will return on Sunday September 27th on the noon ferry (some options with this) .We have beaches to stroll, sunsets to enjoy, biking all over to soak in the unique

splendor of Nantucket. The cost to register for this event is \$130. This includes travel, 2 evenings at hostel, taxi for all our travel gear to hostel. Breakfast is provided at hostel if you like. All other meals and sundries we will pay for on our own. L Cheryl Washwell (774-259-4535 8a-8p, cawashwell@gmail.com) L John Adams

! .
Sat., Sep. 26-26. Paddling Leader's Choice, Massachusetts, Cape Cod, MA. Possibly Warren's Cove out of Bay Street on North Bay, or Shoestring Bay/ Mashpee River. Spray skirt, PFD and preregistration required. 7 miles. Bring water and lunch. Arrive no later than 10:15 for a 10:30 departure. L Louise Foster (508-420-7245 any time, janlouise@comcast.net)

! .
(FT) (NM) Mon., Sep. 28-28. Full Moon Hike - Borderland, Massachusetts, Southeast, MA. Join us for a nearly full moon hike at Borderland State Park. Moonrise is at 7:02pm. This hike will be a mix of trails and path, approximately 4-5 miles at a moderate pace. Hike lasts around 2 hours. Please bring \$2 dollar to contribute to permit needed for after-hours hiking if you haven't paid on a prior month. Registration is required for this hike. L Patricia McNally (pmcnallyma@comcast.net) CL Bob Vogel , R Patti McNally (pmcnallyma@comcast.net)

! .
Wed., Sep. 30-30. Leader's Choice Paddle, Massachusetts, Cape Cod, MA. Probably Barnstable Harbor and a little of Chase Garden Creek. Final decision will be made a couple days before the paddle. Arrive no later than 10:15 for a 10:30 departure. Bring water and lunch. PFDs are required, spray skirts may be necessary depending on wind/water conditions. L Ed Foster (508-420-7245, erfoster@comcast.net)

! .
(NM) (AN) Thu., Oct. 1-1. Thursday Morning Hike - Norton/Mansfield Great Woods, Norton/Mansfield, Massachusetts, Massachusetts, Southeast, MA. Thursday Morning Hike - Hike from Great Woods in Norton thru to the Mansfield NRT Trails. L Richard Carnes (508-947-3204 before 8 PM, rcarnes2@aol.com)

! .
(FT) (NM) Sat., Oct. 3. AMC/SEM - INTRO HIKING SERIES - BLUE HILLS, Blue Hills, Massachusetts, Boston Area, MA. Intro Hike # 3- Wolcott Path Loop The hike around the Wolcott Path loop is 5.19 miles with some gentle climbing. Dress in layers. Bring 16 oz water, snacks and sturdy footwear. Heavy rain cancels. L Catherine MacCurtain (781-848-9506 Before 9:00 p.m., camacurrtain@aol.com) CL Patricia-Lee Achorn (plachorn@me.com), R Patricia-Lee Achorn (plachorn@me.com)

Sat., Oct. 3-3. Paddle Indian Lakes, Marstons Mills, Massachusetts, Cape Cod, MA. A 6 mile paddle around Middle Pond and Mystic Lake. Arrive no later than 10:15 AM for a 10:30 departure. Bring water and lunch. PFDs are required, spray skirts may be necessary if conditions are windy/rough. L Bill Fischer (508-420-4137, wmbarbarafischer@comcast.net)

Sun., Oct. 4-4. Hike - Ryder Conservation Sandwich, Sandwich, MA, Massachusetts, Cape Cod, MA. Meet at 12:45 PM for 1 PM start. Moderate hike on wooded trails between Mashpee/Wakeby Ponds. Hike will start in Ryder Conservation area and cross into Lowell Hawley conservation area, some moderate hills. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net) CL Barbara Gaughan (barbaragaughan12@comcast.net)

Wed., Oct. 7. Paddle Long Pond, Harwich/Brewster, Massachusetts, Cape Cod, MA. Circumnavigate fresh water pond for about 6 miles total stopping for lunch at beach on east side. Wear PFD, bring spray skirt for wind, bring lunch. REGISTRATION REQUIRED. L Jean Orser (jeanorser@gmail.com) L Paul Corriveau (paulcorri@gmail.com)

Thu., Oct. 8-8. Hike - Yarmouth, Three Ponds (C3C), Massachusetts, Cape Cod, MA. Meet at 9:45 am for 10:00 am departure for a 2 hour hike. Visit three ponds in Yarmouth and observe cranberry bog harvesting. Directions: Exit 8 off of Mid Cape Hwy., turn S. At 2nd light turn R onto Townend House Rd. Go to end and turn L onto West Yarmouth Rd. Park on side of R about 1 mile down at Cranberry bogs. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sat., Oct. 10-10. Leader's Choice Paddle, Massachusetts, Central, MA. If winds are favorable we'll paddle into Hall's Creek, Hyannisport. Otherwise Barnstable Harbor. Arrive no later than 10:15 for a 10:30 departure. Bring water and lunch. PFDs are required, spray skirts may be necessary depending on wind/water conditions. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Oct. 14. Paddle Herring River North, West Harwich, Massachusetts, Cape Cod, MA. Paddle north upstream to Coy Brook to end & back, Continue on Herring River to North Road bridge for lunch. Afterwards paddle East & West Reservoirs and return to put-in for 8-9 miles. Wear PFD, bring spray skirt in case of wind, bring lunch. REGISTRATION REQUIRED. L Paul Corriveau (paulcorri@gmail.com) L Jean Orser (jeanorser@gmail.com)

Sat., Oct. 17-17. Paddle Centerville River, Centerville, Massachusetts, Cape Cod, MA. Paddle up the Centerville River, possibly explore the Bump's River and Scudder Bay and/or East Bay. Arrive no later than 10:15 for a 10:30 departure. Bring water and lunch. PFDs are required. Spray skirts may be necessary if conditions are windy/rough. L Bill Fischer (508-420-4137, wambarbarafischer@comcast.net)

Sun., Oct. 18-18. Hike - Maple Swamp Sandwich, Sandwich, MA, Massachusetts, Cape Cod, MA. Meet at 12:45 PM for a 1 PM start. Hike in historic woods formed by glacial moraine and used by early settlers for wood supply. Hilly hike on narrow sometimes rutted trails and cart roads. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)



The Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the AMC

October 2015

View From the Chair



Maureen Kelly, Chapter Chair

chair@amcsem.org

Hello SEM Members,

Please consider joining us for our AMC SEM Annual Meeting and Dinner on Saturday, November 7 at Salerno's Seaside Function Hall in Onset Village. Attending the Annual Meeting or the Social Cocktail Hour (cash bar) is free of charge. The Annual Dinner buffet is \$20 per person. Details can be found here.

During the Annual Meeting we will be voting to elect the members of the Executive Committee and we will be voting on whether to accept the proposed changes to our AMC SEM Bylaws. Afterwards we will have a delicious buffet dinner, give out Chapter Awards to our wonderful Leaders and hear a talk from Diane Benson Davis. Diane raised 6 baby bald eagle chicks and was instrumental in reintroducing this species to Massachusetts.

See you there; it will be a great time! And, see you outdoors!

Maureen Kelly

2015 Executive Board

Chair	Maureen Kelly	Education Chair	Doug Griffiths
Chapter Vice Chair	Open	Education Vice Chair	Open
Secretary	John Pereira	Hiking Chair	Paul Miller
Treasurer	Patty Rottmeier	Hiking Vice Chair	Leslie Carson
Past Chapter Chair	Cheryl Lathrop	Membership Chair	Jodi Jensen
Biking Chair	Cheryl Washwell	Membership Vice Chair	Ed Miller
Biking Vice Chair	Open	Membership Vice Chair	Ellen Thompson
Cape Hiking Chair	Farley Lewis	Paddling Chair	Open
Cape Hiking Vice Chair	Peter Selig	Paddling Vice Chair	Ed Foster
Communications Chair	Gina Hurley	Skiing Chair	Barbara Hathaway
Communications Vice Chair	Open	Skiing Vice Chair	Open
Conservation Chair	Joshua Tefft	Trails Chair	Cathy MacCurtain
Conservation Vice Chair	Open	Trails Vice Chair	Wayne Anderson

Ad Hoc Committee Chairs and Other Chapter Contacts

Social Director	Open
Social Vice Chair	Open
Social Networking Moderator	Susan Mulligan
Webmaster	webmaster
Breeze Editor	Gina Hurley
Blast Editor	Gina Hurley
Short Notice Email List	snel.admin@amcsem.org

Contact Chapter Chair at chair@amcsem.org if you are interested in any open position.

Upcoming Executive Board Meetings: Oct. 14, Nov. 11, Dec. 9

**MARK YOUR CALENDARS——SAVE THE DATE
AMC Club-wide and SEM Chapter-wide Events**

COMMITTEE PLANNING MEETINGS

SEM QUARTERLY HIKE PLANNING MEETINGS (6:30pm)

Next meeting: 12/2- Contact [Hiking Chair](#) for details.

SEM CAPE HIKE, PADDLE, BIKE PLANNING MEETINGS (contact [activity chair](#))

SAVE THE DATE -- 2015 EVENTS

AMC [Fall Gathering](#) (Oct 17-18, Upstate New York)

SEM [Annual Meeting & Dinner](#) (Nov 7, [Salernos](#))

AMC Annual Summit (Jan 30, 2016)

SAVE THE DATE -- 2015 TRAINING

AMC [Mountain Leadership School](#)

AMC [Adventure Travel Leadership Training](#) (Nov. 2015)

Upcoming Chapter Activities

**Click on the links below to see the up-to-date listings for
all of our activities.**

[Biking](#) | [Cape Hiking](#) | [Hiking](#) | [Paddle](#) | [Skiing](#) | [Trails](#)
[Conservation](#) | [Volunteering](#)

[Social](#) | [Education](#) | [Executive Committee](#)

[All SEM activities](#)

[All AMC activities](#)

Want SEM activities delivered right to your email inbox?

[Sign up for the AMC Activity Digest](#) or call 1-800-372-1758

Are you interested in volunteering?

We have something for everyone...Biking, Communications, Conservation, Education, Paddling, Skiing, and Social committees all need you! Contact the chapter chair at chair@amcsem.org to learn more about the opportunities that await you!

“Reunite With Old Friends and Make Some New Ones”

The Southeastern Massachusetts Chapter Invites You to the **Annual Meeting and Dinner**. All SEM members, potential members, spouses and friends are welcome!

When: Saturday, November 7, 2015

Where: Salerno’s in Onset

Time: 4:30 pm – Registration and Cocktail Hour – no charge

5:30 pm – Annual Meeting – no charge

6:30 pm - Buffet Dinner - \$20.00; \$30.00 after 10/27

Breeze Information

Pictures and Article Submissions

We encourage SEM members to submit articles and photos for both the Breeze and our website. Materials will be edited at the editor’s discretion. Submissions must be copy ready. Title and credit for all photos must be included. Send to breeze.editor@amcsem.org

Breeze Deadline

On the 15th of the preceding month.

Sign-up to receive the Breeze via email

Call 800-372-1758 or email amcinformation@outdoors.org

Where to find [Breeze newsletters](#) (current and past).



The Communication’s Committee is looking for support developing the BREEZE. Do you like to write or publish? Do you like using Social Media? If so, we could use your help a few hours a month. Contact the **Communications Chair** if interested.

A Week in the Corn: Biking Across Iowa By Julieanne Capone

!

In July, I completed a weeklong 500 mile bike ride across Iowa. In its 43rd year, [RAGBRAI](#), *Register's Annual Great Bicycle Ride Across Iowa*, remains the oldest, longest, and largest ride in the world. There is a lot of interesting history as to how the ride evolved to hosting 15,000 participants. While I researched past participants' experiences, training, and advice, I was inspired to make my first trip ever to the Midwest. I decided to book my trip with a charter company that arranged a designated camping area, dinner, entertainment, shower trailers, luggage transport, and airport shuttles. I was determined to live "high on the hog" after long days of pedaling.

In January, while buried in snow in Massachusetts, I watched the ride route announcement party live-stream from Iowa; my cycling training would be a priority if bare pavement would ever re-emerge. As pass-thru towns were announced, cheers could be heard, in some instances RAGBRAI had not visited in a decade or longer. There was now six months for Iowans to pre-plan the logistics, food tents, entertainment, and volunteers to support thousands of riders.

Upon starting the ride by a traditional back tire dip in the Missouri River, it quickly became obvious why "rolling party", "Sturgis for cyclists", and "adult summer camp" properly described the ride. The entire route, including major



roadways were blocked off for cyclists, as locals waved with greetings of "good morning" and "where ya from?" thru residential areas, the vast landscape could be admired thru rolling cornfields. On the route, consumption of local pork, homemade pies and ice cream, and sweet corn were easily justified by the sheer amount of physical activity.

As each day's bike route ended, the overnight towns turned into tent cities. At night, for those with extra energy to attend headliner concerts, Huey Lewis, Denis DeYoung, and Cheap Trick were scheduled, for others it was 'hitting the hay' early. As day seven came to an end with a front tire dip in the Mississippi River, the sense of completion was absolutely fantastic. Another so called crazy idea of mine was a success! I hammered out 500 miles in one week and enjoyed every minute of it. Although it is difficult to put the entire experience into words, RAGBRAI is definitely a "must-do" item for cycling enthusiasts. Quite simply, as I packed up my belongings each dawn and stuffed a \$20 bill in my pocket, the only thing I had to think about was, well, riding my bicycle!

!

We Had “Fun in the Sun” on Both Land and Water at 2015 Chapter Hut Weekend-Cold River Camp By Paul Miller, SEM Hiking Committee Chair

!

After a one-year hiatus, we returned to the volunteer-run AMC Cold River Camp in beautiful Evans Notch, NH for the 2015 SEM Chapter Hut Weekend, Sept. 17th -20th. In addition to many of our regular active members, this year’s event brought out lots of new folks, which was great to see! We had an excellent turnout, pretty much filling the Cold River Camp to capacity, and the weather gods cooperated with excellent warm, sunny weather and some light afternoon breezes.

In addition to a variety of different local (and one not-quite-local) hikes organized and led by the SEM Hiking Committee, Luther Wallis, an SEM paddling leader, led enjoyable paddles on nearby Kezar Pond on Friday, and one on the (also relatively nearby) Saco River on Saturday. Hiking options on Friday included a challenging 10-mile Baldfaces Loop hike, along with less challenging hikes on Blueberry Mountain and Little Deer Hill, which is adjacent to the camp. Saturday hiking options included Mt. Moriah, a 4,000 footer (on which SEM Hike Leader, Peggy Qvicklund, completed her 4,000 footer list...), an 8.5-mile loop hike up both Blueberry and Speckled Mountains (with a shorter



option to just do Blueberry...), plus easy hikes around Shell Pond in the morning and another jog up Little Deer in the afternoon.

For those SEM members who have never been to Cold River Camp, it’s located in Evan’s Notch, which straddles the New Hampshire/Maine border north of Fryeburg, Maine and east of Pinkham Notch, NH. This volunteer-run AMC camp features small, cozy cabins, most with wood stoves or fireplaces; a comfortable fireplaced lodge building where the staff serves up excellent meals; and bath houses with hot showers and flush toilets! Combined with the wonderful hiking, paddling, and bike riding opportunities; plus our afternoon “happy hours” on the lodge porch with its view of nearby South Baldface Mountain; what more could you ask for?



Perhaps by coincidence (or perhaps not), the volunteer staff this year was led by the SEM's own Rob Price and included former SEM executive board members, Paul and Louise Anthony. Needless to say, the entire volunteer staff took very good care us!

Blueberry Mountain



Speckled Mountain



Breakfast at Cold River Camp

Mt. Washington: My Summer Playground By Gina Hurley

(Photos courtesy of Gina Hurley)

!

This summer I was very fortunate to spend a good deal of time in the White Mountains near Mt. Washington. My husband Mark and I have a goal of summiting the rock pile this winter. We have climbed it several times over the years, but never in the winter, so our goal for this summer was to summit a few times, but also take some different trails and routes on the mountain to be familiar with them just in case we needed to alter our winter ascent/descent due to weather. Thus, between June and September we had four great trips on the mountain.

!

Our first trip up the mountain was on June 20. Mark and I parked at Pinkham Notch and took Tuckerman's Ravine trail to the Lion's Head trail. Our intent was to walk through the Alpine Garden to see the wildflowers. We weren't sure we were going to summit that day. We were making good time, and once we traversed from Lion's Head across the Alpine Garden trail, we decide to take the Huntington Ravine and Nelson Crag trails to the summit. We had seen some beautiful wildflowers along the way and we made it to the summit in four hours and fifteen minutes. After a nice rest on top we headed down the Lion's Head trail, as Tuckerman's Ravine was still closed in sections due to snow. We were back at the car by late afternoon, taking 8.5 hours to traverse 10 miles with approximately 8,000 feet in elevation change.

!

!

Wildflowers and cairns along the Alpine Garden!

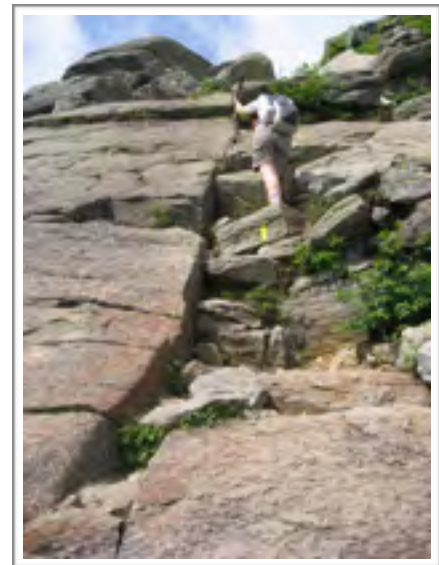


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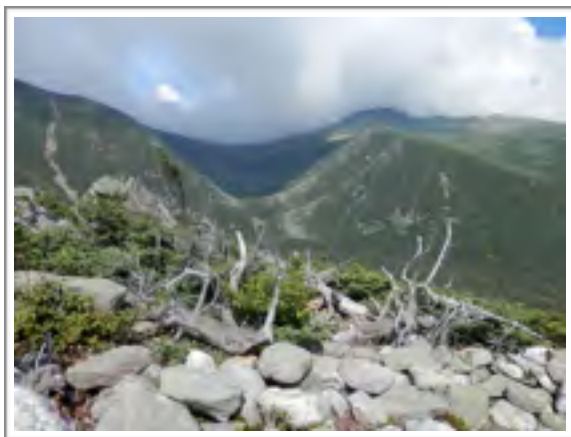
Our second trip came unexpectedly. Our friend was planning to climb Mt. Washington, but had never done it before and asked if we would be interested in going with her. Of course we said yes! On July 6 we again left from Pinkham Notch, headed up Tuckerman's Ravine to Lion's Head to the summit. Parts of Tuckerman's was still closed due to snow. After spending about an hour and a half on top, showing our friend all of the sites, we decided to head down the Crawford Path to Davis Path, to Southside trail to Tuckerman's Ravine trail. This avoided the steep part off the summit, but added a half mile to the trip. Once at Tuckerman's Junction we saw that the trail had opened earlier that day, so we hiked down the Tuckerman's Ravine trail to our car. This hike was just over 9 miles and took 10 hours.

!

Making my way up Lion's Head



Planning our third trip was fun. Since we had never hiked up the Boott Spur trail we wanted to do that, and also stop by Lakes of the Clouds hut. We were not intending to summit. Again, we wanted to become very familiar with the terrain and as many aspects of the mountain for our upcoming winter hike. Thus our route was Boott Spur to Davis Path to Camel to the hut. There are great views of Tuckerman's Ravine from the Boott Spur trail. After having our lunch at the hut, and taking a well deserved rest, we left the hut, taking the Crawford Path to Tuckerman's Crossover, to Tuckerman's Junction and down the ravine trail. This trip was 9.4 miles and about 6,950 feet elevation change.



View of Tuckerman's Ravine from Boott Spur.



Traversing Tuckerman's Crossover

Most recently, on September 5, we summited taking one of our favorite trails, the Jewell trail off of the 302 side of the mountain. This is a beautiful trail with a relatively easy grade. After you break out of the trees you can see the cog railway and the trains climbing to the top. We left the parking lot at 7:20 and were back at our car at 3:10, taking the Crawford Path and Ammonoosuc Ravine Trail trail down. It was a beautiful hiking day, with lots of sun and cool air. We enjoyed our lunch at the summit and then took a rest at the Lakes of the Clouds hut just to enjoy the views and all the people hiking through. Given that we got an early start, lots of people were still ascending as we were descending.



! The Cog train making its way up.



View of Lakes of the Clouds hut

! It was a great summer playing on the rock pile. We hope to get one more fall hike in up the mountain before our winter ascent. We are working on the winter 48, so to get this big one done this year would be an accomplishment!

! And if you think hiking up Mt. Washington is tough, read [this article](#) about a 90 year old man that just did it. Inspiring!!



! Sign up to get all the latest AMC Club and Chapter wide news at the AMC [Member Center](#)! Don't miss out on all the outdoor fun!

AMC Books Announces the Publication of the *Bay Circuit Trail Map & Guide*

Appalachian Mountain Club Books is pleased to announce the release of the [Bay Circuit Trail Map & Guide](#). The *Bay Circuit Trail Map & Guide* is the essential day-hiker's companion to the 230-mile-long trail and greenway encircling Boston. Extending through 34 towns, this "outer Emerald Necklace" stretches from Plum Island in the north to Kingston Bay in the south. Within a stone's throw for millions of people in eastern Massachusetts, the trail and greenway is ideal for hiking, biking, snowshoeing, and cross-country skiing. This guide—the first large-format, waterproof map and guide to the entire BCT—is based on highly accurate digital trail data compiled by AMC's staff cartographer.

Inside You'll Find:

- Three easy-to-use, waterproof, color topographical maps
- 30 multiuse trip suggestions for every season and ability level
- Natural and cultural history sidebars
- Parking areas shown for easy navigation to trailheads
- Trip planning, safety tips, and Leave No Trace information
- AMC members receive a 20% discount.

Also from AMC Books

- [New England Trail Map & Guide](#) (NEW)
- [AMC's Best Day Hikes Near Boston, 2nd edition](#)
- [Outdoors With Kids Boston](#)
- [Massachusetts Trail Guide, 9th edition](#)

About the Bay Circuit Trail

The [Appalachian Mountain Club](#) and [The Trustees of Reservations](#) are working together to assist the [Bay Circuit Alliance](#) in the completion, enhancement, and long-term protection of the 230-mile Bay Circuit Trail and Greenway. Often referred to as Greater Boston's "Outer Emerald Necklace," the Bay Circuit Trail is a multi-use recreational trail and greenway encircling 57 towns and cities in the Boston metropolitan area between Route 128 and Interstate 495, and running through 37 communities from Plum Island to Duxbury, connecting thousands of acres of scenic and historic areas and conservation lands. The trail, close to four million people in Eastern Massachusetts, is available for walking, biking, snowshoeing, and cross-country skiing, with many sections accessible by MBTA commuter rail. To learn more, visit baycircuit.org.

SOUTHEASTERN MASSACHUSETTS ANNOUNCEMENTS AND ACTIVITIES

AMC SEM is always looking for volunteers to volunteer a little or a lot. Contact the chapter chair at chair@amcsem.org if you'd like to volunteer. We have outdoorsy opportunities (e.g., leading a hike); we also have indoorsy opportunities (e.g., web work, arranging events). Something for everyone!

Activities

HIKING KEY

Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy). FT=First Timer; NM = New Member; AN = Advance Notice; C = Conservation

(NM) (AN) Thu., Oct. 1-1. Thursday Morning Hike - Norton/Mansfield Great Woods, Norton/Mansfield, Massachusetts, Massachusetts, Southeast, MA. Thursday Morning Hike - Hike from Great Woods in Norton thru to the Mansfield NRT Trails. L Richard Carnes (508-947-3204 before 8 PM, rcarnes2@aol.com)

Thursdays

Oct. 1-1. Brewster Nickerson State Park Hike (C3C), Massachusetts, Cape Cod, MA. Two hour hike around the ponds of Nickerson State Park. Woods, hills views! Meet at 9:45 at Fisherman's Landing. Enter Pk from 6A, stay on main pk road 1.8 mi. to pkg on L. L Janet DiMattia (jandimattia@verizon.net) CL Debbie Hayden (shaferhayden@gmail.com)

(FT) (NM) Sat., Oct. 3. AMC/SEM - INTRO HIKING SERIES - BLUE HILLS, Blue Hills, Massachusetts, Boston Area, MA. Intro Hike # 3- Wolcott Path Loop The hike around the Wolcott Path loop is 5.19 miles with some gentle climbing. Dress in layers. Bring 16 oz water, snacks and sturdy footwear. Heavy rain cancels. L Catherine MacCurtain (781-848-9506 Before 9:00 p.m., camaccurtain@aol.com) CL Patricia-Lee Achorn (plachorn@me.com), R Patrica-Lee Achorn (plachorn@me.com)

Sat., Oct. 3. Franconia Ridge Loop Hike over Lafayette and Lincoln, New Hampshire, White Mountains, NH. Follow this challenging, classic New Hampshire 8.8-mile loop hike in Franconia Notch. We'll ascend to treeline via the Falling Waters Trail, follow the Franconia Ridge Trail over Lincoln to Lafayette, and then descend via the Greenleaf Trail and Old Bridle Path. Fall foliage should be near peak and -- weather permitting -- we'll hit two four-thousand footers: Lincoln and Lafayette. L Anne Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com) L Peggy Qvicklund (774-893-3011 before 9 pm, qvickan@comcast.net) CL Jeanine Audet , R Anne Duggan (177 Rounseville Road, Rochester, MA 02770, 508-789-5538 before 9 pm, abduggan@gmail.com)

Sat., Oct. 3-3. Paddle Indian Lakes, Marstons Mills, Massachusetts, Cape Cod, MA. A 6 mile paddle around Middle Pond and Mystic Lake. Arrive no later than 10:15 AM for a 10:30 departure. Bring water and lunch. PFDs are required, spray skirts may be necessary if conditions are windy/rough. L Bill Fischer (508-420-4137, wmbarbarafischer@comcast.net)

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Thu., Oct. 8-8. Thursday Morning Hike in the Blue Hills, Massachusetts, Southeast, MA. A four mile hike on Squamaug Notch Path to the Skyline Trail

followed by a hike around the Blue Hills Reservoir. Rain Cancels. L Sue Chiavaroli (508-496-6452, brillo6452@yahoo.com)

Sat., Oct. 10. Blue Hills Skyline Trail End-to-End Hike, Massachusetts, Boston Area, MA. Join us to hike the Blue Hills from one end to the other. This is a great hike in itself as well as great training for higher mountains this fall and winter. We'll hike about 9 miles with 1300' of elevation as we go up and down most of the hills in the reservation. We'll maintain a moderate pace and expect about a 6 hour day with a planned lunch stop on Buck Hill. Leaders will collect worn-out sneakers for Nike's reuse-a-shoe program in which old sneakers are ground up to make new running surfaces. Redline hikers are especially welcome. L Maureen Kelly (508-224-9188 4-8pm, mokol773@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Michael Swartz (swartz@brandeis.edu), R Maureen Kelly (508-224-9188 4-8pm, mokol773@aol.com)

Sat., Oct. 10-10. Leader's Choice Paddle, Massachusetts, Central, MA. If winds are favorable we'll paddle into Hall's Creek, Hyannisport. Otherwise Barnstable Harbor. Arrive no later than 10:15 for a 10:30 departure. Bring water and lunch. PFDs are required, spray skirts may be necessary depending on wind/water conditions. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Oct. 14. Paddle Herring River North, West Harwich, Massachusetts, Cape Cod, MA. Paddle north upstream to Coy Brook to end & back, Continue on Herring River to North Road bridge for lunch. Afterwards paddle East & West Reservoirs and return to put-in for 8-9 miles. Wear PFD, bring spray skirt in case of wind, bring lunch. REGISTRATION REQUIRED. L Paul Corriveau (paulcorri@gmail.com) L Jean Orser (jeanorser@gmail.com)

(FT) (NM) Thursdays

Oct. 15. Thursday Morning Hike, Moose Hill, Sharon, MA, Sharon, MA, Massachusetts, Southeast, MA. Meet at 10 am in Sharon at the Audubon Moose Hill Wildlife Sanctuary parking lot for a 5-mile hike. Relatively flat route. Parking fee for non-Audubon members is \$3 for Seniors. Bring rain gear, lunch, water and sturdy shoes. Rain cancels. L Hans Luwald (508-668-0462 before 9 pm, hans.luwald@gmail.com) CL Debbie Lepore (781-828-0572 before 9 PM)

Sat., Oct. 17-17. Paddle Centerville River, Centerville, Massachusetts, Cape Cod, MA. Paddle up the Centerville River, possibly explore the Bump's River and Scudder Bay and/or East Bay. Arrive no later than 10:15 for a 10:30 departure. Bring water and lunch. PFDs are required. Spray skirts may be

necessary if conditions are windy/rough. L Bill Fischer (508-420-4137, wmbarbarafischer@comcast.net)

Sun., Oct. 18-18. Hike - Maple Swamp Sandwich, Sandwich, MA, Massachusetts, Cape Cod, MA. Meet at 12:45 PM for a 1 PM start. Hike in historic woods formed by glacial moraine and used by early settlers for wood supply. Hilly hike on narrow sometimes rutted trails and cart roads. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Wed., Oct. 21-21. Leader's Choice Paddle, Massachusetts, Cape Cod, MA. We'll probably paddle Lewis Bay, explore Uncle Robert's Cove, have lunch on Egg Island and maybe go into Hyannis Inner Harbor. Arrive no later than 10:15 for a 10:30 departure. Bring water and lunch. PFDs are required, spray skirts may be necessary depending on wind/water conditions. L Ed Foster (508-420-7245, erfoster@comcast.net)

Thu., Oct. 22-22. Harwich - Hawksnest State Park Hike (C3C), Massachusetts, Cape Cod, MA. Two hour pleasant fall hike through woods, ponds on trails and dirt roads. Meet at 9:45. Exit 11 from Rte 6. Go diagonally across light onto Spruce Rd. Park on one side of the road only about 1/2 mi. Heavy rain cancels. L Janet DiMattia (jandimattia@verizon.net)

Sat., Oct. 24. Paddle Nauset Marsh/Mill Pond, Orleans/Eastham, Massachusetts, Cape Cod, MA. Start from beautiful Mill Pond put-in & paddle to Nauset Beach for lunch & to view ocean & cut. Circle Island & return for 6-7 miles. Wear PFD, bring spray skirt in case windy, bring lunch. REGISTRATION REQUIRED. L Paul Corriveau (paulcorri@gmail.com) L Jean Orser (jeanorser@gmail.com)

(FT) (NM) Tue., Oct. 27-27. Full Moon Hike - Borderland, Massachusetts, Southeast, MA. Join us for a full moon hike at Borderland State Park. Moonrise is 6:13pm so with clear weather, we should have good moon views. Hike will be about 4-5 miles at a moderate pace, lasting approximately 2 hours. Please bring \$2 dollar to contribute to permit needed for after-hours hiking if you haven't paid on a prior month. Registration is required for this hike. L Patricia McNally (pmcnallyma@comcast.net) CL Nancy Coote , R Patti McNally (pmcnallyma@comcast.net)

Wed., Oct. 28-28. Leader's Choice Paddle, Massachusetts, Cape Cod, MA. If winds are favorable we'll paddle Barnstable Harbor and possibly a little bit of Chase Garden Creek. Arrive no later than 10:15 for a 10:30 departure. Bring water and lunch. PFDs are required, spray skirts may be necessary

depending on wind/water conditions. L Ed Foster (508-420-7245, erfoster@comcast.net)

! (FT) (NM) Thu., Oct. 29-29. Thursday Morning Hikes - Newport Cliff Walk, Cliff Walk, Newport, RI, Rhode Island, 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. Return by mansions on Bellevue Ave. to complete 7-mi. loop. Sturdy walking shoes required. Bring water, snack. Lunch at local restaurant. Heavy rain cancels. Limited parking - carpool if you can. Parking fee payable at central meter. Call leader for carpool info. L Barbara Hathaway (508-880-7266 before 9 p.m., barb224@tmlp.net)

! (FT) (NM) Thu., Oct. 29-29. Hike - Cataumet Greenways, Bourne, Bourne, MA, Massachusetts, Cape Cod, MA. Enjoy hiking Cataumet Greenways, which encompass several of Bourne's conservation areas. Traverse gently rolling wooded trails, and grassy pastures. View ponds, bogs and historic sites. Suggestions: Wearing sturdy shoes/hiking boots and hunters orange. Bring plenty of water, snacks, bug spray. The cape is a known tick habitat. Heavy rain cancels the hike. Arrive at 9:45 for a 10:00 start. A 2 hr. hike. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com)

! (FT) (NM) Sat., Oct. 31. AMC/SEM - INTRO HIKING SERIES - BLUE HILLS, Blue Hills, Massachusetts, Boston Area, MA. Intro Hike # 4 - Bouncing Brook Path The hike on the Bouncing Brook Path is 5 miles with some elevation and connects to the Skyline trail. Dress in layers. Bring 16 oz of water, snacks and sturdy footwear. Heavy rain cancels. L Catherine MacCurtain (781-848-9506 Before 9:00 p.m., camacurtain@aol.com) CL Patricia-Lee Achorn (plachorn@me.com), R Patrica-Lee Achorn (plachorn@me.com)

! Sat., Oct. 31. Paddle Bass River South, Dennisport, Massachusetts, Cape Cod, MA. Paddle Grand Cove to Bass River, 'fingers', to mouth on Nantucket Sound with lunch on West Dennis Beach. Wear PFD, bring spray skirt in case of wind, bring lunch. REGISTRATION REQUIRED. L Paul Corriveau (paulcorri@gmail.com) L Jean Orser (jeanorser@gmail.com)

! (C) (FT) (NM) Sat., Oct. 31. Lloyd Center Day Hike, Dartmouth, MA, Massachusetts, Southeast, MA. We'll take a leisurely ~2.4 mile hike through the grounds of the Llyod Center for the Environment. The hike will be mostly within woodland habitat with vistas of the Slocum River and adjacent salt marshes. After the hike we will explore the center's indoor exhibits and take in the view of Buzzards Bay from the observation deck. L John Pereira (774-473-8145, johnpereira33@gmail.com) CL Josh Tefft

(tefft9wes@aol.com), R John Pereira (774-473-8145 6:00 to 8:30 P.M., johnpereira33@gmail.com)

! .
(FT) (NM) Thu., Nov. 5. Thurs. Morn. Hike Horseneck/Westport Beach B3D, Westport, Ma, Massachusetts, Southeast, MA. Meet at 10:00 AM Horseneck Beach main parking lot. Five mile hike with an option to extend to 8 miles hiking Gooseberry Island. Bring snacks/lunch sturdy footwear, water, and rain jacket. Heavy Rain cancels. Directions: Rte 195 to Exit 10 Rte. 88 south. Follow Rte 88 to parking lot. After the hike a short drive to a local restaurant for pie and ice cream. L Walt Granda (508-999-6038 before 9 pm, wlgranda@aol.com)

! .
Thu., Nov. 5-Dec. 10. Warming Up For Winter, DCR Blue Hills Reservation, Milton, MA, Massachusetts, Boston Area, MA. A series of five Thursday hikes (none on Thanksgiving Day) within the Blue Hills area as a conditioning program preparing for winter hiking. The length of the hikes will progress, and each individual can modify their packs and gear to prepare for winter hiking. L Peggy Qvicklund (508-883-1623 before 9pm, qvickan@comcast.net) L Len Ulbricht (lwu9944@verizon.net) CL Mike DiBartolomeo (mbart4fam@comcast.net), R Peggy Qvicklund (508-883-1623, qvickan@comcast.net)

! .
(FT) (NM) (AN) Sat., Nov. 7. SEM Annual Meeting & Dinner, Massachusetts, Southeast, MA. SEM Annual Meeting & Dinner. Chapter elections, cocktail hour, buffet dinner, awards, raffle, speaker. L Cheryl Lathrop (chair@amcsem.org)

! .
Thursdays

Nov. 12-12. Warming Up For Winter Hike, DCR Blue Hills Reservation, Milton, MA, Massachusetts, Boston Area, MA. A series of five Thursday hikes within the Blue Hills area as a conditioning program preparing for winter hiking. The length of the hikes will progress, and each individual can modify their packs and gear to prepare for winter hiking. While not technically part of the "SEM Winter Hiking Series," these local hikes offer a complementary opportunity to get in shape for winter hiking, which typically involves carrying a lot more gear and a heavier pack. L Peggy Qvicklund (508-883-1623 before 9pm, qvickan@comcast.net) L Len Ulbricht (lwu9944@verizon.net) CL Mike DiBartolomeo (mbart4fam@comcast.net), R Peggy Qvicklund (508-883-1623, qvickan@comcast.net)

! .
(FT) (NM) Sat., Nov. 14. AMC/SEM - INTRO HIKING SERIES - BLUE HILLS, Blue Hills, Massachusetts, Boston Area, MA. Intro Hike #5 - Buck Hill Loop The hike around the Buck Hill Loop is a 4.5 miles challenging hike to the

rocky summit offering 360° views. Dress in layers. Bring 16 oz of water, snacks and sturdy footwear. Heavy rain cancels. L Catherine MacCurtain (781-848-9506 Before 9:00 p.m., camaccurtain@aol.com) CL Patricia-Lee Achorn (plachorn@me.com), R Patrica-Lee Achorn (plachorn@me.com)

Sat., Nov. 14-15. North & South Kinsman Backpack Hike, New Hampshire, White Mountains, NH. This two-day/11-mile backpack trip will take us to the summits of North Kinsman (4,293') and South Kinsman (4,358'). We will set up base camp at Kinsman Pond campsite and possibly attempt both summits on Saturday. If not, an early morning attempt will be made on Sunday. Due to the exposed summits, severe weather may cause a change in destination, most likely to Cannon Mountain. This is an early winter backpack intended for those with a fair amount of cold weather backpacking experience and who are in very good physical condition. Winter clothing and gear will be required. L Bryan Jones (508-746-2379, bjones1017@live.com) CL John Pereira (774-473-8145, johnpereira33@gmail.com), R John Pereira (774-473-8145 6pm to 8:30pm, johnpereira33@gmail.com)

Thursdays

Nov. 19-19. Warming Up For Winter Hike, DCR Blue Hills Reservation, Milton, MA, Massachusetts, Boston Area, MA. A series of five Thursday hikes within the Blue Hills area as a conditioning program preparing for winter hiking. The length of the hikes will progress, and each individual can modify their packs and gear to prepare for winter hiking. While not technically part of the "SEM Winter Hiking Series," these local hikes offer a complementary opportunity to get in shape for winter hiking, which typically involves carrying a lot more gear and a heavier pack. L Peggy Qvicklund (508-883-1623 before 9pm, qvickan@comcast.net) L Len Ulbricht (lwu9944@verizon.net) CL Mike DiBartolomeo (mbart4fam@comcast.net), R Peggy Qvicklund (508-883-1623, qvickan@comcast.net)

(FT) (NM) Tue., Nov. 24-24. Full Moon Hike - Borderland, Massachusetts, Southeast, MA. Join us for a nearly full moon hike & burn some calories ahead of Thanksgiving. Moonrise is 3:45pm so we should have clear views if good weather. Hike will be approximately 4-5 miles at a moderate pace, lasting about 2 hours. Please bring \$2 dollar to contribute to permit needed for after-hours hiking if you haven't paid on a prior month. Registration is required for this hike. L Patricia McNally (pmcnallyma@comcast.net) CL Bob Vogel , R Patti McNally (pmcnallyma@comcast.net)



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! ! !



RESERVE YOUR 2016 STAY NOW!

Reservations open September 2nd for 2016—book now to lock in your preferred dates and locations

- Multi-night discount available for any combination of Lodges and Huts
- Special chapter group leader benefits
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RESERVATIONS AND INFORMATION

outdoors.org/lodging or

603-466-2727

For details on group bookings, visit us at outdoors.org/groups or call 603-466-8059





The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the AMC | Nov. 2015

Vote for your favorite photos!

Member voting for the AMC Photo Contest—People’s Choice Award opens on November 1 and will remain open until November 9. Vote for your favorite photos and share them with friends by visiting outdoors.org/photocontest.

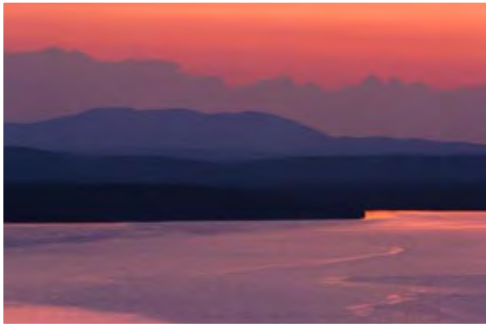


Photo: 2014 People’s Choice winner “Sunset on Moosehead Lake,” by Maury Eldridge

Want SEM activities delivered right to your email inbox?

[Sign up](#) for the AMC Activity Digest or call 1-800-372-1758 or email amcinformation@outdoors.org.

Find past issues of The Southeast Breeze on our [website](#).

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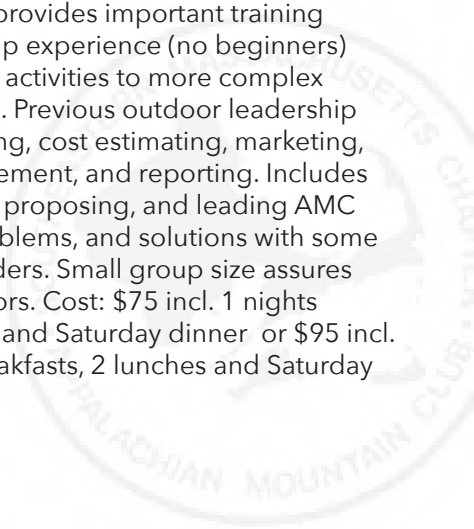


Sign up for Adventure Travel Leadership Training!

November 20-22, 2015

Visit some of the most exciting places in the world as the leader of an AMC Adventure Travel trip! This workshop provides important training to people who have AMC chapter leadership experience (no beginners) to transition from leading weekend chapter activities to more complex and longer trips, domestically and overseas. Previous outdoor leadership training is necessary. Emphasis is on planning, cost estimating, marketing, trip management, people skills, risk management, and reporting. Includes procedures and guidelines for researching, proposing, and leading AMC Adventure Travel trips. Exchange ideas, problems, and solutions with some of AMC’s most experienced and skilled leaders. Small group size assures abundant discussion and access to instructors. Cost: \$75 incl. 1 nights lodging on Saturday, 1 breakfast, 2 lunches and Saturday dinner or \$95 incl. 2 nights lodging Friday and Saturday, 2 breakfasts, 2 lunches and Saturday Dinner at Prindle Pond in Charlton, MA.

[Learn more](#)





Maureen Kelly,
Chapter Chair

chair@amcsem.org

View From the Chair

Hello SEM Members,

Time is running out to register for our [Annual Dinner](#) at [Salerno's](#) in Onset on Saturday, November 7, 2015. The Social Cocktail Hour (cash bar) begins at 4:30 and the Annual Meeting will start at 5:30. Dinner will begin at 6:30 followed by awards, dessert and a great speaker, Dianne Benson Davis.

Before the Annual Meeting we are hosting our Annual [Winter Workshop](#) in Sandwich in the afternoon. It is free and packed full of how-to-hike-in-the-winter knowledge. Whether you are walking the dog on snowshoes or hiking a 4K, we will help you be more comfortable outside in the winter.

Don't dread the coming of winter - celebrate it - with SEM!

See you outdoors!

Maureen Kelly

2015 Executive Board

Chapter Chair	Maureen Kelly	Communications Chair	Gina Hurley	Membership Vice Chair	Ed Miller
Vice Chair	Open	Communications Vice Chair	Open	Membership Vice Chair	Ellen Thompson
Secretary	John Pereira	Conservation Chair	Joshua Tefft	Paddling Chair	Open
Treasurer	Patty Rottmeier	Conservation Vice Chair	Open	Paddling Vice Chair	Ed Foster
Past Chair	Cheryl Lathrop	Education Chair	Doug Griffiths	Skiing Chair	Barbara Hathaway
Biking Chair	Cheryl Washwell	Education Vice Chair	Open	Skiing Vice Chair	Open
Biking Vice Chair	Open	Hiking Chair	Paul Miller	Trails Chair	Cathy MacCurtain
Cape Hiking Chair	Farley Lewis	Hiking Vice Chair	Leslie Carson	Trails Vice Chair	Wayne Anderson
Cape Hiking Vice Chair	Peter Selig	Membership Chair	Jodi Jensen		

Ad Hoc Committee Chairs and Other Chapter Contacts

Social Director	Open	Webmaster	Open	Short Notice Email List: snel.admin@amcsem.org
Social Vice Chair	Open	Breeze Editor	Gina Hurley	
Social Networking Moderator	Susan Mulligan	Blast Editor	Gina Hurley	

Contact the Chapter Chair at chair@amcsem.org if you're interested in any open position.

Upcoming Executive Board Meetings: Nov. 11, Dec. 9

2015 SEM chapter hut weekend at Cold River Camp.



Winter Hiking Workshop

Sat., Nov. 7, 2015 1:00PM - 4:00PM

It's still not too late to register for our free annual Winter Hiking Workshop. Learn how much fun winter hiking can be!

Experienced Southeastern Mass. Chapter winter hike leaders will cover clothing, equipment, nutrition, and conditioning for safe and enjoyable winter hiking as a prelude for participating in our popular Winter Hiking Series. The Series will start out with a local hike in December, then proceed to increasingly more challenging winter hikes in MA and NH, culminating with an overnight trip to an AMC hut.

The workshop will be held in the afternoon in Sandwich, MA and will end in time for SEM members to attend the Chapter's annual meeting and dinner in Onset that evening, if they so choose. Either participation in the Winter Hiking Workshop or prior winter hiking experience will be a prerequisite for participation in the Winter Hiking Series.

To register for the workshop, please contact Paul Miller via at paulallenmiller@verizon.net.

Photo: SEM Winter Hikers atop Mt. Pierce in the Presidential Range of NH (Photographer: Dexter Robinson)



Volunteer of the Month

Jane Harding



Jane has been a terrific leader and organizer for Cape Hikes and for another very popular walking group here. Her hikes are always well-planned, and well-attended. We very much appreciate her concerned and dependable commitment to Cape Hikes. Thank you Jane for your dedication! Jane will receive a Volunteer of the Month certificate and a \$50 gift card.



Breeze Information

Pictures and Article Submissions

We encourage SEM members to submit articles and photos for both the Breeze and our website. Materials will be edited at the editor's discretion. Submissions must be copy ready. Title and credit for all photos must be included. Send to breeze.editor@amcsem.org

Breeze Deadline

On the 15th of the preceding month.

Volunteer!

AMC SEM is always looking for volunteers to volunteer a little or a lot. Contact the chapter chair at chair@amcsem.org if you'd like to volunteer. We have outdoorsy opportunities (e.g., leading a hike); we also have indoorsy opportunities (e.g., web work, arranging events). Something for everyone!

Mark your calendars & save the dates!

AMC club-wide & SEM chapter-wide events.

COMMITTEE PLANNING MEETINGS:

SEM quarterly hike planning meetings (6:30pm)

Next meeting: 12/2- Contact Hiking Chair for details.

SEM Cape hike, paddle, bike planning meetings (contact activity chair)

SAVE THE DATE - EVENTS:

SEM Annual Meeting & Dinner (Nov 7, Salernos)

AMC Annual Summit (Jan 30, 2016)

SAVE THE DATE - TRAINING:

AMC Mountain Leadership School

AMC Adventure Travel Leadership Training (Nov. 2015)

Reunite with old friends and make some new ones

Annual meeting and dinner

The Southeastern Massachusetts Chapter Invites You to the Annual Meeting and Dinner. All SEM members, potential members, spouses and friends are welcome!

When: Saturday, November 7, 2015

Where: Salerno's in Onset

Time: 4:30 pm - Registration and Cocktail Hour (no charge)

5:30 pm - Annual Meeting (no charge)

6:30 pm - Buffet Dinner
\$20.00 or \$30.00 after 10/27

2016 Biking Innsbruck to Venice:

AMC-Adventure Travel Trip #1614 August 15-27, 2016

Bike downhill through the lush green valleys and meadows from Brennero Pass through South Tyrol. Hang a left at Lake Garda to Verona and follow the rolling Adige River landscape, passing villas of the ancient Venetian nobility to glorious Venice!

\$3,800 includes accommodations, most meals, bike rental, local guide, luggage transfers, medical evacuation insurance and AMC trained AT Leaders. Excludes airfare of approx. \$1,000.

Leader: Janis Stahlhut, jstahlhut@me.com, 203-820-9275

Co-leader Robert Matson, rm@theinnovationworks.com, (646) 233-1219. Email preferred.

See the full [prospectus](#)



AMC August Camp 2015 – Central Cascades, Oregon

By Leslie Carson

This past August, I was able to participate, once again, as a leader in the wonderful experience known as August Camp. It was set up at the Hoodoo Ski Resort near Sisters, Oregon amid the Cascade mountain range, Oregon's recreational heartland. This was my third year of being an AC leader and hopefully, not my last.

For those of you who are not familiar with August Camp, let me provide you with a brief description from the AC website (www.augustcamp.org). August Camp is a volunteer-run summer program of the Appalachian Mountain Club. Each summer August Camp sets up a tent community for about 60 people in the chosen area, which serves as a base camp, with most activities being within an hour's drive. Participants sleep on cots in 2-person tents, and are provided three meals a day, transportation to the day's activities, and an evening campfire program. This year, because of the wildfire dangers and drought, we were not allowed to have campfires in Oregon. It offers four one-week sessions of group hiking for adults in or near National Parks, Forests, and Wilderness areas, chiefly in the Western US. The hikes are led at several levels (A, B, C) of pace and challenge daily, to accommodate a variety of preferences. When the area allows, the program may also offer (at an extra fee) canoeing, kayaking, bicycling or other outings as well.

For Week 3, I had the opportunity to lead some fantastic hikes and day trips around the area. On Day one, our group walked through old growth forest on a waterfall loop around the McKenzie River's two grandest cascades, the 100-foot Sahalie Falls and 70-foot Koosah Falls. From there, we drove up the old McKenzie Pass Highway to the Dee Wright Observatory, a rock lookout hut with 360-degree views of the surrounding mountains. Crossing the alpine lava fields on a paved nature path looping through lava flow, we had views of Mount Washington, Little Belknap, North Sister and Black Butte, to name a few. Day two led us through wildflower meadows and lodge pole pine snags up a steep glacier

Continued on page 6

AMC August Camp 2015, Continued from page 5

moraine to a cirque lake with breathtaking views of Three-Fingered Jack (Elevation 7841 ft.).

A hike on the Obsidian Trail led us through alpine meadows nestled between Middle Sister and Little Brother strewn with obsidian glass. The most challenging hike I co-led with Sarah Keats, an AMC Maine leader, was hiking South Sister (10,358 ft.), Oregon's third tallest peak. The trail up south Sister was long, steep and rugged, but the views from the top were fabulous and well worth the effort. These are just a few of the wonderful hikes offered at August Camp each year.



In 2016, August Camp will set up on the shore of Lake Leland in Quilcene, Washington. The wonderful new site is located in the foothills of the Olympic Range west of Seattle, just outside Olympic National Park. Dates are July 16 through August 13. The forest, coastal, and mountain ecosystems of the Olympic Peninsula combine to create a spectacular wilderness park. We will explore this diverse environment with multiple hike offerings each day at varying levels of difficulty. We will also feature special activities such as sea kayaking, biking, swimming, and various tours to unique destinations in the area.

Several of our own SEM members have joined me Week 3 the past three years in Oregon, the North Cascades and Mount Rainier National Park. If you have an interest in joining in on the fun at August Camp 2016, please submit your application the first few weeks of January as it tends to fill quickly, particularly Week 3. If you have any questions, please ask me or visit the August Camp website.

Photos by Leslie and Ken Carson

2016 volunteer vacations

Dates	Title	Destination	Ages	Costs
January 23-30, 2016	Costa Rica Hut Trail Volunteer Vacation	San Luis de Monteverde, Costa Rica	18 - 70+	\$385 - \$425
February 13-20, 2016	Virgin Islands National Park Volunteer Vacation	Cinnamon Bay, St. John, USVI	18 - 70+	\$350 - \$385
February 20-27, 2016	Virgin Islands National Park Volunteer Vacation	Cinnamon Bay, St. John, USVI	18 - 70+	\$385 - \$425
Coming March 2016	Pacific Crest Trail Adult Volunteer Vacation	Southern California	18 - 70+	\$385 - \$425

Contact: Alison Violette, Volunteer Trails Administrative Supervisor
(603)466-8156
aviolette@outdoors.org

Paddle Report

Long Pond: Harwich/Brewster 10-7-15



Seven paddlers left the Harwich town landing heading in a counterclockwise direction under sunny skies with a slight breeze. We quickly reached the beach at the end of the pond and did a quick portage into Short Pond which is a lovely pond with many lily pads but no flowers now although we did see some minuscule pink flowers. The Tupelos lining the shore were a nice crimson color. We portaged back into Long Pond and continued until Paul found the passage to Greenland Pond which was much longer than the first one and more challenging. We all made it and paddled to a nice beach with picnic tables for lunch. Paul shared his lunch with some very friendly ducks. Afterwards we continued on along the shore and portaged back to Long Pond where two went back to the put-in and the rest of us continued on around. We passed the sea plane landing area, the Sea camp, a now private cranberry bog, the Girl Scout camp, and the Brewster town landing. We reached the Harwich town landing at 2:55 pm. Ed said we managed to increase a 6 mile paddle to a 8.8 mile paddle. It was a great day to be on the water as not too cold and very calm.

Leader: Jean Orser

Co-leader: Paul Corriveau

Paddlers: Bill Fischer
Ed Foster
Louise Foster
Christine Shreves
Pat Tun



SEM Conservation Corner

What's new in SEM Conservation?

We have a few conservation events scheduled for the rest of 2015, and a couple of them sound really interesting. "Impacts of Climate Change on Nature and the Outdoors in the Northeast" is one I'm excited for. This is a two part presentation that will focus on climate change in Massachusetts' ecosystems, as well as our northern playground some call the mountains. This is a great collaboration between AMC, Mass Audubon, and the Union of Concerned Scientist designed to give us a greater understanding on climate change in our own backyard. This event will be held on December 8, 2015 between 6:45 pm-8:30 pm.

A showing of the film "Chasing Ice" is another great conservation event happening in December. This is an epic story of one man's journey to gather undisputable evidence of melting ice caps and glaciers. If you want to see it for yourself, show up on December 16th at 6:45pm and stay until 8:30pm.

Both of these events are free of charge and do not require registration, all you need to do is show up ready to learn more about conservation. If you would like further information on these, or other, up and coming conservation events click on [Conservation](#). As always the SEM Conservation Committee loves to hear from Chapter members, so feel free contact me any time at conservationchair@amcsem.org.

Joshua Tefft
AMC SEM Conservation Chair



My 48!

By Peggy Qvicklund

I didn't realize it then, but my quest for the 48 began in 1970. A high school friend introduced me to hiking in the Whites, and we followed the maps that were included in the 1969 AMC White Mountain Guide. Those maps are laughable now! And there were only 46 mountains on the list back then! After high school graduation we drifted apart.

I moved to Sweden, (hiking in the Swedish mountains is SOOO different), began a family, and as often happens, children took all my attention. My cousin Jean gave me a membership to the AMC for my birthday one year, and by joining the weekly Thursday hikes I realized how much I missed getting out on the trails.

Using my backpack from 1970, Jean and I section hiked the AT of Massachusetts and slack packed the AT of Connecticut. We felt ready for NH.

The AMC SEM ran a wonderful summer hiking series led by Walt G., Maureen K., and Paul M., and that gave me my real jumpstart toward trying to complete the NH 48. I have had the company of various people on the hikes. Most memorably: My husband Lars, on Tom and Field for the 10th anniversary commemoration of 9/11, with Flags on the 48. (The blackhawk helicopter captured us waving from Mt Field). My daughter, Eva, who heard me bemoaning I couldn't find someone to hike with on a beautiful summer midweek day. She said, "I'll go with you Mom". She uncomplainingly got up in the wee hours, we hit the Osseo Trail for Mt Flume, and returned 11 miles later to drive home. Her first 4000'er! Anne D. who has arranged and rearranged her life to be off when I was off so we could make a quick run up to the Whites to knock another one off the list. Jean H. who is always so positive and trusting, (she never looks at a map in preparation). Her daughter Stephanie has also joined us several times, and has the same tireless hiking ability as her mother. All the patient and confident leaders of the AMC SEM, whose trips have always been a pleasure to be part of. (They don't allow any bullying!) The fellow hikers I have met along the trail who have helped guide me up the



difficult North Tripyramid slide, and down the Brutus Bushwhack from Owls Head.

Each mountain brings memories, and finishing on Moriah during Chapter Hut Weekend, with all my best hiking buddies was superb, but I must share a unique experience from the Owl's Head hike. Not wanting to leave Owl's Head as my last hike, Anne, Jean and I were prepared to go mid

July. I watched the water discharge rates carefully as I have a fear of water crossings! The chosen day arrived, we drove to NH the evening before, along with Maureen K. Then it began to rain. And it rained. Discussion ensued, "it might stop... the next day is supposed to be better.." In the end, we put the hike on hold and drove all the way home again. Good thing, the discharge rate of the East Branch of the river went from 200 cubic feet/second to 1900! Not my kind of fun! Three days later we returned (without Maureen who had to work) and hit the trail at 6:00. Sunshine and 70 degrees. What could go wrong? As we approached the first water crossing, I looked and knew I could do it. Anne and Jean forged across, and I eventually made it too. As suggested by other hikers, we left our water shoes on, and made the second crossing. Then a complication became apparent. Jean had not secured her boots well, and had LOST one along the way. We scoured the river edge. Jean recrossed and went back to the first crossing, but no sign of a boot. What to do? We were only 5.5 miles in on the 18 mile total for the day. All options were discussed, but Jean being Jean, just started walking again, now in two rubber water shoes. All Anne and I could do was follow!

Checking in with her now and then, Jean said her feet felt fine, better than with her boots. We made an uneventful climb up the slide, and found the old and new summit. Best of all we met a group of seasoned hikers doing the grid. They were able to guide us down a bushwhack which saved Jeans's feet immensely. Tired and sore, we tumbled into the car, and headed for a motel with a hot tub! Jean's perseverance remains the highlight of all 48, and I thank her so much!

Activities

Hiking Key: Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy). FT=First Timer; NM = New Member; AN = Advance Notice; C = Conservation

(FT) (NM) Thu., Nov. 5. Thurs. Morn. Hike Horseneck/Westport Beach B3D, Westport, Ma, Massachusetts, Southeast, MA. Meet at 10:00 AM Horseneck Beach main parking lot. Five mile hike with an option to extend to 8 miles hiking Gooseberry Island. Bring snacks/lunch sturdy footwear, water, and rain jacket. Heavy Rain cancels. Directions: Rte 195 to Exit 10 Rte. 88 south. Follow Rte 88 to parking lot. After the hike a short drive to a local restaurant for pie and ice cream. L Walt Granda (508-999-6038 before 9 pm, wlgranda@aol.com)

Thu., Nov. 5-Dec. 10. Warming Up For Winter, DCR Blue Hills Reservation, Milton, MA, Massachusetts, Boston Area, MA. A series of five Thursday hikes (none on Thanksgiving Day) within the Blue Hills area as a conditioning program preparing for winter hiking. The length of the hikes will progress, and each individual can modify their packs and gear to prepare for winter hiking. L Peggy Qvicklund (508-883-1623 before 9pm, qvickan@comcast.net) L Len Ulbricht (lwu9944@verizon.net) CL Mike DiBartolomeo (mbart4fam@comcast.net), R Peggy Qvicklund (508-883-1623, qvickan@comcast.net)

(FT) (NM) Sat., Nov. 7. SEM Annual Meeting & Dinner, Massachusetts, Southeast, MA. SEM Annual Meeting & Dinner. Chapter elections, cocktail hour, buffet dinner, awards, raffle, speaker. All members, potential members, and friends are welcome. Buffet is \$20 / person before 10/27. Join us for a fun celebration of the year's events. See the flyer for more details, and to register. L Maureen Kelly (chair@amcsem.org) L Jodi Jensen (membershipchair@amcsem.org), R Membership Chair (membershipchair@amcsem.org)

Sat., Nov. 7-7. Winter Hiking Workshop, Massachusetts, Cape Cod, MA. Learn how much fun winter hiking can be at our free annual workshop! Experienced Southeastern Mass. Chapter winter hike leaders will cover clothing, equipment, nutrition, and conditioning for safe and enjoyable winter hiking as a prelude for participating in our popular Winter Hiking Series. The Series will start out with a local hike in December, then proceed to increasingly more challenging winter hikes in MA and NH, culminating with an overnight trip to an AMC hut. Workshop will be held in the afternoon in Sandwich, MA and will end in time for SEM members to attend the Chapter's annual meeting and dinner in Onset that evening, if they so choose. Either participation in the Winter Hiking Workshop or prior winter hiking experience will be a prerequisite for participation in the Winter Hiking Series. L Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net) L Leslie Carson (ltc929@comcast.net), R Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net)

(AN) Sun., Nov. 8-8. Hike - Eagle Pond Cotuit (C3C) 2 hours, Massachusetts, Cape Cod, MA. From Rte 28 in Cotuit turn onto Putnam Ave at CVS and travel approximately 0.5 miles to dirt parking area on left. Meet at 12:45 PM for 1 PM start. L Jane Harding (508-833-2864 before 9 PM, janeharding@comcast.net) CL Nancy Wigley (nrwigley@verizon.net)

Thursdays, Nov. 12-12. Warming Up For Winter Hike, DCR Blue Hills Reservation, Milton, MA, Massachusetts, Boston Area, MA. A series of five Thursday hikes within the Blue Hills area as a conditioning program preparing for winter hiking. The length of the hikes will progress, and each individual can modify their packs and gear to prepare for winter hiking. While not technically part of the "SEM Winter Hiking Series," these local hikes offer a complementary opportunity to get in shape for winter hiking, which typically involves carrying a lot more gear and a heavier pack. L Peggy Qvicklund (508-883-1623 before 9pm, qvickan@comcast.net) L Len Ulbricht (lwu9944@verizon.net) CL Mike DiBartolomeo (mbart4fam@comcast.net), R Peggy Qvicklund (508-883-1623, qvickan@comcast.net)

Activities

(FT) (NM) Sat., Nov. 14. AMC/SEM - INTRO HIKING SERIES - BLUE HILLS, Blue Hills, Massachusetts, Boston Area, MA. Intro Hike #5 - Buck Hill Loop The hike around the Buck Hill Loop is a 4.5 miles challenging hike to the rocky summit offering 360° views. Dress in layers. Bring 16 oz of water, snacks and sturdy footwear. Heavy rain cancels. L Catherine MacCurtain (781-848-9506 Before 9:00 p.m., camacurtain@aol.com) CL Patricia-Lee Achorn (plachorn@me.com), R Patrica-Lee Achorn (plachorn@me.com)

Sat., Nov. 14-15. North & South Kinsman Backpack Hike, New Hampshire, White Mountains, NH. This two-day/11-mile backpack trip will take us to the summits of North Kinsman (4,293') and South Kinsman (4,358'). We will set up base camp at Kinsman Pond campsite and possibly attempt both summits on Saturday. If not, an early morning attempt will be made on Sunday. Due to the exposed summits, severe weather may cause a change in destination, most likely to Cannon Mountain. This is an early winter backpack intended for those with a fair amount of cold weather backpacking experience and who are in very good physical condition. Winter clothing and gear will be required. L Bryan Jones (508-746-2379, bjones1017@live.com) CL John Pereira (774-473-8145, johnpereira33@gmail.com), R John Pereira (774-473-8145 6pm to 8:30pm, johnpereira33@gmail.com)

Thursdays, Nov. 19-19. Warming Up For Winter Hike, DCR Blue Hills Reservation, Milton, MA, Massachusetts, Boston Area, MA. A series of five Thursday hikes within the Blue Hills area as a conditioning program preparing for winter hiking. The length of the hikes will progress, and each individual can modify their packs and gear to prepare for winter hiking. While not technically part of the "SEM Winter Hiking Series," these local hikes offer a complementary opportunity to get in shape for winter hiking, which typically involves carrying a lot more gear and a heavier pack. L Peggy Qvicklund (508-883-1623 before 9pm, qvickan@comcast.net) L Len Ulbricht (lwu9944@verizon.net) CL Mike DiBartolomeo (mbart4fam@comcast.net), R Peggy Qvicklund (508-883-1623, qvickan@comcast.net)

(FT) (NM) Tue., Nov. 24-24. Full Moon Hike - Borderland, Massachusetts, Southeast, MA. Join us for a nearly full moon hike & burn some calories ahead of Thanksgiving. Moonrise is 3:45pm so we should have clear views if good weather. Hike will be approximately 4-5 miles at a moderate pace, lasting about 2 hours. Please bring \$2 dollar to contribute to permit needed for after-hours hiking if you haven't paid on a prior month. Registration is required for this hike. L Patricia McNally (pmcnallyma@comcast.net) CL Bob Vogel , R Patti McNally (pmcnallyma@comcast.net)

Wednesday, Nov. 25. Sunset & Full Beaver Moon Road Cycling: 22+/- Miles/ 2 +/- hours., Massachusetts, Cape Cod, MA. Wednesday Nov. 25 - Sunset & Full Beaver Moon Road Cycling: 22+/- Miles/ 2 +/- hours. Mostly flat - a couple of hills. Alt. date 11/24. We'll ride from Sandwich Recreation Area at the end of Freezer Road in Sandwich to Monument Beach and return along Shore Road and through Gray Gables and Mashpee Island for sunset at Tidal Flats Recreation Area across the canal from MMA. Return along the canal with a stop at the Railroad Bridge for the Energy Train and Aptuxet Trading Post and moonrise over the Sagamore Bridge. According to folklore, the full moon for November is named after Beavers who become active while preparing for the winter. Contact leader for further information. Ride starts around two hours before sunset. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

Thursdays, Dec. 3-3. Warming Up For Winter Hike, DCR Blue Hills Reservation, Milton, MA, Massachusetts, Boston Area, MA. A series of five Thursday hikes within the Blue Hills area as a conditioning program preparing for winter hiking. The length of the hikes will progress, and each individual can modify their packs and gear to prepare for winter hiking. While not technically part of the "SEM Winter Hiking Series," these local hikes offer a complementary opportunity to get in shape for winter hiking, which typically involves carrying a lot more gear and a heavier pack. L Peggy Qvicklund (508-883-1623 before 9pm, qvickan@comcast.net) L Len Ulbricht (lwu9944@verizon.net) CL Mike DiBartolomeo (mbart4fam@comcast.net), R Peggy Qvicklund (508-883-1623, qvickan@comcast.net)

Thu., Dec. 3-3. Thurs. Morning Hike - Massasoit State Park, Massasoit State Park, E. Taunton, Massachusetts, Southeast, MA. Meet at 10 a.m. at Massasoit SP, East Taunton's "hidden jewel." Approx. 6 miles on trails lined with pine needles that wind around lakes and ponds on mostly flat to gently rolling terrain. Wear boots, bring water, snacks and lunch. Rain cancels. L Barbara Hathaway (508-880-7266 before 9 pm, barb224@tmlp.net)

Activities

Sat., Dec. 5. Winter Series Hike #1 - Mt. Wachusett, Massachusetts, Central, MA. We'll Hike to the summit of Mt. Wachusett (2006') in Princeton, MA to enjoy views of the Boston Skyline and Mt. Monadnock (weather permitting). Four miles round trip. Snowshoes and microspikes or other light traction devices may be needed. For this, the first hike in this season's winter series, hiking technique, food, hydration, and equipment will be featured during the hike. We'll also practice carrying our full winter backpacks. Note that either prior winter hiking experience or participation in our annual Winter Workshop in Sandwich on Nov. 7th (or equivalent) will be required. L Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net) L Leslie Carson (lrc929@comcast.net) L Walt Granda (wlgranda@aol.com) CL Barry Young

Thursdays, Dec. 10-10. Warming Up For Winter Hike, DCR Blue Hills Reservation, Milton, MA, Massachusetts, Boston Area, MA. A series of five Thursday hikes within the Blue Hills area as a conditioning program preparing for winter hiking. The length of the hikes will progress, and each individual can modify their packs and gear to prepare for winter hiking. L Peggy Qvicklund (508-883-1623 before 9pm, qvickan@comcast.net) L Len Ulbricht (lwu9944@verizon.net) CL Mike DiBartolomeo (mbart4fam@comcast.net), R Peggy Qvicklund (508-883-1623, qvickan@comcast.net)

Sat., Dec. 12. Mt. Washington Hike via Jewell Trail, New Hampshire, White Mountains, NH. We'll be hiking to the summit of Mt. Washington, the tallest peak in New England. The 10.4-mile (round trip) hike will take us up and down the Jewell and Gulfside trails, an elevation gain of 3,800 ft. Because of the exposed summit and ridge, severe weather and/or winter conditions may cause a change in destination, most likely to another 4,000 footer without such exposure. Winter clothing and equipment will be required. Experienced winter 4K hikers only please. L John Pereira (johnpereira33@gmail.com) L Maureen Kelly (mokol773@aol.com) CL Josh Tefft (tefft9wes@aol.com), R John Pereira (774-473-8145 6:00 to 8:30 P.M., johnpereira33@gmail.com)

Thu., Dec. 17. Hike John's Pond and Beyond, Massachusetts, Cape Cod, MA. 9:45AM for sign-in. Hikes starts promptly at 10AM. 2hr. hike C3C. An old favorite revisited. Waterviews, wetlands, woodlands. From Rte. 151 turn North (not South) on Currier Rd. then right on Ashumet Rd. Short distance Ashumet bears off to right but continue straight on what will become Hoopole Rd. (unmarked). Continue 1.5 miles and turn R onto Back Road following it .06 mile to large beach parking lot. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Thu., Dec. 17-17. Thursday Morning Hike in the Blue Hills, Massachusetts, Southeast, MA. A 3-4 mile hike up to Rattlesnake Hill. The hike will then continue on the Skyline Trail to Wampatuck Hill. Meet at Shea Ice Rink in Quincy. L Sue Chiavarioli (508-496-6452, brillo6452@yahoo.com)

Tuesdays, Dec. 22-22. White Line the Blue Hills Hike Series, Blue Hills, Massachusetts, Southeast, MA. White Line the Blue Hills. We will meet weekly, Tuesday mornings at 10:30am (for 10:45 start) and hike trails in the Blue Hills for about 4 hours. After the first snow fall appropriate winter clothing, including winter hiking boots and snow shoes will be required. A severe snow storm or unsafe driving conditions will cancel that week's hike. The series will run for the 13 weeks from the Winter Solstice (Dec 22) to the Spring Equinox (Mar 20). The leader will have his dog, Sunny, with him when weather permits, if you wish to bring your well behaved dog please discuss during registration. Register once and then Show and Go. Have you been a Red Liner and would like to try White Lining or do you simply enjoy winter hiking then consider joining us Tuesday mornings. L Paul Brookes (603-799-4399), R Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com)

Fri., Dec. 25. Sunset and Full Cold Moon Road Cycling, Massachusetts, Cape Cod, MA. Friday Dec. 25 - Sunset and Full Cold Moon Cycling - - 22+/- Miles/ 2 +/- hours. Flats & Hills. Perhaps we'll do this ride on Boxing Day. December is the month when winter begins for most of the Northern Hemisphere, hence, its full moon is called the Cold Moon. We'll ride from Sagamore Recreation Area (mainland side) into Sagamore Highlands with a stop at Peaked Cliff for a peek at Provincetown in the distance. Return to the recreation area and along the canal to Buzzards Bay for sunset at MMA or on Three Mile Outlook. Then back along the canal for moonrise over the Sagamore Bridge. Contact leader for further information. Ride starts around two hours before sunset. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)



Activities

Tuesdays, Dec. 29-29. White Line the Blue Hills Hike Series, Blue Hills, Massachusetts, Southeast, MA. White Line the Blue Hills. We will meet weekly, Tuesday mornings at 10:30am (for 10:45 start) and hike trails in the Blue Hills for about 4 hours. After the first snow fall appropriate winter clothing, including winter hiking boots and snow shoes will be required. A severe snow storm or unsafe driving conditions will cancel that week's hike. The series will run for the 13 weeks from the Winter Solstice (Dec 22) to the Spring Equinox (Mar 20). The leader will have his dog, Sunny, with him when weather permits, if you wish to bring your well behaved dog please discuss during registration. Register once and then Show and Go. Have you been a Red Liner and would like to try White Lining or do you simply enjoy winter hiking then consider joining us Tuesday mornings. L Paul Brookes (603-799-4399), R Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com)

Fri., Jan. 1. SEMAMC 13th Annual New Year's Day Road Cycling, Massachusetts, Cape Cod, MA. SEMAMC 13th Annual New Year's Day Ride - Road Cycling in Rochester/Marion - B2C/D - Friday Jan. 1, 2016 - late morning. *Weather-related relocation is possible. Kick off our year round cycling program and quests for 2,000+ miles in 2016. 27.5 +/- miles at an intermediate pace - early bailouts are easily available. This beautiful ride includes the coasts and harbors of Marion including Sea Shell Beach, Converse Road loop, Point and Delano Roads with an excursion into the Stone Estate, Sippican Land Trust, Planting Island, and Kittansett Golf Course offering a view of all three canal bridges. Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)



Happy Trails!

The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the AMC | Dec. 2015

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Full House at 2015 SEM Winter Hiking Workshop

By Paul Miller, SEM Hike Leader, Photos by Ken Carson

Thirty participants from the SEM and several other AMC chapters, six SEM hike leaders, plus several tables piled high with examples of typical winter hiking clothing and gear packed the Lakewood Hills Clubhouse in East Sandwich, Mass. for our 2015 Winter Hiking Workshop. This was held on the afternoon of November 7th, prior to the SEM Annual Dinner and Meeting in nearby Onset that evening.

With the wonderful winter hiking slide show assembled by Sue and Kevin Mulligan running in the background, Leslie Carson and Paul Miller welcomed the participants, reviewed the workshop objectives and agenda, and introduced the other leader/presenters.

After workshop participants introduced themselves and provided a quick overview of their own recent hiking experiences, Jeanine Audet and Ken Carson took a few minutes to discuss why they get so much enjoyment from winter hiking. Some of the reasons provided included the beautiful snow-draped scenery in the winter woods, the more expansive views, the peace and quiet, the smoother snow-packed trails, and the absence of bugs.

Continued on page 3



Winter hike presenters: Paul Miller, Anne Duggan, Leslie Carson, Dexter Robinson and Jeannine Audet





Maureen Kelly,
Chapter Chair

chair@amcsem.org

View From the Chair

Hello SEM Members,

In the midst of the holiday season I want to thank you, our members, for supporting the recreation, conservation and education principles of the AMC. Whether you are an active participant in activities or not, you all care about protecting the land today and for future generations. As Chair of the SEM Chapter of the AMC, I thank you for that.

I also want to thank our cape hikes, hiking, biking, paddling, skiing, conservation and trails leaders for offering fun outdoor activities for us to enjoy. To find SEM activities quickly, go to our website, www.amcsem.org and click on the brown 'schedules' tab at the top of the page. Then you can choose which activity you'd like see all the trip listings for. You can choose one or you can choose 'all SEM activities' to see everything we have listed. It is always up to date!

Best wishes for a warm, happy, holiday season.

See you outdoors!

Maureen Kelly

2016 Executive Board

Chapter Chair	Maureen Kelly	Communications Chair	Open	Membership Chair	Jodi Jensen
Vice Chair	Barry Young	Communications Vice Chair	Jeff Sugarman	Membership Vice Chair	Ed Miller
Secretary	John Pereira	Communications Vice Chair	Kristina Williams	Membership Vice Chair	Ellen Thompson
Treasurer	Patty Rottmeier	Conservation Chair	Joshua Tefft	Paddling Chair	Ed Foster
Past Chair	Cheryl Lathrop	Conservation Vice Chair	Open	Paddling Vice Chair	Open
Biking Chair	Bernie Meggison	Education Chair	Doug Griffiths	Skiing Chair	Barbara Hathaway
Biking Vice Chair	Open	Education Vice Chair	Open	Skiing Vice Chair	Open
Cape Hiking Chair	Farley Lewis	Hiking Chair	Leslie Carson	Trails Chair	Cathy MacCurtain
Cape Hiking Vice Chair	Peter Selig	Hiking Vice Chair	Open	Trails Vice Chair	Wayne Anderson

Ad Hoc Committee Chairs and Other Chapter Contacts

Social Director	Open	Web-master	Cheryl Lathrop	Short Notice Email List: snel.admin@amcsem.org
Social Vice Chair	Open	Breeze Editor	Jeff Sugarman	
Social Networking Moderator	Susan Mulligan	Blast Editor	Open	

Contact the Chapter Chair at chair@amcsem.org if you're interested in any open position.

Upcoming Executive Board Meetings: no meeting in Dec., Jan. 13 and Feb. 10



Paul Miller presenting the winter gear topic

Winter workshop, Continued from page 1

Then, Anne Duggan put on her promised “fashion show,” displaying a wide assortment of appropriate (non-cotton) clothing options for base, insulating, and shell layers. Anne stressed the importance of selecting clothing made of fabrics that wick moisture away from the skin (to help avoid hypothermia) and the equally important need to constantly adjust clothing layers when hiking in the winter to minimize sweating in the first place. Participants and leaders then had a lively discussion about the best places to purchase these types of clothing without having to take out a second mortgage on our homes. We also discussed other non-cotton alternatives to polyester that avoided the tendency of polyester clothing to become overly aromatic with repeated use. Leslie mentioned that she gets very good results from the latest generation of lightweight, “itch-proof” clothing made from lambswool.

Leslie provided a thorough overview of the available options for the all-important insulated, waterproof winter hiking/snowshoeing boots and provided some of the pros and cons of each. These included Sorel-type pac boots with removable felt liners (warm and generally affordable, but not very supportive); stiffer and more supportive winter hiking boots without removable insulation (tend to hold crampons well and warm enough with at least 400 grams of Thinsulate-type insulation...); plus technical “plastic” winter mountaineering boots (very warm, but also very expensive and generally too stiff for our types of winter trips).



Leslie stressed that, since everyone’s feet are different, it’s important to spend plenty of time in the store walking around with the boots on, wearing your own winter hiking socks, to try to determine how the boot will feel out on the trail. She mentioned that she went through several pairs of winter boots herself before finding a pair that fit her well and were appropriately warm (rated down to minus 40 degrees F.), yet comfortable over the long haul.

Following Leslie’s presentation, “Gear-head Paul” discussed and displayed a variety of winter hiking equipment: snowshoes, hiking poles, light traction devices (e.g., micro-spikes), full crampons (those with 10 or 12 points), insulated water bottle holders, goggles, zero-degree sleeping bag (required for the winter overnight trip), plus a backpack large enough to hold all this stuff and lots more! Paul also discussed some of the available options for each of the above and provided some advice for how to select the right winter gear.

Jeanine and Ken discussed the need for and importance of adequate hydration and nutrition for winter hiking and put on an excellent demonstration of some of the techniques they use to condition themselves for winter hiking, which typically involves long hours, carrying a heavier-than-usual backpack, and negotiating snow- and/or ice-covered trails. Jeanine’s kettle ball demonstration was particularly impressive, particularly when you consider that she weighs all of 90 pounds herself, and demonstrated some exercises with a 50-pound kettle ball! Ken also stressed the importance of exercises that strengthen our core muscles and how to stretch properly after a hike.

AMC/SEM Annual Meeting and Dinner 2015

On November 7, 2015, AMC Southeastern Massachusetts Chapter held its Annual Meeting and Dinner at the filled-to-near-capacity function room at beautiful Salerno's in Onset, Massachusetts. Over 100 people attended including many former board members as well as many people new to AMC making for a recent memorable attendance record. Attendance was bolstered by two local activities held prior to the meeting. Bob Vogel, long time hiking leader and Past Chapter Chair, organized and led the annual "Stroll Down Memory Lane" at nearby Myles Standish State Park, and Paul Miller, outgoing Hiking Chair, and his dedicated team conducted the annual "Winter Hiking Workshop" in Sandwich.

The formal part of the event began promptly at 5:30 PM with true gentleman Luther Wallis, as Master of Ceremonies, and Maureen Kelly, SEM Chapter Chair and event organizer, orchestrating the evening. A quorum being present, the Annual Meeting consisted of the presentation of the Annual Report, Treasurer's Report, and elections for the 2016 Board. Also, this year a special Bylaws Committee presented their proposed changes to the membership for a vote. Alan Greenstein, Bylaws Committee spokesman, presented to the membership the bylaw changes and the reasoning behind the requested changes. After some discussion, the bylaws were approved with some minor changes. Copies of reports, bylaws, and the newly elected Executive Board and Officers are available at the AMCSEM www.amcsem.org website. Susannah Hatch, AMC Volunteer Relations Coordinator, updated the members on the latest activities emanating from AMC Joy Street Headquarters.

Following the Salerno's scrumptious buffet with several entrée choices, the evening moved on to member volunteer awards. Volunteer activities are the lifeblood of AMCSEM and this year was exceptional in both numbers and dedication, too numerous to mention them all here. The highlighted Distinguished Service Award, which is presented to an active member with more than five years of service who goes "above and beyond" the normal service to the SEM Chapter, was presented by last year's winner Mike Woessner to this year's winner Barbara Hathaway, Ski Chair for SEM for many years. Barbara's enthusiasm for skiing, winter activities, and willingness to volunteer was apparent in her acceptance speech imploring people to get outdoors and to volunteer. Anniversary awards presented by Ellen Thompson, Membership Vice Chair, were impressive - almost 70 people for 10 years of active membership, over 15 people with 25 years, and one person with 50 years of continuous membership!

The final major event of the evening featured guest speaker, Dianne Benson Davis, who presented slides and commentary of her book, Eagle One, which chronicles her life of dedication to the care of wildlife. The title of the book stems from the time she spent four months living alone as the caretaker for eight baby bald eagles in the remote Quabbin Reservoir area of Massachusetts as part of an ambitious and successful effort to reintroduce the endangered bald eagle to the skies of New England. In addition to the chronicle of her time with the eagles, the book also tells the story of a woman's life devoted to the care of wildlife: her nearly twenty year relationship with a red-tailed hawk, her experiences caring for a baby polar bear, tagging loggerhead sea turtles, and working with countless animals at the Tufts University Wildlife Clinic and the EcoTarium in Worcester. Dianne graciously stayed after her presentation to answer many questions.

Thanks to all who attended and made the event a great success.

Photos: Ken Carson



Mike Woessner, 2014 SEM Distinguished Service Award Winner, giving 2015 SEM DSA to Barbara Hathaway



Jean and Paul Hauck



Donna and Jeff Hyman



Speaker, Dianne Benson Davis

Breeze Information

Pictures and Article Submissions

We encourage SEM members to submit articles and photos for both the Breeze and our website. Materials will be edited at the editor's discretion. Submissions must be copy ready. Title and credit for all photos must be included. Send to breeze.editor@amcsem.org

Breeze Deadline

On the 15th of the preceding month.

Volunteer!

AMC/SEM is always looking for volunteers to volunteer a little or a lot. Contact the chapter chair at chair@amcsem.org if you'd like to volunteer. We have outdoors opportunities (e.g., leading a hike). We also have indoors opportunities (e.g., web work, arranging events). Something for everyone!

New! The Breeze Marketplace

Kahtoola micro-spikes

Used pair of recently sharpened Kahtoola micro-spikes, pre 2013 version, size large, suitable for men's shoe size 10.5 - 14, \$25.

Contact Dexter Robinson at dexpdoc@gmail.com



Stewardship Society Awards 2015

Submissions due by December 15, 2015

Now is the time to look back and tally up all of the time you have contributed doing the things you love with the AMC! AMC values all of our volunteers and we would not be able to do all that we do without your help! Please take the time to total up your hours spent volunteering for the AMC in 2015. This information helps us to calculate the thousands of hours our volunteers contribute annually. Thank you!

Stewardship Society Award tally sheets should be sent to Alex DeLucia: adelucia@outdoors.org

<http://www.outdoors.org/volunteers/awards/index.cfm>



Photo: Jeff Sugarman

From The Archives

1986 AMC/SEM Lonesome Lake trail crew.

Sitting up front on the right, with the Scottish hat, is Bill Brown. He was the Chapter's first trail chair. He held the position for eight years.

Standing on the far left is Stu Morris. He gave the Chapter newsletter it's name.

Photo: Bruce Dunham



Understanding the Impacts of Climate Change in the Northeast

The AMC Series: Climate Change, Energy & The Outdoors

The next episode, on December 8, is called *Understanding the Impacts of Climate Change in the Northeast*. Scientists Dave Publicover, AMC and Robert Buchsbaum, Mass Audubon will deliver this presentation. For full details, you can visit this listing: <https://activities.outdoors.org/search/index.cfm/action/details/id/86070>

On December 16, the series will close with a screening of *Chasing Ice*. This is the description for that event:

<http://activities.outdoors.org/search/index.cfm/action/details/id/85708>

Photo: Jeff Sugarman

Activities

[Search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

AA ... 13+

A 9-13

B 5-8

C less than 5

Indicates pace

1 very fast

2 fast

3 moderate

4 leisurely

Indicates terrain

A very strenuous

B strenuous

C average

D easy

Found in the description

L Activity leader

CL ... Activity co-leader

FT ... First Time

NM .. New Members

AN ... Advance Notice

C Conservation

Biking

Dec. 3 (Thu). Beautiful Mashpee Waterfront Ride, Massachusetts, Cape Cod, MA. Meet at Mashpee Town Beach for 12 noon departure. We will cycle thru Popponessett CC, onto Daniels Island, Monomoscoy Island & Seconsett Island. Views of tidal marshes, Waquoit Bay and real estate of course! C2D. L Bernie Meggison (617-930-4029 8:00 AM - 6:00 PM, thosmeggisons@gmail.com) CL Barbara Gaughan

Dec. 10 (Thu). Dennis- Brewster, New Coffee Boutique Ride, Massachusetts, Cape Cod, MA. Enjoy the quietness of off season riding on the Rail Trail from Dennis to Brewster. We will stop at the new Coffee Owl Roasters custom coffee shop near Nickerson State Park. L Bernie Meggison (617-930-4029, thosmeggisons@gmail.com) CL Barbara Gaughan

Dec. 25 (Fri). Sunset and Full Cold Moon Road Cycling, Massachusetts, Cape Cod, MA. Approx. 22 miles; approx. 2 hours. Flats & Hills. Perhaps we'll do this ride on Boxing Day. December is the month when winter begins for most of the Northern Hemisphere, hence, its full moon is called the Cold Moon. We'll ride from Sagamore Recreation Area (mainland side) into Sagamore Highlands with a stop at Peaked Cliff for a peek at Provincetown in the distance. Return to the recreation area and along the canal to Buzzards Bay for sunset at MMA or on Three Mile Outlook. Then back along the canal for moon-rise over the Sagamore Bridge. Contact leader for further information. Ride starts around two hours before sunset. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

Hiking

Get your 100-mile patch! Contact hikingchair@amcsem.org.

We're always looking for additional hike leaders! Contact hikingchair@amcsem.org

Thursdays in Dec. (12/3, 12/10, 12/17, 12/24, 12/31). Warming Up For Winter Hike, DCR Blue Hills Reservation, Milton, MA, Massachusetts, Boston Area, MA. A series of five Thursday hikes within the Blue Hills area as a conditioning program preparing for winter hiking. The length of the hikes will progress, and each individual can modify their packs and gear to prepare for winter hiking. While not technically part of the "SEM Winter Hiking Series," these local hikes offer a complementary opportunity to get in shape for winter hiking, which typically involves carrying a lot more gear and a heavier pack. L Peggy Qvicklund (508-883-1623 before 9 pm, qvickan@comcast.net) L Len Ulbricht (lwu9944@verizon.net) CL Mike DiBartolomeo (mbart4fam@comcast.net), R Peggy Qvicklund (508-883-1623, qvickan@comcast.net)

Dec. 3 (Thu). Hike Shawme Crowell State Park, Massachusetts, Southeast, MA. 2 hour hike on marked trails in state park. Meet at 9:45 AM for 10:00 AM start. Directions from the Cape take Rte 6 to exit 2 and turn N on Rte 130 and follow around Shawme Pond, past Town Hall, continue about 1.5 miles and entrance to park will be on L. From off Cape take Sagamore Bridge to Rte 6 and take 1st exit, follow ramp to 2nd traffic lights and turn R on Sandwich Rd., Follow to merge with 6A and bear L and look for R to Rte. 130, entrance to park on R. Drive past entrance kiosk and continue on road to dumpsters and park. L Jane Harding (508-833-2864 Before 9 PM., janeharding@comcast.net) CL John Bescherer (notmtwain@yahoo.com)

Dec. 3. Thursday Morning Hike - Massasoit State Park, Massasoit State Park, E. Taunton, Massachusetts, Southeast, MA. Meet at 10 a.m. at Massasoit SP, East Taunton's "hidden jewel." Approx. 6 miles on trails lined with pine needles that wind around lakes and ponds on mostly flat to gently rolling terrain. Wear boots, bring water, snacks and lunch. Rain cancels. L Barbara Hathaway (508-880-7266 before 9 pm, barb224@tmlp.net)

Activities

[Search activities online](#)

Dec. 5. Winter Series Hike #1 - Mt. Wachusett, Massachusetts, Central, MA. We'll Hike to the summit of Mt. Wachusett (2006') in Princeton, MA to enjoy views of the Boston Skyline and Mt. Monadnock (weather permitting). Four miles round trip. Snowshoes and micro-spikes or other light traction devices may be needed. For this, the first hike in this season's winter series, hiking technique, food, hydration, and equipment will be featured during the hike. Well also practice carrying our full winter backpacks. Note that either prior winter hiking experience or participation in our annual Winter Workshop in Sandwich on Nov. 7th (or equivalent) will be required. L Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net) L Leslie Carson (Itc929@comcast.net) L Walt Granda (wlgranda@aol.com) CL Barry Young , R Paul Miller (Paulallenmiller@verizon.net)

Dec. 10. Thursday AM Hike on Bay Circuit Trail through Walpole Conservation Land, 109 Robbins Road, MA, Massachusetts, Southeast, MA. Meet at 10am at the VFW Post at 109 Robbins Rd in Walpole for a 4.5 mile hike on the Bay Circuit Trail through Conservation Land. Mostly flat but with a few steep, but short sections up and down eskers. L Hans Luwald (508-668-0462 Before 9 pm, hans.luwald@gmail.com) CL Debbie Lepore (781-828-0572 Before 9 pm, dlepore2@gmail.com)

Dec. 12 (Sat). Mt. Washington Hike via Jewell Trail, New Hampshire, White Mountains, NH. We'll be hiking to the summit of Mt. Washington, the tallest peak in New England. The 10.4-mile (round trip) hike will take us up and down the Jewell and Gulfside trails, an elevation gain of 3,800 ft. Because of the exposed summit and ridge, severe weather and/or winter conditions may cause a change in destination, most likely to another 4,000 footer without such exposure. Winter clothing and equipment will be required. Experienced winter 4K hikers only please. L John Pereira (johnpereira33@gmail.com) L Maureen Kelly (moke1773@aol.com) CL Josh Tefft (tefft9wes@aol.com), R John Pereira (774-473-8145 6:00 to 8:30 P.M., johnpereira33@gmail.com)

Dec. 17 (Thu). Hike John's Pond and Beyond, Massachusetts, Cape Cod, MA. 9:45AM for sign-in. Hikes starts promptly at 10AM. 2hr. hike C3C. An old favorite revisited. Water-views, wetlands, woodlands. From Rte. 151 turn North (not South) on Currier Rd. then right on Ashumet Rd. Short distance Ashumet bears off to right but continue straight on what will become Hoopole Rd. (unmarked). Continue 1.5 miles and turn R onto Back Road following it .06 mile to large beach parking lot. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Dec. 17. Thursday Morning Hike – the Blue Hills, Massachusetts, Southeast, MA. A 3-4 mile hike up to Rattlesnake Hill. The hike will then continue on the Skyline Trail to Wampatuck Hill. Meet at Shea Ice Rink in Quincy. L Sue Chiavaroli (508-496-6452, brillo6452@yahoo.com)

Tuesdays (Dec. 22, 29; Jan. 5, 7, 12, 19, 26; Feb. 2, 9, 16, 23; Mar. 1, 8). White Line the Blue Hills Hike Series, Blue Hills, Massachusetts, Southeast, MA. White Line the Blue Hills. We will meet weekly, Tuesday mornings at 10:30am (for 10:45 start) and hike trails in the Blue Hills for about 4 hours. After the first snow fall appropriate winter clothing, including winter hiking boots and snow shoes will be required. A severe snow storm or unsafe driving conditions will cancel that week's hike. The series will run for the 13 weeks from the Winter Solstice (Dec 22) to the Spring Equinox (Mar 20). The leader will have his dog, Sunny, with him when weather permits, if you wish to bring your well behaved dog please discuss during registration. Register once and then Show and Go. Have you been a Red Liner and would like to try White Lining or do you simply enjoy winter hiking then consider joining us Tuesday mornings. L Paul Brookes (603-799-4399), R Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com)

Jan. 7. Thursday Morning Hike – Whitney and Thayer Woods (B3C), Cohasset, Hingham, Ma, Massachusetts, Southeast, MA. Whitney & Thayer Woods (B3C) Lovely woods walk across rolling hills on Trustees of Reservations property. Meet at 10:00am in the Whitney and Thayer Woods main parking area. Boots suitable for weather/trail conditions, possibly traction devices or snowshoes, water, winter wear (layers, hats, mittens) and snacks/lunch required. Directions: from Route 3 (Exit 14), take Route 228N for 6.5 miles through Hingham. Turn right onto Route 3A eastbound and follow for 2 miles to the entrance. Parking is on the right. Contact L if weather is questionable. Please carpool if possible, as parking is limited. L Eva Borsody das (781-925-9733, borsody@gmail.com)

Jan. 9 (Sat). Winter Series Hike #2 - Seven Sisters, Massachusetts, Pioneer Valley, MA. Moderate 6-mile hike on the Metacomet Monadnock Trail over a series of peaks including Mt Holyoke, and The Seven Sisters. Total elevation gain will be approximately 2000 ft. Enjoy great winter views of the Pioneer Valley and the Connecticut River (weather permitting) while getting in condition for our next winter series hikes "up North." Snowshoes and micro-spikes (or other light traction devices) are likely to be needed. Once again, we'll be carrying our full winter backpacks for this preparatory hike. Note that either prior winter hiking experience or participation in our annual Winter Workshop in Sandwich on Nov. 7th (or equivalent) will be required. L Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net) L Leslie Carson (Itc929@comcast.net) L Walt Granda (wlgranda@aol.com) CL Anne Duggan CL Peggy Qvicklund , R Paul Miller (Paulallenmiller@verizon.net)

Activities

[Search activities online](#)

Jan. 14 (Thu). (FT) (NM) Borderland State Park/Bay Circuit Trail Thurs. AM Hike, Sharon/North Easton, Massachusetts, Southeast, MA. Meet at 10AM at Borderland SP parking lot on Massapoag Avenue on the Sharon/North Easton border for a six-mile hike, including portions of the Bay Circuit Trail with pond views. Bring water, lunch, layers, sturdy footwear. Rain or storm cancels. Parking fee is \$2.00. L Deborah Lepore (781-828-0572 before 9 PM, DLepore2@GMail.com) CL Hans Luwald (508-668-0462 before 9 pm, Hans.Luwald@GMail.com)

Jan. 21 (Thu). (FT) (NM) Thursday Morning Hike in the Blue Hills, Massachusetts, Southeast, MA. A 4-5 mile hike on the Wildcat Notch Path, the Coon Hollow Path, and around the Eliot Tower. Meet at the northern parking lot at Trailside Museum at 9:45. Driving Directions Take exit 2 (route 138N) off of Rt. 128 and go north toward Milton. We will meet in the 2nd parking lot next to the Trailside Museum. L Sue Chiavaroli (508-496-6452 7-9PM, brillo6452@yahoo.com)

Jan. 23 (Sat). Mt. Tom & Mt. Field Hike, New Hampshire, White Mountains, NH. This 7.2-mile hike will take us to the summits of two NH 4,000 footers - Mt. Tom (4,051') and Mt. Field (4,340') - plus Mt. Avalon (3,442') provides another winter-hiking option in addition to those hikes in the Southeastern Mass. Chapter's Winter Hiking Series. This trip will involve a total of ~2,800' in elevation gain. Poor winter conditions may cause the hike to be canceled or cause a change in destination, most likely to a lesser peak nearby. Winter clothing and equipment will be required. Experienced winter hikers only please. L John Pereira (774-473-8145, johnpereira33@gmail.com) L Maureen Kelly (mokol773@aol.com), R John Pereira (774-473-8145 6pm to 8:30pm, johnpereira33@gmail.com)

Jan. 25 (Mon). (NM) Full Moon Hike - Borderland, Massachusetts, Southeast, MA. Join us for a post-full moon hike at Borderland State Park. Moon-rise is 6:46 pm. Hike will be approximately 4-5 miles at a moderate pace, lasting about 2 hours. Snowshoes may be needed. Please bring \$2 dollar to contribute to permit needed for after-hours hiking if you haven't paid on a prior month. Registration is required for this hike. L Patricia McNally (508-212-0330, pmcnallyma@comcast.net) CL Nancy Coote, R Patti McNally (pmcnallyma@comcast.net)

Jan. 28 (Thu). (C) (FT) (NM) (AN) Morning hike at the Monastery Grounds, Cumberland, RI, Cumberland, RI, Rhode Island, RI. Thursday Morning Hike on Monastery grounds in Cumberland, RI - Bring lunch or snack. Snow equipment may be needed. Rain cancels. Rte. 295S to exit 11. Take 114S app. 1-1/2 mi. Take right into Monastery and go past playground. L Muriel Guenther (508-699-7461 Before 9:00pm, murielguenther@comcast.net)

Feb. 6 (Sat). Winter Series Hike #3 - Mt. Pierce, New Hampshire, White Mountains, NH. Join us for the third hike in our 2014 Winter Series, which will bring us above 4,000 feet for the first time this year to the summit of Mt. Pierce with it's panoramic views of the southern Presidentials, Mt. Washington, and beyond. We'll take the historic (mostly protected) Crawford Path and return via the Webster Cliff Trail to the Mizpah Cutoff and then back to the trail-head via the Crawford Path. Full winter clothing and gear, including both snowshoes and micro-spikes (or other light traction devices) will be required. Depending on trail conditions, we may also need either 10- or 12-point crampons. Prior winter hiking experience and/or participation in the SEM Winter Workshop on Nov. 7th (or equivalent) required. L Maureen Kelly (617-943-4288, mokol773@aol.com) CL Anne Duggan CL Barry Young, R Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net)

Feb. 22 (Mon). (FT) (NM) Full Moon Hike - Borderland, Massachusetts, Southeast, MA. Join us for a full moon hike at Borderland State Park. Hike will be about 4-5 miles at a moderate pace, lasting approximately 2 hours. Moon-rise is 5:34pm. With good weather, we should have nice moon views. Snowshoes may be needed. Please bring \$2 dollar to contribute to permit needed for after-hours hiking if you haven't paid on a prior month. Registration is required for this hike. L Patricia McNally (508-212-0330, pmcnallyma@comcast.net) CL Bob Vogel, R Patti McNally (508-212-0330, pmcnallyma@comcast.net)

Mar. 4-6. Winter Series Hike #4 - Carter Notch Overnight Trip, New Hampshire, White Mountains, NH. We'll return to remote Carter Notch for the final trip in the 2015-2016 SEM Winter Hiking Series. Participants may have an option to stay at the AMC Carter Notch Hut for either one or two nights under our group reservation. At the hut, we'll enjoy camaraderie and group breakfasts and dinners. App. Four mile hike into the hut, with some elevation gain and loss. We'll also offer several shorter hikes from the hut. A warm winter sleeping bag (rated to at least 0 degrees F.) and full winter gear including snowshoes and micro-spikes (or other light traction devices) will be required. Depending on trail conditions, we may also need either 10- or 12-point crampons. Prior winter hiking experience and/or participation in the SEM Winter Workshop on Nov. 7th required. Preference will be given to those who participated in previous hikes in the series. L Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net) L Maureen Kelly (mokol773@aol.com) L Leslie Carson (ltc929@comcast.net) CL Barry Young CL Ken Carson, R Paul Miller (Paulallenmiller@verizon.net)

Activities

[Search activities online](#)

Mar. 10 (Thu). (FT) (NM) Morning hike at Ponkapoag Pond, Canton, MA, Massachusetts, Southeast, MA. Meet at 10AM in Ponkapoag Golf Course Parking Lot for a five-mile hike/snowshoe (depending on conditions) around the pond. Bring: water, snack and appropriate footwear. L Deborah Lepore (781-828-0572 before 9 PM, DLepore2@GMail.com) CL Hans Luwald (508-668-0462 Before 9 PM, Hans.Luwald@Gmail.com)

Mar. 22 (Tue). (FT) (NM) Full Moon Hike - Borderland, Massachusetts, Southeast, MA. Join us for the last full moon hike of the season at Borderland State Park. Moon-rise is 6:23pm. Hike will be about 4-5 miles at a moderate pace, lasting approximately 2 hours. Please bring \$2 dollar to contribute to permit needed for after-hours hiking if you haven't paid on a prior month. Registration is required for this hike. L Patricia McNally (pmcnallyma@comcast.net) CL Nancy Coote, R Patti McNally (pmcnallyma@comcast.net)

Mar. 24 (Thu). (FT) (NM) (AN) Morning Hike - Oldham Trail & Harold Clark Forest, Foxboro, MA, Massachusetts, Southeast, MA. Hike the Oldham Trail & Harold Clark Forest. Meet 10:00 am at parking lot on Rt. 140 Foxboro across from Sunoco Station. Bring lunch or snack and water and wear appropriate footwear. L Muriel Guenthner (508-699-7461 Before 9:00PM, murielguenthner@comcast.net)

Apr. 14 (Thu). (C) (FT) (NM) (AN) Morning Hike - Wollomonopoag Conservation Area, Wrentham, MA, Massachusetts, Southeast, MA. Thu., April 14 Wollomonopoag Conservation Area, Wrentham, MA. Meet 10:00 am in Conservation parking lot off of Elysium St. Bring water, snack or lunch & sturdy footwear. Rain cancels. L Muriel Guenthner (508-699-7461 before 9:00pm mguenthner@comcast.net). B3C. L Muriel Guenthner (508-699-7461 Before 9:00pm, murielguenthner@comcast.net)

Apr. 21 (Thu). (FT) Morning hike - World's End (C3C), Hingham, MA, Massachusetts, Southeast, MA. World's End (C3C). Meet at 10am, \$6 pp non-Trustees members. Moderate 4-5 miles. Explore unique peninsula in Boston Harbor, stunning views, hilly, carriage ways, rocky paths, could be muddy sections. Wear layers, wind protection, good shoes suitable for weather and conditions. Bring water, snacks/lunch. Directions at <http://www.thetrustees.org/places-to-visit/greater-boston/worlds-end.html>. L Eva Borsody das (781-925-9733, borsody@gmail.com)

Skiing

Dec. 20 (Sun). XC Skiing, Massachusetts, Boston Area, MA. Advanced beginner/Intermediate XC skiing. Come for a day to enjoy skiing the trails in the woods and fields at Great Brook Farm in Carlisle, MA. We will ski groomed trails. Meet at lodge at 10:00 a.m. Estimated time on the trails will be 3 or 4 hours. Bring lunch, snack and drink. Equipment rentals are available. Complete details including conditions and fees at this website: www.greatbrookski.com. L Barbara Hathaway (508-880-7266 before 9 p.m., barb224@tmlp.net) CL Jeannine Audet (508-493-8221 7 to 10 p.m., milmod@aol.com), R Jeannine Audet (508-493-8221 7 to 10 p.m., milmod@aol.com)

Jan. 15-18. XC Ski Weekend in White Mountains, White Mountains, New Hampshire, White Mountains, NH. SEM and Boston Forty+ join together for XC skiing, snowshoeing and camaraderie at Applebrook B&B, in Jefferson, NH. Friday, Saturday and Sunday nights lodging, 3 hot breakfasts, Friday night pizza and salad and Saturday and Sunday dinners are included in rates that range from \$230 to \$310 per person including taxes. Skiing at Bretton Woods or other facilities depend upon snow and trail conditions. Additional details provided prior to trip. L Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net) CL Wayne Cardoza (603-673-2518 before 9pm), R Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net)

Mar 4-6. XC Ski White Mountains, Intervale, NH, New Hampshire, White Mountains, NH. Can you think of a better way to begin the month of March than XC- skiing in the White Mountains? Join the SEM and Forty Plus chapters on Mar. 4 for 2 nights lodging at the Old Field House in Intervale, NH. Room rates are from \$120 to \$135 per night plus tax and include a hearty breakfast on Saturday and Sunday mornings. Visit their website www.oldfieldhouse.com for a complete description of their rooms and amenities. After registering by phone with the AMC Leader, call the Old Field House at 800-444-9245 to reserve your room. If you don't have a roommate, leader or innkeeper will try to match you up with one or you have the option of paying for a single supplement. We'll ski at Jackson, Great Glen, or Bear Notch - or right out the door on the Intervale trails. Bring your snowshoes, too. The weekend begins with pizza, salad and socializing on Friday night (nominal charge) around 6:30. Bring a snack to share at Happy Hours and your favorite beverage. Space is limited, so reserve a spot soon. L Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net) CL Wayne Cardoza (508-880-7266 before 9 pm, barb224@tmlp.net)



Happy Trails!

The Southeast Breeze

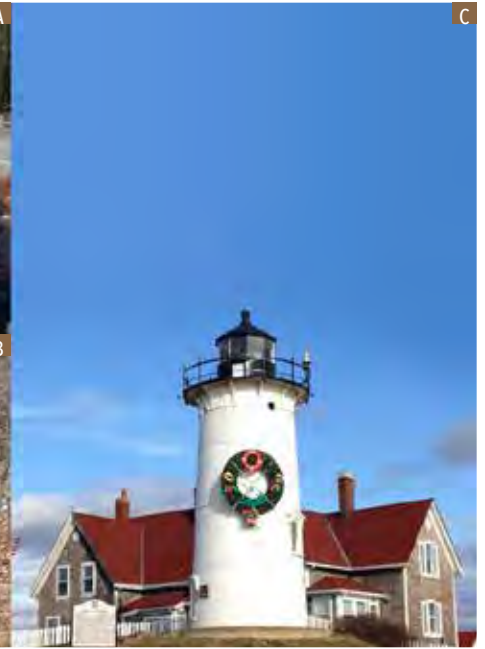
The Newsletter of the Southeastern Massachusetts Chapter of the AMC | Jan. 2016



A



B



C

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.....
[Sign up](#) for the AMC Activity Digest or call 1-800-372-1758 or email amcinformation@outdoors.org.

Find past issues of The Southeast Breeze on our [website](#).

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A. Borderland SP, Photo: Elsie Laverty

B. Blue Hills Res. Photo: Jodi Jensen

C. Nobska Light, Photo: Barbara Gaughan

Kicking Off the New Year

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Our chapter started 2016 with several groups getting outside to enjoy the local environment.

In The Blue Hills Reservation, The First Day hike covered 5.8 miles over 3 hours along the Skyline, yellow arrow, and green dot trail in the northwest section of the reservation. There were many familiar faces but also some new folks participated, including some long time members who are trying to get more active. It was great to also see so many other hikers, including families, in the reservation on a beautiful New Year's Day.

At Borderland State Park, 25 folks showed up for a morning hike. They hiked out the West Side, French, Northwest, NEMBA, Ridge Quarry Loop trails to visit Moyle's Quarry, where they got a show & tell about how to hand split granite, and one eagle-eyed participant even found a set of 'feathers and wedge' stuck in a block of granite that had split crooked and had been abandoned. The group continued on the Morse Loop to the very northern end of the park, stopping there for lunch. They worked their way back toward the cars over the Friends, Ridge, and Granite Hills trails. Having hiked a total of seven miles, including a short walk along Pond Walk Trail, everyone returned to their cars.

Continued on page 3



Maureen Kelly,
Chapter Chair

chair@amcsem.org

View From the Chair

Hello SEM Members,

Best wishes for many joyous outdoor adventures in 2016! We would love to meet you and have you take a trip with us. Would you like to bike, ski, paddle, hike, backpack or perform trail work? We can show you beautiful places close to home and we can also show you beautiful places across New England.

Contact one of our enthusiastic leaders and try something new! You can always find our activities on our web site at <http://amcsem.org/schedules.html>.

If you are looking for a volunteer opportunity in the new year, we are always looking for help. Currently we are looking for a Communications Chair to oversee our SEM Chapter Communications. Also, our Biking, Hiking, Skiing and Paddling Committees are looking for Vice Chairs. Contact me if you'd like to help out.

See you outdoors!

Maureen Kelly

2016 Executive Board

Chapter Chair	Maureen Kelly	Communications Chair	Open	Membership Chair	Jodi Jensen
Vice Chair	Barry Young	Communications Vice Chair	Jeff Sugarman	Membership Vice Chair	Ed Miller
Secretary	John Pereira	Communications Vice Chair	Kristina Williams	Membership Vice Chair	Ellen Thompson
Treasurer	Patty Rottmeier	Conservation Chair	Joshua Tefft	Paddling Chair	Ed Foster
Past Chair	Cheryl Lathrop	Conservation Vice Chair	Open	Paddling Vice Chair	Open
Biking Chair	Bernie Meggison	Education Chair	Doug Griffiths	Skiing Chair	Barbara Hathaway
Biking Vice Chair	Open	Education Vice Chair	Open	Skiing Vice Chair	Open
Cape Hiking Chair	Farley Lewis	Hiking Chair	Leslie Carson	Trails Chair	Cathy MacCurtain
Cape Hiking Vice Chair	Peter Selig	Hiking Vice Chair	Open	Trails Vice Chair	Wayne Anderson

Ad Hoc Committee Chairs and Other Chapter Contacts

Social Director	Open	Web-master	Cheryl Lathrop	Short Notice Email List: snel.admin@amcsem.org
Social Vice Chair	Open	Breeze Editor	Jeff Sugarman	
Social Networking Moderator	Susan Mulligan	Blast Editor	Open	

Contact the Chapter Chair at chair@amcsem.org if you're interested in any open position.

Upcoming Executive Board Meetings: Jan. 13 and Feb. 10

Kicking Off the New Year, continued.

SEMAMC 13TH annual New Year's Day cycling by Paul Currier

Relocating the 13th Annual New Year's Day ride from Rochester/Marion to Falmouth was well received as we had a dozen signups. We gathered at the Shining Sea Bike Path parking lot in North Falmouth but opted for some scenic street riding on the way to Woods Hole. Old Silver was our first regroup; lovely although quite windy looking to Marion, Rochester, Mattapoisett, and Fairhaven. We continued south taking in Gunning Point and Racing Beach side street tours to the ocean. Back on the path and eventually to Woods Hole for a stop at Pie in the Sky for refreshments in the sun and a group picture taken by a friendly couple.

Thanks to Joe Tavilla, we decided to take in Nobska Light and, across from it, Martha's Vineyard on the return trip so we would be riding with the wind. We continued back along the beach for a bit and then a casual return (for 4 of us as 5 riders flew back!) on the Shining Sea Path.

It was a lovely day for riding - low 40's with enough sun to ward off any possible chill. Everyone stayed warm and graciously thanked me for a most enjoyable ride. Thanking them in return seemed more important as I always feel that the riders make the ride!

The participants:

Barbara Gaughan, Bernie Meggison, Geoffrey Lenk, Jack Jacobsen, Jim Burke, Joe Tavilla, Larry Decker, Mark Gurnee, Mike Henley, Nancy Kahn, and Paul Currier (Leader)



SEMAMC 2,000 Mile Club Begins 12th Year

by Paul Currier

Founded in 2004 by Jack Jacobsen and becoming operational in 2005, our AMC Southeast Mass 2000 Mile Club is now beginning its twelfth year of recording and awarding our cyclists for riding 2,000 miles or more annually. First time achievers are awarded the 2,000 Mile Club patch.

The club experienced its first significant growth during Vice-Chair Victor Oliver's tenure and has been growing since. We have had several volunteer registrars starting with Paul Currier and continuing with Dan Egan to our present registrar, Bernie Meggison.

Record and send your quarterly or final 2015 mileage to Bernie Meggison thosmeggisons@gmail.com, our Chair/Registrar. An online tracker is coming soon.

For additional information about joining our 2,000 Mile Club, see the Breeze or contact our club officers Bernie Meggison, thosmeggisons@gmail.com, Jack Jacobsen cyclejac51@yahoo.com, or Paul Currier paulbcurrier@comcast.net.



Photo: Barbara Gaughan



AMC Adventure Travel Awaits!

If you are looking for an Adventure Travel in the next 6 months, there are still spots available on some trips. Below are a few trips that are being offered. Please visit www.outdoors.org/adventuretravel for a complete list as well as more information about the program.

- [Winter in Yosemite - Skiing and Hiking](#)
- [Exotic Hiking Holiday in the Azores](#)
- [Easter Island Adventure](#)
- [Family Exploration of Nova Scotia and Cape Breton Island](#)

You can view our complete list of offerings at

<http://activities.outdoors.org/search/index.cfm?grp=14>

140th Annual AMC Summit

Saturday, January 30, 2016.

The Annual Summit highlights the people who make AMC's mission real everyday - our dedicated volunteers!

The day's activities will include: Lectures and Trainings; AMC Committee Meetings; Buffet Lunch; 140th Annual Business Meeting; Celebration Reception

[Learn more](#)

Volunteer of the Month

Len Ulbricht



Each month the SEM recognizes one of our amazing volunteers. We are so fortunate to have wonderful people give their time, energy and resources to make our chapter one of the best. This month we recognize LEN ULBRICHT from the Hiking Committee.



For those of you who do not know him, Len has been a long-standing member and volunteer in the SEM chapter in several capacities. He held the positions of Membership Chair from 2009-2013 and the Education Chair in 2013-2014. He has written several articles for The Breeze over the years and he has been an active hike

leader, leading a variety of day and overnight trips in the Berkshires, Blue Hills, MA and NH. This past year, Len led a Conditioning Hike Series in the Blue Hills to prepare people for summer hiking and is implementing this series again for the upcoming spring. Another series led by Len this fall was "Warming Up for Winter " to help prepare participants for winter hiking. On all his hikes, Len not only provides an opportunity for participants to enjoy nature and the outdoors as well as socialize with others, but to become better, stronger, hikers. Thanks, Len, for all you do!

Len will receive a Volunteer of the Month Certificate and a \$50 gift card.

Elizabeth Hayes Pratt

We are sad to note that Libby Pratt, a longtime SEM kayaker, died on November 14, 2015. She was 88 years old. Her obituary can be found on the [Cape Code Times website](#).



The Trail by Ray Anderson

A Thru-Hiker publishes his debut novel.

AMC member, Ray Anderson, has published his first book: *The Trail*, A murder mystery written with an eye for the details only those who have hiked the Appalachian Trail can give, *The Trail* combines the solitary world of trail life with the harrowing story of two men desperately trying to escape their pasts.

We asked him a few questions about his new book:

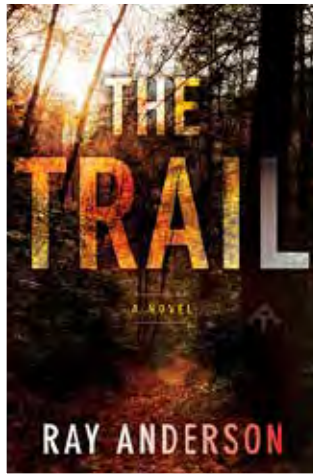
How did your experiences with the AMC influence your book?

I've been an AMC member for many years and first got interested in hiking over 30 years ago when I began climbing the 4000 footers in NH. When I was peak-bagging in NH, I decided to thru-hike the A.T. when I retired. My joy of hiking as an AMC member gave me the incentive to retire early from the corporate world. (I'm a retiree of the Coca-Cola Company).

What's your favorite scene in the story?

There are several favorite scenes in the story: The REI scene where the villain ("Moonwalker") clueless about hiking, decides to get outfitted for his escape onto the Appalachian Trail. And the scene in Roaring Fork shelter during the No. Carolina snowstorm. Some of the dialog in that scene is word-for-word as I remember it. And the "Magic Moment" scene where my protagonist, "Awol" snacks by a stream in the forest on a sunny day and watches deer nearby. This also happened to me.

[Learn more about Ray's new book.](#)



3rd Annual Stroll Down Memory Lane

Bob Vogel

November brought the SEM Annual Meeting and with it the Third Annual Stroll Down Memory Lane. A couple dozen lucky folks got to enjoy fine weather this year as we strolled, and occasionally stopped to tell old stories, around Myles Standish State Forest. This easy-paced 'Stroll' gives us a good opportunity to get together for a walk that isn't too strenuous, so more can attend. So, mark your calendar for next year's Stroll (and Annual Meeting) the first Saturday in November!

Photo of the group preparing to depart, by Elsie Laverty.

Become a Plant Conservation Volunteer with New England Wild Flower Society

New England Wild Flower Society is seeking enthusiastic people interested in plant identification and exploring interesting natural habitats to participate in their Plant Conservation Volunteer Program. Plant Conservation Volunteers (PCVs) puts the skills of citizen science to work collecting information on rare plants and their habitats across all six New England states. There are also opportunities to assist with invasive and habitat management projects that benefit rare plants and botanical surveys. The New England Wild Flower Society provides annual training for those interested in becoming PCVs. The Society also offers free field trips and learning opportunities to PCVs often interacting with professional botanists to learn more about hard to identify species and the ecology of various habitats.

Good candidates are motivated, interested in plant identification, and a little adventurous. It's an excellent opportunity to develop your botanical skills and put them to work, learn more about the flora of New England, meet others with similar interests, and help preserve your state's natural heritage.

Training sessions will be held on a weekend in March/April for each of the New England states. Interested applicants with some botanical knowledge and are outside of Eastern Massachusetts are encouraged to apply. For more information and to apply visit our website at www.newenglandwild.org/volunteers/plant-conservation.html or contact:

NEW ENGLAND
**WILD
FLOWER
SOCIETY**

Laney Widener
Botanical Coordinator
New England Wild Flower Society
508-877-7630 ext. 3204



lwidener@newenglandwild.org

All applications to become a PCV must be submitted via the online application to the Botanical Coordinator prior to training sessions.

2016 Winter Expo

Presented by the Natural Resources
Trust of Easton

The NRT Winter Expo is a family-friendly event that celebrates all of the great things we can do in the winter. From trying out



snowshoes to sledding and sipping hot chocolate by a fire, Winter Expo is fun for all ages. [Learn more.](#)

Blue Hills Reservation

With its scenic views, varied terrain and 125... miles of trails, the Blue Hills Reservation offers year-round enjoyment for the outdoor enthusiast. [Learn more.](#)

At the Blue Hills and other locations, the DCR runs educational programs and events throughout the year. [Learn more.](#)

Activities

[Search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

AA ... 13+

A 9-13

B 5-8

C less than 5

Indicates pace

1 very fast

2 fast

3 moderate

4 leisurely

Indicates terrain

A very strenuous

B strenuous

C average

D easy

Found in the description

L Activity leader

CL ... Activity co-leader

FT First Time

NM .. New Members

AN ... Advance Notice

C Conservation

Biking

Jan. 1 (Fri). SEMAMC 13th Annual New Year's Day Road Cycling, Massachusetts, Cape Cod, MA (Rochester/Marion). Kick off our year round cycling program and quests for 2,000+ miles in 2016. 27.5 +/- miles at an intermediate pace - early bailouts are easily available. This beautiful ride includes the coasts and harbors of Marion including Sea Shell Beach, Converse Road loop, Point and Delano Roads with an excursion into the Stone Estate, Sippican Land Trust, Planting Island, and Kittansett Golf Course offering a view of all three canal bridges. Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Weather-related relocation is possible. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

Hiking

Get your 100-mile patch! Contact hikingchair@amcsem.org.

We're always looking for additional hike leaders! Contact hikingchair@amcsem.org

Jan. 1 (Fri). Start the year with a Borderland New Year's Hike!, Massachusetts, Southeast, MA. Start the year off right, with a 6-7 mile, brisk paced hike along the mostly flatter trails at Borderland State Park, Easton, MA. We'll hike out to the far end of the park and, conditions permitting, stop for lunch near a pond, then continue around the park. We'll also visit Moyle's Quarry, source of the face stone for the Canton viaduct. Bring raincoat, water, lunch and dress for the weather. Registration not required, however if you haven't come on any similar AMC hikes please contact leader, so he can advise you about what we expect of our hikers. In case of bad weather contact leader to see if trip is cancelled. There is a \$5/\$6 parking fee at Borderland, allow time to get ticket for your car. Meet near ticket booth at entrance to main parking lot. Please arrive in time to get prepared and start hiking @ 10:30. Cell phone, morning of hike 603-960-2995. L Bob Vogel (vogel.r@comcast.net)

Tuesdays (Jan. 5, 7, 12, 19, 26; Feb. 2, 9, 16, 23; Mar. 1, 8). White Line the Blue Hills Hike Series, Blue Hills, Massachusetts, Southeast, MA. White Line the Blue Hills. We will meet weekly, Tuesday mornings at 10:30am (for 10:45 start) and hike trails in the Blue Hills for about 4 hours. After the first snow fall appropriate winter clothing, including winter hiking boots and snow shoes will be required. A severe snow storm or unsafe driving conditions will cancel that week's hike. The series will run for the 13 weeks from the Winter Solstice (Dec 22) to the Spring Equinox (Mar 20). The leader will have his dog, Sunny, with him when weather permits, if you wish to bring your well behaved dog please discuss during registration. Register once and then Show and Go. Have you been a Red Liner and would like to try White Lining or do you simply enjoy winter hiking then consider joining us Tuesday mornings. L Paul Brookes (603-799-4399), R Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com)

Jan. 7. Thursday Morning Hike - Whitney and Thayer Woods (B3C), Cohasset, Hingham, Ma, Massachusetts, Southeast, MA. Whitney & Thayer Woods (B3C) Lovely woods walk across rolling hills on Trustees of Reservations property. Meet at 10:00am in the Whitney and Thayer Woods main parking area. Boots suitable for weather/trail conditions, possibly traction devices or snowshoes, water, winter wear (layers, hats, mittens) and snacks/lunch required. Directions: from Route 3 (Exit 14), take Route 228N for 6.5 miles through Hingham. Turn right onto Route 3A eastbound and follow for 2 miles to the entrance. Parking is on the right. Contact L if weather is questionable. Please carpool if possible, as parking is limited. L Eva Borsody das (781-925-9733, borsody@gmail.com)

Activities

[Search activities online](#)

Jan. 9 (Sat). Winter Series Hike #2 - Seven Sisters, Massachusetts, Pioneer Valley, MA. Moderate 6-mile hike on the Metacomet Monadnock Trail over a series of peaks including Mt Holyoke, and The Seven Sisters. Total elevation gain will be approximately 2000 ft. Enjoy great winter views of the Pioneer Valley and the Connecticut River (weather permitting) while getting in condition for our next winter series hikes "up North." Snowshoes and micro-spikes (or other light traction devices) are likely to be needed. Once again, we'll be carrying our full winter backpacks for this preparatory hike. Note that either prior winter hiking experience or participation in our annual Winter Workshop in Sandwich on Nov. 7th (or equivalent) will be required. L Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net) L Leslie Carson (lrc929@comcast.net) L Walt Granda (wlgranda@aol.com) CL Anne Duggan CL Peggy Qvicklund , R Paul Miller (Paulallenmiller@verizon.net)

Jan. 14 (Thu). (FT) (NM) Borderland State Park/Bay Circuit Trail Thurs. AM Hike, Sharon/North Easton, Massachusetts, Southeast, MA. Meet at 10AM at Borderland SP parking lot on Massapoag Avenue on the Sharon/North Easton border for a six-mile hike, including portions of the Bay Circuit Trail with pond views. Bring water, lunch, layers, sturdy footwear. Rain or storm cancels. Parking fee is \$2.00. L Deborah Lepore (781-828-0572 before 9 PM, DLepore2@GMail.com) CL Hans Luwald (508-668-0462 before 9 pm, Hans.Luwald@GMail.com)

Jan. 21 (Thu). (FT) (NM) Thursday Morning Hike in the Blue Hills, Massachusetts, Southeast, MA. A 4-5 mile hike on the Wildcat Notch Path, the Coon Hollow Path, and around the Eliot Tower. Meet at the northern parking lot at Trailside Museum at 9:45. Driving Directions Take exit 2 (route 138N) off of Rt. 128 and go north toward Milton. We will meet in the 2nd parking lot next to the Trailside Museum. L Sue Chiavari (508-496-6452 7-9PM, brillo6452@yahoo.com)

Jan. 23 (Sat). Mt. Tom & Mt. Field Hike, New Hampshire, White Mountains, NH. This 7.2-mile hike will take us to the summits of two NH 4,000 footers - Mt. Tom (4,051') and Mt. Field (4,340') - plus Mt. Avalon (3,442') provides another winter-hiking option in addition to those hikes in the Southeastern Mass. Chapter's Winter Hiking Series. This trip will involve a total of ~2,800' in elevation gain. Poor winter conditions may cause the hike to be canceled or cause a change in destination, most likely to a lesser peak nearby. Winter clothing and equipment will be required. Experienced winter hikers only please. L John Pereira (774-473-8145, johnpereira33@gmail.com) L Maureen Kelly (mokol773@aol.com), R John Pereira (774-473-8145 6pm to 8:30pm, johnpereira33@gmail.com)

Jan. 25 (Mon). (NM) Full Moon Hike - Borderland, Massachusetts, Southeast, MA. Join us for a post-full moon hike at Borderland State Park. Moon-rise is 6:46 pm. Hike will be approximately 4-5 miles at a moderate pace, lasting about 2 hours. Snowshoes may be needed. Please bring \$2 dollar to contribute to permit needed for after-hours hiking if you haven't paid on a prior month. Registration is required for this hike. L Patricia McNally (508-212-0330, pmcnallyma@comcast.net) CL Nancy Coote , R Patti McNally (pmcnallyma@comcast.net)

Jan. 28 (Thu). (C) (FT) (NM) (AN) Morning hike at the Monastery Grounds, Cumberland, RI, Cumberland, RI, Rhode Island, RI. Thursday Morning Hike on Monastery grounds in Cumberland, RI - Bring lunch or snack. Snow equipment may be needed. Rain cancels. Rte. 295S to exit 11. Take 114S app. 1-1/2 mi. Take right into Monastery and go past playground. L Muriel Guenther (508-699-7461 Before 9:00pm, murielguenther@comcast.net)

Feb. 6 (Sat). Winter Series Hike #3 - Mt. Pierce, New Hampshire, White Mountains, NH. Join us for the third hike in our 2014 Winter Series, which will bring us above 4,000 feet for the first time this year to the summit of Mt. Pierce with it's panoramic views of the southern Presidentials, Mt. Washington, and beyond. We'll take the historic (mostly protected) Crawford Path and return via the Webster Cliff Trail to the Mizpah Cutoff and then back to the trail-head via the Crawford Path. Full winter clothing and gear, including both snowshoes and micro-spikes (or other light traction devices) will be required. Depending on trail conditions, we may also need either 10- or 12-point crampons. Prior winter hiking experience and/or participation in the SEM Winter Workshop on Nov. 7th (or equivalent) required. L Maureen Kelly (617-943-4288, mokol773@aol.com) CL Anne Duggan CL Barry Young , R Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net)

Feb. 22 (Mon). (FT) (NM) Full Moon Hike - Borderland, Massachusetts, Southeast, MA. Join us for a full moon hike at Borderland State Park. Hike will be about 4-5 miles at a moderate pace, lasting approximately 2 hours. Moon-rise is 5:34pm. With good weather, we should have nice moon views. Snowshoes may be needed. Please bring \$2 dollar to contribute to permit needed for after-hours hiking if you haven't paid on a prior month. Registration is required for this hike. L Patricia McNally (508-212-0330, pmcnallyma@comcast.net) CL Bob Vogel , R Patti McNally (508-212-0330, pmcnallyma@comcast.net)

Activities

[Search activities online](#)

Mar. 4–6. Winter Series Hike #4 - Carter Notch Overnight Trip, New Hampshire, White Mountains, NH. We'll return to remote Carter Notch for the final trip in the 2015-2016 SEM Winter Hiking Series. Participants may have an option to stay at the AMC Carter Notch Hut for either one or two nights under our group reservation. At the hut, we'll enjoy camaraderie and group breakfasts and dinners. App. Four mile hike into the hut, with some elevation gain and loss. We'll also offer several shorter hikes from the hut. A warm winter sleeping bag (rated to at least 0 degrees F.) and full winter gear including snowshoes and microspikes (or other light traction devices) will be required. Depending on trail conditions, we may also need either 10- or 12-point crampons. Prior winter hiking experience and/or participation in the SEM Winter Workshop on Nov. 7th required. Preference will be given to those who participated in previous hikes in the series. L Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net) L Maureen Kelly (mokol773@aol.com) L Leslie Carson (lrc929@comcast.net) CL Barry Young CL Ken Carson , R Paul Miller (Paulallenmiller@verizon.net)

Mar. 10 (Thu). (FT) (NM) Morning hike at Ponkapoag Pond, Canton, MA, Massachusetts, Southeast, MA. Meet at 10AM in Ponkapoag Golf Course Parking Lot for a five-mile hike/snowshoe (depending on conditions) around the pond. Bring: water, snack and appropriate footwear. L Deborah Lepore (781-828-0572 before 9 PM, DLepore2@GMail.com) CL Hans Luwald (508-668-0462 Before 9 PM, Hans.Luwald@Gmail.com)

Mar. 22 (Tue). (FT) (NM) Full Moon Hike - Borderland, Massachusetts, Southeast, MA. Join us for the last full moon hike of the season at Borderland State Park. Moon-rise is 6:23pm. Hike will be about 4-5 miles at a moderate pace, lasting approximately 2 hours. Please bring \$2 dollar to contribute to permit needed for after-hours hiking if you haven't paid on a prior month. Registration is required for this hike. L Patricia McNally (pmcnallyma@comcast.net) CL Nancy Coote , R Patti McNally (pmcnallyma@comcast.net)

Mar. 24 (Thu). (FT) (NM) (AN) Morning Hike - Oldham Trail & Harold Clark Forest, Foxboro, MA, Massachusetts, Southeast, MA. Hike the Oldham Trail & Harold Clark Forest. Meet 10:00 am at parking lot on Rt. 140 Foxboro across from Sunoco Station. Bring lunch or snack and water and wear appropriate footwear. L Muriel Guenther (508-699-7461 Before 9:00PM, murielguenther@comcast.net)

Apr. 14 (Thu). (C) (FT) (NM) (AN) Morning Hike - Wollomonopoag Conservation Area, Wrentham, MA, Massachusetts, Southeast, MA. Thu., April 14 Wollomonopoag Conservation Area, Wrentham, MA. Meet 10:00 am in Conservation parking lot off of Elysium St. Bring water, snack or lunch & sturdy footwear. Rain cancels. L Muriel Guenther (508-699-7461 before 9:00pm mguenther@comcast.net). B3C. L Muriel Guenther (508-699-7461 Before 9:00pm, murielguenther@comcast.net)

Apr. 21 (Thu). (FT) Morning hike - World's End (C3C), Hingham, MA, Massachusetts, Southeast, MA. World's End (C3C). Meet at 10am, \$6 pp non-Trustees members. Moderate 4-5 miles. Explore unique peninsula in Boston Harbor, stunning views, hilly, carriage ways, rocky paths, could be muddy sections. Wear layers, wind protection, good shoes suitable for weather and conditions. Bring water, snacks/lunch. Directions at <http://www.thetrustees.org/places-to-visit/greater-boston/worlds-end.html>. L Eva Borsody das (781-925-9733, borsody@gmail.com)

Skiing

Jan. 10 (Sun). XC Skiing, Massachusetts, Boston Area, MA. Advanced beginner/Intermediate XC skiing. Come for a day to enjoy skiing the trails in the woods and fields at Great Brook Farm in Carlisle, MA. We will ski groomed trails. Meet at lodge at 10:00 a.m. Estimated time on the trails will be 3 or 4 hours. Bring lunch, snack and drink. Equipment rentals are available. Complete details including conditions and fees at this website: www.greatbrookski.com. L Barbara Hathaway (508-880-7266 before 9 p.m., barb224@tmlp.net) CL Jeannine Audet (508-493-8221 7 to 10 p.m., milmod@aol.com), R Jeannine Audet (508-493-8221 7 to 10 p.m., milmod@aol.com)

Jan. 15–18. XC Ski Weekend in White Mountains, White Mountains, New Hampshire, White Mountains, NH. SEM and Boston Forty+ join together for XC skiing, snowshoeing and camaraderie at Applebrook B&B, in Jefferson, NH. Friday, Saturday and Sunday nights lodging, 3 hot breakfasts, Friday night pizza and salad and Saturday and Sunday dinners are included in rates that range from \$230 to \$310 per person including taxes. Skiing at Bretton Woods or other facilities depend upon snow and trail conditions. Additional details provided prior to trip. L Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net) CL Wayne Cardoza (603-673-2518 before 9pm), R Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net)

Activities

[Search activities online](#)

Jan. 23 (Sat). Cross Country Ski-Windblown, NH, New Hampshire, Merrimack Valley, NH. Join us Saturday morning for cross country skiing at Windblown in New Ipswich, NH, about 70 miles NW of Boston. They offer 40 KM of trails; equipment rentals are available. Weekend trail rate of \$18. L Jodi Jensen (781-249-8346, jodiajensen@gmail.com)

Mar 4-6. XC Ski White Mountains, Intervale, NH, New Hampshire, White Mountains, NH. Can you think of a better way to begin the month of March than XC- skiing in the White Mountains? Join the SEM and Forty Plus chapters on Mar. 4 for 2 nights lodging at the Old Field House in Intervale, NH. Room rates are from \$120 to \$135 per night plus tax and include a hearty breakfast on Saturday and Sunday mornings. Visit their website www.oldfieldhouse.com for a complete description of their rooms and amenities. After registering by phone with the AMC Leader, call the Old Field House at 800-444-9245 to reserve your room. If you don't have a roommate, leader or innkeeper will try to match you up with one or you have the option of paying for a single supplement. We'll ski at Jackson, Great Glen, or Bear Notch - or right out the door on the Intervale trails. Bring your snowshoes, too. The weekend begins with pizza, salad and socializing on Friday night (nominal charge) around 6:30. Bring a snack to share at Happy Hours and your favorite beverage. Space is limited, so reserve a spot soon. L Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net) CL Wayne Cardoza (), R Barbara Hathaway (508-880-7266 before 9 pm, barb224@tmlp.net)

Happy Trails!





The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the AMC | Feb. 2016



Want SEM activities delivered right to your email inbox?

Sign up for the AMC Activity Digest or call 1-800-372-1758 or email amcinformation@outdoors.org.

Find past issues of The Southeast Breeze on our [website](#).

Like us on [Facebook](#)

Follow us on [Twitter](#)

Ten years of red lining in the Blue Hills Reservation

For the past ten years a group of enthusiastic hikers has met weekly from mid April until mid September to hike every foot of every trail in the Blue Hills Reservation, Quincy-Canton, MA (BHR). It has become one of the signature hiking events of the AMCSEM Chapter. The name and the goal of the group was inspired by Bob Vogel and Bill Ruel. Bob wanted to hike and Bill wanted to keep track of the BHR trails he had covered by marking his map with a red highlighter. The idea caught-on and literally hundreds of hikers have participated since then. This includes Maureen Kelly, Chapter Chair and prior Chapter Chairs Cheryl Lathrop and Jim Plouffe. Each of them are Red Liners having hiked every inch of every one of the 125 miles of trails. The BHR has a wide range of challenges and the format of the program provides the opportunity to experience them all.

As more people completed the Red (35) series, the additional Blue (9), Green (7), Orange (6), Yellow (3), Purple (2), Pink (1) and Bronze (1) levels of completion were added. The bracketed numbers indicate the number of hikers who have completed each level. Walt Granda, Joe Keogh and Michael Swartz are the "Elite Trio" having completed the Yellow series. Michael Swartz is the sole hiker attaining the Pink and Bronze levels. Alan Greenstein has the distinction of being the last hiker to complete a series in 2015. He completed the Orange series on 12/28/2015.

Continued on page 3



Maureen Kelly,
Chapter Chair

chair@amcsem.org

View From the Chair

Hello SEM Members,

Are we curled up on the couch by the fire in February? No we are not.

We are hiking on the Cape!
 We are camping at High Cabin, Cardigan Mt.!
 We are Whitelining the Blue Hills every Tuesday!
 We are hiking under the Full Moon!
 We are skiing and snowshoeing all weekend at Noble View Camp!
 We are hiking every Thursday in Mass!
 We are hiking Mt. Pierce, a 4K!

We also have a special event on Tuesday, February 23, 2016 8:45AM - 3:00PM
[Cape Cod National Seashore Cleanup Day](#)

Join us for a day or half day to give back to a beautiful National Park we all enjoy.
 Contact Joshua to sign up conservationchair@amcsem.org

Give one of our activities a try! We would love to have you join us.
[Find our activities here.](#)

See you outdoors!

Maureen Kelly

2016 Executive Board

Chapter Chair	Maureen Kelly	Communications Chair	Open	Membership Chair	Jodi Jensen
Vice Chair	Barry Young	Communications Vice Chair	Jeff Sugarman	Membership Vice Chair	Ed Miller
Secretary	John Pereira	Communications Vice Chair	Kristina Williams	Membership Vice Chair	Ellen Thompson
Treasurer	Patty Rottmeier	Conservation Chair	Joshua Tefft	Paddling Chair	Ed Foster
Past Chair	Cheryl Lathrop	Conservation Vice Chair	Open	Paddling Vice Chair	Open
Biking Chair	Bernie Meggison	Education Chair	Doug Griffiths	Skiing Chair	Barbara Hathaway
Biking Vice Chair	Open	Education Vice Chair	Open	Skiing Vice Chair	Open
Cape Hiking Chair	Farley Lewis	Hiking Chair	Leslie Carson	Trails Chair	Cathy MacCurtain
Cape Hiking Vice Chair	Peter Selig	Hiking Vice Chair	Open	Trails Vice Chair	Wayne Anderson

Ad Hoc Committee Chairs and Other Chapter Contacts

Social Director	Open	Web-master	Cheryl Lathrop	Short Notice Email List: snel.admin@amcsem.org
Social Vice Chair	Open	Breeze Editor	Jeff Sugarman	
Social Networking Moderator	Susan Mulligan	Blast Editor	Open	

Contact the Chapter Chair at chair@amcsem.org if you're interested in any open position.

Upcoming Executive Board Meetings: Jan. 13 and Feb. 10



1



2

Continued from page 1

Joe Keogh has ably led the group since 2010 and plans the Red Line hikes with the goal of a regular participant completing a series in 1.5 years.

A White Lining series was launched in 2009 to give people interested in hiking in the BHR during the period from the Winter Solstice until the Spring Equinox (12/22-3/22) a unique challenge. Jodi Jensen completed it in 3/2012. Michael Swartz, 1/2014 and Paul Brookes, 3/2015. Paul has the distinction of being the only person to achieve that objective in one season! Paul is currently leading a Winter hiking series on Tuesdays while attempting to complete his second set of White Line credentials. click on this link for details on participating <http://activities.outdoors.org/search/index.cfm/action/details/id/86167>

To further enhance the program an attractive patch was designed and each person completing a series is awarded one. (photo below). It is proudly worn on backpacks.

Anyone interested in joining one of the Red Line hikes is encouraged to contact Cathy Garry, Registrar at RLBH_registrar@amcsem.org. Please provide your phone number for Cathy to follow-up with you.



3



4

1. 1st RLBH hike in the Spring.

2. Paul Brookes, center, leads the White Line the Blue Hills winter series

3. Joe Keogh, Trail Master Extraordinaire.

4. Layton Gaines receives the coveted RLBH Patch.

Volunteer of the Month

Nancy Wigley



Each month the SEM recognizes one of our amazing volunteers. We are so fortunate to have wonderful people give their time, energy and resources to make our chapter one of the best. This month we recognize NANCY WIGLEY from the Cape Hikes Committee.

Nancy is not just a great Leader, but an educator as well. Her vast knowledge of botany and the great outdoors makes her hikes a learning experience, as well as a great walk. Cape Hikes is very fortunate to have such a committed and talented leader. Come on her May 8th hike at Santuit Preserve and look for the bird's foot violets! Thanks, Nancy, for all you do!



Nancy will receive a Volunteer of the Month Certificate and a \$50 gift card.

Ryder Conservaton & Lowell Holly Reservation

Cape hike Jan 18 at Ryder Conservation & Lowell Holly Reservation. 4.58 mi. 17 hikers. 38 degrees. Remnants of winter storm Jonas which had dropped 12-18" on the cape the previous weekend did not deter us.



*Cape hike Jan 28
Conaumet Point in Lowell
Holly Reservation*



Activities

[Search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

AA ... 13+

A 9-13

B 5-8

C less than 5

Indicates pace

1 very fast

2 fast

3 moderate

4 leisurely

Indicates terrain

A very strenuous

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D easy

Found in the description

L Activity leader

CL ... Activity co-leader

FT ... First Time

NM .. New Members

AN ... Advance Notice

C Conservation

Biking

N/A

Hiking

Get your 100-mile patch! Contact hikingchair@amcsem.org.

We're always looking for additional hike leaders! Contact hikingchair@amcsem.org

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Feb. 6 (Sat). Winter Series Hike #3 - Mt. Pierce, New Hampshire, White Mountains, NH. Join us for the third hike in our 2014 Winter Series, which will bring us above 4,000 feet for the first time this year to the summit of Mt. Pierce with it's panoramic views of the southern Presidentials, Mt. Washington, and beyond. We'll take the historic (mostly protected) Crawford Path and return via the Webster Cliff Trail to the Mizpah Cutoff and then back to the trail-head via the Crawford Path. Full winter clothing and gear, including both snowshoes and micro-spikes (or other light traction devices) will be required. Depending on trail conditions, we may also need either 10- or 12-point crampons. Prior winter hiking experience and/or participation in the SEM Winter Workshop on Nov. 7th (or equivalent) required. L Maureen Kelly (617-943-4288, mokel773@aol.com) CL Anne Duggan CL Barry Young , R Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net)

Feb. 22 (Mon). (FT) (NM) Full Moon Hike - Borderland, Massachusetts, Southeast, MA. Join us for a full moon hike at Borderland State Park. Hike will be about 4-5 miles at a moderate pace, lasting approximately 2 hours. Moon-rise is 5:34pm. With good weather, we should have nice moon views. Snowshoes may be needed. Please bring \$2 dollar to contribute to permit needed for after-hours hiking if you haven't paid on a prior month. Registration is required for this hike. L Patricia McNally (508-212-0330, pmcnallyma@comcast.net) CL Bob Vogel , R Patti McNally (508-212-0330, pmcnallyma@comcast.net)

Mar. 4-6. Winter Series Hike #4 - Carter Notch Overnight Trip, New Hampshire, White Mountains, NH. We'll return to remote Carter Notch for the final trip in the 2015-2016 SEM Winter Hiking Series. Participants may have an option to stay at the AMC Carter Notch Hut for either one or two nights under our group reservation. At the hut, we'll enjoy camaraderie and group breakfasts and dinners. App. Four mile hike into the hut, with some elevation gain and loss. We'll also offer several shorter hikes from the hut. A warm winter sleeping bag (rated to at least 0 degrees F.) and full winter gear including snowshoes and micro-spikes (or other light traction devices) will be required. Depending on trail conditions, we may also need either 10- or 12-point crampons. Prior winter hiking experience and/or participation in the SEM Winter Workshop on Nov. 7th required. Preference will be given to those who participated in previous hikes in the series. L Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net) L Maureen Kelly (mokel773@aol.com) L Leslie Carson (lrc929@comcast.net) CL Barry Young CL Ken Carson , R Paul Miller (Paulallenmiller@verizon.net)

Activities

[Search activities online](#)

Mar. 10 (Thu). (FT) (NM) Morning hike at Ponkapoag Pond, Canton, MA, Massachusetts, Southeast, MA. Meet at 10AM in Ponkapoag Golf Course Parking Lot for a five-mile hike/snowshoe (depending on conditions) around the pond. Bring: water, snack and appropriate footwear. L Deborah Lepore (781-828-0572 before 9 PM, DLepore2@GMail.com) CL Hans Luwald (508-668-0462 Before 9 PM, Hans.Luwald@Gmail.com)

Mar. 22 (Tue). (FT) (NM) Full Moon Hike - Borderland, Massachusetts, Southeast, MA. Join us for the last full moon hike of the season at Borderland State Park. Moon-rise is 6:23pm. Hike will be about 4-5 miles at a moderate pace, lasting approximately 2 hours. Please bring \$2 dollar to contribute to permit needed for after-hours hiking if you haven't paid on a prior month. Registration is required for this hike. L Patricia McNally (pmcnallyma@comcast.net) CL Nancy Coote, R Patti McNally (pmcnallyma@comcast.net)

Mar. 24 (Thu). (FT) (NM) (AN) Morning Hike - Oldham Trail & Harold Clark Forest, Foxboro, MA, Massachusetts, Southeast, MA. Hike the Oldham Trail & Harold Clark Forest. Meet 10:00 am at parking lot on Rt. 140 Foxboro across from Sunoco Station. Bring lunch or snack and water and wear appropriate footwear. L Muriel Guenthner (508-699-7461 Before 9:00PM, murielguenthner@comcast.net)

Apr. 14 (Thu). (C) (FT) (NM) (AN) Morning Hike - Wollomonopoag Conservation Area, Wrentham, MA, Massachusetts, Southeast, MA. Thu., April 14 Wollomonopoag Conservation Area, Wrentham, MA. Meet 10:00 am in Conservation parking lot off of Elysium St. Bring water, snack or lunch & sturdy footwear. Rain cancels. L Muriel Guenthner (508-699-7461 before 9:00pm mguenthner@comcast.net). B3C. L Muriel Guenthner (508-699-7461 Before 9:00pm, murielguenthner@comcast.net)

Apr. 21 (Thu). (FT) Morning hike - World's End (C3C), Hingham, MA, Massachusetts, Southeast, MA. World's End (C3C). Meet at 10am, \$6 pp non-Trustees members. Moderate 4-5 miles. Explore unique peninsula in Boston Harbor, stunning views, hilly, carriage ways, rocky paths, could be muddy sections. Wear layers, wind protection, good shoes suitable for weather and conditions. Bring water, snacks/lunch. Directions at <http://www.thetrustees.org/places-to-visit/greater-boston/worlds-end.html>. L Eva Borsody das (781-925-9733, borsody@gmail.com)

Skiing

Mar 4-6. XC Ski White Mountains, Intervale, NH, New Hampshire, White Mountains, NH. Can you think of a better way to begin the month of March than XC- skiing in the White Mountains? Join the SEM and Forty Plus chapters on Mar. 4 for 2 nights lodging at the Old Field House in Intervale, NH. Room rates are from \$120 to \$135 per night plus tax and include a hearty breakfast on Saturday and Sunday mornings. Visit their website www.oldfieldhouse.com for a complete description of their rooms and amenities. After registering by phone with the AMC Leader, call the Old Field House at 800-444-9245 to reserve your room. If you don't have a roommate, leader or innkeeper will try to match you up with one or you have the option of paying for a single supplement. We'll ski at Jackson, Great Glen, or Bear Notch - or right out the door on the Intervale trails. Bring your snowshoes, too. The weekend begins with pizza, salad and socializing on Friday night (nominal charge) around 6:30. Bring a snack to share at Happy Hours and your favorite beverage. Space is limited, so reserve a spot soon. L Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net) CL Wayne Cardoza (), R Barbara Hathaway (508-880-7266 before 9 pm, barb224@tmlp.net)

Activities

[Search activities online](#)

Conservation Volunteer Opportunities

Feb. 23 (Tue). Cape Cod National Seashore Cleanup Day, Coast Guard Beach, Eastham, MA, Massachusetts, Cape Cod, MA. AMC Southeastern Mass Chapter is lending a hand removing brush for Cape Cod National Seashore, and we want your help. We would love to have you join us and help to keep Cape Cod National Seashore a treasure for generations to come. You can choose to work a half day (9-12 ,or 12-3) or a full day. All tools and equipment provided, just bring warm clothes and sturdy work shoes/boots. Lunch will be provided, but feel free to bring your own beverages and snacks. Contact Joshua Tefft for more info and to sign-up.

The actual location is Little Creek parking lot in Eastham, MA, but is subject to change due to brush burning conditions. L Joshua Tefft (conservationchair@amcsem.org)

Education

Apr. 9 (Sat) (AN). Leadership Training Workshop, Foxboro Recreation Department Rec Hall, 68 Mill Street, Foxboro, MA 02035, Massachusetts, Southeast, MA. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning, screening criteria, risk mitigation, and qualifications to become a leader. It is an all day course with a mix of classroom and outdoor exercises. L Douglas Griffiths (508-758-4315 After 6 pm, RedDougG@aol.com)

May 14 (Sat) (AN). Wilderness First Aid Two Day Training Course, Foxboro Recreation Department Rec Hall, 68 Mill Street, Foxboro, MA 02035, Massachusetts, Southeast, MA. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. L Douglas Griffiths (508-758-4315 After 6 PM, RedDougG@aol.com)

Happy Trails!





The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the AMC | Mar. 2016

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.....
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Find past issues of The Southeast Breeze on our [website](#).

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Have a story for The Southeast Breeze? Please send your Word doc and photographs to breeze.editor@amcsem.org. Please send photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

The Breeze Market is launching in April!

Members looking to sell, trade or freecycle their used equipment can post for free.

Business advertisements are just \$15/month.

Send inquiries to breeze.editor@amcsem.org.



Clean-up at Coast Guard Beach in Eastham

.....
On Tuesday, February 23, 2016, AMC SEM volunteers helped remove and pile brush for burning at Little Creek parking area. It was a nice cold day in Eastham, MA, but a great day to work up a sweat. In collaboration with Cape Cod National Seashore, AmeriCorps, and Cape Cod Senior Environmental Corps we had over 30 people helping to make this project a success. The AmeriCorp Volunteer Coordinator for the Cape Cod National Seashore, Emily McDermott, even commented on how well AMC SEM volunteers worked. So, a special thank you to all those who volunteered!

If you're interested in participating in events like this, or have event suggestions please contact Joshua Tefft conservationchair@amcsem.org.



Maureen Kelly,
Chapter Chair

chair@amcsem.org

View From the Chair

Hello SEM Members,

I became a hike leader for SEM because it was time for me to give back to my AMC Chapter. My chapter took me paddling with seals, porpoises and seabirds; boating down the Connecticut River to see nesting bald eagles; hiking the White Mountains like I was on top of the world and walking under a full moon with new friends.

With a little nudging from other leaders, I took the plunge to become a leader and I'm so glad I did! Participants really appreciate the trips I lead and I get to see them having fun.

SEM activities are all led by volunteer leaders. They are a fabulous group of people but we need more! You don't have to be able to carry the biggest pack at REI, and you don't have to be able to bushwhack up Mt. Washington. You just have to want to share whatever you like to do outdoors with others; we'll take care of the rest.

Consider this your nudge from me to become an SEM leader and contact [Doug](#) for all the details. **The Leadership Training will be Saturday, April 9 at the Foxboro State Forest** and I will be so happy to see you there.

Maureen Kelly

2016 Executive Board

Chapter Chair	Maureen Kelly	Communications Chair	Open	Membership Chair	Jodi Jensen
Vice Chair	Barry Young	Communications Vice Chair	Jeff Sugarman	Membership Vice Chair	Ed Miller
Secretary	John Pereira	Communications Vice Chair	Kristina Williams	Membership Vice Chair	Ellen Thompson
Treasurer	Patty Rottmeier	Conservation Chair	Joshua Tefft	Paddling Chair	Ed Foster
Past Chair	Cheryl Lathrop	Conservation Vice Chair	Open	Paddling Vice Chair	Open
Biking Chair	Bernie Meggison	Education Chair	Doug Griffiths	Skiing Chair	Barbara Hathaway
Biking Vice Chair	Open	Education Vice Chair	Open	Skiing Vice Chair	Open
Cape Hiking Chair	Farley Lewis	Hiking Chair	Leslie Carson	Trails Chair	Cathy MacCurtain
Cape Hiking Vice Chair	Peter Selig	Hiking Vice Chair	Open	Trails Vice Chair	Wayne Anderson

Ad Hoc Committee Chairs and Other Chapter Contacts

Social Director	Open	Web-master	Cheryl Lathrop	Short Notice Email List: snel.admin@amcsem.org
Social Vice Chair	Open	Breeze Editor	Jeff Sugarman	
Social Networking Moderator	Susan Mulligan	Blast Editor	Open	

Contact the Chapter Chair at chair@amcsem.org if you're interested in any open position.

The Winter Hiking Series Visits Mount Pierce

Story & Photos: Michelle Martinat

On Saturday February 6, the AMC SEM Chapter hiked Mount Pierce as part of their winter hiking series.

After layering up at the Highland center, we slipped on our backpacks and microspikes and headed up the mountain. Skirting along Gobbs Brook, we were dwarfed by snow dusted towering trees. On snow covered planks, we criss crossed over the gently flowing brook.

At a trail junction, we chose the Mizpah Cutoff up to the Mizpah Spring Hut. At the hut, some of us changed from microspikes to crampons. They're an odd cross between a benign adjustable toy roller skate and deadly kung foo fighting foot weaponry. Sharp cat fang teeth menacingly jutt out at the toes. After a hasty lunch break, we began the steep icy ascent to the summit.

Peepholes through trees revealed expansive views to distant peaks. We moved through a luminous landscape silvered with snow and mist. The trees, enveloped with layers of crystals, formed a frozen tunnel our hiking chain meandered through.

As the snow became deeper, the trees became shorter. The summit exposed breathtaking views over valleys and rolling ranges. Deep blue vistas contrasted with frosty trees. Everything was glazed with ice: rocks, trees, pathways, snowfields.

We traversed slowly and carefully down the frozen descent into the forest below. The late afternoon sun cast long shadows across a shimmery forest floor. Throughout the hike, we were captivated with gray jays accompanying us.

Suddenly we saw our base and destination, Highland Lodge, through the branches. Our brisk almost 6 hours / 6 mile adventure had already come to an end.



Activities

[Search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

AA ... 13+

A 9-13

B 5-8

C less than 5

Indicates pace

1 very fast

2 fast

3 moderate

4 leisurely

Indicates terrain

A very strenuous

B strenuous

C average

D easy

Found in the description

L Activity leader

CL ... Activity co-leader

FT ... First Time

NM .. New Members

AN ... Advance Notice

C Conservation

Biking

See the [website](#) for the most current listings.

Conservation Volunteer Opportunities

See the [website](#) for the most current listings.

Education

Apr. 9 (Sat) (AN). Leadership Training Workshop, Foxboro Recreation Department Rec Hall, 68 Mill Street, Foxboro, MA 02035. This course prepares individuals to lead groups on AMC sanctioned trips. The course covers leadership styles, trip planning, screening criteria, risk mitigation, and qualifications to become a leader. It is an all day course with a mix of classroom and outdoor exercises. L Douglas Griffiths after 6 PM (508) 758-4315 or RedDougG@aol.com)

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Hiking

Get your 100-mile patch! Contact hikingchair@amcsem.org.

We're always looking for additional hike leaders! Contact hikingchair@amcsem.org

Tuesdays (Jan. 5, 7, 12, 19, 26; Feb. 2, 9, 16, 23; Mar. 1, 8). White Line the Blue Hills Hike Series, Blue Hills, Massachusetts, Southeast, MA. White Line the Blue Hills. We will meet weekly, Tuesday mornings at 10:30am (for 10:45 start) and hike trails in the Blue Hills for about 4 hours. After the first snow fall appropriate winter clothing, including winter hiking boots and snow shoes will be required. A severe snow storm or unsafe driving conditions will cancel that week's hike. The series will run for the 13 weeks from the Winter Solstice (Dec 22) to the Spring Equinox (Mar 20). The leader will have his dog, Sunny, with him when weather permits, if you wish to bring your well behaved dog please discuss during registration. Register once and then Show and Go. Have you been a Red Liner and would like to try White Lining or do you simply enjoy winter hiking then consider joining us Tuesday mornings. L Paul Brookes (603-799-4399), R Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com)

Mar. 3 (Thu) Morn Hike\Snowshoe Gilbert Hills St. Forest, Foxboro, MA, Gilbert Hills State Forest, Foxboro, MA., Massachusetts, Southeast, MA. Meet 10:00 a.m. at State Forest Headquarters, 45 Mill St., Foxboro. Starting out from Headquarters, we will follow a variety of trails. Gentle terrain through mixed forest passing lakes/ponds. Approximately 5 miles. Wear layers and proper footwear. Have Microspikes and/or Snowshoes depending on conditions. Bring lunch, snacks, and water. Storm cancels. L Joanne Staniscia (508-528-6799 7-9 p.m., jstaniscia@comcast.net)

Activities

[Search activities online](#)

Mar. 4-6. Winter Series Hike #4 - Carter Notch Overnight Trip, New Hampshire, White Mountains, NH. We'll return to remote Carter Notch for the final trip in the 2015-2016 SEM Winter Hiking Series. Participants may have an option to stay at the AMC Carter Notch Hut for either one or two nights under our group reservation. At the hut, we'll enjoy camaraderie and group breakfasts and dinners. App. Four mile hike into the hut, with some elevation gain and loss. We'll also offer several shorter hikes from the hut. A warm winter sleeping bag (rated to at least 0 degrees F.) and full winter gear including snowshoes and microspikes (or other light traction devices) will be required. Depending on trail conditions, we may also need either 10- or 12-point crampons. Prior winter hiking experience and/or participation in the SEM Winter Workshop on Nov. 7th required. Preference will be given to those who participated in previous hikes in the series. L Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net) L Maureen Kelly (moke1773@aol.com) L Leslie Carson (ltc929@comcast.net) CL Barry Young CL Ken Carson , R Paul Miller (Paulallenmiller@verizon.net)

Tuesdays (Mar. 8, 15). White Line the Blue Hills Hike Series, Blue Hills, Massachusetts, Southeast, MA. White Line the Blue Hills. We will meet weekly, Tuesday mornings at 10:30am (for 10:45 start) and hike trails in the Blue Hills for about 4 hours. After the first snow fall appropriate winter clothing, including winter hiking boots and snow shoes will be required. A severe snow storm or unsafe driving conditions will cancel that week's hike. The series will run for the 13 weeks from the Winter Solstice (Dec 22) to the Spring Equinox (Mar 20). The leader will have his dog, Sunny, with him when weather permits, if you wish to bring your well behaved dog please discuss during registration. Register once and then Show and Go. Have you been a Red Liner and would like to try White Lining or do you simply enjoy winter hiking then consider joining us Tuesday mornings. L Paul Brookes (603-799-4399), R Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com)

Mar. 10 (Thu). (FT) (NM) Morning hike at Ponkapoag Pond, Canton, MA, Massachusetts, Southeast, MA. Meet at 10AM in Ponkapoag Golf Course Parking Lot for a five-mile hike/snowshoe (depending on conditions) around the pond. Bring: water, snack and appropriate footwear. L Deborah Lepore (781-828-0572 before 9 PM, DLeopore2@GMail.com) CL Hans Luwald (508-668-0462 Before 9 PM, Hans.Luwald@Gmail.com)

Mar. 12 (Sat). Kearsarge North Hike, White Mountains, NH, New Hampshire, White Mountains, NH. Come join a winter snowshoe hike involving a steady climb to the open summit (3268 ft.) with a firetower and one of the best views in the White Mountains. Varied forests and ledges with southern views make for an interesting ascent. The hike is 6.2 miles round trip with 2600 ft. elevation gain. Winter equipment and experience are required. Please register with leader before February 4 or after March 1. L Leslie Carson (508-833-8237 Before 9 pm, ltc929@comcast.net) CL Ken Carson (kccii@comcast.net)

Mar. 13 (Sun). Hike - Ryder Conservation/Lowell Holly Reservation (C3C), Ryder Conservation Land, Cotuit Road, Sandwich, MA, Massachusetts, Cape Cod, MA. Moderate 4+ mile hike through conservation land/Trustees of Reservation property on footpaths, carriage roads, sandy beach, boardwalks. L Barbara Gaughan (barbaragaughan12@comcast.net) CL Robin McIntyre (508-789-8252, robinmcintyre@comcast.net), R Robin McIntyre (508-789-8252 No calls after 9 pm please., robinmcintyre@comcast.net)

Mar. 17 (Thu). Morn. Hike Powisset Farm, (TTOR) , Dover, MA, 37 Powisset Street, Dover, MA, Massachusetts, Southeast, MA. Fairly new area with nice trails off the beaten path at the Trustee of Reservations Powisset Farm. We will hike 5.5 miles with a number of short ups and downs. Depending on the conditions, we might shorten the hike and/or eliminate the steepest sections. Some nice views. Depending on the weather, we might hike or snowshoe. Bring traction devices, if icy. L Hans Luwald (508-668-0462 before 9 PM, hans.luwald@gmail.com) CL Debbie Lepore (781-828-0572 Berore 9 PM)

Mar. 22 (Tue). (FT) (NM) Full Moon Hike - Borderland, Massachusetts, Southeast, MA. Join us for the last full moon hike of the season at Borderland State Park. Moon-rise is 6:23pm. Hike will be about 4-5 miles at a moderate pace, lasting approximately 2 hours. Please bring \$2 dollar to contribute to permit needed for after-hours hiking if you haven't paid on a prior month. Registration is required for this hike. L Patricia McNally (pmcnallyma@comcast.net) CL Nancy Coote , R Patti McNally (pmcnallyma@comcast.net)

Tuesdays (Mar. 22, 29, Apr 5, 12, 19, 26, May 3, 10). Blue Hills Tuesday Spring Conditioning Hike Series, Massachusetts, Boston Area, MA. Hike hilly Skyline Trail and adjacent trails on successive Tuesday mornings 3/22-5/10, progressively increasing distance, elevation gain and pack weight to condition for summer hiking season up north. Moderate to fast pace 3 to 4 hour hike, distance 3 to 8 miles. 9:30 am start. Not suitable for beginners. May finish series with extended day hike. Register once for entire series. L Len Ulbricht (lenu44@gmail.com)

Mar. 24 (Thu). (FT) (NM) (AN) Morning Hike - Oldham Trail & Harold Clark Forest, Foxboro, MA, Massachusetts, Southeast, MA. Hike the Oldham Trail & Harold Clark Forest. Meet 10:00 am at parking lot on Rt. 140 Foxboro across from Sunoco Station. Bring lunch or snack and water and wear appropriate footwear. L Muriel Guenthner (508-699-7461 Before 9:00PM, murielguenthner@comcast.net)

Activities

[Search activities online](#)

Apr. 2 (Sat) (FT) (NM) Spring Hike to North Pack Monadnock, New Hampshire, Monadnock Region, NH. Join us on a spring hike to a less crowded "monadnock". We will follow the Ted and Carolyn trails, through hemlock forests, cross a small cascading stream and be rewarded with views for our efforts. The loop is 6 miles with an elevation gain of approx. 1400 feet. L Anne Duggan (508-789-5538 before 9pm., abduggan12@gmail.com) CL Peggy Qvicklund (774-893-3011 before 9 pm, qvickan@comcast.net), R Peggy Qvicklund (774-893-3011 before 9 pm, qvickan@comcast.net)

Apr. 7 (Thu). Thursday Morning Blue Hills Hike, Police Barracks, Milton, MA, Massachusetts, Southeast, MA. A 4-5 mile hike that will start at the Blue Hills Reservation State Police Barracks. Take exit 2 (Route 138) off I-93 and go north toward Milton. Take a right at the set of lights. Follow this road until you see the police barracks on your left. We will meet in the parking lot across the street at 10:00AM. L Sue Chiavaroli (508-476-6644 x52, brillo6452@yahoo.com)

Apr. 10 (Sun). Myles Standish Pine Barrens Trail Hike, Myles Standish State Forest, Massachusetts, Southeast, MA. A beautiful 5 mile trail heads south from Liggett Road through varied pine barrens all the way to Cuttersfield Road, passing Wings Hole and the Sawpit. This will be a one-way hike heading south from Liggett. L Ellie MacPherson (508-224-6465, elliemac@comcast.net) CL John Bescherer (508-742-7973 Before 9:00PM, notmtwain@yahoo.com), R John Bescherer (2 Faith Lane, Forestdale, MA 02644, 508-419-1616 Before 9:00PM, notmtwain@yahoo.com)

Thursdays (Apr. 14, 21, 28, May 5, 12, 19, 26). Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA, Massachusetts, Boston Area, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com) L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

Apr. 14 (Thu) Morning Hike - Wollomonopoag Conservation Area, Wrentham, MA, Massachusetts, Southeast, MA. Thu., April 14 Wollomonopoag Conservation Area, Wrentham, MA. Meet 10:00 am in Conservation parking lot off of Elysium St. Bring water, snack or lunch & sturdy footwear. Rain cancels. L Muriel Guenther (508-699-7461 before 9:00pm mguenther@comcast.net). B3C. L Muriel Guenther (508-699-7461 Before 9:00pm, murielguenther@comcast.net)

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May 5 (Thu). Thursday Morning Blue Hills Hike, Milton, MA, Massachusetts, Southeast, MA. A 4-5 mile through the Blue Hills Reservation. We will meet at 10:00AM in the Houghton Pond Parking Lot at 10:00AM. L Sue Chiavaroli (508-596-6452 7-9pm, brillo6452@yahoo.com)

May. 8 (Sun). Hiking Santuit Pond and River (C3C), Mashpee, MA 02649, Massachusetts, Cape Cod, MA. Water views, woodland trails. Field with Bird's Foot Violets in bloom --Hopefully! Directions: Rte.6, Exit 5. South on Rte. 149 to Rte. 28, R on Santuit-Newtown Rd. for 0.8 mile to yellow gate and parking lot on left. Meet 12:45pm for sign-in. 2hr. hike starts at 1pm. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

May 19 (Thu). Hike Long Pond, Falmouth, Falmouth Town Forest, Winn Rd. Falmouth, MA, Massachusetts, Cape Cod, MA. Traverse through Falmouth's Town Forest on rolling wooded trails. Enjoy scenic views of Long Pond, a kettle pond formed at the edge of the glacial moraine. Sturdy shoes, plenty of water, sunscreen, and tick repellent are strongly recommended. The Cape is a known tick habitat! Poison ivy is also abundant in the woods and along the sides of the trail. You may consider wearing long pants. Meet at 9:45 AM to begin the hike promptly at 10 AM. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com)

May. 19 (Thu). Morning 10:00 AM Blue Hills Hike, Blue Hills Reservation, Milton, MA, Massachusetts, Southeast, MA. Hike the Skyline Trail for its great workout. This is a trail that goes up & down a number of steep hills, with rocky and uneven footing. We do a S-N skyline loop that takes us around 1 ½ - 2 hours, and then continue for another 1 ½ - 2 hours in and out to Buck Hill. Moderate pace. Around 6-6.5 miles total. L Sui-Wen Yang (617-417-0757, linsuiwen@verizon.net)

Activities

[Search activities online](#)

Skiing

Mar 4-6. XC Ski White Mountains, Intervale, NH, New Hampshire, White Mountains, NH. Can you think of a better way to begin the month of March than XC- skiing in the White Mountains? Join the SEM and Forty Plus chapters on Mar. 4 for 2 nights lodging at the Old Field House in Intervale, NH. Room rates are from \$120 to \$135 per night plus tax and include a hearty breakfast on Saturday and Sunday mornings. Visit their website www.oldfieldhouse.com for a complete description of their rooms and amenities. After registering by phone with the AMC Leader, call the Old Field House at 800-444-9245 to reserve your room. If you don't have a roommate, leader or innkeeper will try to match you up with one or you have the option of paying for a single supplement. We'll ski at Jackson, Great Glen, or Bear Notch - or right out the door on the Intervale trails. Bring your snowshoes, too. The weekend begins with pizza, salad and socializing on Friday night (nominal charge) around 6:30. Bring a snack to share at Happy Hours and your favorite beverage. Space is limited, so reserve a spot soon. L Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net) CL Wayne Cardoza (), R Barbara Hathaway (508-880-7266 before 9 pm, barb224@tmlp.net)

Socials

Apr. 16 (Sat). Take It Outside with AMC 2016, Borderland State Park, Easton, MA, Massachusetts, Southeast, MA. Are you a member of AMC but haven't tried any of our activities yet? Good, because we have an Open House for you! Join us at Borderland State Park in Easton, MA, on Saturday, April 16, 10:00-3:00 for "Take it Outside with AMC 2016" to meet our leaders and try a hike, a family hike, a nature walk, or a bike. All are welcome; bring a friend. We know once you try it, you'll be hooked. Contact Jodi, membershipchair@amcsem.org for more information. Each activity has its own description and registration in the online trip system. Parking fee is \$6/car. L Jodi Jensen (781-249-8346, jodijensen@gmail.com)

Trail Work

Mar. 5 (Sat) (C) (FT) (NM). My First Trailwork!, Borderland State Park, Massachusetts, Boston Area, MA. OK, so you hike all the time... Did you ever wonder how those trails get cleared of fallen branches, why the trees along the trail never seem to stick out into the trail? This is your chance to learn, while taking a hike and doing light trailwork at Borderland State Park. (More experienced trailworkers welcome too!) This will be an approximate 3 hour hike with trailwork as we enjoy this early 'spring' weather. L Bob Vogel (vogel.r@comcast.net), R Bob Vogel (vogel.r@comcast.net)

Happy Trails!





The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the AMC | April 2016

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Have a story for The Southeast Breeze? Please send your Word doc and photographs to breeze.editor@amcsem.org. Please send photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

Check out the Breeze Market

Members looking to sell, trade or freecycle their used equipment can post for free.

Business advertisements are just \$15/month.

Send inquiries to breeze.editor@amcsem.org.

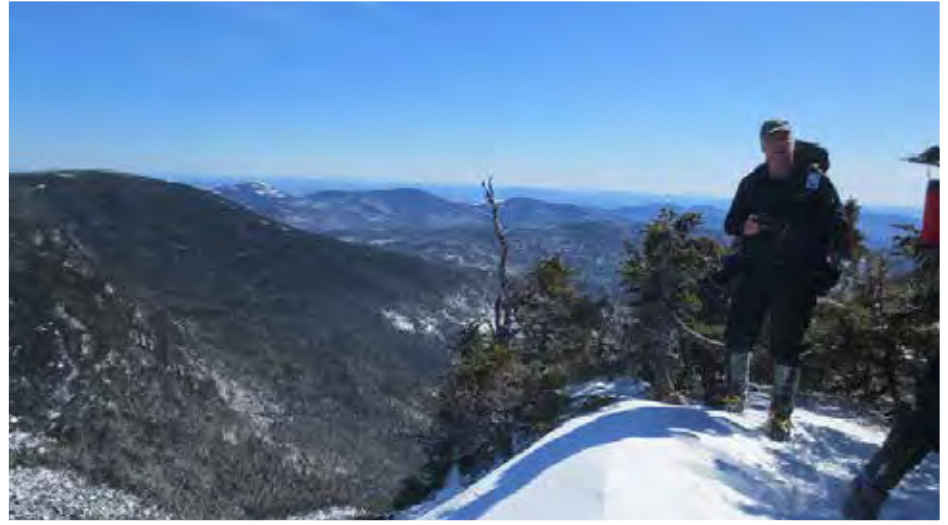


Photo by Dexter Robinson

Winter Hiking Series Carter Notch Weekend

By Paul Miller, SEM Hike Leader

The SEM Hiking Committee completed its 2015-16 Winter Series March 4-6 with a three day trip into beautiful Carter Notch in New Hampshire's White Mountains. This season's Winter Hiking Series kicked off with our well-attended indoor workshop in November where we covered clothing, gear, conditioning, and preparation for winter hiking; followed by progressively more challenging hikes in the months that followed. These included a fun jaunt up Mt. Wachusett in December, a somewhat slippery Seven Sisters/Holyoke Range hike in January, and a hike up Mt. Pierce in New Hampshire in February that finally brought the group above 4,000 feet for a real "Presidential in winter," experience.

For the final hike in our annual Winter Hiking Series, we typically do a multi-day, multi-night trip; rotating among the three AMC huts that stay open in winter on a self-service basis. These are the Lonesome Lake Hut in Franconia Notch, Zealand Springs Hut in the Pemi, and the Carter Notch Hut. Since we stayed at Zealand last year, and Lonesome Lake the previous year; it was Carter's turn this year.

While all three AMC winter huts are special places, I'm particularly fond of Carter. I like the way it's situated a few steps away from the two pristine Carter Lakes (actually glacial tarns), with rugged Wildcat Mountain and massive

Continued on page 3



Maureen Kelly,
Chapter Chair

chair@amcsem.org

View From the Chair

Hello SEM Members,

Welcome to Spring and all the outdoor activities it brings to Southeastern Massachusetts!

Join me on Saturday, April 16 for our second annual Open House “[Take it Outdoors with AMC - 2016](#)” at Borderland State Park in Easton. Sign up for a beginner or intermediate bike ride, a dog-friendly beginner hike or an intermediate hike, a family hike or a Super Hero Hike. Enjoy a free lunch before or after your activity. I would love to meet you and show you all the fun, local activities that we run. AMC does a lot more than just hike the Appalachian Trail - we hike, bike and paddle right here in Southeastern Mass!

See You Outside!

Maureen Kelly

2016 Executive Board

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Ad Hoc Committee Chairs and Other Chapter Contacts

Social Director	Open	Web-master	Cheryl Lathrop	Short Notice Email List: snel.admin@amcsem.org
Social Vice Chair	Open	Breeze Editor	Jeff Sugarman	
Social Networking Moderator	Susan Mulligan	Blast Editor	Open	

Contact the Chapter Chair at chair@amcsem.org if you're interested in any open position.

Carter Dome rising dramatically on either side. The huge boulders that comprise "The Ramparts" strewn about the notch add another interesting dimension, as does the immense boulder/viewpoint that still clings high above the Notch, still waiting to make its gravity-propelled descent down from Carter Dome. I like the two rustic bunkhouses, accommodating 20 people each in several smaller bunk-rooms. I especially like the somewhat cramped but cozy stone main hut; the oldest hut in the AMC hut system (now that Madison Hut has been rebuilt). And, in general, I like the remote and timeless feel of the place.

It was great to have the opportunity to share this special place with those Winter Series participants who had never visited the hut before.



The primary goal of the Winter Series is to convey the point that with a little knowledge; the right clothing, gear, and preparation; and a good dose of both planning and common sense - winter hiking can be both safe and very enjoyable. As difficult as it is for the uninitiated to

believe, for many of us, winter is our favorite time of year to hit the trails.

Consider that in winter there are no bugs, more expansive views, less crowded trails, and unparalleled beauty in the quiet, snow-draped woods and mountains. And with the right equipment, the snow-packed trails can also be a lot easier on the knees and ankles than the rugged, jagged rock-strewn trails we often have to negotiate in other seasons up in the White Mountains.

In our winter workshop and for all subsequent winter hikes, we stress that, while not inexpensive, it's important

to be equipped with appropriate winter clothing, insulated hiking boots, good snowshoes, and both pointy light traction devices (such as Micro-spikes or Hill-sounds) and even-pointier 10- or 12-point crampons (Black Diamond, Grivel, Petzel, etc.). This is because you never really know what kind of conditions you'll encounter once you're out on the winter trails. For the winter overnight, it's also important to have a good winter sleeping bag rated down to at least zero degrees F.

The point is that in winter it's far better to have a piece of gear and not need it, than to need it and not have it. This point was well-demonstrated during the Carter Notch trip, since none of us would have made it to the summits of either Carter Dome or Wildcat A on Saturday without the aggressive front points on our real crampons.

While 25 people had initially registered for this trip, due to a number of last-minute cancellations, the final count was nineteen winter hikers, mostly from the SEM, but with several other AMC chapters also represented. We all met at the Nineteen Mile Trail trailhead at the northern end of Pinkham Notch Friday morning promptly at 11:45 am. A quick inspection showed that everyone was well-equipped with appropriate clothing layers, insulated winter boots, snowshoes, micro-spikes, crampons, and our heavier-than-usual winter backpacks.

At the trailhead, we divvied up the group food (conveniently packaged into more-or-less equal sized three-to-four pound parcels by our meal organizer for the weekend, Sal Spada), signed the AMC release form, and "circled up" to introduce the leaders (Maureen Kelly, Wayne Anderson, Mike Woessner, Dexter Robinson, Barry Young, Paul Brookes, Peggy Qvicklund, and myself). After everyone else introduced themselves and we made the usual introductions and discussed the usual protocols for the hike, we hit the beautiful Nineteen Mile Brook Trail for the mostly uphill, 3.8-mile hike into the Carter Hut. This trail largely follows the swiftly flowing Nineteen Mile Brook, crossing it several times on rustic bridges before making the climb up to the saddle on the ridge that connects Wildcat A with Carter Dome. The trail then drops down steeply to the two Carter Lakes and the hut itself. Since the trail was nicely snow-packed with only a few icy spots, our micro-spikes provided adequate traction for this part of the trip.

While weighed down by our 35- to 40-pound backpacks, everyone in the group hiked strong and did great. As has been the case for the entire Winter Series, the group was relatively well matched and kept together nicely. While we certainly didn't break any speed records (and



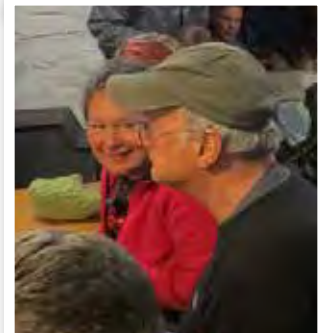
Photo by Dexter Robinson.

were'n't trying to...), we arrived at the hut with plenty of daylight left to be able to claim our bunks, lay out our sleeping bags, and explore the area. As previously planned, prior to our pre-dinner "happy hour" in the main hut, Dexter provided us with a brief tutorial on the history, use, and care of crampons. In combination with the on-slope training sessions he provided Saturday morning after breakfast, this really came in handy for the two subsequent hikes that day, particularly for those participants who had never used real crampons before.

For our pre-dinner happy hour, those who cared to partake broke out their wine or other alcoholic beverages and Peggy laid out several scrumptious plates of cheese, crackers, and other goodies for the group to enjoy. For dinner, Sal supervised the preparation of his hearty and tasty bean soup (available with or without ham) with fresh-baked cornbread on the side. This was followed by desserts prepared by Paul B. and Maureen. I don't believe that anyone went to bed hungry that night, which was a good thing, since the overnight temperatures dropped down into the single digits. This certainly was not the coldest night we've encountered for our Winter Series overnight trips, but it was far from tropical!

Saturday morning dawned bright and brisk, with a fresh layer of snow blanketing everything. After a hearty breakfast of coffee, pancakes, syrup, ham (you'll notice a pattern starting here...), and hardboiled eggs, Dexter brought a couple of groups outside for a little on-hill crampon training. Then we broke up into two groups for our Saturday hikes. As planned, Dexter, Wayne, and Mike led a small group up Wildcat A and B; and Maureen and I, with Barry, Peggy, and Paul B's assistance, led a larger group up to the summit of Carter Dome.

Continued on page 5



Top: Dexter Robinson.

Middle: Mike Woessner

Bottom: Dexter Robinson



Volunteer of the Month

Joe Tavilla

Each month the SEM recognizes one of our amazing volunteers. We are so fortunate to have wonderful people give their time, energy and resources to make our chapter one of the best. This month we recognize Joe Tavilla from the Biking Committee.

Joe has been leading AMC rides for years. His rides always have large attendance.. His demeanor is smooth and calm. The ride locations are not only beautiful, but also contain some historic stories. He is a true leader. Thank you, Joe, for your time and commitment!

Joe will receive a Volunteer of the Month Certificate and a \$50 gift card.



While I had “advertised” Carter Dome as being the less-challenging of the two hikes, that didn’t turn out to be the case due to the very icy conditions on this always-steep section of the Carter Moriah Trail that climbs from Carter Notch at 3,288 feet up to the 4,832-foot high summit of Carter Dome. It’s obvious that we never would have made it up to the summit without judicious use of the front points on our full crampons. We had initially considered also hitting the summit of nearby Mt. Hight, which promised even better, 360-degree views. But after eating a quick lunch and enjoying the excellent views of Mt. Washington and the Northern Presidentials from Carter Dome, we assessed the situation and decided not to go any further due to the time of day (2:00 pm) and the anticipated trail conditions (icy). Instead, we headed back down to the hut (or, as Alan Greenstein so glibly put it, we “made a controlled retreat.”)

Dex and his group had also tentatively planned to follow the Wildcat Ridge Trail past the 4,422-foot summit of Wildcat A, perhaps all the way to Wildcat D before returning. However, due to the slow going due to the challenging conditions, Dex’s group also decided to turn back after enjoying the fine views from Wildcat A and then hitting the somewhat anti-climatic summit of nearby Wildcat B.

While we were anticipating a challenging descent down from Carter Dome, the ice had softened up a bit in the sunlight, making the trail a bit easier to negotiate. Dex and few others from his group met us partway down and then joined us for the rest of the trip back to the hut.

We got back down to the hut just as James, the amiable AMC caretaker, was lighting the fire in the wood burning stove in the main hut. This made it nice and cozy for our Saturday evening happy hour. By this time, however, the hut was starting to get a bit crowded (but convivially so) with the arrival of another large AMC group from the Boston Chapter and several other smaller groups of non-affiliated winter hikers.

Continued on page 6



Photo by Dexter Robinson.

Sal's chili dinner that night was memorable, mostly because it was so spicy that it made almost everyone's eyes tear on first taste and sent us lunging for our water bottles. While some succeeded in tempering the spiciness by mixing judicious quantities of fresh-baked cornbread into the chili; many of us made do with the cornbread and ham (yup, that again), followed by the yummy deserts, which helped purge our scorched palettes of the taste of the chili. (Sal insisted it tasted fine to him...).



Dexter Robinson

After dinner and some more socializing, many of us headed up to our bunk-rooms to turn in early for evening. With the temperatures only dropping into the teens that evening, it was relatively balmy in our zero degree sleeping bags.

Sunday morning once again dawned bright and brisk. After another hearty breakfast of coffee, oatmeal, hardboiled eggs, and ham (which I finally gave up upon at this point...), we cleaned up the kitchen, packed up our things, swept the snow out of our bunk-rooms, and hit the trail for the return hike to the trailhead. Other than the short initial climb up to the ridge, it was mostly gently downhill on the Nineteen Mile Trail back to the trailhead on Rte. 16. The gentle trail conditions combined with our somewhat lighter packs, made for a quick and easy hike out. Everyone arrived back at the trailhead in good shape and with smiles on their faces.

This was a great group of hikers - a nice mix of relative newcomers to winter hiking with many from our regular crew. Everyone got along great and hiked well and safely all weekend long, even when faced with the challenging hiking conditions on Saturday (not to mention surviving Sal's chili!). Best of all, we lucked out with real winter conditions and three days of clear, sunny skies. All in all, that's about as much as you can ask for.

Dexter Robinson



AMC Trip Talk Video Contest Winner!

Chapter member Barbara Gaughan won the AMC Trip Talk Video Contest. She was ably assisted by fellow chapter member Jeff Hyman who taped [her talk](#). The video will serve as a training tool for new and existing leaders. An AMC lodging gift certificate was awarded to Barbara for her winning entry.

Calling Volunteers to Work for Wildlife

Mass Audubon is hosting its annual Statewide Volunteer Day on Saturday, April 30, 2016

Join Mass Audubon for a day of family fun as they spruce up trails, gardens, and nature centers and dive into other spring cleaning projects. See their list of participating wildlife sanctuaries for [more details and sign up](#) today.

NOTE: AAA Bicycle Benefits Page

The AMC SEM biking site has a highlighted link to the AAA Bicycle Benefits page. The AAA page uses a GPS locating system that automatically knows where you are at the time you search for services. For example: if you're in Florida at the time you login, it automatically sends you to the Florida web site.

Not all AAA locations have bicycle service. It seems to be available in the Northeast.



The Tuesday Conditioning Hike Series at the Blue Hills, led by Len Ulbricht. Photo by Ken Carson.



New Year's Day Riders. Photo by Bernie Meggison.

Mts. Crawford and Willard, March 5 & 6, 2016

Words & Photos by Len Ulbricht

This year, on Barbara Hathaway's annual first weekend in March XC ski/snowshoe weekend to Intervale NH, a few of us chose to hike Mt. Crawford on Saturday and Mt. Willard on Sunday. We had a brilliant blue sky, temps in the low 30s and negligible wind, perfect weather. The snow was not feet deep but inches deep (about 6-10) so we chose to hike with micro-spikes. Though mostly snow packed and a few icy spots, Crawford was an easy 5 mile round trip and Willard an even easier 3 miler, yet each had magnificent views. Crawford gave us Mt Washington and the Southern Presidential ridge line and Willard the wow of Crawford Notch. With comfortable accommodations and breakfasts at The Old Field House, engaging socializing with 21 participants, this was yet another do again winter weekend. Thank you, Barbara.



Ryder Conservation Area/Lowell Holly Reservation Hike March 13, 2016

Contributed by Len Ulbricht

Twenty three hikers enjoyed a beautiful day on the Cape in the low 60's with bright sunshine. We hiked along woodland trails, cart paths, and vistas adjacent to the shorelines of Wakeby and Mashpee Ponds. Portions of the area are undisturbed while others have been planted with holly, rhododendron, and mountain laurel.

Photos and map courtesy of Dave Selfe



AMC Southeast Mass. Chapter Invites All To "Take It Outdoors"

Free open house event at Borderland State Park
Saturday April 16, 2016 from 10 AM to 3 PM

The Appalachian Mountain Club (AMC) Southeast Massachusetts Chapter is holding its annual "Take it Outdoors" open house event at Borderland State Park in Easton, MA. The event will feature a variety of fun outdoor activities, including beginner and intermediate hiking and cycling, a family hike, naturalist and conservation programs, and free lunch for participants.

This popular annual event is targeted at individuals and families who would like to become more active outdoors and meet like-minded people. It also provides an opportunity to learn more about the AMC Southeast Mass. Chapter, which offers hiking, biking, cycling, paddling, and skiing activities for newcomers and experienced outdoorspeople alike.

Questions about Take it Outside with AMC? Email Jodi at membershipchair@amcsem.org or visit www.amcsem.org.

Borderland State Park
259 Massapoag Ave
North Easton, MA 02356

Parking is \$6.00 per car.

Schedule

[Beginner Bike](#) 10:00-12:00

[Intermediate Hike](#) 10:00-12:00

Free Lunch! 12:00-1:30

[Family Hike](#) 1:00-3:00

[Family Superhero Conservation Hike](#) 10:00-12:00

[Dog Friendly Beginner Hike](#) 1:00-3:00

[Intermediate Hike](#) 1:00-3:00

[Intermediate Bike](#) 1:00-3:00



Market



Damien Double Ski Bag Padded (180cm) with Wheels. Excellent condition, only used twice.

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Contact Janis Brinker at 508-362-5026 or dody2429@comcast.net



Activities

[Search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

AA ... 13+

A 9-13

B 5-8

C less than 5

Indicates pace

1 very fast

2 fast

3 moderate

4 leisurely

Indicates terrain

A very strenuous

B strenuous

C average

D easy

Found in the description

L Activity leader

CL ... Activity co-leader

FT ... First Time

NM .. New Members

AN ... Advance Notice

C Conservation

Biking

Apr. 16 (Sat) (FT) (NM). Take It Outside w/AMC 2016 - Beginner Bicycling, Borderland State Park Visitor Center, Easton, Massachusetts, Southeast, MA. Bicycling has all sorts of health benefits and it's FUN! This 10-12 mile BEGINNER ride on flat, gently rolling, quiet, secondary roads will be at a relaxed, stay-together pace. Bike in good working condition. Tires pumped. Helmets and water mandatory. Free lunch provided. Parking \$5/car. L Barbara Gaughan (781-572-1321 before 9 p.m., barbaragaughan12@comcast.net) CL Joe Tavilla (silverski6184@comcast.net), R Barbara Gaughan (781-572-1321 before 9 p.m., barbaragaughan12@comcast.net)

Apr. 16 (Sat). Take it Outside with AMC 2016 - Intermediate Biking, Borderland State Park, Massachusetts, Southeast, MA. The areas around Borderland are beautiful. We will ride at an intermediate pace 11-13mph. This 12-15 mile intermediate ride on flat, rolling hills, and a moderate hill or 2. Bike in good working condition. Tires pumped. Helmets and water mandatory. Spare tube a good idea. Free lunch provided. Parking \$5/car. L Cheryl Washwell (cawashwell@gmail.com) CL John Adams

Jun. 5 (Sun). Westport-Dartmouth Ride, Massachusetts, Southeast, MA. Join us for a 25-30 mile ride past lovely scenery (farms, beaches) in Westport & Dartmouth. Some parts are hilly. Moderate (15 mph) pace. Call leader to register. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com) CL Jodi Jensen

Conservation Volunteer Opportunities

Apr. 16 (Sat) (C) (FT) (NM) . Take it Outside with AMC 2016 - Super Hero Clean-up hike, Borderland State Park (main building), Massachusetts, Southeast, MA. Do your children like super heroes? Have they ever wanted to become a super hero? Well now is their chance! Come by AMC SEM's Open House event at Borderland State Park and help take on the super villain...Litter. Children 5-12 years old, come dressed as your favorite super hero, or wear a costume of your own design. Parents or legal guardians will be sidekicks, and will be responsible for picking up litter super heroes spot. After our mission there will be free lunch! Contact Joshua Tefft, Conservation Chair for more details and to register. *Borderland Parking Fee (\$5 per car). L Joshua Tefft (conservationchair@amcsem.org) CL Karen Singleton , R Joshua Tefft (conservationchair@amcsem.org)

Education

May 14 (Sat) (AN). Wilderness First Aid Two Day Training Course, Foxboro Recreation Department Rec Hall, 68 Mill Street, Foxboro, MA 02035. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. L Douglas Griffiths (508-758-4315 After 6 PM, RedDougG@aol.com)

Hiking on The Cape

Apr. 14 (Thur). Brewster - Nickerson State Park - part#2, Brewster, Massachusetts, Cape Cod, MA. Hike the trails in the back area of the park around ponds and in wooded areas. Meet at 9:45 at Fisherman's Landing. Enter Park of Rte 6A. Stay on Main road 2.8 mi. to dirt road pkg area on left. L Janet DiMattia (jandimattia@verizon.net)

Activities

[Search activities online](#)

Apr. 23 (Sat) Hike Falmouth Moraine, Falmouth MA, Massachusetts, Cape Cod, MA. This nine mile, 5 hour hike along the moraine trail in Falmouth is a one way hike. We'll pass through heavily forested areas on steep hilly trails. The beauty of Long Pond, Falmouth's water supply, will keep us company during our journey. There will be a stop for lunch and separation breaks during the hike. Meet at Goodwill Park at 9:30 sharp to carpool to the start. Not a beginners hike! Sturdy, broken in hiking boots are a must. Dress in layers. Bring plenty of water, snacks /lunch, sunscreen. Be aware that poison ivy is abundant alongside the trails. This is a known Tick habitat. Repellent is strongly recommended. Registration is required. Rain cancels. L Catherine Giordano (508-243-3884 before 9 pm, cmgiordan@msn.com) L John Gould (508-540-5779), R Cathy Giordano (508-243-3884 before 9 pm, cmgiordan@msn.com)

Apr. 24 (Sun) Hike- Maple Swamp Sandwich (C3C), Service Road, East Sandwich between exit 3 & 4, Massachusetts, Cape Cod, MA. Meet at 12:45 PM for 1 PM start. This hike requires hiking steep inclines and down hills not for beginner hikers. From Rte 6 take exit 3 Quaker Meetinghouse Rd and turn S. Take 1st left onto the Service Rd. Entrance to Maple Swamp is just beyond Mill Lane. L Jane Harding (508-833-2864 before 9 PM, janeharding@comcast.net)

Apr. 28 (Thur) Hike - Bourne 3 Sisters (C3C), Massachusetts, Cape Cod, MA. This hike has almost continuous rolling hills on woodland paths with trails around an adjacent bog. Views of Back River from the Leary property. Moderate pace required due to multiple turns in the trail. L Robin McIntyre (508-789-8252 Before 9:00 p.m., robinmcintyre@comcast.net)

May 1 (Sun) (FT) (NM) Hiking: Quashnet River, East Falmouth/Mashpee (C3C), East Falmouth / Mashpee, MA, Massachusetts, Cape Cod, MA. Spend 2 hours on a May Day afternoon walking in a small valley along a stream. May see some herring and trout. Meet at 1245 for 1300 start. Rain cancels, but phone or email leader if any doubt. L John Gould (508-540-5779, jhgould@comcast.net)

May 5 (Thu) Harwich - Hawksnest State Park, Harwich, Massachusetts, Cape Cod, MA. Woods walk on trails and dirt roads. Meet at 9:45. Exit 11 from Rte 6. Spruce Rd is diagonally across from exit. Park approx. 1/2 mile on edge of road. L Janet DiMattia (jandimattia@verizon.net)

May. 8 (Sun) Hiking: Santuit Pond and River (C3C), Mashpee, MA 02649, Massachusetts, Cape Cod, MA. Water views, woodland trails. Field with Bird's Foot Violets in bloom --Hopefully! Directions: Rte.6, Exit 5. South on Rte. 149 to Rte. 28, R on Santuit-Newtown Rd. for 0.8 mile to yellow gate and parking lot on left. Meet 12:45pm for sign-in. 2hr. hike starts at 1pm. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

May 12 (Thu) Hike - Bourne Town Forest (C3C), Massachusetts, Cape Cod, MA. This 4.8 mile hike is through rolling forest trails, mountain bike paths, fire cut lines, and along the edge of Bourne 4 Ponds. Several moderate hills. L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net)

May 19 (Thu) Hike - Long Pond, Falmouth, Falmouth Town Forest, Winn Rd. Falmouth, MA, Massachusetts, Cape Cod, MA. Traverse through Falmouth's Town Forest on rolling wooded trails. Enjoy scenic views of Long Pond, a kettle pond formed at the edge of the glacial moraine. Sturdy shoes, plenty of water, sunscreen, and tick repellent are strongly recommended. The Cape is a known tick habitat! Poison ivy is also abundant in the woods and along the sides of the trail. You may consider wearing long pants. Meet at 9:45 AM to begin the hike promptly at 10 AM. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com)

Hiking

Get your 100-mile patch! Contact hikingchair@amcsem.org.
We're always looking for additional hike leaders! Contact hikingchair@amcsem.org

Apr. 10 (Sun) Myles Standish Pine Barrens Trail Hike, Myles Standish State Forest, Massachusetts, Southeast, MA. A beautiful 5 mile trail heads south from Liggett Road through varied pine barrens all the way to Cuttersfield Road, passing Wings Hole and the Sawpit. This will be a one-way hike heading south from Liggett. L Ellie MacPherson (508-224-6465, elliemac@comcast.net) CL John Bescherer (508-742-7973 Before 9:00PM, notmtwain@yahoo.com), R John Bescherer (2 Faith Lane, Forestdale, MA 02644, 508-419-1616 Before 9:00PM, notmtwain@yahoo.com)

Tuesdays in April, May, Blue Hills Tuesday Spring Conditioning Hike Series, Massachusetts, Boston Area, MA. Hike hilly Skyline Trail and adjacent trails on successive Tuesday mornings 3/22-5/10, progressively increasing distance, elevation gain and pack weight to condition for summer hiking season up north. Moderate to fast pace 3 to 4 hour hike, distance 3 to 8 miles. 9:30 am start. Not suitable for beginners. May finish series with extended day hike. Register once for entire series. L Len Ulbricht (lenu44@gmail.com)

Activities

[Search activities online](#)

Thursdays in April, May, June, July & Aug. Red Line the Blue Hills (FT) (NM) - Hiking, Blue Hills Reservation, Milton, MA, Massachusetts, Boston Area, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com) L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

Thursday Mornings in April, May: Morning Hike (C) (FT) (NM) (AN) - Wollomonopoag Conservation Area, Wrentham, MA, Massachusetts, Southeast, MA. Thu., April 14 Wollomonopoag Conservation Area, Wrentham, MA. Meet 10:00 am in Conservation parking lot off of Elysium St. Bring water, snack or lunch & sturdy footwear. Rain cancels. L Muriel Guenther (508-699-7461 before 9:00pm mguenther@comcast.net). B3C. L Muriel Guenther (508-699-7461 Before 9:00pm, murielguenther@comcast.net)

Apr. 16 (Sat) (FT) (NM) Take It Outside with AMC 2016 Beginner Hike @ Borderland State Park, Borderland State Park, Massachusetts, Southeast, MA. Don't just read these listings, come hike with us! This hike is designed to introduce new members (and potential new members!) to hiking with the Southeastern Mass Chapter of AMC. We will hike the relatively flat, narrow, winding, back trails at Borderland (not just the wide, flat loop around the ponds.) During the hike we will also take some time to talk to you about the clothing and equipment needed, both for local hikes, as well as for hiking in the White Mountains of New Hampshire. Plus, hopefully, we will be able to explain why we have had so much fun hiking with SEM/AMC! Please bring: Water, and a rain coat if the weather looks iffy. More info will be provided when you register. Hike will finish by noon, and a free lunch will then be available at the visitor Center. Note there is a \$5 (MA registered cars) or \$6 (others) parking fee at Borderland. L Bob Vogel (vogel.r@comcast.net) L Ellen Correia (ellencorreia@gmail.com), R Bob Vogel (vogel.r@comcast.net)

Apr. 16 (Sat) (NM) Take it Outside with the AMC 2016 Intermediate Morning Hike at Borderland State Park, Borderland State Park, Easton, MA, Massachusetts, Southeast, MA. An intermediately paced 4-5 hike through the upper quarry area of Borderland State Park. After the hike a free lunch will follow. There is a parking fee of \$6 dollars. L Sue Chiavari (508-496-6452 7-9PM, brillo6452@yahoo.com) L Nancy Coote (508-596-8222 7-9PM)

Apr. 16 (Sat) (FT) (NM) Take It Outside with AMC 2016 Borderland Open House Family Hike, Borderland State Park, 259 Massapoag Ave., North Easton, MA, Massachusetts, Southeast, MA. Join us for a 1 1/2-2 hour Family Hike, approximately 2 miles, at a very do-able pace, on some of the beautiful trails at Borderland. A great way to introduce kids to the joys of hiking. Free lunch for all participants. Hike leaves from the Visitor Center; arrive earlier for lunch. Parking fee per car \$5. L Jeannine Audet (508-493-8221 Weekdays after 6:00 pm, weekends any time (if any questions), milmod@aol.com) L Sui-Wen Yang (linsuiwen@verizon.net)

Apr. 16 (Sat) (FT) (NM) Take It Outside with AMC 2016 SEM's Open House Beginner Hike (pet friendly) @Borderland State Park, Borderland State Park, Easton, MA, Massachusetts, Southeast, MA. Join AMC Southeastern Mass (SEM) Chapters Open House event at Borderland State Park for a group hike. This beginner/first-timer and pet-friendly hike is geared towards new AMC members (and potential new members) who are new to hiking. Get up your energy and meet other new members with a free pre-hike lunch followed by a one to two hour hike around some relatively flat, winding back trails at Borderland. The leader will have his friendly dog, Sunny, with him on-leash and other well-behaved pets are welcome to join us for an on-leash walk. We will hike at a slow pace for our dogs to smell the scents and so we can enjoy the trail. During the hike we can, if you wish, talk about what clothing and equipment can be helpful for local hikes. Please bring at least 1 liter of water and discover that the AMC is far more than just hiking the Appalachian Trail. Note there is a parking fee at Borderland, it is \$5 for MA registered cars or \$6 (for others). L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com)

Apr. 16 (Sat) (NM) Take It Outside with AMC 2016 Intermediate Afternoon Hike, Borderland State Park, Massachusetts, Southeast, MA. Join AMC Southeastern Mass (SEM) Chapter open house event at Borderland State Park for a group hike. This intermediate hike will traverse parts of the Bay Circuit Trail (BCT) as well as some of the lesser traveled trails in Borderland and wind up along the scenic ponds back at the visitor center. Join us for a free pre-hike lunch at the visitor center for an energy boost and meet some of your fellow hikers. During the hike feel free to ask the leaders any questions you may have about hiking (clothing, equipment, nutrition, etc.). Please bring one liter of water and wear sturdy shoes. There is a five dollar parking fee per car. L Barry Young (508-339-3089 Before 9 PM, Barry.young@comcast.net) L Dexter Robinson (dexsue@comcast.net), R Barry Young (Barry.young@comcast.net)

Activities

[Search activities online](#)

Apr. 17 (Sun) North South Trail Hike, East Beach Road, Charlstown, RI, Rhode Island, RI. Join me on the first of a ten hike series that will traverse the 72 miles of rolling hills and farmlands along the "North South Hiking Trail" in western RI. This section N/S#1, will be 9 miles long starting at Blue Shutter Beach at waters' edge, through Burlingame State Park, to Burdickville Road. Registration is required. Complete info will be provided by email upon registering. L Fred Wason (508-838-6049, fmwason@gmail.com)

Apr. 18 (Mon.) Borderland Family Hike! Borderland State Park, Massachusetts, Southeast, MA. April Vacation. What activities are there to do with kids? Why not bring them to Borderland State Park and go on a 2 hour guided hike with them? AMC Leaders will take you for a walk through the winding trails through the woods, as well as along the wider 'roads' around the pond. Suitable for energetic school age children and their parents. (Strollers won't work on these paths!) We'll talk about hiking, give you information about local hiking, and hiking in New Hampshire, and generally be available to answer hiking related questions. Note: My sons both climbed their first NH 4000 foot mountain at aged 5.. kids can do great things. (Of course keeping up with them is your problem!) Come enjoy the woods. (Note: There is a parking fee at Borderland, \$5 MA cars, \$6 out of state cars.) Meet at Visitor Center. See Borderland info at: <http://www.mass.gov/eea/agencies/dcr/massparks/region-south/borderland-state-park.html>. L Bob Vogel (vogel.r@comcast.net) L Joe Keogh (jpkeo24@gmail.com) CL Paul & Louise Anthony

Apr. 21 (Thu) (FT) Thursday Morning Hike - World's End (C3C), Hingham, MA, Massachusetts, Southeast, MA. World's End (C3C). Meet at 10am, \$6 pp non-Trustees members. Moderate 4-5 miles. Explore unique peninsula in Boston Harbor, stunning views, hilly, carriage ways, rocky paths, could be muddy sections. Wear layers, wind protection, good shoes suitable for weather and conditions. Bring water, snacks/lunch. Directions at <http://www.thetrustees.org/places-to-visit/greater-boston/worlds-end.html>. L Eva Borsody das (781-925-9733, borsody@gmail.com)

Apr. 23 (Sat) Woodland End2End Hike in the Blue Hills (Sat), Blue Hills, Massachusetts, Southeast, MA. Have you ever wanted to do the Blue Hills Skyline End2End but were not sure if you were ready for the hills or do you simply prefer the woods to the summits? This hike skirts around all the summits and sticks to the wooded lowlands. It's perfect distance training for the Skyline End2End (which is shorter but hilly) or to be enjoyed in its own right. The Skyline End2End is the following Saturday (April 30). We will hike from the Northernmost end of Fowl Meadow in Canton to Shea Ice Rink in Milton, stopping at Houghtons Pond for a leisurely lunch (and to refill our water). The total distance is 11 miles but the pace will be on the slower side of moderate (1.5 to 2 mph) ideal for hiking and chatting at the same time. The terrain is mostly flat and well-maintained trails. Since we are keeping to lowlands, heavy rain or flooding will cancel. The leader will have his well-behaved dog with him, Sunny. If you wish to bring your dog, please discuss during registration. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) CL Pat Achorn (plachorn@me.com), R Pat Achorn (781-784-8983, plachorn@msn.com)

Sat., Apr. 30. Blue Hills Skyline End-to-End Hike, Blue Hills Reservation, Braintree and Canton, MA, Massachusetts, Southeast, MA. This most challenging of Blue Hills hikes is an SEM chapter favorite! We'll follow the Skyline Trail from the Shea Rink in Braintree to the end of Royal St. in Canton, hitting all the major hills in the expansive Blue Hills Reservation. Relatively rugged approximately 8.5 mile hike. Sturdy hiking boots and strong legs required! L Barry Young (508-339-3089 Before 9 PM, Barry.young@comcast.net) L Paul Miller (paulallenmiller@verizon.net), R Barry Young (Barry.young@comcast.net)

May 1 (Sun) (FT) (NM) F. Gilbert Hills Hike, F. Gilbert Hills State Forest, 45 Mill St., Foxboro, MA 02035, Massachusetts, Southeast, MA. Join us for a 5-6 mile hike along the beautiful trails in F. Gilbert Hills Forest. Pack lunch for a picnic afterward. Call leader to register. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime, milmod@aol.com) CL Claire MacDonald (781-582-0316 Between 8:00 am and 10:00 pm, cfmacdonald@hotmail.com), R Claire MacDonald (781-582-0316 Between 8:00 am and 10:00 pm. Be sure to leave a message., cfmacdonald@hotmail.com)

May 7 (Sat) (FT) (NM) Introduction to Hiking and Backpacking Workshop, Foxboro Recreation Hall, 68 Mill Street, Foxboro, MA. F. Gilbert Hills State Park, Massachusetts, Southeast, MA. New to hiking and backpacking? Not sure where to start? Come join SEM leaders to learn all that you need to know to get outdoors and start hiking. The morning session (9-12) will focus on appropriate clothing, footwear, backpacks, nutrition and hydration, physical conditioning, and much more. The afternoon session (1-4) will focus on tents, sleeping bags, stoves, cooking, how to pack your backpack and Leave No Trace. A variety of gear will be demonstrated. Lunch will be provided. This workshop will prepare you to come join the day hikes and backpacking trips that the SEM Chapter will be offering this summer. L Leslie Carson (508-833-8237 Before 9:00 pm, lrc929@comcast.net) L Bob Vogel (vogel.r@comcast.net)

Jun. 18 (Sat) Hike Mount Carrigain, Mount Carrigain, Livermore N.H., New Hampshire, White Mountains, NH. Hike Mount Carrigain (4,700"). From the Parking lot on Sawyer Rd in Livermore N.H. we will hike 1.7 miles on Signal Ridge trail to a junction with the Carrigain Notch Trail. Bear left and continue to hike Signal Ridge Trail for 3.3 miles. There will be a fire tower with a 360 degree view waiting for us at the summit. Eat lunch, bask in the views, take some

Activities

[Search activities online](#)

photos, then retrace our steps back to the parking lot. Easy for the first two miles, the trail then progresses to a moderate hike for the remaining 3 miles. Milage is 10.16 miles with an elevation gain of 3,712'. the code would be A-3-B/C. L Ken Carson (508-833-8237 4pm-6pm, kcciii@comcast.net) CL Leslie Carson (508-833-8237 before 8:00pm, LTC929@comcast.net)

Jun. 24-25 (Fri & Sat) (AN) Hike Cannon and the Kinsmans, New Hampshire, White Mountains, NH. Summit three 4000 footers over two days. Hike Cannon on Friday and the Kinsmans on Saturday with one overnight at Lonesome Lake hut. Soak up the beauty of Franconia Notch and a summer evening by Lonesome Lake. Bring your camera. Strenuous with significant elevation change. For experienced hikers. Register with leader by May 7. L Len Ulbricht (lenu44@gmail.com) CL Anne Duggan (abduggan12@gmail.com), R Len Ulbricht (lenu44@gmail.com)

Jul. 8-10 (Fri & Sat) (AN) Carter Notch Hike Weekend, Carter Notch, New Hampshire, White Mountains, NH. We'll hike into Carter Notch Hut from the south on the beautiful Wildcat River Trail, spend the night at the hut, then summit Carter Dome and return via the Rainbow and Bog Brook Trails. L Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net) L Peggy Qvicklund , R Peggy Qvicklund (qvickan@comcast.net)

Jul. 16 (Sat) Loop Hike the Osceolas, New Hampshire, White Mountains, NH. Loop hike Osceola (el. 4340 ft.) and East Osceola (el. 4156 ft.). We will hike in on the Greeley Ponds trail (recently restored from Hurricane Irene damage), by the Greeley Pods Scenic Area to the Mt. Osceola trail, hike up and over the two Osceolas, and hike out to cars spotted on Tripoli Road. Hike distance is 9.9 miles, total elevation change 2700 ft., and estimated hike duration 8 hours. This is a strenuous hike for experienced hikers only. Consider joining the leaders to hike the Hancocks the next day, Sunday July 17. Register separately for each hike. L Len Ulbricht (lenu44@gmail.com) CL Ken Carson (kcciii@comcast.net), R len ulbricht (lenu44@gmail.com)

Jul. 17 (Sun) Loop Hike the Hancocks, Mount Hancock, New Hampshire, White Mountains, NH. Loop Hike North Hancock (4,420') and South Hancock (4319'). We will hike in across the street from the Hancock Overlook, on the Hancock Notch Trail. Then a small trek on the Cedar Notch Trail will have us arrive at the Hancock Loop Trail. The distance between both summits is 1.5 miles. Hike distance is 9.8 miles. Elevation gain is 2,700' This is a moderate hike for experienced hikers. Hopefully, hikers will join the leaders into making this a joint adventure hiking the Osceolas on Saturday and the Hancocks on Sunday. Register for each hike separately. L Ken Carson (508-833-8237 4pm-8-pm, kcciii@comcast.net) CL Len Ulbricht (lenu44@gmail.com)

Aug. 4-7 (Thu., Fri, Sat., Sun.) (AN) Hut-to-hut Hiking the Southern Presidentials, New Hampshire, White Mountains, NH. Multi-day hike of the southern Presidentials. Summit Webster, Jackson, Pierce, Eisenhower, Monroe and Washington. Stay at AMC huts. This section of the AT mostly above tree line. Strenuous with significant elevation gain and distance. Restricted to conditioned hikers with 4000 footer summiting experience. Latest date to register is June 24. Expected to fill much earlier. L Len Ulbricht (lenu44@gmail.com) CL Anne Duggan (abduggan12@gmail.com), R Len Ulbricht (lenu44@gmail.com) Socials

Apr. 16 (Sat). Take It Outside with AMC 2016, Borderland State Park, Easton, MA, Massachusetts, Southeast, MA. Are you a member of AMC but haven't tried any of our activities yet? Good, because we have an Open House for you! Join us at Borderland State Park in Easton, MA, on Saturday, April 16, 10:00-3:00 for "Take it Outside with AMC 2016" to meet our leaders and try a hike, a family hike, a nature walk, or a bike. All are welcome; bring a friend. We know once you try it, you'll be hooked. Contact Jodi, membershipchair@amcsem.org for more information. Each activity has its own description and registration in the online trip system. Parking fee is \$6/car. L Jodi Jensen (781-249-8346, jodijensen@gmail.com)

Paddling

Apr. 20 (Wed) Paddle Barnstable Harbor & Wells Creek, Barnstable Harbor Massachusetts, Massachusetts, Cape Cod, MA. This trip depends on the weather. If it's warm enough and not windy the trip will run, otherwise I'll cancel it and run it another time. We'll explore some creeks on the western end of Barnstable Harbor. Arrive no later than 10:15 for a 10:30 departure. Bring water and Lunch. PFDs and spray skirts are required. L Ed Foster (erfoster@comcast.net)

May 11 (Wed) Paddle Long Pond Harwich/Brewster, Harwich/Brewster, MA, Massachusetts, Cape Cod, MA. Circumnavigate Long Pond, lily pond & if there is enough water in narrows visit Sheeps Pond. Lunch on beach & paddle back to put-in. About 6-7 mi Wear PFD, bring spray skirt in case windy & bring lunch. Register for directions to put-in & launch time. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau

Activities

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May 14 (Sat) Paddle Walker/Mill Ponds, Brewster, Brewster, MA, Massachusetts, Cape Cod, MA. Paddle 3 fresh water kettle ponds & Narrows. See Stoney Brook Grist Mill (1873), herring run & Punkhorn. Lunch Slough Rd picnic area. Wear life jacket, bring spray skirt in case it is windy, bring lunch E-mail leader to register & for directions to put-in & start time. About 7 mi. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau (paulcorri@gmail.com)

May 21 (Sat) Paddle Swan Pond/River, Dennis, Dennis, MA, Massachusetts, Cape Cod, MA. From Swan Pond put-in paddle down river to mouth on Nantucket Sound. Lunch on beach. Return & circumnavigate Swan Pond. About 7-8 mi total. Wear life jacket, bring spray skirt in case windy, bring lunch. E-mail leader to register & for directions to put-in & launch time. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau (paulcorri@gmail.com)

May 28 (Sat) Paddle Indian Lakes, Marston Mills, Marston Mills, MA, Massachusetts, Cape Cod, MA. Paddle Middle & Mystic fresh water ponds. Lunch on beach at end of Mystic pond. Wear life jacket, bring spray skirt in case it is windy. Bring lunch. About 6-7 miles E-mail leader to register & for directions & launch time. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau (paulcorri@gmail.com)

Jun. 1 (Wed) Paddle Nauset Marsh from Mill Pond, Orleans, Orleans, MA, Massachusetts, Cape Cod, MA. Paddle from beautiful put-in on Mill Pond to Nauset Marsh. Lunch on beach & short walk to ocean. Circle island toward Town Cove & return to put-in. Wear life jacket, bring spray skirt in case windy. Bring lunch E-mail leader to register & for directions to put-in & launch time. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com)

Jun. 11 (Sat) Mill/Walker Ponds, Brewster, Brewster, MA, Massachusetts, Cape Cod, MA. Paddle 3 fresh water kettle ponds & narrows. See Stoney Brook Grist Mill (1873), herring run & punkhorn conservation area. About 7 mi. Lunch on Slough rd picnic area. Wear PFD, bring spray skirt in case windy, bring lunch. E-mail leader to register & for directions & launch time. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau

Jun. 15 (Wed) Paddle Follins & Mill Ponds, Dennis, Dennis MA, Massachusetts, Cape Cod, MA. Paddle Follins pond to Weir Creek bridge & if tide allows under bridge into Mill pond passing Crab creek conservation area & return to circumnavigate Follins Pond & see evidence of Vikings visit. Lunch on small beach. Paddle Dinahs Pond & Kelleys Bay & return. 7-9 mi Wear life jacket, bring spray skirt in case windy. Bring lunch. E-mail leader to register & for directions & put-in time. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com)

Jul. 2 (Sat) Paddle Chase Garden Creek, Yarmouth Port, Yarmouth Port, MA, Massachusetts, Cape Cod, MA. Paddle Chase Garden Creek & tributaries, Judahs & Whites Brook. See Bray Farm, Shell processing plant & Chapin beach. Lunch at Bray Farm or on sand bar depending on tide. 7-8mi. Wear life jacket, bring spray skirt in case windy. Bring lunch. E-mail leader to register & for directions & launch time. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com)

Jul. 13 (Wed) Paddle Mashie/Wakeby Ponds, Sandwich, Mashpee/Sandwich MA, Massachusetts, Cape Cod, MA. Paddle 2 fresh water ponds about 7 mi. Lunch at end of Wakeby pond. Wear life jacket, bring spray skirt in case windy. Bring lunch E-mail leader to register & for directions & launch time. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau (paulcorri@gmail.com)

Jul. 30 (Sat) Paddle Bass River South, Dennis, Dennis, MA, Massachusetts, Cape Cod, MA. From launch paddle 'fingers' & bays to mouth of river on Nantucket Sound. Lunch on West Dennis Beach. Return & paddle Grand Cove. 8-9 mi Wear life jacket, bring spray skirt in case windy. Bring lunch. E-mail leader to register & for directions & time. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau (paulcorri@gmail.com)

Aug. 3 (Wed) Paddle Herring River north, West Harwich, West Harwich, MA, Massachusetts, Cape Cod, MA. Paddle upstream to Coy Brook to end & to East Reservoir & to Herring River for lunch on North Rd bridge. Then Paddle to West Reservoir & see Herring Run & return. about 8-9 mi Wear life jacket, bring spray skirt in case windy. Bring lunch. E-mail leader to register & for directions & launch time. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com)



Activities

[Search activities online](#)

Socials

Apr. 16 (Sat) Take It Outside with AMC 2016, Borderland State Park, Easton, MA, Massachusetts, Southeast, MA. Are you a member of AMC but haven't tried any of our activities yet? Good, because we have an Open House for you! Join us at Borderland State Park in Easton, MA, on Saturday, April 16, 10:00-3:00 for "Take it Outside with AMC 2016" to meet our leaders and try a hike, a family hike, a nature walk, or a bike. All are welcome; bring a friend. We know once you try it, you'll be hooked. Contact Jodi, membershipchair@amcsem.org for more information. Each activity has its own description and registration in the online trip system. Parking fee is \$5/car. L Jodi Jensen (781-249-8346, jodijensen@gmail.com)

Happy Trails!





The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the AMC | May 2016

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.....
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Photo Credit: Maureen Kelly

Woodlands End-to-End Hike

.....
By Paul Brookes, SEM Hike Leader
.....

On a wet and cloudy Saturday in April, twenty-one hikers and a dog met to hike the Blue Hills from end to end. The chosen trails skirted around all the summits and stuck to the wooded lowlands. This was the first year of what may become a new annual tradition in SEM, the Woodland End-To-End.

The hike was held the week before the Skyline End-To-End, and was perfect distance training for some in the group that were preparing for next weeks' Skyline hike (which was shorter but hilly).

The group met at Shea Ice Rink and loaded their gear and themselves into as few cars as possible where we car-pooled over to the small parking pull-off at the Northernmost end of Fowl Meadow in Canton. Since there is not much parking space here we kept most of our cars at the larger capacity Shea Parking and hiked back to our cars.

After arriving at Fowl Meadow, we circled around Paul Brookes to hear the plans for the day and risks inherent in hiking; we also went round and introduced ourselves to one another. Trailhead logistics complete, Paul led us out of the parking area and, with Cathy MacCurtain and Pat Achorn sweeping, we set off down the Burma road in Fowl Meadow.

Soon we arrived at a bisecting path where we approvingly inspected the bog bridge that Sal Spada built in 2015 as part of his Eagle Scout project. Here Maureen Kelly took a group photo proving that the bridge was sturdy enough to hold us. Paul's

Continued on page 3



Maureen Kelly,
Chapter Chair

chair@amcsem.org

View From the Chair

Hello SEM Members,

May is here! The flowers are blooming and the birds are singing. It's time to get outdoors, breathe the fresh air and savor the sunshine. Our fabulous leaders have activities waiting for you and I want to make sure that you know where to find them. Here's how.

Go to our SEM homepage: www.amcsem.org

Easiest - under "This Week's Activities" click on "hikes, bikes, paddles"

One committee's trips - Click the "Schedules" tab on the top of the page and choose any committee to view their trips.

To learn about SEM - Read our newsletter The Breeze with the list of trips in the back - link is top left

See you outdoors!

2016 Executive Board

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Cape Hiking Vice Chair	Peter Selig	Hiking Vice Chair	Open	Trails Vice Chair	Wayne Anderson

Ad Hoc Committee Chairs and Other Chapter Contacts

Social Director	Open	Web-master	Cheryl Lathrop	Short Notice Email List: snel.admin@amcsem.org
Social Vice Chair	Open	Breeze Editor	Jeff Sugarman	
Social Networking Moderator	Susan Mulligan	Blast Editor	Open	

Contact the Chapter Chair at chair@amcsem.org if you're interested in any open position.

Woodlands End-to-End, continued

yellow Lab is seen departing the bridge as rolling in the mud seems like more fun to his dog brain.

Youth from the Civilian Conservation Corps during the great depression built the Eliot & Chickatawbut Towers and the first ski runs in what is now the Blue Hills ski area. It's inspiring to see the conservation tradition running unbroken (albeit somewhat frayed) all the way to Sal and his Eagle Scout project.

After crossing Sal's bridge, Paul (foolishly?) decided to test whether skunk cabbage lived up to its name. Carefully tearing a small piece of leaf, breaking a vein, suddenly we were inundated with the most obnoxious smell. Having proved the cabbage was aptly named we agreed that this was an experiment that did not need repeating.

Suddenly the trees ended and we found ourselves on a long, straight but abandoned strip of asphalt leading to the junction of Interstates 95 and 93 in the distance. We stopped and different members in the group explained the history behind this strange and disturbing site.

The original Department of Transportation plans called for I-95 to run through downtown Boston. However, due to pressure from local residents, all proposed Interstate Highways within Route 128 were canceled in 1972 by Governor Francis Sargent with the exception of Interstate 93 to Boston.

With appreciation for Sals conservation work lingering in our thoughts Paul proposed that this too is conservation at work but in its activist form.

We head up the abandoned interstate to arrive at the Westernmost terminus of the Skyline trail. Following a short section of the Skyline we came upon Green Street, which rarely sees a car. Here Paul reviewed how he would like us to cross the later busy streets as a group both quickly and safely. We saw a strange pantomime as Paul purposely strode into the completely deserted street, raised both hiking poles high above his head to stop the non-existent oncoming cars and exhorted us to cross quickly.

We headed into the Little Blue Hill section of the Reservation and before long were crossing one of the busier roads, Rt 138. Now after a short climb we headed along the Accord Path circling the base of Great Blue Hill, a 460-million-year-old dome of granite porphyry, to arrive at the beaches of Houghton's pond.

Since there was drizzle in the air we gathered at the sheltered picnic tables under the concession stand along with a number of other groups and individuals (this being the week of spring break).

The owner of the concession-stand, salivating over another large group of potential customers (or perhaps he had just

been cooking) exhorted us to try his delicious hot soup, shepherd's pie or meatball subs. Unfortunately for him, and for us, most of us did not have our wallets with us. We reverted to our packed cold lunches and he returned to his kitchen.

We enjoyed a chance to sit down, chat facing one another and devoured our homemade food. During lunch, the rain stopped and the sky started lightening. Paul pulled out a large bag of chocolate goodies to share with the group and then, before our muscles got too settled, lunch was done. Picking up our slightly lighter packs (due to having eaten the lunch food), we headed over to the Visitors Center to stand in line (remember spring break), used the indoor restrooms and refilled our water. Our lighter packs were now heavier.

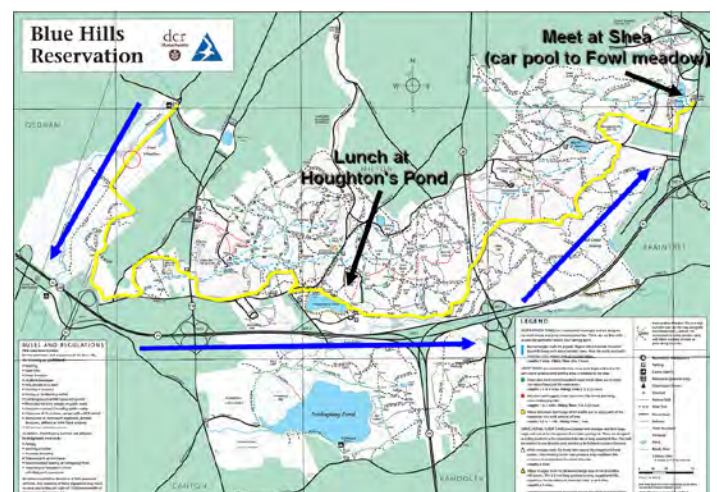
Leaving the 25-Acre glacial pond behind we walked along a mile or so of an abandoned portion of the original Rt 128 stopping to observe a stunning example of pudding stone.

After crossing RT28 we were now headed into the Chickatawbut section of the reservation. This section is darker, quieter and less travelled than the Houghton's pond section and we settled into a steady rhythm.

Some of us were starting to tire and for most of us this was our longest hike so far this season, the total length of our hike being 12 miles. We slowed the pace and stopped more often for people to recuperate, drink water and grab a snack. Once again we settled into a steady rhythm and soon we found ourselves passing by a graveyard on our right and then the man-made St Moritz ponds on our left. These signs of civilization are our indication that our cars are waiting for us over a slight rise.

A little over 6 hours after we left Fowl Meadow we were back at our cars. We gathered in a circle to congratulate one another and offset our tired feet with proud accomplishment. We all agreed that the hike was a great success and decide that the 'Woodland End2End' should become an annual tradition.

An enjoyable day was had by all!



Trailwork – What is it really? How can I get involved, and Why should I?

By Bob Vogel, Photo Credit: Barry Young

When we think of trailwork perhaps each of us gets a different mental picture. Some, that are deeply involved in Trailwork may think about building bog bridges, re-routing trails around eroded areas, or installing culverts. Maybe they think about the White Mountains, and maybe they took part in an AMC Trail Crew working there. Those things are all definitely Trailwork, but when I think of Trailwork, I think smaller and more local.

You know those local trails you like to hike at Borderland or the Blue Hills? Someone has to maintain those trails, and to me, that is trailwork. As those that have hiked with me know, I love flipping sticks off the trail as we hike along. I mean, we all enjoy hiking along a nice, clean, pretty natural trail. The unfortunate thing is nature doesn't like those trails. Nature keeps dropping branches, and occasionally whole trees, onto those trails. Every summer the brush along those trails reaches for the light, and unfortunately, it's lightest and brightest in the middle of the trail. All this means that if we want to enjoy our walks in the woods, someone has to spend some time cleaning up the trails. (Spoiler Alert: I'm hoping that by the end of this article, you will want to be one of these people.)

There are different ways to do trailwork. For instance a crew can do Lop & Drop, where they just cut anything growing into the trail, and leave it where it falls. Sometimes this is necessary, for instance when there are miles of trails to be brushed and limited resources to brush them. But Lop and Drop leaves the trail looking messy, and I try to avoid this approach. I prefer Invisible Trailwork. My goal when doing trailwork is for future hikers to come along and say "What a nice, natural looking, trail." I want it to look like no one has needed to come along before them doing trailwork. So, how do you do Invisible Trailwork?

Start by clearing the trail of any fallen branches, or loose rocks. (Either of these can lead to a trip, slip and bottom line, injury.) And when you move the branch off the trail, don't just push it to the side of the trail. If we keep doing this the sides of the trail end up lined with branches, and the trail looks like a walkway at a nature park, not a woody trail. So, pick them up and throw them (Or flip them with your hiking pole) at least several feet off the trail.

What about any new growth? Ideally major trails should be cleared 4' wide and 8' high. (As big as a sheet of plywood.) 4' wide gives room for two people to easily pass each other. 8' high means that in the winter, when there's snow and the branches are bending down, there will still be room to walk without constantly ducking. For less frequently used trails, like

Led by leader Bob Vogel, six industrious hikers embarked on the trails of Borderland State Park to do maintenance trail work. Armed with gloves, hand pruners, loppers, and saws, the group was able to cover over 5 miles of trail work. After some initial instruction on "hiking pole flipping" technique, the group split into two, in order to maximize trail coverage. Trail workers were rewarded that day by the many hikers in Borderland who expressed thanks and gratitude for the work AMC was doing to maintain the trails for everyone.



Left to right, Barry Young, Bob Vogel (leader), Jodi Jensen, Chad Wohlers, Lynn Maybury, Hans Luwald.



trail workers take a break for lunch at Split Rock in Borderland



Hans Luwald demonstrating proper "lopper" technique.

Continued on page 5

Trailwork, continued

the single dot trails at the Blue Hills, or in the back corners of Borderland, 4' is really wider than necessary, and I use a simple test: Could I walk through right after a rainstorm and not get my clothes wet from the brush along the trail? If so, I'm happy that it's wide enough.

There are several ways you can get involved in Trailwork, and do your share to help maintain the trails. One way is to just start cleaning up the trails you like to hike on. Reading this has given you all the training you need to start moving sticks and rocks off the trails. No work permit is needed. If one hiker out of every 100 picked up sticks as they hike along, our trails would be in much netter shape.

You can go a step further by getting involved in brushing trails and the like. Watch the SEM Short Notice Email List for my upcoming Trailwork events. Go to: <http://amcsem.org/> and scroll down to the bottom.

Or see:

A lit of all the upcoming AMC Chapter [trailwork events](#).

Friends of the Blue Hills also offer an [Adopt-a-Trail program](#). Through this program you can adopt a trail at the Blue Hills, and then go out several times a year to check up on it and do any maintenance needed. I've been the adopter of Five Corners Path since the program started in 2008. And, unlike your kids, your trail won't need to be put through college. And if you aren't sure adoption is for you, they offer single day trailwork events, so you don't need to make a long term commitment to get started.

And if it was my mentioning bog bridges, culverts and re-routing trails that got your interest up, [investigate this](#). I'm sure you'll find something there that interests you.

Why Trailwork?

There are several ways to look at it. Some say "Someone has to do it." Others look at it as a chance to 'give back' for all the enjoyment they get from hiking. But, for me at least, I just enjoy the warm fuzzy feeling of finishing a hike, knowing the trail is in better condition than when I started the hike. Try it, you'll like it!

And if you have any questions about trailwork, just [email](#) me.

Volunteer of the Month

Paul Brookes

Each month the SEM recognizes one of our amazing volunteers. We are thankful for the wonderful people who donate their time and energy to lead terrific trips. This month the Hiking Committee recognizes PAUL BROOKES for his continuing contributions.



Paul has been a very active leader with the Southeast Mass Chapter for the past few years leading many local hikes year round, particularly in the Blue Hills with his dog, Sunny. He is noted for his upbeat, cheerful manner, thorough research of his hiking routes including historical facts, very detailed information sheets with pictures and his willingness to share his knowledge and expertise. Paul recently finished leading the White Line the Blue Hills Series this past winter and will be leading some of the RLBH hikes on Thursday nights. He enjoys leading dog-friendly hikes with well-behaved dogs and their owners. Thank you, Paul, for all you do!

Paul will receive a Volunteer of the Month Certificate and a \$50 gift card.

Photo credit: Ken Carson



Galapagos and Chocolate: Ecuador's Islands and Amazon

Adventure Travel with the AMC

Tentative travel are dates July 4 - 15, 2017 (during the full moon).

This trip will bring you to Ecuador to experience the unique Galapagos Islands by yacht for 6 days/5 nights and to visit the Amazon to see how the ancient cacao plant is made into delicious chocolate.

The word "galápagos" is Old Spanish for tortoise. Like large rocks moving slowly through grass, you will get close to these famous icons of the Galapagos Islands. The Galapagos, the first UNESCO World Heritage Site, offers an unparalleled opportunity to learn about evolution and engage with unique flora and fauna such as giant tortoises during their nesting season, blue-footed boobies, Darwin's finches, albatrosses, frigate birds, iguanas, sea lions and reef fish, to name just a few. Get your camera ready!

Learn from a bilingual guide about the unique environmental characteristics of these islands including isolation (600 miles from mainland), volcanoes and the confluence of 3 ocean currents. Visit the Charles Darwin

Mts. Crawford and Willard March 5 & 6, 2016

Contributed by Len Ulbricht

Several attendees of Barbara Hathaway's annual First Weekend in March XC Ski/Snowshoe trip to Intervale, NH chose to hike Mts. Crawford and Willard. We had a brilliant blue skies, temps in the low 30s and negligible wind - perfect weather! The snow was only 6 - 10" deep, so we chose to hike with micro-spikes. Mostly snow-packed with a few icy spots on Saturday, Mt. Crawford was an easy 5 mile round trip. On Sunday, Mt. Willard was an even easier 3 miler. Each had magnificent views. Crawford gave us Mt Washington and the Southern Presidential ridge line. Mt. Willard gave us the wow of Crawford Notch. With comfortable accommodations and breakfasts at The Old Field House, engaging socializing with 21 participants, this was yet another great winter weekend. Thank you, Barbara.



Research Center and hear the Ecuadorian government's strategies for conservation.

The trip starts in the colonial city of Quito (9350 ft), the highest official capital city in the world. Stay for two nights and do a city tour, stand on the equator with a foot in each hemisphere, visit an artisan chocolatier, and learn about the cultures of Ecuador.

Drive in a van east across the stunning Andes Mountains to the Ecuadorian Amazon. Stay near the rainforest town of Tena (1378 ft, known as the Cinnamon Capital) in Napo Province for 3 days and 2 nights. Locals will describe the production of cacao and chocolate, sustainable farming, fair trade, and environmental challenges in the Amazon. Experience chocolate with all of your senses: feel the luxury of a chocolate face massage (optional) from a Kichwa woman, hear indigenous Kichwa farmers tell you about their lives, smell raw cocoa and melted chocolate, and savor foods and drinks made with chocolate.

Join our pre-trip tour of the Taza Chocolate Factory in Somerville, MA and learn about the making and marketing of chocolate.

Price of \$6275 includes group leader, bilingual guides and naturalists, lodging, taxes, all meals on the Galapagos yacht and in the Amazon, breakfasts in Quito, travel medical insurance, park entry fee, 10% contingency. Does not include airfare of approx. \$1400 (\$800 international, \$600 to the Galapagos; less if booked early). AMC membership is not required. Any unused funds will be returned to participants.

\$1000 Deposit due May 18, 2016.

For a prospectus with full itinerary contact Robin Melavalin, Rmelavalin@rcn.com, 617-780-5362.

Photos © Donna Tramontozzi

Leadership Training

By Doug Griffiths, Education Chair

The Southeastern Massachusetts Chapter presented its Leadership Training Program for 2016 to an enthusiastic group of twenty aspiring trip leaders on Saturday 4/9/2016 in Foxboro. We are grateful to the dedicated chapter volunteers who presented the talks this year at our program. Thanks go out to Maureen Kelly, Bob Vogel, Leslie Carson, Walt Granda, Joshua Tefft, Anne Duggan, Farley Lewis, Cathy Giordano, and for the first time, representatives from Paddling, Ed Foster, and from Biking Joe Tavilla. AMC staff training expertise came from Jess Wilson, Leadership Training Manager, who traveled from New Hampshire to attend our training, and earlier in the day, a similar training for the Narragansett Chapter. We greatly appreciate her hard work on behalf of the AMC.

Leaders and presenters prepare lectures, but also provide personal insights and encouragement as to what it is like to start out as a beginning trip leader. Questions and discussion are an important aspect of getting prospective co-leaders to become comfortable with taking the first step towards leading trips.

Topics covered in the Training include: Trip Planning, How To Screen Trip Participants, How To Adjust Your Leader Style to the Needs of Your Group, How To Conform to the Best Leave No Trace Practices, How To Lead a Show and Go Trip, How To Become a Hike Leader, Bike Leader or Paddling Leader, and a review of the required AMC Risk Management, Liability Safeguards, and Necessary Documentation. These topics are supplemented by some practical role play exercises that allow for more give and take between audience and presenters.

Attendees are encouraged to follow through by contacting the committee chairs of the activities they are interested in. All attendees have been given lists of those committee chair email addresses. Please be on the lookout for inquiries from our 2016 Leadership Training Program graduates. I will be soliciting feedback from both participants and presenters on how we can continue to improve our trainings.

Ralph G. Upton, 94

SOUTH DENNIS - Ralph G. Upton, 94, most recently of South Dennis, MA, passed away Nov. 6, 2015, at Cape Cod Hospital after a period of declining health. He was born in Torrington, CT on April 9, 1921, the second son of James Upton and Olive (Palmer) Upton. He was the husband of Doris G. Upton for 63 years.

A veteran of World War II, Ralph served in Europe as a meteorologist in the Army Air Corps. He was an acoustical engineer who held several patents and retired from Sanders Associates, Nashua, NH. He was an avid skier and kayaker, kayaking well into his 90's

He is predeceased by his parents and brothers, Ross and George Upton. He is survived by his son Edward Upton and his wife Patricia of Manchester NH, and his daughters Linda Harrington of Coopersville, MI and Holly Pare and her husband Daniel of Nashua, NH. He is also survived by his grandchildren Robert, Brian, Nathaniel and Olivia and several great grandchildren.

Relatives and friends are invited to celebrate Ralph's life on Saturday, April 9, 2016 at 2 p.m. at 20 Olde Dennis Approach, South Dennis. Memorial donations made be made to the Appalachian Mountain Club or the National Park Foundation.

2016 Leadership Training Graduates:

James Greaney
Dia Prantis
Kent Sinclair
Foster Palmer
Ed Eads
Dave Thomson
Maria Sousa
Nancy Ryan
Jean Orser
Paul Corriveau
Ronald Porat
Jackie Slivko
Lisa McIntosh
Chris Treleven
Kristina Williams
John Clark
Craig MacDonald
William Sullivan
Ken Amaral
Irene Caldwell



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The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the AMC | June 2016

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Have a story for The Southeast Breeze? Please send your Word doc and photographs to breeze.editor@amcsem.org. Please send photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

Check out the Breeze Market

Members looking to sell, trade or recycle their used equipment can post for free.

Business advertisements are just \$15/month.

Send inquiries to breeze.editor@amcsem.org.



Wild Cycling in Florida

.....
Written By [Bernie Meggison](#)

Photos By [Ira Hubell](#)
.....

On March 2, 2016 a small group of riders from NY, NJ, CT and Florida visited the Shark Valley National Park in the Florida Everglades. All are retirees from vocations such as engineering, construction and commercial photography.

The day was picture perfect, little wind and plenty of Florida sunshine. We rode the 15 mile nicely paved path through a wilderness that almost defies words. The path is flat, but due to very wet conditions, about 50% of the path had water run over from the Everglades high water table. We were in 1/2" to 2" of water for a good [while](#). The going slow managed to keep us safe and dry. We stopped half way on the path where there is a tall look out tower that scans the Everglades for as far as the eye can see. Just listening to the various birds and hearing the alligators croaking out their spring time mating calls was wonderful. We finished pretty much dry, but hungry. After short discussions about the sights and sounds, we left and visited a BBQ place named The Pit - it's real BBQ and is about 5 miles easterly down the road.

This happens to be one of the worlds largest aquifers. It is home to over 350 species of birds. Note that some of these species are often seen here on our New England shores during the summer months.

Alligators abound here by the thousands. Rare Florida Panthers have been seen in the "Glades" as have deer, raccoon's and all sorts of snakes. The dangerous Burmese Python has made the Everglades a new home for their species. The numbers are



Maureen Kelly,
Chapter Chair

chair@amcsem.org

View From the Chair

Hello SEM Members,

May is here! The flowers are blooming and the birds are singing. It's time to get outdoors, breathe the fresh air and savor the sunshine. Our fabulous leaders have activities waiting for you and I want to make sure that you know where to find them. Here's how.

Go to our SEM homepage: www.amcsem.org

Easiest - under "This Week's Activities" click on "hikes, bikes, paddles"

One committee's trips - Click the "Schedules" tab on the top of the page and choose any committee to view their trips.

To learn about SEM - Read our newsletter The Breeze with the list of trips in the back - link is top left

See you outdoors!

2016 Executive Board

Chapter Chair	Maureen Kelly	Communications Chair	Open	Membership Chair	Jodi Jensen
Vice Chair	Barry Young	Communications Vice Chair	Jeff Sugarman	Membership Vice Chair	Ed Miller
Secretary	John Pereira	Communications Vice Chair	Kristina Williams	Membership Vice Chair	Ellen Thompson
Treasurer	Patty Rottmeier	Conservation Chair	Joshua Tefft	Paddling Chair	Ed Foster
Past Chair	Cheryl Lathrop	Conservation Vice Chair	Open	Paddling Vice Chair	Open
Biking Chair	Bernie Meggison	Education Chair	Doug Griffiths	Skiing Chair	Barbara Hathaway
Biking Vice Chair	Open	Education Vice Chair	Open	Skiing Vice Chair	Open
Cape Hiking Chair	Farley Lewis	Hiking Chair	Leslie Carson	Trails Chair	Cathy MacCurtain
Cape Hiking Vice Chair	Peter Selig	Hiking Vice Chair	Open	Trails Vice Chair	Wayne Anderson

Ad Hoc Committee Chairs and Other Chapter Contacts

Social Director	Open	Web-master	Cheryl Lathrop	Short Notice Email List: snel.admin@amcsem.org
Social Vice Chair	Open	Breeze Editor	Jeff Sugarman	
Social Networking Moderator	Susan Mulligan	Blast Editor	Open	

Contact the Chapter Chair at chair@amcsem.org if you're interested in any open position.



in the tens of thousands. Their sheer numbers and appetites are decimating the Everglades rapidly.

Cycling in Florida is much different than cycling here in the northeast. Up here, the roads are narrow, curvy, full of road obstacles, etc. In

Florida, for the most part, the roads are in excellent condition. The state laws here allow bicycle groups of 2 or more to take a lane on a two lane highway or road. On major thoroughfares, there are well marked specific bike lanes that are about 4' wide. Most motorists are respectful of these lanes.

Club riding is huge here. On weekdays clubs regularly have up to 10-12 riders. On weekends, the groups can easily register upwards of a 100 [riders](#). On Key Biscayne Island, for example they have 500 or so riders from several groups riding all weekend long. There's more bike traffic than vehicles. The technique of club riding here is different than the northeast as well. In Florida, we travel in pace lines where it looks like a giant snake with everyone only a foot or two behind the bicycle in front of them. It does make for excellent drafting, but is a pure white knuckle experience for the untrained cyclist. I tend to be in the rear of these lines, for my safety. Their speeds range from our AMC type club average of 12-16 MPH to 22 MPH and above. Truly scary.

Shark Valley is a must see if you are in the south Florida area.



Wilderness First Aid Training

By Doug Griffiths, Education Committee Chair.

Our Southeastern Chapter sponsored another successful and well attended Wilderness First Aid two day training on May 14th and 15th in Foxboro at the Donald Cotter Recreation Hall of the Cocasset River Recreation Area.

We had 23 eager and focused participants, described by instructor Kathryn Riley Yousif as one of the most cohesive and supportive groups that she has worked with. Kathryn is a wilderness EMT and SOLO instructor that has led this course for our chapter in the past as well. Her upbeat engaging style kept attendees excited and thinking, through classroom instruction and multiple scenarios of emergency situations. Practice scenarios require careful thought, planning and creative responses to simulated injuries endured by our participants.

Nine attendees were from SEM, six from the Boston chapter, one from New Hampshire. Others were from Venture scouting and several people preparing for summer camping and trip leading jobs.

Wilderness First Aid training teaches an organized approach to evaluation and treatment of backcountry medical emergencies. Equal time is spent in classroom talk and in role plays. These realistic hands-on scenarios require thinking, planning and documenting on the spot, in real time, in an organized way. During the role plays and debriefings, participants develop real self confidence in handling emergency situations.

WFA training is a challenging and exhilarating experience, great for any outdoors enthusiast. It will make you smarter, more aware and more self assured. If you've never taken this course, you should check it out the next time. It's really cool and you will have a fun time.



Photo by Mike Woessner



Photo by Doug Griffiths



Photo by Doug Griffiths

A Pet Friendly Hike

By Susan Mulligan

One offering at the recently held SEM Open House at Borderland State Park was a beginner dog-friendly hike. It was a beautiful, sunny but windy day, a good day to enjoy being outdoors and for our dogs to enjoy one-another's company. The 11 hikers and 9 dogs hiked at a slow pace so our dogs could smell the scents and we could enjoy the trails. Everyone was well behaved, including the hikers.

Starting from the Visitor Center, we headed down towards the Ames Mansion and then followed Pond Walk out to Quiet Woods trail taking us to the edge of the Leach Pond. At that point, we walked around a section of the pond before heading back into wetlands. We then took Pond Walk and Swamp Trail to the lodge. At this point, the smallest dogs were getting weary so we headed back to the Visitors' Center.

The trip ended with everyone in good spirits and a strong interest in more pet friendly hikes.



Photo by Pat Achorn.

New Muddy Creek bridge 15 years in the making

New bridge seen as environmental boon for marsh.

There's a nice article in the [Cape Cod Times](#) about the rebuilding of a bridge that benefits the ecology of the marsh and makes for better paddling.

Blue Hills Conditioning Series Concludes

By Len Ulbricht

Nine hikers turned out on a sunny spring Tuesday on May 10 for the last hike of the 8 week conditioning series. The plan was to hike out 3 1/2 hrs, have lunch, and return on the hilly Skyline Trail (3 1/2 hrs), totaling about 7 hrs and 10 miles. We started out at the Rt 138 commuter lot, took the North Skyline out, stopped on Nahanton Hill for lunch and distant views to Boston and the harbor, and returned via South Skyline. Actual time was 6 h 20 m, and distance 9.15 mi. (Thank you, Paul Brookes).

Each week as few as 7 and as many as 19 participated (average turnout 13) over the course of seven hikes (we had one rainout). Once we hiked in snow from the previous day, several times in drizzling rain, and one Tuesday that fell between Earth Day and Park Serve Day we collected assorted trash while hiking from Rt 138 to Buck Hill and back.

For the regulars who hiked each or most weeks, the hills were interval training for hikers (Bob Jabaily's descriptor). Up, down, up, down, ... with each week more up and down. And the conditioning works, as we progressed from a little over 3 miles in 2 hours in the first week to over 9 miles in almost 6 1/2 hours in the capstone hike. Congratulations hikers on your personal accomplishment.

In closing, this Blue Hills spring conditioning series has been run annually for 5 or so years. This past year the preceding Blue Hills white lining winter series (Paul Brooks, L) was introduced, and preceding that the fall Blue Hills conditioning series (Peggy Qvicklund, L). When coupled with the summer Red Line Blue Hills series staying in hiking conditioning year round is becoming easier and easier.



Photo by Paul Brookes.

Hiking in Bourne Town Forest

By Robin McIntyre

Robin McIntyre and Dia Prantis, leader and co-leader-in-training, led 9 hikers in conservation areas in the Bourne Town Forest, Bourne Water District property, and a portion of Four Ponds Conservation Area. The skies were blue on our first warm morning hike of the season at 70° without a sea breeze. We covered 4.8 miles on wooded fire roads and mountain bike trails with some hilly terrain. We shared some area history as Grover Cleveland fished in the ponds and a rum runner's barn burned in a massive explosion in 1913. A great start to warm weather hiking!



Photo by ?

Volunteer of the Month

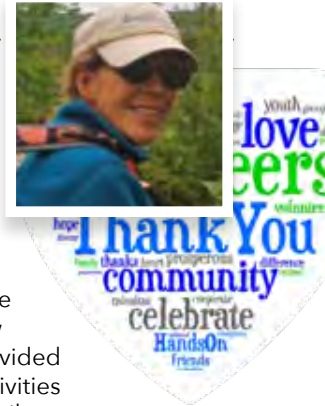
Farley Lewis

Each month the SEM recognizes one of our amazing volunteers. We are thankful for the wonderful people who donate their time and energy to lead terrific trips. This month the Hiking Committee recognizes FARLEY LEWIS for her continuing contributions.

Farley has been actively involved with Cape Hikes for several years and for the past few years as Cape Hiking Chair. Farley has provided leadership and support to many hiking activities on the Cape. Farley does a superb job as hike leader sharing knowledge of the area to be hiked as well as introducing participants to one another. As she made her decision to step down as chair, she has been very helpful in smoothing the transition to a new chair. She has provided resource material and offered to be available on an as needed basis to make the change in leadership smooth.. Thank you, Farley, for all you do!

Farley will receive a Volunteer of the Month Certificate and a \$50 gift card.

Photo credit: Ken Carson



AMC Adventure Travel – Hiking in Majestic Sedona

November 5-12, 2016

Join us for a week of hiking in sublimely beautiful Sedona, Arizona, with its deep canyons, soaring mesas, and gentle streams. Connect with subtle energy as you hike to and admire places such as Cathedral Rock, Brins Mesa, and Bear Mountain. Expand your knowledge of vortex sites, geologic strata, and native culture. After hiking, we may explore the thriving local art scene, enjoy locally-sourced meals, and sample wines from nearby vineyards. Moderately paced hikes will be 5-8 miles with 500-1800' elevation gain. Cost \$1695 plus airfare.

For details contact Leader Eva Borsody Das (borsody@gmail.com) or Co-Leader Karen Thurston (karenjthurston@gmail.com).



Activities

For the most current informaton, [search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

AA 13+

A 9-13

B 5-8

C less than 5

Indicates pace

1 very fast

2 fast

3 moderate

4 leisurely

Indicates terrain

A very strenuous

B strenuous

C average

D easy

Found in the description

L Activity leader

CL Activity co-leader

FT First Time

NM ... New Members

AN Advance Notice

C Conservation

BICYCLING

Sun., Jun. 5. Westport-Dartmouth Ride, Massachusetts, Southeast, MA. Join us for a 25-30 mile ride past lovely scenery (farms, beaches) in Westport & Dartmouth. Some parts are hilly. Moderate (15 mph) pace. Call leader to register. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com) CL Jodi Jensen

Sat., Jun. 18. Bike Harwich, Chatham, Cape Cod June 18th, Harwich, MA, Cape Cod, Massachusetts, Cape Cod, MA. June 18 START, 9:30 a. m. Harwich-Chatham Road biking. Combination rail trail, main roads, secondary rides. Scenic water views and historical sites. Rolling hills. 24 miles. 12-15 mph. Lunch stop. Helmet, spare tube, water, snack required. Rain cancels. Leader & Registrar: Barbara Gaughan. barbaragaughan12@comcast.net. 781-572-1321 before 9 p. m. L Barbara Gaughan (barbaragaughan12@comcast.net, barbaragaughan12@comcast.net) CL Bernie Meggison , R Barbara Gaughan (barbaragaughan12@comcast.net)

Mon., Jun. 20. Full Strawberry Moon Ride at Cape Cod Canal, Cape Cod Canal, Sagamore Side, Massachusetts, Cape Cod, MA. Monday, June 20th.- Sunset and - Strawberry Full Moon Road Cycling - - 22+/- Miles/ 2 +/- hours. Flats & Hills. We'll ride from Sagamore Recreation Area (mainland side) into Sagamore Highlands with a stop at Peaked Cliff for a peek at Provincetown in the distance. Return to the recreation area and along the canal to Buzzards Bay for sunset at MMA or on Three Mile Outlook. Then back along the canal for moonrise over the Cape Cod Bay. Helmets a must. Have bike tires pumper and bike ready to roll. We will be riding after sunset on the Cape Cod bike path. Have lights at the ready. This is another classic Paul Currier ride. Contact leader for further information. Ride starts around two hours before sunset. L Bernie Meggison (617-930-4029 8:00 AM- 8:00 PM, thosmeggisons@gmail.com, AMC/ SEM Bike Chair), R Bernie Meggison (West Harwich, MA 02671, 617-930-4029, thosmeggisons@gmail.com)

Tue., Jul. 19. Full Moon Bike Ride, Cape Cod Canal, Cape Cod Canal. Sandwich side of canal, Massachusetts, Boston Area, MA. Tuesday, July 19th- Sunset & Buck Moon Road Cycling: 22+/- Miles/ 2 +/- hours. Mostly flat - a couple of hills. We'll ride from Sandwich Recreation Area at the end of Freezer Road in Sandwich to Monument Beach and return along Shore Road and through Gray Gables and Mashpee Island for sunset at Tidal Flats Recreation Area across the canal from MMA. Return along the canal with a stop at the Railroad Bridge for the Energy Train, President Cleveland's personal RR station and Aptuxet Trading Post; then moonrise over the Sagamore Bridge. Helmets mandatory. Have tires pumped up and have bikes ready to roll. We will finish this ride after sunset, please have lights at the ready. THIS IS A LEGACY PAUL CURRIER RIDE Contact leader for further information. Ride starts around two hours before sunset. L Bernie Meggison (617-930-4029, thosmeggisons@gmail.com, AMC/ SEM bike chair), R Bernie Meggison (West Harwich, MA 02671, 617-930-4029, thosmeggisons@gmail.com)

HIKING

(FT) (NM) Thursdays: Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA, Massachusetts, Boston Area, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

Sat., Jun. 4. Hike 2A of SEM Summer Hiking Series (Mount Shaw), Lakes Region, NH, New Hampshire, Lakes Region, NH. Mount Shaw is located in the Lakes Region Conservation Trust area, home of Castle in the Clouds. Mount Shaw is just one of the peaks upon an old volcanic ring dike (awesome I know).

Activities

For the most current information, [search activities online](#)

Mount Shaw is also on the "52 with a View" list, if you're into lists. This hike will be rated B3C. The terrain is generally moderate, but has some strenuous, as well as, easy sections. We are looking at roughly an 8 mile hike in total with an elevation gain of 1800 ft. to 2300 ft. (depending on where we will start). We will likely utilize Pond Trail, Upper Bridal, Oak Ridge Cutoff, and High Ridge Trails. Depending upon the final route there may be some small brook crossings, so keep this in mind when registering. Hikers who already participated in hike 1 of the SEM Summer Series, or those who attended the SEM hiking workshop will have priority registration. Exact meeting times and location will be sent to those who become registered. I look forward to hiking with you all! L Joshua Tefft (401-212-7463 After 5pm, tefft9wes@aol.com)

Sun., Jun. 5. North-South Trail Section#3, Rhode Island, RI. The North-South Trail is a 77 mile continuous marked, footpath along the border of RI and Conn., from Block Island Sound to the Massachusetts border. Each section is an individual hike and must be registered as such, open to all even though you don't intend to complete all sections. Section #3 is 9 miles long (rating A-3-C) starting just South of Rte. 138 in Kingston then heads North on paved roads passing through residential and open Farm lands, passing under Rte. 95, and continuing NW into the Arcadia Management Area. Our next 5+ miles are on trails and abandoned road through hilly terrain to Roaring Brook Pond and on to section end. We will encounter reminders of early RI, glacial boulder fields and other such oddities. Registration is a requirement for each section hike. The hike info sheet will be sent to you upon registering. Plan 5 hours plus travel time for this section. Please join us for a pleasant day. Plan ahead Section #4 will be June 26. L Fred Wason (508-883-6049, fmwason@gmail.com), R Fred Wason (508-838-6049, fmwason@gmail.com)

Sat., Jun. 11-12. SEM Backpacking Series #1 - MSGT, Mount Sunapee Ski Area, Newbury, NH, New Hampshire, Monadnock Region, NH. Start the summer off by joining us on the first of five of the SEM Backpack Series hiking the Monadnock-Sunapee Greenway Trail. On day one, we spot cars then hike 4.4 miles to where we will set up camp and have a delightful evening under the stars. The next day, we hike 9.9 miles along the Sunapee Ridge, enjoying views of Mount Kearsarge and the White Mountains to the north, Lovewell Mountain and Mount Monadnock to the south and Vermont's Green Mountains to the west. We then return to our cars for the ride home. Participants should be experienced hikers, but those new to backpacking are encouraged to join us. Some equipment will be shared (i.e. tents, stoves). Please contact the leaders with questions. L Leslie Carson (508-737-6627 Before 9:00 pm, lrc929@comcast.net), Leslie is a 4-season hike leader who leads day and multi-day trips with the SEM Chapter. She also leads hikes with AMC's August Camp and Adventure Travel.) CL Joshua Tefft (401-212-7463), R Joshua Tefft (401-212-7463 Before 9 PM, tefft9wes@aol.com)

Sat., Jun. 18. Hike Mount Carrigain, Mount Carrigain, Livermore N.H., New Hampshire, White Mountains, NH. Hike Mount Carrigain (4,700"). From the Parking lot on Sawyer Rd in Livermore N.H. we will hike 1.7 miles on Signal Ridge trail to a junction with the Carrigain Notch Trail. Bear left and continue to hike Signal Ridge Trail for 3.3 miles. There will be a fire tower with a 360 degree view waiting for us at the summit. Eat lunch, bask in the views, take some photos, then retrace our steps back to the parking lot. Easy for the first two miles, the trail then progresses to a moderate hike for the remaining 3 miles. Milage is 10.16 miles with an elevation gain of 3,712'. the code would be A-3-B/C. L Ken Carson (508-833-8237 4pm-6pm, kccii@comcast.net) CL Leslie Carson (508-833-8237 before 8:00pm, LTC929@comcast.net)

(AN) Fri., Jun. 24-25. Hike Cannon and the Kinsmans, New Hampshire, White Mountains, NH. Summit three 4000 footers over two days. Hike Cannon on Friday and the Kinsmans on Saturday with one overnight at Lonesome Lake hut. Soak up the beauty of Franconia Notch and a summer evening by Lonesome Lake. Bring your camera. Strenuous with significant elevation change. For experienced hikers. Register with leader by May 7. L Len Ulbricht (lenu44@gmail.com) CL Anne Duggan (abduggan12@gmail.com), R Len Ulbricht (lenu44@gmail.com)

Sun., Jun. 26-26. North South Trail Section #4, Exeter, RI, Rhode Island, RI. The North-South Trail is a 77 mile, continuous, marked, footpath along the border of RI and Conn., from Block Island Sound to the Massachusetts border. Each section is an individual hike and must be registered as such, open to all, even though you don't intend to complete all sections. This upcoming section promises to be just as interesting as the previous 3 sections. The series of footpaths, abandoned and gravel roads are all within the Arcadia Wildlife Management Area. Much of the trail parallels the Falls River. This could offer good opportunities to photograph the beauty of a fast flowing river and cascades. Along the way we will find signs of early commerce as well as old farms from the 19th and 20th century. We will be starting at trail mile 26.45 at Arcadia Road, Exeter RI then travel north to trail mile 33.5 on the south side of Hazard Rd in West Greenwich RI. Registration is a requirement for each section hike. The hike info sheet will be sent to you upon registering. Plan 5 hours plus travel time for this section. Please join us for a pleasant day. Plan ahead. Section #5 will be July 17th. L Fred Wason (508-883-6049, fmwason@gmail.com)

(AN) Fri., Jul. 8-10. Carter Notch Hike Weekend, Carter Notch, New Hampshire, White Mountains, NH. We'll hike into Carter Notch Hut from the south on the beautiful Wildcat River Trail, spend the night at the hut, then summit Carter Dome and return via the Rainbow and Bog Brook Trails. L Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net) L Peggy Qvicklund, R Peggy Qvicklund (qvickan@comcast.net)

Activities

For the most current informaton, [search activities online](#)

Thu., Jul. 14-14. Evening Hike in Wrentham State Forest, Wrentham State Forest, Wrentham, MA, Massachusetts, Southeast, MA. Evening hike through the rambling terrain of Wrentham State Forest. Enjoy glacial eratics and abandon [quarries](#). This 5-6 mile hike will cover varied terrain. Be sure to wear sturdy foot wear, bring water and plenty of bug repellent. Well behaved dogs on leashes welcome. We will meet at the State Forest parking lot off of Taunton Street, Wrentham. L Mike Woessner (508-577-4879, stridermw@hotmail.com) CL Ken Carson

Sat. & Sun, Jul. 16-17. Loop Hike the Osceolas, New Hampshire, White Mountains, NH. Loop hike Osceola (el. 4340 ft.) and East Osceola (el. 4156 ft.). We will hike in on the Greeley Ponds trail (recently restored from Hurricane Irene damage), by the Greeley Pods Scenic Area to the Mt. Osceola trail, hike up and over the two Osceolas, and hike out to cars spotted on Tripoli Road. Hike distance is 9.9 miles, total elevation change 2700 ft., and estimated hike duration 8 hours. This is a strenuous hike for experienced hikers only. Consider joining the leaders to hike the Hancocks the next day, Sunday July 17. Register separately for each hike. L Len Ulbricht (lenu44@gmail.com) CL Ken Carson (kcciii@comcast.net), R len ulbricht (lenu44@gmail.com)

(AN) Thu., Aug. 4-7. Hut-to-hut Hiking the Southern Presidentials, New Hampshire, White Mountains, NH. Multi-day hike of the southern Presidentials. Summit Webster, Jackson, Pierce, Eisenhower, Monroe and Washington. Stay at AMC huts. This section of the AT mostly above tree line. Strenuous with significant elevation gain and distance. Restricted to conditioned hikers with 4000 footer summiting experience. Latest date to register is June 24. Expected to fill much earlier. L Len Ulbricht (lenu44@gmail.com) CL Anne Duggan (abduggan12@gmail.com), R Len Ulbricht (lenu44@gmail.com)

PADDLING

Wed., Jun. 1. Paddle Nauset Marsh from Mill Pond, Orleans, Orleans, MA, Massachusetts, Cape Cod, MA. Paddle from beautiful put-in on Mill Pond to Nauset Marsh. Lunch on beach & short walk to ocean. Circle island toward Town Cove & return to put-in. Wear life jacket, bring spray skirt in case windy. Bring lunch E-mail leader to register & for directions to put-in & launch time. L Paul Corriveau (paulcorri@gmail.com) CL jean orser (jeanorser@gmail.com)

Sat., Jun. 4-4. Paddle Barnstable Harbor, barnstable mass, Massachusetts, Cape Cod, MA. Paddle some of the creeks in Barnstable Harbor. Arrive no later than 10:15 for a 10:30 departure. Bring water and lunch. PFDs are required and spray skirts may be needed depending on the wind. Registration is required. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Jun. 11. Mill/Walker Ponds, Brewster, Brewster, MA, Massachusetts, Cape Cod, MA. Paddle 3 fresh water kettle ponds & narrows. See Stoney Brook Grist Mill (1873), herring run & punkhorn conservation area. About 7 mi. Lunch on Slough rd picnic area. Wear PFD, bring spray skirt in case windy, bring lunch. E-mail leader to register & for directions & launch time. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau

Wed., Jun. 15. Paddle Follins & Mill Ponds, Dennis, Dennis MA, Massachusetts, Cape Cod, MA. Paddle Follins pond to Weir Creek bridge & if tide allows under bridge into Mill pond passing Crab creek conservation area & return to circumnavigate Follins Pond & see evidence of Vikings visit. Lunch on small beach. Paddle Dinahs Pond & Kelleys Bay & return. 7-9 mi Wear life jacket, bring spray skirt in case windy. Bring lunch. E-mail leader to register & for directions & put-in time. L Paul Corriveau (paulcorri@gmail.com) CL jean orser (jeanorser@gmail.com)

Sat., Jun. 18. Paddle Oyster Pond and Stage Harbor, Massachusetts, Cape Cod, MA. Paddle Oyster Pond & Stage Harbor. Arrive no later than 10:15 for a 10:30 departure. Bring water & lunch. PFDs are required & spray skirts may be needed depending on the wind. Registration is required. L George Wey (781-789-8005, geowey16@gmail.com)

Wed., Jun. 22. Paddle Wellfleet Harbor, Massachusetts, Cape Cod, MA. Paddle Wellfleet Harbor. Arrive no later than 10:15 for a 10:30 departure. Bring water & lunch. PFDs are required & spray skirts may be needed depending on the wind. Registration is required. L George Wey (781-789-8005, geowey16@gmail.com)

Wed., Jun. 29. Paddle Lewis Bay, lewis bay mass, Massachusetts, Cape Cod, MA. Paddle Lewis Bay and Hyannis Inner Harbor. Explore Uncle Robert's Cove and have lunch on Egg Island. Arrive no later than 10:15 for a 10:30 departure. Bring water and lunch. PFDs are required and spray skirts may be needed depending on the wind. Registration is required. L Ed Foster (508-420-7245, erfoster@comcast.net)

Activities

For the most current informaton, [search activities online](#)

Sat., Jul. 2. Paddle Chase Garden Creek, Yarmouth Port, Yarmouth Port, MA, Massachusetts, Cape Cod, MA. Paddle Chase Garden Creek & tributaries, Judahs & Whites Brook. See Bray Farm, Shell processing plant & Chapin beach. Lunch at Bray Farm or on sand bar depending on tide. 7-8mi. Wear life jacket, bring spray skirt in case windy. Bring lunch. E-mail leader to register & for directions & launch time. L Paul Corriveau (paulcorri@gmail.com) CL jean orser (jeanorser@gmail.com)

Wed., Jul. 6. Paddle Shoestring Bay and area., Cotuit, Ma., Massachusetts, Cape Cod, MA. PFD and spray skirt required, Paddle rivers, coves, canals and open water. 8 miles. L Bill Fischer (508-420-4137 before 9pm, wambarafischer@comcast.net)

Sat., Jul. 9. Phinneys Harbor to Back River Paddle, Massachusetts, Cape Cod, MA. Paddle Phinneys Harbor to Back River. Arrive no later than 10:15 for a 10:30 departure. Bring water and lunch. PFDs are required & spray skirts may be needed depending on the wind. Registration is required. L George Wey (781-789-8005, geowey16@gmail.com)

Wed., Jul. 13. Paddle Mashie/Wakeby Ponds, Sandwich, Mashpee/Sandwich MA, Massachusetts, Cape Cod, MA. Paddle 2 fresh water ponds about 7 mi. Lunch at end of Wakeby pond. Wear life jacket, bring spray skirt in case windy. Bring lunch E-mail leader to register & for directions & launch time. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau (paulcorri@gmail.com)

Sat., Jul. 16. Paddle Lewis Bay & Hyannis Inner Harbor, Massachusetts, Cape Cod, MA. Paddle Lewis Bay & Hyannis Inner Harbor. Arrive no later than 10:15 for a 10:30 departure. Bring water & lunch. PFDs are required & spray skirts may be needed depending on the wind. Registration is required. L George Wey (781-789-8005, geowey16@gmail.com)

Wed., Jul. 20. Paddle Waquoit bay, Falmouth, Falmouth, Ma., Massachusetts, Cape Cod, MA. PFD AND SPRAY SKIRT required. rt. 28 to Whites Landing Road, Falmouth. River and bay paddle small portage possible. L Bill Fischer (508-420-4137 before 9pm, wambarafischer@comcast.net)

Sat., Jul. 30. Paddle Bass River South, Dennis, Dennis, MA, Massachusetts, Cape Cod, MA. From launch paddle 'fingers' & bays to mouth of river on Nantucket Sound. Lunch on West Dennis Beach. Return & paddle Grand Cove. 8-9 mi Wear life jacket, bring spray skirt in case windy. Bring lunch. E-mail leader to register &for directions & time. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau (paulcorri@gmail.com)

Wed., Aug. 3. Paddle Herring River north, West Harwich, West Harwich, MA, Massachusetts, Cape Cod, MA. Paddle upstream to Coy Brook to end & to East Reservoir & to Herring River for lunch on North Rd bridge. Then Paddle to West Reservoir & see Herring Run & return. about 8-9 mi Wear life jacket, bring spray skirt in case windy. Bring lunch. E-mail leader to register & for directions & launch time. L Paul Corriveau (paulcorri@gmail.com) CL jean orser (jeanorser@gmail.com)



Happy Trails!



The Breeze

The Newsletter of the Southeastern Massachusetts
Chapter of the AMC

September 2016

View From the Chair



Hi everyone, wow, what a summer! The weather was great for outdoor activities. As we head into days of cooler temperatures and fall foliage, our great SEM leaders have more hikes, bikes and paddles just waiting for you. See the list [here](#).

If you missed signing up for our Chapter Hut Weekend at Cardigan Lodge, think about attending the Fall Gathering in Bristol, R.I., October 14-16. AMC members from all of the chapters come together for social time and ocean kayaking, rock climbing, biking and hiking. Check it out [here](#).

Most important is to Save the Date of Saturday, November 5 for **SEM's Annual Meeting and Dinner** at the [Brookside Club](#) in Bourne. We had a great turnout last year and it will be even better this year with you.

See you outdoors!

Maureen Kelly, Chapter Chair, chair@amcsem.org

2016 Executive Board

Chair	Maureen Kelly	Education Chair	Doug Griffiths
Chapter Vice Chair	Barry Young	Education Vice Chair	Open
Secretary	John Pereira	Hiking Chair	Leslie Carson
Treasurer	Patty Rottmeier	Hiking Vice Chair	John Clark
Past Chapter Chair	Cheryl Lathrop	Membership Chair	Jodi Jensen
Biking Chair	Bernie Meggison	Membership Vice Chair	Ed Miller
Biking Vice Chair	Open	Membership Vice Chair	Ellen Thompson
Cape Hiking Chair	Jane Harding	Paddling Chair	Ed Foster
Cape Hiking Vice Chair	Cathy Giordano	Paddling Vice Chair	Open
Communications Chair	Open	Skiing Chair	Barbara Hathaway
Communications Vice Chair	Kristina Williams	Skiing Vice Chair	Jeannine Audet
Conservation Chair	Joshua Tefft	Trails Chair	Cathy MacCurtain
Conservation Vice Chair	Open	Trails Vice Chair	Wayne Anderson

Contact Chapter Chair at chair@amcsem.org if you are interested in any open positions.

**Upcoming 2016 Executive Board Meetings:
September 14, October 12, November 16**

**The Southeastern Massachusetts Chapter
Of the Appalachian Mountain Club**

Invites You to the 2016

Annual Meeting

Followed by the

Annual Dinner

Saturday, November 5, 2016

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The Brookside Club in Bourne

4:30 pm – Registration and Cocktail Hour – **no charge**

5:30 pm – Annual Meeting – **no charge**

6:30 pm - Buffet Dinner - **\$20.00 per person**; \$30.00 after 10/27

Distinguished Service Award, Raffles and Other Awards

Special Guest Speaker: TBD

Save The Date – Saturday, November 5
Register – membershipchair@amcsem.org

SEM Executive Board 2016 Slate

Chair	Barry Young
Vice-Chair	Open
Secretary	John Pereira
Treasurer	Patty Rottmeier
Biking Chair	Bernie Meggison
Cape Hiking Chair	Jane Harding
Communications Chair	Open
Conservation Chair	Bill Cannon
Education Chair	Doug Griffiths
Hiking Chair	Leslie Carson
Membership Chair	Sandy Santilli
Paddling Chair	Ed Foster
Past Chapter Chair	Maureen Kelly
Skiing Chair	Barbara Hathaway
Trails Chair	Peter Tierney

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Names in black are continuing in their current post; names in green are new to the position.

Elections will take place at the Annual Meeting, Saturday, November 5, Brookside Club, Bourne

The 2016 Nominating Committee

Alan Greenstein, Hingham

Walt Granda, Dartmouth

Robin McIntyre, Buzzards Bay



SEMAMC 2,000 Mile Club

Club is halfway through 12th Year

June 2016

Founded in 2004 by Jack Jacobsen and becoming operational in 2005, our AMC Southeast Mass 2000 Mile Club is now beginning its twelfth year of recording and awarding our cyclists for riding 2,000 miles or more annually. First time achievers are awarded the 2,000 Mile Club patch.

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The club experienced its first significant growth during our Vice-Chair – Victor Oliver’s tenure and has been growing since. We have had several volunteer registrars starting with Paul Currier and continuing with Dan Egan to our present registrar, Bernie Meggison. Record and send your quarterly and final annual mileage to Bernie Meggison at thosmeggisons@gmail.com, our Chair/Registrar, or put your own mileage into the appropriate spreadsheet (as our hikers do) at our chapter website www.amcsem.org.

To enter your mileage or to check out the standings, go to www.amcsem.org. Under “Committees” (on the left) click on “Biking”, then click on “2,000 MILE CLUB MILEAGE REPORT” (on the right). And the spreadsheets will popup; click on the 2015 or 2016 tab for the current spreadsheet. Enter your name, residence, and mileage here.

For additional information about joining our 2,000 Mile Club, see the Breeze or contact our club officers Bernie Meggison, thosmeggisons@gmail.com, Jack Jacobsen cyclejac51@yahoo.com, or Paul Currier paulcurrier@comcast.net.

-Paul Currier, Coordinator of Biking Activities

Southern Presidential Hut-to-Hut Traverse

Aug 4-7, 2016

Contributed by Len Ulbricht

A few years back I hiked this route in a chapter trip. Though renowned for its "WOW, look at that" views of mountain peaks and valleys, up close and distant, and its string of seven summits, including five 4000 footers, we spent 3 miserable days in viewless fog and rain. So this summer I decided to try again for the WOW. Our group met on Thursday Aug 4 for a Highland Center dinner and overnight at Shapliegh bunkhouse, enabling an early Friday start. I had hoped the long range forecast of a sunny Friday and Sunday with weather front passing through in the early hours Saturday morning would give us 2 1/2 WOW days. Close but no cigar.

Day 1, Friday Aug 5: Temperature in the 80s, sunshine and humid. Our group of nine gathered at 8 am to spot cars at the Cog RR base station and carpooled to the Webster Cliff Trail start. This trail, renowned for its many cliffside viewpoints over Crawford Notch, is a long, steep and arduous climb stressing thighs, calves and Achilles.

An hour into the hike one member of the group, suffering from nausea and having to frequently stop to rest, decided to turn back rather than continue the climb. Our co-leader Anne accompanied him back down, drove him to his car to return home, and then took the Crawford Path, a shorter route to the hut where we would meet. Meanwhile the rest of us, halfway to the Webster summit came to our first WOW, a fabulous lookout over Crawford Notch, with route 302 and the North Conway railway lining the valley and Mts. Willard, Avalon, Field, Willey and unnamed others arrayed on the far side.

We continued up to higher lookouts and WOWs, but soon before reaching the Webster summit, I was stricken with leg cramps, in my left thigh initially, and later my right. The heat of the day and strain of the climb caught up with me. Had to stop, chug water, and massage out the cramp, continue a bit, then stop, massage again and more water. Off and on this continued over Webster then Jackson, finally subsiding as we approached Mizpah Spring hut. We arrived about 2 hours after Anne. At the hut our bunk room looked to have been recently renovated. My bunk had LED reading lights and a storage shelf the full length of the bunk. Nice additions from what I remember of last trip.

Day 2, Saturday Aug 5: Each morning at hut breakfast the day's weather report is awaited with anticipation, sometimes with worry. We were fogged in and the news was not good. Summit outlook was high winds, 40 mph with higher gusts, fog, thunderstorms likely, especially in the afternoon, not promising for a 4 mile exposed ridge line hike. Options discussed with the group were to bag the trip and descend immediately, climb Pierce and, if conditions looked no better, descend Crawford Path from there, or take a short risk and hike 1.5 miles by Eisenhower to next decision point and descent opportunity, Edmands Path.

We decided to climb Pierce and take a look see. The summit was no better, more wind and totally fogged in. Then some good news. A solo hiker from our planned destination, the Lakes of the Clouds hut, walked by and reported no rain or wind difficulties on the exposed ridge. Better

news came when Mark, a member of our group, had cell coverage and called a work colleague monitoring weather radar who reported no rain approaching the White Mountains. With that it was off to the next decision point just beyond Eisenhower.

Too foggy for a WOW view, we stayed on the Crawford Path skipping the Eisenhower summit option given the lightning threat, and reached the Edmands Path junction. Still no rain, no thunder, no WOW, just fog and wind. Encouraged by more hikers passing us, onward. The next segment passed Franklin and Monroe to the hut, about 2.5 miles, and being more exposed was windier but with some brightness as if the fog were thinning. And it was. Franklin appeared, then Monroe which we bypassed, and then the hut. No distant WOWs, but also no rain or thunder storms. All felt relieved. After hut check-in, lunch, and Rima's fabulous chocolate brownies, a few in our group hiked Monroe and then took a lake swim. No cramps this day. I just rested my legs. Dinner that evening was a most welcome spread of roast turkey, mashed potatoes, peas and cranberry sauce. After sunset viewing and picture taking the wind continued to batter the hut and temperatures dipped. T'was wool blanket time at lights out.

Day 3, Sunday Aug 7: At today's breakfast the high peaks weather report was typical Washington like, denser fog, more wind, colder temperatures, but good news too, only a slight chance of a thunderstorm. Time for gloves, fleece pullover and hat, and windbreaker. Up we went, the wind at our backs, cairn to next faintly visible cairn, sometimes a single white quartz capstone catching the eye against the gray. The summit reached, we took time to dry off and explore the Tip-Top House, a stone replica of an early hut complete with bunks and kitchen, the mountain top museum, hot water and electric hand dryers (a novelty after the AMC huts), and of course the summit photo-op at 6288 feet above sea level. No WOW views from the summit in this fog.

After our respite we began the rock pile descent to the Gulfside Trail, again cairn to barely visible cairn, but this time into the teeth of the gusty 45-55 mph wind that made keeping one's balance on the rocks a challenge. Slowly we made it, crossing the Cog RR tracks as a locomotive disappeared into the fog. But then we had brief glimpses of the Great Gulf and soon thereafter we were under the gray fog layer and had WOW views of the Jewell Trail ridge line all the way to the Cog RR base station. Gosh what a sight as diminishing winds and emerging sunshine guided us all the way to the Jewell Trail Spur, and finally to our destination, the Cog RR station and our prepositioned cars. On our descent we passed another kind of WOW, 3 generations hiking up: an 83 year old, his son, and his son's 4 year old son, who insisted on hiking and not being carried. Their rewarding journey beginning as our's ended.

Total 3 day distance hiked: 18.1 miles

Total trip elevation gain: 5270 feet

4000 footers summited: Jackson, Pierce and Washington plus Monroe for some participants



Hiking down Mt. Monroe towards the Lake of the Clouds Hut on the left. Mt. Washington straight ahead.
Courtesy of Tammy Straus



Day 3: First Timers on Mt Washington Summit | to r: Anne, Jeanne, Mark and Rima
Courtesy of Len Ulbricht



Selfie at the end of the trip; l to r Rima, Maureen, Mark, Len, Jeanne, Anne, Barry, Tammy. Happy Hikers!
Courtesy of Tammy Straus

Volunteers Wanted

AMC SEM is looking for a **Chapter Vice Chair**. Support the Chapter Chair and learn how AMC works from the inside. Contact the chapter chair at chair@amcsem.org.

CAPE HIKES: Looking for additional leaders to lead hikes on the cape. Contact the capehikingchair@amcsem.org.

HIKING: Looking for additional hike leaders. Contact hikingchair@amcsem.org.

SKIING: Looking for leaders to plan XC and/or downhill ski events. Contact the ski chair at xskichair@amcsem.org.

BIKING: Looking for new leaders. Contact bikingchair@amcsem.org.

PADDLING: Looking for new leaders. Contact paddlingchair@amcsem.org.

Paddle Report

Location: Child's River & Waquoit Bay, Falmouth
Leader: Bill Fischer
Paddlers: Paul Corriveau
Ed Foster
Debbie Hayden
Susan Laundry
Jean Orser

It was a great day for paddling. A nice breeze from the southwest was in our face as we went down the Childs River but was gone as we turned into the Seapit River and out and across Waquoit Bay. We proceeded through the culvert that leads into Hamblin Pond and on to Little River where the breeze was once again in our face all the way to the South Cape Beach where we stopped for lunch. (Just over 4 miles of paddling). After lunch - think brownies - we continued along South Cape Beach to Tim's Pond. There was easily enough water to navigate Tim's Pond to the portage over to Eel Pond, except we missed the portage on our initial pass. Now with the wind at our backs we returned to the put-in for 7.5 miles of wonderful time on the water.

Susan brought her [Oru Kayak](#) that she assembled at the put-in and took apart at the end of the paddle. It was a boat to make Bob Zani jealous and it seemed to paddle quite well.

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Lunch on the back side of South Cape Beach. Debbie, Bill, Paul, Ed, and Susan
Photo by Jean Orser



Nice sign on the Eel Pond side, no signage at all on the Tim's Pond side. Photo - Jean Orser



Back at the take-out Susan is preparing to pack up her kayak. Photo – Jean Orser



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It's looking less and less like a kayak. Photo – Jean Orser



Susan, counting to transform a kayak into a self-contained package for transport. Photo – Jean Orser



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Susan with her kayak packed up and ready to be tossed into the car. Photo – Jean Orser

* * * * *

Free Beach Parking on Cape Cod, no fees, passes or stickers required

<http://www.affordable-cape-cod-vacations.com/free-beach-parking-cape-cod.html>

Content Submissions from AMC Staff for Chapter Newsletters/Websites

CT River Paddlers' Trail Campsite

The Appalachian Mountain Club (AMC), working in partnership with the MA Department of Conservation and Recreation, is pleased to announce an exciting new recreational opportunity in the Connecticut River Greenway State Park. Now open is the *Whately Oaks Primitive Campsite*, the first Connecticut River Paddlers' Trail campsite in Massachusetts. The campsite is located at Lat/Long is 42.458480, -72.590543 and is a short paddle down from the Sunderland Bridge on River Right. The campsite features two tent platforms, which can accommodate up to ten people or 4 tents. The campsite is available to non-motorized boats and is paddle access only from the river, there is no land access. The campsite is first come first, first serve –registration (not a reservation) is requested at <http://goo.gl/forms/16D7KcWPOnLCOm0D3>. Please contact Kristen Sykes at the AMC with any questions at: ksykes@outdoors.org.



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Enter AMC's 2016 Photo Contest Today!

Enter your photographs to be eligible to win great prizes, including a spot in a photography workshop with an accompanying stay at an AMC lodge and outdoor gear from Deuter, Forty Below, LEKI, LifeStraw, and other manufacturers. Plus, score serious bragging rights! Visit www.outdoors.org/photocontest for complete rules and more information.

Photo Credit: Amy Schoonmaker – Knife's Edge – 2015 Landscape and Nature Winner



Become an AMC Adventure Travel Leader

Sign up for Adventure Travel Leadership Training!

November 11-13, 2016

(photo credit: Reji James – AMC AT Trip to

Iceland)

Visit some of the most exciting places in the world as the leader of an AMC Adventure Travel trip!

This workshop provides important training to people who have AMC chapter leadership experience (no beginners) to transition from leading weekend chapter activities to more complex and longer trips, domestically and overseas.

Previous outdoor leadership training is necessary. Emphasis is on planning, cost estimating, marketing, trip management, people skills, risk management, and reporting. Includes procedures

and guidelines for researching, proposing, and leading AMC Adventure Travel trips. Exchange ideas, problems, and solutions with some of AMC's most experienced and skilled leaders. Small group size assures abundant discussion and access to instructors. Click below for a registration packet - <http://www.outdoors.org/pdf/upload/LeadershipRegistrationForm2016.pdf>.



Visit www.outdoors.org/adventuretravel for more information.

RED LINE THE BLUE HILLS PICNIC
By Alan Greenstein

A very enjoyable “mid season” picnic for Red Line The Blue Hills (RLBH) hikers was held on July 14 at a picnic grove at Houghton’s Pond. Event Coordinator Nancy Coote was joined by Sue Chiavaroli for the initial set-up. After 9 hikers joined the 8 picnickers, Grillmasters Skip Maysles and Richie Monarch prepared hot dogs and hamburgers. The grilled items included chicken and beef skewers as well as delicious cold salads. Pies and the traditional chocolate cake rounded out the feast. A terrific time was had by all.

Please join us for the RLBH hikes each Thursday evening commencing at 6:00pm through mid-September. Sign-up to receive the weekly trail head notices (Poop Sheets)

RLBH_registrar@amcsem.org



Top, Skip and Richie man the grill; left, Nancy and Sue ‘woman’ the grill; right Nancy, Jerry, Sue, Sue, Alan and Bill. Photos by Alan Greenstein

Paddle Report

Location: Barnstable Harbor, Wells, Bridge, and Brickyard creeks
Leader: Ed Foster
Paddlers: Paul Corriveau
Bill Fischer
Cliff Miller
Lisa Miller
Jean Orser

We left exactly at 10:30 and headed NNW across Barnstable Harbor toward Wells Creek. Unlike the May trip this time we could actually see Sandy Neck. The crossing was uneventful with only a mild headwind. Initially it was difficult to discern the edges of the creek (high tide of 10.8' at Beach Point at 11:20) but as we worked our way up the creek the banks became slightly more pronounced. We decided to see how far up the creek we could go and got pretty close to the end, just past a house with almost two dozen birdhouses in front of it. After retracing our path part way out the creek we cut across the marsh, first trying to stay in the channel, but finally giving up and paddling over the marsh, which was still underwater. We recrossed Barnstable Harbor heading southwest toward the entrance to Bridge Creek and passed a small house on a float moored in what seemed to be the middle of the harbor (just past the 4 mile mark on the GPS track) but would actually be fairly close to land at low tide. Once in Bridge Creek we opted to take the loop to the northwest rather than the cutoff and then continued up the creek to within a quarter mile of route 6A before taking a cutoff to Brickyard Creek through one of the many drainage ditches in the marsh. We had been paddling against an outgoing tide in Bridge Creek but once we got into Brickyard Creek we had a nice strong current helping us along until the creek widened enough to ease the current. The rest of the trip back was uneventful, just easy paddling through the marsh which was now nicely above water. The trip had been advertised as 7 to 8 miles but the extra trip up Wells Creek and the extra loop in Bridge Creek added 1.4 and 0.7 miles respectively turning what would have been a 7.4 mile trip into a 9.5 mile one. Several paddlers noshed in their boats while paddling while the rest of us ate lunch back at the put-in.

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Paul and Jean arrived at the put-in early enough to watch commercial shell fishermen loading up their catch. The rest of us missed it. Photo – Jean Orser



At the put-in, Bill, Lisa, and our 6 kayaks (high tide was still an hour ahead, that truck's tires may have gotten wet). Photo – Jean Orser



Paul checking out the floating house near the entrance to Bridge Creek. Photo – Jean Orser

Traverse of the Osceolas, July 16, 2016

Contributed by Len Ulbricht

Sixteen years ago or there about, before I knew AMC existed, on what was my first ascent of a 4000 footer as it turns out, I climbed Mount Osceola with some work colleagues. We took the easy route from Tripoli Rd, a 3.2 miles moderate grade ascent, in late October snow flurries. At the summit someone said there is also an East Osceola peak a little further, but with short daylight we passed on that and descended to the cars. But now I know about AMC and having picked up the peak bagging bug still had to do East Osceola. And, since I wasn't sure the 16 year old Osceola climb would qualify for the peak bagging, decided it was time to hike both peaks.

So in peak bagging mode a few years back, while scanning a trail map for route options, the aha moment came to me. I'll do a traverse over the two peaks, from Livermore through the Greeley Ponds Scenic Area, up East Osceola, then Osceola, and down to cars spotted at Tripoli Road. It would be great, through hiking two 4000 footers and as a bonus the lovely Greeley Ponds. But just then Hurricane Irene came through in 2011 and washed out the Greeley Ponds trail, closing it several years for trail reconstruction. Upon the trail's reopening last year planning began this past winter for the traverse.

Saturday July 16, the chosen day, dawned sunny with blue skies, pleasant 70 degree hiking weather and moderate humidity. (We were lucky. Summits of Lafayette, Lincoln, and Eisenhower among others were clouded in). I met my co-leader Ken Carson and our seven participants at the Tripoli Road parking area which was overflowing with hikers and cars from a meet-up group (the easy way up Osceola is popular). No room in the lot forced drivers to park along Tripoli for quite a distance. We spotted two cars and drove to the Livermore trailhead for ample parking and only a few cars. We were on Greeley Ponds Trail by 9:30 for an easy 4 mile gradually ascending hike to the Mount Osceola Trail junction, where we would begin the ascent of East Osceola. Signs of the trail reconstruction are everywhere, from new bridges over the Mad River to newly graded or new trail cuts on rerouted portions of the Greeley Ponds Trail. A XC ski trail intersects with the hiking trail a few times and is marked with blue diamonds and arrows, avoiding the confusion as to which path to take. There are two ponds, Lower Greeley and Upper Greeley, each one lovelier than the other if that's possible. Upper Greeley even had a sand beach area where we saw a couple soaking up the sunshine. We hiked by it all but this scenic area is a place to come back to and enjoy, summer, fall or winter.

About 11:30 we began the 1.5 mile 1850 foot ascent up East Osceola, which was steep at times with some scrambling. We came to an exposed inclined ledge where we all spread out and sat amphitheater style with magnificent views of the Tripyramids to the southeast, a great rest stop. Upon climbing further to the summit we came to a west facing lookout where we could see the Franconia Ridge summits shrouded in clouds, and the Kinsman summits beyond. Wow did we pick a good day. Moving on it was down to the col then up to Osceola. This is where we came to the steep chimney ledge scramble. I elected to take the scrambling bypass, somewhat less steep boulder scrambling, but others took the chimney. It was doable. And we had a nice look back to East Osceola at the chimney top. Finally we made the summit of Osceola a little before 3 pm. Up to this point we passed a few hikers, some going some coming, but we felt we had the trail mostly to ourselves. Not so Osceola summit. The crowds we saw at the Tripoli Road parking lot

were there. Fortunately, the Osceola summit is wide open with plenty of room to spread out and take in the expansive southeasterly view. After an extended time to rest and take in nature's gift to our souls we began the descent and reached our spotted cars by 5 pm.

Hike statistics: Two peaks East Osceola (el 4156 ft) and Mount Osceola (el 4340 ft), hiking distance 9.86miles, elevation gain 2716 ft, hiking time 7 1/2 hours (book time 6 hr 36 min).



Osceola Group: l to r Joe, Eva, Len, Erin, Will, Rebecca, Ken and Leslie.



Lower Greeley Pond
Photo: Len Ulbricht



Mt Carrigain and
Kancamagus Hwy from
East Osceola
Photo – Len Ulbricht

* * * * *



**Harwich-Chatham
Biking, June 18**

11 riders. 24 miles.
77 degrees. Glorious
Cape Cod day!

Photo taken at end of
Strong Island Rd @
former site of a U.S.
Air Naval Station.

Photo credit: Barbara
Gaughan

Friends of the Bourne Rail Trail

www.bournerrailtrail.org

Friends of the Bourne Rail Trail is a 501 (c)(3) nonprofit organization dedicated to supporting the development of a recreation trail along Bourne's coastline. The proposed trail will utilize the state-owned rail corridor that passes through the villages of Gray Gables, Monument Beach, Pocasset, and Cataumet and into North Falmouth. The Cape Cod Commission will be completing the feasibility study of the project in the summer of 2016 and it is expected that the study will be complete in the early fall.



In Memoriam

Carol (Johnson) Brown of Yarmouth Port, passed away on August 3, 2016. Her spirit was peacefully released from the strain of pulmonary fibrosis, surrounded by all her children and is now exploring the great universe, despite already beating her children to Asia, Africa and Antarctica.

Carol was born in Boston to Edward and Helen Johnson, spent her childhood in West Roxbury and Roslindale, MA, attended Forsyth School of Dental Hygiene and had a life-long hygienist career. A loving and proud volunteer of the Cape Cod History Museum in Brewster for over a decade, Carol shared the beauty of the cape with friends and family. She was also member of the AMC, First Parish UU Church in Brewster, and enjoyed playing mahjong, bowling, traveling, hiking, ukulele, croquet, and was a Kings Way ambassador.

Carol touched the lives of many people and instilled many valuable lessons amongst her family and friends during her 83 years. Her courage never wavered when times were rough, single handedly raising a loving family of four children with no-nonsense spunk and never complaining about the challenges she met in life. In photos with her daughters and granddaughters we never knew which one was the mother.

Everyone who remembers Carol is asked to celebrate Carol's life in their own way. Instead of flowers, Carol would hope that you perform an act of stewardship for the environment she dearly loved.

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Hilary Dillingham Hunt of Falmouth died August 16th, 2016 of a sudden illness, peacefully, and with her family by her side. She was the daughter of Paul Addison Dillingham and Tryne Gabrielle (Griek) Costa. Hilary Hunt was the daughter-in-Law of C. Raymond Hunt, famous Naval Architect, designer of the Boston Whaler, the Concordia Yawl, and deep-vee hulls.

She was born in New Bedford, grew up in South Dartmouth and graduated Dartmouth High School class of 1965. Hilary attended Swain School of Design in New Bedford and earned a BFA in Design from UMass Dartmouth. The former wife of Joshua Hunt, she leaves four children: Lori Ashley of Middleborough, Heather (Hunt) Furey of Falmouth, Angela Hunt of Phoenix, Arizona, Stephen Hunt of Rochester, and seven grandchildren. She was the sister of Eve O'Rourke, Anastacia (Metcalf) Lundholm, Christopher Dillingham, and the late Stephen Dillingham. A memorial service will be held in Spring 2017. Please email memorial4hilary@gmail.com, to be informed of details. For online guestbook and obituary visit ccgfuneralhome.com.

The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the AMC October 2016

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. Please send photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

Shop the Breeze Market for equipment bargains!

Members looking to sell, trade or free-cycle their used equipment can post for free.

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19 MILE BROOK PHOTO BY ANNE-MARIE LATULIPPE

Carter Notch is Pleasing in Any Weather

Written by Paul Miller, SEM Hike Leader

My co-leader for this trip, Peggy Qvicklund, summed up the weekend best in her follow-up email to the participants: "Where else but in the AMC can you gather together eleven strangers, be outdoors in the rain, sleep in tight quarters, and end the weekend with smiles and hugs!"

While most of my visits to pristine Carter Notch in recent years have been as an SEM Winter Hiking Series leader, Peggy and I had just led a trip there earlier in July. The contrast in the Carter Notch "experience" between winter and summer is amazing! For one thing, rather than the cold, crisp, sunny/ snowy weather and snow-covered trails typically encountered in winter, on this summer trip into the Notch we contended with cool, damp, rainy weather and soggy trails.

Continued on Page 3



Maureen Kelly
Chapter Chair
chair@amcsem.org



View from the Chair

Dear SEM Members,

The First thing I have to tell you is to **SAVE THE DATE** for the **SEM Annual Meeting and Dinner on Nov. 5 at the Brookside Club in Bourne**. We are expecting a great crowd this year but it will be more fun if you and your friends join us. Even better, work up an appetite first with our [Winter Hiking Workshop](#) or the [Stroll Down Memory Lane](#) at Eagle Pond. All the Annual Dinner details are [here](#). Business will include voting on the [slate](#) of Executive Board members for the coming year.

The second thing I have to tell you is that **Fall is a fabulous time to be outdoors in New England!** October is the final month of the SEM Paddling Season so get your boat on top of your car and paddle Long Pond in Brewster, Cotuit Bay in Osterville, Indian Lakes in Marston Mills, the Bass River in Dennis, and a mysterious Leader's Choice paddle. Click [here](#) for paddling details.

I can't list all of the other activities we have for October. You'll have to read about [them](#) yourself. Ok, I'll just mention two--The Full Hunter Moon [Bike](#) Ride on the Cape Cod Canal and the weekend in [Acadia](#) National Park. What could be better? The SEM Chapter has leaders who can't wait to take you to beautiful places. They are the best.

See you outdoors.

Maureen Kelly
AMC SEM Chapter Chair

2016 Executive Board

Chapter Chair	Maureen Kelly	Communications Chair	Open	Membership Chair	Jodi Jensen
Vice Chair	Barry Young	Communications Vice Chair	Open	Membership Vice Chair	Ed Miller
Secretary	John Pereira	Communications Vice Chair	Kristina Williams	Membership Vice Chair	Ellen Thompson
Treasurer	Patty Rottmeier	Conservation Chair	Joshua Tefft	Paddling Chair	Ed Foster
Past Chair	Cheryl Lathrop	Conservation Vice Chair	Open	Paddling Vice Chair	Open
Biking Chair	Bernie Meggison	Education Chair	Doug Griffiths	Skiing Chair	Barbara Hathaway
Biking Vice Chair	Open	Education Vice Chair	Open	Skiing Vice Chair	Open
Cape Hiking Chair	Farley Lewis	Hiking Chair	Leslie Carson	Trails Chair	Cathy MacCurtain
Cape Hiking Vice Chair	Peter Selig	Hiking Vice Chair	Open	Trails Vice Chair	Wayne Anderson

Ad Hoc Committee Chairs and Other Chapter Contacts

Social Director	Open	Web-master	Cheryl Lathrop	Short Notice Email List: snel.admin@amcsem.org
Social Vice Chair	Open	Breeze Editor	Mo Walsh	Contact the Chapter Chair at chair@amcsem.org if you're interested in any open position.
Social Networking Moderator	Susan Mulligan	Blast Editor	Marie Hopkins	

Carter Notch *Continued from Page 1*



At the Trailhead

*Photo by Kimberly
Tate-Brown*

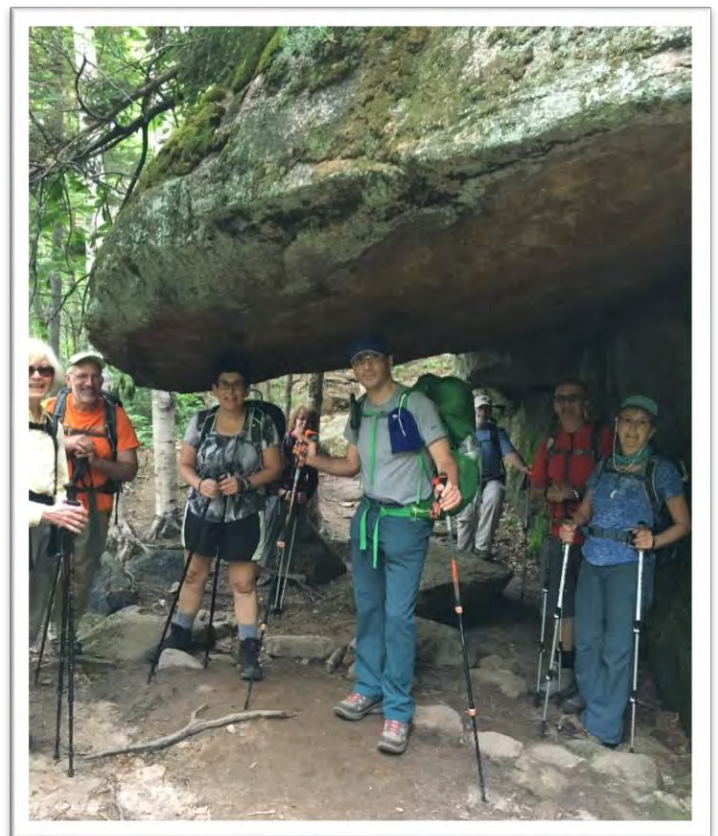
In the winter, we typically don either snowshoes or microspikes at the trailhead to negotiate the deep snow and/or icy conditions often encountered on the hike into the AMC Carter Notch Hut from any direction. For this trip, we had to dig out our rain gear, since the sunny, hot, and humid weather earlier in the week had given way to cool and wet weather, with the forecasters predicting steady rain for pretty much the entire weekend with a chance of thunderstorms ominously popping up at any time!

After arriving at the AMC Pinkham Notch center Friday afternoon, as planned, we did our pre-dinner “mini-hike” to nearby Square Ledge (.5-mile each way) to stretch out our legs from the long drive and shake out our wet weather gear. While the ground was plenty wet from earlier showers, we lucked out with just light mist for this hike.

With the low cloud cover and mist, we couldn’t deliver the fine views of Pinkham Notch from Square Ledge that I had promised in the “poop sheet” sent to hike participants the week before. Still, everyone enjoyed this pleasant little hike and, as intended, it also gave us a chance to get to know each other a little better. Most trip participants, who had traveled from as far as Ottawa, Canada; West Harford, CT;

and the Bronx, had never hiked with the SEM before.

Due to the nasty forecast, Peggy and I decided to alter our plans for the weekend. All along we had planned to hike into Carter Notch “from the south,” via the peaceful and beautiful Wildcat River Trail. For the return leg on Sunday, we had planned to first summit 4,800-foot Carter Dome and then return to the trailhead via the relatively remote Rainbow, Wild River, and Wildcat River Trails (with a short jaunt on the conveniently located NH forest road to avoid the aptly named Bog Brook Trail). However, due to one potentially problematic crossing of the Wildcat River, we decided to use the more popular (and much drier) Nineteen Mile Brook Trail.



On the Way to Square Ledge

Photo by Peggy Qvicklund

Continued on Page 4



On the Trail *Photo by Kimberly Tate-Brown*

Carter Notch *Continued from Page 3*

But I get ahead of myself.

Pretty much as forecast, it began to rain in earnest after breakfast on Saturday morning—just as we were meeting outside the Pinkham Information Center/Trading Post/Dining Hall to carpool the short distance up Rte. 16 to the Nineteen Mile Brook trailhead. Undaunted, we covered our packs, donned our raingear, and hit the trail at around 9:15 a.m. Luckily, the steady rain at the onset gradually gave way to light rain, drizzle, and ultimately light mist, so we could shuck our rain gear. It took about three hours for us to make our way the 3.8 miles to Carter Notch, where we found the two pristine, now-mist-enshrouded Carter Lakes quite captivating.

When we arrived at the hut, we found Morgan, the croo chef for the evening, hard at work preparing the fresh bread for that evening's dinner. After checking in with Morgan, we dropped off our things in our assigned bunkrooms in the two separate bunkhouses; washed up a bit in the washhouse where, unlike in winter, the sinks have running water

from a spring piped in from somewhere on Wildcat Mountain; and got together in the cozy main hut building to eat our packed-in lunches.

After lunch, we marshalled our energy for a group hike up to the 4,288-foot summit of Wildcat A. While only a mile away from the hut (at 3,290 feet), this stretch involves a gain of 1,000 feet of elevation. The slick footing made the steep climb a little challenging, and the descent back to the hut even more so. While we couldn't see a thing from the summit, everyone got up and down safely, in good spirits, and—most important—in time for the hearty turkey dinner served by the amiable young hut croo!

Following some post-dinner socialization accompanied by the wine many of us hiked in, most of us turned into our bunks early for a well-deserved night's sleep. After an equally hearty, croo-prepared breakfast in the morning, we packed up our things and hit the Nineteen Mile Brook Trail again for the mostly downhill hike back to the trailhead. There we hugged each other goodbye, made pledges to hike together again at a future date, and then took to the road for the long drive back to our homes.

While not the trip that I had planned, I can't say that I have a single regret about the route, the weather, or this very nice group of people.

Adventure Travel Leadership Training November 11-13, 2016

For experienced outdoor leaders only: Visit some of the most exciting places in the world as leader of an AMC Adventure Travel trip! Learn the range of skills needed, and exchange ideas, problems, and solutions with some of AMC's most experienced and knowledgeable leaders. Small group size assures abundant discussion and access to instructors. Click for full [details](#). For a registration packet, click [here](#). Please register by October 18th.

Volunteer of the Month

Bill Fischer

Each month the SEM recognizes one of our amazing volunteers. We are thankful for the wonderful people who donate their time and energy to lead terrific trips. This month the Paddling Committee recognizes BILL FISCHER for his continuing contributions. This is the fifteenth year that Bill has led paddling trips for the AMC. He began paddling with us in 2001, and the next year he volunteered to lead several trips. That was at a time when we had almost 20 leaders, so several trips per leader pretty well filled up our schedule. As years went on and we gradually lost more and more leaders, Bill regularly stepped forward to pick up the slack. This year he volunteered to lead eleven paddling trips. He has also served as chairman of the Paddling Committee, accepting that position when no one else was willing to serve, and thereby keeping the program going.

Photo & Article by Ed Foster



Sign Up For the Fall Gathering: October 14-16

If you missed our Chapter Hut Weekend at Cardigan Lodge, think about attending the Fall Gathering in Bristol, RI, October 14-16. AMC members from all of the chapters come together for social time and ocean kayaking, rock climbing, biking, and hiking. Check it out [here](#).

52 With-a-View: A Different Kind of List

Written by Dexter Robinson

Photos by Dexter Robinson

Several years ago I was introduced to a list I had never heard of called the 52 With-A-View. I took a look and was intrigued with some of the mountains and locations in New Hampshire I had never visited. At one time I had vowed to retire from doing “lists,” but this one seemed quite different from most of the others. I was looking for some easier mountains to climb as a warm-up to some other hiking.

52 WAV originated in 1979 by a group called the “Over the Hill Hikers” who were tired of only hiking the NH 4000 footers. This list of 52 mountains in NH contains mountains with elevation between 2500 and 4000 feet with “amazing views.” What is different about this list is that some of the views are not at the summits, but rather at locations on the way to or near a viewless summit. When I first took a look at the list I was surprised at how many I had already done, like Mt. Chocorua, Welch-Dickey, Hedgehog, and Mt. Monadnock, to name a few.

Here are a few mountains that I found memorable.

Square Ledge (2620') near Sandwich, NH, is one of the “mountains” on the list that does not seem like a mountain at all. It resembles a huge rectangular block of rock that was just dropped into the woods. It is nearly impossible to see from a distance. When you find the place to scramble up onto it and walk to one end you are rewarded with a 180 degree view that includes Mt. Passaconaway and surrounds.

Continued on Page 6



A side of Square Ledge

52 With A View *Continued from Page 5*

Some of the mountains require very little effort for a great view. **Mt. Pemigewasset** (2557') in the Franconia area is one such mountain. The trail to its summit is 1.8 miles with a vertical of 1200 feet that can be easily hiked in an hour and a half or less. It offers great views to the west and south, and limited views of the Franconia ridge.



Enjoying the many views from Mt. Pemigewasset

Mt. Success (3565') located near Gorham lies on the Appalachian Trail and offers a short nearby side trip to a plane wreck. In December of 1954, a commercial airliner, Northeast Airlines, crashed on

the side of Mt. Success on its approach to Berlin airport. Most of the seven passengers survived, although it took almost two days to rescue them. The wreck is fairly intact as wrecks go and you can actually go into the galley area of the plane.



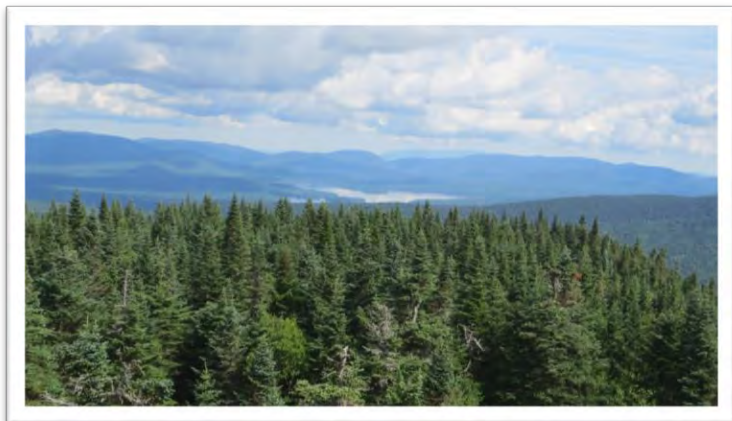
Explore a 1954 plane wreck

Part of the challenge of hiking **Magalloway Mountain** (3383') is getting to the trailhead which is east of Pittsburg, NH, a town not far from the Canadian border. This is almost a three-hour drive from Lincoln, NH one way. I knew I was entering a faraway wilderness area when I encountered a road sign that read "Moose Crossing Next 15 miles". After leaving the paved highway a few miles from Pittsburg, I traveled 8 miles on two different gravel roads. It was here that I encountered a moose trotting along the edge of the road. I slowed down to his travel rate to enjoy watching him for a short while. Reaching the summit is a steep but short .08-mile hike climbing 800 feet to an area that features a large mowed grassy area, camp buildings, and a fire tower that offers 360 degree views of the surrounds including several of the Connecticut lakes.

The Horn (3905') is north of Mt. Cabot near Berlin and can be reached via the Unknown Pond and

Continued on Page 7

52 With A View *Continued from Page 5*



View to the north from the fire tower atop Magalloway Mountain

Kilkenny Ridge trails. An intense rain shower marked the beginning of this hike and then the temperature dropped to the upper 30's—not what one would expect for early June. But the weather front passed quickly and by the time I reached Unknown Pond I had a nice view of the Horn. Climbing onto the summit ledge (or rock) can be quite a challenge, but the views are well worth it.



The Horn from Unknown Pond

Mt. Crawford (3119') was one of my favorite hikes. The first time I did it was in January and I was impressed with the view into Crawford Notch for a modest climbing effort. This five-mile round-trip hike

is listed as taking 4 hours but in winter it seemed to take much less time. I had a chance to do it again this past summer and it seemed more difficult despite several trail sections of stone stairs.



View from Mt. Crawford summit looking north into Crawford Notch

The Internet has much information about 52 WAV. A complete list of peaks, directions to trailheads, hiking trails, and photos can be found at the website [here](#). A patch is available after hiking all of the peaks on the list.



Full Harvest Moon Over Cardigan Lodge

Photo by Ellen Thompson

See the article on Page 8.

Superb Chapter Hut Weekend at AMC Cardigan Lodge, Alexandria, NH

Written by Alan Greenstein

Forty-five AMCSEM Members and guests enjoyed two summer-like days of outdoor activity during the 2016 Chapter Hut Weekend September 15-18. Five hikes of varying lengths and difficulty were led by Leslie Carson, Barry Young, Maureen Kelly, and Paul Miller. Among the destinations were Walton Falls, Holt Trail to Grand Junction, Clark Mountain, Orange Mountain, and Fire Screw and Cardigan Summits.

Luther Wallis led well-attended kayak paddles on Friday and Saturday on Newfound Lake. In addition to the distance, the paddlers dealt with considerable headwinds on Saturday, but were treated to a bald eagle sighting and crystal clear water on the picturesque lake.

The Caretaker and supporting staff at the Cardigan Lodge provided delicious meals and were most hospitable in all regards including setting up well-attended after dinner camp fires both Friday and Saturday evenings.

Special thanks to Jodi Jensen, Membership Chair & event Registrar as well as the activity leaders mentioned above. It was a FUN gathering with terrific camaraderie!



PHOTO BY KEN CARSON



KAYAK PADDLERS PHOTO BY KEN CARSON



CARDIGAN
SUMMIT
GROUP BY
BARBARA
GAUGHAN

“Reunite With Old Friends and Make Some New Ones”

All SEM members, potential members, spouses and friends are welcome!

The **Southeastern Massachusetts Chapter** of the **Appalachian Mountain Club**

Invites You to the

2016 Annual Meeting

Followed by the

Annual Dinner

Saturday, November 5, 2016

The Brookside Club in Bourne

4:30 pm – Registration and Cocktail Hour – cash bar, **no charge for appetizers**

5:30 pm – Annual Meeting – **no charge**

6:30 pm - Buffet Dinner - **\$20.00 per person**; \$30.00 after 10/27

Distinguished Service Award, Raffles and Other Awards

Special Guest Speaker

Douglas N. Arion, PhD

Coordinator of the astronomy programs at AMC huts and lodges

President, Galileoscope LLC

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SEM Executive Board 2016 Slate

Chair	Barry Young
Vice-Chair	Open
Secretary	John Pereira
Treasurer	Patty Rottmeier
Biking Chair	Bernie Meggison
Cape Hiking Chair	Jane Harding
Communications Chair	Paul Miller
Conservation Chair	Bill Cannon
Education Chair	Doug Griffiths
Hiking Chair	Leslie Carson
Membership Chair	Sandy Santilli
Paddling Chair	Ed Foster
Past Chapter Chair	Maureen Kelly
Skiing Chair	Barbara Hathaway
Trails Chair	Peter Tierney

Names in **black** are continuing in their current post; names in **blue** have taken the next position in line; names in **green** are new to the position.

The 2016 Nominating Committee

Alan Greenstein, Hingham, alan.b.greenstein@gmail.com

Walt Granda, Dartmouth, wlganda@aol.com

Robin McIntyre, Buzzards Bay, robinmcintyre@comcast.net

See Registration Form below. Click [here](#) with any questions.

Bring your gently used fleece and wool outdoor clothing for urban youth.

AMC Joy St is collecting outerwear for their YOP *Youth Opportunities Program*



To register for the Annual Dinner fill out the Registration Form below and mail your check (payable to AMC-SEM) to: Patty Rottmeier, 1 Belmont Rd. TH5, W. Harwich, MA 02671

✂ *****

AMC Southeast Massachusetts Chapter Annual Meeting Registration Form

\$20.00/per person; \$30.00 Oct. 28 – Nov. 5

Deadline to Register is Thursday, November 3th

AMC SEM 2016 Annual Dinner Registration		
Today's Date		
Your Name		
Email		
AMC Member?		
Price		
I'd like to volunteer in this area		
<i>Bring a Friend - We'll See You There!</i>		

Activity Listings will return in next month's issue of ***The Breeze***.

Check the upcoming Schedule on our web site

[HERE](#).

Happy Trails!



The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the AMC | November 2016

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Members looking to sell, trade, or free-cycle their used equipment can post for free.

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White Line Series: Oh, what fun it is! Photo by Cathy MacCurtain

SEM winter programs in the Blue Hills

Written by Cathy MacCurtain, Trails Chair

Help us prepare our adopted Blue Hills trail for winter. The work will include cutting back encroaching vegetation, raking stones off rockwork stairs, and digging out blocked water diversion structures. No experience necessary, and tools will be provided. Called off if it rains.

When: Saturday, November 19, 2016, 9:30 am until 1:30 pm

Where: Houghton's Pond parking lot, Blue Hills Reservation, Milton, MA

Leader: Cathy MacCurtain

Co-Leader: Pete Tierney

Co-Leader/Registrar: Skip Maysles, piks126@yahoo.com or 781-344-0611

Trails Chair Cathy MacCurtain was interviewed by Harvard Magazine about year-round—especially winter—activities in the Blue Hills Reservation for a November-December 2016 article, "[Destination: Take to the Hills.](#)" Among the outdoor delights mentioned in the article, Cathy encouraged participation in the free hikes sponsored by ACM-SEM, particularly the weekly four-hour hiking series she leads with Paul Brookes from December 27 to March 14.



Maureen Kelly, Chapter Chair
chair@amcsem.org

View from the chair

Hello SEM Members,

This is my last *View from the Chair* as I step down as Chapter Chair on November 5. I've enjoyed meeting many of you hiking, paddling and in our workshops and trainings. Together we have shared some wonderful times in beautiful New England places. Thank you to all of my activity leaders for getting so many SEM members outdoors.

The incoming SEM Chair is Barry Young, who has the desire and the skills to lead SEM for the next two years. Please give him your help and support as he continues to offer recreation, conservation, and education to the SEM Members. One way to help is to volunteer for our activity committees, our service committees, and membership and social committees. Email Barry to talk about it.

There are a few seats left if you'd like to join us at the AMC SEM **Annual Meeting and Dinner** on November 5 at the **Brookside Club** in Bourne. AMC President John Judge will be there as well as guest speaker Doug Arion, the AMC astronomer.

I am honored to have been the SEM Chair for the past two years and I will still...

See you outside!

Maureen Kelly
AMC SEM Chapter Chair

2016 Executive Board

Chapter Chair	Maureen Kelly	Communications Chair	Open	Membership Chair	Jodi Jensen
Vice Chair	Barry Young	Communications Vice Chair	Open	Membership Vice Chair	Ed Miller
Secretary	John Pereira	Communications Vice Chair	Kristina Williams	Membership Vice Chair	Ellen Thompson
Treasurer	Patty Rottmeier	Conservation Chair	Joshua Tefft	Paddling Chair	Ed Foster
Past Chapter Chair	Cheryl Lathrop	Conservation Vice Chair	Open	Paddling Vice Chair	Open
Biking Chair	Bernie Meggison	Education Chair	Doug Griffiths	Skiing Chair	Barbara Hathaway
Biking Vice Chair	Open	Education Vice Chair	Open	Skiing Vice Chair	Open
Cape Hiking Chair	Farley Lewis	Hiking Chair	Leslie Carson	Trails Chair	Cathy MacCurtain
Cape Hiking Vice Chair	Peter Selig	Hiking Vice Chair	Open	Trails Vice Chair	Wayne Anderson

Ad Hoc Committee Chairs and Other Chapter Contacts

Social Director	Open	Web-master	Cheryl Lathrop
Social Vice Chair	Open	Breeze Editor	Mo Walsh
Social Networking Moderator	Susan Mulligan	Blast Editor	Marie Hopkins

Contact the Chapter Chair at chair@amcsem.org if you're interested in any open position.

Acadia National Park Trail Crew

Written by Kristen Yngve

For 2016 the AMC Trails Department issued an Award Voucher (value of \$425) for an active member in each chapter to participate in a one-week AMC staff-managed Volunteer Trail Crew Program in the Northeast Region. Kristin Yngve, selected by the SEM chapter, reports on her experience at Acadia National Park in Maine.

I had an amazing week, and I'm sure I'll sign up for future trail work weeks.

We worked on building a new section of trail in Acadia to replace a section of trail that was as old as the park. Happy 100th Birthday, Acadia! While some purists argued that the old trail could have simply been improved a bit, the Park's goal was to create a more accessible (wider, smoother, level) trail that more visitors could use.



Rain or shine, the work goes on.

Photo by Kristin Yngve



Cadillac Mountain in Acadia National Park

Wikimedia Photo by [Jr Libby](#)

We learned how to build an effective retaining wall, create a culvert to direct water flow off-trail, and build a lasting pathway with layers of various-sized rocks and dirt. Tool-wise, we:

- used a pick-mattock and rock bar to safely dig up and move large rocks for the retaining wall
- used a cutter-mattock and a grip hoist to remove a stubborn tree stump
- used a double-jack for breaking large rocks and a single-jack for crushing rocks (for creating a stable trail base)
- sourced materials (rocks and dirt) from the immediate surroundings without disturbing the woods within sight of the trail.

Through all that, we learned about conservation philosophies and strategies, saw the impact that even a small group can make within just four days, and simply had fun with a diverse group of fellow nature-loving people.

I put the rain gear Cathy sent me to good use. And I did indeed enjoy my beer at the end of the work day.



Watch Barbara's winning Trip Talk video [here](#).

Adventure in the White Mountains

Written by Barbara Gaughan

It was my good fortune, as the winner of the trip talk video contest, to receive an AMC gift certificate for two people for two nights at the lodging of my choice. (Thank you, Jeff Hyman, my videographer!) Emboldened by my hikes from Cardigan Lodge on our Chapter Hut Weekend (Thank you, Maureen Kelly and Paul Miller!), and setting aside fears that I had not stayed in one of the high mountain huts for over 30 years, I was ready to get outdoors with AMC for another adventure.

Staying at the Highland Center in Crawford Notch Thursday, we did a warm-up hike. My co-worker hikes the Blue Hills and Borderland, but had never hiked the Whites. The only trail up Mt. Willard is off Rt. 302 behind the Crawford Depot, across the train tracks. The first real cold front of the fall season was forecast, but this day was sunny, warm, and perfect for spending an afternoon on the open ledges at the 2,865-foot summit with views of Mt. Washington, as well as the notch and unusual disc-shaped clouds.

It hadn't been a strenuous day of hiking, but that didn't stop me from enjoying a 4,000 Footer IPA

from the Woodstock Inn Brewery with my dinner back at the Highland Center. The center was to be filled to capacity the next night, but for this night the main dining area was populated with a large group from the German International School Boston with their adult chaperone. Our dining room had about 16 guests. I enjoyed my stay in the Alpine Garden room, and the Highland Center overall with its L.L. Bean décor and AMC photos dating from the 1890's to the present day adorning the walls throughout.

Friday we set out for the hiking hub of Franconia Notch, Lafayette Place Campground. Our destination for the night was Lonesome Lake. It had rained heavily Thursday night and, while no precipitation was falling at the start of our hike, it was raining when we reached the hut via Lonesome Lake Trail. Two hikers were just departing for Cannon, but we opted to play cards, build a jigsaw puzzle, and nap. I filled my head with stories of 150 years of misadventure on the Presidential Range of the White Mountains from Nicholas Howe's *Not Without Peril*, a book on the shelves in the hut.

(Note to self: On your next visit to a high hut, bring a new deck of cards and a new jigsaw puzzle as gifts. I am sure they would be received if I hiked out with one of the many incomplete packs of playing cards and one of the jigsaw puzzles with missing pieces!!)

We had an upper bunkroom to ourselves, as only 17 people were spending the night. And what a night it was for viewing stars, the Milky Way, Cassiopeia, and the moon! The rain had stopped, the skies had cleared, and the temperature dropped to 35 degrees.

The hut crew shared the Mt. Washington Observatory weather forecast Saturday morning over breakfast. (*Continued on Page 5*)

White Mountain Adventure

(Continued from Page 4)

Visibility from the summit—130 miles! Summit in and out of clouds under a partly sunny sky with chance of snow showers late. Valley outlook—mostly sunny, lower 60s, NW wind 10-15 mph. We were psyched for a perfect hiking day!

Fishin' Jimmy Trail leads from Lonesome Lake to Kinsman Ridge Trail at Kinsman Junction. We passed the first-come-first-served Kinsman Pond Shelter on our way to the shore of Kinsman Pond, then returned to Kinsman Junction to summit 4,293' North Kinsman via Kinsman Ridge Trail. We were rewarded with the views, obscured as they were by clouds rolling in and clouds rolling out. Glorious!



After lunch on the summit, we opted for the same trails we'd ascended. This is a very popular hike for people with dogs, we discovered. We were back at the trailhead at 3:10 pm. It was then that we met up with what the croo had described as a "hiking club" of 35 that would be filling the hut Saturday night. It was a group of young girls, maybe 8-9 years old, and their adult chaperones, just setting out!

I'll leave you with the joke that 5-year-old Sydney, hiking with her Dad, told us after dinner Friday night.
Q: "What do you call cheese that is not your own?"
A: "NACHO CHEESE"!!!!!!

Thank you, AMC, for a wonderful adventure.



**Volunteer of
the Month:
Anne Duggan**
Written by
Leslie Carson,
Hiking Chair

Each month the SEM recognizes one of our amazing volunteers. We are thankful for the wonderful people who donate their time and energy leading terrific trips to make our Chapter one of the best. This month, the Hiking Committee recognizes Anne Duggan for her continuing contributions. For those of you who don't know Anne, she:

- is a four season hike leader
- loves to find a swimming hole at the end of a hike
- always packs a bathing suit (except winter)
- has a hand-knit snack sack filled with snacks to share
- enjoys hiking the less crowded Berkshires
- leads at a pace to suit the group
- entertains us with stories of her sheep
- keeps the group engaged so no one feels left out
- likes hiking Mt. Tom with views of western MA, especially during the spring raptor migration
- is partial to winter snowshoe hikes
- volunteers at SEM workshops

Thank you, Anne, for all you do! It is greatly appreciated.

Anne will receive a Volunteer of the Month Certificate and a \$50 gift card.

Bourne Rail Trail Update:

Dear Friends,

As summer has turned to fall on Cape Cod, we want to send a brief update on the status of the Bourne Rail Trail, and extend our thanks to the growing number of supporters who will help make the vision for the Bourne Rail Trail a reality.

You may have read about the trail in the news recently as it relates to potential future use of the existing rail tracks. As part of the Feasibility Study, the Cape Cod Commission has been reaching out to various stakeholders regarding their interests in future use of the state-owned land. This includes members of the Joint Base Cape Cod Military-Civilian Community Council and the Board of Managers of the Upper Cape Cod Transfer Station. These groups have expressed an interest in maintaining the tracks. This is not surprising, and it does not mean that the trail will not be built. Outreach to these groups is part of the Feasibility Study by the Cape Cod Commission. ***The Study is not yet complete.***

The Friends of the Bourne Rail Trail are interested in exploring ***all options*** for the use of this state-owned land. These include keeping the tracks in place and building a trail adjacent to them, or removing the tracks and building the trail. The most viable option will be the one that provides the greatest benefit to the public (including Bourne residents), is grounded in facts, and is vetted through a transparent public process.

To this end, we are committed to supporting a full and thoughtful exploration of the use of the corridor. We met many of you through our Trail Ambassador Program this summer, the Friends' efforts to raise awareness in Bourne and throughout the Upper

Cape about this tremendous opportunity. If you are receiving this email, count yourself among the trail's earliest supporters. Many of you have wondered how you can help: "Can I give a donation?" "Is there a petition to sign?"

At this point in the process, some of the things that you can do are to talk to friends and neighbors, [write a Letter to the Editor of our local papers](#), and [contact our elected officials](#) at Allselectmen@TownofBourne.com to let them know that you support the project. Most important, please attend meetings about the project. The Friends will keep you updated.

We anticipate the Feasibility Study will be complete [in late October] and we urge you to stay engaged with this project. We plan to host a community forum this fall, after the Feasibility Study is released, providing an important opportunity for the community to provide feedback on the Study and the vision for the trail.

Thank you so much for your interest, support, and enthusiasm for this project! We look forward to seeing you soon!

Friends of the Bourne Rail Trail

John Carroll, Ken Cheitlin, Alice Howe, Steven Johannessen, Kathleen Regan, Nathan Robinson, Russell Salamone (Photo from website)





Department of Conservation and Recreation
Commonwealth of Massachusetts

Public Meeting Draft Resource Management Plan for the Blue Hills Complex

Including the following properties:

Borderland State Park
Blue Hills, Cutler Park, Neponset River, and Wilson Mountain Reservations
Bristol Blake State Reservation
F. Gilbert Hills, Franklin, and Wrentham State Forests
Bridgewater, Rehoboth, and West Bridgewater State Forests

**Thursday, November 10, 2016 - 6:00 p.m. to 7:30 p.m.
Sharon Public Library, 11 North Main Street, Sharon, MA**

DCR will be presenting an overview of the draft plan's contents and recommendations, and inviting public comments. Prior to the meeting, the draft plan will be available on the DCR website at <http://www.mass.gov/eea/agencies/dcr/conservation/planning-and-resource-protection/rmp/blue-hillscomplex.html>, and review copies will be available during business hours at Blue Hills Reservation headquarters, Milton; Borderland State Park visitor center, North Easton; and Mass Audubon's Stony Brook Wildlife Sanctuary, Norfolk. Additional copies will be made available at local libraries, consult the DCR web page, at the above address, for a list of libraries with public review copies.

Public comments on the draft plan may be submitted to DCR until December 12, 2016, either online at <http://www.mass.gov/eea/agencies/dcr/public-outreach/submit-public-comments/> or by writing to the Department of Conservation and Recreation, Office of Public Outreach, 251 Causeway Street, 6th Floor, Boston, MA 02114.

If you have questions, concerns, or would like to be added to an email list to receive DCR project specific or general announcements, email mass.parks@state.ma.us or call 617-626-4973.

The meeting presentation will be available after November 10, 2016 on DCR's website at <http://www.mass.gov/eea/agencies/dcr/public-outreach/public-meetings/>.

Join us on Twitter @ MassDCR!

Reasonable accommodations for people with disabilities are available upon request by emailing Agatha Summons-McGuire at agatha.summons@state.ma.us or by calling her at 617-626-1282. Please provide Ms. McGuire with a description of the accommodation you will need, including as much detail as you can, as well as information on how she can contact you if more information is needed. Please allow at least two weeks (14 days) advance notice to Ms. McGuire of a need for reasonable accommodations; last-minute requests will be accepted, but may be impossible to fill. To request materials in accessible formats (Braille, large print, electronic files, audio format), please also contact Ms. McGuire.

AMC-SEM Member News



In Memoriam: Robert A. Kennedy III

We are saddened by the loss of our good friend Bob Kennedy. See the full obituary [here](#).

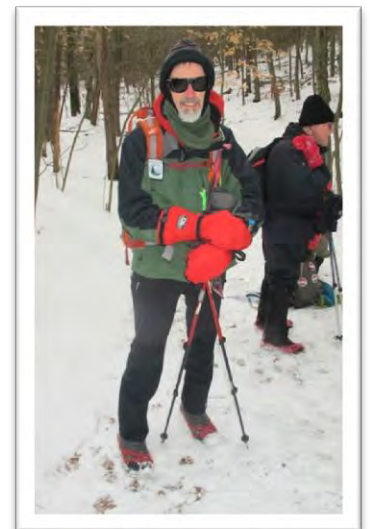
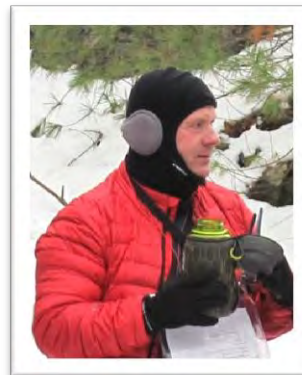
Robert Andrew Kennedy III, 71, of Brockton died peacefully on Friday, October 21, 2016, in the presence of his family after a courageous battle with cancer. Robert, known as Bob or Andy to his family and friends, was born in Brockton, March 11, 1945.

After a long career in engineering, Bob pursued his love for teaching full time, first at Massachusetts Maritime Academy and then at Massasoit Community College for the past 15 years.

Bob lived in Brockton all his life and enjoyed many summers in Chatham creating treasured memories with his children, and in recent years pursuing his joy of biking and hiking.

He will be remembered by many for his unique character, wit and wisdom, small acts of kindness, and above all his devotion to his children and grandchildren.

Coming soon to a trail near you!



Photos by
Cathy MacCurtain

Happy Trails!



Activities

For the most current information, [search activities online](#)

Hiking Key:

C4D

Indicates distance in miles
AA 13+
A 9-13
B 5-8
C less than 5

Indicates pace
1very fast
2fast
3moderate
4leisurely

Indicates terrain
Avery strenuous
Bstrenuous
Caverage
Deasy

Found in the description

L Activity leader
CL Activity co-leader
FT First Time
NM ... New Members
AN Advance Notice
C Conservation

All-Chapter

Sat., Nov. 5. (FT) (NM) SEM Annual Meeting & Dinner, Brookside Club, 11 Brigadoone Rd, Bourne, MA 02532, Massachusetts, Southeast, MA. Join us for the SEM Annual Meeting & Dinner. We'll have chapter elections, social hour, buffet dinner, awards, raffle and speaker. All members, potential members, and friends are welcome. Buffet is \$20 / person before 10/29. Join us for a fun celebration of the year's events. See the flyer for more details, and to register. L Maureen Kelly (chair@amcsem.org) L Jodi Jensen (781-249-8346, membershipchair@amcsem.org), R See Registration Link below (membershipchair@amcsem.org)

Bicycling

Sat., Nov. 5. AMC/SEM annual meeting bike ride, Cape Cod Canal, Massachusetts, Cape Cod, MA. Please join us for a short fun ride along the local area roads and the Cape Cod Canal. Will depart from the Brookside Club off Route 28 in Bourne, MA. Start time 2:00 PM. Some short hills but mostly flat. Distance, 15-20 miles, speed 12-15 MPH Please join us for our chapters annual meeting following the ride. Annual meeting event starts at 4:30 PM at the Brookside Club For details, go to AMCSEM.org for the annual meeting details. Or, contact ride leader,. L Bernie Meggison (617-930-4029 8:00 AM - 8:00 PM, themeggisons@gmail.com, AMC/ SEM bike chair)

Mon., Nov. 14. Cycle the Beaver Full Moon on the Cape Cod Canal, Sandwich, Cape Cod Canal, Freezer Road Rec Area, Massachusetts, Cape Cod, MA. The Beaver Moon got its name from our native American Indians. This moon is when they would set traps for harvesting meat and furs for the winter months. Ride with our group towards Buzzards Bay and Mashnee Island. Beautiful sunsets, and seeing the moon ride over the Cape Cod bay. Please have lighting at the ready and bikes and tires ready for a 3:30 PM Departure Distance. 22 miles, mostly flat. Pace, 12-15 MPH. L Bernie Meggison (617-930-4029, themeggisons@gmail.com)

Education

Sat., Nov. 5. SEM Winter Hiking Workshop, Lakewood Hills, East Sandwich, MA, Massachusetts, Cape Cod, MA. Do you get bored indoors in the winter with nothing to do? Are you a three-season hiker who has wondered what winter hiking would be like? Then come join us for a fun-filled afternoon with presentations and anecdotes about winter hiking. You will learn about necessary clothing and gear, nutrition and hydration requirements, winter conditioning, winter issues and how to avoid them and why we love to hike in the winter. The workshop is free to all and is a prerequisite (or prior winter hiking experience) to join us for the SEM Winter Hiking Series. Workshop running from 12:00 to 3:00 pm. Join us for the Annual Meeting and Dinner after the workshop at the Brookside Club in Bourne. See the link below. L Leslie Carson (508-833-8237, ltc929@comcast.net)

Hiking-Cape Cod

Thu., Nov. 3. Hike John's Pond Mashpee, Massachusetts, Cape Cod, MA. Hike around John's Pond through woodlands, wetlands and skirt a golf course. From Rte 151 turn NORTH not South onto Currier Rd then right on Ashumet Rd in a short distance Ashumet bears R but continue straight on Hoopple Rd (unmarked). Continue 1.5 miles and turn R onto Back Rd and follow .06 mile to large beach parking lot. Lunch following hike at Laura's kitchen. L Nancy Wigley (508-548-2362 Before 8 PM, nrwigley@verizon.net)

Continued next page

Activities

For the most current information, [search activities online](#)

Hiking-Cape Cod

Sun., Nov. 6. Beebe Woods, Meet at the Conversatory Parking Lot in Falmouth, MA. Go thru lights at Ter Heun, R on Depot to end, Massachusetts, Cape Cod, MA. 2 1/2 hour moderate hike in Beebe Woods. Flat, rolling terrain. An occasional hill or two. Meet at 12:45 for a 1pm start. Bring water, snacks. L Linda Church (lchurch@whoi.edu)

Thu., Nov. 10. Hike Hawknest State Park, Harwich, MA, Massachusetts, Cape Cod, MA. Hike through woods around some Cape Kettle Ponds. Take Route 6 to exit 11 and turn S off of ramp. Take Immediate R onto Spruce Rd and drive approximately 0.5 mile and park on shoulder of road. Meet at 9:45 AM for 10 AM start. L Janet DiMattia (508-394-9064 Before 8 PM, jandimattia@verizon.net)

Sat., Nov. 12. Hike Herring River, Harwich, Massachusetts, Cape Cod, MA. 3 1/2 hour hike. Bring lunch. Directions: From Route 6 take Exit 9A onto Route 134 South. At third traffic light, turn left onto Upper County Road. Immediately turn left onto Great Western Road. Travel 2.1 miles then park in Sand Pond Parking Lot on left. Meet at 9:45 and hike 10 am - 1:30 pm. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net), R Richard Kaiser (508-432-3277 before 8 PM, rjkaiser@comcast.net)

Sun., Nov. 13. Hike Monk's Park/Little Bay, Massachusetts, Cape Cod, MA. This 4+ mile hike is through wooded pathways, fire roads, and along beach areas. Views of Mud Cove and Little Bay are seen. Frequent moderate hills. Sturdy hiking shoes a must. L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net, Robin is a second year Level I SEM hike leader with WFA training.)

Thu., Nov. 17. (NM) (AN) Hike-Barnstable-Crooked Cartway (C3C), Massachusetts, Cape Cod, MA. Wooded walk to The Walker Point Observation Deck. Take Rte. 149 to Rotary at Cape Cod Airport, Marstons Mills. West on Race Lane for 1.1 miles. Right onto Crooked Cartway to end. Meet 9:45AM. 2 hours. Hike 10 am - 12 pm. L Farley Lewis (508-775-9168 Before 9 pm., farlewis@comcast.net)

Sat., Nov. 19. Hike Barnstable Conservation Land, Barnstable, MA, Massachusetts, Cape Cod, MA. Come hike this hilly area with us. You must pre-register for this hike. Details will be emailed to you. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com) L Pat Sarantis (patsarantis@gmail.com)

Thu., Nov. 24. Hike Herring River Dennis/Harwich line, Dennis/Harwich line, Massachusetts, Cape Cod, MA. Build up your appetite for the Thanksgiving feast. Take Rte 6 to Exit 9A and take Rte 134 to 3rd traffic light at Upper County Rd. Turn L onto Upper County Rd and then immediate L onto Great Western Rd. to Depot St. on R. Turn onto Depot St. cross over bike trail and park in small lot on your left. Meet at 9:45 AM for 10 AM start. Happy Thanksgiving. L Janet DiMattia (508-394-9064 Before 8 PM, jandimattia@verizon.net)

Thu., Dec. 1. Hike Gray's Beach, Yarmouthport, MA, Massachusetts, Cape Cod, MA. Start at beach boardwalk and hike wooded trails and roads to scenic marsh overlooks and historic cemetery. Directions Rte 6 to exit 8 turn N to 6A. Turn L on 6A and in 1 block turn R on Center St. Go to end follow signs for Gray's Beach. Meet at 9:45 AM for 10 AM start. L Janet Kaiser (508-432-3277 Before 8 PM, jtkaiser@comcast.net)

Thu., Dec. 8. Hike Beebe Woods, Falmouth, MA, Massachusetts, Berkshires, MA. Hike in Beebe Woods passing near ponds and through lovely woods. From the Bourne Bridge head south on Route 28 into Falmouth. Proceed through the intersection at the first traffic light and go approximately 1/2 mile to right on Depot Avenue. Proceed up the hill and pass Highfield Hall to parking area behind Highfield Theater. L Deborah Hayden (shaferhayden@gmail.com)

Sun., Dec. 11. Hike Crowe's Pasture, East Dennis MA, Massachusetts, Cape Cod, MA. Hike through salt marshes around Quivet Creek to bay beach. We will hike to end of bay beach and take scenic roads past historic homes in Quivet Neck. Directions take Rte 6 to Exit 9 B and go through first traffic light on 134. Look for Airline Rd on R and take R. Follow Airline Rd across 6A and turn R on South St and go past cemetery to small parking area on R. Meet at 12:45 for 1:00 pm start. L Deborah Hayden (shaferhayden@gmail.com) L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Continued next page

Activities

For the most current information, [search activities online](#)

Hiking-Cape Cod

Thu., Dec. 15. Hike -Mashpee-Mashpee River Woodlands (C3C), Mashpee Neck Rd, Mashpee, MA, Massachusetts, Cape Cod, MA. Wooded walk along Mashpee River. Take Orchard Rd. off Rte.28 to end. Turn R. then quick L onto Mashpee Neck Rd. Go 1.1 miles to Mashpee River Woodlands Pkg.Lot on R. Meet at 9:45AM. Hike 10 am - 12 pm. L Farley Lewis (508-775-9168 Before 9 PM, farlewis@comcast.net)

Hiking

Get your 100-mile patch! Contact hikingchair@amcsem.org.
Always looking for additional hike leaders! Contact hikingchair@amcsem.org

Thu., Nov. 3. (FT) (NM) Thursday Morning Hikes - Newport Cliff Walk, Cliff Walk, Newport, RI, Rhode Island, 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. Return by mansions on Bellevue Ave. to complete 7-mi. loop. Sturdy walking shoes required. Bring water, snack. Lunch at local restaurant. Heavy rain cancels. Limited parking - carpool if you can. Call leader for carpool info. L Barbara Hathaway (508-880-7266 before 9 p.m., barb224@tmlp.net)

Sat., Nov. 5. (FT) (NM) Stroll Down Memory Lane and Hike Eagle Pond Cotuit, Cotuit, MA, Massachusetts, Cape Cod, MA. A great way to connect with fellow members of AMCSEM. This hike will be paced to meet the skills of the group. We will take a walk along cartways and wooded trails to begin the social activities in a healthy way. Eagle Pond is a 106 acre conservation area with history back to the days of the Pilgrims. If desired we can take in a view of Cotuit Bay and hike around a white cedar swamp. There are several benches along the trail so people will have opportunities to stop, rest and hydrate. Rain will cancel event. For directions to meet up area please contact hike leaders. After the hike, join us for the 2016 AMCSEM Annual Meeting and Dinner at the Brookside Club in Bourne. Social hour begins at 4:30. See the link to register for the Annual Dinner. Come and join us! L Jane Harding (508-833-2864 Before 8 PM, janeharding@comcast.net) L Catherine Giordano (cmgiordan@msn.com), R Jane Harding (508-833-2864 Before 8 PM, janeharding@comcast.net)

Sun., Nov. 6. Hike North South Trail, Section #8, Rt 44, entrance to George Washington Wildlife Management Area Camp Grounds, Rhode Island, RI. . The North-South Trail is a 77 mile continues marked footpath along the border of Rhode Island and Connecticut from Block Island Sound to the Massachusetts border. This hike will be an 8.56-mile-long section of this trail, tucked into the Northwest corner of Rhode Island. We will travel south from Buck Hill Rd. (Rt. 101) in Burrillville Rhode Island, through the George Washington Wildlife Management Area ending at Rt. 44. We will be mainly hiking on abandon gravel roads and single track hiker-only trails. Moderately hilly we travel in part through a beautiful swamp filled with white cedars and hemlocks, cross earthen dams and around several ponds. This could be your last chance to view the waning colors of fall. Registration is a requirement for this hike. Hike information sheet will be sent to you upon registering. Plan 5 hours, plus travel time for this section. Please join us for a pleasant day. L Fred Wason (508-838-6049, fmwason@gmail.com), R Fred Wason (508-699-7635, fmwason@gmail.com)

Thu., Nov. 10. (AN) Thurs. Morn. Hike Gilbert Hills State Forest, Foxboro, MA (B3C), F. Gilbert Hills S.F., Foxboro, MA., Massachusetts, Southeast, MA. Thu. Oct. 20, 10 a.m. Meet Lakeview Pavilion, Foxboro. Dir. 95 Exit 7B. After rotary, 140N to Lakeview Rd. on left. .3 mi. on right. Water, snacks/lunch. L Joanne Stanisica (508-528-6799 7-9 p.m., jstaniscia@comcast.net)

Sat., Nov. 26. Thanksgiving Weekend Hike, New Hampshire, Monadnock Region, NH. A great opportunity to stretch your legs after a Thanksgiving feast. Our group will hike up both North Pack Monadnock and Pack Monadnock. With luck, a crisp, clear November day will reward us with great views from both "small" monadnocks. The Wapack Trail includes some short, steep, rocky sections, and a mixture of hardwood and hemlock forest. Total elevation gain approx. 1300', as we go up and down the two mountains. Hike distance approx. 5.5 miles. L Peggy Qvicklund (508-883-1623 please call before 9 pm, qvickan@comcast.net) L Jeannine Audet (508-493-8221 please call any time before 9 pm, MILMOD@aol.com)

Continued next page

Activities

For the most current information, [search activities online](#)

Hiking

Sat., Dec. 3. Winter Series Hike #1 - Mt. Wachusett, Massachusetts, Central, MA. Join us for the first hike in this year's popular SEM Winter Hiking Series and discover the fun, beauty, and camaraderie of winter hiking. We'll be doing an enjoyable, app. 4.5-mile loop hike with some elevation gain and loss at Mt. Wachusett in Princeton, MA. Weather permitting, we should enjoy expansive views and, if we're really lucky, get an opportunity to try out our specialized winter hiking gear as well as practicing "layering" for winter hiking. Participation in the SEM Winter Hiking Workshop on Nov. 5th and/or significant winter hiking/snowshoeing experience required to participate in this series. L Leslie Carson (508-737-6627, ltc929@comcast.net, In addition to being an experienced four-season SEM hiking/backpacking leader, Leslie is an AMC August Camp hike leader and Major Excursions leader. Leslie currently serves as hiking chair for the Southeastern Mass. Chapter.) L Paul Miller (paulallenmiller@verizon.net, An experienced four-season SEM hike leader, Paul enjoys sharing his knowledge of and enthusiasm for winter hiking with others. Paul previously served as the hiking chair for the Southeastern Mass. Chapter.) L Barry Young (508-339-3089 Before 9 PM, Barry.young@comcast.net), R Leslie Carson (508-737-6627 before 9:00 pm,)

Thu., Dec. 8. (FT) (NM) Thursday Morning Hike, Moose Hill, Sharon, MA, Sharon, MA, Massachusetts, Southeast, MA. Meet at 10 am in Sharon at the Audubon Moose Hill Wildlife Sanctuary parking lot for a 5-mile hike, starting on the Vernal Pool loop. Relatively flat route. Parking fee for non-Audubon members is \$3 for Seniors. Bring rain gear, lunch, water and sturdy shoes. Rain cancels. L Hans Luwald (508-668-0462 before 9 pm, hans.luwald@gmail.com) CL Debbie Lepore (617-778-4339 before 8 PM)

Thu., Dec. 15. Thurs. Morning Hike - Massasoit State Park, Massasoit State Park, E. Taunton, Massachusetts, Southeast, MA. Meet at 10 a.m. at Massasoit SP, East Taunton's "hidden jewel." Approx. 6 miles on trails lined with pine needles that wind around lakes and ponds on mostly flat to gently rolling terrain. Wear boots, bring water, snacks and lunch. Rain cancels. L Barbara Hathaway (508-880-7266 before 9 pm, barb224@tmlp.net)

Tuesdays, Dec. 27; Jan. 3, 10, 17, 24, 31; Feb. 7, 14, 21, 28; March 7, 14). White Line the Blue Hills, Blue Hills Reservation, Milton, MA, Massachusetts, Southeast, MA. This series will run from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for about 4 hours at a moderate pace. The first hike is Tuesday Dec 27 (last hike is March 14). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required. Also, Paul will have his dog Sunny with him when weather permits. Have you been Red Lining and would like to try White Lining or do you simply enjoy winter hiking? Then we hope you consider joining us Tuesday mornings; it's fun to hike without bugs and is a good way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) CL Pat Achorn (plachorn@me.com), R Pat Achorn (plachorn@me.com)

Sat., Jan. 7. Winter Series Hike #2 - Morgan-Percival, New Hampshire, Lakes Region, NH. Join us for the second hike in our popular SEM Winter Hiking Series. On this classic app. 5.4-mile loop hike we will visit the summits of both Mt. Morgan (2,220 ft.) and Mt. Percival (2,212 ft.) with expansive views of nearby Squam Lake to the south and into the Sandwich Range Wilderness to the north. In addition to appropriate winter-rated hiking boots and appropriate (non-cotton) clothing, depending on conditions, microspikes and/or snowshoes may also be required for this hike. Participation in the SEM Winter Hiking Workshop on Nov. 5th and/or significant winter hiking/snowshoeing experience required to participate in this series. L Paul Miller (paulallenmiller@verizon.net, An experienced four-season SEM hike leader, Paul enjoys sharing his knowledge of and enthusiasm for winter hiking with others. Paul previously served as the hiking chair for the Southeastern Mass. Chapter.) L Leslie Carson (ltc929@comcast.net, In addition to being an experienced four-season SEM hiking/backpacking leader, Leslie is an AMC August Camp hike leader and Major Excursions leader. Leslie currently service as the hiking chair for the Southeastern Mass. Chapter.), R Paul Miller (508-369-4151 before 9:00 P.M., paulallenmiller@verizon.net)

Continued on next page

Activities

For the most current information, [search activities online](#)

Hiking

Thu., Feb. 2. Thursday Morning Hike: Whitney and Thayer Woods (B3C), Whitney and Thayer woods, Cohasset, Hingham, Ma, Massachusetts, Southeast, MA. Whitney & Thayer Woods (B3C) Lovely woods walk across rolling hills on Trustees of Reservations property. Meet at 10:00am in the Whitney and Thayer Woods main parking area. Boots suitable for weather/trail conditions, possibly traction devices or snowshoes, water, winter wear (layers, hats, mittens) and snacks/lunch required. Directions: from Route 3 (Exit 14), take Route 228N for 6.5 miles through Hingham. Turn right onto Route 3A eastbound and follow for 2 miles to the entrance. Parking is on the right. Contact L if weather is questionable. Please carpool if possible, as parking is limited. L Eva Borsody das (781-925-9733, borsody@gmail.com)

Trails

Sat., Nov. 19. AMC/SEM Trail Work Opportunity, Until Filled. Blue Hills Reservation, Milton, MA, Massachusetts, Boston Area, MA. Help us prepare our adopted Blue Hills trail for winter. The work will include cutting back encroaching vegetation, raking stones off rockwork stairs and digging out blocked water diversion structures. No experience necessary and tools will be provided. Rain cancels. L Catherine MacCurtain (camacurtain@aol.com), R Skip Maysles (781-344-0611 After October 26, piks126@yahoo.com)



Clip Art Photo

The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the AMC | December 2016

Editor's Note: Please ignore page numbers and other formatting errors. Template files lost to recent PC virus.

Get SEM activities delivered right to your email inbox!

Sign up for the AMC Activity Digest. Email amcinformation@outdoors.org
Or call 1-800-372-1758

Find past issues of The Southeast Breeze on our [website](#).

Like us on [Facebook](#)

Follow us on [Twitter](#)

Have a story for

The Southeast Breeze?

Please send your Word doc and photographs to breeze.editor@amcsem.org.

Please send photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

Shop the Breeze Market for equipment bargains! Members looking to sell, trade, or free-cycle their used equipment can post for free.

Business advertisements are just \$15/month. Send inquiries to breeze.editor@amcsem.org



Maureen Kelley gladly cedes the position of Chapter Chair to Barry Young.
Photo by Ken Carson (See more from this event on the last page)

SEM 2016 Annual Meeting and Dinner

Written by Maureen Kelley, Past Chapter Chair

The SEM 2016 Annual Meeting and Dinner was a fun and important night for the SEM Chapter. One hundred and twenty members came together at the Brookside Club in Bourne on November 5 for business and for connecting with friends.

As members arrived, the night began with a social hour and appetizers. The invitation requested that guests bring gently used fleece clothing for the AMC YOP (Youth Opportunities Program) and they certainly did—a total of three trash bags full!

Maureen Kelly, Chapter Chair, ran the AMC SEM Annual Meeting, with the major event being the election of the incoming 2017 Executive Board. The slate passed unanimously with new incoming officers: Barry Young, Chapter Chair; Paul Miller, Communications Chair; Bill Cannon, Conservation Chair; Sandy Santilli, Membership Chair; Pete Tierney, Trails Chair. Joining these new members are the continuing Executive Board members Patty Rottmeier, Treasurer; Bernie Meggison, Biking Chair; Jane Harding, Cape Hikes Chair; Doug Griffiths, Education Chair; Leslie Carson, Hiking Chair; Ed Foster, Paddling Chair; Barbara Hathaway, Skiing Chair; and Maureen Kelly moving into the Past Chapter Chair position. *(continued on page 3)*



**Barry Young, Chapter
Chair chair@amcsem.org**

View from the chair

Hello SEM Members,

I am both honored and grateful to be elected as your Chapter Chair and look forward with enthusiasm and excitement to serving you the members of SEM. Since rejoining AMC a few years ago, I have met a great group of people who both like the outdoors and support the AMC mission. I am constantly “wowed” by all the volunteer efforts that make our chapter flourish.

I am pleased to report your chapter is in terrific shape due in large part to the efforts of outgoing Chapter Chair Maureen Kelly and her leadership team. Your chapter is financially sound and led with great volunteer leaders. For the first time in recent memory, we enter the new year with a full slate of all 15 voting positions on the Executive Board filled with enthusiastic volunteers.

One of my stated goals as your Chair is to get more of our membership participating in our events. We offer outdoor programs in hiking, biking, paddling, skiing, and trail work. In addition we provide excellent educational and training opportunities in leadership, conservation, and wilderness first aid. We also provide workshops throughout the year in hiking, backpacking, and use of map and compass. All of these events are listed on our website www.amcsem.org.

Lastly, while we have a great group of leaders currently in place, we are always looking for new volunteers and have several ways for you to help your chapter. So if you would like to help your chapter and meet some new people with a similar love of the outdoors, please contact me at any time with your thoughts and suggestions.

See you all outside!

Barry Young

AMC SEM Chapter Chair chair@amcsem.org



2016 Executive Board

Chapter Chair	Barry Young	Communications Chair	Paul Miller	Membership Chair	Sandy Santilli
Vice Chair	Christine Racine	Communications Vice Chair	Open	Membership Vice Chair	Ed Miller
Secretary	Ann McSweeney	Communications Vice Chair	Kristina Williams	Membership Vice Chair	Ellen Thompson
Treasurer	Patty Rottmeier	Conservation Chair	Bill Cannon	Paddling Chair	Ed Foster
Past Chapter Chair	Maureen Kelley	Conservation Vice Chair	Open	Paddling Vice Chair	Open
Biking Chair	Bernie Meggison	Education Chair	Doug Griffiths	Skiing Chair	Barbara Hathaway
Biking Vice Chair	Open	Education Vice Chair	Open	Skiing Vice Chair	Jeannine Audet
Cape Hiking Chair	Jane Harding	Hiking Chair	Leslie Carson	Trails Chair	Peter Tierney
Cape Hiking Vice Chair	Cathy Giordano	Hiking Vice Chair	Open	Trails Vice Chair	Wayne Anderson
				Trails Vice Chair.....	Skip Maysles

Ad Hoc Committee Chairs and Other Chapter Contacts

Social Director	Open	Web-master	Cheryl Lathrop
Social Vice Chair	Open	Breeze Editor	Mo Walsh
Social Networking Moderator	Susan Mulligan	Blast Editor	Marie Hopkins

Contact the Chapter Chair at chair@amcsem.org if you're interested in any open position.



Jeannine Audet (left) received a Hiking Award from Hiking Chair Leslie Carson, along with Len Ulbricht, Paul Miller, and (not pictured) Bob Vogel. *Photo by Ken Carson*

Annual Meeting and Dinner

(Continued from page 1)

Notice was given that Christine Racine would be a candidate for Vice Chair at the next Executive Board Meeting on November 16, and she has since been elected.. As the business meeting was proceeding, a beautiful red-pink-orange sunset filled the sky behind the speaker and some members caught it with their cameras.

Dinner was a delicious buffet offering salad, baked cod, chicken parmigiana, and vegetables; dessert of coffee and homemade cookies followed. Our friendly annual Master of Ceremonies, Luther Wallis, guided us through the evening. The Annual Dinner festivities kicked off with awards. The SEM Distinguished Service Award was won this year by Farley Lewis. Farley has been active in Cape Hikes, Skiing, the Executive Board, and many chapter events. Cape Hikes gave awards to Robin McIntyre for Special Recognition and Nancy Wigley for Cape Hikes Master Leader. The Hiking Committee gave four awards to its leaders: Paul Miller for Most Enthusiastic Winter Hike Leader; Len Ulbricht for Leading the Most Hikes; Jeannine Audet for Outstanding New Leader; and Bob Vogel for the Hiking Service Award. The Trails Committee also awarded Bob Vogel their one award—the Get Out, Get Dirty, Give Back Trailwork Award. Congratulations and thank you to all leaders.

Outgoing Committee Chairs and Executive Officers were thanked for their service, along with former Chapter Chairs and former Executive Board members. Ellen Thompson, Communications Committee member announced the 10, 25 and 50-year SEM member anniversaries and congratulated them.

John Judge, President and CEO of AMC, joined us during dinner to chat with members and update us all on the latest news and programs that AMC is running. Following John was our featured speaker for the night, Doug Arion, resident astronomer for AMC. Doug is passionate about connecting the public with the sky and all its stars and planets. He showed us how the celestial world has helped shaped us as human beings and that light pollution is unhealthy for us. He is working on creating a Dark Sky Preserve in central Maine.

The feeling in the Brookside Club that night was warm, friendly and lively. The SEM Chapter of the AMC continues to be committed to getting people outdoors and enjoying every minute of it.



Farley Lewis, right, is recognized for Distinguished Service to the chapter. *Photo by Ken Carson*

THANK YOU





Presenters Walt Granda, left, Leslie Carson, Paul Miller, and (not pictured) Ken Carson ran a successful workshop on winter hiking. *Photo by Ken Carson*

Workshop Kicks Off Winter Hiking Series

By Paul Miller, SEM Winter Hike Leader

As has been our tradition in recent years, the SEM Hiking Committee kicked off our popular Winter Hiking Series with an instructive indoor workshop on Cape Cod during the afternoon just prior to the SEM Annual Meeting and Dinner held elsewhere on the Cape.

The purpose of this workshop is to provide experienced three-season hikers with an overview of the clothing, boots, and specialized gear needed, as well as other considerations for safe and enjoyable winter hiking in the mountains of New Hampshire. Twenty-six prospective winter hikers joined us for this year's workshop, held at the Lakewood Hills Clubhouse in Sandwich, Mass.

Due to some key-related confusion beyond our control, many participants had an opportunity to enjoy the beautiful Cape Cod sunshine and fresh air for a bit before we could gain access to the clubhouse. The workshop started just a little behind schedule, but not enough to seriously impact the program.

This began with Leslie Carson, SEM Hiking Chair, welcoming the workshop participants, reviewing the objectives and agenda, and introducing the presenters. Leslie then asked everyone to introduce themselves and briefly share what they've been doing recently from a

hiking perspective and what they hoped to get out of the workshop.

SEM Hike Leader Ken Carson then took a few minutes to share his thoughts on what's so special about winter hiking, specifically the beauty and solitude of the mountains in winter, the lack of crowds and insects, the great views, and "the opportunity to use some neat gear."

Paul Miller, SEM Hike Leader and self-avowed "winter hiking evangelist," then discussed the key points about clothing for winter hiking: avoid cotton and other non-wicking materials, use a layering strategy that enables you to constantly adjust layers to keep from overheating, and—above all—don't overdress, since this leads to sweating, which is what you want to avoid as much as possible. Paul then pulled examples of the different clothing articles he wears in different temperature, wind, and moisture conditions and how he mixes and matches them as needed to stay comfortable (and avoid hypothermia) in cold weather.

Leslie then discussed and showed examples of the various types of specialized gear we require for our winter trips up North. These include microspikes for hard-packed, snow-covered, or slightly icy trails; snowshoes for deeper snow conditions; and 10- or 12-point crampons for more challenging winter conditions when we would have



Photo by Ken Carson

(Continued on next page)

Winter Series Workshop

(Continued from page 3)

to negotiate steeper, icier trails. She explained that while we might not always require all this gear on the trail for every hike, we almost always ask you to bring it to the trailhead with you...just in case. For the overnight trip that serves as the finale for our Winter Series, Leslie stressed the importance of a good winter sleeping bag rated down to at least zero degrees F.

Leslie also covered the critical topic of winter footwear, including well-insulated/waterproof hiking boots, wool, synthetic, or wool/synthetic blend winter socks, and gaiters to keep the snow out of your boots. Leslie showed several examples of appropriate winter boots and discussed the pros and cons of each type. She also discussed her own voyage of discovery to finally find a pair of winter boots that worked well for her.

Next, SEM Hike Leader, Walt Granda, discussed nutrition and hydration requirements for safe and enjoyable winter hiking. Since our bodies burn food as fuel to maintain heat in winter, he stressed the need for high-caloric foods that are easy and convenient to eat while out on the trail when the temperature drops to well-below-freezing levels. He also explained why bladder-type hydration setups don't work well in winter (the tubes almost always freeze

up), and strategies for keeping your Nalgene-type water bottles from freezing. These include putting one water bottle upside down in an insulated carrier, and burying a second, backup water bottle deep in your backpack.

Finally, Ken explained that since winter hiking typically involves carrying heavier loads than at other times of the year, it's important to condition properly...and start doing so well in advance of any planned hikes. He then provided suggestions for how to accomplish this.

To conclude the workshop, Leslie and Paul quickly summarized the schedule for this season's Winter Hiking Series:

Winter Series Hike #1 - [Mt. Wachusett](#)

Date: Saturday, December 3, 2016

Winter Series Hike #2 - [Morgan-Percival](#)

Date: Saturday, January 7, 2017

Winter Series Hike #3 - [CRAWFORD NOTCH](#)

Date: Saturday, February 4, 2017

Winter Series Hike #4 - [LONESOME LAKE HUT OVERNIGHT TRIP](#)

Dates: Friday, March 3 to Sunday, March 5



Trail Work Event 11/19/16

Written by Pete Tierney, Trails Committee Chair

Armed with rakes, shovels, loppers, picks and saws, ten AMCSEM volunteers went out Saturday morning, November 19, to do trail work in the Blue Hills reservation. Through the efforts of Hike Leaders Dexter Robinson and Cathy MacCurtain, the chapter has recently adopted a section of the Skyline Trail. Extending from Hillside Street near Park Headquarters to Route 28, the trail crosses Tucker Hill, North Boyce Hill and Buck Hill. This is a popular and heavily used trail, enjoyed by individual hikers and families alike. It needs careful maintenance so that people do not stray off the treadway and create a maze of unofficial, erosion-prone trails.

Two main areas of concern were the rock stairways that climb up Buck Hill from the east and the west. These stairways had become less and less useful as they filled up with rock scree and decayed organic materials. As the stairs filled up, hikers used “work-arounds” that bypassed the stairs and created alternate paths that contributed to harmful erosion. Using picks, rakes and shovels, the volunteers cleared off the stairs and restored their usefulness. As the work progressed and hikers climbed and descended Buck Hill, it was gratifying to see them using the newly cleaned stairs rather than the “work-arounds.” Many hikers expressed their thanks for the

work of the volunteers and it provided an excellent opportunity to inform people about the AMC.

in addition to the work on the stairways, the trail crew cut vegetation that had encroached on the treadway and cleared clogged water bars. Water bars (or grade reversals) are essentially shallow ditches, faced with wood or stone, dug at an angle across the trail. Their purpose is to divert water from the trail to cut down on erosion. They do fill up eventually with dirt, rocks and organic material and they need to be cleaned out to remain functional.

Gratified by the improvement on the trail, heartened by the thanks of passers-by and refreshed by brownies supplied by Trails Committee Vice Chair Skip Maysles, the volunteers then moved on to the Quarries section of the Blue Hills. Hike Leader Paul Brookes has recently adopted the trails around the St. Moritz Ponds. In researching the history of the area, he found that one of the obscured, badly overgrown trails that he adopted had likely played a prominent role in the popular annual Winter Carnival held on the site from 1929 to 1940. The crew uncovered wooden stairs that marked the beginning of the trail and worked on defining the path past an old fire pit on the shore of the pond. Even though it was past the time allotted for the trail work event, the volunteers elected to stay a while longer to complete the work.

As volunteer Bob Jabaily said, “Who knew that doing yard work could be so much fun?”

Date	Adult Volunteer Vacation Trail Crew	Location	Age	Fee
Jan. 21-28, 2017	Costa Rica Trail Volunteer Vacation	Monteverde, Costa Rica	18+	\$550/\$610
Jan. 28-Feb. 4, 2017	Costa Rica Trail Volunteer Vacation	Monteverde, Costa Rica	18+	\$550/\$610
Feb. 11-18, 2017	Virgin Islands National Park Volunteer Vacation	St. John, USVI	18+	\$450/\$495
Feb. 18-25, 2017	Virgin Islands National Park Volunteer Vacation	St. John, USVI	18+	\$450/\$495
March 11-17, 2017	Pacific Crest Trail Volunteer Vacation	Cleveland National Forest outside of San Diego, CA	18+	\$450/\$495

Contact: Alison Violette, AMC Volunteer Trail Programs Administrative Supervisor

aviolette@outdoors.org, (603)466-8156

Apply Online: www.outdoors.org/volunteer/trails/volunteer-vacations.cfm, Click on “Crew Listings” and Scroll Down

*See website for May and June 2017 dates and information

A Shining Treat at World's End

Written By Éva Borsody Das

On Thursday Oct 13, 2016, the Thursday hike series toured World's End, a Trustees of Reservations property in Hingham. In addition to the beautiful tree-lined carriageways, the rugged rocky shorelines, and the views of the Boston skyline in the far distance across the water, the group encountered a special treat.

We are pictured here (with leader Éva Borsody Das, 4th from the right) in front of an eye- and light-catching installation by Danish-born artist Jeppe Hein, called *New End*. A labyrinth of mirrored columns is placed in a nautilus arrangement, inviting visitors to wander through and catch the myriad reflections of the landscape and water. This fascinating site-specific piece will remain on view through October 31, 2017. The trails are well-marked and suitable for leisurely self-guided walking.



Photo by Friendly Stranger

2017 Volunteer Teen Trail Crews Coming Soon!

1-Week, 10-Day, 2-Week, & 4-Week Trail Crews for ages 14-19 in these locations:

- New Hampshire's White Mts. & Cardigan Campground
- Maine Woods & Land Trust Partners
- Massachusetts Noble View Outdoor Center & The Berkshires
- Boston's Bay Circuit Trail
- New York's Harriman State Park
- New Jersey's Mohican Outdoor Center



Register NOW for AMC's 2017 Annual Summit!

January 28, 2017

Four Points by Sheraton, Norwood, MA

Annual Summit is AMC's thanks to the people who make our mission a reality everyday: our members and dedicated volunteers!

Whether you're a lifelong member or a newcomer interested in discovering all that AMC has to offer, we hope you will join us!

Our workshop schedule offers something for everyone: Need CPR certification? Want to walk through Blue Hills Reservation while learning about forest ecology? Interested in new navigation apps, or pro tips for backcountry photography? Check out the offerings [here!](#)

The event features:

- Your choice of more than 20 workshops and presentations
- A delicious buffet lunch
- An early evening Celebration Reception, with a drink and hors d'oeuvres
- AMC's annual volunteer service awards
- Committee meetings, open to all
- The 141st Annual Business Meeting

For those traveling a distance, who would like to stay Friday and/or Saturday night, we have secured a great group rate. You'll find the lodging details on the registration page.

Register at www.outdoors.org/AnnualSummit

\$30 if you register by December 31

\$40 if you register in January

Plant Conservation Volunteer Program

Register by Feb. 1, 2017, for one-day training to help the New England Wild Flower Society monitor rare plants and their habitats. Free field trips & learning opportunities.

See more information at newenglandwild.org.



Photo by Barbara Hathaway

Copicut Woods Family Hike

Written by Jeannine Audet

On Sunday, October 30, 2016, our group of nine hikers enjoyed a 2.3-mile Family Hike in Copicut Woods, Fall River. Several of our hikers got into the weekend spirit and wore their costumes. We had a beautiful day—plenty of sunshine and fairly warm for the season. Our group completed a loop on the Shockley and Meadowhawk Trails.

We talked about the foliage, trees, birds, and animals, and were fortunate to find two salamanders. The kids excitedly led the way at times, and also enjoyed taking a break sitting on the stone walls. The remnants of the Isaac Miller Homestead sparked the interest of the adults.

All in all, a great time! I look forward to leading more Family Hikes to encourage kids to learn about and enjoy the outdoors!



Photos at right by Jeannine Audet





Volunteer of the Month: **Bob Vogel**

Written by Cathy MacCurtain,
Past Trails Chair



In addition to his contributions as a hike leader, Bob has been instrumental in trail maintenance locally and up North. Not only was Bob a tremendous mentor to Cathy MacCurtain, our outgoing Trails Chair, but he was also responsible for holding several trail cleanup events at Borderlands and the Blue Hills during 2016. Bob brings his wonderful enthusiasm and a great sense of humor to every trail clean up.

Bob is patient with his trail volunteers yet provides great leadership in the proper techniques to use in trail maintenance.

Kudos to Bob Vogel for his outstanding commitment to trail work for the SEM Chapter.

He will receive a Volunteer of the Month Certificate and a \$50 gift card.

Each month the SEM recognizes one of our amazing volunteers. We are thankful for the wonderful people who donate their time and energy leading terrific trips to make our Chapter one of the best. Bob Vogel, a member of the SEM Chapter for many years is the SEM Trail's Volunteer of the Month.

Columbia River Gorge AMC's August Camp 2017

The mighty Columbia River cuts a panoramic gorge in the shadows Mount Reiner, Mount Saint Helens, Mount Adams and Mount Hood! Camp near the Bridge of the Gods, where the Pacific Crest Trail crosses the Columbia River.

Hike, raft, bike and more visiting many stunning waterfalls and scenic vistas on dozens of activities led by trained AMC volunteers. Just arrive and enjoy the activities and camaraderie. Everything's provided: tents, hearty and delicious meals prepared by our staff, local transportation and a free shuttle from Portland International Airport.

July 15 – August 12 Sign up early for the week(s) you want!

Week 1: July 15 – July 22

Week 2: July 22 – July 29

Week 3: July 29 – Aug. 5

Week 4: Aug. 5 – Aug. 12

One Week: \$925 for members \$975 for non-members

Two Weeks: \$1,800 for members \$1,900 for non-members

July 15 through August 12. Plan to attend for one week or two. Detailed info, pricing and registration will be on our web site by early December. Registration opens January 2, 2017.

Questions? Ask Trish Niece at AugCampReg1887@gmail.com



augustcamp.org



Photos: top right Brent Fernandez; others Wikimedia Commons

AMC's August Camp 2017

Explore Washington's Columbia River Gorge and the Pacific Crest Trail!

What, you may ask, is August Camp? It's an adult hiking camp sponsored by AMC that moves locations from year to year. In recent years, it has been based in a variety of great places such as Olympic National Park, Oregon's Central Cascades, Mt. Rainier National Park, and the Canadian Rockies. August Camp provides large tents with two cots (they pair you with a same gender tent mate if you are traveling alone) and handles all meals and transportation once you arrive at the designated airport. Individuals sign up to attend one or two weeks of camp, Saturday to Saturday. Each week accommodates 64 campers ranging in age from mid-30s to mid-80s. No matter which week you attend, you will meet a congenial group of fellow hikers and share a week of fun adventures.

Every day, 5-6 hikes of varying levels are offered. These are labeled as A, B, and C hikes with A being the most challenging. There are also alternative activities such as whitewater rafting, kayaking, mountain biking, and visits to scenic local attractions offered throughout the week.

Why is August Camp so wonderful? Because you meet great people and get to reconnect with them each summer, you get to go to beautiful places with people who share your interest in the outdoors, you don't have to do any work, and the cost of attending camp includes everything but airfare. At a cost of \$925 a week (including lodging, meals and ground transportation) for AMC members, it makes for a real bargain in the world of vacation travel.

August Camp 2017 will take place in an exciting new location, in the center of a triangle formed by Mount Adams, Mount Saint Helens, and Oregon's Mount Hood. The camp will be located a short distance north of the spectacularly beautiful Columbia River Gorge and the Bridge of the Gods, where the Pacific Crest Trail (PCT) crosses the mighty Columbia River. The PCT meanders right by the camp site, which will be located just west of

Stabler, WA, just one and a half hours from Portland International Airport.

Activities are planned and led by AMC-trained and approved volunteer leaders; meals are prepared by the friendly camp staff. All you have to do is show up at the airport Saturday to enjoy the hiking, the scenery, the people, and the fun that is August Camp!

Detailed info, pricing and registration materials will be available at augustcamp.org beginning in early December. Camp filled by mid-February in 2016, so don't miss out! Plan your one or two week adventure now and be part of one of the AMC's oldest traditions. Registration opens January 2, 2017.

Week 1: July 15 - July 22

Week 2: July 22 - July 29

Week 3: July 29 - Aug. 5

Week 4: Aug. 5 – Aug. 12

For additional information, including registration details, go to augustcamp.org



Explore the Pacific Northwest this summer at AMC's August Camp!



New Information Volunteers needed for Mohican Outdoor Center and Harriman Outdoor Center

Information Volunteers greet guests in a friendly manner, orient them to the facility, and offer advice about hiking trails and other outdoor activities. They also provide information about conservation and natural history, assist with retail sales, help guests at

the waterfront with boats and equipment, and promote AMC membership. Essential qualifications include familiarity with nearby hiking trails as well as the facility's lodging accommodations and outdoor activities; an outgoing, friendly personality; and knowledge about outdoor gear and backcountry safety.

Information Volunteers serve at Mohican and Harriman on weekends in summer and fall. Volunteers commit to providing at least 32 hours of service per year. Training will be provided for new Mohican and Harriman "Info Vols" during a spring training weekend, April 21-23, 2017. Volunteers must be at least 18 years old and pass an annual criminal background check. For more information, and to request an application for the program, please contact Kyra Salancy, AMC's Outdoor Program Centers Volunteer Coordinator, by January 15th, at amcvolservices@outdoors.org.

Outdoors Together Diversity, Equity & Inclusion Training

What: Outdoors Together: Diversity, Equity & Inclusion Training

Who: Led by The Avarna Group

When: Sat & Sun, March 25 - 26, 2017
(Friday night optional)

Where: Prindle Pond Conference Center
Charlton, MA

Cost: \$50, includes all food, lodging and materials

Space is limited. If you are an active volunteer and would like to apply, or for more information, please contact Lisa at lrobbins@outdoors.org.

AMC volunteers lead the way in outdoor recreation, education and conservation.

You promote outdoors engagement with every trip, mentor the next generation of volunteers, and help grow the community that protects our natural treasures.

That is **WHY** AMC is excited to announce Outdoors Together. This creative program explores how we can welcome and include people from diverse backgrounds and experiences, to sustain our energy, relevance and values into the future.

The Avarna Group, nationally recognized innovators in building relationships between people and the environment, will lead our training.

We hope you will join us for this wonderful weekend!!

To read more about the ideas inspiring this training, go to www.TheAvarnaGroup.com.



Clickable links: lrobbins@outdoors.org and www.TheAvarnaGroup.com

Activities

For the most current information, [search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

AA 13+

A 9-13

B 5-8

C less than 5

Indicates pace

1 very fast

2 fast

3 moderate

4 leisurely

Indicates terrain

A very strenuous

B strenuous

C average

D easy

Found in the description

L Activity leader

CL Activity co-leader

FT First Time

NM ... New Members

AN Advance Notice

C Conservation

BICYCLING

Tue., Dec. 13, 2016—Sunset and Full Cold Moon Cycling, Massachusetts, Cape Cod, MA. Road cycling on streets and canal roadflats & hills—22+/- Miles/ 2 +/- hours. December is the month when winter begins for most of the Northern Hemisphere; hence, its full moon is called the Cold Moon. We'll cycle from Sandwich Recreation Area at the end of Freezer Road in Sandwich to Monument Beach and return along Shore Road and through Gray Gables and Mashpee Island for sunset at Tidal Flats Recreation Area across the canal from MMA. Return along the canal with a stop at Aptuxet Trading Post including President Cleveland's Railroad Station and moonrise over the Sagamore Bridge. Contact leader to register and for start time. L Paul Currier (508-833-2690 9-7, paulbcurrier@comcast.net)

Sun., Jan. 1. 14th Annual New Years Day Cycling, Massachusetts, Cape Cod, MA. SEMAMC 14Th ANNUAL NEW YEAR'S DAY CYCLING Road Cycling—We'll cycle on the streets and Shining Sea Bike Path from North Falmouth to Woods Hole and return. 27+/- miles—3 hours or so. We'll do a shorter ride if the weather is iffy. We'll start at the Shining Sea Bike Path parking lot in North Falmouth. First re-group at Old Silver Beach and a look toward Marion, Rochester, Mattapoisett, and Fairhaven. Perhaps a couple of side tours past Gunning Point and Racing Beach and Nobska Light. Then on to Woods Hole for a stop at Pie in the Sky for refreshments in the sun. Start time—late morning—contact leader for time, directions, and registration—e-mail preferred. L Paul Currier (508-833-2690 9-7, paulbcurrier@comcast.net)

HIKING CAPE COD

Get your 100-mile patch! Contact hikingchair@amcsem.org.

Always looking for additional hike leaders! Contact hikingchair@amcsem.org

Thu., Dec. 8. Hike Beebe Woods, Falmouth, MA, Massachusetts, Berkshires, MA. Hike in Beebe Woods passing near ponds and through lovely woods. From the Bourne Bridge head south on Route 28 into Falmouth. Proceed through the intersection at the first traffic light and go approximately 1/2 mile to right on Depot Avenue. Proceed up the hill and pass Highfield Hall to parking area behind Highfield Theater. L Deborah Hayden (shaferhayden@gmail.com)

Sun., Dec. 11. Hike Crowe's Pasture, East Dennis MA, Massachusetts, Cape Cod, MA. Hike through salt marshes around Quivet Creek to bay beach. We will hike to end of bay beach and take scenic roads past historic homes in Quivet Neck. Directions take Rte 6 to Exit 9 B and go through first traffic light on 134. Look for Airline Rd on R and take R. Follow Airline Rd across 6A and turn R on South St and go past cemetery to small parking area on R. Meet at 12:45 for 1:00 pm start. L Deborah Hayden (shaferhayden@gmail.com) L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Thu., Dec. 15. (C3C) Hike—Mashpee River Woodlands, Mashpee, MA, Massachusetts, Cape Cod, MA. Wooded walk along Mashpee River. Take Orchard Rd. off Rte.28 to end. Turn R. then quick L onto Mashpee Neck Rd. Go 1.1 miles to Mashpee River Woodlands Pkg.Lot on R. Meet at 9:45AM. Hike 10 am-12 pm. L Farley Lewis (508-775-9168 Before 9 PM, farlewis@comcast.net)

Continued on next page

Activities

For the most current information, [search activities online](#)

Thu., Jan. 5. Hike Shawme Crowell State Park Sandwich, Massachusetts, Cape Cod, MA. Hike cleared trails with some up/down hills. Driving directions from Sagamore Bridge take 1st exit and turn R onto Sandwich Rd and continue to merge with 6A bear L and follow to Rte 130 turn R go short distance entrance to park is on R drive past guard booth and follow road until you come to dumpsters. Park around dumpsters. From upper Cape take Rte 6 to exit 2 and turn L onto Rte 130 follow through town and continue until you see entrance to Shawme Crowell on L drive past guard house and follow road to dumpsters. Meet at 9:45 AM for 10 AM start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Sun., Jan. 8. (C4C) West Falmouth, Quaker Woods Hike, West Falmouth, Massachusetts, Cape Cod, MA. Easy 2-hour hike, stepping back in time 350 years to the site of one of the earliest Cape settlements, and see the first Quaker Burial Ground on the Cape. Depending on time, may also walk a bit on local bike path, West Falmouth Harbor, and possibly beach. Rain or heavy snow cancels. Call if in doubt about weather. Kids welcome. Directions: From the north or the east, take Route 28S to the Brick Kiln Road exit. Right at the end of the ramp. After 0.5 miles, turn right at the flashing yellow light onto Route 28A, then go 0.6 miles to a left at Old Dock Road. Go 0.1 miles and park in the lot on the right by the bike path. L John Gould (508-540-5779, jhgould@comcast.net)

Sun., Jan. 15. Hike Long Pond, Falmouth, Massachusetts, Cape Cod, MA. 2 hour hike in the Falmouth Town Forest with scenic views of Long Pond and a small kettle hole. The hike includes some hilly sections with uneven footing. Heavy precipitation cancels. L Deborah Hayden (shaferhayden@gmail.com)

Thu., Jan. 19. Canal/Town Neck Hike, Massachusetts, Cape Cod, MA. 4.5 mi hike along the CC Canal, Town Neck Beach, Mill Creek, Boardwalk, Town Neck on soft, sandy beach, rocky beach, flat walkways, sidewalks, paved roads. Check out the new harbor master's ofc, new boat-to-table seafood mkt/restaurant & refurbished TNB. RT 6 Exit 2. 130N x 1.4 mi. RT on Tupper x 0.7 mi. RT on Freezer to Sandwich Rec Area prkg. 10a.m.-12p.m. Opt'l lunch Cafe Chew post hike. Heavy rain/sleet/snow cancels. L Barbara Gaughan (781-572-1321 before 9 p.m., barbaragaughan12@comcast.net, SEM Level 1 hike/bike leader)

Thu., Jan. 26. (AN) Hike-Truro, Ryder Beach (C3C), Massachusetts, Cape Cod, MA. Beach, woodland trails, hills, scenic bay views. Rte 6, L on Prince Valley Rd. to end. R on County Rd. L on Ryder Beach Rd. Park at End. Meet 9:45 a.m. 2 hrs. L Janet Kaiser (508-432-3277 before 9 p.m., jtkaiser@comcast.net)

Sun., Feb. 5. Hike Scorton Creek Sandwich, Old County Rd. East Sandwich, Massachusetts, Cape Cod, MA. Hike along saltmarsh, through old state game farm and past one of the original pilgrim homesteads. Contour is fairly flat, with lots of roots and some trails may be muddy. Driving Directions from Sagamore Bridge take exit 3 and turn N on Quaker Meetinghouse Rd to 6A and turn R and follow 6A to E Sandwich Post Office and turn R onto Old County Rd and park in horseshoe across from Grange Hall. From down cape take Rte 6 to Exit 4 Chase Rd and turn N and take 2nd L onto Old County Rd and park in horseshoe on L across from Grange Hall. Meet at 12:45 PM for 1 PM hike start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Sun., Feb. 12. Hike Craigville Beach, Massachusetts, Cape Cod, MA. We will visit Christian community overlooking Craigville Beach and then hike down road to trail through saltmarsh to Centerville River; we will return walking Craigville Beach. Directions to hike take Rte 6 to Exit 6 and turn R at Shootflying Hill Rd. to L on Old Stage Rd., becomes Main St. follow to beach parking lot for meet location. Follow signs from 132 for Craigville Beach. Meet at 12:45 PM for 1 PM start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Thu., Feb. 16. Island Pond, Harwich (C3C), Massachusetts, Cape Cod, MA. 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 Before 9:00 pm, jtkaiser@comcast.net)

Sun., Feb. 26-26. Sandy Pond Recreation, West Yarmouth, Massachusetts, Cape Cod, MA. Route 6, Exit 7S to left on Camp Street, then left on Buck Island Road. Left at Sandy Pond Recreation Area. Meet at 12:45 p.m.. L Janet Kaiser (508-432-3277 before 9:00 p.m., jtkaiser@comcast.net)

Sun., Feb. 26-26. Ryder Conservation/Lowell Holly Reservation Hike Sandwich, Massachusetts, Cape Cod, MA. 4-4.5 mi hike thru Conservation areas with frontage on Mashpee & Wakeby Ponds. Footpaths, carriage roads, cpl moderate hills. Rare example of a Cape Cod old-growth forest embellished with plantings by Abbott Lowell. Rt 6 Exit 3 > Quaker Meetinghouse Rd so. x 2.5 mi > LT @ light on Cotuit Rd x 2 mi. Trail head prkg on right. 1 p.m.-3:30 p.m. L Barbara Gaughan (781-572-1321 before 9 p.m., barbaragaughan12@comcast.net, SEM Level 1 hike/bike leader)

Continued on next page

Activities

For the most current information, [search activities online](#)

Sun., Apr. 30. Hike Maple Swamp, Massachusetts, Cape Cod, MA. Hike historic area which dates back to glacial erosion. This hike has lots of steep climbs and declines with uneven terrain. Hiking boots and poles strongly recommended. Driving directions to start take Rte 6 to exit 3 Quaker Meetinghouse Rd and turn S off of ramp. Take first L onto Service Rd and look for Maple Swamp parking area on R past Mill Ln. Meet at 12:45 PM for 1 PM start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org.
Always looking for additional hike leaders! Contact hikingchair@amcsem.org

(FT) (NM) Thu., Dec. 8. Thursday Morning Hike, Moose Hill, Sharon, MA, Massachusetts, Southeast, MA. Meet at 10 am in Sharon at the Audubon Moose Hill Wildlife Sanctuary parking lot for a 5-mile hike, starting on the Vernal Pool loop. Relatively flat route. Parking fee for non-Audubon members is \$3 for Seniors. Bring rain gear, lunch, water and sturdy shoes. Rain cancels. L Hans Luwald (508-668-0462 before 9 pm, hans.luwald@gmail.com) CL Debbie Lepore (617-778-4339 before 8 PM)

(FT) (NM) Sat., Dec. 10. Borderland State Park, 259 Massapoag Ave, North Easton, MA 02356, Get Some Fresh Air Hike at Borderland State Park, Avoid the holiday shopping crowds with a 5-7 mile hike around Borderland. We will stick to trails as much as possible but have no set route. This will not be a difficult hike. Borderland has little elevation. Wear weather appropriate gear & bring water/snacks for yourself. Hike will last up to/around 2 hours. Borderland State Park charges \$5 for parking unless you have a park pass. *Heavy rain cancels but leader will notify participants. Email leader with any questions or concerns. L Patricia McNally (pmcnallyma@comcast.net) CL Nancy Coote

Thu., Dec. 15. Thurs. Morning Hike—Massasoit State Park, Massasoit State Park, E. Taunton, Massachusetts. Meet at 10 a.m. at Massasoit SP, East Taunton's "hidden jewel." Approx. 6 miles on trails lined with pine needles that wind around lakes and ponds on mostly flat to gently rolling terrain. Wear boots, bring water, snacks and lunch. Rain cancels. L Barbara Hathaway (508-880-7266 before 9 pm, barb224@tmlp.net)

Sat., Dec. 17 (FT) (NM). F. Gilbert Hills State Forest Hike, 45 Mill St, Foxborough MA 02035, Massachusetts, Southeast, MA. Hike around F. Gilbert Hills State Forest. The goal will be getting to the radio tower. This hike will be approximately 5-7 miles and take under 3 hours. Please bring weather appropriate gear/clothing and water/snacks for yourself. Heavy rain will cancel but leader will notify. Contact leader with any questions. L Patricia McNally (pmcnallyma@comcast.net) CL Nancy Coote

Thu., Dec. 22. Thursday Morning Hike at the Blue Hills, Milton, MA, Massachusetts, A 4-5 mile hike around the Breakneck Loop. Meet at the small parking lot directly across from the State Police barracks at 9:45 for 10 am start. L Sue Chiavaroli (508-496-6452 7PM-(PM, brillo6452@yahoo.com)

Tuesdays Dec. 27; Jan. 3, 10, 17, 24, 31; Feb. 7, 14, 21, 28; March 7, 14. White Line the Blue Hills, Blue Hills Reservation, Milton, MA This series will run from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for about 4 hours at a moderate pace. The first hike is Tuesday Dec 27 (last hike is March 14). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required. Also, Paul will have his dog Sunny with him when weather permits. Have you been Red Lining and would like to try White Lining or do you simply enjoy winter hiking? Then we hope you consider joining us Tuesday mornings; it's fun to hike without bugs and is a good way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camacurtain@aol.com) CL Pat Achorn (plachorn@me.com), R Pat Achorn (plachorn@me.com)

Thu., Jan. 19 (C) (FT) (NM) (AN). Thurs. AM Monastery Grounds Hike, Cumberland, RI, Monastery, Cumberland, RI, Rhode Island, RI. Thursday Morning Hike on Monastery grounds in Cumberland, RI—Bring lunch or snack. Snow equipment may be needed. Rain cancels. Rte. 295S to exit 11. Take 114S app. 1-1/2 mi. Take right into Monastery and go past playground. L Muriel Guenther (508-699-7461 Before 9:00pm, murielguenther@comcast.net)

Continued on next page

Activities

For the most current information, [search activities online](#)

Sat., Jan. 21. Snowshoe Hike #1— Mt Hedgehog, White Mountains, Albany, NH—Snowshoe along the UNH Trail from the Kancamagus Hwy. This loop trail has several ledge viewing areas with views of the Presidential Range and Mount Chocorua. The trip is 5 miles round trip with a 1500 foot elevation gain at a moderate pace. Parking fee \$3. L Anne Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com) L Jeannine Audet CL Ken Carson (kciii@comcast.net), R Anne Duggan (177 Rounseville Road, Rochester, MA 02770, 508-789-5538 before 9 pm, abduggan12@gmail.com)

Thu., Jan. 26. (FT) (NM) Borderland State Park/Bay Circuit Trail Thurs. AM Hike, Sharon/North Easton, MA. Meet at 10AM at Borderland SP parking lot on Massapoag Avenue on the Sharon/North Easton border for a six-mile hike, including portions of the Bay Circuit Trail with pond views. Bring water, lunch, layers, sturdy footwear. Rain or storm cancels. Parking fee is \$5.00 for residents, \$6.00 for non-residents. L Deborah Lepore (617-778-4339 before 9 PM, DLepore2@GMail.com) CL Hans Luwald (508-668-0462 before 9 pm, Hans.Luwald@GMail.com)

Thu., Feb. 2. (B3C), Thursday Morning Hike: Whitney and Thayer Woods, Cohasset, Hingham, Massachusetts. Whitney & Thayer Woods (B3C) Lovely woods walk across rolling hills on Trustees of Reservations property. Meet at 10:00am in the Whitney and Thayer Woods main parking area. Boots suitable for weather/trail conditions, possibly traction devices or snowshoes, water, winter wear (layers, hats, mittens) and snacks/lunch required. Directions: from Route 3 (Exit 14), take Route 228N for 6.5 miles through Hingham. Turn right onto Route 3A eastbound and follow for 2 miles to the entrance. Parking is on the right. Contact L if weather is questionable. Please carpool if possible, as parking is limited. L Eva Borsody das (781-925-9733, borsody@gmail.com)

Sat., Feb. 4. WINTER SERIES HIKE #3—CRAWFORD NOTCH, White Mountains, NH. Join us for Winter Hike #3 in the popular SEM Winter Hiking Series. On this outing we will summit a 4000 foot mountain in the Crawford Notch area. The actual mountain will be determined based upon the weather and snow conditions. Mountains under consideration include Tom (4051'), Jackson (4052'), Pierce (4310'), and Field (4340'). Participation in the SEM Winter Hiking Workshop on November 5th and/or significant winter hiking experience required to participate in this series. L Barry Young (508-339-3089 Before 9 PM, Barry.young@comcast.net) L Leslie Carson (lrc929@comcast.net), R Barry Young (Barry.young@comcast.net)

Fri., Mar. 3-5. Winter Hiking Series Trip #4—Lonesome Lake Overnight, White Mountains, NH. Join us for the fourth and final trip in our popular SEM Winter Hiking Series. On Friday, we will hike into the AMC Lonesome Lake Hut from the Lafayette Campground in Franconia Notch. After checking into the hut, we will have an opportunity to explore the beautiful Lonesome Lake area before enjoying our "social hour" and group-prepared dinner in the hut. Following our group breakfast on Saturday, we will offer one or more hikes to nearby peaks (probably Cannon Mtn. and or North/South Kinsman). After returning to the hut, we will once again get together for a social hour and group-prepared dinner. After breakfast on Sunday morning, we will pack up our stuff and hike back down to the trailhead for the drive back home. While the hike into the hut from Franconia Notch is relatively short, we will be carrying full winter packs and either hike on Saturday will be relatively challenging. In addition to appropriate winter-rated hiking boots and appropriate (non-cotton) clothing, we will require microspikes, snowshoes, and 10- or 12-point crampons for this trip. Since the bunkrooms are unheated, we will also require a winter sleeping bag rated down to AT LEAST zero degrees F. Participation in the SEM Winter Hiking Workshop and/or significant winter hiking/snowshoeing experience required to participate in this series. For the overnight trip, we will also give preference to those who participated in the earlier hikes in this winter series. L Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net, Paul, an experienced SEM winter hiking leader and instructor, takes great pleasure in introducing three-season hikers to the many pleasures of winter hiking.) L Barry Young (508-339-3089 Before 9 PM, Barry.young@comcast.net)

Thu., Mar. 23 (FT) (NM) Thurs. Morning Hike—Oldham Trail & Harold Clark Forest, Harold Clark Forest, Foxboro, MA, Massachusetts, Southeast, MA. Hike the Oldham Trail and Harold Clark Forest in Foxboro. Meet at 10:00 am at parking lot on Rt. 140 across from Sunoco Station. Heavy rain will cancel. Bring lunch or snack and water and wear appropriate footwear. L Muriel Guenther (508-699-7461 Before 9:00PM, murielguenther@comcast.net)

Continued on next page

Activities

For the most current information, [search activities online](#)

Thu., Mar. 30 (FT) (NM) Thursday AM Ponkapoag Pond Hike, Ponkapoag Golf Course, Canton, MA, Massachusetts, Southeast, MA. Meet at 10AM in Ponkapoag Golf Course Parking Lot for a five-mile hike/snowshoe (depending on conditions) around the pond. Bring: water, snack and appropriate footwear. L Deborah Lepore (617-778-4339 before 9 PM, DLepore2@GMail.com) CL Hans Luwald (508-668-0462 Before 9 PM, Hans.Luwald@Gmail.com)

Thu., Apr. 20 (C) (FT) (NM) Thurs Morn. Hike—Wallomonopoag Conservation Area, Wrentham, MA. Meet 10:00 am in Conservation Area parking lot off of Elysium St. Wrentham. Bring water, snack or lunch & sturdy footwear. Rain cancels. Great blue rookery and eskers and possible sighting of deer. L Muriel Guenthner (508-699-7461 Before 9:00pm, murielguenthner@comcast.net)

Thu., Apr. 27 (FT) (NM) Thursday Morning Hiking in the Blue Hills, Blue Hills Reservation, Milton, MA. A 5 mile hike in the Blue Hills on the Red Dot Trail that is marked by rugged, rocky loops over hilly terrain. L Sue Chiavaroli (508-496-6452 7PM-9PM, brillo6452@yahoo.com)

Thu., May 25 (FT) (NM) Thursday Morning Hike at Ell/Long Pond, Hopkinton, RI, Fisherman's Parking Lot, Canonchet Road. A 4-5 mile hike along the Narragansett Trail in RI. The hike scrambles up and down through paths of rhododendrons, hemlocks, and mountain laurel. Part of the hike will be a scramble up a rock formation with a great view of Long Pond where the movie Moonrise Kingdom was filmed. L Sue Chiavaroli (508-496-6452 7PM-(PM, brillo6452@yahoo.com)

SKIING

Fri., Jan. 13-16. XC Ski Weekend in White Mountains, Jefferson NH. SEM and Boston Forty+ join together for xc skiing, snowshoeing and camaraderie at Applebrook B&B, in Jefferson, NH. Friday, Saturday and Sunday nights lodging, 3 hot breakfasts, Friday night pizza and salad and Saturday and Sunday dinners are included in rates that range from \$230 to \$310 per person including taxes. Skiing at Bretton Woods or other facilities depend upon snow and trail conditions. Additional details provided prior to trip. L Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net) L Jeannine Audet (508-675-8055, milmod@aol.com) CL Wayne Cardoza (603-673-2518 before 9pm), R Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net)



A



Photos by Ken Carson

Happy Trails!



The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the AMC | January 2017

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Please send your Word doc and photographs to
breeze.editor@amcsem.org.

Please send photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Business advertisements are just \$15/month. Send inquiries to breeze.editor@amcsem.org



Rolling into the new year, from left: Jeff Hyman, Joe Tavilla, Bernie Meggison, Barbara Gaughan, Paul Currier, Robyn Saur, Bill Brown, and Julia Slatekiewicz.

Fair Skies and Super Cycling

Written by Paul Currier, Leader

Once again we enjoyed a beautiful winter's day for our 14th New Year's Cycling - blue skies, mid 40s, but with a bit of a breeze; just enough to keep the sweat from forming on our brows.

Starting once again in North Falmouth, we rode to our first stop and regroup - Old Silver Beach. There we watched an exciting surf glider demonstrate his skills - we were pretty much in agreement that he was not on his first trip. Over to the right were the Old Silver dippers doing their usual NYD frigid plunge. To each his/her own!

Continuing along streets and the Shining Sea bike path to Woods Hole, we cycled through the scenic Gunning Point and Racing Beach areas.

Continued on page 3



View from the chair

HAPPY NEW YEAR!

As we begin 2017, I want to wish you and your families all the best for a healthy and rewarding new year.

This is the time of year when most people think about self-improvement. Year after year, the top New Year's Resolution is to lose weight and get in shape. Well, AMC has great news for you! No need to sign up for one of those expensive gym memberships. Despite the weather turning cold, there is still plenty of opportunity to get outside and participate in an AMC sponsored activity.

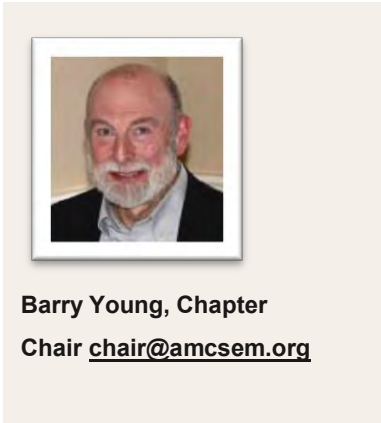
The dedicated leaders of the SEM Chapter have a full slate of activities planned to get you outside. From local weekly hikes in the Blue Hills and on the Cape, to challenging winter hikes in the White Mountains, there is something for everyone. Want to learn to cross-country ski? Check out the local adventure planned by our ski leaders for January 29th! Afraid you might be cold? Our well-trained leaders will show you how to dress in layers, wear the proper footwear, and carry the right equipment. Guaranteed you won't be cold!

If you haven't been to our website lately, [check it out](#). All our activities are listed [here](#). Get your family and friends involved and participating with you by sharing our newsletter and activities with them. Participants do not have to be members to share in the excitement, so encourage them to join you.

See you all outside!

Barry Young

AMC SEM Chapter Chair chair@amcsem.org



2017 Executive Board

Chapter Chair	Barry Young	Communications Chair	Paul Miller	Membership Chair	Sandy Santilli
Vice Chair	Christine Racine	Communications Vice Chair	Open	Membership Vice Chair	Ed Miller
Secretary	Ann McSweeney	Communications Vice Chair	Kristina Williams	Membership Vice Chair	Ellen Thompson
Treasurer	Patty Rottmeier	Conservation Chair	Bill Cannon	Paddling Chair	Ed Foster
Past Chapter Chair	Maureen Kelly	Conservation Vice Chair	Open	Paddling Vice Chair	Open
Biking Chair	Bernie Meggison	Education Chair	Doug Griffiths	Skiing Chair	Barbara Hathaway
Biking Vice Chair	Open	Education Vice Chair	Open	Skiing Vice Chair	Jeannine Audet
Cape Hiking Chair	Jane Harding	Hiking Chair	Leslie Carson	Trails Chair	Peter Tierney
Cape Hiking Vice Chair	Cathy Giordano	Hiking Vice Chair	Open	Trails Vice Chair	Wayne Anderson
				Trails Vice Chair	Skip Maysles

Ad Hoc Committee Chairs and Other Chapter Contacts

Social Director	Open	Webmaster	Cheryl Lathrop
Social Vice Chair	Open	Breeze Editor	Mo Walsh
Social Networking Moderator	Susan Mulligan	Blast Editor	Marie Hopkins

Contact the Chapter Chair at chair@amcsem.org if you're interested in any open position.



Biking to the Beach! *Photo by Robyn Saur*

New Year's Cycling

Continued from page 1

Upon arriving in Woods Hole we stopped at the ferry terminal and fortunately found a Good Samaritan to take pictures of our group in and around a huge wreath.

We proceeded to Coffee O (awesome hot chocolate!) for refreshments followed by the return trip, taking in Nobska Light and Martha's Vineyard. The skies were the bluest of blue and we could see the lighthouse on Gay Head—the first time I recall being able to pick it out from Nobska.



On a clear day, you can see the lighthouse!

Photo by Paul Carrier

Next was the return trip along the Shining Sea path which was of course offering numerous splendid views of bays, Sippewisset Little and Great Marshes, ocean, birds, bogs, and a beautiful ending for another enjoyable ride.

Returning riders from 2016: Barbara Gaughan, Bernie Meggison, Joe Tavilla, and me. New riders joining us this year included Robyn Saur, Bill Brown, Jeffrey Hyman, and Julia Slatkiewicz, an AMC'er from Taunton.

Volunteer of the Month: Joanne Staniscia



**Written by Leslie Carson,
Hiking Chair**

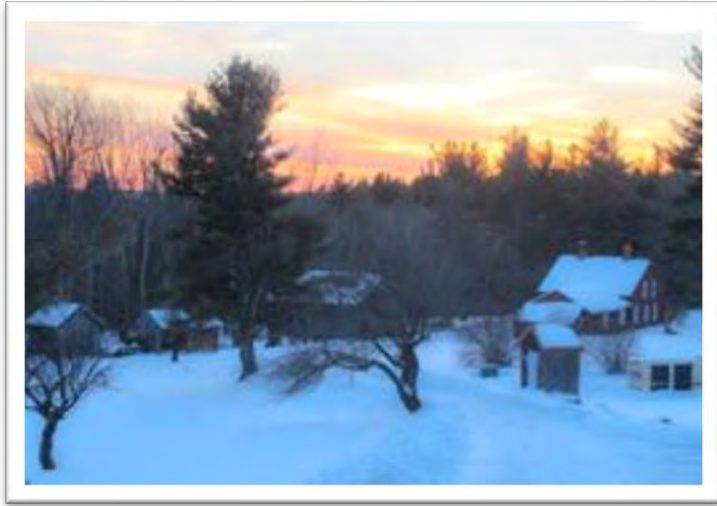
Photo by Ken Carson

Each month the SEM recognizes one of our amazing volunteers. We are thankful for the wonderful people who donate their time and energy to lead terrific trips. This month the Hiking Committee recognizes JOANNE STANISCIA for her continuing contributions.

Joanne has been an active leader with the Southeastern Mass Chapter for the past few years leading local hikes, particularly for the SEM's Thursday Morning hikes. She has been hiking for many years with the Southeastern MA Chapter in all four seasons and is known to many. She is quick with a smile, has a positive outlook and a dry sense of humor. Her hikes are always well planned out (you may see her on the trail pre-hiking her route) and very well attended.

Thank you, Joanne, for all you do!

Joanne will receive a Volunteer of the Month Certificate and a \$50 gift card.



Noble View Outdoor Center 2015 Photo by Ken Carson

Intro to Snowshoe Hiking and XC Skiing

Written by Paul Brookes, Hiking Leader

Test out your new winter skills and/or equipment with a weekend of hiking, cross country skiing, and snowshoeing, depending on winter conditions. Our Hiking and Skiing Committees are sponsoring an introduction to these winter sports Feb. 10-12 at the [Noble View Outdoor Center](#) in Russell, MA, about two hours west of Boston.

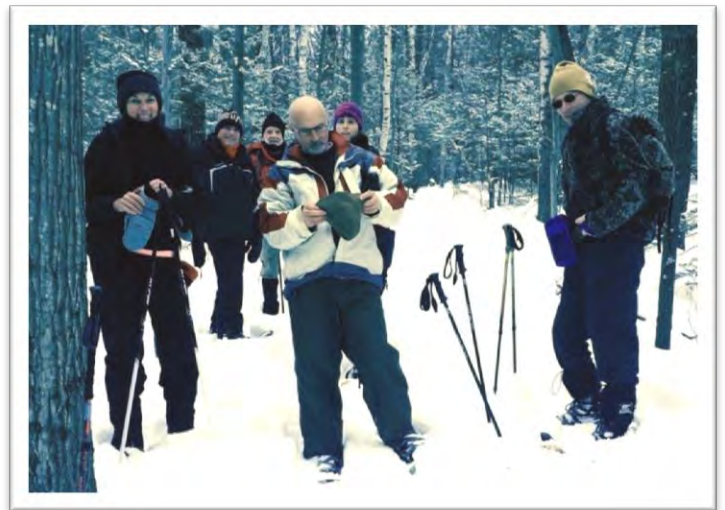
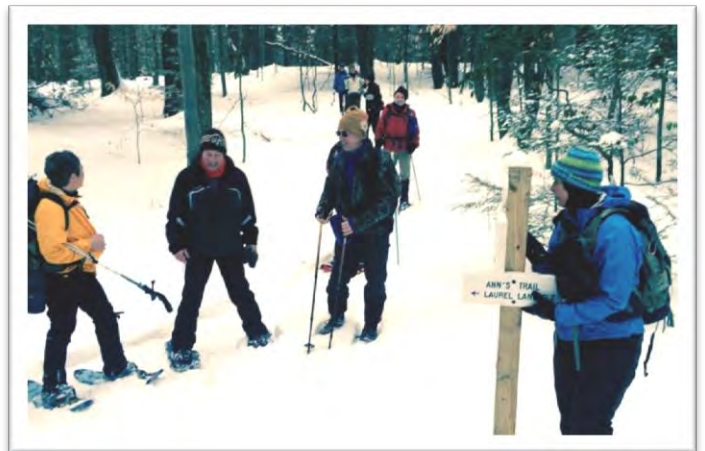
The weekend is capped at 28 people, based on the two cottages we have reserved. There are still some spots left, but if you're interested email Walt Granda, the registrar, sooner rather than later. In past years this trip has filled up fast.

I've been to Noble View a few times and can vouch for it: It's a ton of fun and very social. You can go on morning and afternoon hikes or skiing, or just sit in front of the fire reading. Bring your own wine or beer and enjoy chatting, or playing board games or cards in the evening.

The registration fee of \$105 per person for AMC members/\$115 for non-members includes two nights lodging and meals. You arrive late afternoon Friday and get settled in during the evening. Dinner Friday night is provided, as well as breakfast, lunch, and dinner on Saturday and breakfast Sunday (left-overs Sunday).

I have sent in my reservation for the weekend and will be leading a Saturday morning hike in boots or snowshoes, depending on how much snow there is. There will also be leaders who will be doing cross-country skiing (again if there's enough snow). All told, it's a really fun weekend! [Here's the listing.](#)

For questions or to register, contact Walt Granda, 508-999-6038 before 9 p.m., or wlganda@aol.com.



Whooshing and waddling in a winter wonderland.
2015 Photos by Walt Granda

We Love Your Photos...

When you send them, please include if possible: activity, location, date, names of people featured prominently, different filename for each photo, name of photographer. Thanks!



North American Forest *Photo from The Nature Conservancy*

The Conservation Corner

Written by Bill Cannon, Conservation Chair

As members of the AMC we tend to be more conscious of the outdoors and how fragile it is. We take Conservation and Leave No Trace seriously and have a desire to preserve the outdoors for those who come after us.

With that, I want to tell you about a room. Some of us have seen this room. Some choose to ignore it. Some have never seen it. It is the largest room in existence. It is the Room For Improvement. When we practice Conservation of our Outdoors, there is always the Room For Improvement. Let me cite some examples:

When you are hiking after a rain, do you go around the puddles?

When there is a tree down in the trail do you make a new trail around it?

Do you throw out that peach pit or apple core onto the shore from you canoe?

Do you leave your trash bag home when you go out?

Do you leave the filled doggy-doodoo bags at the trailhead thinking someone will pick them up?

Do you only snowshoe because you can't see the debris below the snow?

These are only a few areas that we can improve on as individuals and especially as a group.

That one plant I stepped on going around a puddle may survive, but may not survive the twenty more feet that are behind me. That apple core may rot in place and become compost for the flora, but the twenty other cores are likely to make the fauna sick.

We all have to enter that Room For Improvement. In this room we will find Training, Information and Wisdom. If we take what we learn in the Room and apply it to our outdoor activities we will be able to preserve the Outdoors for many generations.

I recently went to the Room and read a great article In AMC Outdoors by Karen Ingraham titled "[How to Reuse and Recycle Outdoor Gear.](#)" She has some great and easy ideas that we can apply to our Outdoor Activities. Please give it a read, and enter the Room For Improvement.

Become a Plant Conservation Volunteer

New England Wild Flower Society is seeking enthusiastic people who have a commitment to plant conservation and protecting natural habitats to participate in their Plant Conservation Volunteer Program. PCVs collect information on rare plants and their habitats across all six New England states. There are also opportunities to assist with invasive species removal, habitat management projects, and botanical surveys that benefit rare plants. The Society also offers free field trips and some learning opportunities to PCVs. Develop your botanical skills, put them to work, learn more about the flora of New England, meet others with similar interests, and help preserve your state's natural heritage.

How to apply: You must be able to attend the annual 1-day training session held on a weekend in March/April for



each of the New England states to review surveying protocols and PCV guidelines. The schedule for training sessions is on our website. To apply [visit our website](#) and fill out the electronic application by **February 1st, 2017**

2017 Volunteer Vacation and Teen Trail Programs

Date	Crew Name-Adult Volunteer Vacations http://www.outdoors.org/volunteer/trails/volunteer-vacations.cfm	Total Spaces	Fee
February 18-25, 2017	Virgin Islands National Park Volunteer Vacation	12	\$450/\$495
March 11-18, 2017	So. California Pacific Crest Trail Crew Volunteer Vacation	10	\$450/\$495
May 21-26, 2017	Lonesome Lake Hut Adult Trail Crew Volunteer Vacation	9	\$385/\$425
June 18-23, 2017	Harriman Outdoor Center Adult Volunteer Vacation	9	\$385/\$425
June 25-30, 2017	White Mountain Adult Base Camp Trail Crew	9	\$310/\$340
July 2-7, 2017	Not Your Parents Trail Crew! U-30	9	\$310/\$340
July 9-14, 2017	White Mountain Adult Base Camp Trail Crew	9	\$310/\$340
July 16-21, 2017	White Mountain Women's Spike Trail Crew	9	\$310/\$340
July 23-28, 2017	White Mountain Adult Base Camp Trail Crew	9	\$310/\$340
July 30-August 4, 2017	White Mountain Adult Spike Trail Crew	9	\$310/\$340

A New Headquarters for AMC

I am very excited to [announce our purchase](#) of a new headquarters building at 10 City Square in the Charlestown neighborhood of Boston. This location provides many of the elements we have been looking for, including more modern space, proximity to public transportation, green space, as well as room for future growth and access to a broader urban constituency.

Charlestown is a dynamic neighborhood and we expect our move will strengthen our current partnerships with Boston City Parks, the National Park Service, the Charlestown Boys and Girls Club, and others. 10 City Square is adjacent to City Square Park along the Freedom Trail and near the Boston National Historical Park and Bunker Hill Community College.

We will be using the proceeds of the sale of our Joy Street buildings for the purchase and renovation of 10 City Square. In the coming months, we will make the investments necessary to renovate the building and create a 21st century work and program space—an “outdoor hub,” we can all be proud of. We also expect to raise funds to offset some of these costs and allow us to pursue even broader mission opportunities for this space.

Much as we did in the 1970s with the purchase of 3 and 4 Joy Street, we will initially be occupying about half of the building. The remainder will be leased out, giving us flexibility for future growth and an important new income stream. Our exact move date depends on a number of factors, but for now I can tell you that it is likely no earlier than July 1, and no later than September 23 of 2017.

Buying the building is only the first step in our journey. We are looking forward to working with our staff, Boston chapter volunteers, and program partners to create the work and program space we want and a location that raises our public profile and celebrates who we are as an organization.

Thank you all for your support as AMC takes this important step forward.

John Judge, AMC President & CEO



2017 Is Here, and Annual Summit's Filling Up Fast! Register Now!

Saturday, January 28

Four Points by Sheraton, Norwood, MA

Whether you're a lifelong member or a newcomer curious about all AMC has to offer, we hope to see you there!

This year's schedule is better than ever. Highlights include:

- Trails, Ecology and Forestry: Walk the Blue Hills with AMC conservationist and land manager Steve Tatko
- Trouble in the Presidentials: What a Mountaineering Tragedy Teaches about Decision-Making & Managing Risk, with Primex CEO Ty Gagne
- Adding GPS & Apps to Map & Compass, with Philip Werner of SectionHiker.com
- CPR Certification
- Mountain Shenanigans, 1930s-style, with AMC archivist Becky Fullerton
- The Appalachian Trail Through the Eyes of Trail Architect Myron Avery, with AMC author Jeff Ryan
- Trip Planning: on the Connecticut River; in southern NY; especially for kids; and more
- All About Axes and Griphoist & Highline (outside) with AMC trail staff
- Yoga for Outdoor Enthusiasts
- Volunteer Open House with resources about AMC opportunities and a drawing for a free hut stay!

See the full 25-workshop schedule @ outdoors.org/AnnualSummit

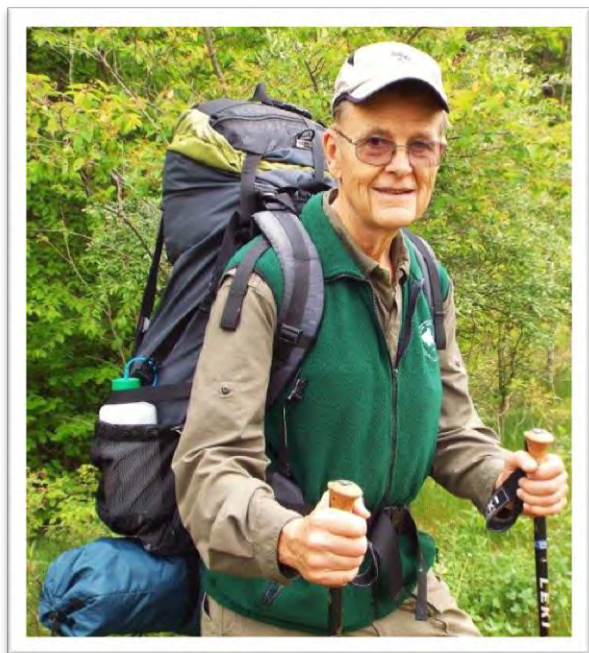
Your \$40 registration includes:

- Your choice of workshops and presentations
- A delicious buffet lunch
- An early evening Celebration Reception, with a drink and hors d'oeuvres
- AMC's annual volunteer service awards
- Committee meetings, open to all
- The 141st Annual Business Meeting

For those traveling a distance, who would like to stay Friday and/or Saturday night, we have secured a great group rate. You'll find the lodging details on the registration page.

Register at
outdoors.org/AnnualSummit

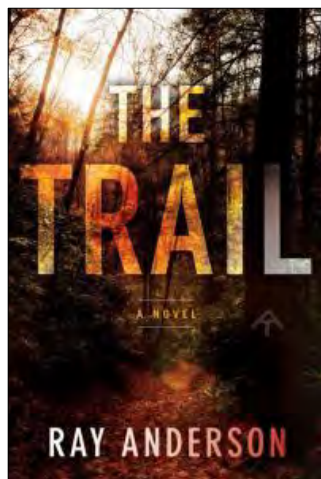
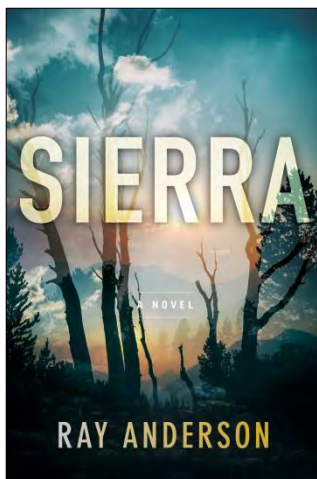
Live registration link [here](#).



New hiking thriller from AMC member Ray Anderson

Following his success with *The Trail*, AMC member Ray Anderson has published a second thriller about Karl Bergman, trail name Awol. In *Sierra* Bergman sets out on a thru-hike of the Pacific Crest Trail with his dog, Blazer, in hopes of returning home a better man. But the discovery of a dead body on the outskirts of the Anza-Borrego Desert threatens to embroil Bergman and his estranged son with a violent cartel moving drugs from Mexico to Canada.

Read more about Ray's hiking and writing [here](#).



New AMC Books and Maps

Don't miss these new and updated books and maps, available from [AMC Books](#) in spring 2017.

All New Books



AMC's Mountain Skills Manual: The Essential Hiking and Backpacking Guide

By Christian Bisson and Jamie Hannon

This comprehensive guide, from the nation's oldest outdoors club, covers the essential skills every hiker and backpacker needs to know. Novice and experienced outdoorspeople will appreciate this authoritative resource on trip planning, gear, food, navigation, and mountain safety, as well ways to be an active steward of our trails and natural resources. *AMC's Mountain Skills Manual* is rooted in the best practices taught in the Appalachian Mountain Club's outdoor leadership training programs. Whether readers want to map out a new adventure in the wilderness, perfect their pace and pack weight, or simply plan a weekend of car camping and day hikes, this guide will be an essential companion to enjoying every moment outdoors. *Available February 10, 2017*

AMC's Real Trail Meals: Wholesome Recipes for the Backcountry

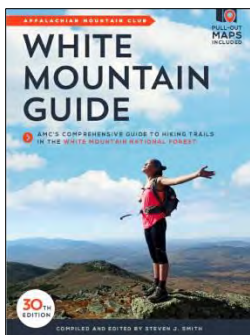
By Ethan and Sarah Hipple

Tired of following up those invigorating hikes with packaged meals full of preservatives? Kick your backpacking menu up a notch with AMC's first ever cookbook. Adopting a practical, easy-to-follow approach, *Real Trail Meals* teaches the basic principles of dehydrating food for preservative-free and trail-stable foods, with icons noting which recipes are vegetarian, gluten-free, kid-friendly, or require kitchen prep ahead of time. Each recipe comes with a breakdown of nutrition to pack weight, giving you the most nutrient-dense bang for your buck. *Available April 2017*

Continued on page 9

Newly Updated AMC Books

Continued from page 8



White Mountain Guide: AMC's Comprehensive Guide to Hiking Trails in the White Mountain National Forest, 30th Edition

Compiled and edited by Steven D. Smith

With its 30th edition, AMC's *White Mountain Guide* marks its 110th year of serving hikers. This comprehensive guidebook is the most trusted resource for the hiking trails of the magnificent White Mountain National Forest and surrounding regions. The 30th edition has been thoroughly updated and revised, prioritizing easy-to-read at-a-glance stats for every hike. You'll find accurate descriptions of more than 500 trails, plus six pull-out topographic maps with trail segment mileage, trip planning and safety information, and a checklist of New England's 4,000-Footers. *Available mid-May 2017*

AMC's Best Day Hikes near Washington D.C., 2nd Edition: Four-Season Guide to 50 of the Best Trails in Maryland, Virginia, and the Nation's Capital

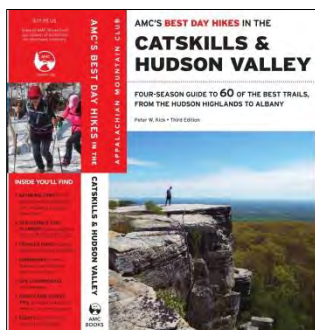
By Beth Homicz and Annie Eddy

Discover 50 of the best day hikes in the Washington, D.C., area with this fully updated and revised four-season guide from AMC's Best Day Hikes series. This book is a must-have resource for shorter walks and day-long adventures along the trails of Washington, D.C.; Maryland; and Virginia. This updated edition features ten new hikes, expanding into the urban areas of Annapolis and Baltimore in Maryland and further south into Virginia's George Washington and Jefferson national forests. An at-a-glance trip planner highlights the best hikes near public transportation, as well as those for kids and for winter snowshoeing and skiing. GPS coordinates for trailheads make finding hikes a breeze, and updated essays throughout the book provide information on historical aspects of the area. *Available mid-March 2017*

Quiet Water Maine: AMC's Canoe and Kayak Guide to the Best Ponds, Lakes, and Easy Rivers, 3rd Edition

By Alex Wilson and John Hayes

Discover more than 100 spectacular ponds, lakes, and rivers ideally suited for canoeing and kayaking, newly updated for the first time in a decade. This revised edition highlights driving directions; parking; launch information; detailed tour descriptions including time, distance, and difficulty; and extensive notes on flora and fauna. Suitable for both beginner and experienced paddlers alike, *Quiet Water Maine* showcases this rugged state's most serene and spectacular paddling trips in a comprehensive, user-friendly format. *Available late April 2017*



AMC's Best Day Hikes in the Catskills and Hudson Valley, 3rd Edition: Four-Season Guide to 60 of the Best Trails, from the Hudson Valley to Albany

By Peter W. Kick

Available for the first time in rich full-color, this title is readers' go-to guide for hikes in this popular New York region, encompassing more than 600 miles of trails within just a few hours of New York City. This fully updated edition—now including Harriman State Park—leads beginner and experienced hikers alike along 60 of the region's most spectacular trails, from shorter nature walks to longer day hikes. An at-a-glance trip planner highlights the best hikes near public transportation, as well as those for kids, pets, and winter snowshoeing and skiing, while each hike description includes GPS coordinates for trailheads; information on time, distance, and difficulty; and a trail map. *Available mid-February 2017*

Continued on page 10

AMC Books and Maps

Continued from page 9

AMC's Best Day Hikes near Boston, 3rd Edition: Four-Season Guide to 60 of the Best Trails in Eastern Massachusetts

By John Burk, Alison O'Leary, and Michael Tougias

Available for the first time in vibrant full-color, this indispensable guide has been fully revised and updated to bring you 60 of the best day hikes in the Boston area. Whether you are an avid local hiker or just visiting the city, this book is a must-have resource for shorter walks and day-long adventures. This is not your standard Freedom Trail guidebook to Boston. *Best Day Hikes near Boston* explores the Middlesex Fells and Blue Hills, the infamously soft sands of Crane Beach and Cape Cod, and the secluded forests of eastern Massachusetts. An at-a-glance trip planner highlights the best hikes near public transportation, as well as those for kids, pets, and winter snowshoeing and skiing, while each hike description includes GPS coordinates for trailheads; information on time, distance, and difficulty; and a trail map. *Available late March 2017*

Outdoor Adventures Acadia National Park: Your Guide to the Best Hiking, Biking, and Paddling*

By Jerry Monkman and Marcy Monkman

(*Formerly *Discover Acadia National Park*)

This retooled title puts outdoor activities front and center, highlighting 50 of the best hiking, biking, and paddling trips in Acadia National Park for all ability levels. First-time visitors and veteran explorers alike will enjoy this comprehensive guide to trips on Mt. Desert Island, Isle au Haut, and Schoodic Peninsula, paired with an indispensable pull-out trail map. *Available mid-April 2017*



Newly Updated Maps

White Mountain National Forest Map & Guide, 3rd Edition

- Coverage of the entire White Mountain National Forest
- Now easier to read: larger scale & brighter colors
- Trail segment mileage
- GPS-mapped
- Waterproof & tear-resistant
- Before-you-go safety, planning & packing tips
- 4,000-Footer checklist

Available mid-May 2017

White Mountain National Forest Trail Maps: Presidential Range, Franconia–Pemigewasset, Crawford Notch–Sandwich Range and Moosilauke– Kinsman, Carter Range–Evans Notch and North Country–Mahoosuc

- Available as four individual maps or as a set
- Now easier to read: larger scale & brighter colors
- Trail segment mileage
- GPS-mapped
- Waterproof & tear-resistant
- Before-you-go safety, planning & packing tips

Available March 2017

Acadia National Park Map, 4th Edition

Coverage of the entire Acadia National Park

- Trail segment mileage
- GPS-mapped
- Waterproof & tear-resistant
- Before-you-go safety, planning & packing tips

Available mid-April 2017

Activities

For the most current information, [search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

AA 13+

A 9-13

B 5-8

C less than 5

Indicates pace

1 very fast

2 fast

3 moderate

4 leisurely

Indicates terrain

A very strenuous

B strenuous

C average

D easy

Found in the description

L Activity leader

CL Activity co-leader

FT First Time

NM ... New Members

AN Advance Notice

C Conservation

HIKING CAPE COD

Get your 100-mile patch! Contact hikingchair@amcsem.org.

Always looking for additional hike leaders! Contact hikingchair@amcsem.org

Thu., Jan. 12. Hike Myles Standish State Forest Bentley Loop, Plymouth, MA. Bentley Loop is 3.7 miles of moderately rolling terrain. The trail is usually free of snow most of the winter, but if winter is particularly generous this year, snowshoes may be desirable. The parking lot is plowed by the state, so parking will not be an issue. Directions to hike start. Myles Standish is between Exits 3 and 5 off Route 3 in Plymouth. From the south, take Exit 3, turn left on Clark Road. After 1/3 mile, turn right on Long Pond Road. After 2.5 miles, turn left into park on Alden Road. After 1.4 miles, bear left on Upper College Pond Road. Stay on Upper College Pond Road for 2.5 miles to "Hike and Bike Trails" parking lot on right near intersection with fire road Three Cornered Pond Road. From the north, take Exit 5, turn right onto Long Pond Road. Follow Long Pond Road for 4 miles to park entrance and then continue as above. L John Bescherer (508-419-1616, johnbescherer@gmail.com)

Sun., Jan. 15. Hike Long Pond, Falmouth, Massachusetts, Cape Cod, MA. 2 hour hike in the Falmouth Town Forest with scenic views of Long Pond and a small kettle hole. The hike includes some hilly sections with uneven footing. Heavy precipitation cancels. L Deborah Hayden (shaferhayden@gmail.com)

Thu., Jan. 19. Canal/Town Neck Hike, Massachusetts, Cape Cod, MA. 4.5 mi hike along the CC Canal, Town Neck Beach, Mill Creek, Boardwalk, Town Neck on soft, sandy beach, rocky beach, flat walkways, sidewalks, paved roads. Check out the new harbormaster's ofc, new boat-to-table seafood mrkt/restaurant & refurbished TNB. RT 6 Exit 2. 130N x 1.4 mi. RT on Tupper x 0.7 mi. RT on Freezer to Sandwich Rec Area prkg. 10a.m.-12p.m. Opt'l lunch Cafe Chew post hike. Heavy rain/sleet/snow cancels. L Barbara Gaughan (781-572-1321 before 9 p.m., barbaragaughan12@comcast.net, SEM Level 1 hike/bike leader)

Sun., Jan. 22. Hike--Monk's Park and Little Bay, Bourne, MA. This 2 hour hike over approximately 4 miles is in Bourne Conservation Trust properties of Little Bay and Monk's Park. We will hike wooded trails and a fire road with views of Little Bay from the bluff. A beach walk section will be included with views of Buzzards Bay. The terrain is frequent, moderate rolling hills on the wooded trails throughout the hike. Icy trails may cancel this hike due to the hills. L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net. Robin is a second year Level 1 SEM/Cape hike leader with WFA training.)

Thu., Jan. 26. (AN) Hike-Truro, Ryder Beach (C3C), Massachusetts, Cape Cod, MA. Beach, woodland trails, hills, scenic bay views. Rte 6, L on Prince Valley Rd. to end. R on County Rd. L on Ryder Beach Rd. Park at End. Meet 9:45 a.m. 2 hrs. L Janet Kaiser (508-432-3277 before 9 p.m., jtkaiser@comcast.net)

Continued on page 12

Activities

For the most current information, [search activities online](#)

Sun., Jan. 29. Hike Danforth Trails Marston Mills, MA. Hike will start with view of Mystic Lake and then proceed through cow tunnel to Danforth Trails. Trails are wooded with some minor hills. Hike will be approximately 4 miles at moderate pace. Inclement weather will cancel; contact Leader if weather questionable. From Rte 6 take exit 5 to Rte 149 S and follow to roundabout at Race Ln. Take 1st exit off of roundabout Race Ln towards Sandwich. Drive 1/4 mile and parking area will be on left. Meet at 12:45 PM for 1 PM start. L Gary Miller (774-392-5356 Before 9 PM, Garymaxx@verizon.net, Lifetime AMC member)

Thu., Feb. 2. Hike Cataumet Greenways, Bourne, MA, Enjoy hiking Cataumet Greenways in Bourne. Traverse gently rolling wooded trails and grassy pastures. View ponds, bogs and historic sites. Warm layers, water, snacks, This hike is scheduled to last for 2hr 15 min. YAKTRAX / STABIL ICERS Call leader Cathy Giordano if you have questions: 508 243 3884 You may want to check out info about Show and Go Hikes on the AMC web site. Go to amcsem.org/hikesignup.html. L Catherine Giordano (508-243-3884 Before 9 PM, cmgiordan@msn.com)

Sun., Feb. 5. Hike Scorton Creek, Old County Rd. East Sandwich, MA. Hike along saltmarsh, through old state game farm and past one of the original pilgrim homesteads. Contour is fairly flat, with lots of roots and some trails may be muddy. Driving Directions from Sagamore Bridge take exit 3 and turn N on Quaker Meetinghouse Rd to 6A and turn R and follow 6A to E Sandwich Post Office and turn R onto Old County Rd and park in horseshoe across from Grange Hall. From down cape take Rte 6 to Exit 4 Chase Rd and turn N and take 2nd L onto Old County Rd and park in horseshoe on L across from Grange Hall. Meet at 12:45 PM for 1 PM hike start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Sun., Feb. 12. Hike Craigville Beach, MA. We will visit Christian community overlooking Craigville Beach and then hike down road to trail through saltmarsh to Centerville River; we will return walking Craigville Beach. Directions to hike take Rte 6 to Exit 6 and turn R at Shootflying Hill Rd. to L on Old Stage Rd., becomes Main St. follow to beach parking lot for meet location. Follow signs from 132 for Craigville Beach. Meet at 12:45 PM for 1 PM start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Thu., Feb. 16. Island Pond, Harwich (C3C), MA. 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 Before 9:00 pm, jtkaiser@comcast.net)

Thu., Feb. 23. Hike--Bourne Sisters, Bourne, MA. This 2 hour approximately 4 mile hike is in the Bourne Conservation Trust areas of the Bourne Sisters and Perry Woods. It also includes a cranberry bog and Town of Bourne Leary Property. The terrain is wooded pathways with frequent moderate rolling hills. We will have views of Back River from the Leary Property. Icy trails may be a reason for cancellation of this hike due to the hills. L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net, Robin is a second year SEM/AMC Level 1 hike leader with WFA training.)

Sun., Feb. 26. Sandy Pond Recreation, West Yarmouth, MA. Route 6, Exit 7S to left on Camp Street, then left on Buck Island Road. Left at Sandy Pond Recreation Area. Meet at 12:45 p.m.. L Janet Kaiser (508-432-3277 before 9:00 p.m., jtkaiser@comcast.net)

Sun., Feb. 26. Ryder Conservation/Lowell Holly Reservation Hike Sandwich, MA. 4-4.5 mi hike thru Conservation areas with frontage on Mashpee & Wakeby Ponds. Footpaths, carriage roads, cpl moderate hills. Rare example of a Cape Cod old-growth forest embellished with plantings by Abbott Lowell. Rt 6 Exit 3 > Quaker Meetinghouse Rd so. x 2.5 mi > LT @ light on Cotuit Rd x 2 mi. Trail head prkg on right. 1 p.m-3-3:30 p.m. L Barbara Gaughan (781-572-1321 before 9 p.m., barbaragaughan12@comcast.net, SEM Level 1 hike/bike leader)

Thu., Mar. 16. Hike Nickerson State Park, Brewster, MA. Late winter hike looking for signs of spring. Enter Nickerson State Park from 6A in Brewster. Park in front lot immediately on R. Two hours. Moderate pace. Meet at 9:45 for 10:00 start. Icy conditions may cancel. L Janet DiMattia (jandimattia@verizon.net, Janet is a long time AMC member who has led hikes both in CT and Cape Cod.)

Continued on page 13

Activities

For the most current information, [search activities online](#)

Thu., Mar. 23. Hike--Four Ponds and Bourne Town Forest, Bourne, MA. This 2 hour approximately 4 mile hike is in the Bourne Four Ponds Conservation Area and adjacent Bourne Town Forest. The terrain is wooded pathways, fire roads, and mountain bike trails with some moderate hills. It offers views of the ponds. L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net, Robin is a second year Level 1 SEM/Cape hike leader with WFA training) L Deborah Hayden (508-548-8726 Before 9 p.m., shaferhayden@gmail.com, Debbie is a second year Level 1 Cape hike leader.)

Thu., Apr. 20. Hike Hawksnest State Park, Brewster, MA. Spring hike on wooded trails and dirt roads by ponds in small state park. We will hike approximately 4 miles in 2 hours at a moderate pace. From Rte. 6 - exit 11 turn L at light and immediate R onto Spruce Rd. Park on side of road approximately 1/2 mile down the road. Meet at 9:45 AM for 10 AM start. L Janet DiMattia (jandimattia@verizon.net, Janet is a long time hike leader having been active in both CT chapter and SEM chapter.)

Sat., Apr. 22. Hike and Remove Litter from Four Ponds Conservation Area Bourne (Pocasset), MA. In recognition of Earth Day, join Nancy Wigley, AMC Life Member/Naturalist and Jane Harding Cape Hike Chair to hike and remove litter on the necklace of trails around ponds of the Pocasset River. This area seemingly untouched by human hands will reveal secrets of its past uses. Walk where President Grover Cleveland and Calvin Coolidge fished for brook and rainbow trout, stand on a bluff above one of the ponds and view the remains of the fishing camp where their catch was cooked and enjoyed. The walk will take you along paths by the ponds and we will follow the river on its journey to the sea. This area is used by 4th grade students studying forest ecology and AMC will set a good example to show that it is not the place to dispose of beer bottles etc. Bring gloves, plastic bags will be provided. L Nancy Wigley (nrwigley@verizon.net) L Jane Harding (508-833-2864 before 9 pm, janeharding@comcast.net)

Sun., Apr. 30. Hike Maple Swamp, Cape Cod, MA. Hike historic area which dates back to glacial erosion. This hike has lots of steep climbs and declines with uneven terrain. Hiking boots and poles strongly recommended. Driving directions to start take Rte 6 to exit 3 Quaker Meetinghouse Rd and turn S off of ramp. Take first L onto Service Rd and look for Maple Swamp parking area on R past Mill Ln. Meet at 12:45 PM for 1 PM start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Sun., May 14. Hike Santuit Pond, Marston Mills, MA. Join us on Mother's Day for a delightful hike on wooded trails that will give us the opportunity to view a newly refurbished herring run and with some luck we will see rare Birdsfoot Violets blooming around a cranberry bog. Meet at 12:45 PM for a 1PM start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net, Level 1 hike leader with 3 years experience. Cape Hike chair for AMC.) L Nancy Wigley (nrwigley@verizon.net, Hike leader with many years of experience.)

Thu., May 18. Hike Herring River, Harwich, MA. Hike wooded trails around 2 reservoirs and cranberry bog. See working Herring Run. From Rte 6 take exit 9A. Follow Rte 134 to 3rd Traffic light and turn L and then take immediate L onto Great Western Rd. Go approx. 3 miles to R on Bells Neck Rd follow about 1/8 mile to reservoir and park on either side of dirt road. Meet at 9:45 AM for 10 AM start. L Janet DiMattia (jandimattia@verizon.net, Janet is a veteran AMC member who has led numerous hikes.)

HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org.

Always looking for additional hike leaders! Contact hikingchair@amcsem.org

Thu., Jan. 12. Pequitside Farm Hike, Canton, MA, Meet at 10AM at "The Little Red House" Parking Lot, 79 Pleasant St, Canton, MA across from the Reservoir. Leisurely 4 mile walk on 139 acre Mildred Morse Allen Sanctuary/Pequitside Farm. Free to Audubon Members, small fee for non-members. Bring sturdy walking shoes, water and lunch. Nice snowshoeing, if weather permits. All invited for hot cider and treats after hike at: 124 Prospect St. Canton. Directions: From I-93: Take Exit 2a Route 138 South towards Stoughton. After 0.7 miles, turn right on Washington St. go 1.6 miles. Take left at light onto Pleasant St. PAST white bldg. on right, enter smaller parking lot across reservoir. The Little Red House parking lot is 0.3 miles on the right side of Pleasant St. From Rte. 24N toward Boston, merge onto I-93 S via Exit 21B on left towards I-95 and follow directions above. L Deborah Lepore (617-778-4339 before 9 pm, DLepore2@gmail.com) Hans Luwald (508-668-0462 before 9 pm hans.luwald@gmail.com)

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Activities

For the most current information, [search activities online](#)

Tue., Jan. 17. White Line the Blue Hills series, Blue Hills Reservation, Milton, MA. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for about 4 hours at a moderate pace. Register once and then come when you can, info sheets for registered participants will be emailed the prior week. Have you been Red Lining and would like to try White Lining or do you simply enjoy winter hiking then we hope you consider joining us; it's fun to hike without bugs and is a good way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) CL Pat Achorn (plachorn@me.com), R Pat Achorn (plachorn@me.com)

Thu., Jan. 19 (C) (FT) (NM) (AN). Thurs. AM Monastery Grounds Hike, Cumberland, RI, Monastery, Cumberland, RI, Rhode Island, RI. Thursday Morning Hike on Monastery grounds in Cumberland, RI—Bring lunch or snack. Snow equipment may be needed. Rain cancels. Rte. 295S to exit 11. Take 114S app. 1-1/2 mi. Take right into Monastery and go past playground. L Muriel Guenthner (508-699-7461 Before 9:00pm, murielguenthner@comcast.net)

Sat., Jan. 21. Snowshoe Hike #1— Mt Hedgehog, White Mountains, Albany, NH—Snowshoe along the UNH Trail from the Kancamagus Hwy. This loop trail has several ledge viewing areas with views of the Presidential Range and Mount Chocorua. The trip is 5 miles round trip with a 1500 foot elevation gain at a moderate pace. Parking fee \$3. L Anne Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com) L Jeannine Audet CL Ken Carson (kciii@comcast.net), R Anne Duggan (177 Rounseville Road, Rochester, MA 02770, 508-789-5538 before 9 pm, abduggan12@gmail.com)

Tue., Jan. 24, White Line the Blue Hills series, Blue Hills Reservation, Milton, MA. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for about 4 hours at a moderate pace. Register once and then come when you can, info sheets for registered participants will be emailed the prior week. Have you been Red Lining and would like to try White Lining or do you simply enjoy winter hiking then we hope you consider joining us; it's fun to hike without bugs and is a good way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) CL Pat Achorn (plachorn@me.com), R Pat Achorn (plachorn@me.com)

Thu., Jan. 26. (FT) (NM) Borderland State Park/Bay Circuit Trail Thurs. AM Hike, Sharon/North Easton, MA. Meet at 10AM at Borderland SP parking lot on Massapoag Avenue on the Sharon/North Easton border for a six-mile hike, including portions of the Bay Circuit Trail with pond views. Bring water, lunch, layers, sturdy footwear. Rain or storm cancels. Parking fee is \$5.00 for residents, \$6.00 for non-residents. L Deborah Lepore (617-778-4339 before 9 PM, DLepore2@GMail.com) CL Hans Luwald (508-668-0462 before 9 pm, Hans.Luwald@GMail.com)

Tue., Jan. 31. White Line the Blue Hills series, Blue Hills Reservation, Milton, MA. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for about 4 hours at a moderate pace. Register once and then come when you can, info sheets for registered participants will be emailed the prior week. Have you been Red Lining and would like to try White Lining or do you simply enjoy winter hiking then we hope you consider joining us; it's fun to hike without bugs and is a good way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) CL Pat Achorn (plachorn@me.com), R Pat Achorn (plachorn@me.com)

Thu., Feb. 2. (B3C), Thursday Morning Hike: Whitney and Thayer Woods, Cohasset, Hingham, Massachusetts. Whitney & Thayer Woods (B3C) Lovely woods walk across rolling hills on Trustees of Reservations property. Meet at 10:00am in the Whitney and Thayer Woods main parking area. Boots suitable for weather/trail conditions, possibly traction devices or snowshoes, water, winter wear (layers, hats, mittens) and snacks/lunch required. Directions: from Route 3 (Exit 14), take Route 228N for 6.5 miles through Hingham. Turn right onto Route 3A eastbound and follow for 2 miles to the entrance. Parking is on the right. Contact L if weather is questionable. Please carpool if possible, as parking is limited. L Eva Borsody das (781-925-9733, borsody@gmail.com)

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Activities

For the most current information, [search activities online](#)

Sat., Feb. 4. Winter Series Hike #3 White Mountains, Crawford Notch, NH. Join us for Winter Hike #3 in the popular SEM Winter Hiking Series. On this outing we will summit a 4000 foot mountain in the Crawford Notch area. The actual mountain will be determined based upon the weather and snow conditions. Mountains under consideration include Tom (4051'), Jackson (4052'), Pierce (4310'), and Field (4340'). Participation in the SEM Winter Hiking Workshop on November 5th and/or significant winter hiking experience required to participate in this series. L Barry Young (508-339-3089 Before 9 PM, Barry.young@comcast.net) L Leslie Carson (ltc929@comcast.net), R Barry Young (Barry.young@comcast.net)

Tue., Feb. 7, White Line the Blue Hills series, Blue Hills Reservation, Milton, MA. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for about 4 hours at a moderate pace. Register once and then come when you can, info sheets for registered participants will be emailed the prior week. Have you been Red Lining and would like to try White Lining or do you simply enjoy winter hiking then we hope you consider joining us; it's fun to hike without bugs and is a good way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) CL Pat Achorn (plachorn@me.com), R Pat Achorn (plachorn@me.com)

Fri., Feb. 10-12. Winter Hiking and Cross Country Ski Weekend, Noble View Outdoor Center, 635 South Quarter Rd, Russell (Pioneer Valley), MA. Join the SEM Chapter for a winter weekend at Noble View Outdoor Center in Russell, MA, approximately 100 miles west of Boston. Hiking, snowshoeing, and cross-country skiing will be offered, depending on conditions. Participants will need to bring their own equipment. Limited to 28 participants. \$105/person for members and \$115 for non-members. Includes 2 nights group lodging, all meals starting with Friday dinner. Check out the website: www.nobleviewoutdoorcenter.org. L Walt Granda (508-999-6038 Before 9:00 pm, wlgranda@aol.com) L Jeannine Audet L Paul Brookes (603-799-4399, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.), R Walt Granda (508-999-6038 before 9:00 pm, wlgranda@aol.com)

Tue., Feb. 14, White Line the Blue Hills series, Blue Hills Reservation, Milton, MA. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for about 4 hours at a moderate pace. Register once and then come when you can, info sheets for registered participants will be emailed the prior week. Have you been Red Lining and would like to try White Lining or do you simply enjoy winter hiking then we hope you consider joining us; it's fun to hike without bugs and is a good way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) CL Pat Achorn (plachorn@me.com), R Pat Achorn (plachorn@me.com)

Sat., Feb. 18. Mount Israel Snowshoe Hike, White Mountains, Sandwich Notch Road, Sandwich, NH. Mount Israel (2,630 ft.) is an out-of-the-way mountain with exceptional views. It is among the mountains listed in the "52 with a View". It is a moderate hike with roughly 1700' of elevation gain and 4.6 miles round trip.. We will take the Wentworth trail to the summit which will offer spectacular views of the Sandwich range, Squam and Winnepesaukee lakes, and Mount Chocorua. With snow this will be a snowshoe, Without snow, still a great hike. L Ken Carson (508-833-8237 between 10:00am and 6 P.M, kcciii@comcast.net) L Leslie Carson (508-833-8237, ltc929@comcast.net)

(AN) Sat., Feb. 18-20. High Cabin Winter Hiking/Camping Weekend, Mt. Cardigan in Central New Hampshire Lakes Region, NH. Mid-Winter weekend at AMC's High Cabin. Hike up to the cabin on Friday. Spend Sunday exploring Mt. Cardigan. Suitable for seasoned winter hikers ready to take it to the next level. Registration is first come, first serve and a deposit must be sent by January 15, 2017. L Mike Woessner (508-577-4879, stridermw@hotmail.com, Mike is a seasoned hike leader, leading trips for the South Eastern Mass Chapter since 2001. He has hiked all of the 48 New Hampshire 4,000 footers as well as Mt.s Madison in VT., Baxter Peak on Mt. Katahdin in Maine and Mt. Marcy in NY. He has back packed the Grand Canyon and the Great Smoky Mountains. He is certified in Wilderness First Aid and Healthcare provider CRP.) CL TBD , R Mike Woessner (508-577-4879, Stridermw@hotmail.com)

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Activities

For the most current information, [search activities online](#)

Tue., Feb. 21, White Line the Blue Hills series, Blue Hills Reservation, Milton, MA. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for about 4 hours at a moderate pace. Register once and then come when you can, info sheets for registered participants will be emailed the prior week. Have you been Red Lining and would like to try White Lining or do you simply enjoy winter hiking then we hope you consider joining us; it's fun to hike without bugs and is a good way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) CL Pat Achorn (plachorn@me.com), R Pat Achorn (plachorn@me.com)

Tue., Feb. 28, White Line the Blue Hills series, Blue Hills Reservation, Milton, MA. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for about 4 hours at a moderate pace. Register once and then come when you can, info sheets for registered participants will be emailed the prior week. Have you been Red Lining and would like to try White Lining or do you simply enjoy winter hiking then we hope you consider joining us; it's fun to hike without bugs and is a good way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) CL Pat Achorn (plachorn@me.com), R Pat Achorn (plachorn@me.com)

Fri., Mar. 3-5. Winter Hiking Series Trip #4 - Lonesome Lake Overnight, White Mountains, NH. Join us for the fourth and final trip in our popular SEM Winter Hiking Series. On Friday, we will hike into the AMC Lonesome Lake Hut from the Lafayette Campground in Franconia Notch. After checking into the hut, we will have an opportunity to explore the beautiful Lonesome Lake area before enjoying our "social hour" and group-prepared dinner in the hut. Following our group breakfast on Saturday, we will offer one or more hikes to nearby peaks (probably Cannon Mtn. and or North/South Kinsman). After returning to the hut, we will once again get together for a social hour and group-prepared dinner. After breakfast on Sunday morning, we will pack up our stuff and hike back down to the trailhead for the drive back home. While the hike into the hut from Franconia Notch is relatively short, we will be carrying full winter packs and either hike on Saturday will be relatively challenging. In addition to appropriate winter-rated hiking boots and appropriate (non-cotton) clothing, we will require microspikes, snowshoes, and 10- or 12-point crampons for this trip. Since the bunkrooms are unheated, we will also require a winter sleeping bag rated down to AT LEAST zero degrees F. Participation in the SEM Winter Hiking Workshop and/or significant winter hiking/snowshoeing experience required to participate in this series. For the overnight trip, we will also give preference to those who participated in the earlier hikes in this winter series. L Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net, Paul, an experienced SEM winter hiking leader and instructor, takes great pleasure in introducing three-season hikers to the many pleasures of winter hiking.) L Barry Young (508-339-3089 Before 9 PM, Barry.young@comcast.net)

Tue., Mar. 7, White Line the Blue Hills series, Blue Hills Reservation, Milton, MA. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for about 4 hours at a moderate pace. Register once and then come when you can, info sheets for registered participants will be emailed the prior week. Have you been Red Lining and would like to try White Lining or do you simply enjoy winter hiking then we hope you consider joining us; it's fun to hike without bugs and is a good way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) CL Pat Achorn (plachorn@me.com), R Pat Achorn (plachorn@me.com)

Tue., Mar. 14-, White Line the Blue Hills series, Blue Hills Reservation, Milton, MA. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for about 4 hours at a moderate pace. Register once and then come when you can, info sheets for registered participants will be emailed the prior week. Have you been Red Lining and would like to try White Lining or do you simply enjoy winter hiking then we hope you consider joining us; it's fun to hike without bugs and is a good way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) CL Pat Achorn (plachorn@me.com), R Pat Achorn (plachorn@me.com)

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Activities

For the most current information, [search activities online](#)

(FT) (NM) Thu., Mar. 23. Thurs. Morning Hike - Oldham Trail & Harold Clark Forest, Foxboro, MA. Hike the Oldham Trail and Harold Clark Forest in Foxboro. Meet at 10:00 am at parking lot on Rt. 140 across from Sunoco Station. Heavy rain will cancel. Bring lunch or snack and water and wear appropriate footwear. L Muriel Guenther (508-699-7461 Before 9:00PM, murielguenther@comcast.net)

(FT) (NM) Thu., Mar. 30. Thursday AM Ponkapoag Pond Hike, Ponkapoag Golf Course, Canton, MA. Meet at 10AM in Ponkapoag Golf Course Parking Lot for a five-mile hike/snowshoe (depending on conditions) around the pond. Bring: water, snack and appropriate footwear. L Deborah Lepore (617-778-4339 before 9 PM, DLepore2@GMail.com) CL Hans Luwald (508-668-0462 Before 9 PM, Hans.Luwald@Gmail.com)

(C) (FT) (NM) Thu., Apr. 20. Thurs Morn. Hike - Wallomonopoag Conservation Area, Wallomonopoag Conservation, Elysium St., Wrentham, MA. Meet 10:00 am in Conservation Area parking lot off of Elysium St. Wrentham. Bring water, snack or lunch & sturdy footwear. Rain cancels. Great blue rookery and eskers and possible sighting of deer. L Muriel Guenther (508-699-7461 Before 9:00pm, murielguenther@comcast.net)

(FT) (NM) Thu., Apr. 27. Thursday Morning Hiking in the Blue Hills, Blue Hills Reservation, Milton, MA. A 5 mile hike in the Blue Hills on the Red Dot Trail that is marked by rugged, rocky loops over hilly terrain. L Sue Chiavaroli (508-496-6452 7PM-9PM, brillo6452@yahoo.com)

(FT) (NM) Thu., May 25. Thursday Morning Hike at Ell/Long Pond, Hopkinton, RI, Fisherman's Parking Lot, Canonchet Road, Hopkinton, RI. A 4-5 mile hike along the Narragansett Trail in RI. The hike scrambles up and down through paths of rhododendrons, hemlocks, and mountain laurel. Part of the hike will be a scramble up a rock formation with a great view of Long Pond where the movie Moonrise Kingdom was filmed. L Sue Chiavaroli (508-496-6452 7PM-(PM, brillo6452@yahoo.com)

SKIING

Fri., Jan. 13-16. XC Ski Weekend in White Mountains, Jefferson NH. SEM and Boston Forty+ join together for xc skiing, snowshoeing and camaraderie at Applebrook B&B, in Jefferson, NH. Friday, Saturday and Sunday nights lodging, 3 hot breakfasts, Friday night pizza and salad and Saturday and Sunday dinners are included in rates that range from \$230 to \$310 per person including taxes. Skiing at Bretton Woods or other facilities depend upon snow and trail conditions. Additional details provided prior to trip. L Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net) L Jeannine Audet (508-675-8055, milmod@aol.com) CL Wayne Cardoza (603-673-2518 before 9pm), R Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net)

Sun., Jan. 29, Cross Country Skiing at Great Brook Ski Touring Center, Boston Area, MA. Join us for a great day of cross country skiing at Great Brook. Up to 10 miles of groomed trails are available. Lack of snow of course will cancel the trip. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime PLEASE CALL TO REGISTER, milmod@aol.com) CL Barbara Hathaway (barb224@tmlp.net), R Jeannine Audet (508-493-8221 weekdays after 7:00 pm, weekends any time, milmod@aol.com)

Fri., Feb. 10-12. Winter Hiking and Cross Country Ski Weekend, Noble View Outdoor Center, 635 South Quarter Rd, Russell (Pioneer Valley), MA. Join the SEM Chapter for a winter weekend at Noble View Outdoor Center in Russell, MA, approximately 100 miles west of Boston. Hiking, snowshoeing, and cross-country skiing will be offered, depending on conditions. Participants will need to bring their own equipment. Limited to 28 participants. \$105/person for members and \$115 for non-members. Includes 2 nights group lodging, all meals starting with Friday dinner. Check out the website: www.nobleviewoutdoorcenter.org. L Walt Granda (508-999-6038 Before 9:00 pm, wlgranda@aol.com) L Jeannine Audet L Paul Brookes (603-799-4399, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.), R Walt Granda (508-999-6038 before 9:00 pm, wlgranda@aol.com)



Happy Trails!





The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | February 2017

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breeze.editor@amcsem.org.

Please send photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Business advertisements are just \$15/month. Send inquiries to breeze.editor@amcsem.org



Back from the snowy summit of Mount Pierce, from left: Carlos Pena (standing), Maren Rojas (kneeling), Les Lechowicz (sitting), Denise Haskins (kneeling), Candace Reich (pink hat), Tom Garrahan (thumbs up), Maureen Kelly (green coat standing), Christine Racine (green coat kneeling), and Barry Young. *Photo by Les Lechowicz*

SEM Winter Hiking Series Update

Participants in the popular SEM Winter Hiking Series hiked through snow and cold Feb. 4th to the summit of Mount Pierce (4310') in the Crawford Notch, NH, region of the White Mountains. This was the third hike in the series open to members who attended the Winter Hiking Workshop in November and others with significant winter hiking experience.

The fourth and final trip in the series is a March 3-5 overnight in the White Mountains, NH. On Friday, the group will hike into the AMC Lonesome Lake Hut from the Lafayette Campground in Franconia Notch. There will be time to explore the beautiful Lonesome Lake area before enjoying "social hour" and group-prepared dinner in the hut. Following breakfast on Saturday, leaders will offer one or more hikes to nearby peaks. After returning, the group(s) will get together for a social hour and group-prepared dinner. After breakfast on Sunday, the group will pack up and hike back down to the trailhead for the drive home. Preference will be given to those who participated in the SEM Winter Hiking Workshop and earlier hikes in this winter series. See Activities listings for more details. **More photos on page 8.**



Barry Young, Chapter Chair
chair@amcsem.org

View from the chair

Let it Snow!

Just because the lyrics to the song say “Oh, the weather outside is frightful,” that is no reason to stay inside. Your dedicated and knowledgeable leaders have plenty of outside activities planned for February and March. Cape hikes, local hikes, White Mountain hikes—we’ve got it all. Skiing and snowshoeing—you bet! Volunteer opportunities—absolutely!

And now for an inside story. Your Chapter was well represented at the 141st AMC Annual Summit meeting held in Norwood, MA, on January 28th. In addition to myself, members from the Board included Christine Racine, chapter vice chair; Maureen Kelly, past chapter chair; Pete Tierney, trails chair; Bill Cannon, conservation chair; Sandy Santilli, membership chair; and Leslie Carson, hiking chair. Several other leaders, past and present, were also there attending the great workshops and presentations. It is always so impressive to hear about all the great work AMC is doing and hear all the stories from all the volunteers.

And now back outside. Spring is just around the corner and in addition to all the usual hikes, bikes, and paddles, it will be extra busy as we have plans for Leadership Training, Open House, and Wilderness First Aid. But in the meantime, “Let it snow, let it snow, let it snow.”

See you all outside!
Barry Young
AMC SEM Chapter Chair chair@amcsem.org



2017 Executive Board

Chapter Chair	Barry Young	Communications Chair	Paul Miller	Membership Chair	Sandy Santilli
Vice Chair	Christine Racine	Communications Vice Chair	Open	Membership Vice Chair	Ed Miller
Secretary	Ann McSweeney	Communications Vice Chair	Kristina Williams	Membership Vice Chair	Ellen Thompson
Treasurer	Patty Rottmeier	Conservation Chair	Bill Cannon	Paddling Chair	Ed Foster
Past Chapter Chair	Maureen Kelly	Conservation Vice Chair	Open	Paddling Vice Chair	Open
Biking Chair	Bernie Meggison	Education Chair	Doug Griffiths	Skiing Chair	Barbara Hathaway
Biking Vice Chair	Open	Education Vice Chair	Open	Skiing Vice Chair	Jeannine Audet
Cape Hiking Chair	Jane Harding	Hiking Chair	Leslie Carson	Trails Chair	Peter Tierney
Cape Hiking Vice Chair	Cathy Giordano	Hiking Vice Chair	Open	Trails Vice Chair	Wayne Anderson
				Trails Vice Chair.....	Skip Maysles

Ad Hoc Committee Chairs and Other Chapter Contacts

Social Director	Open	Webmaster	Cheryl Lathrop
Social Vice Chair	Open	Breeze Editor	Mo Walsh
Social Networking Moderator	Susan Mulligan	Blast Editor	Marie Hopkins

Contact the Chapter Chair at chair@amcsem.org if you're interested



Winter Weekenders Jeannine Audet (Leader), left, Debra Kass, Kathy Blythe, Bruce Eisenhut, Barbara Havumaki, and Paul Audet enjoy a cross-country ramble.

MLK Weekend at Applebrook B & B Written by Jeannine Audet, XC Skiing vice chair

For the 31st year, AMC members gathered for the Martin Luther King Jr. weekend to enjoy cross-country skiing and camaraderie. Organized by the SEM Chapter, 17 members of SEM, NH, and Boston Chapters once again called Applebrook Bed & Breakfast in Jefferson, NH, our home base. Our hosts, Remy & Priscilla, prepared a hearty breakfast each morning and kept the fireplace stoked. Dinners were organized by our leader, Barbara Hathaway.

Saturday, we skied as one group on a brisk but sunny day, along the Ellis River Trail at Jackson Cross-Country Ski Touring Center. The views of the river were beautiful and the small hills provided just enough challenge, as the snow was somewhat packed and icy. *Après ski*, some of the group headed to the Wildcat Tavern for a cocktail, while others did some shopping. Back at the B & B, we regrouped for a dinner of pizza and salad, followed by lively conversation and the Patriots game.

Sunday, after some morning flurries, our group divided at Bear Notch Center. One group chose the lovely, largely flat trails along the river, while the other group skied some more challenging trails in Bartlett that passed

waterfalls and provided some views of the nearby mountains. We then met for a lunch break of Bear Notch's tasty soup and bread. Afterward, the second group skied the river trails, while some chose to snowshoe. Others tried out skis for sale at Great Glen Center. Back at the B & B, we met for happy hour, followed by a delicious dinner of three choices of homemade soups with bread and strawberry shortcake. After dinner, some chose to converse and play games, others to watch more football.

We bade each other farewell Monday morning, to look forward to our next SEM weekend in March at the Old Field House in Intervale, NH.

Leadership Training Offered in April 2017 Written by Doug Griffiths, Education Chair

There is still plenty of space in the next one-day Leadership Training course on Saturday, April 8, 2017. The all-day training, with a mixture of classroom and outdoor exercises, is held at the Foxboro Recreation Department Rec Hall, 68 Mill Street, Foxboro, MA 02035. This course is offered at no cost to chapter members. Lunch and refreshment breaks are provided.

This training is required for prospective SEM trip leaders, but is useful for any participants interested in improving their outdoor skills and anyone wishing to become familiar with group trip management. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. This course prepares trip leaders for managing AMC sanctioned trips, but non-trip leader candidates are also welcome.

Those interested in this Leadership Training course may also wish to consider Wilderness First Aid training, coming up May 6 and 7, 2017.

To register, please contact AMCSEM Education Chair Doug Griffiths at RedDougG@aol.com or 508-758-4315 after 6 PM.

Wilderness First Aid Training in May 2017

Written by Doug Griffiths, Education Chair

The next Wilderness First Aid two-day training course will be held Saturday and Sunday May 6 and 7, 2017, in Foxboro, MA. The course runs 8:00 AM to 4:00 PM both days with an optional CPR course available Saturday at 4:00 PM. The course will be given at the Rec Hall, 68 Mill Street, Foxboro, MA 02035.

Instruction is provided by SOLO, experts in providing wilderness medical training. Their excellent courses have been well received by AMC members for years and we look forward to continuing to sponsor their trainings.

As usual, we have a lot of interest in Wilderness First Aid from various sources, including Scout troops and leaders. If there are AMCSEM leaders who want to sign up, we will give them preferred status, but I would like to hear of that interest soon. Please contact me ASAP.

Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings, and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to be certified.

The training is required for most AMCSEM trips leaders, but is a great experience for any outdoor enthusiast. I would encourage any AMC trip participant to consider taking this course. You will find it exciting and stimulating.

Pricing is as follows: \$160 AMC for AMC members, \$175 for non-AMC members. Price includes lunch and break service both days. The optional CPR course costs an additional \$35. To register, please contact AMCSEM Education Chair Doug Griffiths at RedDougG@aol.com or 508-758-4315 after 6 PM.

Volunteer of the Month: Dave Selfe



Dave & Kathy Selfe



Written by Cathy Giordano, Cape Hiking Vice Chair

Each month the SEM recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! This month the Cape Hiking Committee recognizes Dave Selfe for his numerous contributions.

Dave has been a gold star participant in at least 80% of Cape hikes, logging nearly 400 miles as part of the 100 Mile Club. Dave's artistic eye captures Mother Nature's beauty in photos he takes along the trails, and he generously shares them with appreciative fellow hikers.

His GPS maps are used by leaders to scout and review hikes, as well as to assist with developing new hiking routes. Dave also actively recruits new hikers and welcomes them into the group. Finally, he is a proud supporter of SEM activities. Dave and his wife, Kathy, attended the Annual Dinner in November and have already signed up for the Welcome Spring Pot-Luck in March.

Thanks for all you do, Dave!

Dave will receive a Volunteer of the Month certificate and a \$50 gift certificate.

Registration Open for Spring End2Ender

Written by Paul Brookes, Hike Leader

This fun End-to-End hike traverses the Blue Hills from the northernmost end of Fowl Meadow in Canton to Shea Ice Rink in Milton, with a stop at Houghton's Pond for a leisurely lunch. We will avoid the summits and generally stick to well-maintained trails in the wooded lowlands. The total distance is 11 miles, and we will hike at a moderate pace ideal for walking and talking at the same time. It's a beautiful hike to do in the spring, since the woods are alive with spring flowers and the twitter, croak, and grunt of new life.

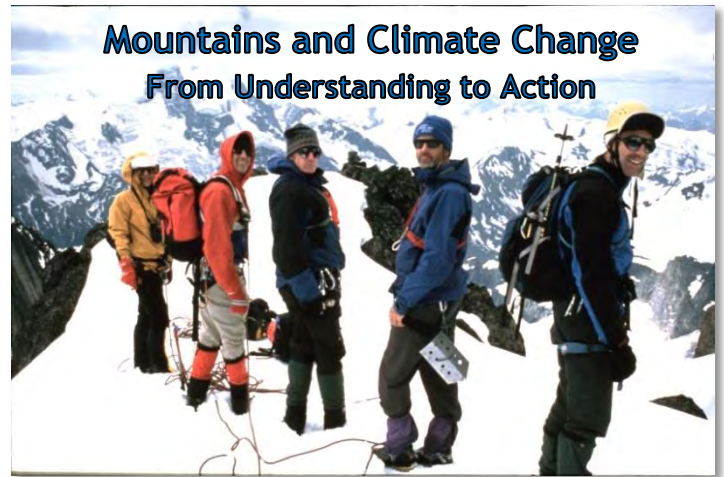
Other than a short section around Little Blue and Great Blue Hill, the trails will be flat or gently inclined. This popular hike is limited to 24 people so register early to avoid being wait-listed. Also, since we are keeping to lowlands, heavy rain or flooding will cancel. Lastly, one of the leaders, Paul, will have his well-behaved dog with him, if you wish to bring your dog, please discuss during registration.

Pat Achorn is the registrar for this hike, as she has been for the White Lining series. Here's the [registration link](#).

If you've been approved for White Lining, she will consider you already screened for the Woodland end-2-end so you just need to email her at plachorn@me.com.



FOR SALE: Outdoor Research Men's Crocodile Gaiters. Brand new, unused, XX-Large, black, 100% Nylon Bottom Shear Tab Secures Front Closure, Durable, waterproof, and breathable, Abrasion Resistant Cordura Inner Leg and Boot, Larger Circumference Accommodates Plastic Boots, Lightweight and Durable Bio Thane Instep strap. \$45, Dexter Robinson, dexpcdoc@gmail.com.



Mountains and Climate Change From Understanding to Action

Yuki Fujita, left, Paul Dale, Tom Carey, Richard Doucette, and Tom Boydston on the summit of Pioneer Peak, Northern Adamants, British Columbia.
Photo by Chris Dame

Written by Paul Dale, Boston Chapter

I have been a climber, skier, and mountaineer for over 40 years and active with the AMC for decades. I have served as vice chair, chair, and now former chair of the Boston Chapter. In thinking about what is the most important way in which I can give back to other outdoor enthusiasts and to future generations, including my kids, addressing the problem of climate change is by far the most important.

I have spent the last year learning about the options and programs to deal with this challenge, and participating in climate change activities. I have dedicated myself to writing a series of articles that I hope will educate you about energy and climate change initiatives in Massachusetts, and thus move you from agreeing that climate change is a problem to taking action to deal with it, both personal and political. I want to provide easy to follow guidance on how to be effective in the fight for a better future. The first article lists personal things you can do (other than the standard call to install low wattage light bulbs).

The first article in the series begins on the next page.

10 Things You Can Do About Climate Change

Written by Paul Dale, Boston Chapter

2017 is here with record global warmth and record risk to our national commitment to address climate change. Many of us are frustrated by the feeling that whatever action we take will be insignificant. The problem is so large, how can one person make a difference? Your efforts **will** make a difference, more so than you might think. The U.S. has the 11th largest per capita carbon footprint of 204 countries ranked. Just like voting, each of us can make a difference, and your decision to do something about climate change makes more of a difference than people in other countries can.

Here are 10 things you can do:

Watch Leonardo DiCaprio's movie "Before the Flood" (1hr 30min): Why? It's eye-opening, informative, entertaining, and available online on YouTube (and it's Leo). Google search for "stream before the flood".

Investigate solar for your home: The investment can pay back in 5 to 7 years. Why? Solar produces clean electricity right on your rooftop with no pollution.

Join the Green Electricity program at Mass Energy Consumer's Alliance: Why? If you cannot go solar, this program ensures your electricity is generated from renewable sources, not fossil fuels. Visit www.massenergy.org/renewable-energy

Eliminate or reduce beef from your diet.: Why? Livestock production is the leading source of methane emissions, a greenhouse gas 72 times more potent than carbon dioxide and it takes 1800+ gallons of water to produce 1 pound of beef.

Avoid packaged or prepared foods that contain palm oil: Why? Palm oil is in 40-50% of household products in developed nations like the U.S. We lose 300 football fields of rainforest per hour clearing land for palm oil production. Forests are a necessary defense against a warming planet.

Drive less: Perhaps carpooling, biking, mass transit, or

walking are options for you. Why? Transportation is now the largest source of emissions in Massachusetts and across the United States.

When buying your next vehicle, consider only electric or hybrid models: Massachusetts offers a \$2500 rebate. See <http://mor-ev.org>. Why? Even when factoring in electricity generation, electric vehicles on average produce 70% less pollution than gas vehicles.

Call or meet with your elected officials: Your legislators have meeting times in your district. Why? They work for you, but they cannot represent you if they do not hear from you. Find your elected officials at <https://malegislature.gov/Search/FindMyLegislator> Don't be shy. The Massachusetts Sierra Club can help you prepare. Email energyactionbrigade@gmail.com with the subject line "Meet my Legislator."

Get informed and stay informed on environmental issues: One way is to subscribe to the EnergyActionBrigade@gmail.com by sending a note with "Subscribe" in the subject line.

Talk to your family, friends, and neighbors about these problems and solutions: Help make climate change a common topic of discussion for Massachusetts residents. State level engagement is critical. Host a viewing party of "Before the Flood" at your local library, school, or function hall. Or volunteer by sending a message to EnergyActionBrigade@gmail.com with "Volunteer" in the subject line.

Look for future climate change articles focusing on what we can do in Massachusetts. If you don't want to wait, learn about the Renewable Portfolio Standard (RPS). This program requires that a certain percentage of the electricity provided to you is from renewable resources such as wind and solar. Legislative action to strengthen this program is a top priority now. I'd love to talk with you. Write me a paulbdale@gmail.com or call 617 794-0851.



Teen Trail Crews on Bay Circuit Trail

Do you know a teen who is passionate about conservation?

Cares about making a difference in their community?

Wants to help in our mission to make the outdoors more accessible to all?

Maybe they're not ready to carry heavy packs miles into the backcountry, but they are excited to learn about trail stewardship and construction while enjoying the creature comforts of a front-country campground. If so, spread the word about AMC's Bay Circuit Trail Base Camp Teen Crews! Our BCT teen crews work on beautiful forest conservation areas in outer-Boston during the day, and come back each night to a camp with a swimming pond, bathhouse, and canoes!

We'll offer two crew weeks this summer:

July: Sun 7/23—Fri 7/28

August: Sun 8/6—Fri 8/11

[Sign up now through the Activities Database.](#)



Youth Opportunities NYC Program Update

Two groups from the Boys' Club of New York City are participating in YOP's first-ever Winter Cabin Stay Youth Adventure this February. Eighteen boys from multiple clubhouses throughout the city will learn backcountry snowshoeing, Winter First Aid, and teambuilding at the Mohican Outdoor Center. Two new YOP Members, who completed their Outdoor Leadership Trainings last year, are taking advantage of the Youth Adventure component of YOP NY/NJ where new members co-plan and lead an outdoor experience for their youth in preparation for future independent trips.

Date	Crew Name-Adult Volunteer Vacations FMI: http://www.outdoors.org/volunteer/trails/volunteer-vacations.cfm	Total Spaces	Fee
February 18-25, 2017	Virgin Islands National Park Volunteer Vacation	12	\$450/\$495
March 11-18, 2017	So. California Pacific Crest Trail Crew Volunteer Vacation	10	\$450/\$495
May 21-26, 2017	Lonesome Lake Hut Adult Trail Crew Volunteer Vacation	9	\$385/\$425
June 18-23, 2017	Harriman Outdoor Center Adult Volunteer Vacation	9	\$385/\$425
June 25-30, 2017	White Mountain Adult Base Camp Trail Crew	9	\$310/\$340
July 2-7, 2017	Not Your Parents Trail Crew! U-30	9	\$310/\$340
July 9-14, 2017	White Mountain Adult Base Camp Trail Crew	9	\$310/\$340
July 16-21, 2017	White Mountain Women's Spike Trail Crew	9	\$310/\$340
July 23-28, 2017	White Mountain Adult Base Camp Trail Crew	9	\$310/\$340
July 30-August 4, 2017	White Mountain Adult Spike Trail Crew	9	\$310/\$340

Poetry and Motion

Patriot Ledger reporter Sue Scheible, an AMCSEM member, shared with her readers the delight of a recent Thursday hike in Borderland State Park with leaders Hans Luwald and Debbie Lepore. Debbie recited a poem by Mary Oliver at journey's end, and then the leaders hosted a social gathering in the Visitors' Center. [Read the article here.](#)

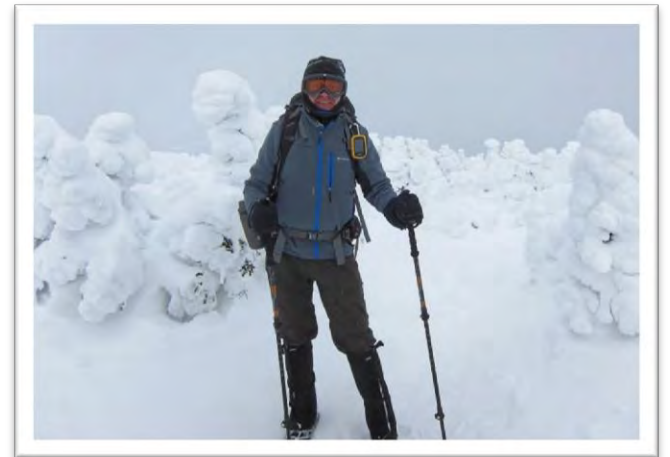
Summiting Mount Pierce



Packs on! *Photos by Les Lechowicz*



Still having fun.



Where are we?



Second thoughts?



At the Top!

Medawisla Lodge, Cabins Open July 1

GREENVILLE, Maine— The Appalachian Mountain Club (AMC) is set to re-open Medawisla Lodge and Cabins July 1 following a major two-year reconstruction project. This “off the grid” destination, located on the shore of Second Roach Pond near Kokadjo, will again offer hiking, paddling, fly-fishing, wildlife watching, and skiing opportunities as well as new options for mountain biking and canoe camping. Guests will find a newly built waterfront pavilion, central lodge with water views for dining and programs, as well as nine new private cabins.

Medawisla Lodge and Cabins will connect to AMC’s two other Maine Wilderness Lodges, Little Lyford and Gorman Chairback, and the family-run West Branch Pond Camps, through a 130-mile trail network built and maintained by AMC. These trails are open to guests and the general public, and offer a range of lodge-to-lodge hiking, biking, and skiing adventures.

Reservations can be requested online at www.outdoors.org/lodging-camping/Lodges/medawisla/index.cfm, or by calling (207) 358-5187. AMC’s Maine Wilderness Lodges are open to the general public.

Guests will find a range of overnight options, from deluxe cabins with private bath to more traditional cabins with shared bath to a bunkhouse suitable for groups. Four-course dinner, breakfast, and trail lunch are included in most cabin rates, with linens and hot showers available. Several cabins and one bunkhouse will include kitchens, providing a self-service option for guests who wish to prepare their own meals.

Guests can enjoy miles of cross-country skiing, hiking, and paddling just steps from their cabin door. Adventurers can use Medawisla as a starting point for overnight and multi-day paddling trips using remote campsites created by AMC’s Maine Chapter members on Second, Third, and Fourth Roach ponds and Trout Pond.

Nearby day trips include Baxter State Park, Big and Little Spencer mountains, and the new Katahdin Woods and Waters National Monument. Hikers can also take on the challenge of the Moosehead Pinnacle Pursuit by climbing

to the summits of six nearby mountains: Mount Kineo, White Cap, Eagle Rock, Borestone, Big Moose, and Number Four mountains.

AMC lodge staff includes several Registered Maine Guides who will offer scheduled programs and custom guided trips. AMC is also partnering with local guides to offer additional outdoor experiences such as river rafting.



The new Medawisla is a component of AMC’s broader [Maine Woods Initiative](#), an approach to conservation that combines outdoor recreation, resource protection, sustainable forestry, and community partnerships. To date, AMC has purchased and permanently conserved more than 75,000 acres of forest land, all open to the public; created more than 130 miles of rec-reational trails, and opened three sporting camps to the public, established a Forest Stewardship Council-certified sustainable forestry operation that employs local forest products workers and supplies local mills; and developed partnerships with local Piscataquis County schools.



“The new Medawisla was built from the ground up as a premier backcountry destination for outdoors enthusiasts who want to explore—or simply unplug and relax— here in the iconic Maine Woods,” said AMC Senior Vice President Walter

Graff. “We are excited to be bringing new nature-based tourism opportunities to the region.”



Aerial photo of recently conserved Silver Lake lands.
Forest Society of Maine Photo

Popular Forestlands Permanently Conserved for People and Wildlife

BANGOR, Maine—The Forest Society of Maine has teamed up with the Appalachian Mountain Club and the Open Space Institute to acquire and conserve 4,358 acres of forestland surrounding Silver Lake and 12 miles of the West Branch of the Pleasant River in Piscataquis County, Maine. These lands are visited each year by thousands of people from Maine and afar for fishing, hiking, camping, paddling, hunting, snowmobiling, and more. The property’s popular campsites and access to the river and lake are part of the amenities important to the region’s recreational and tourism economies. Public recreational access is now guaranteed forever.

The project safeguards vital river habitat for Eastern brook trout and Atlantic salmon spawning, and habitat for American black duck, Canada lynx, Northern long-eared bat, wood turtle, bald eagle, and many other species of state and national significance. The project additionally protects a 400-acre mature silver maple flood plain forest—one of the largest and best examples in Maine.

These newly conserved lands, adjacent to the historic Katahdin Iron Works, help buffer this state-owned site. Remnants of this operation can still be found. The area also became a popular tourist destination in the 1890s with the Silver Lake Hotel drawing visitors from across

the country. The hotel no longer stands, but the region’s beauty and natural resources persist and are now conserved for future generations.

“The remarkable mix of ecological and recreational values found here made this a high priority project for us, especially as it fills a key gap in the network of two million acres of already-conserved lands in this region of Maine’s North Woods,” said Alan Hutchinson, executive director of the Forest Society of Maine.

The Forest Society of Maine worked with Conservation Forestry—a New Hampshire-based timber investment firm and the owner of these lands since 2009—to develop a conservation future for the property. The Appalachian Mountain Club (AMC) now owns these lands, and the Forest Society of Maine holds a conservation easement on the property.

“Silver Lake and the watershed of the West Branch of the Pleasant River are an ecological treasure trove of plant and animal life. We are honored to be the new stewards of these spectacular lands and waters, and are committed to their protection and accessibility for nature-based recreation,” said Walter Graff, senior vice president of the Appalachian Mountain Club. “This parcel will also allow us to expand our outreach to local youth by providing new and accessible water-based opportunities for canoeing, kayaking, and fishing,” Graff said.

The lands are adjacent to AMC’s 70,000 acres of other conservation holdings in the area which provide the focus for its Maine Woods Initiative.

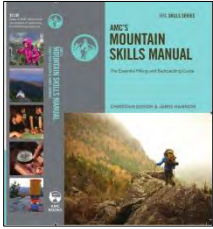
The Forest Society of Maine needed to raise \$4.35 million for this acquisition. Success was made possible with the help of many partners and supporters. Leadership gifts were provided by the Elmina B. Sewall Foundation, Jane’s Trust, the Knobloch Family Foundation, The Nature Conservancy, Sweet Water Trust, and the Wyss Foundation through the Open Space Institute.

The Forest Society of Maine extends its deep gratitude to the people and organizations whose help resulted in permanently conserving these thousands of acres of woods and waters in Maine’s North Woods that are so special to many people and many species of wildlife.

New AMC Books and Maps

Don't miss these new and updated books and maps, available from [AMC Books](#) in spring 2017.

All New Books



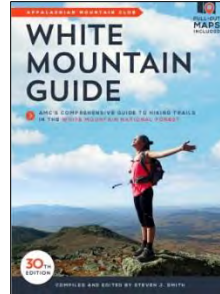
**AMC's Mountain Skills Manual:
The Essential Hiking and
Backpacking Guide**
*By Christian Bisson and
Jamie Hannon*

This comprehensive guide, from the nation's oldest outdoors club, covers the essential skills every hiker and backpacker needs to know. Novice and experienced outdoorspeople will appreciate this authoritative resource on trip planning, gear, food, navigation, and mountain safety, as well ways to be an active steward of our trails and natural resources. *AMC's Mountain Skills Manual* is rooted in the best practices taught in the Appalachian Mountain Club's outdoor leadership training programs. Whether readers want to map out a new adventure in the wilderness, perfect their pace and pack weight, or simply plan a weekend of car camping and day hikes, this guide will be an essential companion to enjoying every moment outdoors. *Available February 10, 2017*

**AMC's Real Trail Meals:
Wholesome Recipes for the Backcountry**
By Ethan and Sarah Hipple

Tired of following up those invigorating hikes with packaged meals full of preservatives? Kick your backpacking menu up a notch with AMC's first ever cookbook. Adopting a practical, easy-to-follow approach, *Real Trail Meals* teaches the basic principles of dehydrating food for preservative-free and trail-stable foods, with icons noting which recipes are vegetarian, gluten-free, kid-friendly, or require kitchen prep ahead of time. Each recipe comes with a breakdown of nutrition to pack weight, giving you the most nutrient-dense bang for your buck. *Available April 2017.*

Newly Updated AMC Books & Maps



**White Mountain Guide: AMC's
Comprehensive Guide to Hiking
Trails in the White Mountain
National Forest, 30th Edition**
*Compiled and edited
by Steven D. Smith*

With its 30th edition, AMC's *White Mountain Guide* marks its 110th year of serving hikers. This comprehensive guidebook is the most trusted resource for the hiking trails of the magnificent White Mountain National Forest and surrounding regions. The 30th edition has been thoroughly updated and revised, prioritizing easy-to-read at-a-glance stats for every hike. You'll find accurate descriptions of more than 500 trails, plus six pull-out topographic maps with trail segment mileage, trip planning and safety information, and a checklist of New England's 4,000-Footers. *Available mid-May 2017*

**AMC's Best Day Hikes near Washington D.C., 2nd
Edition: Four-Season Guide to 50 of the Best Trails
in Maryland, Virginia, and the Nation's Capital**
By Beth Homicz and Annie Eddy

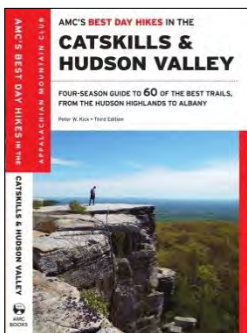
Discover 50 of the best day hikes in the Washington, D.C., area with this fully updated and revised four-season guide from AMC's Best Day Hikes series. This book is a must-have resource for shorter walks and day-long adventures along the trails of Washington, D.C.; Maryland; and Virginia. This updated edition features ten new hikes, expanding into the urban areas of Annapolis and Baltimore in Maryland and further south into Virginia's George Washington and Jefferson national forests. An at-a-glance trip planner highlights the best hikes near public transportation, as well as those for kids and for winter snowshoeing and skiing. GPS coordinates for trailheads make finding hikes a breeze, and updated essays throughout the book provide information on historical aspects of the area. *Available mid-March 2017*
Continued on page 12

Newly Updated AMC Books & Maps

Quiet Water Maine: AMC's Canoe and Kayak Guide to the Best Ponds, Lakes, and Easy Rivers, 3rd Edition

By Alex Wilson and John Hayes

Discover more than 100 spectacular ponds, lakes, and rivers ideally suited for canoeing and kayaking, newly updated for the first time in a decade. This revised edition highlights driving directions; parking; launch information; detailed tour descriptions including time, distance, and difficulty; and extensive notes on flora and fauna. Suitable for both beginner and experienced paddlers alike, *Quiet Water Maine* showcases this rugged state's most serene and spectacular paddling trips in a comprehensive, user-friendly format. *Available late April 2017*



AMC's Best Day Hikes in the Catskills and Hudson Valley, 3rd Edition: Four-Season Guide to 60 of the Best Trails, from the Hudson Valley to Albany

By Peter W. Kick

Available for the first time in rich full-color, this title is readers' go-to guide for hikes in this popular New York region, encompassing more than 600 miles of trails within just a few hours of New York City. This fully updated edition—now including Harriman State Park—leads beginner and experienced hikers alike along 60 of the region's most spectacular trails, from shorter nature walks to longer day hikes. An at-a-glance trip planner highlights the best hikes near public transportation, as well as those for kids, pets, and winter snowshoeing and skiing, while each hike description includes GPS coordinates for trailheads; information on time, distance, and difficulty; and a trail map. *Available mid-February 2017*

AMC Books and Maps

AMC's Best Day Hikes near Boston, 3rd Edition: Four-Season Guide to 60 of the Best Trails in Eastern Massachusetts

By John Burk, Alison O'Leary, and Michael Tougias

Available for the first time in vibrant full-color, this indispensable guide has been fully revised and updated to bring you 60 of the best day hikes in the Boston area. Whether you are an avid local hiker or just visiting the city, this book is a must-have resource for shorter walks and day-long adventures. This is not your standard Freedom Trail guidebook to Boston. *Best Day Hikes near Boston* explores the Middlesex Fells and Blue Hills, the infamously soft sands of Crane Beach and Cape Cod, and the secluded forests of eastern Massachusetts. An at-a-glance trip planner highlights the best hikes near public transportation, as well as those for kids, pets, and winter snowshoeing and skiing, while each hike description includes GPS coordinates for trailheads; information on time, distance, and difficulty; and a trail map. *Available late March 2017*

Outdoor Adventures Acadia National Park: Your Guide to the Best Hiking, Biking, and Paddling*

By Jerry Monkman and Marcy Monkman

(*Formerly *Discover Acadia National Park*)

This retooled title puts outdoor activities front and center, highlighting 50 of the best hiking, biking, and paddling trips in Acadia National Park for all ability levels. First-time visitors and veteran explorers alike will enjoy this comprehensive guide to trips on Mt. Desert Island, Isle au Haut, and Schoodic Peninsula, paired with an indispensable pull-out trail map. *Available mid-April 2017*

Continued on page 13

Newly Updated Maps

Continued from page 12

White Mountain National Forest Trail Maps: Presidential Range, Franconia–Pemigewasset, Crawford Notch–Sandwich Range and Moosilauke– Kinsman, Carter Range–Evans Notch and North Country–Mahoosuc

- Available as four individual maps or as a set
 - Now easier to read: larger scale & brighter colors
 - Trail segment mileage
 - GPS-mapped
 - Waterproof & tear-resistant
 - Before-you-go safety, planning & packing tips
- Available March 2017*

White Mountain National Forest Map & Guide, 3rd Edition

- Coverage of the entire White Mountain National Forest
 - Now easier to read: larger scale & brighter colors
 - Trail segment mileage
 - GPS-mapped
 - Waterproof & tear-resistant
 - Before-you-go safety, planning & packing tips
 - 4,000-Footer checklist
- Available mid-May 2017*

Acadia National Park Map, 4th Edition

Coverage of the entire Acadia National Park

- Trail segment mileage
 - GPS-mapped
 - Waterproof & tear-resistant
 - Before-you-go safety, planning & packing tips
- Available mid-April 2017*



One of the wonders of winter hiking—sights like this gray jay almost, but not quite, blending in.
Photo by Ken Carson

Activities

For the most current information, [search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

AA 13+

A 9-13

B 5-8

C less than 5

Indicates pace

1 very fast

2 fast

3 moderate

4 leisurely

Indicates terrain

A very strenuous

B strenuous

C average

D easy

Found in the description

L Activity leader

CL Activity co-leader

FT First Time

NM ... New Members

AN Advance Notice

C Conservation

EDUCATION

Sat., Apr. 8. Leadership Training Workshop Southeastern MA Chapter, 68 Mill Street, Foxboro, MA 02035. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader candidates are also welcome. It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to chapter members. This course will be held at the Foxboro Recreation Department Rec Hall, 68 Mill Street, Foxboro, MA 02035. Topics are presented by experienced AMC trip leaders and staff. This training is required for prospective SEM trip leaders, but is useful for any participant interested in improving their outdoor skills and anyone wishing to become familiar with trip group management. All those interested in this Leadership Training course may also wish to consider Wilderness First Aid training coming up 5/6 and 5/7/2017. L Douglas Griffiths (508-758-4315 after 6 pm, RedDougG@aol.com)

Sat., May 6-7. Wilderness First Aid Two Day Training, 68 Mill Street, Foxboro, MA 02035. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. Instruction is provided by SOLO, experts in providing wilderness medical training. The course runs 8:00 AM to 4:00 PM both days with an optional CPR course available Saturday at 4:00 PM. The course will be given at the Rec Hall, 68 Mill Street, Foxboro, MA 02035. Contact leader for registration form. L Douglas Griffiths (508-758-4315 After 6 pm, RedDougG@aol.com)(508-758-4315 after 6 pm, RedDougG@aol.com)

HIKING CAPE COD

Get your 100-mile patch! Contact hikingchair@amcsem.org.

Always looking for additional hike leaders! Contact hikingchair@amcsem.org

Thu., Feb. 16. Island Pond, Harwich (C3C), MA. 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 Before 9:00 pm, jtkaiser@comcast.net)

(FT) (NM) Sat., Feb. 18. Hike Crane Wildlife Area in Falmouth, Cape Cod, MA. Come hike with me. Terrain is flat and rolling, with a couple of hills. Hike to Mt. Zig and have a swing in the swing. RT 28S (from Bourne Bridge) to 151 exit. Right at ramp to dirt parking lot on right. Across from animal shelter. 1-3:30pm. Meet at 12:45pm for 1pm start. Contact the leader with any questions. L Linda Church (lchurch@whoi.edu)

Continued on next page

Activities

For the most current information, [search activities online](#)

HIKING CAPE COD

Thu., Feb. 23. Hike--Bourne Sisters, Bourne, MA. This 2 hour approximately 4 mile hike is in the Bourne Conservation Trust areas of the Bourne Sisters and Perry Woods. It also includes a cranberry bog and Town of Bourne Leary Property. The terrain is wooded pathways with frequent moderate rolling hills. We will have views of Back River from the Leary Property. Icy trails may be a reason for cancellation of this hike due to the hills. L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net, Robin is a second year SEM/AMC Level 1 hike leader with WFA training.)

Sun., Feb. 26. Sandy Pond Recreation, West Yarmouth, MA. Route 6, Exit 7S to left on Camp Street, then left on Buck Island Road. Left at Sandy Pond Recreation Area. Meet at 12:45 p.m.. L Janet Kaiser (508-432-3277 before 9:00 p.m., jtkaiser@comcast.net)

Sun., Feb. 26. Ryder Conservation/Lowell Holly Reservation Hike Sandwich, MA. 4-4.5 mi hike thru Conservation areas with frontage on Mashpee & Wakeby Ponds. Footpaths, carriage roads, cpl moderate hills. Rare example of a Cape Cod old-growth forest embellished with plantings by Abbott Lowell. Rt 6 Exit 3 > Quaker Meetinghouse Rd so. x 2.5 mi > LT @ light on Cotuit Rd x 2 mi. Trail head prkg on right. 1 p.m-3-3:30 p.m. L Barbara Gaughan (781-572-1321 before 9 p.m., barbaragaughan12@comcast.net, SEM Level 1 hike/bike leader)

(AN) Sun., Mar. 5. Sandy Pond Recreation, West Yarmouth, Cape Cod, MA. Route 6, Exit 7S to left on Camp Street, then left on Buck Island Road. Left at Sandy Pond Recreation Area. Meet at 12:45 p.m.. L Janet Kaiser (508-432-3277 before 9:00 p.m., jtkaiser@comcast.net)

Thu., Mar. 16. Hike Nickerson State Park, Brewster, MA. Late winter hike looking for signs of spring. Enter Nickerson State Park from 6A in Brewster. Park in front lot immediately on R. Two hours. Moderate pace. Meet at 9:45 for 10:00 start. Icy conditions may cancel. L Janet DiMattia (jandimattia@verizon.net, Janet is a long time AMC member who has led hikes both in CT and Cape Cod.)

Thu., Mar. 23. Hike--Four Ponds and Bourne Town Forest, Bourne, MA. This 2 hour approximately 4 mile hike is in the Bourne Four Ponds Conservation Area and adjacent Bourne Town Forest. The terrain is wooded pathways, fire roads, and mountain bike trails with some moderate hills. It offers views of the ponds. L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net, Robin is a second year Level 1 SEM/Cape hike leader with WFA training) L Deborah Hayden (508-548-8726 Before 9 p.m., shaferhayden@gmail.com, Debbie is a second year Level 1 Cape hike leader.)

(FT) (NM) Sun., Apr. 16. Quaker Woods Hike (C4C), West Falmouth, Cape Cod, MA. Easy 2-hour hike, stepping back in time 350 years to the site of one of the earliest Cape settlements, and see the first Quaker Burial Ground on the Cape. Depending on time, may also walk a bit on local bike path, West Falmouth Harbor, and possibly beach. Rain cancels. Call leader if in doubt about weather. Kids welcome, as well as adults. Directions: From the north or the east, take Route 28S to the Brick Kiln Road exit. Right at the end of the ramp. After 0.5 miles, turn right at the flashing yellow light onto Route 28A, then go 0.6 miles to a left at Old Dock Road. Go 0.1 miles and park in the lot on the right by the bike path. L John Gould (508-540-5779, jhgould@comcast.net)

Thu., Apr. 20. Hike Hawksnest State Park, Brewster, MA. Spring hike on wooded trails and dirt roads by ponds in small state park. We will hike approximately 4 miles in 2 hours at a moderate pace. From Rte. 6 - exit 11 turn L at light and immediate R onto Spruce Rd. Park on side of road approximately 1/2 mile down the road. Meet at 9:45 AM for 10 AM start. L Janet DiMattia (jandimattia@verizon.net, Janet is a long time hike leader having been active in both CT chapter and SEM chapter.)

Sat., Apr. 22. Hike and Remove Litter from Four Ponds Conservation Area Bourne (Pocasset), MA. In recognition of Earth Day, join Nancy Wigley, AMC Life Member/Naturalist and Jane Harding Cape Hike Chair to hike and remove litter on the necklace of trails around ponds of the Pocasset River. This area seemingly untouched by human hands will reveal secrets of its past uses. Walk where President Grover Cleveland and Calvin Coolidge fished for brook and rainbow trout, stand on a bluff above one of the ponds and view the remains of the fishing camp where their catch was cooked and enjoyed. The walk will take you along paths by the ponds and we will follow the river on its journey to the sea. This area is used by 4th grade students studying forest ecology and AMC will set a good example to show that it is not the place to dispose of beer bottles etc. Bring gloves, plastic bags will be provided. L Nancy Wigley (nrwigley@verizon.net) L Jane Harding (508-833-2864 before 9 pm, janeharding@comcast.net)

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Activities

For the most current information, [search activities online](#)

HIKING CAPE COD

(FT) (NM) Sun., Apr. 23. Hike Quashnet River (C3C), East Falmouth/Mashpee, MA, Cape Cod, MA. Spend 2 hours walking in a small valley along a stream. May see some herring and trout. Meet at 1245 for 1300 start. Rain cancels, but phone or email leader if any doubt about weather. Kids welcome, as well as adults and new members. L John Gould (508-540-5779, jhgould@comcast.net)

Sat., Apr. 29. Moraine Trail Hike, Falmouth, Cape Cod, MA. Nine mile, 5-hour, moderate, one-way, hike along moraine and pond with lunch stop. Meet in Goodwill Park in Falmouth at 0930, and will carpool at 0945 to hike start at 1000. Bring lunch, water, and your favorite tick prevention. Cancelled if rain. Please phone or email leader if any question about cancelling due to weather. L John Gould (508-540-5779, jhgould@comcast.net)

Sun., Apr. 30. Hike Maple Swamp, Cape Cod, MA. Hike historic area which dates back to glacial erosion. This hike has lots of steep climbs and declines with uneven terrain. Hiking boots and poles strongly recommended. Driving directions to start take Rte 6 to exit 3 Quaker Meetinghouse Rd and turn S off of ramp. Take first L onto Service Rd and look for Maple Swamp parking area on R past Mill Ln. Meet at 12:45 PM for 1 PM start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Sun., May 14. Hike Santuit Pond, Marston Mills, Cape Cod MA. Join us on Mother's Day for a delightful hike on wooded trails that will give us the opportunity to view a newly refurbished herring run and with some luck we will see rare Birdsfeet Violets blooming around a cranberry bog. Meet at 12:45 PM for a 1PM start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net, Level 1 hike leader with 3 years experience. Cape Hike chair for AMC.) L Nancy Wigley (nrwigley@verizon.net, Hike leader with many years of experience.)

Thu., May 18. Hike Herring River, Harwich, MA. Hike wooded trails around 2 reservoirs and cranberry bog. See working Herring Run. From Rte 6 take exit 9A. Follow Rte 134 to 3rd Traffic light and turn L and then take immediate L onto Great Western Rd. Go approx. 3 miles to R on Bells Neck Rd follow about 1/8 mile to reservoir and park on either side of dirt road. Meet at 9:45 AM for 10 AM start. L Janet DiMattia (jandimattia@verizon.net, Janet is a veteran AMC member who has led numerous hikes.)

Thu., May 25. Hike- Long Pond and Picnic, Goodwill Park, Falmouth, Cape Cod, MA. Traverse rolling wooded trails through Falmouth's Town Forest. Enjoy scenic views of Long Pond, a kettle pond formed at the edge of the glacial moraine. Sturdy shoes, plenty of water, sunscreen and tick repellent are strongly recommended. The Cape is a known tick habitat! Poison ivy is also abundant in the woods and along the sides of the trail. You may consider wearing long pants. Meet at 9:45 for trail talk. Hike begins promptly at 10 AM. PICNIC LUNCH to follow hike. Bring your own main course plus a salad, dessert or snacks to share with the group. Call leader with questions 508 243 3884. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com)

HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org.
Always looking for additional hike leaders! Contact hikingchair@amcsem.org

Tue., Feb. 14, White Line the Blue Hills series, Blue Hills Reservation, Milton, MA. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for about 4 hours at a moderate pace. Register once and then come when you can, info sheets for registered participants will be emailed the prior week. Have you been Red Lining and would like to try White Lining or do you simply enjoy winter hiking then we hope you consider joining us; it's fun to hike without bugs and is a good way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) CL Pat Achorn (plachorn@me.com), R Pat Achorn (plachorn@me.com)

(FT) (NM) Thu., Feb. 16., 10:00 am Hike/Snowshoe Copicut Woods, Indian Town Rd, Fall River, MA. Meet at 10:00 a.m. Indian Town Rd Parking lot. Required equipment: Hiking boots, rain gear, water and snacks. Heavy rains or snow will cancel. Snow or ice will require microspikes, or snowshoes. This 516-acre property is both a prime destination and the southern gateway to the Southeastern Massachusetts Bioserve. Copicut introduces nature lovers and outdoor enthusiasts to an entire regional ecosystem. Experience forests, streams, and cedar swamps, amid an array of flora and fauna, from deer and coyote darting among stands of hardwoods and conifers, to hawks, owls, and salamanders. L Walt Granda (508-971-6444 before 9:00 PM, wgrand@aol.com)

Activities

For the most current information, [search activities online](#)

HIKING

Sat., Feb. 18. Mount Israel Snowshoe Hike, White Mountains, Sandwich Notch Road, Sandwich, NH. Mount Israel (2,630 ft.) is an out-of-the-way mountain with exceptional views. It is among the mountains listed in the "52 with a View". It is a moderate hike with roughly 1700' of elevation gain and 4.6 miles round trip.. We will take the Wentworth trail to the summit which will offer spectacular views of the Sandwich range, Squam and Winnepesaukee lakes, and Mount Chocorua. With snow this will be a snowshoe, Without snow, still a great hike. L Ken Carson (508-833-8237 between 10:00am and 6 P.M, kcciii@comcast.net) L Leslie Carson (508-833-8237, ltc929@comcast.net)

(AN) Sat., Feb. 18-20. High Cabin Winter Hiking/Camping Weekend, Mt. Cardigan in Central New Hampshire Lakes Region, NH. Mid-Winter weekend at AMC's High Cabin. Hike up to the cabin on Friday. Spend Sunday exploring Mt. Cardigan. Suitable for seasoned winter hikers ready to take it to the next level. Registration is first come, first serve and a deposit must be sent by January 15, 2017. L Mike Woessner (508-577-4879, stridermw@hotmail.com, Mike is a seasoned hike leader, leading trips for the South Eastern Mass Chapter since 2001. He has hiked all of the 48 New Hampshire 4,000 footers as well as Mt.s Madison in VT., Baxter Peak on Mt. Katahdin in Maine and Mt. Marcy in NY. He has back packed the Grand Canyon and the Great Smoky Mountains. He is certified in Wilderness First Aid and Healthcare provider CRP.) CL TBD , R Mike Woessner (508-577-4879, Stridermw@hotmail.com)

Tue., Feb. 21, White Line the Blue Hills series, Blue Hills Reservation, Milton, MA. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for about 4 hours at a moderate pace. Register once and then come when you can, info sheets for registered participants will be emailed the prior week. Have you been Red Lining and would like to try White Lining or do you simply enjoy winter hiking then we hope you consider joining us; it's fun to hike without bugs and is a good way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) CL Pat Achorn (plachorn@me.com), R Pat Achorn (plachorn@me.com)

Thu., Feb. 23. Ponkapoag Pond Hike, 2167 Washington Street, Canton, MA 02021. Meet at 10:00 am in Ponkapoag Golf Course Parking Lot for a five-mile hike/snowshoe (depending on conditions) around the Pond. Bring water, snacks and appropriate footwear. L Deborah Lepore (617-778-4339 before 9 PM, DLepore2@GMail.com) CL Hans Luwald (508-668-0462 Before 9 PM, Hans.Luwald@Gmail.com)

Thu., Mar. 2. Thursday Morning Hike - Burrage Pond WMA - 15 Hawks Ave, Hanson, Ma Hike in The Burrage Pond WMA in Hanson & Halifax. A three hour, 5 to 6 mile moderate hike on mostly flat sandy trails. This area was once the largest cranberry bog operation in the country and is now being reverted back to wild lands. Bring lunch, water, warm clothing and especially warm windproof head gear as these open spaces can get very chilling in the winter with a stiff breeze. Heavy rain or heavy snow will cancel. Good snow shoeing if weather permits. Please contact leader BEFORE bringing DOGS on this hike. L Richard Carnes (508-947-3204 Before 8 PM, rcarnes2@aol.com)

Fri., Mar. 3-5. Winter Hiking Series Trip #4 - Lonesome Lake Overnight, White Mountains, NH. Join us for the fourth and final trip in our popular SEM Winter Hiking Series. On Friday, we will hike into the AMC Lonesome Lake Hut from the Lafayette Campground in Franconia Notch. After checking into the hut, we will have an opportunity to explore the beautiful Lonesome Lake area before enjoying our "social hour" and group-prepared dinner in the hut. Following our group breakfast on Saturday, we will offer one or more hikes to nearby peaks (probably Cannon Mtn. and or North/South Kinsman). After returning to the hut, we will once again get together for a social hour and group-prepared dinner. After breakfast on Sunday morning, we will pack up our stuff and hike back down to the trailhead for the drive back home. While the hike into the hut from Franconia Notch is relatively short, we will be carrying full winter packs and either hike on Saturday will be relatively challenging. In addition to appropriate winter-rated hiking boots and appropriate (non-cotton) clothing, we will require microspikes, snowshoes, and 10- or 12-point crampons for this trip. Since the bunkrooms are unheated, we well also require a winter sleeping bag rated down to AT LEAST zero degrees F. Participation in the SEM Winter Hiking Workshop and/or significant winter hiking/snowshoeing experience required to participate in this series. For the overnight trip, we will also give preference to those who participated in the earlier hikes in this winter series. L Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net, Paul, an experienced SEM winter hiking leader and instructor, takes great pleasure in introducing three-season hikers to the many pleasures of winter hiking.) L Barry Young (508-339-3089 Before 9 PM, Barry.young@comcast.net)

Activities

For the most current information, [search activities online](#)

HIKING

Tue., Mar. 7, White Line the Blue Hills series, Blue Hills Reservation, Milton, MA. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for about 4 hours at a moderate pace. Register once and then come when you can, info sheets for registered participants will be emailed the prior week. Have you been Red Lining and would like to try White Lining or do you simply enjoy winter hiking then we hope you consider joining us; it's fun to hike without bugs and is a good way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) CL Pat Achorn (plachorn@me.com), R Pat Achorn (plachorn@me.com)

Tue., Mar. 14-, White Line the Blue Hills series, Blue Hills Reservation, Milton, MA. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for about 4 hours at a moderate pace. Register once and then come when you can, info sheets for registered participants will be emailed the prior week. Have you been Red Lining and would like to try White Lining or do you simply enjoy winter hiking then we hope you consider joining us; it's fun to hike without bugs and is a good way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) CL Pat Achorn (plachorn@me.com), R Pat Achorn (plachorn@me.com)

Thu., Mar. 16. Thursday Morning Rocky Woods Hike 10:00 AM, Hartford St. Medfield, MA, Hike 6+ miles in Rocky Woods, Medfield, MA Varied terrain with some hills. Open cart paths and trails suitable for socializing as you hike wooded terrain with some good views. The trustee of reservations property, a \$2.00 fee per person may be charged. Bring snack's for a lunch break.. Footwear should be boots, stabilizer"s or snowshoes as weather conditions dictate. L Fred Wason (508-838-6049, fmwason@verizon.net)

Tue., Mar. 21. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA, Hike hilly Skyline Trail and adjacent trails on ten successive Tuesday mornings 3/21-5/23, progressively increasing distance, elevation gain and pack weight (optional) to condition for summer hiking season up north. Moderate to fast pace 3 to 4 hour hike, distance 3 to 8 miles. 9:30 am start. Not suitable for beginners. May finish series with extended day hike. Register once for entire series. L Len Ulbricht (lenu44@gmail.com, Len has been an AMC Southeast Mass chapter member since 2008. He leads three season hikes in the White Mountains, both day hikes and multi-day hut trips, and an annual spring conditioning series in the Blue Hills. He has summited 44 of the 48 NH 4K peaks and is an AMC Adventure Travel co-leader.)

(FT) (NM) Thu., Mar. 23. Thurs. Morning Hike - Oldham Trail & Harold Clark Forest, Foxboro, MA. Hike the Oldham Trail and Harold Clark Forest in Foxboro. Meet at 10:00 am at parking lot on Rt. 140 across from Sunoco Station. Heavy rain will cancel. Bring lunch or snack and water and wear appropriate footwear. L Muriel Guenthner (508-699-7461 Before 9:00PM, murielguenthner@comcast.net)

(FT) (NM) Thu., Mar. 30. Thursday AM Ponkapoag Pond Hike, Ponkapoag Golf Course, Canton, MA. Meet at 10AM in Ponkapoag Golf Course Parking Lot for a five-mile hike/snowshoe (depending on conditions) around the pond. Bring: water, snack and appropriate footwear. L Deborah Lepore (617-778-4339 before 9 PM, DLepore2@GMail.com) CL Hans Luwald (508-668-0462 Before 9 PM, Hans.Luwald@Gmail.com)

(FT) (NM) Thu., Apr. 6. Thursday Morning Hike at the Eleanor Cabot Bradley Estate, 2468 Washington St. (Route 138), Canton, MA, Join us for a 3 + mile hike in this 90-acre Eleanor Cabot Bradley country estate in Canton, MA. View a majestic home with elegant gardens, fields and woodlands-all the amenities of the turn-of-the-century living in the Neponset River Valley. Dress according to weather forecast for the day of hike. Traction devices may/may not be needed. Bring water, snacks, and lunch. Rain cancels. Directions: From Route 128 (I-93/Route 1), take exit 2A and follow Route 138 south. After crossing bridge (from Route 128 north exit) or coming off exit ramp (from Route 128 south exit), turn into first driveway immediately on right Follow signs to parking lot. L Fred Wason (508-838-6049, fmwason@gmail.com)

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Activities

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HIKING

(FT) (NM) Thu., Apr. 13. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkco24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Apr. 20. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkco24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(C) (FT) (NM) Thu., Apr. 20. Thurs Morn. Hike - Wallomonopoag Conservation Area, Wallomonopoag Conservation, Elysium St., Wrentham, MA. Meet 10:00 am in Conservation Area parking lot off of Elysium St. Wrentham. Bring water, snack or lunch & sturdy footwear. Rain cancels. Great blue rookery and eskers and possible sighting of deer. L Muriel Guenther (508-699-7461 Before 9:00pm, murielguenther@comcast.net)

(FT) (NM) Thu., Apr. 27. Thursday Morning Hiking in the Blue Hills, Blue Hills Reservation, Milton, MA. A 5 mile hike in the Blue Hills on the Red Dot Trail that is marked by rugged, rocky loops over hilly terrain. L Sue Chiavaroli (508-496-6452 7PM-9PM, brillo6452@yahoo.com)

(FT) (NM) Thu., May. 4. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkco24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., May. 11. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkco24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

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HIKING

Sat., May 13. Woodland End2Ender hike in the Blue Hills, Southeast, MA. This fun End-to-end hike traverses the Blue Hills from the Northernmost end of Fowl Meadow in Canton to Shea Ice Rink in Milton, stopping at Houghton's Pond for a leisurely lunch. We will avoid the summits and generally stick to well-maintained trails in the wooded lowlands. The total distance is 11 miles and we will hike at a moderate pace ideal for walking and talking at the same time. Other than a short section around Little Blue and Great Blue Hill the trails will be flat or gently inclined. This popular hike is limited to 24 people so register early to avoid being waitlisted. Also, since we are keeping to lowlands, heavy rain or flooding will cancel. Lastly, one of the leaders, Paul, will have his well-behaved dog with him, if you wish to bring your dog, please discuss during registration. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn L Walt Granda (wlgranda@aol.com), R Pat Achorn (plachorn@me.com)

(FT) (NM) Thu., May. 18. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., May 25. Thursday Morning Hike at Ell/Long Pond, Hopkinton,RI, Fisherman's Parking Lot, Canonchet Road, Hopkinton, RI. A 4-5 mile hike along the Narragansett Trail in RI. The hike scrambles up and down through paths of rhododendrons, hemlocks, and mountain laurel. Part of the hike will be a scramble up a rock formation with a great view of Long Pond where the movie Moonrise Kingdom was filmed. L Sue Chiavaroli (508-496-6452 7PM-(PM, brillo6452@yahoo.com)

(FT) (NM) Thu., May. 25. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Jun. 1. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Jun. 8. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Activities

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HIKING

(FT) (NM) Thu., Jun. 15. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Jun. 22. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Jun. 29. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Jul. 6. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Jul. 13. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Continued on next page

Activities

For the most current information, [search activities online](#)

HIKING

(FT) (NM) Thu., Jul. 20. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Jul. 27. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Aug. 3. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Aug. 10. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Aug. 17. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Continued on next page

Activities

For the most current information, [search activities online](#)

HIKING

(FT) (NM) Thu., Aug. 24. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Aug. 31. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Sept. 7. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Sept. 14. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Sept. 21. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Happy Trails!



The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | March 2017

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Or call 1-800-372-1758

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Please send photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Business advertisements are just \$15/month. Send inquiries to breeze.editor@amcsem.org



Ready, set, go! "Wintery wonderland" offers ideal conditions for cross-country skiing and snowshoeing. *Photos by Walt Granda*

Fresh Snow Is Ideal for Noble View Weekend Trip

Written by Walt Granda

WOW, what a perfect winter weekend! This is my fifth winter weekend at Noble View, and every year exceeds my expectations. This year was especially good because of the Thursday storm that gave us 14 inches of snow on the trails.

The Noble View outdoor center in Russell, MA, is one of the AMC's larger land holdings. It is located on 358 acres on a quiet mountaintop that offers great views of the Pioneer Valley to the east of Mt. Wachusett. The really great aspect of the location is that it is the perfect place for anyone to experience cross-country skiing, snowshoeing, or winter hiking without the stress of having to carry in a lot of extra gear or food.

Continued on page 3

View from the chair

Take it outside in April!

Have you been cooped up all winter and now you're good and ready to get outside? We have some terrific events coming up to help cure your cabin fever.

First, on April 8, we will be holding our annual Leadership Training for prospective new activity leaders. While this event is primarily intended for those who want to become activity leaders, it is open to all AMC SEM members who would like to learn more about AMC and what goes into planning an event. You will learn what goes on behind the scenes to make a hike, bike, paddle, ski trip, or trail work trip successful. You'll also become a better participant, knowing the decisions that need to be made on a trip, how you can show up with the right equipment, and how to influence the group dynamics in a positive manner. This free, all-day training session is being held in Foxboro near the F. Gilbert Hills State Forest.

Next up, on Saturday April 15, is the AMC SEM Open House with this year's theme: "Take it Outside 2017." The Open House event will be held this year at Myles Standish State Forest in Carver and Plymouth. Join us for beginner and intermediate hikes and bike rides. This year, we will also have trail work events to help maintain the many hiking trails in the forest. We'll serve a free lunch for participants from noon to 1 PM at Park Headquarters, where we'll also provide presentations on conservation activities.

At the end of the month—tentatively scheduled for Wednesday, March 29—we will have an event to help clean up the National Seashore on the outer Cape. This will most likely be a morning work party followed by a pizza party. Details are still being worked out, so stay tuned and visit our website (www.amcsem.org) often.

See you all outside!

Barry Young

AMC SEM Chapter Chair <mailto:chair@amcsem.org>



Barry Young, Chapter

Chair chair@amcsem.org



2017 Executive Board

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 Vice Chair Christine Racine
 Secretary Ann McSweeney
 Treasurer Patty Rottmeier
 Past Chapter Chair Maureen Kelly
 Biking Chair Bernie Meggison
 Biking Vice Chair Open
 Cape Hiking Chair Jane Harding
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 Conservation Vice Chair Open
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 Hiking Vice Chair Open

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 Paddling Vice Chair Open
 Skiing Chair Barbara Hathaway
 Skiing Vice Chair Jeannine Audet
 Trails Chair Peter Tierney
 Trails Vice Chair Wayne Anderson
 Trails Vice Chair Skip Maysles

Ad Hoc Committee Chairs and Other Chapter Contacts

Social Director Open
 Social Vice Chair Open
 Social Networking Moderator Susan Mulligan

Web-master Cheryl Lathrop
 Breeze Editor Mo Walsh
 Blast Editor Marie Hopkins

Contact the Chapter Chair at chair@amcsem.org if you're interested in any open position.



Snowshoe enthusiasts love that fresh powder! *All photos by Walt Granda*

Noble View Weekend

Continued from page 1

The first winter weekend was organized in 2012 by Maureen Kelly and Luther and Joyce Wallis. Over the last five years we got to explore the trails that were snow-covered, icy, or free from snow and ice. It doesn't make a difference; we always have a great time. The fifth annual winter weekend took place from February 10 to 12.

Friday afternoon was reserved for unloading our gear, finding a room in one of the two cottages, socializing, and exploring the trails near the cottages. Our meals for the weekend were planned and prepared by Sandy, Lysa, and Sue. Because of their terrific preparation, recipes, and fantastic cooking ability, we never went hungry.

On Saturday, after a hearty breakfast, everyone was looking forward to exploring the trails on skis or snowshoes. Jeannine Audet and Walt Granda were the leaders who guided the cross-country ski and snowshoe trips, and neither wasted any time getting everyone out on the trails.

The 14 inches of fresh snow on the trails and the snow-covered trees gave us that wintery wonderland look that we don't get to experience at home. The snowshoers and skiers returned to the cottage by noon for lunch and a short break, before heading out for the afternoon

adventure. The late afternoon and evening activities were sledding, socializing, games, relaxing, and, most important, eating. After dinner, Jeannine led a yoga session in the North Cottage for those interested in stretching out after a day on the trails.

The fun-filled weekend ended Sunday with breakfast, clean up, and packing before heading home, though a few stayed for a quick snowshoe hike before leaving.



Relaxing with great food and friends after a fun, but strenuous day outdoors.

Thanks to all our volunteers who made this weekend a great success, especially Sandy and Lysa for keeping us well-fed, and Sue Mulligan, who was unable to attend.

A great time was had by all, and everyone is looking forward to Noble View 2018!



A fallen tree over the trail creates an arch, not an obstacle.



Deborah, left,
Gretel,
and Hans.



Volunteers of the Month: Deborah Lepore and Hans Luwald

Written by Leslie Carson, Hiking Chair

Each month the SEM recognizes one of our amazing volunteers. We are thankful for the wonderful people who donate their time and energy to lead terrific trips. This month the Hiking Committee recognizes **Deborah Lepore** and **Hans Luwald** for their continuing contributions.

Deborah and Hans have been AMC members for approximately 16 years and became leaders in 2011. Since 2012, they have led more than 30 hikes and are active leaders for the SEM Thursday Morning hikes, which run from September through May. This dynamic duo leads many hikes around such local areas as the Blue Hills, Powissett Farm in Dover, Adams Farm in Walpole, and Pequisett Farm in Canton, to name a few. Recently they were recognized in the *Easton Journal* for one of their Borderland hikes, which attracted more than 25 participants and ended with a reading of a short poem and a social gathering at the visitors' center.

Both Deborah and Hans ski cross country and are members of the Audubon Society. Hans monitors bluebird boxes and demonstrates maple-sugaring at the Moose Hill Wildlife Sanctuary. If you have the opportunity, you may want to join in the fun on one of their upcoming hikes.

Thank you, Deborah and Hans, for all you do!

Hans and Deborah will each receive a Volunteer of the Month certificate and a \$50 gift card.



Dear Friends,

We are pleased to report that the [Cape Cod Commission](#) has issued the draft Feasibility Study of the extension of the Shining Sea Bikeway to the Cape Cod Canal. The Commission's draft report acknowledges the broad public support that the project has received and provides three alternatives for making the trail a reality.

The three alternatives include "Rail to-trail," "Rail-with-trail," and "Rail-with-trail with at-grade crossings." The "Rail-to-trail" option includes the removal of the existing rails and constructing a paved bike path (the new bike path would utilize the existing bridges). "Rail-with-trail" involves construction of a paved bike path adjacent to the existing rail line (the existing rail would remain active and new bridges would be required for the new bike path). The "Rail-with-trail with at-grade crossings" would include a new bike path constructed beside the existing rail line (the existing rail line would continue to be active). However, instead of constructing new bridges, some low-volume road crossings would be at grade.

We encourage you to review the report and submit any questions and comments to the Cape Cod Commission **by March 15, 2017**. Comments on the draft document may be submitted via regular mail or email to Glenn Cannon, Technical Services Director with the Cape Cod Commission: gcannon@capecodcommission.org.

**Cape Cod Commission Shining Sea Bikeway Study
c/o Glenn Cannon, Technical Services Director
P.O. Box 226
Barnstable MA 02630-0226**

Please make your voice heard! Your support of the project has been critical in advancing the project forward!
<http://www.capecodcommission.org/index.php?id=252>

Cheers,

Friends of the Bourne Rail Trail

Everyone is welcome!

Join the **Southeastern Massachusetts Chapter** of
the **Appalachian Mountain Club** for:

SEM Chapter Open House
Take it Outside with AMC
2017

Saturday, April 15, 2017

[Myles Standish State Forest](#)

Activities

[Nature Walk with a Birder and a Botanist 10:00 - 12:00](#)

[Intermediate Bike, 10:00 - 12:00](#)

[Intermediate Hike - Cherry Pond, 10:00 - 12:00](#)

[Intermediate Hike - The Bentley Loop, 10:00 - 12:00](#)

[Trail Work Event, 10:00 - 12:00](#)

Free Lunch! 12:00-1:00

[Beginner Hike - East Head Loop, 1:30 - 3:30](#)

[Intermediate Hike - Pine Barrens Path, 1:30 - 3:30](#)

[Beginner Bike - Charge and Fearing Ponds, 1:30 - 3:30](#)

[Trail Work Event, 1:30 - 3:30](#)

Questions about Take it Outside with AMC? Email Maureen at mokel773@aol.com or call 508-224-9188.
Visit www.amcsem.org and click on Open House for more information. Register for individual events on our website or by clicking the links above.

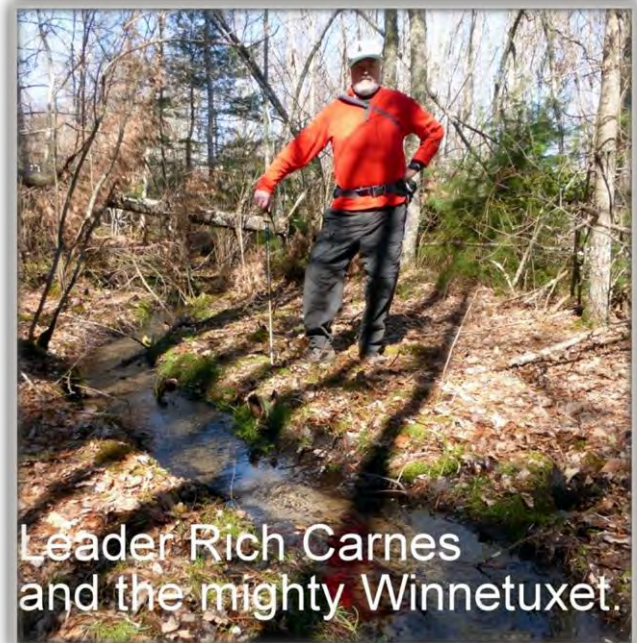


Rich River Habitats Support Rare Species Photos by Greg Gales

A group of AMC Thursday Morning hikers led by Richard Carnes enjoyed a beautiful day March 9th at the 164-acre Striar Conservancy along the lower Winnetuxet River in Halifax.

The preserve supports as many as 90 species of birds, plus deer, fox, and locally-uncommon river otters. The trails meander through mature woodlands and along marshes and streams with views of the second-largest river basin in Massachusetts.

“We saw vernal pools, ponds, feeder streams into the Winnetuxet River, chickadees, skunk cabbage,” said Greg Gales, who provided these photos. “And we heard loud wood frogs—they sound like ducks.”



Winter Cold No Match for SEM Winter Hikers By Paul Miller, SEM Communications Chair

The fourteen intrepid participants in this year's SEM Winter Hiking Series had an opportunity to put their winter gear and skills to the test in our series finale, a two-night stay at the AMC Lonesome Lake Hut above Franconia Notch on the weekend of March 3rd through 5th. As readers might recall, that weekend featured some of the coldest and windiest weather all year, with temps around zero and 20-to-30-mile-per-hour winds—and that was down here in Massachusetts!

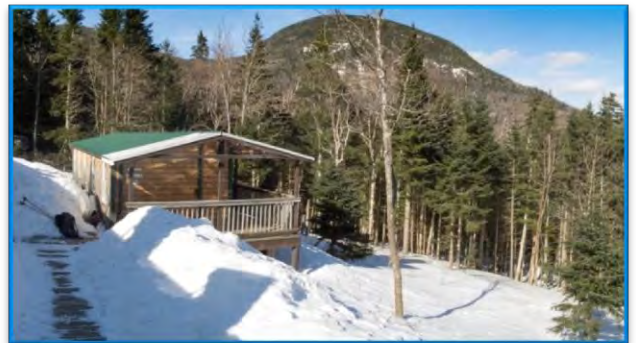
Needless to say, the conditions were even more severe up in northern New Hampshire with below-zero temps at night in the (unheated) Lonesome Lake bunkrooms. We certainly were glad that we had hauled our warmest winter sleeping bags up to the hut, along with all our other winter gear and our group food. We were also glad that the Lonesome Lake Hut caretaker kept the wood stove in the main hut stoked for a good part of each day, providing respite from the bitter conditions outside.

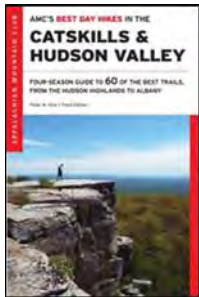
Luckily, while cold and windy all weekend, the winds didn't start to get really wild until later in the day on Saturday and into Sunday morning. As a result, we had a nice sunny hike up to the hut from the trailhead at the Lafayette Place Campground Friday morning. And by layering up appropriately and minimizing exposed skin, we were able to enjoy several hikes from the hut on Friday afternoon and Saturday. Saturday's hikes included one up Fishin' Jimmy Trail toward Kinsman Pond in the morning and up the Lonesome Lake Trail to the Kinsman Ridge Trail in the afternoon. For both hikes, we prudently used appropriate traction (either microspikes or full crampons, as needed) and stayed below treeline. This enabled us to avoid the exposed summit of Cannon Mountain and the somewhat less exposed summit of Kinsman North.

While we couldn't avoid the strong winds encountered on Sunday morning while hiking around the lake for the trip back down to the trailhead, we were only exposed to the worst of the wind for about 20 minutes or so and the rest of the hike out was a just a "walk in the woods" (albeit one carrying full winter packs and with microspikes strapped on to our insulated winter boots).

Not sure about everyone else, but I'm already looking forward to next year's winter series.

From top: 1. SEM Winter Hikers on Lonesome Lake with Franconia Ridge in background. 2. Descending the Kinsman Ridge Trail. 3. Lower Bunkroom at Lonesome Lake hut. 4. Happy Hour in Lonesome Lake hut. *Photos by Mike Woessner*





**AMC's Best Day Hikes in the
Catskills and Hudson Valley, 3rd
Edition: Four-Season Guide to 60 of
the Best Trails, from the Hudson
Valley to Albany**
By Peter W. Kick

Available for the first time in rich full color, *AMC's Best Day Hikes in the Catskills & Hudson Valley*, Third Edition, is the go-to guide for hikes in this popular New York region. Encompassing more than 600 miles of trails within just a few hours of New York City, the Catskills and Hudson Valley are a hiker's paradise, boasting varied and scenic terrain from Westchester County to Albany, including Harriman State Park. This fully updated guide leads beginner and experienced hikers alike along 60 of the region's most spectacular trails, from shorter nature walks to longer day hikes. Including GPS coordinates for trailheads, info on parking, natural highlights, and summaries of time, distance, and difficulty, this is the ultimate guide to day-hiking in the Catskills and Hudson Valley.

Inside You'll Find:

- 60 hiking trips for all ability levels and seasons
- At-a-glance trip planner to help you find the trip that's right for you
- Detailed maps showing parking, trails, and highlights
- Summaries of time, distance, and difficulty level for each trail
- GPS coordinates for all trailheads
- Hiking and safety tips, including advice on what to carry in your pack
- Essays on nature and history of the region

About the Author: Peter W. Kick is a native of the Catskill Mountains, a New York State licensed guide, and author of several hiking and cycling guides, including *Catskill Mountain Guide*, *Discover the Adirondacks*, and *Desperate Steps*. Kick's work has also appeared in *Backpacker*, *Sailing*, *Cruising World*, and *Adirondack Life*. He is a lifetime member of AMC and lives in St. George, Maine.



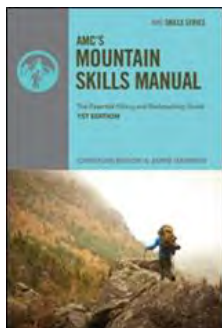
Thor's Hammer at sunrise on a cloudy day in Bryce Canyon National Park. *Photo courtesy of the National Park Service*

Hiking in Bryce & Zion National Parks
Written by Len Ulbricht

This fall, September 23 to October 1, I will be co-leading an AMC Adventure Travel trip to hike the canyons of Bryce and Zion National Parks. Bryce Canyon, known for its hoodoos and sculpted multi-color landscapes, and Zion, for its narrow steep red rock walls and awesome geological features, offer unique hiking experiences, be they high up on the canyon rim or down on the canyon floor. You can check out details of the trip (and view photos) by clicking on the prospectus link. Email me at lenu44@gmail.com with any questions.



Angels Landing towers 1,488 feet above the floor of Zion Canyon. *Photo courtesy of the National Park Service*



**AMC's Mountain Skills Manual:
The Essential Hiking and
Backpacking Guide**
*By Christian Bisson and
Jamie Hannon*

This comprehensive guide from the nation's oldest outdoors club covers the essential skills every hiker and backpacker must know. Novices will welcome the authoritative advice on trip planning, clothing, gear, food, navigation, setting up camp, and mountain safety, while experienced backpackers will benefit from the detailed discussions of weather, winter skills, ultralight backpacking, and group leadership. All outdoors-lovers will appreciate the thoughtful, comprehensive coverage of land ethics and trail etiquette.

AMC's Mountain Skills Manual is rooted in the best practices taught in the Appalachian Mountain Club's outdoor leadership training programs. Drawing on that wealth of field-tested knowledge, this book helps hikers and backpackers plan for the best but prepare for the worst. Bad weather, accidents, and a host of worst-case scenarios get their due, along with tried-and-true ways of avoiding hazards in the first place.

Whether you want to map out a new adventure in the wilderness, perfect your trail pace and pack weight, or simply plan a weekend of camping and day hikes, this manual is your essential companion to enjoying every moment outdoors.

Inside You'll Find:

- Vital information on weather patterns, land ethics, health, safety, wildlife, and winter recreation
- Essential tips on clothing, gear, first-aid and repair kits, and going ultralight
- Instruction in outdoor skills, from packing and lifting your pack to staying hydrated, compass and celestial navigation, knot tying, bushwhacking, and setting up camp in the backcountry

- Detailed advice on hiking with groups, young children, and people of all ability levels
- Original illustrations, including many step-by-step how-tos, depicting the skills discussed
- Detailed advice on hiking with groups, young children, and people of all ability levels
- Original illustrations, including many step-by-step how-tos, depicting the skills discussed

About the Authors: Christian Bisson (Ed.D.) teaches adventure education at Plymouth State University. He has been an instructor at the National Outdoor Leadership School (NOLS) since 1990, specializing in wilderness backpacking for outdoor educators. He lives in New Hampshire, where he hikes with his wife and children.

Jamie Hanson has been involved in outdoor and adventure education since 1981, guiding and teaching for a range of organizations, including NOLS, the Chewonki Foundation, and the University of Maine's MaineBound. He teaches adventure education at Plymouth State University.

Companion Videos

AMC has created three outdoor skills videos—on planning a day hike, the 10 essentials, and trail etiquette—based on AMC's Mountain Skills Manual. To view these videos, please visit:

- [outdoors.org/planningadayhike](https://www.outdoors.org/planningadayhike)
- [outdoors.org/10essentials](https://www.outdoors.org/10essentials)
- [outdoors.org/trail etiquette](https://www.outdoors.org/trail etiquette)

Ordering Information for AMC Books

AMC Books are available nationwide through booksellers and outdoor retailers, and can be ordered directly from AMC at [outdoors.org/amcstore](https://www.outdoors.org/amcstore) or by calling 800-262-4455. (AMC members receive a 20% discount.) E-book versions are available online through Amazon, iBooks, and Barnes & Noble. AMC Books are distributed to the book trade by National Book Network.

AMC: First in Conservation— Reaffirming Our Values

Written by John Judge, AMC President & CEO

As the nation's oldest conservation and recreation organization, the Appalachian Mountain Club's conservation leadership is needed more today than at any point in our history. From conservation policy and trail stewardship to science-based advocacy and protecting our outdoor places, AMC's time to lead is now.

I have been asked by many people—AMC members and the general public—about how AMC will lead in conservation during these turbulent times. Given threats with the potential to undermine or overturn the good work we have done on everything from air quality to public lands protection, it is important for us to reaffirm our role as a conservation leader.

In the weeks and months ahead, I ask for your support in making America's great outdoors the best it can be: open to all, protected from unwise development, and naturally clean and healthy for generations to come.

We hope to engage you in this important work. Our key strategic themes for conservation leadership include:

Science-based. AMC will continue to lead in policy and advocacy backed-up and supported by science. Our positions are more persuasive because they are supported by our well-known conservation science and research. In addition to a legacy that includes monitoring the impacts of weather and climate in the Northeast's alpine zone for almost 100 years, AMC continues to build its capabilities in other areas, including energy project siting and sustainable forestry.

Outdoor Citizenship. We will engage and rally public support. When many may question whether conservation is a priority, it is critical for citizens to stand-up for the outdoors. In addition to opportunities to galvanize people around policy priorities, we will work to engage people in understanding science, sharing knowledge and love of the natural world, and in leadership opportunities. As our region's premier trails organization, we will maintain, build, and steward a vibrant trails network to connect

people to the beauty and wonder of the outdoors.

Speaking-Out. We will speak out and defend our public lands and waters. These special places belong to all Americans and once they are destroyed there is no going back. AMC will lead the way in these efforts, as we have against the threat of the Northern Pass transmission project in New Hampshire's White Mountains. This mission-centric policy work will include our efforts in cities, suburban areas, and our long-standing work in rural and wilderness areas.

Advocate. We will advocate for public funding and appropriate management policies to secure wise stewardship of the outdoors. We will speak up to strengthen our regional trails network and to create new trails connections. We will work in coalitions to advance important programs like the Land and Water Conservation Fund. We will work to advance projects and policies that expand recreation opportunities, preserve natural areas, foster landscapes that mitigate against the effects of climate change, and lower greenhouse gas emissions.

Maine Woods. AMC has taken an incredible leadership role to preserve, protect and enact AMC's 75,000 acre Maine Woods. With nearly \$70,000,000 invested, this is AMC's biggest conservation effort and a world class conservation model. AMC will work to protect this critical wilderness region and ensure that the Maine Woods leads in sustainable forestry, eco-tourism, outdoor recreational infrastructure, environmental education and conservation stewardship.



Together we have an unprecedented leadership opportunity to elevate the conversation on conservation in our region, our nation, and around the world. Thank you for your continued support, encouragement, and hard work, and for helping AMC lead in conservation for our next 141 years.

Activities

For the most current information, [search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

AA 13+

A 9-13

B 5-8

C less than 5

Indicates pace

1 very fast

2 fast

3 moderate

4 leisurely

Indicates terrain

A very strenuous

B strenuous

C average

D easy

Found in the description

L Activity leader

CL Activity co-leader

FT First Time

NM ... New Members

AN Advance Notice

C Conservation

EDUCATION

Sat., Apr. 8. Leadership Training Workshop Southeastern MA Chapter, 68 Mill Street, Foxboro, MA 02035. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader candidates are also welcome. It is an all-day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to chapter members. This course will be held at the Foxboro Recreation Department Rec Hall, 68 Mill Street, Foxboro, MA 02035. Topics are presented by experienced AMC trip leaders and staff. This training is required for prospective SEM trip leaders, but is useful for any participant interested in improving their outdoor skills and anyone wishing to become familiar with trip group management. All those interested in this Leadership Training course may also wish to consider Wilderness First Aid training coming up 5/6 and 5/7/2017. L Douglas Griffiths (508-758-4315 after 6 pm, RedDougG@aol.com)

Sat., Apr. 15. Take It Outside with AMC 2017 - AMC SEM's Open House at Myles Standish SF, Myles Standish State Forest, MA. (C) (FT) (NM) Are you a member of AMC but haven't tried any of our activities yet? Good, because we have an Open House for you! Join us at Myles Standish State Forest in Plymouth, MA, on Saturday, April 15, 10:00-3:00 for "Take it Outside with AMC 2017" to meet our leaders and try a hike, some trail work, a nature walk, or a bike. All are welcome; bring a friend. Free lunch to participants. We know once you try it, you'll be hooked. Contact Maureen, mokel773@aol.com for more information. Each activity has a separate listing and you will need to register. Free Parking! L/R Maureen Kelly (508-224-9188 4-8pm, <mailto:mokel773@aol.com>)

Thu., May 4. Blue Hills PHOTO-OP Trek, Thursday Morning, Ponkapoag Pond, Canton, MA. 4 ½ - 5-mi. hike around Ponkapoag Pond with Boardwalk/Bog option. (FT) (NM) Slower pace than usual for photo opportunities and instruction. More frequent stops than usual, in order to "smell the roses". The walk and talk will concentrate on some of the composition and technique aspects of photography. The "Art of Nature" will be the theme during this "Renaissance of The Seasons" hike. Bring Point-and-Shoot and/or DSLR Camera, lunch & water. Sunscreen and bug repellent suggested Limited to 20 hikers - Registration required "No Dogs" please. L Walt Granda (<mailto:wgrand@comcast.net>) CL/R Ken Cohen (508-941-0060 5:50pm to 7:30pm, <mailto:mokel773@aol.com>)

Sat., May 6-7. Wilderness First Aid Two Day Training, 68 Mill Street, Foxboro, MA 02035. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. Instruction is provided by SOLO, experts in providing wilderness medical training. The course runs 8:00 AM to 4:00 PM both days with an optional CPR course available Saturday at 4:00 PM. The course will be given at the Rec Hall, 68 Mill Street, Foxboro, MA 02035. Contact leader for registration form. L Douglas Griffiths (508-758-4315) After 6 pm, RedDougG@aol.com

Continued on next page

Activities

For the most current information, [search activities online](#)

SOCIALS

Sat., Apr. 15. Take It Outside with AMC 2017 - AMC SEM's Open House at Myles Standish SF, Myles Standish State Forest, MA. (C) (FT) (NM) Are you a member of AMC but haven't tried any of our activities yet? Good, because we have an Open House for you! Join us at Myles Standish State Forest in Plymouth, MA, on Saturday, April 15, 10:00-3:00 for "Take it Outside with AMC 2017" to meet our leaders and try a hike, some trail work, a nature walk, or a bike. All are welcome; bring a friend. Free lunch to participants. We know once you try it, you'll be hooked. Contact Maureen, mokel773@aol.com for more information. Each activity has a separate listing and you will need to register. Free Parking! L/R Maureen Kelly (508-224-9188 4-8pm, <mailto:mokel773@aol.com>)

Thu., May 25. Hike- Long Pond and Picnic, Goodwill Park, Falmouth, Cape Cod, MA. Traverse rolling wooded trails through Falmouth's Town Forest. Enjoy scenic views of Long Pond, a kettle pond formed at the edge of the glacial moraine. Sturdy shoes, plenty of water, sunscreen and tick repellent are strongly recommended. The Cape is a known tick habitat! Poison ivy is also abundant in the woods and along the sides of the trail. You may consider wearing long pants. Meet at 9:45 for trail talk. Hike begins promptly at 10 AM. PICNIC LUNCH to follow hike. Bring your own main course plus a salad, dessert or snacks to share with the group. Call leader with questions 508 243 3884. L Catherine Giordano (508-243-3884 before 9 PM, cmgjordan@msn.com)

BIKING

(NM) Sat., Apr. 15. Take It Outside with AMC 2017- Intermediate Road Cycling, Myles Standish State Forest, Carver, MA. Join the AMC SEM Chapter Open House event with the Friends of Myles Standish at Myles Standish State Forest in Plymouth for a morning (10am-12pm) 20 mile, 13-15 mph intermediate bike ride starting at Cranberry Rd & Lower College Pond Rd and heading out to mostly flat main & secondary roads thru scenic Carver & Middleboro. FREE parking. FREE lunch for all participants. Bring water, snacks. Helmet required. Bike in good working condition. Tires pumped and ready to roll at 10am. L Barbara Gaughan (781-572-1321 before 9 pm, barbaragaughan12@comcast.net, Level 1 SEM bike & hike leader) CL Jeff Hyman (SEM leader in training.)

Sat., Apr. 15. Take It Outside with AMC 2017- Open House beginner/ intermediate bike ride, MA. This will be two loops of a 6 mile ride. On state park paved roads. Some small rolling hills. Average speed will be 8-11 MPH Have your tires pumped up and the bike ready ready to roll for a 1:00 PM start. FREE pre ride bike safety check by leader, Bernie Meggison from noon to 1:00PM. L Bernie Meggison (617-930-4029, thosmeggisons@gmail.com) CL Irene Caldwell (774-454-3361)

SNOWSHOEING

Sun., Mar. 19. SEM Snowshoe #3, Crawford Notch NH. Snowshoe or hike 4051-foot Mount Tom. This will be a moderate-paced 5.7-mile snowshoe with a 2300-foot elevation gain. Enjoy beautiful wooded scenery with some views and a waterfall and everything Crawford Notch has to offer. L/R Anne Duggan (177 Rounseville Road, Rochester, MA 02770; 508-789-5538 before 9 pm; <mailto:abduggan12@gmail.com>) CL Jeannine Audet (milmod@aol.com)

TRAIL WORK

Sat., Apr. 15. Take It Outside with AMC 2017 - Morning Trail Work Event, Myles Standish State Forest, Carver, MA, (C) (FT) (NM) Join AMC SEM Chapter Open House event with the Friends of Myles Standish at Myles Standish State Forest in Plymouth for a Trail Work Event. All events will begin from the Headquarters on Cranberry Rd where there is plenty of free parking. Also, FREE LUNCH for all Open House participants! No experience is needed because we have the right job for you and the experienced leaders to train you. Help open trails for the spring/summer hiking season. Participants bring their own water, snacks, long pants (no matter how hot it is!), sturdy hiking boots, and other clothing appropriate for the weather. The AMC Trail Crew Leaders will provide gloves, trail tools, instruction and supervision. No experience is required to participate, but we encourage beginners and experienced trail volunteers alike. Event will last from 10am-12pm. L Maureen Kelly (508-224-9188 4-8pm, mokel773@aol.com) CL Pete Tierney (<mailto:pixtierney@aol.com>) CL/R Skip Maysles (781-344-0611 6-9 pm, piks126@yahoo.com)

Continued on next page

Activities

For the most current information, [search activities online](#)

TRAIL WORK

Sat., Apr. 22. Hike and Remove Litter from Four Ponds Conservation Area Bourne (Pocasset), Bourne, MA, In recognition of Earth Day, April 22, 2017 join Nancy Wigley, AMC Life Member/Naturalist and Jane Harding Cape Hike Chair to hike and remove litter along the necklace of trails around ponds of the Pocasset River. This area seemingly untouched by human hands will reveal secrets of its past uses. You will walk where President Grover Cleveland and Calvin Coolidge once fished for Brook and Rainbow trout, stand on a bluff above one of the ponds and view the remains of the fishing camp where their catch was cooked and enjoyed. The walk will take you along paths by the ponds and we will follow the river on its journey to the sea. This area is used by 4th grade students studying forest ecology and AMC will set a good example to show that this area is not the place to dispose of beer bottles etc. Bring gloves, plastic bags will be provided. L Nancy Wigley (<mailto:nrwigley@verizon.net>) L Jane Harding (508-833-2864 before 9 PM, <mailto:janeharding@comcast.net>)

Sat., Apr. 15. Take It Outdoors with AMC 2017 - Afternoon Trail Work Event, Myles Standish State Forest, Carver, MA, (C) (FT) (NM). Join AMC SEM Chapter Open House event with the Friends of Myles Standish at Myles Standish State Forest in Plymouth for a Trail Work Event. All events will begin from the Headquarters on Cranberry Rd where there is plenty of free parking. Also, FREE LUNCH for all Open House participants! No experience is needed because we have the right job for you and the experienced leaders to train you. Help open trails for the spring/summer hiking season. Participants bring their own water, snacks, long pants (no matter how hot it is!), sturdy hiking boots, and other clothing appropriate for the weather. The AMC Trail Crew Leaders will provide gloves, trail tools, instruction and supervision. No experience is required to participate, but we encourage beginners and experienced trail volunteers alike. Event will last from 1:30-3:30 pm. L Maureen Kelly (508-224-9188 4-8pm, mokel773@aol.com) CL Pete Tierney (<mailto:pixtierney@aol.com>) CL/R Skip Maysles (781-344-0611 6-9pm, <mailto:piks126@yahoo.com>)

HIKING CAPE COD

Get your 100-mile patch! Contact hikingchair@amcsem.org.

Always looking for additional hike leaders! Contact <mailto:hikingchair@amcsem.org>

Thu., Mar. 16. Hike Nickerson State Park, Brewster, MA. Late winter hike looking for signs of spring. Enter Nickerson State Park from 6A in Brewster. Park in front lot immediately on R. Two hours. Moderate pace. Meet at 9:45 for 10:00 start. Icy conditions may cancel. L Janet DiMattia (<mailto:jandimattia@verizon.net>), Janet is a long time AMC member who has led hikes both in CT and Cape Cod.)

Thu., Mar. 23. Hike--Four Ponds and Bourne Town Forest, Bourne, MA. This 2 hour approximately 4 mile hike is in the Bourne Four Ponds Conservation Area and adjacent Bourne Town Forest. The terrain is wooded pathways, fire roads, and mountain bike trails with some moderate hills. It offers views of the ponds. L Robin McIntyre (508-789-8252 Before 9 p.m., <mailto:robinmcintyre@comcast.net>), Robin is a second year Level 1 SEM/Cape hike leader with WFA training) L Deborah Hayden (508-548-8726 Before 9 p.m., <mailto:shaferhayden@gmail.com>), Debbie is a second year Level 1 Cape hike leader.)

Thu., Mar. 30. Hike Race Point Provincetown, MA, Provincetown, MA. Hike from Hatches Harbor in Provincetown to Race Pt. Beach for an opportunity to view whales. Bring binoculars and snack to enjoy on beach. We will plan to spend 1 hour on beach and then hike back to parking lot. Hike will be approximately 4.5 miles. Dress for brisk ocean breezes. Call Nancy Braun day before hike 413-297-2785 to check on weather conditions and possible changes. Meet at 9:45 AM for 10 AM start. L/R Nancy Braun (413-297-2785 Before 9 PM, <mailto:nancytruro@comcast.net>),

Thu., Apr. 6. Hike-Barnstable-Bridge Creek Conservation Cape Cod, MA. (C3D) (NM) (AN) 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 church. L Farley Lewis (508-775-9168 Before 9pm, <mailto:farlewis@comcast.net>)

Thu., Apr. 13. Bell's Neck Conservation Lands Hike, Harwich, Cape Cod, MA. 4.5mi hike on trails surrounding West Reservoir, cranberry bogs, the herring run and salt marsh. Exit 10 to 124S to end. R on 39S x 1.9 mi to Sand Pond prkg on right. Arrive 9:45 a. m. for a 10:00 start. End 12:15. Heavy rain cancels. L Barbara Gaughan (781-572-1321 before 9p.m., <mailto:barbaragaughan12@comcast.net>), AMC SEM Level 1 hike & bike leader.)

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Activities

For the most current information, [search activities online](#)

HIKING CAPE COD

Sun., Apr. 16. Quaker Woods Hike (C4C), West Falmouth, Cape Cod, MA. (FT) (NM) Easy 2-hour hike, stepping back in time 350 years to the site of one of the earliest Cape settlements, and see the first Quaker Burial Ground on the Cape. Depending on time, may also walk a bit on local bike path, West Falmouth Harbor, and possibly beach. Rain cancels. Call leader if in doubt about weather. Kids welcome, as well as adults. Directions: From the north or the east, take Route 28S to the Brick Kiln Road exit. Right at the end of the ramp. After 0.5 miles, turn right at the flashing yellow light onto Route 28A, then go 0.6 miles to a left at Old Dock Road. Go 0.1 miles and park in the lot on the right by the bike path. L John Gould (508-540-5779, jhgould@comcast.net)

Thu., Apr. 20. Hike Hawksnest State Park, Brewster, Cape Cod, MA. Spring hike on wooded trails and dirt roads by ponds in small state park. We will hike approximately 4 miles in 2 hours at a moderate pace. From Rte. 6 - exit 11 turn L at light and immediate R onto Spruce Rd. Park on side of road approximately 1/2 mile down the road. Meet at 9:45 AM for 10 AM start. L Janet DiMattia (jandimattia@verizon.net, Janet is a long time hike leader having been active in both CT chapter and SEM chapter.)

Sat., Apr. 22. Hike and Remove Litter from Four Ponds Conservation Area Bourne (Pocasset), Cape Cod, MA. In recognition of Earth Day, join Nancy Wigley, AMC Life Member/Naturalist and Jane Harding Cape Hike Chair to hike and remove litter on the necklace of trails around ponds of the Pocasset River. This area seemingly untouched by human hands will reveal secrets of its past uses. Walk where President Grover Cleveland and Calvin Coolidge fished for brook and rainbow trout, stand on a bluff above one of the ponds and view the remains of the fishing camp where their catch was cooked and enjoyed. The walk will take you along paths by the ponds and we will follow the river on its journey to the sea. This area is used by 4th grade students studying forest ecology and AMC will set a good example to show that it is not the place to dispose of beer bottles etc. Bring gloves, plastic bags will be provided. L Nancy Wigley (nrwigley@verizon.net) L Jane Harding (508-833-2864 before 9 pm, janeharding@comcast.net)

Sun., Apr. 23. Hike Quashnet River (C3C), East Falmouth/Mashpee, Cape Cod, MA. (FT) (NM) Spend 2 hours walking in a small valley along a stream. May see some herring and trout. Meet at 1245 for 1300 start. Rain cancels, but phone or email leader if any doubt about weather. Kids welcome, as well as adults and new members. L John Gould (508-540-5779, jhgould@comcast.net)

Thu., Apr. 27. Hike Long Nook Truro, Cape Cod, MA. 2 hour hike. Visit AF Base and Jenny Lind Tower. Directions: From Route 6 take Right on Long Nook Rd (1.2 miles after Pamet Rd Exit) and follow to parking lot at the end. Meet at 9:45 and hike 10 am – 12:00 pm. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net) CL David Selfe (kdselife@comcast.net)

Sat., Apr. 29. Moraine Trail Hike, Falmouth, Cape Cod, MA. Nine mile, 5-hour, moderate, one-way, hike along moraine and pond with lunch stop. Meet in Goodwill Park in Falmouth at 0930, and will carpool at 0945 to hike start at 1000. Bring lunch, water, and your favorite tick prevention. Cancelled if rain. Please phone or email leader if any question about cancelling due to weather. L John Gould (508-540-5779, <mailto:jhgould@comcast.net>)

Sun., Apr. 30. Hike Maple Swamp, Cape Cod, MA. Hike historic area which dates back to glacial erosion. This hike has lots of steep climbs and declines with uneven terrain. Hiking boots and poles strongly recommended. Driving directions to start take Rte 6 to exit 3 Quaker Meetinghouse Rd and turn S off of ramp. Take first L onto Service Rd and look for Maple Swamp parking area on R past Mill Ln. Meet at 12:45 PM for 1 PM start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Sun., May 14. Hike Santuit Pond, Marston Mills, Cape Cod MA. Join us on Mother's Day for a delightful hike on wooded trails that will give us the opportunity to view a newly refurbished herring run and with some luck we will see rare Birdsfeet Violets blooming around a cranberry bog. Meet at 12:45 PM for a 1PM start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net, Level 1 hike leader with 3 years' experience. Cape Hike chair for AMC.) L Nancy Wigley (<mailto:nrwigley@verizon.net>, Hike leader with many years of experience.)

Thu., May 18. Hike Herring River, Harwich, MA. Hike wooded trails around 2 reservoirs and cranberry bog. See working Herring Run. From Rte 6 take exit 9A. Follow Rte 134 to 3rd Traffic light and turn L and then take immediate L onto Great Western Rd. Go approx. 3 miles to R on Bells Neck Rd follow about 1/8 mile to reservoir and park on either side of dirt road. Meet at 9:45 AM for 10 AM start. L Janet DiMattia (jandimattia@verizon.net, Janet is a veteran AMC member who has led numerous hikes.)

Continued on next page

Activities

For the most current information, [search activities online](#)

CAPE COD HIKING

Thu., May 25. Hike- Long Pond and Picnic, Goodwill Park, Falmouth, Cape Cod, MA. Traverse rolling wooded trails through Falmouth's Town Forest. Enjoy scenic views of Long Pond, a kettle pond formed at the edge of the glacial moraine. Sturdy shoes, plenty of water, sunscreen and tick repellent are strongly recommended. The Cape is a known tick habitat! Poison ivy is also abundant in the woods and along the sides of the trail. You may consider wearing long pants. Meet at 9:45 for trail talk. Hike begins promptly at 10 AM. PICNIC LUNCH to follow hike. Bring your own main course plus a salad, dessert or snacks to share with the group. Call leader with questions 508 243 3884. L Catherine Giordano (508-243-3884 before 9 PM, <mailto:cmgiordan@msn.com>)

HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org.

Always looking for additional hike leaders! Contact <mailto:hikingchair@amcsem.org>

Thu., Mar. 16. Thursday Morning Rocky Woods Hike 10:00 AM, Hartford St. Medfield, MA, Hike 6+ miles in Rocky Woods, Medfield, MA Varied terrain with some hills. Open cart paths and trails suitable for socializing as you hike wooded terrain with some good views. The trustee of reservations property, a \$2.00 fee per person may be charged. Bring snack's for a lunch break.. Footwear should be boots, stabilicers, or snowshoes as weather conditions dictate. L Fred Wason (508-838-6049, <mailto:fmwason@verizon.net>)

Sun., Mar. 19. SEM Snowshoe #3, Crawford Notch NH. Snowshoe or hike 4051-foot Mount Tom. This will be a moderate-paced 5.7-mile snowshoe with a 2300-foot elevation gain. Enjoy beautiful wooded scenery with some views and a waterfall and everything Crawford Notch has to offer. L/R Anne Duggan (177 Rounseville Road, Rochester, MA 02770; 508-789-5538 before 9 pm; abduggan12@gmail.com) CL Jeannine Audet (milmod@aol.com)

Tue., Mar. 21. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA, Hike hilly Skyline Trail and adjacent trails on ten successive Tuesday mornings 3/21-5/23, progressively increasing distance, elevation gain and pack weight (optional) to condition for summer hiking season up north. Moderate to fast pace 3 to 4 hour hike, distance 3 to 8 miles. 9:30 am start. Not suitable for beginners. May finish series with extended day hike. Register once for entire series. L Len Ulbricht (<mailto:lenu44@gmail.com>, Len has been an AMC Southeast Mass chapter member since 2008. He leads three season hikes in the White Mountains, both day hikes and multi-day hut trips, and an annual spring conditioning series in the Blue Hills. He has summited 44 of the 48 NH 4K peaks and is an AMC Adventure Travel co-leader.)

Thu., Mar. 23. Thurs. Morning Hike - Oldham Trail & Harold Clark Forest, Foxboro, MA. (FT) (NM) Hike the Oldham Trail and Harold Clark Forest in Foxboro. Meet at 10:00 am at parking lot on Rt. 140 across from Sunoco Station. Heavy rain will cancel. Bring lunch or snack and water and wear appropriate footwear. L Muriel Guenthner (508-699-7461 Before 9:00PM, <mailto:murielguenthner@comcast.net>)

Thu., Mar. 30. Thursday AM Ponkapoag Pond Hike, Ponkapoag Golf Course, Canton, MA. (FT) (NM) Meet at 10AM in Ponkapoag Golf Course Parking Lot for a five-mile hike/snowshoe (depending on conditions) around the pond. Bring: water, snack and appropriate footwear. L Deborah Lepore (617-778-4339 before 9 PM, <mailto:DLepore2@GMail.com>) CL Hans Luwald (508-668-0462 before 9 PM, <mailto:Hans.Luwald@Gmail.com>)

Thu., Mar. 30. Bird Street Conservation Land Hike on West Street, Stoughton, MA Opposite # 1239 West Street, New Venue: We will meet at 10:00 am at the Bradley Lessa Playground Parking lot on West Street. We will hike 5 mostly flat miles in this very remote feeling area just south of Stoughton center with a nice lunch spot at a lake. L/R Hans Luwald (508-668-0462 before 9:00 PM, <mailto:Hans.Luwald@Gmail.com>) CL Rachel Thibeault (508-583-5534 Before 9:00 PM, ratebo@yahoo.com)

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Activities

For the most current information, [search activities online](#)

HIKING

Sat., Apr. 1. April Fools Day hike to Mt Greylock, Mt Greylock State Reservation, West Mountain Rd, Adams, MA. No fooling, there is a mountain in Massachusetts as high as 3,491 feet! Explore the highest mountain in MA in early spring, as the first spring flowers poke through the earth. Approaching from the east, (Adams, MA), we will make a loop using the Gould Trail and the Cheshire Harbor Trail. The Gould Trail has some steep, rocky sections, (the State Reservation website lists this as moderate to strenuous). The open summit allows for 60-90 mile views on clear days. Layered clothing and traction for your hiking boots may be required, as we could even be fooled with a snowstorm! Elevation gain: 2100 ft Distance: 6.6 miles RT Time: approx. 5 hrs. L Peggy Qvicklund (774-893-3011, <mailto:qvickan@comcast.net>, Four season hiker, the NH 48 completed, but most importantly enjoy being outdoors with likeminded folks!) L Len Ulbricht (<mailto:lenu44@gmail.com>)

Thu., Apr. 6. Thursday Morning Hike at the Eleanor Cabot Bradley Estate, 2468 Washington St. (Route 138), Canton, MA, (FT) (NM) Join us for a 3 + mile hike in this 90-acre Eleanor Cabot Bradley country estate in Canton, MA. View a majestic home with elegant gardens, fields and woodlands-all the amenities of the turn-of-the-century living in the Neponset River Valley. Dress according to weather forecast for the day of hike. Traction devices may/may not be needed. Bring water, snacks, and lunch. Rain cancels. Directions: From Route 128 (I-93/Route 1), take exit 2A and follow Route 138 south. After crossing bridge (from Route 128 north exit) or coming off exit ramp (from Route 128 south exit), turn into first driveway immediately on right Follow signs to parking lot. L Fred Wason (508-838-6049, fmwason@gmail.com)

Thu., Apr. 13. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (<mailto:swartz@brandeis.edu>), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Sat., Apr. 15. Take It Outside With AMC 2017 - Intermediate Morning Hike- Cherry Pond, Myles Standish State Forest, Carver, MA, (C) (FT) (NM). Join AMC SEM Chapter Open House event with the Friends of Myles Standish at Myles Standish State Forest in Plymouth for an Intermediate Hike to Cherry Pond. All events will begin from the Headquarters on Cranberry Rd where there is plenty of free parking. Also, FREE LUNCH for all Open House participants! Cherry Pond is a scenic little pond north of College Pond in Myles Standish State Forest. An unmarked trail leads to Cherry Pond and continues into a valley running east and west for a mile. The trail returns via a tall pine plantation. This hike is only about 3 miles but if we get going on time, we can easily add another mile or two. We will have about a 5 minute carpool from headquarters to the hike start. L John Bescherer (508-742-7973 Before 9pm, <mailto:johnbescherer@gmail.com>, John has been leading hikes in Myles Standish State Forest since 2010 and has tried to explore every corner of the gigantic park. He began leading for the AMC in 2016 in order to show some of the best parts of it to AMC members.) L Leslie Carson (<mailto:lrc929@comcast.net>, Leslie is the hiking Chair for the Southeastern Mass AMC)

Sat., Apr. 15. Take It Outside With AMC 2017 - Intermediate Afternoon Hike- Pine Barrens Path, Myles Standish State Forest, Plymouth, MA, (C) (FT) (NM). Join AMC SEM Chapter Open House event with the Friends of Myles Standish at Myles Standish State Forest in Plymouth for an, Intermediate Hike to the Pine Barrens Path. All events will begin from the Headquarters on Cranberry Rd where there is plenty of free parking. Also, FREE LUNCH for all Open House participants! For this intermediate hike, we will hike the prettiest half of the Myles Standish Pine Barrens Path. The Pine Barrens Path is about 8 miles long and was marked in 2016. It is shown on the 2016 state-issued map of Myles Standish. (link below) We will do a portion of the southern half of the trail. The hike will be about 5 miles long. We will carpool to the start from headquarters after lunch is concluded. (Lunch starts at 12pm.) Everyone is welcome, members and non-members. L John Bescherer (508-742-7973 Before 9pm, <mailto:johnbescherer@gmail.com>, John has been leading hikes for the Friends of Myles Standish since 2010. He has attempted to explore every corner of the gigantic park and wants to show the best of it to AMC members.) L Eva Das (borsody@gmail.com)

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Activities

For the most current information, [search activities online](#)

HIKING

Thu., Apr. 20. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (<mailto:jpkeo24@gmail.com>) L Paul Brookes (603-799-4399 After 7am and before 9pm, <mailto:PaulBrookes1966@outlook.com>, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (<mailto:swartz@brandeis.edu>), R Sue Svelnis (781-849-9299 before 9 pm, <mailto:suesvelnis@gmail.com>)

Thu., Apr. 20. Thurs Morn. Hike - Wallomonopoag Conservation Area, Wallomonopoag Conservation, Elysium St., Wrentham, MA. (C) (FT) (NM) Meet 10:00 am in Conservation Area parking lot off of Elysium St. Wrentham. Bring water, snack or lunch & sturdy footwear. Rain cancels. Great blue rookery and eskers and possible sighting of deer. L Muriel Guenther (508-699-7461 Before 9:00pm, <mailto:murielguenther@comcast.net>)

Thu., Apr. 27. Thursday Morning Hiking in the Blue Hills, Blue Hills Reservation, Milton, MA. (FT) (NM) A 5 mile hike in the Blue Hills on the Red Dot Trail that is marked by rugged, rocky loops over hilly terrain. L Sue Chiavaroli (508-496-6452 7PM-9PM, <mailto:brillo6452@yahoo.com>)

Thu., May. 4. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (<mailto:jpkeo24@gmail.com>) L Paul Brookes (603-799-4399 After 7am and before 9pm, <mailto:PaulBrookes1966@outlook.com>, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (<mailto:swartz@brandeis.edu>), R Sue Svelnis (781-849-9299 before 9 pm, <mailto:suesvelnis@gmail.com>)

Thu., May. 11. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (<mailto:jpkeo24@gmail.com>) L Paul Brookes (603-799-4399 After 7am and before 9pm, <mailto:PaulBrookes1966@outlook.com>, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (<mailto:swartz@brandeis.edu>), R Sue Svelnis (781-849-9299 before 9 pm, <mailto:suesvelnis@gmail.com>)

Thu., May 11. Thursday Morning Hike - World's End, Hingham, MA, (C3C) (FT) (NM). Meet at 10am, \$6 pp non-Trustees members. Moderate 4-5 miles. Explore unique peninsula in Boston Harbor with stunning views, hilly, carriage ways and rocky paths. There could be muddy sections. Wear layers, wind protection, good shoes suitable for weather and conditions. Bring water, snacks/lunch. Directions at <http://www.thetrustees.org/places-to-visit/greater-boston/worlds-end.html>. L Eva Das (borsody@gmail.com)

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Activities

For the most current information, [search activities online](#)

HIKING

Sat., May 13. Woodland End2Ender Hike in the Blue Hills, Southeast, MA. This fun End-to-end hike traverses the Blue Hills from the Northernmost end of Fowl Meadow in Canton to Shea Ice Rink in Milton, stopping at Houghton's Pond for a leisurely lunch. We will avoid the summits and generally stick to well-maintained trails in the wooded lowlands. The total distance is 11 miles and we will hike at a moderate pace ideal for walking and talking at the same time. Other than a short section around Little Blue and Great Blue Hill the trails will be flat or gently inclined. This popular hike is limited to 24 people so register early to avoid being waitlisted. Also, since we are keeping to lowlands, heavy rain or flooding will cancel. Lastly, one of the leaders, Paul, will have his well-behaved dog with him, if you wish to bring your dog, please discuss during registration. L Paul Brookes (603-799-4399 After 7am and before 9pm [mailto: PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com), Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, <mailto:camaccurtain@aol.com>) L Walt Granda (<mailto:wgrand@aol.com>), L/R Pat Achorn (plachorn@me.com)

(FT) (NM) Thu., May. 18. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (<mailto:jpkeo24@gmail.com>) L Paul Brookes (603-799-4399 After 7am and before 9pm, <mailto:PaulBrookes1966@outlook.com>, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (<mailto:swartz@brandeis.edu>), R Sue Svelnis (781-849-9299 before 9 pm, <mailto:suesvelnis@gmail.com>)

(FT) (NM) Thu., May 25. Thursday Morning Hike at Ell/Long Pond, Hopkinton,RI, Fisherman's Parking Lot, Canonchet Road, Hopkinton, RI. A 4-5 mile hike along the Narragansett Trail in RI. The hike scrambles up and down through paths of rhododendrons, hemlocks, and mountain laurel. Part of the hike will be a scramble up a rock formation with a great view of Long Pond where the movie Moonrise Kingdom was filmed. L Sue Chiavaroli (508-496-6452 7PM-PM, <mailto:brillo6452@yahoo.com>)

(FT) (NM) Thu., May. 25. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (<mailto:jpkeo24@gmail.com>) L Paul Brookes (603-799-4399 After 7am and before 9pm, <mailto:PaulBrookes1966@outlook.com>, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (<mailto:swartz@brandeis.edu>), R Sue Svelnis (781-849-9299 before 9 pm, <mailto:suesvelnis@gmail.com>)

(FT) (NM) Thu., Jun. 1. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (<mailto:jpkeo24@gmail.com>) L Paul Brookes (603-799-4399 After 7am and before 9pm, <mailto:PaulBrookes1966@outlook.com>, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (<mailto:swartz@brandeis.edu>), R Sue Svelnis (781-849-9299 before 9 pm, <mailto:suesvelnis@gmail.com>)

(FT) (NM) Thu., Jun. 8. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (<mailto:jpkeo24@gmail.com>) L Paul Brookes (603-799-4399 After 7am and before 9pm, <mailto:PaulBrookes1966@outlook.com>, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (<mailto:swartz@brandeis.edu>), R Sue Svelnis (781-849-9299 before 9 pm, <mailto:suesvelnis@gmail.com>)

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Activities

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HIKING

(FT) (NM) Thu., Jun. 15. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (<mailto:jpkeo24@gmail.com>) L Paul Brookes (603-799-4399 After 7am and before 9pm, <mailto:PaulBrookes1966@outlook.com>, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (<mailto:swartz@brandeis.edu>), R Sue Svelnis (781-849-9299 before 9 pm, <mailto:suesvelnis@gmail.com>)

(FT) (NM) Thu., Jun. 22. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (<mailto:jpkeo24@gmail.com>) L Paul Brookes (603-799-4399 After 7am and before 9pm, <mailto:PaulBrookes1966@outlook.com>, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (<mailto:swartz@brandeis.edu>), R Sue Svelnis (781-849-9299 before 9 pm, <mailto:suesvelnis@gmail.com>)

(FT) (NM) Thu., Jun. 29. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (<mailto:jpkeo24@gmail.com>) L Paul Brookes (603-799-4399 After 7am and before 9pm, <mailto:PaulBrookes1966@outlook.com>, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (<mailto:swartz@brandeis.edu>), R Sue Svelnis (781-849-9299 before 9 pm, <mailto:suesvelnis@gmail.com>)

(FT) (NM) Thu., Jul. 6. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (<mailto:jpkeo24@gmail.com>) L Paul Brookes (603-799-4399 After 7am and before 9pm, <mailto:PaulBrookes1966@outlook.com>, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (<mailto:swartz@brandeis.edu>), R Sue Svelnis (781-849-9299 before 9 pm, <mailto:suesvelnis@gmail.com>)

(FT) (NM) Thu., Jul. 13. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (<mailto:jpkeo24@gmail.com>) L Paul Brookes (603-799-4399 After 7am and before 9pm, <mailto:PaulBrookes1966@outlook.com>, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (<mailto:swartz@brandeis.edu>), R Sue Svelnis (781-849-9299 before 9 pm, <mailto:suesvelnis@gmail.com>)

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HIKING

(FT) (NM) Thu., Jul. 20. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (<mailto:jpkeo24@gmail.com>) L Paul Brookes (603-799-4399 After 7am and before 9pm, <mailto:PaulBrookes1966@outlook.com>, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (<mailto:swartz@brandeis.edu>), R Sue Svelnis (781-849-9299 before 9 pm, <mailto:suesvelnis@gmail.com>)

(FT) (NM) Thu., Jul. 27. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (<mailto:jpkeo24@gmail.com>) L Paul Brookes (603-799-4399 After 7am and before 9pm, <mailto:PaulBrookes1966@outlook.com>, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (<mailto:swartz@brandeis.edu>), R Sue Svelnis (781-849-9299 before 9 pm, <mailto:suesvelnis@gmail.com>)

(FT) (NM) Thu., Aug. 3. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (<mailto:jpkeo24@gmail.com>) L Paul Brookes (603-799-4399 After 7am and before 9pm, <mailto:PaulBrookes1966@outlook.com>, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (<mailto:swartz@brandeis.edu>), R Sue Svelnis (781-849-9299 before 9 pm, <mailto:suesvelnis@gmail.com>)

(FT) (NM) Thu., Aug. 10. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (<mailto:jpkeo24@gmail.com>) L Paul Brookes (603-799-4399 After 7am and before 9pm, <mailto:PaulBrookes1966@outlook.com>, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (<mailto:swartz@brandeis.edu>), R Sue Svelnis (781-849-9299 before 9 pm, <mailto:suesvelnis@gmail.com>)

(FT) (NM) Thu., Aug. 17. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (<mailto:jpkeo24@gmail.com>) L Paul Brookes (603-799-4399 After 7am and before 9pm, <mailto:PaulBrookes1966@outlook.com>, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (<mailto:swartz@brandeis.edu>), R Sue Svelnis (781-849-9299 before 9 pm, <mailto:suesvelnis@gmail.com>)

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HIKING

(FT) (NM) Thu., Aug. 24. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (<mailto:jpkeo24@gmail.com>) L Paul Brookes (603-799-4399 After 7am and before 9pm, <mailto:PaulBrookes1966@outlook.com>, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (<mailto:swartz@brandeis.edu>), R Sue Svelnis (781-849-9299 before 9 pm, <mailto:suesvelnis@gmail.com>)

(FT) (NM) Thu., Aug. 31. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (<mailto:jpkeo24@gmail.com>) L Paul Brookes (603-799-4399 After 7am and before 9pm, <mailto:PaulBrookes1966@outlook.com>, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (<mailto:swartz@brandeis.edu>), R Sue Svelnis (781-849-9299 before 9 pm, <mailto:suesvelnis@gmail.com>)

(FT) (NM) Thu., Sept. 7. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (<mailto:jpkeo24@gmail.com>) L Paul Brookes (603-799-4399 After 7am and before 9pm, <mailto:PaulBrookes1966@outlook.com>, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (<mailto:swartz@brandeis.edu>), R Sue Svelnis (781-849-9299 before 9 pm, <mailto:suesvelnis@gmail.com>)

(FT) (NM) Thu., Sept. 14. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (<mailto:jpkeo24@gmail.com>) L Paul Brookes (603-799-4399 After 7am and before 9pm, <mailto:PaulBrookes1966@outlook.com>, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (<mailto:swartz@brandeis.edu>), R Sue Svelnis (781-849-9299 before 9 pm, <mailto:suesvelnis@gmail.com>)

(FT) (NM) Thu., Sept. 21. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (<mailto:jpkeo24@gmail.com>) L Paul Brookes (603-799-4399 After 7am and before 9pm, <mailto:PaulBrookes1966@outlook.com>, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (<mailto:swartz@brandeis.edu>), R Sue Svelnis (781-849-9299 before 9 pm, <mailto:suesvelnis@gmail.com>)

Happy Trails!



The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | April 2017

Get SEM activities delivered right to your email inbox!

Sign up for the AMC Activity Digest. email amcinformation@outdoors.org

Or call 1-800-372-1758

Find past issues of *The Southeast Breeze* on our [website](#).

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Have a story for *The Southeast Breeze*?

Please send your Word doc and photographs to breeze.editor@amcsem.org.

Please send photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Business advertisements are just \$15/month. Send inquiries to breeze.editor@amcsem.org



Pat Achorn presents Bill Doherty with his White Lining patch at the quay overlooking Ponkapoag Pond. *Photo by Paul Brookes*

White Liners Endure Stormy Season

Written by Paul Brookes, Hiking Leader

Our second annual season of White Lining the Blue Hills has sadly come to a close. We met weekly Tuesday mornings and hiked in the Blue Hills during the winter months from the Winter Solstice to the Spring Equinox.

Although in general the winter was mild, the few storms that we did have arrived on precisely the wrong days, forcing us to cancel three of the twelve hikes. The first cancellation was at the trailhead. Only the leaders and three other people turned out, which just shows that the majority can be wiser than the few. I and three hardy souls did an informal hike through horizontal rain for a couple of hours before retreating back to the warmth of our cars. The blizzard on March 15 stopped us from being able to do our final week's hike, which was planned as a shorter hike followed by lunch at the Hillside pub. This cozy, family-run pub with good beers and food is located on RT138 between Little Blue and Great Blue Hills, ideally situated to quench the thirst and hunger of active Blue Hill hikers. Ask for the Irish pizza.

Continued on Page 8

View from the Chair



This month we are starting a new feature in the Breeze called “Remember When?” which will feature a photo from times past. Breeze readers are encouraged to try to recognize the people, time, and place of the photo. Prizes will occasionally be awarded for correct identification of photos. Also, we are seeking submissions of photos from times past, so if you have one you would like to see published, please send it along.

This year marks the 41st anniversary of the SEM Chapter. We have a lot of archival information, which unfortunately is all over the place; some at Joy Street, some with the Chapter Chair’s records, and some squirreled away in members’ files. Our current webmistress, Cheryl Lathrop, has done an excellent job of posting a lot of this information on our website. This includes making many of the past Breeze newsletters available to everyone.

In an effort to bring all this history together in some organized fashion, we are seeking an ad hoc Chapter Historian/Archivist—someone who would like to gather this information and organize it for everyone to view. This person should have some minimum computer skills, photo and document scanning capabilities, perhaps an interest in scrapbooking, and most importantly—a desire to want to document the history of our great chapter. If you are interested, please contact me at chair@amcsem.org.

Also, please join me and your fellow SEMers for our chapter-wide "Take it Outside" open house event at Myles Standish State Forest on Saturday, April 15. We're offering a variety of fun outdoor activities starting at 10:00 am and 1:30 pm. Enjoy a family-friendly nature walk, beginner and intermediate hikes, beginner and intermediate bike rides, trail work activities, and a free lunch at noon! For more information about the open house and to register for any of the events, just visit www.amcsem.org.

See you all outside!
Barry Young, AMC SEM Chapter Chair

Barry Young,
Chapter Chair
chair@amcsem.org

2017 Executive Board

Chapter Chair	Barry Young	Communications Chair	Paul Miller	Membership Chair	Sandy Santilli
Vice Chair	Christine Racine	Communications Vice Chair	Open	Membership Vice Chair	Ed Miller
Secretary	Ann McSweeney	Communications Vice Chair	Kristina Williams	Membership Vice Chair	Ellen Thompson
Treasurer	Patty Rottmeier	Conservation Chair	Bill Cannon	Paddling Chair	Ed Foster
Past Chapter Chair	Maureen Kelly	Conservation Vice Chair	Open	Paddling Vice Chair	Open
Biking Chair	Bernie Meggison	Education Chair	Doug Griffiths	Skiing Chair	Barbara Hathaway
Biking Vice Chair	Open	Education Vice Chair	Open	Skiing Vice Chair	Jeannine Audet
Cape Hiking Chair	Jane Harding	Hiking Chair	Leslie Carson	Trails Chair	Peter Tierney
Cape Hiking Vice Chair	Cathy Giordano	Hiking Vice Chair	Open	Trails Vice Chair	Wayne Anderson
				Trails Vice Chair	Skip Maysles

Ad Hoc Committee Chairs and Other Chapter Contacts

Social Director	Open	Webmaster	Cheryl Lathrop
Social Vice Chair	Open	Breeze Editor	Mo Walsh
Social Networking Moderator	Susan Mulligan	Blast Editor	Marie Hopkins

Contact the Chapter Chair at
chair@amcsem.org if you're interested in
any open position.



Remember When?

Photo provided by Barry Young

Can anyone identify the date, location, and people in this month's photo? A \$50 REI gift certificate will be awarded this month to the person who can identify the most information and the most people in this photo.

All submissions should be sent to chair@amcsem.org.

Take it Outside on Saturday, April 15!

Spring is here, SEM members! Dig out your bike, garden gloves, and hiking boots, and join us Saturday, April 15, at the AMC SEM Open House at Myles Standish State Forest. One hike is full, but we have more activities to choose from. Click on each activity to see a description and the registrar to sign up with.

Time to get ready for all those summer adventures. We'll see you there!

Everyone is welcome!
Join the **Southeastern Massachusetts Chapter**
of the **Appalachian Mountain Club** for:
SEM Chapter Open House
Take it Outside with AMC

Saturday, April 15, 2017

[Myles Standish State Forest](#)

Activities

[Nature Walk with a Birder and a Botanist 10:00 - 12:00](#)

[Intermediate Bike, 10:00 - 12:00](#)

[Intermediate Hike - Cherry Pond, 10:00 - 12:00](#)

[Intermediate Hike - The Bentley Loop, 10:00 - 12:00](#)

[Trail Work Event, 10:00 - 12:00](#)

Free Lunch! 12:00-1:00

[Beginner Hike - East Head Loop, 1:30 - 3:30](#)

[Intermediate Hike - Pine Barrens Path, 1:30 - 3:30](#)

[Beginner Bike - Charge and Fearing Ponds, 1:30 - 3:30](#)

[Trail Work Event, 1:30 - 3:30](#)

Questions about Take it Outside with AMC? Email Maureen at mokel773@aol.com or call 508-224-9188.
Visit www.amcsem.org and click on Open House for more information.

AMC Earth Day Gear Swap April 22

Written by Lisa Robbins, AMC

AMC is hosting its 1st annual Spring Gear Swap on Earth Day, April 22, in conjunction with other open house activities at Joy Street.

Clear out your gear closet, shop for gear, or both! Reuse. Recycle. Get Outdoors with Great Deals on Gear!

The open house activities include sign-making for the March for Science, starting at 2 pm on Boston Common. We'll provide the sign-making supplies and light refreshments.

Staff scientist Georgia Murray will present "AMC's Climate Change and Air Quality Research," followed by audience Q&A.

We'll be accepting your items for sale at 5 Joy Street the week before the swap. Gear for all seasons and all outdoor sports welcome, items big and small items in good condition. Have a price you'd like in mind, or donate the proceeds to AMC's conservation work. All transactions will be in cash.

Contact Lisa, lrobbins@outdoors.org, if you have questions.

AMC 1st Annual Earth Day Gear Swap

April 22, 10 am–5 pm

Cabot Auditorium, 5 Joy Street, Boston, MA 02108

Gear Drop-off Hours:

Tuesday thru Friday, April 18-20, 11:30 am–7 pm

Earth Day Open House Schedule at Joy Street.

10 am–5 pm: Gear Swap

10 am–1:30 pm: Sign-making for the Science March

11 am: "AMC's Climate Change and Air Quality Research" followed by audience Q&A.



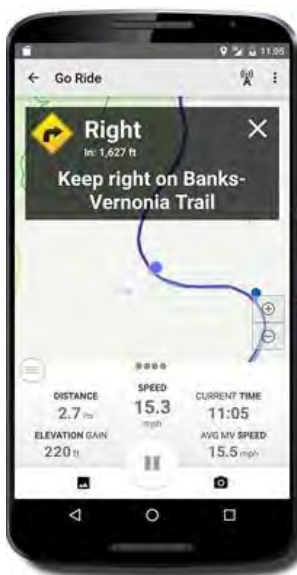
See you on
Earth Day!

Get Free GPS-Plus Program Account

Written by Bernie Meggison, Bike Chair

Our AMCSEM bike group has acquired a new and exciting GPS mapping, cue sheets, and voice turn-by-turn program from ridewithgps.com. This is by far the most advanced GPS-based activity program in the world. They have about a half million users worldwide and hundreds of club accounts.

This program is available FREE to all AMC/SEM current members.



This will provide our riders and leaders alike with precise directions for all their rides. The saved rides are stored FREE in our AMC/SEM Club Account. All our rides can be viewed, and you will have the ability to extract maps, written cue sheets, and voice directions on your personal Apple or Android smartphones.

NOTE: This is also great for our hiking community, but the hiking committees should have separate club accounts to minimize any confusion.

Please check out the links below to get a "feel" for this product.

Here is the link to their [PowerPoint presentation](#). 1) Sign up for a free or starter Ride with GPS account or, if you have an existing account, [sign in](#).

2) After you are signed into your account, click this link which will automatically add you to the [AMC Southeastern Massachusetts Club Account](#).

After you are added to the club, you'll have access to [all of these features](#) on all club routes and events

Note: I will hold a ride and training meeting for all ride leaders on Saturday, April 29th, in Sandwich. Details will be listed shortly.

AMC Women's Conservation Leadership Program

The Appalachian Mountain Club has three guiding principles: *Recreation, Conservation, and Education*.

But sometimes obstacles get in the way and, like invasive species, we need to understand how to manage or remove them. During the two-day program, we will come together to discover and explore how nature and leadership are often closely aligned.

Our leaders are trained as trail leaders with skills in safety and nature, as well as leadership.

Saturday night's accommodations will be at Noble View Outdoor Center's Double Cottage which includes beds, kitchen and bath area.

Noble View Outdoor Center's 358.5 acres of [trails](#) wind through woodlands and abandoned farm fields, passing brooks, stonewalls, cellar holes, and diverse habitats including an old-growth hemlock stand.

Who Should Attend This Program?

- Women interested in the Appalachian Trail and/or the Berkshire Chapter of AMC
- Women who want to help protect the indigenous/rare species along the trail
- Women who want to learn more about conservation and what each of us can do to promote a healthier lifestyle
- Women who want to align with nature and our environment
- Women who would like an opportunity to bond with other conservation-minded women
- Women interested in exploring leadership styles and enhancing their own personal leadership style

What to Expect?

- Participate in experiential hikes, discussions on conservation and leadership, and training on how to identify and remove invasive species
- Enjoying fresh air and exercise

- Learning about conservation by helping to restore the balance of nature by removing the invasive species that harm indigenous species on the Appalachian Trail
- Discovering your own style of leadership through experiential hiking and follow-on discussions
- Strengthening ourselves as women leaders, striving to achieve our goals and potentials while acquiring new friends
- Experiencing teambuilding through group dynamics and assigned collective activities

Agenda Includes:

June 10, 2017

9am to 3pm—Conservation: A learning and work day focused on identifying indigenous and invasive species, and removing the invasives (led by Steve Smith).

4pm to 5pm—Showers and clean up at Noble View and set up for dinner.

5pm to 7pm—BBQ dinner, bonding, and campfire chatter about leadership and conservation.

8pm to 10:30pm—Experiential Night Hike on Noble View trails with an experienced guide/leader (Frank Evans, Bess Dillman, Deena Gilbert, Laura Stinnette).

June 11, 2017

7am to 8:30am—Breakfast: A lesson in group dynamics and leadership.

9am to 10am—Gathering to discuss and explore leadership roles and styles, including solutions to challenges and best behaviors (whole group).

10am to 11am—Yoga Class outdoors: Finding inner peace and strength.

11:30am to noon—Kristen Sykes: Presentation on Conservation.

Noon to 1pm—Experiential hiking (Laura Stinnette, Bess Dillman and Deena Gilbert).

1:30 to 2:30pm—Roundtable discussion and lunch (sandwiches and cold cuts/pizza).

Call for details and registration: 413-881-4009/203-898-3131, referencing the event, or access registration form through [Eventbrite](#).



Volunteer of the Month: Paul Miller

Written by Leslie Carson, Hiking Chair

Each month the SEM recognizes one of our amazing volunteers. We are thankful for the wonderful people who donate their time and energy to lead terrific trips. This month the Hiking Committee recognizes PAUL MILLER for his continuing contributions.

For more than 10 years, Paul has been an active volunteer member for the Southeast Mass Chapter. He was the Communications Chair from 2006 to 2008, took a few years off to lead hikes, returned to become the Hiking Vice-Chair then Hiking Chair and is our current Communications Chair (again). Paul is a 4-season hike leader and enjoys leading hikes, particularly in the winter months. He recently completed the 2016-2017 Winter Hiking Series with a frigid, yet enjoyable overnight weekend at Lonesome Lake Hut. Paul has also been an organizer and presenter for the SEM Winter Hiking Workshops offered each fall in November, imparting his vast winter hiking knowledge and experience to those who are new to winter hiking.

Thank you, PAUL, for all you do!

Paul will receive a Volunteer of the Month Certificate and a \$50 gift card.

Members Go Native on Morocco Trip

Photos by Ken Carson



Co-leader Eva Borsody Das in traditional Moroccan dress.



Eva Borsody Das (left), co-leader Leslie Carson, and Ingrid Cantarella-Fox explore the bazaar.



Brave Bedouins Leslie Carson, left, Ken Carson, and Joe Cours ride camels—on the beach! Yep, there's sand there.



Sunny waits patiently while Bob Jabaily takes a break.
Photo by Paul Brookes.

White Lining the Blue Hills

Continued from page 1

For those of you who like statistics, the White Liners hiked 63 miles over 9 hikes. We did trails in all the sections of the reservation (except for Fowl Meadow) over diverse terrain, from flatter, longer hikes to hilly and (slightly) shorter hikes (see p. 10). With between 15 and 20 people turning up most weeks, we appreciated the good company, were happy to keep fit during the winter months, and enjoyed the winter trails.

This year, we had two hikers complete their White Lining series. This is where you hike every trail in the Blue Hills during the 12 weeks of winter usually over multiple seasons. Equal congratulations to them both! Bill Doherty completed his first White Lining series on January 16th and we celebrated with him on our hike around the AMC cabins. Bill maintained the tradition started by the Red Liners of bringing cookies to share and Pat Achorn, our newest hike leader, presented Bill with a patch.

Then, Bob Jabaily completed his White Lining March 12, becoming the only person to complete two White Lining

series. Bob tells me that this winter was so mild that he felt it was a little bit of a cheat. He tells me his new goal is to complete a single-season White Line during a winter such as that of 2015, when hurricane Juno dropped 6 feet of snow on Jan 27. That prompted me to put pen to paper and come up with this poorly prosed but appropriate thought:

*Whether the weather is cold or
Whether the weather is not;
Whether the weather, whatever the weather,
White lining in one season is a lot.*

Here are a few of the sites we mentioned during the series:

[DCR map of the Blue Hills](#)

[Red Lining website](#)

[100 mile patch](#)

[Adopt a trail program](#)

[Writings and old maps](#)

[St. Moritz Winter Carnival](#)

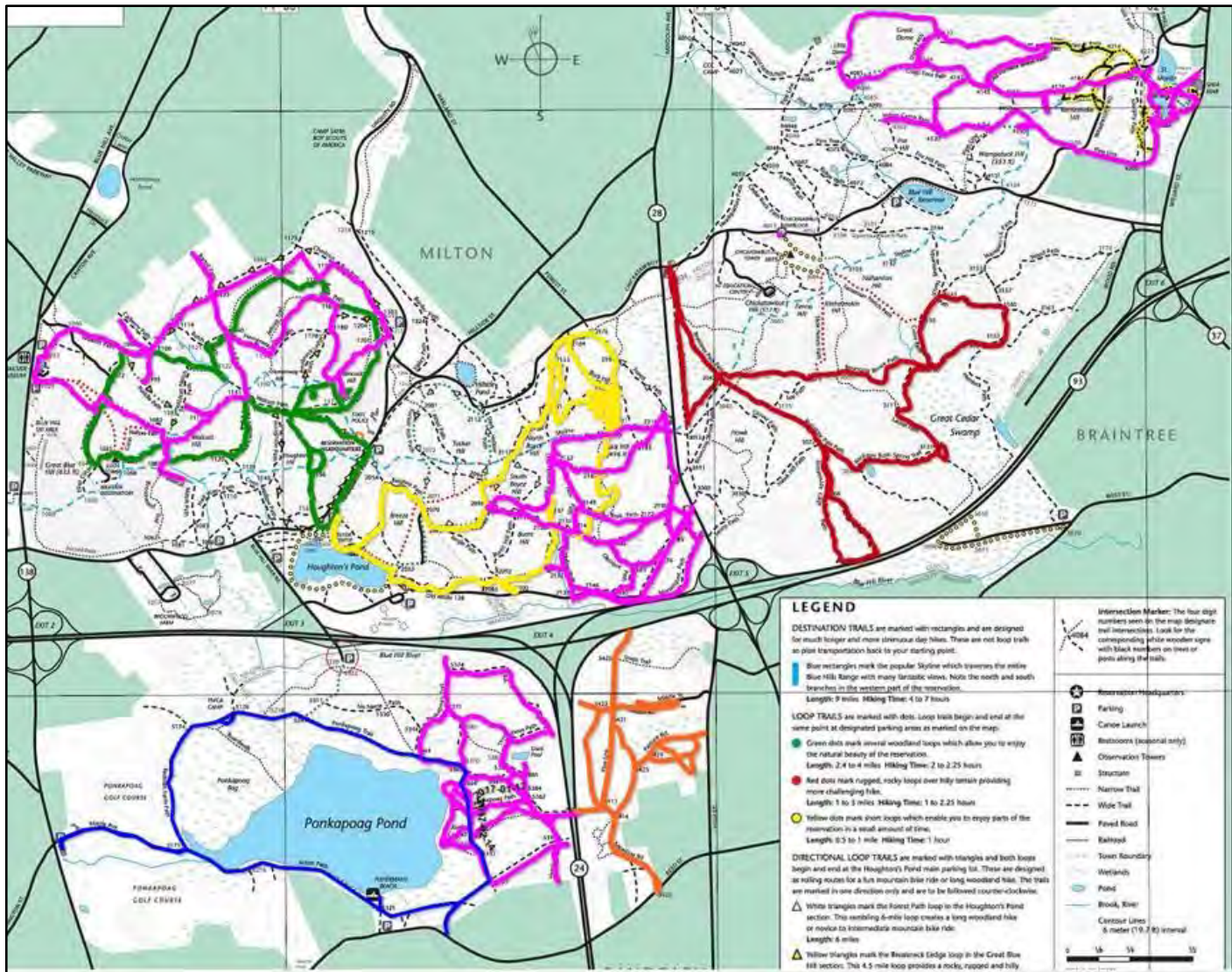
[Nike Missile Site](#)

I would like to end with a few thank-yous. First to Pat and Cathy MacCurtain, my other hike leaders. They are a joy to work with and they keep me honest. Without their moderating influence on my British tendencies, I would be leading you into polar vortexes during sub-zero temperatures and white-out conditions with the entreaty to “Keep Calm, and Carry-on.” Thank you also to everyone who sent me condolences while I was in England for my Dad’s funeral, as well as the picture that you sent of your hiking poles making a heart. Lastly, thank you to all who participated in our series; you made it easy for us leaders. Thank you for turning up to the hikes early, coming in the right clothes and with the proper gear, keeping together, and giving us grace when we needed to retrace a path after taking a wrong turn.

Until next year’s White Lining, we wish you blue skies and happy trails!



Bill Doherty completed his White Lining series to earn his patch. Bob Jabaily’s patch is being kept in the vault until he can claim it for completing his second White Lining series. *Photo by Paul Brookes*



White Line Series 2017

Our White Lining series offered nine hikes (three others cancelled due to weather) of varying lengths and terrain for a total distance of 63 miles.

AMC Adventure Travel: New Zealand's Wild South



This remarkable journey on New Zealand's South Island could be your adventure of a lifetime! We have worked with local experts to hand-select a variety of the island's most spectacular—and often most remote—destinations to explore. We have included many creature comforts, like an overnight cruise on fabled Milford Sound. By utilizing creative means of transportation when necessary, we are able to offer hikes which otherwise would be impossible without backpacking. Contact the leaders and see a [full prospectus](#). This trip is already half full so don't delay!



New Leaders-in-Training

Photo by Ken Carson

The Leadership Training Workshop held April 8 at Gilbert State Forest in Foxboro, MA, was once more filled to capacity with enthusiastic participants. The course prepared students to lead AMC-sanctioned trips with material on leadership styles, trip planning considerations, screening criteria to ensure similar group member skills, risk mitigation, and qualifications to become a leader. Presented by experienced AMC trip leaders and staff, the all-day workshop included classroom studies and outdoor exercises. The course is free for AMC members.

Canyon Hiking in Bryce and Zion National Parks

Written by Len Ulbricht


This fall, September 23 to October 1, I will be co-leading an AMC Adventure Travel trip to hike the canyons of Bryce and Zion National Parks. Bryce Canyon, known for its hoodoos and sculpted multi-color landscapes, and Zion, for its narrow steep red rock walls and awesome geological features, offer unique hiking experiences, be they high up on the canyon rim or down on the canyon floor. Check out the [Prospectus](#) or email me at lenu44@gmail.com for details.

Activities

For the most current information, [search activities online](#)

Hiking Key:

C4D

			Found in the description
<p>Indicates distance in miles</p> <p>AA13+</p> <p>A9-13</p> <p>B5-8</p> <p>Cless than 5</p>	<p>Indicates pace</p> <p>1very fast</p> <p>2fast</p> <p>3moderate</p> <p>4leisurely</p>	<p>Indicates terrain</p> <p>Avery strenuous</p> <p>Bstrenuous</p> <p>Caverage</p> <p>Deasy</p>	<p>LActivity leader</p> <p>CLActivity co-leader</p> <p>FTFirst Time</p> <p>NM ...New Members</p> <p>AN....Advance Notice</p> <p>C..... Conservation</p>

EDUCATION

Sat., Apr. 15. Take It Outside with AMC 2017 - AMC SEM's Open House at Myles Standish SF, Myles Standish State Forest, MA. (C) (FT) (NM) Are you a member of AMC but haven't tried any of our activities yet? Good, because we have an Open House for you! Join us at Myles Standish State Forest in Plymouth, MA, on Saturday, April 15, 10:00-3:00 for "Take it Outside with AMC 2017" to meet our leaders and try a hike, some trail work, a nature walk, or a bike. All are welcome; bring a friend. Free lunch to participants. We know once you try it, you'll be hooked. Contact Maureen, mokel773@aol.com for more information. Each activity has a separate listing and you will need to register. Free Parking! L/R Maureen Kelly (508-224-9188 4-8pm, mokel773@aol.com)

Thu., May 4. Blue Hills PHOTO-OP Trek, Thursday Morning, Ponkapoag Pond, Canton, MA. 4 ½ - 5-mi. hike around Ponkapoag Pond with Boardwalk/Bog option. (FT) (NM) Slower pace than usual for photo opportunities and instruction. More frequent stops than usual, in order to "smell the roses". The walk and talk will concentrate on some of the composition and technique aspects of photography. The "Art of Nature" will be the theme during this "Renaissance of The Seasons" hike. Bring Point-and-Shoot and/or DSLR Camera, lunch & water. Sunscreen and bug repellent suggested Limited to 20 hikers - Registration required "No Dogs" please. L Walt Granda (wigranda@aol.com) CL/R Ken Cohen (508-941-0060 5:50pm to 7:30pm, kcohen@comcast.net).

Sat., May 6-7. Wilderness First Aid Two Day Training, 68 Mill Street, Foxboro, MA 02035. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. Instruction is provided by SOLO, experts in providing wilderness medical training. The course runs 8:00 AM to 4:00 PM both days with an optional CPR course available Saturday at 4:00 PM. The course will be given at the Rec Hall, 68 Mill Street, Foxboro, MA 02035. Contact leader for registration form. L Douglas Griffiths (508-758-4315) After 6 pm, RedDougG@aol.com

SOCIALS

Sat., Apr. 15. Take It Outside with AMC 2017 - AMC SEM's Open House at Myles Standish SF, Myles Standish State Forest, MA. (C) (FT) (NM) Are you a member of AMC but haven't tried any of our activities yet? Good, because we have an Open House for you! Join us at Myles Standish State Forest in Plymouth, MA, on Saturday, April 15, 10:00-3:00 for "Take it Outside with AMC 2017" to meet our leaders and try a hike, some trail work, a nature walk, or a bike. All are welcome; bring a friend. Free lunch to participants. We know once you try it, you'll be hooked. Contact Maureen, mokel773@aol.com for more information. Each activity has a separate listing and you will need to register. Free Parking! L/R Maureen Kelly (508-224-9188 4-8pm, mokel773@aol.com)

Continued on next page

Activities

For the most current information, [search activities online](#)

SOCIALS

Thu., May 25. Hike- Long Pond and Picnic, Goodwill Park, Falmouth, Cape Cod, MA. Traverse rolling wooded trails through Falmouth's Town Forest. Enjoy scenic views of Long Pond, a kettle pond formed at the edge of the glacial moraine. Sturdy shoes, plenty of water, sunscreen and tick repellent are strongly recommended. The Cape is a known tick habitat! Poison ivy is also abundant in the woods and along the sides of the trail. You may consider wearing long pants. Meet at 9:45 for trail talk. Hike begins promptly at 10 AM. PICNIC LUNCH to follow hike. Bring your own main course plus a salad, dessert or snacks to share with the group. Call leader with questions 508 243 3884. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com)

BIKING

(NM) Sat., Apr. 15. Take It Outside with AMC 2017- Intermediate Road Cycling, Myles Standish State Forest, Carver, MA. Join the AMC SEM Chapter Open House event with the Friends of Myles Standish at Myles Standish State Forest in Plymouth for a morning (10am-12pm) 20 mile, 13-15 mph intermediate bike ride starting at Cranberry Rd & Lower College Pond Rd and heading out to mostly flat main & secondary roads thru scenic Carver & Middleboro. FREE parking. FREE lunch for all participants. Bring water, snacks. Helmet required. Bike in good working condition. Tires pumped and ready to roll at 10am. L Barbara Gaughan (781-572-1321 before 9 pm, barbaragaughan12@comcast.net, Level 1 SEM bike & hike leader) CL Jeff Hyman (SEM leader in training.)

Sat., Apr. 15. Take It Outside with AMC 2017- Open House beginner/ intermediate bike ride, MA. This will be two loops of a 6 mile ride. On state park paved roads. Some small rolling hills. Average speed will be 8-11 MPH Have your tires pumped up and the bike ready ready to roll for a 1:00 PM start. FREE pre ride bike safety check by leader, Bernie Meggison from noon to 1:00PM. L Bernie Meggison (617-930-4029, thosmeggisons@gmail.com) CL Irene Caldwell (774-454-3361)

Wed., May. 10. Sunset & Full Flower Moon Bike Ride, Cape Cod, MA. 22+/- Miles/ 2 +/- hours. Mostly flat - We'll start and end on Town Neck Beach in Sandwich; down Freeman Ave from Horizons on the Bay to the beach parking lot. The moonrise and sunset are within a few minutes of each other so we can catch the sun descending over the marsh and the moon ascending over the bay. Registration required - paulbcurrier@comcast.net Flowers spring forth in abundance this month. Some Algonquin tribes knew this full Moon as the Corn Planting Moon or the Milk Moon. L Paul Currier (508-833-2690, 9 AM-7 PM, paulbcurrier@comcast.net)

Tue., Jul. 11. Nantucket Island Day Bike Trip, Nantucket, Cape Cod, MA. Take the Steamship Authority high speed ferry from Hyannis to Nantucket for a day long riding and sightseeing adventure. We will visit the quaint villages of Siasconset, the beaches of Surfside, and with time permitting Madaket beaches. Finish off the day with fun at the Cisco Brewery for entertainment, food and libations. Cost of ferry is \$64.00 round trip including bike. Depart Hyannis at 8:15 AM, arrive in Nantucket 9:15 AM. Return trip, depart Nantucket 6:15PM, arrive Hyannis, 7:15 PM We must make reservations by June 26th!! Rain cancels. Rain date, July 12th. Maximum riders 15. Must be 21 years of age to attend. First come, first served. Contact leader for additional details. Approx 40 miles. Pace of 12-15 MPH. Small rolling hills. L Bernie Meggison (617-930-4029 8:00-8:00, thosmeggisons@gmail.com, AMC/SEM Bike Chair)

TRAIL WORK

(C) (FT) (NM) Sat., Apr. 15. TAKE IT OUTSIDE WITH AMC 2017 - Morning Trail Work Event, Myles Standish State Forest, Carver, MA. Join AMC SEM Chapter with the Friends of Myles Standish for Trail Work. All events will begin from the Headquarters on Cranberry Rd. Plenty of free parking. FREE LUNCH for all Open House participants! No experience needed because we have the right job for you and the experienced leaders to train you. Help open trails for the spring/summer hiking season. Participants bring their own water, snacks, long pants (no matter how hot it is!), sturdy hiking boots, and other clothing appropriate for the weather. The AMC Trail Crew Leaders will provide gloves, trail tools, instruction and supervision. No experience is required to participate; we encourage beginner and experienced trail volunteers alike. Event will last from 10am-12pm. L Maureen Kelly (508-224-9188 4-8pm, mokel773@aol.com) CL Pete Tierney (pxtierney@aol.com) CL Skip Maysles (781-344-0611 6-9 pm, piks126@yahoo.com), R Skip Maysles (781-344-0611 6-9pm, piks126@yahoo.com)

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For the most current information, [search activities online](#)

TRAIL WORK

(C) (FT) (NM) Sat., Apr. 15. TAKE IT OUTSIDE WITH AMC 2017 - Afternoon Trail Work Event, Myles Standish State Forest, Carver, MA. Join AMC SEM Chapter Open House event with the Friends of Myles Standish for Trail Work. All events will begin from the Headquarters on Cranberry Rd. Plenty of free parking. FREE LUNCH for all Open House participants! No experience needed because we have the right job for you and the experienced leaders to train you. Help open trails for the spring/summer hiking season. Participants bring their own water, snacks, long pants (no matter how hot it is!), sturdy hiking boots, and other clothing appropriate for the weather. The AMC Trail Crew Leaders will provide gloves, trail tools, instruction and supervision. No experience is required to participate; we encourage beginner and experienced trail volunteers alike. Event will last from 10am-12pm. L Maureen Kelly (508-224-9188 4-8pm, mokel773@aol.com) CL Pete Tierney (pxtierney@aol.com) CL Skip Maysles (781-344-0611 6-9 pm, piks126@yahoo.com), R Skip Maysles (781-344-0611 6-9pm, piks126@yahoo.com)

Sat., Apr. 22. Hike and Remove Litter from Four Ponds Conservation Area Bourne (Pocasset), Bourne, MA, In recognition of Earth Day, April 22, 2017 join Nancy Wigley, AMC Life Member/Naturalist and Jane Harding Cape Hike Chair to hike and remove litter along the necklace of trails around ponds of the Pocasset River. This area seemingly untouched by human hands will reveal secrets of its past uses. You will walk where President Grover Cleveland and Calvin Coolidge once fished for Brook and Rainbow trout, stand on a bluff above one of the ponds and view the remains of the fishing camp where their catch was cooked and enjoyed. The walk will take you along paths by the ponds and we will follow the river on its journey to the sea. This area is used by 4th grade students studying forest ecology and AMC will set a good example to show that this area is not the place to dispose of beer bottles etc. Bring gloves, plastic bags will be provided. L Nancy Wigley (nrwigley@verizon.net) L Jane Harding (508-833-2864 before 9 PM, janeharding@comcast.net)

HIKING CAPE COD

Get your 100-mile patch! Contact hikingchair@amcsem.org.
Always looking for additional hike leaders! Contact hikingchair@amcsem.org

Sun., Apr. 16. Quaker Woods Hike (C4C), West Falmouth, Cape Cod, MA. (FT) (NM) Easy 2-hour hike, stepping back in time 350 years to the site of one of the earliest Cape settlements, and see the first Quaker Burial Ground on the Cape. Depending on time, may also walk a bit on local bike path, West Falmouth Harbor, and possibly beach. Rain cancels. Call leader if in doubt about weather. Kids welcome, as well as adults. Directions: From the north or the east, take Route 28S to the Brick Kiln Road exit. Right at the end of the ramp. After 0.5 miles, turn right at the flashing yellow light onto Route 28A, then go 0.6 miles to a left at Old Dock Road. Go 0.1 miles and park in the lot on the right by the bike path. L John Gould (508-540-5779, jhgould@comcast.net)

Thu., Apr. 20. Hike Hawksnest State Park, Brewster, Cape Cod, MA. Spring hike on wooded trails and dirt roads by ponds in small state park. We will hike approximately 4 miles in 2 hours at a moderate pace. From Rte. 6 - exit 11 turn L at light and immediate R onto Spruce Rd. Park on side of road approximately 1/2 mile down the road. Meet at 9:45 AM for 10 AM start. L Janet DiMattia (jandimattia@verizon.net, Janet is a long time hike leader having been active in both CT chapter and SEM chapter.)

Sat., Apr. 22. Hike and Remove Litter from Four Ponds Conservation Area Bourne (Pocasset), Cape Cod, MA.. In recognition of Earth Day, join Nancy Wigley, AMC Life Member/Naturalist and Jane Harding Cape Hike Chair to hike and remove litter on the necklace of trails around ponds of the Pocasset River. This area seemingly untouched by human hands will reveal secrets of its past uses. Walk where President Grover Cleveland and Calvin Coolidge fished for brook and rainbow trout, stand on a bluff above one of the ponds and view the remains of the fishing camp where their catch was cooked and enjoyed. The walk will take you along paths by the ponds and we will follow the river on its journey to the sea. This area is used by 4th grade students studying forest ecology and AMC will set a good example to show that it is not the place to dispose of beer bottles etc. Bring gloves, plastic bags will be provided. L Nancy Wigley (nrwigley@verizon.net) L Jane Harding (508-833-2864 before 9 pm, janeharding@comcast.net)

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HIKING CAPE COD

Sun., Apr. 23. Hike Quashnet River (C3C), East Falmouth/Mashpee, Cape Cod, MA. (FT) (NM) Spend 2 hours walking in a small valley along a stream. May see some herring and trout. Meet at 1245 for 1300 start. Rain cancels, but phone or email leader if any doubt about weather. Kids welcome, as well as adults and new members. L John Gould (508-540-5779, jhgould@comcast.net)

Thu., Apr. 27. Hike Long Nook Truro, Cape Cod, MA. 2 hour hike. Visit AF Base and Jenny Lind Tower. Directions: From Route 6 take Right on Long Nook Rd (1.2 miles after Pamet Rd Exit) and follow to parking lot at the end. Meet at 9:45 and hike 10 am – 12:00 pm. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net) CL David Selfe (kdsselfe@comcast.net)

Sat., Apr. 29. Moraine Trail Hike, Falmouth, Cape Cod, MA. Nine mile, 5-hour, moderate, one-way, hike along moraine and pond with lunch stop. Meet in Goodwill Park in Falmouth at 0930, and will carpool at 0945 to hike start at 1000. Bring lunch, water, and your favorite tick prevention. Cancelled if rain. Please phone or email leader if any question about cancelling due to weather. L John Gould (508-540-5779, jhgould@comcast.net)

Thu., May 4. Sandy Pond Recreation, West Yarmouth, Cape Cod, MA. Wooded trails, pond views in mid-cape area. Route 6 Exit 7S, left on Camp Street, left on Buck Island Road, and left at Sandy Pond Recreation Area. Meet at 9:45 AM. L Janet Kaiser (508-432-3277 before 9:00 p.m., jtkaiser@comcast.net) CL Kathy Selfe (508-771-0620 Before 9:00 p.m., kdsselfe@comcast.net)

Sun., May 7. Hike Maple Swamp, Cape Cod, MA. Hike historic area which dates back to glacial erosion. This hike has lots of steep climbs and declines with uneven terrain. Hiking boots and poles strongly recommended. Driving directions to start take Rte 6 to exit 3 Quaker Meetinghouse Rd and turn S off of ramp. Take first L onto Service Rd and look for Maple Swamp parking area on R past Mill Ln. Meet at 12:45 PM for 1 PM start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Sun., May 14. Hike Santuit Pond, Marston Mills, Cape Cod MA. Join us on Mother's Day for a delightful hike on wooded trails that will give us the opportunity to view a newly refurbished herring run and with some luck we will see rare Birdsfoot Violets blooming around a cranberry bog. Meet at 12:45 PM for a 1PM start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net, Level 1 hike leader with 3 years' experience. Cape Hike chair for AMC.) L Nancy Wigley (nrwigley@verizon.net, Hike leader with many years of experience.)

Thu., May 18. Hike Herring River, Harwich, MA. Hike wooded trails around 2 reservoirs and cranberry bog. See working Herring Run. From Rte 6 take exit 9A. Follow Rte 134 to 3rd Traffic light and turn L and then take immediate L onto Great Western Rd. Go approx. 3 miles to R on Bells Neck Rd follow about 1/8 mile to reservoir and park on either side of dirt road. Meet at 9:45 AM for 10 AM start. L Janet DiMattia (jandimattia@verizon.net, Janet is a veteran AMC member who has led numerous hikes.)

Thu., May 25. Hike- Long Pond and Picnic, Goodwill Park, Falmouth, Cape Cod, MA. Traverse rolling wooded trails through Falmouth's Town Forest. Enjoy scenic views of Long Pond, a kettle pond formed at the edge of the glacial moraine. Sturdy shoes, plenty of water, sunscreen and tick repellent are strongly recommended. The Cape is a known tick habitat! Poison ivy is also abundant in the woods and along the sides of the trail. You may consider wearing long pants. Meet at 9:45 for trail talk. Hike begins promptly at 10 AM. PICNIC LUNCH to follow hike. Bring your own main course plus a salad, dessert or snacks to share with the group. Call leader with questions 508 243 3884. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com)

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HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org.

Always looking for additional hike leaders! Contact hikingchair@amcsem.org

Sat., Apr. 15. TAKE IT OUTSIDE WITH AMC 2017 - Morning Nature Walk with a Birder and a Botanist - East Head Loop, Myles Standish State Forest, Carver, MA, (C) (FT) (NM) Join AMC SEM Chapter Open House event with the Friends of Myles Standish at Myles Standish State Forest in Plymouth for a Nature Walk with birder, Glenn d'Entremont and botanist, Irina Kadis. All events will begin from the Headquarters on Cranberry Rd where there is plenty of free parking. Also, FREE LUNCH for all Open House participants! This Nature Walk is a great opportunity to meet two well-known area naturalists who will identify plants and birds in the local Plymouth / Carver habitat. This walk will be slow-paced with many stops to look at wildlife along the East Head Pond Loop. The Nature Walk will last about 2 hours. Bring your cameras! L Jane Harding (508-833-2864 before 9 pm, janeharding@comcast.net) CL Glenn d'Entremont CL Irina Kadis

Sat., Apr. 15. Take It Outside With AMC 2017 - Intermediate Morning Hike- Cherry Pond, Myles Standish State Forest, Carver, MA, (C) (FT) (NM). Join AMC SEM Chapter Open House event with the Friends of Myles Standish at Myles Standish State Forest in Plymouth for an Intermediate Hike to Cherry Pond. All events will begin from the Headquarters on Cranberry Rd where there is plenty of free parking. Also, FREE LUNCH for all Open House participants! Cherry Pond is a scenic little pond north of College Pond in Myles Standish State Forest. An unmarked trail leads to Cherry Pond and continues into a valley running east and west for a mile. The trail returns via a tall pine plantation. This hike is only about 3 miles but if we get going on time, we can easily add another mile or two. We will have about a 5 minute carpool from headquarters to the hike start. L John Bescherer (508-742-7973 Before 9pm, johnbescherer@gmail.com, John has been leading hikes in Myles Standish State Forest since 2010 and has tried to explore every corner of the gigantic park. He began leading for the AMC in 2016 in order to show some of the best parts of it to AMC members.) L Leslie Carson (lrc929@comcast.net, Leslie is the hiking Chair for the Southeastern Mass AMC)

Sat., Apr. 15. TAKE IT OUTSIDE WITH AMC 2017 - Intermediate Morning Hike - The Bentley Loop, Myles Standish State Forest, Carver, MA, (C) (FT) (NM) Join AMC SEM Chapter Open House event with the Friends of Myles Standish at Myles Standish State Forest in Plymouth for an Intermediate on the Bentley Loop. All events will begin from the Park Headquarters on Cranberry Rd where there is plenty of free parking. Also, FREE LUNCH for all Open House participants! (after the morning activities) This hike will be the Bentley Loop -- 3.7 miles of beautiful woodlands with rolling hills, open meadows and several ponds. It is one of the most used and loved trails in Myles Standish State Forest. Because it is well marked, it is also one of the better trails to walk in the winter in case there is still a snow coating obscuring the trail bed.. Since all hikes will meet at the Myles Standish headquarters for the open house, we will make a short five minute drive to the trail head once we are gathered. We encourage newcomers to join us for this walk. Dress warmly with hat and gloves and bring water. L Catherine Giordano (508-243-3884 Before 9pm, cmgiordan@msn.com) CL Vickstrom, William (774-454-7386 Before 9pm, wrwick@comcast.net, Bill has been leading hikes in Myles Standish State Forest for many years. He is the President of the Friends of Myles Standish State Forest), R Catherine Giordano (508-243-3884 before 9 pm, cmgiordan@msn.com)

Sat., Apr. 15. TAKE IT OUTSIDE WITH AMC 2017 - Afternoon Beginner Hike - East Head Pond Loop, Myles Standish State Forest, Headquarters on Cranberry Rd., Carver, MA (C) (FT) (NM). Join AMC SEM Chapter Open House event with the Friends of Myles Standish at Myles Standish State Forest in Plymouth for a Beginner Hike around the East Head reservoir. All events will begin from the Headquarters on Cranberry Rd where there is plenty of free parking. Also, FREE LUNCH for all Open House participants! This will be a slower paced hike along a nature trail that loops around the East Head pond reservoir. We will stop often at numbered trail posts to observe the various trees and flora outlined in the free Interpretive Program guide provided by Myles Standish State Forest. The loop is 2.6 miles long and we will plan to be on the trail for about 2 hours. Lunch will be available from 12 noon and our hike will start at 1:30pm at gate W39. Please bring a small pack with water and some trail snacks. Registration is required, however everyone is welcome whether you are a new member, non-member or newly active. L Paul Brookes (PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Peggy Qvicklund (qvickan@comcast.net), R Peggy Qvicklund (qvickan@comcast.net)

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HIKING

Sat., Apr. 15. Take It Outside With AMC 2017 - Intermediate Afternoon Hike- Pine Barrens Path, Myles Standish State Forest, Plymouth, MA, (C) (FT) (NM). Join AMC SEM Chapter Open House event with the Friends of Myles Standish at Myles Standish State Forest in Plymouth for an, Intermediate Hike to the Pine Barrens Path. All events will begin from the Headquarters on Cranberry Rd where there is plenty of free parking. Also, FREE LUNCH for all Open House participants! For this intermediate hike, we will hike the prettiest half of the Myles Standish Pine Barrens Path. The Pine Barrens Path is about 8 miles long and was marked in 2016. It is shown on the 2016 state-issued map of Myles Standish. (link below) We will do a portion of the southern half of the trail. The hike will be about 5 miles long. We will carpool to the start from headquarters after lunch is concluded. (Lunch starts at 12pm.) Everyone is welcome, members and non-members. L John Bescherer (508-742-7973 Before 9pm, johnbescherer@gmail.com, John has been leading hikes for the Friends of Myles Standish since 2010. He has attempted to explore every corner of the gigantic park and wants to show the best of it to AMC members.) L Eva Das (borsody@gmail.com)

Tue., Apr. 18. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. Hike hilly Skyline Trail and adjacent trails on ten successive Tuesday mornings 3/21-5/23, progressively increasing distance, elevation gain and pack weight (optional) to condition for summer hiking season up north. Moderate to fast pace 3 to 4 hour hike, distance 3 to 8 miles. 9:30 am start. Not suitable for beginners. May finish series with extended day hike. Register once for entire series. L Len Ulbricht (lenu44@gmail.com, Len has been an AMC Southeast Mass chapter member since 2008. He leads three season hikes in the White Mountains, both day hikes and multi-day hut trips, and an annual spring conditioning series in the Blue Hills. He has summited 44 of the 48 NH 4K peaks and is an AMC Adventure Travel co-leader.)

Thu., Apr. 20. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Thu., Apr. 20. Thurs Morn. Hike - Wallomonopoag Conservation Area, Wallomonopoag Conservation, Elysium St., Wrentham, MA. (C) (FT) (NM) Meet 10:00 am in Conservation Area parking lot off of Elysium St. Wrentham. Bring water, snack or lunch & sturdy footwear. Rain cancels. Great blue rookery and eskers and possible sighting of deer. L Muriel Guenthner (508-699-7461 Before 9:00pm, murielguenthner@comcast.net)

Tue., Apr. 25. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. Hike hilly Skyline Trail and adjacent trails on ten successive Tuesday mornings 3/21-5/23, progressively increasing distance, elevation gain and pack weight (optional) to condition for summer hiking season up north. Moderate to fast pace 3 to 4 hour hike, distance 3 to 8 miles. 9:30 am start. Not suitable for beginners. May finish series with extended day hike. Register once for entire series. L Len Ulbricht (lenu44@gmail.com, Len has been an AMC Southeast Mass chapter member since 2008. He leads three season hikes in the White Mountains, both day hikes and multi-day hut trips, and an annual spring conditioning series in the Blue Hills. He has summited 44 of the 48 NH 4K peaks and is an AMC Adventure Travel co-leader.)

Thu., Apr. 27. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

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For the most current information, [search activities online](#)

HIKING

Thu., Apr. 27. Thursday Morning Hiking in the Blue Hills, Blue Hills Reservation, Milton, MA. (FT) (NM) A 5 mile hike in the Blue Hills on the Red Dot Trail that is marked by rugged, rocky loops over hilly terrain. L Sue Chiavaroli (508-496-6452 7PM-9PM, brillo6452@yahoo.com)

Sun., Apr. 30. Mt Greylock Hike, Near Adams, Berkshires, MA. Approach the summit of Mt Greylock (3,491ft) using the less frequented trails on the eastern side of the mountain. We will follow the Cheshire Harbor Trail and the Gould Trail, dipping into Peck's Brook ravine. This is one of the shortest routes to the summit, but the elevation gain is as significant as some trails in the White Mountains, at 1930 ft. The loop is approx. 6.6 miles. (This hike was originally scheduled for April 1, but was cancelled due to trail conditions.) L Peggy Qvicklund (qvickan@comcast.net, Lists are great, I've done NH 48, let's explore our own state!) L Jeannine Audet (MILMOD@aol.com)

Tue., May 2. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. Hike hilly Skyline Trail and adjacent trails on ten successive Tuesday mornings 3/21-5/23, progressively increasing distance, elevation gain and pack weight (optional) to condition for summer hiking season up north. Moderate to fast pace 3 to 4 hour hike, distance 3 to 8 miles. 9:30 am start. Not suitable for beginners. May finish series with extended day hike. Register once for entire series. L Len Ulbricht (lenu44@gmail.com, Len has been an AMC Southeast Mass chapter member since 2008. He leads three season hikes in the White Mountains, both day hikes and multi-day hut trips, and an annual spring conditioning series in the Blue Hills. He has summited 44 of the 48 NH 4K peaks and is an AMC Adventure Travel co-leader.)

Thu., May 4. Blue Hills PHOTO-OP Trek, Ponkapoag Pond, Canton, MA, (FT) (NM) 4 ½ - 5-mi. hike around Ponkapoag Pond with Boardwalk/Bog option. Slower pace than usual for photo opportunities and instruction. More frequent stops than usual, in order to "smell the roses". The walk and talk will concentrate on some of the composition and technique aspects of photography. The "Art of Nature" will be the theme during this "Renaissance of The Seasons" hike. Bring Point-and-Shoot and/or DSLR Camera, lunch & water. Sunscreen and bug repellent suggested Limited to 20 hikers - Registration required "No Dogs" please. L Walt Granda (wgrand@aol.com) CL Ken Cohen (508-941-0060 5:50pm to 7:30pm, k-cohen@comcast.net), R Ken Cohen (508-941-0060 5:30pm to 7:30pm, k-cohen@comcast.net)

Thu., May 4. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Tue., May 9. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. Hike hilly Skyline Trail and adjacent trails on ten successive Tuesday mornings 3/21-5/23, progressively increasing distance, elevation gain and pack weight (optional) to condition for summer hiking season up north. Moderate to fast pace 3 to 4 hour hike, distance 3 to 8 miles. 9:30 am start. Not suitable for beginners. May finish series with extended day hike. Register once for entire series. L Len Ulbricht (lenu44@gmail.com, Len has been an AMC Southeast Mass chapter member since 2008. He leads three season hikes in the White Mountains, both day hikes and multi-day hut trips, and an annual spring conditioning series in the Blue Hills. He has summited 44 of the 48 NH 4K peaks and is an AMC Adventure Travel co-leader.)

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HIKING

Thu., May. 11. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Thu., May 11. Thursday Morning Hike - World's End, Hingham, MA, (C3C) (FT) (NM). Meet at 10am, \$6 pp non-Trustees members. Moderate 4-5 miles. Explore unique peninsula in Boston Harbor with stunning views, hilly, carriage ways and rocky paths. There could be muddy sections. Wear layers, wind protection, good shoes suitable for weather and conditions. Bring water, snacks/lunch. Directions at <http://www.thetrustees.org/places-to-visit/greater-boston/worlds-end.html>. L Eva Das (borsody@gmail.com)

Sat., May 13. Woodland End2Ender Hike in the Blue Hills, Southeast, MA. This fun End-to-end hike traverses the Blue Hills from the Northernmost end of Fowl Meadow in Canton to Shea Ice Rink in Milton, stopping at Houghton's Pond for a leisurely lunch. We will avoid the summits and generally stick to well-maintained trails in the wooded lowlands. The total distance is 11 miles and we will hike at a moderate pace ideal for walking and talking at the same time. Other than a short section around Little Blue and Great Blue Hill the trails will be flat or gently inclined. This popular hike is limited to 24 people so register early to avoid being waitlisted. Also, since we are keeping to lowlands, heavy rain or flooding will cancel. Lastly, one of the leaders, Paul, will have his well-behaved dog with him, if you wish to bring your dog, please discuss during registration. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Walt Granda (wigranda@aol.com), L/R Pat Achorn (plachorn@me.com)

Tue., May 16. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. Hike hilly Skyline Trail and adjacent trails on ten successive Tuesday mornings 3/21-5/23, progressively increasing distance, elevation gain and pack weight (optional) to condition for summer hiking season up north. Moderate to fast pace 3 to 4 hour hike, distance 3 to 8 miles. 9:30 am start. Not suitable for beginners. May finish series with extended day hike. Register once for entire series. L Len Ulbricht (lenu44@gmail.com, Len has been an AMC Southeast Mass chapter member since 2008. He leads three season hikes in the White Mountains, both day hikes and multi-day hut trips, and an annual spring conditioning series in the Blue Hills. He has summited 44 of the 48 NH 4K peaks and is an AMC Adventure Travel co-leader.)

(FT) (NM) Thu., May. 18. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

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Activities

For the most current information, [search activities online](#)

HIKING

Sun., May 21. Family Hike #1: Borderland State Park, Easton, MA. Join us for a 2 to 3 mile hike at a leisurely pace around the Leach Pond in beautiful Borderland State Park. The hike is suited to families with children ages 3 to 10 years. We will explore and learn about following trails, the wildlife and Leave No Trace principles. Wear sturdy shoes or hiking boots, as the trails may be damp. Bring water and a snack. You may choose to bring a picnic lunch to enjoy at the end of the hike. Heavy rain will cancel. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime, milmod@aol.com) CL Anne Duggan (abduggan12@gmail.com)

Tue., May 23. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. Hike hilly Skyline Trail and adjacent trails on ten successive Tuesday mornings 3/21-5/23, progressively increasing distance, elevation gain and pack weight (optional) to condition for summer hiking season up north. Moderate to fast pace 3 to 4 hour hike, distance 3 to 8 miles. 9:30 am start. Not suitable for beginners. May finish series with extended day hike. Register once for entire series. L Len Ulbricht (lenu44@gmail.com, Len has been an AMC Southeast Mass chapter member since 2008. He leads three season hikes in the White Mountains, both day hikes and multi-day hut trips, and an annual spring conditioning series in the Blue Hills. He has summited 44 of the 48 NH 4K peaks and is an AMC Adventure Travel co-leader.)

(FT) (NM) Thu., May 25. Thursday Morning Hike at Ell/Long Pond, Hopkinton, RI, Fisherman's Parking Lot, Canonchet Road, Hopkinton, RI. A 4-5 mile hike along the Narragansett Trail in RI. The hike scrambles up and down through paths of rhododendrons, hemlocks, and mountain laurel. Part of the hike will be a scramble up a rock formation with a great view of Long Pond where the movie Moonrise Kingdom was filmed. L Sue Chiavaroli (508-496-6452 7PM-PM, brillo6452@yahoo.com)

(FT) (NM) Thu., May. 25. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Jun. 1. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Jun. 8. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

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Activities

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HIKING

Sat., Jun. 10. Photo Hike, Sandy Neck Beach, Sandwich/Barnstable, Cape Cod, MA. A Photo Hike on The Marshside Trail that parallels Sandy Neck Beach. The trail travels along a great marsh, dunes, a winding sandy trail, passing older summer homes. Hopefully, we will see wildlife in action as well as different fauna. The trail is approx. 10 miles long round trip, but because this is a photo hike, we will decide on a turn-around time instead of distance. We will have an early morning start to try and capture activity. Bring your own photo equipment, plenty of water, lunch, snacks, and sunscreen. There will be a parking fee. L Ken Carson (508-833-8237 between 10 am-7pm, kcciii@comcast.net)

(FT) (NM) Thu., Jun. 15. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Jun. 22. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Sun., Jun. 25. Family Hike #2: F. Gilbert Hills State Park, Foxboro, MA. Join us for a leisurely 2 to 3 mile hike in the less-traveled, but lovely & wooded F. Gilbert Hills State Park. This hike is suited for families with children ages 3 to 10 years. It is the second in our 3 hike series for families. We will explore and learn about the local wildlife, following trails & Leave No Trace principles. Wear sturdy shoes to hiking boots, & bring water & a snack. You may wish to stay after the hike to have a picnic lunch. Heavy rain will cancel the hike. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com) CL Brian Duane (781-820-9985, bdwane105@comcast.net)

(FT) (NM) Thu., Jun. 29. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Jul. 6. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

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Activities

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HIKING

Sat., Jul. 8-10. Joe Dodge Lodge and Madison Hut Overnight, Mt. Madison, White Mountains, NH. On Saturday afternoon, prior to our group dinner at Joe Dodge Lodge, we'll take a short hike up to a scenic spot in Pinkham Notch to get to know each other and shake out any gear issues. After breakfast at JDL on Sunday, we'll carpool over to the Appalachia trailhead and hike up to the new Madison Spring Hut via either the Valley Way or Airline Trails (depending on the weather) and then summit Mt. Madison (5,367 ft.) in the afternoon to (hopefully) take in the amazing panoramic views before enjoying our Croo-served dinner in the hut. After breakfast at the hut on Monday, we may also have an opportunity to climb nearby Mt. John Quincy Adams before hiking back down to the trailhead. This is a great opportunity for strong hikers who may not have had an opportunity to spend much time above tree line to experience the beauty and drama of the Alpine Zone in the Northern Presidentials. Trip is limited to 10 people, including leaders. L Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net, Paul Miller is an experienced four-season hike leader and former Hiking Chair for the Southeast Mass. Chapter) L Michael Swartz (swartz@brandeis.edu, Michael is an experienced hiking leader for both the Boston and Southeast Mass. Chapters), R Paul Miller (169 S. Washington St., N. Attleboro, MA 02760, 508-369-4151 before 9:00 pm, paulallenmiller@verizon.net)

(FT) (NM) Thu., Jul. 13. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Jul. 20. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Jul. 27. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Aug. 3. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

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Activities

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HIKING

(FT) (NM) Thu., Aug. 10. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Aug. 17. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Aug. 24. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Aug. 31. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Sept. 7. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

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Activities

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HIKING

(FT) (NM) Thu., Sept. 14. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Sept. 21. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)





The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | May 2017

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Please send photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

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Members looking to sell, trade, or free-cycle their used equipment can post for free.

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An eager troop of Open House participants hit the trail around the East Pond Reservoir for the afternoon Beginner Hike led by Peggy Qvicklund and Paul Brookes.
Photo by Paul Brookes

Open House draws 120+ to 'Take it Outside'

More than 120 people participated in the SEM Chapter's annual "Take it Outside" Open House on April 15. This year's event, held in conjunction with both the Massachusetts Department of Conservation and Recreation (DCR) and the Friends of Myles Standish State Forest, was held at the expansive forest in Carver. The Open House featured a variety of nature, hiking, biking, and trail work activities; plus a free lunch for all participants.

We could not have put on this event without the organizational skills of Maureen Kelly and the many volunteers who stepped up to set up, clean up, lead events, and make sure everyone had a fantastic time. Thank you Sandy Santilli for the food; Karen Singleton, Alan Greenstein, Sue Svelnis, Barry Young, Claire MacDonald, Ken Carson, Bill Cannon, Richie M. Activity leaders were Bill Vickstrom, Jane Harding, Dia Prantis, Barbara Gaughan, Jeff Hyman, John Bescherer, Leslie Carson, Cathy Giordano, Skip Maysles, Pete Tierney, Peggy Qvicklund, Paul Brookes, Bernie Meggison, Irene Caldwell, and Eva Borsody Das.

View from the chair: We Deliver FUN!



**Barry Young, Chapter
Chair chair@amcsem.org**

Hello SEM Members,

For those of you who know Alan Greenstein, one of our most active hikers, you have probably had him come up to you at some point in time and had him greet you with “Hope you are having FUN today with a capital F–U–N.” Well, that is what AMC SEM does for you. We help you have FUN.

We have local hikes like our Red Line the Blue Hills series, Thursday morning hikes, hikes on the Cape, and of course the more challenging hikes up north or out in the Berkshires. For those of you with young children (or grandchildren!), we just posted a series of Family Hikes. Want to hike and learn all about photography at the same time? We have a great photography hike coming up in June. Recently we listed on our website several kayak paddling trips on the Cape with all the secret places to put in and park during the summer.

We also offer cycling trips and recently purchased a software program from “Ride With GPS.” We provide a free account to all AMC SEM cyclists who wish to log their rides and take advantage of our cycling library, complete with turn-by-turn directions.

Want to get your hands a little dirty? There are opportunities coming up for trail work and conservation activities. Check out our activities on our [website](#).

If, after looking at all the ways we deliver FUN, you still can’t find something, send me an email and I’ll find a leader to plan a trip just for you.

See you all outside!
Barry Young
AMC SEM Chapter



2017 Executive Board

Chapter Chair	Barry Young	Communications Chair	Paul Miller	Membership Vice Chair	Ed Miller
Vice Chair	Christine Racine	Communications Vice Chair	Open	Membership Vice Chair	Ellen Thompson
Secretary	Ann McSweeney	Conservation Chair	Bill Cannon	Paddling Chair	Ed Foster
Treasurer	Patty Rottmeier	Conservation Vice Chair	Open	Paddling Vice Chair	Open
Past Chapter Chair	Maureen Kelly	Education Chair	Doug Griffiths	Skiing Chair	Barbara Hathaway
Biking Chair	Bernie Meggison	Education Vice Chair	Open	Skiing Vice Chair	Jeannine Audet
Biking Vice Chair	Open	Hiking Chair	Leslie Carson	Trails Chair	Peter Tierney
Cape Hiking Chair	Jane Harding	Hiking Vice Chair	Open	Trails Vice Chair	Wayne Anderson
Cape Hiking Vice Chair	Cathy Giordano	Membership Chair	Sandy Santilli	Trails Vice Chair.....	Skip Maysles

Ad Hoc Committee Chairs and Other Chapter Contacts

Social Director	Open	Web-master	Cheryl Lathrop
Social Vice Chair	Open	Breeze Editor	Mo Walsh
Social Networking Moderator	Susan Mulligan	Blast Editor	Marie Hopkins

Contact the Chapter Chair at chair@amcsem.org if you’re interested in any open position



Remember When?

Photo by Dexter Robinson

Last month's photo challenge produced no winners. In fact, none of the submitted entries were even close! So this month we are moving up in time. This one's even in color instead of black and white! Can you identify when and where it was taken and who the people are in the photo? For those who hike in the White Mountains, the location should be easy. The gentleman in the middle finished his NH48 on this hike. Many of you SEM hikers should recognize at least one active hiker in this photo. Maybe you can track that hiker down and get the answers! Please send your responses to chair@amcsem.org.



Exciting Opportunities in Education!

Written by Doug Giffiths, Education Chair

The Education Committee needs volunteers to help our chapter organize programs for the coming year. You can sign up as a committee member or as Vice Chair and learn to become Chair of the committee in a year or two.

The Education Committee arranges one Leadership Training one-day workshop each Spring and at least one Wilderness First Aid two-day workshop per year. Wilderness First Aid is aimed at hike and trip leaders, but is open to all desiring to expand their knowledge in that area. Some years WFA is held both Spring and Fall if required to meet the needs of chapter activity leaders.

Educational programs can be arranged when a need or interest is identified. An example is the Map and Compass half-day course last held in Fall 2016. The Committee responds to ideas and requests from other activity committees to help them meet their needs.

There are standard formats for our usual workshops, but committee members can suggest improvements and develop their own ideas if desired. The AMC main office provides assistance through their professional education and training staff who are enthusiastic, accessible, and very supportive in developing successful workshops.



This committee work puts you in touch with dedicated leaders of varied activities and club members seeking to expand their abilities. Working with these positive-minded people creates a stimulating and gratifying experience for all. It's great fun to see people enjoy and respond to our workshops.

Please consider helping out with this important volunteer work.



Joe Keogh (right) presents Bill Cannon with his patch for Blue Lining the Blue Hills. The presentation was made before 27 other hikers on the Thursday, May 4, hike from Houghton's Pond. Congratulations, Bill! *Photo by Barbara Gaughan*



Nineteen hikers turned out on April 13 for a 4.5 mile hike through the Bell's Neck Conservation Area. On a sunny 55-degree day, hikers were treated to sure signs of spring: herring, osprey, equestrians, and mayflowers. *Photo by Barbara Gaughan*

Earth Day Cleanup Crew at Blue Hills

Written by Len Ulbricht

For several years the Tuesday Blue Hills Spring Conditioning Series has held a trash pickup hike in recognition of Earth Day. So on Tuesday, April 18, fifteen hikers donned work gloves and filled trash bags with all kinds of manmade trail debris. Our focus was on North and South Skyline and a portion of SE Mass Chapter's adopted trail, the Skyline Trail from park HQ to Buck Hill. That's 5.2 miles worth of trash pickup.

We spent four hours collecting all sorts of stuff: coffee cups, beer and soda containers, tissues, a T-shirt, orange peels, Cliff Bar wrappers—yes, even plastic bags of dog poop. And much of this stuff was tossed off trail in underbrush and briars, not the easiest of access.

The mindset of some people is astonishing. Orange peels don't decay. Nature designed the peel to be hardy, to protect the fruit inside. And it lasts a long, long time in the environment, drying out and resisting decay. Bagging dog poop is great, but leaving the bagged poop on trail and not carrying it out? Why?

Kudos to all fifteen volunteers who pitched in: Ken Carson, Leslie Carson, George Danis, Bill Doherty, Wendy Fox, Jean Hauck, Livia Imada, Bob Jabaily, Craig MacDonald, Nancy McLaughlin, Judy Melanson, Peggy Qvicklund, Dexter Robinson, John Schepis, Len Ulbricht.

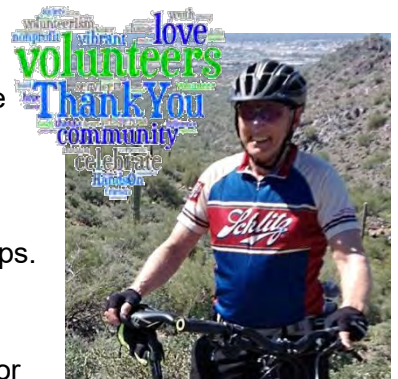


Their reward for cleaning up the trails: A priceless view.
Photo by Ken Carson

Volunteer of the Month: Larry Kornetsky

Written by Bernie Meggison, Biking Chair

Each month the SEM recognizes one of our amazing volunteers. We are thankful for the wonderful people who donate their time and energy to lead terrific trips. This month the Biking Committee recognizes LARRY KORNETSKY for his continuing contributions.



Larry Kornetsky has been an AMC'r for over 15 years. He actually took his leadership training at Joy Street, and a weekend training in the Berkshires. Larry does 70 percent of his riding on his 29'r mountain bike.

His extensive experience with our new cycling APP, ridewithgps.com, is impressive. He was the lead trainer in our recent training class. Larry will lead several trips this year with his interesting routes.

Thank you, LARRY, for all you do! Larry will receive a Volunteer of the Month Certificate and a \$50 gift card.



Pilgrim Spring Cleanup Crew Clears Trail Brush at National Seashore

Written by Jane Harding, Cape Hiking Chair

On an overcast, cool spring morning in the 40s, ten AMC-SEM volunteers reported for duty at the parking lot for Pilgrim Heights in Truro. The volunteers were Dave and Annette Winther, Ted Franklin, Janet Kaiser, Nancy Wigley, Jeff Hyman, Susan Carpenter, Lilo Kimball, Deb Hayden, and Cape Hike Chair Jane Harding.

Lizabeth Rodriguez from AmeriCorps greeted us and had all required safety gear laid out for us to put on: a Nomax shirt, safety helmet, safety goggles, leather gloves, and earplugs. She had wipes for people allergic to poison ivy to rub on exposed skin prior to beginning work as a preventive measure. We each signed in on an attendance/waiver sheet, and Jane Harding completed a sheet with more information on AMC-SEM.

We circled up with other AmeriCorps volunteers Julien Garcia, Sam Gilvrage, Joseph Bell, Brad Falco, Hunter Moore, and Ryan Souto and introduced ourselves. David Schell, Program Director for Americorps, thanked us for coming to help out. David Crary, Fire Management Officer, shared with the group a brief history of the area and the ecological benefits of trail maintenance.

Equipped with loppers, the group proceeded down Pilgrim Spring trail to begin the work. AMC-SEM's responsibility was to cut down all the low growth to ground level for ten feet beyond the edge of the trail.

The AmeriCorps members used weed-whackers and chainsaws to facilitate the process. Fires to burn all the brush cleared were monitored by AmeriCorps staff. We did encounter a small amount of poison ivy, but once it was identified we worked around it.

We had spectacular views of the Atlantic Ocean, which allowed us to take short respites and just enjoy the view. At 11:45 AM we started to wind down work for a lunch break. This completed AMC-SEM's volunteer effort. Back in the parking lot, we once again circled up and shared the experience with one another. Overall the AMC-SEM volunteers felt the experience was beneficial, and they thanked the Americorps members for their hospitality.

The AMC-SEM staff adjourned to the Red Barn Restaurant for pizza.

Sign Up for 2017 AMC Fall Gathering

Registration opens July 1 for your fall weekend in the heart of New Hampshire's White Mountains.

Join fellow AMC members for a great time at the 2017 AMC Fall Gathering at Camp Robin Hood in Freedom, NH. Plan your getaway weekend this fall and join this annual AMC October event—a great time to be in the White Mountains!

Come to: Launch and Paddle from the host camp; hike Mount Chocorua or other White Mountain greats; enjoy hearty meals and great company; celebrate autumn's splendor; get away and enjoy the great outdoors.

Check it out at www.outdoors.org/fallgathering





Have bag, will conquer trash! *Photos by Dave Selfe*

Four Ponds Earth Day Hike

Written by Nancy Wigley & Jane Harding

In recognition of Earth Day, April 22, 2017, seven hikers joined Nancy Wigley, AMC Life Member/Naturalist, and Jane Harding, AMC Cape Hiking Chair, in removing trash from the trails of the beautiful Four Ponds Conservation Area in Pocasset. This area is where President Grover Cleveland and President Calvin Coolidge once fished for Brook trout and Rainbow trout.

Clean-up included not only the Four Ponds Conservation Area, but two ponds beyond, as we followed the flow of water in its journey to the sea. This cleanup was important because this area is used by both high school students and 4th-graders studying forest ecology. The group hiked 3.7 miles and removed a couple of large

bags of plastic and glass bottles, plus one large bag of trash. The weather was overcast with some drizzle, but the job got done with great spirit from everyone. AMC has set a good example to the students in cleaning up this area, and we wish to thank again those who participated.

WANTED!

LOOKING FOR



**SOCIAL
CHAIR**





Massasoit students, Professor Susan Martelli, and Wildlands Trust Property Manager Erik Boyer at the 20 ft. boulder, or "glacial erratic," at Brockton Audubon Preserve.

Students Canvass for Preserve

Written by Maureen Kelly, Past Chapter Chair

On a beautiful Monday afternoon in April, Massasoit Community College honor students led by Professor Susan Martelli met up with Wildlands Trust staff, Erik Boyer and Ryan Krapp, to canvass the neighborhoods surrounding the new and improved trail system at Brockton Audubon Preserve.

The goal of the day was to hand out more than 100 invitations to come enjoy the new trails located in Brockton residents' back yard. There are now more than 1.5-miles of trails with two new boardwalks, a large kiosk at the Pleasant Street parking lot, and five interpretive trail-side signs along the way. If you haven't been to Brockton Audubon Preserve in a while, you better stop by to check it out! Get the [map here](#).

Thanks Massasoit Community College honor students for your volunteerism and enthusiasm for the work we're doing in Brockton!



Space Open on Teen Trail Crews

Do you know a teen who is passionate about conservation? Cares about making a difference in their community? Wants to help in our mission to make the outdoors more accessible to all? Maybe they're excited to learn about trail stewardship and construction while enjoying the creature comforts of a campground.

If so, spread the word about AMC's Bay Circuit Trail (BCT) Base Camp Teen Crews! Our BCT crews work on beautiful forest conservation areas in outer-Boston and come back each night to a camp with a swimming pond, bathhouse, and canoes! Teens earn 40 hours of community service during the Sunday-Friday program.



Two crew weeks this summer!

July 23 to 28

August 8 to 11

[Sign up here.](#)

ABOVE:

A 2016 BCT Crew at their worksite improving a steep, eroded slope along the Merrimack River in Andover, MA.



AMC's Best Day Hikes Near Boston, Third Edition:

Four-Season Guide to 60 of the Best Trails in Eastern Massachusetts

By Michael Tougias, John S. Burk, & Alison O'Leary

\$19.95 (Print) • \$9.99 (e-book)

Available for the first time in vibrant full color, this indispensable guide has been fully revised and updated to bring you 60 of the best day hikes in the Boston area. Whether you are an avid hiker or just visiting the city, this book is a must-have resource for shorter walks and day-long adventures, taking you on hikes in the Middlesex Fells and Blue Hills Reservations, the sands of Crane Beach, and the forests of eastern Massachusetts. Both visitors and locals alike will find something to enjoy in this volume offering a variety of trails for all ability levels and interests.

Inside You'll Find

- 60 hiking trips for all ability levels and seasons
- At-a-glance trip planner to help you find the trip that's right for you
- Detailed maps showing parking, trails, and natural highlights
- Summaries of time, distance, and difficulty level for each trail
- GPS coordinates for all trailheads
- Hiking and safety tips, including advice on what to carry in your pack
- Essays on nature and history of the region

Michael Tougias is a *New York Times* best-selling author and co-author of 25 books. **John S. Burk** is an outdoor writer, photographer, and historian from central Massachusetts. **Alison O'Leary** is a longtime journalist, public speaker, and the author of two other books.

Ordering Information for AMC Books

AMC Books are available nationwide through booksellers and outdoor retailers, and can be ordered directly from AMC at outdoors.org/amcstore or by calling 800-262-4455. (AMC members receive a 20% discount.)



Photo by Frank Bequaert

New Bridge Built at Gap Mountain

Trail season is off to a great start on the Metacomet-Monadnock trail with the successful construction of a new bridge at Gap Mountain in Troy, New Hampshire. This project was the result of a successful partnership between AMC's Berkshire Chapter and the Society for the Protection of New Hampshire Forests (SPNHF).

Volunteers recruited by both organizations worked over a series of three days to haul in material, prepare the site and construct the bridge. The project was led by the experienced and long-time leader for AMC Mike Zlogar, while funding was provided by SPNHF.

To learn about more volunteer opportunities on the Metacomet-Monadnock trail or its partner trail the New England National Scenic Trail, please contact Bridget Likely at blikely@outdoors.org.



Hiking Bryce & Zion National Parks

September 23 to October 1, 2017

Hike two of Utah's dramatically different National Parks, Bryce and Zion, that attract visitors the world over. Bryce Canyon, known for its hoodoos and sculpted multi-color landscapes, and Zion, for its narrow steep red rock walls and awesome geological features, offer hiking experiences high up on the rim and down on the floor of each canyon.

At Bryce for two days we will hike the famous Fairyland Trail plus Navajo and Peekaboo loops for our up-close experience with hoodoos. We have four days at Zion to hike high up to the East and West canyon rims, checkout Angels Landing, delve far into the Narrows portion of this slot canyon, and to soak up its many unusual geologic features including the Weeping Rock, Hanging Gardens and Emerald Pools.

Trip price of \$1,715 includes car rentals, motel lodging, breakfasts, dinners, and park admissions. Las Vegas airfare not included.

For details see [trip prospectus](#) or contact L Sarah Keats, slkski@gmail.com, 207-756-4226, CL Len Ulbricht, lenu44@gmail.com.



We Took It Outdoors!

More Open House Photos by Ken Carson



Activities

For the most current information, [search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

AA 13+
A 9-13
B 5-8
C less than 5

Indicates pace

1 very fast
2 fast
3 moderate
4 leisurely

Indicates terrain

A very strenuous
B strenuous
C average
D easy

Found in the description

L Activity leader
CL Activity co-leader
FT First Time
NM ... New Members
AN Advance Notice
C Conservation

BIKING

Wed., May. 10. Sunset & Full Flower Moon Bike Ride, Cape Cod, MA. 22+/- Miles/ 2 +/- hours. Mostly flat - We'll start and end on Town Neck Beach in Sandwich; down Freeman Ave from Horizons on the Bay to the beach parking lot. The moonrise and sunset are within a few minutes of each other so we can catch the sun descending over the marsh and the moon ascending over the bay. Registration required - paulbcurrier@comcast.net Flowers spring forth in abundance this month. Some Algonquin tribes knew this full Moon as the Corn Planting Moon or the Milk Moon. L Paul Currier (508-833-2690, 9 AM-7 PM, paulbcurrier@comcast.net)

Sat., May. 13. Water Views, Cape Cod, MA. We will hug Shoestring Bay, Cotuit Bay & Popponesset Bay as we cycle thru quiet neighborhoods in Marston's Mills, Cotuit & Mashpee. Some busy main roads. Mostly quiet secondary roads. 23 miles. 13-15 mph. Lunch/bathroom stop at mile 20. Rain cancels. Helmet, snack, water required. Wheels rolling 9:30 a.m. L Barbara Gaughan (781-572-1321 Before 9 pm, barbaragaughan12@comcast.net, SEM Level 1 bike/hike leader) CL Nancy Cahn

Sun., May. 14. Mother's Day Muffin Ride, Southeast, MA. Join us for a beautiful ride through gently rolling country roads in Wrentham. Stop halfway at Phantom Farms in Cumberland, RI, for a delightful muffin and coffee. Get to know new friends and/or catch up with old ones. Approximately 20 mile ride. Bike must be in good working order, you must know how and when to shift gears. There will be one long climb right before the muffin stop. This ride is NOT for beginner cyclists! L Jodi Jensen (781-249-8346, jodijensen@gmail.com)

Sat., May. 20. Cycling the Villages of Bourne, Cape Cod, MA. 25 mile ride 13-15 mph thru scenic Bourne. We will cycle past harbors, beaches, yacht clubs, and historic sites. Coffee/snack stop mile 12. Wheels rolling 9:30 a.m. L Barbara Gaughan (781-572-1321 Before 9 p.m., barbaragaughan12@comcast.net, SEM Level 1 hike/bike leader) CL Jeff Hyman (771-521-9235 Before 9 p.m., jodijensen@gmail.com, Leader-in-training), R Jeff Hyman (774-521-9235 Before 9 p.m., jah17@comcast.net)

Sun., Jul. 2. Cycling & Ice Cream in Westport & Dartmouth, MA, Gooseberry Island, Massachusetts, Southeast, MA. Join us for a beautiful ride in Westport & Dartmouth, MA. We will pass farms, beaches, & conservation areas. We will have options for ice cream breaks along the way. The ride will be approximately 30- 35 miles, with a 12-15 mph pace. Helmet & water required. Heavy rain will cancel. Please contact registrar for additional information. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime, milmod@aol.com)

HIKING CAPE COD

Get your 100-mile patch! Contact hikingchair@amcsem.org.

Always looking for additional hike leaders! Contact hikingchair@amcsem.org

Sun., May 14. Hike Santuit Pond, Marston Mills, Cape Cod MA. Join us on Mother's Day for a delightful hike on wooded trails that will give us the opportunity to view a newly refurbished herring run and with some luck we will see rare Birdsfeet Violets blooming around a cranberry bog. Meet at 12:45 PM for a 1PM start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net, Level 1 hike leader with 3 years' experience. Cape Hike chair for AMC.) L Nancy Wigley (nrwigley@verizon.net, Hike leader with many years of experience.)

Continued on next page

Activities

For the most current information, [search activities online](#)

HIKING CAPE COD

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Thu., May 18. Hike Herring River, Harwich, MA. Hike wooded trails around 2 reservoirs and cranberry bog. See working Herring Run. From Rte 6 take exit 9A. Follow Rte 134 to 3rd Traffic light and turn L and then take immediate L onto Great Western Rd. Go approx. 3 miles to R on Bells Neck Rd follow about 1/8 mile to reservoir and park on either side of dirt road. Meet at 9:45 AM for 10 AM start. L Janet DiMattia (jandimattia@verizon.net, Janet is a veteran AMC member who has led numerous hikes.)

Thu., May 25. Hike- Long Pond and Picnic, Goodwill Park, Falmouth, Cape Cod, MA. Traverse rolling wooded trails through Falmouth's Town Forest. Enjoy scenic views of Long Pond, a kettle pond formed at the edge of the glacial moraine. Sturdy shoes, plenty of water, sunscreen and tick repellent are strongly recommended. The Cape is a known tick habitat! Poison ivy is also abundant in the woods and along the sides of the trail. You may consider wearing long pants. Meet at 9:45 for trail talk. Hike begins promptly at 10 AM. PICNIC LUNCH to follow hike. Bring your own main course plus a salad, dessert or snacks to share with the group. Call leader with questions 508 243 3884. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com)

Sat., Jun. 10. Photo Hike, Sandy Neck Beach, Sandwich/Barnstable, Cape Cod, MA. A Photo Hike on The Marshside Trail that parallels Sandy Neck Beach. The trail travels along a great marsh, dunes, a winding sandy trail, passing older summer homes. Hopefully, we will see wildlife in action as well as different fauna. The trail is approx. 10 miles long round trip, but because this is a photo hike, we will decide on a turn-around time instead of distance. We will have an early morning start to try and capture activity. Bring your own photo equipment, plenty of water, lunch, snacks, and sunscreen. There will be a parking fee. L Ken Carson (508-833-8237 between 10 am-7pm, kcciii@comcast.net)

HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org.

Always looking for additional hike leaders! Contact hikingchair@amcsem.org

Tue., May 9. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. Hike hilly Skyline Trail and adjacent trails on ten successive Tuesday mornings 3/21-5/23, progressively increasing distance, elevation gain and pack weight (optional) to condition for summer hiking season up north. Moderate to fast pace 3 to 4 hour hike, distance 3 to 8 miles. 9:30 am start. Not suitable for beginners. May finish series with extended day hike. Register once for entire series. L Len Ulbricht (lenu44@gmail.com, Len has been an AMC Southeast Mass chapter member since 2008. He leads three season hikes in the White Mountains, both day hikes and multi-day hut trips, and an annual spring conditioning series in the Blue Hills. He has summited 44 of the 48 NH 4K peaks and is an AMC Adventure Travel co-leader.)

Thu., May. 11. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Continued on next page

Activities

For the most current information, [search activities online](#)

HIKING

Thu., May 11. Thursday Morning Hike - World's End, Hingham, MA, (C3C) (FT) (NM). Meet at 10am, \$6 pp non-Trustees members. Moderate 4-5 miles. Explore unique peninsula in Boston Harbor with stunning views, hilly, carriage ways and rocky paths. There could be muddy sections. Wear layers, wind protection, good shoes suitable for weather and conditions. Bring water, snacks/lunch. Directions at <http://www.thetrustees.org/places-to-visit/greater-boston/worlds-end.html>. L Eva Das (borsody@gmail.com)

Sat., May 13. Woodland End2Ender Hike in the Blue Hills, Southeast, MA. This fun End-to-end hike traverses the Blue Hills from the Northernmost end of Fowl Meadow in Canton to Shea Ice Rink in Milton, stopping at Houghton's Pond for a leisurely lunch. We will avoid the summits and generally stick to well-maintained trails in the wooded lowlands. The total distance is 11 miles and we will hike at a moderate pace ideal for walking and talking at the same time. Other than a short section around Little Blue and Great Blue Hill the trails will be flat or gently inclined. This popular hike is limited to 24 people so register early to avoid being waitlisted. Also, since we are keeping to lowlands, heavy rain or flooding will cancel. Lastly, one of the leaders, Paul, will have his well-behaved dog with him, if you wish to bring your dog, please discuss during registration. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Walt Granda (wlgranda@aol.com), L/R Pat Achorn (plachorn@me.com)

Tue., May 16. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. Hike hilly Skyline Trail and adjacent trails on ten successive Tuesday mornings 3/21-5/23, progressively increasing distance, elevation gain and pack weight (optional) to condition for summer hiking season up north. Moderate to fast pace 3 to 4 hour hike, distance 3 to 8 miles. 9:30 am start. Not suitable for beginners. May finish series with extended day hike. Register once for entire series. L Len Ulbricht (lenu44@gmail.com, Len has been an AMC Southeast Mass chapter member since 2008. He leads three season hikes in the White Mountains, both day hikes and multi-day hut trips, and an annual spring conditioning series in the Blue Hills. He has summited 44 of the 48 NH 4K peaks and is an AMC Adventure Travel co-leader.)

(FT) (NM) Thu., May. 18. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Thu., May 18. Thursday Morning Hike - Chase Woodlands & Peters Reservation, Chase Woodlands, Dover MA. Chase Woodlands & Peters Reservation are properties of the Trustees on opposite sides of Farm Street in Dover MA. Each has unique qualities that complement each other, Chase Woods was actively farmed for more than two centuries. On the other hand {and on the other side of the road Peters Reservation is cherished as a place of quiet reflection, Our combined Hike will be approximately 5 miles long with moderate elevation gains. L Fred Wason (508-838-6049, fmwason@gmail.com)

Sat., May. 20. Mt. Garfield Hike, White Mountains, North Country, NH. Garfield Mountain is a 4,500 foot mountain in Franconia, New Hampshire in the White Mountains. It is one of the NH48. Lying in the Franconia Range, Mt. Garfield has sweeping 360-degree views to neighboring Mount Lafayette, Lincoln, Flume and Liberty. It also rests along the edge of the Pemigewasset Wilderness. This is an out and back hike of 10 long miles that we will be covering at a moderate pace over moderate terrain. The AMC guide does classify this peak overall as moderate to strenuous given both the distance and the elevation (as the 17th highest of the 48.) Please contact Christine Racine (christineracine1@gmail.com) to register for this hike. L Barry Young (508-339-3089 Before 9 PM, Barry.young@comcast.net) CL Christine Racine (Christineracine1@gmail.com) CL Les Lechowicz, R Christine Racine (Christineracine1@gmail.com)

Continued on next page

Activities

For the most current information, [search activities online](#)

HIKING

Sun., May 21. Family Hike #1: Borderland State Park, Easton, MA. Join us for a 2 to 3 mile hike at a leisurely pace around the Leach Pond in beautiful Borderland State Park. The hike is suited to families with children ages 3 to 10 years. We will explore and learn about following trails, the wildlife and Leave No Trace principles. Wear sturdy shoes or hiking boots, as the trails may be damp. Bring water and a snack. You may choose to bring a picnic lunch to enjoy at the end of the hike. Heavy rain will cancel. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime, milmod@aol.com) CL Anne Duggan (abduggan12@gmail.com)

Tue., May 23. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. Hike hilly Skyline Trail and adjacent trails on ten successive Tuesday mornings 3/21-5/23, progressively increasing distance, elevation gain and pack weight (optional) to condition for summer hiking season up north. Moderate to fast pace 3 to 4 hour hike, distance 3 to 8 miles. 9:30 am start. Not suitable for beginners. May finish series with extended day hike. Register once for entire series. L Len Ulbricht (lenu44@gmail.com, Len has been an AMC Southeast Mass chapter member since 2008. He leads three season hikes in the White Mountains, both day hikes and multi-day hut trips, and an annual spring conditioning series in the Blue Hills. He has summited 44 of the 48 NH 4K peaks and is an AMC Adventure Travel co-leader.)

(FT) (NM) Thu., May 25. Thursday Morning Hike at Ell/Long Pond, Hopkinton, RI, Fisherman's Parking Lot, Canonchet Road, Hopkinton, RI. A 4-5 mile hike along the Narragansett Trail in RI. The hike scrambles up and down through paths of rhododendrons, hemlocks, and mountain laurel. Part of the hike will be a scramble up a rock formation with a great view of Long Pond where the movie Moonrise Kingdom was filmed. L Sue Chiavaroli (508-496-6452 7PM-PM, brillo6452@yahoo.com)

(FT) (NM) Thu., May. 25. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Jun. 1. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Sat., Jun. 3. Monadnock Without the Crowds, Mt. Monadnock, NH. To avoid the springtime crowds (at least initially) on this popular southern NH mountain, we'll start at the Monadnock State Park headquarters, but then loop around to Bald Peak (one of the three sub-peaks in the park) via the less-traveled Parker, Lost Farm, and Cliff Walk Trails. From Bald Peak, we'll make our way up to the main summit via the Smith Connecting Link and White Dot Trail, where we're finally likely to run into the masses. After enjoying the views (weather permitting) and our lunches on the expansive summit, we'll return to the trailhead via the Pumpelly, Red Spot, Cascade Link, and White Dot Trails. This approximately six-mile long loop hike involves lots of steep and rugged hiking and will require sturdy hiking boots, appropriate hiking clothing, and well-conditioned legs and lungs. But it should also be a lot of fun! L Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net, Paul, an experienced, four-season Southeastern Mass. Chapter hike leader, hikes at a moderate, "user-friendly" pace.) CL Dia Prantis R Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net)

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Activities

For the most current information, [search activities online](#)

HIKING

Sat., Jun. 10. North-South Trail Stepping Stone Falls Hike, Exeter, RI. This beautiful 7.7 mile section of the North South Trail is a must see. A series of footpaths, abandoned and gravel roads are all within the Arcadia Wildlife Management Area and follows the banks of the Falls River. This offers great opportunities to view and photograph the beauty of a fast-flowing river in the wild. Along the way we will find signs of early commerce as well as old farms from the 19th and 20th century. We will be meeting at trail mile 26.45 on Arcadia Road, Exeter RI, then travel north by car to Hazard Rd in West Greenwich RI where we will start our hike. Hike description (B-3-C) with minimum elevation gain. Direction will be e-mailed upon registration. L Fred Wason (508-838-6049, fmwason@gmail.com)

(FT) (NM) Thu., Jun. 15. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Sat., Jun. 17. Pine Barrens Path Hike, Myles Standish State Forest, Plymouth, MA. The Pine Barrens Path is an 8 mile trail running down the east side of Myles Standish State Forest. It passes some typical pine barrens and other scenic areas in the park. This hike will be about 9 miles long because we will start from the park's East Entrance, which adds another mile. (Links below go to the park trails map.) The hike took four and a half hours when we did it last summer. Bring your lunch and plenty of water. Bug and sun protection are recommended. Meet at the parking lot right at the park's East Entrance off Long Pond Road in Plymouth. We will carpool to the start of the hike which is about a 10-minute drive away. L John Bescherer (508-742-7973, john.bescherer@gmail.com, John has been leading hikes in Myles Standish since 2010 for the Friends of Myles Standish State Forest)

(FT) (NM) Thu., Jun. 22. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Sun., Jun. 25. Family Hike #2: F. Gilbert Hills State Park, Foxboro, MA. Join us for a leisurely 2 to 3 mile hike in the less-traveled, but lovely & wooded F. Gilbert Hills State Park. This hike is suited for families with children ages 3 to 10 years. It is the second in our 3 hike series for families. We will explore and learn about the local wildlife, following trails & Leave No Trace principles. Wear sturdy shoes to hiking boots, & bring water & a snack. You may wish to stay after the hike to have a picnic lunch. Heavy rain will cancel the hike. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com) CL Brian Duane (781-820-9985, bduane105@comcast.net)

(FT) (NM) Thu., Jun. 29. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

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Activities

For the most current information, [search activities online](#)

HIKING

(FT) (NM) Thu., Jun. 22. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Sun., Jun. 25. Family Hike #2: F. Gilbert Hills State Park, Foxboro, MA. Join us for a leisurely 2 to 3 mile hike in the less-traveled, but lovely & wooded F. Gilbert Hills State Park. This hike is suited for families with children ages 3 to 10 years. It is the second in our 3 hike series for families. We will explore and learn about the local wildlife, following trails & Leave No Trace principles. Wear sturdy shoes to hiking boots, & bring water & a snack. You may wish to stay after the hike to have a picnic lunch. Heavy rain will cancel the hike. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com) CL Brian Duane (781-820-9985, bduane105@comcast.net)

(FT) (NM) Thu., Jun. 29. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Jul. 6. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Sat., Jul. 8-10. Joe Dodge Lodge and Madison Hut Overnight, Mt. Madison, White Mountains, NH. On Saturday afternoon, prior to our group dinner at Joe Dodge Lodge, we'll take a short hike up to a scenic spot in Pinkham Notch to get to know each other and shake out any gear issues. After breakfast at JDL on Sunday, we'll carpool over to the Appalachia trailhead and hike up to the new Madison Spring Hut via either the Valley Way or Airline Trails (depending on the weather) and then summit Mt. Madison (5,367 ft.) in the afternoon to (hopefully) take in the amazing panoramic views before enjoying our Croo-served dinner in the hut. After breakfast at the hut on Monday, we may also have an opportunity to climb nearby Mt. John Quincy Adams before hiking back down to the trailhead. This is a great opportunity for strong hikers who may not have had an opportunity to spend much time above tree line to experience the beauty and drama of the Alpine Zone in the Northern Presidentials. Trip is limited to 10 people, including leaders. L Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net, Paul Miller is an experienced four-season hike leader and former Hiking Chair for the Southeast Mass. Chapter) L Michael Swartz (swartz@brandeis.edu, Michael is an experienced hiking leader for both the Boston and Southeast Mass. Chapters), R Paul Miller (169 S. Washington St., N. Attleboro, MA 02760, 508-369-4151 before 9:00 pm, paulallenmiller@verizon.net)

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Activities

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Hiking

(FT) (NM) Thu., Jul. 13. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Jul. 20. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Sat., Jul. 22. 52 with a View Hike - Mts. Crawford, Resolution and Stairs Mtn., Davis Path Trailhead, Crawford Notch, NH. Are you interested in hiking where there are magnificent views instead of in the trees? Are you working on the 52 with a View list? If so, then this hike is for you. Join us for a long, but rewarding day hiking the Davis Path to Mt. Crawford (3119 ft.), Mt. Resolution (3415 ft.) and Stairs Mountain (3468 ft.) with views of Mt. Carrigain, the Tripyramids, Crawford Notch, the Dry River valley and the surrounding ridges and peaks. Distance is 10.8 miles round trip with an elevation gain of 3897 feet. L Leslie Carson (508-833-8237, lrc929@comcast.net) L Ken Carson (kcciii@comcast.net)

Sun., Jul. 23. 52 with a View Hike - Mt. Parker, River St., White Mountains, Bartlett, NH. Are you interested in hiking where there are magnificent views instead of in the trees? Are you working on the 52 with a View list? If so, then this hike is for you. We will be passing Cave Mtn. as we make our way up along the moderate trail with switchbacks to the open summit of Mt. Parker (3004 ft.) where there are excellent views, especially north up the Rocky Branch valley to Mt. Washington. Distance is 7.8 miles round trip with an elevation gain of 2886 ft. This hike can be combined with Saturday's hike (7/22) to three other 52 with a View peaks (register separately for each hike). L Leslie Carson (508-833-8237 Before 9 pm, lrc929@comcast.net, Leslie is a 4-season SEM hike leader who also leads for AMC's August Camp and Adventure Travel.) L Ken Carson (kcciii@comcast.net)

Sun., Jul. 23. Family Hike #3: Blue Hills Reservation, Milton MA. Join us for a 2 to 3 mile hike along the trails near the Trailside Museum. This hike is appropriate for families with children ages 3 to 10 years. Our pace will allow time to explore and talk about what we see. We will learn about following trail markers, the plants & wildlife, & Leave No Trace principles. Bring water and a snack, & wear sturdy shoes or hiking boots. You may wish to bring a lunch to enjoy after the hike. Heavy rain will cancel. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime, milmod@aol.com)

(FT) (NM) Thu., Jul. 27. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

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HIKING

(FT) (NM) Thu., Aug. 3. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Aug. 10. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Aug. 17. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Sat., Aug. 19. Hike to remote Mt. Isolation, New Hampshire, White Mountains, NH. Day hike remote Mt. Isolation (el. 4003 ft.) in the Dry River Wilderness of the Presidential Range. Isolation's open summit offers magnificent views in most directions. We will car spot to hike in on the Glen Boulder Trail and out on the Rocky Branch Trail. This is a strenuous hike covering 13.3 miles with elevation change of 3300 feet in 9-10 hours and includes several water crossings. For experienced WMNF hikers only. L Len Ulbricht (lenu44@gmail.com) CL Eva Borsody Das (borsody@gmail.com), R len ulbricht (lenu44@gmail.com)

(FT) (NM) Thu., Aug. 24. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

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HIKING

(FT) (NM) Thu., Aug. 31. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Sept. 7. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Sept. 14. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Sept. 21. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

PADDLING

Wed., May 10. Leader's Choice, Barnstable, Cape Cod, MA. Probably Barnstable Harbor. The final decision will be made a couple days before the trip and may depend on the weather. L Ed Foster (erfoster@comcast.net)

Sat., May 13. Paddle North River, Marshfield, MA. One way paddle on North River from Marshfield to Hanover which requires spotting vehicles. L George Wey (781-789-8005 before 9:00PM, geowey16@gmail.com) CL Deborah Hayden (508-548-8726 before 9:00PM, shaferhayden@gmail.com)

Wed., May 17. Paddle Phinney's Harbor and the Back River, Cape Cod, MA. Paddle Phinney's Harbor, explore the Back River and Eel Pond, a 7-8 mile paddle. L George Wey (781-789-8005 Before 9:00 PM, geowey16@comcast.net) CL Deborah Hayden (508-548-8726 Before 9:00 PM, shaferhayden@gmail.com), R Deborah Hayden (508-548-8726 Before 9:00 PM, shaferhayden@gmail.com)

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PADDLING

Wed., May 24. Herring River North, West Harwich, Cape Cod, MA. Paddle upstream to Coy Brook to end and to East Reservoir and to Herring River for lunch at North Road Bridge. Afterwards paddle to West Reservoir to see herring run and return to put-in. Bring lunch and water. Wear PFD and bring spray skirt in case it is windy. Please register with co-leader for directions to put-in. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com)

Wed., May 31. Paddle Mashpee and Wakeby Ponds, Mashpee, Cape Cod, MA. Explore Mashpee and Wakeby Ponds, large freshwater ponds. L George Wey (781-789-8005 before 9:00PM, geowey16@gmail.com) CL Deborah Hayden (508-548-8726 before 9:00 PM, shaferhayden@gmail.com), R Deborah Hayden (508-548-8726 before 9:00PM, shaferhayden@gmail.com)

Sat., Jun. 3. Mill Walker Ponds, Brewster, Cape Cod, MA. Paddle 3 fresh water kettle ponds & narrows for about 7 miles. See Stone Brook Grist Mill (1873) & herring run. Lunch Slough Road picnic area. Bring lunch and water. Wear PFD and bring sprayskirt in case of wind. Please register for directions to put-in. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau

Wed., Jun. 7. Leader's Choice, Cape Cod, MA. The leader will settle on a trip location approximately a week before the scheduled date for the trip. L Ed Foster (erfoster@comcast.net)

Sat., Jun. 10-10. Swan Pond and River, Dennis, Cape Cod, MA. From the launch on Swan Pond paddle down river to mouth on Nantucket Sound. Lunch on beach. Venture into Sound if not too choppy. Return on river and circumnavigate pond for about 7-8 miles. Bring lunch and water. Wear PFD and bring spray skirt in case of wind. Please register with leader for directions to put-in. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau

Wed., Jun. 14. Paddle Cotuit Bay, Cotuit, Cape Cod, MA. Rt. 6 to S on rt. 149. R on 28 to L on Putnam St to Town Landing. Unload and Park back up on Putnam. PFD and spray skirt required. Paddle Three Bays and lunch on Dead Neck. Possible trip out into Nantucket Sound. L Bill Fischer (508-420-4137 before 9 pm, wmbarbarafischer@comcast.net)

Sat., Jun. 17. Indian Ponds, Marstons Mills, Cape Cod, MA. Paddle around the parameter of both lakes - about six miles. Call the leader for put in directions. L Louise Foster (508-420-7245, janelouise@comcast.net)

Wed., Jun. 21. Nauset Marsh from Mill Pond, Orleans, Cape Cod, MA. Paddle from beautiful put-in on Mill Pond to Nauset Beach. Lunch on beach. Walk to ocean and to see cut. Circle Tern and head towards town cove and return to put-in. Bring lunch and water. Wear PFD and bring spray skirt in case of wind. Please register with co-leader for directions to put-in. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com)

Sat., Jun. 24. Paddle Oyster River and Stage Harbor - Chatham, Cape Cod, MA. Explore Oyster River and Stage Harbor in Chatham. PFD required and spray skirt may be required based on weather conditions. L George Wey (781-789-8005 before 9:00 PM, geowey16@gmail.com) CL Deborah Hayden (508-548-8726 before 9:00 PM, shaferhayden@gmail.com), R Deborah Hayden (508-548-8726 before 9:00 PM, shaferhayden@gmail.com)

Wed., Jun. 28. Mashpee Wakeby Ponds, Sandwich, Cape Cod, MA. Paddle 2 fresh water ponds. Lunch at end of Wakeby Pond and return to put-in for about 7 miles. Bring lunch and water. Wear PFD and bring spray skirt in case of wind. Please register with leader for directions to put-in. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau

Sat., Jul. 1. Lewis Bay, Hyannis, Cape Cod, MA. Paddle Lewis Bay, explore Uncle Robert's Cove, have lunch on Egg Island, and perhaps journey into Hyannis Inner Harbor and mix it up with the big boys. L Ed Foster (erfoster@comcast.net)

Wed., Jul. 5. Bass River South, Dennis, Brewster, Cape Cod, MA. From launch paddle 'fingers' and bays to mouth of Bass River on Nantucket Sound. Lunch on West Dennis beach. Venture into Sound if not too choppy. Return and paddle Grand Cove for 8-9 miles. Bring lunch and water. Wear PFD and bring spray skirt in case of wind. Please register with co-leader for directions to put-in. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com) CL R jean orser (jeanorser@gmail.com)

Continued on next page

Activities

For the most current information, [search activities online](#)

PADDLING

Sat., Jul. 8. Paddle Jackknife Cove and Pleasant Bay - Orleans / Chatham, Cape Cod, MA. Explore Jackknife Cove and Pleasant Bay and possibly the Muddy River, as time permits. PFD and spray skirt required. L George Wey (781-789-8005 before 9:00PM, geowey16@gmail.com) CL Deborah Hayden (508-548-8726 before 9:00 PM, shaferhayden@gmail.com), R Deborah Hayden (508-548-8726 before 9:00 PM, shaferhayden@gmail.com)

Wed., Jul. 12. Mill Walker Ponds, Brewster, Cape Cod, MA. Paddle 3 fresh water kettle ponds and narrows. See Stoney Brook Grist Mill (1873) and herring run. Lunch at Slough Road picnic area. Return to put-in for about 7 miles. Bring lunch and water. Wear PFD and bring spray skirt in case of wind. Please register with co- leader for directions to put-in. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com)

Wed., Jul. 19. Paddle Meetinghouse Pond and Little Pleasant Bay - Orleans, Cape Cod, MA. Explore Meeting House Pond, Arey's Pond and Little Pleasant Bay. PFD required and spray skirt may be required depending on weather conditions. L George Wey (781-789-8005 before 9:00 PM, geowey16@gmail.com) CL Deborah Hayden (508-548-8726 before 9:00 PM, shaferhayden@gmail.com), R Deborah Hayden (508-548-8726 before 9:00 PM, shaferhayden@gmail.com)

Sat., Jul. 22. Herring River North, West Harwich, Cape Cod, MA. Paddle upstream to Coy Brook to end and to East Reservoir and back to Herring River for lunch at North Road Bridge. Afterwards paddle to West Reservoir and to see herring run and return to put-in for 8-9 miles. Bring lunch and water. Wear PFD and bring spray skirt in case of wind. Please register with leader for directions to put-in. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau

(AN) Wed., Jul. 26. Paddle Childs River and Waquoit Bay, Mashpee, Cape Cod, MA. See web for information. L Bill Fischer (508-420-4137 Before 9 PM, wambarbarafischer@comcast.net)

Sat., Jul. 29. Shoestring Bay, Cotuit, Cape Cod, MA. Starting in Shoestring Bay; depending on conditions, there are a menu of options. Plan on 8 miles. Contact leader for put in information. L Louise Foster (508-- x42072 Anytime, janelouise@comcast.net)

Wed., Aug. 2. Follins & Mill Ponds, Dennis, Brewster, Cape Cod, MA. Paddle upstream to Coy Brook to end and to East Reservoir and to Herring River for lunch at North Road Bridge. Afterwards paddle to West Reservoir to see herring run and return to put-in for a 8-9 mile paddle. Bring lunch and water. Wear a PFD and bring a sprayskirt in case of wind. Please register with the co- leader for directions to the put-in. L Paul Corriveau (paulcorri@gmail.com) CL jean orser (jeanorser@gmail.com), R jean orser (jeanorser@gmail.com)

Wed., Aug. 9. Paddle Wellfleet Harbor, Wellfleet, Cape Cod, MA. Explore coves and inlets of Wellfleet Harbor. PFD required. Spray skirt may be required depending on weather conditions. L George Wey (781-789-8005 before 9:00 PM, geowey16@gmail.com) CL Deborah Hayden (508-548-8726 before 9:00 PM, shaferhayden@gmail.com), R Deborah Hayden (508-548-8726 before 9:00 PM, shaferhayden@gmail.com)

SOCIALS

Thu., May 25. Hike- Long Pond and Picnic, Goodwill Park, Falmouth, Cape Cod, MA. Traverse rolling wooded trails through Falmouth's Town Forest. Enjoy scenic views of Long Pond, a kettle pond formed at the edge of the glacial moraine. Sturdy shoes, plenty of water, sunscreen and tick repellent are strongly recommended. The Cape is a known tick habitat! Poison ivy is also abundant in the woods and along the sides of the trail. You may consider wearing long pants. Meet at 9:45 for trail talk. Hike begins promptly at 10 AM. PICNIC LUNCH to follow hike. Bring your own main course plus a salad, dessert or snacks to share with the group. Call leader with questions 508 243 3884. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com)



Happy trails!



The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | June 2017

Get SEM activities delivered right to your email inbox!

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Please send your Word doc and photographs to breeze.editor@amcsem.org.

Please send photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Business advertisements are just \$15/month. Send inquiries to breeze.editor@amcsem.org



Chapter members summit Mount Garfield in May. *Photo by Friendly Hiker*

AMCSEM Hikes Mount Garfield

Written by Christine Racine

Barry Young, Les Lechowicz, and Christine Racine led 12 hikers up Mt. Garfield on Saturday, May 20th. It was a fun day for all and a great way to kick off non-winter hiking.....err, well sort of! We'll get to that!

Mount Garfield is the 17th highest of the forty-eight 4,000-foot mountains in New Hampshire, at 4,500 feet in elevation. It is a 10-mile out-and-back on the Garfield Trail and Garfield Ridge Trail. The mountain affords sweeping views into the Pemigewasset Wilderness and over to neighboring Franconia Ridge, specifically with views to the backside of Flume, Liberty, Lincoln, and Lafayette, as well as Owl's Head. There is an old fire tower at the summit where only the base remains. It's a terrific open summit to spend time on a beautiful day, which is what we got!

The day started in the 40s with temperatures reaching the 60s with a light wind. Despite the warm-up over the last week, since the White Mountains had received two feet of snow the weekend before, everyone was asked to bring micro-spikes, which turned out to be a proper decision.

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Have a Great Summer—OUTSIDE!



Barry Young,
AMCSEM Chapter Chair
chair@amcsem.org

Summer is almost officially here and that is the time most people think about being outside. We have a full line-up of hikes—local hikes like our Red Line the Blue Hills series, and of course the more challenging hikes up north in the “Whites” or out in the Berkshires. For those of you with young children (or grandchildren!), we just posted a series of Family Hikes. There are several paddling trips on the Cape and some exciting destination bicycle rides coming up. Check out our activities on [our website](#).

When you go on an AMC event this summer, why not ask a friend to come along? You do not have to be a member of AMC to participate in one of our events. Hopefully, your friends have a good time and will want to eventually join AMC, but membership is not necessary to go on our hikes, bike rides, and paddles.

While we have several activities going on this summer, the Executive Board will be taking a brief break from our monthly Board meetings for the summer so we can all spend more time outside too. Also, the *Breeze* will not be published in July and August, but please continue to send your articles and photos to the *Breeze* editor so everybody can read about “How I spent my summer!” come September, when we publish again.

This September we will once again return to the AMC Cold River Camp in Evans Notch, NH, for our Chapter Hut Weekend. The dates are Friday through Sunday, September 15-17, with an optional stay of Thursday night the 14th. To register, go to our activities database and see the detailed instructions. This is a popular event with several hikes of varying abilities, bike rides, and maybe a paddling event also. Don’t miss out as space is limited and usually sells out, so sign up soon.

If after looking at all the summer trips and activities, you still can’t find something you like, send me an email at chair@amcsem.org and I’ll find a leader to plan a trip just for you. We have some new leaders coming on board after graduating from our Leadership Training class in April, and they are anxious to take you on a trip!

See you all outside!
Barry Young

2017 Executive Board

Chapter Chair	Barry Young	Communications Chair	Paul Miller	Membership Chair	Sandy Santilli
Vice Chair	Christine Racine	Communications Vice Chair	Open	Membership Vice Chair	Ed Miller
Secretary	Ann McSweeney	Communications Vice Chair	Kristina Williams	Membership Vice Chair	Ellen Thompson
Treasurer	Patty Rottmeier	Conservation Chair	Bill Cannon	Paddling Chair	Ed Foster
Past Chapter Chair	Maureen Kelly	Conservation Vice Chair	Open	Paddling Vice Chair	Open
Biking Chair	Bernie Meggison	Education Chair	Doug Griffiths	Skiing Chair	Barbara Hathaway
Biking Vice Chair	Open	Education Vice Chair	Open	Skiing Vice Chair	Jeannine Audet
Cape Hiking Chair	Jane Harding	Hiking Chair	Leslie Carson	Trails Chair	Peter Tierney
Cape Hiking Vice Chair	Cathy Giordano	Hiking Vice Chair	Open	Trails Vice Chair	Wayne Anderson
				Trails Vice Chair	Skip Maysles

Ad Hoc Committee Chairs and Other Chapter Contacts

Social Director	Open	Web-master	Cheryl Lathrop
Social Vice Chair	Open	Breeze Editor	Mo Walsh
Social Networking Moderator	Susan Mulligan	Blast Editor	Marie Hopkins

Contact the Chapter Chair at chair@amcsem.org if you’re interested in any open position.



Remember When?

Photo submitted by Linda Church

Can you identify when and where this photo was taken and who the people in it are? Please send your responses to chair@amcsem.org.

Last month's winner was Linda Church, who replied within 15 minutes! "Walter Wells is in the middle w/ arm around a lady. The child next to him is Bobby Vogel (red coat, standing). Bob Vogel (father) is diagonal from him in back row (leaning a little). On the right in the second row at end is John Poirier (green jacket) and next to him on left is Louise Poirier. Person in light blue shirt in back row is Charlie Farrell (hat tied around neck). Place was Mt. Monroe."

Linda will receive an REI gift card.





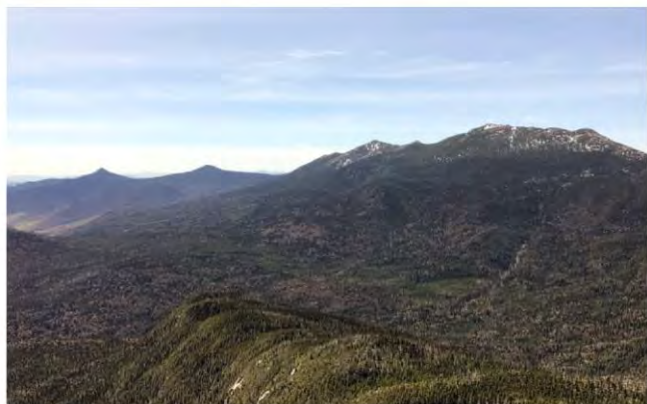
Clair and Craig MacDonald balance over water crossing.
Photo by Tom Garrahan

Mount Garfield

Continued from Page 1

The day brought muddy conditions with black flies, and near the summit the monorail was still in force with lots of snow and ice to contend with. We got a lovely blend of all seasons and a perfect bluebird day to spend quality time at the summit enjoying lunch and taking pictures.

Thanks to Barry for supporting Christine, acting as leader, and Les, acting as co-lead on this hike; both are working on their certification as Level 2 hike leaders. Interested in leading hikes, bikes, or paddles, or joining any of those activities as a participant? It's terrific fun! Reach out to our board or for the latter, check our Activities Database for upcoming [events](#).



Views of Flume, left, Liberty, Lincoln, Lafayette.
Photo by Christine Racine



Barry Young, left, with Level 2 leaders-in-training Christine Racine and Les Lechowicz.
Photo by Friendly Hiker



The Fledgling Monorail. *Photo by Christine Racine*

Sun & Showers on Mt. Greylock Hike

Written by Peggy Qvicklund & Jeannine Audet

This hike up Mt. Greylock was originally planned for April 1st, but the joke was on us. Wet snow, sleet, and freezing rain moved into the area the night before—basically a set-up for slick driving and uncomfortable hiking conditions. Hikers love cold, love snow, but freezing rain? Not so much.

Mother Nature mostly cooperated for a re-scheduled hike on April 30th. The snow, slush & ice were gone, and the only trace of Old Man Winter was the muddy trails after the last of the monorail melted.

This hike was planned for a Sunday, and everyone agreed the drive was so enjoyable since the rest of Massachusetts was still sleeping! Fourteen hikers, including 2 new to our SEM Chapter activities, met at the Cheshire Harbor trailhead at 0900. Skies were clear and the temperature in the 50's.

The head of the Cheshire Harbor trail is wide and gentle, giving everyone a chance to stretch out after the drive and to chat, catching up with old friends and getting to know new folks. The hikers enjoyed a mostly sunny ascent 1+ miles to the Peck's Brook trail.

We turned onto Peck's Loop, which brought us down the somewhat eroded slope of the "ravine" to the crossing of Peck's Brook. On the opposite side of the brook, the trail headed back up the steep slope using some switchbacks, then passed through a lush hemlock forest to the connection with the Gould Trail.

Not in any rush, we took the side trail to the Peck's Brook Shelter, perched above the brook, where we had a lovely "first lunch" break. Then onward and upward. The group continued on the Gould Trail, then met up with the AT for the short final leg to the summit.

We were looking forward to the 360-degree view, but the clouds quickly rolled in, and there were rumbles of thunder as we neared the summit (despite the weather forecast of 20 percent chance of precipitation). We reached the Memorial Tower just in time to put on our rain gear and take a group photo. A brief shower limited the views and shortened our stay.

The rain abated as we headed back down the Cheshire Harbor trail to complete the loop. Fortunately, the heavy rain held off until our drive home! The sky opened up to provide a departure downpour, just as we reached our cars at 2:30 pm.

The day was an enjoyable beginning to the summer hiking season. Lively conversation about family, work, and AMC trips peppered the hike, as well as stops to identify and photograph the flora.

Help AMC Protect Our Outdoors!

Reports on national and state issues affecting the outdoors we enjoy are all over the news these days. AMC has helpful resources to learn how the latest developments may impact the lands, rivers, and trails you use, the air we breathe even at the highest peaks, and how you can join the conversation and take action.

Most of the natural areas we enjoy are in places that are available and beautiful because people organized and spoke up in support of protecting the lands, forests, and river put-ins we use throughout the year. But we have further to go, plus the challenges of addressing climate change. Often protection takes federal and state funding. And ongoing protection of high-quality recreational experiences and landscapes takes ongoing vigilance.

As you head out this summer, especially if you lead trips on which others have a chance to learn about the place you're exploring, check out [AMC's Conservation Blog](#) for the latest news on issues like the Northern Pass Transmission Line, the impacts of federal budget cuts, and fun developments like the latest "urban bird city" to be named in our region.

Go one step further at [AMC's Conservation Action Center](#) and sign up to receive updates directly. Also, touch base with your Chapter Conservation Chair, who may have local conservation information on your Chapter website or access to other resources you can use, such as Leave No Trace cards and contacts with partner organizations hosting park, trail, or river clean-ups.





Monadnock hikers pause for photo on scenic overlook on the Lost Farm Trail. *Photo by Friendly Hiker*

Mt. Monadnock (Mostly) Without the Crowds

By Paul Miller, Hiking Leader

On June 3rd, nine AMC hikers showed up at the main parking lot at Mt. Monadnock State Park in southern NH for what I had billed as a “Monadnock Without the Crowds” hike. It was actually “Monadnock With Fewer Crowds.” While we ran into few other hikers early on or later in the hike, there was no shortage of traffic on the middle (summit) portion.

This was not unexpected. The loop I put together for this hike started at the main parking area (already pretty much filled to capacity when we arrived at 8:45 am), but avoided the main trails to the summit by looping around on the rarely-trod Parker and Lost Farm Trails; returning to the trailhead via some other less-travelled trails. The summit area of this popular mountain is almost always crowded on a typical spring weekend.

We also encountered wide variability in the weather. The clear blue skies that held so much promise at the beginning of the hike gradually gave way to partly-cloudy skies, then fully-overcast skies, and finally to light drizzle as we got close to Monadnock’s atypically low tree line—a result of a past fire that burned the soil right off the summit area. Luckily, the rain didn’t last long and we didn’t hear any rumbles of thunder, which would have forced us to abort the hike for safety’s sake as we approached this very exposed summit.

From the Lost Farm Trail, we headed up to Bald Peak on the Cliff Walk Trail, where we encountered a rather large snake lazing around on one of the steeper scrambly parts of the trail. Initially, he paid us no heed as we tried to quietly step around him, but apparently we weren’t quiet enough, because he woke up and slowly slithered out of our path.

From Bald Peak, which we had all to ourselves, we followed the uncrowded Smith Connecting Trail to the always-popular White Cross Trail, where the ambience shifted dramatically. This brought us up to the typically windy and well-populated 3,165-foot-high summit of Grand Monadnock. After tagging the summit, we found a more-or-less protected spot below the US Geological Survey marker in which to rest and eat our lunches. While the precipitation had ended by that time, the still-overcast skies cut down on the usually expansive views...but no one seemed to mind.

After lunch and conversation, we began our return trip by following the exposed Pumpelly Trail a short distance down to the Red Spot Trail. By then the skies began to clear up. This allowed us to enjoy better views of the countryside and distant hills and peaks, including whale-shaped Mt. Wachusett and even a distant peek at the Boston Skyline.

From the Red Spot Trail, we followed the wonderful (and uncrowded) Cascade Link Trail back to the main White Dot Trail, which took us back down to our cars to wrap up this approximately 6-mile loop hike, which we completed in about 6.5 hours.





Volunteer of the Month: Janet DiMattia

Written by Cathy Giordano, Cape Hiking Vice Chair

Each month we recognize one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! This month the Cape Hiking Committee recognizes Janet DiMattia for her numerous contributions.

Janet's first AMC hike in 1985, near her home in Connecticut, was particularly memorable. Stormy wet weather forced the group of complete strangers to shelter in a small boulder-lined cave. For hours, they passed the time getting to know each other while sharing m&ms and wonderful conversation. Little did Janet know this experience would create long-lasting friendships and an immense love for nature and the outdoors. It also created an enduring relationship with AMC.

As a member of the Connecticut Chapter, Janet co-led major excursions in the Canadian Rockies and in Anza-Borrego Desert State Park in California. She climbed to the summit of all the 4,000-footers in New Hampshire and 93 of the highest peaks in the northeast; hiked the Grand Canyon; and trekked hut-to-hut in Normandy. Janet has led August Camp hikes for at least 4 years.

She moved to Cape Cod 16 years ago and became an active SEM leader and Cape Hiking Chair for 3 years. She continues to lead Cape hikes and mentors leaders and potential leaders seeking co-leading experience.

Did I mention that Janet is a LIFE MEMBER of AMC?

Janet appreciates the people she has met and the lasting friendships she has formed through AMC and we appreciate everything she contributes to our organization. Thank you for all you do, JANET!

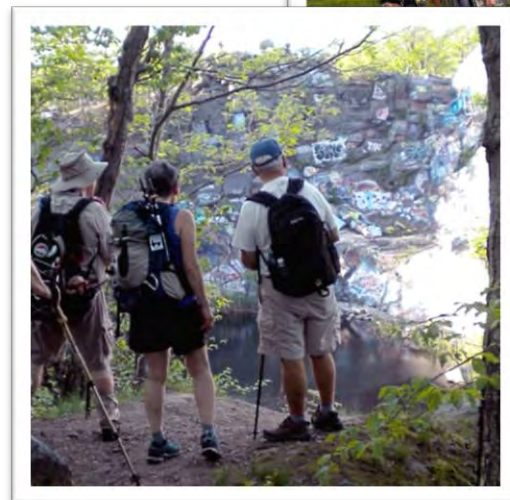
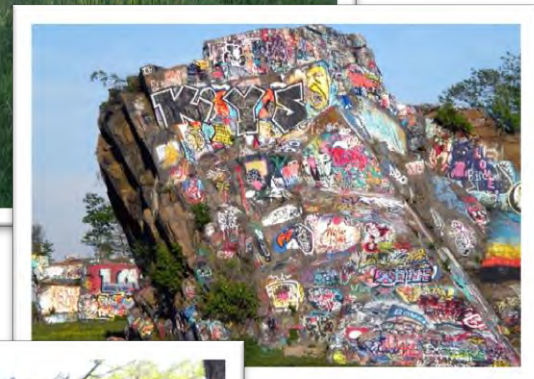
Janet will receive a Volunteer of the Month Certificate and a \$50 gift card.

Red Liners at Quincy Quarries

Written by Bill Cannon, Conservation Chair
Photos by Bill Cannon

Here are a few photos taken during our Red Line hike May 18th in the Quincy Quarries. A very colorful hike, to say the least.

A great turnout considering it reached 100 degrees during the afternoon. The hike was 3.25 miles through the quarries and some historical areas that had examples of old rigging and cranes that were used to extract the granite from the earth. One interesting fact is the granite used to build the Bunker Hill Monument was taken from the Quincy Quarries.





AMC 20s & 30s Leadership Training and Stewardship Weekend

September 15-17, 2017 – AMC Cardigan Lodge, Alexandria, NH

Want to brush up on your outdoor leadership skills? Want to connect with other outdoor enthusiasts in their 20s & 30s? Take the first step to become a trip leader for your local AMC Chapter! AMC is hosting a Leadership Training designed for 20s & 30s and it is sure to be a great time. Participants will have a chance to network with other AMC Young Members (YM) from across the region and learn important leadership skills that will set them on the path to becoming trip leaders for local AMC Chapters.

AMC is also offering a 20s & 30s Trail Stewardship course at Cardigan Lodge that weekend. If you're interested in learning trail work skills and networking with other 20s & 30s, this weekend is for you!

Registration will be open June 15, 2017 – August 31, 2017. To register, call AMC Reservations at 603-466-2727.

Questions? Email shatch@outdoors.org



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**PADDLING
VICE CHAIR**

Activities

For the most current information, [search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

AA 13+

A 9-13

B 5-8

C less than 5

Indicates pace

1 very fast

2 fast

3 moderate

4 leisurely

Indicates terrain

A very strenuous

B strenuous

C average

D easy

Found in the description

L Activity leader

CL Activity co-leader

FT First Time

NM ... New Members

AN Advance Notice

C Conservation

BIKING

Sun., Jun. 11. Cycling Chatham's Scenic Shoreline, Harwich, MA. We will be treated to picture postcard scenery in a beautiful seaside town with its scenic shoreline, restored homes & inns, museums & historic sites. Combination of CCRT bike path, main and secondary paved roads. Rolling hills. Lunch stop. 25 miles. 13-15 mph. 9:30 wheels rolling. Helmet, water, snack required. Rain cancels. L Barbara Gaughan (781-572-1321 before 9 p.m., barbaragaughan12@comcast.net, AMCSEM Level 1 bike/hike leader) CL Joe Tavilla (AMCSEM bike leader extraordinaire.)

Sun., Jul. 2. Cycling & Ice Cream in Westport & Dartmouth, Gooseberry Island, MA. Join us for a beautiful ride in Westport & Dartmouth, MA. We will pass farms, beaches, & conservation areas. We will have options for ice cream breaks along the way. The ride will be approximately 30- 35 miles, with a 12-15 mph pace. Helmet & water required. Heavy rain will cancel. Please contact registrar for additional information. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime, milmod@aol.com)

Tue., Jul. 11. Nantucket Island Day Bike Trip, Nantucket, MA. Take the Steamship Authority high speed ferry from Hyannis to Nantucket for a day long riding and sightseeing adventure. We will visit the quaint villages of Siasconset, the beaches of Surfside, and with time permitting Madaket beaches. Finish off the day with fun at the Cisco Brewery for entertainment, food and libations. Tuesday, July 11, 2017 Cost of ferry is \$64.00 round trip including bike. Depart Hyannis at 8:15 AM, arrive in Nantucket 9:15AM Return trip , Depart Nantucket 6:15PM, arrive Hyannis, 7:15PM We must make reservations by June 26th !! Rain date, July 12th. Rain cancels. Maximum riders 15 Must be 21 years of age to attend. First come, first serve. Sign up early as we have 6 slots filled as of 4/15/17. Contact leader for additional details. Approx 40 miles Pace of 12-15 MPH Small rolling hills. L Bernie Meggison (617-930-4029 8:00-8:00, thosmeggisons@gmail.com, AMC/SEM Bike Chair)

Fri., Jul. 21. Private Tour of Woods Hole Oceanographic Institute Ride, Falmouth, MA. This ride is open to any current AMC members. Maximum number of riders is 12. Register early!! After riding the beautiful Shining Sea Bikeway in N. Falmouth to Woods Hole, we will have a private special tour of the Woods Hole Oceanographic Institute. A retired scientist and longtime friend will conduct our private tour. Hopefully, we will see the famous deep diving Alvin submarine if it is in port. After the tour, we will have lunch at the WHOI cafeteria. Then head back to N.Falmouth. It's a mid morning start. Plan on about 4 hours Distance about 20 miles Flat trail Average speed 12-15 MPH Have bike ready,,, tires pumped,,, ready to roll Helmets required. L Bernie Meggison (617-930-4029 8:00 AM- 6:00 PM, thosmeggisons@gmail.com, AMCSEM Bike Chair)

Continued on next page

Activities

For the most current information, [search activities online](#)

HIKING CAPE COD

Get your 100-mile patch! Contact hikingchair@amcsem.org.

Always looking for additional hike leaders! Contact hikingchair@amcsem.org

Sat., Jun. 10. Photo Hike, Sandy Neck Beach, Sandwich/Barnstable, Cape Cod, MA. A Photo Hike on The Marshside Trail that parallels Sandy Neck Beach. The trail travels along a great marsh, dunes, a winding sandy trail, passing older summer homes. Hopefully, we will see wildlife in action as well as different fauna. The trail is approx. 10 miles long round trip, but because this is a photo hike, we will decide on a turn-around time instead of distance. We will have an early morning start to try and capture activity. Bring your own photo equipment, plenty of water, lunch, snacks, and sunscreen. There will be a parking fee. L Ken Carson (508-833-8237 between 10 am-7pm, kcciii@comcast.net)

HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org.

Always looking for additional hike leaders! Contact hikingchair@amcsem.org

Sat., Jun. 10. North-South Trail Stepping Stone Falls Hike, Exeter, RI. This beautiful 7.7 mile section of the North South Trail is a must see. A series of footpaths, abandoned and gravel roads are all within the Arcadia Wildlife Management Area and follows the banks of the Falls River. This offers great opportunities to view and photograph the beauty of a fast-flowing river in the wild. Along the way we will find signs of early commerce as well as old farms from the 19th and 20th century. We will be meeting at trail mile 26.45 on Arcadia Road, Exeter RI, then travel north by car to Hazard Rd in West Greenwich RI where we will start our hike. Hike description (B-3-C) with minimum elevation gain. Direction will be e-mailed upon registration. L Fred Wason (508-838-6049, fmwason@gmail.com)

(FT) (NM) Thu., Jun. 15. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Sat., Jun. 17. Pine Barrens Path Hike, Myles Standish State Forest, Plymouth, MA. The Pine Barrens Path is an 8 mile trail running down the east side of Myles Standish State Forest. It passes some typical pine barrens and other scenic areas in the park. This hike will be about 9 miles long because we will start from the park's East Entrance, which adds another mile. (Links below go to the park trails map.) The hike took four and a half hours when we did it last summer. Bring your lunch and plenty of water. Bug and sun protection are recommended. Meet at the parking lot right at the park's East Entrance off Long Pond Road in Plymouth. We will carpool to the start of the hike which is about a 10-minute drive away. L John Bescherer (508-742-7973, john.bescherer@gmail.com, John has been leading hikes in Myles Standish since 2010 for the Friends of Myles Standish State Forest)

(FT) (NM) Thu., Jun. 22. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

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Activities

For the most current information, [search activities online](#)

HIKING

Sat., Jun. 24. Hike Mt. Osceola and East Osceola, White Mountains, NH. Mount Osceola (4340 ft) and its East peak (4156 ft) form the north-west wall of the Waterville Valley basin in the White Mountains. While the view from East Osceola has been described as "definitely - and exclusively- coniferous", Mount Osceola offers one of the best summit views in the White Mountains with sweeping vistas of Pemigewasset Wilderness to the north. This is an out and back hike of approximately 8.5 miles that we will be covering at a moderate pace over mostly moderate terrain. The AMC Guide does classify this hike as moderate to strenuous. AMCSEM Hiking Key - B3B. Please contact Les at lhi2015@yahoo.com to register. L Barry Young (508-339-3089 Before 9 PM, Barry.young@comcast.net) CL Leszek Lechowicz (Lhi2015@yahoo.com) CL Christine Racine (Christineracine1@gmail.com), R Leszek Lechowicz (Lhi2015@yahoo.com)

(FT) (NM) Sun., Jun. 25. Hike Arnold Arboretum, Jamaica Plain, Boston, MA. Visit to Arnold Arboretum including two vistas - Bonsai Exhibit and "Explorers Garden". A 4-5 mile hike at moderate pace. Bring water, sturdy footwear, sun screen, bug spray, snack or lunch. Meet at the visitor center (Hunnewell Building) located at 125 Arborway, Jamaica Plain, at 9:15 for a prompt 9:30 start. Plenty of on street parking along the Arborway; or walk to entrance from Forest Hills Orange Line T-stop. Rain cancels; leashed dogs OK. For directions see website at <https://www.arboretum.harvard.edu/visit/directions/>. L Barry Young (508-339-3089 Before 9 PM, barry.young@comcast.net) CL Ken Cohen (K-Cohen@comcast.net)

Sun., Jun. 25. Family Hike #2: F. Gilbert Hills State Park, Foxboro, MA. Join us for a leisurely 2 to 3 mile hike in the less-traveled, but lovely & wooded F. Gilbert Hills State Park. This hike is suited for families with children ages 3 to 10 years. It is the second in our 3 hike series for families. We will explore and learn about the local wildlife, following trails & Leave No Trace principles. Wear sturdy shoes to hiking boots, & bring water & a snack. You may wish to stay after the hike to have a picnic lunch. Heavy rain will cancel the hike. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com) CL Brian Duane (781-820-9985, bduane105@comcast.net)

(FT) (NM) Thu., Jun. 29. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Jul. 6. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

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Activities

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HIKING

Sat., Jul. 8-10. Joe Dodge Lodge and Madison Hut Overnight, Mt. Madison, White Mountains, NH. On Saturday afternoon, prior to our group dinner at Joe Dodge Lodge, we'll take a short hike up to a scenic spot in Pinkham Notch to get to know each other and shake out any gear issues. After breakfast at JDL on Sunday, we'll carpool over to the Appalachia trailhead and hike up to the new Madison Spring Hut via either the Valley Way or Airline Trails (depending on the weather) and then summit Mt. Madison (5,367 ft.) in the afternoon to (hopefully) take in the amazing panoramic views before enjoying our Croo-served dinner in the hut. After breakfast at the hut on Monday, we may also have an opportunity to climb nearby Mt. John Quincy Adams before hiking back down to the trailhead. This is a great opportunity for strong hikers who may not have had an opportunity to spend much time above tree line to experience the beauty and drama of the Alpine Zone in the Northern Presidentials. Trip is limited to 10 people, including leaders. L Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net, Paul Miller is an experienced four-season hike leader and former Hiking Chair for the Southeast Mass. Chapter) L Michael Swartz (swartz@brandeis.edu, Michael is an experienced hiking leader for both the Boston and Southeast Mass. Chapters), R Paul Miller (169 S. Washington St., N. Attleboro, MA 02760, 508-369-4151 before 9:00 pm, paulallenmiller@verizon.net)

(FT) (NM) Thu., Jul. 13. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Jul. 20. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Sat., Jul. 22. 52 with a View Hike - Mts. Crawford, Resolution and Stairs Mtn., Davis Path Trailhead, Crawford Notch, NH. Are you interested in hiking where there are magnificent views instead of in the trees? Are you working on the 52 with a View list? If so, then this hike is for you. Join us for a long, but rewarding day hiking the Davis Path to Mt. Crawford (3119 ft.), Mt. Resolution (3415 ft.) and Stairs Mountain (3468 ft.) with views of Mt. Carrigain, the Tripyramids, Crawford Notch, the Dry River valley and the surrounding ridges and peaks. Distance is 10.8 miles round trip with an elevation gain of 3897 feet. L Leslie Carson (508-833-8237, lrc929@comcast.net) L Ken Carson (kcciii@comcast.net)

Sun., Jul. 23. 52 with a View Hike - Mt. Parker, River St., White Mountains, Bartlett, NH. Are you interested in hiking where there are magnificent views instead of in the trees? Are you working on the 52 with a View list? If so, then this hike is for you. We will be passing Cave Mtn. as we make our way up along the moderate trail with switchbacks to the open summit of Mt. Parker (3004 ft.) where there are excellent views, especially north up the Rocky Branch valley to Mt. Washington. Distance is 7.8 miles round trip with an elevation gain of 2886 ft. This hike can be combined with Saturday's hike (7/22) to three other 52 with a View peaks (register separately for each hike). L Leslie Carson (508-833-8237 Before 9 pm, lrc929@comcast.net, Leslie is a 4-season SEM hike leader who also leads for AMC's August Camp and Adventure Travel.) L Ken Carson (kcciii@comcast.net)

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Activities

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HIKING

Sun., Jul. 23. Family Hike #3: Blue Hills Reservation, Milton MA. Join us for a 2 to 3 mile hike along the trails near the Trailside Museum. This hike is appropriate for families with children ages 3 to 10 years. Our pace will allow time to explore and talk about what we see. We will learn about following trail markers, the plants & wildlife, & Leave No Trace principles. Bring water and a snack, & wear sturdy shoes or hiking boots. You may wish to bring a lunch to enjoy after the hike. Heavy rain will cancel. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime, milmod@aol.com)

(FT) (NM) Thu., Jul. 27. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Aug. 3. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Aug. 10. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Aug. 17. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Sat., Aug. 19. Hike to remote Mt. Isolation, New Hampshire, White Mountains, NH. Day hike remote Mt. Isolation (el. 4003 ft.) in the Dry River Wilderness of the Presidential Range. Isolation's open summit offers magnificent views in most directions. We will car spot to hike in on the Glen Boulder Trail and out on the Rocky Branch Trail. This is a strenuous hike covering 13.3 miles with elevation change of 3300 feet in 9-10 hours and includes several water crossings. For experienced WMNF hikers only. L Len Ulbricht (lenu44@gmail.com) CL Eva Borsody Das (borsody@gmail.com), R Len Ulbricht (lenu44@gmail.com)

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HIKING

(FT) (NM) Thu., Aug. 24. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Aug. 31. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Sept. 7. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Sept. 14. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

((FT) (NM) Thu., Sept. 21. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. (FT) (NM) Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

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Activities

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PADDLING

Sat., Jun. 10. Swan Pond and River, Dennis, MA. From the launch on Swan Pond paddle down river to mouth on Nantucket Sound. Lunch on beach. Venture into Sound if not too choppy. Return on river and circumnavigate pond for about 7-8 miles. Bring lunch and water. Wear PFD and bring spray skirt in case of wind. Please register with leader for directions to put-in. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau

Wed., Jun. 14. Paddle Cotuit Bay, Cape Cod, Cotuit, MA, Rt. 6 to S on Rt. 149. R on 28 to L on Putnam St to Town Landing. Unload and Park back up on Putnam. PFD and spray skirt required. Paddle Three Bays and lunch on Dead Neck. Possible trip out into Nantucket Sound. L Bill Fischer (508-420-4137 before 9 pm, wambarbarafischer@comcast.net)

Sat., Jun. 17. Paddle Indian Ponds, Marstons Mills, MA. Paddle around the perimeter of both lakes - about six miles. Call the leader for put in directions. L Louise Foster (508-420-7245, janelouise@comcast.net)

Wed., Jun. 21. Nauset Marsh from Mill Pond, Orleans, MA. Paddle from beautiful put-in on Mill Pond to Nauset Beach. Lunch on beach. Walk to ocean and to see cut. Circle Tern and head towards town cove and return to put-in. Bring lunch and water. Wear PFD and bring spray skirt in case of wind. Please register with co- leader for directions to put-in. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com)

Sat., Jun. 24. Paddle Oyster River and Stage Harbor, Chatham, MA. Explore Oyster River and Stage Harbor in Chatham. PFD required and spray skirt may be required based on weather conditions. L George Wey (781-789-8005 before 9:00 PM, geowey16@gmail.com) CL Deborah Hayden (508-548-8726 before 9:00 PM, shaferhayden@gmail.com), R Deborah Hayden (508-548-8726 before 9:00 PM, shaferhayden@gmail.com)

Wed., Jun. 28. Mashpee Wakeby Ponds, Sandwich, Mashpee, MA. Paddle 2 fresh water ponds. Lunch at end of Wakeby Pond and return to put-in for about 7 miles. Bring lunch and water. Wear PFD and bring spray skirt in case of wind. Please register with leader for directions to put-in. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau

Sat., Jul. 1. Lewis Bay, Hyannis, MA. Paddle Lewis Bay, explore Uncle Robert's Cove, have lunch on Egg Island, and perhaps journey into Hyannis Inner Harbor and mix it up with the big boys. L Ed Foster (erfoster@comcast.net)

Wed., Jul. 5. Bass River South, Dennis, Brewster, MA. From launch paddle 'fingers' and bays to mouth of Bass River on Nantucket Sound. Lunch on West Dennis beach. Venture into Sound if not too choppy. Return and paddle Grand Cove for 8-9 miles. Bring lunch and water. Wear PFD and bring spray skirt in case of wind. Please register with co-leader for directions to put-in. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com) CL Jean Orser, R Jean Orser (jeanorser@gmail.com)

Sat., Jul. 8. Paddle Jackknife Cove and Pleasant Bay, Orleans / Chatham, MA, MA. Explore Jackknife Cove and Pleasant Bay and possibly the Muddy River, as time permits. PFD and spray skirt required. L George Wey (781-789-8005 before 9:00PM, geowey16@gmail.com) CL Deborah Hayden (508-548-8726 before 9:00 PM, shaferhayden@gmail.com), R Deborah Hayden (508-548-8726 before 9:00 PM, shaferhayden@gmail.com)

Wed., Jul. 12. Mill Walker Ponds, Brewster, MA. Paddle 3 fresh water kettle ponds and narrows. See Stoney Brook Grist Mill (1873) and herring run. Lunch at Slough Road picnic area. Return to put-in for about 7 miles. Bring lunch and water. Wear PFD and bring spray skirt in case of wind. Please register with co- leader for directions to put-in. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com)

Wed., Jul. 19. Paddle Meetinghouse Pond and Little Pleasant Bay, Orleans, MA. Explore Meeting House Pond, Arey's Pond and Little Pleasant Bay. PFD required and spray skirt may be required depending on weather conditions. L George Wey (781-789-8005 before 9:00 PM, geowey16@gmail.com) CL Deborah Hayden (508-548-8726 before 9:00 PM, shaferhayden@gmail.com), R Deborah Hayden (508-548-8726 before 9:00 PM, shaferhayden@gmail.com)

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PADDLING

Sat., Jul. 22. Herring River North, West Harwich, MA. Paddle upstream to Coy Brook to end and to East Reservoir and back to Herring River for lunch at North Road Bridge. Afterwards paddle to West Reservoir and to see herring run and return to put-in for 8-9 miles. Bring lunch and water. Wear PFD and bring spray skirt in case of wind. Please register with leader for directions to put-in. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau

(AN) Wed., Jul. 26. Paddle Childs River and Waquoit Bay, Mashpee, MA. See web for information. L Bill Fischer (508-420-4137 Before 9 PM, wambarbarafischer@comcast.net)

Sat., Jul. 29. Shoestring Bay, Cotuit, MA. Starting in Shoestring Bay; depending on conditions, there are a menu of options. Plan on 8 miles. Contact leader for put in information. L Louise Foster (508-- x42072 Anytime, janelouise@comcast.net)

Wed., Aug. 2. Follins & Mill Ponds, Dennis, Brewster, MA. Paddle upstream to Coy Brook to end and to East Reservoir and to Herring River for lunch at North Road Bridge. Afterwards paddle to West Reservoir to see herring run and return to put-in for a 8-9 mile paddle. Bring lunch and water. Wear a PFD and bring a sprayskirt in case of wind. Please register with the co- leader for directions to the put-in. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com), R Jean Orser (jeanorser@gmail.com)

Wed., Aug. 9. Paddle Wellfleet Harbor, Wellfleet, MA. Explore coves and inlets of Wellfleet Harbor. PFD required. Spray skirt may be required depending on weather conditions. L George Wey (781-789-8005 before 9:00 PM, geowey16@gmail.com) CL Deborah Hayden (508-548-8726 before 9:00 PM, shaferhayden@gmail.com), R Deborah Hayden (508-548-8726 before 9:00 PM, shaferhayden@gmail.com)

Trillium Photo by Christine Racine



*Happy
Trails!*



The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | September 2017

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Please send your Word doc and photographs to breeze.editor@amcsem.org.

Please send photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

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The 4000-footer trio: Terry Stephens, left, Eva Borsody Das, and Tammy Straus.
Photo by Tammy Straus

Trio Complete their New Hampshire 48 Article by Len Ulbricht, Trip Leader

Saturday August 19, 2017 was an auspicious day for Terry Stephens, Eva Borsody Das, and Tammy Straus. All three women summited Mt Isolation, thereby completing their individual quests to hike all 48 New Hampshire 4000-footers. And their achievement was an arduous 13.3 miles of slippery rocks and tree roots; boot-sucking mud; five river crossings and, in the first 3.2 miles, 3200 feet of rugged elevation gain.

They and seven others hiked into the White Mountains National Forest Dry River Wilderness, starting at the Glen Boulder trailhead and exiting via the Rocky Branch trail. Slippery conditions, due in part to the previous day's rain, caused several falls and almost-falls, with one hiker twisting an ankle and limping out and a second sporting a cheekbone bruise and subsequent black eye. This hiking route is a candidate for the toughest any of us have been on.

Sign Up by September 10th for the Chapter Hut Weekend!

View from the chair

“Get Outside and Bring a Friend”

Did you know the membership of the AMC Southeastern Massachusetts Chapter is approaching 4000 members, yet less than 10 percent take advantage of all the great (mostly free) events put on by our chapter volunteers? We offer a variety of hikes, bicycle rides, and paddling trips, as well as opportunities to do trail work and other volunteer activities. Check out our activities on [our website](#) and after looking at all the trips and activities, if you still can't find something you like, send me an email at chair@amcsem.org and I'll try to find a leader to plan a trip just for you.

And while you're looking for something to do outside, why not “ask a friend” to come along? You do not have to be a member of AMC to participate in one of our events. Hopefully, your friends have a good time and will want to join AMC at some point, but membership is not necessary to go on our hikes, bike rides, and paddles.

Here is a great idea to get outside—we still have a few spots left for our Chapter Hut Weekend at the AMC Cold River Camp in Evans Notch, NH. The dates are Friday through Sunday, September 15–17th, with an optional also to stay Thursday night, the 14th. To register, go to our activities database and see the detailed instructions. This is a popular event with several hikes of varying abilities, or you can just hang out and relax at the camp. The accommodations include small, cozy cabins, most with fireplaces, and all meals for the weekend are included.

While membership in AMC is a very worthwhile way to support the outdoors, conservation, and the environment, don't be an “armchair member”—take full advantage of your membership and participate in one of our activities!

Hope to see you outside!

Barry Young, Chapter Chair
AMCSEM



Barry Young, Chapter
Chair chair@amcsem.org

2017 Executive Board

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Vice Chair	Christine Racine	Communications Vice Chair	Open	Membership Vice Chair	Ellen Thompson
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Social Vice Director	Open	Breeze Editor	Mo Walsh
Social Networking Moderator	Susan Mulligan	Blast Editor	Marie Hopkins

Contact the Chapter Chair at chair@amcsem.org if you're interested in any open position.

Ten Reasons to Come to Chapter Hut Weekend Sept. 15 thru 17



Need a good reason to join AMC Southeastern Mass. Chapter members for our rapidly approaching Chapter Hut Weekend at Cold River Camp, Sept. 15-17?

Here are ten:

1. Get outdoors, reconnect with old friends, and meet new ones. Bring a friend—doesn't have to be an AMC member.
2. Drive in to [AMC Cold River Camp](#) through beautiful and peaceful Evan's Notch, straddling the New Hampshire and Maine Border in North Chatham, NH.
3. Sleep in a small, cozy cabin, most equipped with a fireplace or wood stove.
4. Enjoy the "civilized" amenities at Cold River Camp, including flush toilets and hot showers.
5. Fill your plate with wonderful, hearty breakfasts and dinners prepared by the Volunteer Staff, and pack a trail lunch from the bountiful table they lay out for us each day—all included in the fee.
6. Choose from easy, moderate, and more challenging hikes each day in the nearby hills and mountains.
7. Cycle the beautiful, uncrowded roads in the area and paddle the nearby lakes and rivers.
8. Just "hang around" the Cold River Camp; explore the area, read a book, or play games in the library, or laze around in a rocking chair on the lodge porch or in the comfortable, fireplace living room.
9. Socialize and compare notes on the day's activities during "Happy Hours" on the lodge porch, with its excellent views of nearby Baldface Mountain.
10. For only \$70.00 per night, lodge in cozy two-to-four person cabins, enjoy hearty breakfasts and dinners in the dining hall, and pack daily make-it-yourself trail lunches.

Friday, Sept. 15–Sunday, Sept. 17

Cost of \$140 includes hearty meals and lodging for two nights; come a day early for an additional \$70.

Contact Sandy Santilli at smsantilli@comcast.net to register. Do it NOW!

Deadline extended to September 10th!





Photos by Jeannine Audet

FAMILY HIKE IN F. GILBERT HILLS

Written by Jeannine Audet & Brian Duane

It was a great day in F. Gilbert Hills on Sunday, June 25th, as two families joined us for a Family Hike! The weather was perfect, and our young hikers, ranging from ages 2 to 6 years, had an abundance of energy. The hikers eagerly searched for treasures along the trails, checking off the pictures on their scavenger hunt sheets. We even found a red salamander, which caused considerable excitement.

The boys shared their knowledge and interest in their findings, with one participant particularly interested in the caterpillars, which he pointed out along the way. The young hikers learned about following trail blazes, and attentively helped the leaders follow the trails. I am looking forward to leading more Family Hikes for SEM! Please watch for them in the online listing and spread the word! Co-leaders also are welcome!



Hanging Out Above Treeline in the Northern Presidentials

Written by Paul Miller, Trip Leader

Based on my previous visits, I already knew that the AMC Madison Hut, nestled as it is just above treeline in the rocky knoll between Mts. Madison and Adams in the Northern Presidentials, is a very special place. But since it had been a number of years since I'd last visited, I was looking forward to organizing an SEM trip to be able to check out the recently rebuilt hut and re-explore the area with others.

When I finally got around to arranging the logistics for this trip earlier this year, I discovered that no bunks were to be had at Madison Hut on Saturday night in the July "high season" in New Hampshire (no surprise there). So, resorting to "Plan B," I booked some bunks at the much larger, drive-in AMC Joe Dodge Lodge in Pinkham Notch for Saturday night and at Madison Hut for Sunday night, with plans to return to the trailhead on Monday. While this worked out okay for my own reasonably flexible work schedule, as I learned subsequently, it did not for several otherwise-interested participants. This made for a small group of five, including the two leaders, Mike Swartz and myself, which worked out just fine since we all hiked well together and had a great time.

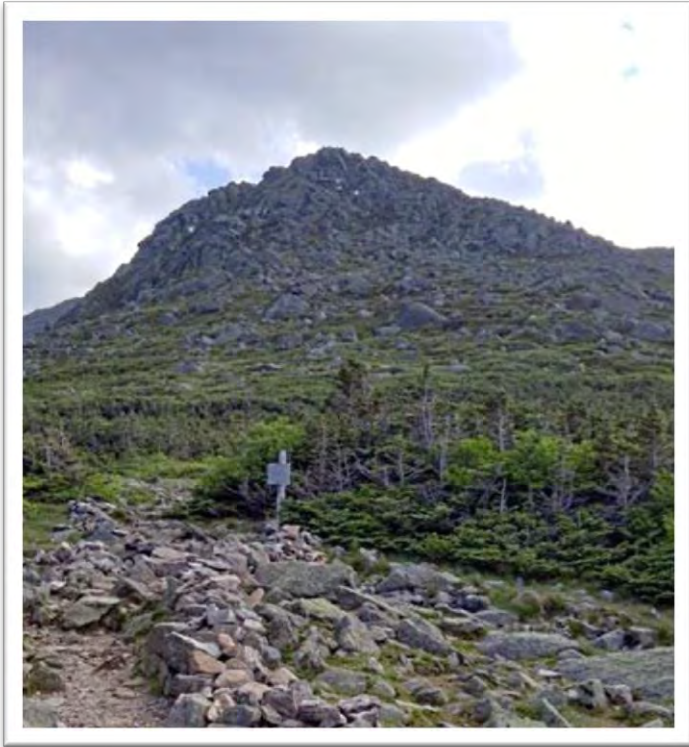


On the Airline Trail

Photo by Paul Miller

As planned, we all met up at Joe Dodge Lodge (JDL) Saturday afternoon for a quick "shake down" hike up to nearby Square Ledge to get to know each other a little better and work out any gear issues before tackling the main hike up to Madison Hut the next day.

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Mt. Madison from the AMC Hut *Photo by Paul Miller*

The Northern Presidentials

Continued from Page 4

While the morning had brought rain to the White Mountains, the sun returned by the time most of us got up to Pinkham Notch. But while waiting around for the last member of our group to arrive, the rest of us observed the ominously increasing cloud cover. It was still dry when the now-assembled group finally set off across Rte. 16 to hit the nearby trailhead, and remained so while we made our way up the short distance to Square Ledge. But due to some approaching thunder and lightning—we had to make a quick retreat from the exposed ledge before we could get a chance to fully appreciate the usual fine views down into Pinkham Notch, across to the ravines on Mt. Washington, and into the Northern Presidentials.

Other than some light rain showers, the storm passed us by and we made it back down to the lodge without getting too wet. (Although I did slip on some mud on the way down and managed to get a nasty gash on my leg).

After showering up and changing into dry clothes at JDL, we had a nice, hearty, family-style roast chicken dinner together at the AMC Pinkham Notch dining hall, with its wonderful views of the Wildcat Range.

After dinner, we checked out all the gear, maps, books, and other neat stuff in the Pinkham trading post and then some of us took in the traditional Saturday evening program in the dining hall. A reasonably eloquent ranger presented this lecture on the “Ghosts of the White Mountains.” She recounted stories of many of the people who had died on the mountain, largely due to their own lack of preparedness or just outright foolishness. She also recounted her personal involvement in several of those rescue attempts. For dramatic effect, she passed around her personally updated list of those names; since—unfortunately—the printed copies can’t keep up with the fatalities.

Following the presentation, I poured myself a nice glass of cab and snagged a comfortable seat in the cozy loft in the JDL library to read my book for about an hour or so before hitting the sack.

After a hearty breakfast in the dining hall at 6:30 am Sunday, we regrouped at 8:00 am and drove over to the Appalachia trailhead parking lot on Rte. 2 in nearby Randolph, NH. From the trailhead, we followed the Airline Trail steadily up through the woods until, after about four miles of hiking, we finally broke out of the trees onto the dramatic, and very exposed, Durand Ridge. From this vantage point, we enjoyed spectacular views down into King Ravine and upwards toward nearby Mounts Adams and Madison. After about another quarter of mile on the ridge, which included several fun scrambles, we dropped down the Madison Hut on the 0.2-mile long Airline Cutoff Trail. The hut is approximately 4.5 miles away from and 4,000 feet above the Appalachia trailhead, making for a vigorous climb.

Once at the hut, we checked in with the assistant hutmaster, a young woman who was busy preparing the yummy homemade bread for dinner, a staple in all the AMC huts. Then, we claimed our bunks in the new bunkroom, lightened our packs a bit, and ate our lunches in the refreshingly bright dining room while resting up our tired legs and feet. Since the weather appeared to be holding out okay, after lunch we re-shouldered our now-slightly-lighter backpacks and headed up the Osgood Trail toward the summit of Mt. Madison, approximately one-half mile and 541 feet above the hut.

Once out of the scrubby vegetation, rather than a “trail” in the traditional sense, this section of the Osgood Trail is not much more than some blazes painted on a jumble of rocks, rising haphazardly up toward the summit.

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The Northern Presidentials

Continued from Page 5

We had to make frequent stops to let the many descending hikers walk, stumble, or (on the steeper sections) “butt slide” down around us. As we approached the exposed, 5,367- foot high summit of Mt. Madison, we experienced some pretty healthy gusts of wind, adding to the drama.

Once at the summit, we were able to take in some pretty nice views across the Great Gulf to the summit of Mt. Washington and across Pinkham Notch to the Wildcat Ridge and beyond. But the thickening cloud cover and threat of afternoon thunderstorms conspired to encourage us not to linger for very long on this very exposed summit.

We got back down to the hut ahead of the rain and in time for a bit of socialized prior to consuming the hearty, croo-served dinner of soup, stuffed shells, homemade bread, and dessert. Following dinner, the croo put on one of the better skits I’ve seen, humorously reminding guests to tip the croo and demonstrating how to fold blankets, AMC-style. We all slept relatively well that night in the totally revamped (and booked-to-capacity) Madison bunkroom, which now features an ample number of handy pegs to hang up our clothing and gear, convenient benches to sit on while putting on and taking off our hiking boots, reading lights in the bunks, and other such relatively cushy amenities. The washrooms and toilet facilities had also been greatly upgraded since my previous visits before the hut was rebuilt.

Thankfully, the sun was out when we sat down for breakfast Sunday morning, so after eating, we packed up our stuff, shouldered our full backpacks once again, and then took the Gulfside Path back to Airline and continued on toward nearby Mt. Adams. But rather than going all the way up to the main summit of that 5,799-foot-high peak, we bushwhacked up some rocks to the top of 5,410-foot high Mt. John Quincy Adams, one of the two major Adams sub-peaks. From this summit, we paused for a bit to enjoy the views before scrambling back down to Airline (using great care to avoid stepping on the fragile alpine vegetation). For our return trip to the trailhead, we ad-libbed a very interesting and (I’m pretty certain) rarely used route that combined stretches on the Airline, Upper Bruin, Valley Way, Lower Bruin, and Brookside Trails, and finally returned to the Valley Way Trail for a short distance to the Appalachia Trailhead.



Waterfall on Snyder Brook Photo by Paul Miller

While certainly not the shortest (or quickest) way down, this route certain had its high points. These included fabulous views from the Airline Trail and several pretty waterfalls and easy water crossings of Snyder Brook on the relatively untrammed Brookside Trail.



We made it back to the Appalachia Trailhead by about 3:00 pm, leaving plenty of daylight left for us all to make the long drive back down to Massachusetts.

**AMC Madison Hut
Photo by Paul Miller**



2017 AMC Fall Gathering

Oct. 13-15, 2017—Camp Robin Hood; Freedom, NH

Join fellow AMC members for a great time at the 2017 AMC Fall Gathering in the heart of the New Hampshire White Mountains. Plan your getaway weekend at this annual AMC October event—a great time to be in the White Mountains!

Immerse yourself in peak fall foliage, crisp air, and mountain views at this wonderful camp on the shores of Lake Ossipee. Enjoy your favorite outdoor activities, hearty food, guest speakers, entertainment, and the great company of your AMC community.

Come to...

- Launch and paddle from the host camp.
- Hike Mount Chocorua or other White Mountain greats.
- Enjoy hearty meals and great company.
- Celebrate Autumn's splendor.
- Get away and enjoy the great outdoors.

Where: Camp Robin Hood, Freedom, NH

When: October 13-15, 2017

What: Outdoor activities (hiking, biking, paddling), entertainment, campfire, yoga, fall foliage, good company and more!

More Info: [outdoors.org/fallgathering](http://www.outdoors.org/fallgathering)

Registration closes September 15 or until the event is filled.

We hope to see you there!
AMC New Hampshire Fall Gathering Committee

AMC Adventure Travel Training

Sign up for Adventure Travel Leadership Training, November 10-12, 2017. Become an AMC trip leader!

Visit some of the most exciting places in the world as the leader of an AMC Adventure Travel trip! This workshop provides important training to people who have AMC chapter leadership experience (no beginners). Transition from leading weekend chapter activities to more complex and longer trips, domestically and overseas. Previous outdoor leadership training is necessary. Emphasis is on planning, cost estimating, marketing, trip management, people skills, risk management, and reporting. Includes procedures and guidelines for researching, proposing, and leading AMC Adventure Travel trips. Exchange ideas, problems, and solutions with some of AMC's most experienced and skilled leaders. Small group size assures abundant discussion and access to instructors.

Click below for a registration packet.

<http://www.outdoors.org/pdf/upload/LeadershipRegistrationForm2016.pdf>.

Place: Prindle Pond Conference Center; Charlton, MA

Cost: \$95 includes 1 night lodging on Saturday (Saturday lunch through Sunday lunch); \$115 includes two nights lodging, Friday and Saturday (Saturday breakfast through Sunday lunch).

For more information, visit:

www.outdoors.org/adventuretravel



AMC AT Trip to Iceland Photo by Reji James



Visiting the location are Charlie Farrell (AMC-SEM), left, Glen Williams (DCR-Forest Supervisor, Freetown), Steve Cabral (DCR-State), Rick McNally (AMC-SEM), Mike Labossiere (Reservation Superintendent-City of Fall River). *Photo by Barry Young*

"Build a Bridge?"

AMC Southeastern Massachusetts Chapter is looking for possible locations and projects to help communities in our area. One possible project is constructing a bridge in the Southeastern Massachusetts BioReserve. On August 7th, representatives from AMC, DCR, and the City of Fall River met to survey a location on Doctor's Mill Pond in Fall River. The existing bridge consists of a single plank that washes away every spring. Tentative plans call for a new 20-foot bridge with hand rails.

If you know of any potential projects where AMC-SEM could help "give back" to a community effort in our area, please contact chair@amcsem.org.

"Where in Southeastern Massachusetts?"



Paying a visit to the Angle Stone Tree monument are Jim Goyea (on left), SEM member and president of the Friends of the Warner Trail; two members of F. Gilbert Hills Trails Advisory Group; and Tom Ashton (on right), Forest and Park Supervisor, F. Gilbert Hills State Forest. *Photo by Barry Young*

The Angle Tree Stone

The Angle Tree Stone is a nine-foot slate monument made in 1790 by a father and son team that manufactured gravestone markers. It replaced an actual tree that had long been used as a boundary marker between the Massachusetts Bay and Plymouth colonies. Today, the Angle Tree Stone marks the border between North Attleboro and Plainville, as well as boundary between Bristol and Norfolk counties. This DCR property is the smallest of all the DCR locations in the Commonwealth of Massachusetts and is accessible off High Street in North Attleboro.

If you know of a unique spot or two in Southeastern Massachusetts that our members might be interested in visiting, please submit a photo and the location to chair@amcsem.org with the subject line "Where in Southeastern Massachusetts?"





Cyclists had a beautiful day June 11 on Chatham’s scenic shores. From left: Bill Brown, Barbara Gaughan, Karen Deangelis, Larry Decker, Joe Tavilla. *Photo by Barbara Gaughan*

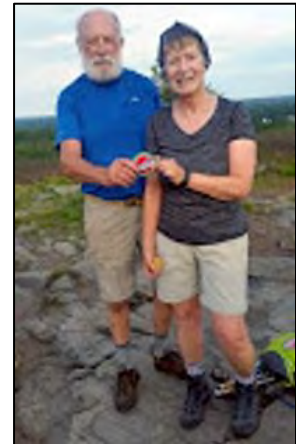
Four members earn their “Red Lining the Blue Hills” patches

Written by Bill Cannon, Conservation Chair

Four members are the newest recipients of the Red Lining the Blue Hills patch. The recipient of the patch must hike all the trails in the Blue Hills.

There are approximately 140 miles of trails in the Blue Hills. Many of these trails have to be hiked multiple times to get to others for the first time. The hikers end up covering over 300 miles to get their patches.

Another rule that we take very seriously (my favorite rule) is that the recipients must bring a baked good to share with the group the night they receive their patches. No one can say we don’t enjoy hiking to its fullest!



Clockwise from top left: Joe Keogh presents patches to Cathy Gerry, Linda Douglas, Randy Mills and Claire MacDonald. *Photos by Bill Cannon*



Volunteer of the Month

Because of the early publication of this issue, the Volunteer of the Month for September will be announced in the October issue.

We depend on our members to volunteer for the executive board, for committees, and in other roles, so we can provide fun, challenging, and safe activities.

Look through the listings on page 2 of this newsletter for positions marked “Open,” and consider volunteering. Contact chair@amcsem.org for information on any open position or if you have other talents you can share.

Renewable Portfolio Standard (RPS): Moving Massachusetts to Clean Energy

Written by Paul Dale, Boston Chapter

This is the second article in a series, "Climate Change: from Understanding to Action," dedicated to informing you about energy and climate change initiatives in Massachusetts and giving specific ways you can help. (The first article, "10 Things You Can Do about Climate Change," appeared in the February 2017 issue of *The Breeze*.)

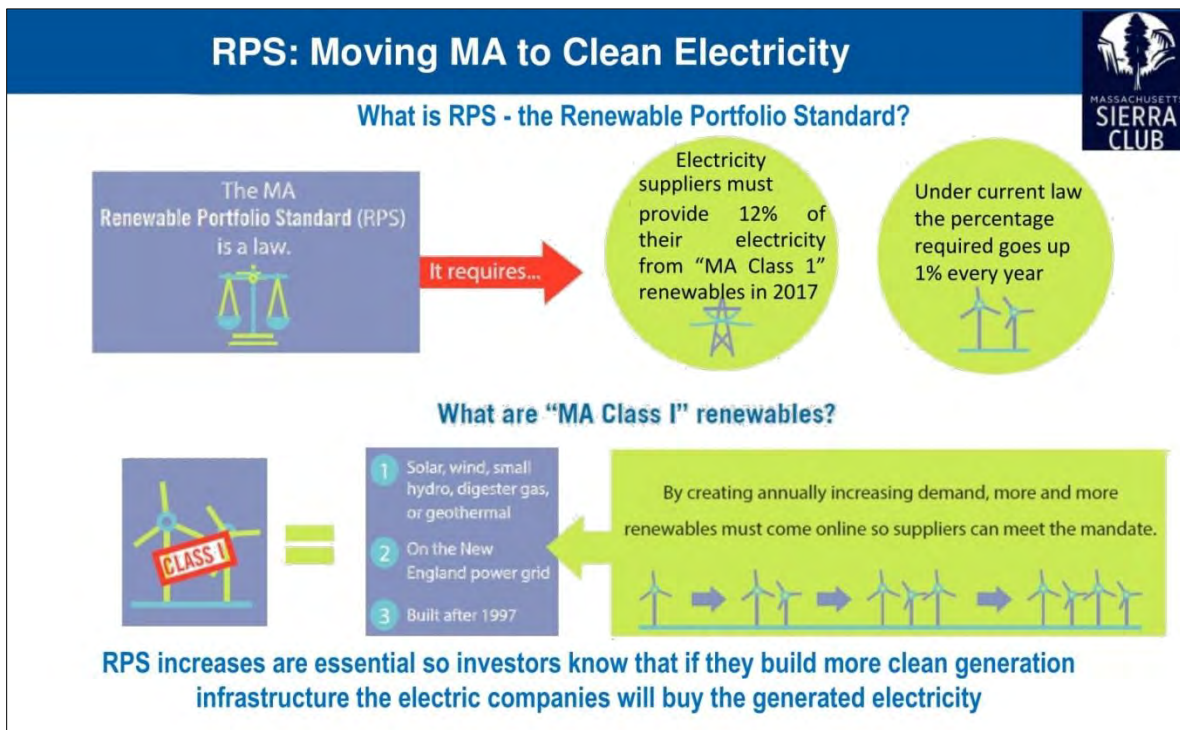
In a renewable energy economy we will not burn fossil fuels; instead we will use clean electricity for everything: cars, trucks and buses, mass transit, and heating and cooling for buildings. So moving electricity generation to renewable energy sources such as wind and solar is essential for meeting clean energy goals and creating local and regional green economy jobs.

Hopefully you saw the call to action on 7/28/17 from AMC's VP of Conservation, Susan Arnold, to write or call the Governor to strengthen the Regional Greenhouse Gas Initiative (RGGI). RGGI requires increasing year-over-year reductions in pollution from fossil fuel power plants.

Massachusetts and the New England states have a second hugely important legal mechanism that creates a demand for electricity from renewable sources, electricity with **no** pollution. This is the Renewable Portfolio Standard, or RPS. RPS is a key driver of renewable energy demand and development. Sixty percent of U.S. renewable electricity generation, primarily wind and solar, and 57 percent of capacity since 2000 has come online because of state RPS requirements. The problem is that under current law the RPS mandates are not nearly strong enough to stimulate further investments in renewable electricity generation. **Massachusetts state legislation is required.**

The RPS requires that electric utilities provide a certain percentage of the electricity they deliver from renewable sources, such as wind and solar. This year it is 12 percent. Currently the percentage goes up only 1 percent a year. At this rate we won't get to 100 percent renewable electricity until 2105. Several states are already above 30 percent today.

The primary benefit of the RPS is that it provides a long-term financial incentive for investing in large-scale renewable energy projects. *Paul Dale can be reached at paulbdale@gmail.com.*



Activities

For the most current information, [search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

AA 13+

A 9-13

B 5-8

C less than 5

Indicates pace

1 very fast

2 fast

3 moderate

4 leisurely

Indicates terrain

A very strenuous

B strenuous

C average

D easy

Found in the description

L Activity leader

CL Activity co-leader

FT First Time

NM ... New Members

AN Advance Notice

C Conservation

BICYCLING

Thu., Sep. 14. Newport Bike Ride, Newport, Rhode Island. Cycle the historic seaside resort of Newport Rhode Island and adjacent communities. Lots of water views overlooking Narragansett Bay. 40 miles on a Follow-The-Leader style ride. Moderate stay together group pace. Occasional stops for water, re-group, scenic views, snack. NOTE: the route does not include the downtown/commercial area of Newport. The ride will include a lunch stop on the Salve Regina University campus. HELMETS REQUIRED. L Joe Tavilla (508-450-1934, silverski6184@comcast.net)

Sat., Sep. 23. Fall Cycling on the Vineyard-Intermediate cyclists, Martha's Vineyard, MA. Join us for an all day cycling adventure on the Vineyard, approximately 50 miles, 12-13 mph pace. We will take the 8:15 am ferry from Wood's Hole and return before sunset. Some bike paths but mostly road cycling with hills in Aquinnah. Optional dinner stop at Wood's Hole. \$25 for round trip with bike on the ferry. You must register. Ride limited to 12 cyclists. L Jodi Jensen (781-249-8346 after 6pm jodijensen@gmail.com) CL Barbara Gaughan

Sat., Sep. 30. Cycling & Wine Tasting in Westport, Westport Rivers Winery & Vineyard, MA. Join us for a beautiful 30 mile ride though Westport MA & Tiverton, RI, on quiet roads, past farms, fields & conservation lands. Pace 12-15 mph, with some hills. We will end with a private wine tasting for our group at Westport Rivers Winery. Attendees must be at least 21 years old. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com) CL Jodi Jensen (jodijensen@gmail.com)

CAPE HIKES

Thu., Sep. 7. Hike Eagle Pond Cotuit, Cotuit, MA. 2 hour hike around Eagle Pond with views of Cotuit Bay and a White Cedar Swamp. From Rte 28, Marston Mills at CVS turn onto Putnam Road and drive 1+ miles look for dirt cutout on L and park in cutout. Meet at 9:45 AM for 10 AM start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Sat., Sep. 9. Sandwich Canal/Town Neck Hike, Sandwich, MA, Join us for a 4.5-5 mile hike along Cape Cod Canal, Town Neck & Boardwalk Beaches and the neighborhood of Town Neck. Meet 8:45 for a 9 a.m. start to take advantage of low tide. Start: Sandwich Recreation Area parking lot at end of Freezer Rd. Rt 6 to Rt 130N to end. Cross 6A. Tupper Rd for 0.8 mi. Left on Freezer Rd for 0.2 mi. Heavy rain cancels. L Barbara Gaughan (781-572-1321 before 9 p.m., barbaragaughan12@comcast.net, SEM Level 1 hike & bike leader)

Sat., Sep. 9. Cape Cod Canal/Town Neck Sandwich, MA. Taking advantage of low tide we will hike 4-5 miles along the canal, along Town Neck & Boardwalk beaches which vary from very rocky terrain to soft & hard packed sand then through the Town Neck neighborhood. Gather at 8:45 for a 9 a.m. start from Sandwich Recreation Area parking lot at end of Freezer Rd off Tupper Rd, Sandwich. Heavy rain cancels. L Barbara Gaughan (781-572-1321 Before 9 p.m., barbaragaughan12@comcast.net, SEM Level 1 hike & bike leader.)

Sun., Sep. 10. Hike, National Seashore, (C3C), Visitors Center Eastham, MA. Hike Nat'l Seashore from Salt Pond Visitor Center to Coastguard Station. From Rt 6, Eastham, turn R at lights and park at Visitor Center. L Janet Kaiser (508-432-3277 Before 9 p.m., jtkaiser@comcast.net)

Continued on next page

Activities

For the most current information, [search activities online](#)

CAPE HIKES

(FT) (NM) Thu., Sep. 14. Hike Coonamessett River Headwaters, Falmouth, MA. An easy 1 3/4 hr hike through woods and along a dirt road on the south side of Coonamessett Pond in Falmouth, one of the larger ponds on the Cape. We will see the origin of the Coonamessett River ("river" on the Cape refers to anything wider than a foot!) and follow it past old cranberry bogs, as it flows south toward Great Pond and the sea. As with most hikes on the Cape, poison ivy and ticks are present. Rain cancels, but if in doubt about the weather, call the leader. Meet 0945 for a 1000 start. L John Gould (508-540-5779, jhgould@comcast.net)

Sat., Sep. 16. Hike West Barnstable Conservation Area, West Barnstable, MA. Come experience this new hike in West Barnstable conservation area. We will hike up and down hills and pass a vernal pool and some named rocks. We will also hike on some ancient cart ways. Take mid cape highway (Rte 6) to exit 5 (Rte. 149) and turn south towards Marston Mills. Take 1st right onto Service Rd and park under high tension lines. Meet at 9:45 AM. L Jane Harding (508-833-2864 before 9 pm, janeharding@comcast.net) CL David Selfe (508-771-0620 before 8 PM, kdselife@comcast.net)

Thu., Sep. 21. Hike--Monk's Park and Little Bay, Bourne, MA. This 2 hour hike over approximately 4 miles is in Bourne Conservation Trust properties of Little Bay and Monk's Park. We will hike wooded trails and a fire road with views of Little Bay from the bluff. A beach walk section will be included with views of Buzzards Bay. The terrain is moderate rolling hills on the wooded trails throughout the hike. L Robin McIntyre (508-789-8252 Before 9 p.m., robinm McIntyre@comcast.net, Robin is a third year Level 1 SEM/Cape hike leader with WFA training.)

(FT) (NM) Sun., Sep. 24. Bourne Farm, West Falmouth, MA. Enjoy a leisurely early autumn Sunday afternoon meander beginning at a lovely old farm. We will enter a woodland with a few hills, cross two streams, and go around a cranberry bog. As with most hikes on the Cape, poison ivy, ticks, and mosquitoes are present. Rain cancels, but if in doubt about the weather, call the leader. Meet 1245 for a 1300 start. The hike should last 1 1/2 to 2 hours. L John Gould (508-540-5779, jhgould@comcast.net)

Thu., Sep. 28. Hike Beebe Woods, Falmouth, MA. Come hike in historical Beebe Woods in Falmouth. Enjoy traversing a network of rolling wooded trails. This 383 acre parcel includes attractive ponds as well as Peterson Farm. We will hike approximately 4 miles at a moderate pace. Sturdy shoes are recommended. Bring plenty of water, snacks, sunscreen and bug spray. Cape Cod is a known tick environment. Meet at 9:45 to begin hike promptly at 10:00 am. Any questions, call leader Cathy Giordano 508 243-3884. L Catherine Giordano (508-243-3884 before 9 pm, cmgiordan@msn.com)

Sun., Oct. 1. Ryder Conservation/Lowell Holly Reservation Hike, Sandwich, MA. Join us for a 4-4.5 mi hike in Sandwich conservation area and Mashpee Trustees of Reservation property. The terrain is mostly flat with a few steep but short climbs thrown in. Meet at 12:45 for a 1 p.m. start. Heavy rain cancels. Rt 6 to Exit 3 > Quaker Meetinghouse Rd South x 2.5 mi > L @ light on Cotuit Rd x 2 mi. Trailhead parking on R for about 12 cars. L Barbara Gaughan (781-572-1321 before 9 p.m., barbaragaughan12@comcast.net, SEM Level 1 hike & bike leader)

Thu., Oct. 5. Hike Herring River Conservation, (C3C), Harwich, MA. Hike dirt roads, woodland trails with water views in Herring River Conservation Area. Meet at 9:45 a.m. Park in small lot on Bell's Neck Rd. or on roadside. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Thu., Oct. 12. Hike Falmouth Moraine, Falmouth, MA. Hike approximately 5 miles along the Falmouth Moraine Trail, passing through some hilly, heavily forested areas. This is a one way hike. The pace will be moderate and the terrain is strenuous in parts. Meet in Goodwill Park at 9:45 am promptly for trail talk. From here we will carpool to the start. Not a beginners hike! Sturdy hiking boots are a must. Dress in layers, bring plenty of water, snacks/lunch, personal first aid kit, sunscreen. Be aware that poison ivy is abundant along the trails. This is a known tick habitat. Repellent is strongly recommended. Any questions, call leader Cathy Giordano 508 243 3884. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com)

Sat., Oct. 14. Hike Santuit Pond and River - Mashpee, Barnstable, MA. Hike along woodland trails around Santuit Pond and River past a newly refurbished herring run and hopefully find some witch hazel in bloom. We will also hike around a cranberry bog. Take mid-cape highway to Exit 5 (Rte 149) and turn South to Rte 28. Turn R on Rt. 28 and follow to R on Santuit-Newtown Rd. Go 0.8 mile to yellow gate on L; park on grass along edge of road. Meet at 9:45 am. L Nancy Wigley (508-548-2362 Before 8 PM, nrwigley@verizon.net)

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Activities

For the most current information, [search activities online](#)

CAPE HIKES

Sun., Oct. 22. Hike Maple Swamp, Service Rd., East Sandwich, MA. Hike historic area which dates back to glacial erosion. This hike has lots of steep climbs and declines with uneven terrain. Hiking boots and poles strongly recommended. Driving directions to start take Rte 6 to exit 3 Quaker Meetinghouse Rd and turn S off of ramp. Take first L onto Service Rd and look for Maple Swamp parking area on R past Mill Ln. Meet at 12:45 PM for 1 PM start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net).

Thu., Nov. 2. Hike - Mashpee River Woodlands (C3C), Mashpee Neck Rd, Mashpee, MA. Wooded walk along Mashpee River. Take Orchard Rd. off Rte.28 to end. Turn R. then quick L onto Mashpee Neck Rd. Go 1.1 miles to Mashpee River Woodlands Pkg.Lot on R. Meet at 9:45AM. Hike 10 am - 12 pm. L Farley Lewis (508-775-9168 Before 9 PM, farlewis@comcast.net).

Sat., Nov. 4. Hike Bell's Neck Conservation Lands, Sand Pond, Harwich, MA. 4.5mi hike on trails surrounding West Reservoir, cranberry bogs, the herring run and salt marsh. Exit 10 to 124S to end. R on 39S x 1.9 mi to Sand Pond prkg on right. Arrive 9:45 a. m. for a 10:00 start. End 12:15. Heavy rain cancels. L Barbara Gaughan (781-572-1321 before 9 p.m., barbaragaughan12@comcast.net, AMCSEM Level 1 hike & bike leader.)

Thu., Nov. 9. Hike Crowes Pasture, Dennis, MA. Hike in Crowes Pasture out to Quivett Neck and on beach along Cape Cod Bay. Expect soft sand! Directions: RT 6 to Exit 9 and RT 134 North. Follow RT 134 north to traffic lights on RT 6A and turn right. Turn left on School St (Airline Rd on right) then turn right at intersection on South St. Pass cemetery on right and park in small wooded lot on right. L Deborah Hayden (shaferhayden@gmail.com) CL Paul Corriveau

Sun., Nov. 12. Hike--Four Ponds and Bourne Town Forest, Bourne, MA. This 2 hour approximately 4 mile hike is in the Bourne Four Ponds Conservation Area and adjacent Bourne Town Forest. The terrain is wooded pathways, fire roads, and mountain bike trails with some moderate hills. It offers views of the ponds. L Robin McIntyre (508-789-8252 Before 9 p.m., nrwigley@verizon.net, Robin is a third year Level 1 SEM/Cape hike leader with WFA training) L Deborah Hayden (508-548-8726 Before 9 p.m., shaferhayden@gmail.com, Debbie is a third year Level 1 Cape hike leader and paddle leader.)

Thu., Nov. 16. Hike Quashnet River, Falmouth and Mashpee, MA. Hike in woods surrounding the Quashnet River. Expect rolling terrain and a moderate pace. L Deborah Hayden (shaferhayden@gmail.com)

Sat., Nov. 18. Hike the Falmouth Moraine, Falmouth, MA. Hike approximately 9 miles along the Falmouth Moraine. Enjoy some densely forested areas, ponds, fresh air and some fall color. Trails vary from wide to a single lane. Roots and rocks abound. A couple of grassy areas and some strenuous hills. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com)

Sun., Nov. 19. Hike Scorton Creek Sandwich, Old County Rd. East Sandwich, MA. Hike along saltmarsh, through old state game farm and past one of the original pilgrim homesteads. Contour is fairly flat, with lots of roots and some trails may be muddy. Driving Directions from Sagamore Bridge take exit 3 and turn N on Quaker Meetinghouse Rd to 6A and turn R and follow 6A to E Sandwich Post Office and turn R onto Old County Rd and park in horseshoe across from Grange Hall. From down cape take Rte 6 to Exit 4 Chase Rd and turn N and take 2nd L onto Old County Rd and park in horseshoe on L across from Grange Hall. Meet at 12:45 PM for 1 PM hike start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Thu., Nov. 30. Hike Shawme Crowell State Park, Sandwich, MA. Hike cleared trails with some up/down hills. Driving directions from Sagamore Bridge take 1st exit and turn R onto Sandwich Rd and continue to merge with 6A bear L and follow to Rte 130 turn R go short distance entrance to park is on R drive past guard booth and follow road until you come to dumpsters. Park around dumpsters. From upper Cape take Rte 6 to exit 2 and turn L onto Rte 130 follow through town and continue until you see entrance to Shawme Crowell on L drive past guard house and follow road to dumpsters. Meet at 9:45 AM for 10 AM start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

(NM) (AN) Thu., Dec. 7. Hike-Barnstable-Crooked Cartway (C3C), MA. Wooded walk to The Walker Point Observation Deck. Take Rte. 149 to Rotary at Cape Cod Airport, Marstons Mills. West on Race Lane for 1.1 miles. Right onto Crooked Cartway to end. Meet 9:45AM. 2 hours. Hike 10 am - 12 pm. L Farley Lewis (508-775-9168 Before 9 pm., farlewis@comcast.net)

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For the most current information, [search activities online](#)

Thu., Dec. 14. Hike--Bourne Sisters, Bourne, MA. This 2 hour approximately 4 mile hike is in the Bourne Conservation Trust areas of the Bourne Sisters and Perry Woods. It also includes a cranberry bog and Town of Bourne Leary Property. The terrain is wooded pathways with frequent moderate rolling hills. We will have views of Back River from the Leary Property. Icy trails may be a reason for cancellation of this hike due to the hills. L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net, Robin is a third year SEM/AMC Level 1 hike leader with WFA training.)

HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org.

Always looking for additional hike leaders! Contact hikingchair@amcsem.org

(FT) (NM) Thu., Sep. 7. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Thu., Sep. 7. Thursday Morning Hike at Blue Hills, MA. Join us for a 4-5 mile hike in the Blue Hills Reservation. This hike is mostly flat, possibly with one hill but nothing technical. Moderate pace. The leader (Paul) will have his well-behaved dog Sunny with him. L Paul Brookes (PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.)

(FT) (NM) Thu., Sep. 14. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Sep. 14. Thursday Morning Hike - World's End (C3C), Hingham, MA. Meet at 10am, \$6 pp non-Trustees members. Moderate 4-5 miles. Explore unique peninsula in Boston Harbor with stunning views, hilly, carriage ways and rocky paths. There could be muddy sections. Wear layers, wind protection, good shoes suitable for weather and conditions. Bring water, snacks/lunch. Directions at www.thetrustees.org/places-to-visit/greater-boston/worlds-end.html. L Eva Das (borsody@gmail.com)

(C) (FT) (NM) Fri., Sep. 15-17. SEM Chapter Hut Weekend at Cold River Camp, North Chatham, NH. Join the fun at SEM's Annual Chapter Hut Weekend at Cold River Camp in North Chatham, NH. This is a great way to meet new people and meet like minded outdoor people. Details on AMC's Cold River Camp can be found at www.amccoldrivercamp.org Cost is \$140 for meals and lodging for two nights and an optional night for \$70 available on Thursday, September 14th. What are you waiting for? Bring a friend and register now. Register with Sandy Santilli at smsantilli@comcast.net. L Barry Young (508-339-3089 Before 9 PM, Barry.young@comcast.net) CL Sandy Santilli (Smsantilli@comcast.net), R Sandy Santilli (Smsantilli@comcast.net)

(FT) (NM) Thu., Sep. 21. Thursday Morning Hike at Blue Hills, Blue Hills Reservation, Milton MA. A 4-5 mile hike in the Blue Hills Reservation. L Sue Chiavaroli (508-496-6452 Anytime before 8:00PM, brillo6452@yahoo.com)

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HIKING

(FT) (NM) Thu., Sep. 21. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside and strengthen your hiking legs and socialize with a nice group of people. This is the 12th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Sat., Sep. 23. Mt Moriah Hike, Berlin, NH. Mount Moriah (4049 ft) is the northeastern outpost of the White Mountains high peaks, towering 3200 ft above the town of Gorham. A popular destination since mid-1800s due to its proximity to town, it offers scenic trail approaches from several directions with abundant views from open ledges and a near 360-degree panorama at the top. This is a loop hike of approx. 10.0 miles that we will be covering at a moderate pace over mostly moderate terrain. The AMC does classify this hike as moderate to strenuous. Please contact Les @ lhi2015@yahoo.com to register for this hike. Related Link(s): <http://www.outdoors.org/trip-ideas-tips-resources/plan-your-trip/nh-4000-footers/hiking-mount-moriah.cfm>. L Christine Racine (christineracine1@gmail.com) CL Les Lechowicz (lhi2015@yahoo.com), R Les Lechowicz (lhi2015@yahoo.com)

(FT) (NM) Sat., Sep. 23. 2017 AMC/SEM Intro Hiking Series Blue Hills, Blue Hills, MA. This series of five hikes is for those who are new to or interested in getting back into hiking. For those unfamiliar with the Blue Hills, or who only know a small section of the 250 miles of hiking trails available, this is also a good way to broaden your experience of the Reservation. Each hike builds on a prior hike to increase stamina with increasing distance, elevation, challenging trails, or a combination of those features. No novice hikers will be registered after the second hike. Registration is required for this series. Exact meeting times and location will be sent to all registered hikers by the Wednesday preceding the hike. In order to accommodate busy schedules, we will start all the hikes at 8:30 a.m. Series Hike Dates: September 23, 2017 October 7, 2017 October 21, 2017 November 4, 2017 November 11, 2017. L Patricia-Lee Achorn (781-784-8983, plachorn@msn.com) CL Wendy Fox (wendyefox@gmail.com), R Pat Achorn (plachorn@msn.com)

Thu., Sep. 28. Thursday Morning Hike - F. Gilbert Hills - Foxboro, Foxboro, MA. Join us for enjoyable hike in the F. Gilbert Hills State Forest for a five mile hike from 10 AM till 2 PM. Easy to moderate pace. Meet at forest headquarters , 45 Mill Street, at 9:45. AM. Bring water and a lunch and or snacks. Route will encompass the Acorn Trail and parts of the Warner Trail. Along the way we will see several glacial erratics, several water holes constructed by the CCC, and a huge pine tree growing right out of a large rock! Mostly flat, with a few hills. Heavy rain cancels. Registration not required, however, if you have questions, contact leader. L Barry Young (508-339-3089 Before 9 PM, barry.young@comcast.net)

Sat., Sep. 30. Mount Cabot Loop Hike, Berlin, NH. Enjoy leaf peeking while climbing NH's northern most 4K mountain. This 11.4 mile loop hike will include Mount Cabot and The Bulge and the Horn from the New England Hundred highest list. Moderate hike at a 1.5 - 1.8 mile per hour pace. Elevation gain 3310 feet. Expect an early start. L Anne Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com) CL Maureen Kelly (mokel773@aol.com) CL Linda Church (lchurch@whoi.edu), R Anne Duggan (Rochester, MA 02770, 508-789-5538 before 9 pm, abduggan12@gmail.com)

Sun., Oct. 1. Ryder Conservation/Lowell Holly Reservation, Sandwich/Mashpee, MA. 4-4.5 mile hike in Sandwich Conservation area and a Trustees of Reservation property. Relatively flat on varied terrain with a couple steep but short hills thrown in. Meet 12:45 for a 1:00 p.m. departure. Limited parking at trailhead. Rt 6 to Exit 3 > Quaker Meetinghouse Rd south x 2.5 mi > left @ light on Cotuit Rd x 2 mi. Parking on right. Heavy rain cancels. L Barbara Gaughan (781-572-1321 Before 9 p.m., barbaragaughan12@comcast.net, SEM Level 1 hike & bike leader.)

Thu., Oct. 5. Thursday Morning Hike at Hammond Pond Reservation, Chestnut Hill, MA. Join us for a 3-4 mile hike in the Hammond Pond Reservation and Webster Conservation area including a trip to a garden, now wild, created by Mrs. Clement S. Houghton in 1906. The hike leader (Paul) will have his well-behaved dog Sunny with him. L Paul Brookes (603-799-4399 After 7am and before 9pm, paulbrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.)

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HIKING

(FT) (NM) Sat., Oct. 7. 2017 AMC/SEM Intro Hiking Series Blue Hills, Blue Hills, MA. This series of five hikes is for those who are new to or interested in getting back into hiking. For those unfamiliar with the Blue Hills, or who only know a small section of the 250 miles of hiking trails available, this is also a good way to broaden your experience of the Reservation. Each hike builds on a prior hike to increase stamina with increasing distance, elevation, challenging trails, or a combination of those features. No novice hikers will be registered after the second hike. Registration is required for this series. Exact meeting times and location will be sent to all registered hikers by the Wednesday preceding the hike. In order to accommodate busy schedules, we will start all the hikes at 8:30 a.m. Series Hike Dates: September 23, 2017 October 7, 2017 October 21, 2017 November 4, 2017 November 11, 2017. L Patricia-Lee Achorn (781-784-8983, plachorn@msn.com) CL Wendy Fox (wendyefox@gmail.com), R Pat Achorn (plachorn@msn.com)

(C) Sat., Oct. 7. Blue Hills Skyline Trail End to End Hike, Blue Hills Reservation, Milton, MA. Join us to hike the Blue Hills from one end to the other with fall color and cool breezes. This is a great hike of about 9 miles with 1300' of elevation as we go up and down most of the hills in the reservation. We'll maintain a moderate pace and expect about a 6 hour day with a planned lunch stop on Buck Hill. L Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com) L Joe Keogh (jpkeo24@gmail.com), R Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com)

Sun., Oct. 8. Family Hike in Destruction Brook Woods, Dartmouth, MA. Join us for a leisurely, child-friendly hike through beautiful Destruction Brook Woods in Dartmouth, MA. Hike is geared for children ages 3-10 years. We will hike 2-3 miles. We will explore, talk about the plants & animals, & learn about following trails & Leave No Trace principles. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com)

Sun., Oct. 15. Hike Mount Tecumseh, Waterville Valley, NH. Join us for a nice hike and check off a 4000 footer from your list. Moderate paced up and back hike 5 miles RT with 2200 feet of elevation gain. Approximate hiking time of 5 hours plus lunch, snacks and breaks should keep the day under 6 hours. Chance for great leaf peeping adds to the trip! Trip limited to 10 participants. Recent experience with both the length of the hike and the altitude gain required. Proper gear required includes hiking boots/shoes, rain gear, day pack, lunch, snacks, 2 quarts of water and waste disposal gear. Leave no trace principles apply. L Len Ulbricht (781-749-3801, lenu44@gmail.com) CL George Danis (781-749-3801, gedan14@msn.com), R George Danis (781-749-3801, danisdad51@outlook.com)

Thu., Oct. 19. Thursday Morning Hike Wachusett Mountain, Mile High Rd, Westminster, MA. Meet at the Wachusett Mountain Ski Area parking lot, between parking aisles 5 and 6 for a 10:00 am hike. We will hike to the summit via the Balance Rock and Old Indian Trail and loop back down to our cars on the Semuhenna Trail. The 4+ mile hike will take us to the summit of Wachusett, giving us great views of the Boston Skyline to the Berkshire Hills. Bring lunch/snacks, water, sturdy footwear, rain jacket. Steady rain cancels. L Walt Granda (508-999-6038 before 9:00 pm, wgrand@aol.com)

(FT) (NM) Sat., Oct. 21. 2017 AMC/SEM Intro Hiking Series Blue Hills, Blue Hills, MA. This series of five hikes is for those who are new to or interested in getting back into hiking. For those unfamiliar with the Blue Hills, or who only know a small section of the 250 miles of hiking trails available, this is also a good way to broaden your experience of the Reservation. Each hike builds on a prior hike to increase stamina with increasing distance, elevation, challenging trails, or a combination of those features. No novice hikers will be registered after the second hike. Registration is required for this series. Exact meeting times and location will be sent to all registered hikers by the Wednesday preceding the hike. In order to accommodate busy schedules, we will start all the hikes at 8:30 a.m. Series Hike Dates: September 23, 2017 October 7, 2017 October 21, 2017 November 4, 2017 November 11, 2017. L Patricia-Lee Achorn (781-784-8983, plachorn@msn.com) CL Wendy Fox (wendyefox@gmail.com), R Pat Achorn (plachorn@msn.com)

Thu., Oct. 26. Thursday Morning Hike at Mt Misery, Lincoln, MA. Join us for a 4-5 mile hike around Mt Misery and Fairhaven Bay. The hike leader (Paul) will have his well behaved dog Sunny with him. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.)

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Activities

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HIKING

Sat., Oct. 28. Blue Hills Fowl Meadow Hike, Royall St. Canton, MA. Join the 'Red Line the Blue Hills' hikers as they finish their season by hiking 9 miles of Fowl Meadow along the Neponset River. The terrain will be mostly flat and probably wet in some areas. Meet at the end of Royall St. Canton at 9:30. Only non-Red Liners need to register. Red Liners can just show n go. Bring lunch and a smile. L Joe Keogh (508-542-0665 before 9 pm, jpkeo24@gmail.com) L Michael Swartz (swartz@brandeis.edu), R Joe Keogh (508-542-0665 before 9 pm, jpkeo24@gmail.com)

Sat., Oct. 28. SEM Winter Hiking Workshop, Lakewood Hills clubhouse, 7 Kiah's Way, East Sandwich, MA. In the winter months, many of us think about going skiing or escaping to somewhere warm, but have you thought about winter hiking and snowshoeing? Do you like to be active and outside, but the thought of getting cold keeps you indoors? Then come join us for an informative afternoon that will change your mind about hiking and being outdoors in the winter months. You will learn about necessary clothing and gear, nutrition and hydration requirements, winter conditioning, winter issues and how to avoid them and why we love to hike in the winter. The workshop is free to all and is a prerequisite (or prior winter hiking experience) to join us for the SEM Winter Hiking Series. The workshop runs from 12:00-3:30 with clothing and gear demonstrations. Light lunch/snacks will be provided. After the workshop, join us for the SEM Annual Meeting/Dinner at the Brookside Club in Bourne (registration is separate- see listing). L Leslie Carson (508-833-8237 before 9 pm, lrc929@comcast.net, Leslie is a 4-season SEM hike leader who also leads hikes for AMC's August Camp and Adventure Travel.) L Paul Miller (paulallenmiller@verizon.net) L Ken Carson

Oct. 28. Redliners do not need to register for this hike but other people do need to register. L Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.), R Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com)

(FT) (NM) Sat., Nov. 4. 2017 AMC/SEM Intro Hiking Series Blue Hills, Blue Hills, MA. This series of five hikes is for those who are new to or interested in getting back into hiking. For those unfamiliar with the Blue Hills, or who only know a small section of the 250 miles of hiking trails available, this is also a good way to broaden your experience of the Reservation. Each hike builds on a prior hike to increase stamina with increasing distance, elevation, challenging trails, or a combination of those features. No novice hikers will be registered after the second hike. Registration is required for this series. Exact meeting times and location will be sent to all registered hikers by the Wednesday preceding the hike. In order to accommodate busy schedules, we will start all the hikes at 8:30 a.m. Series Hike Dates: September 23, 2017 October 7, 2017 October 21, 2017 November 4, 2017 November 11, 2017. L Patricia-Lee Achorn (781-784-8983, plachorn@msn.com) CL Wendy Fox (wendyefox@gmail.com), R Pat Achorn (plachorn@msn.com)

(FT) (NM) Thu., Nov. 9-9. Thursday Morning Hike, Milton, MA. A 4-5 mile hike along the many trails at Little Blue. L Sue Chiavaroli (508-496-6452 9AM-6PM, brillo6452@yahoo.com)

Thu., Nov. 16. Thursday AM Hike on Bay Circuit Trail through Walpole Conservation Land, 109 Robbins Road, Walpole, MA. Meet at 10am at the VFW Post at 109 Robbins Rd in Walpole for a 4.5 mile hike on the Bay Circuit Trail through Conservation Land. Mostly flat but with a few steep, but short sections up and down eskers. Bring hiking boots,, rain gear, water, lunch. Rain or storm cancels. L Hans Luwald (508-668-0462 Before 9 pm, hans.luwald@gmail.com) CL Debbie Lepore (617-778-4339 Before 9 pm, dlepore2@gmail.com)

(FT) (NM) Sat., Nov. 11. 2017 AMC/SEM Intro Hiking Series Blue Hills, Blue Hills, MA. This series of five hikes is for those who are new to or interested in getting back into hiking. For those unfamiliar with the Blue Hills, or who only know a small section of the 250 miles of hiking trails available, this is also a good way to broaden your experience of the Reservation. Each hike builds on a prior hike to increase stamina with increasing distance, elevation, challenging trails, or a combination of those features. No novice hikers will be registered after the second hike. Registration is required for this series. Exact meeting times and location will be sent to all registered hikers by the Wednesday preceding the hike. In order to accommodate busy schedules, we will start all the hikes at 8:30 a.m. Series Hike Dates: September 23, 2017 October 7, 2017 October 21, 2017 November 4, 2017 November 11, 2017. L Patricia-Lee Achorn (781-784-8983, plachorn@msn.com) CL Wendy Fox (wendyefox@gmail.com), R Pat Achorn (plachorn@msn.com)

Activities

For the most current information, [search activities online](#)

HIKING

Tue., Dec. 26. White Line the Blue Hills Hike, Blue Hills, MA. This series will run from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Tue., Jan. 2. White Line the Blue Hills Hike, Blue Hills, MA. This series will run from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Tue., Jan. 9. White Line the Blue Hills Hike, Blue Hills, MA. This series will run from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Thu., Jan. 11. Thursday Morning Hike: Whitney and Thayer Woods (B3C), Cohasset/Hingham, MA. Lovely woods walk across rolling hills on Trustees of Reservations property. Meet at 10:00am in the Whitney and Thayer Woods main parking area. Boots suitable for weather/trail conditions, possibly traction devices or snowshoes, water, winter wear (layers, hats, mittens) and snacks/lunch required. Directions: from Route 3 (Exit 14), take Route 228N for 6.5 miles through Hingham. Turn right onto Route 3A eastbound and follow for 2 miles to the entrance. Parking is on the right. Contact L if weather is questionable. Please carpool if possible, as parking is limited. L Eva Borsody das (borsody@gmail.com)

Tue., Jan. 16. White Line the Blue Hills Hike, Blue Hills, MA. This series will run from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Continued on next page

Activities

For the most current information, [search activities online](#)

HIKING

Tue., Jan. 23. White Line the Blue Hills Hike, Blue Hills, MA. This series will run from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Tue., Jan. 30. White Line the Blue Hills Hike, Blue Hills, MA. This series will run from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Tue., Feb. 6. White Line the Blue Hills Hike, Blue Hills, MA. This series will run from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Tue., Feb. 13. White Line the Blue Hills Hike, Blue Hills, MA. This series will run from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

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PADDLING

Sat., Sep. 2. Paddle Bass River South, Dennis, MA. From launch paddle 'fingers' and bays to mouth on Nantucket Sound. Lunch on West Dennis Beach. Return and paddle Grand Cove . About 7 miles. Wear PFD, bring skirt in case of wind, lunch and water. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau , R Je (jeanorser@gmail.com)

Wed., Sep. 6. Paddle Jackknife Cove and Pleasant Bay, Chatham, MA. Explore Jackknife Cove, Pleasant Bay and possibly the Muddy River, as time permits. L George Wey (781-789-8005 before 9:00 PM, geowey16@gmail.com) CL Deborah Hayden (508-274-2820 before 9:00 PM, shaferhayden@gmail.com), R Deborah Hayden (508-274-2820 before 9:00 PM, shaferhayden@gmail.com)

Wed., Sep. 13. Paddle Lewis Bay, West Yarmouth, MA. Our last attempt at this trip was cut short due to high winds so we'll try again. We'll paddle around Lewis Bay, explore Uncle Robert's Cove, have lunch on Egg Island (it's underwater except at low tide) and perhaps venture into Hyannis Inner Harbor. Plan on a 7 to 8 mile paddle. L Ed Foster (erfoster@comcast.net)

Wed., Sep. 20. Swan Pond and River, Dennis, MA. From Swan Pond paddle down river to mouth on Nantucket Sound and venture into the Sound if it is not too windy. Lunch on beach. Return and circumnavigate pond for about 7 mile paddle. Wear PFD, bring spray skirt in case of wind, lunch and water. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau , R Jean Orser (jeanorser@gmail.com)

Wed., Sep. 27. Paddle Indian Lakes, Marstons Mills., MA. Paddle Indian Lakes, Middle Pond and Mystic Lake. PFD required. Spray Skirt maybe required. Take Mystic Drive off of rt. 149. Stay to Rt. to put-in (less than a mile.) Fall Colors should be starting. L Bill Fischer (508-420-4137 before 9pm, wmbarbarafischer@comcast.net)

Sat., Sep. 30. Follin's & Mill Ponds, Dennis, MA. Paddle Follin's Pond to Weir Creek bridge & if tide allows paddle into Mill Pond passing Crab Creek Conservation area & back to circumnavigate Follin's Pond & see signs of Vikings visiting. Lunch on small sandy beach. Paddle Dinah's Pond, Kelley's Bay and return past Mayfair boatyard for about a 7 mile paddle. Wear a PFD, bring a spray skirt in case of wind, lunch & water. L Paul Corriveau (paulcorri@gmail.com) L Jean Orser (jeanorser@gmail.com), R Jean Orser (jeanorser@gmail.com)

Wed., Oct. 4. Paddle Herring River north, West Harwich, Dennis, MA. Paddle upstream to Coy Brook & to end & then to cut into the East Reservoir & circle it to cut to Herring River for lunch at North road bridge. Afterwards paddle to West Reservoir & see herring run & reverse direction heading directly back to the put-in for 7-8 mile paddle. Wear PFD, bring spray skirt in case of wind, lunch & water. L Paul Corriveau (paulcorri@gmail.com) L Jean Orser (jeanorser@gmail.com), R Jean Orser (jeanorser@gmail.com)

Sat., Oct. 7. Leader's Choice Paddle, Hall's Creek?, West Hyannisport, MA. If the winds co-operate we'll paddle Hall's Creek in West Hyannisport, typically an easy 6 mile paddle. If the winds don't co-operate, we'll explore the creeks in Barnstable Harbor for a slightly longer paddle. L Ed Foster (erfoster@comcast.net)

Continued on next page

Activities

For the most current information, [search activities online](#)

PADDLING

Wed., Oct. 11. Paddle Mashpee/Wakeby ponds, Mashpee, MA. Take rt. 130 to Fishermans Landing Just South of Great Neck Road. Drive down to the put-in, unload and park back up in the lot.. Paddle the Second largest fresh water ponds on cape Cod. fall Colors shoud on display. L Bill Fischer (508-420-4137 before 9pm, wmbarbarafischer@comcast.net)

Sat., Oct. 14. Paddle Long Pond, Harwich/Brewster, MA. Circumnavigate Long Pond checking small lily pond & if there is enough water visit Greenland pond. Lunch on beach and paddle back to put-in for 6-7 mile trip. Wear PDF, bring spray skirt (in case of wind), lunch & water. L Jean Orser (jeanorser@gmail.com) L Paul Corriveau (paulcorri@gmail.com), R Jean Orser (jeanorser@gmail.com)

Wed., Oct. 18. Leader's Choice Paddle, Barnstable Harbor?, Barnstable, MA. We'll probably paddle the creeks of Barnstable Harbor or Hall's Creek in Hyannisport. Which one depends on the winds and where the trip of October 7 ended up going. Check with the leader a couple days before the trip for a better idea of our destination. L Ed Foster (erfoster@comcast.net)

Sat., Oct. 28. Paddle Walker/Mill Ponds, Brewster, Dennis, MA. Paddle 3 fresh water kettle ponds & narrows between them. See Stoney Brook Grist Mill (1873) & herring run. Lunch either on beach or Slough road picnic area. Continue around ponds back to Punkhorn put-in for about 7 miles. Wear PFD, bring spray skirt (in case of wind), lunch & water. L Jean Orser (jeanorser@gmail.com) L Paul Corriveau (paulcorri@gmail.com), R Jean Orser (jeanorser@gmail.com)

 *Happy Trails!* 

The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | October 2017

Get SEM activities delivered right to your email inbox!

Sign up for the AMC Activity Digest. email
amcinformation@outdoors.org

Or call 1-800-372-1758

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Have a story for *The Southeast Breeze*?

Please send your Word doc and photographs to
breeze.editor@amcsem.org.

Please send photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Business advertisements are just \$15/month. Send inquiries to breeze.editor@amcsem.org



Explore the Blue Hills with friends! *Photo posted on Yelp by Brian S.*

Introduction to Hiking builds skills & stamina

This series of five Saturday hikes is for those who are new to, or interested in, getting back into hiking. For those unfamiliar with the Blue Hills, or who only know a small section of the 250 miles of hiking trails, this is also a good way to broaden your experience of the Reservation. Each hike builds on prior ones to build stamina with increasing distance, elevation, challenging trails, or a combination of those features.

You do not have to be a member of AMC to participate in our events, and you're encouraged to bring a friend! You don't have to attend all five hikes (the first took place Sept. 23). Registration is required for this series, and no novice hikers will be registered after the second hike scheduled for October 7th.

Exact meeting times and locations will be sent to all registered hikers by the Wednesday before the hike. In order to accommodate busy schedules, we will start all the hikes at 8:30 a.m. Series Hike Dates: September 23, October 7 and 21, November 4 and 11.

Thanks to Leader Patricia-Lee Achorn and co-Leader Wendy Fox! To register, contact Pat at plachorn@msn.com or 781-784-8983. Include information about your previous hiking experience.

Not Just “A Meeting”!

Our upcoming SEM Chapter Annual Meeting is not just a meeting! Sure there'll be some chapter business we have to take care of briefly (such as voting in our new slate of officers!), but we also have some great activities planned both before and after the meeting to encourage you to get outside, learn some new skills, meet some new people, enjoy a good meal, and be stimulated by some exciting stories and photography from our featured speaker.

Before the meeting, you can join in a gentle “Memory Stroll” hike, a scenic bike ride along the canal, or our ever-popular winter hiking workshop. All activities take place near The Brookside Club in Bourne, so you will be done in plenty of time to attend the social hour beginning at 4:30 pm. The social hour features a cash bar and free appetizers, plus the opportunity to reacquaint with old friends and meet some new ones. After the dinner (just \$20/pp if paid for before Oct.19th), we've lined up a featured speaker from the Mount Washington Weather Observatory presenting “Tales from the Home of the World’s Worst Weather,” complete with slides and video.

You do not have to be a member to attend this event, so why not bring a friend and show them what the AMC SEM Chapter is all about? In this issue of the *Breeze*, you'll find details on our annual meeting/dinner and how to register. Don't delay, register now while it's fresh in your mind. Last year's event almost sold out, and we wouldn't want you to miss out this year!

Quickly, on another subject, I had the pleasure this past week of leading a hike for our Thursday morning hiking group. Three of the fourteen participants had just retired in the past month and were looking for ways to get outside and get some exercise. Our Thursday morning hiking series, which runs now until May, was the perfect answer! You can find all our activities (hike, bike, paddle, trail work, snowshoe, volunteer) at our website, www.amcsem.org.

Hope to see you outside!
Barry Young, AMC SEM Chapter Chair

View from the Chair



Executive Board 2017

Chapter Chair	Barry Young	Communications Chair	Paul Miller	Membership Chair	Sandy Santilli
Vice Chair	Christine Racine	Communications Vice Chair	Open	Membership Vice Chair	Ellen Thompson
Secretary	Ann McSweeney	Conservation Chair	Bill Cannon	Paddling Chair	Ed Foster
Treasurer	Patty Rottmeier	Conservation Vice Chair	Open	Paddling Vice Chair	Open
Past Chapter Chair	Maureen Kelly	Education Chair	Doug Griffiths	Skiing Chair	Barbara Hathaway
Biking Chair	Bernie Meggison	Education Vice Chair	Open	Skiing Vice Chair	Jeannine Audet
Biking Vice Chair	Open	Hiking Chair	Leslie Carson	Trails Chair	Peter Tierney
Cape Hiking Chair	Jane Harding	Hiking Vice Chair	Open	Trails Vice Chair	Wayne Anderson
Cape Hiking Vice Chair	Cathy Giordano			Trails Vice Chair.....	Skip Maysles

Ad Hoc Committee Chairs and Other Chapter Contacts

Social Director	Open	Webmistress	Cheryl Lathrop
Social Vice Chair	Open	Breeze Editor	Mo Walsh
Social Networking Moderator	Sue Mulligan	Blast Editor	Marie Hopkins

Contact the Chapter Chair at chair@amcsem.org if you're interested in any open position.



One of the largest waterfalls on the AT pouring over slate.
Photo by Dexter Robinson

The Maine AT's 100-Mile Wilderness

Written by Dexter Robinson

In mid-August I joined Bill Vickstrom, Bryan Jones, and Joe Marrone, a hiking friend from Connecticut, for ten days backpacking the 100-Mile Wilderness section of the Maine Appalachian Trail. The 100-Mile Wilderness is generally considered the wildest section of the entire 2,187-mile trail that runs from Springer Mountain, Georgia, to Mount Katahdin, Maine.

This trail section is one of the more challenging to navigate and traverse. It includes backpacking over a mountain range and numerous stream crossings with some that require fording. The trail offers a wide variety of trail conditions, from a gentle walk in the woods to boulder fields, ledges, steep ascents and descents, bog bridges through swamps, and a number of stone stairs.



Dexter, left, celebrates 100-mile Maine AT trail's end with Bryan Jones and Bill Vickstrom! *Photo by Joe Marrone*

Numerous mushrooms of all types and 120-foot-plus eastern pines were among the many sights. A cool breeze the first few days was sufficient to ground all flying insects. Over all, there were few bugs to contend with and no black flies! The weather was generally favorable to the group, although a cool, wind-driven rain prevented enjoyment of the views from the highest point, White Cap Mountain at 3,644 feet. The group passed many ponds, lakes, and glacier erratics. All in all a great trip!



Stacked glacier erratics. *Photo by Dexter Robinson*



Trailside mushroom. *Photo by Dexter Robinson*



Moss carpet seen frequently on either side of the trail.
Photo by Dexter Robinson

“Reunite with Old Friends and Make Some New Ones”

All SEM members, potential members, spouses and friends are welcome!

**The Southeastern Massachusetts Chapter
Of the Appalachian Mountain Club**

Invites You to Attend the

2017 Annual Meeting

And Annual Dinner

Saturday, October 28th, 2017

The Brookside Club in Bourne

4:30 pm – Registration and Cocktail Hour – cash bar, **no charge for appetizers**

5:30 pm – Annual Meeting – **no charge**

6:30 pm - Buffet Dinner - **\$20.00 per person; \$30.00 after 10/20**

Distinguished Service Award, Raffles and Other Awards

Special Guest Speaker

Will Broussard

Mount Washington Observatory’s Outreach Coordinator

2017 Annual Meeting and Dinner

Special Guest Speaker

Will Broussard

Mount Washington Observatory's Outreach Coordinator

Tales from the Home of the World's Worst Weather



Bitter cold, dense fog, heavy snow, and record winds: Mount Washington is known worldwide for its unpredictable and dangerous weather. For a mountain its size, why is Mt. Washington called the “Home of the World’s Worst Weather”?

Join Mount Washington Observatory's Will Broussard for an investigation into the unique life and work of weather observers stationed at the observatory year-round. We will explore how the mountain's weather works and what it can tell us about New England’s own weather patterns. This program will include stunning photography and video footage from the summit.

SEM Executive Board 2017 Slate

Chair	Barry Young
Vice-Chair	OPEN
Secretary	Ann McSweeney
Treasurer	Patty Rottmeier
Biking Chair	Bernie Meggison
Cape Hiking Chair	Jane Harding
Communications Chair	Paul Miller
Conservation Chair	Bill Cannon
Education Chair	Doug Griffiths
Hiking Chair	Mike Woessner
Membership Chair	Sandy Santilli
Paddling Chair	Ed Foster
Past Chapter Chair	Maureen Kelly
Skiing Chair	Barbara Hathaway
Trails Chair	Peter Tierney

Names in **black** are continuing in their current post; names in **green** are new to the position.

The 2017 Nominating Committee

Alan Greenstein, Hingham, alan.b.greenstein@gmail.com

Walt Granda, Dartmouth, wlganda@aol.com

Robin McIntyre, Buzzards Bay, robinmcintyre@comcast.net

**See Registration Form below.
Click [here](#) with any questions.**

**To register for the Annual Dinner, fill out the Registration Form below
and mail your check (payable to AMCSEM) to:**

**Patty Rottmeier
1 Belmont Rd. TH5
W. Harwich, MA 02671**

✂️*****

**AMC Southeast Massachusetts Chapter
Annual Meeting Registration Form**

\$20.00/per person; \$30.00 Oct. 20 – Oct. 26th

Deadline to Register is Thursday, October 26th

AMC SEM 2017 Annual Dinner Registration		
Today's Date		
Your Name		
Email		
AMC Member?		
Price		
I'd Like to Volunteer		
<i>Bring a Friend - We'll See You There!</i>		



Volunteer of the Month: Paul Corriveau

Written by Ed Foster, Paddling Chair

Each month the SEM recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! In September, the Paddling Committee recognized **Paul Corriveau** for his numerous contributions. *The Breeze* was published early last month, so we are pleased to honor him in this issue.

Paul has been leading paddling trips for 10 years, and as the number of leaders has slowly declined he has stepped up and offered to lead more and more trips. He's a hands-on leader: On more than one occasion, he has gotten out of his boat to pull, push, and drag other boaters through tight spots and shallow shoals. He's scouted out new and improved put-ins for many of our old standard trips. Without Paul we'd have a lot fewer trips and less interesting ones.

Paul will receive a Volunteer of the Month certificate and a \$50 gift certificate.



The proper gear makes the difference between a winter wonderland and a deep freeze. *Photo by Ken Carson*

Winter Hiking Workshop October 28

Written by Leslie Carson, Hiking Chair

In the winter months, many of us think about going skiing or escaping to somewhere warm, but have you thought about winter hiking and snowshoeing? Do you like to be active and outside, but the thought of getting cold keeps you indoors? Then come join us for an informative afternoon that will change your mind about hiking and being outdoors in the winter months.

You will learn about necessary clothing and gear, nutrition and hydration requirements, winter conditioning, winter issues and how to avoid them, and why we love to hike in the winter. The workshop is free to all and is a prerequisite (or prior winter hiking experience) to join us for the SEM Winter Hiking Series. The workshop runs from 12:00-3:30 p.m. with clothing and gear demonstrations. Light lunch/snacks will be provided.

Saturday, October 28, 2017

12:00-3:30 PM

Lakewood Hills Clubhouse

7 Kiah's Way, East Sandwich, MA

The workshop leaders are Leslie Carson, Paul Miller, Ken Carson, Dexter Robinson, Maureen Kelly, and Anne Duggan.

To register, contact Leslie at lrc929@comcast.net or 508-833-8237 before 9 pm.

After the workshop, join us for the SEM Annual Meeting & Dinner at the Brookside Club in Bourne. (Registration is separate—see listing.)



Pete Tierney, left, and Skip Maysles re-blazed SEM's adopted part of the Blue Hills Skyline Trail, from Rte. 28 west to the State Police HQ. This will help prevent hikers from getting lost. Special thanks to the kind hikers who applauded them for their work.

Paddling with the Spirits... Oyster Pond to Stage Harbor

Written by Max Sarazin

As we paddled down Oyster River into the jaws of uncertainty there was a rush of cool air one senses when a spirit passes you in a haunted house. There the curtain closed and the play hadn't yet started. That curtain was a heavy dense fog brought on by the spirits to conceal the upcoming scheduled arrival of the evasive full moon. We needed our sorcerer who when we contacted later said, "Sorcerer indeed!" Our mainstay also said he was out riding the Tijuana Taxi. Where are these people when we need them so badly?

We arrived at our beach in the dark vast emptiness of Stage Harbor. Through the fog (or was it a witch's mist?), we could barely see Stage Harbor Light. That eerie scene looked like a great photo op. We convinced the spirits to leave the beach to us for a while as we had our monthly ritual to perform. Would the full moon come up? It would if we edged it on with proper ceremony. Meanwhile the ladies opted to get a closer look at the phragmites.

We claimed our small piece of real estate and set up our altar to partake of the bounty smuggled in from the cove. The good old days were mentioned when we had milk carton tables, red and white table cloths, black stem wine glasses, camp stools, etc. At that point, out came Max's table with R/W table cloth, wine glasses, camp stools, etc. All was quiet when the magic moment arrived. We looked and pointed in different directions. We were sure we'd know where and when the spectacle would arrive if just a glimpse through the heavy mist.

We finished the toast and after enjoying natural tendencies, slipped into our vessels and drifted silently away, leaving the salty licked sands for the spirits to return. Were they offended? We think not as they rather enjoyed observing the foolish things we mortals do to get a kick out of life; they should see us on New Year's Eve!

We were constantly looking over our shoulders as we paddled away, not that we feared the spirits, but just hoping to get a glimpse of the moon. But there it was, as soon as we arrived home it was as big and beautiful as ever! Next time we may get creative and set up our lawn chairs in the canoe on the front lawn.



Volunteer of the Month: Jeannine Audet

Written by Bernie Meggison, Biking Chair

Each month the SEM recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! This month the Biking Committee recognizes **Jeannine Audet**.

Jeannine has been an excellent advocate for leading AMCSEM rides in the southeast coast of our chapter. Her enthusiasm is wonderful. All of her rides are informative and have destination-type routes. She is always conscious of our riders' safety and encourages courteous road-sharing. Overall, Jeannine is a prime example of leader excellence in our entire AMC family.

Jeannine will receive a Volunteer of the Month certificate and a \$50 gift certificate.

Pre-Annual Meeting & Dinner Activities

Whether or not you're planning to attend the SEM Chapter's Annual Dinner and/or Meeting at the Brookside Club in Bourne on Oct. 28, we hope you'll join fellow SEMers for our gentle and sociable "**Stroll Down Memory Lane**" in Cotuit; a **Scenic Bike Ride** along the nearby Cape Cod Canal; or our informative annual **Winter Hiking Workshop** (registration required) in Sandwich. For details on any of these activities, just click on the hyperlinks provided or see the activities listings at the end of this issue of *The Breeze*.

Good Times at 2017 SEM Chapter Hut Weekend

Written by Paul Miller, Communications Chair

More than 20 Southeastern Mass. Chapter members journeyed up to the AMC Cold River Camp in peaceful Evan's Notch, NH, last month for our 2017 Chapter Hut Weekend. The weekend featured an assortment of hiking opportunities, some fun water activities, a little independent kayaking, plenty of great food prepared by a professional chef and served up by the Cold River Camp volunteer staff, lots of socializing, and even a chance to cook our own s'mores over a campfire. As one enthusiastic participant commented: "It's just like being at the summer camp that I never got to go to as a kid!"



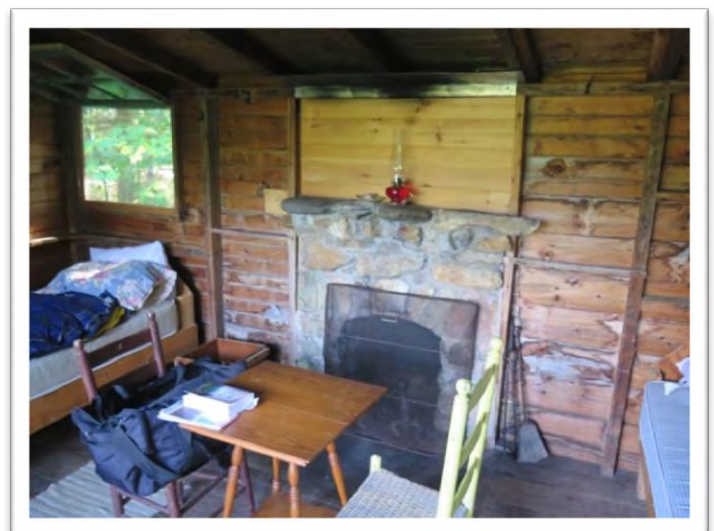
Socializing in the Lodge (Dexter Robinson photo)



Robin Melavaliln, left, Len Ulbricht, Jeannine Audet, Craig & Claire McDonald, and Jan Su atop Mt. Moriah (Jeannine Audet photo)



Jan Su, left, and Jeannine Audet on Mt. Starr King (Jeannine Audet photo)



Cozy fireplace-furnished cabin (Len Ulbricht photo)

Continued on page 11

Chapter Hut Weekend

Continued from page 10



Elizabeth Robinson on the Dam over Cold River
(Dexter Robinson photo)



Sandy Spekman on her way to the Emerald Pool
(Rob Price photo)



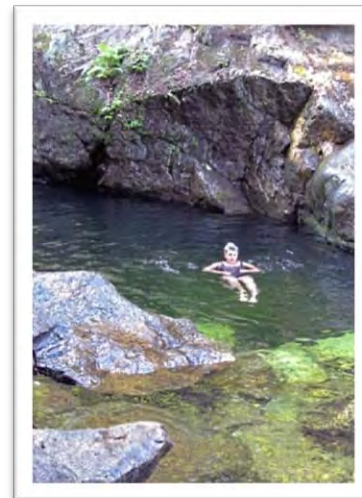
Climbing Speckled Mountain (Dexter Robinson photo)



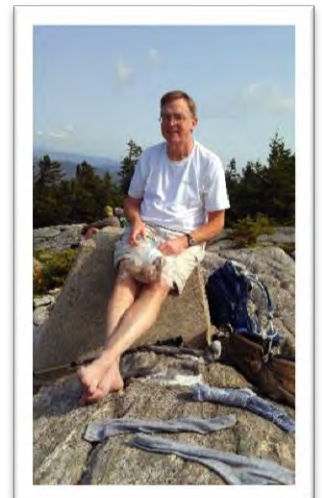
On the Blueberry Ridge Trail (Dexter Robinson photo)



Sandy Santilli and Karen Singleton on the summit of Speckled Mountain (Paul Miller photo)



Left: Cooling off in Emerald Pool (Rob Price photo)



Right: Doug Griffiths atop Speckled Mountain (Paul Miller photo)



Ellen Thompson gets her patch from Paul Brookes for Blue Lining the Blue Hills.

Hikers earn milestone patches

Written by Joe Keogh

Congratulations go out to Ellen Thompson for hiking every trail in the Blue Hills for the second time. This is called Blue Lining. She will now be working on her Green Lining. Ellen treated us, in the usual tradition, with homemade chocolate chip cookies.

Sue Svelnis received her patch for finishing her Blue trails on Aug. 28, and Paul Brookes received his patch for finishing his Purple trails on Aug. 17.

It has been the Red Lining the Blue Hills tradition when you finish your trails to bring cookies to the hike. Paul set a new standard this year, providing homemade cookies and ice cream for a delicious ice cream sandwich.

If anyone is interested in joining the Red Liners on Thursday nights, starting again in the spring of 2018, you can find us on the AMCSEM web page. Sue Svelnis will be more than happy to put you on the email list. If you sign up now, we have two weekend hikes left this season: the Skyline End-to-End on Oct. 7th and the Fowl Meadow hike on Oct. 28th. Both of these hikes can be found on the web page.



Paul Brookes and Sue Svelnis make ice cream sandwiches at hike's end. *Photo by Ellen Thompson*



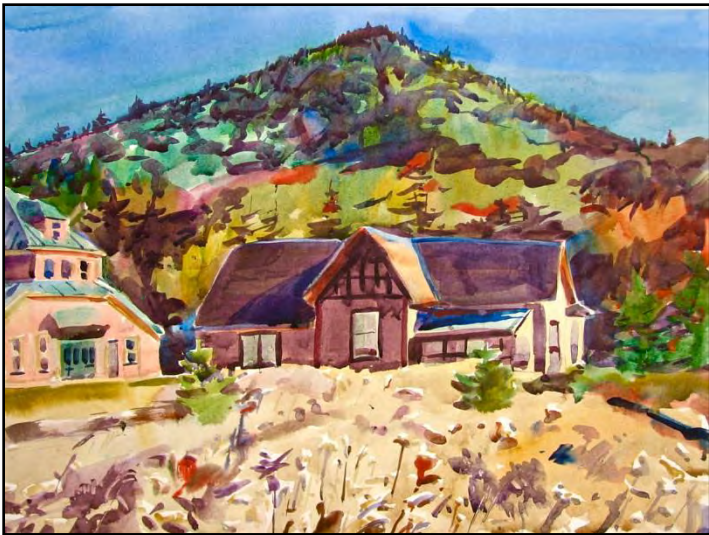
Sue Svelnis receives her patch for hiking all the Blue trails from Joe Keogh. *Photo by Maureen Kelly*



Paul Brookes finished the Purple trails and received his patch from Joe Keogh (left). *Photo by Maureen Kelly*



The RLBH group celebrates member milestones with ice cream sandwiches. *Photo by Ellen Thompson*



Plein air painting by artist, Michael E. Vermette.

Paintings displayed until Oct. 29

The AMC Highland Center at Crawford Notch is the setting for the exhibition, “The Painted Sketch: Crawford Notch,” by artist Michael E. Vermette, which runs through Oct. 29 in the Mt. Willard Dining Room.

The exhibit features Vermette’s contemporary painted sketches created in the “plein air” style, outdoors in the White Mountain National Forest and Crawford Notch State Park, and at the Highland Center site.

The exhibit is free and open to the public when the space is not otherwise in use.

Vermette served as artist in residence at the Highland Center for a week last fall and a week last winter. During those residencies, he created 11 painted oil sketches and 11 watercolor sketches that were made completely outdoors (*en plein air*) within the region. Sometimes working near the lodge, other times snowshoeing to a site with his studio on his back, he painted in cold weather amid challenging conditions. Each painting was rendered within a two- to three-hour block of time on location to capture the light.

Crawford Notch has long been an inspiration for artists drawn by the majesty of the surrounding peaks and crags. White Mountain School of Art painters frequented the area in the 19th and early 20th centuries to practice *plein air* outdoor landscape painting. One of the school’s more famous members, Frank Shapleigh, worked from his art studio in what is now the Shapleigh Bunkhouse on the Highland Center site.

Vermette’s expressive paintings show a love of color and

light. In his evocative oils, watercolors, and pastels, he emboldens color by putting into practice traditional methods of the masters to cause the pigment to be brighter, richer, and more translucent.

A full-time artist and part-time teacher, Vermette has been painting in oil, watercolor, and pastel for more than 45 years. He has won numerous awards for his work, and has participated in several “Paint for Preservation” art auctions at Cape Elizabeth, Maine.

Vermette leads several *plein air* workshops in watercolor and oil painting in Maine and New Hampshire throughout the year. For more information on the exhibit, call the Highland Center at (603) 278-4453, or email amchighlandinfo@outdoors.org.



AMC’s Real Trail Meals:

Wholesome Recipes for the Backcountry

By Ethan and Sarah Hipple

\$18.95 (Print) • \$9.99 (e-book)

Kick your trail menu up a notch with [AMC’s Real Trail Meals: Wholesome Recipes for the Backcountry](#).

Drawing on the field experience of outdoor leaders, including AMC staff and hut croo, this book delivers a buffet of lightweight and nutritious dishes. Adopting a practical, easy-to-follow approach, the cookbook shares recipes for breakfast, cold lunches and snacks, hot dinners, and desserts and sweet drinks, as well as the basic principles of dehydrating to create your own preservative-free and trail-stable foods. Icons indicate dietary preferences (vegetarian, gluten-free, dairy-free, etc.), as well as which dishes should be made at home, in the field, or consumed on the first night out. Each recipe comes with a breakdown of nutrients to pack weight, giving you the most calorie-dense bang for your buck.



The design of the new AMC headquarters combines historic preservation with minimizing environmental impact.

AMC opens new Boston HQ

by Laura Hurley, AMC Staff

The Appalachian Mountain Club (AMC) has officially moved into its new headquarters at 10 City Square, in Boston's historic Charlestown neighborhood, to better support its staff, cultivate expanded community connections, and achieve its long-term growth and mission objectives.

The move will enable AMC to expand on its “enduring legacy of connecting people with the outdoors and conservation stewardship,” said John Judge, President and CEO. “[O]ur aspiration is to create an outdoor hub here that fosters local, urban connections to Boston open space and beyond through programming, training, access, information, and gear, while working alongside partners and organizations with similar missions.”

Centrally located across the Charles River from North Station, in proximity to both subway and bus transportation, AMC's new headquarters is located on Boston's Freedom Trail surrounded by an array of revitalized urban open spaces, including the adjacent City Square Park and John Harvard Mall, Paul Revere Park, and the Boston National Historical Park.

In addition, AMC has established an adjunct training and outdoor equipment center in Charlestown at 6 Spice Street, adjacent to the Sullivan Square MBTA station. The space primarily supports the specialized needs of AMC's long-running [Youth Opportunities Program](#) (YOP), to give urban youth workers and teachers the resources

they need to lead groups on outdoor adventures.

The space accommodates program staff, outdoor leadership trainings, a gear lending library to outfit up to 15 groups at one time, and staging for hundreds of trips and trainings each year. It may host other AMC activities in the future.

“Many of the youth we work with are taking their first trip outdoors,” said Stefanie Brochu, Vice President of Outdoor Learning and Leadership. “[T]his center provides ease of access for their leaders to plan and implement a wide range of adventures.”

Renovations to the six-floor headquarters building, listed on the National Register of Historic Places, focus on stewardship of an older building and a commitment to environmental sustainability. The AMC will occupy the entire second and third floors of the building, plus half of the fourth floor. The remaining space is leased by other businesses, including the Legal Oysteria restaurant.

AMC's second floor features flexible program space for large groups, with high-quality AV equipment, a catering kitchen, abundant natural light, and adjacent gallery and conference room spaces. It will be available to both AMC and non-AMC groups on a limited basis starting in 2018. AMC's new office layout combines private and shared offices, open office work spaces and meeting areas, numerous conference rooms, a staff kitchen and social space, and a reception area.

Interior building renovations were designed to optimize natural light, celebrate the “bones” of the building, and highlight the character of the original construction, while updating the IT infrastructure. To minimize environmental impact, AMC has recycled construction and demolition waste, reused many existing walls and ceilings, and incorporated low-impact, non-toxic, and locally-sourced paint and flooring materials, lighting, plumbing fixtures, and office furniture..

AMC is developing its long-term sustainability strategies. Goals include evaluating building-wide energy reduction options, such as conversion of existing mechanical systems, energy-saving renovations to the building envelope, potential on-site renewable energy sources, and green operations and maintenance practices.

In recognition of the organization's momentous move, AMC is offering a select number of naming opportunities at 10 City Square and 6 Spice St., including program space, the gear lending library, conference rooms, and the gallery.



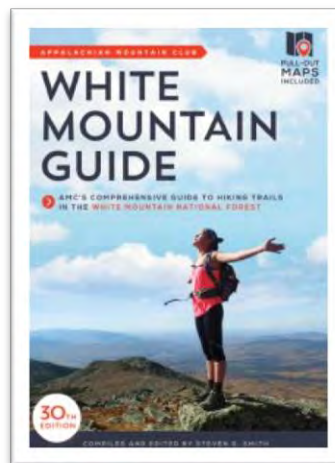
Wild Alaska Sampler: June 16-25

This spectacular journey is for the day hiker who prefers the comforts of 3-star accommodations. We will visit some of the high points of Alaska, with only a day pack on your back! Our hikes will be in the moderate range, up to 6 miles in length, leading us through forests and meadows to grand views of the state's impressive peaks.

The trip starts in Anchorage and its nearby state park, featuring the Chugach Mountains. We will hike in Denali National Park, and take a cruise from Seward Port to see the glaciers and marine wildlife of Kenai Fjords National Park. We will stop in Talkeetna, a funky hamlet straight out of your mental picture of life in small-town Alaska, 115 miles north of Anchorage. Talkeetna is the staging area for over 1,000 climbers who attempt to climb Denali (formerly known as Mount McKinley) each year.

We have room in our schedule for optional activities, including flightseeing tours of Denali with glacier landings, jet boat rides to see class V rapids, museums, a visit to a dog-sled camp, a wildlife viewing excursion, or just enjoying the surrounding beauty of our largest state: all available during free time or on a rainy day.

Contact the leaders for a detailed prospectus and an application/registration package: Janis Stahlhut at jestahlhut@me.com, 203-820-9275 and Samir Patel at sam5670@yahoo.com, 978-270-0714.



White Mountain Guide, 30th Edition
Compiled and Edited by Steven D. Smith
\$24.95 Paperback • 656 pp • 5"x 7"
Boxed set with 3 pull-out double-sided maps

Now in print for 110 years, AMC's comprehensive [White Mountain Guide](#) remains hikers' most trusted resource for trails in the magnificent White Mountain National Forest and surrounding regions. This 30th edition has been thoroughly updated and revised post-Tropical Storm Irene, with accurate descriptions of more than 500 trails, trip-planning advice, safety information, and a checklist of New Hampshire's 4,000-footers. New are at-a-glance icons for suggested hikes and redesigned, easier-to-follow statistics for all trails, charting cumulative distance, elevation, and time between waypoints.

This boxed set also contains six pull-out topographic maps, updated to reflect the latest trail openings, closings, and reroutings. Redesigned with bolder, clearer colors and GPS-charted by AMC's cartography department, these maps include trail-segment mileage; hut, lodge, camping, and shelter locations; wilderness-area boundaries; AMC shuttle stops, and more. Whether you're planning a day trip to stunning waterfalls, a backpacking trek through the Great Gulf Wilderness, or a section hike along the Appalachian Trail, the *White Mountain Guide* is your quintessential resource for adventure in the White Mountains.

AMC Books are available nationwide through booksellers and outdoor retailers, and can be ordered directly from AMC at outdoors.org/amcstore or by calling 800-262-4455. (AMC members receive a 20% discount.) E-book versions are available online through Amazon, iBooks, and Barnes & Noble. AMC Books are distributed to the book trade by [National Book Network](#).

Activities

For the most current information, [search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

Indicates pace

Indicates terrain

AA 13+

1very fast

Avery strenuous

A 9-13

2fast

Bstrenuous

B 5-8

3moderate

Caverage

C less than 5

4leisurely

Deasy

Found in the description

LActivity leader

CLActivity co-leader

FTFirst Time

NM ...New Members

ANAdvance Notice

C Conservation

BICYCLING

Thu., Oct. 5. Full Hunter's Moon Cycling, Sandwich, MA. Canal area - 22 Miles/ 2+ hours. We'll ride from Sandwich Recreation Area at the end of Freezer Road in Sandwich to Monument Beach and return along Shore Road and through Gray Gables and Mashpee Island for sunset at Tidal Flats Recreation Area across the canal from MMA. Return along the canal with a possible stop at the Railroad Bridge for the Energy Train and Aptuxet Trading Post followed by moonrise over the Sagamore Bridge. Contact leader for further information. Ride starts around two hours before sunset. This full Moon is often referred to as the Full Hunter's Moon, Blood Moon, or Sanguine Moon. Many moons ago, Native Americans named this bright moon for obvious reasons. The leaves are falling from trees, the deer are fattened, and it's time to begin storing up meat for the long winter ahead. Because the fields were traditionally reaped in late September or early October, hunters could easily see fox and other animals that come out to glean from the fallen grains. Probably because of the threat of winter looming close, the Hunter's Moon is generally accorded with special honor, historically serving as an important feast day in both Western Europe and among many Native American tribes. L Paul Currier (508-833-2690, 8 am-7 pm, paulbcurrier@comcast.net)

Sat., Oct. 7. Cranberry Country Cruise Bike Ride, MA. Beautiful 35-mile ride through the cranberry country of Rochester, Middleboro, Carver, West Wareham. Easy pace, 12-13 MPH over flat terrain. Ice cream stop near the end at Captain Bonney's in Rochester. To sign up and get start location, email or phone ride leader, Jack Jacobsen, long time fun leader for AMC/SEM. L Jack Jacobsen (508-353-3708, 8 AM- 8 PM, cyclejac51@yahoo.com,)

Sat., Oct. 28. AMC/SEM Annual Meeting Canal Ride, Cape Cod, MA. Come one, Come all to the SEM Annual Meeting Canal Bike Ride We will depart from the Brookside Club in Bourne and ride over to the Cape Cod Canal. Maybe a ride through Mashpee Island for spectacular Buzzards Bay vistas. Note: Check the AMCSEM.ORG web site for additional annual meeting note. All are welcome, members and potential new members. We have an excellent wilderness presenter for the closing talk. L Bernie Meggison (617-930-4029, thosmeggisons@gmail.com, AMC/SEM Bike Chair)

Sat., Nov. 11. Cycling & Wine Tasting, Westport Rivers Winery & Vineyard, Westport, MA. Join us for a beautiful ride through Westport, MA & Tiverton, RI, past farms, conservation lands & the Westport River. Ride will be 25-30 miles, with some hills, at a moderate pace 12-15 mph. We will conclude with a private wine tasting for our group at the Westport Rivers Winery. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com)

CAPE HIKING

Thu., Oct. 5. Hike Herring River Conservation, (C3C), Harwich, MA. Hike dirt roads, woodland trails with water views in Herring River Coservation Area. Meet at 9:45 a.m. Park in small lot on Bell's Neck Rd. or on roadside. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Sun., Oct. 8. Hike--Monk's Park and Little Bay, Bourne, MA. This 2 hour hike over approximately 4 miles is in Bourne Conservation Trust properties of Little Bay and Monk's Park. We will hike wooded trails and a fire road with views of Little Bay from the bluff. A beach walk section will be included with views of Buzzards Bay. The terrain is frequent, moderate rolling hills on the wooded trails throughout the hike. L Robin McIntyre (508-789-8252 Before 9 p.m., robinm McIntyre@comcast.net, Robin is a second year Level 1 SEM/Cape hike leader with WFA training.)

Continued on next page

Activities

For the most current information, [search activities online](#)

CAPE HIKING

Thu., Oct. 12. Hike Falmouth Moraine, Falmouth, MA. Hike approximately 5 miles along the Falmouth Moraine Trail, passing through some hilly, heavily forested areas. This is a one way hike. The pace will be moderate and the terrain is strenuous in parts. Meet in Goodwill Park at 9:45 am promptly for trail talk. From here we will carpool to the start. Not a beginners hike! Sturdy hiking boots are a must. Dress in layers, bring plenty of water, snacks/lunch, personal first aid kit, sunscreen. Be aware that poison ivy is abundant along the trails. This is a known tick habitat. Repellent is strongly recommended. Any questions, call leader Cathy Giordano 508 243 3884. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com)

Sat., Oct. 14. Hike Santuit Pond and River - Mashpee, Barnstable, MA. Hike along woodland trails around Santuit Pond and River past a newly refurbished herring run and hopefully find some witch hazel in bloom. We will also hike around a cranberry bog. Take mid-cape highway to Exit 5 (Rte 149) and turn South to Rte 28. Turn R on Rt. 28 and follow to R on Santuit-Newtown Rd. Go 0.8 mile to yellow gate on L; park on grass along edge of road. Meet at 9:45 am. L Nancy Wigley (508-548-2362 Before 8 PM, nrwigley@verizon.net)

Sun., Oct. 22. Hike Maple Swamp, Service Rd., East Sandwich, MA. Hike historic area which dates back to glacial erosion. This hike has lots of steep climbs and declines with uneven terrain. Hiking boots and poles strongly recommended. Driving directions to start take Rte 6 to exit 3 Quaker Meetinghouse Rd and turn S off of ramp. Take first L onto Service Rd and look for Maple Swamp parking area on R past Mill Ln. Meet at 12:45 PM for 1 PM start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

(FT) (NM) Sat., Oct. 28. Stroll Down Memory Lane and Hike Eagle Pond, Cotuit, MA. A great way to connect with fellow members of AMCSEM. This hike will be paced to meet the skills of the group. We will take a walk along cartways and wooded trails to begin the social activities in a healthy way. Eagle Pond is a 106-acre conservation area with history back to the days of the Pilgrims. If desired we can take in a view of Cotuit Bay and hike around a white cedar swamp. There are several benches along the trail so people will have opportunities to stop, rest and hydrate. Rain will cancel event. For directions to meet up area please contact hike leaders. After the hike, join us for the 2017 AMCSEM Annual Meeting and Dinner at the Brookside Club in Bourne. Social hour begins at 4:30 PM. See the link to register for the Annual Dinner. Come and join us! L Jane Harding (508-833-2864 Before 8 PM, janeharding@comcast.net) L Catherine Giordano (cmgiordan@msn.com), R Jane Harding (508-833-2864 Before 8 PM, janeharding@comcast.net)

Thu., Nov. 2. Hike - Mashpee River Woodlands (C3C), Mashpee Neck Rd, Mashpee, MA. Wooded walk along Mashpee River. Take Orchard Rd. off Rte.28 to end. Turn R. then quick L onto Mashpee Neck Rd. Go 1.1 miles to Mashpee River Woodlands Pkg.Lot on R. Meet at 9:45AM. Hike 10 am - 12 pm. L Farley Lewis (508-775-9168 Before 9 PM, farlewis@comcast.net)

Sat., Nov. 4. Hike Bell's Neck Conservation Lands, Sand Pond, Harwich, MA. 4.5mi hike on trails surrounding West Reservoir, cranberry bogs, the herring run and salt marsh. Exit 10 to 124S to end. R on 39S x 1.9 mi to Sand Pond prkg on right. Arrive 9:45 a. m. for a 10:00 start. End 12:15. Heavy rain cancels. L Barbara Gaughan (781-572-1321 before 9 p.m., barbaragaughan12@comcast.net, AMCSEM Level 1 hike & bike leader.)

Thu., Nov. 9. Hike Crowes Pasture, Dennis, MA. Hike in Crowes Pasture out to Quivett Neck and on beach along Cape Cod Bay. Expect soft sand! Directions: RT 6 to Exit 9 and RT 134 North. Follow RT 134 north to traffic lights on RT 6A and turn right. Turn left on School St (Airline Rd on right) then turn right at intersection on South St. Pass cemetery on right and park in small wooded lot on right. L Deborah Hayden (shaferhayden@gmail.com) CL Paul Corriveau

Sun., Nov. 12. Hike--Four Ponds and Bourne Town Forest, Bourne, MA. This 2 hour approximately 4 mile hike is in the Bourne Four Ponds Conservation Area and adjacent Bourne Town Forest. The terrain is wooded pathways, fire roads, and mountain bike trails with some moderate hills. It offers views of the ponds. L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net, Robin is a third year Level 1 SEM/Cape hike leader with WFA training) L Deborah Hayden (508-548-8726 Before 9 p.m., shaferhayden@gmail.com, Debbie is a third year Level 1 Cape hike leader and paddle leader.)

Thu., Nov. 16. Hike Quashnet River, Falmouth and Mashpee, MA. Hike in woods surrounding the Quashnet River. Expect rolling terrain and a moderate pace. L Deborah Hayden (shaferhayden@gmail.com)

Continued on next page

Activities

For the most current information, [search activities online](#)

CAPE HIKING

Sat., Nov. 18. Hike the Falmouth Moraine, Falmouth, MA. Hike approximately 9 miles along the Falmouth Moraine. Enjoy some densely forested areas, ponds, fresh air and some fall color. Trails vary from wide to a single lane. Roots and rocks abound. A couple of grassy areas and some strenuous hills. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com)

Sun., Nov. 19. Hike Scorton Creek Sandwich, Old County Rd. East Sandwich, MA. Hike along saltmarsh, through old state game farm and past one of the original pilgrim homesteads. Contour is fairly flat, with lots of roots and some trails may be muddy. Driving Directions from Sagamore Bridge take exit 3 and turn N on Quaker Meetinghouse Rd to 6A and turn R and follow 6A to E Sandwich Post Office and turn R onto Old County Rd and park in horseshoe across from Grange Hall. From down cape take Rte 6 to Exit 4 Chase Rd and turn N and take 2nd L onto Old County Rd and park in horseshoe on L across from Grange Hall. Meet at 12:45 PM for 1 PM hike start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Thu., Nov. 30. Hike Shawme Crowell State Park, Sandwich, MA. Hike cleared trails with some up/down hills. Driving directions from Sagamore Bridge take 1st exit and turn R onto Sandwich Rd and continue to merge with 6A bear L and follow to Rte 130 turn R go short distance entrance to park is on R drive past guard booth and follow road until you come to dumpsters. Park around dumpsters. From upper Cape take Rte 6 to exit 2 and turn L onto Rte 130 follow through town and continue until you see entrance to Shawme Crowell on L drive past guard house and follow road to dumpsters. Meet at 9:45 AM for 10 AM start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

(NM) (AN) Thu., Dec. 7. Hike-Barnstable-Crooked Cartway (C3C), MA. Wooded walk to The Walker Point Observation Deck. Take Rte. 149 to Rotary at Cape Cod Airport, Marstons Mills. West on Race Lane for 1.1 miles. Right onto Crooked Cartway to end. Meet 9:45AM. 2 hours. Hike 10 am - 12 pm. L Farley Lewis (508-775-9168 Before 9 pm., farlewis@comcast.net)

Thu., Dec. 14. Hike--Bourne Sisters, Bourne, MA. This 2 hour approximately 4 mile hike is in the Bourne Conservation Trust areas of the Bourne Sisters and Perry Woods. It also includes a cranberry bog and Town of Bourne Leary Property. The terrain is wooded pathways with frequent moderate rolling hills. We will have views of Back River from the Leary Property. Icy trails may be a reason for cancellation of this hike due to the hills. L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net, Robin is a third year SEM/AMC Level 1 hike leader with WFA training.)

HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org.

Always looking for additional hike leaders! Contact hikingchair@amcsem.org

Thu., Oct. 5. Thursday Morning Hike at Hammond Pond Reservation, Chestnut Hill, MA. Join us for a 3-4 mile hike in the Hammond Pond Reservation and Webster Conservation area including a trip to a garden, now wild, created by Mrs. Clement S. Houghton in 1906. The hike leader (Paul) will have his well-behaved dog Sunny with him. L Paul Brookes (603-799-4399 After 7am and before 9pm, paulbrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.)

(C) Sat., Oct. 7. Blue Hills Skyline Trail End to End Hike, Blue Hills Reservation, Milton, MA. Join us to hike the Blue Hills from one end to the other with fall color and cool breezes. This is a great hike of about 9 miles with 1300' of elevation as we go up and down most of the hills in the reservation. We'll maintain a moderate pace and expect about a 6 hour day with a planned lunch stop on Buck Hill. L Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com) L Joe Keogh (jpkoe24@gmail.com), R Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com)

(FT) (NM) Sat., Oct. 7. 2017 AMC/SEM Intro Hiking Series Blue Hills, Blue Hills, MA. This series of five hikes is for those who are new to or interested in getting back into hiking. For those unfamiliar with the Blue Hills, or who only know a small section of the 250 miles of hiking trails available, this is also a good way to broaden your experience of the Reservation. Each hike builds on a prior hike to increase stamina with increasing distance, elevation, challenging trails, or a combination of those features. No novice hikers will be registered after the second hike. Registration is required for this series. Exact meeting times and location will be sent to all registered hikers by the Wednesday preceding the hike. In order to accommodate busy schedules, we will start all the hikes at 8:30 a.m. Series Hike Dates: September 23, 2017 October 7, 2017 October 21, 2017 November 4, 2017 November 18, 2017. L Patricia-Lee Achorn (781-784-8983, plachorn@msn.com) CL Wendy Fox (wendyefox@gmail.com), R Pat Achorn (plachorn@msn.com)

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Activities

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HIKING

Sun., Oct. 8. Family Hike in Destruction Brook Woods, Dartmouth, MA. Join us for a leisurely, child-friendly hike through beautiful Destruction Brook Woods in Dartmouth, MA. Hike is geared for children ages 3-10 years. We will hike 2-3 miles. We will explore, talk about the plants & animals, & learn about following trails & Leave No Trace principles. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com)

Thu., Oct. 12. Blue Hills Hike, Skyline Loop, Blue Hills, MA. Thurs. Oct. 12, 10am -1pm. Blue Hills Skyline Loop hike. Moderate pace, on hilly (steep hills) and rocky trails. Not for beginners. Brief visit the Blue Hill Meteorological Observatory. Bring snacks/lunch, water. Sturdy foot wear. Rain cancels. Questions? Contact the leader. Take Route 93 to Exit 3 Houghton's Pond. Turn right at the stop sign onto Hillside Street. Houghton's Pond is located approximately 1/4 mile on the right. Continue 1/4 mile to the Reservation Headquarters on the left. Park in the lot across the street from the headquarters, on the right, where we will meet at 9:45am for a prompt 10:00 am start. L Ken Cohen (508-942-1536 Before 7:00 pm, k-cohen@comcast.net)

Sun., Oct. 15. Hike Mount Tecumseh, Waterville Valley, NH, Mt. Tecumseh, Waterville Valley, NH, NH. Join us for a nice hike and check off a 4000 footer from your list. Moderate paced up and back hike 5 miles RT with 2200 feet of elevation gain. Approximate hiking time of 5 hours plus lunch, snacks and breaks should keep the day under 6 hours. Chance for great leaf peeping adds to the trip! Trip limited to 10 participants. Recent experience with both the length of the hike and the altitude gain required. Proper gear required includes hiking boots/shoes, rain gear, day pack, lunch, snacks, 2 quarts of water and waste disposal gear. Leave no trace principles apply. L Len Ulbricht (781-749-3801, lenu44@gmail.com) CL George Danis (781-749-3801, gedan14@msn.com), R George Danis (781-749-3801, danisdad51@outlook.com)

Thu., Oct. 19. Thursday Morning Hike Wachusett Mountain, Mile High Rd, Westminster, MA. Meet at the Wachusett Mountain Ski Area parking lot, between parking aisles 5 and 6 for a 10:00 am hike. We will hike to the summit via the Balance Rock and Old Indian Trail and loop back down to our cars on the Semuhenna Trail. The 4+ mile hike will take us to the summit of Wachusett, giving us great views of the Boston Skyline to the Berkshire Hills. Bring lunch/snacks, water, sturdy footwear, rain jacket. Steady rain cancels. L Walt Granda (508-999-6038 before 9:00 pm, wigranda@aol.com)

(FT) (NM) Sat., Oct. 21. 2017 AMC/SEM Intro Hiking Series Blue Hills, Blue Hills, MA. This series of five hikes is for those who are new to or interested in getting back into hiking. For those unfamiliar with the Blue Hills, or who only know a small section of the 250 miles of hiking trails available, this is also a good way to broaden your experience of the Reservation. Each hike builds on a prior hike to increase stamina with increasing distance, elevation, challenging trails, or a combination of those features. No novice hikers will be registered after the second hike. Registration is required for this series. Exact meeting times and location will be sent to all registered hikers by the Wednesday preceding the hike. In order to accommodate busy schedules, we will start all the hikes at 8:30 a.m. Series Hike Dates: September 23, 2017 October 7, 2017 October 21, 2017 November 4, 2017 November 18, 2017. L Patricia-Lee Achorn (781-784-8983, plachorn@msn.com) CL Wendy Fox (wendyefox@gmail.com), R Pat Achorn (plachorn@msn.com)

Thu., Oct. 26. Thursday Morning Hike at Mt Misery, Lincoln, MA. Join us for a 4-5 mile hike around Mt Misery and Fairhaven Bay. The hike leader (Paul) will have his well behaved dog Sunny with him. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.)

Sat., Oct. 28. Blue Hills Fowl Meadow Hike, Royall St. Canton, MA. Join the 'Red Line the Blue Hills' hikers as they finish their season by hiking 9 miles of Fowl Meadow along the Neponset River. The terrain will be mostly flat and probably wet in some areas. Meet at the end of Royall St. Canton at 9:30. Only non-Red Liners need to register. Red Liners can just show n go. Bring lunch and a smile. L Joe Keogh (508-542-0665 before 9 pm, jpkeo24@gmail.com) L Michael Swartz (swartz@brandeis.edu), R Joe Keogh (508-542-0665 before 9 pm, jpkeo24@gmail.com)

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HIKING

Sat., Oct. 28. SEM Winter Hiking Workshop, Lakewood Hills clubhouse, 7 Kiah's Way, East Sandwich, MA. In the winter months, many of us think about going skiing or escaping to somewhere warm, but have you thought about winter hiking and snowshoeing? Do you like to be active and outside, but the thought of getting cold keeps you indoors? Then come join us for an informative afternoon that will change your mind about hiking and being outdoors in the winter months. You will learn about necessary clothing and gear, nutrition and hydration requirements, winter conditioning, winter issues and how to avoid them and why we love to hike in the winter. The workshop is free to all and is a prerequisite (or prior winter hiking experience) to join us for the SEM Winter Hiking Series. The workshop runs from 12:00-3:30 with clothing and gear demonstrations. Light lunch/snacks will be provided. After the workshop, join us for the SEM Annual Meeting/Dinner at the Brookside Club in Bourne (registration is separate- see listing). L Leslie Carson (508-833-8237 before 9 pm, ltc929@comcast.net, Leslie is a 4-season SEM hike leader who also leads hikes for AMC's August Camp and Adventure Travel.) L Paul Miller (paulallenmiller@verizon.net) L Ken Carson

(FT) (NM) Sat., Nov. 4. 2017 AMC/SEM Intro Hiking Series Blue Hills, Blue Hills, MA. This series of five hikes is for those who are new to or interested in getting back into hiking. For those unfamiliar with the Blue Hills, or who only know a small section of the 250 miles of hiking trails available, this is also a good way to broaden your experience of the Reservation. Each hike builds on a prior hike to increase stamina with increasing distance, elevation, challenging trails, or a combination of those features. No novice hikers will be registered after the second hike. Registration is required for this series. Exact meeting times and location will be sent to all registered hikers by the Wednesday preceding the hike. In order to accommodate busy schedules, we will start all the hikes at 8:30 a.m. Series Hike Dates: September 23, 2017 October 7, 2017 October 21, 2017 November 4, 2017 November 18, 2017. L Patricia-Lee Achorn (781-784-8983, plachorn@msn.com) CL Wendy Fox (wendyefox@gmail.com), R Pat Achorn (plachorn@msn.com)

(FT) (NM) Thu., Nov. 9. Thursday Morning Hike, Milton, MA. A 4-5 mile hike along the many trails at Little Blue. L Sue Chiavaroli (508-496-6452 9AM-6PM, brillo6452@yahoo.com)

Thu., Nov. 16. Thursday AM Hike on Bay Circuit Trail through Walpole Conservation Land, 109 Robbins Road, Walpole, MA. Meet at 10am at the VFW Post at 109 Robbins Rd in Walpole for a 4.5 mile hike on the Bay Circuit Trail through Conservation Land. Mostly flat but with a few steep, but short sections up and down eskers. Bring hiking boots,, rain gear, water, lunch. Rain or storm cancels. L Hans Luwald (508-668-0462 Before 9 pm, hans.luwald@gmail.com) CL Debbie Lepore (617-778-4339 Before 9 pm, dlepore2@gmail.com)

(FT) (NM) Sat., Nov. 18. 2017 AMC/SEM Intro Hiking Series Blue Hills, Blue Hills, MA. This series of five hikes is for those who are new to or interested in getting back into hiking. For those unfamiliar with the Blue Hills, or who only know a small section of the 250 miles of hiking trails available, this is also a good way to broaden your experience of the Reservation. Each hike builds on a prior hike to increase stamina with increasing distance, elevation, challenging trails, or a combination of those features. No novice hikers will be registered after the second hike. Registration is required for this series. Exact meeting times and location will be sent to all registered hikers by the Wednesday preceding the hike. In order to accommodate busy schedules, we will start all the hikes at 8:30 a.m. Series Hike Dates: September 23, 2017 October 7, 2017 October 21, 2017 November 4, 2017 November 18, 2017. L Patricia-Lee Achorn (781-784-8983, plachorn@msn.com) CL Wendy Fox (wendyefox@gmail.com), R Pat Achorn (plachorn@msn.com)

Thu., Dec. 7. Wilson Mountain/Whitcomb Woods Hike, Wilson Mountain Reservation, Dedham, MA. Wilson Mountain Reservation is 207 acres of wild and varied terrain. Large tangled thickets of rhododendrons grow on a hillside. Wilson Mountain is the highest point in Dedham at 295 feet. While not a true mountain, it does provide hilltop views of the surrounding area. There are well marked trails to the summit of Wilson Mountain on the Dedham/Needham line. Managed by the Massachusetts Department of Conservation and Recreation. After Wilson Mountain, at your option, we'll cross Common Street to the Whitcomb Woods trail head. Forested level trails with views of the Charles River and gazebos. Total hike is 5 - 7 miles at a moderate pace. Bring water snacks/lunch, sturdy footwear/traction devices if icy. Steady rain/snow cancels. Dogs on leash O.K. L Ken Cohen (508-942-1536 Before 8:00 pm, k-cohen@comcast.net) CL Walt Granda (508-971-6444 Before 8:00 pm, wigranda@aol.com)

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HIKING

Tue., Dec. 26. White Line the Blue Hills Hike, Blue Hills, MA. This series will run from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn, R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Tue., Jan. 2. White Line the Blue Hills Hike, Blue Hills, MA. This series will run from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Tue., Jan. 9. White Line the Blue Hills Hike, Blue Hills, MA. This series will run from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Thu., Jan. 11. Thursday Morning Hike: Whitney and Thayer Woods (B3C), Cohasset/Hingham, MA. Lovely woods walk across rolling hills on Trustees of Reservations property. Meet at 10:00am in the Whitney and Thayer Woods main parking area. Boots suitable for weather/trail conditions, possibly traction devices or snowshoes, water, winter wear (layers, hats, mittens) and snacks/lunch required. Directions: from Route 3 (Exit 14), take Route 228N for 6.5 miles through Hingham. Turn right onto Route 3A eastbound and follow for 2 miles to the entrance. Parking is on the right. Contact L if weather is questionable. Please carpool if possible, as parking is limited. L Eva Borsody das (borsody@gmail.com)

Tue., Jan. 16. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

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Tue., Jan. 23. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Tue., Jan. 30. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Tue., Feb. 6. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Tue., Feb. 13. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Tue., Feb. 20. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

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Tue., Feb. 27. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn, R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Tue., Mar. 6. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Tue., Mar. 13. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Tue., Mar. 30. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

PADDLING

Wed., Oct. 4. Paddle Herring River north, West Harwich, Dennis, MA. Paddle upstream to Coy Brook & to end & then to cut into the East Reservoir & circle it to cut to Herring River for lunch at North road bridge. Afterwards paddle to West Reservoir & see herring run & reverse direction heading directly back to the put-in for 7-8 mile paddle. Wear PFD, bring spray skirt in case of wind, lunch & water. L Paul Corriveau (paulcorri@gmail.com) L Jean Orser (jeanorser@gmail.com), R Jean Orser (jeanorser@gmail.com)

Sat., Oct. 7. Leader's Choice Paddle, Hall's Creek?, West Hyannisport, MA. If the winds co-operate we'll paddle Hall's Creek in West Hyannisport, typically an easy 6 mile paddle. If the winds don't co-operate, we'll explore the creeks in Barnstable Harbor for a slightly longer paddle. L Ed Foster (erfoster@comcast.net)

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PADDLING

Wed., Oct. 11. Paddle Mashpee/Wakeby ponds, Mashpee, MA. Take rt. 130 to Fishermans Landing Just South of Great Neck Road. Drive down to the put-in, unload and park back up in the lot.. Paddle the Second largest fresh water ponds on cape Cod. fall Colors shoud on display. L Bill Fischer (508-420-4137 before 9pm, wambararafischer@comcast.net)

Sat., Oct. 14. Paddle Long Pond, Harwich/Brewster, MA. Circumnavigate Long Pond checking small lily pond & if there is enough water visit Greenland pond. Lunch on beach and paddle back to put-in for 6-7 mile trip. Wear PDF, bring spray skirt (in case of wind), lunch & water. L Jean Orser (jeanorser@gmail.com) L Paul Corriveau (paulcorri@gmail.com), R Jean Orser (jeanorser@gmail.com)

Wed., Oct. 18. Leader's Choice Paddle, Barnstable Harbor?, Barnstable, MA. We'll probably paddle the creeks of Barnstable Harbor or Hall's Creek in Hyannisport. Which one depends on the winds and where the trip of October 7 ended up going. Check with the leader a couple days before the trip for a better idea of our destination. L Ed Foster (erfoster@comcast.net)

Sat., Oct. 21. Paddle Centerville River from Dowses Beach, Centerville/Osterville, MA. Paddle the Centerville River and Scudder Bay with a possible trip into Nantucket Sound. Directions: From Rt. 28 go south onto Old Stage Road and continue to stoplight. Turn right onto South Main St. and then turn left onto East Bay in Osterville. After East Bay Road bends right (354 East Bay Rd, Osterville), turn left into the Dowses Beach Parking lot. L Bill Fischer (508-420-4137 Before 9pm, wambararafischer@comcast.net)

Sat., Oct. 28. Paddle Walker/Mill Ponds, Brewster, Dennis, MA. Paddle 3 fresh water kettle ponds & narrows between them. See Stoney Brook Grist Mill (1873) & herring run. Lunch either on beach or Slough road picnic area. Continue around ponds back to Punkhorn put-in for about 7 miles. Wear PFD, bring spray skirt (in case of wind), lunch & water. L Jean Orser (jeanorser@gmail.com) L Paul Corriveau (paulcorri@gmail.com), R Jean Orser (jeanorser@gmail.com)

SOCIALS

Sat., Oct. 28. Annual Meeting and Dinner, Bourne, MA. Join us for the 2017 SEM Annual Meeting and Dinner at the Brookside Club in Bourne, MA. Special Guest Speaker from the Mount Washington Weather Observatory "Tales from the Home of the World's Worst Weather". Register using the link http://www.amcsem.org/events_amd.2017.flyer.pdf Hiking and Biking events before the meeting are listed separately on the activities database. L Barry Young (Barry.young@comcast.net)

TRAILS

(C) (FT) (NM) Sat., Oct. 14. Trail Maintenance, Blue Hills Skyline Trail, Canton, MA. Join the SEM Chapter for routine trail maintenance and cleanup on the Chapter's adopted section of the Skyline Trail from the State Police Barracks to Route 28. Maintenance will include clearing steps, water bars, removing loose rocks, etc. Meeting time is 8:50 at Houghton's Pond parking lot, Hillside Street, in the northeast corner near the exit. SEM will supply all tools, gloves and snacks. Please bring water, any special food, wear appropriate clothing (long pants, long sleeve shirt, boots, hat), sunscreen, bug spray, etc. Registration required - contact Skip Maysles at piks126@yahoo.com. L Peter Tierney (Pxtierney@aol.com) CL Skip Maysles (Piks126@yahoo.com), R Skip Maysles (Piks126@yahoo.com)



Happy Trails!



The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | November 2017

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Ed Foster paddles past red tupelo trees lining Indian Ponds during a September 7th trip.
Photo by Jean Orser

SEM Annual Meeting and Dinner Did Us Proud

By Paul Miller, SEM Communications Chair
Photos by Ken Carson

More than a hundred AMC Southeastern Mass. Chapter members attended our Annual Meeting and Dinner at the Brookside Club in Bourne, Massachusetts on October 28th.

The pre-Meeting social hour gave us all a chance to catch up with old friends and get acquainted with newer members, quite a few who were attending their very first chapter-wide event.

During the brief business meeting that followed, Chapter Chair Barry Young introduced the current executive board members (most of whom will be returning for a second term); Chapter Secretary Ann McSweeney presented the 2017 SEM Annual Report (available for all to read on our website [here](#)); Chapter Treasurer, Patty Rottmeier, provided an update on the chapter's solid financial position; and Alan Greenstein from the nominating committee presented the slate of officers for the coming year.

Continued on page 3

View from the Chair: “Calling all Volunteers!”

What a turnout for our recent SEM Annual Meeting and Dinner, over 100 people in all! Of these, approximately 20 were attending their first meeting and over half were volunteers in some capacity with our SEM Chapter. We held 324 events last year, with the numbers for most activities (hikes, paddles, biking, trail work, workshops, etc.) up significantly over the year before. These activities were led by 64 leaders, all volunteering their time and having fun doing it.



During the Annual Meeting portion of the meeting, we elected the incoming Executive Board for 2018. On a very positive note, many of the Board members are returning for another year which will provide the Chapter with great continuity and consistency. On the downside, we have one opening on the Board, Chapter Vice Chair, and several Committee Vice Chair positions remain unfilled.

From talking with many of the attendees, I know there were some recent retirees, people about to retire, and some “empty nesters” in attendance. Some of the people about to retire expressed a concern and were questioning how they were going to fill up their time now that they were not going to work every day. Well, I have a great answer for you! How about getting involved with your AMC SEM Chapter? We can surely use your help, whether it be 30 minutes a week or 3 hours a week. I’m sure we can find something that interests you and affords you the opportunity to give back to a great club.

AMC is the oldest outdoor conservation club in the United States, founded in 1876. At the risk of trying not to sound too political, I think we would all agree times are tough right now for finding funds for conservation and the outdoors. So what better way to help out and volunteer some of your time to the Chapter and its causes? We provide free leadership training for volunteers as well as free skills-based training. What could be better than this—meeting new similarly minded friends and learning new skills!

As we approach the winter season, there is still plenty to do outside. This year our popular Winter Hiking series will have six hikes instead of the usual four—surely one of those hikes should fit your schedule. We also have some snowshoe events, ski events, and full moon hikes coming up, so stay tuned to the website for new activities being posted all the time. And if you do attend an event, bring a friend—attendees at our events do not have to be AMC members to participate. You can find all our activities (hike, bike, paddle, trail work, snowshoe, volunteer) at our website: www.amcsem.org

Hope to see you outside!
Barry Young, AMCSEM Chapter Chair

2018 Executive Board

Chapter ChairBarry Young	Communications ChairPaul Miller	Membership ChairSandy Santilli
Vice ChairOPEN	Communications Vice ChairOPEN	Membership Vice ChairOPEN
SecretaryAnn McSweeney	Conservation ChairBill Cannon	Membership Vice Chair ... Ellen Thompson
TreasurerPatty Rottmeier	Conservation Vice ChairOPEN	Paddling ChairEd Foster
Past Chapter ChairMaureen Kelly	Education ChairDoug Griffiths	Paddling Vice ChairOPEN
Biking ChairBernie Meggison	Education Vice ChairOPEN	Skiing ChairJeannine Audet
Biking Vice ChairOPEN	Hiking ChairMike Woessner	Skiing Vice ChairOPEN
Cape Hiking ChairJane Harding	Hiking Vice ChairGeorge Danis	Trails ChairPeter Tierney
Cape Hiking Vice ChairCathy Giordano		Trails Vice ChairWayne Anderson
		Trails Vice Chair.....Skip Maysles

Ad Hoc Committee Chairs & Other Chapter Contacts

Social Director.....OPEN	Webmistress..... Cheryl Lathrop
Social Vice ChairOPEN	The Breeze Editor.....Mo Walsh
Social Media AdministratorChristine Racine	Blast Editor.....Marie Hopkins
Social Networking Moderator.....Sue Mulligan	

Contact chair@amcsem.org if you are interested in any OPEN position.



A welcome from Membership Committee Vice Chair Ellen Thompson and Membership Chair Sandy Santilli.

SEM Annual Meeting

Continued from page 1

Alan commented that while we have a full slate of chapter- and committee-level chairs, it would be great if we could fill many of the open vice-chair positions to ensure leadership continuity in the coming years. In good parliamentary procedure form, Alan then asked for someone to move to accept the slate, someone else to second the move, and then called for a show of hands in favor of approving the slate.

Following the official business meeting, Faith Salter, AMC director of volunteer relations, first took an opportunity to compliment us all on the vibrancy of our chapter and the leadership we apparently provide to other AMC chapters in terms of technology adaption and other areas. (Pretty darn good for such a small chapter!)



Faith Salter of AMC

Faith then provided us with an update on the recent move of the AMC headquarters staff from the venerable brownstone building on Joy St. on Boston's Beacon Hill, to new (actually refurbished) digs across the Mystic River

in Charlestown. Faith also briefed us on the progress of the AMC's Diversity, Equity, and Inclusion initiative.

We then all enjoyed an excellent buffet dinner, followed by coffee and humungous homemade cookies.

After dinner, came the awards portion of the evening, intended to recognize the contributions of our outstanding volunteer leaders. Joe Keogh, who spearheads our popular Red Line the Blue Hills (RLBH) hiking series year after year, received the chapter's annual Distinguished Service Award. Walt Granda and Maureen Kelly received Hiking Committee Awards; John Gould and Jane Harding received Cape Hikes Committee awards; and Maureen Kelly and Leslie Carson received Chapter Chair Awards.



Will Broussard from Mt. Washington Observatory.

Finally, our guest speaker Will Broussard from the Mt. Washington Observatory, gave his fascinating presentation; "Stories from the Home of the World's Worst Weather," which certainly left us all with a better appreciation of what it takes to be a year-round weather observer atop Mt. Washington.



Distinguished Service Award winner Joe Keogh, left, with Alan Greenstein. *All photos by Ken Carson*

Continued on page 4

Dinner Get-Together

Continued from page 3



“Trail Crew” members Skip Mayses, left, Susan Dew, and Pete Tierney.



Jane and Barry Young



Hadley Donaldson, Sandy Santilli, and Brooke Igo



Outgoing and Incoming Hiking Chairs Leslie Carson and Mike Woessner.



“The Cape Table”: Susan Harding, left, Jane Harding, Cathy Giordano, and Kathy Selfe

2017-2018 SEM WINTER

HIKING SERIES

- #1 Nov. 18th—Blue Hills, Canton/Milton, MA
- #2 Dec. 2nd—Welch-Dickey, Waterville Valley, NH
- #3 Jan. 6th—Mt. Kearsarge North, Intervale, NH
- #4 Feb. 3rd—Mts. Tom and Field, Crawford Notch, NH
- #5 Mar. 2nd-4th—Zealand Hut Weekend, Twin Mtn., NH
- #6 Mar. 11th—Mt. Liberty—Franconia Notch, NH

ADDITIONAL WINTER HIKES

- Snowshoe Hikes**—Dec. 16th, Jan. 20th (Anne Duggan)
- Sunday Morning Hikes**—Nov. 26th, Dec. 10th, Dec. 24th, Jan. 14th, Feb. 18th, Mar. 18th (Maureen Kelly)
- Noble View Weekend**—Feb. 9th–11th (Walt Granda)



Get ready to White Line the Blue Hills

Written by Paul Brookes, Hike Leader

Fall is moving along, and it's time to start thinking about winter activities, and that includes White-Lining the Blue Hills (WLBH). This is hiking all the trails in the Blue Hills in the "winter," from the Winter Solstice to the Spring Equinox. It may take you several years to complete this one! Unlike colored lining, which runs serially (first red, then blue, then green, etc.), and runs all year long, White Lining may run in parallel with colored lining, but you can't count the same trail for both—unless you walk it twice!

Cathy MacCurtain, Pat Achorn, and I are happy to be running the series again this winter. If you would like to register, please email PaulBrookes1966@outlook.com, and then answer a few questions about your hiking experience. If you remind me that you hiked with us last year, then I will not need to rescreen you.

Nothing much will change from the way we did things last year. We will meet Tuesday mornings somewhere in the

Blue Hills, ready to hike at 10 am. Registered hikers will receive an email the prior week that will provide the upcoming meeting location and hike details.

We will hike at an enjoyable moderate pace and have lunch on the trail. We intend the pace and distance to be relaxed enough that folks can both socialize and enjoy the winter vistas while getting a bit of exercise. This is not a conditioning series.

As with last year, the hikes will run from the winter solstice to the spring equinox. This year that means the first hike is the day after Christmas. Yay to working off some of that Christmas pudding! As with last year, register once and come whenever you want. Come only when the snow is virgin and the days are sunny, or test yourself on weeks when it's cold and the trails are icy. It's totally up to you.

We look forward to seeing some of you again this year, as well as some new faces.

Wishing us snow-filled days,
Paul, Cathy, and Pat

Great season's end for Red-Liners

By Bill Cannon, Conservation Chair

The Red Liners finished up the season with a 9.5-mile hike in Fowl Meadow along the Neponsett River on the 28th of October. It was a perfect fall day. Twenty-one hikers started out at 9:30 am off Neponsett Valley Parkway. The woods and river were beautiful.

The trails were a little overgrown from lack of summer use, but the group managed to get through.



In our last mile along the river, we came upon a dozen trees being cut by beavers. Quite an unusual find!

If you are interested in hiking with the Red Liners, keep an eye on the AMC SEM web site this spring when we start up again.

Above: The 2017 season for AMC SEM's Red-Lining the Blue Hills Hiking series ended on a beautiful autumn day.

Left: One of a dozen trees gnawed by beavers along the Neponsett River.





Bill heads into the morning mist.

Fog lifts for Indian Ponds kayakers

Written by Bill Fischer, Paddling Leader

Trip Report: Wednesday, **September 27, 2017**

Location: Indian Ponds, Marstons Mills

Leader: Bill Fischer **Paddlers:** Paul Corriveau, Ed Foster, Carol Houghton, Jean Orser

The trip started out very foggy but we know the waters very well and the fog was expected to lift shortly. It did. We took a right out of the put-in and paddled close to shore along Middle Pond and after about a mile and a half we took the cut into Mystic Lake. The cut was as wide as any of us could remember for this late in the season. We continued to hug the shore the length of Mystic Lake and then went around the Island at the far end of the lake before stopping for lunch at the Race Lane Put-in. There was a short rain shower during lunch but it caused no problems and Jean's brownies were great, as usual.



Rain can't compete with Jean's brownies.



Carol, Ed, Paul, and Bill paddle into the lifting fog.



Paul drags Ed across shallows blocking the herring run inlet.

After lunch we paddled back to Middle Pond staying on the right shore. When we got to the Herring run in Middle pond there was a sand shoal built up that prevented Kayaks from going any further but Paul pulled all of us over so we were able to paddle in that area. The fall colors were just starting to show in some trees. Both ponds were very calm and it turned out to be a nice, easy 5 mile paddle.



Ed and Bill in the inlet to the herring run.



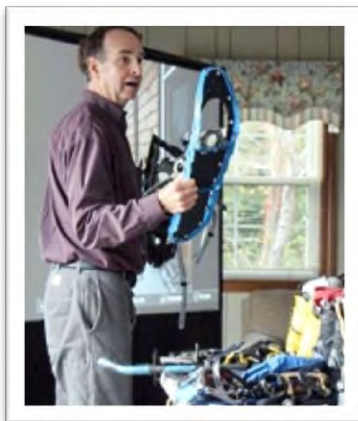
SEM Winter Hiking Series Workshop Instructors Ken, left, and Leslie Carson, Dexter Robinson, Paul Miller, Ann Duggan, and Maureen Kelly. *Photos by Ken Carson*

Pre-Annual Meeting & Dinner: Winter Workshop, Hike, and Bike Ride

Written by Paul Miller, Communications Chair

As has become our tradition in recent years, SEM members and their friends and relatives had an opportunity to join in a variety of nearby activities in the afternoon prior to our Annual Meeting in Bourne. This year, those activities included a gentle and sociable hike on the Cape, a scenic bike ride along the Canal, and our annual Winter Hiking Series Workshop in Sandwich, MA.

This year's winter workshop drew 20 participants, who learned about the joys (and challenges) of winter hiking, as well as how to dress, what to bring, and how to get in shape for safe and enjoyable winter hiking. The leaders also discuss the expanded schedule of progressively more challenging hikes for this year's Winter Hiking Series, designed to gradually increase the skill and comfort levels of series participants, who typically are already experienced three-season hikers.



Dexter Robinson discusses snowshoe options.

A Tribute to Dave Williams

A touching moment at the recent SEM Annual Meeting was Nancy Wigley's moment of silence in remembrance of Dave Williams, a long-time SEM member and popular activity leader who passed away on October 26th following a brief illness.

His obituary notes, "Dave was an avid outdoorsman and enjoyed camping, hunting, fishing, bicycling, kayaking and canoeing. He and Barbara...led many canoe trips on the Saco River in Maine."

According to Nancy, "Dave Williams and his wife Barbara will be greatly missed. It was on AMC canoe-camping trips that I got to know them and learned so much about canoe/camping from them. The time spent on those trips were some of the happiest days of my life. I appreciated the opportunity at the Annual Meeting to have everyone join me in a moment of silence in remembrance of someone who made such a difference in the lives of others."



We'll all miss you Dave!

Here is a [link](#) to Dave's full obituary.



November 4th Cape Hike through Bell's Neck Conservation, Harwich. Left to right: Dave Selfe, Richard Kaiser, Barbara Gaughan, Amber Lavelle, Susan Harding, Jane Harding, Janet Kaiser, Carol Thompson.



Photo by Ken Carson



Volunteer of the Month: Walt Granda

Written by Leslie Carson, Hiking Chair

Each month the SEM recognizes one of our amazing volunteers. We are thankful for the wonderful people who donate their time and energy to lead terrific trips. This month the Hiking Committee recognizes WALT GRANDA for his continuing contributions.

Walt became an AMC member in 1997, but wasn't really involved in AMC activities until 2006. In 2009, he became a hike leader for the SEM Chapter and has led day and overnight hikes in Massachusetts and New Hampshire. A few years later, Walt volunteered to be the SEM Hiking Vice Chair, then moved into the position of Hiking Chair. For the past six years, he has been organizing, as well as leading, the well-attended Thursday Morning Hikes that explore various local spots around Massachusetts and Rhode Island. Another one of the roles Walt has taken on has been organizing the popular February Noble View Snowshoe and X-C Ski Weekend in Russell, MA.

Thank you, WALT, for all you do! Walt will receive a Volunteer of the Month Certificate and a \$50 gift card.



The October family hike included "Leave No Trace" lessons and a scavenger hunt. Photo by Maureen Kelly

October Family Hike: Destruction Brook Woods

Written by Jeannine Audet

A lively group of 16 hikers walked the wooded trails of Destruction Brook Woods in Dartmouth, MA, on October 18th, led by Jeannine Audet and Maureen Kelly. The kids ranged in age from three to thirteen. Several members of our group were Girl Scouts, with one Boy Scout.

They learned about following trail maps and blazes and "Leave No Trace" principles. They filled out scavenger hunt sheets when they found mushrooms, evidence of animal homes, and other features, and shared their family experiences hiking and camping. Stops along the way included Alice's Spillway and Ella's Bridge, where we watched Mallard ducks and watched leaves and sticks follow the flow of Destruction Brook. The weather cooperated: the rain held off just until we finished our hike!



Photo by Jeannine Audet



The spartina grass turns autumn gold. *Photos by Jean Orser*

Mist in the marshes of Squaw Island

Written by Jean Orser

Trip Location: October 7, 2017 Location: Squaw Island Marshes, West Hyannis Port

Leader: Ed Foster **Paddlers:** Paul Corriveau, Bill Fischer, Louise Foster, Jane Harding, Debbie Hayden, Carol Houghton, Jean Orser

At launch time there was a light wind, fog, and mist, and a gentle swell breaking on the beach made the launch a little tricky. As we headed east along Nantucket Sound, glasses fogged up from the mist and even those with terrible eyesight said they could see better without their glasses.

We paddled into the marsh behind Squaw Island and proceeded counter clockwise around it. The water was calm and beautifully clear. We had lunch at an association picnic area at the end of 5th Ave/Cross Street. The locals didn't seem to mind, but then someone arrived with a boat trailer to pull his boat. Since our kayakers were spread across the ramp to the water, we cut our lunch short to launch our boats and get out of his way.

After lunch we paddled up the creek at the west end of the marsh, not quite getting all the way to Craigville Beach Road. Then we turned around and headed back into the sound to return to the put-in, still surrounded by fog. Once at the put-in, we'd no sooner loaded the boats onto the cars than the fog lifted completely and we could see for miles! Still it was a beautiful 6.2-mile trip.



Fog and small swells breaking on shore at the put-in.



Louise discovers glasses do not help in fog.



The weather is always right for lunch.



The Chamonix valley surrounded by Mont Blanc. *Photo from www.chamonix.com*

Day-Hiking the French and Swiss Alps

Written by Len Ulbrecht

AMC Adventure Travel Trip # 1838:

August 11-20, 2018

Our trip will be based in Chamonix, France, and Zermatt, Switzerland. In Chamonix, we will be surrounded by Mont Blanc, the highest mountain in the Alps, and many of our hikes will have views of the mastiff and its glaciers. We will then head to Zermatt for views of another great mountain—the Matterhorn (the sixth highest peak in the Alps and one of the best known because of its unique shape)—while we hike through charming Swiss villages, past alpine tarns (lakes), and through alpine meadows.

Anticipated highlights include hiking for five (5) spectacular days; rides in mountain gondolas and funiculars (an underground cabled railway); a tour of Geneva; a visit to Chamonix's *L'Aiguille du Midi*, where you can choose to step out onto The Void; and visiting "the most attractive hamlet" in Switzerland—Findeln.

We'll take time to explore the towns, meet the locals and socialize! This trip is designed for social, fit people with the luxury of hotels and good meals at the end of the day.

Trip cost of \$2,950 includes: lodging, most meals, one Geneva lake/city tour, all ground transport. Airfare is not included. The AMC trip listing can be found [here](#). For further information, contact trip leader Mike Darzi, mike.darzi@gmail.com, or co-leader Len Ulbricht, lenu44@gmail.com.

Volunteer with AMC

Now is the time to apply to volunteer at AMC's Huts & Lodges for the 2018 season. Help others enjoy the outdoors and learn about the natural world!

Information Volunteers greet guests in a friendly manner, orient them to the facility, and offer advice about nearby hiking trails, outdoor gear, and activity programming. They provide information about conservation and natural history, promote AMC membership, and may lead evening programs or nature walks. Volunteers at lakeside lodges also help guests with boats and waterfront equipment; and volunteers in the huts and at Hermit Lake also assist with retail sales. Information Volunteers serve at AMC's backcountry huts, at Hermit Lake Shelters, and at these AMC lodges: Medawisla, Mohican, Harriman, Pinkham, Highland, and Cardigan.

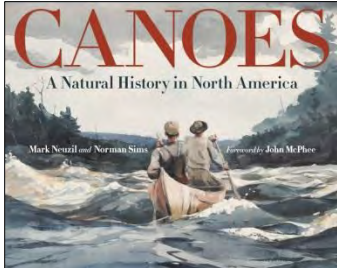
Volunteer Naturalists provide outreach in AMC's backcountry huts, primarily by sharing information about local natural history during evening programs. Naturalists can offer a variety of programs over a few days, or focus on just one or two topics; they can gear their programs toward kids, adults, or both. In addition to evening programs, Volunteer Naturalists offer short talks after breakfast, help guests with hike planning, and may offer afternoon nature walks.

For more information, and to request an application, please [contact Kyra Salancy](#), AMC's Outdoor Program Centers Volunteer Coordinator.



Activities

For the most current information, [search activities online](#)



Spend an evening on the New England National Scenic Trail

Thursday, Nov. 30 at 6 PM-8 PM, Jones Library, 43 Amity St, Amherst, MA Come spend an evening with the Appalachian Mountain Club to learn more about the New England National Scenic trail and hear music inspired by the trail, performed by NET Artist-in-Residence Ben Cosgrove. The evening will also include the opportunity to learn about the history of canoes in North America from writer Norman Sims and find out how you can take a canoe on the Massachusetts stretch of the Connecticut River Paddlers Trail.

Hiking Key:

C4D

Indicates distance in miles

AA 13+

A 9-13

B 5-8

C less than 5

Indicates pace

1 very fast

2 fast

3 moderate

4 leisurely

Indicates terrain

A very strenuous

B strenuous

C average

D easy

Found in the description

L Activity leader

CL Activity co-leader

FT First Time

NM ... New Members

AN Advance Notice

C Conservation

BICYCLING

Sun., Dec. 3. Full Cold Moon Road Cycling, Scussett Beach, Bourne, MA. Full Cold Moon Road Cycling Canal area, Mainland side, 22+/- Miles/ 2 +/- hours. Flats and hills. Registration required. E-mail paulbcurrier@comcast.net We'll ride from Sagamore Recreation Area (mainland side) into Sagamore Highlands with a stop at Peaked Cliff. Return to the recreation area and along the canal to Buzzards Bay for sunset at MMA or on Three Mile Outlook. Then back along the canal for moonrise over the Sagamore Bridge or at the end of the canal service road. Contact leader for registration or further information. Ride starts 2 or 3 hours before sunset. This is the month when the winter cold fastens its grip and the nights become long and dark. This full Moon is also called the Long Nights Moon by some Native American tribes. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net).

CAPE HIKING

Thu., Nov. 30. Hike Shawme Crowell State Park, Sandwich, MA. Hike cleared trails with some up/down hills. Driving directions from Sagamore Bridge take 1st exit and turn R onto Sandwich Rd and continue to merge with 6A bear L and follow to Rte 130 turn R go short distance entrance to park is on R drive past guard booth and follow road until you come to dumpsters. Park around dumpsters. From upper Cape take Rte 6 to exit 2 and turn L onto Rte 130 follow through town and continue until you see entrance to Shawme Crowell on L drive past guard house and follow road to dumpsters. Meet at 9:45 AM for 10 AM start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Sat., Dec. 2. Hike-Brewster, Punkhorn Parklands, Brewster, MA. Wooded, hilly trails with pond views. Route 6 Exit 9B, 2 miles to a right on Setucket, then bear right at Stony Brook Road. In 0.3 miles, turn right on Run Hill Road. 1.3 miles to parking lot on the left. Meet 9:45 a.m. 2.5 hours. Hiking boots and poles recommended. Bring water, snacks. L Janet Kaiser (508-432-3277 before 9 p.m., jkaiser@comcast.net) CL Paul Corriveau (paulcorri@gmail.com)

(NM) (AN) Thu., Dec. 7. Hike-Barnstable-Crooked Cartway (C3C), MA. Wooded walk to The Walker Point Observation Deck. Take Rte. 149 to Rotary at Cape Cod Airport, Marstons Mills. West on Race Lane for 1.1 miles. Right onto Crooked Cartway to end. Meet 9:45AM. 2 hours. Hike 10 am - 12 pm. L Farley Lewis (508-775-9168 Before 9 pm., farlewis@comcast.net)

Sat., Dec. 9. Hike Old Mans Trail, West Barnstable Conservation Area, West Barnstable, MA. Strenuous hike with lots of hills. Over 700 feet of rise and fall. We will reach highest point in Barnstable of 232 feet. Just under 5 miles with a pace of 2 1/2 miles per hour. Good hiking shoes and hiking poles are recommended. From exit 4 go south (away from Cape Cod Bay) 1 mile and park under high tension lines. L David Selfe (508-771-0620 Before 8 pm, kdsselfe@comcast.net)

Continued on next page

Activities

For the most current information, [search activities online](#)

CAPE HIKING

Thu., Dec. 14. Hike--Bourne Sisters, Bourne, MA. This 2 hour approximately 4 mile hike is in the Bourne Conservation Trust areas of the Bourne Sisters and Perry Woods. It also includes a cranberry bog and Town of Bourne Leary Property. The terrain is wooded pathways with frequent moderate rolling hills. We will have views of Back River from the Leary Property. Icy trails may be a reason for cancellation of this hike due to the hills. L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net, Robin is a third year SEM/AMC Level 1 hike leader with WFA training.)

HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org.

Always looking for additional hike leaders! Contact hikingchair@amcsem.org

(FT) (NM) Sat., Nov. 25. Hike (part of) Pachaug Trail, Exeter, R.I., Exeter, RI. Let's stretch our legs and walk off some Thanksgiving dinner. This hike will skirt Beach Pond, and take us through some pretty, fern-lined ledges before reaching the lake edge again. This forested path has some mild ups and downs, but not strenuous. We plan to walk about 2.5 miles to a beach front spot for lunch or snack, then return the same route, for a total of approx. 5 miles. If the weather is wonderful and folks would like, we can extend the hike a bit further. THIS IS HUNTING SEASON, WEARING ORANGE IS A MUST. Wear sturdy footwear and clothing layers of fleece/down, no cotton please. L Peggy Qvicklund (774-893-3011 any time before 9 pm., qvickan@comcast.net) L Walt Granda (wlgranda@aol.com), R Peggy Qvicklund (774-893-3011 any time before 9 pm., qvickan@comcast.net)

Sun., Nov. 26. Winter Morning Out Hike at Myles Standish State Forest, Carver, MA. Enjoy the winter season by getting out and hiking in it. Join me for an 8 am Sunday morning hike at Myles Standish State Forest in Plymouth/Carver. Combining the flat, pond-side East Head Loop and the hilly, wooded Bentley Loop will give us about 7 miles of beautiful trails. Once we're done, we'll still have the rest of the day for other things. Meet at 7:45 at the Forest Headquarters Parking Lot, 194 Cranberry Road, Carver, 02330. We'll plan on a moderate pace to complete the hike in about 3 hours. Registration is not required, but email the leader with questions or concerns. If we have snow, the hike will become a snowshoe and the distance will be adjusted. There is no hunting in the State Forest on Sundays but bring blaze orange anyway. L Maureen Kelly (617-943-4288, mokel773@aol.com, Maureen is a 4 season hike leader for AMC SEM.) L John Bescherer

Sun., Nov. 26. Family Hike at Weetamoo Woods, Weetamoo Woods Tiverton, RI. Join us for a 2-3 mile hike in scenic Weetamoo Woods. We will hike at a leisurely pace, to explore the trails, talk about the history of the area & the wildlife, and learn about following maps & trails & Leave No Trace principles. The trails are fairly flat but rocky; suitable for children ages 5 to 12 years. Wear hiking boots. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com)

(FT) (NM) Thu., Nov. 30. Thursday Morning Hike Ridge Hill Reserve, Collins Corner Road, Dartmouth, MA. Meet 9:45 at the Collins Corner parking lot for a 4+ mile hike. The 175-acre reserve is one of the 50 reserves that is protected by the Dartmouth Natural Resources Trust (DNRT). The property lies just south of the Copicut Reservoir between the Copicut and Shingle Island Rivers also border's the 14,000-acre "Southeastern Massachusetts Bioreserve". Required equipment: backpack, rain gear, hiking shoes, water, snacks, and lunch. It is hunting season so orange vests and orange hats are recommended. Heavy rain will cancel. Parking is limited so try to car pool. L Walt Granda (508-999-6038 before 9:00 pm, wlganda@aol.com)

Sat., Dec. 2. Welch-Dickey Loop Hike, Mt. Welch and Mt. Dickey, NH. 2017-2018 SEM Winter Hiking Series event. Total loop distance is 4.4 miles with an 1800-foot elevation gain. Full winter gear required plus snacks and lunch. Depending on conditions snowshoes and/or microspikes may be optional. Registration required. Rt. 93 north to RT 49 (NH) exit. 4.5 miles after junction with NH 175 turn left onto Upper Mad River Road. In 0.7 miles turn right on Orris Road. Follow for 0.6 miles, turn right at fork and park. L Maureen Kelly (mokel773@aol.com) L Leslie Carson (Itc929@comcast.net) L Paul Miller (paulallenmiller@verizon.net) CL George Danis R George Danis (339-236-0597 After 6:00 PM, dansdad51@outlook.com)

(FT) (NM) Mon., Dec. 4. Full Moon at Borderland State Park, 259 Massapoag Ave, Easton, MA. Hike in the moonlight at Borderland State Park. This hike will be at an easy to moderate pace, be 4-5 miles and will last approximately 2 hours. Headlamps/flashlights, water, and sturdy footwear are a must. Wear appropriate clothing for the weather. Registration is required for this activity. Participants will be sent trip details after registering. Parking fee or pass required for this state park. L Patricia McNally (508-212-0330, pmcally@comcast.net) L Nancy Coote (508-596-8222, cranstonst22@gmail.com) CL Bill Cannon (508-649-6730) R Bill Cannon (bcannon56@gmail.com)

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Activities

For the most current information, [search activities online](#)

HIKING

Thu., Dec. 7. Wilson Mountain/Whitcomb Woods Hike, Wilson Mountain Reservation, Dedham, MA. Wilson Mountain Reservation is 207 acres of wild and varied terrain. Large tangled thickets of rhododendrons grow on a hillside. Wilson Mountain is the highest point in Dedham at 295 feet. While not a true mountain, it does provide hilltop views of the surrounding area. There are well marked trails to the summit of Wilson Mountain on the Dedham/Needham line. Managed by the Massachusetts Department of Conservation and Recreation. After Wilson Mountain, at your option, we'll cross Common Street to the Whitcomb Woods trail head. Forested level trails with views of the Charles River and gazebos. Total hike is 5 - 7 miles at a moderate pace. Bring water snacks/lunch, sturdy footwear/traction devices if icy. Steady rain/snow cancels. Dogs on leash O.K. L Ken Cohen (508-942-1536 Before 8:00 pm, k-cohen@comcast.net) CL Walt Granda (508-971-6444 Before 8:00 pm, wigranda@aol.com)

Sun., Dec. 10. Winter Morning Out Hike at Myles Standish State Forest, Carver, MA. Enjoy the winter season by getting out and hiking in it. Join me for an 8 am Sunday morning hike at Myles Standish State Forest in Plymouth/Carver. Combining the flat, pond-side East Head Loop and the hilly, wooded Bentley Loop will give us about 7 miles of beautiful trails. Once we're done, we'll still have the rest of the day for other things. Meet at 7:45 at the Forest Headquarters Parking Lot, 194 Cranberry Road, Carver, 02330. We'll plan on a moderate pace to complete the hike in 3 hours. Registration is not required, but email the leader with questions or concerns. If we have snow, the hike will become a snowshoe and the distance will be adjusted. There is no hunting in the State Forest on Sundays but bring blaze orange anyway. L Maureen Kelly (617-943-4288, mokel773@aol.com) L John Bescherer L Jeannine Audet

(FT) (NM) Thu., Dec. 14. Borderland State Park/Bay Circuit Trail Thurs. AM Hike, Borderland State Park, MA. Meet at 10AM at Borderland SP parking lot on Massapoag Avenue on the Sharon/North Easton border for a six-mile hike, including portions of the Bay Circuit Trail with pond views. Bring water, lunch, layers, sturdy footwear. Rain or storm cancels. Parking fee is \$5.00 for residents, \$6.00 for non-residents.. L Deborah Lepore (617-778-4339 before 9 PM, DLepore2@GMail.com) CL Hans Luwald (508-668-0462 before 9 pm, Hans.Luwald@GMail.com)

(NM) Thu., Dec. 21. Rocky Woods Hike, Rocky Woods Trustees of Reservations, MA. Join us on this hike to welcome winter, the Winter Solstice occurs at 11:28 am! The trails at Rocky Woods have gentle ups and downs, with one moderate climb to Lookout Point, the site of a former fire tower. Be prepared for winter temperatures, fleece, down and wind/rain jacket. Please no cotton clothing. Traction devices for the boots may even be necessary. Heavy rain or difficult driving conditions cancels. Please contact leader with any questions. L Peggy Qvicklund (774-893-3011 until 9pm., qvickan@comcast.net)

Tue., Dec. 26. White Line the Blue Hills Hike, Blue Hills, MA. This series will run from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn, R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Tue., Jan. 2. White Line the Blue Hills Hike, Blue Hills, MA. This series will run from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

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HIKING

Tue., Jan. 9. White Line the Blue Hills Hike, Blue Hills, MA. This series will run from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Thu., Jan. 11. Thursday Morning Hike: Whitney and Thayer Woods (B3C), Cohasset/Hingham, MA. Lovely woods walk across rolling hills on Trustees of Reservations property. Meet at 10:00am in the Whitney and Thayer Woods main parking area. Boots suitable for weather/trail conditions, possibly traction devices or snowshoes, water, winter wear (layers, hats, mittens) and snacks/lunch required. Directions: from Route 3 (Exit 14), take Route 228N for 6.5 miles through Hingham. Turn right onto Route 3A eastbound and follow for 2 miles to the entrance. Parking is on the right. Contact L if weather is questionable. Please carpool if possible, as parking is limited. L Eva Borsody das (borsody@gmail.com)

Sun., Jan. 14. Winter Morning Out Hike at Myles Standish State Forest, Carver, MA. Enjoy the winter season by getting out and hiking in it. Join me for an 8 am Sunday morning hike at Myles Standish State Forest in Plymouth/Carver. Combining the flat, pond-side East Head Loop and the hilly, wooded Bentley Loop will give us about 7 miles of beautiful trails. Once we're done, we'll still have the rest of the day for other things. Meet at 7:45 at the Forest Headquarters Parking Lot, 194 Cranberry Road, Carver, 02330. We'll plan on a moderate pace to complete the hike in 3 hours. Registration is not required, but email the leader with questions or concerns. If we have snow, the hike will become a snowshoe and the distance will be adjusted. L Maureen Kelly (617-943-4288, mokel773@aol.com) L John Bescherer L Jeannine Audet

Tue., Jan. 16. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

(FT) (NM) Sun., Jan. 21. Hike North Hill Marsh Wildlife Sanctuary, Duxbury, MA. Pleasant 3 mile woody loop around Marsh Pond with possible sightings of ducks, geese and various other birds, cranberry bogs, followed by a 1.6 mile loop around little kettle holes which includes a portion of the 1623 Green Harbor Trail. There are some hills and uneven terrain, lots of roots, and flatter areas. Bring 1-2 liters of water, snacks, lunch, sturdy winter boots, a rain jacket, and layers for warmth. Hiking poles are optional. Light traction devices may be needed if snow is present (MicroSpikes, stabilicers, etc.). L Barry Young (508-339-3089 Before 9 PM, Barry.young@comcast.net) CL Claire MacDonald (781-582-0316 9am - 9pm, cfmacdonald@hotmail.com), R Claire MacDonald (781-582-0316 9am - 9pm, cfmacdonald@hotmail.com)

Tue., Jan. 23. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

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HIKING

Tue., Jan. 30. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Tue., Feb. 6. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

(AN) Fri., Feb. 9-11. Winter Hiking and Cross Country Ski Weekend-Noble View, Noble View Outdoor Center, 635 South Quarter Rd, Russell, MA. Join the SEM Chapter for a winter weekend at Noble View Outdoor Center in Russell, MA, approximately 100 miles west of Boston. Hiking, snowshoeing, and cross-country skiing will be offered, depending on conditions. Participants will need to bring their own equipment. Limited to 28 participants. \$105/person for members and \$115 for non-members. Includes 2 nights group lodging, all meals starting. L Walt Granda (508-999-6038 Before 9:00 pm, wigranda@aol.com) L Jeannine Audet L Paul Brookes (603-799-4399, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.), R Walt Granda (508-999-6038 before 9:00 pm, wigranda@aol.com)

Tue., Feb. 13. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Sun., Feb. 18. Winter Morning Out Hike at Myles Standish State Forest, Carver, MA. Enjoy the winter season by getting out and hiking in it. Join me for an 8 am Sunday morning hike at Myles Standish State Forest in Plymouth/Carver. Combining the flat, pond-side East Head Loop and the hilly, wooded Bentley Loop will give us about 7 miles of beautiful trails. Once we're done, we'll still have the rest of the day for other things. Meet at 7:45 at the Forest Headquarters Parking Lot, 194 Cranberry Road, Carver, 02330. We'll plan on a moderate pace to complete the hike in 3 hours. Registration is not required, but email the leader with questions or concerns. If we have snow, the hike will become a snowshoe and the distance will be adjusted. L Maureen Kelly (617-943-4288, mokel773@aol.com) L John Bescherer L Peggy Qvicklund

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HIKING

Tue., Feb. 20. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Tue., Feb. 27. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Tue., Mar. 6. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Tue., Mar. 13. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Sun., Mar. 18. Winter Morning Out Hike at Myles Standish State Forest, Carver, MA. Enjoy the winter season by getting out and hiking in it. Join me for an 8 am Sunday morning hike at Myles Standish State Forest in Plymouth/Carver. Combining the flat, pond-side East Head Loop and the hilly, wooded Bentley Loop will give us about 7 miles of beautiful trails. Once we're done, we'll still have the rest of the day for other things. Meet at 7:45 at the Forest Headquarters Parking Lot, 194 Cranberry Road, Carver, 02330. We'll plan on a moderate pace to complete the hike in 3 hours. Registration is not required, but email the leader with questions or concerns. If we have snow, the hike will become a snowshoe and the distance will be adjusted. L Maureen Kelly (617-943-4288 before 8 pm, mokel773@aol.com) L John Bescherer

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HIKING

Tue., Mar. 30. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

TRAILS

Sun., Nov. 19. Trail Work, Warner Trail in Foxboro, MA. Trail clean up at F. Gilbert Hills State Forest, Foxborough, MA on the Warner Trail. Work will be from approximately 9 AM till Noon. Meet at 8:50 AM at MOMS - Motorcycles of Manchester South , 1000 Washington Street (Route1), Foxborough, MA. Work will consist of easy maintenance clearing steps, trimming vegetation, removing loose rocks, etc. AMC SEM will supply tools gloves and snacks. Please bring water, any special food, wear appropriate clothing (long pants/long sleeve shirt, boots, hat), sunscreen, bug spray, etc. After the event at 12:15, We will have the first annual end of year luncheon (free) of the SEM Trail Committee to express thanks to all who helped and make plans for next year's events. L Barry Young (Barry.young@comcast.net) L Peter Tierney CL Skip Maysles (Piks126@yahoo.com), R Skip Maysles (Piks126@yahoo.com)

What do you love about winter hiking?



"When I put on a pair of snowshoes and trudge through fresh snow I feel 8 years old again!"
Anne Duggan

"Brilliant blue skies against snow laden evergreens. And yes, no roots!" Peggy Qvicklund

"Snow! No people on the trails, no leaves on the trees, no roots & rocks underfoot."
Cheryl Lathrop

"The stillness and solitude of the mountains and forests in winter." Ken Jones

"The light bouncing off the snow and ice." Ken Carson

"The quiet, the beauty & looking at the animal tracks!" Jeannine Audet

"Cool, clear, crisp. No rocks, no roots, bugs...." Mike Woessner

"Winter hiking is when the mountains are most beautiful and peaceful, the trails (usually) to negotiate, the bugs absent, and your companions most companionable." Paul Miller

"Food for the soul. Mantra of crushed snow with each step, crisp clean air with each breath, and crystal clear views brings pure peace and serenity." Kevin Mulligan

"Such desolate beauty, a wonder of ice and reflected light." Paul Brookes

"I think that I shall never see a poem pretty as an ice rimed tree!" Michael Swartz
(with apologies to Joyce Kilmer)





The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | December 2017

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Please send your Word doc and photographs to breeze.editor@amcsem.org.

Please send photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Business advertisements are just \$15/month. Send inquiries to breeze.editor@amcsem.org



Hikers pause at the gazebo at Newbridge on the Charles. Photo by Ken Carson

'Invigorating' hike detailed in Ledger column

Twenty-six enthusiastic hikers joined the December 7th trek to the top of Wilson Mountain in Dedham, MA, followed by a brisk stroll through Whitcomb Woods and Newbridge on the Charles. The AMCSEM hike led by Ken Cohen and Walt Granda was featured by participating member Sue Scheible in her weekly "A Good Age" column in *The Patriot Ledger*.

Describing the outing as "an easy, but invigorating walk," Sue concluded: "It's a good choice for a quick hike if you are out that way or going along the highway and feel like a break."

Read the full column [here](#).

View from the Chair: “Get Healthy!”

As we approach the New Year, a lot of people begin to think about ways to improve themselves and one area that always comes up is—Health! Ralph Waldo Emerson once said, “The first wealth is health.” If improving your health is on your mind, here are a couple of suggestions:



VOLUNTEER—Volunteering can improve your health in a couple of ways. First, it usually gets you active, and second, it helps your emotional side by improving your social connections. As the daylight hours grow shorter, it is very important to get out and connect with people, preventing “cabin fever” and other forms of isolation. Volunteering forces you to interact with other people and gives a very positive feeling of “giving back” to society. Specifically, by volunteering with AMCSEM you will be interacting with other like-minded people concerned about the outdoors and conservation. We have several ways you can volunteer for your chapter—from filling openings on our board and committees, becoming an event leader, or submitting an article for our newsletter. We are offering free Leadership Training on April 7, 2018, which is always a good time even if you don’t want to eventually become a SEM leader. If you are looking for ways to volunteer and don’t see anything on our website that might interest you, please contact me at chair@amcsem.org and I’m sure we can find a way for you to volunteer for something.

GET OUTSIDE—Although our paddling events and bike rides have pretty much come to end for the season, they have been replaced by some exciting, healthy outdoor events. How about going on a Full Moon hike, a Cape Hike, a gentle snowshoe hike, or a cross-country ski trip? We are also starting a series of family hikes and events, so why not get your kids or grandkids outside and get some fresh air? And when you get outside, don’t forget to bring a friend—there’s that social thing again! You can find all our activities (hike, ski, trail work, snowshoe, family hikes, and/or volunteer) on our website at www.amcsem.org.

Hope to see you outside!
Barry Young,
AMCSEM Chapter Chair

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Contact chair@amcsem.org
if you are interested in any
OPEN position.



On the trail. *Photo by Len Spada*

Winter series returns to Welch-Dickey

By Paul Miller, Communications Chair

On Saturday, December 2nd, eighteen enthusiastic, well-equipped AMC hikers showed up at the Welch-Dickey trailhead near Waterville Valley, NH, for the second hike in this season’s SEM Winter Hiking Series. This included a good mix of both newer and experienced SEM winter hikers, plus two amiable visitors from the Boston Chapter (who we’re likely to see join us again on future trips).

While we haven’t visited Welch-Dickey for the last several winter series, this is always a favorite winter hike. Not only are there awesome views, but the hike is not too challenging from the perspective of either length (4.5 miles) or elevation gain (neither Mt. Welch nor Mt. Dickey is over 3,000 feet high).

**2017-2018 SEM WINTER
HIKING SERIES CONTINUES**

- #3 Jan. 6th**—Mt. Kearsarge North, Intervale, NH
- #4 Feb. 3rd**—Mts. Tom and Field, Crawford Notch, NH
- #5 Mar. 2nd-4th**—Zealand Hut Weekend, Twin Mtn., NH
- #6 Mar. 11th**—Mt. Liberty—Franconia Notch, NH

ADDITIONAL WINTER HIKES

- Snowshoe Hikes**—Dec. 16th, Jan. 20th (Anne Duggan)
- Sunday Morning Hikes**—Dec. 24th, Jan. 14th, Feb. 18th, Mar. 18th (Maureen Kelly)
- Noble View Weekend**—Feb. 9th–11th (Walt Granda)



Maureen Pena and Doug Griffiths enjoy the awesome views. *Photo by Len Spada*

However, the footing can get a bit tricky in early winter since the ledges are often icy, making microspikes—or sometimes even full crampons—essential. As expected, the trail conditions varied from bare rock at the bottom to mixed ice and rock mid-mountain; plenty of ice on the ledges; and mostly snow on the two summits.

This made for a great “teaching opportunity,” because the newer winter hikers among us learned to use and trust their microspikes, a key winter hiking lesson. We’re hoping to have a similar teaching opportunity for snowshoes on the next winter series hike, January 6th, to Mt. Kearsarge North in Intervale, NH.



Why we hike in the Winter!

Photo by Ben Waitt

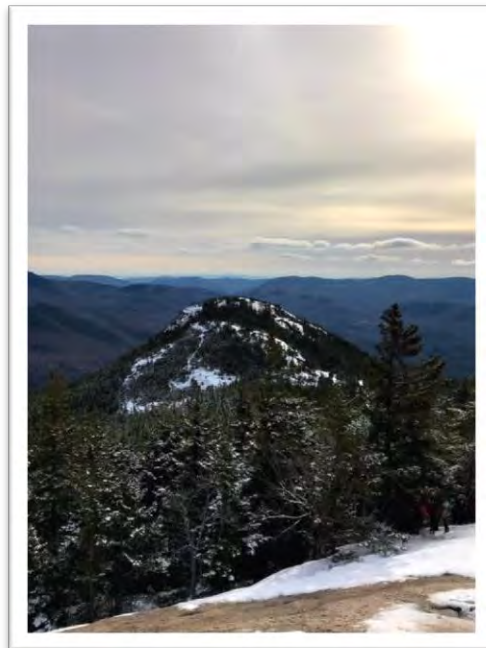
Photos continued on next page

Welch-Dickey Hike

Continued from page 3



Smiles on the Summit! *Photo by Len Spada*

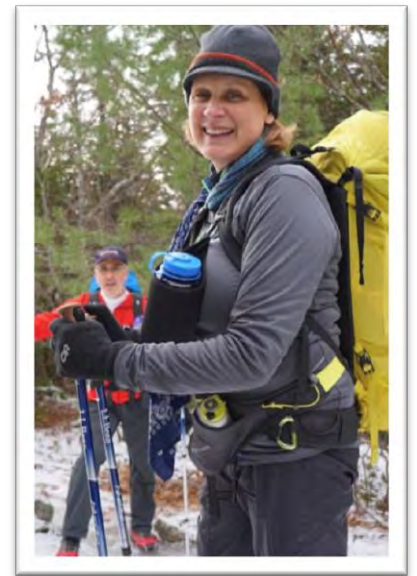


Left: Icicles along the trail. Right: The view from Mt. Dickey to Mt. Welch.
Photos by Bernie Waitt

Right Column: *All photos by Len Spada*



George Danis, our Intrepid Leader.



Maureen Pena is all geared up.



Real winter hiking conditions.



Massive rocks and blowdown along the forest trail.
Photo by Peggy Qvickland

Hiking the Forests of Rhode Island

By Peggy Qvicklund, SEM Hike Leader

Who knew our country's smallest state held a forest so untouched and with such varying terrain that it could be used as a set for a movie with elves and trolls!

Eleven AMC hikers experienced this magical place on the Saturday after Thanksgiving. We met at Beach Pond to hike a portion of the Pachaug Trail. The sun was so warm in the parking lot we almost didn't want to enter the woods.

But off we went, and soon we were hiking in a mixed woods of white and red pine along with the usual hardwood, stepping over blowdowns from recent wind storms.

The trail took us along the edge of the pond. It was tempting to stop and just sit at the water's edge. The trail was easy to follow, with ups and downs—eskers created by the glaciers, maybe? This kept it interesting. A mile or

so in we found a mailbox on the ground with a hikers' log, and Barbara thought it was a perfect place to leave her painted rock for someone else to find. Check out "860 Rocks" on Facebook to learn more.

But the best was yet to come. The trail continued into Connecticut, where the hemlock forest took over with beautiful rock jumbles everywhere. We passed along the foot of a huge outcrop with some small caves and ferns still adorning the crevices. Sunlight only filters in to this area, and I'm sure it would be a perfect spot to cool off on a hot summer day.

After passing along the base of this massive rock, the trail eventually took us back to the water's edge. Here we stretched out and enjoyed our lunch while the sun warmed us.

We returned to our cars on the same trail, but as is often the case, the trail looked different from the other direction and was just as enjoyable heading homeward.

Certainly the amazing November weather, sun, and 60-degree temperatures made the hike especially enjoyable. But honestly, the folks on this hike made it the best. Members from the Worcester, Southeastern Massachusetts, and Rhode Island chapters were present. These members had the honor of welcoming three in our group—Jodi, Patty, and Mike—who were on their very first AMC hike. As always, I enjoyed meeting new and interesting people, and I hope they enjoyed the "troll forest" as much as I did!



New AMC hikers Jodi Marchese, left, Patricia and Mike Little. *Photo by Peggy Qvicklund*



Jeannine Audet, left, Jan Su, Patty Hathaway, Johanna Vanstrien, Bernie Meggison, and Carlos Pena were among those defying the near-freezing temperatures for a Veterans Day ride. *Photo by Barbara Gaughan*

Weekend of Wheels and Wine

By Jeannine Audet

On a sunny but very brisk day, seven riders bundled up for a 24-mile ride through Westport, MA, and Adamsville and Tiverton, RI. We passed farms, stone walls, an orchard, and a grist mill. Temperatures hovered around 37 degrees, but there was only a light breeze and the bright sunshine was appreciated. Afterward, our group enjoyed a private wine tasting at Westport Rivers Winery.



A toast to a great ride! Bernie Meggison, left, Jeannine Audet, Barbara Gaughan, Gary Harris, Jan Su, Carlos Pena, Patty Hathaway, Johanna Vanstrien. *Photo by our guide.*



Register Now! AMC's 2018 Annual Summit! January 27, 2018

[Four Points by Sheraton, Norwood MA](#)

Please join AMC in kicking off another year in the outdoors! No matter what adventures you are planning for 2018, the 142nd Annual Summit has something for you. This event will connect both newcomers and lifelong members with valuable resources, and provide opportunities for meeting people with similar interests and passions.

Annual Summit is AMC's thank you to our dedicated volunteers and members! We welcome you to sign up for a combination of workshops, trainings, and meetings that matches your interests. Check out the full list of offerings [here](#).

This year will feature:

- Interactive workshops led by AMC experts and outdoor pros
- Organization-wide committee meetings
- A delicious buffet lunch
- AMC's annual volunteer service awards
- The 142nd Annual Business Meeting
- Early evening reception, with complimentary drink and hors d'oeuvres
- Updates on AMC's work in conservation, recreation, and education

For those interested in staying over Friday and/or Saturday night, AMC has arranged for special group rates. Visit our registration page for more details.

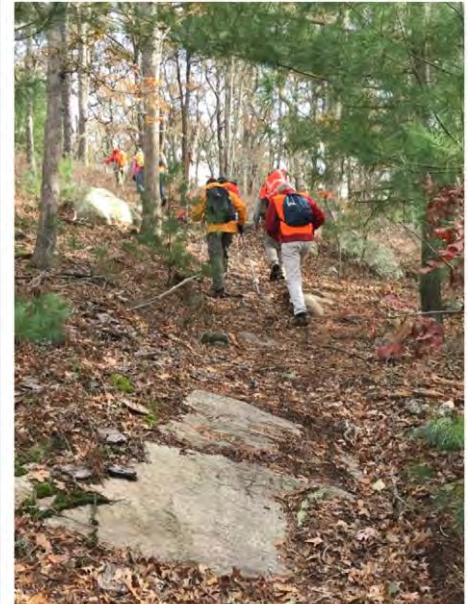
Early Bird Special Pricing:

Register before January 1, 2018

Pay only \$35!

Regular rate of \$45 applies after January 1, 2018. Register at

www.outdoors.org/AnnualSummit.



Falmouth’s Moraine Trail is not a stroll on the beach! Left: The uneven terrain is strewn with boulders. Right: AMCSEM hikers scramble up another slope on the wooded trail. *Photos by Lenny Collins*

Falmouth Moraine Trail Surprises

By Barry Young, Chapter Chair

Who knew you could hike for nine-and-a-half miles in the woods with several ups and downs, walk by large boulders and glacial ponds—on Cape Cod! When most people think of the Cape, they think of sand, beaches, and dunes with beach grass. Yet in Falmouth there is a lovely long wooded trail guaranteed to get your heart beating faster.

On November 18th, SEM Hike Leaders Cathy Giordano and John Gould led eight hikers on a very different Cape hike. The Falmouth Moraine Trail, unlike most Cape trails which traverse gentle and flat terrain, skirts deep, steep-sided valleys, scrambles up rocky slopes, and circles around hills. The irregular terrain makes it an excellent hiking trail.

The last two miles of the hike traverse the east side of Long Pond, an unusually large and deep kettle-hole pond formed by retreating glaciers 15,000 years ago. Today it is easy to see the difference between the smooth, sandy southeast side and the steep and rocky shores to the north and west forming the Falmouth Moraine.

John Gould has posted this hike again for April 2018, so look for it on our website. As an added bonus, John was one of the original trail blazers for the trail, and he adds a rich commentary as you hike along. And if Cathy Giordano joins in again, you will be treated to some interesting natural history discussions on the birds, trees, flowers, and shrubs that make up the Moraine habitat.



Good turnout for Nov. 26th "Show & Go" hike at Myles Standish State Forest on Nov. 26th. *Photo by Paul Miller*

Volunteer of the Month: Rob McDonald

Written by Peter Tierney, Trails Chair

Each month the SEM recognizes one of our amazing volunteers. We are thankful for the wonderful people who donate their time and energy to lead terrific trips. This month the Trails Committee recognizes ROB MACDONALD for his continuing contributions.

Rob is an avid birder, photographer and hiker. He believes in leaving trails in better condition than he found them and typically has brush clippers and a small saw in his pack so he can maintain paths as he hikes them. Rob participates in the Trails Committee's maintenance events and acts as informal liaison between AMCSEM and the Bay Circuit Trail Committee's representative in Hanson, MA. In addition to his efforts for the AMC, Rob is also an active volunteer for the Wildlands Trust and the Stellwagen Bank National Marine Sanctuary.

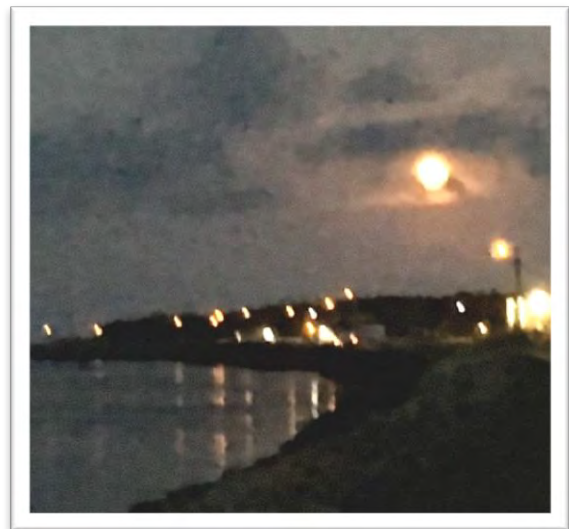
Thank you, ROB, for all you do! Rob will receive a Volunteer of the Month Certificate and a \$50 gift card.



Photo by Skip Maysles



Setting out from the west end of the canal, across from the Mass. Maritime Academy: Peter Meggison, left, Melissa Ann, Ute Anderson, Barbara Gaughan, Larry Decker, Patty Williams, Jim Kilpela, and Paul Currier, Leader. Photo by Maureen Colbert



The Beaver Moon appeared at the east end of the canal, much to the surprise of many, as the sunset was fogged and clouded out. Never give up!

Photo by Barbara Gaughan

Cape Cod Canal riders rewarded with moonlit views

Nine cyclists set out on November 3 for a ride along the cape side of the Cape Cod Canal. They headed out to Monument Beach and Gray Gables under persistently foggy gray skies. Resigned to missing the hoped-for Beaver Moon, the group was elated to spot the full moon cutting through the clouds when they reached the east end of the canal near the power plant. The November full moon gets its name from the Algonquin people, according to *The Old Farmer's Almanac*: "This was the time to set beaver traps before the swamps froze, to ensure a supply of warm winter furs."

Explore the North Cascades with August Camp 2018

In 2018 AMC's August Camp returns to the breathtaking North Cascades of Washington State. Hikes will be in the North Cascades National Park, Mt. Baker-Snoqualmie National Forest, and Ross Lake and Lake Chelan National Recreation Areas. Choose from a variety of 4-6 hikes every day, or add in backpacking, rafting or kayaking to expand your experience. No matter what you do, you'll be surrounded by amazing vistas!

This full-service tent village for 64 campers each week offers home-cooked meals, daily hikes at all levels, nightly campfires and wonderful camaraderie. The 2018 campsite is on the banks of the swift-flowing Skagit River, a popular rafting destination, in the shadow of glaciated 10,781-foot Mt. Baker, and just down the road from Cascadian Farms, known for their organic food and wonderful ice cream. The site is reached by the North Cascades Highway, considered the most scenic drive in Washington State. Fly into Seattle-Tacoma International airport, from where the fleet of camp vans provides free transportation to Camp each Saturday. The vans also provide transport to and from daily activities.

Activities are planned and led by AMC-trained and approved volunteer leaders; meals are prepared by our friendly camp staff. All you have to do is show up at the airport Saturday to enjoy the hiking, the scenery, the people, and the fun that is August Camp!

Detailed info and registration materials will be available on the [August Camp website](#) in early December. Availability is limited so plan your one or two week adventure now and be part of one of the AMC's oldest traditions. Registration opens January 2, 2018.

AUGUST CAMP 2018

Week 1: July 14-July 21

Week 2: July 21-July 28

Week 3: July 28-Aug. 4

Week 4: Aug. 4-Aug. 11

Mountain Majesty

North Cascades • AMC's August Camp 2018

Explore magnificent North Cascades National Park, Mt. Baker-Snoqualmie National Forest, and Ross Lake and Lake Chelan National Recreation Areas. Camp on the banks of the swift Skagit River in the shadow of 10,781 foot high glaciated Mt. Baker.

Hike, raft, bike and more, visiting many stunning waterfalls and scenic vistas on dozens of activities led by trained AMC volunteers. Just arrive and enjoy the activities and camaraderie. Everything's provided: tents, hearty, delicious meals prepared by our staff, local transportation and a free shuttle from Seattle-Tacoma International Airport.

July 14 through August 11. Plan to attend for one week or two. Detailed info, pricing and registration will be on our web site by early December. **Questions? Ask Trish Niece at AugCampReg1887@gmail.com**

Photo by Jim Borowski, August Camp 2013

augustcamp.org



Show-and-Go hikes at Myles Standish State Forest

Written by Maureen Kelly, AMCSEM Hike Leader

Nine hardy hikers headed out early on December 10th for the second in the series of Winter Morning Out hikes in Myles Standish State Forest led by Maureen Kelly and John Bescherer.

The hikes are a collaboration between AMCSEM and Friends of Myles Standish. The seven-mile hike covering both the East Head Reservoir and the Bentley Loop will be repeated on: January 14th, February 18th, and March 18th.

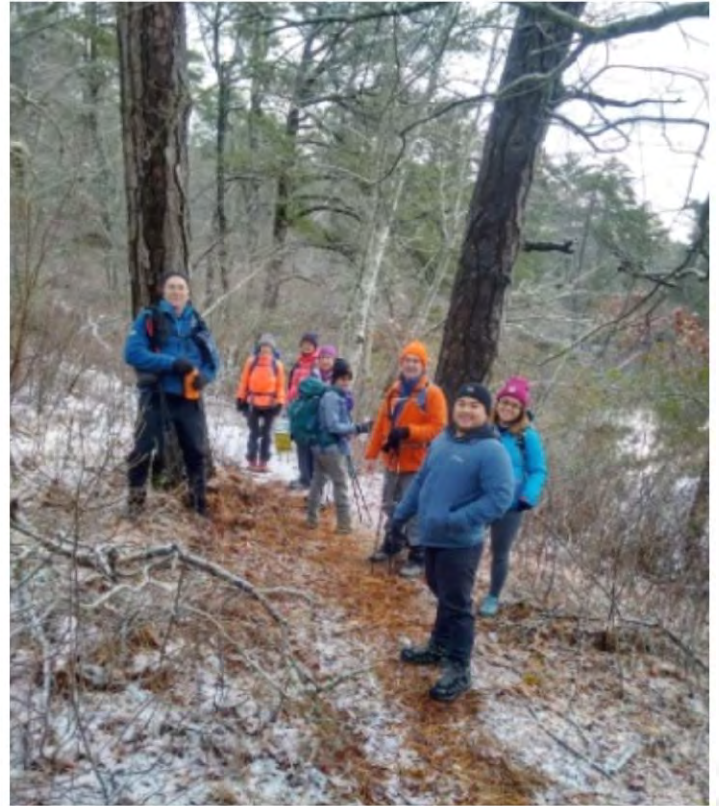
These hikes are show-and-go with no pre-registration, so meet us at the Myles Standish State Forest Headquarters Parking Lot and join us for the next one.

Photo by Maureen Kelly

Shop the Breeze Market for used equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Business advertisements are just \$15/month. Send inquiries to breeze.editor@amcsem.org



Guidelines for submissions to *The Southeast Breeze*:

For articles and photos, please include:

- ✓ “Written by...” Include AMCSEM office or event role
- ✓ “Photo(s) by...”
- ✓ Full names, left to right, of people pictured prominently (clearly visible faces) or identify the group
- ✓ Event name, date, location
- ✓ Email to breeze.editor@amcsem.org as attached Word document and photos (preferred) or with text and photos in the message box.

Please submit by the last day of the previous month. Thank you!

Activities

For the most current information, [search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

AA 13+

A 9-13

B 5-8

C less than 5

Indicates pace

1very fast

2fast

3moderate

4leisurely

Indicates terrain

Avery strenuous

Bstrenuous

Caverage

Deasy

Found in the description

LActivity leader

CLActivity co-leader

FTFirst Time

NM ...New Members

ANAdvance Notice

C Conservation

BICYCLING

Mon., Jan. 1. SEMAMC 15th ANNUAL NEW YEAR'S DAY CYCLING, North Falmouth, MA. We'll cycle the streets and Shining Sea Bike Path from North Falmouth to Woods Hole and return for 27+/- miles or 3 hours or so. We'll do a shorter ride if the weather is iffy. Last year was beautiful: sunny, 44 degrees, little wind. We'll start at the Shining Sea Bike Path parking lot in North Falmouth. First re-group is Old Silver Beach and a look toward Marion, Rochester, Mattapoisett, Fairhaven, New Bedford and Puget Sound. Perhaps I'll include a couple of side tours into Gunning Point and Racing Beach areas. Then we're on to Woods Hole for refreshments. The return ride will bring us to Nobska Light and then the Shining Sea Path. Start time - late morning with riders and tires pumped and ready to roll. Helmets, water, spare tube required; used pump and tire changing tools would be a plus. Contact leader for start time and registration. L Paul Currier (508-833-2690 8 am - 7 pm, paulbcurrier@comcast.net)

CAPE HIKING

Thu., Jan. 4. Hike Quashnet River, Falmouth / Mashpee, MA. Hike along the Quashnet River and through surrounding woods. Meet at 9:45AM for 10:00AM start. From the Mashpee Rotary take Rte. 28N towards Falmouth. Follow Rte. 28 for 2.1 miles to a right on Martin Rd. (just after crossing the Falmouth town line). Parking is in a small lot or along Martin Rd. L Deborah Hayden (508-274-2820 before 9:00PM, shaferhayden@gmail.com)

Sun., Jan. 7. Hike Otis-Crane Wildlife area, Falmouth, MA. Join us for a nice winter wooded hike. Flat to rolling hills. Hopefully we will find Mt. Zig this time and swing on the swing w/ a view. Meet at 12:45pm for a 1pm start. Go S on Rt 28 to the 151 Exit. Go R at ramp and in a short distance you will see the dirt parking lot on R. Meet in the dirt parking lot across from animal hospital. L Linda Church lchurch@whoi.edu)

Thu., Jan. 11. Hike--Sagamore Hill and Scusset Beach State Park, Sagamore, MA. This 4 mile, 2 hour hike is on wooded paths to historic Sagamore Hill, along level wooded trails in Scusset Beach State Park, and along the Cape Cod Canal service road. Dress for wind along the canal. The hike may be modified due to icy conditions. Go over the Sagamore Bridge, taking Exit 1A/Scusset Beach Road. Go 1.5 miles to the parking area, passing through a traffic light, pass McDonald's on the right, pass the fire station on the left. You will see the sign for Scusset Beach State Park. Pass the guard shack. Fairly soon on the right you will see the Headquarters sign. Park in that lot, on the near end of the parking lot near the road. L Robin McIntyre (508-789-9752 Before 9 pm, robinm McIntyre@comcast.net, Robin is a third year Cape hike/SEM leader with WFA training.) L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Thu., Jan. 18. Hike Bourne Farm and Beyond, West Falmouth, MA. Enjoy hiking the wooded trails at Bourne Farm and Cardoza Farm in West Falmouth. Some hills. Weather will dictate the decision to go beyond these areas to the beach or to the pond and bog areas. Dress in layers. Bring water, snacks, traction devices such as Yaktrax for icy areas. We meet at Bourne Farm at 9:45 am to begin the hike. From the Bourne Bridge (cape side) take Rt 28 south From Rt 151 West take Rt 28 south Then take the Thomas Landers exit. Turn right (West) off the ramp. At the stop sign turn right, make a quick left into Bourne Farm. Park here. Call leader Cathy Giordano if you have questions 508 243 3884. L Catherine Giordano (508-243-3884 Before 9 PM, cmgiordan@msn.com)

Continued on next page

Activities

For the most current information, [search activities online](#)

CAPE HIKING

Thu., Jan. 25. Hike Bearberry Hill - Truro (C3C), Truro MA. Pretty, soft and hard packed sand trail with two good-size hills ending with a 15 minute beach walk. This hike includes two outstanding vistas: Bearberry Hill with 360 ocean view and overlook down to Longnook Beach. Hike meeting time 9:45 with a 10:00 start..2 hours. From Rte 6 in Truro take the Pamet exit. Right at bottom of ramp, left at South Pamet Rd to the Ballston Beach parking lot. L Pat Sarantis (508-430-9965 Before 9:00 pm, patsarantis@gmail.com)

Sun., Jan. 28. Ryder Conservation/Lowell Holly Reservation, Sandwich/Mashpee Hike, Ryder Conservation, Sandwich, MA. 4-4.5 mile hike in Sandwich Conservation area and a Trustees of Reservation property. Relatively flat on varied terrain with a couple steep but short hills thrown in. Meet 12:45 for a 1:00 p.m. departure. Limited parking at trailhead. Rt 6 to Exit 3 > Quaker Meetinghouse Rd south x 2.5 mi > left @ light on Cotuit Rd x 2 mi. Parking on right. Heavy rain cancels. L Barbara Gaughan (781-572-1321 Before 9 p.m., barbaragaughan12@comcast.net) SEM Level 1 hike & bike leader.)

Thu., Feb. 8. Hike Eagle Pond Cotuit, Cotuit, MA. Wooded hike around Eagle Pond, into Little Creek conservation area and around a white cedar swamp. We will have views of Cotuit trails. Mostly flat wooded trails with some pavement. From Rte. 6 take exit 5 and turn S on Rte. 149, follow 149 to traffic lights at Rte. and turn R. Continue on 28 to traffic lights at CVS and turn L onto Putnam Ave. Go approximately 0.6 miles to dirt pullout on L and park. From Mashpee Rotary take Rte. 28 to Hyannis and drive to traffic light with shopping area on L and CVS on R, turn R onto Putnam Ave. and go about 0.6 miles to dirt parking area on L. Meet at 9:45 AM. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Sat., Feb. 24. Hike--Monk's Park and Little Bay, Bourne, Bourne, MA. This 2 hour hike over approximately 4 miles is in Bourne Conservation Trust properties of Little Bay and Monk's Park. We will hike wooded trails and a fire road with views of Little Bay from the bluff. A beach walk section will be included with views of Buzzards Bay. The terrain is frequent, moderate rolling hills on the wooded trails throughout the hike. Dress for wind on the beach. From Bourne Bridge/Cape side, take Route 28S toward Falmouth for 1.7 miles. Go right on Clay Pond Road/Monument Beach (green state sign) before McDonald's. Go 1.3 miles, cross County Road onto Beach Street for .2 mile. Go left onto Shore Road (Cumberland Farms on corner) for 1 mile. Go right onto Valley Bars Road and Monk's Park is at the end. Park at the end just before the underpass. L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net, Robin is a third year Level 1 SEM/Cape hike leader with WFA training.)

Sun., Mar. 11. Hike Cape Cod Canal/Town Neck Sandwich, MA. Taking advantage of low tide we will hike 4-5 miles along the canal, along Town Neck & Boardwalk beaches which vary from very rocky terrain to soft & hard packed sand then through the Town Neck neighborhood. Gather at 12:45 for a 1 p.m. start from Sandwich Recreation Area parking lot at end of Freezer Rd off Tupper Rd, Sandwich. Heavy rain cancels. L Barbara Gaughan (781-572-1321 Before 9 p.m., barbaragaughan12@comcast.net, SEM Level 1 hike & bike leader.)

Thu., Mar. 15. Hike--Four Ponds and Bourne Town Forest, Bourne, MA. This 2 hour approximately 4 mile hike is in the Bourne Four Ponds Conservation Area and adjacent Bourne Town Forest. The terrain is wooded pathways, fire roads, and mountain bike trails with some moderate hills. It offers views of the ponds and some wildlife. From the Bourne Rotary/Cape side, take Route 28S for 1.7 miles. Take a right onto Clay Pond Road/Monument Beach (green state sign) before McDonald's. Go .5 miles and turn left onto Valley Bars Road. Go .3 miles and pull up in back of the Weary Traveler's Club into their parking lot--the driveway is a U shape around the back of the club. L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net, Robin is a third year Level 1 SEM/Cape hike leader with WFA training)

Thu., Apr. 5. Hike Crowes Pasture, Dennis, MA. Hike in Crowes Pasture, along surrounding marsh and beach and through historic Quivet Neck neighborhood. Expect soft sand! Meet at 9:45AM for 10:00AM start. Cold Storage Beach parking: RT 6 to Exit 9 and RT 134 North. Follow RT 134 north to traffic lights at RT 6A and turn right. Follow RT 6A for .8 miles and turn left on School St (Airline Rd on Right). Follow School St for .4 miles and turn left on Cold Storage Rd. Follow Cold Storage Rd for .5 miles to parking lot at the beach. L Deborah Hayden (508-274-2820 before 9:00PM, shaferhayden@gmail.com)

(FT) (NM) Sun., Apr. 15. Falmouth, Beebe Woods Hike (C3D), Falmouth, MA. Spring stroll through woods, passing ponds and a farm. Meet at 12:45pm. 2 hours. Take Route 28 South to hospital lights, then 0.6 miles to a right on Depot Avenue. Continue 0.4 miles up the hill and past Highfield Hall into the parking lot at Cape Cod Conservatory. If question about weather, contact L.eader. L John Gould (508-540-5779, jhgould@comcast.net)

Continued on next page

Activities

For the most current information, [search activities online](#)

CAPE HIKING

Thu., Apr. 19. Hike--Bourne Sisters, Bourne, MA. This 2 hour approximately 4 mile hike is in the Bourne Conservation Trust areas of the Bourne Sisters and Perry Woods. It also includes a cranberry bog and Town of Bourne Leary Property. The terrain is wooded pathways with frequent moderate rolling hills. We will have views of Back River from the Leary Property. Icy trails may be a reason for cancellation of this hike due to the hills. L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net, Robin is a third year SEM/AMC Level 1 hike leader with WFA training.)

Sun., Apr. 22. Hike and Clean Up John's Pond Mashpee, MA. To celebrate Earth Day we will hike and clean up along the wooded trails along John's Pond and Moody Pond. Gloves and bags for the clean-up will be provided. From Falmouth RT 151 West, Turn North (L) on Currier Rd, then Right on Ashumet Rd. In short distance, Ashumet bears off to right, continue straight on Hooppole Rd. (No road sign). Go 1.5 miles and turn Right on Back Road. Go 0.6 mile to large beach parking lot. From Mashpee Rotary take Rte. 151 to Falmouth and proceed to Barnstable Fairgrounds and turn R onto Ashumet Rd., at stop sign turn R to continue on Ashumet which will become Hooppole continue 1.5 miles to R on Back Rd., go 0.6 miles to parking lot at John's Pond. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net) L Nancy Wigley (nrwigley@verizon.net)

Thu., Apr. 26. Hike Shawme Crowell State Park Sandwich, MA. Hike cleared trails with some up/down hills. We will hike to a view of Cape Cod Canal or the Adventure Park at Heritage Gardens. Driving directions from Sagamore Bridge take 1st exit and turn R onto Sandwich Rd and continue to merge with 6A bear L and follow to Rte 130 turn R go short distance entrance to park is on R drive past guard booth and follow road until you come to dumpsters. Park around dumpsters. From upper Cape take Rte 6 to exit 2 and turn L onto Rte 130 follow through town and continue until you see entrance to Shawme Crowell on L drive past guard house and follow road to dumpsters. Meet at 9:45 AM for 10 AM start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Sun., Apr. 29. Hike Maple Swamp, Service Rd., East Sandwich, MA. Hike historic area which dates back to glacial erosion. This hike has lots of steep climbs and declines with uneven terrain. Hiking boots and poles strongly recommended. Driving directions to start take Rte 6 to exit 3 Quaker Meetinghouse Rd and turn S off of ramp. Take first L onto Service Rd and look for Maple Swamp parking area on R past Mill Ln. Meet at 12:45 PM for 1 PM start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Sat., May 5. Hike Moraine Trail Hike, Falmouth, MA. Nine mile, 5-hour, moderately difficult, one-way, hike along moraine and pond with lunch stop. Meet in Goodwill Park in Falmouth at 0915, and we will carpool at 0930 to the hike start at 1000. Bring lunch, water, and your favorite tick prevention. Poison ivy is also found along the trail. Hike cancelled if rain. Please phone or email leader if any question about cancelling due to weather. From Mashpee rotary, take Rt. 151 west 3.4 miles to Left at Sandwich Rd. Go 3.7 miles and turn Right on Brick Kiln Rd at light, and go 0.9 miles and turn Left on Gifford St at light.. After 1.1 miles take a Right to enter Goodwill Park and follow road 0.3 miles to parking. L John Gould (508-540-5779, jhgould@comcast.net)

Sun., May 13. Hike Santuit Pond and River, Mashpee, Barnstable, MA. Hike along woodland trails around Santuit Pond and River past a newly refurbished herring run and hopefully find some Bird's Foot violets in bloom around a cranberry . Celebrate Mother's Day by hiking this scenic area. Take mid-cape highway to Exit 5 (Rte 149) and turn South to Rte 28. Turn R on Rt. 28 and follow to R on Santuit-Newtown Rd. Go 0.8 mile to yellow gate on L; park on grass along edge of road. Meet at 12:45 pm. L Nancy Wigley (508-548-2362, nrwigley@verizon.net) L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org.

Always looking for additional hike leaders! Contact hikingchair@amcsem.org

(NM) Thu., Dec. 21. Rocky Woods Hike, Rocky Woods Trustees of Reservations, MA. Join us on this hike to welcome winter, the Winter Solstice occurs at 11:28 am! The trails at Rocky Woods have gentle ups and downs, with one moderate climb to Lookout Point, the site of a former fire tower. Be prepared for winter temperatures, fleece, down and wind/rain jacket. Please no cotton clothing. Traction devices for the boots may even be necessary. Heavy rain or difficult driving conditions cancels. Please contact leader with any questions. L Peggy Qvicklund (774-893-3011 until 9pm., qvickan@comcast.net)

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HIKING

Tue., Dec. 26. White Line the Blue Hills Hike, Blue Hills, MA. This series will run from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn, R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

(FT) (NM) Thu., Dec. 28. Thursday Morning Hike, Moose Hill, Sharon, MA. Meet at 10 am in Sharon at the Audubon Moose Hill Wildlife Sanctuary parking lot for a 5-mile hike, starting on the Vernal Pool loop. Relatively flat route. Parking fee for non-Audubon members is \$3 for Seniors. Bring rain gear, lunch, water and sturdy shoes. Rain cancels. L Hans Luwald (508-668-0462 before 9 pm, hans.luwald@gmail.com) CL Debbie Lepore (617-778-4339 before 8 PM)

Tue., Jan. 2. White Line the Blue Hills Hike, Blue Hills, MA. This series will run from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Wed., Jan. 3. Full Moon Hike at Borderland State Park, 259 Massapoag Ave, Easton, MA. Hike under the Full Moon at Borderland State Park. Sturdy footwear is required as well as water and a headlamp or flashlight. Dress for the predicted weater. L Barry Young (508-339-3089 Before 9 PM, Barry.young@comcast.net) CL Bill Cannon (bcannon56@gmail.com), R Bill Cannon (bcannon56@gmail.com)

Thu., Jan. 4. Thursday Morning Hike Myles Standish, 194 Cranberry Road, Carver, MA. Meet time 9:45 am at the Myles Standish Headquarters parking lot Cranberry Rd, Carver. The 5-6 mile mile hike will take us around East Head Pond and also on the Bentley trail. Required equipment: backpack, rain gear, hiking shoes, water, snacks, and lunch. It is hunting season so orange vests and orange hats are highly recommended. Snow/ice may require snowshoes or microspikes. Heavy rain will cancel. L Walt Granda (508-999-6038 Before 9:00 PM, wlggranda@aol.com)

Sat., Jan. 6. SEM Winter Hike Series #3 - Mt. Kearsarge North, Interval, NH. For the continuation of the series, we head to Kearsarge North in Interval. Kearsarge North, also known as Mt. Pequaket, is a symmetrical dome with an expansive view of much of the high peaks and an historic firetower at the summit. We will have a long, moderate climb with some semi-open ledges. Distance is 6.2 miles round trip with an elevation gain of 2600 ft. Winter hiking gear is required as well as prior winter hiking experience. For questions, please contact the leaders. L Leslie Carson (508-833-8237 Before 9:00 pm, lrc929@comcast.net, Leslie is a 4-season hike leader with the SEM chapter. She also leads hikes for AMC's August Camp and Adventure Travel.) L Maureen Kelly (mokel773@aol.com) L Paul Miller (paulallenmiller@verizon.net) CL Ken Carson, R Leslie Carson (lrc929@comcast.net)

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HIKING

Tue., Jan. 9. White Line the Blue Hills Hike, Blue Hills, MA. This series will run from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Thu., Jan. 11. Thursday Morning Hike: Whitney and Thayer Woods (B3C), Cohasset/Hingham, MA. Lovely woods walk across rolling hills on Trustees of Reservations property. Meet at 10:00am in the Whitney and Thayer Woods main parking area. Boots suitable for weather/trail conditions, possibly traction devices or snowshoes, water, winter wear (layers, hats, mittens) and snacks/lunch required. Directions: from Route 3 (Exit 14), take Route 228N for 6.5 miles through Hingham. Turn right onto Route 3A eastbound and follow for 2 miles to the entrance. Parking is on the right. Contact L if weather is questionable. Please carpool if possible, as parking is limited. L Eva Borsody das (borsody@gmail.com)

Sun., Jan. 14. Winter Morning Out Hike at Myles Standish State Forest, Carver, MA. Enjoy the winter season by getting out and hiking in it. Join me for an 8 am Sunday morning hike at Myles Standish State Forest in Plymouth/Carver. Combining the flat, pond-side East Head Loop and the hilly, wooded Bentley Loop will give us about 7 miles of beautiful trails. Once we're done, we'll still have the rest of the day for other things. Meet at 7:45 at the Forest Headquarters Parking Lot, 194 Cranberry Road, Carver, 02330. We'll plan on a moderate pace to complete the hike in 3 hours. Registration is not required, but email the leader with questions or concerns. If we have snow, the hike will become a snowshoe and the distance will be adjusted. L Maureen Kelly (617-943-4288, mokel773@aol.com) L John Bescherer L Jeannine Audet

Tue., Jan. 16. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

(C) (FT) (NM) Thu., Jan. 18. Thurs. AM Monastery Grounds Hike, Cumberland, RI. Thursday Morning 10:00 AM Hike. Nice easy hike on the beautiful Monastery grounds in Cumberland, RI - Bring lunch or snack. Snow equipment may be needed. Rain cancels. Rte. 295S to exit 11. Take 114S app. 1-1/2 mi. Take right into Monastery, go past playground and park on right. L Muriel Guenther (508-699-7461 Before 9:00pm, murielguenther@comcast.net)

(FT) (NM) Sun., Jan. 21. Hike North Hill Marsh Wildlife Sanctuary, Duxbury, MA. Pleasant 3 mile woodsy loop around Marsh Pond with possible sightings of ducks, geese and various other birds, cranberry bogs, followed by a 1.6 mile loop around little kettle holes which includes a portion of the 1623 Green Harbor Trail. There are some hills and uneven terrain, lots of roots, and flatter areas. Bring 1-2 liters of water, snacks, lunch, sturdy winter boots, a rain jacket, and layers for warmth. Hiking poles are optional. Light traction devices may be needed if snow is present (MicroSpikes, stabilicers, etc.). L Barry Young (508-339-3089 Before 9 PM, Barry.young@comcast.net) CL Claire MacDonald (781-582-0316 9am - 9pm, cfmacdonald@hotmail.com), R Claire MacDonald (781-582-0316 9am - 9pm, cfmacdonald@hotmail.com)

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HIKING

Tue., Jan. 23. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Sun., Jan. 28. Family Hike in Copicut Woods, Fall River, MA. Join us for a beautiful and (hopefully!) snowy hike though the Copicut Woods in Fall River, MA. We will explore the trails for approximately 3 miles, at a leisurely pace. Snowfall will allow us to have fun following animal tracks. Suitable for children ages 3-10 years. Dress in layers, wear warm boots, and bring water and a snack. Call to register. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com)

Tue., Jan. 30. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Wed., Jan. 31. Full Moon Hike at Borderland State Park, 259 Massapoag Ave, Easton, MA. Hike in the moonlight at Borderland State Park. This hike will be at an easy to moderate pace, be 4-5 miles and will last approximately 2 hours. Sturdy footwear, headlamps/flashlight and water are required for this activity. Participants will be sent trip details after registering. L Nancy Coote (cranstonstreet22@gmail.com) L Patricia McNally (pmcally@comcast.net) CL Bill Cannon (bcannon56@gmail.com), R Bill Cannon (bcannon56@gmail.com)

Tue., Feb. 6. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

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HIKING

(AN) Fri., Feb. 9-11. Winter Hiking and Cross Country Ski Weekend-Noble View, Noble View Outdoor Center, 635 South Quarter Rd, Russell, MA. Join the SEM Chapter for a winter weekend at Noble View Outdoor Center in Russell, MA, approximately 100 miles west of Boston. Hiking, snowshoeing, and cross-country skiing will be offered, depending on conditions. Participants will need to bring their own equipment. Limited to 28 participants. \$105/person for members and \$115 for non-members. Includes 2 nights group lodging, all meals starting. L Walt Granda (508-999-6038 Before 9:00 pm, wigranda@aol.com) L Jeannine Audet L Paul Brookes (603-799-4399, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.), R Walt Granda (508-999-6038 before 9:00 pm, wigranda@aol.com)

Tue., Feb. 13. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Sun., Feb. 18. Winter Morning Out Hike at Myles Standish State Forest, Carver, MA. Enjoy the winter season by getting out and hiking in it. Join me for an 8 am Sunday morning hike at Myles Standish State Forest in Plymouth/Carver. Combining the flat, pond-side East Head Loop and the hilly, wooded Bentley Loop will give us about 7 miles of beautiful trails. Once we're done, we'll still have the rest of the day for other things. Meet at 7:45 at the Forest Headquarters Parking Lot, 194 Cranberry Road, Carver, 02330. We'll plan on a moderate pace to complete the hike in 3 hours. Registration is not required, but email the leader with questions or concerns. If we have snow, the hike will become a snowshoe and the distance will be adjusted. L Maureen Kelly (617-943-4288, mokel773@aol.com) L John Bescherer L Peggy Qvicklund

Tue., Feb. 20. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Tue., Feb. 27. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn, R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

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HIKING

Fri., Mar. 2-4. SEM Winter Hiking Series Trip#5 - Zealand Falls Hut Overnight, Zealand Notch, NH. We'll return to beautiful Zealand Notch for the 2017-2018 SEM Winter Hiking Series overnight trip. Participants have an option to stay at the AMC Zealand Falls Hut for either one or two nights under our group reservation. At the hut, we'll enjoy camaraderie and group breakfasts and dinners. App. 6-mile hike or snowshoe into the hut, with minimal elevation gain. For participants who stay both nights, we'll also offer several shorter hikes from the hut. A warm winter sleeping bag (rated to at least 0 degrees F.) will be required along with full winter gear, including well-insulated winter boots, snowshoes, and microspikes. Depending on trail conditions, we may also need either 10- or 12-point crampons. Prior winter hiking experience and/or participation in an SEM Winter Workshop (or equivalent) required. Preference will be given to those who participated in previous hikes in the series. L Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net, Paul is an experienced winter hike leader who enjoys helping others learn about the joy (and challenges) of hiking in winter.) L Leslie Carson (lrc929@comcast.net) L Maureen Kelly (mokel773@aol.com) L Ken Carson , R Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net)

Tue., Mar. 6. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Tue., Mar. 13. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

(FT) (NM) Thu., Mar. 15. Thurs. Morning Hike - Oldham Trail & Harold Clark Forest, Foxboro, MA. Hike the Oldham Trail and Harold Clark Forest in Foxboro. Meet at 10:00 am at parking lot on Rt. 140 across from Sunoco Station. Heavy rain will cancel. Bring lunch or snack and water and wear appropriate footwear. L Muriel Guenther (508-699-7461 Before 9:00PM, murielguenther@comcast.net)

Sun., Mar. 18. Winter Morning Out Hike at Myles Standish State Forest, Carver, MA. Enjoy the winter season by getting out and hiking in it. Join me for an 8 am Sunday morning hike at Myles Standish State Forest in Plymouth/Carver. Combining the flat, pond-side East Head Loop and the hilly, wooded Bentley Loop will give us about 7 miles of beautiful trails. Once we're done, we'll still have the rest of the day for other things. Meet at 7:45 at the Forest Headquarters Parking Lot, 194 Cranberry Road, Carver, 02330. We'll plan on a moderate pace to complete the hike in 3 hours. Registration is not required, but email the leader with questions or concerns. If we have snow, the hike will become a snowshoe and the distance will be adjusted. L Maureen Kelly (617-943-4288 before 8 pm, mokel773@aol.com) L John Bescherer

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HIKING

Tue., Mar. 30. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

(C) (FT) (NM) Thu., Apr. 12. Thurs Morn. Hike - Wallomonopoag Conservation Area, Elysium St., Wrentham, MA. Meet 10:00 am in Conservation Area parking lot off of Elysium St. Wrentham. Bring water, snack or lunch & sturdy footwear. Rain cancels. Great blue rookery and eskers and possible sighting of deer. L Muriel Guenthner (508-699-7461 Before 9:00pm, murielguenthner@comcast.net)

SKIING

Fri., Jan. 12-15. XC Skiing, White Mountains, NH. Barbara Hathaway and Jeannine Audet of the Southeastern Massachusetts Chapter and Wayne Cardoza of the Boston 40 Plus Chapter join together for a weekend of cross country skiing in the White Mountains. Bretton Woods, Jackson XC, Bear Notch and Great Glen Trails are options depending on trail conditions. Lodging at Applebrook B&B in Jefferson, NH has become a tradition for nearly 30 years. Rates \$210 to \$265/pp includes lodging & breakfast for 3 nights, pizza or sandwiches on Friday night, full dinner Saturday and hearty soup Sunday night. L Barbara Hathaway (508-880-7266 Before 9 pm, barb224@tmlp.net, Ski Committee Chair and leader for more than 10 years.) L Jeannine Audet (508-675-8055, milmod@aol.com, Experienced SEM xc ski leader for 3 seasons. Currently Ski Committee Chair.), R Barbara Hathaway (141A Indian Meadow Drive, Taunton, MA 02780, 508-880-7266 Before 9pm, barb224@tmlp.net)

Fri., Feb. 23-25. Cross Country Skiing in Waterville Valley, 5 Old Waterville Rd., Campton, NH. Join us for a cross country skiing weekend in Waterville Valley, NH. We will stay at the Mountain Fare Inn. The Inn features en suite rooms with full breakfast & nearby skiing. This is a collaborative trip with the Narragansett Chapter. L Jeannine Audet (508-493-8221, milmod@aol.com) L Barbara Hathaway (508-662-0724, barb224@tmlp.net) CL Karen Rudio (508-397-2316, karenrudio@comcast.net), R Barbara Hathaway (508-662-0724, barb224@tmlp.net)





The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | January 2018

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Have a story for *The Southeast Breeze*?

Please send your Word doc and photographs to
breeze.editor@AMC-SEM.org.

Please send photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Business advertisements are just \$15/month. Send inquiries to breeze.editor@AMC-SEM.org



Welcome Winter Solstice! Photos by Ken Cohen

Twenty AMC-SEM hikers joined leader Peg Qvicklund (front & center) on Dec. 21 to celebrate either the official start of winter or the end of ever-shorter days. The 2.3-mile loop of the Rocky Woods trail near Medfield, MA, included a moderate climb to Lookout Point (left), site of a former fire tower and a break for mulled cider!

View from the Chair: *Welcome to 2018!*

I hope you enjoyed a nice holiday season spent with family and friends and at least a portion of it outdoors!

The AMC-SEM Executive Board is looking forward to a busy and exciting 2018. We have many events and opportunities planned for you to gather with your SEM friends. Be sure to check out the activities section of our website for upcoming events. Here are a couple of highlights coming up to consider and put on your calendar now:

April 7th—Leadership Training in Foxboro, MA. Here is an opportunity to receive free leadership training from some of our best active leaders. This training prepares you to become an event leader in our chapter—to lead hikes, bike rides, paddling trips, ski trips, or trail maintenance events. If you are looking for a way to volunteer and give back to the outdoors and conservation, this is the first step. There is no obligation after attending the training, but after seeing what a fun time this can be, we are sure you will want to continue on.

April 14th—Open House at Myles Standish State Park. The planning for this event is in full force. Our Past Chapter Chair, Maureen Kelly, is once again organizing this event. We will have free food, hikes, nature walks, bike rides, conservation, and trail maintenance events. Registration for our largest outdoor event of the year will be open soon, so stay tuned!

With the recent addition of Len Ulbricht as Chapter Vice Chair, the SEM Chapter for the second year in a row has a full slate of 15 voting members. That being said, if you are interested in volunteering for your chapter, we still have plenty of opportunities with some committee vice chair and other ad hoc positions still open. In these times of government cutbacks to the outdoors at both the federal and state level, volunteering is something you can proactively do to help both the environment and your own self-improvement by giving back.

As I begin my second full year as Chapter Chair, I am honored to be a part of this amazing organization. The talents and commitments of our volunteers are unsurpassed, and their passions for the outdoors and conservation are an inspiration.



Hope to see you outside!

Barry Young,

AMC-SEM Chapter Chair

2018 Executive Board

Chapter ChairBarry Young
 Vice ChairLen Ulbricht
 SecretaryAnn McSweeney
 TreasurerPatty Rottmeier
 Past Chapter ChairMaureen Kelly
 Biking ChairBernie Meggison
 Biking Vice ChairOPEN
 Cape Hiking ChairJane Harding
 Cape Hiking Vice ChairCathy Giordano

Communications ChairPaul Miller
 Communications Vice ChairOPEN
 Conservation ChairBill Cannon
 Conservation Vice ChairOPEN
 Education ChairDoug Griffiths
 Education Vice ChairOPEN
 Hiking ChairMike Woessner
 Hiking Vice ChairGeorge Danis

Membership ChairSandy Santilli
 Membership Vice ChairOPEN
 Membership Vice Chair ... Ellen Thompson
 Paddling ChairEd Foster
 Paddling Vice ChairOPEN
 Skiing ChairJeannine Audet
 Skiing Vice ChairOPEN
 Trails ChairPeter Tierney
 Trails Vice ChairWayne Anderson
 Trails Vice Chair.....Skip Maysles

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 Social Vice ChairOPEN
 Social Media AdministratorChristine Racine
 Social Networking Moderator.....Sue Mulligan

Webmistress..... Cheryl Lathrop
 The Breeze Editor.....Mo Walsh
 Blast Editor.....Marie Hopkins

Contact chair@amcsem.org
 if you are interested in any
 OPEN position



Hikers pause at the gazebo at Newbridge on the Charles.

CORRECTION: Ken Cohen deserves the photo credit for this picture featured on page 1 of the December 2017 issue of *The Southeast Breeze*. Our apologies, Ken!

Winter Activity Snap-Shot

Please check the Activities pages for more details!

AMC-SEM Winter Hiking Series

- #4 Feb. 3—Mts. Tom and Field, Crawford Notch, NH
- #5 March 2-4—Zealand Hut Weekend, Twin Mtn., NH
- #6 March 11—Mt. Liberty—Franconia Notch, NH

Additional Winter Hikes

- Full Moon Hike—January 31
- Snowshoe Hike #3—February 18
- White Line the Blue Hills—January 30; February 6, 13, 20, 27; March 6, 13, 20
- Thursday Morning Hikes—February 1, 8, 22; March 1, 15
- Sunday Morning Hikes—February 18; March 18

Cape Cod Hikes

- Sunday Morning Hikes—February 4, 11; March 11
- Thursday Morning Hikes—February 8; March 15
- Saturday Morning Hikes—February 24; March 24

Cross-Country Skiing

- Waterville Valley—February 23-25
- White Mountains—March 2-4

Noble View Winter Hiking & Cross-Country Skiing Weekend—Feb. 9-11 (Walt Granda)

AMC-SEM Chapter Begins “New Member” Hike Series

By Barry Young, SEM Chapter Chair

On Sunday, January 21st, we kicked off our series of “new member” hikes at the North Hill Marsh Wildlife Sanctuary in Duxbury, MA. We designed these hikes to appeal to those who are new to the AMC, new to the SEM chapter, or have not been active with the club lately. The hikes provide a great opportunity to get outside, meet some new people, and have some fun!

Twenty-three hikers met at the trailhead on Mayflower Street and embarked on a 4.6-mile hike on the trails surrounding the North Hill Marsh. Most were new to AMC or new to hiking with the SEM Chapter. Some experienced SEM hikers came along to answer questions about AMC and hiking in general.

Due to the size of the group, the hikers split into two groups to minimize the impact on the trails. Hike leaders Claire and Craig MacDonald each led a group of hikers around the 90 acres of reservoir and marsh, sprinkling in bits of history and local natural sightings along the way.

After the hike Sandy Santilli, SEM Membership Chair, organized a social gathering at the Duxbury Public Library, complete with some fruit, tasty snacks, and hot cider. Everyone made it home in plenty of time to watch the Patriots!

If you are interested in participating in a future hike in the “new member” series, please contact Sandy at membershipchair@amcsem.org. We are also looking for leaders and experienced hikers to participate and help out with these hikes. The next new member hike is planned for the Wompatuck State Park in Hingham in the March timeframe—stay tuned!

We also encourage you to visit the [activity schedules](http://www.amcsem.org) posted at www.amcsem.org to learn about all the great hikes, ski trips, bike rides, paddles, and conservation activities organized by our chapter volunteer leaders. Chances are good that you’ll find something that appeals to your interests and skill level!

See the photo collage from our first “New Member” Hike on the following page.



'New' Members at North Hill Marsh

Photos by Barry Young & Sandy Santilli



New hikers and father and son Robert (left) and Michael Castagna, enjoy the observation deck.



Some members of the hiking group led by Claire MacDonald (back row center) take a break in the pine grove.



New member Kristin Pimental (left) enjoys hike with friend and Membership Chair Sandy Santilli.



A teepee shelter is just one of the intriguing discoveries along the trail.



New member Jen Campbell (left) and experienced SEM hiker Hadley Donaldson enjoy the cranberry bog and teepee.



Cranberry bogs are part of the 991-acre woods and wetlands surrounding the North Hill Marsh preserve.



Organizers of the social after the hike Sandy Santilli (left), membership chair, and Ellen Thompson, membership vice chair, take a break.



An AMC blaze directs hikers to the right-hand trail.



Leadership Training 2017 presenters and participants. *Photo by Ken Carson*

Leadership Training Offered in April 2018

Written by Doug Griffiths, Education Chair

The next one-day Leadership Training course will be held on Saturday, April 7, 2018 at the Foxboro Recreation Department Rec Hall; 68 Mill Street; Foxboro, MA 02035. This course prepares trip leaders for managing groups they will be leading on AMC-sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to ensure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip-leader candidates are also welcome. It is an all-day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to chapter members.

This training is required for prospective AMC-SEM trip leaders, but is useful for any participant interested in improving their outdoor skills and anyone wishing to become familiar with trip group management. All those interested in this Leadership Training course may also wish to consider Wilderness First Aid training coming up May 5-6, 2018.



Leslie Carson leads a phone screening exercise for future group trip organizers. *Photo by Ken Carson*

To register, please contact AMC-SEM Education Chair Doug Griffiths RedDougG@aol.com or 508-758-4315 after 6 PM.



Mike Woessner (wearing cap) with a first aid trainee group assessing a victim. *Photo by Doug Griffiths (2016)*

Wilderness First Aid Training May 2018

Written by Doug Griffiths, Education Chair

The next two-day Wilderness First Aid training course will be held Saturday and Sunday, May 5-6, 2018 in Foxboro, MA. The course runs 8:00 AM to 4:00 PM both days with an optional CPR course available Saturday at 4:00 PM. The course will be given at the Rec Hall, 68 Mill Street, Foxboro, MA 02035.

Instruction is provided by SOLO, experts in providing wilderness medical training. Their excellent courses have been well received by AMC members for years and we look forward to continuing to sponsor their trainings.

Pricing is as follows: \$170 AMC Member Price, \$185 for non-AMC members. Price includes lunch and break service both days. The optional CPR course costs an additional \$35.

Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course

is a mix of classroom lecture and practical exercises. Both days are required to certify.

The training is required for most AMC-SEM trip leaders, but is a great experience for any outdoor enthusiast. I would encourage any AMC trip participant to consider taking this course. You will find it exciting and stimulating.

To register, please contact AMC-SEM Education Chair Doug Griffiths RedDougG@aol.com or 508-758-4315 after 6 PM

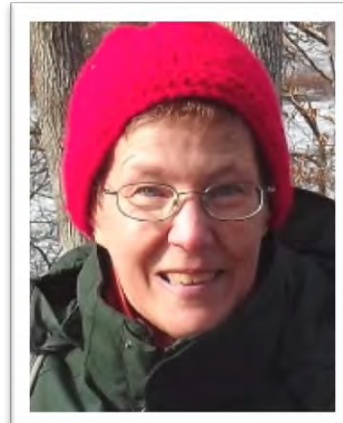


SEM members “burrito wrap” a hypothermia victim. *Photo by Ken Carson (2017)*



Ken Amaral is injured on the trail. *Photo by Doug Griffiths (2016)*

Volunteers of the Month: Maureen Kelly & Robin McIntyre



Written by Mike Woessner, Hiking Chair and Cathy Giordano, Cape Hiking Vice Chair

Each month the SEM recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! This month we recognize two terrific volunteers.

The Hiking Committee recognizes **Maureen Kelly** for her contributions.

Maureen joined the AMC in 2006. After participating in many hikes, she made the plunge to become a hike leader. She co-led her first hike in 2010. Soon after, when she had completed the requisite co-leads, she became a full leader.

Maureen has led many hiking trips throughout the years. She is an enthusiastic leader and enjoys engaging with new hikers. She is a major organizer of winter series hikes, including this winter's Sunday Morning Out hikes. Maureen has also established a year-round series of "Show and GO" hikes in Myles Standish State Forest.

Maureen served as Cheryl Lathrop's Chapter Vice Chair from 2012-2014, and she was our Chapter Chair for 2014-2016. She has also served as Conservation Vice Chair, and has helped organize many of the Chapter's open houses and annual dinner meetings.

The Cape Hiking Committee recognizes **Robin McIntyre** for her numerous contributions.

With Leadership Training under her belt in April, 2015, Robin jumped right into her new role as leader of hikes!

She is a master at crafting routes through conservation land, often featuring beautiful water views, in her home town of Bourne, Massachusetts. Robin is well prepared to share her knowledge with fellow hikers. She researches history and environmental impact, as well as significant features of the area, and plans her hikes to take advantage of this information. She warmly welcomes her followers with an enticing preview of the trip ahead, coupled with a visual in the form of a well-displayed map.

Robin emphasizes "Leave No Trace" prior to each hike. She is well aware of the need for conservation, especially near the water. Robin has been known to end her hikes with bags of trash collected along the way.

It's always good to have a Wilderness First Aid-trained person on a hike. Robin completed WFA training in 2016 and is ready, willing, and able to use it should the need arise, off or on the trail.

Robin serves the SEM Chapter as Hike Leader and as a member of the Nominating Committee, now into her third year. We greatly appreciate Robin's service.

Thank you, Robin and Maureen, for all you do! Robin and Maureen will each receive a Volunteer of the Month Certificate and a \$50 gift card.



Explore the North Cascades with August Camp 2018

In 2018 AMC's August Camp returns to the breathtaking North Cascades of Washington State. Hikes will be in the North Cascades National Park, Mt. Baker-Snoqualmie National Forest, and Ross Lake and Lake Chelan National Recreation Areas. Choose from a variety of 4-6 hikes every day, or add in backpacking, rafting or kayaking to expand your experience. No matter what you do, you'll be surrounded by amazing vistas!

This full-service tent village for 64 campers each week offers home-cooked meals, daily hikes at all levels, nightly campfires and wonderful camaraderie. The 2018 campsite is on the banks of the swift-flowing Skagit River, a popular rafting destination, in the shadow of glaciated 10,781-foot Mt. Baker, and just down the road from Cascadian Farms, known for their organic food and wonderful ice cream. The site is reached by the North Cascades Highway, considered the most scenic drive in Washington State. Fly into Seattle-Tacoma International airport, from where the fleet of camp vans provides free transportation to Camp each Saturday. The vans also provide transport to and from daily activities.

Activities are planned and led by AMC-trained and approved volunteer leaders; meals are prepared by our friendly camp staff. All you have to do is show up at the airport Saturday to enjoy the hiking, the scenery, the people, and the fun that is August Camp!

Detailed info and registration materials will be available on the [August Camp website](#) in early December. Availability is limited so plan your one or two week adventure now and be part of one of the AMC's oldest traditions. Registration opens January 2, 2018.

AUGUST CAMP 2018

Week 1: July 14-July 21

Week 2: July 21-July 28

Week 3: July 28-Aug. 4

Week 4: Aug. 4-Aug. 11

Mountain Majesty

North Cascades • AMC's August Camp 2018

Explore magnificent North Cascades National Park, Mt. Baker-Snoqualmie National Forest, and Ross Lake and Lake Chelan National Recreation Areas. Camp on the banks of the swift Skagit River in the shadow of 10,781 foot high glaciated Mt. Baker.

Hike, raft, bike and more, visiting many stunning waterfalls and scenic vistas on dozens of activities led by trained AMC volunteers. Just arrive and enjoy the activities and camaraderie. Everything's provided: tents, hearty, delicious meals prepared by our staff, local transportation and a free shuttle from Seattle-Tacoma International Airport.

July 14 through August 11. Plan to attend for one week or two. Detailed info, pricing and registration will be on our web site by early December. **Questions? Ask Trish Niece at AugCampReg1887@gmail.com**

Photo by Jim Borowski, August Camp 2013

augustcamp.org



Activities

For the most current information, [search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

Indicates pace

Indicates terrain

AA 13+

1very fast

Avery strenuous

A 9-13

2fast

Bstrenuous

B 5-8

3moderate

Caverage

Cless than 5

4leisurely

Deasy

Found in the description

LActivity leader

CLActivity co-leader

FTFirst Time

NM ...New Members

ANAdvance Notice

C Conservation

EDUCATION

Sat., Apr. 7. Leadership Training Workshop, Foxboro Recreation Department Rec Hall, 68 Mill Street, Foxboro, MA 02035.

This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader participants are also welcome. It is an all-day course with a mix of classroom and outdoor exercises. The usual schedule is 8 am to 5 pm. Lunch is included and refreshment breaks are provided. This course is offered at no cost to AMC members. For Southeastern Mass chapter members, this is the first step in becoming a trip leader, followed by several co-leads with current chapter trip leaders, arranged in the weeks or months after this program. This training is required for prospective SEM trip leaders, but is useful for any participant interested in improving their outdoor skills and anyone wishing to become familiar with trip group management. L Douglas Griffiths (508-758-4315 after 6 pm, RedDougG@aol.com)

Sat., May 5-6. Wilderness First Aid Two-Day Workshop, Foxboro Recreation Department Rec Hall, 68 Mill Street, Foxboro, MA 02035.

Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. This training is required for AMCSEM trip leaders, but is a great experience for any outdoor enthusiast. Instruction is provided by SOLO, experts in providing wilderness medical training. L Douglas Griffiths (508-758-4315 after 6 pm, RedDougG@aol.com)

CAPE HIKING

Sun., Feb. 4. Come hike in West Barnstable Conservation area, West Barnstable, MA. West Barnstable Conservation is a great place to hike. Flat to rolling hills through woods. Meet at 12:45pm in the parking lot off of Race Lane in Marstons Mills. From Sagamore Bridge take the Mid Cape (Rt6) to Exit 5- R at rotary onto Rt 149, bear R. Follow to Race Lane and take a R off rotary. Take L to parking lot. Across from the airfield. Hike approx 2 1/2 hrs. L Linda Church (lchurch@whoi.edu)

Thu., Feb. 8. Hike Eagle Pond Cotuit, Cotuit, MA. Wooded hike around Eagle Pond, into Little Creek conservation area and around a white cedar swamp. We will have views of Cotuit trails. Mostly flat wooded trails with some pavement. From Rte. 6 take exit 5 and turn S on Rte. 149, follow 149 to traffic lights at Rte. and turn R. Continue on 28 to traffic lights at CVS and turn L onto Putnam Ave. Go approximately 0.6 miles to dirt pullout on L and park. From Mashpee Rotary take Rte. 28 to Hyannis and drive to traffic light with shopping area on L and CVS on R, turn R onto Putnam Ave. and go about 0.6 miles to dirt parking area on L. Meet at 9:45 AM. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Sun., Feb. 11. Yarmouth Bogs Hike, West Yarmouth, MA. A flat hike around the bogs in Yarmouth starting at the Raymond J. Syrjala conservation area. We will see dikes and the control gates used to flood and drain the bog. We will have one road crossing (X2). L David Selfe (508-771-0620 After 5, kdselke@comcast.net, Level 1 hike leader of Cape Hikes with over 500 miles on Cape Cod) CL Kathleen P Selfe (508-771-0620 after 5, kdselke@comcast.net, Been hiking with AMC over 10 years. I think I have as many miles as my husband.)

Continued on next page

Activities

For the most current information, [search activities online](#)

CAPE HIKING

Sat., Feb. 24. Hike--Monk's Park and Little Bay, Bourne, Bourne, MA. This 2 hour hike over approximately 4 miles is in Bourne Conservation Trust properties of Little Bay and Monk's Park. We will hike wooded trails and a fire road with views of Little Bay from the bluff. A beach walk section will be included with views of Buzzards Bay. The terrain is frequent, moderate rolling hills on the wooded trails throughout the hike. Dress for wind on the beach. From Bourne Bridge/Cape side, take Route 28S toward Falmouth for 1.7 miles. Go right on Clay Pond Road/Monument Beach (green state sign) before McDonald's. Go 1.3 miles, cross County Road onto Beach Street for .2 mile. Go left onto Shore Road (Cumberland Farms on corner) for 1 mile. Go right onto Valley Bars Road and Monk's Park is at the end. Park at the end just before the underpass. L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net, Robin is a third year Level 1 SEM/Cape hike leader with WFA training.)

Sun., Mar. 11. Hike Cape Cod Canal/Town Neck Sandwich, MA. Taking advantage of low tide we will hike 4-5 miles along the canal, along Town Neck & Boardwalk beaches which vary from very rocky terrain to soft & hard packed sand then through the Town Neck neighborhood. Gather at 12:45 for a 1 p.m. start from Sandwich Recreation Area parking lot at end of Freezer Rd off Tupper Rd, Sandwich. Heavy rain cancels. L Barbara Gaughan (781-572-1321 Before 9 p.m., barbaragaughan12@comcast.net, SEM Level 1 hike & bike leader.)

Thu., Mar. 15. Hike--Four Ponds and Bourne Town Forest, Bourne, MA. This 2 hour approximately 4 mile hike is in the Bourne Four Ponds Conservation Area and adjacent Bourne Town Forest. The terrain is wooded pathways, fire roads, and mountain bike trails with some moderate hills. It offers views of the ponds and some wildlife. From the Bourne Rotary/Cape side, take Route 28S for 1.7 miles. Take a right onto Clay Pond Road/Monument Beach (green state sign) before McDonald's. Go .5 miles and turn left onto Valley Bars Road. Go .3 miles and pull up in back of the Weary Traveler's Club into their parking lot--the driveway is a U shape around the back of the club. L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net, Robin is a third year Level 1 SEM/Cape hike leader with WFA training.)

Sat., Mar. 24. Walker Lookout and Beech Tree Trail Hike, Barnstable, West Barnstable, MA. A moderate hike with some hills. A wonderful view from Walker Lookout. Some fire roads and a some beautiful trees on the Beech Tree trail. Then a gentle climb up to the highest point in Barnstable with another beautiful view. If it is clear you can see Martha's Vineyard. Good boots of a mid height are recommended. This hike is under 5 miles but will feel like more. L David Selfe (508-771-0620 after 5, kdselfe@comcast.net, lever 1 hike leader of Cape Hikes with over 500 miles on Cape Cod)

Thu., Apr. 5. Hike Crowes Pasture, Dennis, MA. Hike in Crowes Pasture, along surrounding marsh and beach and through historic Quivet Neck neighborhood. Expect soft sand! Meet at 9:45AM for 10:00AM start. Cold Storage Beach parking: RT 6 to Exit 9 and RT 134 North. Follow RT 134 north to traffic lights at RT 6A and turn right. Follow RT 6A for .8 miles and turn left on School St (Airline Rd on Right). Follow School St for .4 miles and turn left on Cold Storage Rd. Follow Cold Storage Rd for .5 miles to parking lot at the beach. L Deborah Hayden (508-274-2820 before 9:00PM, shaferhayden@gmail.com)

Sat., Apr. 14. Hike Bell's Neck Conservation Lands, Sand Pond, Harwich, MA. 4.5mi hike on trails surrounding West Reservoir, cranberry bogs, the herring run and salt marsh. Exit 10 to 124S to end. R on 39S x 1.9 mi to Sand Pond parking on right. Arrive 9:45 a. m. for a 10:00 a.m. start. Heavy rain cancels. L Barbara Gaughan (781-572-1321 before 9 p.m., barbaragaughan12@comcast.net, AMCSEM Level 1 hike & bike leader.)

(FT) (NM) Sun., Apr. 15. Falmouth, Beebe Woods Hike (C3D), Falmouth, MA. Spring stroll through woods, passing ponds and a farm. Meet at 12:45pm. 2 hours. Take Route 28 South to hospital lights, then 0.6 miles to a right on Depot Avenue. Continue 0.4 miles up the hill and past Highfield Hall into the parking lot at Cape Cod Conservatory. If question about weather, contact Leader. L John Gould (508-540-5779, jhgould@comcast.net)

Thu., Apr. 19. Hike--Bourne Sisters, Bourne, MA. This 2 hour approximately 4 mile hike is in the Bourne Conservation Trust areas of the Bourne Sisters and Perry Woods. It also includes a cranberry bog and Town of Bourne Leary Property. The terrain is wooded pathways with frequent moderate rolling hills. We will have views of Back River from the Leary Property. Icy trails may be a reason for cancellation of this hike due to the hills. L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net, Robin is a third year SEM/AMC Level 1 hike leader with WFA training.)

Continued on next page

Activities

For the most current information, [search activities online](#)

CAPE HIKING

Sun., Apr. 22. Hike and Clean Up John's Pond Mashpee, MA. To celebrate Earth Day we will hike and clean up along the wooded trails along John's Pond and Moody Pond. Gloves and bags for the clean-up will be provided. From Falmouth RT 151 West, Turn North (L) on Currier Rd, then Right on Ashumet Rd. In short distance, Ashumet bears off to right, continue straight on Hooppole Rd. (No road sign). Go 1.5 miles and turn Right on Back Road. Go 0.6 mile to large beach parking lot. From Mashpee Rotary take Rte. 151 to Falmouth and proceed to Barnstable Fairgrounds and turn R onto Ashumet Rd., at stop sign turn R to continue on Ashumet which will become Hooppole continue 1.5 miles to R on Back Rd., go 0.6 miles to parking lot at John's Pond. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net) L Nancy Wigley (nrwigley@verizon.net)

Thu., Apr. 26. Hike Shawme Crowell State Park Sandwich, MA. Hike cleared trails with some up/down hills. We will hike to a view of Cape Cod Canal or the Adventure Park at Heritage Gardens. Driving directions from Sagamore Bridge take 1st exit and turn R onto Sandwich Rd and continue to merge with 6A bear L and follow to Rte 130 turn R go short distance entrance to park is on R drive past guard booth and follow road until you come to dumpsters. Park around dumpsters. From upper Cape take Rte 6 to exit 2 and turn L onto Rte 130 follow through town and continue until you see entrance to Shawme Crowell on L drive past guard house and follow road to dumpsters. Meet at 9:45 AM for 10 AM start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Sun., Apr. 29. Hike Maple Swamp, Service Rd., East Sandwich, MA. Hike historic area which dates back to glacial erosion. This hike has lots of steep climbs and declines with uneven terrain. Hiking boots and poles strongly recommended. Driving directions to start take Rte 6 to exit 3 Quaker Meetinghouse Rd and turn S off of ramp. Take first L onto Service Rd and look for Maple Swamp parking area on R past Mill Ln. Meet at 12:45 PM for 1 PM start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Sat., May 5. Hike Moraine Trail Hike, Falmouth, MA. Nine mile, 5-hour, moderately difficult, one-way, hike along moraine and pond with lunch stop. Meet in Goodwill Park in Falmouth at 0915, and we will carpool at 0930 to the hike start at 1000. Bring lunch, water, and your favorite tick prevention. Poison ivy is also found along the trail. Hike cancelled if rain. Please phone or email leader if any question about cancelling due to weather. From Mashpee rotary, take Rt. 151 west 3.4 miles to Left at Sandwich Rd. Go 3.7 miles and turn Right on Brick Kiln Rd at light, and go 0.9 miles and turn Left on Gifford St at light.. After 1.1 miles take a Right to enter Goodwill Park and follow road 0.3 miles to parking. L John Gould (508-540-5779, jhgould@comcast.net)

Sun., May 13. Hike Santuit Pond and River, Mashpee, Barnstable, MA. Hike along woodland trails around Santuit Pond and River past a newly refurbished herring run and hopefully find some Bird's Foot violets in bloom around a cranberry . Celebrate Mother's Day by hiking this scenic area. Take mid-cape highway to Exit 5 (Rte 149) and turn South to Rte 28. Turn R on Rt. 28 and follow to R on Santuit-Newtown Rd. Go 0.8 mile to yellow gate on L; park on grass along edge of road. Meet at 12:45 pm. L Nancy Wigley (508-548-2362, nrwigley@verizon.net) L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org.

Always looking for additional hike leaders! Contact hikingchair@amcsem.org

Tue., Jan. 30. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Continued on next page

Activities

For the most current information, [search activities online](#)

HIKING

Wed., Jan. 31. Full Moon Hike at Borderland State Park, 259 Massapoag Ave, Easton, MA. Hike in the moonlight at Borderland State Park. This hike will be at an easy to moderate pace, be 4-5 miles and will last approximately 2 hours. Sturdy footwear, headlamps/flashlight and water are required for this activity. Participants will be sent trip details after registering. L Nancy Coote (cranstonstreet22@gmail.com) L Patricia McNally (pmcally@comcast.net) CL Bill Cannon (bcannon56@gmail.com), R Bill Cannon (bcannon56@gmail.com)

Thu., Feb. 1. BCT hike in Walpole Town Forest, MA. We will hike 5 mostly flat miles through the Town Forest on the BCT and adjoining trails past ponds, the Neponset River, and ballfields of the high school. In case of sufficient snow, we will snowshoe a shorter loop. In any case: bring water, lunch, proper footwear, traction devices for slippery conditions, proper clothing and possibly snowshoes. Rain cancels. L Hans Luwald (508-668-0462 Before 9:00 PM, hans.luwald@gmail.com) CL Debbie Lepore (617-778-4339 Before 9:00pm)

Sat., Feb. 3. SEM Winter Hiking Series Trip #4 - Mts. Tom and Field, Crawford Notch, NH. Trip #4 gives us the opportunity to hike two 4000-footers in winter. Mts. Tom (4051) and Field (4340) are located in the Willey Range "that rises sharply out of Crawford Notch. The ridge is rather narrow with steep sides, giving it a rugged appearance from many viewpoints, but its crest undulates gently with relatively broad summits and shallow cols." (White Mountain Guide, 30th ed.). Hiking both peaks would be a distance of 7.4 miles and 2850' of elevation. Hiking one mountain may also be an option. Prior winter hiking experience and/or participation in an SEM Winter Workshop (or equivalent) required. Preference will be given to those who participated in previous hikes in the series. L Maureen Kelly (617-943-4288 before 8 pm, mokel773@aol.com) L Leslie Carson (lrc929@comcast.net) L Paul Miller (paulallenmiller@verizon.net)

Tue., Feb. 6. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Thu., Feb. 8. Ponkapoag Pond Hike/Snowshoe, Blue Hills, Canton, MA. Thursday, February 8, 2018. Moderate to fast pace, with occasional stops. 4 ½ - 5 mile hike/snowshoe around The Pond, approx. 10:00 am-12:30 pm. Please arrive by 9:45 am for a prompt 10:00 am start. Bring snacks/lunch & water, snowshoes or traction devices if necessary. We'll take a break at the AMC Camp. Steady rain, heavy snow cancels. Dogs on leash O.K. L Ken Cohen (508-942-1536 k-cohen@comcast.net before 8 pm.)

(AN) Fri., Feb. 9-11. Winter Hiking and Cross Country Ski Weekend-Noble View, Noble View Outdoor Center, 635 South Quarter Rd, Russell, MA. Join the SEM Chapter for a winter weekend at Noble View Outdoor Center in Russell, MA, approximately 100 miles west of Boston. Hiking, snowshoeing, and cross-country skiing will be offered, depending on conditions. Participants will need to bring their own equipment. Limited to 28 participants. \$105/person for members and \$115 for non-members. Includes 2 nights group lodging, all meals. L Walt Granda (508-999-6038 Before 9:00 pm, wigranda@aol.com) L Jeannine Audet L Paul Brookes (603-799-4399, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.), R Walt Granda (508-999-6038 before 9:00 pm, wigranda@aol.com)

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Activities

For the most current information, [search activities online](#)

HIKING

Tue., Feb. 13. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Sun., Feb. 18. Winter Morning Out Hike at Myles Standish State Forest, Carver, MA. Enjoy the winter season by getting out and hiking in it. Join me for an 8 am Sunday morning hike at Myles Standish State Forest in Plymouth/Carver. Combining the flat, pond-side East Head Loop and the hilly, wooded Bentley Loop will give us about 7 miles of beautiful trails. Once we're done, we'll still have the rest of the day for other things. Meet at 7:45 at the Forest Headquarters Parking Lot, 194 Cranberry Road, Carver, 02330. We'll plan on a moderate pace to complete the hike in 3 hours. Registration is not required, but email the leader with questions or concerns. If we have snow, the hike will become a snowshoe and the distance will be adjusted. L Maureen Kelly (617-943-4288, mokel773@aol.com) L John Bescherer L Peggy Qvicklund

Sun., Feb. 18. Snowshoe #3 -- Beartown State Forest, Lee and Tyringham, MA. Explore a gem in southwestern MA! We will follow the AT through beautiful Beartown State Forest in Lee MA starting at Benedict Pond. We will ascend to the Ledges and Mt Wilcox. 7 -9 miles depending on conditions. L Anne Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com) L Ken Carson (kciii@comcast.net) CL Brian Duane (bduane105@comcast.net), R Anne Duggan (177 Rounseville Road, Rochester, MA 02770, 508-789-5538 before 9 pm, abduggan12@gmail.com)

Tue., Feb. 20. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

(FT) (NM) Thu., Feb. 22. Thurs. Morn. Hike Powisset Farm, (TTOR) , 37 Powisset Street, Dover, MA. Farmland and woods with nice trails off the beaten path at the Trustee of Reservations Powisset Farm. We will hike 5.5 miles with a number of short ups and downs. Depending on the conditions, we might shorten the hike and/or eliminate the steepest sections. Some nice views. Depending on the weather, we might hike or snowshoe. Bring traction devices, if icy. L Hans Luwald (508-668-0462 before 9 PM, hans.luwald@gmail.com) CL Debbie Lepore (617-778-4339 Before 9 PM)

Tue., Feb. 27. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn, R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

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Activities

For the most current information, [search activities online](#)

HIKING

Thu., Mar. 1. Blackstone River and Canal Hike, MA. Meet at 10:00 in Uxbridge, behind the Stanley Woolen Mill building off of Route 16. (NOT at the Visitor's Center on Oak Street) After a pleasant, level walk along the Blackstone Canal, we will walk up the street, and continue across the field at Rice City Pond. Following the King Phillip Trail, we will reach Lookout Rock with views over the Blackstone River. Returning to the Stone Arch Bridge, we have an option to take a loop hike over Goat Hill before returning to our cars. The DCR Visitor Center should also be open, with exhibits focusing on the history of the area. L Peggy Qvicklund (774-893-3011 before 9 pm, qvickan@comcast.net)

Fri., Mar. 2-4. SEM Winter Hiking Series Trip#5 - Zealand Falls Hut Overnight, Zealand Notch, NH. We'll return to beautiful Zealand Notch for the 2017-2018 SEM Winter Hiking Series overnight trip. Participants have an option to stay at the AMC Zealand Falls Hut for either one or two nights under our group reservation. At the hut, we'll enjoy camaraderie and group breakfasts and dinners. App. 6-mile hike or snowshoe into the hut, with minimal elevation gain. For participants who stay both nights, we'll also offer several shorter hikes from the hut. A warm winter sleeping bag (rated to at least 0 degrees F.) will be required along with full winter gear, including well-insulated winter boots, snowshoes, and microspikes. Depending on trail conditions, we may also need either 10- or 12-point crampons. Prior winter hiking experience and/or participation in an SEM Winter Workshop (or equivalent) required. Preference will be given to those who participated in previous hikes in the series. L Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net, Paul is an experienced winter hike leader who enjoys helping others learn about the joy (and challenges) of hiking in winter.) L Leslie Carson (lrc929@comcast.net) L Maureen Kelly (mokel773@aol.com) L Ken Carson , R Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net)

Tue., Mar. 20. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

(C) (FT) (NM) Thu., Apr. 12. Thurs Morn. Hike - Wallomonopoag Conservation Area, Elysium St., Wrentham, MA. Meet 10:00 am in Conservation Area parking lot off of Elysium St. Wrentham. Bring water, snack or lunch & sturdy footwear. Rain cancels. Great blue rookery and eskers and possible sighting of deer. L Muriel Guenther (508-699-7461 Before 9:00pm, murielguenther@comcast.net)

Thu., May. 3. Spring into Spring Hike!, Arnold Arboretum - Jamaica Plain, MA, - including two vistas, Bonsai exhibit, and "Explorer's Garden." We will explore this "tree museum" during a 4 -5 mile hike at a moderate pace. Bring water, sturdy footwear, sun screen, bug spray, snack or lunch. Meet at the Visitors' Center (Hunnewell building) located at 125 Arborway, Jamaica Plain at 9:45 for prompt 10:00 start. plenty of on-street parking along the Arborway; or walk to the entrance from the Forest Hills Orange Line T-stop. Rain cancels leashed dogs O.K. L Ken Cohen (508-942-1536, k-cohen@comcast.net before 8:00 pm)

Thu., May. 24. The 2nd Annual Wilson Mountain Lady's Slipper Hike, Wilson Mountain/Whitcomb Woods - Dedham/Needham line- Route 135, MA. Lady's Slippers galore! In a good year there are hundreds on both sides of the well marked trail to the summit of Wilson Mountain on the Dedham/Needham line. Easy access off Route 128. Wilson Mountain Reservation is 207 acres of wild and varied terrain. Large tangled thickets of rhododendrons grow on a hillside. Wilson Mountain is the highest point in Dedham at 295 feet. While not a true mountain, it does provide hilltop views of the surrounding area. There are well marked trails to the summit of Wilson Mountain on the Dedham/Needham line. Managed by the Massachusetts Department of Conservation and Recreation (DCR). After Wilson Mountain, at your option, we'll cross Common Street to the Whitcomb Woods trail head. Forested level trails with views of the Charles River, gazebos. Total hike is 5 - 7 miles at a moderate pace. Bring water snacks/lunch, sturdy footwear. Steady rain cancels. Dogs on leash O.K. L Ken Cohen (508-942-1536 Before 8:00 pm, k-cohen@comcast.net) CL Walt Granda (508-999-6038 Before 8:00 pm)

Continued on next page

Activities

For the most current information, [search activities online](#)

SKIING

Fri., Feb. 23-25. Cross Country Skiing in Waterville Valley, 5 Old Waterville Rd., Campton, NH. Join us for a cross country skiing weekend in Waterville Valley, NH. We will stay at the Mountain Fare Inn. The Inn features en suite rooms with full breakfast & nearby skiing. This is a collaborative trip with the Narragansett Chapter. L Jeannine Audet (508-493-8221, milmod@aol.com) L Barbara Hathaway (508-662-0724, barb224@tmlp.net) CL Karen Rudio (508-397-2316, karenrudio@comcast.net), R Barbara Hathaway (508-662-0724, barb224@tmlp.net)

Fri., Mar. 2-4. XC Ski White Mountains, Intervale, NH. Can you think of a better way to begin the month of March than XC-skiing in the White Mountains? Join the SEM and Forty Plus chapters on Mar. 2 for 2 nights lodging at the Old Field House in Intervale, NH. Room rates are from \$125 to \$135 per night plus tax and include a hearty breakfast on Saturday and Sunday mornings. Visit their website www.oldfieldhouse.com for a complete description of their rooms and amenities. After registering by phone with the AMC Leader, call the Old Field House at 800-444-9245 to reserve your room. If you don't have a roommate, leader or innkeeper will try to match you up with one or you have the option of paying for a single supplement. We'll ski at Jackson, Great Glen, or Bear Notch - or right out the door on the Intervale trails. Bring your snowshoes, too. Walt Granda and Len Ulbricht are able to lead snowshoers or hikers. The weekend begins with pizza, salad, and socializing on Friday night (nominal charge) around 6:30. Bring a snack to share at Happy Hours and your favorite beverage. Space is limited, so reserve a spot soon. L Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net, XC Skiing and Hiking Leader and past XC Ski Committee Chair for Southeast Mass Chapter.) CL Wayne Cardoza (Leads trips for Forty Plus chapter), R Barbara Hathaway (508-880-7266 before 9 pm, barb224@tmlp.net)



Photo from www.wallpapers4u.org

Happy Trails!



The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | February 2018

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Moonlight shines through a light haze and reflects off snow at Borderland State Park during a January 31st hike. *Photo by Bill Cannon*

There's nothing like hiking by the light of the moon

Written by Nancy Coote & Bill Cannon, Hike Co-Leaders

If you have not been on a Full Moon Hike, you should have some fun and give a walk in the moonlight a try. The experience of breathing the cool, crisp air of winter while hiking under a starry, moonlit sky shouldn't be missed. OK, so the sky might not always be clear, but from our perspective the hike is always fun.

This year's Full Moon Hikes at Borderland State Park have been well attended by a really enthusiastic group of hikers. No, the moon isn't always visible on a cloudy night, and many of the trails may be covered with snow, but a night out in nature can be pure bliss.

If you're lucky, you won't need a headlamp: There will be moonlight reflected on snow to light the way. You might even see some white-tailed deer sprinting through a field!

Continued on page 3



View from the Chair: AMC Leadership Training can be empowering

With our upcoming Leadership Training workshop on April 7, 2018, I thought I would take a moment and reflect on what it means to be a “leader” for AMC.

Leadership can be a difficult term to define. The various dictionary definitions all talk about “the action of leading a group of people or an organization” or “leading or guiding other individuals, teams, or entire organizations.” However, as I’m sure you will agree, words like *inspire*, *motivate*, and *accountability* are also part of leadership, and these subjective words are the truly defining parts of a great leader.

If you have ever participated in one of our hikes, paddles, bike rides, or trail work events, that activity was organized and led by a trained AMC Southeastern Massachusetts Chapter leader. Part of the leader’s training was attending our free, one-day Leadership Training workshop. This includes both indoor lecture-type talks and some fun practical exercises, many of which occur outdoors. In addition to taking the workshop, there are various co-lead requirements before you become a full-fledged leader. These depend on the specific activity and the level of leadership you wish to pursue. These requirements are all covered in the course and, by the way, if you decide not to pursue anything beyond the workshop, that’s okay too.

Ever wonder what type of leader you are? This topic is covered in the course under “leadership styles.” There are many different types and one type is not necessarily any better than another—just different. Attending the course could teach you something about yourself that you may not already know!

What if you are reading this and you are saying to yourself, “The course sounds great and a lot of fun, but I’m just not leadership material”? Well, that’s okay—our chapter also needs great “followers.” Our activity leaders love to have people on their events who have been through the classroom part of the Leadership Training course, because they make great participants. They understand a little bit about group dynamics, what might go right or wrong, and can put themselves in the shoes of the leader and truly contribute to the event because of their leadership understanding. So even if you do not ever want to be an AMC leader, this workshop is empowering for you as an individual and will contribute to your own personal improvement.

Our SEM Chapter is always looking for leaders who desire to make a positive impact and to make the world a better place. I hope some of you reading this will consider spending a day both improving yourself and helping your chapter. You can sign up by clicking [here](#).

Hope to see you at Leadership Training!
Barry Young, AMC-SEM Chapter Chair

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The Full Moon's 'leadership bug'

Continued from page 1

The credit for beginning these Full Moon Hikes at Borderland State Park needs to be given to Bob Vogel. A long-time AMC hike leader, Bob has been inspirational in sparking interest in hiking and leadership. He sponsored both Nancy and Patti McNally in obtaining leadership certification, and he continues to put adventure into your bones. We hope to foster this enthusiasm in others.

Take Bill Cannon: After a gap in hiking during the 2016-2017 season, Bill was bitten with the leadership bug. This season he became an AMC Hiking Leader, earning his certificate by co-leading hikes with Nancy and Patti at Borderland. Bill's approach, asking if there was interest in bringing back the Full Moon Hikes if he helped lead them, led to an awesome season! That was all it took for Nancy and Patti to say yes. They had missed the hikes due to conflicts in their schedules, and were unable to commit to lead them once a month.

This year, with Bill's help registering hikers and co-leading, the hikes have been a great success and especially eventful. You won't see another night for a long time when a super moon, a full moon, and a lunar eclipse occur together! But you will have many nights when you can watch the full moon rise and see a super moon shine across the pond, while you hike with enthusiastic adventurers and even get some exercise.

The hikes are about 4-5 miles and the terrain is mostly flat and easy walking. We encourage you to get out and enjoy a hike any time, but it is especially nice by the light of the silvery moon.

Note: AMC-SEM Hike Leaders obtain permission from the DCR for each moonlight hike, which is outside normal park hours. Don't do this on your own. The next approved Full Moon Hike is on March 1st. See the Activities pages for details.

Volunteer teen trail crew vacations

Here's a great way for teens to act on their sense of purpose and contribute to a greater cause. Teen trail crews are active all summer from Pennsylvania to Maine and provide camaraderie with conservation work. Whether it's one week, ten days, or a four-week leadership program, this experience will not only build trails, but confidence and commitment. Learn more [here](#).



An afternoon hiking group gathers at Open House 2017.
Photo by Paul Brookes

Invite your friends to Open House!

Join fellow SEMers for our chapter-wide "Take it Outside" open house at Myles Standish State Forest on Saturday, April 14. We're offering a variety of fun outdoor activities starting at 10:00 am and 1:30 pm. Enjoy a family-friendly nature walk, beginner and intermediate hikes, beginner and intermediate bike rides, trail work activities, and a free lunch at noon! Invite a friend to experience the fun of being an AMC-SEM member! For more information about the open house and to register for any of the events, just visit www.amcsem.org.



Cyclists prepare for a ride through Miles Standish State Forest at last year's Open House. *Photo by Ken Carson*



Kyle Clifton, left, Ann Duggan, Doug Griffiths, Joanna Dixon, and Tom Janes on Mt. Field. *Photo by Dexter Robinson*

Hikers ascend Mount Tom and Mount Field in frigid conditions

By Paul Miller, Communications Chair & Hike Leader

Due to the bitterly cold and windy weather conditions predicted for our Winter Series Hike #3 in January, your SEM winter hike leaders wisely decided to cancel that trip to Kearsarge North in Intervale, NH—to the disappointment of many. The exposed, largely treeless terrain approaching the summit of that mountain would have posed a definite frostbite risk for hikers.

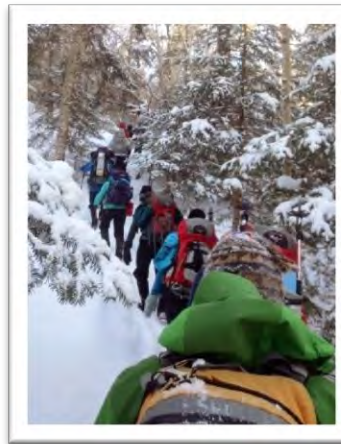
The similar weather forecast for Winter Series Hike #4 on Feb. 3rd also did not bode well. Frigid, below-zero temperatures and windy conditions were predicted for this planned hike to Mts. Tom and Field. But since the hike up to Mt. Tom at least is in the trees the whole way with virtually no exposure to wind, we decided that the hike was a “go.”

Twenty-four intrepid winter hikers showed up at the AMC Highland Center in Crawford Notch at 8:30 am, well-equipped with full winter clothing and gear. This was a good thing, since the temperature at the trailhead was a nippy nine degrees *below* zero. Luckily, the sun was shining and—amazingly—there was no wind, which made the frigid temps tolerable.

Based on the advice of the AMC Highland staff (but against the best judgment of our leaders), we left our snowshoes and full crampons in the cars, broke into two

groups to minimize our disruption on the trail, and headed up the Avalon and A-Z Trails in our microspikes. These worked fine on the lower, flatter sections of the trail, but didn’t really provide all the traction (or flotation) we would have preferred on some of the steeper, icier sections we encountered higher up.

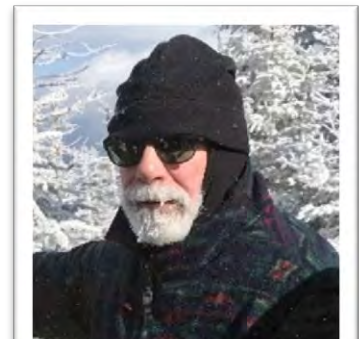
While the initial plan was to first hike up Mt. Field and then double back and hike up Mt. Tom, when the first group reached the intersection with the Mt. Tom Trail, it was time to reassess the situation. The two groups merged temporarily and had a meeting of the minds. Since we had ample leadership for this trip, we could reorganize into three groups.



L: Heading up the A-Z Trail. R: Kyle Clifton atop Mt. Field, his first 4,000-footer! *Photos by Dexter Robinson*

One group went on to Mt. Field to ultimately summit both peaks. One group headed up the Mt. Tom Trail and—after enjoying the sunshine and the limited views—had a quick lunch on the summit and then headed back down. The third group had lunch at the trail intersection, then headed up to the summit of Mt. Tom Trail before heading down. Eventually, these two Mt. Tom groups merged again on the trail back down to the Highland Center.

Despite the extremely cold conditions, all three groups made it back down to the Highland Center in safety and, equally important, we all had big smiles on our faces!



Paul Miller on Mt. Field with frozen beard. *Photo by Ken Carson*



AMC Mountain Leadership School Photo

Member's SEM Leadership Training was great preparation for MLS

Written by Ed Eads, Former AMC-SEM member

My name is Ed Eads and until recently I was an AMC-SEM Chapter member. (I moved to RI.) In April 2016, I took the SEM Chapter leadership class at Foxboro and then attended Mountain Leadership School (MLS) in June 2016. Since then, I started lending a hand at MLS. I'm reaching out to you to share how useful I found MLS after attending the [SEM Chapter Leadership Training](#).

My goal in taking the SEM Leadership Training was to learn more about the chapter and get more involved. I found the topics covered and the collaborative sharing of experiences by SEM Chapter leaders excellent. It was a nice blend of basic leadership training and chapter specific trip leadership information. Jess Wilson from AMC Headquarters presented the section on Liability and Risk, and she also mentioned MLS to our class. I decided to attend MLS as a next step in learning about AMC and developing my own leadership skills. The two leadership training opportunities dovetailed very nicely and I enjoyed both thoroughly.

Mountain Leadership School has been AMC's premier leadership school for 60 years and is led by experienced volunteer instructors. The school uses an experiential teaching method that allows students to practice the skills they are learning hands-on each day. It is also set mostly in the field, which allows students to practice in the actual environment in which they will be leading hikes for AMC or their friends.

The school is based out of the Highland Center in New Hampshire and runs from a Wednesday through a Sunday in June each year, with options for leaders interested in Backpacking and also Day Hiking. The topics covered range from Group Dynamics to Trip Planning to "Leave No Trace" principles to Emergency Scene Management and a great deal more. MLS is also a fun adventure that tests you as a student and also feels safe and inviting. For me, I think the format and topics covered were the perfect progression after attending the SEM Chapter Leadership Training.

Sean Buckley, one of the volunteer Instructors at MLS, is working with local chapters to publish articles on MLS and share information about the school with local chapter membership. To keep MLS running strong for another 60 years, we need to make sure the folks who would benefit and enjoy it most are aware of the school. I wanted to reach out to you to share how I, as a local chapter member, appreciated both the SEM training and MLS. I think many other folks would enjoy taking that next step and having a fantastic adventure in New Hampshire. You can learn more about [MLS here](#).



AMC Mountain Leadership School Photo

Adult trail crew vacations in California

Join one of two week-long crews volunteering on trails in the beautiful Bay Area of northern California. Based out of comfortable hostels in the heart of the Golden Gate National Recreation Area, our Adult Volunteer Vacation participants will lend a hand to maintain the popular trail network and have some time to enjoy the sights and sounds of San Francisco. When it is still snowy and cold in the northeast, it's pleasant and mild in northern California! To get more information and register, visit [March 11-18, 2018](#) and [March 18-25, 2018](#). See the full list of Volunteer Vacations [here](#).

Winter Activity Snap-Shot

Please check the Activities pages for more details!

AMC-SEM Winter Hiking Series

#5 March 2-4—Zealand Hut Weekend, Twin Mtn., NH

#6 March 11—Mt. Liberty—Franconia Notch, NH

Additional Winter Hikes

High Cabin Winter Camp—Feb. 23-25

Full Moon Hike—March 1

White Line the Blue Hills—February 27; March 6, 13, 20

Thursday Morning Hikes—February 22; March 1, 8, 15

Sunday Morning Hikes—March 18

New Member Hike—March 17

Cape Cod Hikes

Sunday Morning Hikes—Feb. 25; March 11, 18

Thursday Morning Hikes—March 15

Saturday Morning Hikes—February 24; March 24

Cross-Country Skiing

Waterville Valley—February 23-25

White Mountains—March 2-4

Free Leadership Training Day in May

Written by Doug Griffiths, Education Chair

The next one-day [SEM Leadership Training](#) course will be held on Saturday, April 7, 2018 at the Foxboro Recreation Department Rec Hall; 68 Mill Street; Foxboro, MA 02035. This course prepares trip leaders for managing groups they will be leading on AMC-sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to ensure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip-leader candidates are also welcome. It is an all-day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to chapter members.

This training is required for prospective AMC-SEM trip leaders, but is useful for any participant interested in improving their outdoor skills and anyone wishing to become familiar with trip group management. All those interested in this Leadership Training course may also wish to consider Wilderness First Aid training coming up May 5-6, 2018.

To register, please contact AMC-SEM Education Chair Doug Griffiths RedDougG@aol.com or 508-758-4315 after 6 PM.

Learn to React, Respond, Save Lives

Written by Doug Griffiths, Education Chair

The next two-day Wilderness First Aid training course will be held Saturday and Sunday, May 5-6, 2018 in Foxboro, MA. The course runs 8:00 AM to 4:00 PM both days with an optional CPR course available Saturday at 4:00 PM. The course will be given at the Rec Hall; 68 Mill Street; Foxboro, MA 02035.

Instruction is provided by SOLO, experts in providing wilderness medical training. Their excellent courses have been well received by AMC members for years, and we look forward to continuing to sponsor their trainings.

Pricing is as follows: \$170 AMC Member Price, \$185 for non-AMC members. Price includes lunch and break service both days. The optional CPR course costs an additional \$35.

Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify.

The training is required for most AMC-SEM trip leaders, but is a great experience for any outdoor enthusiast. I would encourage any AMC member to consider taking this course. You will find it exciting and stimulating.

To register, contact Education Chair Doug Griffiths RedDougG@aol.com or 508-758-4315 after 6 PM.



Activities

For the most current information, [search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

Indicates pace

Indicates terrain

AA 13+

1very fast

Avery strenuous

A 9-13

2fast

Bstrenuous

B 5-8

3moderate

Caverage

Cless than 5

4leisurely

Deasy

Found in the description

LActivity leader

CLActivity co-leader

FTFirst Time

NM ...New Members

ANAdvance Notice

C Conservation

EDUCATION

Sat., Apr. 7. Leadership Training Workshop, Foxboro Recreation Department Rec Hall, 68 Mill Street, Foxboro, MA 02035.

This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader participants are also welcome. It is an all-day course with a mix of classroom and outdoor exercises. The usual schedule is 8 am to 5 pm. Lunch is included and refreshment breaks are provided. This course is offered at no cost to AMC members. For Southeastern Mass chapter members, this is the first step in becoming a trip leader, followed by several co-leads with current chapter trip leaders, arranged in the weeks or months after this program. This training is required for prospective SEM trip leaders, but is useful for any participant interested in improving their outdoor skills and anyone wishing to become familiar with trip group management. L Douglas Griffiths (508-758-4315 after 6 pm, RedDougG@aol.com)

Sat., May 5-6. Wilderness First Aid Two-Day Workshop, Foxboro Recreation Department Rec Hall, 68 Mill Street, Foxboro, MA 02035.

Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. This training is required for AMCSEM trip leaders, but is a great experience for any outdoor enthusiast. Instruction is provided by SOLO, experts in providing wilderness medical training. L Douglas Griffiths (508-758-4315 after 6 pm, RedDougG@aol.com)

Sat., Feb. 24. Hike--Monk's Park and Little Bay, Bourne, Bourne, MA. This 2 hour hike over approximately 4 miles is in Bourne Conservation Trust properties of Little Bay and Monk's Park. We will hike wooded trails and a fire road with views of Little Bay from the bluff. A beach walk section will be included with views of Buzzards Bay. The terrain is frequent, moderate rolling hills on the wooded trails throughout the hike. Dress for wind on the beach. From Bourne Bridge/Cape side, take Route 28S toward Falmouth for 1.7 miles. Go right on Clay Pond Road/Monument Beach (green state sign) before McDonald's. Go 1.3 miles, cross County Road onto Beach Street for .2 mile. Go left onto Shore Road (Cumberland Farms on corner) for 1 mile. Go right onto Valley Bars Road and Monk's Park is at the end. Park at the end just before the underpass. L Robin McIntyre (508-789-8252 before 9 p.m., robinm McIntyre@comcast.net, Robin is a third year Level 1 SEM/Cape hike leader with WFA training.)

Sun., Mar. 11. Hike Cape Cod Canal/Town Neck Sandwich, MA. Taking advantage of low tide, we will hike 4-5 miles along the canal, along Town Neck & Boardwalk beaches which vary from very rocky terrain to soft & hard packed sand, then through the Town Neck neighborhood. Gather at 12:45 for a 1 p.m. start from Sandwich Recreation Area parking lot at end of Freezer Rd off Tupper Rd, Sandwich. Heavy rain cancels. L Barbara Gaughan (781-572-1321 before 9 p.m., barbaragaughan12@comcast.net, SEM Level 1 hike & bike leader.)

Continued on next page

Activities

For the most current information, [search activities online](#)

CAPE HIKING

Thu., Mar. 15. Hike--Four Ponds and Bourne Town Forest, Bourne, MA. This 2 hour approximately 4 mile hike is in the Bourne Four Ponds Conservation Area and adjacent Bourne Town Forest. The terrain is wooded pathways, fire roads, and mountain bike trails with some moderate hills. It offers views of the ponds and some wildlife. From the Bourne Rotary/Cape side, take Route 28S for 1.7 miles. Take a right onto Clay Pond Road/Monument Beach (green state sign) before McDonald's. Go .5 miles and turn left onto Valley Bars Road. Go .3 miles and pull up in back of the Weary Traveler's Club into their parking lot--the driveway is a U shape around the back of the club. L Robin McIntyre (508-789-8252 before 9 p.m., robinmcintyre@comcast.net, Robin is a third year Level 1 SEM/Cape hike leader with WFA training.

Sun., Mar. 18. Hike Ryder Beach, Truro, MA. Beach to woodland trails, hills, and scenic bay views. Route 6, then left on Prince Valley Road to the end. Right on County Road, then an immediate left on Ryder Beach Road. Park at the end. Meet at 12:45 p.m. 2 hours. L Janet Kaiser (508-432-3277 before 9 p.m., jtkaiser@comcast.net)

Sat., Mar. 24. Walker Lookout and Beech Tree Trail Hike, West Barnstable, MA. A moderate hike with some hills. A wonderful view from Walker Lookout. Some fire roads and a some beautiful trees on the Beech Tree trail. Then a gentle climb up to the highest point in Barnstable with another beautiful view. If it is clear you can see Martha's Vineyard. Good boots of a mid height are recommended. This hike is under 5 miles but will feel like more. L David Selfe (508-771-0620 after 5, kdselife@comcast.net, lever 1 hike leader of Cape Hikes with over 500 miles on Cape Cod)

Thu., Apr. 5. Hike Crowes Pasture, Dennis, MA. Hike in Crowes Pasture, along surrounding marsh and beach and through historic Quivet Neck neighborhood. Expect soft sand! Meet at 9:45AM for 10:00AM start. Cold Storage Beach parking: RT 6 to Exit 9 and RT 134 North. Follow RT 134 north to traffic lights at RT 6A and turn right. Follow RT 6A for .8 miles and turn left on School St (Airline Rd on Right). Follow School St for .4 miles and turn left on Cold Storage Rd. Follow Cold Storage Rd for .5 miles to parking lot at the beach. L Deborah Hayden (508-274-2820 before 9:00PM, shaferhayden@gmail.com)

(FT) (NM) Sun., Apr. 15. Falmouth, Beebe Woods Hike (C3D), Falmouth, MA. Spring stroll through woods, passing ponds and a farm. Meet at 12:45pm. 2 hours. Take Route 28 South to hospital lights, then 0.6 miles to a right on Depot Avenue. Continue 0.4 miles up the hill and past Highfield Hall into the parking lot at Cape Cod Conservatory. If question about weather, contact Leader. L John Gould (508-540-5779, jhgould@comcast.net)

Thu., Apr. 19. Hike--Bourne Sisters, Bourne, MA. This 2 hour approximately 4 mile hike is in the Bourne Conservation Trust areas of the Bourne Sisters and Perry Woods. It also includes a cranberry bog and Town of Bourne Leary Property. The terrain is wooded pathways with frequent moderate rolling hills. We will have views of Back River from the Leary Property. Icy trails may be a reason for cancellation of this hike due to the hills. L Robin McIntyre (508-789-8252 before 9 p.m., robinmcintyre@comcast.net, Robin is a third year SEM/AMC Level 1 hike leader with WFA training.)

Sun., Apr. 22. Hike and Clean Up John's Pond Mashpee, MA. To celebrate Earth Day we will hike and clean up along the wooded trails along John's Pond and Moody Pond. Gloves and bags for the clean-up will be provided. From Falmouth RT 151 West, Turn North (L) on Currier Rd, then Right on Ashumet Rd. In short distance, Ashumet bears off to right, continue straight on Hooppole Rd. (No road sign). Go 1.5 miles and turn Right on Back Road. Go 0.6 mile to large beach parking lot. From Mashpee Rotary take Rte. 151 to Falmouth and proceed to Barnstable Fairgrounds and turn R onto Ashumet Rd., at stop sign turn R to continue on Ashumet which will become Hooppole continue 1.5 miles to R on Back Rd., go 0.6 miles to parking lot at John's Pond. L Jane Harding (508-833-2864 before 9 PM, janeharding@comcast.net) L Nancy Wigley (nrwigley@verizon.net)

Thu., Apr. 26. Hike Shawme Crowell State Park Sandwich, MA. Hike cleared trails with some up/down hills. We will hike to a view of Cape Cod Canal or the Adventure Park at Heritage Gardens. Driving directions from Sagamore Bridge take 1st exit and turn R onto Sandwich Rd and continue to merge with 6A bear L and follow to Rte 130 turn R go short distance entrance to park is on R drive past guard booth and follow road until you come to dumpsters. Park around dumpsters. From upper Cape take Rte 6 to exit 2 and turn L onto Rte 130 follow through town and continue until you see entrance to Shawme Crowell on L drive past guard house and follow road to dumpsters. Meet at 9:45 AM for 10 AM start. L Jane Harding (508-833-2864 before 9 PM, janeharding@comcast.net)

Continued on next page

Activities

For the most current information, [search activities online](#)

CAPE HIKING

Sun., Apr. 29. Hike Maple Swamp, Service Rd., East Sandwich, MA. Hike historic area which dates back to glacial erosion. This hike has lots of steep climbs and declines with uneven terrain. Hiking boots and poles strongly recommended. Driving directions to start take Rte 6 to exit 3 Quaker Meetinghouse Rd and turn S off of ramp. Take first L onto Service Rd and look for Maple Swamp parking area on R past Mill Ln. Meet at 12:45 PM for 1 PM start. L Jane Harding (508-833-2864 before 9 PM, janeharding@comcast.net)

Sat., May 5. Hike Moraine Trail Hike, Falmouth, MA. Nine mile, 5-hour, moderately difficult, one-way, hike along moraine and pond with lunch stop. Meet in Goodwill Park in Falmouth at 0915, and we will carpool at 0930 to the hike start at 1000. Bring lunch, water, and your favorite tick prevention. Poison ivy is also found along the trail. Hike cancelled if rain. Please phone or email leader if any question about cancelling due to weather. From Mashpee rotary, take Rt. 151 west 3.4 miles to Left at Sandwich Rd. Go 3.7 miles and turn Right on Brick Kiln Rd at light, and go 0.9 miles and turn Left on Gifford St at light.. After 1.1 miles take a Right to enter Goodwill Park and follow road 0.3 miles to parking. L John Gould (508-540-5779, jhgould@comcast.net)

Sun., May 13. Hike Santuitt Pond and River, Mashpee, Barnstable, MA. Hike along woodland trails around Santuitt Pond and River past a newly refurbished herring run and hopefully find some Bird's Foot violets in bloom around a cranberry . Celebrate Mother's Day by hiking this scenic area. Take mid-cape highway to Exit 5 (Rte 149) and turn South to Rte 28. Turn R on Rt. 28 and follow to R on Santuitt-Newtown Rd. Go 0.8 mile to yellow gate on L; park on grass along edge of road. Meet at 12:45 pm. L Nancy Wigley (508-548-2362, nrwigley@verizon.net) L Jane Harding (508-833-2864 before 9 PM, janeharding@comcast.net)

(BC3) Thu., May 24. Hike Long Pond, Goodwill Park, Falmouth, MA. Traverse Falmouth's Town Forest on rolling wooded trails. Enjoy scenic views of Long Pond, Grews Pond and Angel Mirror Pond. The Angel Mirror Trail, a relatively new trail, has some steep, narrow sections. Sturdy shoes, layered clothing, plenty of water, snacks, sunscreen and tick repellent are strongly recommended. Be aware that the Cape is a known tick habitat. Poison ivy is abundant in the woods and along the sides of the trail. Meet promptly at 9:45 for trail talk and introductions. This hike begins in Goodwill Park at 10 AM. We will hike approximately 2 1/4 hours, about 4 1/2 miles. It is rated B3C, moderate pace, average terrain. A picnic lunch follows the hike. Please bring your own sandwich, and drink plus a salad, side or dessert to share with the group. Questions, call leader Cathy Giordano 508-243-3884 Directions: From Bourne bridge (Cape side) - Rt, 28S to Brick Kiln exit From Rt. 151 W (near the end) to Rt. 28S to Brick Kiln exit Then bear left off exit ramp. Travel 1.2 miles. Turn R at traffic light onto Gifford St. for 1.1 miles. Look for anchor chain fence on right. Turn right into Goodwill Park. Continue on paved road. Park in lot on right near Grews Pond and covered picnic area. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com)

HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org.

Always looking for additional hike leaders! Contact hikingchair@amcsem.org

(FT) (NM) Thu., Feb. 22. Thurs. Morn. Hike Powisset Farm, (TTOR) , 37 Powisset Street, Dover, MA. Farmland and woods with nice trails off the beaten path at the Trustee of Reservations Powisset Farm. We will hike 5.5 miles with a number of short ups and downs. Depending on the conditions, we might shorten the hike and/or eliminate the steepest sections. Some nice views. Depending on the weather, we might hike or snowshoe. Bring traction devices, if icy. L Hans Luwald (508-668-0462 before 9 PM, hans.luwald@gmail.com) CL Debbie Lepore (617-778-4339 before 9 PM)

Fri., Feb. 23-25. High Cabin Winter Camp, Mt. Cardigan, NH. Recommended for the experienced winter hiker who may want to take it a little farther and stay in a rustic cabin on the side of a mountain. Two and 1/2 mile hike up to cabin. Must have full winter hiking gear including snowshoes, crampons or microspikes. Breakfast and dinner meals included. Bring lunch, snacks and drinks. We will do some summit traversing on Saturday. Cabin has a wood stove, but you should bring at least a 30° bag. L Mike Woessner (508-577-4879, stridermw@hotmail.com, Mike Woessner is a level 5 leader for the AMC Southeastern Massachusetts Chapter. He has completed AMC's Mt. Leadership school and Winter Mountaineering Course. Also completed ADK's Winter Mountaineering School and is certified in CPR and Wilderness First-Aid. He has an extensive hiking and backpacking background including backpacking the Smoky Mountains, White Mountain Presidential range and the Grand Canyon.) CL Kevin Mulligan , R Michael Woessner (Westford, MA, 508-577-4879, Stridermw@hotmail.com)

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Activities

For the most current information, [search activities online](#)

HIKING

Tue., Feb. 27. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn, R Paul Brookes (603-799-4399 after 8am and before 8pm, PaulBrookes1966@outlook.com)

Thu., Mar. 1. Blackstone River and Canal Hike, MA. Meet at 10:00 in Uxbridge, behind the Stanley Woolen Mill building off of Route 16. (NOT at the Visitor's Center on Oak Street) After a pleasant, level walk along the Blackstone Canal, we will walk up the street, and continue across the field at Rice City Pond. Following the King Phillip Trail, we will reach Lookout Rock with views over the Blackstone River. Returning to the Stone Arch Bridge, we have an option to take a loop hike over Goat Hill before returning to our cars. The DCR Visitor Center should also be open, with exhibits focusing on the history of the area. L Peggy Qvicklund (774-893-3011 before 9 pm, qvickan@comcast.net)

Thu., Mar. 1. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., Easton, MA. Hike in the moonlight at Borderland State Park. This hike will be a moderate pace, 4 - 5 miles and will last approximately 2 hours Headlamps, water, and sturdy boots are a must. Wear appropriate clothing. Registration is required. Trip details will be sent after registration. L William Cannon (508-649-6730 PM, bcannon56@gmail.com) L Nancy Coote L Patricia McNally , R Bill Cannon (85 Fremont St, Bridgewater, MA 02324, bcannon56@gmail.com)

Fri., Mar. 2-4. SEM Winter Hiking Series Trip #5 - Zealand Falls Hut Overnight, Zealand Notch, NH. We'll return to beautiful Zealand Notch for the 2017-2018 SEM Winter Hiking Series overnight trip. Participants have an option to stay at the AMC Zealand Falls Hut for either one or two nights under our group reservation. At the hut, we'll enjoy camaraderie and group breakfasts and dinners. App. 6-mile hike or snowshoe into the hut, with minimal elevation gain. For participants who stay both nights, we'll also offer several shorter hikes from the hut. A warm winter sleeping bag (rated to at least 0 degrees F.) will be required along with full winter gear, including well-insulated winter boots, snowshoes, and microspikes. Depending on trail conditions, we may also need either 10- or 12-point crampons. Prior winter hiking experience and/or participation in an SEM Winter Workshop (or equivalent) required. Preference will be given to those who participated in previous hikes in the series. L Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net, Paul is an experienced winter hike leader who enjoys helping others learn about the joy (and challenges) of hiking in winter.) L Leslie Carson (lrc929@comcast.net) L Maureen Kelly (mokel773@aol.com) L Ken Carson , R Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net)

Tue., Mar. 6. White Line the Blue Hills Hike, Blue Hills. This series will run from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 after 8am and before 8pm, PaulBrookes1966@outlook.com)

Continued on next page

Activities

For the most current information, [search activities online](#)

HIKING

Thu., Mar. 8. Bird Street Conservation land hike, Bradley Lessa Park Stoughton MA. Easy, flat 4.5 mile hike on conservation land in Stoughton MA. Pretty lunch spot by pond. Bring traction devices. May be wet and slushy in areas. Rain cancels. Route 24 to exit 18B (Rte 27 N Stoughton MA). At light take left. Go .4 miles to next light. Go right onto Pleasant Street. Follow Pleasant 1.3 miles to end. Turn right onto Route 138. Follow 138 2.0 miles to Plain Street on left. Town Spa restaurant is at corner. Follow Plain Street for 1.3 miles to intersection. Take left onto West Street. Go .5 miles and Bradley Lessa Park will be on left Follow dirt road to end. GPS 1239 or 1251 West Street. L Rachel Thibeault (508-583-5534 before 8:00 PM, rateebo@yahoo.com) CL Nancy Perlman (617-980-4878 before 8:00PM, nancyclist@gmail.com)

Tue., Mar. 13. White Line the Blue Hills Hike, Blue Hills. This series will run from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 after 8am and before 8pm, PaulBrookes1966@outlook.com)

(FT) (NM) Thu., Mar. 15. Thurs. Morning Hike - Oldham Trail & Harold Clark Forest, Foxboro, MA. Hike the Oldham Trail and Harold Clark Forest in Foxboro. Meet at 10:00 am at parking lot on Rt. 140 across from Sunoco Station. Heavy rain will cancel. Bring lunch or snack and water and wear appropriate footwear. L Muriel Guenthner (508-699-7461 before 9:00PM, murielguenthner@comcast.net)

Sat., Mar. 17. New Member Hike Wompatuck State Park, Hingham, MA. Join some of your fellow AMC members for a Saint Patrick's Day hike through this DCR property. Wompatuck State Park has over 70 miles of trails that span through four towns. On this hike we will explore about 4 miles of these trails starting from the headquarters to Mount Blue Spring. The terrain is mostly flat with some gentle hills. Sturdy hiking shoes are required and if there is snow please be prepared to wear MicroSpikes or snowshoes. Also, dress in layers and bring some water. After the hike we will have a social gathering with snacks. Bring a friend! L Barry Young (508-339-3089 before 9 PM, Barry.young@comcast.net) CL Sue Svelnis (781-849-9299, Suesvelnis@gmail.com), R Sue Svelnis (781-849-9299, Suesvelnis@gmail.com)

Sun., Mar. 18. Winter Morning Out Hike at Myles Standish State Forest, Carver, MA. Enjoy the winter season by getting out and hiking in it. Join me for an 8 am Sunday morning hike at Myles Standish State Forest in Plymouth/Carver. Combining the flat, pond-side East Head Loop and the hilly, wooded Bentley Loop will give us about 7 miles of beautiful trails. Once we're done, we'll still have the rest of the day for other things. Meet at 7:45 at the Forest Headquarters Parking Lot, 194 Cranberry Road, Carver, 02330. We'll plan on a moderate pace to complete the hike in 3 hours. Registration is not required, but email the leader with questions or concerns. If we have snow, the hike will become a snowshoe and the distance will be adjusted. L Maureen Kelly (617-943-4288 before 8 pm, mokel773@aol.com) L John Bescherer

Tue., Mar. 20. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 after 8am and before 8pm, PaulBrookes1966@outlook.com)

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Activities

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HIKING

(C) (FT) (NM) Thu., Apr. 12. Thurs Morn. Hike - Wallomonopoag Conservation Area, Elysium St., Wrentham, MA. Meet 10:00 am in Conservation Area parking lot off of Elysium St. Wrentham. Bring water, snack or lunch & sturdy footwear. Rain cancels. Great blue rookery and eskers and possible sighting of deer. L Muriel Guenther (508-699-7461 before 9:00pm, murielguenther@comcast.net)

(FT) (NM) Thu., Apr. 12. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Apr. 19. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Apr. 26. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, Suesvelnis@gmail.com)

(FT) (NM) Thu., May. 3. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Thu., May. 3. Spring into Spring Hike!, Arnold Arboretum - Jamaica Plain, MA, - including two vistas, Bonsai exhibit, and "Explorer's Garden." We will explore this "tree museum" during a 4 -5 mile hike at a moderate pace. Bring water, sturdy footwear, sun screen, bug spray, snack or lunch. Meet at the Visitors' Center (Hunnewell building) located at 125 Arborway, Jamaica Plain at 9:45 for prompt 10:00 start. Plenty of on-street parking along the Arborway; or walk to the entrance from the Forest Hills Orange Line T-stop. Rain cancels leashed dogs O.K. L Ken Cohen (508-942-1536, k-cohen@comcast.net before 8:00 pm)

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HIKING

(FT) (NM) Thu., May. 10. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., May. 17. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., May. 24. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Thu., May. 24. The 2nd Annual Wilson Mountain Lady's Slipper Hike, Wilson Mountain/Whitcomb Woods - Dedham/Needham line- Route 135, MA. Lady's Slippers galore! In a good year there are hundreds on both sides of the well marked trail to the summit of Wilson Mountain on the Dedham/Needham line. Easy access off Route 128. Wilson Mountain Reservation is 207 acres of wild and varied terrain. Large tangled thickets of rhododendrons grow on a hillside. Wilson Mountain is the highest point in Dedham at 295 feet. While not a true mountain, it does provide hilltop views of the surrounding area. There are well marked trails to the summit of Wilson Mountain on the Dedham/Needham line. Managed by the Massachusetts Department of Conservation and Recreation (DCR). After Wilson Mountain, at your option, we'll cross Common Street to the Whitcomb Woods trail head. Forested level trails with views of the Charles River, gazebos. Total hike is 5 - 7 miles at a moderate pace. Bring water snacks/lunch, sturdy footwear. Steady rain cancels. Dogs on leash O.K. L Ken Cohen (508-942-1536 before 8:00 pm, k-cohen@comcast.net) CL Walt Granda (508-999-6038 Before 8:00 pm)

(FT) (NM) Thu., May. 31. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

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HIKING

Fri., Jun. 1-3. Hiking weekend at the (low) Harvard Cabin with Boston Chapter, (the low cabin on route 16 between North Conway & Pinkham Notch). This is a joint Boston H/B and SE Mass chapter trip. Using the historic Harvard Cabin as our base, we will set out on hikes in the Pinkham Notch or nearby area. This rustic cabin has an upstairs sleeping loft (sleeping bags/pads on a shared floor space), an outhouse, cold running water. Simple but fun! Exact hikes will be determined Friday night depending on leaders and participants interests, latest weather/trail conditions reports, and participants' abilities. On Saturday, we will likely offer two options if the group fills: one moderate/easier 4,000-footer mountain and one moderate/more strenuous 4,000-footer. On Sunday, we might go for another 4,000'er or often we opt for a shorter hike on the way home (perhaps a 52 With A View peak). You will help us as we prepare breakfast, a post-hike happy hour, and dinner on Saturday and a breakfast on Sunday. Trip fee of \$80/members and \$85/non-members includes two breakfasts, one dinner, and happy hour snacks (planned and shopped for by the leaders, but prepared and cleaned up with the help of all participants). Boston H/B leaders: Erika Bloom and Claudine Kos. SE Mass leader: Leslie Carson. SE Mass coleader; Ken Carson. For those on the Boston REGI system, please register through REGI. For those in SEM not on REGI, please contact Erika Bloom (email preferred). L Erika Bloom (508-951-1001 before 9 PM, erikabloom1234@gmail.com) L Leslie Carson (lrc929@comcast.net) CL Ken Carson.

(FT) (NM) Thu., Jun. 7. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Jun. 14. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Jun. 21. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Jun. 28. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

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HIKING

(FT) (NM) Thu., July 5. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., July 12. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., July 19. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., July 26. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Aug. 2. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

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HIKING

(FT) (NM) Thu., Aug. 9. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Aug. 16. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Aug. 23. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Aug. 30. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Sept. 6. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

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SKIING

Fri., Feb. 23-25. Cross Country Skiing in Waterville Valley, 5 Old Waterville Rd., Campton, NH. Join us for a cross country skiing weekend in Waterville Valley, NH. We will stay at the Mountain Fare Inn. The Inn features en suite rooms with full breakfast & nearby skiing. This is a collaborative trip with the Narragansett Chapter. L Jeannine Audet (508-493-8221, milmod@aol.com) L Barbara Hathaway (508-662-0724, barb224@tmlp.net) CL Karen Rudio (508-397-2316, karenrudio@comcast.net), R Barbara Hathaway (508-662-0724, barb224@tmlp.net)

Fri., Mar. 2-4. XC Ski White Mountains, Intervale, NH. Can you think of a better way to begin the month of March than XC-skiing in the White Mountains? Join the SEM and Forty Plus chapters on Mar. 2 for 2 nights lodging at the Old Field House in Intervale, NH. Room rates are from \$125 to \$135 per night plus tax and include a hearty breakfast on Saturday and Sunday mornings. Visit their website www.oldfieldhouse.com for a complete description of their rooms and amenities. After registering by phone with the AMC Leader, call the Old Field House at 800-444-9245 to reserve your room. If you don't have a roommate, leader or innkeeper will try to match you up with one or you have the option of paying for a single supplement. We'll ski at Jackson, Great Glen, or Bear Notch - or right out the door on the Intervale trails. Bring your snowshoes, too. Walt Granda and Len Ulbricht are able to lead snowshoers or hikers. The weekend begins with pizza, salad, and socializing on Friday night (nominal charge) around 6:30. Bring a snack to share at Happy Hours and your favorite beverage. Space is limited, so reserve a spot soon. L Barbara Hathaway (508-880-7266 before 9 pm, barb224@tmlp.net, XC Skiing and Hiking Leader and past XC Ski Committee Chair for Southeast Mass Chapter.) CL Wayne Cardoza (Leads trips for Forty Plus chapter), R Barbara Hathaway (508-880-7266 before 9 pm) barb224@tmlp.net.

SOCIAL

(C) (FT) (NM) (AN) Sat., Apr. 14. AMC SEM Wants You to TAKE IT OUTSIDE 2018 – AMC-SEM's Open House at Myles Standish State Forest, Carver, MA. Join AMC Southeast Mass Chapter along with the Friends of Myles Standish State Forest for our Open House - TAKE IT OUTSIDE WITH AMC-SEM 2018. We offer beginner and intermediate hikes, bikes and nature walks. All participants receive a free lunch. Come explore the pine barrens of Myles Standish State Forest while you learn about AMC-SEM's outdoor activities. L Maureen Kelly (617-943-4288 4-8pm, mokol773@aol.com, Maureen is a past SEM Chapter Chair and four season hike leader. She enjoys introducing people to great hikes.), R Maureen Kelly (617-943-4288 4-8 pm, mokol773@aol.com)





The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | March 2018

Get SEM activities delivered right to your email inbox!

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Please send your Word doc and photographs to
breeze.editor@amcsem.org.

Please send photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Business advertisements are just \$15/month. Send inquiries to
breeze.editor@amcsem.org



Members take a "bridge to Nature" at the Blackstone River & Heritage Canal State Park in Uxbridge, MA. *Photo by Ken Cohen* More photos on page 3.

'Take it Outside' at April 14th Open House

Written by Maureen Kelly, Former Chapter Chair

The Appalachian Mountain Club (AMC) [Southeastern Massachusetts Chapter](#) (SEM) is holding its annual "Take it Outside" open house event once again this year at beautiful Myles Standish State Forest in Carver, MA on Saturday, April 14, 2018 from 10:00 am to 3:30 pm. The event, hosted in conjunction with the Friends of Myles Standish State Forest, is open to all (AMC members and non-members alike) and will feature a variety of fun outdoor activities. These include a nature walk, beginner and intermediate hikes, beginner and intermediate bike rides, trail work activities, informative mini-workshops, and a free lunch for participants.

Participation is free. For more information or to register, readers should visit <http://activities.outdoors.org/search/index.cfm/action/details/id/103107>.

Continued on page 3



View from the Chair:

Is it finally time to get off the couch?

Have you ever heard the expression, “If not now, when?” Some believe it had its origins in ancient Jerusalem. Others credit U.S. Presidents Kennedy, Reagan, or Obama with the expression. In recent years, I’ve notice that it’s gained a lot more traction. A large national outdoors conservation club is now using “If not now, when?” as a rallying cry to solicit more funding because of the cutbacks in government funding and threats to the environment. I’m sure you have heard it in the media—it’s even been used on *Saturday Night Live!*

I like this expression because it is an immediate call to action! But rather than using it to raise funds, I have a different take on “If not now, when?” This relates to getting off the couch and “getting outside” with your other SEM chapter members. Our chapter is approaching 4,000 members. It’s somewhat perplexing to see less than 10 percent of our membership typically participate in the more than 300 hikes, bike rides, paddles, ski trips, and other fun events that our enthusiastic and well-trained volunteer leaders put on every year.

Over the past year as your Chapter Chair, I’ve had the opportunity to meet many of our wonderful chapter members. Unfortunately, all too often I hear excuses for not participating in activities like, “Yes, I saw that Full Moon Hike at Borderland and considered going, but I thought I might be too tired after working all day.” Or, “I really like to hike, but I’m so busy” or “I saw that bike ride along the canal and wanted to go, but then something came up.” It appears that, as with anything else, getting outside and becoming more active requires overcoming significant inertia.

So, to all you members out there who have not participated in a recent AMC Southeastern Mass. Chapter event, my question is: “If not now, when?” Here are just a few upcoming events you may wish to consider:

- Full Moon Hike on March 29th at Borderland State Park
- Leadership Training Workshop April 7th
- Red Line Hiking in the Blue Hills begins April 12th
- “Take it Outside 2018” Open House event April 14th at Myles Standish State Forest
- Hike and Clean Up John’s Pond in Mashpee April 22nd

Some of these activities take place during the week, some on weekends, some during the day, and some at night. In other words, there’s pretty much something for everyone who would like to get outside. You can find all SEM activities on our website (www.amcsem.org) by selecting the type of activity you’re interested in in the yellow box at the top center of the page.

Hope to see you outside...and soon!
Barry Young

2018 Executive Board

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Social Vice ChairOPEN
Social Media AdministratorChristine Racine
Social Networking Moderator.....Sue Mulligan

Webmistress..... Cheryl Lathrop
The Breeze Editor.....Mo Walsh
Blast Editor.....Marie Hopkins

Contact chair@amcsem.org
if you are interested in any
OPEN position

Open House April 14

Continued from page 1

This popular annual event is targeted at individuals and families who would like to become more active outdoors and meet like-minded people. It also provides an opportunity to learn more about the AMC Southeastern Massachusetts Chapter, which offers a wide variety of hiking, bicycling, paddling, skiing, trail work, and conservation activities for newcomers and experienced outdoorspeople alike.

All Open House-related activities will start at the Interpretive Center at the Myles Standish State Forest Headquarters located at the intersection of College Pond and Cranberry Roads in Carver, MA. For more information about the event, contact Maureen Kelly at mokel773@aol.com.

See all the events on page 9. For more details or to register, select those you might be interested in and follow the links. Everyone is welcome!

!

Schedule of Activities

10 AM—12 PM Your Choice:

Nature Walk with a Birder
Beginner Hike, East Head, with Naturalist
Intermediate Bicycling
Intermediate Hike, Cherry Pond
Intermediate Hike, Bentley Loop
Trail Work, Bog Bridge

11:15—11:45 AM Your Choice:

Bike Safety Workshop
Leave No trace Ethics

NOON—12:45 PM

Free Lunch!

12:45—1:30 PM Your Choice:

Tips for Taking Outdoor Photos
You Really Must Stay in an AMC Hut!

1:30—3:30 PM Your Choice:

Beginner Hike, East Head Loop
Family Hike, East Head Loop
Intermediate Hike, Pine Barrens Path
Beginner Bicycling, Charge & Fearing Ponds
Trail Work, Bog Bridge

A Warm Winter's Day Hike

Photos by Ken Cohen

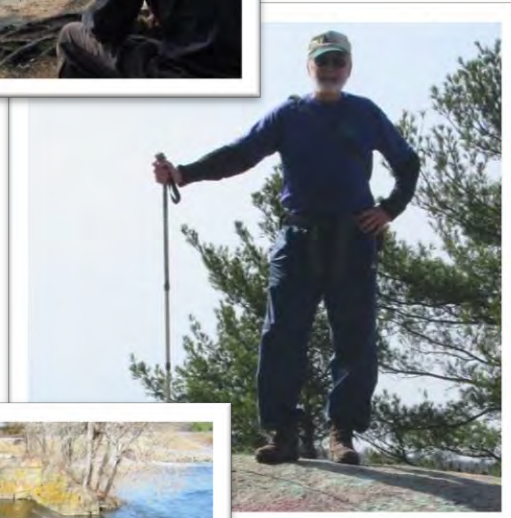
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Top: River View

Above:
Picnic Rock

Right:
King of the Hill
Rich Carnes



Left:
Shadowman



March 1st, before winter reasserted itself, a group of 20 hikers followed Peg Qvicklund on a sunny trek through the Brookstone River & Heritage Canal State Park in Uxbridge, MA.



Bill Swanton, left, Luther Wallis, Doug Craib, Leszek Lechowicz, Mike Woessner. *Photo by Mike Woessner*

High Cabin Winter Weekend

Written by Mike Woessner, Hiking Vice Chair

This past February 23, five hearty souls donned heavy back packs and hiked the two miles from the AMC's Cardigan Lodge, gaining 1,258 feet of elevation up to High Cabin. High Cabin is a popular rustic retreat for backcountry enthusiasts looking for a secluded escape with breathtaking scenery. It sits protected a half-mile below the summit of Mt. Cardigan (3,155') just below the tree line.

High Cabin accommodations include twelve bunks with mattresses in the main room heated by a wood stove. There is a dry sink and a two-burner propane stove in the kitchen area. A composting toilet is conveniently located on the porch.

Upon arrival our first priority is to get the woodstove going. Next, we check out the stream behind the cabin for running water. This year we are lucky, water is running. In past years it has been frozen solid, forcing us to melt snow for water. Once the water is filtered and the stove is heating the cabin nicely, we settle in for the weekend. Since there are only five of us this year, the accommodations are spacious. In past years we have had up to ten in the cabin, and with all of the winter gear it gets quite close.

Soon our exclusive chef, Luther, has dinner simmering on the stove, and we break out our libations and snacks for a quick "Happy Hour" before dinner. Our first night's dinner is cream of broccoli soup and pulled pork

sandwiches. Chocolate chip cookies for dessert! After clean up, we discuss the next day's hiking plan. We decide to first summit Mt. Cardigan and then head over to Mt. Orange via Rimrock and the Skyland Trail.

Saturday morning breaks cloudy, but not too cold, temps just around freezing. After a quick breakfast, we get our gear, including micro spikes, snowshoes, water, and lunch. We also carry essential group gear among the five of us. Should we encounter an emergency, we have a group First Aid kit, small stove, water, hot chocolate, a 0° sleeping bag, z-fold ground pad, and an emergency shelter.

Heading up to the summit of Cardigan, the wind is stiff and the weather is cloudy, with rime ice forming on surfaces. There is very little snow, so we use micro spikes to get us to the summit. Not much of a view today. We huddle on the leeward side of the fire tower, out of the wind. After making a few adjustments to gear we head back into the wind and follow the cairns down the West Ridge Trail to the Skyland Trail junction. Once we are on the Skyland, we climb through a thick spruce forest and soon emerge on the summit of Rimrock. Up over the "rim" and down into the saddle between Rimrock and Mt. Orange, the trails are mostly ice with a little snow around the summits. We are soon at the summit of Mt. Orange and the weather has lifted a little so we get views to the northeast. We can see what looks like Franconia Ridge and other summits in the Whites.



Checking the trail markers: Luther Wallis, left, Doug Craib, Les Lechowicz, Bill Swanton. *Photo by Mike Woessner*

Continued on page 5

Whiteout Snow Conditions

Continued from page 4

After a brief lunch, we are off again. We head east down the Vistamount Trail, which is tricky at times due to the ice on the trail. Vistamount intersects the Clark Trail just south of the Holt-Clark Cutoff. We now head back west, uphill to Hurricane Gap, the home of High Cabin. We stop to admire the view at PJ Ledge with great views to the east.

Back at the cabin, we once again gather wood and water to have our dinner. This evening Chef Luther has prepared chili and cornbread. Since this all had to be hauled in on our backs, Luther had taken the time to dehydrate his chili. All that had to be added was water. The cornbread was from a mix as well. We all ate our fill and there were no leftovers, which is good because all trash has to be packed out as well. After dinner we gather round to play a card game, "ButterScotch," and swap hiking and camping stories that get more interesting as years go by.

Sunday morning, we awaken to whiteout snow conditions. We pack our gear, give the brooms a good workout, then head out into the maelstrom. Soon we are down in heavy forest and out of most of the wind. The snow continues for the rest of our hike out. Back at Cardigan Lodge, we say our goodbyes and well wishes for future hikes together.



Into the maelstrom: Doug Craib, left, Bill Swanton, Leszek Lechowicz, Luther Wallis. *Photo by Mike Woessner*



Volunteer of the Month: Barbara Hathaway

Written by Jeannine Audet, Skiing Chair

Each month the SEM recognizes one of our amazing volunteers. We are thankful for the wonderful people who donate their time and energy to lead terrific trips. This month the Skiing Committee recognizes BARBARA HATHAWAY for her continuing contributions.

Barbara served the AMC SEM for many years as Ski Chair, stepping down in November, 2017. She has been a highly-active Skiing leader, organizing multiday overnight trips in New Hampshire for several years. Barbara is an energetic, organized, and enthusiastic leader. She knows how to ensure an enjoyable trip with her warm and friendly manner.

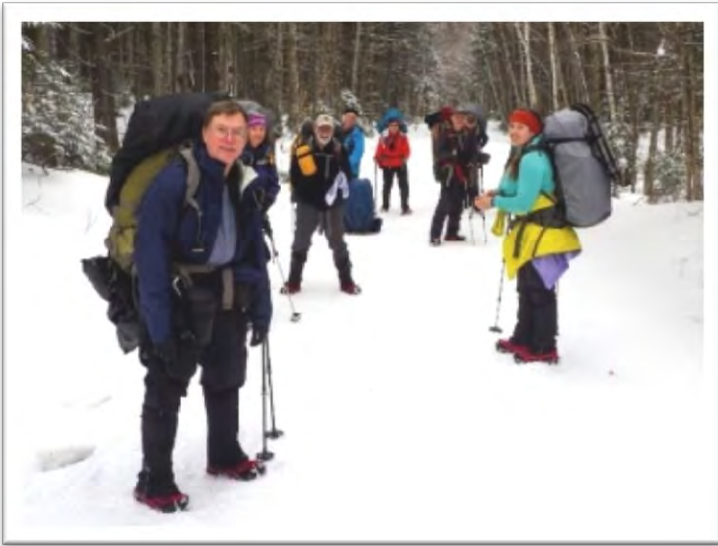
Thank you, Barbara, for all you do!

Barbara will receive a Volunteer of the Month Certificate and a \$50 gift card.

We ♥ Volunteers!

See page 2 for OPEN positions or email chair@amcsem.org to learn how you can use your time and talents to help your fellow AMC-SEM members!





Hiking in on the Zealand Road *Photo by Mike Woessner*

Escape to Zealand Falls Hut

By Paul Miller, SEM Winter Hike Leader and Communications Chair

On Friday, March 2nd, while almost everyone else in Massachusetts was hunkering down for what the weather forecasters predicted would be a severe winter Nor'easter with significant coastal flooding, thirteen SEM winter hikers drove up to New Hampshire in driving rain for our 2018 Winter Series Overnight trip to the AMC Zealand Falls Hut. Zealand is one of the three AMC huts that stays open in winter on a "caretaker" basis—which just means we carry in and cook our own food.

Luckily for us, while the storm back home ultimately reached near-epic proportions, by the time we passed through Franconia Notch the temperature dropped a few degrees and the rain turned to snow, tapering off to flurries by the time we arrived at the trailhead parking area off Rte. 302 in Twin Mountain. And the weather stayed nice for us in the mountains the entire weekend, with partly cloudy-to-sunny skies and mild winter conditions with temps in the high 20s to low 30s during the day and "balmy" temps in the low 20s at night.

After lugging our heavy winter backpacks 3.5 miles up the snow-covered Zealand Road (closed in winter) to the actual trailhead, we hiked in another 2.3 miles on the pretty Zealand Trail up to the hut. Once there, we checked in with Josh, the amiable caretaker, selected our bunks in the comfortable bunkrooms, and enjoyed

our traditional "happy hour" in the hut dining room. After happy hour, we had a wonderful dinner of tortilla soup, pulled pork, and cornbread prepared by Luther Wallis, and then we settled in for a serious evening of socializing before hitting our bunks at around 9:00 pm.

While we chowed down to a hearty morning breakfast of coffee, juice, oatmeal, and pancakes prepared by Mike Woessner, Sal Spada, and others; George Danis was leading a group of six more participants up the trail to spend Saturday night with us at the hut.

After breakfast, we broke off into two groups for the day's hikes. Mike and Leslie Carson led a group up to the summit of Mt. Hale (4,055 ft.). Ken Carson and I led another group up to Zeacliff and then on to the summit of Mt. Zealand (4,265 ft.). On the way back, we met George and a couple other of our Saturday hike-in participants at Zeacliff, where the skies had magically cleared, enabling us all to enjoy the fantastic views into Zealand Notch.

Once back at the hut, we socialized some more during our pre-dinner happy hour and then enjoyed a yummy spaghetti and meatball meal prepared by Leslie, Ken, and others. After dinner—with our own group of 19, a smaller group from the Boston chapter, and assorted other guests—the dining room became a bit crowded and somewhat raucous, but no one seemed to mind! Once again, we hit our bunks at about 9:00 pm.

Sunday morning, we had a quick breakfast of bagels & cream cheese before packing up, shouldering our somewhat-lighter winter backpacks, and hiking six miles to the cars. We hit the road to Massachusetts to survey the damage from the storm and (for several trip participants) clear away the debris and wait for the power to come back on!

For us winter over-nighters, at least, it was a fabulous weekend that, once again, demonstrated the many joys and some of the challenges of winter hiking.

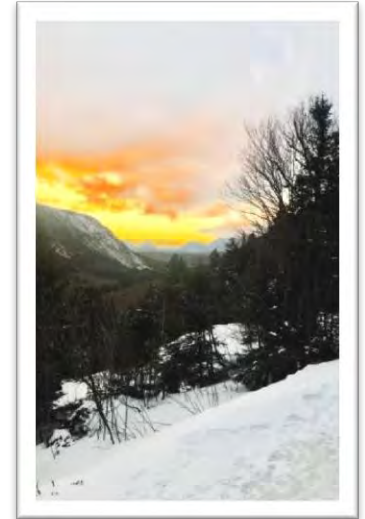


Hearty Ken Carson.
Photo by Eric Geiger

More photos on page 7

2018 Winter Series Overnight

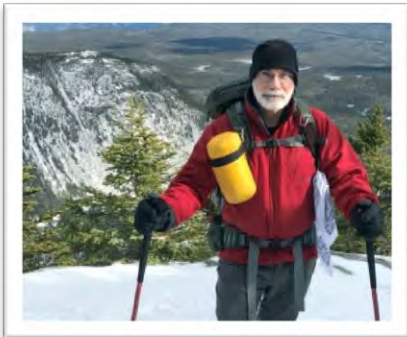
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Left: The Friday Hike-In Group. *Photo by Mike Woessner* Right: Sunset over Zealand Notch. *Photo by Ken Carson*



Left: Sal Spada and Mike Woessner prepare breakfast. *Photo by Ken Carson* Middle: On Mt. Hale. *Photo by Mike Woessner*
Right: Eric and Wendy Geiger. *Photo by Eric Geiger*



Left: Paul Miller on Zeacliff. *Photo by Ken Carson* Middle: Leslie Carson, Luther Wallis, and Wendy Geiger in the kitchen. *Photo by Ken Carson* Right: Happy Hour in the hut. *Photo by Mike Woessner*

Sunshine follows the storm on the Cape

Barbara Gaughan led an intrepid Cape Cod group on a hike along the Sandwich Canal & Town Neck after one of the recent Nor'easters.

Gary Miller, left, Nancy Greenberg, Patti Maganello, Jim Merchant, Richard Kaiser, Janet Kaiser, Nancy Wigley, Mark Gurnee, Johanna Stamm, Paul Currier, Heather Hanley, Amber Laselle, Mark Hanley.

Photo by Barbara Gaughan



Free Leadership Training April 7th By Doug Griffiths, Education Chair

The next one-day Leadership Training course will be held on Saturday, April 7, 2018 at the Foxboro Recreation Department Rec Hall; 68 Mill Street; Foxboro, MA 02035. This course prepares trip leaders for managing groups they will be leading on AMC-sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to ensure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip-leader candidates are also welcome. It is an all-day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to chapter members.

This training is required for prospective AMC-SEM trip leaders, but is useful for any participant interested in improving their outdoor skills and anyone wishing to become familiar with trip group management.

All those interested in this Leadership Training course may also wish to consider Wilderness First Aid training coming up May 5-6, 2018.

Instruction is provided by SOLO, experts in providing wilderness medical training. Their excellent courses have been well received by AMC members for years and we look forward to continuing to sponsor their trainings.

The AMC Member Price is \$175; non-AMC members pay \$185. Price includes lunch and break service both days. The optional CPR course costs an additional \$35.

Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify.

The training is required for most AMC-SEM trip leaders, but is a great experience for any outdoor enthusiast. I would encourage any AMC trip participant to consider taking this course. You will find it exciting and stimulating.



To register for either or both training courses, please contact the AMC-SEM Education Chair, Doug Griffiths, at RedDougG@aol.com or 508-758-4315 after 6 PM.

Take it Outside with AMC

**Southeastern Massachusetts Chapter of the Appalachian
Mountain Club's Open House**

Saturday, April 14, 2018

Myles Standish State Forest, Carver

[Nature Walk with a Birder 10:00 – 12:00](#)

[Beginner Hike, East Head Trail with Naturalist, 10:00 – 12:00](#)

[Intermediate Bike, 10:00 – 12:00 Intermediate Hike – Cherry Pond,
10:00 - 12:00 Intermediate Hike – The Bentley Loop, 10:00 – 12:00 Trail](#)

[Work Event – Bog Bridge, 10:00 – 12:00](#)

Learn Stuff Talks 11:15 – 11:45

Bike Safety Workshop

Leave No Trace Ethics

Free Lunch! 12:00-12:45

Learn Stuff Talks 12:45 – 1:15

Tips for Taking Outdoor Photos

You Really Must Stay in an AMC Hut

[Beginner Hike – East Head Loop, 1:30 - 3:30](#)

[Family Hike – East Head Loop, 1:30-3:30](#)

[Intermediate Hike - Pine Barrens Path, 1:30 - 3:30 Beginner](#)

[Bike – Charge and Fearing Ponds, 1:30 - 3:30 Trail Work](#)

[Event – Bog Bridge, 1:30 – 3:30](#)

See the events on our website www.amcsem.org and click on Open House

Questions? Email Maureen at mokel773@aol.com or call 617-943-4288

Free - Everyone is welcome!

Activities

For the most current information, [search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

Indicates pace

Indicates terrain

AA 13+

1very fast

Avery strenuous

A 9-13

2fast

Bstrenuous

B 5-8

3moderate

Caverage

Cless than 5

4leisurely

Deasy

Found in the description

LActivity leader

CLActivity co-leader

FTFirst Time

NM ...New Members

ANAdvance Notice

C Conservation

EDUCATION

Sat., Apr. 7. Leadership Training Workshop, Foxboro Recreation Department Rec Hall, 68 Mill Street, Foxboro, MA 02035.

This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader participants are also welcome. It is an all-day course with a mix of classroom and outdoor exercises. The usual schedule is 8 am to 5 pm. Lunch is included and refreshment breaks are provided. This course is offered at no cost to AMC members. For Southeastern Mass chapter members, this is the first step in becoming a trip leader, followed by several co-leads with current chapter trip leaders, arranged in the weeks or months after this program. This training is required for prospective SEM trip leaders, but is useful for any participant interested in improving their outdoor skills and anyone wishing to become familiar with trip group management. L Douglas Griffiths (508-758-4315 after 6 pm, RedDougG@aol.com)

Sat., May 5-6. Wilderness First Aid Two-Day Workshop, Foxboro Recreation Department Rec Hall, 68 Mill Street, Foxboro, MA 02035.

Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. This training is required for AMCSEM trip leaders, but is a great experience for any outdoor enthusiast. Instruction is provided by SOLO, experts in providing wilderness medical training. L Douglas Griffiths (508-758-4315 after 6 pm, RedDougG@aol.com)

CYCLING

(C) (NM) Sat., Apr. 14. TAKE IT OUTSIDE WITH AMC 2018 - Intermediate Road Cycling -, Myles Standish State Forest, Carver, MA.

Join AMC SEM Chapter Open House event with the Friends of Myles Standish at Myles Standish State Forest in Carver for a morning (10 - 12) Intermediate Bike. All events will begin from the Headquarters on Cranberry Rd where there is plenty of free parking. Also, FREE LUNCH for all Open House participants! We will bike 20 mile at 13-15 mph. Starting at Cranberry Rd & Lower College Pond Rd we'll head out to mostly flat main & secondary roads through scenic Carver & Middleboro. Bring water and snacks. Helmet required. Bike in good working condition. Tires pumped and ready to roll at 10am. L Barbara Gaughan (781-572-1321 before 9 pm, barbaragaughan12@comcast.net, Level 1 SEM bike & hike leader) L Jodi Jensen (jodijensen@gmail.com)

(C) (FT) (NM) Sat., Apr. 14. TAKE IT OUTSIDE WITH AMC 2018 - Afternoon Beginner Bike - Fearing Pond and Charge Pond, Myles Standish State Forest, Carver, MA.

Join AMC SEM Chapter Open House event with the Friends of Myles Standish at Myles Standish State Forest in Carver for a Beginner Bike. All events will begin from the Headquarters on Cranberry Rd where there is plenty of free parking. Also, FREE LUNCH for all Open House participants! This ride will be two loops of a 6 mile trail on state park paved roads. There will be some small rolling hills and the average speed will be 8-11 MPH. Have your tires pumped up and the bike ready to roll for a 1:30 PM start. FREE bike safety workshop by biking committee chair, Bernie Meggison from 11:15 - 11:45. L Bernie Meggison (617-930-4029, thosmeggisons@gmail.com) CL Irene Caldwell (774-454-3361 before 9 pm, ivcaldwell87@gmail.com), R Irene Caldwell (774-454-3361 before 9 pm, ivcaldwell87@gmail.com)

Activities

For the most current information, [search activities online](#)

CAPE HIKING

Sat., Mar. 24. Walker Lookout and Beech Tree Trail Hike, Barnstable, West Barnstable, MA. A moderate hike with some hills. A wonderful view from Walker Lookout. Some fire roads and a some beautiful trees on the Beech Tree trail. Then a gentle climb up to the highest point in Barnstable with another beautiful view. If it is clear you can see Martha's Vineyard. Good boots of a mid height are recommended. This hike is under 5 miles but will feel like more. L David Selfe (508-771-0620 after 5, kdsselfe@comcast.net, lever 1 hike leader of Cape Hikes with over 500 miles on Cape Cod)

Thu., Apr. 5. Hike Crowes Pasture, Dennis, MA. Hike in Crowes Pasture, along surrounding marsh and beach and through historic Quivet Neck neighborhood. Expect soft sand! Meet at 9:45AM for 10:00AM start. Cold Storage Beach parking: RT 6 to Exit 9 and RT 134 North. Follow RT 134 north to traffic lights at RT 6A and turn right. Follow RT 6A for .8 miles and turn left on School St (Airline Rd on Right). Follow School St for .4 miles and turn left on Cold Storage Rd. Follow Cold Storage Rd for .5 miles to parking lot at the beach. L Deborah Hayden (508-274-2820 before 9:00PM, shaferhayden@gmail.com)

(C) (FT) (NM) Sat., Apr. 14. TAKE IT OUTSIDE WITH AMC SEM 2018 - Beginner's Hike with a Naturalist, East Head Reservoir Trail, Myles Standish State Park Carver, MA. Join AMC SEM Chapter Open House event with the Friends of Myles Standish at Myles Standish State Forest in Carver for a Beginner Hike. All events will begin from the Headquarters on Cranberry Rd where there is plenty of free parking. Also, FREE LUNCH for all Open House participants! We will hike the loop around the reservoir taking note of some of the flora and fauna, relatively flat trails with roots, stones, etc. creating some foot hazards. Good walking shoes, ideally hiking footwear and long pants are highly recommended. Bring water for hydration. Hike will be slightly over 3 miles and 2 hours in duration. Meet up at 9:45 AM so we can start promptly at 10 AM. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net, Cape Hiking chair for AMC-SEM, organizes 2 - 3 hikes a week from Sept. to May across the Cape. Jane leads many Cape hikes.) CL Nancy Wigley (nrwigley@comcast.net, Nancy is a lifetime member of AMC, frequent leader of Cape Hikes and a trained naturalist.) CL Janet Kaiser (jtkaiser@comcast.net, Janet is a long time member of AMC and currently leads many Cape Hikes.), R Jane Harding (P O Box 874, East Sandwich,, MA 02537, 508-833-2864 Before 9 PM, janeharding@comcast.net)

(FT) (NM) Sun., Apr. 15. Falmouth, Beebe Woods Hike (C3D), Falmouth, MA. Spring stroll through woods, passing ponds and a farm. Meet at 12:45pm. 2 hours. Take Route 28 South to hospital lights, then 0.6 miles to a right on Depot Avenue. Continue 0.4 miles up the hill and past Highfield Hall into the parking lot at Cape Cod Conservatory. If question about weather, contact L. leader. L John Gould (508-540-5779, jhgould@comcast.net)

Thu., Apr. 19. Hike--Bourne Sisters, Bourne, MA. This 2 hour approximately 4 mile hike is in the Bourne Conservation Trust areas of the Bourne Sisters and Perry Woods. It also includes a cranberry bog and Town of Bourne Leary Property. The terrain is wooded pathways with frequent moderate rolling hills. We will have views of Back River from the Leary Property. Icy trails may be a reason for cancellation of this hike due to the hills. L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net, Robin is a third year SEM/AMC Level 1 hike leader with WFA training.)

Sun., Apr. 22. Hike and Clean Up John's Pond Mashpee, MA. To celebrate Earth Day we will hike and clean up along the wooded trails along John's Pond and Moody Pond. Gloves and bags for the clean-up will be provided. From Falmouth RT 151 West, Turn North (L) on Currier Rd, then Right on Ashumet Rd. In short distance, Ashumet bears off to right, continue straight on Hooppole Rd. (No road sign). Go 1.5 miles and turn Right on Back Road. Go 0.6 mile to large beach parking lot. From Mashpee Rotary take Rte. 151 to Falmouth and proceed to Barnstable Fairgrounds and turn R onto Ashumet Rd., at stop sign turn R to continue on Ashumet which will become Hooppole continue 1.5 miles to R on Back Rd., go 0.6 miles to parking lot at John's Pond. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net) L Nancy Wigley (nrwigley@verizon.net)

Thu., Apr. 26. Hike Shawme Crowell State Park Sandwich, MA. Hike cleared trails with some up/down hills. We will hike to a view of Cape Cod Canal or the Adventure Park at Heritage Gardens. Driving directions from Sagamore Bridge take 1st exit and turn R onto Sandwich Rd and continue to merge with 6A bear L and follow to Rte 130 turn R go short distance entrance to park is on R drive past guard booth and follow road until you come to dumpsters. Park around dumpsters. From upper Cape take Rte 6 to exit 2 and turn L onto Rte 130 follow through town and continue until you see entrance to Shawme Crowell on L drive past guard house and follow road to dumpsters. Meet at 9:45 AM for 10 AM start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Activities

For the most current information, [search activities online](#)

CAPE HIKING

Sun., Apr. 29. Hike Maple Swamp, Service Rd., East Sandwich, MA. Hike historic area which dates back to glacial erosion. This hike has lots of steep climbs and declines with uneven terrain. Hiking boots and poles strongly recommended. Driving directions to start take Rte 6 to exit 3 Quaker Meetinghouse Rd and turn S off of ramp. Take first L onto Service Rd and look for Maple Swamp parking area on R past Mill Ln. Meet at 12:45 PM for 1 PM start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Sat., May 5. Hike Moraine Trail Hike, Falmouth, MA. Nine mile, 5-hour, moderately difficult, one-way, hike along moraine and pond with lunch stop. Meet in Goodwill Park in Falmouth at 0915, and we will carpool at 0930 to the hike start at 1000. Bring lunch, water, and your favorite tick prevention. Poison ivy is also found along the trail. Hike cancelled if rain. Please phone or email leader if any question about cancelling due to weather. From Mashpee rotary, take Rt. 151 west 3.4 miles to Left at Sandwich Rd. Go 3.7 miles and turn Right on Brick Kiln Rd at light, and go 0.9 miles and turn Left on Gifford St at light.. After 1.1 miles take a Right to enter Goodwill Park and follow road 0.3 miles to parking. L John Gould (508-540-5779, jhgould@comcast.net)

Thu., May 10. Hike--Great Neck Preserve, Wareham, Wareham, MA. This 4 mile, 2 hour hike in the Great Neck Preserve in Wareham is on wooded trails through New England Forestry Foundation and Wildlands Trust lands. There are several hills and some wet areas. Hikers will pass a sheep farm, see Swan Pond, and have views of marshes with Buzzards Bay in the distance. L Robin McIntyre (508-789-8252 Before 9 pm, robinmcintyre@comcast.net, Robin is a 3rd year Level I SEM/Cape hike leader with WFA training) L Jane Harding (janeharding@comcast.net, Jane is Cape Hike chair for AMCSEM with over 4 years of hike leadership experience.)

Sun., May 13. Hike Santuit Pond and River, Mashpee, Barnstable, MA. Hike along woodland trails around Santuit Pond and River past a newly refurbished herring run and hopefully find some Bird's Foot violets in bloom around a cranberry . Celebrate Mother's Day by hiking this scenic area. Take mid-cape highway to Exit 5 (Rte 149) and turn South to Rte 28. Turn R on Rt. 28 and follow to R on Santuit-Newton Rd. Go 0.8 mile to yellow gate on L; park on grass along edge of road. Meet at 12:45 pm. L Nancy Wigley (508-548-2362, nrwigley@verizon.net) L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Thu., May 24-24. Hike Long Pond, Falmouth, Goodwill Park, Falmouth, MA. Traverse Falmouth's Town Forest on rolling wooded trails. Enjoy scenic views of Long Pond, Grews Pond and Angel Mirror Pond. The Angel Mirror Trail, a relatively new trail, has some steep, narrow sections. Sturdy shoes, layered clothing, plenty of water, snacks, sunscreen and tick repellent are strongly recommended. Be aware that the Cape is a known tick habitat. Poison ivy is abundant in the woods and along the sides of the trail. Meet promptly at 9:45 for trail talk and introductions. This hike begins in Goodwill Park at 10 AM. We will hike approximately 2 1/4 hours, about 4 1/2 miles. It is rated B3C, moderate pace, average terrain. A picnic lunch follows the hike. Please bring your own sandwich, and drink plus a salad, side or dessert to share with the group. Questions, call leader Cathy Giordano 508-243-3884 Directions - From Bourne bridge (Cape side) - Rt, 28S to Brick Kiln exit From Rt. 151 W (near the end) to Rt. 28S to Brick Kiln exit Then bear left off exit ramp. Travel 1.2 miles. Turn R at traffic light onto Gifford St. for 1.1 miles. Look for anchor chain fence on right. Turn right into Goodwill Park. Continue on paved road. Park in lot on right near Grews Pond and covered picnic area. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com)

HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org.

Always looking for additional hike leaders! Contact hikingchair@amcsem.org

Tue., Mar. 27. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. Hike hilly Skyline Trail and adjacent trails on eight successive Tuesday mornings 3/27-5/15, progressively increasing distance, elevation gain and pack weight (optional) to condition for summer hiking season up north. Expect rocks and granite ledges on most ascents and descents. Moderate initial 1.5 - 2 mph pace and 3 mile hike, progressing over the 8 weeks to 8 or more miles. 9:15 am sign-in, 9:30 am hike start. Not suitable for beginners. May finish series with extended day hike. Register once for entire series. L Len Ulbricht (lenu44@gmail.com, Len has been an AMC Southeast Mass chapter member since 2008. He leads three season hikes in the White Mountains, both day hikes and multi-day hut trips, and an annual spring conditioning series in the Blue Hills. He enjoys hiking the 48 NH 4K peaks and is an AMC Adventure Travel leader.)

Activities

For the most current information, [search activities online](#)

HIKING

Thu., Mar. 29. Bird Street Conservation land hike Stoughton MA, Bradley Lessa Park Stoughton MA. Easy, flat 4.5 mile hike on conservation land in Stoughton MA. Pretty lunch spot by pond. Bring traction devices. May be wet and slushy in areas. Rain cancels. Route 24 to exit 18B (Rte 27 N Stoughton MA). At light take left;; Go .4 miles to next light. Go right onto Pleasant Street. Follow Pleasant 1.3 miles to end. Turn right onto Route 138. Follow 138 2.0 miles to Plain Street on left. Town Spa restaurant is at corner. Follow Plain Street for 1.3 miles to intersection. Take left onto West Street. Go .5 miles and Bradley Lessa Park will be on left Follow dirt road to end. GPS 1239 or 1251 West Street. L Rachel Thibeault (508-583-5534 before 8:00 PM, ratebo@yahoo.com) CL Nancy Perlman (617-980-4878 before 8:00PM, nancyclist@gmail.com)

Thu., Mar. 29. Full Moon Hike at Borderland State Park, 259 Massapoag Ave, Easton, MA. Hike in the Moonlight at Borderland State Park. This hike will be a moderate pace, 4-5 miles and will last approximately 2 hours. Headlamps, water, and sturdy boots are a must. Dress for the weather. Registration is required. Trip details will be sent after registration, several days before the hike. L William Cannon (508-649-6730, bcannon56@gmail.com) L Patricia McNally L Nancy Coote , R Bill Cannon (508-649-6730, bcannon56@gmail.com)

Sat., Mar. 31. 15 Mile Plymouth Wishbone Trail hike, Ellisville Harbor State Park, MA. The Plymouth Wishbone Walking Trail was set up in 2007 by a local Boy Scout and runs from Myles Standish headquarters all the way to Ellisville Harbor State Park on Cape Cod Bay in Plymouth. It is approximately 15 miles in length. Most of the trail is in the State Forest or in other conservation property. The original layout had about a third of the hike along local dirt roads. We have now found ways to avoid the roads for the most part. The hike ends on the beach at Ellisville. This is a very long walk. Please do not come on this walk if you aren't regularly hiking at least seven miles plus fairly regularly already. People always want to know how long it will take-- I would estimate seven hours in total including the carpool, regular breaks and a stop for lunch. You need to wear good shoes, bring your lunch and lots of water. Sunscreen and tick protection are also recommended. We will meet at Ellisville Harbor State Park (off Route 3a in Plymouth north of Route 3 exit 2) and will carpool to Myles Standish State Forest headquarters Please drive to the inner parking lot for a nice view and so that you are not tempted to end your hike on Route 3a at the end of a long day. L John Bescherer (508-742-7973, johnbescherer@gmail.com, John has been leading hikes in and around Myles Standish State Forest for nearly 10 years.)

Tue., Apr. 3. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. Hike hilly Skyline Trail and adjacent trails on eight successive Tuesday mornings 3/27-5/15, progressively increasing distance, elevation gain and pack weight (optional) to condition for summer hiking season up north. Moderate to fast pace 3 to 4 hour hike, distance 3 to 8 miles. 9:30 am start. Not suitable for beginners. May finish series with extended day hike. Register once for entire series. L Len Ulbricht (lenu44@gmail.com, Len has been an AMC Southeast Mass chapter member since 2008. He leads three season hikes in the White Mountains, both day hikes and multi-day hut trips, and an annual spring conditioning series in the Blue Hills. He has summited 47 of the 48 NH 4K peaks and is an AMC Adventure Travel leader.)

Tue., Apr. 10. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. Hike hilly Skyline Trail and adjacent trails on eight successive Tuesday mornings 3/27-5/15, progressively increasing distance, elevation gain and pack weight (optional) to condition for summer hiking season up north. Moderate to fast pace 3 to 4 hour hike, distance 3 to 8 miles. 9:30 am start. Not suitable for beginners. May finish series with extended day hike. Register once for entire series. L Len Ulbricht (lenu44@gmail.com, Len has been an AMC Southeast Mass chapter member since 2008. He leads three season hikes in the White Mountains, both day hikes and multi-day hut trips, and an annual spring conditioning series in the Blue Hills. He has summited 47 of the 48 NH 4K peaks and is an AMC Adventure Travel leader.)

(FT) (NM) Thu., Apr. 12. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Activities

For the most current information, [search activities online](#)

HIKING

(C) (FT) (NM) Sat., Apr. 14. TAKE IT OUTSIDE WITH AMC 2018 - Morning Nature Walk with a Birder - East Head Loop, Myles Standish State Forest, Carver, MA. Join AMC SEM Chapter Open House event with the Friends of Myles Standish at Myles Standish State Forest in Carver for a Morning Nature Hike with birder Glenn d'Entremont, from 10-12. All events begin from Headquarters on Cranberry Rd where there is plenty of free parking. Also, FREE LUNCH for all Open House participants! This Nature Walk is a great opportunity to meet a well-known birder who will identify birds in the local Plymouth / Carver habitat. This walk will be slow-paced with many stops to look for birds along the East Head Pond Loop. The Nature Walk will last about 2 hours. Bring your cameras! L Maureen Kelly (617-943-4288 4-8 pm, mokel773@aol.com) CL Glenn d'Entremont

(C) (FT) (NM) Sat., Apr. 14. TAKE IT OUTSIDE WITH AMC 2018 - Afternoon Beginner Hike - East Head Pond Loop, Myles Standish State Forest, Headquarters on Cranberry Rd., MA. Join AMC SEM Chapter Open House event with the Friends of Myles Standish at Myles Standish State Forest in Carver for an afternoon Beginner Hike. All events will begin from the Headquarters on Cranberry Rd where there is plenty of free parking. Also, FREE LUNCH for all Open House participants! This will be a slower paced hike along a nature trail that loops around the East Head pond reservoir. We will stop at some numbered trail posts to observe the various plants outlined in the free Interpretive Program guide provided by Myles Standish State Forest. The loop is 2.6 miles long and we will plan to be on the trail for about 2 hours. Our hike will start at 1:30 pm. Please bring some water. Registration is required, however everyone is welcome whether you are a new member, non-member or newly active. L Robin McIntyre (robinmcintyre@comcast.net) CL Bill Vickstrom

(C) (FT) (NM) (AN) Sat., Apr. 14. TAKE IT OUTSIDE WITH AMC 2018 - Afternoon Family Hike, Myles Standish State Forest, Carver, MA. Family Hike during Southeastern MA Chapter Open House at Myles Standish State Forest. L Jeannine Audet (508-493-8221 evenings, milmod@aol.com)

(FT) (NM) Sat., Apr. 14. TAKE IT OUTSIDE WITH AMC SEM 2018 - INTERMEDIATE MORNING HIKE, Cherry Pond, Myles Standish State Forest, MA. Join AMC SEM Chapter Open House event with the Friends of Myles Standish at Myles Standish State Forest in Carver for an Intermediate Morning Hike to Cherry Pond. All events will begin from the Headquarters on Cranberry Rd where there is plenty of free parking. Also, FREE LUNCH for all Open House participants on our return! We will leave together to drive to the hike start. The hike to Cherry Pond follows the Hooper House Trail starting near College Pond before heading off on unmarked trails. We will do a 5 mile circuit that passes several pretty ponds. Bring water and snacks. L John Bescherer (508-742-7973, johnbescherer@gmail.com, John has been leading hikes in Myles Standish State Forest for almost 10 years.) CL Sue Mulligan (milmod@aol.com)

(C) (FT) (NM) Sat., Apr. 14. TAKE IT OUTSIDE WITH AMC 2018 - Intermediate Morning Hike - The Bentley Loop, Myles Standish State Forest, Carver, MA. Join AMC SEM Chapter Open House event with the Friends of Myles Standish at Myles Standish State Forest in Carver for an Intermediate Hike. All events will begin from the Headquarters on Cranberry Rd where there is plenty of free parking. Also, FREE LUNCH for all Open House participants! This hike will be the Bentley Loop -- 3.7 miles of beautiful woodlands with rolling hills, open meadows and several ponds. It is one of the most used and loved trails in Myles Standish State Forest. Because it is well marked, it is also one of the better trails to walk in the winter in case there is still a snow coating obscuring the trail bed. Since all hikes will meet at the Myles Standish headquarters for the open house, we will make a short five minute drive to the trail head once we are gathered. We encourage newcomers to join us for this walk. Dress in layers and bring water. L Catherine Giordano (508-243-3884 Before 9pm, cmgiordan@msn.com) CL Vickstrom, William (774-454-7386 Before 9pm, wrwick@comcast.net, Bill has been leading hikes in Myles Standish State Forest for many years. He is the President of the Friends of Myles Standish State Forest), R Catherine Giordano (508-243-3884 before 9 pm, cmgiordan@msn.com)

(FT) (NM) Sat., Apr. 14. TAKE IT OUTSIDE WITH AMC SEM 2018 - INTERMEDIATE AFTERNOON HIKE, Pine Barrens Path, Myles Standish State Forest, MA. Join AMC SEM Chapter Open House event with the Friends of Myles Standish at Myles Standish State Forest in Carver for an Intermediate hike. All events will begin from the Headquarters on Cranberry Rd where there is plenty of free parking. A FREE LUNCH will be available for all Open House participants starting at noon! Once we assemble (at about 1:15pm), we will carpool to the hike start. The Pine Barrens Path runs north and south for almost the entire length of the state forest. We will do only a section of it in the two hours allotted for this hike. Bring water and snacks. The trail is moderately hilly but is not difficult. It goes through one of the prettiest parts of the park, well away from the camping areas. L John Bescherer (508-742-7973, johnbescherer@gmail.com, John has been leading hikes in Myles Standish State Forest for almost 10 years.) CL George Danis (danisdad51@outlook.com)

Activities

For the most current information, [search activities online](#)

HIKING

Tue., Apr. 17. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. Hike hilly Skyline Trail and adjacent trails on eight successive Tuesday mornings 3/27-5/15, progressively increasing distance, elevation gain and pack weight (optional) to condition for summer hiking season up north. Moderate to fast pace 3 to 4 hour hike, distance 3 to 8 miles. 9:30 am start. Not suitable for beginners. May finish series with extended day hike. Register once for entire series. L Len Ulbricht (lenu44@gmail.com, Len has been an AMC Southeast Mass chapter member since 2008. He leads three season hikes in the White Mountains, both day hikes and multi-day hut trips, and an annual spring conditioning series in the Blue Hills. He has summited 47 of the 48 NH 4K peaks and is an AMC Adventure Travel leader.)

(FT) (NM) Thu., Apr. 19. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Tue., Apr. 24. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. Hike hilly Skyline Trail and adjacent trails on eight successive Tuesday mornings 3/27-5/15, progressively increasing distance, elevation gain and pack weight (optional) to condition for summer hiking season up north. Moderate to fast pace 3 to 4 hour hike, distance 3 to 8 miles. 9:30 am start. Not suitable for beginners. May finish series with extended day hike. Register once for entire series. L Len Ulbricht (lenu44@gmail.com, Len has been an AMC Southeast Mass chapter member since 2008. He leads three season hikes in the White Mountains, both day hikes and multi-day hut trips, and an annual spring conditioning series in the Blue Hills. He has summited 47 of the 48 NH 4K peaks and is an AMC Adventure Travel leader.)

(FT) (NM) Thu., Apr. 26. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, Suesvelnis@gmail.com)

Tue., May. 1. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. Hike hilly Skyline Trail and adjacent trails on eight successive Tuesday mornings 3/27-5/15, progressively increasing distance, elevation gain and pack weight (optional) to condition for summer hiking season up north. Moderate to fast pace 3 to 4 hour hike, distance 3 to 8 miles. 9:30 am start. Not suitable for beginners. May finish series with extended day hike. Register once for entire series. L Len Ulbricht (lenu44@gmail.com, Len has been an AMC Southeast Mass chapter member since 2008. He leads three season hikes in the White Mountains, both day hikes and multi-day hut trips, and an annual spring conditioning series in the Blue Hills. He has summited 47 of the 48 NH 4K peaks and is an AMC Adventure Travel leader.)

(FT) (NM) Thu., May. 3. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Activities

For the most current information, [search activities online](#)

HIKING

Thu., May. 3. Spring into Spring Hike!, Arnold Arboretum - Jamaica Plain, MA, - including two vistas, Bonsai exhibit, and "Explorer's Garden." We will explore this "tree museum" during a 4 -5 mile hike at a moderate pace. Bring water, sturdy footwear, sun screen, bug spray, snack or lunch. Meet at the Visitors' Center (Hunnewell building) located at 125 Arborway, Jamaica Plain at 9:45 for prompt 10:00 start. Plenty of on-street parking along the Arborway; or walk to the entrance from the Forest Hills Orange Line T-stop. Rain cancels leashed dogs O.K. L Ken Cohen (508-942-1536, k-cohen@comcast.net before 8:00 pm)

Tue., May. 8. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. Hike hilly Skyline Trail and adjacent trails on eight successive Tuesday mornings 3/27-5/15, progressively increasing distance, elevation gain and pack weight (optional) to condition for summer hiking season up north. Moderate to fast pace 3 to 4 hour hike, distance 3 to 8 miles. 9:30 am start. Not suitable for beginners. May finish series with extended day hike. Register once for entire series. L Len Ulbricht (lenu44@gmail.com, Len has been an AMC Southeast Mass chapter member since 2008. He leads three season hikes in the White Mountains, both day hikes and multi-day hut trips, and an annual spring conditioning series in the Blue Hills. He has summited 47 of the 48 NH 4K peaks and is an AMC Adventure Travel leader.)

(FT) (NM) Thu., May. 10. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Tue., May. 15. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. Hike hilly Skyline Trail and adjacent trails on eight successive Tuesday mornings 3/27-5/15, progressively increasing distance, elevation gain and pack weight (optional) to condition for summer hiking season up north. Moderate to fast pace 3 to 4 hour hike, distance 3 to 8 miles. 9:30 am start. Not suitable for beginners. May finish series with extended day hike. Register once for entire series. L Len Ulbricht (lenu44@gmail.com, Len has been an AMC Southeast Mass chapter member since 2008. He leads three season hikes in the White Mountains, both day hikes and multi-day hut trips, and an annual spring conditioning series in the Blue Hills. He has summited 47 of the 48 NH 4K peaks and is an AMC Adventure Travel leader.)

(FT) (NM) Thu., May. 17. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., May. 24. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Activities

For the most current information, [search activities online](#)

HIKING

Thu., May. 24. The 2nd Annual Wilson Mountain Lady's Slipper Hike, Wilson Mountain/Whitcomb Woods - Dedham/Needham line- Route 135, MA. Lady's Slippers galore! In a good year there are hundreds on both sides of the well marked trail to the summit of Wilson Mountain on the Dedham/Needham line. Easy access off Route 128. Wilson Mountain Reservation is 207 acres of wild and varied terrain. Large tangled thickets of rhododendrons grow on a hillside. Wilson Mountain is the highest point in Dedham at 295 feet. While not a true mountain, it does provide hilltop views of the surrounding area. There are well marked trails to the summit of Wilson Mountain on the Dedham/Needham line. Managed by the Massachusetts Department of Conservation and Recreation (DCR). After Wilson Mountain, at your option, we'll cross Common Street to the Whitcomb Woods trail head. Forested level trails with views of the Charles River, gazebos. Total hike is 5 - 7 miles at a moderate pace. Bring water snacks/lunch, sturdy footwear. Steady rain cancels. Dogs on leash O.K. L Ken Cohen (508-942-1536 before 8:00 pm, k-cohen@comcast.net) CL Walt Granda (508-999-6038 Before 8:00 pm)

(FT) (NM) Thu., May. 31. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Fri., Jun. 1-3. Hiking weekend at the (low) Harvard Cabin with Boston Chapter, (the low cabin on route 16 between North Conway & Pinkham Notch). This is a joint Boston H/B and SE Mass chapter trip. Using the historic Harvard Cabin as our base, we will set out on hikes in the Pinkham Notch or nearby area. This rustic cabin has an upstairs sleeping loft (sleeping bags/pads on a shared floor space), an outhouse, cold running water. Simple but fun! Exact hikes will be determined Friday night depending on leaders and participants interests, latest weather/trail conditions reports, and participants' abilities. On Saturday, we will likely offer two options if the group fills: one moderate/easier 4,000-footer mountain and one moderate/more strenuous 4,000-footer. On Sunday, we might go for another 4,000'er or often we opt for a shorter hike on the way home (perhaps a 52 With A View peak). You will help us as we prepare breakfast, a post-hike happy hour, and dinner on Saturday and a breakfast on Sunday. Trip fee of \$80/members and \$85/non-members includes two breakfasts, one dinner, and happy hour snacks (planned and shopped for by the leaders, but prepared and cleaned up with the help of all participants). Boston H/B leaders: Erika Bloom and Claudine Kos. SE Mass leader: Leslie Carson. SE Mass coleader; Ken Carson. For those on the Boston REGI system, please register through REGI. For those in SEM not on REGI, please contact Erika Bloom (email preferred). L Erika Bloom (508-951-1001 before 9 PM, erikabloom1234@gmail.com) L Leslie Carson (lrc929@comcast.net) CL Ken Carson.

(FT) (NM) Thu., Jun. 7. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Jun. 14. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Activities

For the most current information, [search activities online](#)

HIKING

(FT) (NM) Thu., Jun. 21. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Jun. 28. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., July 5. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., July 12. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., July 19. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., July 26. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Activities

For the most current information, [search activities online](#)

HIKING

(FT) (NM) Thu., Aug. 2. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Aug. 9. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Aug. 16. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Aug. 23. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Aug. 30. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Sept. 6. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Activities

For the most current information, [search activities online](#)

SOCIALS

(C) (FT) (NM) (AN) Sat., Apr. 14. AMC SEM Wants You to TAKE IT OUTSIDE 2018 - AMC SEM's Open House at Myles Standish State Forest, Myles Standish State Forest, Carver, MA. Join AMC Southeast Mass Chapter along with the Friends of Myles Standish State Forest for our Open House - TAKE IT OUTSIDE WITH AMC SEM 2018. We offer beginner and intermediate hikes, bikes and nature walks. All participants receive a free lunch. Come explore the pine barrens of Myles Standish State Forest while you learn about AMC SEM's outdoor activities. L Maureen Kelly (617-943-4288 4-8pm, mokel773@aol.com, Maureen is a past SEM Chapter Chair and four season hike leader. She enjoys introducing people to great hikes.), R Maureen Kelly (617-943-4288 4-8 pm, mokel773@aol.com)

TRAIL WORK

(C) (FT) (NM) Sat., Apr. 14. TAKE IT OUTSIDE WITH AMC 2018 - Morning Trail Work Event, Myles Standish State Forest, Carver, MA. Join AMC SEM Chapter Open House event with the Friends of Myles Standish at Myles Standish State Forest in Carver for a Trail Work event. All events will begin from the Headquarters on Cranberry Rd where there is plenty of free parking. Also, FREE LUNCH for all Open House participants! We will have two trail work sessions, one in the morning (10-12) and one in the afternoon (1:30-3:30). We will be working with the Friends of the Myles Standish State Forest and the DCR to replace the deck boards on two bog bridges. We will be removing rotted boards and replacing them with new ones. As an alternate activity, we will also be doing light trail work cutting back vegetation on a path that is getting overgrown. No experience is necessary for either activity. Please wear long sleeves, long pants and sturdy shoes. The AMC SEM Trail Crew Leaders will provide gloves, trail tools, instruction and supervision. We encourage beginner and experienced trail volunteers alike. Please bring water. L Peter Tierney (pxtierney@aol.com) CL Skip Maysles (piks126@yahoo.com)

(C) (FT) (NM) Sat., Apr. 14. TAKE IT OUTSIDE WITH AMC 2018 - Afternoon Trail Work Event, Myles Standish State Forest, Carver, MA. Join AMC SEM Chapter Open House event with the Friends of Myles Standish at Myles Standish State Forest in Carver for a Trail Work event. All events will begin from the Headquarters on Cranberry Rd where there is plenty of free parking. Also, FREE LUNCH for all Open House participants! We will have two trail work sessions, one in the morning (10-12) and one in the afternoon (1:30-3:30). We will be working with the Friends of the Myles Standish State Forest and the DCR to replace the deck boards on two bog bridges. We will be removing rotted boards and replacing them with new ones. As an alternate activity, we will also be doing light trail work cutting back vegetation on a path that is getting overgrown. No experience is necessary for either activity. Please wear long sleeves, long pants and sturdy shoes. The AMC SEM Trail Crew Leaders will provide gloves, trail tools, instruction and supervision. We encourage beginner and experienced trail volunteers alike. Please bring water. L Peter Tierney (pxtierney@aol.com) CL Skip Maysles

Mon., Apr. 23. AMC SEM Trail Work at Blue Hills Reservation, Blue Hills Reservation, MA. Today we will be maintaining our adopted portion of the Skyline Trail in the Blue Hills Reservation in Milton, MA. We will meet at the north end of the Houghton's Pond parking lot at 9 AM. Everyone is welcome, no experience necessary, tools and instruction will be provided. We will be cutting back vegetation that encroaches on the trail, clearing rock staircases, cleaning out waterbars and other light work. Please wear long sleeves, long pants and sturdy shoes. Please bring water. L Peter Tierney (pxtierney@aol.com) CL Skip Maysles



Happy Trails!



**SOUTHEASTERN
MASSACHUSETTS CHAPTER**
YOUR CONNECTION TO THE OUTDOORS

The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | April 2018

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Please send photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

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Apple Blossoms by Ken Cohen has been chosen for an exhibit at the Blue Hills Trailside Museum gallery. *Photo by Ken Cohen*

[Spring celebrated in exhibit at Trailside Museum](#)

One of AMC-SEM member Ken Cohen's large framed photographs, *Apple Blossoms*, was chosen as part of an ongoing art exhibition at the Blue Hills Trailside Museum in Milton, MA. *April Showers & May Flowers: New England Reborn* displays the works of 19 local artists through June 24.

Ken will be among the artists honored at the gallery on Wednesday, May 2, at 6:30 p.m. The reception is open for all to enjoy the artwork and to explore the indoor nature center. Refreshments, Ken reports, will be plentiful.

"Please let me know if you plan to attend—or, if you can, just appear at your leisure!" said Ken. "The *Apple Blossoms* image was captured a couple of springs ago at The Arnold Arboretum in Jamaica Plain. Many angles and exposures were attempted to get just the one I had hoped for."

Here is a [link](#) to the exhibit and the reception details. Sue Scheible's article on the exhibit for the April 16 issue of the *Patriot Ledger* can be viewed [here](#).

The regular gallery hours are Tuesday through Sunday from 10 am to 5:00 pm.



View from the Chair: “Volunteer High”

The topic of this month’s View from the Chair has a double meaning: 1. Volunteering often provides a natural “high,” and 2. the level of active volunteers in our chapter also appears to be at an all-time “high.”

Several studies have shown that volunteering can have significant health benefits. Volunteering provides many people with an emotional high. Volunteering helps us stay socially connected and grow as individuals. I am pleased to be able to report that we had 20 members attend our chapter’s recent Leadership Training workshop. Many are now well on their way to becoming actively involved as volunteer leaders.

Second, it’s great to be able to mention here that the volunteer level in the SEM Chapter is also at an all-time high at the board level. For the second year in a row, all 15 voting SEM Board positions are filled. Unlike typical “armchair” boards, SEM board members are all very active in what the chapter does and accomplishes. This year we also have a significant increase in vice chairs, which are important positions because they help ensure continuity of leadership. Just in the last month-and-a-half we’ve added two new vice chairs: Conservation Vice Chair (Nancy Coote) and a Paddling Vice Chair (Luther Wallis).

We’re also excited about our new ad hoc committee for “Young Members,” chaired by Susie Schobel. This new Young Members Committee will have its first organization meeting at the end of May, so we want to get the word out to as many people as possible. It’s no secret there has been a “graying” of the AMC membership, so this is an important initiative for our SEM Chapter. I know many of you reading this have children in their teens, 20s, and 30s who might want to get outdoors with their peers, so let them know about this new group and check out the [AMC SEM Young Members Facebook page](#).

Even though the SEM Chapter has a “volunteering high,” we can always use more volunteers, including activity leaders. And at the board level, we still need Vice Chairs for our Biking, Communications, Education, and Paddling Committees. If you wish to improve your mental health and well-being while helping out your chapter, you can contact me at chair@amcsem.org.

Hope to see you outside!
Barry Young,
AMCSEM Chapter Chair

2018 Executive Board

Chapter ChairBarry Young	Communications ChairPaul Miller	Membership ChairSandy Santilli
Vice ChairLen Ulbricht	Communications Vice ChairOPEN	Membership Vice ChairOPEN
SecretaryAnn McSweeney	Conservation ChairBill Cannon	Membership Vice Chair ... Ellen Thompson
TreasurerPatty Rottmeier	Conservation Vice ChairOPEN	Paddling ChairEd Foster
Past Chapter ChairMaureen Kelly	Education ChairDoug Griffiths	Paddling Vice ChairLuther Wallis
Biking ChairBernie Meggison	Education Vice ChairOPEN	Skiing ChairJeannine Audet
Biking Vice ChairOPEN	Hiking ChairMike Woessner	Skiing Vice ChairOPEN
Cape Hiking ChairJane Harding	Hiking Vice ChairGeorge Danis	Trails ChairPeter Tierney
Cape Hiking Vice ChairCathy Giordano		Trails Vice ChairWayne Anderson
		Trails Vice Chair.....Skip Maysles

Ad Hoc Committee Chairs & Other Chapter Contacts

Social Director.....OPEN	Webmistress..... Cheryl Lathrop	Contact chair@amcsem.org
Social Vice ChairOPEN	The Breeze Editor.....Mo Walsh	if you are interested in any
Social Media AdministratorChristine Racine	Blast Editor.....Marie Hopkins	OPEN position.
Social Networking Moderator.....Sue Mulligan		

Good times for all at the 2018 AMC-SEM Open House Event

By Paul Miller, SEM Communications Chair

Photos by Ken Carson

The Southeastern Mass. AMC Chapter held our annual Open House Event on Saturday, April 14th at Myles Standish State Forest in Carver. If you didn't get a chance to "take it outside" with us, you sure missed a good time! Thanks in no small part to the cooperation of the weather gods, more than 130 people turned out for the event, held in conjunction with the [Friends of Myles Standish State Forest \(FOMS\)](#). For many participants, this was their first encounter with the AMC and/or the SEM chapter and I think we made a good impression. Thanks to the weather and our friends at the "Friends," we were able to host a range of fun outdoor activities, including a nature walk with a professional birder, beginner and intermediate hikes, a family hike, beginner and intermediate bike rides, and several trail work events.



Bill Cannon and Maureen Kelly

Thanks, once again go out to John Bescherer from the Friends, and our own Maureen Kelly for organizing this event, and also to all the activity leaders and support people who made the event possible.



Welcome to the SEM Open House!

We also had several "learn stuff" talks on outdoor photography, bike safety, conservation, and the AMC High Mountain Huts—plus an impromptu kayaking demonstration. And, of course, everyone was treated to a hearty lunch thanks to the efforts of Sandy Santilli and others on our Membership Committee. All Open House participants received a nifty green SEM bandana and we sold 21 imprinted t-shirts, enabling us to donate the profits (\$105.00) to the ["School on Wheels Massachusetts,"](#) which support local students affected by homelessness with tutoring, mentoring, and school supplies.



The food crew laid out a feast for all the hungry Open House participants.

More photos on page 4



AMC-SEM 2018: 'Take It Outside!'

Continued from page 3



Happy Family Hikers—the future of the SEM



The family that hikes together...



The Bike Crew gets ready to ride.



John Bescherer, left, and Barry Young



Left: Nature hike with a professional birder. *Photo by Paul Miller; all others by Ken Carson*



Grandpa...we going hiking today?



One hiking group ready to set out.

Trail workers at Open House replace popular park boardwalk

Photos by Ken Carson

At the Open House on April 14, a trail crew of SEM members and Friends of Myles Standish cleared brush and worked on replacing one of the boardwalks on the popular trail that goes around the East Head Reservoir.



As the spring hiking season finally gets underway, volunteers will be needed to clear deadfall and repair the ravages of winter. If you are interested in helping to make trails clear and safe, check the Trail Work listings or contact the chapter's Trails Chair Peter Tierney at trailschair@amcsem.org

Successful Leader Training Workshop Welcomes Eighteen New Graduates

By Doug Griffiths, Education Committee Chair

The Southeastern Massachusetts Chapter presented its Leadership Training Workshop for 2018 to an enthusiastic group of eighteen aspiring trip leaders on Saturday, April 4th, in Foxboro. We are grateful to the dedicated chapter volunteers who presented the talks this year at our program. Year after year, our experienced trip leaders donate their time and expertise to encourage members to step into the leadership role.

AMC Leadership Training Manager Colby Meehan traveled from New Hampshire to add her expertise to the workshop. AMC central office maintains a staff of trainers ready to augment local education efforts and provide backup to answer complicated or controversial questions that may be encountered by local chapter volunteers. Leaders and presenters prepare lectures,



Leaders in training learn trip planning and posting, participant screening, leader styles for different group dynamics, risk management awareness, leave no trace principles, running a show-and-go trip, and how to progress through advanced levels of leadership.

We welcome our new workshop graduates and look forward to joining their trips. I encourage everyone to talk to the leaders and co-leaders on your next AMC venture and find out what it's like to be a leader. Keep an eye out for our yearly leader training workshop next April 2019.



AMC's Colby Meehan

but also provide personal insights into what it is like to start out as a beginning trip leader. Questions and discussion are an important aspect of getting prospective co-leaders to become comfortable with taking the first step towards leading trips. Our workshop includes practice scenarios, stimulating and fun, that help develop confidence as participants prepare to take on their first co-lead.



Paul Brookes considers a practice scenario.



'Red Line the Blue Hills' starts 13th year of weekly hikes

Article & Photos by Alan Greenstein

Long-term hike leader Joe Keogh led a group of 31 hikers on the first hike of the "Red Line the Blue Hills" series on April 12. This is the 13th year of this popular weekly activity, which runs every Thursday evening at 6 pm from April through mid-September.

The dual goals are to Get Outdoors and enjoy nature and to hike every inch of every one of the 125 trails in this state park. The hike leaders make every effort to minimize the duplication of trails hiked, but the availability of trailhead parking results in some duplication. In the best of circumstances, a regular Thursday night attendee will complete the circuit in 1.5 years based solely on the Thursday hikes, but hiking additionally on one's own is encouraged.

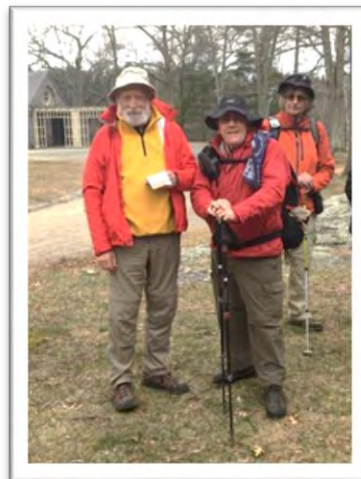
The April 12 hike was on flat land. It encircled Houghton's Pond and continued on Old Route 128 to the Pudding Stone Rock, where Bob Vogel read the Oliver Wendell Holmes poem about the rock. Hikes will become more rigorous as attendees become conditioned and the length of days increases. Sign up to receive the weekly email notice of meeting locations and trail routes at RLBH_registrar@amcsem.org.

Joe honored four hikers who had completed a circuit and awarded them their patches: Susan Dew, Ellen Thompson, Bill Doherty, and Peter Tierney.



Susan Dew gets her RLBH patch from hike leader Joe Keogh.

Joe Keogh presents her RLBH patch to Ellen Thompson.



Bill Doherty completes the RLBH to earn his patch.

Pete Tierney is proud to receive his RLBH patch.





Spring conditioning series gets off the ground

March 27: The first day of the 2018 Blue Hills spring conditioning series finds 25 participants on the summit of Buck Hill with the Boston skyline in the distant background. Though it is spring, note the remnants of winter snow and the hikers wearing micro-spikes for snow-covered trails. *Photo courtesy of Ken Carson*

Enroll now for Mountain Leadership School

Mountain Leadership School is the AMC's most comprehensive outdoor leadership development program. MLS uses a learn-by-doing approach to teach the interpersonal and technical skills needed to lead and stay safe in the backcountry. Instructors are experienced outdoor leaders who keep the content relevant to today's challenges. The program is applicable whether you hike solo, with friends, or lead trips. Topics include: leadership styles, group dynamics, accident scene management, trip planning, and map and compass.

AMC is excited to offer three formats this year: standard, advanced, and Women's only. All courses are based out of the AMC Highland Center, and are 5 days with 4 days in the backcountry. June 2018 sessions enrolling now. More information: www.outdoors.org/mls.



To register, call AMC Reservations at (603) 466-2727. Scholarships are available for Chapter members! E-mail leadership@outdoors.org for an application.

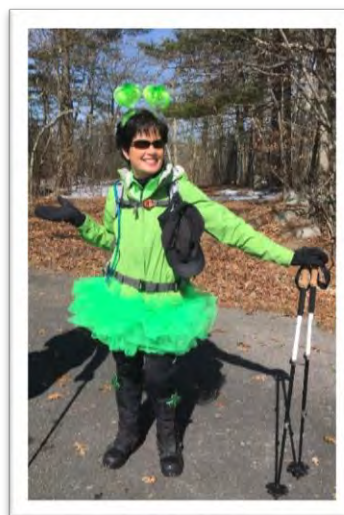


Teen Wilderness Adventure and Advocacy Program

In partnership with The Wilderness Society, AMC is excited to launch a new Teen Wilderness Adventure Advocacy and Program. The program will take place July 15 - July 28, 2018.

The program will combine wilderness backpacking in the White Mountains and a canoe adventure in New Hampshire's Lakes Region with learning about our public lands and developing advocacy skills. The advocacy training will culminate with a visit to Beacon Hill in Boston.

Financial aid is available. [More info >](#)



"Princess" Pam Johnson won the White Line the Blue Hills finale costume contest. Note the St. Patrick's Day theme.

Photo by Claire MacDonald



Volunteer of the Month: Leslie Carson

By Mike Woessner, Hiking Chair
Photo by Ken Carson

Each month the SEM recognizes one of our amazing volunteers. We are thankful for the wonderful people who donate their time and energy to lead terrific trips. This month the Hiking Committee recognizes Leslie Carson for her continuing contributions.

Leslie joined the SEM-AMC in 2004 and shortly after realized her passion!

She became an SEM Leader in 2006, and there was no stopping her from there.

As a Level 2 leader, Leslie has led many day and multi-day hikes in the White Mountain area, as well as Vermont, the western part of Massachusetts, and Maine. As a Level 3 leader, Leslie has been involved with the Backpacking Series, as well as participating in Backpacking workshops. Finally, as a Level 4 leader, Leslie has helped lead the hikes and participates in the workshops that happen during the winter months.

Leslie has also been involved with the SEM's Executive Board for many years: Treasurer 2009-2011; Hiking Vice Chair 2014-2015; Hiking Chair 2016-2017.

In addition to her many contributions to SEM, Leslie also serves as an AMC August Camp leader and AMC Adventure Travel leader.

Thank you, Leslie, for all you do! Leslie will receive a Volunteer of the Month Certificate and a \$50 gift card.

**Southeastern Massachusetts
chapter of the
Appalachian Mountain Club**

Save the Date
for our first ever
Chapter Retreat
on Cape Cod
Sept. 21 -23, 2018

This year, as an alternative to Chapter Hut Weekend in New Hampshire, we will be assembling on Cape Cod in East Sandwich at Camp Burgess for a weekend of biking, hiking, paddling, and socializing with some of the finest outdoor enthusiasts around: Your fellow SEM members.

Just think, you can take a bike trip, hike a trail paddle a kayak/canoe, ALL IN A SINGLE WEEKEND and all in Southeastern Mass., and we'll even throw in a couple of evening campfires!

So save the date. Planning is underway. Volunteers to help out are always welcome.

For further information contact your Retreat Coordinator, Len Ulbricht, at lenu44@gmail.com



Volunteers clean up at John's Pond for 2018 Earth Day Observance

By Jane Harding, Cape Hiking Chair
Photos by Dave Selfe

Eleven individuals participated in this hike to clean up around John's Pond in Mashpee. We collected about eleven bags of rubbish and hiked approximately 3.8 miles on Earth Day, April 22.



Sunset Paddle

Wednesday May 16

Lake Rico

Taunton, MA

Come join us for an evening off Cape Paddle. We will be on the water for 1 ½ hours. We'll be finishing up just as the sun sets.

This trip is open to all levels of Kayak and Canoe Paddling for Adults (18+).

Contact the Trip Leader for more details:

Luther Wallis lew89@comcast.net

Activities

For the most current information, [search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

Indicates pace

Indicates terrain

AA 13+

1very fast

Avery strenuous

A 9-13

2fast

Bstrenuous

B 5-8

3moderate

Caverage

Cless than 5

4leisurely

Deasy

Found in the description

LActivity leader

CLActivity co-leader

FTFirst Time

NM ...New Members

ANAdvance Notice

C Conservation

BICYCLING

Sat., May 5. Chatham Stage Harbor, Cape Cod, Mass. Scenic ride about 30 miles starting at the Cape Cod Rail trail in Dennis. Lots of scenery along the way including Stage Harbor and Coast Guard station in Chatham. Lunch break in Chatham at local venue. Easy pace between 12-15 mph. Helmets required. Start time is 10:00 AM, tires pumped and ready to ride. To register for this ride, contact the leader, Jeff Hyman at 774-521-9235 or email at jsh17@comcast.net. L Jeffrey Hyman (Jsh17@comcast.net) CL Joe Tavilla , R Jeffrey Hyman (Sandwich, MA 02563, 617-930-4029 8am-8pm, jsh17@comcast.net)

Sat., May 19. Rochester-Marion ride, Saturday, May 19th, Rochester-Marion ride, 9am start. Around 33 miles over flat terrain. Beautiful lakes, ponds and ocean scenery. From Rochester We'll head to Marion with great views of the Weweantic River, Sippican Harbor, Buzzards Bay, Kittanset Golf Club and the ponds in Rochester. Near the end of the ride We'll stop at the Robins Nest for ice cream. Easy 12-13 mph pace. Please have tires pumped and bike ready for the 9:00 AM start. Helmets required. To sign up and get directions to the start, contact the leader, Jack Jacobsen at 508-353-3708 or email at trailschair@amcsem.org Contact leader for start exact location. L Jack Jacobsen (508-353-3708 8:00AM-8:00 PM, cyclejac51@yahoo.com, Long time AMC bike leader xtordinary.)

CAPE HIKES

Thu., May 3. Hike Quashnet River, Falmouth / Mashpee. This is a 4.2 mile hike at a moderate pace along the Quashnet River and through adjacent woods. About ½ of the hike will be on moderate rolling terrain. Arrive at 9:45 for a 10:00 AM start. From the Mashpee Rotary take Rte. 28N towards Falmouth. Follow Rte. 28 for 2.1 miles to a right on Martin Rd. (just after crossing the Falmouth town line). Parking is in a small lot or along Martin Rd. L Deborah Hayden (508-274-2820 before 9 PM, shaferhayden@gmail.com)

Sat., May 5. Hike Moraine Trail Hike, Falmouth, MA. Nine mile, 5-hour, moderately difficult, one-way, hike along moraine and pond with lunch stop. Meet in Goodwill Park in Falmouth at 0915, and we will carpool at 0930 to the hike start at 1000. Bring lunch, water, and your favorite tick prevention. Poison ivy is also found along the trail. Hike cancelled if rain. Please phone or email leader if any question about cancelling due to weather. From Mashpee rotary, take Rt. 151 west 3.4 miles to Left at Sandwich Rd. Go 3.7 miles and turn Right on Brick Kiln Rd at light, and go 0.9 miles and turn Left on Gifford St at light.. After 1.1 miles take a Right to enter Goodwill Park and follow road 0.3 miles to parking. L John Gould (508-540-5779, jhgould@comcast.net)

Thu., May 10. Hike--Great Neck Preserve, Wareham, MA. This 4 mile, 2 hour hike in the Great Neck Preserve in Wareham is on wooded trails through New England Forestry Foundation and Wildlands Trust lands. There are several hills and some wet areas. Hikers will pass a sheep farm, see Swan Pond, and have views of marshes with Buzzards Bay in the distance. L Robin McIntyre (508-789-8252 Before 9 pm, robinmcintyre@comcast.net, Robin is a 3rd year Level I SEM/Cape hike leader with WFA training) L Jane Harding (janeharding@comcast.net, Jane is Cape Hike chair for AMCSEM with over 4 years of hike leadership experience.)

Continued on next page

Activities

For the most current information, [search activities online](#)

CAPE HIKING

Sun., May 13. Hike Santuit Pond and River - Barnstable - Mashpee, Barnstable, MA. Hike along woodland trails around Santuit Pond and River past a newly refurbished herring run and hopefully find some Bird's Foot violets in bloom around a cranberry . Celebrate Mother's Day by hiking this scenic area. Take mid-cape highway to Exit 5 (Rte 149) and turn South to Rte 28. Turn R on Rt. 28 and follow to R on Santuit-Newtown Rd. Go 0.8 mile to yellow gate on L; park on grass along edge of road. Meet at 12:45 pm. L Nancy Wigley (508-548-2362, nrwigley@verizon.net) L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Thu., May. 17. Hike -Mashpee-Mashpee River Woodlands (C3C), Mashpee Neck Rd, Mashpee, MA. Wooded walk along Mashpee River. Take Orchard Rd. off Rte.28 to end. Turn R. then quick L onto Mashpee Neck Rd. Go 1.1 miles to Mashpee River Woodlands Pkg.Lot on R. Meet at 9:45AM. Hike 10 am - 12 pm. L Farley Lewis (508-775-9168 Before 9 PM, farlewis@comcast.net)

Thu., May 24. Hike Long Pond, Falmouth, Goodwill Park, Falmouth, MA. Traverse Falmouth's Town Forest on rolling wooded trails. Enjoy scenic views of Long Pond, Grews Pond and Angel Mirror Pond. The Angel Mirror Trail, a relatively new trail, has some steep, narrow sections. Sturdy shoes, layered clothing, plenty of water, snacks, sunscreen and tick repellent are strongly recommended. Be aware that the Cape is a known tick habitat. Poison ivy is abundant in the woods and along the sides of the trail. Meet promptly at 9:45 for trail talk and introductions. This hike begins in Goodwill Park at 10 AM. We will hike approximately 2 1/4 hours, about 4 1/2 miles. It is rated B3C, moderate pace, average terrain. A picnic lunch follows the hike. Please bring your own sandwich, and drink plus a salad, side or dessert to share with the group. Questions, call leader Cathy Giordano 508-243-3884 Directions - From Bourne bridge (Cape side) - Rt, 28S to Brick Kiln exit From Rt. 151 W (near the end) to Rt. 28S to Brick Kiln exit Then bear left off exit ramp. Travel 1.2 miles. Turn R at traffic light onto Gifford St. for 1.1 miles. Look for anchor chain fence on right. Turn right into Goodwill Park. Continue on paved road. Park in lot on right near Grews Pond and covered picnic area. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com)

EDUCATION

Sat., May 5-6. Wilderness First Aid Two Day Workshop, Foxboro Recreation Department Rec Hall, 68 Mill Street, Foxboro, MA 02035. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. This training is required for AMCSEM trip leaders, but is a great experience for any outdoor enthusiast. Instruction is provided by SOLO, experts in providing wilderness medical training. L Douglas Griffiths (508-758-4315 after 6 pm, RedDougG@aol.com)

HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org.

Always looking for additional hike leaders! Contact hikingchair@amcsem.org.

Tue., May. 1. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. Hike hilly Skyline Trail and adjacent trails on eight successive Tuesday mornings 3/27-5/15, progressively increasing distance, elevation gain and pack weight (optional) to condition for summer hiking season up north. Moderate to fast pace 3 to 4 hour hike, distance 3 to 8 miles. 9:30 am start. Not suitable for beginners. May finish series with extended day hike. Register once for entire series. L Len Ulbricht (lenu44@gmail.com). Len has been an AMC Southeast Mass chapter member since 2008. He leads three season hikes in the White Mountains, both day hikes and multi-day hut trips, and an annual spring conditioning series in the Blue Hills. He has summited 47 of the 48 NH 4K peaks and is an AMC Adventure Travel leader.)

Continued on next page

Activities

For the most current information, [search activities online](#)

HIKING

(FT) (NM) Thu., May. 3. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com).

Thu., May 3. Arnold Arboretum - Spring into Spring hike!, Arnold Arboretum - Jamaica Plain, MA. Arnold Arboretum - including two vistas, bonsai exhibit, and "explorer's garden". We will explore this "tree museum" during a 4 -5 mile hike at a moderate pace. Bring water, sturdy footwear, sun screen, bug spray, snack or lunch. Meet at the Visitors' Center (Hunnewell Building) located at 125 Arborway, Jamaica Plain at 9:45 for prompt 10:00 start. Plenty of on-street parking along the Arborway; or walk to the entrance from the Forest Hills Orange Line T-stop. Rain cancels. Leashed dogs OK L Ken Cohen k-cohen@comcast.net (508-942-1536 before 8:00 pm)

Sat., May 5. Bear Mountain to Race Brook Falls Hike, Northwest Connecticut and Southwestern Massachusetts. A 9.8 mile hike starting in Salisbury, CT to Bear Mountain and then into Massachusetts on the AT to Sages Ravine, Race Mountain and finishing at Race Brook Falls. Scenic views, waterfalls, water-crossings and some steep inclines make this hike both challenging and rewarding. Hikers should be in good physical condition and should have done recent hiking of at least 6 miles. L Dia Prantis (617-504-8797 after 6, dprantis@yahoo.com) L Anne Duggan (ab.duggan@verizon.net) L Jeannine Audet (508-493-8221 after 6, MILMOD@aol.com)

(FT) (NM) Sun., May. 6. Hiking Bell's Neck Conservation, Harwich, Sand Pond, Harwich, MA. 4.5 mile mostly flat hike along East & West Reservoirs, cranberry bogs, marshland, herring run. Perhaps the herring will be running? The mayflower blooming? Meet at 12:45 p.m. for a 1:00 p.m. start. RT 6 to Exit 10. S on Rt 124. Rt on 39S x 1.9 mi to Sand Pond prkg on right. HEAVY rain cancels. L Barbara Gaughan (781-572-1321 Before 9p.m., barbaragaughan12@comcast.net, Level 1 bike & hike leader. Love my hiking & biking peeps!) CL Sandra Weaver Santilli (smsantilli@comcast.net)

Sun., May 6. Family Hike at Weetamoo Woods, Weetamoo Woods Tiverton, RI. Join us for a spring hike in lovely Weetamoo Woods. We will hike approximately 3 miles at a pace that allows for exploration & discussion. We will learn about the wildlife, the history of the area, & about following trail markers & Leave No Trace principles. Bring water & a snack or lunch. Wear sturdy footwear. This hike welcomes families with children ages 3 to 10 years. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime, milmod@aol.com)

Tue., May. 8. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. Hike hilly Skyline Trail and adjacent trails on eight successive Tuesday mornings 3/27-5/15, progressively increasing distance, elevation gain and pack weight (optional) to condition for summer hiking season up north. Moderate to fast pace 3 to 4 hour hike, distance 3 to 8 miles. 9:30 am start. Not suitable for beginners. May finish series with extended day hike. Register once for entire series. L Len Ulbricht (lenu44@gmail.com, Len has been an AMC Southeast Mass chapter member since 2008. He leads three season hikes in the White Mountains, both day hikes and multi-day hut trips, and an annual spring conditioning series in the Blue Hills. He has summited 47 of the 48 NH 4K peaks and is an AMC Adventure Travel leader.)

(FT) (NM) Thu., May. 10. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Continued on next page

Activities

For the most current information, [search activities online](#)

HIKING

Thu., May 10-10. Thurs. Morning 10:00 AM Blue Hills Hike, Blue Hills Reservation, Milton, MA. Hike the Skyline Trail for its great workout. This is a trail that goes up & down a number of steep hills, with rocky and uneven footing. We do the S-N skyline loop that takes us around 1 ½ - 2 hours, and then continue for another 1 ½ -2 hours in and out to Buck Hill. Hiker has the choice of opting out after completing the n-s skyline loop at ranger station. Moderate pace. Around 6-6.5 miles total. L Sui-Wen Yang (617-417-0757, linsuiwen4@gmail.com)

Sat., May 12. Intro to hiking and Backpacking workshop, 68 Mill Street Foxboro (F. Gilbert Hills State Forest). Classroom session for those interested in learning about hiking and introduction to backpacking skills for those interested in expanding their hiking into overnight backpacking trips. Class to focus on gear and skills required for single and multi-day excursions. L George Danis (339-236-0597, danisdad51@outlook.com) L Bob Vogel (vogel.r@comcast.net, Bob is a 4 season Hike leader for the Southeastern Mass Chapter, as well as a hike leader for Boston Local Walks and a 3 Season Leader for Boston H/B.)

Sat., May 12. 8-mile woodland hike in the Blue Hills, Blue Hills. This year our annual spring woodland end2end hike traverses the Blue Hills from North to South. We hike from Shea rink to Donovan elementary school. Other than a short but steep climb up Buck Hill and a long and gentle descent off Buck Hill we will stay in the woodland valleys and hike along flat or gently inclined trails. The total distance is 8 miles and we will hike at a moderate pace ideal for walking and talking at the same time. There will be brief but frequent stops along the way. This popular hike is limited to 24 people so register early to avoid being waitlisted. Some highlights include the site of the winter carnival, amazing views from the top of Buck Hill, an abandoned portion of Old RT 128, a leisurely break at Houghton's Pond concession stand (here soups and sandwiches are available for purchase), relaxing waters at the pier on Ponkapoag Pond and a horse bridge with a history. Since we are keeping to lowlands, heavy rain or flooding will cancel. Also, one of the leaders, Paul, will have his well-behaved dog with him. L Paul Brookes (603-799-4399 After 9am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn (781-784-8983, plachorn@msn.com), R Paul Brookes (603-799-4399 9am to 8 pm, preference is email, PaulBrookes1966@outlook.com)

Tue., May 15, Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. Hike hilly Skyline Trail and adjacent trails on eight successive Tuesday mornings 3/27-5/15, progressively increasing distance, elevation gain and pack weight (optional) to condition for summer hiking season up north. Moderate to fast pace 3 to 4 hour hike, distance 3 to 8 miles. 9:30 am start. Not suitable for beginners. May finish series with extended day hike. Register once for entire series. L Len Ulbricht (lenu44@gmail.com, Len has been an AMC Southeast Mass chapter member since 2008. He leads three season hikes in the White Mountains, both day hikes and multi-day hut trips, and an annual spring conditioning series in the Blue Hills. He has summited 47 of the 48 NH 4K peaks and is an AMC Adventure Travel leader.)

(FT) (NM) Thu., May. 17. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Thu., May 17. Stepstone Falls and More Hike. This loop hike starts off on a gravel road, taking us downhill to the Ben Utter Trail. We then follow the Falls River, passing along the way remnants of a gristmill and a sawmill, signs of times gone by. Once we reach Stepstone Falls, we will take a snack/early lunch break, then return to the beginning of the trail. We will continue our walk on the Escoheag Trail. This section includes a gradual uphill through hardwood forests, reaching a renovated stone pavilion before we return to our cars. Total mileage approx 6 miles. IT IS STILL HUNTING SEASON IN ARCADIA, FLUORESCENT ORANGE IS REQUIRED UNTIL 5/31. L Peggy Qvicklund (774-893-3011 before 9 pm, qvickan@comcast.net)

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Activities

For the most current information, [search activities online](#)

HIKING

(FT) (NM) Thu., May. 24. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Thu., May 24. The 2nd Annual Wilson Mountain Lady's Slipper Hike, Wilson Mountain/Whitcomb Woods - Dedham/Needham line- Route 135. Lady's Slippers galore! In a good year there are hundreds on both sides of the well marked trail to the summit of Wilson Mountain on the Dedham/Needham line. Easy access off Route 128. Wilson Mountain Reservation is 207 acres of wild and varied terrain. Large tangled thickets of rhododendrons grow on a hillside. Wilson Mountain is the highest point in Dedham at 295 feet. While not a true mountain, it does provide hilltop views of the surrounding area. There are well marked trails to the summit of Wilson Mountain on the Dedham/Needham line. Managed by the Massachusetts Department of Conservation and Recreation (DCR). After Wilson Mountain, at your option, we'll cross Common Street to the Whitcomb Woods trail head. Forested level trails with views of the Charles River, gazebos. Total hike is 5 - 7 miles at a moderate pace. Bring water snacks/lunch, sturdy footwear. Steady rain cancels. Dogs on leash O.K. L Ken Cohen (508-942-1536 Before 8:00 pm, k-cohen@comcast.net) CL Walt Granda (508-999-6038 Before 8:00 pm)

(FT) (NM) Thu., May. 31. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., May 31-31. Thursday Morning Hike - World's End (C3C), World's End, Hingham, MA. World's End (C3C). Meet at 10am, \$6 pp non-Trustees members. Moderate 4-5 miles. Explore unique peninsula in Boston Harbor with stunning views, hilly, carriage ways and rocky paths. There could be muddy sections. Wear layers, wind protection, good shoes suitable for weather and conditions. Bring water, snacks/lunch. Directions at <http://www.thetrustees.org/places-to-visit/greater-boston/worlds-end.html>. L Eva Das (borsody@gmail.com)

Fri., Jun. 1-3. HIKING WEEKEND AT THE (LOW) HARVARD CABIN WITH BOSTON CHAPTER, Harvard Cabin (the low one, on route 16 between North Conway & Pinkham Notch). This is a joint Boston H/B and SE Mass chapter trip. Using the historic Harvard Cabin (the low one, on Rt. 16) as our base, we will set out on hikes in the Pinkham Notch or nearby area. This rustic cabin has an upstairs sleeping loft (sleeping bags/pads on a shared floor space), an outhouse, cold running water. Simple but fun! Exact hikes will be determined Friday night depending on leaders and participants interests, latest weather/trail conditions reports, and participants abilities. On Saturday, we will likely offer two options if the group fills: one moderate/easier 4,000 footer mountain and one moderate/more strenuous 4,000 footer. On Sunday, we might go for another 4,000'er or often we opt for a shorter hike on the way home (perhaps a 52 With A View peak). You will help us as we prepare breakfast, a post-hike happy hour and dinner on Saturday and a breakfast on Sunday. Trip fee of \$80/members and \$85/non-members includes two breakfasts, one dinner, and happy hour snacks (planned and shopped for by the leaders, but prepared and cleaned up with the help of all participants). Boston H/B leaders: Erika Bloom and Claudine Kos. SE Mass leader: Leslie Carson. SE Mass coleader; Ken Carson. For those on the Boston REGI system, please register through REGI. For those in SEM not on REGI, please contact Erika Bloom (email preferred). L Erika Bloom (508-951-1001 before 9 PM, erikabloom1234@gmail.com) L Leslie Carson (lrc929@comcast.net) CL Ken Carson

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Activities

For the most current information, [search activities online](#)

HIKING

(FT) (NM) Thu., June 7. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Fri., Jun. 8-10. Inter Chapter Backpack Trip (SEM/NH) - Mt. Greylock, Mt. Greylock State Reservation. Join us for a wonderful weekend hiking and backpacking around Mt. Greylock and the Hopper. We'll hike in to our campsite Friday afternoon and hike Mt. Prospect, Mt. Williams, Mt. Fitch and summit Mt. Greylock on Saturday before setting up camp at the tent site Saturday night. Sunday we hike out after breakfast. Total mileage is 13 mi. with elevation gain/loss of 3050 ft. Hiking experience and gear is required. L Leslie Carson (508-833-8237 Before 9 pm, lrc929@comcast.net, Leslie, a 4-season hike leader with the AMCSEM chapter has been leading day and multi-day hikes since 2006. She has completed the NE 67 and has hiked in several US national parks and internationally. Not only is she involved with her local chapter, but she also leads hikes for AMC's August Camp and Adventure Travel.) CL Dirgny Perdigon (dalexandra@hotmail.com)

(FT) (NM) Thu., June 14. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Sat., Jun. 16. Mount Monadnock via Pumpelly Trail, Dublin and Jaffrey, NH. Join us for this classic Mt. Monadnock hike that will take us from Dublin Lake to the summit of Grand Monadnock via the beautiful and uncrowded Pumpelly Trail.. Just under nine miles round trip, with several steep and rugged sections, If you've only climbed Monadnock from the more popular trails, this will be a real treat for you! L Paul Miller (508-369-4151, paulallenmiller@verizon.net, Paul is an experienced four-season AMC hike leader.) L Walt Granda (wgrand@aol.com), R Paul Miller (508-369-4151, paulallenmiller@verizon.net)

(FT) (NM) Thu., June 21. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., June 28. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

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For the most current information, [search activities online](#)

HIKING

(FT) (NM) Thu., Jul 5. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Sat., Jul. 7. North Twin Hike, White Mountains. Ascend North Twin Trail to summit of North Twin Mountain. Trailhead parking lot (fee/permit) at Haystack Road (FR 304) 2.3 miles west of Twin Mountain Village. Trail includes 3 crossings of Little River (each way) so water shoes are mandatory. Book time 3 hr, 40 min (4.3 miles) each way. Rain cancels due to river crossing. L George Danis (339-236-0597 Evenings 7-9 pm, danisdad51@outlook.com) CL Len Ulbricht

(FT) (NM) Thu., Jul 12. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Sat., Jul. 14. Map and compass for beginners (Sat), Blue Hills. Come learn basic navigation skills using a map and compass to find your way. In this indoor and outdoor class, you'll learn the parts of a compass, how to read a topographic map and how to use them in tandem. You'll also learn some basic orienteering skills such as how to bushwhack from one trail to another by following a bearing. The Saturday after the workshop (July 21) there will be a directed hike & bushwhack, for class participants only, where you will have an extended opportunity to practice the skills you learned in the workshop. All activities will take place at the Blue Hills Reservation. No prior skills required for the class session on the 14th. To participate in the activities the following Saturday you will need appropriate hiking gear including sturdy boots for the bushwhack and be able to hike approximately 4 miles with a day-pack. Participants will need to come to class with a sighting compass. Prior reservation is required, and class size is limited to promote small group learning. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.), R Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com)

(FT) (NM) Thu., Jul 19. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

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HIKING

(FT) (NM) Thu., Jul 26. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Aug 2. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Aug 9. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Aug 16. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Aug 23. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

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HIKING

(FT) (NM) Thu., Aug 30. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Sep 6. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

PADDLING

Wed., May. 2. Paddle Indian Lakes, Marston Mills, Marstons Mills. Paddle scenic Middle and Mystic fresh water lakes. Lunch on beach at end of Mystic Lake. Wear life Jacket, bring spray skirt in case of wind, bring water and lunch Exit 5 from route 6. R 149S, R Mystic Drive after cemetery, R at sign town way to water. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau (paulcorri@gmail.com)

Sat., May 5-5. Paddle Shoestring Bay and the Mashpee River, Popponesset Bay, MA. We'll paddle up the Mashpee River and back and then explore Pinquicket Cove. Arrive no later than 10:15 for a 10:30 departure. Bring water and lunch. PFDs are required by Massachusetts law and a spray skirt may be necessary depending on wind and wave conditions. L Louise Foster (508-420-7245, janlouise@comcast.net)

Wed., May. 9. Paddle Long Pond Harwich/Brewster, Harwich, MA. Circumnavigate Long Pond, paddle small lily pond and Greenland Pond. Lunch on a beach. Wear life jacket, bring spray skirt for wind, bring water and lunch. E-mail for time and directions to put-in. Exit 10 route 6, R 124N, R Long Pond Drive, L Harwich town landing & parking. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau (paulcorri@gmail.com)

Sat., May 12-12. Paddle the Centerville River, Osterville, Ma. Rte. 28 to S on to Old Stage Rd to Light on S Main St R on S Main st to E Bay take E Bay to entrance to Dowses Beach. Go to far end of parking lot. We will paddle the Centerville River and Scudder Bay with a possible trip into Nantucket sound for a total of 6-7 miles. L Bill Fischer (508-420-4137 before 9pm, wmbarbarafischer@comcast.net)

Wed., May. 16. Paddle Herring River north, West Harwich, Harwich, MA. Paddle upstream to Coy Brook to end & to East Reservoir & to Herring River for lunch at North Bridge road. After paddle to West Reservoir to see herring run & then return to put-in. Wear life jacket, bring spray for wind, bring lunch & water. E-mail leader to register & for time & directions. Exit 9 route 6, R134S, L Upper County rd 3rd lite, BR, L route 28, R park lot & put-in after bridge. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com)

Wed., May 16. Sunset Paddle Lake Rico, Taunton, Lake Rico Taunton MA. Come join us for an introductory off Cape Paddle. After work at 6PM. We will be on the water for 1 1/2 hrs. finishing up just as the sun sets. Open to all levels Kayak and Canoe. Contact leader for more detail. L Luther Wallis (508-923-1935, lew89@comcast.net, Paddle leader both Kayak and Canoe.), R Luther Wallis (lew89@comcast.net)

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PADDLING

Sat., May. 26. Paddle Bass River South, Dennis, Dennis Port, MA. From launch paddle 'fingers' & bays to mouth on Nantucket Sound. Lunch on West Dennis Beach, Return & Paddle Grand Cove. Wear life jacket, bring spray skirt for wind, bring water & lunch. Exit 9 rte6, R134S to 2nd lite, R Upper County rd, L Main st at stop sign, R Cove rd to end. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com)

Wed., May. 30. Paddle Swan Pond and River, Dennis, MA. Paddle down river to mouth on Nantucket Sound, Venture into Sound if not too windy, Lunch on beach, Return & circumnavigate Pond. Wear life jacket, bring spray skirt for wind, bring water & lunch. E-mail leader to register & for time & directions. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau (paulcorri@gmail.com)

Wed., Jun. 6. Paddle Mill and Walker Ponds, Brewster, Brewster, MA. Paddle 3 fresh water kettle ponds & narrows between them. See Stoney Brook Grist Mill (1873) & herring run. Lunch Slough rd picnic area & return to put-in past Punkhorn Conservation land Wear life jacket, bring spray skirt for wind, bring water & lunch. E-mail leader to register & for time & directions. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau (paulcorri@gmail.com)

Wed., Jun. 13. Paddle Herring River north, West Harwich, West Harwich, MA. Paddle upstream to Coy Brook to end & to East Reservoir & to Herring River for lunch at North rd bridge. After paddle to West Reservoir to see herring run & then return to put-in. 8-9 mi. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com)

Sat., Jun. 16. Paddle Prince Cove from Cotuit Bay, North Bay Marstons Mills MA. Paddle from Cotuit Bay through the Narrows into North Bay and on to Prince Cove. Possibly explore Warren's Cove or some of the islands, coves, and ponds on the northeast side of North Bay. Arrive no later than 10:15 for a 10:30 departure, Bring water and a lunch. PFDs are required and a spray skirt may be necessary depending on wind and wave conditions. L Louise Foster (508-420-7245, janlouise@comcast.net)

Sat., Jun. 23. Paddle Follins & Mill Ponds, Dennis, Dennis, MA. Paddle Follins Pond north to Weir Creek bridge & if tide allows into Mill Pond passing Crab Creek Conservation area & back to circumnavigate Follins Pond & see signs of Viking visit. Lunch on small beach. Afterwards paddle Dinahs Pond, Kelleys Bay & return past Mayfair Boat yard. 7-9mi. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com)

Wed., Jun. 27. Paddle Swan Pond and River, Dennis, MA. From town launch paddle down river to mouth on Nantucket Sound. Venture into sound if not too windy & explore. Lunch on beach. Return & circumnavigate Swan Pond. 7-8 mi. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau (paulcorri@gmail.com)

Sat., Jun. 30. Paddle Ockway Bay, Mashpee, from Shoestring Bay, Cotuit, Ockway Bay, Mashpee. We'll paddle from Shoestring Bay into Popponesset Bay and then into Ockway Bay. After circumnavigating Ockway Bay we'll paddle up Popponesset Creek. Lunch will be at Meadow Point and we may explore Pinquickset Cove on the way back to the put-in. Plan on a 7-8 mile paddle. Arrive no later than 10:15 for a 10:30 departure. Bring water and a lunch. PFDs are required and a spray skirt may be necessary depending on wind and wave conditions. L Louise Foster (508-420-7245, janlouise@comcast.net)

Wed., Jul. 11. Paddle Nauset Marsh from Mill Pond, Orleans, Orleans MA. Paddle from beautiful put-in on Mill Pond to Nauset stopping to view split and have lunch on beach.. After circle Tern Island and head toward Town Cove and return to put-in. Wear life jacket, bring spray skirt in case of wind, bring water & lunch. E-mail leader to register & for directions & time. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com)

Sat., Jul. 14. Paddle Barnstable Harbor, Barnstable, MA. We'll explore the east end of Barnstable Harbor: Clay's, Lone Tree, and Bass Creeks and possibly Sandy Neck. Arrive no later than 10:15 for a 10:30 departure. Bring water and a lunch. PFDs are required and a spray skirt may be necessary depending on wind and wave conditions. Plan on a 7 mile paddle. L Ed Foster (erfoster@comcast.net)

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PADDLING

Wed., Jul. 18. Paddle Walker/Mill Ponds, Brewster, MA. Paddle 3 fresh water kettle ponds & narrows between them. See Stoney Brook Grist Mill (1873) & herring run. Lunch Slough rd picnic area. Wear life jacket, bring spray skirt in case of wind, bring water & lunch. Register with leader for time and directions. about 7 mi. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau (Paulcorri@gmail.com)

Wed., Jul. 25. Paddle Bass River North, Dennis, MA. Paddle upstream seeing Indian Lands Conservation area where NobsCUSset Indians spent winters, & new bridge for CCRT (formerly railroad bridge). Lunch at Wilbur park. Return & circumnavigate Grand Cove. Wear life jacket, bring spray skirt in case of wind, bring water & lunch. Register with leader for time & directions. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com)

Sat., Jul. 28-28. Leader's Choice Paddle, Cape Cod. If one of my previous Barnstable Harbor paddles is cancelled because of weather, this paddle will do that one. Otherwise I'll try to pick something we haven't paddled recently. Contact me the week of the paddle for more information. PFDs are required and a spray skirt may be necessary depending on wind and wave conditions. L Ed Foster (erfoster@comcast.net)

Wed., Aug. 1. Paddle Mashpee/Wakeby Ponds, Sandwich, Maspee. Paddle 2 fresh water ponds. Lunch at end of Wakeby pond on beach. about 7 mi total Wear life jacket, bring spray skirt in case of wind, bring water & lunch. Register with leader for time & directions. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau (paulcorri@gmail.com)

Sat., Aug. 4-4. Paddle Lewis Bay, Lewis Bay, MA. We'll circumnavigate Lewis Bay, have lunch on Egg Island (it only appears at low tide), and perhaps explore Hyannis Inner Harbor. Arrive no later than 10:15 for a 10:30 departure. Bring water and a lunch. PFDs are required and a spray skirt may be necessary depending on wind and wave conditions. Plan on a 6.5 mile trip. L Ed Foster (erfoster@comcast.net)



Happy Trails!



The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | May 2018

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Please send photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

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Old fashioned bleeding heart thrives in the shade at the Arnold Arboretum.

Spring trekkers explore the Arnold Arboretum

Photos by Ken Cohen



It was a warm, mostly sunny day May 3 when six AMC-SEM members enjoyed the early signs of Spring during a three-hour, 4-1/2-mile hike at the Arnold Arboretum.

Ed Fopiano, left, Sandra Johnson, Lars Qvicklund, Maria Campbell, Norma Elkind.

More photos on page 3



View from the Chair: What's NEW!

This month I thought I would highlight some things that are new and exciting about your chapter, so here goes:

- **Membership** – For the first time since the founding of the Southeastern Massachusetts Chapter 42 years ago, the membership has now exceeded 4,000 members. While we are still one of smaller of the twelve organized chapters from Maine to Virginia, we are one of the most active! Many thanks to our great leaders who put on amazing events for our membership.
- **Chapter Retreat** – This year marks a first. We are replacing our White Mountain Chapter Hut weekend with our Chapter Retreat, to be held September 21-23 in Sandwich on the Cape. We are offering lodging, meals, and several activities for a very reasonable price. Best of all, you don't have to drive four hours to get there! Activities include hiking (easy, moderate, long), paddling, and biking. In addition, we have several other events planned, such as mini-seminars (photography, map and compass), climbing wall, zip lining, pontoon boat rides, yoga, and, of course, campfires. See more about the retreat in an article in this newsletter.
- **Young Members Group** – I am pleased to announce the formation of a Young Members Group within our Chapter, Chaired by Susie Schobel. The first social/organizing meeting will be held on June 14 at 7 p.m. at the New World Tavern in downtown Plymouth. This group is for 20's, 30's, and the "Young at Heart," so all are welcome.
- **Flat Water Paddling** – Newly elected paddling Vice Chair, Luther Wallis, has initiated a series of after work mid-week paddles for both kayaking and canoes. The next paddle is scheduled for June 12th at the NIP in Bridgewater, MA. If you have a place you would like to paddle after work, let Luther know.

These are just a few of the exciting things happening in YOUR SEM chapter. If you don't see an offering that suits your desire to get outside, let me know and we'll see if we can set something up.

Hope to see you outside soon!
Barry Young,
AMC-SEM Chapter Chair

2018 Executive Board

Chapter Chair	Barry Young	Communications Chair	Paul Miller	Membership Chair	Sandy Santilli
Vice Chair	Len Ulbricht	Communications Vice Chair	OPEN	Membership Vice Chair	OPEN
Secretary	Ann McSweeney	Conservation Chair	Bill Cannon	Membership Vice Chair ...	Ellen Thompson
Treasurer	Patty Rottmeier	Conservation Vice Chair	Nancy Coote	Paddling Chair	Ed Foster
Past Chapter Chair	Maureen Kelly	Education Chair	Doug Griffiths	Paddling Vice Chair	Luther Wallis
Biking Chair	Bernie Meggison	Education Vice Chair	OPEN	Skiing Chair	Jeannine Audet
Biking Vice Chair	OPEN	Hiking Chair	Mike Woessner	Skiing Vice Chair	Barbara Hathaway
Cape Hiking Chair	Jane Harding	Hiking Vice Chair	George Danis	Trails Chair	Peter Tierney
Cape Hiking Vice Chair	Cathy Giordano			Trails Vice Chair	Wayne Anderson
				Trails Vice Chair.....	Skip Maysles

Ad Hoc Committee Chairs & Other Chapter Contacts

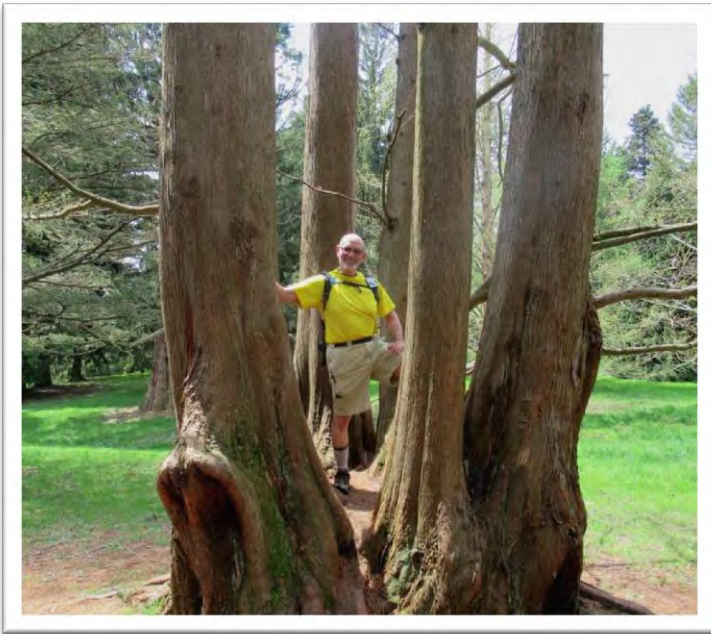
Social Director.....	OPEN	Webmistress.....	Cheryl Lathrop
Young Members Chair.....	Susan Schoble	The Breeze Editor.....	Mo Walsh
Social Media Administrator	Christine Racine	Blast Editor.....	Marie Hopkins
Social Networking Moderator.....	Sue Mulligan		

Contact chair@amcsem.org
if you are interested in any
OPEN position



Arnold Arboretum Hike

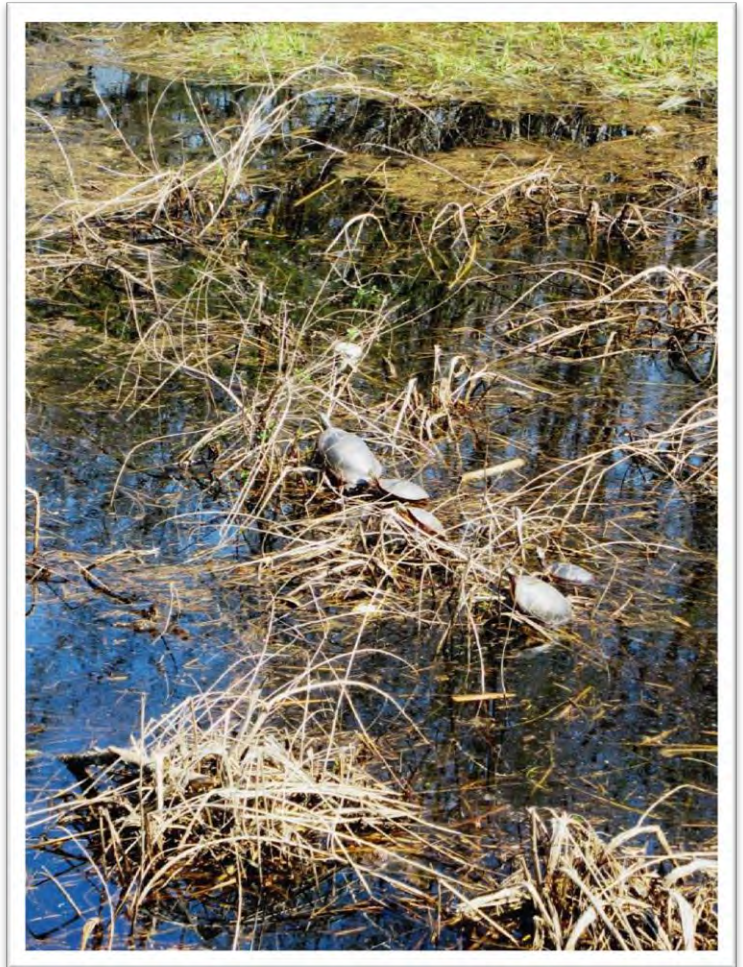
Photos by Ken Cohen



Leader Ken Cohen is dwarfed by the six-trunked Dawn Redwood tree—a Chinese species that usually has one large trunk.



The blossoms on a Red Bud tree brighten the trail.



Shell game at Turtle Pond: How many can you spot?



Trees reach skyward for the long-awaited sunshine.



Deb Varrieur, left, Barbara Gaughan, Jeannine Audet, Paul Audet, and Johanna Vanstrein. *Photo by DNRT staff*

Spring cycling: Pedals and petals

Written by Paul Audet

On a beautiful sunny spring day, six riders enjoyed a 21-mile ride through Westport and Dartmouth, MA. Temps were in the 60s with a light breeze. We rode past farms with stone walls, conservation land, the Westport River and the Slocum River. There were a few challenging hills—"Handy Hill" in particular, which seems to find its way into most of Jeannine's rides. Our group stopped at Parson's Preserve, part of the Dartmouth Natural Resources Trust, to view the beautiful daffodil fields and the rapidly moving waters of the Slocum River.



With Slocum River in background, cyclists Jeannine Audet, left, Nancy Durfee, Barbara Gaughan, Deb Varrieur, Johanna Vanstrein. *Photo by Paul Audet*

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Two weekend get-aways in June!

We have two opportunities coming up to get away for a weekend outdoors.

June 1-3, is our hiking weekend with the Boston H/B Chapter to the (low) Harvard Cabin on route 16 between North Conway and Pinkham Notch, NH. This rustic cabin has an upstairs sleeping loft (sleeping bags/pads on a shared floor space), an outhouse, cold running water. Simple but fun! Exact hikes will be determined Friday night depending on leaders and participants interests, latest weather/trail conditions reports, and participants' abilities.

June 8-10, is the SEM/NH Inter-Chapter Backpack Trip to the Mt. Greylock State Reservation. We'll hike Mt. Prospect, Mt. Williams, Mt. Fitch, and summit Mt. Greylock for a total of 13 miles with elevation gain/loss of 3050 feet. We'll camp out overnight. Hiking experience and appropriate gear is required.

See the Activities listings for more information and registration details for both trips!



Autumn on the Skyline Trail. *Photo from TrailMob.com*

Red-Lining reveals the beauty and variety of the Blue Hills Reservation

Written by Susan Drew

(Sue just completed her first year hiking with AMC-SEM and has been active in Thursday evening Red-Lining.)

The Blue Hills Ski Area. For many, this is all they know of the Blue Hills. Few ever venture any farther.

I am grateful to the AMC and to the Red Line hiking group for showing me that the Blue Hills Reservation is so much more. Red-Lining refers to walking every inch of every trail in the park and tracking it on an official Blue Hills Reservation map.

The 125 miles of maintained trails through the park offer a true rural sanctuary. The very name “Blue Hills” summons up images of skiing and rocky hilltop climbs. True, these things do exist and in fact form the

cornerstones of the reservation. Yet each trail offers something different, if you dare to delve into them and wander.

Sue receives her Red-Lining patch from Joe Keogh.



You may be surprised to find sun-drenched meadows, freshwater ponds, tree-shaded trails carpeted with soft pine needles, grassy hills, lowland marshes, and flowing streams. I’ve witnessed stunning scenic views, crimson sunsets, heard tales of local regional history and caught the occasional glimpse of moonglow across the surface of a pond.

Why did I join AMC? The short answer is that I admire the club philosophy. I knew I liked hiking and the outdoors. Still, I was hesitant. Would I be able to keep up? Could I climb the hills? Could I walk the miles? I learned that the Red Line hikes welcome everyone and are structured to start easy at the beginning of the season and work up to the more difficult trails. I enjoyed hearing accounts of previous hikes and about the friendly and entertaining group of hikers. This was the motivation I needed.



Boardwalk over the bog. *Instagram photo by wikebaby.*

At first, I couldn’t imagine myself walking every inch of every trail in the park. I frankly thought this was nuts! My only goal was to get exercise outdoors and meet some new friends. Nevertheless, over time I realized that “Red Lining” is a clever idea for providing a more compelling and motivating activity, and many of my fellow hikers were participating. It became clear to me that this was an achievable goal, and I wanted to see for myself if I was capable of attaining it.

I finished my Red Line in November of last year. To finally achieve this milestone is very satisfying. I feel privileged to have a unique and intimate knowledge of the Reservation and to belong to a group of truly awesome people who collectively care for and respect this little piece of wonderland.



A smiling Ralph Jensen enjoys a quiet paddle with the SEM Paddling group. *Photo by Barry Young*

New Flat Water Paddling Group

Written by Barry Young, Chapter Chair

Newly elected Paddling Vice Chair Luther Wallis has initiated a series of after-work mid-week paddles in Bristol and Plymouth counties. These paddles are suitable for both kayaks and canoes and are also suitable for all skill levels of paddling.

Recently kayakers enjoyed an early evening paddle on Lake Rico in East Taunton, bordering Massasoit State Park. The next flat water paddle will be held June 12th at Lake Nippineckit—"The Nip"—in Bridgewater, MA. For details, see the event currently listed on our website and stay tuned for more paddles to come.



Karen Singleton and Ken Jones enjoy a Paddling adventure on Lake Rico. *Photo by Barry Young*

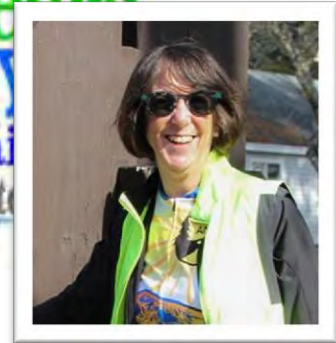


Photo by Ken Carson

Volunteer of the Month: Barbara Gaughan

Written by Bernie Meggison Biking Chair

Each month the SEM recognizes one of our amazing volunteers. We are thankful for the wonderful people who donate their time and energy to organize events and activities and lead terrific trips. This month the Biking Committee recognizes Barbara Gaughan for her continuing contributions.

We have a woman within our midst who exemplifies a perfect team player, willing to step up to the plate whenever needed, and an organizer extraordinaire! Barbara's recent performance at our Open House was awesome, keeping the biking events and bikers together. To Barbara, a well-deserved, "Hip, Hip, Hooray!"

Thank you, Barbara, for all you do! Barbara will receive a Volunteer of the Month Certificate and a \$50 gift card.

Bring your bikes!

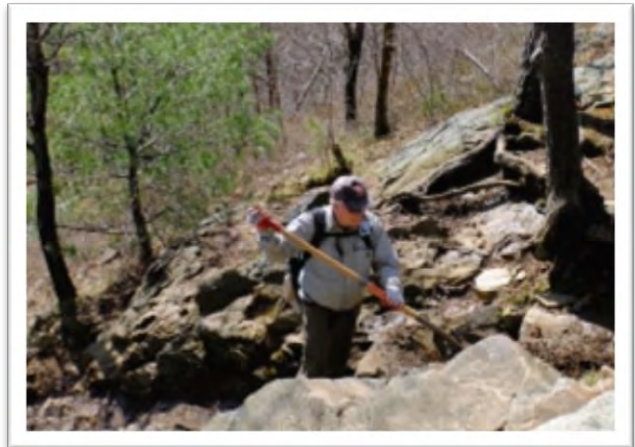


Chapter Retreat: Sept. 21-23
Camp Burgess, Sandwich, MA

AMC-SEM members hit the trails for DCR Park Serve Day 2018

Photos by Rob MacDonald

Trail Crew: George Danis, Rob MacDonald, Len Ulbright, and Skip Maysles (L).



Bring your boots!



**Chapter Retreat: Sept. 21-23
Camp Burgess, Sandwich, MA**

Activities

For the most current information, [search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

Indicates pace

Indicates terrain

AA 13+

1very fast

Avery strenuous

A 9-13

2fast

Bstrenuous

B 5-8

3moderate

Caverage

Cless than 5

4leisurely

Deasy

Found in the description

LActivity leader

CLActivity co-leader

FTFirst Time

NM ...New Members

ANAdvance Notice

C Conservation

BICYCLING

Tue., May. 29. Road Cycling - Sunset and Full Flower Moon Ride, Massachusetts, Cape Cod. - 22+/- Miles & 2+ hours. Flats & wind with hills in Sagamore Highlands. Start time: about 2 hours prior to sunset. Registration required. Contact leader paulbcurrier@comcast.net We'll ride from Sagamore Recreation Area (mainland side) into Sagamore Highlands with a stop at Peaked Cliff. Return to the recreation area and along the canal to Buzzards Bay for sunset at Mass Maritime or perhaps from Three Mile Outlook. We'll return along the canal for a flowery moonrise over the Sagamore Bridge Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. - Full Flower Moon - In most areas, flowers are abundant everywhere during this time. Other names include the Full Corn Planting Moon, or the Milk Moon. Lights strongly suggested. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

Sat., Jun. 2. Daily Brew coffee bike ride, Sandwich, Ma, 9:30 am. Start at the Sandwich marina parking lot opposite the Coast Guard Station. We will ride the Cape Cod canal through Monument Beach and stop at the Daily Brew coffee house in Pocasset . Return via ocean views in Pocasset and Monument Beach. Pace will be 12 -15 mph, Helmets ARE required. Distance about 30 miles and return about 1:00 pm. Any questions please contact Jeff Hyman at 774-521-9235. Please arrive at 9:15am to sign in, have tires pumped, water bottles and ready to ride at 9:30. L Jeffrey Hyman (774-521-9235 9am-8pm, jsh17@comcast.net), R Jeff Hyman (774-521-9235 9am - 8pm, jsh17@comcast.net)

HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org.

Always looking for additional hike leaders! Contact hikingchair@amcsem.org.

(FT) (NM) Thu., May. 31. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., May 31-31. Thursday Morning Hike - World's End (C3C), World's End, Hingham, MA. World's End (C3C). Meet at 10am, \$6 pp non-Trustees members. Moderate 4-5 miles. Explore unique peninsula in Boston Harbor with stunning views, hilly, carriage ways and rocky paths. There could be muddy sections. Wear layers, wind protection, good shoes suitable for weather and conditions. Bring water, snacks/lunch. Directions at <http://www.thetrustees.org/places-to-visit/greater-boston/worlds-end.html>. L Eva Das (borsody@gmail.com)

Continued on next page

Activities

For the most current information, [search activities online](#)

HIKING

Fri., Jun. 1-3. HIKING WEEKEND AT THE (LOW) HARVARD CABIN WITH BOSTON CHAPTER, Harvard Cabin (the low one, on route 16 between North Conway & Pinkham Notch). This is a joint Boston H/B and SE Mass chapter trip. Using the historic Harvard Cabin (the low one, on Rt. 16) as our base, we will set out on hikes in the Pinkham Notch or nearby area. This rustic cabin has an upstairs sleeping loft (sleeping bags/pads on a shared floor space), an outhouse, cold running water. Simple but fun! Exact hikes will be determined Friday night depending on leaders and participants interests, latest weather/trail conditions reports, and participants abilities. On Saturday, we will likely offer two options if the group fills: one moderate/easier 4,000 footer mountain and one moderate/more strenuous 4,000 footer. On Sunday, we might go for another 4,000'er or often we opt for a shorter hike on the way home (perhaps a 52 With A View peak). You will help us as we prepare breakfast, a post-hike happy hour and dinner on Saturday and a breakfast on Sunday. Trip fee of \$80/members and \$85/non-members includes two breakfasts, one dinner, and happy hour snacks (planned and shopped for by the leaders, but prepared and cleaned up with the help of all participants). Boston H/B leaders: Erika Bloom and Claudine Kos. SE Mass leader: Leslie Carson. SE Mass coleader; Ken Carson. For those on the Boston REGI system, please register through REGI. For those in SEM not on REGI, please contact Erika Bloom (email preferred). L Erika Bloom (508-951-1001 before 9 PM, erikabloom1234@gmail.com) L Leslie Carson (lrc929@comcast.net) CL Ken Carson

Sat., Jun. 2. White Mountain Summer Hiking Series Kick-Off Hike. Want to hike the mountains of New Hampshire, but don't know how to start. Wish you had a group of trained, experienced, hike Leaders to teach you everything you should know to hike safely? Here you go.. The SEM Chapter is offering a 'Summer Hiking Series', during which we will take you from 'What you need to know' to the summit of a NH 4800 foot peak. The series starts June 2nd, with a training hike at the Blue Hills where, in addition to hiking, you will learn about clothing, food, equipment, conditioning. It will be followed by several New Hampshire hikes, ranging from 'Piece of cake,' to 'Boy, that was a real challenge!' On this first hike we will do a combination of hiking and learning. There will be a lot of 'up and down' hiking, to start getting in shape, while testing out our clothing and gear, and getting used to the 'flow' of a hike. Interested? Then sign up for this hike! Summer Hiking Series dates; July 7 - Mount Hedgehog 2,532', August 4 - Jennings Peak 3,460', September 8 - Mt. Moosilauke 4,802' Successful completion of each hike qualifies you for the next hike.) Registration required, contact leader to register for this hike. L Bob Vogel (vogel.r@comcast.net, Bob is a 4 season Hike leader for the Southeastern Mass Chapter, as well as a hike leader for Boston Local Walks and a 3 Season Leader for Boston H/B.), R Robert Vogel (N. Easton, MA, vogel.r@comcast.net)

(FT) (NM) Thu., June 7. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Fri., Jun. 8-10. Inter Chapter Backpack Trip (SEM/NH) - Mt. Greylock, Mt. Greylock State Reservation. Join us for a wonderful weekend hiking and backpacking around Mt. Greylock and the Hopper. We'll hike in to our campsite Friday afternoon and hike Mt. Prospect, Mt. Williams, Mt. Fitch and summit Mt. Greylock on Saturday before setting up camp at the tentsite Saturday night. Sunday we hike out after breakfast. Total mileage is 13 mi. with elevation gain/loss of 3050 ft. Hiking experience and gear is required. L Leslie Carson (508-833-8237 Before 9 pm, lrc929@comcast.net, Leslie, a 4-season hike leader with the AMCSEM chapter has been leading day and multi-day hikes since 2006. She has completed the NE 67 and has hiked in several US national parks and internationally. Not only is she involved with her local chapter, but she also leads hikes for AMC's August Camp and Adventure Travel.) CL Dirgny Perdigon (dalexamdra@hotmail.com)

Continued on next page

Activities

For the most current information, [search activities online](#)

HIKING

(FT) (NM) Thu., June 14. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Sat., Jun. 16. Mount Monadnock via Pumpelly Trail, Dublin and Jaffrey, NH. Join us for this classic Mt. Monadnock hike that will take us from Dublin Lake to the summit of Grand Monadnock via the beautiful and uncrowded Pumpelly Trail.. Just under nine miles round trip, with several steep and rugged sections, If you've only climbed Monadnock from the more popular trails, this will be a real treat for you! L Paul Miller (508-369-4151, paulallenmiller@verizon.net, Paul is an experienced four-season AMC hike leader.) L Walt Granda (wigranda@aol.com), R Paul Miller (508-369-4151, paulallenmiller@verizon.net)

(FT) (NM) Thu., June 21. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., June 28. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

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(FT) (NM) Thu., Jul 5. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Sat., Jul. 7. North Twin Hike, White Mountains. Ascend North Twin Trail to summit of North Twin Mountain. Trailhead parking lot (fee/permit) at Haystack Road (FR 304) 2.3 miles west of Twin Mountain Village. Trail includes 3 crossings of Little River (each way) so water shoes are mandatory. Book time 3 hr, 40 min (4.3 miles) each way. Rain cancels due to river crossing. L George Danis (339-236-0597 Evenings 7-9 pm, danisdad51@outlook.com) CL Len Ulbricht

Continued on next page

Activities

For the most current information, [search activities online](#)

HIKING

(FT) (NM) Thu., Jul 12. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Sat., Jul. 14. Map and compass for beginners (Sat), Blue Hills. Come learn basic navigation skills using a map and compass to find your way. In this indoor and outdoor class, you'll learn the parts of a compass, how to read a topographic map and how to use them in tandem. You'll also learn some basic orienteering skills such as how to bushwhack from one trail to another by following a bearing. The Saturday after the workshop (July 21) there will be a directed hike & bushwhack, for class participants only, where you will have an extended opportunity to practice the skills you learned in the workshop. All activities will take place at the Blue Hills Reservation. No prior skills required for the class session on the 14th. To participate in the activities the following Saturday you will need appropriate hiking gear including sturdy boots for the bushwhack and be able to hike approximately 4 miles with a day-pack. Participants will need to come to class with a sighting compass. Prior reservation is required, and class size is limited to promote small group learning. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.), R Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com)

(FT) (NM) Thu., Jul 19. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Jul 26. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Aug 2. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Continued on next page

Activities

For the most current information, [search activities online](#)

HIKING

(FT) (NM) Thu., Aug 9. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Aug 16. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Aug 23. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Aug 30. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Sep 6. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Continued on next page

Activities

For the most current information, [search activities online](#)

PADDLING

Wed., May. 30. Paddle Swan Pond and River, Dennis, MA. Paddle down river to mouth on Nantucket Sound, Venture into Sound if not too windy, Lunch on beach, Return & circumnavigate Pond. Wear life jacket, bring spray skirt for wind, bring water & lunch. E-mail leader to register & for time & directions. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau (paulcorri@gmail.com)

Wed., Jun. 6. Paddle Mill and Walker Ponds, Brewster, Brewster, MA. Paddle 3 fresh water kettle ponds & narrows between them. See Stoney Brook Grist Mill (1873) & herring run. Lunch Slough rd picnic area & return to put-in past Punkhorn Conservation land Wear life jacket, bring spray skirt for wind, bring water & lunch. E-mail leader to register & for time & directions. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau (paulcorri@gmail.com)

Tue., Jun. 12. Evening paddle at "The NIP" in Bridgewater MA, Lake Nippenicket, Bridgewater, MA, just off route 24 on route 104. Come join us Tuesday, June 12, for an after work evening paddle. We will spend 1 1/2 hrs. on the water for a nice relaxing paddle around Lake Nippenicket. Both Kayaks and Canoes are welcome. L Luther Wallis (lew89@comcast.net, AMC Paddle Leader Kayak and Canoe)

Wed., Jun. 13. Paddle Herring River north, West Harwich, MA. Paddle upstream to Coy Brook to end & to East Reservoir & to Herring River for lunch at North rd bridge. After paddle to West Reservoir to see herring run & then return to put-in. 8-9 mi. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com)

Sat., Jun. 16. Paddle Prince Cove from Cotuit Bay, North Bay Marstons Mills MA. Paddle from Cotuit Bay through the Narrows into North Bay and on to Prince Cove. Possibly explore Warren's Cove or some of the islands, coves, and ponds on the northeast side of North Bay. Arrive no later than 10:15 for a 10:30 departure, Bring water and a lunch. PFDs are required and a spray skirt may be necessary depending on wind and wave conditions. L Louise Foster (508-420-7245, janlouise@comcast.net)

Wed., Jun. 20. Paddle Waquoit Bay, Falmouth, Ma.. Paddle the Child's River and Waquoit Bay in Falmouth/Mashpee, about a 7 1/2 mile trip. L Bill Fischer ph#508-420-4137 before 9pm wambarbarafischer@comcast.net - reg required. Rt. 28 to Whites Landing Rd Falmouth. About 2 miles from Mashpee town line. We plan on paddling the rivers and bays of this wonderful recreation area. A short portage may be included. L Bill Fischer (508-420-4137 before 9pm, wambarbarafischer@comcast.net)

Sat., Jun. 23. Paddle Follins & Mill Ponds, Dennis, Dennis, MA. Paddle Follins Pond north to Weir Creek bridge & if tide allows into Mill Pond passing Crab Creek Conservation area & back to circumnavigate Follins Pond & see signs of Viking visit. Lunch on small beach. Afterwards paddle Dinahs Pond, Kelleys Bay & return past Mayfair Boat yard. 7-9mi. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com)

Wed., Jun. 27. Paddle Swan Pond and River, Dennis, MA. From town launch paddle down river to mouth on Nantucket Sound. Venture into sound if not too windy & explore. Lunch on beach. Return & circumnavigate Swan Pond. 7-8 mi. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau (paulcorri@gmail.com)

Sat., Jun. 30. Paddle Ockway Bay, Mashpee, from Shoestring Bay, Cotuit, Ockway Bay, Mashpee. We'll paddle from Shoestring Bay into Popponesset Bay and then into Ockway Bay. After circumnavigating Ockway Bay we'll paddle up Popponesset Creek. Lunch will be at Meadow Point and we may explore Pinquickset Cove on the way back to the put-in. Plan on a 7-8 mile paddle. Arrive no later than 10:15 for a 10:30 departure. Bring water and a lunch. PFDs are required and a spray skirt may be necessary depending on wind and wave conditions. L Louise Foster (508-420-7245, janlouise@comcast.net)

Continued on next page

Bring your boats!



**Chapter Retreat: Sept. 21-23
Camp Burgess, Sandwich, MA**

Activities

For the most current information, [search activities online](#)

PADDLING

Wed., Jul. 11. Paddle Nauset Marsh from Mill Pond, Orleans, Orleans MA. Paddle from beautiful put-in on Mill Pond to Nauset stopping to view split and have lunch on beach.. After circle Tern Island and head toward Town Cove and return to put-in. Wear life jacket, bring spray skirt in case of wind, bring water & lunch. E-mail leader to register & for directions & time. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com)

Sat., Jul. 14. Paddle Barnstable Harbor, Barnstable, MA. We'll explore the east end of Barnstable Harbor: Clay's, Lone Tree, and Bass Creeks and possibly Sandy Neck. Arrive no later than 10:15 for a 10:30 departure. Bring water and a lunch. PFDs are required and a spray skirt may be necessary depending on wind and wave conditions. Plan on a 7 mile paddle. L Ed Foster (erfoster@comcast.net)

Wed., Jul. 18. Paddle Walker/Mill Ponds, Brewster, Brewster, MA. Paddle 3 fresh water kettle ponds & narrows between them. See Stoney Brook Grist Mill (1873) & herring run. Lunch Slough rd picnic area. Wear life jacket, bring spray skirt in case of wind, bring water & lunch. Register with leader for time and directions. about 7 mi. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau (Paulcorri@gmail.com)

Wed., Jul. 25. Paddle Bass River North, Dennis, MA. Paddle upstream seeing Indian Lands Conservation area where Nobsusset Indians spent winters, & new bridge for CCRT (formerly railroad bridge). Lunch at Wilbur park. Return & circumnavigate Grand Cove. Wear life jacket, bring spray skirt in case of wind, bring water & lunch. Register with leader for time & directions. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com)

Sat., Jul. 28. Leader's Choice Paddle, Cape Cod. If one of my previous Barnstable Harbor paddles is cancelled because of weather, this paddle will do that one. Otherwise I'll try to pick something we haven't paddled recently. Contact me the week of the paddle for more information. PFDs are required and a spray skirt may be necessary depending on wind and wave conditions. L Ed Foster (erfoster@comcast.net)

Wed., Aug. 1. Paddle Mashpee/Wakeby Ponds, Sandwich, Maspee. Paddle 2 fresh water ponds. Lunch at end of Wakeby pond on beach. about 7 mi total Wear life jacket, bring spray skirt in case of wind, bring water & lunch. Register with leader for time & directions. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau (paulcorri@gmail.com)

Sat., Aug. 4-4. Paddle Lewis Bay, Lewis Bay, MA. We'll circumnavigate Lewis Bay, have lunch on Egg Island (it only appears at low tide), and perhaps explore Hyannis Inner Harbor. Arrive no later than 10:15 for a 10:30 departure. Bring water and a lunch. PFDs are required and a spray skirt may be necessary depending on wind and wave conditions. Plan on a 6.5 mile trip. L Ed Foster (erfoster@comcast.net)

SOCIALS

Thu., Jun. 14. 20s & 30s June SEM Social, The New World Tavern, 56 Main Street, Plymouth, MA. Join us at The New World Tavern in Plymouth for our first SEM Social! Come meet fellow outdoor enthusiasts, and learn about upcoming events and activities. Whether you are new to the AMC, or have been around for a while, this is a great opportunity to meet new people, trade stories, and plan future adventures. There will be door prizes, ice breaker activities, and appetizers provided. L Susan Schobel (susan.schobel@gmail.com)





The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | June 2018

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Have a story for *The Southeast Breeze*?

Please send your Word doc and photographs to breeze.editor@amcsem.org.

Please send photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

Shop the Breeze Market for equipment bargains!

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DCR Park Ranger Marguerite Denoncourt with Bernie Meggison at the Bike Safety checkpoint at the start of the Cape Cod Rail Trail in Dennis.

Free Bike Safety Checks from AMC-SEM

By Bernie Meggison, Biking Chair

On Saturday, June 16, I started the first AMC-SEM complimentary bike safety checks program. It was at the starting point parking lot on the Cape Cod Rail Trail in Dennis. Time frame: 9 a.m. to 1 p.m.

Thirty-nine bikes were checked for general safety issues: brakes, tires, shifting and bearings on the handle bars, pedals etc. In general, it was total success. Many people were interested to learn about AMC. I had a supply of our ***“Love the outdoors? Join the club!”*** flyers.

Hopefully this effort will increase the awareness of AMC—and our SEM chapter. I’ll try to perform this service one day a week on weekends at these locations:

- | | |
|----------------------|---------------------|
| Dennis Rail Trail | Falmouth Rail Trail |
| Nickerson State Park | Cape Cod Canal |

Thanks to you all for your support!

View from the Chair: Have a Great Summer—Outside!

Summer is officially here and that’s when most people think about being outside. We have a full line-up of hikes—local hikes like our Red Line the Blue Hills series and, of course, the more challenging hikes up north in the “Whites” or out in the Berkshires. Several paddling trips on the Cape and some exciting destination bicycle rides are also coming up. Check out our activities [on our website](#).



When you go on an AMC event this summer, why not ask a friend to come along? Hopefully, your friends will have a good time and will want to join the club, but AMC membership is not necessary to go on our hikes, bike rides, and paddles.

While we have several activities going on this summer, the Executive Board will be taking a brief break from our monthly meetings. *The Breeze* will not be published in July and August, but please continue to send your articles and photos to [the Breeze editor](#) so everybody can read about “How I spent my summer!” when we publish again in September.

This fall we will hold our first ever Chapter Retreat! Join us September 21-23 at Camp Burgess in East Sandwich for a weekend of biking, hiking, paddling, and socializing with some of the finest outdoor enthusiasts around, your fellow SEM members. Just think, you can take a bike trip, hike a trail, **and** paddle a kayak/canoe **all in a single weekend** and all in Southeastern Massachusetts. Plus we’ll throw in several special events and a couple of evening campfires, too. Further details can be found in [the trip listing](#).

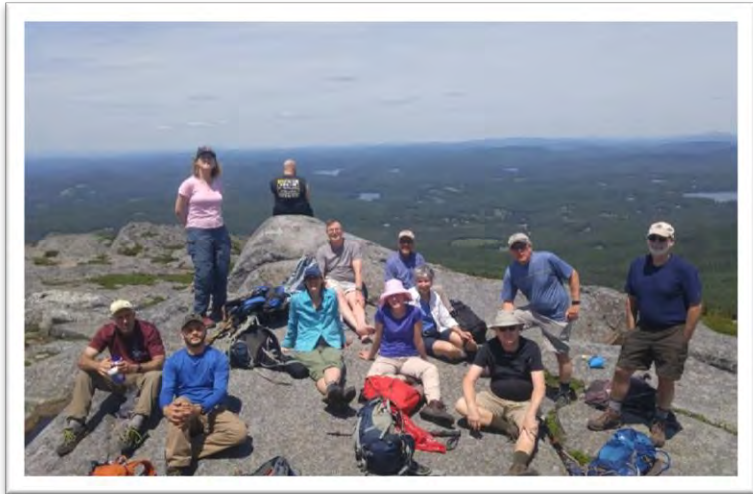
Hope to see you outside!
Barry Young
AMC-SEM Chapter Chair

2018 Executive Board

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Vice ChairLen Ulbricht	Communications Vice ChairDio Goncalves	Membership Vice ChairOPEN
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Ad Hoc Committee Chairs & Other Chapter Contacts

Social Director.....OPEN	Webmistress..... Cheryl Lathrop	Contact chair@amcsem.org
Social Vice ChairOPEN	The Breeze Editor.....Mo Walsh	if you are interested in any
Social Media AdministratorChristine Racine	Blast Editor.....Marie Hopkins	OPEN position
Social Networking Moderator.....Sue Mulligan		



Our Group on the summit of Grand Monadnock. *Photo by Paul Miller*

Mt. Monadnock hike via uncrowded Pumpelly Trail doesn't disappoint

By Paul Miller, Communications Chair & Hike Leader

At 4.4 miles each way, the Pumpelly Trail is the longest route up to the 3,165-foot summit of Mt. Monadnock. But it's also one of the least crowded routes and arguably the most scenic.

Rather than starting from the often-bustling park headquarters off Poole Road in Jaffrey, NH, the Pumpelly trailhead is at quiet Dublin Lake on Lake Road in nearby Dublin, NH. The trail starts out very gently through some pretty woods on Wildland Trust property, but eventually starts climbing steeply up to the Pumpelly Ridge. From there it keeps poking up above tree line, offering "teaser" views to the still-distant Monadnock summit.



Nice views from the summit! *Photo by Dio Goncalves*

Eventually, after passing the intersection with the Cascade Link and Spellman Trails, the Pumpelly Trail breaks free of the tree line. The dramatic views in several directions include one up to the summit, upon which many hikers can often be seen milling around. After passing several other trail intersections and alpine bogs, hikers finally start the final approach to the summit. Some steep and rugged sections include a few fun scrambles.

On Saturday, June 16, Walt Granda, Anne Duggan, Peggy Qvicklund, and I led seven other AMCers from the SEM and Boston Chapters up the Pumpelly Trail to the summit of Grand Monadnock. The weather was beautiful, the views excellent (as promised), and the trail uncrowded until we approached the summit. As could be expected on a nice day such as this, the summit was swarming with dozens of hikers of all shapes, sizes, and ages...who all appeared to be on a natural high.



Approaching a major trail intersection on the Pumpelly Trail. *Photo by Dio Goncalves*

We took in the expansive views and hungrily consumed our lunches on the summit, before heading back down to the trailhead. We descended via the same route, which in this direction offers nice views down to Dublin Lake for much of the way.



Discoveries at World's End

Photos by Ken Cohen

Thursday, May 31, was a near-perfect weather-day for our five-mile hike at World's End in Hingham. Leader Eva Borsody das, Ed Fopiano, and I had a very scenic, moderate to fast-paced trek. (I presume many of the usual Thursday participants were well into the Thursday cycling series.) The Thursday hikes will resume in September.



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Yo-ho! Yo-ho! A-hiking we will go!



Anne Rapp receives her patch from Joe Keogh for successfully hiking every trail in the Blue Hills. Anne, in keeping with tradition, treated the 24 hikers with chocolate chip cookies. *Photo by Bill Cannon*



Additional AMC Fall Outdoor Events

If you can't join us for our own [Southeastern Mass. Chapter Retreat on Cape Cod](#), Sept. 21 to 23, you may want to consider two other outdoor options:

The AMC [Fall Hiking Week](#), Sept. 28-Oct. 5, at Woodward's Resort in Lincoln, NH. This event is being put on by our friends at the Connecticut AMC Chapter. There will be several guided hikes each day, ranging from easy to challenging. Last year they offered a total of 38 hikes over the week. All meals are included, as well as afternoon tea & cookies and pre-dinner social hour snacks/appetizers. Stay for the week or a few days. For registration information, a tentative hike schedule when it's available, and any other information, please visit www.fallhikingweek.org. Registration deadline is Aug. 31.

The Connecticut chapter is also hosting an AMC [Fall Gathering](#) Oct. 12-14 in Woodstock, CT. Camp Woodstock on the shores of Black Pond offers heated cabins, unheated yurts, and a campsite with parking close by. Numerous hiking, biking, and paddling activities will be led by experienced local leaders. Additional activities will be offered at camp, and there are nearby sites for daytime touring. See details and registration [information here](#).



Maureen Kelly, left, Len Ulbricht, and Jeannine Audet on Owl's Head summit June 23, 2018. Maureen completed her 47th 4000-footer and Len his XLVIII-th. *Photo by Jeannine Audet.*



Speak Up for Conservation!

Campaign for renewal of the Land and Water Conservation Fund (#SaveLWCF)

The Land and Water Conservation Fund (LWCF) is a visionary and bipartisan federal funding program for protecting our nation's most special places. From Sterling Forest in the New York Highlands, to White Cap Mountain in Maine, to the Appalachian National Scenic Trail, LWCF has funded the protection of some of our most iconic landscapes and trails in the Northeast.



In December of 2015, after briefly allowing the LWCF to expire, Congress reauthorized the Land and Water Conservation Fund for three years. Now the clock is ticking down once more, with just three months to go until LWCF expires again on September 30, 2018. As a leader within the nationwide LWCF Coalition, AMC is calling on our elected officials to permanently reauthorize LWCF and provide full and permanent funding to unleash the true promise of this critically important conservation and recreation program.

AMC Voices are Needed!

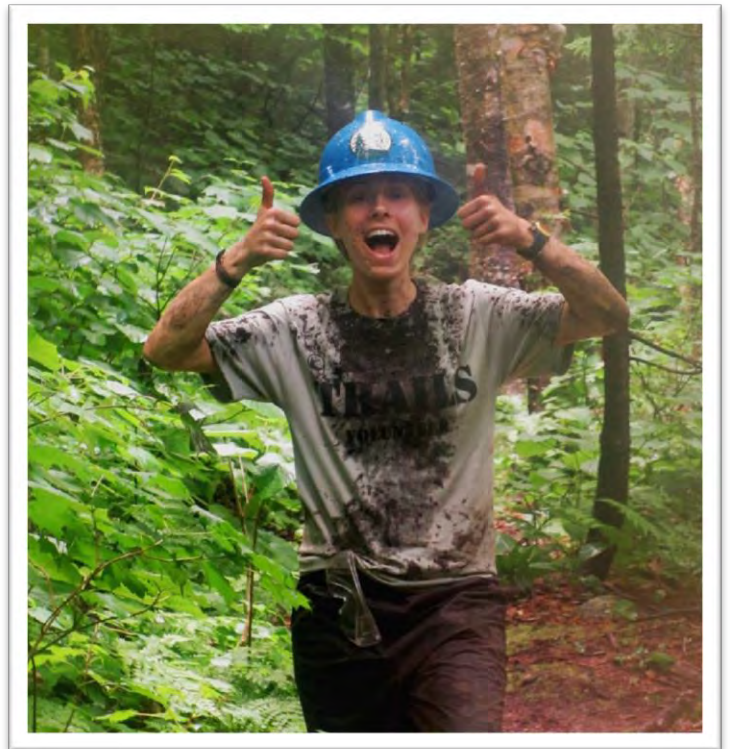
Countless AMC outdoor trips have been hosted in places protected by this program, many of which may still be private property or would have been lost to development if not for LWCF. But one reason LWCF is threatened with expiration is that most people do not know its role in protecting the places they love. So, this year we are shining a light on this unsung hero of conservation!

For the year leading up to September 30, 2018, AMC and our LWCF Coalition partners launched the 52 Weeks Campaign to celebrate and feature every place that we could that has benefited from LWCF funding. This is a great opportunity to get outside to these places and share what you now know about LWCF. Encourage people to communicate with their elected leaders about permanent reauthorization of the fund.

Call to Action:

1. Schedule or attend a trip on LWCF-protected land between now and September 2018.
2. Share photographs on social media using the hashtag: #SaveLWCF.
3. Speak up by going to the [Action Center](#) on Outdoors.org and sending a letter on LWCF to your Members of Congress. Use the drafted sample letter to get started. We will also be keeping our #SaveLWCF webpage up to date with current news, events and ways to get involved:

<http://www.outdoors.org/articles/blogs/conservation/save/wcf/>



2018 AMC Teen Trail Crews Open

It's not too late to sign up for an AMC Teen Trail Crew this summer! We have a variety of crews still available from the Delaware Water Gap to northern Maine. Sign up for a week-long crew or one of our 2-Week programs. We have base camp and backcountry crews to choose from to match up any experience level or interest. These volunteer trail crews also qualify for community service and provide up to 40 hours of service per-week! Check out the [full list of programs](#) and sign up today!



Sign-ups still open for AMC Teen Wilderness Adventures

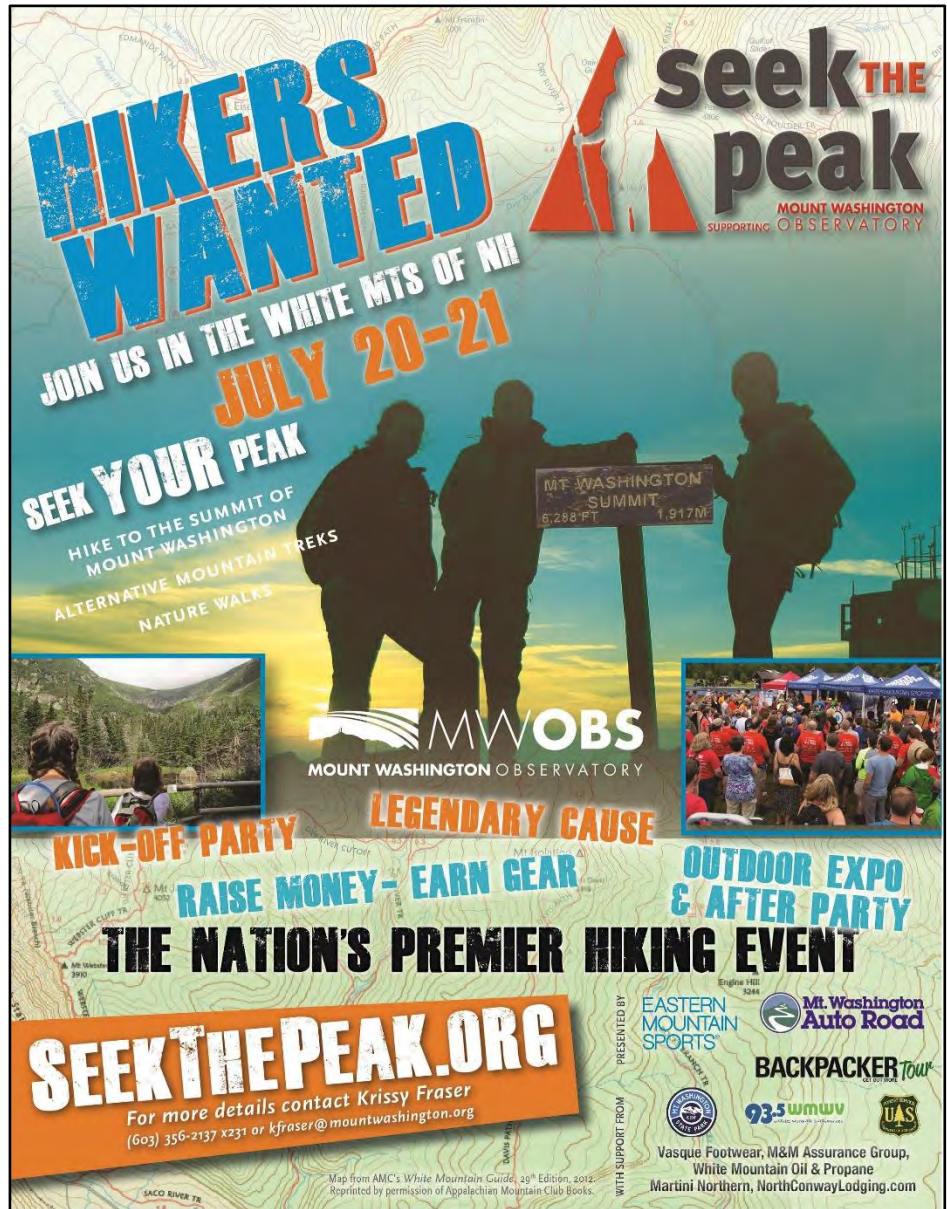
It's not too late to sign up your teen for an AMC Teen Wilderness Adventure! Are they interested in spending time on the water this summer? We have many different paddling programs, including multi-sport, canoeing, and whitewater kayaking! Check out our [teen paddling programs](#).



Volunteer Crew Vacations in New Hampshire and Maine

Looking for an exciting vacation opportunity where you can give back to some of the northeast's most iconic locations? Join an AMC Volunteer Trail Crew in the White Mountains or Cardigan Mountain in NH, or Baxter Park, Acadia National Park, or the 100 Mile Wilderness Area of ME.

These crews are open to all 18 and older and can match any experience level. The crews are an excellent way to have fun, meet new people, and give something back to the places you love. Check out the [full list of programming](#) and sign up today!



HIKERS WANTED
JOIN US IN THE WHITE MTS OF NH
JULY 20-21
SEEK YOUR PEAK
HIKE TO THE SUMMIT OF MOUNT WASHINGTON
ALTERNATIVE MOUNTAIN TREKS
NATURE WALKS

seek THE peak
MOUNT WASHINGTON SUPPORTING OBSERVATORY

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LEGENDARY CAUSE
RAISE MONEY - EARN GEAR
THE NATION'S PREMIER HIKING EVENT

SEEKTHEPEAK.ORG
For more details contact Krissy Fraser
(603) 356-2137 x231 or kfraser@mountwashington.org

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WITH SUPPORT FROM: Vasque Footwear, M&M Assurance Group, White Mountain Oil & Propane, Martini Northern, NorthConwayLodging.com

Bring your bikes! Bring your boots! Bring your boats!



**AMC Southeastern Massachusetts
Chapter Retreat: Sept. 21-23
Camp Burgess, Sandwich, MA**

Activities

For the most current information, [search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

Indicates pace

Indicates terrain

Found in the description

AA 13+

1very fast

Avery strenuous

LActivity leader

A 9-13

2fast

Bstrenuous

CLActivity co-leader

B 5-8

3moderate

Caverage

FTFirst Time

Cless than 5

4leisurely

Deasy

NM ...New Members

ANAdvance Notice

C Conservation

BICYCLING

Sun., Jun. 24. Great Adventure Ride #2. Start 10:00 AM--Explore the scenic, hidden Cape Cod. Traverse Punkhorn, Nickerson, Bells Neck and more on quiet paved roads, sidewalk bikeways, dirt roads. Larger tire bike or mountain bike recommended. This is a relaxed pace ride with lunch stop--bring your lunch, water, snacks. Approximately 20 miles-- 3 hours+/- This ride is a large loop, self-contained ride; bring necessary equipment to sustain your cycle. We will not be near services. This is a No Drop ride. Start Dennis Senior Center, 1045 MA-134, Dennis, MA 02660, Route 134 and Setucket Road -- Park away from building. Arrive 9:45 for 10AM start. L Paul Corriveau (508-362-0451 8:00 AM-8:00PM, paulcorri@gmail.com, Long long time MTB'r These trips are always exciting. Lots of hidden places and the great outdoors.)

Thu., Jun. 28. Sunset and Full Strawberry Moon Ride. - 22+/- Miles & 2+ hours. Flats with hills in Sagamore Highlands. Start time: 2+ hours prior to sunset. Registration required. Contact leader paulbcurrier@comcast.net. We'll ride from Sagamore Recreation Area (mainland side) into Sagamore Highlands. Back to and along the canal to Buzzards Bay for sunset at Mass Maritime. We'll return along the canal for a strawberry moonrise over the Sagamore Bridge. Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice; lights if you have them. Cancellation/rescheduling sent to registered riders only. "Full Strawberry Moon-June"—this name was universal to every Algonquin tribe. However, in Europe they called it the Rose Moon. Also because the relatively short season for harvesting strawberries comes each year during the month of June, so the full Moon that occurs during that month was christened for the strawberry! L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

Sun., Jul. 1. Gravel Adventure Ride #3—Start 10:00 AM--A mixed terrain tour featuring scenic bicycle sidewalks, quiet paved roads, dirt roads, cart ways and trails. See Princess Beach, Ye Olde Stoney Brooke Cart Way, Hayes Conservation and more. Relaxed pace, No Drop ride. Bring water, lunch, snacks. Carry necessary equipment to sustain your cycle also--tubes, etc. No services available. Approximately 20 miles--3 hours +/- . This ride is a loop. Larger tire bike (mountain bike, cycle cross, hybrid, gravel bike, etc.) is necessary. Tire size 1-1/4 (32mm) or larger recommended. Start Dennis Senior Center, 1045 MA-134, Dennis, MA 02660 Route 134 and Setucket Road--Park away from building. Arrive 9:45 AM for 10:00 AM start. Register for updates, weather, cancellations, etc. L Paul Corriveau (508-362-0451 8:00 AM--6:00 PM, paulcorri@gmail.com, Cape Cod Motor Vehicle Free (CCMVF) bicycle routes.)

Sat., Jul. 21-21. Osterville Village Day Bike Ride, Barnstable (Cape Cod) MA. Ride Leader: Joe Tavilla silverski6184@comcast.net 508 450 1934 Start time: 9:00 AM Distance: 35(+/-) miles Terrain: Flat, rolling terrain, small hills Start Location: Osterville MA - Contact ride leader for details Ride Description: This is a "Follow-The-Leader" style ride. We will ride together at a group pace with occasional scenic view and water stops. The ride will be on the less traveled Cape Cod roads thru the villages of Osterville, Centerville, Craigville, Hyannis, and Hyannisport. Riders will visit several beaches and the Points-Of-Interest listed below. The ride will end in time for all to enjoy the activities, food, music and classic/antique automobile parade that are part of Osterville Village Day. Lunch at end of ride. Points-of-Interest: The Craigville Conference Center; Lewis Bay; the John F Kennedy Memorial; a small but exotic sports car collection; the Korean War Memorial; Osterville Village Day; the Kennedy Compound; Parade of Classic & Antique Automobiles; Hyannis Golf Club. L Joe Tavilla (508-450-1934, silverski6184@comcast.net)

Continued on next page

Activities

For the most current information, [search activities online](#)

CAPE HIKING

Get your 100-mile patch! Contact capehikingchair@amcsem.org
.Always looking for additional hike leaders! Contact capehikingchair@amcsem.org

Thu., Jun. 28. Full Moon Hike, Cape Cod Canal, Sandwich, MA. We will walk along canal out to Town Neck Beach. We will walk Town Neck Beach to Mill Creek and watch moon rise at 8:41 PM. We will continue around dune to Sandwich Boardwalk. We will return to canal through town streets. Inclement weather will cancel. Bring flashlights. Driving directions, take Tupper Road off of Rte 6A Sandwich and turn onto Freezer Road. Continue to end of Freezer Rd and park in lot for bike trail. Arrive at 7:30 PM. L Jane Harding (508-833-2864 Call before 9 PM, janeharding@comcast.net, Current chair of Cape Hike Committee, has been leading hikes on Cape for 4 years.)

Thu., Jul. 26. Hike - Full Moon, West Dennis Beach, West Dennis, MA. Route 6 Exit 9A south on Route 134, go straight and cross Route 28, then go to the end and turn right. After 0.5 miles, turn left to beach parking near entrance and concession bldg. Hike mile-long stretch on beach for sunset views. Return on beach for moon-rise. Meet 7:00 p.m. Less than. 2 hours. Ice cream stop, post hike! L Janet Kaiser (508-432-3277 Before 9 p.m.) CL Richard Kaiser (508-432-3277 before 9 pm.

HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org.
Always looking for additional hike leaders! Contact hikingchair@amcsem.org.

(FT) (NM) Thu., June 28. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(A3B) Sat., Jun. 30. Mount Jefferson via Caps Ridge Trail, Mount Jefferson, NH. Mount Jefferson (5,712 ft) is the third highest peak in White Mountains. It is named after Thomas Jefferson, the third president of the United States and is flanked by Mount Adams to the north-east and Mount Clay to the south. With two distinct ridges leading to the summit: Ridge of the Caps and Castle Ridge, and three glacial cirques: Jefferson Ravine, Castle Ravine and the Great Gulf, Mount Jefferson offers unparalleled vistas all around with perhaps the most striking view down the Great Gulf with the Carter Range beyond. We will ascend Mt Jefferson via Caps Ridge Trail, traverse a portion of the Presidential Ridge via Gulfside Trail and descend via Jewell Trail (approx. 8 miles). We will meet at 8:30am at the Ammonoosuc Ravine trailhead parking and proceed to the Caps Ridge trailhead by hiking Boundary Line trail and Jefferson Notch Road (2.6 miles). This is a loop hike of approx. 10.6 miles total length that we will be covering at a moderate pace over steep and challenging terrain. The caps of the Ridge of the Caps are steep and exposed sections of the ridge, which require scrambling during the ascent. THIS HIKE IS NOT SUITABLE FOR BEGINNERS and you will be asked about your above-tree-line experience when you register for it. Please contact Les lhi2015@yahoo.com to register for this hike. L Leszek Lechowicz (lhi2015@yahoo.com) L Christine Racine

(FT) (NM) Thu., Jul 5. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Continued on next page

Activities

For the most current information, [search activities online](#)

HIKING

Sat., Jul. 7. North Twin Hike, White Mountains. Ascend North Twin Trail to summit of North Twin Mountain. Trailhead parking lot (fee/permit) at Haystack Road (FR 304) 2.3 miles west of Twin Mountain Village. Trail includes 3 crossings of Little River (each way) so water shoes are mandatory. Book time 3 hr, 40 min (4.3 miles) each way. Rain cancels due to river crossing. L George Danis (339-236-0597 Evenings 7-9 pm, danisdad51@outlook.com) CL Len Ulbricht

Sat., Jul. 7. Summer Series 2018 Hike #2 Mt. Hedgehog. This is the second of our Summer Hiking Series. We will be climbing Mount Hedgehog in the Sandwich Range which is north of Mt. Passaconaway. This small but rugged mountain rises between Downes and Oliverain brooks and commands views over the Swift River Valley. The UNH trail loop to the ledges of Hedgehog Mt. offers fine views for a modest effort. UNH Trail (WMNF; Map 3:J8) 4.7 mi. round trip, 1,400 ft. elevation gain. L Mike Woessner (508-577-4879, stridermw@hotmail.com, Mike Woessner is a Level 5 Hike Leader with the Southeastern Massachusetts Chapter of the AMC. He has leaded hikes in the White Mountains in all seasons for the past 12 years. Mike has completed AMC's Mountain Leadership School as well as the Adirondack Mountain Club's (ADK) Winter Mountaineering School.) CL Peg Qvickland R Michael Woessner (508-577-4879 stridermw@hotmail.com)

(FT) (NM) Thu., Jul 12. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Sat., Jul. 14. Map and compass for beginners (Sat), Blue Hills. Come learn basic navigation skills using a map and compass to find your way. In this indoor and outdoor class, you'll learn the parts of a compass, how to read a topographic map and how to use them in tandem. You'll also learn some basic orienteering skills such as how to bushwhack from one trail to another by following a bearing. The Saturday after the workshop (July 21) there will be a directed hike & bushwhack, for class participants only, where you will have an extended opportunity to practice the skills you learned in the workshop. All activities will take place at the Blue Hills Reservation. No prior skills required for the class session on the 14th. To participate in the activities the following Saturday you will need appropriate hiking gear including sturdy boots for the bushwhack and be able to hike approximately 4 miles with a day-pack. Participants will need to come to class with a sighting compass. Prior reservation is required, and class size is limited to promote small group learning. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.), R Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com)

(FT) (NM) Thu., Jul 19. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

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Activities

For the most current information, [search activities online](#)

HIKING

(FT) (NM) Thu., Jul 26. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Aug 2. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Aug 9. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Aug 16. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Aug 23. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

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Activities

For the most current information, [search activities online](#)

HIKING

(FT) (NM) Thu., Aug 30. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Sep 6. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 13th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

PADDLING

Wed., Jun. 27. Paddle Swan Pond and River, Dennis, MA. From town launch paddle down river to mouth on Nantucket Sound. Venture into sound if not too windy & explore. Lunch on beach. Return & circumnavigate Swan Pond. 7-8 mi. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau (paulcorri@gmail.com)

Sat., Jun. 30. Paddle Ockway Bay, Mashpee, from Shoestring Bay, Cotuit, Ockway Bay, Mashpee. We'll paddle from Shoestring Bay into Popponesset Bay and then into Ockway Bay. After circumnavigating Ockway Bay we'll paddle up Popponesset Creek. Lunch will be at Meadow Point and we may explore Pinquickset Cove on the way back to the put-in. Plan on a 7-8 mile paddle. Arrive no later than 10:15 for a 10:30 departure. Bring water and a lunch. PFDs are required and a spray skirt may be necessary depending on wind and wave conditions. L Louise Foster (508-420-7245, janlouise@comcast.net)

Wed., Jul. 11. Paddle Nauset Marsh from Mill Pond, Orleans, Orleans MA. Paddle from beautiful put-in on Mill Pond to Nauset stopping to view split and have lunch on beach.. After circle Tern Island and head toward Town Cove and return to put-in. Wear life jacket, bring spray skirt in case of wind, bring water & lunch. E-mail leader to register & for directions & time. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com)

Sat., Jul. 14. Paddle Barnstable Harbor, Barnstable, MA. We'll explore the east end of Barnstable Harbor: Clay's, Lone Tree, and Bass Creeks and possibly Sandy Neck. Arrive no later than 10:15 for a 10:30 departure. Bring water and a lunch. PFDs are required and a spray skirt may be necessary depending on wind and wave conditions. Plan on a 7 mile paddle. L Ed Foster (erfoster@comcast.net)

Wed., Jul. 18. Paddle Walker/Mill Ponds, Brewster, Brewster, MA. Paddle 3 fresh water kettle ponds & narrows between them. See Stoney Brook Grist Mill (1873) & herring run. Lunch Slough rd picnic area. Wear life jacket, bring spray skirt in case of wind, bring water & lunch. Register with leader for time and directions. about 7 mi. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau (Paulcorri@gmail.com)

Wed., Jul. 25. Paddle Bass River North, Dennis, MA. Paddle upstream seeing Indian Lands Conservation area where Nobsusset Indians spent winters, & new bridge for CCRT (formerly railroad bridge). Lunch at Wilbur park. Return & circumnavigate Grand Cove. Wear life jacket, bring spray skirt in case of wind, bring water & lunch. Register with leader for time & directions. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com)

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Activities

For the most current information, [search activities online](#)

PADDLING

Sat., Jul. 28. Leader's Choice Paddle, Cape Cod. If one of my previous Barnstable Harbor paddles is cancelled because of weather, this paddle will do that one. Otherwise I'll try to pick something we haven't paddled recently. Contact me the week of the paddle for more information. PFDs are required and a spray skirt may be necessary depending on wind and wave conditions. L Ed Foster (erfoster@comcast.net)

Wed., Aug. 1. Paddle Mashpee/Wakeby Ponds, Sandwich, Maspee. Paddle 2 fresh water ponds. Lunch at end of Wakeby pond on beach. about 7 mi total Wear life jacket, bring spray skirt in case of wind, bring water & lunch. Register with leader for time & directions. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau (paulcorri@gmail.com)

Sat., Aug. 4. Paddle Lewis Bay, Lewis Bay, MA. We'll circumnavigate Lewis Bay, have lunch on Egg Island (it only appears at low tide), and perhaps explore Hyannis Inner Harbor. Arrive no later than 10:15 for a 10:30 departure. Bring water and a lunch. PFDs are required and a spray skirt may be necessary depending on wind and wave conditions. Plan on a 6.5 mile trip. L Ed Foster (erfoster@comcast.net)

CHAPTER RETREAT

Fri.-Sun., Sep. 21-23. Hike, Bike, Paddle, and Socialize at SEM Chapter Retreat, East Sandwich, Cape Cod. Come join your fellow Southeastern Mass. Chapter members at our first-ever Cape Cod Chapter Retreat weekend. We'll enjoy the 300 acres of forests, fields and fresh water ponds at the Camp Burgess Outdoor Education and Retreat Center in East Sandwich, MA. We'll offer a variety of hiking, biking and paddling events to choose from during this fun weekend, plus workshops on bike maintenance/repair and map & compass orienteering, and even a yoga session (bring your mat). Socialize with your fellow SEMers while strolling the camp grounds or at the social hour before dinner, or perhaps take a pontoon boat cruise from the camp's Spectacle Pond waterfront. For the more adventurous, try the zip line or climbing wall. After dinner, gather around a campfire to share war stories or relax in the camp's cozy lodge. There are two registration options, the full weekend Friday to Sunday, or Saturday day only. The full weekend includes two nights accommodations in gender-specific camp bunkhouses with bathroom facilities and hot showers, two breakfasts, two dinners, Saturday lunch, and two pre-dinner BYOB social hours...all this for just \$187.00 per person. Saturday-only registrants can join in any hike, bike, paddle, stay for the social hour and dinner, and close out the day by the evening campfire, for \$30.00 per person. For further information about our Chapter Retreat, contact Len Ulbricht at lenu44@gmail.com. L Len Ulbricht (lenu44@gmail.com), R Sandy Santilli (smsantilli@comcast.net)

Happy Trails!





The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | September 2018

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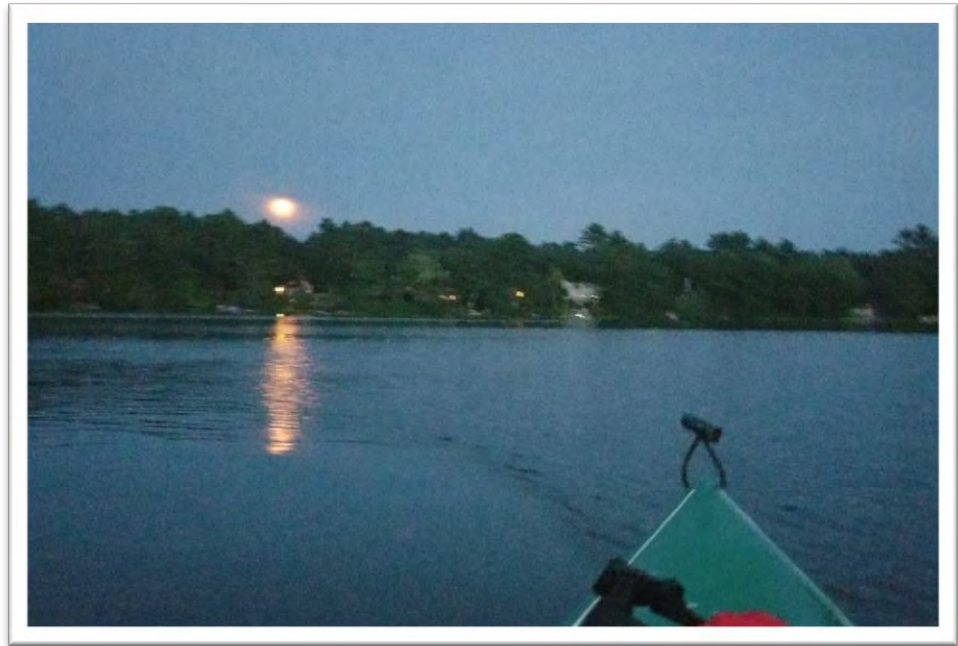
Please send your Word doc and photographs to breeze.editor@amcsem.org.

Please send photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Business advertisements are just \$15/month. Send inquiries to breeze.editor@amcsem.org



The full moon rises in the east over Tispaquin Pond. *Photo by Barry Young*

Summer slipping away with Moonlight Paddle

By Barry Young, Chapter Chair

Ten hardy kayakers gathered August 25th for a moonlight paddle at Tispaquin Pond in Middleboro. After enjoying a traditional cookout of burgers, sausage, hot dogs, and several delicious "dishes to share," paddlers were on the water around 7:15 p.m., just in time to watch the sun set over the quiet waters. About half-an-hour later, the full moon was clearly visible as the kayakers took a leisurely paddle around the perimeter of the 200-acre pond. This paddle was part of the Chapter's new initiative of flat water paddling in Bristol and Plymouth County.

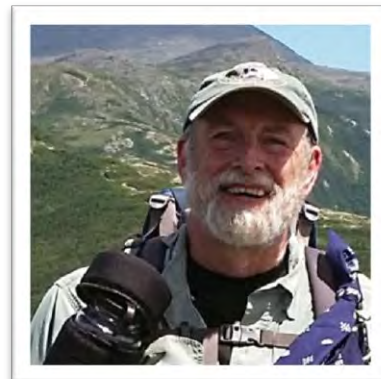


L: Kayaks are ready to launch. R: Watching the sun set over quiet waters.
Photos by Barry Young

View from the Chair: “We Are Growing!”

Did you know the membership of the AMC Southeastern Massachusetts Chapter has just surpassed 4000 members? AMC consists of twelve chapters from Virginia to Maine, and although we are one of the smallest chapters, we are very active, offering a variety of hikes, bicycle rides, paddling trips, ski trips, as well as opportunities to do trail work and other volunteer activities.

Check out our latest schedule of activities on our website at <http://activities.outdoors.org/search/index.cfm?grp=10> and, if you don't find something that appeals to you, send me an email at chair@amcsem.org and I'll try to find a leader to plan a trip just for you.



We have recently started a Young Members Group, and they are off to a great start. Check out their Facebook Page at <https://www.facebook.com/groups/AMCSEMYoungMembers/about> for recent and future activities.

Here is another great idea to get outside and meet some of our members: The cutoff date for reserving a bunk for our Chapter Retreat overnight at Camp Burgess in Sandwich has passed, but you can still participate in all the daytime activities on Saturday, September 22nd. This includes several hikes, bike rides, clinics, and paddles on Saturday. What could be better than spending some time outside on the Cape in the fall?

While membership in AMC is a very worthwhile way to support the outdoors, conservation, and the environment, don't just be an “armchair member”—take full advantage of your membership by participating in one of our activities!

*Hope to see you outside!
Barry Young,
AMC-SEM Chapter Chair*

2018 Executive Board

Chapter ChairBarry Young
Vice ChairLen Ulbricht
SecretaryAnn McSweeney
TreasurerPatty Rottmeier
Past Chapter ChairMaureen Kelly
Biking ChairBernie Meggison
Biking Vice ChairOPEN
Cape Hiking ChairJane Harding
Cape Hiking Vice ChairCathy Giordano

Communications ChairPaul Miller
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Education Vice ChairOPEN
Hiking ChairMike Woessner
Hiking Vice ChairGeorge Danis

Membership ChairSandy Santilli
Membership Vice ChairOPEN
Membership Vice Chair ... Ellen Thompson
Paddling ChairEd Foster
Paddling Vice ChairLuther Wallace
Skiing ChairJeannine Audet
Skiing Vice ChairBarbara Hathaway
Trails ChairPeter Tierney
Trails Vice ChairWayne Anderson
Trails Vice Chair.....Skip Maysles

Ad Hoc Committee Chairs & Other Chapter Contacts

Social Director.....OPEN
Social Vice ChairOPEN
Social Media AdministratorChristine Racine
Social Networking Moderator.....Sue Mulligan

Webmistress..... Cheryl Lathrop
The Breeze Editor.....Mo Walsh
Blast Editor.....Marie Hopkins

Contact chair@amcsem.org
if you are interested in any
OPEN position.

Nominations Open for Chapter Distinguished Service Award

By Barry Young, Chapter Chair

Nominations are now being accepted for the annual AMC-SEM Distinguished Service award, our Chapter's highest service award. Any active SEM Chapter member may nominate someone.

Nominees should fulfill the following criteria :

- Must be a current AMC-SEM member and have been active with the SEM Chapter for more than 5 years.
- Has significantly contributed to different committees
- Has contributed to the AMC Club in addition to committee work
- Has contributed "above and beyond" the usual SEM high level of volunteer service

The selection process is conducted by a secret vote by the Nomination Committee, which consists of previous award recipients and is coordinated by the previous year's winner. The winner of the award will be announced at our Annual meeting on November 3rd. Until then, the winner is a surprise! Winners receive a Gold Plated Sierra Cup, a certificate, and have their name added to the SEM Distinguished Service Award plaque.



If you wish to nominate someone, start gathering your facts to support your nominee and fill out the DSA Nomination Form, which you can receive by contacting the Chapter Chair (chair@amcsem.org), or look for it to be posted soon under Documents on our website.

To learn more about the award, visit our website at <http://www.amcsem.org/about.html>

AMC Nominations due November 15

Do you know an outstanding volunteer who goes above and beyond in their role? Nominate them today to receive an award at AMC's Annual Summit Celebration on Saturday, January 26, 2019, in Norwood, MA.

Volunteers are the lifeblood of the AMC. These passionate and dedicated members give more than 500,000 hours of their time each year. AMC's Clubwide Awards recognize and highlight the magnitude of their contributions to our mission.

The Distinguished Service Award recognizes AMC volunteers who have contributed outstanding efforts to the mission of the Club for a sustained period of time, and at the very highest levels. This award highlights long term commitment to enhancing and sustaining the integrity of the Club's conservation, education, and recreation values, with a special acknowledgement that the recipients have developed a complete understanding of the values and goals of the entire organization.

The Volunteer Leadership Award recognizes one or more dedicated volunteers who, in addition to contributing many hours, demonstrate outstanding passion and commitment and are instrumental to AMC's activities, programs and mission. Previous award recipients are not eligible.

The Joe Dodge Award is presented to a member who best exemplifies the type of high quality public service and mountain hospitality that were the hallmark of longtime AMC Huts Manager Joe Dodge's long and distinguished career at Pinkham Notch. The Award focuses on actions that relate to AMC activities in the White Mountains, particularly the huts and trails and Pinkham Notch.

Nominations are due on November 15, 2018. Visit outdoors.org/awards for more information, and [click here](#) to submit a nomination. We look forward to hearing from you!



AmeriCorps volunteers help with heavy brush-clearing.
Photo by Cathy Giordano

Unexpected partnership tackles Falmouth Moraine Trail work

By Len Ulbricht, Chapter Vice Chair
and Cathy Giordano, Cape Hiking Vice Chair

Usually when people are asked about clearing trails in the summer, the somewhat negative response—people traveling, not enough help, ticks, mosquitos, too hot, etc.—usually means “Forget it.” This was not the case when the 300 Committee was approached about the Falmouth Moraine Trail.

Len Ulbricht and I hiked the nine-mile Moraine Trail as a possible long hike for Saturday, September 22nd, at AMC-SEM’s Retreat Weekend. This scouting exercise revealed many trees down and trails overgrown. A somewhat overwhelming task for anyone to clear!

Phone calls relayed the need for extensive trail work to Alex Zolo and Lucy Helfrich of the 300 Committee Land Trust, which has oversight responsibility for the trail. They were encouraging! “We’ll see what we can do” in

late June was followed by “We’d appreciate your help and guidance on Monday, July 16th.” The 300 Committee tapped resources from AmeriCorps of Bourne and AMC to begin a massive job of restoring the trails.

On July 16, Tarryn Szalay and her energetic group of twelve AmeriCorps people arrived at the trailhead complete with chain saws, brush cutters, hard hats, gloves, safety glasses, chaps, loppers, smiles, and an awesome attitude! Tarryn divided her team into two groups. Charlie Peterson, Trails person for the 300 Committee, led one section of trail clearing. The second group, working in another section with the majority of blowdowns, was led by the AMC-SEM Chapter’s Len Ulbricht, Chapter Vice Chair, and Cathy Giordano, Cape Hiking Vice Chair. Both groups worked from 8:30 am to 2:30 pm in 80-plus-degree heat, clearing large sections of the Moraine Trail!

It was a pleasure to be part of such a wonderful team effort! We wish we could tell you that all nine miles of the trail have been cleared, but it just was not possible, given our winter storms, very rainy spring, and limited availability of resources. So we’ll be looking for some of you to lend a hand on Saturday, Sept. 15. Register as a volunteer with Cathy Giordano cmgiordan@msn.com.



The crew from the 300 Committee, AmeriCorps, and AMC-SEM made a big start on much-needed trail work. *Photo by Cathy Giordano*

SEM CHAPTER RETREAT ON CAPE COD

WHEN

Sept. 21-23, 2018

WHERE

Camp Burgess

East Sandwich, Mass.

FEATURING · Hiking, Biking, Paddling, Naturalist Events, Zipline, Orienteering, Basketball, Beach Volleyball, Photography Workshop, Bike Maintenance, Campfires, Food, Socializing, and more...

FOR MORE INFO AND PRICING:

[HTTP://ACTIVITIES.OUTDOORS.ORG/SEARCH/INDEX.CFM/AC
TION/DETAILS/ID/106649](http://activities.outdoors.org/search/index.cfm/action/details/id/106649)

**TO REGISTER, CONTACT
SANDY SANTILLI**

SMSANTILLI@COMCAST.NET

JOIN US FOR:

FRIDAY

- **Ryder Conservation Area Hike**
- **Short paddle on Triangle Pond or local bike ride**
- **After-dinner campfire**

SATURDAY

- **Full-day hike on Falmouth Moraine Trail (9 miles)**
- **Morning paddle in Cotuit Bay**
- **Morning naturalist hike**
- **Bike safety check followed by local ride**
- **Maple Swamp Conservation Area hike**
- **Zipline and climbing wall**
- **Orienteering challenge**
- **Basketball, beach volleyball, etc.**
- **Photography workshop**
- **Conservation videos**
- **After-dinner campfire social**

SUNDAY

- **Morning hike to highest point in Barnstable**
- **Yoga for Everyone**
- **Morning paddle**



Photo by Ed Foster

Volunteer of the Month: Jean Orser

By Ed Foster, Paddling Chair

Each month the AMC-SEM recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! This month the Paddling Committee recognizes **Jean Orser** for her numerous contributions.

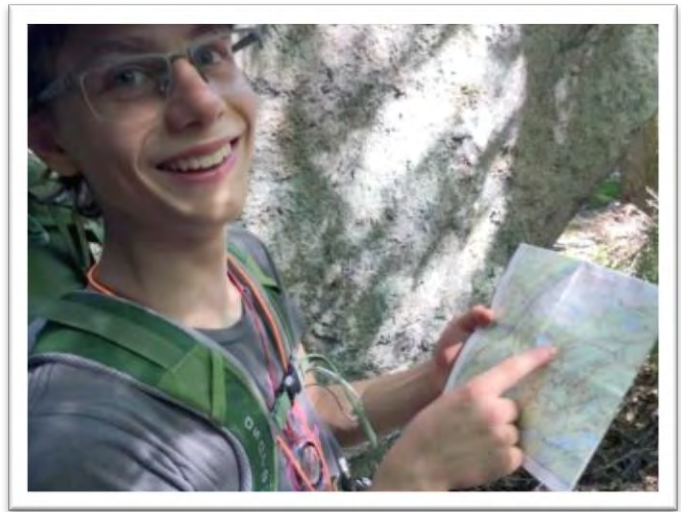
Jean is one of only four leaders who volunteer to lead eight or more trips a season, and she's done this for many years. Jean is also responsible for the pictures that go into our trip reports and that adorn the trip listings on the AMC website. She attends most of our paddles and brings a batch of freshly-baked brownies to share with all the paddlers. Without Jean we'd be running significantly fewer paddles and the ones we did run would not be as enjoyable.

Thank you, Jean, for all you do!

Jean will receive a Volunteer of the Month Certificate and a \$50 gift card.

Teach, Share, & Learn: Summit session proposals due Sept. 14

Do you have a great idea for a session at the 2019 Annual Summit? AMC's 143rd Annual Summit will be held on Saturday, January 26, 2019 in Norwood, MA. Submit a session proposal by filling out [this survey](#). All proposals are due by Friday, September 14th. If you know someone who would be a great presenter, please share the survey with them. We get our best ideas from you!



A student reads a trail map in Harriman State Park, NY.

AMC's 'A Mountain Classroom' Program By Andy Muller, N. Country Youth Education Director

AMC's successful [A Mountain Classroom](#) Program (AMCR) is now providing great environmental and leadership development programming to students in schools from Maine to Pennsylvania. Serving more than 9,000 youth a year, AMCR utilizes AMC sites to engage youth in science and outdoor activities for youth development.

Through the power of outdoor experiences, A Mountain Classroom increases students' ecological understanding, inspires their personal growth, and develops community.



On a foggy, pea soup day, students climb the fire tower on the Appalachian Trail near the AMC's Mohican Outdoor Center in NJ.



Course Director Paul Brookes, left, works with Jan Su on a field exercise. *Photo by Barry Young*

Map & Compass for Beginners was an amazing experience!

By Dio Gonclaves, Communications Vice Chair

The Map and Compass class by Paul Brookes on July 14th was nothing less than an amazing experience! The course included as a training aid a 3-D model of a mountain (built by Paul himself), three hours of in-class instruction, and practice outdoors, topped off with a three-hour hike in the Blue Hills to practice our newly learned skills.

Paul was extremely knowledgeable, and his teaching style easy to follow. This made the learning experience very productive. Starting with the basics of directions on a map (N, NW, NE, S, SW, SE, E, W), and leading to different types of maps available, Paul had all the materials ready to make everything simple for beginners. After each short lesson, we gathered around in small groups to practice what we had learned.

Without question, the most impressive part of this class for me was the 3-D model of a mountain that Paul made and brought to enhance the class experience for visual learners like me. The 3-D model made it easy to understand how contour lines are created around a mountain and to easily identify the



valleys, ridges, slopes, and summits, amongst others. Overall, an amazing in-class experience followed by the best part of the day—lunch!

After three hours of acquiring all the classroom knowledge provided, we headed out in our small groups to practice our skills. Although I didn't track the distance of our short hike, it was a moderate one, which allowed us to practice the techniques Paul had just taught us. This included orienting our maps every time we reached an intersection, and being aware of our surroundings to know what to expect and what type of terrain we should be reaching ahead.

During our first bushwacking exercise, we used our compasses to follow a bearing. ("What's a bearing?" you ask. I advise you to take the next class available.) Once we had the system down, we were able to move very quickly and finally reach our destination.

On our second bushwacking exercise, we followed a contour line, trying to stay at the same elevation. In the end, this enabled us to reach our destination, which was very rewarding.

Hopefully, Paul will offer this course again sometime soon and, if so, I strongly advise all hikers and hike leaders to take advantage of this excellent opportunity to learn how to avoid getting lost in the woods through basic (but essential) map and compass skills.



Above: Course instructor George Danis, center, monitors a field exercise. *Photo by Barry Young*

Left: Map and compass. *Photo by Ken Carson*
(Photos continued on page 7)

Map & Compass Class

(Continued from page 6)



3-D model immersed in varying levels of water shows how land contours are formed. *Photo by Dio Goncalves*



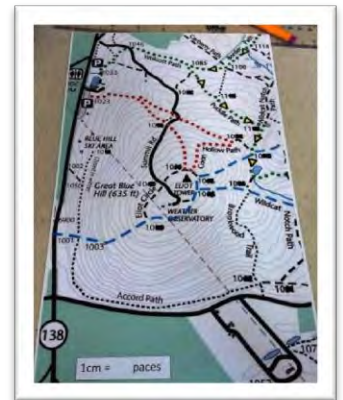
Paul Brookes illustrates how elevation is shown on a map by contour lines. *Photo by Dio Goncalves*



Doug Griffiths, left, Alan Greenstein, and Dio Goncalves orient their map before setting out on an exercise. *Photo by Ken Carson*

Tools of the trade include a ruler, topographic (topo) map, and orienteering compass (photo at left) and a contour map showing more elevation intervals (photo at right).

Photos by Dio Goncalves





Charlie Farrell, longtime AMC and SEM Member, has been involved with the project since the early concept phase. Here he unearths field stones for transport to the bridge location. *Photo by Barry Young*

Bridge building continues Sept. 18th

By Barry Young, Chapter Chair

The Southeastern Massachusetts Chapter is building a wooden foot bridge over a stream near the outlet of Dr. Durfee's Mill Pond in the Fall River BioReserve. The 14,000-acre reserve sustains the native biodiversity of the region, while offering an extensive network of trails for hiking, biking, and cross-country skiing.

The concept of the bridge project started more than a year ago, and construction started this summer. At the end of July, a work party of six AMC-SEM hardy workers began building the fieldstone abutments for both ends of the bridge.

A planned construction and assembly date was postponed due to excessive heat, and now the construction of the bridge is planned for Tuesday, September 18th. The stream bed is dry this time of year, but in the spring, there is two feet of rushing water under the bridge. If you are interested in helping to build the bridge, contact Barry Young at chair@amcsem.org.



Skip Maysles, left, and Paul Brookes, right, move field stones to build the bridge abutments at both ends of the bridge span. *Photo by Barry Young*



A hardy work crew constructs the fieldstone abutments at both ends of the planned new bridge. The old wooden single plank bridge in the photo will be replaced with a new wider bridge. Left to right: Skip Maysles, Bob Vogel, Pete Tierney, Paul Brookes, Charlie Farrell. *Photo by Barry Young*



AMC opposes power line project

By Kaitlyn Bernard, Maine Policy Manager

Recently, Massachusetts put out a request for proposals to bring additional renewable energy to the state. Central Maine Power's "New England Clean Energy Connect (NECEC)" proposal was selected through that process.

The proposal includes a transmission line project through Maine to transport HydroQuebec hydropower to Massachusetts. The proposed line would include 53.5 miles of a new 150-foot-wide cleared corridor through undeveloped forest. The remaining 91.5 miles would be co-located within existing transmission corridors, but would entail widening of the corridor and/or the installation of taller towers in many areas.

The Appalachian Mountain Club (AMC) is opposed to the New England Clean Energy Connect (NECEC) transmission line as currently proposed.

AMC has four primary concerns with this project:

- The significant scenic impact to the Kennebec Gorge, a nationally significant whitewater boating area whose value is recognized in a wide range of state laws and policies.
- The increased scenic impact to the Appalachian Trail.
- The fragmenting impact of the new corridor through undeveloped forest of high ecological value and conservation interest.
- The lack of evidence that the project will provide real greenhouse gas reduction benefits.

[You can read our full position on our website.](#)

AMC strongly believes that we need to transition away from a fossil fuel-based economy and address climate

change impacts. These efforts require a variety of tools, including increased energy efficiency and the development of new renewable energy sources. Technological advances and new market tools offer cost effective alternatives to the current large scale energy generation and long distance transmission model with its large environmental foot print. The impacts of this project and lack of evidence that it is generating new renewable energy resources are concerning. We are more interested in exploring new models including distributed energy and local renewable generation that would eliminate the need for a 145-mile transmission line.

AMC is closely following this issue and will alert interested members when there are opportunities to weigh in. We expect opportunities for public comment to be scheduled later this fall. To stay in the loop, please join [AMC's Conservation Action Network](#) or contact AMC's Maine Policy Manager Kaitlyn Bernard kbernard@outdoors.org.

Adventure Travel Leadership training Nov. 2-4 in Charlton, MA

Take your leadership skills to different parts of the world by becoming an AMC Adventure Travel Leader! This workshop provides important training to people who have AMC chapter leadership experience to transition to more complex and longer trips, domestically and overseas.

Emphasis is on planning, marketing, trip management, people skills, risk management, and reporting. Includes procedures and guidelines for researching, proposing, and leading AMC Adventure Travel trips.

Visit [this page](#) for more information and to download an application. Questions? Contact [Nancy Holland](#).

2019 Group Sales Reservations

Group reservations are open for most volunteer-led trips for the 2019 season! Group sales for the Corman Harriman Outdoor Center in New York open October 1.

To reserve group space for an AMC trip, call 603-466-8059 or email AMCgroups@outdoors.org. And, don't forget about the AMC Leader Lodging Benefits! We look forward to seeing you at our lodges and huts next year.

Activities

For the most current information, [search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

AA 13+

A 9-13

B 5-8

C less than 5

Indicates pace

1 very fast

2 fast

3 moderate

4 leisurely

Indicates terrain

A very strenuous

B strenuous

C average

D easy

Found in the description

L Activity leader

CL Activity co-leader

FT First Time

NM ... New Members

AN Advance Notice

C Conservation

CHAPTER RETREAT

Fri.-Sun., Sep. 21-23. Hike, Bike, Paddle, and Socialize at AMC-SEM Chapter Retreat, East Sandwich, Cape Cod. Come join your fellow Southeastern Mass. Chapter members at our first-ever Cape Cod Chapter Retreat weekend. We'll enjoy the 300 acres of forests, fields and fresh water ponds at the Camp Burgess Outdoor Education and Retreat Center in East Sandwich, MA. We'll offer a variety of hiking, biking and paddling events to choose from during this fun weekend, plus workshops on bike maintenance/repair and map & compass orienteering, and even a yoga session (bring your mat). Socialize with your fellow SEMers while strolling the camp grounds or at the social hour before dinner, or perhaps take a pontoon boat cruise from the camp's Spectacle Pond waterfront. For the more adventurous, try the zip line or climbing wall. After dinner, gather around a campfire to share war stories or relax in the camp's cozy lodge. While it's too late to register for the entire weekend, you can still join the fun on Saturday. Saturday-only registrants can join in any hike, bike, paddle, stay for the social hour and dinner, and close out the day by the evening campfire, for \$30.00 per person. For further information about our Chapter Retreat, contact Len Ulbricht at lenu44@gmail.com. L Len Ulbricht (lenu44@gmail.com), R Sandy Santilli (smsantilli@comcast.net)

BICYCLING

Sun., Sep. 16. 25 Miles of beautiful scenic country ride, Rochester, MA. Rochester, Lakeville, Freetown Ride. 1pm start. Nice scenic 25 mile ride passing by farm land, cranberry bogs and lakes and ponds. Ice cream stop near the end of the ride at the Robins Nest. Easy pace ride between 12-13 mph. Helmets are required. Please have tires pumped and bikes ready to roll at event starting time. To sign up and get info on the start location contact the leader, Jack Jacobsen (508-353-3708 8:00 AM- 8:00 PM, cyclejac51@yahoo.com, Long time bike leader)

Sat., Oct. 6. Cycling & Wine Tasting, Westport Rivers Winery & Vineyard, Westport, MA. Join us for a 20- 25 mile ride through beautiful Westport, MA, followed by a wine tasting & tour. We will ride past farms, conservation land & beaches at a 12-15 mph pace. There will be some moderate hills. We will end with a private group tour & wine tasting at Westport Rivers Winery. Helmets required. Have bikes ready to roll for the start time listed. Attendees must be over age 21. Non riding guests are welcome to attend the wine tasting portion of this event. Cost of the event is \$15.00 per person. Please pay ride leader on the day of the event. This event must have a minimum of 10 attendees to reach a tour minimum. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com) CL Barbara Gaughan (barbaragaughan12@comcast.net)

Continued on next page

Activities

For the most current information, [search activities online](#)

CAPE HIKING

Sat., Sep. 15. Prune the Falmouth Moraine #2, Falmouth, Massachusetts, MA. The AMC-SEM Retreat weekend is fast approaching! The Falmouth Moraine Trail is being offered as a long hike on Saturday, September 22 and it needs YOUR HELP. Thanks to a cooperative effort involving AMC, the #300 Committee of Falmouth and AmeriCorps of Bourne in July, work began to clear brush and fallen trees from two sections of this trail. Nine Miles! Lots to clear! We're looking for volunteers to help prune back summer vegetative growth on portions of the Moraine Trail. This involves cutting back fern, huckleberry, sweet pepper bush. Nothing big. Hedge clippers, brush cutter/weed whacker should do. Tools are not provided. Please bring your own. Registration is required. Kindly contact: Cathy Giordano cmgiordan@msn.com 508 243-3883. Meet up info will be emailed to once registration is complete. L Catherine Giordano (508-243-3884 before 9 pm, cmgiordan@msn.com)

Thu., Sep. 20. Hike--Great Neck Preserve, Wareham, MA. This 4 mile, 2 hour hike in the Great Neck Preserve in Wareham is on wooded trails through New England Forestry Foundation and Wildlands Trust lands. There are several hills and some wet areas. Hikers will pass a sheep farm, see Swan Pond, and have views of marshes with Buzzards Bay in the distance. Please note that the parking and trailhead is not the entrance to Great Neck Preserve--see the directions for parking below. L Robin McIntyre (508-789-8252 Before 9 pm, robinmcintyre@comcast.net, Robin is a 3rd year Level I SEM/Cape hike leader with WFA training) L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net, Jane is Cape Hike chair for AMCSEM with over 4 years of hike leadership experience.)

Thu., Sep. 27. Hike - Yarmouth, Greenough Ponds (B3C), Yarmouth, MA. Walk through Yarmouth Botanical Gardens, Dennis & Greenough Ponds. Meet at 9:45, 2 hr. Exit 7 off Route 6 to North, right on 6A, at sharp turn go right on Summer St. to beach parking lot. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sun., Oct. 7. Hike-Brewster, Punkhorn Parklands (C3C), MA. Wooded, hilly trails with pond views. Route 6 Exit 9B, 2 miles to a right on Satucket, then bear right at Stony Brook Road. In 0.3 miles, turn right on Run Hill Road. 1.3 miles to parking lot on the left. Meet 12:45 pm 2 hours. L Janet Kaiser (508-432-3277 before 9 p.m., jtkaiser@comcast.net)

Thu., Oct. 11. Hike Eagle Pond Cotuit, MA. Hike in historic conservation land, some roads to Cotuit Bay and around a white cedar swamp. Terrain is fairly flat, many roots and most trails are wide. Driving Directions: Take Rte 6 (mid Cape Highway) to Exit 5) and turn S on Rte 149, follow signage and take 149 to Rte 28, Turn R. At traffic light with shopping plaza on R and CVS on L turn L onto Putnam Ave. Travel a mile or less until you see dirt cutout on L. Park in cutout. From Falmouth take Rte 28 towards Hyannis and at lights in Marston Mills with shopping plaza on L and CVS on R, turn R on Putnam Rd and proceed a mile or less until you see dirt cutout on L, park in cutout. Meet at 9:45 AM. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

(FT) (NM) Sat., Oct. 13. Hike Cape Cod Canal/Town Neck Sandwich, MA. Taking advantage of low tide we will hike 4-5 miles along the canal, along Town Neck & Boardwalk beaches which vary from very rocky terrain to soft & hard packed sand then through the Town Neck neighborhood. Gather at 8:45 for a 9 a.m. start from Sandwich Recreation Area parking lot at end of Freezer Rd off Tupper Rd, Sandwich. Heavy rain cancels. L Barbara Gaughan (781-572-1321 Before 9 p.m., barbaragaughan12@comcast.net, SEM Level 1 hike & bike leader.)

Thu., Oct. 18. Hike Coast Guard Beach Eastham, MA. 2 hour hike. Visit Salt Pond, salt marshes, Coast Guard Beach. Directions: From Route 6 take Right into National Seashore Salt Pond Visitors Center. Meet at 9:45 and hike 10 am - 12:00 pm. L Richard Kaiser (508-432-3277 Before 9 PM, rjkaiser@comcast.net)

Sun., Oct. 21. Hike along the Quashnet River, Falmouth / Mashpee, MA. This is a 4.2 mile hike at a moderate pace along the Quashnet River and through adjacent woods. About ½ of the hike will be on moderate rolling terrain. Meet at 12:45 for 1:00PM start. L Deborah Hayden (508-274-2820 before 9PM, shaferhayden@gmail.com)

Continued on next page

Activities

For the most current information, [search activities online](#)

CAPE HIKING

Thu., Oct. 25. Hike--Sagamore Hill and Scusset Beach State Park, Sagamore, MA. This 4 mile, 2 hour hike is on wooded paths to historic Sagamore Hill, along level wooded trails in Scusset Beach State Park, and along the Cape Cod Canal service road. Dress for wind along the canal. Go over the Sagamore Bridge, taking Exit 1A/Scusset Beach Road. Go 1.5 miles to the parking area, passing through a traffic light, pass McDonald's on the right, pass the fire station on the left. You will see the sign for Scusset Beach State Park. Pass the guard shack. Fairly soon on the right you will see the Headquarters sign. Park in that lot, on the near end of the parking lot near the road. L Robin McIntyre (508-789-9752 Before 9 pm, robinmcintyre@comcast.net, Robin is a third year Cape hike/SEM leader with WFA training.) L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net Jane is the Cape Hike AMC SEM chair with several years of hike leadership.)

(AN) Sat., Oct. 27. Hike - Wellfleet, Griffin Island, MA. Wooded trails, hills, out to dunes return. Meet 9:45 AM. Rte 6, left at lights toward Wellfleet Center, left on E. Commercial St. Turn Right on Chequessett Neck Rd. Continue to Great Island Parking Lot on Left. Over 2 hours. L Janet Kaiser (508-432-3277 eve before 9 p.m., jtkaiser@comcast.net)

Thu., Nov. 1. Hike Mashpee River Woodlands (C3C), Mashpee Neck Rd, Mashpee, MA. Wooded walk along Mashpee River. Take Orchard Rd. off Rte.28 to end. Turn R. then quick L onto Mashpee Neck Rd. Go 1.1 miles to Mashpee River Woodlands Pkg.Lot on R. Meet at 9:45AM. Hike 10 am - 12 pm. L Farley Lewis (508-775-9168 Before 9 PM, farlewis@comcast.net)

Thu., Nov. 8. Hike Long Nook Truro, MA. 2 hour hike. Visit AF Base and Jenny Lind Tower. Directions: From Route 6 take Right on Long Nook Rd (1.2 miles after Pamet Rd Exit) and follow to parking lot at the end. Meet at 9:45 and hike 10 am - 12:00 pm. L Richard Kaiser (508-432-3277 Before 9 PM, rjkaiser@comcast.net)

Sun., Nov. 11. Hike Shawme Crowell State Park Sandwich, MA. Two hour hike on wooded trails through the scenic campground. Driving directions: Take Rte 6 to Exit 2, Rte 130 and turn N. Stay on Rte 130 until you see entrance sign for Shawme Crowell. Turn into Shawme Crowell and turn right past entrance booth and follow road until you come to open space and paved cutout on R. Park along road off pavement if possible. Meet at 12:45 PM. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

(NM) (AN) Thu., Nov. 15. Hike-Barnstable-Crooked Cartway (C3C), MA. Wooded walk to The Walker Point Observation Deck. Take Rte. 149 to Rotary at Cape Cod Airport, Marstons Mills. West on Race Lane for 1.1 miles. Right onto Crooked Cartway to end. Meet 9:45AM. 2 hours. Hike 10 am - 12 pm. L Farley Lewis (508-775-9168 Before 9 pm., farlewis@comcast.net)

Sun., Nov. 18. Hike--Bourne Sisters, Bourne, MA. This 2 hour approximately 4 mile hike is in the Bourne Conservation Trust areas of the Bourne Sisters and Perry Woods. It also includes a cranberry bog and Town of Bourne Leary Property. The terrain is wooded pathways with frequent moderate rolling hills throughout the hike. This is not a novice hike. We will have views of Back River from the Leary Property. L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net, Robin is a third year SEM/AMC Level 1 hike leader with WFA training.)

Sun., Dec. 9. Hike--Four Ponds and Bourne Town Forest, Bourne, MA. This 2 hour approximately 4.5 mile hike is in the Bourne Four Ponds Conservation Area and adjacent Bourne Town Forest. The terrain is wooded pathways, fire roads, and mountain bike trails with several moderate hills. It offers views of the ponds and some wildlife. It is a loop so does not offer easy bail-out points. This is not a novice hike. Note that the parking and trailhead is not the Four Ponds parking lot. From the Bourne Rotary/Cape side, take Route 28S for 1.7 miles. Take a right onto Clay Pond Road/Monument Beach (green state sign) before McDonald's. Go 0.5 miles and turn left onto Valley Bars Road. Go 0.3 miles and park on the side of the road before the Weary Traveler's club. Please bring water for drinking, dress in layers. Sturdy boots/shoes are suggested. If you have questions please contact leader L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net, Robin is a third year Level 1 SEM/Cape hike leader with WFA training)

Sun., Dec. 16. Hike Crowes Pasture, Dennis, MA. Hike in Crowes Pasture, along surrounding marsh and beach and through historic Quivet Neck neighborhood. Expect soft sand! L Deborah Hayden (508-274-2820 before 9PM, shaferhayden@gmail.com)

Continued on next page

Activities

For the most current information, [search activities online](#)

HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org.

Always looking for additional hike leaders! Contact hikingchair@amcsem.org

Sat., Sep. 8. Summer Series #4 Moosilauke Hike, North Woodstock NH, MA. Summer Series Hike #4- Complete the summer series by hiking 4802 foot Mount Moosilauke. Located near North Woodstock NH, this hike is noted for its stunning 360 degree views. Beginning at the Ravine Lodge, we will climb the Gorge Brook Trail which winds up the south side of the mountain, reaching the summit in 3.7 miles. At the summit we will pause and remember the lives lost on September 11, 2001 for 1 - 2 hours by raising American flags. Weather permitting there will be a military fly over. We will return via the AT and the Carriage Road to the Ravine Lodge. Total distance 7.5 miles with 2500 ft elevation gain. Time 7 - 8 hours. L Anne Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com) L Jeannine Audet (MILMOD@aol.com) CL Dia Prantis (dprantis@yahoo.com), R Anne B. Duggan (177 Rounseville Road, Rochester, MA 02770, 508-789-5538 before 9 pm, abduggan12@gmail.com)

Thu., Sep. 13. Thursday Morning Hike at Tidmarsh, Plymouth, MA, 60 Beaver Dam Road in Plymouth, Mass, MA. We will explore this new Audubon Area and hike 5 mostly flat miles. Bring binoculars for watching the many birds there. Also bring water, lunch and appropriate clothing acc to the weather. L Hans Luwald (508-668-0462 Before 9:00 PM, hansluwald@gmail.com)

Thu., Sep. 20. Thursday Morning Wompatuck Hike, Wompatuck State Park, Hingham, MA. Approximately a 4 hour hike with a break for lunch. Mostly level, wooded trails. Meet at the visitor center. L Richard Monarch (617-327-5447 before 9:00pm, rcm_54@yahoo.com)

Fri., Sep. 21. Hike, Bike, Paddle, and Socialize at SEM Chapter Retreat on Cape Cod, MA. Come join your fellow Southeastern Mass. Chapter members at our first-ever Cape Cod Chapter Retreat weekend, September 21-23. We'll enjoy the 300 acres of forests, fields and fresh water ponds at the Camp Burgess Outdoor Education and Retreat Center in East Sandwich, MA. We'll offer a variety of hiking, biking and paddling events to choose from during this fun weekend, plus workshops on bike maintenance/repair and map & compass orienteering, and even a yoga session (bring your mat). Socialize with your fellow SEMers while strolling the camp grounds or at the social hour before dinner, or perhaps take a pontoon boat cruise from the camp's Spectacle Pond waterfront. For the more adventurous, try the zip line or climbing wall. After dinner, gather around a campfire to share war stories or relax in the camp's cozy lodge. While it's too late to register for the entire weekend, you can still join the fun on Saturday. Saturday-only registrants can join in any hike, bike, paddle, stay for the social hour and dinner, and close out the day by the evening campfire, for \$30.00 per person. For further information about our Chapter Retreat, contact Len Ulbricht at lenu44@gmail.com. L Len Ulbricht (lenu44@gmail.com), R Sandy Santilli (smsantilli@comcast.net)

Thu., Sep. 27. Wilson Mountain and Whitcomb Woods Hike, Dedham/Needham, MA line, MA. Wilson Mountain Reservation is 207 acres of wild and varied terrain. Large tangled thickets of rhododendrons grow on a hillside. Wilson Mountain is the highest point in Dedham at 295 feet. While not a true mountain, it does provide hilltop views of the surrounding area. There are well marked trails to the summit of Wilson Mountain on the Dedham/Needham line. Managed by the Massachusetts Department of Conservation and Recreation. After Wilson Mountain, at your option, we'll cross Common Street to the Whitcomb Woods trail head. Forested level trails with views of the Charles River and gazebos. Total hike is 5 - 7 miles at a moderate pace. Bring water snacks/lunch, sturdy footwear. Rain cancels. Dogs on leash O.K. No fees. L Ken Cohen (508-942-1536 Before 8:00 pm, k-cohen@comcast.net) CL Walt Granda (508-971-6444 Before 8:00 pm, wigranda@aol.com)

Sat., Oct. 13-14. Hike Greenleaf Hut, Mt. Lafayette, and Franconia Ridge, Franconia Ridge, NH. Starting from the trailhead in Franconia Notch, we'll hike up the Old Bridle Path to the AMC Greenleaf Hut at treeline, where we'll explore the area and enjoy a hearty dinner prepared by the hut croo before spending the night at the hut. After breakfast Sunday morning, weather and trail conditions permitting, we'll summit Mt. Lafayette and then take the beautiful Franconia Ridge Trail over Mt. Lincoln to Little Haystack before returning to the trailhead via the Falling Waters Trail. Due to the potentially winter-like weather and trail conditions, at least some prior winter hiking experience will be required for participants. We may also require microspikes and other winter gear, footwear, and clothing. L Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net, An experienced four-season hike leader, Paul likes to maintain a moderate hiking pace.) L Anne Duggan (ab.duggan@verizon.net)

Continued on next page

Activities

For the most current information, [search activities online](#)

HIKING

Thu., Oct. 25. Arnold Arboretum - Autumn Peak Hike, Jamaica Plain, MA. Arnold Arboretum hike - including two hills with vistas and the "explorer's garden", spectacular fall foliage in this "tree museum". 4 -5 mile hike at a moderate pace. Bring water, sturdy footwear, snack or lunch. Meet at the visitors' center (Hunnewell Building) located at 125 Arborway, Jamaica Plain at 9:45 for prompt 10:00 am start. Plenty of on-street parking along the Arborway; or walk to the entrance from the Forest Hills Orange Line T-stop. Free admission. L Ken Cohen (508-942-1536 Before 8:00 pm, k-cohen@comcast.net)

Thu., Nov. 8. Blue Hills Hike – Ponkapoag Pond - Canton, MA. Moderate to fast pace, with occasional stops. 4 ½ - 5 mile hike around The Pond, approx. 10:00am-12:30pm. Please arrive by 9:45 am for a prompt 10:00 am start. Bring snacks/lunch & water. We'll take a break at the AMC Camp. Steady rain cancels. Dogs on leash O.K. L Ken Cohen (508-942-1536 Before 8:00 pm, k-cohen@comcast.net)

PADDLING

Sat., Sep. 8. Paddle Bass River North, Dennis, MA. Paddle upstream seeing Indian Lands Conservation area & new CCRT bridge. Lunch at Wilbur Park. Return & circumnavigate Grand Cove for about a 7 mile paddle. Wear PFD & bring spray skirt in case of wind. Bring water & lunch. REGISTER with jeanorser@gmail.com for time, directions & notification of cancelation. L Jean Orser (jeanorser@gmail.com) L Paul Corriveau (paulcorri@gmail.com), R Jean Orser (jeanorser@gmail.com)

Wed., Sep. 12. Paddle Long Pond, Harwich/Brewster, MA. Circumnavigate Long Pond, Small Pond, & possibly Greenland Pond if there is enough water in the entrance to it. Lunch on beach & paddle back to put-in. Wear PFD & bring spray skirt in case of wind; bring water & lunch. REGISTER with jeanorser@gmail.com for directions & notification of cancellation. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau (paulcorri@gmail.com)

Wed., Sep. 19. Paddle Centerville River from Dowse's Beach, Osterville., Centerville, MA. Paddle Centerville River and local Bays. Lunch on Nantucket Sound. L Bill Fischer - 508-420-4137 before 9pm. PFD and spray skirt Req. Rt. 28 to S on Old Stage to light on S. Main St. Take R on s Main St to E. Bay Take left and follow to Dowses Beach. park at far end of lot. L Bill Fischer (508-420-4137 before 9pm, wambararafischer@comcast.net)

Sat., Sep. 22. Paddle Cotuit Bay & Circumnavigate Osterville Grand Island, Cotuit, MA. This trip is run in conjunction with the SEM Chapter Retreat Weekend and we hope a lot of off-cape people will take advantage of this opportunity to explore some of the paddling options on Cape Cod. We'll launch into Cotuit Bay and paddle around Osterville Grand Island (Oyster Harbors) passing through North Bay, West Bay, and the Seapuit River before returning to our put-in. Lunch will be on a lovely beach on the Seapuit River. Plan on a 7 to 8 mile paddle. Arrive no later than 10:15 for a 10:30 departure. Bring water and a lunch. PFDs are required by Massachusetts law and spray skirts may be needed depending on wind and wave conditions. L Ed Foster (erfoster@comcast.net)

Sun., Sep. 23. Paddle Some Freshwater Ponds on Cape Cod, Marstons Mills, MA. This trip is run in conjunction with the SEM Chapter Retreat Weekend and we hope a lot of off-cape people will take advantage of this opportunity to explore some of the paddling options on Cape Cod. We'll paddle one of two sets of freshwater ponds, Mashpee/Wakeby or Indian Ponds, depending on the wishes of the attendees of the SEM Chapter Retreat. Contact the trip leader Saturday evening for the location and start time (it may be slightly different from our normal start time). Bring water and a lunch. PFDs are required by Massachusetts law and spray skirts may be needed depending on wind and wave conditions. L Ed Foster (erfoster@comcast.net)

Wed., Sep. 26. Paddle Herring River north, West Harwich, MA. Paddle upstream to Coy Brook to end & to East Reservoir & back to Herring River for lunch at North road Bridge. Afterwards paddle to West Reservoir & see herring run. Return to put-in for 8-9 mile paddle. Wear PFD & bring spray skirt in case of wind. Bring water & lunch. REGISTER with Jean Orser jeanorser@gmail.com for time & directions & notification of cancelation. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com), R Jean Orser (jeanorser@gmail.com)

Continued on next page

Activities

For the most current information, [search activities online](#)

PADDLING

Sat., Oct. 6. Paddle Chase Garden Creek, Yarmouth Port, MA. Paddle Chase Garden Creek and tributaries Judah's and White's Brook. See Greys Beach, Bray Farm, shell processing plant, & Chapins Beach. Plan on a 7 to 8 mile paddle. Wear PDF, Bring spray skirt in case of wind. Bring water and lunch. . L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com), R Jean Orser (jeanorser@gmail.com)

Wed., Oct. 10. Paddle Swan Pond & River, Dennis Port, MA From Swan Pond town *landing paddle down the river to its mouth on Nantucket Sound. Venture into the Sound if it's not too windy.* Lunch on a pretty beach. Return and circumnavigate Swan Pond. Plan on a 7 to 8 mile paddle. Wear a PDF and bring a spray skirt in case of wind. Bring water & lunch. Register with leader for put-in location. L Jean Orser (jeanorser@gmail.com)

Sat., Oct. 20. Paddle Nauset Marsh from Mill Pond, Orleans, MA. Paddle from the put-in on Mill Pond into Nauset Marsh. Lunch on beach. Circle the marsh and return to put-in for a 7 to 8 mile paddle. Wear PDF, bring spray skirt in case of wind, bring water & lunch. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com), R Jean Orser (jeanorser@gmail.com, jeanorser@gmail.com)

Wed., Oct. 24. Paddle The Herring River, north, West Harwich, MA. Paddle upstream to Coy Brook and up Coy Brook as far as the tide allows. Then paddle through the East Reservoir to the Herring River to lunch at North Road bridge. After lunch we'll paddle to the West Reservoir to see herring run and then return downstream for an 8 to 9 mile paddle. It's usually very colorful in the fall with lots of birds. Wear a PFD, bring a spray skirt in case of wind, bring water & lunch. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com), R Jean Orser (jeanorser@gmail.com)

TRAILS

Sat., Sep. 15. Trail clean up on Skyline Trail at Blue Hills, Milton, MA. No experience necessary! Everyone welcome! SEM Trail Maintenance in the Blue Hills Trail: Part of Skyline Trail (AMC-SEM's adopted portion) When: Saturday, September 15, 2018 (weather permitting) Time: 9:00 am to approx. 12:00 pm Where to meet: 8:45 am, Main (large) Parking Lot of Houghton's Pond on Hillside Street. Meet at north end of lot near the exit. Directions: From Rte 93 (old Rte 128), take exit 3. Follow Blue Hill River Road northerly. At stop sign/junction of Hillside Street, turn right. Main parking lot will be on right. Type of work: easy maintenance, clearing steps, trimming vegetation, removing loose rocks, cleaning water bars, etc. SEM will supply tools, gloves and snacks. Please bring water, any special food, wear appropriate clothing (long pants/long sleeve shirt, boots, hat), sunscreen, bug spray, etc. Register by Thursday, September 13 with Skip Maysles at piks126@yahoo.com. Leader: Pete Tierney, Co-leader: Skip Maysles. L Peter Tierney (piks126@yahoo.com) CL skip maysles, R Skip Maysles (piks126@yahoo.com)

Tue., Sep. 18. Build a Bridge!, BioReserve, Fall River, MA. The AMC Southeastern Massachusetts Chapter is building a wooden bridge over a stream in the Fall River BioReserve. The rock about ants are now in place and we are beginning construction of the bridge itself. You do not need any construction experience in order to help in this effort, just a willingness to help carry some lumber (many hands make light work) and a sincere desire to want to make a difference improving some trails and protecting the environment. Contact registrar, Barry Young (barry.young@comcast.net) for more info. L Barry Young (Barry.young@comcast.net).



Happy Trails!



The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | October 2018

Get AMC-SEM activities delivered right to your email inbox!

Sign up for the AMC Activity Digest. email
amcinformation@outdoors.org

Or call 1-800-372-1758

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Please send your Word doc and photographs to
breeze.editor@amcsem.org.

Please send photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Business advertisements are just \$15/month. Send inquiries to
breeze.editor@amcsem.org



Thumbs-up for first chapter retreat weekend

By Len Ulbricht, Chapter Vice Chair

Our chapter's first-ever Cape Cod Retreat, held Sept. 21-23 at Camp Burgess in East Sandwich, offered a variety of experiences. In addition to hikes, bike rides, and paddles, those attending enjoyed workshops on bike maintenance and winter storage tips, landscape photography, and orienteering exercises with a compass. For the adventure-minded, there was a climbing wall and zip line, and for the easygoing, a pontoon boat ride on the camp's lake. Social hour on that Friday even featured a graceful bald eagle cruising overhead! *See more photos on Page 4.*

View from the Chair: ‘A BIG Thank You!’

As I write my last “View from the Chair,” I wanted to take this opportunity to thank you, the SEM membership, for honoring me with the privilege to serve you as your Chapter Chair for the last two years. I also want to thank the SEM Board and all the wonderful leaders and volunteers who made the last two years a wonderful success for SEM.

As a Chapter, we have accomplished a lot in the last two years—way too many things to list here. However, I would like to highlight a couple of notable achievements. First, thanks to our nominating committee and many other volunteers, we now have almost a full slate of committee vice chairs. Two years ago many of these positions were listed as “OPEN”. Second, in the last year we have initiated a Young Members Group and they are off to a great start. Both of these accomplishments bode well for the future of our chapter.

I hope to see many of you at the Annual Meeting and Dinner on November 3rd to thank you in person. If you have not already signed up, please do so now. It promises to be a great time, at a great venue, and with a great speaker.



Hope to see you outside!

*Barry Young,
Chapter Chair
AMC-SEM*

2018 Executive Board

Chapter ChairBarry Young
Vice ChairLen Ulbricht
SecretaryAnn McSweeney
TreasurerPatty Rottmeier
Past Chapter ChairMaureen Kelly
Biking ChairBernie Meggison
Biking Vice ChairOPEN
Cape Hiking ChairJane Harding
Cape Hiking Vice ChairCathy Giordano

Communications ChairPaul Miller
Communications Vice ChairDio Goncalves
Conservation ChairBill Cannon
Conservation Vice ChairNancy Coote
Education ChairDoug Griffiths
Education Vice ChairSue Svelnis
Hiking ChairMike Woessner
Hiking Vice ChairGeorge Danis

Membership ChairSandy Santilli
Membership Vice ChairOPEN
Membership Vice Chair ... Ellen Thompson
Paddling ChairEd Foster
Paddling Vice ChairLuther Wallis
Skiing ChairJeannine Audet
Skiing Vice ChairBarbara Hathaway
Trails ChairPeter Tierney
Trails Vice ChairWayne Anderson
Trails Vice Chair.....Skip Maysles

Ad Hoc Committee Chairs & Other Chapter Contacts

Social Director.....OPEN
Social Vice ChairOPEN
Social Media AdministratorChristine Racine
Social Networking Moderator.....Sue Mulligan

Webmistress..... Cheryl Lathrop
The Breeze Editor.....Mo Walsh
Blast Editor.....Marie Hopkins

Contact chair@amcsem.org

if you are interested in any
OPEN position



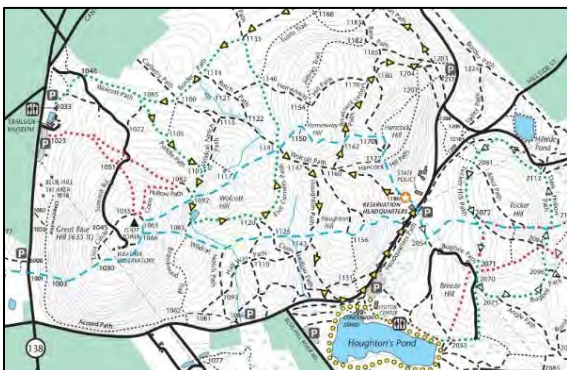
On behalf of this year's Red Liners, Maureen Kelly, left, and Nancy Coote present RLBH Leader Joe Keogh with a beer stein. *Photo by Len Ulbricht*

Joe Keogh honored at dinner celebrating 13th RLBH season

By Alan Greenstein

Nancy Coote organized a terrific dinner gathering held on September 27 to celebrate the conclusion of the 13th season of the ever-popular Thursday night "Red Line the Blue Hills" (RLBH) hike series. Twenty-five hikes were scheduled in 2018 between April and September, with one cancellation due to thunder and lightning.

Bill Cannon and Joanne Newton each completed 21 hikes and were rewarded with Blue Hills maps. In total, 84 hikers completed at least one hike. Sixteen hikers completed anywhere from the basic Redline Series (1st time completion) to the very impressive Gold Series, for those who have hiked every inch of every trail in the Blue Hills ten times or more.



Joe Keogh hands out a trail map of the Blue Hills for Bill Cannon, who completed 21 hikes. *Photo by Bill Dougherty*

Joe Keogh, principal hike leader for the series, was honored for his ten consecutive years of exemplary leadership, a highlight of the evening to be sure. Joe is a master at planning the hikes with the goal of covering every trail with a minimum of duplication, and facilitating the completion of the entire circuit in approximately 1.5 hiking seasons. He is appreciated for his strong, confident and patient leadership. Joe personally completed his Gold series (10 times around) in September, hiking 159 miles over 96.5 hours on the trail.



Joanne Newton receives a Blue Hills trail map from Joe Keogh for completing 21 hikes. *Photo by Bill Dougherty*

Chapter Retreat Continued from page 1



Chapter Retreat Continued from page 4



Collage Photos by Ellen Thompson, Rob Schmatiz, Alan Greenstein, Jeanine Audet and Len Ulbricht

“Reunite with Old Friends and Make Some New Ones”

All SEM members, potential members, spouses, and friends are welcome!

**The Southeastern Massachusetts Chapter
of the Appalachian Mountain Club**

Invites You to Attend the

2018 Annual Meeting

and **Annual Dinner**

Saturday, November 3, 2018

The Bay Pointe Club

Buzzards Bay, MA

4:30 pm – Registration and Cocktail Hour – cash bar, **no charge for appetizers**

5:30 pm – Annual Meeting – **no charge**

6:30 pm - Buffet Dinner - **\$20.00 per person**; \$30.00 after 10/24

Distinguished Service Award, Raffles, and Other Awards

Special Guest Speaker

Carl Wirsen, Jr.

Woods Hole Oceanographic Institute

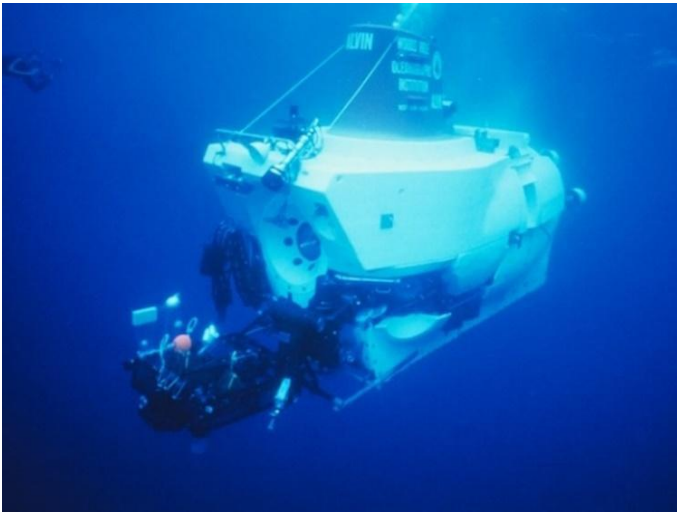
2018 Annual Meeting and Dinner

Special Guest Speaker

Carl Wirsen, Jr.

Woods Hole Oceanographic Institute will speak on

“The Deep Sea”



ALVIN Deep-Diving Submersible

The deep sea (with an avg. depth of 2.3 miles) is the largest biosphere on Earth. While it covers more than 70% of our planet’s habitable space, the deep sea remains relatively unexplored and – until recently – was inaccessible to humans. Only three people have ever visited the deepest parts of the ocean, and for a *total* of less than three hours.

The relative sparse life forms in the deep must withstand total darkness, extreme cold, and great pressure. Any food sources are a result of photosynthesis at the distant surface.

New discoveries made in the deep sea have allowed astrobiologists to propose new questions and experiments in their search for life on other bodies in the solar system. Going “deeper” than the deep sea is a new effort to describe the potentially vast “deep subsurface biosphere.”

In his fascinating presentation, our guest speaker, Carl Wirsen, Jr., will discuss how new technologies, using advanced surface ships as well as human-occupied (HOV) deep diving submersibles, such as [ALVIN](#); remotely operated vehicles (ROV), such as [JASON](#); and autonomous underwater vehicles (AUV), such as [SENTRY](#); are helping advance our understanding of these deep sea environments. Mr. Wirsen will discuss his long-time involvement with ALVIN, including his observations made after its accidental sinking in 1968 to ALVIN’s newest capabilities, such as the ability to dive to 20,000 ft.

Based on science, we know that our ocean is the major stabilizing resource on Earth, yet it is under assault from pollution sources such as plastic, over-harvesting of its biological resources, and increased warming and acidification from greenhouse gases. At the SEM Annual Dinner, Mr. Wirsen’s presentation should help us all put the AMC’s mission to help conserve the earth’s natural resources into even better perspective.



SEM Executive Board 2018 Slate

Chair	Len Ulbricht
Vice-Chair	OPEN
Secretary	Ann McSweeney
Treasurer	Patty Rottmeier
Biking Chair Cape	Bernie Meggison
Hiking Chair	Jane Harding
Communications Chair	Paul Miller
Conservation Chair	Bill Cannon
Education Chair	Doug Griffiths
Hiking Chair	George Danis
Membership Chair	Ellen Thompson
Paddling Chair	Ed Foster
Past Chapter Chair	Barry Young
Skiing Chair	Jeannine Audette
Trails Chair	Skip Maysles

Names in **black** are continuing in their current post; names in **blue** have taken the next position in line; names in **green** are new to the position.

The 2018 Nominating Committee

Alan Greenstein, Hingham, alan.b.greenstein@gmail.com

Walt Granda, Dartmouth, wlganda@aol.com

Robin McIntyre, Buzzards Bay, robinmcintyre@comcast.net

See Registration Form below.

To register for the Annual Dinner, fill out the Registration Form below and mail your check (payable to AMC-SEM) to: Patty Rottmeier, 1 Belmont Rd. TH5, W. Harwich, MA 02671



AMC Southeast Massachusetts Chapter Annual Meeting Registration Form

\$20.00/per person; \$30.00 Oct. 25 – Oct. 31st

Deadline to Register is Thursday, October 31st

AMC SEM 2018 Annual Dinner Registration		
Today's Date		
Your Name		
Email		
AMC Member?		
Price		
I'd Like to Volunteer		
<i>Bring a Friend - We'll See You There!</i>		



Dexter Robinson explains snowshoe options at last year's workshop. *Photo by Ken Carson*

Prepare for outdoors winter fun at SEM workshop November 3rd

By George Danis, Hiking Vice Chair

In the winter months, many of us think about going skiing or escaping to somewhere warm, but have you thought about winter hiking and snowshoeing? Do you like to be active and outside, but the thought of getting cold keeps you indoors?

Then come join us on Saturday, Nov. 3, 2018, for an informative afternoon that will change your mind about hiking and being outdoors in the winter months. The workshop at the Bourne Community Center cafeteria runs from 12:30-3:30 p.m. with clothing and gear demonstrations. Light lunch/snacks will be provided.

You will learn about necessary clothing and gear, nutrition and hydration requirements, winter conditioning, winter issues and how to avoid them, and why we love to hike in the winter. The workshop is free to all and is a prerequisite (or prior winter hiking experience) to join us for the SEM Winter Hiking Series.

The workshop leaders are George Danis, Leslie Carson, Paul Miller, Ken Carson, Maureen Kelly, Eva Borsody Das, and Anne Duggan. To register, contact George at danisdad51@outlook.com or call 339-236-0597 before 9 p.m. After the workshop, join us for the SEM Annual Meeting & Dinner at the Bay Pointe Club in Bourne. (Registration is separate—see listing.)

The Bourne Veterans Memorial Community Center is located at 239 Main Street in Buzzards Bay, MA.

Adventure Travel Leadership training Nov. 2-4 in Charlton, MA

Take your leadership skills to different parts of the world by becoming an AMC Adventure Travel Leader! This workshop provides important training to people who have AMC chapter leadership experience to transition to more complex and longer trips, domestically and overseas.

Emphasis is on planning, marketing, trip management, people skills, risk management, and reporting. Includes procedures and guidelines for researching, proposing, and leading AMC Adventure Travel trips.

Visit [this page](#) for more information and to download an application. Questions? Contact [Nancy Holland](#).



2019 Group Sales Reservations

Group reservations are open for volunteer-led trips for the 2019 season! Group sales for the Corman Harriman Outdoor Center in New York opened October 1.

To reserve group space for an AMC trip, call 603-466-8059 or email AMCgroups@outdoors.org. And, don't forget about the AMC Leader Lodging Benefits! We look forward to seeing you at our lodges and huts next year.



Volunteer of the Month: Paul Corriveau

By Bernie Meggison, Biking Chair

Each month the AMC-SEM recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! This month the Biking Committee recognizes **Paul Corriveau** for his numerous contributions.

Paul is a long time AMC-SEM leader. He is out on his mountain bike almost seven days per week, and he knows all the hidden jewels of the off-road trails on the Cape. Even experienced MTB riders are amazed at his knowledge of each individual trail.

This season, Paul has lead almost ten rides in the woods and trails. The feedback from riders is 100 percent positive. He has a few more rides up his sleeves for October and beyond.

Paul's efforts have awakened a whole new group to our SEM cycling community. Congratulations, Paul! Thanks for your support!

Paul will receive a Volunteer of the Month Certificate and a \$50 gift card.

New 2019 rules for 100-mile patch, but time to finish in 2018

By Mike Woessner, Hiking Chair

Register now for your 100-mile patch for 2019! Registration is simple: just send an email with your name to hikingchair@amcsem.org.

The AMC-SEM Hiking Committee awards a patch to SEM hikers who hike 100 miles. The spreadsheet on our web site (amcsem.org) documents the hiking mileage. To qualify you must be a member of the SEM Chapter of the AMC. Only AMC-led hikes (any chapter) count. Mileage starts at the beginning of the calendar year.* Enter your mileage and identify your hikes on the spreadsheet, which can be found under HIKING on our web site. The tracking of your mileage is based on the honor system. After completing your miles, send an email to the hikingchair@amcsem.org to receive your patch.



**Rules have been changed by the Hiking Committee. Starting 2019, you must complete your miles within the calendar year. So if you already have close to 100 miles this year, get out and finish to be "grandfathered" in.*

AMC award nominations due Nov. 15

Nominate a fabulous AMC volunteer for a club-wide award. Nominations for AMC's volunteer awards—Volunteer Leadership, Distinguished Service, and Joe Dodge—are due on November 15, 2018. Visit outdoors.org/awards for more information, and click the button below to submit a nomination!

Submit your nominations today!



A 2018 group heads out on a snow-covered trail at Noble View. Photo by Paul Brookes

Sign up early for 2019 weekend at Noble View Outdoor Center

By Paul Brookes, Noble View Weekend Registrar

This year the SEM Chapter puts on its sixth annual winter weekend at Noble View Outdoor Center in Russell, MA, about two hours west of Boston. As in past years, it is being held the second weekend of February (Feb. 8 through 10, 2019). I have attended three of the Noble View weekends and each has been relaxing and renewing, amongst the company of good people. I highly recommend it. This year I have offered to help put it together, and I wanted to tell you a bit about it from a mashup of my prior years' experiences.

Noble View itself is an amazing hidden gem. It is one of the AMC's larger land holdings. Located on 358 acres atop a quiet, pristine mountaintop, it offers great views of the Pioneer Valley to the east of Mount Wachusett. From the deck of the cottages, the hill offers a great sledding area before the tree line starts. The trails wind through quiet woodlands, passing cellar holes, brooks, and a pair of stunning waterfalls.

One great aspect of the location is a paved and plowed access road that allows you to drive right up to the Noble View center, unpack, and then park your car 100 yards back down the road in a convenient and safe parking lot on the Noble View property. If you're new to winter

activities, this is a great way to experience cross-country skiing, snowshoeing or winter hiking without the additional challenge and stress of having to backpack all your food and equipment up to your base camp.

The center boasts three buildings: two modernized cottages with electricity and woodstoves (that keep the cottages toasty) and a heated bathhouse with composting toilets, hot showers, and running water for cleaning dishes. It's all quite comfy. The chapter reserves all rooms in both cottages for the weekend, so we have the place to ourselves.

People arrive any time after 3 pm Friday, depending on when they get out of work. I try to get there early, unpack, choose my room, and head for the main cottage, which includes the kitchen, to meet people as they arrive. On Friday night there is no fixed time for dinner, so those arriving late after work don't miss out. Hot food is available in the kitchen throughout the evening for people to grab when they get there. For all other meals, we sit down and eat together.

Later Friday evening one of the leaders presents the organized activities that are available, as well as the logistics of Noble View. There is no on-site caretaker, so we pack out what we bring in and keep the woodstove running. The cottages remain toasty.

On Saturday we get up for a hot breakfast and then people prepare for their morning activities. In years when there's enough snow, a snowshoeing hike is offered as well as cross-country skiing. We take different trails, so those snowshoeing don't mess up the (hopefully) pristine snow for the cross-country skiers. The activities have always been well-organized and led by experienced SEM leaders. We go at a pace comfortable for all, and no one is talking about mileage or conditioning.

Due to the relatively low elevation, over the years we have been able to explore trails that are snow-covered, icy, or free from snow and ice. It doesn't make a difference; we always have a great time.

Most people take part in one of the organized activities (bring your own equipment), but others choose activities of their own or simply sit in front of the fire and read. That's what I love about Noble View: It's relaxed, unpretentious, and easy-going.

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Social time at Noble View in 2017. Photo by Walt Granda

Noble View weekend

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After the morning activity, we return to the cottage for a hot lunch that the volunteer cooks (amazing people) have been preparing. This year Sandy Santilli and Hadley Donaldson will be our cooks. A hot lunch after a morning's hike warms the body and renews the spirit.

After lunch and a short time to recoup, those who choose an afternoon activity start kitting up again. The leaders will take us on different trails. Some years we go down and view the frozen Big Pitcher and Little Pitcher waterfalls, a stunning sight in the winter.

After returning from the afternoon hike, it's social hour before dinner. Some people go to their bunkrooms to rest; others bring out their own wine or beer and share appetizers in the two comfortable lounges or the kitchen area. With the fire roaring and folks regaling one-another with our stories; laughter is heard throughout the cottage.

Saturday dinner has been a sumptuous affair or, at least after a long day hiking, it has always seemed that way. Once again I feel the cooks have outdone themselves.

After dinner, if the sky is clear, I grab whoever will come with me to go out star-gazing. The mountaintop is pitch black and the stars can be amazing. I see others heading off to yoga, offered by Jeannine Audet. Some hardy souls are heading out for a short headlamp night hike.

I get back from star-gazing to find the cottage settling down, with small groups chatting on the sofas with glasses of wine, another group focused on a jigsaw

puzzle spread on a table, and another group laughing loudly as a tall *Jenga* tower comes crashing down.

As the evening wears on, people slowly start heading up to their rooms. After a while I head upstairs to my room, which I share with two others, and get ready for bed after a long and enjoyable day.

The next morning we get up for a hearty breakfast and then head out for our chosen morning hike, snowshoe trail, or cross-country ski. After we return from the morning activity, lunch is laid out. It is "leftovers Sunday." I pick some of my favorite leftovers and sit down with my hiking companions at one of the common tables.

During lunch one of the leaders thanks those who helped and goes over with us the sweeping and cleaning we need to do to leave the place in good shape for the next crew. All food must go, so I grab some for the car and set off for the drive back home, thinking to myself, "Wow! What a perfect winter weekend!"

This is a fun; relaxing weekend, and I highly recommend it if you've not done Noble View before. If you have, then come again and keep the great spirit going. The registration fee of \$105 per person for AMC members or \$115 for non-members is the same as last year. You can't beat that for two nights' comfortable lodging and hot meals from dinner Friday night to lunch on Sunday.

If you're interested in attending the Noble View weekend, email me at PaulBrookes1966@outlook.com. I'm the registrar. I recommend you register sooner rather than later, as in the past it has filled up fast.

[Go here](#) for the listing.



Under a winter archway. Photo by Walt Granda



Save the Date – AMC’s 2019 Annual Summit!
January 26, 2019 – [Four Points by Sheraton, Norwood MA](#)

Please join AMC in kicking off another year in the outdoors! No matter what adventures you are planning for 2019, the 143rd Annual Summit has something for you. This event will connect both newcomers and lifelong members with valuable resources and provide opportunities for meeting people with similar interests and passions.

Annual Summit is AMC’s thank you to our dedicated volunteers and members! We welcome you to sign up for a combination of workshops, trainings, and meetings that matches your interests. The full list of offerings is available at outdoors.org/annualsummit.

This event will feature:

- Interactive workshops led by AMC experts and outdoor pros
- Organization-wide committee meetings
- A delicious buffet lunch
- AMC’s annual volunteer service awards
- The 143rd Annual Business Meeting
- Early evening reception, with complimentary drink and hors d’oeuvres
- Updates on AMC’s work in conservation, recreation, and education

For those interested in staying over Friday and/or Saturday night, AMC will arrange for special group rates. Visit our registration page after October for more details.

Registration Opens November 1st!

Early Bird Special Pricing: Pay \$35 when you register before January 1, 2019.

Regular Rate of \$45 applies after January 1, 2019

Register starting November 1 at www.outdoors.org/AnnualSummit

Activities

For the most current information, [search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

AA13+

A9-13

B5-8

Cless than 5

Indicates pace

1very fast

2fast

3moderate

4leisurely

Indicates terrain

Avery strenuous

Bstrenuous

Caverage

Deasy

Found in the description

LActivity leader

CLActivity co-leader

FTFirst Time

NM ... New Members

ANAdvance Notice

CConservation

BICYCLING

Sat., Oct. 20. Cranberry Country Cruise, MA. Nice 33 mile ride through the cranberry bog country of Rochester, Middleboro, and West Wareham. Easy ride pace 12-13 MPH. Start time 9:00 SM. Contact ride leader for start location Ride leader: Jack Jacobsen @ 508-353-3708 or email, cyclejac51@yahoo.com Helmets required. Please have tires pumped and ready to roll at the 9:00 AM start. L Jack Jacobsen (508-353-3708 8:00 AM- 8:00 PM, cyclejac51@yahoo.com, Long time AMCSEM leader)

Sun., Oct. 21. Adventure Ride #11, Dennis Senior Center, Dennis MA. Bicycle Adventure Ride # 11 "Tour De Graves" Mid-Cape Edition Sunday October 21, 2018 This ride is a leisurely exploration of some of the oldest grave sites in the Mid-Cape Area. Cape Cod has some of the most beautiful classic carved stones in the country. We will view these fine examples of 1600's thru 1800's Grave Stone Art -- Winged Skulls by Lamson and Noyes of Boston, Stevens Carvers of Newport and William Coye of Plymouth. Brief stops with narrations at various graveyards including small pox cemeteries, remote single entombments and the Longest Columbarium in New England. Native American resting places will also be visited. This is a "No Drop " tour. Relaxed pace ride. A larger tire bike is recommended -- we will ride on dirt cemetery paths, gravel roads, cart ways and bicycle side walks in addition to quiet paved back roads. Self Contained Ride. Bring Water, Snacks, Lunch, etc. Carry the proper equipment to maintain your bike--tubes, tools, etc. Register for Updates, Weather, Cancellations, Changes, Etc. paulcorri@gmail.com Meet at the Dennis Senior Center 1045 MA-134, South Dennis, MA 02660 (Corner 134 and Setucket) Park away from building. Mileage --- 25-30 Miles, Allow 4+ Hours Arrive : 9:45 AM Leave : 10:00 AM. L Paul Corriveau (paulcorri@gmail.com, Cape Cod Motor Vehicle Free (CCMVF)) (paulcorri@gmail.com)

Wed., Oct. 24. Sunset and Hunter's Moon Road Cycling, MA.- 22+/- Miles/ 2/2.5 hours. Flats & Hills. We'll ride from Sagamore Recreation Area (mainland side) into Sagamore Highlands with a stop at Peaked Cliff for a peek at Provincetown in the distance. Return to the recreation area and along the canal to Buzzards Bay for sunset at MMA or on Three Mile Outlook. Then back along the canal for moonrise over the Sagamore Bridge. Traditionally, tribes spent the month of October preparing for the coming winter. This included hunting, slaughtering and preserving meats for use as food. This led to October's full Moon being called the Hunter's Moon and sometimes Blood Moon or Sanguine Moon. Contact leader for further information. Ride starts around two hours before sunset. Alt.date Tue.Oct. 23 Please have tires pumped and ready to roll at the start time. Helmets are required Be aware that it will be dark at the end of the ride,,,, lights are strongly suggested. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

Fri., Nov. 23. Sunset & Full Beaver Moon Road Cycling, MA.: 22+/- Miles/ 2 +/- hours. Mostly flat - a couple of small hills. We'll ride from Sandwich Recreation Area at the end of Freezer Road in Sandwich to Monument Beach and return along Shore Road and through Gray Gables and Mashnee Island for sunset at Tidal Flats Recreation Area across the canal from MMA. Return along the canal for moonrise over the Sagamore Bridge. For both the colonists and the Algonquin tribes, this was the time to set beaver traps before the swamps froze, to ensure a supply of warm winter furs. This full Moon was also called the Frost Moon. Contact leader for further information. Ride starts around two hours before sunset. Alt. date - Sat. Nov. 24 Please have tires pumped and ready to roll at start time. Helmets required. It's going to be dark at the end of the ride,,, lights are strongly suggested. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

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BICYCLING

Sat., Dec. 22. Sunset and Full Cold Moon Cycling, MA. - 22+/- Miles/ 2 +/- hours. Flats & Hills. We'll ride from Sagamore Recreation Area (mainland side) into Sagamore Highlands with a stop at Peaked Cliff for a peek at Provincetown in the distance. Return to the recreation area and along the canal to Buzzards Bay for sunset at MMA or on Three Mile Outlook. Then back along the canal for moonrise over the Sagamore Bridge. Contact leader for further information. Ride starts around two hours before sunset. Alt. date Fri. Dec. 21 December is the month when winter begins for most of the Northern Hemisphere, hence, its full moon is called the Cold Moon. Note: Please have bike ready to roll at start time. Helmets are required. Lights are suggested for this ride. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

Tue., Jan. 1. SEMAMC 16th Annual New Year's Day Road Cycling, MA. - We'll cycle the streets and Shining Sea Bike Path from North Falmouth to Woods Hole and return for 27+/- miles for 2/3 hours or so. We'll do a shorter ride if the weather is iffy. We'll start at the Shining Sea Bike Path parking lot in North Falmouth. First re-group is Old Silver Beach and a look toward Marion, Rochester, Mattapoisett, Fairhaven, New Bedford and Puget Sound. Perhaps I'll include a couple of side tours into Gunning Point and Racing Beach areas. Then we're on to Woods Hole for refreshments. The return ride will bring us to Nobska Light and then the Shining Sea Path. Start time - late morning with riders and tires pumped and ready to roll. Helmets, water, spare tube required; user pump and tire changing tools would be a plus. Contact leader - paulbcurrier@comcast.net - 508-833-2690 - for start time and registration Helmets required. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

CAPE HIKES

Sun., Oct. 21. Hike along the Quashnet River, Falmouth / Mashpee, MA. This is a 4.2 mile hike at a moderate pace along the Quashnet River and through adjacent woods. About ½ of the hike will be on moderate rolling terrain. Meet at 12:45 for 1:00PM start. L Deborah Hayden (508-274-2820 before 9PM, shaferhayden@gmail.com)

Thu., Oct. 25. Hike--Sagamore Hill and Scusset Beach State Park, Sagamore, MA,. This 4 mile, 2 hour hike is on wooded paths to historic Sagamore Hill, along level wooded trails in Scusset Beach State Park, and along the Cape Cod Canal service road. Dress for wind along the canal. Go over the Sagamore Bridge, taking Exit 1A/Scusset Beach Road. Go 1.5 miles to the parking area, passing through a traffic light, pass McDonald's on the right, pass the fire station on the left. You will see the sign for Scusset Beach State Park. Pass the guard shack. Fairly soon on the right you will see the Headquarters sign. Park in that lot, on the near end of the parking lot near the road. L Robin McIntyre (508-789-9752 Before 9 pm, robinmcintyre@comcast.net, Robin is a third year Cape hike/SEM leader with WFA training.) L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net Jane is the Cape Hike AMC SEM chair with several years of hike leadership.)

(AN) Sat., Oct. 27. Hike -Wellfleet, Griffin Island, MA. Wooded trails, hills, out to dunes return. Meet 9:45 AM. Rte 6, left at lights toward Wellfleet Center, left on E. Commercial St. Turn Right on Chequessett Neck Rd. Continue to Great Island Parking Lot on Left. Over 2 hours. L Janet Kaiser (508-432-3277 eve before 9 p.m., jtkaiser@comcast.net)

Thu., Nov. 1. Hike Mashpee River Woodlands (C3C), Mashpee Neck Rd, Mashpee, MA, Wooded walk along Mashpee River. Take Orchard Rd. off Rte.28 to end. Turn R. then quick L onto Mashpee Neck Rd. Go 1.1 miles to Mashpee River Woodlands Pkg.Lot on R. Meet at 9:45AM. Hike 10 am - 12 pm. L Farley Lewis (508-775-9168 Before 9 PM, farlewis@comcast.net)

(FT) (NM) Sat., Nov. 3. Stroll down Memory Lane and Hike Great Neck Preserve, Wareham, MA. A great way to connect with fellow members of AMCSEM. This hike will be paced to meet the skills of the group. This 4 mile, 2 hour hike in the Great Neck Preserve in Wareham is on wooded trails through New England Forestry Foundation and Wildlands Trust lands. There are several minor hills and some wet areas. Hikers will pass a sheep farm, see Swan Pond, and have views of marshes with Buzzards Bay in the distance. Rain will cancel the event. For directions to meet up, please contact the hike leaders. After the hike, join us for the 2018 annual Meeting and Dinner at the Bay Pointe Club in Onset. Social hour begins at 4:30. See the link to register for the Annual Dinner. come and join us! L Robin McIntyre (508-789-8252 Before 9 pm, robinmcintyre@comcast.net, Robin is a 3rd year Level I SEM/Cape hike leader with WFA training) L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net, Jane is Cape Hike chair for AMCSEM with over 4 years of hike leadership experience.)

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CAPE HIKES

Thu., Nov. 8. Hike Long Nook Truro, MA. 2 hour hike. Visit AF Base and Jenny Lind Tower. Directions: From Route 6 take Right on Long Nook Rd (1.2 miles after Pamet Rd Exit) and follow to parking lot at the end. Meet at 9:45 and hike 10 am - 12:00 pm. L Richard Kaiser (508-432-3277 Before 9 PM, rjkaiser@comcast.net)

Sun., Nov. 11. Hike Shawme Crowell State Park Sandwich, MA. Two hour hike on wooded trails through the scenic campground. Driving directions: Take Rte 6 to Exit 2, Rte 130 and turn N. Stay on Rte 130 until you see entrance sign for Shawme Crowell. Turn into Shawme Crowell and turn right past entrance booth and follow road until you come to open space and paved cutout on R. Park along road off pavement if possible. Meet at 12:45 PM. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

(NM) (AN) Thu., Nov. 15. Hike-Barnstable-Crooked Cartway (C3C), MA. Wooded walk to The Walker Point Observation Deck. Take Rte. 149 to Rotary at Cape Cod Airport, Marstons Mills. West on Race Lane for 1.1 miles. Right onto Crooked Cartway to end. Meet 9:45AM. 2 hours. Hike 10 am - 12 pm. L Farley Lewis (508-775-9168 Before 9 pm., farlewis@comcast.net)

Sun., Nov. 18. Hike--Bourne Sisters, Bourne, MA. This 2 hour approximately 4 mile hike is in the Bourne Conservation Trust areas of the Bourne Sisters and Perry Woods. It also includes a cranberry bog and Town of Bourne Leary Property. The terrain is wooded pathways with frequent moderate rolling hills throughout the hike. This is not a novice hike. We will have views of Back River from the Leary Property. L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net, Robin is a third year SEM/AMC Level 1 hike leader with WFA training.)

Sun., Dec. 2. Hiking Bell's Neck Conservation, Sand Pond, Rt 139, Harwich, MA. 4.5mi hike in Bell's Neck Conservation Land, Harwich. Hike along East & West reservoirs, cranberry bogs, marshland & herring run. The herring should be running and the mayflower should be sighted! Meet at 12:45 p.m. for a 1:00 p.m. start. Rt. 6 Exit 10. S on Rt 124. Rt on 39S x 1.9mi to Sand Pond prkg on right. HEAVY rain cancels. L Barbara Gaughan (781-572-1321 before 9 pm, barbaragaughan12@comcast.net, Cape Cod hike & bike leader)

Sun., Dec. 9. Hike--Four Ponds and Bourne Town Forest, Bourne, MA. This 2 hour approximately 4.5 mile hike is in the Bourne Four Ponds Conservation Area and adjacent Bourne Town Forest. The terrain is wooded pathways, fire roads, and mountain bike trails with several moderate hills. It offers views of the ponds and some wildlife. It is a loop so does not offer easy bail-out points. This is not a novice hike. Note that the parking and trailhead is not the Four Ponds parking lot. From the Bourne Rotary/Cape side, take Route 28S for 1.7 miles. Take a right onto Clay Pond Road/Monument Beach (green state sign) before McDonald's. Go 0.5 miles and turn left onto Valley Bars Road. Go 0.3 miles and park on the side of the road before the Weary Traveler's club. Please bring water for drinking, dress in layers. Sturdy boots/shoes are suggested. If you have questions please contact leader L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net, Robin is a third year Level 1 SEM/Cape hike leader with WFA training)

Sun., Dec. 16. Hike Crowes Pasture, Dennis, MA. Hike in Crowes Pasture, along surrounding marsh and beach and through historic Quivet Neck neighborhood. Expect soft sand! L Deborah Hayden (508-274-2820 before 9PM, shaferhayden@gmail.com)

HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org.
Always looking for additional hike leaders!

Wed., Oct. 24. Fool Moon Hike at Borderland State Park, 259 Massapoag Ave. North Easton, MA. We will be meeting at the Maintenance Entrance to Borderland about 500 feet from the Main Entrance at 5:45. The hike will be approximately 2 hours around 5 miles. Please dress for the weather. Poop sheet will be sent to all who register. L William Cannon (508-649-6730 After 5pm, bcannon56@gmail.com) L Patricia McNally, R Bill Cannon (85 Fremont St., Bridgewater, MA 02324, 508-649-6730 5-8 pm, bcannon56@gmail.com)

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HIKING

Thu., Oct. 25. Arnold Arboretum - Autumn Peak Hike, Jamaica Plain, MA. Arnold Arboretum hike - including two hills with vistas and the "explorer's garden", spectacular fall foliage in this "tree museum". 4 -5 mile hike at a moderate pace. Bring water, sturdy footwear, snack or lunch. Meet at the visitors' center (Hunnewell Building) located at 125 Arborway, Jamaica Plain at 9:45 for prompt 10:00 am start. Plenty of on-street parking along the Arborway; or walk to the entrance from the Forest Hills Orange Line T-stop. Free admission. L Ken Cohen (508-942-1536 Before 8:00 pm, k-cohen@comcast.net)

Sat., Oct. 27. 7 mile hike on the Bay Circuit Trail, Sharon, MA. Our 7-mile point-to-point hike on the BCT (a 230-mile long multi-use trail!) will begin in Sharon. We will hike through Borderland State Park, stopping near the Borderland Visitor Center to enjoy lunch together. We will hike out of Borderland and down the power line trail (although not gorgeous, we may see deer and lots of birds!) We will hike into the "Fox Mountain Lot" which does not have a mountain but we may get lucky and spy a fox! We will hike into the very pretty Beaver Brooks woods areas and if we remind our fearless leader, he will point out the spot where the last bear in Easton camped out! L Bob Vogel (vogel.r@comcast.net, Bob is a 4 season Hike leader for the Southeastern Mass Chapter, as well as a hike leader for Boston Local Walks and a 3 Season Leader for Boston H/B.) CL Pamela Johnson (617-448-4446, pjohnson8992@gmail.com), R Pamela Johnson (617-448-4446 Before 8 P.M., pjohnson8992@gmail.com)

Sun., Oct. 28. Mt Roberts hike, NH. Enjoy late Autumn colors on this moderate hike to Mt Roberts, in the Castle in the Clouds Conservation Area. The distance is approx. 5 miles RT, with an elevation gain of 1,300 ft. With several view spots along the way, and the open summit, you'll understand why Mt Roberts is on NH's "52 With A View" list! Plan on wearing sturdy footwear, (not sneakers) and fleece or wool clothing for layering. (No cotton). L Peggy Qvicklund (774-893-3011 before 9 pm, qvickan@comcast.net) L Karen Singleton (karen.singleton@comcast.net)

Sun., Oct. 28. Presentation on Backpacking the Appalachian Trail 100-Mile Wilderness, First Parish of Norwell, 24 River Street, Norwell, MA. 7pm - 8pm. Registration is not required Overview: In mid-August of 2017 Dexter Robinson along with Bill Vickstrom, Bryan Jones, and Joe Marrone backpacked the Maine Appalachian Trail 100 mile wilderness. The 100 mile wilderness is generally considered the wildest section of the entire 2187 mile AT that runs from Springer Mountain, Georgia to Mt. Katahdin, Maine. This trail section is one of the more challenging to navigate and traverse and includes backpacking over a mountain range and numerous stream crossings. The trail offers a wide variety of trail conditions from a gentle walk in the woods to boulder fields. In this presentation Dexter Robinson will share his preparation and experience backpacking this section of the AT using a gear display, photos and video clips. L Dexter Robinson (dexpcdoc@gmail.com)

Thu., Nov. 1. Thurs Morn. Hike Moose Hill Audubon, 293 Moose Hill Pkwy, Sharon, MA. Meet at 9:45 AM Moose Hill Audubon This is a 4-5 mile moderately paced hike which includes both MassAudubon and Trustees of the Reservation land. The hike is relatively flat with some gentle climbing. Mass Audubon members park for free, but there is a \$3.00 parking fee for non-members. Be sure to bring water, lunch, rain gear, and wear sturdy boots. Heavy rain cancels. L Hans Luwald (508-668-0462, hans.luwald@gmail.com) CL Nancy Perlman (617-980-4878, nancyclist@gmail.com), R Nancy Perlman (617-980-4878, nancyclist@gmail.com)

Sat., Nov. 3. SEM Winter Hiking Workshop, Bourne Community Building Cafeteria 239 Main St. Buzzards Bay, MA. In the winter months, many of us think about going skiing or escaping to somewhere warm, but have you thought about winter hiking and snowshoeing? Do you like to be active and outside, but the thought of getting cold keeps you indoors? Then come join us for an informative afternoon that will change your mind about hiking and being outdoors in the winter months. You will learn about necessary clothing and gear, nutrition and hydration requirements, winter conditioning, winter issues and how to avoid them and why we love to hike in the winter. The workshop is free to all and is a prerequisite (or prior winter hiking experience) to join us for the SEM Winter Hiking Series. The workshop runs from 12:30-3:30 with clothing and gear demonstrations. Light lunch/snacks will be provided. After the workshop, join us for the SEM Annual Meeting/Dinner at the Bay Pointe Club in Buzzards Bay (registration is separate- see listing). L George Danis (339-236-0597, danisdad51@outlook.com) L Paul Miller

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HIKING

Thu., Nov. 8. Blue Hills Hike – Ponkapoag Pond - Canton, MA. Moderate to fast pace, with occasional stops. 4 ½ - 5 mile hike around The Pond, approx. 10:00am-12:30pm. Please arrive by 9:45 am for a prompt 10:00 am start. Bring snacks/lunch & water. We'll take a break at the AMC Camp. Steady rain cancels. Dogs on leash O.K. L Ken Cohen (508-942-1536 Before 8:00 pm, k-cohen@comcast.net)

(C) (FT) (NM) Sat., Nov. 10. Duxbury Round Pond Conservation Area Intro. Hike, MA. Pleasant, app. three-mile, two-hour long hike around kettle hole pond, active cranberry bogs (and inactive bogs being reclaimed through natural succession), former bog reservoir, and mixed white pine and red oak forest. Mostly flat with minor hills. Trail partly coincides with Bay Circuit Trail. Bring one liter of water, snacks, and rain jacket, wear comfortable shoes for trails with roots and some rocks. This is a great hike for beginners and/or nature lovers! L Paul Miller (paulallenmiller@verizon.net, Paul is an experienced four-season hike leader who likes to hike at a moderate pace that's comfortable for everyone.) CL Craig MacDonald (781-424-2490 9:00 am to 9:00 pm, Experienced hiker that has logged hundreds of miles hiking locally in Blue Hills, New Hampshire White Mountains, throughout the Hawaiian Islands and international treks in Nepal, Patagonia and European Alps. Particularly fond of alpine environments and winter hiking.), R Craig MacDonald (Phone calls only, no email, [781-424-2490](tel:781-424-2490) 9:00 am to 9:00 pm)

Thu., Nov. 15. Thursday AM Hike on Bay Circuit Trail through Walpole Conservation Land, 109 Robbins Road, Walpole, MA. Meet at 10am at the VFW Post at 109 Robbins Rd in Walpole for a 4.5 mile hike on the Bay Circuit Trail through Conservation Land. Mostly flat but with a few steep, but short sections up and down eskers. L Hans Luwald (508-668-0462 Before 9 pm, hans.luwald@gmail.com) CL Debbie Lepore (617-778-4339 Before 9 pm, dlepore2@gmail.com)

Tue., Jan. 1. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike is on Jan 1 and the last hike is March 19. Since the first hike is on New Year's Day, for this hike only, we will be meeting earlier (9 am) and hiking for only 2 hours. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register; you will also be asked to attend the excellent SEM winter hiking workshop on November 3. If you have a scheduling conflict you can attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (camaccurtain@aol.com) L Claire MacDonald , R Cathy MacCurtain (camaccurtain@aol.com)

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For the most current information, [search activities online](#)

HIKING

Tue., Jan. 8. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike is on Jan 1 and the last hike is March 19. Since the first hike is on New Year's Day, for this hike only, we will be meeting earlier (9 am) and hiking for only 2 hours. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register; you will also be asked to attend the excellent SEM winter hiking workshop on November 3. If you have a scheduling conflict you can attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (camaccurtain@aol.com) L Claire MacDonald , R Cathy MacCurtain (camaccurtain@aol.com)

Tue., Jan. 15. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike is on Jan 1 and the last hike is March 19. Since the first hike is on New Year's Day, for this hike only, we will be meeting earlier (9 am) and hiking for only 2 hours. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register; you will also be asked to attend the excellent SEM winter hiking workshop on November 3. If you have a scheduling conflict you can attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (camaccurtain@aol.com) L Claire MacDonald , R Cathy MacCurtain (camaccurtain@aol.com)

Continued on next page

Activities

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HIKING

Tue., Jan. 22. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike is on Jan 1 and the last hike is March 19. Since the first hike is on New Year's Day, for this hike only, we will be meeting earlier (9 am) and hiking for only 2 hours. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register; you will also be asked to attend the excellent SEM winter hiking workshop on November 3. If you have a scheduling conflict you can attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (camaccurtain@aol.com) L Claire MacDonald , R Cathy MacCurtain (camaccurtain@aol.com)

Tue., Jan. 29. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike is on Jan 1 and the last hike is March 19. Since the first hike is on New Year's Day, for this hike only, we will be meeting earlier (9 am) and hiking for only 2 hours. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register; you will also be asked to attend the excellent SEM winter hiking workshop on November 3. If you have a scheduling conflict you can attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (camaccurtain@aol.com) L Claire MacDonald , R Cathy MacCurtain (camaccurtain@aol.com)

Continued on next page

Activities

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HIKING

Tue., Feb. 5. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike is on Jan 1 and the last hike is March 19. Since the first hike is on New Year's Day, for this hike only, we will be meeting earlier (9 am) and hiking for only 2 hours. The last hike of the series will be a shorter hike followed by a social lunch at one of the local restaurants. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register. You will also be asked to attend the excellent SEM winter hiking workshop on November 3. If you have a scheduling conflict you can attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Claire MacDonald , R Cathy MacCurtain (camaccurtain@aol.com)

Fri., Feb. 8-10. Winter Hiking and Cross-Country Ski Weekend - Noble View Outdoor Center, 635 South Quarter Rd, Russell, MA. Join the SEM Chapter for its seventh annual winter weekend at Noble View Outdoor Center in Russell, MA, approximately 2 hours' drive west of Boston. Noble View sits atop a pristine mountaintop with beautiful trails that wind through quiet woodlands. Hiking, snowshoeing, and cross-country skiing will be offered, depending on conditions. Participants will need to bring their own equipment. The cottages have electricity, water, and wood-stove heating. A short walk from either cottage is a bathhouse with toilets and hot showers. This popular event is limited to 28 participants so register early. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Jeannine Audet , R Paul Brookes (603-799-4399 before 9 pm, PaulBrookes1966@outlook.com)

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Activities

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HIKING

Tue., Feb. 12. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike is on Jan 1 and the last hike is March 19. Since the first hike is on New Year's Day, for this hike only, we will be meeting earlier (9 am) and hiking for only 2 hours. The last hike of the series will be a shorter hike followed by a social lunch at one of the local restaurants. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register. You will also be asked to attend the excellent SEM winter hiking workshop on November 3. If you have a scheduling conflict you can attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Claire MacDonald, R Cathy MacCurtain (camaccurtain@aol.com)

Tue., Feb. 19. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike is on Jan 1 and the last hike is March 19. Since the first hike is on New Year's Day, for this hike only, we will be meeting earlier (9 am) and hiking for only 2 hours. The last hike of the series will be a shorter hike followed by a social lunch at one of the local restaurants. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register. You will also be asked to attend the excellent SEM winter hiking workshop on November 3. If you have a scheduling conflict you can attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Claire MacDonald, R Cathy MacCurtain (camaccurtain@aol.com)

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Activities

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HIKING

Tue., Feb. 26. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike is on Jan 1 and the last hike is March 19. Since the first hike is on New Year's Day, for this hike only, we will be meeting earlier (9 am) and hiking for only 2 hours. The last hike of the series will be a shorter hike followed by a social lunch at one of the local restaurants. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register. You will also be asked to attend the excellent SEM winter hiking workshop on November 3. If you have a scheduling conflict you can attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Claire MacDonald, R Cathy MacCurtain (camaccurtain@aol.com)

Tue., March 5. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike is on Jan 1 and the last hike is March 19. Since the first hike is on New Year's Day, for this hike only, we will be meeting earlier (9 am) and hiking for only 2 hours. The last hike of the series will be a shorter hike followed by a social lunch at one of the local restaurants. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register. You will also be asked to attend the excellent SEM winter hiking workshop on November 3. If you have a scheduling conflict you can attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Claire MacDonald , R Cathy MacCurtain (camaccurtain@aol.com)

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Activities

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HIKING

Tue., March 12. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike is on Jan 1 and the last hike is March 19. Since the first hike is on New Year's Day, for this hike only, we will be meeting earlier (9 am) and hiking for only 2 hours. The last hike of the series will be a shorter hike followed by a social lunch at one of the local restaurants. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register. You will also be asked to attend the excellent SEM winter hiking workshop on November 3. If you have a scheduling conflict you can attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Claire MacDonald , R Cathy MacCurtain (camaccurtain@aol.com)

Tue., March 19. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike is on Jan 1 and the last hike is March 19. Since the first hike is on New Year's Day, for this hike only, we will be meeting earlier (9 am) and hiking for only 2 hours. The last hike of the series will be a shorter hike followed by a social lunch at one of the local restaurants. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register. You will also be asked to attend the excellent SEM winter hiking workshop on November 3. If you have a scheduling conflict you can attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Claire MacDonald , R Cathy MacCurtain (camaccurtain@aol.com)

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Activities

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PADDLING

Wed., Oct. 24. Paddle The Herring River, north, West Harwich, MA. Paddle upstream to Coy Brook and up Coy Brook as far as the tide allows. Then paddle through the East Reservoir to the Herring River to lunch at North Road bridge. After lunch we'll paddle to the West Reservoir to see herring run and then return downstream for an 8 to 9 mile paddle. It's usually very colorful in the fall with lots of birds. Wear a PFD, bring a spray skirt in case of wind, bring water & lunch. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com), R Jean Orser (jeanorser@gmail.com)



Happy Trails!



The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | November 2018

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Members looking to sell, trade, or free-cycle their used equipment can post for free.

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Eighteen hikers—plus Sonny—turned out for the Oct. 25th Autumn Peak Hike at the Arnold Arboretum in Jamaica Plain. The 4 to 5-mile hike included two hills with wonderful vistas, spectacular fall foliage, and "the explorer's garden." More photos on page 7. *Photo by Ken Cohen*

SEMers turn out for Annual Meeting & Dinner

By Paul Miller SEM Communications Chair

As just one indication that our AMC Southeastern Mass. Chapter is doing just fine, thank you, almost 120 SEM members and their guests turned out for our 2018 Annual Meeting & Dinner at the beautiful Bay Pointe Club in Buzzards Bay on November 2nd. This was a new venue for us, since we've managed to outgrow most of the previous facilities we've used for this annual event. This is a good thing, even if it does make a little extra work for our already hard-working Membership Committee.

As usual, a social hour with cash bar and free appetizers preceded the business meeting. This gave everyone a chance to schmooze with members whom they may not have hiked, paddled, biked, or skied with recently, and to meet some of our newer members.

Barry Young, outgoing Chapter Chair, kicked off the blissfully short business meeting with some upbeat comments about the health and vitality of the chapter. Barry highlighted the fact that, for the first time in many years, we have *almost* a full [slate of officers](#) lined up for the coming year. (Anyone out there interested in serving as Chapter Vice Chair?)

(Continued on page 3)

View from the Chair: The Challenge of 'FG19'

Let me begin my first "View from the Chair" with a note of appreciation to you, our AMC Southeastern Mass. Chapter membership, for your confidence and support in electing me Chair of your Executive Board. And I especially thank Barry Young for his past leadership of the chapter and personal guidance. Barry patiently brought me (more-or-less) up to speed these past nine months while I served as Vice Chair. It is an honor to serve this chapter and work with such a fine Executive Board.



I was spurred to join AMC after learning about and hiking with the SEM's Thursday hiking group ten years ago. It's been a great "ride" ever since. I've had the opportunity to develop my hiking and leadership skills, lead hiking trips, serve a couple of stints on the Board as a committee chair, be a trip leader for AMC Adventure Travel, and now serve once again on the Executive Board. Over those years I have come to love this chapter, its members, its volunteers, and the contributions it makes to the overall AMC community.

Looking ahead, 2019 will be a once-in-a-decade challenge for the SEM. In addition to continuing to offer a variety of outstanding hikes, bike rides, and paddles, and serving our community with trail work and conservation initiatives, it is our chapter's turn to host AMC's annual Fall Gathering next October, which we've started to refer to as "FG19." This event draws 200-plus attendees from all 12 AMC chapters for a weekend of outdoor activities, educational workshops, and cross-chapter socializing. Your Executive Board has already begun planning for FG19 and you can expect regular progress updates as the new calendar year progresses. In the meantime, save the date October 18-20, 2019 for FG19.

Hope to see you out and about outdoors, of course. And don't forget to keep checking our activity listings on the AMC [ActDB trip database](#) to find an SEM activity that appeals to you.

Thanks!
Len Ulbricht,
AMC-SEM Chapter Chair

2018 Executive Board

Chapter ChairLen Ulbricht
Vice ChairOPEN
SecretaryAnn McSweeney
TreasurerPatty Rottmeier
Past Chapter ChairBarry Young
Biking ChairBernie Meggison
Biking Vice ChairOPEN
Cape Hiking ChairJane Harding
Cape Hiking Vice ChairCathy Giordano

Communications ChairPaul Miller
Communications Vice ChairDio Gonçalves
Conservation ChairBill Cannon
Conservation Vice ChairNancy Coote
Education ChairDoug Griffiths
Education Vice ChairSue Svelnis
Hiking ChairGeorge Danis
Hiking Vice ChairOPEN

Membership Chair.....Ellen Thompson
Membership Vice ChairSandy Santilli
Paddling ChairEd Foster
Paddling Vice ChairLuther Wallace
Skiing ChairJeannine Audet
Skiing Vice ChairBarbara Hathaway
Trails ChairSkip Maysles
Trails Vice ChairWayne Anderson

Ad Hoc Committee Chairs & Other Chapter Contacts

Social Director.....OPEN
Social Vice ChairOPEN
Social Media AdministratorChristine Racine
Social Networking Moderator.....Sue Mulligan

Webmistress..... Cheryl Lathrop
The Breeze Editor.....Mo Walsh
Blast Editor.....Marie Hopkins

Contact chair@amcsem.org
if you are interested in any
OPEN positions



Social time before the meeting. *Photo by Dave Selfe*

AMC-SEM Annual Meeting & Dinner

(Continued from page 1)

Then the members voted in the new slate of officers, including new Chapter Chair Len Ulbricht. Len has already served on the SEM Board in multiple capacities, including Chapter Vice Chair, Education Chair, and Membership Chair. He is also a very active SEM hike leader. Obviously, Len brings a tremendous amount of experience and dedication to the Chair position, which bodes well for the chapter in the coming years.

Next, Chapter Secretary Ann McSweeney presented the [2018 SEM Annual Report](#), prepared by the Communications Committee with input from our activities chairs. Patty Rottmeier presented the Treasurer's Report, which indicates the Chapter's finances are in good order.

Our guest Faith Salter, AMC Director of Volunteer Relations, commented on the recent move of the headquarters staff from the traditional (and very cramped) building on Joy Street on Beacon Hill to spacious new digs in City Square in Charlestown. Faith said she often uses the SEM as a role model for other AMC chapters, including some much larger ones. Thank you Faith! She also brought us up to date on the important AMC Youth Opportunity Program, which over the years has helped get many thousands of young people outdoors, including many from inner city neighborhoods who might otherwise never have an opportunity to do so. AMC provides leadership and loaner equipment for YOP activities.

After our buffet dinner served by the Bay Pointe Club's gracious staff, Joe Keogh—last year's SEM Distinguished Service Award recipient—presented this year's DSA Award to Maureen Kelly. Maureen has indeed served the chapter in a distinguished manner over the years as Chapter Chair, Vice Chair, Conservation Chair, four-season hiking and backpacking leader, organizer of multiple SEM Open House events, and all-around amazing person. For other awards, Jane Harding, Cape Hikes Chair and Cathy Giordano, Cape Hikes Vice Chair, presented a service award to Robin McIntyre; and Mike Woessner, outgoing SEM Hiking Chair, presented service awards to George Danis, Paul Brookes, and Paul Miller.



Joe Keogh presents the 2018 SEM Distinguished Service Award to Maureen Kelly. *Photo by Barry Young*

After Membership Chair Sandy Santilli and Vice Membership Chair Ellen Thompson raffled off a bunch of AMC guidebooks and headlamps, Len introduced our distinguished guest speaker: Carl Wirsen, Jr., from the Woods Hole Oceanographic Institute. In his fascinating and eye-opening presentation, "The Deep Sea," Mr. Wirsen showed how new technologies, such as deep diving submersibles and autonomous underwater vehicles, are helping advance our understanding of the deep sea environments and what this means for us land-dwelling creatures.

All in all, it was a great evening. If you didn't make it this year, you might want to consider joining us at next year's SEM Annual Meeting & Dinner.

(More photos on page 4)

New hiking series launched: the Weekend Local Hikes

By George Danis, Hiking Chair

SEM has a rich history of offering hikes based on a common theme. Examples include Red Line, White Line, Thursday morning, Full Moon, Introduction to Hiking, Winter Hiking, and the Spring Conditioning series. I'm pleased to announce the latest iteration of this program—the Weekend Local Hikes series.

The local hikes series is designed to offer an option to people who are looking for a local hike but are unable to attend the other programs which take place during weekdays. While there are numerous weekend hikes listed in the ActDB many of these are in the Whites or western Mass and therefore require a long drive to reach the trailhead. This series will offer an option that does not require a lot of advance planning (carpooling, overnight stay, etc.) and is more open to last minute decisions.



The program is entirely leader run with a calendar of available dates and planned events listed on the SEM web site under the hiking committee. The dates are listed in a spreadsheet and can be accessed by all SEM members. The goal of the spreadsheet is to present a “snapshot” of planned hikes and

available dates. Leaders can post a hike and people looking for one can quickly scan the spreadsheet to find one that appeals to them. Full hike details will still need to be listed in the ActDB – the spreadsheet is simply a convenient place to get an idea of what has been planned.

This is a new program that relies on leaders to access and post their hikes on the spreadsheet as well as in the ActDB. As a new program it may take some time to really take off but I also think this is a great addition to our other series and one that fills a need. All leaders are encouraged to use the spreadsheet as part of their hike planning process. The Thursday series has had great success with this approach and I believe we can build on that success with this new program.

SEM Annual Awards (Continued from page 3)



Robin McIntyre, left, accepts the Cape Hikes Service Award from Jane Harding & Cathy Giordano. *Photo by Barry Young*



Paul Miller, left, George Danis, and Paul Brookes accept the Hiking Committee Service Award from Mike Woessner. *Photo by Barry Young*



Len Ulbricht (left) introduces Carl Wirsen from Woods Hole Oceanographic Institute. *Photo by Paul Miller*



The winter series workshop was an amazing event, with a large group of participants fully engaged and eager to learn and share their own experiences. With a diverse group of instructors, this workshop was very informative and kept everyone engaged. *Photo & caption by Dio Gonçalves*

Winter hiking series workshop

By George Danis, Hiking Chair, and
Dio Gonçalves, Communications Vice Chair

On Saturday, November 3rd, forty-one “hardy” participants gathered for the 2018 Winter Hiking Workshop held at the Bourne Community Center. The group consisted of both people with some experience hiking in the winter and those who were new (and intrigued) by the idea of trying something different.

This program is a staple of the Hiking Committee and generally attracts a large audience, but this year’s program may well have set a record for attendees! The participants represented a good mix of SEM members and attentively listened to and engaged the presenters with questions and discussions about clothing, food, hydration, etc. The presenters were experienced winter hikers and were eager to share their knowledge with the group.

An integral part of the program is a series of four winter hikes for which classroom participants are given priority placement. The hikes are designed to introduce newcomers to the joys and issues associated with hiking in the winter. The hikes become increasingly challenging in terms of altitude and likely conditions and culminate

with an overnight stay at a White Mountain hut (Carter Notch). The issues associated with hiking include proper clothing, food, and hydration, as well as equipment needed to safely enjoy a day outside when weather conditions may include snow, ice, wind, and cold temperatures. In true SEM tradition, the attendees warmly embraced the prospect of being outside under these conditions!

The classroom session is conducted by experienced four-season hikers who are eager to share their experience and love of winter hiking with anyone willing to listen. Many thanks to Paul Allen, Leslie and Ken Carson, Maureen Kelly, Anne Duggan, Eva Borsody-Das, and Suzie Schobel for their enthusiastic and knowledgeable presentations that thoroughly engaged the audience.

A note from the workshop participant By Dio Gonçalves

For those who think that hiking is over when winter arrives, you missed our Introduction to Winter Hiking Workshop this year with a great deal of information, including proper clothing, equipment, heat management, physical conditioning, and—most important—hydration and nutrition.

Need an excuse to eat a few extra calories? Well, winter hiking is what you need. With the cold weather, your body needs extra calories to keep your body warm. Therefore, you can afford to have some extra calories to keep your body going. Equally important is hydration. Your body needs extra water, as well, so it is very important to hydrate even more than during the summer months. A tip from the workshop: The best way to truly hydrate is to drink plenty of water the day before, so your body is hydrated before you begin your hike.

If you missed our 2018 Winter Hiking Workshop, plan to attend the next one available. It is a great workshop and a must if you are planning to start winter adventures. Always do your research when planning your winter hikes. Share your planning with someone at home, and plan to check in when you arrive back in your vehicle. As always, be safe and enjoy the great outdoors.



(Continued on page 7)

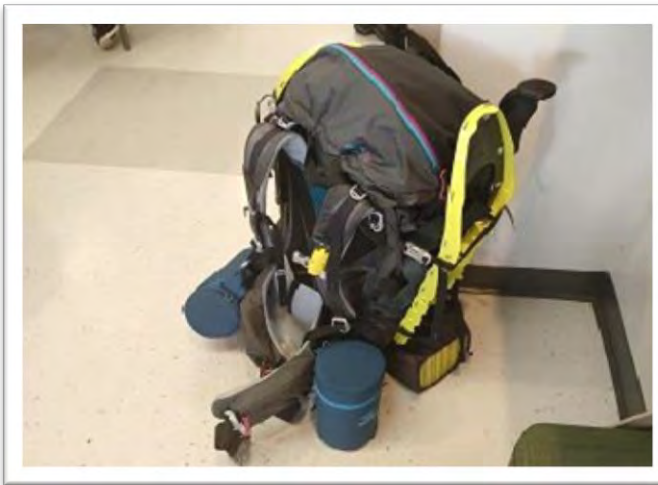
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Winter Hiking Workshop

(Continued from page 6)



Layer, layer, layer is Rule #1 for clothing when hiking, especially in the wintertime. Heat management is crucial during winter months. Rule #2 is NO COTTON! It's important to wear material that will not hold moisture and will dry quickly, such as merino wool, polyester, nylon, etc. A tip from the workshop: It's better to begin your hiking on the cooler side, as you heat up quickly and you can always add more layers. *Photo & caption by Dio Gonçalves*



Be ready to carry more weight. In addition to the extra clothes you should always bring, winter hiking will add a few items to your pack, but who doesn't enjoy trying new gear? I sure do. During this workshop we were able to see some interesting gear such as microspikes, crampons, and snowshoes. Having the appropriate gear is always important, but during winter conditions it can be the difference between life and death. *Photo & caption by Dio Gonçalves*

Volunteer at AMC's lodges, huts, campsites, and more!

Our volunteers are passionate about helping people enjoy the outdoors and learn about the natural world. The AMC has a variety of volunteer opportunities based at our Outdoor Program Centers, including **Information Volunteers**, **Volunteer Naturalists**, **Program Volunteers**, and **Volunteer Alpine Stewards**.

Information Volunteers welcome hikers and overnight guests, orient them to the facility, and offer advice about nearby hiking trails, outdoor gear, and activity programming. Depending on location, they may also lead nature walks and evening programs, assist with retail sales, or help guests with boats and paddling equipment. Information They serve at six AMC backcountry huts, at Hermit Lake Shelters, and at AMC's Mohican, Harriman, Pinkham, Highland, Cardigan, and Medawisla lodges.

Volunteer Naturalists provide outreach during self-designed presentations, activities, and nature walks. Throughout their stay, Volunteer Naturalists also offer trail advice, answer natural history questions, and promote the Junior Naturalist program. Naturalists can offer a variety of programs over a few days, or focus on just one or two topics; they can gear their programs toward kids, adults, or both.

Program Volunteers lead short guided hikes or nature walks, interact with guests using hands-on educational displays at "Table Talks," and lead other outdoor/nature activities. These "Walk-on Programs" are free and open to the public; participants often include novice hikers and families with children. Program Volunteers serve at Pinkham and Highland.

Volunteer Alpine Stewards provide outreach education to help protect the fragile alpine ecosystem on Franconia Ridge and Mt. Washington. Stewards engage with hikers about Leave No Trace principles, alpine ecology, trail conditions, and backcountry safety. Stewards also collect data for AMC's Mountain Watch and perform light trail maintenance.

For more information about any of these volunteer roles, or to request an application, please contact Kyra Salancy, AMC's Outdoor Program Centers Volunteer Coordinator, at amcvolservices@outdoors.org.

Arnold Arboretum Hike (Continued from page 1)

Photos by Ken Cohen



Summitting Peters Hill



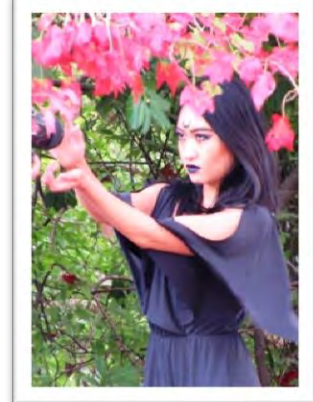
Ancient Bonsais Exhibit



Checking the mileage



Hemlock Hill



Public Photo Op



Giant sequoia tree huggers

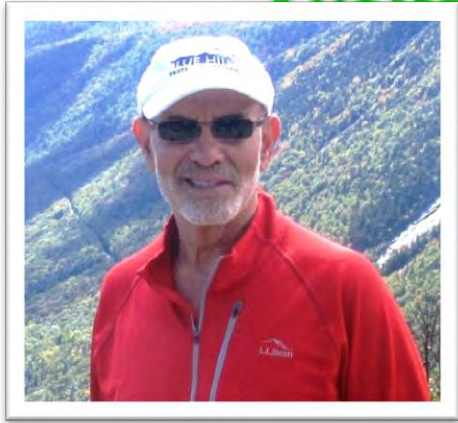


Craig in autumn colors



Trip leader, Ken Cohen

Photo by Susan Svelnis



Volunteer of the Month: Ken Cohen

By Mike Woessner, Outgoing Hiking Chair

Each month the AMC-SEM recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! Ken Cohen is November’s Hike Leader Volunteer of the Month.

Ken has volunteered as a Southeastern Massachusetts Chapter (SEM) Class I Hiking Leader for the past 18 months, having organized approximately a dozen trips in the Blue Hills, Wilson Mountain, Arnold Arboretum, and other local hiking destinations. His “specialty” is planning hikes in local areas not usually traveled by SEM hikers. Ken offers a unique experience, as in his annual Wilson Mountain Perennial hike, searching for Lady Slippers.

Ken is an avid photographer with a specialty in “the art of nature” and enjoys sharing his photographic knowledge with others. He’s a year-round hiker and snowshoe enthusiast. He is also a longtime member of “Trail Watch” in the Blue Hills, occasionally assisting the DCR Park Rangers. Currently Ken is an active ad-hoc member of the Board of Trustees for the Friends of the Blue Hills.

Congratulations Ken on a job well done!

Ken will receive a \$50 REI gift card.

Land and Water Conservation Fund

Our biggest and single most important opportunity for sustained conservation funding lies in successfully completing our campaign to permanently reauthorize the Land and Water Conservation Fund (LWCF) with full, permanent, dedicated funding. AMC has been working toward this goal for many years as a regional leader within the [national LWCF Coalition](#).

2018 has been a climactic year in this campaign, as AMC and the national Coalition faced the second expiration of LWCF in just three years, as well as concerted attacks on the program’s funding. Learning from the experience of successfully saving LWCF in 2015 (though only for the short term), we kicked off a year-long countdown to raise the visibility of LWCF, underscore to the public and lawmakers what is at stake, and bolster our Congressional champions on both sides of the aisle to fight for permanent authorization and full, dedicated funding of LWCF.

Status: The months leading up to the 2018 mid-term election have been incredibly eventful for LWCF. The backdrop of extremely tight races across the country has given our campaign increased resonance and leverage, especially in the Mid-Atlantic where conservation is a winning issue and a rare bright spot of bipartisan compromise. Here is where things stood when Congress left for their election recess:

Support for LWCF permanent reauthorization is now solid in the House of Representatives, but opponents still stand in the way of dedicated funding.

Permanent reauthorization PLUS full, permanent, dedicated funding of LWCF moved forward in the Senate with bipartisan support.

Despite these positive moves, time ran out and LWCF expired on September 30.

Congress will come back for a lame duck session to consider several outstanding issues before the end of the year. LWCF has reached the point of urgency and salience where it is seen as one of these “must deal with” issues, but the election results may change existing dynamics in both predictable and unexpected ways.

Get in touch with your elected leaders to let them know that you are still waiting for them to permanently reauthorize this important funding source.



On the Old Bridle Trail. *Photo by Sal Spada*

‘Winter’ hiking in October on Mount Lafayette

By Paul Miller, [Communications Chair & Hike Leader](#)

On the weekend of October 13 & 14, Anne Duggan and I led five other AMC hikers up to the AMC Greenleaf Hut near the summit of Mt. Lafayette in Franconia Notch. While, based on the calendar, this was not technically a “winter” hike, we required participants to have winter hiking experience and gear, since you never know what weather and trail conditions you’ll encounter up there in October. As it turns out, this was a good call.

The weather was damp and relatively mild with temps in the 50s on the drive up to Franconia Notch on Saturday morning. The thermometer had dropped a bit by the time we got to the crowded Old Bridle Path (OBP) trailhead parking area in Franconia Notch. This being prime “leaf peeping” season, our group was lucky to get the last three possible parking spots. We also lucked out in that it stopped drizzling just about the same time we were ready to start hiking.

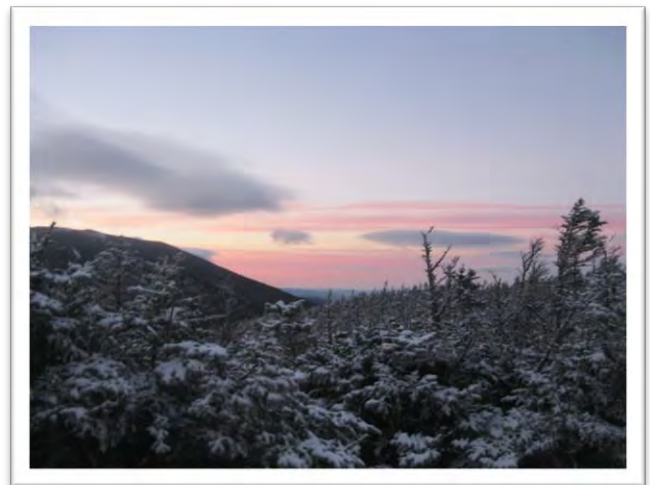
While the often-excellent views on the OBP were obscured by low clouds, we still had a nice hike up to the hut, encountering only a few wet and icy spots along the way. But by the time we reached the hut in the early afternoon, the wind had picked up, the thermometer dropped, and the views were obscured (and remained that way until just before sunset). At the hut, a ranger

was advising inadequately equipped hikers to stay off the ridge. We ate our trail lunches and then spent the afternoon socializing until the young hut croo was ready to serve all 48 guests a hearty turkey dinner. The croo’s after-dinner skit was among the best I have ever seen!

Our initial plan had been to summit Mt. Lafayette the next morning and then traverse the Franconia Ridge over Mt. Lincoln to Little Haystack and return to the trailhead via the Falling Waters Trail. However, come Saturday morning the high peaks forecast called for temps in the 20s, 20 to 30 mph winds (with gusts at 40 to 50 mph), with gradual clearing skies, but continuing cold and windy conditions. Not at all good conditions for traversing the very exposed Franconia Ridge.

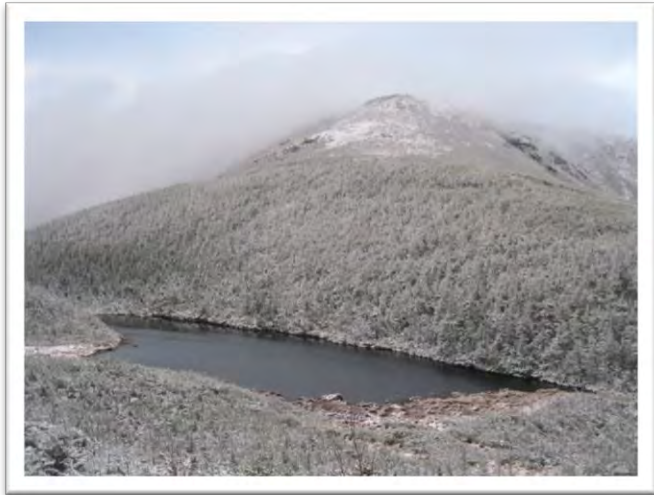


The AMC Greenleaf Hut. *Photo by Sal Spada*



Sunset from the Hut. *Photo by Sal Spada*

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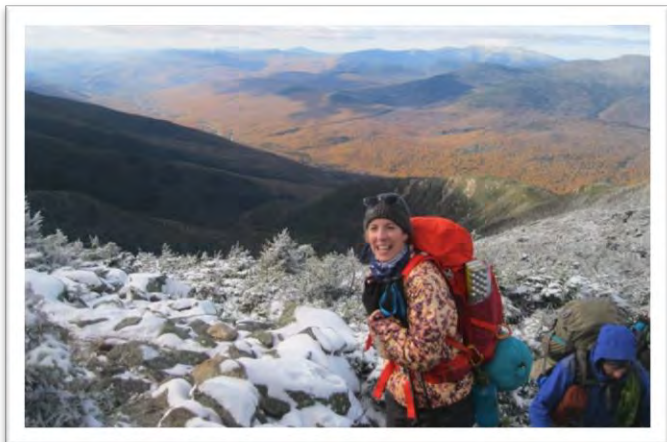


View up to Mt. Lafayette from the Hut. *Photo by Sal Spada*
‘Winter’ on Mt. Lafayette

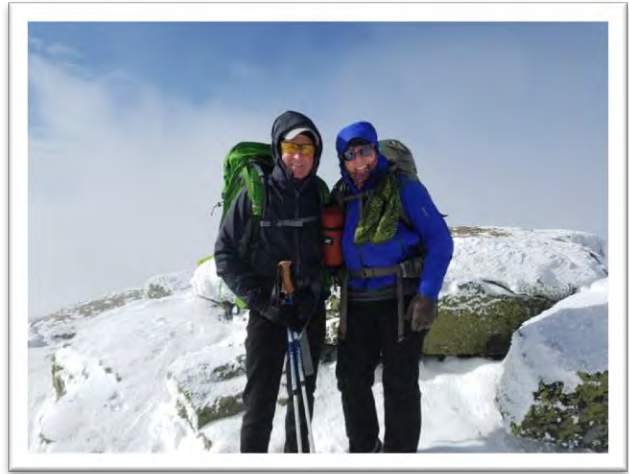
(Continued from page 9)

After our croo-served breakfast at the hut, we geared up, shouldered our packs, and headed up the Greenleaf Trail toward the 5,260-ft. summit of Mt. Lafayette, about one mile away and 1,000 feet above the hut. About halfway up to the summit, we started to feel the full force of the wind, and the increasingly icy trail conditions soon forced us to stop to slip on our microspikes. As we got closer to the summit, we were totally in the clouds, so no views. It was even windier on the summit and very cold.

While some among our group expressed an interest in continuing across the exposed ridge; I didn’t think that was a good idea. So, instead, we backtracked down the Greenleaf Trail. After a while, the clouds finally lifted.



On the Old Bridle Path. *Photo by Sal Spada*



Eric & Wendy. *Photo by Margo Flavin*

This allowed us to enjoy a fabulous view across Franconia Notch toward Cannon Mtn., Lonesome Lake, and the Kinsmans; and back up toward the summits of Lafayette and Lincoln.

We stopped briefly at the hut to bask in the sunshine and grab a snack and then continued down on the OBP, encountering quite a few people heading up the trail. At one of the stunning overlooks, we stopped to watch some guys fool around with a video camera-equipped drone, which was kind of cool. As is often the case with me, I slowed down quite a bit toward the end of the hike, but everyone else did just fine. Despite our change of plans, when we got back down to the trailhead, everyone was smiling broadly and thanked Anne and me profusely for a wonderful weekend. For an SEM hike leader, it doesn’t get much better than that. *(Continued on page 11)*



Winter conditions on the Greenleaf Trail. *Photo by Allison Zuchman*

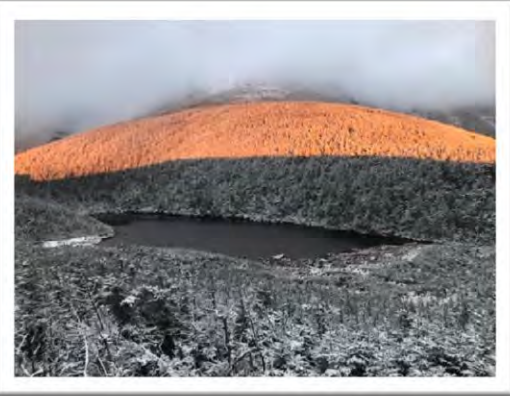
'Winter conditions on Mt. Lafayette (Continued from page 10)



Happy hikers. *Photo by Margo Flavin*



A little sunshine. *Photo by Margo Flavin*



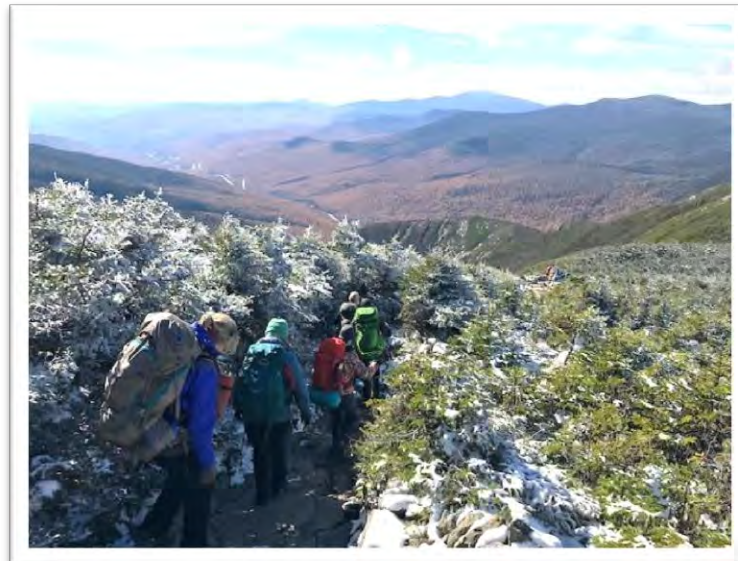
Amazing view from the Hut.
Photo by Allison Zuchman



Sal on the summit of Mt. Lafayette.
Photo by Paul Miller



Near the summit. *Photo by Margo Flavin*



Heading back down to Franconia Notch. *Photo by Allison Zuchman*



AMC's 2019 Annual Summit – Register Today!

January 26, 2019 – [Four Points by Sheraton, Norwood MA](#)

Please join AMC in kicking off another year in the outdoors! No matter what adventures you are planning for 2019, the 143rd Annual Summit has something for you. This event will connect both newcomers and lifelong members with valuable resources and provide opportunities for meeting people with similar interests and passions.

Annual Summit is AMC's thank you to our dedicated volunteers and members! We welcome you to sign up for a combination of workshops, trainings, and meetings that matches your interests. The full list of offerings will be available at outdoors.org/annualsummit starting in October.

This event will feature:

- Interactive workshops led by AMC experts and outdoor pros
 - Organization-wide committee meetings
 - A delicious buffet lunch
 - AMC's annual volunteer service awards
 - The 143rd Annual Business Meeting
 - Early evening reception, with complimentary drink and hors d'oeuvres
 - Updates on AMC's work in conservation, recreation, and education
- For those interested in staying over Friday and/or Saturday night, AMC will arrange for special group rates. Visit our registration page after October for more details.

Registration is Open!

Early Bird Special Pricing: Pay \$35 when you register before January 1, 2019.

Regular Rate of \$45 applies after January 1, 2019

Register at www.outdoors.org/AnnualSummit

Mount Rainier

AMC's August Camp 2019



Experience magnificent Mount Rainier National Park! See stunning waterfalls, alpine meadows carpeted with wildflowers and grand scenic vistas on dozens of easy to challenging hikes led by trained AMC volunteers. Visit Mount St. Helens. Trek across the shoulders of one of the highest and most dramatic peaks in the lower 48 states.

Camp in the small former lumbering town of Packwood, WA, adjacent to the park. Just arrive and enjoy the activities and camaraderie. Everything's provided: tents, hearty, delicious meals prepared by our staff, local transportation and a free shuttle from Seattle-Tacoma International Airport.

July 13 through August 10. Attend one week or two. Detailed information and registration will be posted at augustcamp.org by early December. Camp filled by mid-January last year, so don't miss out! Registration opens January 2, 2019.

Week 1:	July 13 — July 20
Week 2:	July 20 — July 27
Week 3:	July 27 — Aug. 3
Week 4:	Aug. 3 — Aug. 10

One Week: \$975 for members; \$1150 for non-members.

Applications are accepted beginning January 2, 2019 in the order in which they are received. Get sign-up information after December 1 at our web site, augustcamp.org.

Questions? Ask Lois Rothenberger at ACRegistrar@comcast.net

augustcamp.org



Photos by Kathy Kelly-Borowski, August Camp 2014

Activities

For the most current information, [search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

AA 13+

A 9-13

B 5-8

C less than 5

Indicates pace

1 very fast

2 fast

3 moderate

4 leisurely

Indicates terrain

A very strenuous

B strenuous

C average

D easy

Found in the description

L Activity leader

CL Activity co-leader

FT First Time

NM ... New Members

AN Advance Notice

C Conservation

BICYCLING

Sat., Dec. 22. Sunset and Full Cold Moon Cycling, MA. - 22+/- Miles/ 2 +/- hours. Flats & Hills. We'll ride from Sagamore Recreation Area (mainland side) into Sagamore Highlands with a stop at Peaked Cliff for a peek at Provincetown in the distance. Return to the recreation area and along the canal to Buzzards Bay for sunset at MMA or on Three Mile Outlook. Then back along the canal for moonrise over the Sagamore Bridge. Contact leader for further information. Ride starts around two hours before sunset. Alt. date Fri. Dec. 21 December is the month when winter begins for most of the Northern Hemisphere, hence, its full moon is called the Cold Moon. Note: Please have bike ready to roll at start time. Helmets are required. Lights are suggested for this ride. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

Tue., Jan. 1. SEMAMC 16th Annual New Year's Day Road Cycling, MA. - We'll cycle the streets and Shining Sea Bike Path from North Falmouth to Woods Hole and return for 27+/- miles for 2/3 hours or so. We'll do a shorter ride if the weather is iffy. We'll start at the Shining Sea Bike Path parking lot in North Falmouth. First re-group is Old Silver Beach and a look toward Marion, Rochester, Mattapoisett, Fairhaven, New Bedford and Puget Sound. Perhaps I'll include a couple of side tours into Gunning Point and Racing Beach areas. Then we're on to Woods Hole for refreshments. The return ride will bring us to Nobska Light and then the Shining Sea Path. Start time - late morning with riders and tires pumped and ready to roll. Helmets, water, spare tube required; user pump and tire changing tools would be a plus. Contact leader - paulbcurrier@comcast.net - 508-833-2690 - for start time and registration Helmets required. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

CAPE HIKES

(FT) (NM) Thu., Nov. 29. Hike--Great Neck Wildlife Sanctuary, Wareham, MA. This 4 mile, 2 hour hike in the Great Neck Wildlife Sanctuary in Wareham is on wooded trails through Mass Audubon lands. The trails are relatively level with roots and rocks to navigate. There are several large trees to step over across the trails. We will do a portion of the hike silently as a Muir walk in hope of seeing some wildlife. No dogs are allowed by Audubon rules. There is a view of Bass Cove from the Osprey Overlook. Go over the Bourne Bridge and continue on Route 25 for 6.7 miles. Take Exit 2, Onset/Wareham/Glen Charlie Road. Bear right on the ramp and continue through 2 traffic lights. As you cross Route 28/6/Cranberry Highway, the name changes to Depot Street. As you cross Onset Ave/Minot Ave., the name changes to Great Neck Road. Stay on Great Neck for 3.1 miles, turn right onto Stockton Short Cut Road. The Sacred Hearts Spirituality Center is on the left and a small Audubon sign is on the right. The parking is shortly on your left. Park tightly so we can fit all of the cars. Be alert for deer as you approach the area! L Robin McIntyre (508-789-8252 Before 9 pm, robinmcintyre@comcast.net) Robin is a 3rd year Level I SEM/Cape hike leader with WFA training)

Sun., Dec. 2. Hiking Bell's Neck Conservation, Sand Pond, Rt 139, Harwich, MA. 4.5mi hike in Bell's Neck Conservation Land, Harwich. Hike along East & West reservoirs, cranberry bogs, marshland & herring run. The herring should be running and the mayflower should be sighted! Meet at 12:45 p.m. for a 1:00 p.m. start. Rt. 6 Exit 10. S on Rt 124. Rt on 39S x 1.9mi to Sand Pond prkg on right. HEAVY rain cancels. L Barbara Gaughan (781-572-1321 before 9 pm, barbaragaughan12@comcast.net, Cape Cod hike & bike leader)

Continued next page

Activities

For the most current information, [search activities online](#)

CAPE HIKING

Thu., Dec. 6. Hike White Crest Beach C3C, Wellfleet, MA. Pretty wooded trails leading to the White Cedar Swamp boardwalk. Rolling terrain with one steeper sand hill. Meet at 9:45 for 10:00 start...2 hours. Rte 6 to right on Lecount Hollow Rd. Left at Ocean View Rd just before beach parking lot. At 0.9 mi turn right into White Crest Beach parking lot. L Pat Sarantis (508-430-9965 Before 9:00 PM, patsarantis@gmail.com)

Sun., Dec. 9. Hike--Four Ponds and Bourne Town Forest, Bourne, MA. This 2 hour approximately 4.5 mile hike is in the Bourne Four Ponds Conservation Area and adjacent Bourne Town Forest. The terrain is wooded pathways, fire roads, and mountain bike trails with several moderate hills. It offers views of the ponds and some wildlife. It is a loop so does not offer easy bail-out points. This is not a novice hike. Note that the parking and trailhead is not the Four Ponds parking lot. From the Bourne Rotary/Cape side, take Route 28S for 1.7 miles. Take a right onto Clay Pond Road/Monument Beach (green state sign) before McDonald's. Go 0.5 miles and turn left onto Valley Bars Road. Go 0.3 miles and park on the side of the road before the Weary Traveler's club. Please bring water for drinking, dress in layers. Sturdy boots/shoes are suggested. If you have questions please contact leader L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net, Robin is a third year Level 1 SEM/Cape hike leader with WFA training)

Thu., Dec. 13. Hike - West Falmouth-Quaker Woods, West Falmouth, MA. Rolling woodland trails, water views, historical sites. 2 1/4 hours, Meet 9:45 AM. From Bourne Bridge (cape side) follow Rt 28 south. Take the Thomas Landers exit. Bear R, continue to stop sign. L on Rt 28A for 1 mile. R onto Old Dock Rd. Park on R in lot near bike path. Sturdy boots, traction devices like Yaktraks, Stabilicers, Layers for warmth, snacks, water. Questions call Leader: Cathy Giordano 508 2433884. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com)

Sun., Dec. 16. Hike Crowes Pasture, Dennis, MA. Hike in Crowes Pasture, along surrounding marsh and beach and through historic Quivet Neck neighborhood. Expect soft sand! L Deborah Hayden (508-274-2820 before 9PM, shaferhayden@gmail.com)

Thu., Dec. 20. Hike Bourne Farm and Beyond, West Falmouth, Massachusetts, MA. Enjoy hiking the wooded trails at Bourne Farm and Cardoza Farm in West Falmouth. Some hills. Weather will dictate the decision to go beyond these areas to the beach or to the pond and bog areas. Dress in layers. Bring water, snacks, traction devices such as Yaktrax for icy areas. We meet at Bourne Farm at 9:45 am to begin the hike. From the Bourne Bridge (cape side) take Rt 28 south From Rt 151 West take Rt 28 south Then take the Thomas Landers exit. Turn right (West) off the ramp. At the stop sign turn right, make a quick left into Bourne Farm. Park here. Call leader Cathy Giordano if you have questions 508 243 3884. L Catherine Giordano (508-243-3884 Before 9 PM, cmgiordan@msn.com)

Sun., Jan. 6. Hike--Great Neck Wildlife Sanctuary, Wareham, MA. This outing will be in one of 2 forms--2 miles snow shoeing or 4 mile hiking, depending on weather and trail conditions. It will take place in the Great Neck Wildlife Sanctuary in Wareham, on wooded trails through Mass Audubon lands. The trails are relatively level but require negotiating roots and rocks. There are several trees to step over on the trails during hiking. We will avoid most step overs for snow shoeing. No dogs are allowed in the sanctuary by Audubon rules. There is a view of Bass Cove from the Osprey Overlook. Go over the Bourne Bridge and continue on Route 25 for 6.7 miles. Take Exit 2, Onset/Wareham/Glen Charlie Road. Bear right on the ramp and continue through 2 traffic lights. As you cross Route 28/6/Cranberry Highway, the name changes to Depot Street. As you cross Onset Ave/Minot Ave., the name changes to Great Neck Road. Stay on Great Neck for 3.1 miles. Turn right onto Stockton Short Cut Street. At the turn, Sacred Hearts Spirituality Center is on your left and a small Audubon sign is on the right. The parking is shortly on your left. Park close together to maximize available parking. L Robin McIntyre (508-789-8252 Before 9 pm, cmgiordan@msn.com) Robin is a 3rd year Level I SEM/Cape hike leader with WFA training)

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Activities

For the most current information, [search activities online](#)

HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org.
Always looking for additional hike leaders!

Thu., Nov. 29. Thurs AM Hike Through Burrage Wildlife Mngmt Area Hanson, MA. Meet at 10 AM in the parking lot off Hawks Avenue in Hanson to explore this property managed by the Mass. Division of Wildlife. We will hike on flat trails through old cranberry bogs, along Burrage Pond, and through woodlands. Our hike will include a section of the Bay Circuit Trail that passes through the area. No need to register. Contact leader with any questions. L Susan Svelnis (781-849-9299, suesvelnis@gmail.com)

Sat., Dec. 1. Winter Series Hike #1 - Mt. Wachusetts, MA. Join us for the first in this year's popular Southeastern Mass. Chapter's Winter Hiking Series and discover the fun, beauty, and camaraderie of winter hiking. We'll be doing an enjoyable, approx. 4.5-mile loop hike with some elevation gain and loss at Mt. Wachusetts in Princeton, MA. Weather permitting, we should enjoy expansive views from the fire-towered summit and, if we're really lucky, get an opportunity to try out some of our specialized winter hiking gear as well as practicing "layering" for winter hiking. Participation in the SEM Winter Hiking Workshop on Nov. 3rd (or equivalent) and/or significant winter hiking/showshoeing experience required to participate in this series. L Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net) L George Danis (danisdad51@outlook.com)

Sat., Dec. 1. Blue Hills Fowl Meadow Hike, 1216 Brush Hill Rd. Milton, MA. Join the 'Red Line the Blue Hills' hikers as they finish their season by hiking 9 miles of Fowl Meadow along the Neponset River. The terrain will be mostly flat and probably wet in some areas. Meet at the northern parking lot 1216 Brush Hill Rd., Milton for a 9:30 start. No registration required. Bring lunch and a smile. L Michael Swartz (swartz@brandeis.edu) L Susan Svelnis (suesvelnis@gmail.com)

Sun., Dec. 2. Holiday caroling hike around Houghton's pond, Blue Hills, MA. Join us for some holiday cheer as we hike around Houghton's pond singing holiday songs to whatever critters are listening. Song sheets will be provided and will include both traditional Christmass carols celebrating the birth of Christ as well as secular holiday songs. All singing abilities are welcome, no need to be able to hold a tune, Just come with a heart full of holiday cheer. The hike is flat and just over 1 mile. No registration required, meet at Houghton's Pond Visitor center at 10am. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Claire MacDonald

(FT) (NM) Thu., Dec. 6. Thurs. Morn. Hike-Cornell Farm/Little River Reserve, Smith Neck Road, Dartmouth, MA. Meet at 9:45 at Cornell Farm parking area for a 6-mile hike. The hike will explore the DNRT Frank Knowles-Little River Reserve and the Trustees Cornell Farm. The trails will take us on a boardwalk through wetlands, pass stone walls and farmhouse foundations. Some trails could be wet and soggy so waterproof footwear is suggested. Weather or trail conditions may shorten the hike. Bring snacks/lunch, rain jacket and at least one liter of water. Heavy rain will cancel. Hunting is not allowed on the DNRT trails but is allowed on the town owned property where we will be hiking. Since it is hunting season, hikers should wear blaze orange hats and vests. L Walt Granda (508-971-6444 before 9 PM, wgrand@aol.com)

Thu., Dec. 13. Thurs. AM Blue Hills Hike/Snowshoe - Ponkapoag Pond, Canton, MA. Moderate to fast pace, with occasional stops. 4 ½ - 5 mile hike around The Pond. Approx. 10:00am-12:30pm. Please arrive by 9:45 am for a prompt 10:00 am start. Bring hiking shoes, micro-spikes or similar traction devices, snacks/lunch & water. We'll take a break at the AMC Camp, down near the pond, weather permitting. Steady rain or heavy snow cancels. Dogs on leash O.K. L Ken Cohen (508-942-1536 Before 8:00 pm, k-cohen@comcast.net) Year-round hiker and snow shoe enthusiast. Join groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Class I Hiking Leader for the past 18 months having organized approximately a dozen trips in The Hills and other local hiking destinations. Longtime member of DCR's "Trail Watch" in the Blue Hills. Active ad-hoc member of the Board of Trustees for Friends of The Blue Hills. Avid nature photographer.)

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HIKING

Sat., Dec. 15. Snowshoe #1, TBA, MA. Snowshoe #1 - We will be chasing snow in the White Mountains for the first of our winter snowshoes. Hike location will be announced 1 week prior to the trip. The snowshoe will be approximately 5 miles with 1000-1500 ft of elevation gain. Must have full winter gear, snowshoes, and microspikes. Preference will be given to the SEM winter hiking workshop attendees. L Anne Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com) L Eva Das (borsody@gmail.com), R Anne Duggan (177 Rounseville Road, Rochester, MA 02770, 508-789-5538 before 9 pm, abduggan12@gmail.com)

(FT) (NM) Thu., Dec. 20. Borderland State Park/Bay Circuit Trail, Borderland State Park, MA. Meet at 10AM at Borderland SP parking lot on Massapoag Avenue on the Sharon/North Easton border for a six-mile hike, including portions of the Bay Circuit Trail with pond views. Bring water, lunch, layers, sturdy footwear. Rain or storm cancels. Parking fee is \$5.00 for residents, \$6.00 for non-residents.. L Deborah Lepore (617-778-4339 before 9 PM, DLepore2@GMail.com) L Hans Luwald (508-668-0462 Before 9:00 PM, hans.luwald@gmail.com) CL Hans Luwald (508-668-0462 before 9 pm, Hans.Luwald@GMail.com)

Thu., Dec. 20. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA. Come hike under the Full Moon. We will be meeting at the Maintenance Entrance to Borderland about 500 feet from the Main Entrance at 5:45. The Hike will be approximately 2 hours. Around 5 miles. Please dress for the weather. Micro spikes, and snow shoes may be in order for this time of year. A Poop sheet detailing the hike will be sent out to all who register. When registering, please include the date of the hike, your contact number and a description of your latest hike. L William Cannon (508-697-3560, bcannon56@gmail.com) L Nancy Coote (bcannon56@gmail.com), R Bill Cannon (bcannon56@gmail.com)

Thu., Dec. 27. Blue Hills hike-- Yellow triangle, Meet at Houghtons Pond parking lot. 840 Hillside Street Milton MA. This hike follows the yellow triangle starting behind Ranger headquarters: very hilly in sections, no rock scrambling though. Traction devices necessary. Rain or snowstorm cancels. L Rachel Thibeault (774-360-2539 before 8:00 PM, ratebo@yahoo.com)

Tue., Jan. 1. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike is on Jan 1 and the last hike is March 19. Since the first hike is on New Year's Day, for this hike only, we will be meeting earlier (9 am) and hiking for only 2 hours. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register; you will also be asked to attend the excellent SEM winter hiking workshop on November 3. If you have a scheduling conflict you can attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (camaccurtain@aol.com) L Claire MacDonald , R Cathy MacCurtain (camaccurtain@aol.com)

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HIKING

Sat., Jan. 5. Winter Series Hike #2 - Mt. Roberts, Moultonborough, NH. Join us for the second hike in our popular SEM Winter Hiking Series to Mt. Roberts. This is a beautiful 5.5-mile, 1350' elevation hike with moderate difficulty. Mt. Roberts is the westernmost peak in the Castle in the Clouds complex in the Ossipee Mountains. While the summit features strong views to the north, perhaps the most scenic portion is the ledge area along the Mt. Roberts Trail. The Lake Winnepesaukee views from this section are second to none. - All Trails In addition to appropriate winter-rated hiking boots and appropriate (non-cotton) clothing, depending on conditions, microspikes and/or snowshoes may also be required for this hike. Participation in the SEM Winter Hiking Workshop or equivalent and/or significant winter hiking/snowshoeing experience required to participate in this series. L Maureen Kelly (mokol773@aol.com) L Paul Miller (paulallenmiller@verizon.net) L George Danis CL Susan Schobel (susan.schobel@gmail.com), R Susan Schobel (susan.schobel@gmail.com)

Tue., Jan. 8. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike is on Jan 1 and the last hike is March 19. Since the first hike is on New Year's Day, for this hike only, we will be meeting earlier (9 am) and hiking for only 2 hours. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register; you will also be asked to attend the excellent SEM winter hiking workshop on November 3. If you have a scheduling conflict you can attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (camaccurtain@aol.com) L Claire MacDonald , R Cathy MacCurtain (camaccurtain@aol.com)

Tue., Jan. 15. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike is on Jan 1 and the last hike is March 19. Since the first hike is on New Year's Day, for this hike only, we will be meeting earlier (9 am) and hiking for only 2 hours. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register; you will also be asked to attend the excellent SEM winter hiking workshop on November 3. If you have a scheduling conflict you can attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (camaccurtain@aol.com) L Claire MacDonald , R Cathy MacCurtain (camaccurtain@aol.com)

Activities

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HIKING

Thu., Jan. 17. Borderland State Park hike, 259 Massapoag Ave. North Easton MA. Easy hike around ponds at Borderland State Park. About 4 miles. Lunch stop at Ames original house foundation. Bring traction device in case of icy trails. Directions; From Rt 24 take exit 16(Rte 106West/Mansfield) follow Rt.106 West through 4 sets of traffic lights. Go thru 4th light, which will be intersection of 123 and 106, cont. west on Rtes 123&106 for 1/2 mile. Take right on Poguanticut Ave. Then take left on Massapoag Ave. there will be a brown sign for Borderland. Follow Massapoag for about 3 miles and park all be on right. There is a fee to park of 5 dollars. L Rachel Thibeault (774-360-2539 call before 8:00PM, rateebo@yahoo.com)

Tue., Jan. 22. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike is on Jan 1 and the last hike is March 19. Since the first hike is on New Year's Day, for this hike only, we will be meeting earlier (9 am) and hiking for only 2 hours. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register; you will also be asked to attend the excellent SEM winter hiking workshop on November 3. If you have a scheduling conflict you can attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (camaccurtain@aol.com) L Claire MacDonald , R Cathy MacCurtain (camaccurtain@aol.com)

Tue., Jan. 29. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike is on Jan 1 and the last hike is March 19. Since the first hike is on New Year's Day, for this hike only, we will be meeting earlier (9 am) and hiking for only 2 hours. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register; you will also be asked to attend the excellent SEM winter hiking workshop on November 3. If you have a scheduling conflict you can attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (camaccurtain@aol.com) L Claire MacDonald , R Cathy MacCurtain (camaccurtain@aol.com)

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HIKING

Sat., Feb. 2. Winter Series Hike #3 - Mt. Kearsarge North, Mt. Washington Valley, NH. Join us for the third hike in our Winter Series. Weather permitting, this moderate 6.2- mile, 2600' elevation hike to Mt. Kearsarge North in the Mt. Washington Valley promises fabulous views from the fire tower summit. There are some steep sections near the summit. Participation in our current or past Winter Hiking Workshop or equivalent is required for those without winter hiking experience. Full winter gear (snowshoes, microspikes, winter-rated boots, etc.) required. L Maureen Kelly (mokel773@aol.com) L Eva Das (borsody@gmail.com), R Maureen Kelly (617-943-4288 before 8:00 pm, mokel773@aol.com)

Tue., Feb. 5. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike is on Jan 1 and the last hike is March 19. Since the first hike is on New Year's Day, for this hike only, we will be meeting earlier (9 am) and hiking for only 2 hours. The last hike of the series will be a shorter hike followed by a social lunch at one of the local restaurants. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register. You will also be asked to attend the excellent SEM winter hiking workshop on November 3. If you have a scheduling conflict you can attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Claire MacDonald , R Cathy MacCurtain (camaccurtain@aol.com)

Fri., Feb. 8-10. Winter Hiking and Cross-Country Ski Weekend - Noble View Outdoor Center, 635 South Quarter Rd, Russell, MA. Join the SEM Chapter for its seventh annual winter weekend at Noble View Outdoor Center in Russell, MA, approximately 2 hours' drive west of Boston. Noble View sits atop a pristine mountaintop with beautiful trails that wind through quiet woodlands. Hiking, snowshoeing, and cross-country skiing will be offered, depending on conditions. Participants will need to bring their own equipment. The cottages have electricity, water, and wood-stove heating. A short walk from either cottage is a bathhouse with toilets and hot showers. This popular event is limited to 28 participants so register early. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Jeannine Audet , R Paul Brookes (603-799-4399 before 9 pm, PaulBrookes1966@outlook.com)

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Spend the Weekend!

Enjoy hiking, snowshoeing, and cross-country skiing with AMC-SEM friends at the Noble View Outdoor Center in Russell, Massachusetts.

Register NOW!

Activities

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HIKING

Tue., Feb. 12. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike is on Jan 1 and the last hike is March 19. Since the first hike is on New Year's Day, for this hike only, we will be meeting earlier (9 am) and hiking for only 2 hours. The last hike of the series will be a shorter hike followed by a social lunch at one of the local restaurants. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register. You will also be asked to attend the excellent SEM winter hiking workshop on November 3. If you have a scheduling conflict you can attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Claire MacDonald, R Cathy MacCurtain (camaccurtain@aol.com)

Tue., Feb. 19. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike is on Jan 1 and the last hike is March 19. Since the first hike is on New Year's Day, for this hike only, we will be meeting earlier (9 am) and hiking for only 2 hours. The last hike of the series will be a shorter hike followed by a social lunch at one of the local restaurants. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register. You will also be asked to attend the excellent SEM winter hiking workshop on November 3. If you have a scheduling conflict you can attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Claire MacDonald, R Cathy MacCurtain (camaccurtain@aol.com)

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For the most current information, [search activities online](#)

HIKING

Tue., Feb. 26. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike is on Jan 1 and the last hike is March 19. Since the first hike is on New Year's Day, for this hike only, we will be meeting earlier (9 am) and hiking for only 2 hours. The last hike of the series will be a shorter hike followed by a social lunch at one of the local restaurants. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register. You will also be asked to attend the excellent SEM winter hiking workshop on November 3. If you have a scheduling conflict you can attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Claire MacDonald, R Cathy MacCurtain (camaccurtain@aol.com)

Thu., Feb. 28. Thursday Morning Blue Hills Hike/Snowshoe - Ponkapoag Pond, Canton, MA. Moderate to fast pace, with occasional stops. 4 ½ - 5 mile hike around The Pond. Approx. 10:00am-12:30pm. Please arrive by 9:45 am for a prompt 10:00 am start. Bring hiking shoes, micro-spikes or similar traction devices, snacks/lunch & water. We'll take a break at the AMC Camp, down near the pond, weather permitting. Steady rain or snow cancels. Dogs on leash O.K. L Ken Cohen (508-942-1536 Before 8:00 pm, k-cohen@comcast.net, Year-round hiker and snow shoe enthusiast. Join groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Class I Hiking Leader for the past 18 months having organized approximately a dozen trips in The Hills and other local hiking destinations. Longtime member of DCR's "Trail Watch" in the Blue Hills. Active ad-hoc member of the Board of Trustees for The Friends of The Blue Hills. Avid nature photographer.)

Continued next page

WINTER SERIES HIKES

Dec. 1. Winter Series Hike #1 - Mt. Wachusetts, MA.

**Jan. 5. Winter Series Hike #2 - Mt. Roberts,
Moultonborough, NH.**

**Feb. 2. Winter Series Hike #3 - Mt. Kearsarge North, Mt.
Washington Valley, NH.**

TBA Winter Series Hike #4 - (The Big One)

Activities

For the most current information, [search activities online](#)

HIKING

Tue., March 5. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike is on Jan 1 and the last hike is March 19. Since the first hike is on New Year's Day, for this hike only, we will be meeting earlier (9 am) and hiking for only 2 hours. The last hike of the series will be a shorter hike followed by a social lunch at one of the local restaurants. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register. You will also be asked to attend the excellent SEM winter hiking workshop on November 3. If you have a scheduling conflict you can attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Claire MacDonald , R Cathy MacCurtain (camaccurtain@aol.com)

Tue., March 12. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike is on Jan 1 and the last hike is March 19. Since the first hike is on New Year's Day, for this hike only, we will be meeting earlier (9 am) and hiking for only 2 hours. The last hike of the series will be a shorter hike followed by a social lunch at one of the local restaurants. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register. You will also be asked to attend the excellent SEM winter hiking workshop on November 3. If you have a scheduling conflict you can attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Claire MacDonald , R Cathy MacCurtain (camaccurtain@aol.com)

Continued next page

Activities

For the most current information, [search activities online](#)

HIKING

Thu., Mar. 14. Thursday Morning Blue Hills/Buck Hill Hike, Blue Hills, Milton, MA. We will hike 5 hilly miles in the Blue Hills from the State Police Barracks on Hillside Street to Buck Hill and return. Bring water, lunch, sturdy footwear, rain gear. Storm cancels. L Deborah Lepore (617-778-4339 Before 9:00 pm, DLepore2@GMail.com) CL Hans Luwald (508-668-0462 before 9:00 PM, hans.luwald@gmail.com)

Tue., March 19. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike is on Jan 1 and the last hike is March 19. Since the first hike is on New Year's Day, for this hike only, we will be meeting earlier (9 am) and hiking for only 2 hours. The last hike of the series will be a shorter hike followed by a social lunch at one of the local restaurants. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register. You will also be asked to attend the excellent SEM winter hiking workshop on November 3. If you have a scheduling conflict you can attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Claire MacDonald , R Cathy MacCurtain (camaccurtain@aol.com)

SKIING

Fri., Jan. 11-13. Cross Country Skiing in Waterville Valley, 5 Old Waterville Rd., Campton NH 03223. Join us for a cross country skiing weekend in Waterville Valley, NH. We will stay at the lovely Mountain Fare Inn, & ski beautiful trails at nearby Waterville Valley Resort. Late check out from the Inn allows us to ski on Saturday & Sunday. The Inn provides a hot breakfast & we will have dinner at local restaurants. After skiing, we enjoy Happy Hour at the Inn (BYOB & a snack to share). L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com) L Barbara Hathaway (barb224@tmlp.net), R Barbara Hathaway (508-662-0724, barb224@tmlp.net)

Fri., Mar. 1-3. Cross Country Skiing- The Old Field House, 347 NH 16A, Intervale NH. Join us for a weekend at the Old Field House in Intervale, NH. We will cross country ski, snowshoe &/or hike, depending upon the snow conditions. The Old Field House is a cozy B & B, with a hearty breakfast included. There are many opportunities for outdoor activities and shopping close by. Dinners will be at local restaurants. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com) CL Barbara Hathaway (508-662-0724, barb224@tmlp.net), R Barbara Hathaway (508-662-0724, barb224@tmlp.net)

Happy Trails!



The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | December 2018

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First-ever "Caroling Around the Pond" troupe at Houghton's Pond on December 1st.
Photo and video by Paul Brookes

Caroling Around the Pond

By Pam Johnson, Hike Leader, & the Troupe

Sixteen festive carolers gathered together at Houghton's Pond on Saturday morning, December 1st, to embark on the First Ever "Caroling Around the Pond" hike! With jingle bells, sparkling garlands, reindeer antlers, and Christmas trees adorning their heads (yes, trees on their heads), the merry band set out on a beautiful, sunny day to sing both sacred Christmas hymns and traditional holiday tunes while hiking around Houghton's Pond.

Paul Brookes pitched (no pun intended) the idea to Cathy MacCurtain, Claire and Craig MacDonald, and Pam Johnson at a White-Lining planning meeting and without missing a beat (sorry!) all were on board with the plan! Paul, Cathy and Claire were in charge of refreshments—hot cider, cookies, and eggnog cake. Pam took the lead on creating the "Caroling Around the Pond" book of 20 tunes and even included some creative verses about the AMC and our chapter! You can tune in right here:

https://1drv.ms/v/s!AiqwzZ_0nJEkj9YCWruY77hr3TNQBq

(If you don't listen to it all, start from 35 seconds in for the special verse.)

Continued on Page 3



View from the Chair: Best Winter Activities

I was talking to an arborist the other day about some dead and dying ash trees on my property that need to be cut down. My initial thought was that the emerald ash borers have finally arrived. But he explained that, while they are certainly coming, they haven't reached our area yet. Instead, something in the soil is killing those ashes, but he didn't mention what that might be. He went on to say that the tree cutters are very busy now and will be working throughout the winter and all year round. "Winter is best for tree work," he explained. "No bugs, brisk fresh air, and, if you get cold, you can go sit in the truck to warm up."

But SEMers know, especially those who attended our recent Winter Workshop, that dressing in layers and continuous movement (plus the occasional use of chemical hand and toe warmers) will keep us warm—no truck needed. Yes, winter *is* best for many outdoor activities and SEM has a full schedule for you.

Here are a just a few suggestions:

[SEM's 16th Annual New Year's Day Road Cycling](#) on the Shining Sea Bike path from North Falmouth to Woods Hole.

In addition to our weekly local winter day hikes/snowshoes, try something further afield, such as [Winter Series Hike #2 to Mt. Roberts](#) in New Hampshire on Jan. 5th, offering views of ice covered Lake Winnepesaukee; [Winter Series Hike #3 to Mt. Kearsarge North](#) on Feb. 2nd to enjoy views of the snow-covered White Mountain range; or, if you've participated in previous Winter Series hikes (and have the right winter gear), please consider joining us for the [Winter Hiking Series Overnight](#) trip to beautiful Carter Notch.

Consider a weekend getaway to my favorite: [The Old Field House Weekend in Intervale, NH](#), March 1st-3rd to XC ski, snowshoe, hike (or just do some shopping in nearby North Conway if that's your preference).

Hello, Winter! I don't know about you, but I'm going outside. Hope to see you out and about, too. Just don't forget to dress in layers...and keep moving!

Len Ulbricht, Chapter Chair

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Contact chair@amcsem.org
if you are interested in any
OPEN positions



In Memoriam: Alan Alexis

SEM member Bill Vickstrom recently informed the *Breeze* that our fellow SEM member, Alan Alexis, has passed away. According to Bill, Alan was a good friend and a very strong and adventurous hiker. Here are some comments from his obituary:

“Alan M. Alexis, of Duxbury, MA, died on Nov 24th. Al graduated from Rutgers University in New Jersey in 1973. Alan was an avid hiker, having hiked the highest points in 48 of 50 states. He participated in many AMC activities including hiking all of the Mid State and North South Trails. He was interested in the environment, reading, cooking, traveling and listening to jazz and blues music. He was a member of the Jones River Historical Society in Kingston.”

We'll miss you Alan!



The Appalachian Trail,
NH White Mountains.

Ledger: Hikers stop at ‘Eddie’s Tree’

Hike leader Ken Cohen reported that the December 13th hike around Ponkapoag Pond received excellent press coverage, thanks to reporter and AMC-SEM member Sue Scheible.

The group paused at the new maple tree planted at the golf course in memory of Eddie DeSantis, an AMC-SEM member and Blue Hills Trail Watch volunteer. There were 30 hikers, many of whom remembered Eddie and his legend.

The article and photos can be found [here](#).

Thanks, Sue and Ken!

Ponkapoag chorus (Continued from Page 1)

As the merry troupe made its way around the pond, stopping to regale one another with lovely melodies, they also entertained many folks who were simply enjoying a day outside hiking around the pond! Still in fine voice after singing all 20 tunes, they gathered once again at the Houghton’s Pond Visitor Center for the surprise grand finale—a rousing rendition of “Twelve Days of Christmas” Hawaiian style! Thanks to Claire MacDonald we sang of “One mynah bird in one papaya tree!”

Pam has offered to lead this event again next year! Perhaps “Caroling Around the Pond” will become a new SEM chapter tradition! So, if you missed the first Hike & Sing, we hope you will join us in 2019!

Winter Series Hike #4 set for March 1-3

The fourth and final trip in AMC-SEM’s 2018-19 Winter Hiking Series will bring us to remote and pristine Carter Notch in New Hampshire. On Friday, March 1, we’ll hike or snowshoe into the AMC Carter Notch hut via the very pretty 3.8-mile long Nineteen-Mile Brook Trail, with a (mostly) gradual 1,900-foot elevation gain. On Saturday, we’ll visit a nearby 4,000-foot peak, such as Carter Dome and/or Wildcat A, and then hike out on Sunday. Possible option for just staying Saturday night.

Previous winter hiking experience and full winter gear required, including microspikes, snowshoes, crampons, insulated winter boots, and zero-degree sleeping bag. Preference given to those who have participated in previous SEM Winter Series hikes/snowshoes this season. Leaders are Paul Miller, George Danis, Maureen Kelly, and co-leader Dio Gonçalves. [See details here.](#)

‘Weather Gods’ Shine Down on SEM Winter Series #1 Hikers

By Paul Miller, Hike Leader

Photos & captions by Dio Gonçalves

Even with several last-minute cancellations, seventeen members showed up at the Balance Rock trailhead in the Mt. Wachusett ski area parking lot on Saturday, Dec. 1st for the first trip in this year’s popular SEM Winter Hiking Series. This included a nice mix of newcomers to winter hiking and more experienced winter hikers.

The weather was great; with crisp, sunny skies; temperatures in the low 30s; and hardly any wind at all. Shortly after hitting the trail, we had to stop to adjust clothing layers to keep from over-heating. Soon after that we stopped once again to slip on our microspikes to avoid slips on the increasingly snow-packed hiking trails. Unusual for a winter hike, due to the warmth of the sun and lack of wind, we didn’t even have to “layer up” again when we arrived at the summit to stop to enjoy the views and eat our trail lunches. We also spent a lot more time on the summit than is usual for a winter hike.

The hike back down to the trailhead was equally enjoyable and—although we never rushed—we completed this 4.1-mile loop hike in good time, particularly for such a large group. May the “weather gods” bless us with equally nice weather for the rest of the hikes in this year’s Winter Series!



The view from this summit was breathtaking! With no wind at the summit and little to no cloud cover, we were able to experience Mother Nature at her finest.



Co-leading this hike was a great experience. Everyone got along very well, and everyone had something different to share. The group dynamic was phenomenal, and the pace outstanding. It almost seemed as if they had all been doing this for a while.



This was my first winter hike, and all the tips I gathered from our winter hiking workshop were very useful. I began with fewer layers than I expected, and it wasn’t long before I had to remove layers. The climb was very moderate, a great opportunity for my first winter hike.

Spend the Weekend!

Enjoy hiking, snowshoeing, and cross-country skiing with AMC-SEM friends at the Noble View Outdoor Center in Russell, MA.

Register NOW!



Volunteer of the Month: Bob Vogel

By Skip Maysles, Trails Chair

Each month the AMC-SEM recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! **Bob Vogel** is December's Trails Volunteer of the Month.

If you're hiking behind Bob, beware of sudden starts and stops! Bob is always in trail maintenance mode, clearing downed twigs from the trail with his hiking poles as he walks along, clipping low-hanging branches that whack him in the face (he's tall), and stopping to saw trees that have fallen across the path.

He is also very good at cajoling friends and family members to help him in his efforts to keep the trails in tip-top shape. This past summer he ran a number of events in the Blue Hills combining hiking, trail work, and instruction in trail maintenance for newcomers. Whether he is participating in a formal trail maintenance event or out on his own, Bob epitomizes devotion to keeping our trails in good shape for the enjoyment of all hikers.

Congratulations to Bob, and thank you for a job well done!

Bob will receive a Volunteer of the Month certificate and a \$50 REI gift card.

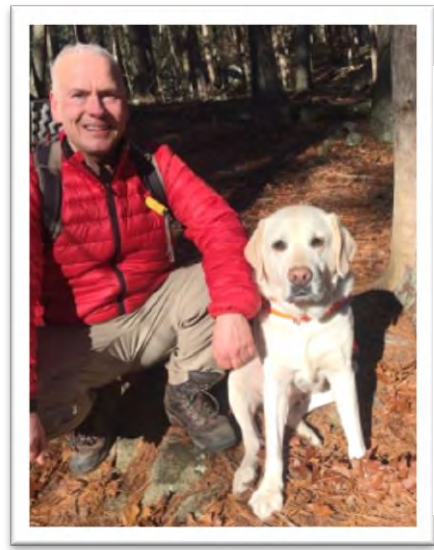


Paul Brookes Completes His 10th Redline of the Blue Hills

By Pete Tierney, Trails Vice Chair

Those of us who play the Redline the Blue Hills game know the fun of marking a trail as "done" on our map and the rather disheartening feeling of realizing just how many trails are in the Blue Hills and how much we have left to do. That feeling gives way to a sense of accomplishment as the map fills up with marked trails and is finally complete. Paul Brookes finished the cycle from the first mark on the map to the fully marked map *for the tenth time* on December 5th of this year!

By completing his tenth Redline, Paul enters Goldline status, joining Joe Keogh and Michael Swartz in that exclusive club. He began his tenth go-around on September 13th of this year and seven weeks, 40 trips to the Blue Hills Reservation, and 165 miles later, he completed the effort.



The End!
To see Paul, his suit, and his dog, Sunny, in action, [go to this address.](#)

Photo by Pam Johnson

The accomplishment was more noteworthy because this year's unusually heavy rainfall caused extensive flooding of the Fowl Meadow section closest to the Neponset River. The trail that parallels the river is underwater in many places and some spots are chest-deep. To ford these spots, Paul relied on home-made waders constructed of heavy-duty trash bags and (of course) duct tape. Though he looked somewhat like the monster in the old horror movie *The Creature from the Black Lagoon*, the outfit worked, more or less, and Paul waded his way into Goldline status.

Thursday Hikes to Burrage Pond and Cornell Farm at Little River Reserve

Photos & Captions by Ken Cohen, Hiking Leader



Leader Rob MacDonald takes charge.



Heading into 20 mph winds with 20-degree chill factor.



Navigating a narrow crossing.



Rob MacDonald & Ken Cohen up front. *Photo by Sue Svelnis*



What a great sky!

Nineteen hardy hikers turned out November 29 for a cold and windy hike through the Burrage Pond Wildlife Management Area in Hanson with leaders Rob MacDonald and Sue Svelnis.

Continued on Page 7

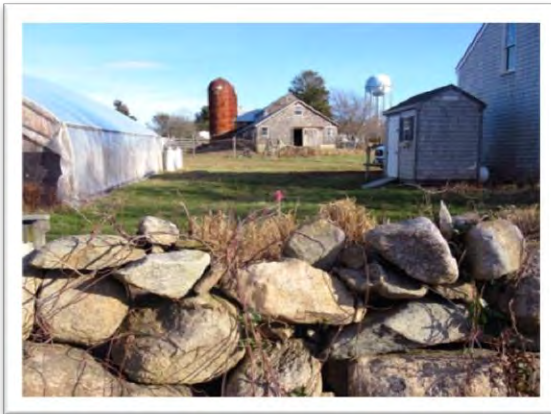
Thursday Hikes



Happy to be here!

Continued from Page 6

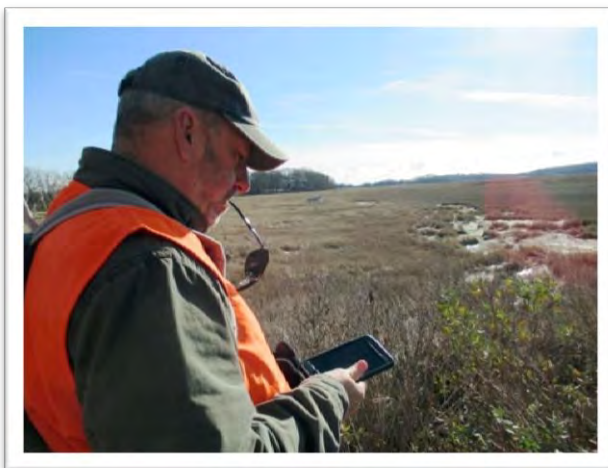
On Thursday, December 6, Walt Granda led 20 hikers for a sunny outing at Cornell Farm at the Little River Reserve in Dartmouth.



Hello, Cornell Farm!



Goodbye, Farm!



Which way now?



Crossing the bridge over frozen water.

Croo dreams do come true at Zealand Falls Hut!

By Pam Johnson

More than a decade ago I learned about the AMC High Huts in the New Hampshire White Mountains and immediately fell in love with the culture of mountain hospitality offered by the hut “croos”—those amazing teams of young, very strong people who prepare all the meals and keep the huts running. Heartbroken that I would not ever be able to apply to be on a croo due to responsibilities of family and job demands, I happily purchased an AMC High Mountain Huts blue apron and set to work in my own kitchen, always wondering if I had what it takes to be a hut woman.

On Sunday, July 15, 2018, I was enjoying a much-needed pedicure after finishing up the Carter Moriah Range. I apologized to the technician that my feet were a mess due to all the hiking I had recently done. With toes bubbling away in the foot bath, the woman sitting next to me, Meredith, struck up a conversation about hiking in New Hampshire. Sitting next to Meredith was her daughter Rebecca Anderson (nee Atkinson) with her toes bubbling away too. The three of us talked animatedly about hiking and the huts.

Unbeknownst to me, Rebecca was texting with Abby Mnookin. Abby (now living in Vermont) and Rebecca (now living in California) had been planning and dreaming about their 20th Old Hutwomen (OH) Madison Croo reunion for months at Zealand Fall Hut, working as fill-in croo from July 17-19, 2018. Two of their Reunion Croo had to drop out at the last minute. Rebecca had recruited her aunt, Nancy Thomas, another OH, as one replacement, but they still needed one more. Rebecca told Abby she might have found a “substitute” and Abby said, “Ask her!”

So Rebecca asked me, “How would you like to come up to Zealand Falls Hut this week and work on the croo? We’ll hike in on Tuesday, work Tuesday, Wednesday, and Thursday morning, and then hike out Thursday afternoon once the croo arrive. What do you think?”

Wait. What just happened? Stunned, I replied, “Are you serious? This is actually my DREAM job! Seriously? You’re inviting me to come wash dishes at the hut? This is SO exciting! I think I can make this work! Can I call you when I get home?” Phone numbers were exchanged, pedicures finished, and wheels set in motion.



Who knew Pam wanted to “croo”?

Rebecca and Abby would have their 20th Mad Croo reunion, Nancy would be working in the hut with her niece 44 years after being the first ever female Hut Master at Greenleaf, and I would be washing dishes at Zealand! The stars had aligned! All the dreams were falling into place!

On Tuesday, Rebecca and her eight-year-old son Huck, Nancy, and I met at the Zealand Trail, and we set off to Zealand Falls Hut where we were greeted by Abby Mnookin and her six-year-old daughter Lucy.

Under the expert tutelage of the seasoned OH croo, I quickly learned the art of washing dishes in the hut! Abby, Rebecca, and Nancy easily fell back into the comfortable, organized, and efficient roles of Hutwomen, and in a blink dinner was being served—for 40 people!

Continued on Page 11

Biking in South Africa with AMC Adventure Travel

By Barbara Gaughan

Sometime last spring I saw the posting—AMC Adventure Travel Garden Route to Cape Town. Tempting! I checked out the prospectus. I was hooked. Not only was the destination exotically desirable, but I had previously biked with both leaders—Biking the Whites and Bicycle Tour of Lake Champlain Islands—and **knew** the group would be in good hands. I would not be disappointed.

Upon completion of the application and phone screening and securing my spot as one of 14 travelers, anticipatory doubt set in. I knew I could bike 40 miles in a day, but I had never biked 40 miles for eleven consecutive days. Could I **really** do this trip **enjoyably**? Initially I signed on for a road bike. E-bikes were an option. Should I? Shouldn't I? Was I selling out by choosing the latter? I chose the latter. Of the 14 cyclists, only two had chosen road bikes. The leaders made an executive decision—e-bikes for all—and one route/group each day rather than two ride options.

British Air took me from Boston to London/Heathrow to Johannesburg to Port Elizabeth, the longest leg being 11.5 hours. Inflight movies, reading material, compression/anti-embolism stockings, and over-the-counter diphenhydramine helped to make two days of air travel tolerable.

Arriving early, my fellow SEMer Patty Williams and I stayed two nights at the Brooke's Hill Suites in Port Elizabeth. There we met up with some other early birds, including Rami Haddad, our trip leader *extraordinaire* from AMC's Boston Chapter. We toured this seaside city on Nelson Mandela Bay on foot, taking in the Campanile, colonial City Hall, Donkin Reserve and Lighthouse, Piazza Mosaic and Pyramid. Sun, a light breeze, and warm temps delighted us.

Saturday and Sunday were for relaxing, checking the bicycles for fit and tire pressure, and getting acquainted. We transferred in our van support to Addo Elephant National Park, established in 1931 to save the Eastern Cape Elephant from extinction. We were treated to many sightings, not just of some of the 700 elephants in the park, but kudu, red hartebeest, zebra, Cape buffalo, warthog, myriad birds, and the dung beetle—which has the right of way in the park!



Barbara Gaughan, left, and Patty Williams with the majestic Jonkershoek Mountains in the background.

Our guide shared his wealth of knowledge of some of the 1,500 plant species in the park. That night we stayed in individual cottages at the Zuurburg Mountain Village. Best outdoor shower with a mountain view!

Monday turned out to be an adventure in spades. Our leaders needed to plan an alternate route due to smoke from forest fires. We also had to deal with strong 20+ mph headwinds, cool temps, and some rain. A word about the bikes here: We got to test drive them on a 6 kilometer loop in the Van Stadens Wild Flower Reserve. Four modes were available—eco, tour, emtb, and turbo. Let's just say that those of us with no fear let those bikes sing in turbo to combat those headwinds on our route along the boundary of the Tsitsikamma Mountain Range to Jeffrey's Bay. On our maiden ride, *#brakeforbaboons* became my mantra. Really!

Tuesday we woke to pouring rain and a temperature of 13°C (55.4°F). Rami and Mike Barry, the co-leader who is also from the Boston chapter, cancelled ride plans. A few ventured a walk about the town anyway, a few took the van a short distance and were treated to drier weather in which to hike, and some hunkered down in the fire-placed living room of the main lodge. Later in the day, we transferred to Kynsha Quays for a cold brew at Mitchell's Brewery and a lagoon boat ride. Two dramatic cliffs known as The Heads guard the entrance to the lagoon, which stretches to the Indian Ocean. They mark one of the most dangerous harbor entrances in the world.

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South Africa Bike Adventure

Continued from Page 9

I won't detail the day-by-day routes and sights. Suffice it to say each day was an adventure, and each day was different from the one before and the one to follow. For our rides, we climbed Montagu Pass (800 m/2,625 ft), Robinson Pass (850m/2,789 ft), and Op de Tradouw Pass (950m/3,117 ft); cycled landscapes varying from the evergreen coast to the dry expanse of Little Karoo; pedaled level ground through olive estates and vineyards; bucolic sheep farms; dairy, beef, and ostrich farms; and traveled the foothills of the Outeniqua Mountains, Swartberg Mountains, Langeberg Mountains, and Hex River Mountains. The surface varied from paved roads and gravel roads in decent shape to washboard bone-grinding gravel and a cement road built between 1946 and 1950.

We were asked to have our phones equipped with *maps.me*, our *ridewithgps* routes and *WhatsApp*. Personally, I didn't trust my ostrich-sized brain to navigate with the app comfortably, so my strategy (successful) was to cycle with the lead group and pair up with a buddy who was secure in their use of the apps and iPhone battery life. There were several lost cyclists, but all found their way back to the fold.

Accommodations ranged from simple to sumptuous. We stayed on a charming historic working farm (search for Oue Werf Country House and Manor in Oudtshoorn), in a charming boutique hotel (search for Karoo Art Hotel in Barrydale), a resort with hot springs (search for Avalon Springs Resort, Montagu), to name a few. Every lodging had a pool.



It's a big pink...
bike rack?

Yep.

Secure your
wheels here in
Stellenbosch,
South Africa.



Barbara Gaughan receiving an ostrich hug at the Congo Ostrich Farm in Schoemanshoek, SA.

Meals were generously portioned. A full English breakfast was an option almost every day, along with fresh fruit, yogurt, granola, breads. Dinners allowed the adventurous to try ostrich in many variations as a stew, as carpaccio, as steak, and barbecued. Springbok, the name of the SA rugby team, is also a menu item served as steak or as carpaccio. To my knowledge, no one tried monkey gland sauce.

Sightseeing excursions were plentiful. We toured Congo Caves, caverns that began forming 20 million years ago.

At Congo Ostrich Farm, we learned, among other factoids, that the ostrich's brain is smaller than its eyes! I also learned from my fellow cyclists that there is a great YouTube video of cyclists being chased by an ostrich in South Africa!

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Zealand Falls Hut

Continued from Page 8

We introduced ourselves to the hut guests and shared the story of how the Zealand Falls Hut Fill-In Croo 2018 came to be. All of the guests were delighted to be a part of this once-in-a-lifetime adventure!

With Tuesday night dinner dishes done and Wednesday breakfast prep underway, we were coming together as a team (with a lot of help from Lucy and Huck!). Nancy shared the history of how women came into leadership roles in the huts and recalled her experiences as the first-ever AMC female Hut Master in 1974..

Wednesday breakfast was finished and hikers were out the door! While the soup was simmering, the bread rising, and the dinner roasting, Abby and Rebecca caught up on happy memories and funny stories from working together 20 years ago at Madison Hut. I happily and eagerly washed dishes and helped with dinner prep!

Wednesday was blissfully busy with hikers coming and going, all enjoying the hospitality of the hut! Truly this is the happiest place on earth! Abby, Rebecca, and Nancy made the work look so easy—but I will tell you that the effort required to keep the huts running is anything but easy. The biggest lesson I learned is how much the croo sincerely cares about making the hut experience a lifelong happy memory for everyone who crosses the threshold. That goal hadn't changed at all for Rebecca, Abby, and Nancy. And Lucy and Huck, perhaps future croo, were learning this lesson too.

Thursday came too quickly, the Blanket Folding Demonstration was a Star Wars Extravaganza, and before long the regular croo was returning after enjoying a few days away together. The fill-in croo slowly hiked out, not wanting this experience to end. We shared hugs and smiles, and then went on our merry ways knowing that something really special had just happened. That's the magic of the AMC huts! Dreams do come true!

* * *

Pam Johnson completed the AMC Leadership Training with the AMC-SEM Chapter in 2018, earned her Wilderness First Aid Certification at Joe Dodge Lodge in 2017, passed her Map and Compass Skills at the Mohican Outdoor Center in New Jersey in 2017, and completed the NH 4000-Footers on August 12, 2018. This was Pam's "Dream-Come-True Croo!"

AMC Travel in South Africa

Continued from Page 10

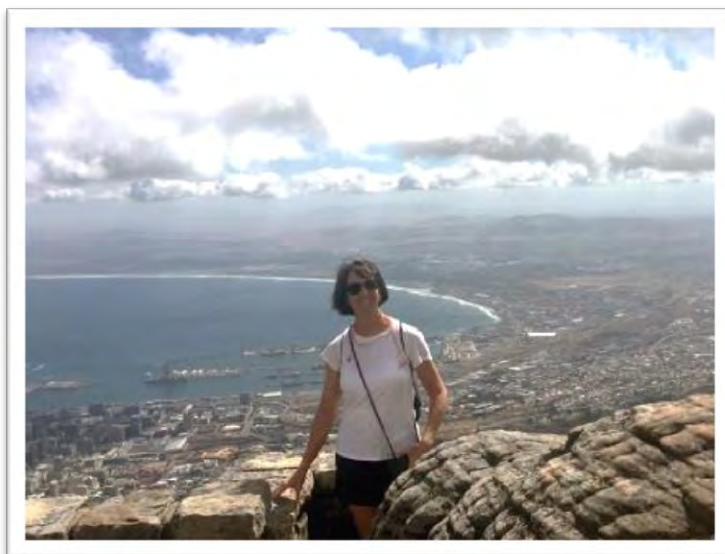
Van Loveren Family Wines on the banks of the Breeze River in the Robertson valley was the site of our wine and chocolate pairings.

Boulders Beach is the only place in the world one can get close to African Penguins!

Biking Route 62 was itself a sightseeing excursion. Where else in the world can one get a peanut butter and jack or a lime and Jägermeister milkshake or purchase an "I've survived the world famous Ronnie's Sex Shop" tee-shirt, or start a ride with an *affogato* at The Barn on 62 or end a ride with a cold brew/cider at the Route 62 Brewing Company?

I could go on and on and on. The Garden Route to Cape Town by bike was extraordinary. Rami and Mike were exemplary leaders and worked well to coordinate with African Bikers, our outfitter. The group of sixteen, ages 33-75, gelled well. Hans, our support van driver got us everywhere safely. The weather gods were with us. The drought did not significantly impact us. The exchange rate was in our favor.

The Rainbow Nation beckons me back. I am dreaming of retirement time in Stellenbosch and my next AMC Adventure Travel!



Barbara Gaughan atop Table Mountain, overlooking the city and harbor of Cape Town. Elevation 3,558 feet.



AMC's 2019 Annual Summit – Register Today!

January 26, 2019 – [Four Points by Sheraton, Norwood MA](#)

Please join AMC in kicking off another year in the outdoors! No matter what adventures you are planning for 2019, the 143rd Annual Summit has something for you. This event will connect both newcomers and lifelong members with valuable resources and provide opportunities for meeting people with similar interests and passions.

Annual Summit is AMC's thank you to our dedicated volunteers and members! We welcome you to sign up for a combination of workshops, trainings, and meetings that matches your interests. The full list of offerings will be available at outdoors.org/annualsummit starting in October.

This event will feature:

- Interactive workshops led by AMC experts and outdoor pros
 - Organization-wide committee meetings
 - A delicious buffet lunch
 - AMC's annual volunteer service awards
 - The 143rd Annual Business Meeting
 - Early evening reception, with complimentary drink and hors d'oeuvres
 - Updates on AMC's work in conservation, recreation, and education
- For those interested in staying over Friday and/or Saturday night, AMC will arrange for special group rates. Visit our registration page after October for more details.

Registration is Open!

Early Bird Special Pricing: Pay \$35 when you register before January 1, 2019.

Regular Rate of \$45 applies after January 1, 2019

Register at www.outdoors.org/AnnualSummit

Mount Rainier

AMC's August Camp 2019



Experience magnificent Mount Rainier National Park! See stunning waterfalls, alpine meadows carpeted with wildflowers and grand scenic vistas on dozens of easy to challenging hikes led by trained AMC volunteers. Visit Mount St. Helens. Trek across the shoulders of one of the highest and most dramatic peaks in the lower 48 states.

Camp in the small former lumbering town of Packwood, WA, adjacent to the park. Just arrive and enjoy the activities and camaraderie. Everything's provided: tents, hearty, delicious meals prepared by our staff, local transportation and a free shuttle from Seattle-Tacoma International Airport.

July 13 through August 10. Attend one week or two. Detailed information and registration will be posted at augustcamp.org by early December. Camp filled by mid-January last year, so don't miss out! Registration opens January 2, 2019.

Week 1:	July 13 — July 20
Week 2:	July 20 — July 27
Week 3:	July 27 — Aug. 3
Week 4:	Aug. 3 — Aug. 10

One Week: \$975 for members; \$1150 for non-members.

Applications are accepted beginning January 2, 2019 in the order in which they are received. Get sign-up information after December 1 at our web site, augustcamp.org.

Questions? Ask Lois Rothenberger at ACRegistrar@comcast.net

augustcamp.org



Photos by Kathy Kelly-Borowski, August Camp 2014

Activities

For the most current information, [search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

AA 13+

A 9-13

B 5-8

C less than 5

Indicates pace

1 very fast

2 fast

3 moderate

4 leisurely

Indicates terrain

A very strenuous

B strenuous

C average

D easy

Found in the description

L Activity leader

CL Activity co-leader

FT First Time

NM ... New Members

AN Advance Notice

C Conservation

BICYCLING

Tue., Jan. 1. SEMAMC 16th Annual New Year's Day Road Cycling, MA. - We'll cycle the streets and Shining Sea Bike Path from North Falmouth to Woods Hole and return for 27+/- miles for 2/3 hours or so. We'll do a shorter ride if the weather is iffy. We'll start at the Shining Sea Bike Path parking lot in North Falmouth. First re-group is Old Silver Beach and a look toward Marion, Rochester, Mattapoisett, Fairhaven, New Bedford and Puget Sound. Perhaps I'll include a couple of side tours into Gunning Point and Racing Beach areas. Then we're on to Woods Hole for refreshments. The return ride will bring us to Nobska Light and then the Shining Sea Path. Start time - late morning with riders and tires pumped and ready to roll. Helmets, water, spare tube required; user pump and tire changing tools would be a plus. Contact leader - paulbcurrier@comcast.net - 508-833-2690 - for start time and registration Helmets required. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

CAPE HIKES

Thu., Jan. 3. Hike Long Pond, Goodwill Park, Falmouth, MA. Come hike around Long Pond in winter! Traverse Falmouth's Town Forest on rolling wooded trails. Enjoy scenic views of Long Pond, Grews Pond and Angel Mirror Pond. The Angel Mirror Trail, a relatively new trail, has some steep, narrow sections. Sturdy shoes, layered clothing, plenty of water, snacks, sunscreen and tick repellent are strongly recommended. Pack traction devices such as Yak Traks, Stabilicers for icy conditions. Meet promptly at 9:45 for trail talk and introductions. This hike begins in Goodwill Park at 10 AM. We will hike approximately 2 1/4 hours, about 4 1/2 miles. It is rated B3C, moderate pace, average terrain. Heavy rain/deep snow cancels. Questions, call leader Cathy Giordano 508-243-3884 Directions - From Bourne bridge (Cape side) - Rt, 28S to Brick Kiln exit From Rt. 151 W (near the end) to Rt. 28S to Brick Kiln exit Then bear left off exit ramp. Travel 1.2 miles. Turn R at traffic light onto Gifford St. For 1.1 miles. Look for anchor chain fence on right. Turn right into Goodwill Park. Continue on paved road. Park in lot on right near Grews Pond and covered picnic area. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com)

Sun., Jan. 6. Hike--Great Neck Wildlife Sanctuary, Wareham, MA. This outing will be in one of 2 forms--2 miles snow shoeing or 4 mile hiking, depending on weather and trail conditions. It will take place in the Great Neck Wildlife Sanctuary in Wareham, on wooded trails through Mass Audubon lands. The trails are relatively level but require negotiating roots and rocks. There are several trees to step over on the trails during hiking. We will avoid most step overs for snow shoeing. No dogs are allowed in the sanctuary by Audubon rules. There is a view of Bass Cove from the Osprey Overlook. Go over the Bourne Bridge and continue on Route 25 for 6.7 miles. Take Exit 2, Onset/Wareham/Glen Charlie Road. Bear right on the ramp and continue through 2 traffic lights. As you cross Route 28/6/Cranberry Highway, the name changes to Depot Street. As you cross Onset Ave/Minot Ave., the name changes to Great Neck Road. Stay on Great Neck for 3.1 miles. Turn right onto Stockton Short Cut Street. At the turn, Sacred Hearts Spirituality Center is on your left and a small Audubon sign is on the right. The parking is shortly on your left. Park close together to maximize available parking. L Robin McIntyre (508-789-8252 Before 9 pm, cmgiordan@msn.com) Robin is a 3rd year Level I SEM/Cape hike leader with WFA training)

Thu., Jan. 10. Harwich, Hawks Nest State Forest, Harwich, MA. Hike wooded trails and roads past Olivers, Hawks Nest, Black and Walkers Ponds. Meet at 9:45 for 10:00 start (2 hours). From Rte 6 travelling east, take Exit 11. Go left at traffic light at the end of the ramp. Take IMMEDIATE right on Spruce Rd. Travel approx. 0.3 mi (just before a hill) at second blue hydrant and park on sides of road. L Pat Sarantis (508-430-9965 Before 9:00 pm, patsarantis@gmail.com)

Continued on next page

Activities

For the most current information, [search activities online](#)

CAPE HIKES

Sat., Jan. 12. Hike Scorton Creek Sandwich, Old County Rd. East Sandwich, MA. Hike along saltmarsh, through old state game farm and past one of the original pilgrim homesteads. Contour is fairly flat, with lots of roots and some trails may be muddy. Driving Directions from Sagamore Bridge take exit 3 and turn N on Quaker Meetinghouse Rd to 6A and turn R and follow 6A to E Sandwich Post Office and turn R onto Old County Rd and park in horseshoe across from Grange Hall. From down cape take Rte 6 to Exit 4 Chase Rd and turn N and take 2nd L onto Old County Rd and park in horseshoe on L across from Grange Hall. Meet at 9:45 AM for 10 AM hike start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Thu., Jan. 17. Hike - South Cape Beach Mashpee (C3C), Mashpee, MA. Flat hike through woods for 2 miles, then 2 miles on sandy peninsula, or dirt fireroad. 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.AM 2 hours. L Gary Miller (774-392-5356, Garymaxxx@gmail.com)

Sat., Jan. 19. Hike Over Hill over Dale, West Barnstable, MA. Walk the hills and some fire roads of the West Barnstable Conservation area. Hills are steep but short with a little flat spot between them. Good hiking boots are suggested. Hike could go over in time depending on the speed of the slowest hiker and conditions of trails. Take exit 4 on Rt6 (mid-cape highway) go 1 mile south and park under the high tension lines. L David Selfe (508-771-0620 after 5pm before 9pm, kdsselfe@comcast.net, I have been a member of AMC since 2005 and have hiked over 600 miles on Cape Cod.)

Sun., Jan. 20. Bell's Neck Conservation, Harwich, MA. 4.5 mile mostly flat hike along East & West reservoirs, cranberry bogs, marshland and a herring run. Exit 10 to 124S to end. R on 39S x 1.9 mi to Sand Pond prkg on right. Arv 12:45 for 1 p.m. start. L Barbara Gaughan (781-572-1321 before 9 p.m., barbaragaughan12@comcast.net, Level 1 hike & bike leader.)

Thu., Jan. 24. Hike Coast Guard Beach Eastham, Eastham, MA. 2 hour hike. Visit Salt Pond, salt marshes, Coast Guard Beach. Directions: From Route 6 take Right into National Seashore Salt Pond Visitors Center. Meet at 9:45 and hike 10 am - 12:00 pm. L Richard Kaiser (508-432-3277 Before 9 PM, rjkaiser@comcast.net)

Sun., Jan. 27. Beebe Woods Hike, Cape Cod Conservatory parking lot in Falmouth, MA. Join me for a moderate hike in beautiful Beebe Woods. Approx 5 miles. Terrain is flat to ups and downs. Conditions might require snowshoes or ice traction. L Linda Church (lchurch@whoi.edu)

Sun., Feb. 3. Hike Craigville Beach, Centerville, MA. We will visit Christian community overlooking Craigville Beach and then hike down road to trail through saltmarsh to Centerville River; we will return walking Craigville Beach.. Directions to hike take Rte 6 to Exit 6 and turn R at Shootflying Hill Rd.to L on Old Stage Rd., becomes Main St. follow to beach parking lot for meet location. Follow signs from 132 for Craigville Beach. Meet at 12:45 PM for 1 PM start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Thu., Feb. 21. Hike - Yarmouth, Greenough Ponds (B3C), Yarmouth, MA. Walk through Yarmouth Botanical Gardens, Dennis & Greenough Ponds. Meet at 9:45, 2 hr. Exit 7 off Route 6 to North, right on 6A, at sharp turn go right on Summer St. to beach parking lot. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sun., Mar. 3. Hike Shawme Crowell State Park, Sandwich, MA. Two hour hike on wooded trails through the scenic campground, some hills. Driving directions: Take Rte 6 to Exit 2, Rte 130 and turn N. Stay on Rte 130 until you see entrance sign for Shawme Crowell. From Sagamore Bridge take 1st exit and at bottom of ramp turn R at lights, follow Sandwich Rd and merge left on 6A and then turn R onto Rte 130. Turn into Shawme Crowell and turn right drive past entrance booth and follow road until you come to open space and paved cutout on R. Park along road off pavement if possible. Meet at 12:45 PM. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Thu., Mar. 7. Hike Long Nook, Truro, MA. 2 hour hike. Visit AF Base and Jenny Lind Tower. Directions: From Route 6 take Right on Long Nook Rd (1.2 miles after Pamet Rd Exit) and follow to parking lot at the end. Meet at 9:45 and hike 10 am - 12:00 pm. L Richard Kaiser (508-432-3277 Before 9 PM, rjkaiser@comcast.net)

Continued on next page

Activities

For the most current information, [search activities online](#)

HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org.
Always looking for additional hike leaders!

Thu., Dec. 27. Blue Hills hike-- Yellow triangle, Meet at Houghtons Pond parking lot. 840 Hillside Street Milton MA. This hike follows the yellow triangle starting behind Ranger headquarters: very hilly in sections, no rock scrambling though. Traction devices necessary. Rain or snowstorm cancels. L Rachel Thibeault (774-360-2539 before 8:00 PM, rateebo@yahoo.com)

Sat., Dec. 29. Winter Morning Out Hike at Myles Standish State Forest, Plymouth/Carver, MA. Join me for an 8 am Saturday hike at Myles Standish State Forest in Plymouth/Carver. See the beauty of the forest in winter. Combining the flat, pond-side East Head Loop and the hilly, wooded Bentley Loop will give us about 7 miles of beautiful trails. Once we're done, we'll still have the rest of the day for other things. Meet at 7:45 at the Forest Headquarters Parking Lot, 194 Cranberry Road, Carver, 02330. We'll plan on a moderate pace to complete the hike in approximately 3 hours. Registration is not required, but email the leader with questions or concerns. If we have snow, the hike will become a snowshoe and the distance will be adjusted. L Maureen Kelly (617-943-4288 before 8 pm, mokel773@aol.com)

Sun., Dec. 30. Hiking in Weetamoo Woods, RI. Join is for a (hopefully!) snowy hike/ snowshoe of approx. 5 miles of flat trails through beautiful Weetamoo Woods. There are a number of historical features of interest, as well as interesting rocky formations & lots of holly. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com)

Tue., Jan. 1. White Line the Blue Hills hikes, Canton/Milton, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike is on Jan 1 and the last hike is March 19. Since the first hike is on New Year's Day, for this hike only, we will be meeting earlier (9 am) and hiking for only 2 hours. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register; you will also be asked to attend the excellent SEM winter hiking workshop on November 3. If you have a scheduling conflict you can attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (camaccurtain@aol.com) L Claire MacDonald , R Cathy MacCurtain (camaccurtain@aol.com)

Thu., Jan. 3. BCT hike in Walpole Town Forest, MA. We will hike 5 mostly flat miles through the Town Forest on the BCT and adjoining trails past ponds, the Neponset River and ballfields of the high school. In case of sufficient snow, we will snowshoe a shorter loop. In any case: bring water, lunch, proper footwear, traction devices for slippery conditions, proper clothing. and possibly snowshoes. Rain cancels. L Hans Luwald (508-668-0462 Before 9:00 PM, hans.luwald@gmail.com) CL Debbie Lepore (617-778-4339 Before 9:00pm)

Continued next page

Spend the Weekend!
Enjoy hiking, snowshoeing, and cross-country skiing with AMC-SEM friends at the Noble View Outdoor Center in Russell, MA.
Register NOW!

Activities

For the most current information, [search activities online](#)

HIKING

Sat., Jan. 5. Dog Friendly Hike at Wompatuck State Park, Hingham, MA. Come with or without your dog for a fun winter hike at Wompatuck State Park. If conditions allow this hike will be about 5 miles. The route and mileage will be adjusted if there is snow or ice. Dogs are allowed off-leash at this DCR property. However, dogs will need to be leashed at leader's discretion. Dogs must be able to keep pace with the group and not be disruptive to the human hikers. This will be a flat hike with an average pace. Snowshoes are optional if there is fresh snow but traction devices and water proof boots may be required. Registration is not required but please contact the leader with any questions. Meet at 9:45 at the park headquarters, 204 Union Street, Hingham, MA. L Susan Svelnis (781-849-9299, suesvelnis@gmail.com, Local hike leader who loves hiking with her dog, Danny Boy.)

Sat., Jan. 5. Winter Series Hike #2 - Mt. Roberts, Moultonborough, NH. Join us for the second hike in our popular SEM Winter Hiking Series to Mt. Roberts. This is a beautiful 5.5-mile, 1350' elevation hike with moderate difficulty. Mt. Roberts is the westernmost peak in the Castle in the Clouds complex in the Ossipee Mountains. While the summit features strong views to the north, perhaps the most scenic portion is the ledge area along the Mt. Roberts Trail. The Lake Winnepesaukee views from this section are second to none. - All Trails In addition to appropriate winter-rated hiking boots and appropriate (non-cotton) clothing, depending on conditions, microspikes and/or snowshoes may also be required for this hike. Participation in the SEM Winter Hiking Workshop or equivalent and/or significant winter hiking/snowshoeing experience required to participate in this series. L Maureen Kelly (moke1773@aol.com) L Paul Miller (paulallenmiller@verizon.net) L George Danis CL Susan Schobel (susan.schobel@gmail.com), R Susan Schobel (susan.schobel@gmail.com)

Tue., Jan. 8. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike is on Jan 1 and the last hike is March 19. Since the first hike is on New Year's Day, for this hike only, we will be meeting earlier (9 am) and hiking for only 2 hours. The last hike of the series will be a shorter hike followed by a social lunch at one of the local restaurants. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register. You will also be asked to attend the excellent SEM winter hiking workshop on November 3. If you have a scheduling conflict you can attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Claire MacDonald , R Cathy MacCurtain (camaccurtain@aol.com)

(C) (FT) (NM) Thu., Jan. 10. Thurs. AM Monastery Grounds Hike, Cumberland, RI. Thursday Morning 10:00 AM Hike. Nice easy hike on the beautiful Monastery grounds in Cumberland, RI - Bring lunch or snack. Snow equipment may be needed. Rain cancels. Rte. 295S to exit 11. Take 114S app. 1-1/2 mi. Take right into Monastery, go past playground and park on right. L Muriel Guenther (508-699-7461 Before 9:00pm, murielguenther@comcast.net)

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Activities

For the most current information, [search activities online](#)

HIKING

Tue., Jan. 15. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike is on Jan 1 and the last hike is March 19. Since the first hike is on New Year's Day, for this hike only, we will be meeting earlier (9 am) and hiking for only 2 hours. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register; you will also be asked to attend the excellent SEM winter hiking workshop on November 3. If you have a scheduling conflict you can attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (camaccurtain@aol.com) L Claire MacDonald , R Cathy MacCurtain (camaccurtain@aol.com)

Thu., Jan. 17. Borderland State Park hike, Borderland State Park 259 Massapoag Ave. North Easton, MA. Easy hike around ponds at Borderland State Park. About 4 miles. Lunch stop at Ames original house foundation. Bring traction device in case of icy trails. Directions; From Rt 24 take exit 16 (Rte 106West/Mansfield) follow Rt.106 West through 4 sets of traffic lights. Go thru 4th light, which will be intersection of 123 and 106, cont. west on Rtes 123&106 for 1/2 mile. Take right on Poguanticut Ave. Then take left on Massapoag Ave. there will be a brown sign for Borderland. Follow Massapoag for about 3 miles and park all be on right. There is a fee to park of 5 dollars. L Rachel Thibeault (774-360-2539 call before 8:00PM, ratebo@yahoo.com)

Tue., Jan. 22. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike is on Jan 1 and the last hike is March 19. Since the first hike is on New Year's Day, for this hike only, we will be meeting earlier (9 am) and hiking for only 2 hours. The last hike of the series will be a shorter hike followed by a social lunch at one of the local restaurants. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register. You will also be asked to attend the excellent SEM winter hiking workshop on November 3. If you have a scheduling conflict you can attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Claire MacDonald , R Cathy MacCurtain (camaccurtain@aol.com)

Continued on next page

Activities

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HIKING

Thu., Jan. 24. Thursday Morning Hike - Pratt Farm Middleboro, MA. Meet at Oliver Mill Park, 8 Nemasket Street, Middleboro, MA 02346 for car pool to trail head., MA. Explore the many paths and byways of Pratt Farm. Mostly gentle rolling hills. We will meet at an off site parking area due to limited trail head parking and car pool to Pratt Farm. Do NOT go to Pratt Farm directly. Meet before 10:00AM at the Oliver Mill parking area at the intersection of Rte 44 and Plymouth Street in Middleboro. Hike is approximately 5 miles and 2 - 3 hours depending on routes taken and time spent exploring. Bring light lunch, water and appropriate weather gear. Heavy snow or rain will cancel. L Richard Carnes (508-947-3204, rcarnes2@aol.com)

Sat., Jan. 26. Winter Morning Out Hike at Myles Standish State Forest, MA. Join me for an 8 am Saturday morning hike at Myles Standish State Forest in Plymouth/Carver. See the beauty of the forest in winter. Combining the flat, pond-side East Head Loop and the hilly, wooded Bentley Loop will give us about 7 miles of beautiful trails. Once we're done, we'll still have the rest of the day for other things. Meet at 7:45 at the Forest Headquarters Parking Lot, 194 Cranberry Road, Carver, 02330. We'll plan on a moderate pace to complete the hike in approximately 3 hours. Registration is not required, but email the leader with questions or concerns. If we have snow, the hike will become a snowshoe and the distance will be adjusted. L Maureen Kelly (617-943-4288 before 8 pm, mokel773@aol.com)

Tue., Jan. 29. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike is on Jan 1 and the last hike is March 19. Since the first hike is on New Year's Day, for this hike only, we will be meeting earlier (9 am) and hiking for only 2 hours. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register; you will also be asked to attend the excellent SEM winter hiking workshop on November 3. If you have a scheduling conflict you can attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (camaccurtain@aol.com) L Claire MacDonald , R Cathy MacCurtain (camaccurtain@aol.com)

Sat., Feb. 2. Winter Series Hike #3 - Mt. Kearsarge North, Mt. Washington Valley, NH. Join us for the third hike in our Winter Series. Weather permitting, this moderate 6.2- mile, 2600' elevation hike to Mt. Kearsarge North in the Mt. Washington Valley promises fabulous views from the fire tower summit. There are some steep sections near the summit. Participation in our current or past Winter Hiking Workshop or equivalent is required for those without winter hiking experience. Full winter gear (snowshoes, microspikes, winter-rated boots, etc.) required. L Maureen Kelly (mokel773@aol.com) L Eva Das (borsody@gmail.com), R Maureen Kelly (617-943-4288 before 8:00 pm, mokel773@aol.com)

WINTER SERIES HIKES

**Jan. 5. Winter Series Hike #2 -
Mt. Roberts, Moultonborough, NH.**

**Feb. 2. Winter Series Hike #3 -
Mt. Kearsarge North,
Mt. Washington Valley, NH.**

**March 1-3 Winter Series Hike #4 -
Overnight at Carter Notch, NH.**

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Activities

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HIKING

Tue., Feb. 5. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike is on Jan 1 and the last hike is March 19. The last hike of the series will be a shorter hike followed by a social lunch at one of the local restaurants. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register. You can attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Claire MacDonald , R Cathy MacCurtain (camaccurtain@aol.com)

Fri., Feb. 8-10. Winter Hiking and Cross-Country Ski Weekend - Noble View Outdoor Center, 635 South Quarter Rd, Russell, MA. Join the SEM Chapter for its seventh annual winter weekend at Noble View Outdoor Center in Russell, MA, approximately 2 hours' drive west of Boston. Noble View sits atop a pristine mountaintop with beautiful trails that wind through quiet woodlands. Hiking, snowshoeing, and cross-country skiing will be offered, depending on conditions. Participants will need to bring their own equipment. The cottages have electricity, water, and wood-stove heating. A short walk from either cottage is a bathhouse with toilets and hot showers. This popular event is limited to 28 participants so register early. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Jeannine Audet , R Paul Brookes (603-799-4399 before 9 pm, PaulBrookes1966@outlook.com)

Tue., Feb. 12. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike is on Jan 1 and the last hike is March 19. The last hike of the series will be a shorter hike followed by a social lunch at one of the local restaurants. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snowshoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register. You can attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Claire MacDonald, R Cathy MacCurtain (camaccurtain@aol.com)

Activities

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HIKING

Tue., Feb. 19. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike is on Jan 1 and the last hike is March 19. The last hike of the series will be a shorter hike followed by a social lunch at one of the local restaurants. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register. You can attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Claire MacDonald, R Cathy MacCurtain (camaccurtain@aol.com)

Sat., Feb. 23. Winter Morning Out Hike at Myles Standish State Forest, MA. Join me for an 8 am Saturday morning hike at Myles Standish State Forest in Plymouth/Carver. See the beauty of the forest in winter. Combining the flat, pond-side East Head Loop and the hilly, wooded Bentley Loop will give us about 7 miles of beautiful trails. Once we're done, we'll still have the rest of the day for other things. Meet at 7:45 at the Forest Headquarters Parking Lot, 194 Cranberry Road, Carver, 02330. We'll plan on a moderate pace to complete the hike in approximately 3 hours. Registration is not required, but email the leader with questions or concerns. If we have snow, the hike will become a snowshoe and the distance will be adjusted. L Maureen Kelly (617-943-4288 before 8 pm, mokel773@aol.com)

Tue., Feb. 26. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike is on Jan 1 and the last hike is March 19. The last hike of the series will be a shorter hike followed by a social lunch at one of the local restaurants. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register. You can attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Claire MacDonald, R Cathy MacCurtain (camaccurtain@aol.com)

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Activities

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HIKING

Thu., Feb. 28. Thursday Morning Blue Hills Hike/Snowshoe - Ponkapoag Pond, Canton, MA. Moderate to fast pace, with occasional stops. 4 ½ - 5 mile hike around The Pond. Approx. 10:00am-12:30pm. Please arrive by 9:45 am for a prompt 10:00 am start. Bring hiking shoes, micro-spikes or similar traction devices, snacks/lunch & water. We'll take a break at the AMC Camp, down near the pond, weather permitting. Steady rain or snow cancels. Dogs on leash O.K. L Ken Cohen (508-942-1536 Before 8:00 pm, k-cohen@comcast.net, Year-round hiker and snow shoe enthusiast. Join groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Class I Hiking Leader for the past 18 months having organized approximately a dozen trips in The Hills and other local hiking destinations. Longtime member of DCR's "Trail Watch" in the Blue Hills. Active ad-hoc member of the Board of Trustees for The Friends of The Blue Hills. Avid nature photographer.)

Fri., Mar. 1-3. SEM Winter Hiking Series Overnight Trip to Carter Notch, NH. The fourth and final trip in the Southeastern Mass. Chapter's 2018-19 Winter Hiking Series will bring us to remote and pristine Carter Notch. On Friday, we'll hike or snowshoe into the AMC Carter Notch hut via the very pretty, 3.8-mile long Nineteen-Mile Brook Trail with a (mostly) gradual 1,900-foot elevation gain. On Saturday, we'll visit a nearby 4,000-foot peak such as Carter Dome and/or Wildcat A and then hike out on Sunday. Possible option for just staying Saturday night. Previous winter hiking experience and full winter gear required, including microspikes, snowshoes, crampons, insulated winter boots, and zero-degree sleeping bag. Preference given to those who have participated in previous SEM Winter Series hikes/snowshoes this season. L Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net, Paul, an experienced four-season hike leader, prefers to hit the trails in winter.) L George Danis L Maureen Kelly (mokel773@aol.com) CL Dio Goncalves , R Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net)

Tue., March 5. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike is on Jan 1 and the last hike is March 19. The last hike of the series will be a shorter hike followed by a social lunch at one of the local restaurants. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register. You can attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Claire MacDonald, R Cathy MacCurtain (camaccurtain@aol.com)

(FT) (NM) Thu., Mar. 7. Thurs. Morning Hike - Oldham Trail & Harold Clark Forest, Foxboro, MA. Hike the Oldham Trail and Harold Clark Forest in Foxboro. Meet at 10:00 am at parking lot on Rt. 140 across from Sunoco Station. Heavy rain will cancel. Bring lunch or snack and water and wear appropriate footwear. L Muriel Guenther (508-699-7461 Before 9:00PM, murielguenther@comcast.net)

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Activities

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HIKING

Tue., March 12. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike is on Jan 1 and the last hike is March 19. The last hike of the series will be a shorter hike followed by a social lunch at one of the local restaurants. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register. You can attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Claire MacDonald, R Cathy MacCurtain (camaccurtain@aol.com)

Thu., Mar. 14. Thursday Morning Blue Hills/Buck Hill Hike, Blue Hills, Milton, MA. We will hike 5 hilly miles in the Blue Hills from the State Police Barracks on Hillside Street to Buck Hill and return. Bring water, lunch, sturdy footwear, rain gear. Storm cancels. L Deborah Lepore (617-778-4339 Before 9:00 pm, DLepore2@GMail.com) CL Hans Luwald (508-668-0462 before 9:00 PM, hans.luwald@gmail.com)

Tue., March 19. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike is on Jan 1 and the last hike is March 19. The last hike of the series will be a shorter hike followed by a social lunch at one of the local restaurants. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register. You can attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Claire MacDonald, R Cathy MacCurtain (camaccurtain@aol.com)

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Activities

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HIKING

Sat., Mar. 30. Winter Morning Out Hike at Myles Standish State Forest, MA. Join me for an 8 am Saturday morning hike at Myles Standish State Forest in Plymouth/Carver. See the beauty of the forest in winter. Combining the flat, pond-side East Head Loop and the hilly, wooded Bentley Loop will give us about 7 miles of beautiful trails. Once we're done, we'll still have the rest of the day for other things. Meet at 7:45 at the Forest Headquarters Parking Lot, 194 Cranberry Road, Carver, 02330. We'll plan on a moderate pace to complete the hike in approximately 3 hours. Registration is not required, but email the leader with questions or concerns. If we have snow, the hike will become a snowshoe and the distance will be adjusted. L Maureen Kelly (617-943-4288 before 8 pm, mokel773@aol.com)

SKIING

Fri., Jan. 11-13. Cross Country Skiing in Waterville Valley, 5 Old Waterville Rd., Campton NH 03223. Join us for a cross country skiing weekend in Waterville Valley, NH. We will stay at the lovely Mountain Fare Inn, & ski beautiful trails at nearby Waterville Valley Resort. Late check out from the Inn allows us to ski on Saturday & Sunday. The Inn provides a hot breakfast & we will have dinner at local restaurants. After skiing, we enjoy Happy Hour at the Inn (BYOB & a snack to share). L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com) L Barbara Hathaway (barb224@tmlp.net), R Barbara Hathaway (508-662-0724, barb224@tmlp.net)

Fri., Mar. 1-3. Cross Country Skiing- The Old Field House, 347 NH 16A, Intervale NH. Join us for a weekend at the Old Field House in Intervale, NH. We will cross country ski, snowshoe &/or hike, depending upon the snow conditions. The Old Field House is a cozy B & B, with a hearty breakfast included. There are many opportunities for outdoor activities and shopping close by. Dinners will be at local restaurants. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com) CL Barbara Hathaway (508-662-0724, barb224@tmlp.net), R Barbara Hathaway (508-662-0724, barb224@tmlp.net)





The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | January 2019

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Please send your Word doc and photographs to
breeze.editor@amcsem.org.

Please send photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free. Send listings to
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breeze.editor@amcsem.org



Winter Series hikers achieve the summit of Mount Roberts in the Ossipee Mountains.

Great views greet Winter Series hikers

By Paul Miller, Hiking Leader; Photos by Susie Schobel

The second hike in this season's Winter Hiking Series on Saturday, Jan. 5, brought us to Mt. Roberts in Moultonborough, NH, the westernmost peak in the Castle in the Clouds complex in the Ossipee Mountains. For good reason, Mt. Roberts is on the popular "52 With a View" list of sub-4,000-ft. peaks in New Hampshire offering great views.

Maureen Kelly, George Danis, and I served as nominal leaders for this trip, with co-leader Susie Schobel doing all actual work: planning the hike, screening participants, preparing the "poop sheet," and physically leading us all up and down the mountain to complete her hike leadership advancement requirements.

The weather forecast earlier in the week was (once again) not terribly promising, with steady rain predicted for much of New England. Luckily for us that day, while the rain in Massachusetts and southern NH made for generally miserable driving conditions, the weather at the mountain was just fine thank you.

Continued on Page 3

View from the Chair: *Be Outside with AMC-SEM*

As I write this, the 2018 year-end holiday celebrations are winding down and our SEM trip leaders are planning activities for 2019. We are off to a good start with the 16th Annual New Year's Day Road Cycling trip from North Falmouth to Woods Hole, plus 45 posted hikes and ski trips. Most are local trips, but several will bring us to the northerly mountains. Warmer weather's arrival will kick off the paddling and biking season, so you can expect more to come.

One new initiative this year is in response to members' requests for more local hikes on the weekends to supplement our regular schedule of weekday local hikes. To make it easier to plan and find these hikes, we've set up a system on the SEM website that enables leaders to reserve dates for future hikes and enables participants to see at a glance the weekend local hikes that will be posted in the AMC's ActDB online trip listing system. Check it out by going to AMCSEM.org, click on Hiking Committee, and click again on Weekend Local Hikes under Hiking Series. (Or, you can go directly to that spreadsheet by clicking [here](#).) While, as I write this, the spreadsheet only shows a few hikes, we expect it to become more fully populated over the coming months as more local hiking leaders become familiar and comfortable with it. And, of course, you can visit [SEM ActDB](#) at any time to see all posted SEM activities.

If you'd like to see even more local hiking opportunities on the weekends, you may want to consider becoming an SEM local hike leader yourself, so you can help plan and lead these. The same goes for other hikes near and far, along with paddles, bike rides, ski trips, and all the other great outdoor activities we offer. I encourage interested members to take advantage of our SEM Leadership Training program. This includes a free, one-day course that teaches the essential elements of trip leadership, followed by a few mentored trip co-leads that provide the prerequisite "hands-on" experience. Most leaders easily accomplish these steps in one season. Give it some thought. Leadership Training this year is set for Saturday, April 6, in Plymouth. Mark your calendar and watch the ActDB or future issues of the [Southeast Breeze](#) newsletter for registration information.

But, for now, winter is finally here. See you out on the trails.

Thanks!



Len Ulbricht, AMC-SEM Chapter Chair



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Contact chair@amcsem.org
if you are interested in any
OPEN positions

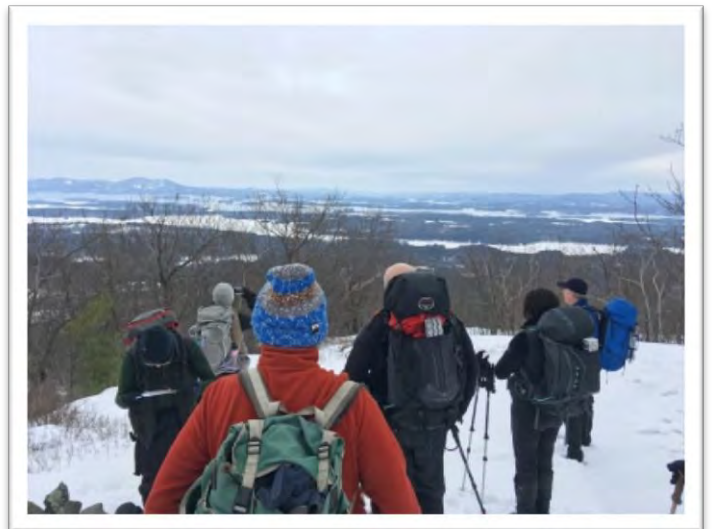
Mount Roberts hike

Continued from Page 1



The clear skies allowed us to enjoy expansive views toward nearby Lake Winnepesaukee and off to distant snow-capped mountain peaks (including a fabulous view of beautiful Mt. Chocurua). While the Mt. Roberts Trail was nicely snow-covered, a layer of ice lurking not too far beneath the surface made it advisable for us to don our Microspikes and Hillsound light traction devices for much of the hike.

The next hike in the Winter Series will bring us up to Mt. Kearsarge North in the White Mountains on Feb. 2. The series finale will be an [overnight trip](#) to the AMC Carter Notch Hut, March 1 through 3. While the Kearsarge trip is currently wait-listed, several spots are still open for qualified participants to join us for the Carter trip.



Bagging my Redline—Literally!

By Pam Johnson

Last December as winter was approaching, I was beginning to feel house-bound after hiking 24 of the 48 Four Thousand Footers over the summer. Now what? I started browsing the AMC Outdoors website and the “White Line the Blue Hills” series caught my attention. I had attended the SE Mass 2016 Winter Workshop and had completed my winter gear collection, but had not gotten out to do any winter hiking that year. I contacted the hike leader, Paul Brookes, and was disappointed to hear the series was wait-listed. Paul reassured me that he would call if a spot opened up. That call came through in mid-December and I was officially registered to start my White Lining on December 26, 2017.

A hardy band of well-equipped enthusiasts met up at the Houghton’s Pond parking lot the day after Christmas. With introductions completed, trail conditions and route discussed, and most important, the “rules of the game” of White Lining and Red Lining explained, we set off into the wintry woods. I was hooked. And I just love a personal challenge. Over the course of the winter of 2018, I began tackling the Blue Hills and continued on through the spring hiking with Len Ulbricht in his Tuesday Spring Conditioning Series.

To stay in shape over the summer while I was finishing up the four thousand footers, I took to the Blue Hills on a regular basis, mostly solo hiking, and my map was quickly filling up with highlighted trails. I wanted to finish redlining in under a year, so I started taking longer treks. By mid-November, the only trails left to do were the Pipe Line, the Neponset River Trail, and a small section of the Fowl Meadow Path. An easy loop.

On November 17, 2018, my husband, Steve, and I headed out on a sunny, cold Saturday afternoon and hiked up the Pipe Line to the Fowl Meadow Path, turned west and then headed down the Neponset River Trail. I was so excited! Only about a mile to go to finish redlining! And then we came upon the first river breach into the gully, right smack dab in the middle of the trail. Water levels were at record highs all over and the Neponset River was flooded. *What the heck! I’ve been up to my knees in water on other hikes, I’m going in.* My husband stood in disbelief as I sunk deeper into the river ditch, and called me back to shore. *OK. Let’s hike back to the other end and try to finish this trail.*



Paul Brookes and Pam Johnson are “in the bag.”
Photo by Pete Tierney

We retraced our steps and started on the lower end of the Neponset River Trail only to find that the breaches were even deeper. I sadly admitted that my goal to finish redlining in under one year was not going to happen. The gullies will either have to freeze over or I’ll have to wait for a dry season.

I was working with Paul Brookes, Cathy MacCurtain, Claire MacDonald, and Craig MacDonald, planning to co-lead the 2018-19 White Line series. I mentioned to Paul that I only needed the Neponset River Trail to finish redlining, but had to abandon my “under a year” goal due to the flooded trail conditions. Paul quickly added that he was working on finishing up his “Gold Line” and also needed that trail. Gold Line? Yes, indeed, that means ten complete times around the map of the Blue Hills.

Paul suggested we tackle the Neponset River trail together with Pete Tierney. Paul informed me that he would bring the contractor trash bags. What did you just say? Yes, Paul confirmed, the plan is to use the super thick contractor trash bags to get through the river breaches—one on each leg and a third to step in to protect our middles. I didn’t even hesitate. This sounded like fun! I’m in! We set our hike date for Friday, November 30, 2018.

Continued on Page 5

Bagging my Redline

Continued from Page 4



Pam Johnson and Pete Tierney wade through a flooded section of the Neponset River Trail. *Photo by Paul Brookes*

Paul, Pete, and I met at the north end of Burma Road, jumped in my car (with Sunny, Paul's Golden Lab) and drove to the Pipe Line trailhead. Contractor bags ready to go! Three willing, adventurous hikers ready for some fun! Sunny would be our depth tester, and off we went. The first access trail from the Pipe Line to the Neponset River Trail was flooded. On with the bags! Sunny waded through, then Paul, Pete, and me. Success! The bags work! We were three very optimistic and smug hikers! We would conquer the Neponset River Trail!

That smug spirit lasted about 15 minutes until we encountered our fourth flooded gully-crossing. We sent Sunny across to test the water depth. Oh no—Sunny was swimming and that meant this was going to be deep water. Paul bagged his legs and headed in and soon realized this gully was too deep. We were going to

require the third bag, which we nicknamed "The Body Bag" to Pete's chagrin. We duct-taped the legs to the body bag and Paul headed into the stream, looking a bit like the Michelin tire man. Deeper and deeper, almost up to his waist, and then up and out! Paul made it! Pete and I stood cheering!

Then reality hit. Pete and I also had to get to the other side. I was next. Leg bags—check. Body bag—check. Duct tape—check. In I went. Wow! Very chilly! A little bit of water leaked into the bags, but I made it! Pete, the voice of reason, decided he would backtrack to the Pipe Line and meet us at the top of the Neponset River Trail.

Unbeknownst to Paul and me, there were ten more flooded gullies to navigate, making 14 crossings in all. The bags held up pretty well for six of them, but soon we were taking on lots of water with each subsequent wade. We knew we were getting close to the end of the trail, and again our sense of purpose was joyfully renewed! And our determination! Paul pulled out the remaining new bags and we were dry and on our way!

At last we could see Pete on the other side! The final crossing proved to be the most challenging: long and deep with downed trees to negotiate. Sunny first (swimming), then Paul, and finally I made it through to the other side. The finish line was literally in sight! All I needed to do was get to the Fowl Meadow Path! Cold and wet, but buoyant in spirit, we picked up the pace and crossed the finish line! We made it! I couldn't have done it without my hiking mates, Paul and Pete and Sunny! I had literally "bagged" my redline!

Shop the Breeze!

FOR SALE: Hiking/Backpacking Boots

Like-new pair of Asolo hiking/backpacking boots, Men's size 9-Wide, in original box, showing very little wear. "They've never really fit me well, despite my four tries at various levels of hikes. Currently they retail at REI for \$320 and I'm hoping to get a little more than half of that—or a best offer. They can be viewed on Craigslist in the apparel section. Contact: Ken Cohen k-cohen@comcast.net

FOR SALE: Cross-Country Skis

210 cm Fischer/Salomon "Crown" Men's XC skis (no metal edges) with poles and boots (I believe size 12), all in excellent condition. Contact Paul or Jeannine Audet milmod@aol.com.



Volunteer of the Month: Ken Carson

By George Danis, Hiking Chair

Each month the AMC-SEM recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! The hiking committee is pleased to recommend **Ken Carson** as the January 2019 Volunteer of the Month!

Ken has been a hiking leader since October 2015. He is currently a class 4 leader who can often be found leading or co-leading local and White Mountain trips. He is also an active volunteer at August camp and has been on several adventure trips with AMC.

Additionally, Ken often functions as trip photographer. He is an extremely knowledgeable amateur photographer and has led classes and instructed many hikers in the art of taking outdoor pictures.

Ken is a former teacher, and his trips reflect many of the skills honed during his career. They are well organized, fun, and Ken is quick to engage with all the participants and share his knowledge of hiking. Finally, Ken is a frequent contributor as an instructor in both leadership and winter hiking class sessions.

Congratulations to Ken, and thank you for a job well done!

Ken will receive a Volunteer of the Month certificate and a \$50 REI gift card.

Stop to smell the flowers! It's not just about going the distance

by Nancy Coote

Conservation Vice Chair, Hike Leader

Who doesn't love wildflowers! [The New England Wild Flower Society](#) has asked the SEM Chapter of AMC to spread the word about the importance of plant conservation and protecting natural habitats. We all love our hikes and appreciate seeing the wildflowers and berries we find out there.

NEWFS is offering a unique opportunity to learn about the survival and conservation of rare plants in our area, and perhaps beyond, by getting involved with the Plant Conservation Volunteer Program.

Perhaps you are a member or friend of AMC with botanical experience and would enjoy volunteering with the PCV or just want to learn more about wildflowers. The PCV program utilizes citizen scientists to help monitor plants, collect seeds, and manage rare plant populations across New England. Go to [PCV Program](#) for more details on how to apply. The application deadline is February 1. NEWFS is also on facebook: <https://www.facebook.com/newenglandwildflowersociety/>

For further information, contact Laney Widener, Botanical Coordinator for the New England Wild Flower Society at lwidener@newenglandwild.org, 508-877-7630 Ext 3204, or 180 Hemenway Road; Framingham, MA 01701.

Watch for more information on wild flower hikes in future newsletters and activities online with [SEM](#).



Trillium plant growing wild along the trail.

Photo by
Christine Racine

Leadership Training in April, Wilderness First Aid in May

By Doug Griffiths, Education Chair

The next **Leadership Training** one-day course will be held on Saturday, April 6, 2019, in Plymouth. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to ensure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader candidates are also welcome. It is an all-day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to chapter members.

This training is required for prospective SEM trip leaders, but is useful for any participant interested in improving their outdoor skills and anyone wishing to become familiar with trip group management.

All those interested in this Leadership Training course may also wish to consider **Wilderness First Aid Training** coming up May 4-5, 2019. The course runs 8 AM to 4 PM both days with an optional CPR course available Saturday at 4 PM.

Instruction is provided by SOLO, experts in providing wilderness medical training. Their excellent courses have been well-received by AMC members for years, and we look forward to continuing to sponsor their trainings.

Pricing is as follows: \$160 for AMC or Wildlands Trust members, \$175 for non-members. Price includes lunch and break service both days. The optional CPR course costs an additional \$40.

Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course

is a mix of classroom lecture and practical exercises. Both days are required to certify.

This training is required for AMC-SEM trip leaders, but is a great experience for any outdoor enthusiast. I would encourage any AMC trip participant to consider taking this course. You will find it exciting and stimulating.

Both courses are offered at the Wildlands Trust Community Conservation Barn; 675 Long Pond Road; Plymouth, MA 02360 (just south of Exit 3 off Route 3).

To register for Leadership Training or for Wilderness First Aid, please contact AMC-SEM Education Chair Doug Griffiths at RedDougG@aol.com or 508-758-4315 after 6 PM.

AMC to launch new 'Be Outdoors' brand & membership campaign

You'll notice some changes in upcoming communications and advertising from the Appalachian Mountain Club with a new message, new logo treatments, and a variety of visuals. The changes address several goals, including an inclusive "you" orientation; an expanded view of outdoor activities for all interests, ages, and ability levels; a sense of fun, adventure and engagement with other people and the outdoors. The transition will be gradual, with both logos in use for some time.

Here's part of the AMC statement on the new theme:

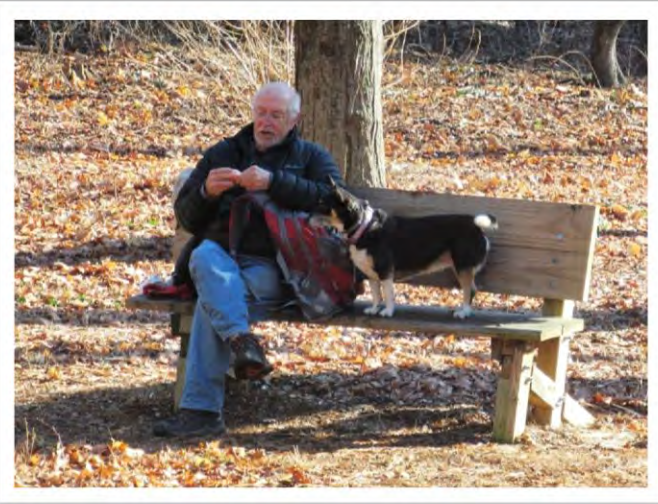
"Be Outdoors recognizes the essential connection of the human condition to its origin point. It's the biggest, simplest thing you can do in the biggest, simplest place you can do it. Be Outdoors celebrates the spirit of adventure in every possible form embracing everything that comes with it – wisdom, humor, work, fun, pain, and triumph. There is no wrong way or where to Be Outdoors. There's room for everyone to be, outdoors. Be yourself outdoors. Be together outdoors. Belong outdoors."





Thursday Hike Series is cool!

Photos & Text by Ken Cohen



A January 3rd trek through Walpole Town Forest and along the Bay Circuit Trail was the first of our Thursday Hikes Series of the New Year! Twenty-plus hikers enjoyed a brisk walk along the trails during a sunny, chilly winter's day. Hans Luwald and Debbie Lepore were the leaders, along with their co-leader, German shepherd Gretel.

Chapter Volunteer Opportunities



Dear Fellow SEM Members,

The SEM Executive Board is seeking a Chapter Vice Chair volunteer to:

- *Support the SEM Chapter Chair and our great activity leaders;
- *Help run the 2019 AMC Fall Gathering which will be held on Cape Cod;
- *Represent the SEM Chapter at a variety of club-wide and chapter events;
- *Interface with AMC HQ and learn how AMC functions behind the scenes;
- *Support conservation, education, and recreation in Southeastern Massachusetts.

You will assist with the development of chapter goals, budgets and special events (such as Fall Gathering 2019), assist other committee members in coordinating chapter activities, and participate in monthly Executive Board meetings and periodic AMC meetings of chapter chairs. Experience with or willingness to learn straightforward Excel spreadsheet and PowerPoint-type applications helpful.

Please contact Chapter Chair Leonard Ulbricht (chair@amcsem.org)



SEM's Executive Board is seeking a Biking Vice Chair to assist the Biking Committee Chair with planning, organizing and leading bike trips in Southeastern Mass. A particular focus of this position is to promote bike trips off Cape in Plymouth, Bristol, and surrounding counties. This includes leading trips, identifying desirable routes, and encouraging development of additional bike leaders.

Please contact Chapter Chair Leonard Ulbricht

chair@amcsem.org

SEM's Executive Board is seeking a Hiking Committee Vice Chair to assist the Hiking Committee Chair in planning, coordinating, and leading hiking trips for the chapter. The Vice Chair will also assist the Chair in arranging quarterly planning meetings and workshops for new hikers, backpackers, and winter season preparation.

Please contact Chapter Chair Leonard Ulbricht

chair@amcsem.org



Mount Rainier

AMC's August Camp 2019



Experience magnificent Mount Rainier National Park! See stunning waterfalls, alpine meadows carpeted with wildflowers and grand scenic vistas on dozens of easy to challenging hikes led by trained AMC volunteers. Visit Mount St. Helens. Trek across the shoulders of one of the highest and most dramatic peaks in the lower 48 states.

Camp in the small former lumbering town of Packwood, WA, adjacent to the park. Just arrive and enjoy the activities and camaraderie. Everything's provided: tents, hearty, delicious meals prepared by our staff, local transportation and a free shuttle from Seattle-Tacoma International Airport.

July 13 through August 10. Attend one week or two. Detailed information and registration will be posted at augustcamp.org by early December. Camp filled by mid-January last year, so don't miss out! Registration opens January 2, 2019.

Week 1:	July 13 — July 20
Week 2:	July 20 — July 27
Week 3:	July 27 — Aug. 3
Week 4:	Aug. 3 — Aug. 10

One Week: \$975 for members; \$1150 for non-members.

Applications are accepted beginning January 2, 2019 in the order in which they are received. Get sign-up information after December 1 at our web site, augustcamp.org.

Questions? Ask Lois Rothenberger at ACRegistrar@comcast.net

augustcamp.org



Photos by Kathy Kelly-Borowski, August Camp 2014

Activities

For the most current information, [search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

AA13+

A.....9-13

B.....5-8

C.....less than 5

Indicates pace

1.....very fast

2fast

3moderate

4leisurely

Indicates terrain

Avery strenuous

Bstrenuous

Caverage

Deasy

Found in the description

LActivity leader

CLActivity co-leader

FT.....First Time

NM...New Members

AN....Advance Notice

C.....Conservation

BICYCLING

Ongoing. Vice Chair, Biking Committee, SEM's Executive Board is seeking a Biking Vice Chair to assist the Biking Committee Chair with planning, organizing and leading bike trips in Southeastern Mass. A particular focus of this position is to promote bike trips off Cape in Plymouth, Bristol and surrounding counties. This includes leading trips, identifying desirable routes, and encouraging development of additional bike leaders. L Leonard Ulbricht (chair@amcsem.org)

CAPE HIKING

Sat., Jan. 19. Hike Over Hill-Over Dale, West Barnstable, MA. Walk the hills and some fire roads of the West Barnstable Conservation area. Hills are steep but short with a little flat spot between them. Good hiking boots are suggested. Hike could go over in time depending on the speed of the slowest hiker and conditions of trails. Take exit 4 on Rt6 (mid-cape highway) go 1 mile south and park under the high tension lines. L David Selfe (508-771-0620 after 5pm before 9pm, kdselife@comcast.net, I have been a member of AMC since 2005 and have hiked over 600 miles on Cape Cod.)

Sun., Jan. 20. Bell's Neck Conservation, Harwich, MA. 4.5 mile mostly flat hike along East & West reservoirs, cranberry bogs, marshland and a herring run. Exit 10 to 124S to end. R on 39S x 1.9 mi to Sand Pond prkg on right. Arv 12:45 for 1 p.m. start. L Barbara Gaughan (781-572-1321 before 9 p.m., barbaragaughan12@comcast.net, Level 1 hike & bike leader.)

Thu., Jan. 24. Hike Coast Guard Beach Eastham, Eastham, MA. 2 hour hike. Visit Salt Pond, salt marshes, Coast Guard Beach. Directions: From Route 6 take Right into National Seashore Salt Pond Visitors Center. Meet at 9:45 and hike 10 am - 12:00 pm. L Richard Kaiser (508-432-3277 Before 9 PM, rjkaiser@comcast.net)

Sun., Jan. 27. Beebe Woods Hike, Cape Cod Conservatory parking lot in Falmouth, MA. Join me for a moderate hike in beautiful Beebe Woods. Approx 5 miles. Terrain is flat to ups and downs. Conditions might require snowshoes or ice traction. L Linda Church (lchurch@whoi.edu)

Thu., Jan. 31. Hike Ryder Beach, Truro, MA, Woodland trails, hills, and scenic bay views, and roads, houses of interest. From Route 6, Truro, turn left on Prince Valley Road, go to the end. Right on County Road, then an immediate left on Ryder Beach Road. Park at the end. Meet at 9:45 am. 2 hours. L Janet Kaiser (508-432-3277 Before 9 p.m., jtkaiser@comcast.net)

Sun., Feb. 3. Hike Craigville Beach, Centerville, MA. We will visit Christian community overlooking Craigville Beach and then hike down road to trail through saltmarsh to Centerville River; we will return walking Craigville Beach.. Directions to hike take Rte 6 to Exit 6 and turn R at Shootflying Hill Rd.to L on Old Stage Rd., becomes Main St. follow to beach parking lot for meet location. Follow signs from 132 for Craigville Beach. Meet at 12:45 PM for 1 PM start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Thu., Feb. 7. Hike Pickerel Cove Mashpee, MA. 2 hour woodland hike with views of Pickerel Cove. From Sagamore Bridge take Rte 6 to exit 2 Rte 130 turn R off ramp and follow for several miles to just over Mashpee line look for entrance to Pickereel Cove on L. From mid Cape and outer Cape Rte 6 to exit 3 turn S on Quaker Meeting House Rd and follow to 2nd light and turn L on Rte 130, follow Rd to just over Mashpee Line Pickerel Cove will be on your L. From Falmouth take Rte 130 N and look for Pickerel Cove on your R. Meet at 9:45 PM for 10 AM start. L Jane Harding (508-833-2864 before 9 PM, janeharding@comcast.net)

Continued on next page

Activities

For the most current information, [search activities online](#)

CAPE HIKING

Sun., Feb. 10. Hike along the Quashnet River and through adjacent woods, Falmouth/Mashpee, MA. This is a 4.2 mile hike at a moderate pace along the Quashnet River and through adjacent woods. About 1/2 of the hike will be on moderate rolling terrain. From the Mashpee Rotary take Rte. 28N towards Falmouth. Follow Rte. 28 for 2.1 miles to a right on Martin Rd. (just after crossing the Falmouth town line). Parking is in a small lot or along Martin Rd. L Deborah Hayden (508-274-2820 before 9PM, shaferhayden@gmail.com)

Thu., Feb. 21. Hike - Yarmouth, Greenough Ponds (B3C), Yarmouth, MA. Walk through Yarmouth Botanical Gardens, Dennis & Greenough Ponds. Meet at 9:45, 2 hr. Exit 7 off Route 6 to North, right on 6A, at sharp turn go right on Summer St. to beach parking lot. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sun., Mar. 3. Hike Shawme Crowell State Park, Sandwich, MA. Two hour hike on wooded trails through the scenic campground, some hills. Driving directions: Take Rte 6 to Exit 2, Rte 130 and turn N. Stay on Rte 130 until you see entrance sign for Shawme Crowell. From Sagamore Bridge take 1st exit and at bottom of ramp turn R at lights, follow Sandwich Rd and merge left on 6A and then turn R onto Rte 130. Turn into Shawme Crowell and turn right drive past entrance booth and follow road until you come to open space and paved cutout on R. Park along road off pavement if possible. Meet at 12:45 PM. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Thu., Mar. 7. Hike Long Nook, Truro, MA. 2 hour hike. Visit AF Base and Jenny Lind Tower. Directions: From Route 6 take Right on Long Nook Rd (1.2 miles after Pamet Rd Exit) and follow to parking lot at the end. Meet at 9:45 and hike 10 am - 12:00 pm. L Richard Kaiser (508-432-3277 Before 9 PM, rjkaiser@comcast.net)

Thu., Mar. 14. Hike--Four Ponds and Bourne Town Forest, Bourne, MA. This 2 hour approximately 4.5 mile hike is in the Bourne Four Ponds Conservation Area and adjacent Bourne Town Forest. The terrain is wooded pathways, fire roads, and mountain bike trails with several moderate rolling hills. It offers views of the ponds and some wildlife. It is a loop so does not offer easy bail-out points. This is not a novice hike. Note that the parking and trailhead is not the Four Ponds parking lot. From the Bourne Rotary/Cape side, take Route 28S for 1.7 miles. Take a right onto Clay Pond Road/Monument Beach (green state sign) before McDonald's. Go 0.5 miles and turn left onto Valley Bars Road. Go 0.3 miles and park on the side of the road before the Weary Traveler's club. Please bring water for drinking, dress in layers. Sturdy boots/shoes are suggested. If you have questions please contact leader -Robin McIntyre 508 789-8252. L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net, Robin is a third year Level 1 SEM/Cape hike leader with WFA training)

Thu., Mar. 21. Hike-Brewster, Punkhorn Parklands (C3C), Brewster, MA. Wooded, hilly trails with pond views. Route 6 Exit 9B, 2 miles to a right on Satucket, then bear right at Stony Brook Road. In 0.3 miles, turn right on Run Hill Road. 1.3 miles to parking lot on the left. Meet 9:45 am 2 hours 15 mins. L Janet Kaiser (508-432-3277 before 9 p.m., jtkaiser@comcast.net)

Sat., Mar. 23. Truro Historical Trek, between Pamet Harbor and Truro's Great Swamp, Truro, MA. Truro Historical Trek: Fast-paced 6+ mile walk, along Cape Cod Bay beaches and coastal banks. A few friendly, well-behaved dogs allowed with prior approval of leader. Occasional stops to highlight points of interest, including the first European summer vacation in Truro (1603), the opening of the Cape Cod railroad (1873, in Truro), the most expensive 'McMansion lawsuit' on the Cape, the Pilgrim's theft of Indian seed corn (1620), and the loss of most of Truro's men at sea (1844). Three miles on the beach, three+ on the coastal bank and a little bit inland. A bit strenuous due to beach-walking and some hills and beach stairs. Beach-walking can be challenging when cold/windy so check weather forecast and dress appropriately. Optional lunch afterwards from very good 'diner' a mile from the hike. Heavy rain or snow may delay until Sunday March 24, 2019. L Jay Vivian (508-858-4855 6:30pm - 9:00pm, jvivan0@comcast.net)

Continued next page

Activities

For the most current information, [search activities online](#)

EDUCATION

Sat., Apr. 6. Leadership Training Workshop, Wildlands Trust Community Conservation Barn 675 Long Pond Rd., Plymouth, MA 02360. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader participants are also welcome. It is an all day course with a mix of classroom and outdoor exercises. The usual schedule is 8 am to 5 pm. Lunch is included and refreshment breaks are provided. This course is offered at no cost to AMC members. For Southeastern Mass chapter members, this is the first step in becoming a trip leader, followed by several co-leads with current chapter trip leaders, arranged in the weeks or months after this program. This training is required for prospective SEM trip leaders, but is useful for any participant interested in improving their outdoor skills and anyone wishing to become familiar with trip group management. L Douglas Griffiths (508-758-4315 after 6 pm, [reddougg@aol.com](mailto:redDoug@aol.com))

Sat., May 4-5. Wilderness First Aid Two Day Workshop, Wildlands Trust Community Conservation Barn, 675 Long Pond Rd., Plymouth, MA 02360. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. This training is required for AMCSEM trip leaders, but is a great experience for any outdoor enthusiast. Instruction is provided by SOLO, experts in providing wilderness medical training. L Douglas Griffiths (508-758-4315 after 6 pm, [reddougg@aol.com](mailto:redDoug@aol.com))

Sat., Jun. 22-23. Two-day Map and Compass Workshop (Sat/Sun), Blue Hills, Boston Area, MA. See listing under Hiking. R Paul Brookes (603-799-4399 After 8am and before 9pm, PaulBrookes1966@outlook.com)

EXECUTIVE COMMITTEE

Ongoing. Vice Chair, Southeastern Mass Chapter, MA. Dear fellow SEM Member, The SEM Executive Board is seeking a chapter Vice Chair volunteer to: *Support the SEM Chapter Chair and our great activity leaders; *Help run the 2019 AMC Fall Gathering which will be held on Cape Cod; *Represent the SEM Chapter at a variety of club-wide and chapter events; *Interface with AMC HQ and learn how AMC functions behind the scenes; *Support conservation, education and recreation in Southeastern Massachusetts. You will assist with the development of chapter goals, budgets and special events (such as Fall Gathering 2019), assist other committee members in coordinating chapter activities, and participate in monthly Executive Board meetings and periodic AMC meetings of chapter chairs. Experience with or willingness to learn straightforward Excel spreadsheet and Power Point-type applications helpful. L Leonard Ulbricht (chair@amcsem.org)

HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org.

Always looking for additional hike leaders! Contact hikingchair@amcsem.org

Ongoing. Vice Chair, Hiking Committee, Southeastern Mass Chapter, MA. SEM's Executive Board is seeking a Hiking Committee Vice Chair to assist the Chair in planning, coordinating, and leading hiking trips for the chapter. The Vice Chair will also assist the Chair in arranging quarterly planning meetings and workshops for new hikers, backpackers, and winter season preparation. L Len Ulbricht (chair@amcsem.org)

Thu., Jan. 17. Borderland State Park hike, 259 Massapoag Ave. North Easton MA. Easy hike around ponds at Borderland State Park. About 4 miles. Lunch stop at Ames original house foundation. Bring traction device in case of icy trails. Directions; From Rt 24 take exit 16 (Rte 106West/Mansfield) follow Rt.106 West through 4 sets of traffic lights. Go thru 4th light, which will be intersection of 123 and 106, cont. west on Rtes 123&106 for 1/2 mile. Take right on Poguanticut Ave. Then take left on Massapoag Ave. There will be a brown sign for Borderland. Follow Massapoag for about 3 miles and park all be on right. There is a fee to park of 5 dollars. L Rachel Thibeault (774-360-2539 call before 8:00PM, rateebo@yahoo.com)

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Activities

For the most current information, [search activities online](#)

HIKING

Sat., Jan. 19. Snowshoe #2, North Conway, White Mountains, NH. Starting on the Champney Falls Trail from the eastern Kancamagus to view frozen Champney and Pitcher Falls. Then Continuing up Champney Falls trail to the Champney Falls Connector Trail and mountain views. Hike will be 4-6 miles/5 hours/1000-2000 ft elevation gain. L Anne Duggan (150-878-9553 x8 before 9 pm, abduggan12@gmail.com) CL Brian Duane (bduane105@comcast.com), R Anne Duggan, 508-789-5538 before 9 pm, abduggan12@gmail.com)

Mon., Jan. 21. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA. Come and Hike under the Full Blood moon. We will be hiking about 5 miles on mainly flat wide trails in between and around 2 lakes. Depending on the weather, snow gear may be required. Registration is required. A detailed Poop Sheet will be sent to all who register. Please include with your email to the Registrar: 1)The date of the hike you want, (I will be listing more very soon). 2) a contact number, 3) and your latest hiking experience. L William Cannon (bcannon56@gmail.com) L Susan Svelnis (suesvelnis@gmail.com) L Patricia McNally (pmcnallyma@comcast.net), R Bill Cannon (bcannon56@gmail.com)

Tue., Jan. 22. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike was on Jan 1 and the last hike is March 19. The last hike of the series will be a shorter hike followed by a social lunch at one of the local restaurants. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register. You will also be asked to attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Claire MacDonald , R Cathy MacCurtain (camaccurtain@aol.com)

Thu., Jan. 24. Thursday Morning Hike -Pratt Farm Middleboro, MA. Meet at Oliver Mill Park, 8 Nemasket Street, Middleboro, MA 02346 for car pool to trail head., MA. Explore the many paths and byways of Pratt Farm. Mostly gentle rolling hills. We will meet at an off site parking area due to limited trail head parking and car pool to Pratt Farm. Do NOT go to Pratt Farm directly. Meet before 10:00AM at the Oliver Mill parking area at the intersection of Rte 44 and Plymouth Street in Middleboro. Hike is approximately 5 miles and 2 - 3 hours depending on routes taken and time spent exploring. Bring light lunch, water and appropriate weather gear. Heavy snow or rain will cancel. L Richard Carnes (508-947-3204, rcarnes2@aol.com)

Sat., Jan. 26. Winter Morning Out Hike at Myles Standish State Forest, MA. Join me for an 8 am Saturday morning hike at Myles Standish State Forest in Plymouth/Carver. See the beauty of the forest in winter. Combining the flat, pond-side East Head Loop and the hilly, wooded Bentley Loop will give us about 7 miles of beautiful trails. Once we're done, we'll still have the rest of the day for other things. Meet at 7:45 at the Forest Headquarters Parking Lot, 194 Cranberry Road, Carver, 02330. We'll plan on a moderate pace to complete the hike in approximately 3 hours. Registration is not required, but email the leader with questions or concerns. If we have snow, the hike will become a snowshoe and the distance will be adjusted. L Maureen Kelly (617-943-4288 before 8 pm, mokel773@aol.com)

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Activities

For the most current information, [search activities online](#)

HIKING

Tue., Jan. 29. White Line the Blue Hills hikes, Blue Hills, MA. See listing for January. 22. L Catherine MacCurtain (camaccurtain@aol.com) L Claire MacDonald , R Cathy MacCurtain (camaccurtain@aol.com)

(C) (FT) (NM) Thu., Jan. 31. Hike North Hill Marsh Wildlife Sanctuary, Duxbury, MA. Pleasant 4.8 mile woody loop around Marsh Pond with possible sightings of ducks, geese and various other birds, cranberry bogs, including a loop around deep kettle holes left by glaciers, traversing a portion of the 1623 Green Harbor Trail. There are some hills and uneven terrain, lots of roots, and flatter areas. Bring 1-2 liters of water, snacks, lunch, sturdy winter boots, a rain jacket, small sit pad and layers for warmth. Hiking poles are optional/useful for uneven terrain. Light traction devices may be needed if snow is present or wet/icy (MicroSpikes, stabilicers, etc.). No restroom facilities. Meet at 9:45am. L Claire MacDonald (781-582-0316 9am-9pm, cfmacdonald@hotmail.com, Claire likes to redline the Blue Hills, hike the NH 4000' (4 left), trek to far off places and is an upcoming Whiteline Leader.)

Sat., Feb. 2. Winter Series Hike #3 - Mt. Kearsarge North, Mt. Washington Valley, NH. Join us for the third hike in our Winter Series. Weather permitting, this moderate 6.2- mile, 2600' elevation hike to Mt. Kearsarge North in the Mt. Washington Valley promises fabulous views from the fire tower summit. There are some steep sections near the summit. Participation in our current or past Winter Hiking Workshop or equivalent is required for those without winter hiking experience. Full winter gear (snowshoes, microspikes, winter-rated boots, etc.) required. L Maureen Kelly (mokel773@aol.com) L Eva Das (borsody@gmail.com), R Maureen Kelly (617-943-4288 before 8:00 pm, mokel773@aol.com)

WINTER SERIES HIKES

**Feb. 2. Winter Series Hike #3 -
Mt. Kearsarge North,
Mt. Washington Valley, NH.**

**March 1-3 Winter Series Hike #4 -
Overnight at Carter Notch, NH.**

Sat., Feb. 2. Dog Friendly Hike at Wompatuck State Park, 204 Union Street, Hingham, MA. Come with or without your dog for an approximately 5 mile hike at Wompatuck State Park. We will meet at 9:45 in the Welcome Center Parking Lot. Hike will be cancelled in extreme weather. The choice of trails and actual distance will depend on weather conditions. Waterproof boots and traction devices such as microspikes will most likely be needed. Snowshoes optional if there is fresh snow. This will be a moderate paced hike. Dogs are allowed off-leash at this DCR property, but dogs may need to be leashed on this hike at the discretion of the leader. Please contact leader with any questions. L Susan Svelnis (781-849-9299, suesvelnis@gmail.com)

Tue., Feb. 5. White Line the Blue Hills hikes, Blue Hills, MA. See listing for January 22. L Claire MacDonald , R Cathy MacCurtain (camaccurtain@aol.com)

Fri., Feb. 8-10. Winter Hiking and Cross-Country Ski Weekend - Noble View Outdoor Center, 635 South Quarter Rd, Russell, MA. Join the SEM Chapter for its seventh annual winter weekend at Noble View Outdoor Center in Russell, MA, approximately 2 hours' drive west of Boston. Noble View sits atop a pristine mountaintop with beautiful trails that wind through quiet woodlands. Hiking, snowshoeing, and cross-country skiing will be offered, depending on conditions. Participants will need to bring their own equipment. The cottages have electricity, water, and wood-stove heating. A short walk from either cottage is a bathhouse with toilets and hot showers. This popular event is limited to 28 participants so register early. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Jeannine Audet , R Paul Brookes (603-799-4399 before 9 pm, PaulBrookes1966@outlook.com)

Tue., Feb. 12. White Line the Blue Hills hikes, Blue Hills, MA. See listing for January 22. L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Claire MacDonald, R Cathy MacCurtain (camaccurtain@aol.com)

Continued on next page

Activities

For the most current information, [search activities online](#)

HIKING

Sat., Feb. 16. Snowshoe #3, White Mountains, NH. Snowshoe #3. Join SEM Chapter for a fun day of snowshoeing in the White Mountains. Location TBA. Trip will be 5 - 7 miles with 1000-2000 ft of elevation gain. L Anne Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com) CL Eva Das Borsody (borsody@gmail.com), R Anne Duggan (Rochester, MA 02770, 508-789-5538 before 9 pm, abduggan12@gmail.com)

Tue., Feb. 19. White Line the Blue Hills hikes, Blue Hills, MA. See listing for January 22. L Claire MacDonald, R Cathy MacCurtain (camaccurtain@aol.com)

Sat., Feb. 23. Winter Morning Out Hike at Myles Standish State Forest, MA. Join me for an 8 am Saturday morning hike at Myles Standish State Forest in Plymouth/Carver. See the beauty of the forest in winter. Combining the flat, pond-side East Head Loop and the hilly, wooded Bentley Loop will give us about 7 miles of beautiful trails. Once we're done, we'll still have the rest of the day for other things. Meet at 7:45 at the Forest Headquarters Parking Lot, 194 Cranberry Road, Carver, 02330. We'll plan on a moderate pace to complete the hike in approximately 3 hours. Registration is not required, but email the leader with questions or concerns. If we have snow, the hike will become a snowshoe and the distance will be adjusted. L Maureen Kelly (617-943-4288 before 8 pm, mokel773@aol.com)

Tue., Feb. 26. White Line the Blue Hills hikes, Blue Hills, MA. See listing for January 22. L Claire MacDonald, R Cathy MacCurtain (camaccurtain@aol.com)

Thu., Feb. 28. Thursday Morning Blue Hills Hike/Snowshoe - Ponkapaog Pond, Canton, MA. Moderate to fast pace, with occasional stops. 4 ½ - 5 mile hike around The Pond. Approx. 10:00am-12:30pm. Please arrive by 9:45 am for a prompt 10:00 am start. Bring hiking shoes, micro-spikes or similar traction devices, snacks/lunch & water. We'll take a break at the AMC Camp, down near the pond, weather permitting. Steady rain or snow cancels. Dogs on leash O.K. L Ken Cohen (508-942-1536 Before 8:00 pm, k-cohen@comcast.net, Year-round hiker and snow shoe enthusiast. Join groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Class I Hiking Leader for the past 18 months having organized approximately a dozen trips in The Hills and other local hiking destinations. Longtime member of DCR's "Trail Watch" in the Blue Hills. Active ad-hoc member of the Board of Trustees for The Friends of The Blue Hills. Avid nature photographer.)

Fri., Mar. 1-3. SEM Winter Hiking Series Overnight Trip to Carter Notch, NH. The fourth and final trip in the Southeastern Mass. Chapter's 2018-19 Winter Hiking Series will bring us to remote and pristine Carter Notch. On Friday, we'll hike or snowshoe into the AMC Carter Notch hut via the very pretty, 3.8-mile long Nineteen-Mile Brook Trail with a (mostly) gradual 1,900-foot elevation gain. On Saturday, we'll visit a nearby 4,000-foot peak such as Carter Dome and/or Wildcat A and then hike out on Sunday. Possible option for just staying Saturday night. Previous winter hiking experience and full winter gear required, including microspikes, snowshoes, crampons, insulated winter boots, and zero-degree sleeping bag. Preference given to those who have participated in previous SEM Winter Series hikes/snowshoes this season. L Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net, Paul, an experienced four-season hike leader, prefers to hit the trails in winter.) L George Danis L Maureen Kelly (mokel773@aol.com) CL Dio Goncalves , R Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net)

Tue., March 5. White Line the Blue Hills hikes, Blue Hills, MA. See listing for January 22. L Claire MacDonald, R Cathy MacCurtain (camaccurtain@aol.com)

(FT) (NM) Thu., Mar. 7. Thurs. Morning Hike - Oldham Trail & Harold Clark Forest, Foxboro, MA. Hike the Oldham Trail and Harold Clark Forest in Foxboro. Meet at 10:00 am at parking lot on Rt. 140 across from Sunoco Station. Heavy rain will cancel. Bring lunch or snack and water and wear appropriate footwear. L Muriel Guenther (508-699-7461 Before 9:00PM, murielguenther@comcast.net)

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Activities

For the most current information, [search activities online](#)

HIKING

Sat., Mar. 9-10. Winter White Mountain Overnight at Carter Notch Hut, White Mountains, NH. Come enjoy the wonders of winter at an AMC Hut in the White Mountains of NH. Enjoy a snowy weekend of moderately strenuous hiking, focusing on scenery and good company! We will hike 3.8 miles (2322' elev gain) along the 19 Mile Brook trail to the unheated rustic Carter Notch Hut (3288'). Weather permitting and after a break at the hut, there will be an option to summit Carter Dome (4832') on Saturday (or possibly Sunday). Carter Dome is ~1.2 miles with a 1532' elev gain from the hut. Vegetarian meals for Saturday dinner and Sunday breakfast will be provided by the leaders, but prepared as a group. Full winter gear, including a minus 20 degree F sleeping bag, and winter hiking experience (or enrollment in an AMC Winter Hiking Program) are required. This trip is being co-listed with the Delaware Valley Chapter. Claudine Kos (claudinekos05@yahoo.com) is the leader from the DV chapter. L Robin Melavalin, Robin is a 4-season hike leader. She loves winter hiking in the White Mountains. In addition, she leads AMC adventure travel groups to exciting destinations such as Kilimanjaro, Patagonia and Nepal.), R Robin Melavalin (robinoutdoors@gmail.com)

Carter Notch Hut Hiking Weekend

March 9-10, 2019

Join your fellow SEMers and Delaware Valley members for winter hikes focused on great scenery and fellowship!

Tue., March 12. White Line the Blue Hills hikes, Blue Hills, MA. See listing for January 22. L Claire MacDonald, R Cathy MacCurtain (camaccurtain@aol.com)

Thu., Mar. 14. Thursday Morning Blue Hills/Buck Hill Hike, Blue Hills, Milton, MA. We will hike 5 hilly miles in the Blue Hills from the State Police Barracks on Hillside Street to Buck Hill and return. Bring water, lunch, sturdy footwear, rain gear. Storm cancels. L Deborah Lepore (617-778-4339 Before 9:00 pm, DLepore2@GMail.com) CL Hans Luwald (508-668-0462 before 9:00 PM, hans.luwald@gmail.com)

Tue., March 19. White Line the Blue Hills hikes, Blue Hills, MA. See listing for January 22. This last hike of the series will be a shorter hike followed by a social lunch at one of the local restaurants. L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Claire MacDonald, R Cathy MacCurtain (camaccurtain@aol.com)

Sat., Mar. 30. Winter Morning Out Hike at Myles Standish State Forest, MA. Join me for an 8 am Saturday morning hike at Myles Standish State Forest in Plymouth/Carver. See the beauty of the forest in winter. Combining the flat, pond-side East Head Loop and the hilly, wooded Bentley Loop will give us about 7 miles of beautiful trails. Once we're done, we'll still have the rest of the day for other things. Meet at 7:45 at the Forest Headquarters Parking Lot, 194 Cranberry Road, Carver, 02330. We'll plan on a moderate pace to complete the hike in approximately 3 hours. Registration is not required, but email the leader with questions or concerns. If we have snow, the hike will become a snowshoe and the distance will be adjusted. L Maureen Kelly (617-943-4288 before 8 pm, mokel773@aol.com)

Sat., May 4. Sat, 2nd annual "Spring into Spring" hike, Arnold Arboretum, Jamaica Plain, MA. 281 acres- including two hills with vistas, bonsai exhibit, lilacs, and "Explorer's Garden". We will explore this "tree museum" during a 4-5 mile hike at a moderate pace. Bring water, sturdy footwear, sun screen, bug spray, snack or lunch. Meet at the Visitors' Center (Hunnewell building) located at 125 Arborway, Jamaica Plain at 9:45 AM for prompt 10:00 start. Plenty of on-street parking along the Arborway; or walk to the entrance from the Forest Hills Orange Line T-stop. Steady rain cancels. Leashed dogs O.K. L Ken Cohen (508-942-1536 before 8:00 pm, k-cohen@comcast.net). Year-round hiker and snowshoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our National Parks. AMC-SEM Class I hiking leader. Longtime member of DCR's "Trail Watch" in the Blue Hills. Active ad-hoc member of the Board of Trustees for the Friends of the Blue Hills. Avid nature photographer.)

Continued on next page

Activities

For the most current information, [search activities online](#)

HIKING

Thu., May 30. 3rd Annual Perennials Hike, Wilson Mountain & Whitcomb Woods, MA. Lady's slippers galore! In a good year there are hundreds on both sides, in sections of the well-marked trail, to the summit of Wilson Mountain. Wilson Mountain reservation is 207 acres of wild and varied terrain. Large tangled thickets of rhododendrons grow on a hillside. Mountain laurel too, in season. Wilson Mountain is the highest point in Dedham at 295 feet. While not a true mountain, it does provide hilltop views of the surrounding area. It is managed by the Massachusetts Department of Conservation and Recreation (DCR). After Wilson Mountain, at your option, we'll cross Common Street to the Whitcomb Woods trailhead. Forested level trails with views of the Charles River, many gazebos along the way. The total hike is 5-7 miles at a moderate pace. Steady rain cancels. Bring water snacks/lunch, sturdy footwear, bug spray, sunscreen. Well-behaved dogs on leash are O.K. L Ken Cohen (508-942-1536 before 8:00 pm, k-cohen@comcast.net, Year-round hiker and snowshoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our National Parks. AMC-SEM Class I hiking leader. Longtime member of DCR's "Trail Watch" in the Blue Hills. Active ad-hoc member of the Board of Trustees for the Friends of the Blue Hills. Avid nature photographer.)

Sat., Jun. 22-23. Two-day Map and Compass Workshop (Sat/Sun), Blue Hills, Boston Area, MA. Come learn beginner to intermediate navigation skills using a map and compass to find your way in this two-day weekend workshop. No prior skills are required. All activities will take place at the Blue Hills Reservation; you will need appropriate hiking gear and be able to hike approximately 4 miles with a small day-pack. On Saturday we'll use the conference center at Brookwood Farms for both indoor and outdoor instruction. You'll learn how to read a topographic map, how to use a compass and how a map and compass work together. In the afternoon you'll get to practice your skills on a directed hike in the Blue Hills using the DCR trail map. On Sunday your group will plan your own route to find flags hidden both on and off the trail. For this hike, you will be using a topographical map which does not show the trails and will make use of terrain features such as valleys, brooks, and hills to stay found. Each group will have an instructor to help facilitate the learning. Prior reservation is required, and class size is limited to promote small group learning. To register for this workshop, you must commit to attending both Saturday and Sunday. You will need to purchase and bring to class a navigating compass with adjustable declination correction, the recommended compass is the Suunto M-3 (list price \$44). L Paul Brookes. (Living in Boston, I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) CL Doug Griffiths ([reddoug@aol.com](mailto:redoug@aol.com)) CL Pete Tierney (pxtierney@aol.com), R Paul Brookes (603-799-4399 After 8am and before 9pm, PaulBrookes1966@outlook.com)

SKIING

Fri., Mar. 1-3. Cross Country Skiing- The Old Field House, 347 NH 16A, Intervale NH. Join us for a weekend at the Old Field House in Intervale, NH. We will cross country ski, snowshoe &/or hike, depending upon the snow conditions. The Old Field House is a cozy B & B, with a hearty breakfast included. There are many opportunities for outdoor activities and shopping close by. Dinners will be at local restaurants. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com) CL Barbara Hathaway (508-662-0724, barb224@tmlp.net), R Barbara Hathaway (508-662-0724, barb224@tmlp.net)



Happy Trails!



The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | February 2019

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Please send your Word doc and photographs to breeze.editor@amcsem.org.

Please send photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Send listings to breeze.editor@amcsem.org

Business advertisements are just \$15/month. Send inquiries to breeze.editor@amcsem.org



Moonlight reflects off the snow during January's Full Moon Hike. Photo by Sue Svelnis

Full Moon Hikes at Borderland State Park

By Bill Cannon, Hike Leader

Have you ever hiked at night under a Full Moon? The moon can be so bright, especially when there is snow on the ground, that you don't need a headlamp. You can even see your shadow—your Moon Shadow.

Every month from October through April, Leaders Patty McNally, Nancy Coote, Sue Svelnis, and Bill Cannon take a group for an evening hike under the full moon around the ponds at Borderland State Park in North Easton. They start at 6 pm and generally hike for 2 hours. The trails are wide and flat, making it safe for nighttime traversing.

The grounds are part of the old Ames Estate. They hike past a stone mansion that was built for Blanche and Oliver Ames and a lakeside stone cabin that on most nights has a few embers still glowing in the fire place for hikers to warm their fingers and toes.

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View from the Chair: What's on your mind?

We hear a lot about big data nowadays and its impact on the nation and world. I've been musing about SEM's "little data." Those of you who attended this past November's SEM Annual Meeting or read the annual report know that 71 trip leaders led 354 activity trips last year, 10% more than the prior year. That's an average of five trips per leader. That gave me pause to look back a few years to 2015. I found the number of active leaders leading trips has increased from 56 to 71. That volunteers are stepping up and adding to our cadre of leaders is very good news and a credit to all who promote and implement our Leadership Training program. Developing new leaders is necessary, both to replace those leaders who have moved on to other interests and to enable us to expand the number of trips we can offer our members going forward.

Other interesting "little data" comes from changes in our chapter makeup over the 10 years from Oct. 2008 to Oct. 2018. Our membership has increased by 11%, the number of families by 16%, and—as a sure sign of baby boomer impact—the number of seniors has tripled to 8%. A new stat AMC didn't track 10 years ago is 20- and 30-year-old young members, which is at 3% of our current membership. That's not too bad when you consider that the Boston chapter, which one would think should easily draw in young members, is only at 4%.

So now what? "Little data" forms a backdrop to your Executive Board decision-making. We are gratified by the uptick in active trip leaders and memberships. It speaks to the vibrancy in our chapter. Both are positive directions which we hope will continue. The Board is currently considering which activity areas to focus on going forward. There's a general feeling we should expand the number of trip offerings in underserved areas of southeastern MA, weekend trips for families and young members, and trail work and local conservation efforts. All would require more trip leaders and increased communication efforts to reach beyond our current *Breeze* readership and perhaps membership. More easily said than done.

As your Executive Board continues to explore the SEM chapter's future direction, we'd really appreciate hearing your ideas. Just email me at chair@amcsem.org with your thoughts or to arrange a time for a telephone conversation to discuss what you have in mind. Hope to see you out on the trails!

Thanks!

Len Ulbricht, SEM Chapter Chair

2019 Executive Board

Chapter ChairLen Ulbricht	Communications ChairPaul Miller	Membership Chair.....Ellen Thompson
Vice ChairOPEN	Communications Vice ChairDio Goncalves	Membership Vice ChairSandi Santilli
SecretaryAnn McSweeney	Conservation ChairBill Cannon	Paddling ChairEd Foster
TreasurerPatty Rottmeier	Conservation Vice ChairNancy Coote	Paddling Vice ChairLuther Wallis
Past Chapter ChairBarry Young	Education ChairDoug Griffiths	Skiing ChairJeannine Audet
Biking ChairBernie Meggison	Education Vice ChairSue Svelnis	Skiing Vice ChairBarbara Hathaway
Biking Vice ChairOPEN	Hiking ChairGeorge Danis	Trails ChairSkip Maysles
Cape Hiking ChairJane Harding	Hiking Vice ChairOPEN	Trails Vice ChairPete Tierney
Cape Hiking Vice ChairCathy Giordano		

Ad Hoc Committee Chairs & Other Chapter Contacts

Social Director.....OPEN	Young Members Chair	Susie Schobel
Social Vice ChairOPEN	Webmistress.....	Cheryl Lathrop
Social Media AdministratorChristine Racine	The Breeze Editor.....	Mo Walsh
	Blast Editor.....	Marie Hopkins

Contact chair@amcsem.org if you are interested in any OPEN positions



Photo by Cathy Giordano

Volunteer of the Month: Richard Kaiser

By Cathy Giordano, Cape Cod Hiking Vice Chair

Each month the SEM recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! This month the Cape Hiking Committee recognizes Richard Kaiser for his numerous contributions.

Richard is an accomplished AMC leader, beginning with hikes and canoe trips in Westport and North Dartmouth in the early 90s to leading three-season hikes on Cape Cod.

His love for the mountains of New Hampshire, as well as hiking, influenced Richard to introduce hut-to-hut hiking to his children at an early age. It also led him to meet his wife, Janet, on an AMC hike in the White Mountains! Richard's intrigue with the diversity of cliffs and marsh life impact his choice of hikes to lead on the Cape.

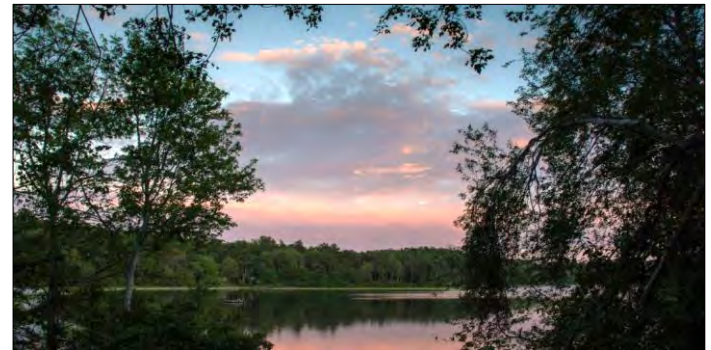
Richard aptly uses GPS to map hikes, to scope out old and new venues for hiking, to locate vistas and special features that shouldn't be missed. Old hikes become new again! He's also quick to step up whenever a hike leader needs help.

Now that he is retired, Richard has stepped up to lead numerous hikes helping the AMC-SEM Cape group offer a more robust hiking schedule. We greatly appreciate his service.

Thank you, Richard for all you do!

Richard will receive a Volunteer of the Month Certificate and a \$50 gift card.

Richard is also an AMC Life Member.



Save the Date Fall Gathering 2019 October 18th to 20th Camp Burgess in Sandwich, MA

We are looking for volunteers for leading activities, workshops, registration, logistics. If you can help out for even a couple of hours, it would be much appreciated. Contact FG2019 Event Chair, Barry Young at pastchapterchair@amcsem.org.

Full Moon Hikes

Continued from page 1

By the ponds there are small weirs and waterfalls, several bridges over streams, and the remnants of an old ice house that supplied ice to ice boxes in the area.

And there is plenty of wildlife too. It is typical for the group to see deer and hear owls hooting, as well as hear the peepers in early spring.

Before each hike they send out a Poop Sheet to those who register, with information regarding expected weather and trail conditions and outlining what equipment will be required. Last month's hike was on icy trails with a high temperature of five degrees. Chances of fresh snow are high in the winter months.

Hikers are encouraged to take the Winter Hiking Workshop and Leadership Training. This series is a great way to test out your gear and preparedness for a slightly more strenuous winter hike in, say, the White Mountains.

Future hikes are February 19, March 19, and April 16. They are all posted on the SEM web site. Hope to see you at Borderland!

New Hampshire winter weekend

By Jeannine Audet, Skiing Chair



Happy Skiers ready to go. *Photo by Jeannine Audet*

On January 11-13, our group of 22 filled the Mountain Fare Inn in Campton, NH, to enjoy a weekend of cross-country skiing, snowshoeing, and hiking. There were some long-term returning skiers/snowshoers and some who were brand new to our trips from as far away as New York.

On Saturday morning it was very cold, in the single digits, as we enjoyed our delicious breakfast at the Inn. Then the temperature slowly rose to the teens, but the skies were clear and sunny. The trails at the Waterville Valley Adventure Center were well groomed. Our two morning ski groups ("fast" and "half-fast") covered a lot of ground and braved a stiff morning breeze, which calmed in the afternoon.

The snow-covered trees and views were beautiful, and the bridges were a great spot for photos!

Some of the group chose to relax back at the Inn for the afternoon. Another ski group went out to ski other trails,

and a few chose to snowshoe at Waterville Valley. We all reconvened for Happy Hour by the fireplace at the Mountain Fare. A hearty dinner followed at the Mad River Tavern, with some trying out the local microbrews and lively conversation by all.

Following our breakfast Sunday morning, a group returned to Waterville Valley for skiing, including the scenic Moose Run Loop. A second group hiked the beautiful nearby Welch-Dickey loop, an invigorating 4.4 miles, and enjoyed spectacular views. Some chose to ride the fat bikes at the WV Center, while others went for a snowshoe near the Inn. As we were allowed a late checkout of 3:30 pm from the Mountain Fare, the group had time for our morning activities, packing up, and watching most of the Patriots-Chargers game, loudly rooting on our Pats.



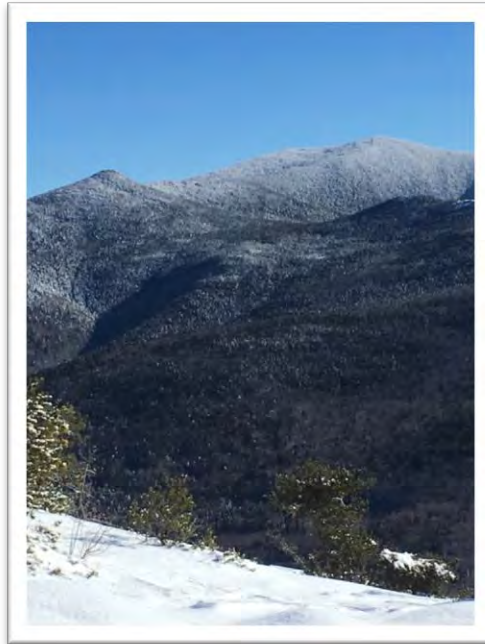
Skiers starting out from the Inn. *Photo by Susan Eliason*

Continued on page 5

New Hampshire winter weekend

Continued from page 4

This was our second year at the Mountain Fare. Our hosts were gracious and welcoming, provided beautiful rooms, abundant coffee and tea, and stoked a roaring fire. Their easygoing dog, Sam, hung out nearby. The WV Center staff was also very welcoming, providing a group discount on activities, helpful trail information, and outstanding ski lessons for members of our group who were new to cross-country skiing or just wanted to brush up on their skills. We have requested dates with the Mountain Fare for a return trip in January, 2020.



Left: Sunday morning skiers tackle the scenic Moose Run Loop.

Photo by Jeannine Audet

Right: The view from Welch-Dickey Loop.

Photo by Paul Audet



Group members chill out during Happy Hour on Saturday night at the Mountain Fare Inn.

Photo by Jeannine Audet

‘White-Lining the Blue Hills on a Red-Lining kind of day’

Essay and Photos By Ken Cohen



White-Line hikers set off into the woods around the pond.

During the early morning of Saturday, February 2, 2019, the now infamous groundhog, Punxsutawney Phil, was pulled from his borrow. He did not see his shadow! That fact resulted in the less-than-scientific prediction of an early spring.

The following Tuesday, February 5, thirty enthusiastic White-Liners gathered at the Ponkapoag Golf Course parking lot. That’s where we began our 5.48-mile trek down Maple Avenue with the goal of circumnavigating Ponkapoag Pond. Our leader/trip-organizer was Pam Johnson. Pam also presented the group with a very interesting chronological and geological history of the Ponkapoag vicinity at various points along the way.



Great Blue Hill visible in the distance.

The near-record number of enthusiastic participants blazed the Green Dot and other Ponkapoag Trails at a very rapid pace. All of us were astounded by the spring-like weather, with the air temperature reaching approximately 63 degrees, under wispy clouds in calm-soothing air. An early spring, indeed, Mr. Punxsutawney Phil!

One of the highlights of the outing occurred during our lunch break by the water near the AMC Cabins. The White-Lining Program creator, Paul Brookes, and our leader Pam presented Bill Doherty with a White-Lining achievement patch. Bill had recently completed all 125 miles of trails in the Blue Hills Reservation while hiking during the winter months (from the Winter Solstice through to the Vernal Equinox). This was the second time Bill had reached that lofty goal! An impressive achievement indeed!



Ice-covered paths melted in the 60-plus-degree sun.



Beth Mosias and other hikers at Ponkapoag Pond.

Continued on pages 8 & 9

Beginner Hiking Program from AMC Boston Family Outings

AMC Boston Family Outings is an active group of parents, grandparents, and kids of all ages who like to get outdoors. We meet to hike, camp, bike, fish, canoe in summer, and snowshoe, ski, skate, or sled in winter. We lead both day hikes and weekend trips and our leaders are AMC members and parents active in the outdoors.

We will kick off our spring season with a Beginner Hiking Program, April through June. Look for information in late February on [our website](#) or through our newsletter.

To sign up for our mailing list, please send a blank email to amcfamilyoutings-subscribe@yahogroups.com. We send a monthly newsletter via this Yahoo Group as well as a emails with trip listings and/or reminders.

Recycle clothing & backpacks

Father Bill's in Brockton has requested large backpacks for the homeless. They also need warm clothing, especially large sizes, in good condition. Your donations are tax deductible.

Drop off donations or call:

Father Bill's, 508-894-8520
26 Spring Street, Brockton, MA

Maureen Kelly, 617-943-4288
1550 State Rd., Plymouth, MA

Sally Delisa, 781-834-6851
163 King Philip's Pathe, Marshfield, MA

Father Bill's & MainSpring (FBMS) is a registered 501(c)3 charitable organization. Its mission is to end and prevent homelessness in Southern Massachusetts with programs that provide emergency and permanent housing and help people obtain skills, jobs, housing, and services. It helps people who are struggling with homelessness or are at risk of homelessness to achieve self-sufficiency.



White-Lining at Ponkapoag Pond

Photos by Ken Cohen

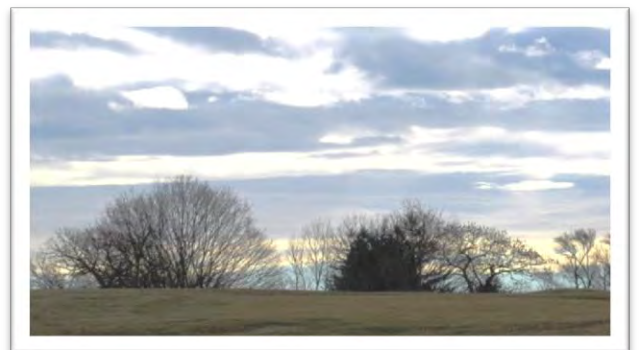
Continued from page 6



Sunny the Yellow Lab joins the fun.



Pam Johnson presents Bob Doherty's White-Lining patch.



An inviting landscape for February.

Get quarterly newsletter on AMC Adventure Travel trips



AMC Adventure Travel group in the Dolomites.
Photo by Mike Darzi

AMC's Adventure Travel Program is taking you around the world! Led by our trained volunteer leaders, join us on a small group excursion to exciting destinations like skiing in Austria, cycling in Ireland or trekking in Nepal. It is an exciting and affordable way to recharge in nature and experience group travel. To learn about the latest trip offerings, sign up for our quarterly newsletter at www.outdoors.org/ATnews.

Are you an experienced chapter leader looking to take your next step in leadership? Adventure Travel leadership may be for you! Contact the programs manager, Nancy Holland, at nholland@outdoors.org to find out more.



Unique single and multi-element wilderness trips for teens aged 12 – 18. They'll have fun, gain confidence and competence, and enjoy New England's most spectacular wilderness areas.
www.outdoors.org/teenwilderness

White-Lining at Ponkapoag Pond

Photos by Ken Cohen

Continued from page 7



Paul Brookes catches the patch presentation.



A mysterious shadow stalks the hikers. Is that a camera in its hand?



Our leader, Pam Johnson, is geared up for a good hike.

Leadership Training in April, Wilderness First Aid in May

By Doug Griffiths, Education Chair

The next **Leadership Training** one-day course will be held on Saturday, April 6, 2019, in Plymouth. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to ensure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader candidates are also welcome. It is an all-day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to chapter members.

This training is required for prospective SEM trip leaders, but is useful for any participant interested in improving their outdoor skills and anyone wishing to become familiar with trip group management.

All those interested in this Leadership Training course may also wish to consider **Wilderness First Aid Training** coming up May 4-5, 2019. The course runs 8 AM to 4 PM both days with an optional CPR course available Saturday at 4 PM.

Instruction is provided by SOLO, experts in providing wilderness medical training. Their excellent courses have been well-received by AMC members for years, and we look forward to continuing to sponsor their trainings.

Pricing is as follows: \$160 for AMC or Wildlands Trust members, \$175 for non-members. Price includes lunch and break service both days. The optional CPR course costs an additional \$40.

Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course

is a mix of classroom lecture and practical exercises. Both days are required to certify.

This training is required for AMC-SEM trip leaders, but is a great experience for any outdoor enthusiast. I would encourage any AMC trip participant to consider taking this course. You will find it exciting and stimulating.

Both courses are offered at the Wildlands Trust Community Conservation Barn; 675 Long Pond Road; Plymouth, MA 02360 (just south of Exit 3 off Route 3).

To register for Leadership Training or for Wilderness First Aid, please contact AMC-SEM Education Chair Doug Griffiths at RedDougG@aol.com or 508-758-4315 after 6 PM.

AMC to launch 'Be Outdoors' brand & membership campaign

You'll notice some changes in upcoming communications and advertising from the Appalachian Mountain Club with a new message, new logo treatments, and a variety of visuals. The changes address several goals, including an inclusive "you" orientation; an expanded view of outdoor activities for all interests, ages, and ability levels; a sense of fun, adventure and engagement with other people and the outdoors. The transition will be gradual, with both logos in use for some time.

Here's part of the AMC statement on the new theme:

"Be Outdoors recognizes the essential connection of the human condition to its origin point. It's the biggest, simplest thing you can do in the biggest, simplest place you can do it. Be Outdoors celebrates the spirit of adventure in every possible form embracing everything that comes with it – wisdom, humor, work, fun, pain, and triumph. There is no wrong way or where to Be Outdoors. There's room for everyone to be, outdoors. Be yourself outdoors. Be together outdoors. Belong outdoors."



Chapter Volunteer Opportunities



Dear Fellow SEM Members,

The SEM Executive Board is seeking a Chapter Vice Chair volunteer to:

- *Support the SEM Chapter Chair and our great activity leaders;
- *Help run the 2019 AMC Fall Gathering which will be held on Cape Cod;
- *Represent the SEM Chapter at a variety of club-wide and chapter events;
- *Interface with AMC HQ and learn how AMC functions behind the scenes;
- *Support conservation, education, and recreation in Southeastern Massachusetts.

You will assist with the development of chapter goals, budgets and special events (such as Fall Gathering 2019), assist other committee members in coordinating chapter activities, and participate in monthly Executive Board meetings and periodic AMC meetings of chapter chairs. Experience with or willingness to learn straightforward Excel spreadsheet and PowerPoint-type applications helpful.

Please contact Chapter Chair Leonard Ulbricht (chair@amcsem.org)



SEM's Executive Board is seeking a Biking Vice Chair to assist the Biking Committee Chair with planning, organizing and leading bike trips in Southeastern Mass. A particular focus of this position is to promote bike trips off Cape in Plymouth, Bristol, and surrounding counties. This includes leading trips, identifying desirable routes, and encouraging development of additional bike leaders.

Please contact Chapter Chair Leonard Ulbricht

chair@amcsem.org

SEM's Executive Board is seeking a Hiking Committee Vice Chair to assist the Hiking Committee Chair in planning, coordinating, and leading hiking trips for the chapter. The Vice Chair will also assist the Chair in arranging quarterly planning meetings and workshops for new hikers, backpackers, and winter season preparation.

Please contact Chapter Chair Leonard Ulbricht

chair@amcsem.org



Mount Rainier

AMC's August Camp 2019



Experience magnificent Mount Rainier National Park! See stunning waterfalls, alpine meadows carpeted with wildflowers and grand scenic vistas on dozens of easy to challenging hikes led by trained AMC volunteers. Visit Mount St. Helens. Trek across the shoulders of one of the highest and most dramatic peaks in the lower 48 states.

Camp in the small former lumbering town of Packwood, WA, adjacent to the park. Just arrive and enjoy the activities and camaraderie. Everything's provided: tents, hearty, delicious meals prepared by our staff, local transportation and a free shuttle from Seattle-Tacoma International Airport.

July 13 through August 10. Attend one week or two. Detailed information and registration will be posted at augustcamp.org by early December. Camp filled by mid-January last year, so don't miss out! Registration opens January 2, 2019.

Week 1:	July 13 — July 20
Week 2:	July 20 — July 27
Week 3:	July 27 — Aug. 3
Week 4:	Aug. 3 — Aug. 10

One Week: \$975 for members; \$1150 for non-members.

Applications are accepted beginning January 2, 2019 in the order in which they are received. Get sign-up information after December 1 at our web site, augustcamp.org.

Questions? Ask Lois Rothenberger at ACRegistrar@comcast.net

augustcamp.org



Photos by Kathy Kelly-Borowski, August Camp 2014

Activities

For the most current information, [search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

AA13+

A.....9-13

B.....5-8

C.....less than 5

Indicates pace

1.....very fast

2fast

3moderate

4leisurely

Indicates terrain

Avery strenuous

Bstrenuous

Caverage

Deasy

Found in the description

LActivity leader

CLActivity co-leader

FT.....First Time

NM...New Members

AN....Advance Notice

C.....Conservation

BICYCLING

Ongoing. Vice Chair, Biking Committee, SEM's Executive Board is seeking a Biking Vice Chair to assist the Biking Committee Chair with planning, organizing and leading bike trips in Southeastern Mass. A particular focus of this position is to promote bike trips off Cape in Plymouth, Bristol and surrounding counties. This includes leading trips, identifying desirable routes, and encouraging development of additional bike leaders. L Leonard Ulbricht (chair@amcsem.org)

CAPE HIKING

Thu., Feb. 14. Hike Cataumet Greenways, Bourne, MA. Enjoy hiking Cataumet Greenways in Bourne. Traverse gently rolling wooded trails, bog paths, and grassy pastures. View ponds, bogs and historic sites. This hike is scheduled to last for 2hr 30 min. May be shorter (2hrs) depending on weather, trail conditions WARM LAYERS, WATER, SNACKS YAKTRAX / STABIL ICERS Call leader Cathy Giordano if you have questions: 508 243 3884 You may want to check out info about Show and Go Hikes on the AMC web site. Go to amcsem.org/hikesignup.html. L Catherine Giordano (508-243-3884 Before 9 PM, cmgiordan@msn.com)

Sun., Feb. 17. Hike South Truro going North, Truro, MA. Woodland trails, hills, and scenic bay views, and roads, houses of interest. From Route 6, Truro, turn left on Prince Valley Road, go to the end. Right on County Road, then an immediate left on Ryder Beach Road. Park at the end. Meet at 9:45 am. 2 hours. L Janet Kaiser (508-364-5047 Before 9 p.m., jtkaiser@comcast.net, AMC life member)

Thu., Feb. 21. Eastham-Coast Guard Beach (C4D), MA. Easy hike through woods and marshes. Nice views of Nauset Marsh and Atlantic Ocean. Hike starts promptly from the Salt Pond Visitor off Rte.6 at 10am..2 hours. L Farley Lewis (508-737-6983 Before 9pm, farlewis@comcast.net)

Sat., Feb. 23. Hike Falmouth Moraine, Falmouth, MA. Hike approximately 5 miles along the Falmouth Moraine Trail, passing through some hilly, heavily forested areas. This is a one way hike. The pace will be moderate and the terrain is strenuous in parts. This is a one-way hike. Meet on the Service Rd. off of Brick Kiln Rd at 9:45. Trail Talk promptly at 10 AM. From here we will carpool to the start.. Not a beginners hike! Sturdy hiking boots, traction devices such as Yaktrax, Stabilicers are a must. Dress in layers, bring plenty of water, snacks/lunch, personal first aid kit. This is a known tick habitat. Repellent is strongly recommended. Deep snow, heavy rain cancels. CHECK AMCSEM.ORG WEBSITE FOR CANCELLATIONS OR CALL LEADER Any questions, call leader Cathy Giordano 508 243 3884. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com)

Thu., Feb. 28. Hiking Provincetown Snail Road, Provincetown, MA. Hike Provincetown Snail Rd. Great hike with 360 degrees of amazing sandscape. Look and see Cape Cod Bay turn around and see the Atlantic Ocean. Walk over two high dunes. (This will be strenuous). Observe dune shacks close up. We will go at a slower pace in some places. The trail head is on the right side of Route 6 in Provincetown directly opposite Snail Rd. Park on Rte 6 (off the road) or take a left and park on Snail Rd. L Pat Sarantis (508-430-9965 Before 8:30 at night, patsarantis@gmail.com)

Continued on next page

Activities

For the most current information, [search activities online](#)

CAPE HIKING

Sun., Mar. 3. Hike Shawme Crowell State Park, Sandwich, MA. Two hour hike on wooded trails through the scenic campground, some hills. Driving directions: Take Rte 6 to Exit 2, Rte 130 and turn N. Stay on Rte 130 until you see entrance sign for Shawme Crowell. From Sagamore Bridge take 1st exit and at bottom of ramp turn R at lights, follow Sandwich Rd and merge left on 6A and then turn R onto Rte 130. Turn into Shawme Crowell and turn right drive past entrance booth and follow road until you come to open space and paved cutout on R. Park along road off pavement if possible. Meet at 12:45 PM. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Thu., Mar. 7. Hike Long Nook, Truro, MA. 2 hour hike. Visit AF Base and Jenny Lind Tower. Directions: From Route 6 take Right on Long Nook Rd (1.2 miles after Pamet Rd Exit) and follow to parking lot at the end. Meet at 9:45 and hike 10 am - 12:00 pm. L Richard Kaiser (508-432-3277 Before 9 PM, rjkaiser@comcast.net)

Thu., Mar. 14. Hike--Four Ponds and Bourne Town Forest, Bourne, MA. This 2 hour approximately 4.5 mile hike is in the Bourne Four Ponds Conservation Area and adjacent Bourne Town Forest. The terrain is wooded pathways, fire roads, and mountain bike trails with several moderate rolling hills. It offers views of the ponds and some wildlife. It is a loop so does not offer easy bail-out points. This is not a novice hike. Note that the parking and trailhead is not the Four Ponds parking lot. From the Bourne Rotary/Cape side, take Route 28S for 1.7 miles. Take a right onto Clay Pond Road/Monument Beach (green state sign) before McDonald's. Go 0.5 miles and turn left onto Valley Bars Road. Go 0.3 miles and park on the side of the road before the Weary Traveler's club. Please bring water for drinking, dress in layers. Sturdy boots/shoes are suggested. If you have questions please contact leader -Robin McIntyre 508 789-8252. L Robin McIntyre (508-789-8252 Before 9 p.m., robinm McIntyre@comcast.net, Robin is a third year Level 1 SEM/Cape hike leader with WFA training)

Thu., Mar. 21. Hike-Brewster, Punkhorn Parklands (C3C), Brewster, MA. Wooded, hilly trails with pond views. Route 6 Exit 9B, 2 miles to a right on Satucket, then bear right at Stony Brook Road. In 0.3 miles, turn right on Run Hill Road. 1.3 miles to parking lot on the left. Meet 9:45 am 2 hours 15 mins. L Janet Kaiser (508-432-3277 before 9 p.m., jtkaiser@comcast.net)

Sat., Mar. 23. Truro Historical Trek, between Pamet Harbor and Truro's Great Swamp, Truro, MA. Truro Historical Trek: Fast-paced 6+ mile walk, along Cape Cod Bay beaches and coastal banks. A few friendly, well-behaved dogs allowed with prior approval of leader. Occasional stops to highlight points of interest, including the first European summer vacation in Truro (1603), the opening of the Cape Cod railroad (1873, in Truro), the most expensive 'McMansion lawsuit' on the Cape, the Pilgrim's theft of Indian seed corn (1620), and the loss of most of Truro's men at sea (1844). Three miles on the beach, three+ on the coastal bank and a little bit inland. A bit strenuous due to beach-walking and some hills and beach stairs. Beach-walking can be challenging when cold/windy so check weather forecast and dress appropriately. Optional lunch afterwards from very good 'diner' a mile from the hike. Heavy rain or snow may delay until Sunday March 24, 2019. L Jay Vivian (508-858-4855 6:30pm - 9:00pm, jvivan0@comcast.net)

(FT) (NM) Thu., Apr. 4. Hike Bourne Farms Hike, West Falmouth, MA. Enjoy a leisurely Spring meander beginning at a lovely old farm. We will enter a woodland with a few hills, cross two streams, and go around a cranberry bog. After the hike, the group could go together to a nearby restaurant for lunch. As with most hikes on the Cape, poison ivy, ticks, and mosquitoes can be present. Rain cancels the hike, but if in doubt about the weather, call the leader. Meet at 0945 for a 1000 start, and the hike should last about 2 hours. L John Gould (508-540-5779, jhgould@comcast.net)

(FT) (NM) Sun., Apr. 14. Hike the Coonamessett River Headwaters, East Falmouth, MA. An easy 1 3/4 hr hike through woods and along a dirt road on the south side of Coonamessett Pond in Falmouth, one of the larger ponds on the Cape. We will see the origin of the Coonamessett River (a very small "river") and follow it past old cranberry bogs, as it flows south toward Great Pond and the sea. As with most hikes on the Cape, poison ivy, ticks, and mosquitoes can be present. Rain cancels, but if in doubt about the weather, call the leader. Meet 1245 for a 1300 start. From the intersection of Rt 151 and Sandwich Rd, in North Falmouth, drive south on Sandwich Rd for 1.6 miles. Turn right on Hatchville Rd. Go 0.6 miles and turn left onto a dirt road leading to parking. L John Gould (508-540-5779, jhgould@comcast.net)

Continued on next page

Activities

For the most current information, [search activities online](#)

CAPE HIKING

Thu., Apr. 25. Hike Crowes Pasture, Dennis, MA. Hike in Crowes Pasture, along surrounding marsh and beach and through historic Quivet Neck neighborhood. Expect soft sand! RT 6 to Exit 9 and RT 134 North. Follow RT 134 north to traffic lights at RT 6A and turn right. Follow RT 6A for .8 miles and turn left on School St (Airline Rd on Right). Follow School St for .4 miles and turn left on Cold Storage Rd. Follow Cold Storage Rd for .5 miles to parking lot at the beach. L Deborah Hayden (508-274-2820 before 9PM, shaferhayden@gmail.com)

EDUCATION

Sat., Apr. 6. Leadership Training Workshop, Wildlands Trust Community Conservation Barn 675 Long Pond Rd., Plymouth, MA 02360. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader participants are also welcome. It is an all day course with a mix of classroom and outdoor exercises. The usual schedule is 8 am to 5 pm. Lunch is included and refreshment breaks are provided. This course is offered at no cost to AMC members. For Southeastern Mass chapter members, this is the first step in becoming a trip leader, followed by several co-leads with current chapter trip leaders, arranged in the weeks or months after this program. This training is required for prospective SEM trip leaders, but is useful for any participant interested in improving their outdoor skills and anyone wishing to become familiar with trip group management. L Douglas Griffiths (508-758-4315 after 6 pm, [reddougg@aol.com](mailto:redougga@aol.com))

Sat., May 4-5. Wilderness First Aid Two Day Workshop, Wildlands Trust Community Conservation Barn, 675 Long Pond Rd., Plymouth, MA 02360. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. This training is required for AMCSEM trip leaders, but is a great experience for any outdoor enthusiast. Instruction is provided by SOLO, experts in providing wilderness medical training. L Douglas Griffiths (508-758-4315 after 6 pm, [reddougga@aol.com](mailto:redougga@aol.com))

Sat., Jun. 22-23. Two-day Map and Compass Workshop (Sat/Sun), Blue Hills, Boston Area, MA. See listing under Hiking. R Paul Brookes (603-799-4399 After 8am and before 9pm, PaulBrookes1966@outlook.com)

EXECUTIVE COMMITTEE

Ongoing. Vice Chair, Southeastern Mass Chapter, MA. Dear fellow SEM Member, The SEM Executive Board is seeking a chapter Vice Chair volunteer to: *Support the SEM Chapter Chair and our great activity leaders; *Help run the 2019 AMC Fall Gathering which will be held on Cape Cod; *Represent the SEM Chapter at a variety of club-wide and chapter events; *Interface with AMC HQ and learn how AMC functions behind the scenes; *Support conservation, education and recreation in Southeastern Massachusetts. You will assist with the development of chapter goals, budgets and special events (such as Fall Gathering 2019), assist other committee members in coordinating chapter activities, and participate in monthly Executive Board meetings and periodic AMC meetings of chapter chairs. Experience with or willingness to learn straightforward Excel spreadsheet and Power Point-type applications helpful. L Leonard Ulbricht (chair@amcsem.org)

HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org.
Always looking for additional hike leaders! Contact hikingchair@amcsem.org

Ongoing. Vice Chair, Hiking Committee, Southeastern Mass Chapter, MA. SEM's Executive Board is seeking a Hiking Committee Vice Chair to assist the Chair in planning, coordinating, and leading hiking trips for the chapter. The Vice Chair will also assist the Chair in arranging quarterly planning meetings and workshops for new hikers, backpackers, and winter season preparation. L Len Ulbricht (chair@amcsem.org)

Continued on next page

Activities

For the most current information, [search activities online](#)

HIKING

Tue., Feb. 19. White Line the Blue Hills hikes, Blue Hills, MA. See listing for January 22. L Claire MacDonald, R Cathy MacCurtain (camaccurtain@aol.com)

Tue., Feb. 19. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA. Come and hike under the Full Snow Moon or as some call it a Full Hunger Moon. We will be hiking about 5 miles on mainly flat wide trails in between and around 2 large ponds. When the moon is out the reflections are breathtaking and the trails are so bright you can see your shadow. Depending on the weather, snow gear may be required. A detailed Poop Sheet will be sent to all who register. Please include with your email registration: 1) The date of the hike you want to participate in 2) A contact number 3) A description of your latest hiking experience. L William Cannon (bcannon56@gmail.com, AMC Member for 8 years This is my 2nd year of leading Full Moon Hikes AMC SEM Conservation Chair) L Susan Svelnis (suesvelnis@gmail.com), R Bill Cannon (bcannon56@gmail.com)

Sat., Feb. 23. Winter Morning Out Hike at Halfway Pond Conservation Area, Halfway Pond Conservation Area, MA. Join me for an 8 am Saturday morning hike at Halfway Pond Conservation Area in Plymouth. See the beauty of the forest in winter. We will combine dirt road walking around the ponds with hilly trails in between the ponds for about 7 miles of beautiful trails. Once we're done, we'll still have the rest of the day for other things. Features along the trails include wetlands, kettle holes, beech forest and an area of cathedral pines. Halfway Pond is the headwater for the Agawam River and eagle nesting territory. Meet at the Long Pond Boat Ramp Parking Lot at 7:45 for a 8:00 am start. Take Exit 3 off Rt 3 and head southwest. At the intersection turn left onto Long Pond Rd and a quick right onto Clark Rd. Stay left to keep on Clark Rd which turns into West Long Pond Rt. Parking Lot is on the right. We'll plan on a moderate pace to complete the hike in approximately 3 hours. Registration is not required, but email the leader with questions or concerns. L Maureen Kelly (617-943-4288 before 8 pm, mokel773@aol.com) L John Bescherer (john.bescherer@gmail.com)

Tue., Feb. 26. White Line the Blue Hills hikes, Blue Hills, MA. See listing for January 22. L Claire MacDonald, R Cathy MacCurtain (camaccurtain@aol.com)

Thu., Feb. 28. Thursday Morning Blue Hills Hike/Snowshoe - Ponkapoag Pond, Canton, MA. Moderate to fast pace, with occasional stops. 4 ½ - 5 mile hike around The Pond. Approx. 10:00am-12:30pm. Please arrive by 9:45 am for a prompt 10:00 am start. Bring hiking shoes, micro-spikes or similar traction devices, snacks/lunch & water. We'll take a break at the AMC Camp, down near the pond, weather permitting. Steady rain or snow cancels. Dogs on leash O.K. L Ken Cohen (508-942-1536 Before 8:00 pm, k-cohen@comcast.net, Year-round hiker and snow shoe enthusiast. Join groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Class I Hiking Leader for the past 18 months having organized approximately a dozen trips in The Hills and other local hiking destinations. Longtime member of DCR's "Trail Watch" in the Blue Hills. Active ad-hoc member of the Board of Trustees for The Friends of The Blue Hills. Avid nature photographer.)

Fri., Mar. 1-3. SEM Winter Hiking Series Overnight Trip to Carter Notch, NH. The fourth and final trip in the Southeastern Mass. Chapter's 2018-19 Winter Hiking Series will bring us to remote and pristine Carter Notch. On Friday, we'll hike or snowshoe into the AMC Carter Notch hut via the very pretty, 3.8-mile long Nineteen-Mile Brook Trail with a (mostly) gradual 1,900-foot elevation gain. On Saturday, we'll visit a nearby 4,000-foot peak such as Carter Dome and/or Wildcat A and then hike out on Sunday. Possible option for just staying Saturday night. Previous winter hiking experience and full winter gear required, including microspikes, snowshoes, crampons, insulated winter boots, and zero-degree sleeping bag. Preference given to those who have participated in previous SEM Winter Series hikes/snowshoes this season. L Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net, Paul, an experienced four-season hike leader, prefers to hit the trails in winter.) L George Danis L Maureen Kelly (mokel773@aol.com) CL Dio Goncalves , R Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net)

Continued on next page

Activities

For the most current information, [search activities online](#)

HIKING

Tue., March 5. White Line the Blue Hills hikes, Blue Hills, MA. See listing for January 22. L Claire MacDonald, R Cathy MacCurtain (camaccurtain@aol.com)

(FT) (NM) Thu., Mar. 7. Thurs. Morning Hike - Oldham Trail & Harold Clark Forest, Foxboro, MA. Hike the Oldham Trail and Harold Clark Forest in Foxboro. Meet at 10:00 am at parking lot on Rt. 140 across from Sunoco Station. Heavy rain will cancel. Bring lunch or snack and water and wear appropriate footwear. L Muriel Guenther (508-699-7461 Before 9:00PM, murielguenther@comcast.net)

Sat., Mar. 9-10. Winter White Mountain Overnight at Carter Notch Hut, White Mountains, NH. Come enjoy the wonders of winter at an AMC Hut in the White Mountains of NH. Enjoy a snowy weekend of moderately strenuous hiking, focusing on scenery and good company! We will hike 3.8 miles (2322' elev gain) along the 19 Mile Brook trail to the unheated rustic Carter Notch Hut (3288'). Weather permitting and after a break at the hut, there will be an option to summit Carter Dome (4832') on Saturday (or possibly Sunday). Carter Dome is ~1.2 miles with a 1532' elev gain from the hut. Vegetarian meals for Saturday dinner and Sunday breakfast will be provided by the leaders, but prepared as a group. Full winter gear, including a minus 20 degree F sleeping bag, and winter hiking experience (or enrollment in an AMC Winter Hiking Program) are required. This trip is being co-listed with the Delaware Valley Chapter. Claudine Kos (claudinekos05@yahoo.com) is the leader from the DV chapter. L Robin Melavalin, Robin is a 4-season hike leader. She loves winter hiking in the White Mountains. In addition, she leads AMC adventure travel groups to exciting destinations such as Kilimanjaro, Patagonia and Nepal.), R Robin Melavalin (robinoutdoors@gmail.com)

Carter Notch Hut Hiking Weekend

March 9-10, 2019

Join your fellow SEMers and Delaware Valley members for winter hikes focused on great scenery and fellowship!

Tue., March 12. White Line the Blue Hills hikes, Blue Hills, MA. See listing for January 22. L Claire MacDonald, R Cathy MacCurtain (camaccurtain@aol.com)

Thu., Mar. 14. Thursday Morning Blue Hills/Buck Hill Hike, Blue Hills, Milton, MA. We will hike 5 hilly miles in the Blue Hills from the State Police Barracks on Hillside Street to Buck Hill and return. Bring water, lunch, sturdy footwear, rain gear. Storm cancels. L Deborah Lepore (617-778-4339 Before 9:00 pm, DLepore2@GMail.com) CL Hans Luwald (508-668-0462 before 9:00 PM, hans.luwald@gmail.com)

Tue., March 19. White Line the Blue Hills hikes, Blue Hills, MA. See listing for January 22. This last hike of the series will be a shorter hike followed by a social lunch at one of the local restaurants. L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Claire MacDonald, R Cathy MacCurtain (camaccurtain@aol.com)

Tue., Mar. 19. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA. Come and Hike under the Full Worm Moon or Crow Moon. We will be hiking about 5 miles on mainly flat wide trails in between and around 2 large ponds. The moon rise is 5:19 pm and if the clouds have parted we will be in for some breathtaking views. Depending on the weather, snow gear may be required. A detailed Poop Sheet will be sent to all who register. Please include in your registration email: 1) The date of the hike you wish to attend 2) A contact number 3) A description of your latest hiking experience. L William Cannon (bcannon56@gmail.com, AMC member for 8 years Full Moon Leader for 2 years AMC SEM Conservation Chair) L Susan Svelnis (suesvelnis@gmail.com) L Patricia McNally (pmcnallyma@comcast.net), R Bill Cannon (bcannon56@gmail.com)

Continued on next page

Activities

For the most current information, [search activities online](#)

HIKING

Tue., Mar. 26. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. Hike hilly Skyline Trail and adjacent trails on nine successive Tuesday mornings 3/26-5/21, progressively increasing distance, elevation gain and pack weight (optional) to condition for summer hiking season up north. Expect rocks and granite ledges on most ascents and descents. Moderate initial 1.5 - 2 mph pace and 3 mile hilly hike, progressing over the 9 weeks to 8 or more miles with cumulative elevation gain around about 2000 feet.. 9:15 am sign-in, 9:30 am hike start. Not suitable for beginners. May finish series with extended day hike. Register once for entire series. L Len Ulbricht (lenu44@gmail.com, Len has been an AMC Southeast Mass chapter member since 2008. He leads three season hikes in the White Mountains, both day hikes and multi-day hut trips, and an annual spring conditioning series in the Blue Hills. He enjoys hiking the 48 NH 4K peaks and is an AMC Adventure Travel leader.) CL Pam Johnson (pjohnson8992@gmail.com) CL Craig MacDonald (craigmacdonald695@gmail.com), R len ulbricht (lenu44@gmail.com)

Sat., Mar. 30. Winter Morning Out Hike at Myles Standish State Forest, MA. Join me for an 8 am Saturday morning hike at Myles Standish State Forest in Plymouth/Carver. See the beauty of the forest in winter. Combining the flat, pond-side East Head Loop and the hilly, wooded Bentley Loop will give us about 7 miles of beautiful trails. Once we're done, we'll still have the rest of the day for other things. Meet at 7:45 at the Forest Headquarters Parking Lot, 194 Cranberry Road, Carver, 02330. We'll plan on a moderate pace to complete the hike in approximately 3 hours. Registration is not required, but email the leader with questions or concerns. If we have snow, the hike will become a snowshoe and the distance will be adjusted. L Maureen Kelly (617-943-4288 before 8 pm, mokel773@aol.com)

Tue., Apr. 2. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. See details at Tuesday, March 26 entry.

Tue., Apr. 9. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. See details at Tuesday, March 26 entry.

Tue., Apr. 16. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. See details at Tuesday, March 26 entry.

Tue., Apr. 16. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA. Come and hike under a Full Pink Moon or as some may call it, a Full Fish Moon. We will be hiking about 5 miles on mainly flat wide trails in between and around 2 large ponds. In the past we have seen the moon at least 90% of the time. It is a beautiful site over the ponds and across the meadow. Hopefully we won't need any snow gear. A detailed Poop Sheet will be sent to all who Register. Please include in your registration e-mail: 1) the date of the Full Moon Hike you wish to attend 2) Your contact number 3) A description of your latest hiking experience. L William Cannon (bcannon56@gmail.com, AMC Member for 8 Years 2 years leading Full Moon Hikes AMC SEM Conservation Chair) L Susan Svelnis (suesvelnis@gmail.com) L Nancy Coote (cranstonstreet22@gmail.com) L Patricia McNally (pmcnallyma@comcast.net) CL Anne Rapp (anne.rapp99@gmail.com), R Anne Rapp (anne.rapp99@gmail.com)

Tue., Apr. 23. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. See details at Tuesday, March 26 entry.

Tue., Apr. 30. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. See details at Tuesday, March 26 entry.

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Activities

For the most current information, [search activities online](#)

HIKING

Sat., May 4. Sat, 2nd annual "Spring into Spring" hike, Arnold Arboretum, Jamaica Plain, MA. 281 acres- including two hills with vistas, bonsai exhibit, lilacs, and "Explorer's Garden". We will explore this "tree museum" during a 4-5 mile hike at a moderate pace. Bring water, sturdy footwear, sun screen, bug spray, snack or lunch. Meet at the Visitors' Center (Hunnewell building) located at 125 Arborway, Jamaica Plain at 9:45 AM for prompt 10:00 start. Plenty of on-street parking along the Arborway; or walk to the entrance from the Forest Hills Orange Line T-stop. Steady rain cancels. Leashed dogs O.K. L Ken Cohen (508-942-1536 before 8:00 pm, k-cohen@comcast.net. Year-round hiker and snowshoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our National Parks. AMC-SEM Class I hiking leader. Longtime member of DCR's "Trail Watch" in the Blue Hills. Active ad-hoc member of the Board of Trustees for the Friends of the Blue Hills. Avid nature photographer.)

Tue., May 7. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. See details at Tuesday, March 26 entry.

Tue., May 14. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. See details at Tuesday, March 26 entry.

Tue., May 21. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. See details at Tuesday, March 26 entry.

Thu., May 30. 3rd Annual Perennials Hike, Wilson Mountain & Whitcomb Woods, MA. Lady's slippers galore! In a good year there are hundreds on both sides, in sections of the well-marked trail, to the summit of Wilson Mountain. Wilson Mountain reservation is 207 acres of wild and varied terrain. Large tangled thickets of rhododendrons grow on a hillside. Mountain laurel too, in season. Wilson Mountain is the highest point in Dedham at 295 feet. While not a true mountain, it does provide hilltop views of the surrounding area. It is managed by the Massachusetts Department of Conservation and Recreation (DCR). After Wilson Mountain, at your option, we'll cross Common Street to the Whitcomb Woods trailhead. Forested level trails with views of the Charles River, many gazebos along the way. The total hike is 5-7 miles at a moderate pace. Steady rain cancels. Bring water snacks/lunch, sturdy footwear, bug spray, sunscreen. Well-behaved dogs on leash are O.K. L Ken Cohen (508-942-1536 before 8:00 pm, k-cohen@comcast.net, Year-round hiker and snowshoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our National Parks. AMC-SEM Class I hiking leader. Longtime member of DCR's "Trail Watch" in the Blue Hills. Active ad-hoc member of the Board of Trustees for the Friends of the Blue Hills. Avid nature photographer.)

Sat., Jun. 22-23. Two-day Map and Compass Workshop (Sat/Sun), Blue Hills, Boston Area, MA. Come learn beginner to intermediate navigation skills using a map and compass to find your way in this two-day weekend workshop. No prior skills are required. All activities will take place at the Blue Hills Reservation; you will need appropriate hiking gear and be able to hike approximately 4 miles with a small day-pack. On Saturday we'll use the conference center at Brookwood Farms for both indoor and outdoor instruction. You'll learn how to read a topographic map, how to use a compass and how a map and compass work together. In the afternoon you'll get to practice your skills on a directed hike in the Blue Hills using the DCR trail map. On Sunday your group will plan your own route to find flags hidden both on and off the trail. For this hike, you will be using a topographical map which does not show the trails and will make use of terrain features such as valleys, brooks, and hills to stay found. Each group will have an instructor to help facilitate the learning. Prior reservation is required, and class size is limited to promote small group learning. To register for this workshop, you must commit to attending both Saturday and Sunday. You will need to purchase and bring to class a navigating compass with adjustable declination correction, the recommended compass is the Suunto M-3 (list price \$44). L Paul Brookes. (Living in Boston, I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) CL Doug Griffiths ([reddoug@aol.com](mailto:redDoug@aol.com)) CL Pete Tierney (pxtierney@aol.com), R Paul Brookes (603-799-4399 After 8am and before 9pm, PaulBrookes1966@outlook.com)

Continued on next page



Activities

For the most current information, [search activities online](#)

SKIING

Fri., Mar. 1-3. Cross Country Skiing- The Old Field House, 347 NH 16A, Intervale NH. Join us for a weekend at the Old Field House in Intervale, NH. We will cross country ski, snowshoe &/or hike, depending upon the snow conditions. The Old Field House is a cozy B & B, with a hearty breakfast included. There are many opportunities for outdoor activities and shopping close by. Dinners will be at local restaurants. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com) CL Barbara Hathaway (508-662-0724, barb224@tmlp.net), R Barbara Hathaway (508-662-0724, barb224@tmlp.net)



Happy Trails!

The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | March 2019

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Please send photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

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Send listings to breeze.editor@amcsem.org

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View from Angel Cabin at Great Glen. *Photo by Friendly Skier*

Return to Old Field House for great winter weekend

By Jeannine Audet, Ski Chair

The SEM Chapter returned to the Old Field House in Intervale, NH, March 1-3 for a cross-country skiing and snowshoeing weekend. Our group of 27 was the largest we have had on this trip, which has been run for several years. As always, the innkeepers were welcoming and prepared a wonderful breakfast each morning, including their waffles made to order.

The skies were mostly sunny, with light breezes on both days and a 27-40 inch base of snow on the trails. On Saturday, 13 XC skiers enjoyed the nicely-groomed trails at Great Glen, and some of them rode the tubing hill afterward. Eight snowshoers did a loop hike at Diana's Bath and the Red Ridge Trail.

Other group members chose to go shopping in North Conway or to relax and read at the B&B. Happy hour followed at the B&B, with several folks also enjoying the outdoor hot tub. We broke into small groups for dinner at local restaurants afterward for dinner.

On Sunday, a group of eight skied the picturesque trails at Bear Notch, while others snowshoed the network of the Mt. Washington Valley trails outside the B&B. Several participants on this trip were relatively new to skiing and they had a great experience.

We welcome all to join our winter trips! (*More photos on page 3*)

View from the Chair: Leadership Training is Harbinger of Spring!

After many months of winter, I know for sure that spring is finally coming. How? Because Leadership Training is fast approaching on April 6! LT is required training for AMC members who step up to volunteer to lead trips, be they hiking, biking, paddling, or skiing. LT covers many aspects of how to lead a group so that everyone has a safe and enjoyable experience. For the past several years, we've also been encouraging participants who do not aspire to be leaders to also attend LT to better understand what trip leaders do. Many have told us that this has helped them become better participants.



This year, I'm pleased to report that we already have a large class of more than 30 members participating in the LT workshop. Ideally, many will be co-leading trips during this coming year, which is part of the process toward certification as a full trip leader. If you find this to be so, please make it a point to thank them for stepping up to volunteer for the chapter.

And speaking of volunteering, we can always use more volunteers to lead trips, help out at chapter-organized events, or participate on your chapter Executive Board. By the way, we also like our Board members to take leader training. So, if you have any thoughts about helping your chapter on the Executive Board at any point, please consider taking LT yourself.

Thanks!

Len Ulbricht, AMC-SEM Chapter Chair

2019 Executive Board

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Vice ChairOPEN
SecretaryAnn McSweeney
TreasurerPatty Rottmeier
Past Chapter ChairBarry Young
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Paddling ChairEd Foster
Paddling Vice ChairLuther Wallis
Skiing ChairJeannine Audet
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Trails ChairSkip Maysles
Trails Vice ChairPete Tierney

Ad Hoc Committee Chairs & Other Chapter Contacts

Social Director.....OPEN
Social Vice ChairOPEN
Social Media AdministratorChristine Racine

Webmistress..... Cheryl Lathrop
The Breeze Editor.....Mo Walsh
Blast Editor.....Marie Hopkins

Contact chair@amcsem.org
if you are interested in any
OPEN positions

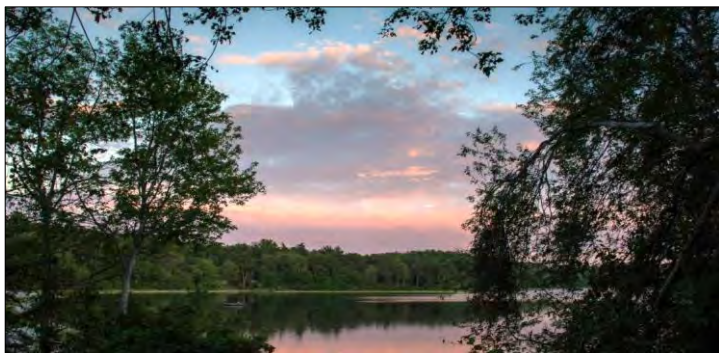
AMC-SEM Leaders at Sandwich's Family Outdoor Adventure Day

Hike Leader Maureen Kelly and Biking Chair Bernie Meggison represent AMC-SEM on April 6 at the Family Outdoor Adventure Day co-sponsored by the Sandwich Partnership for Families and the Sandwich Recreation Department. The event takes place from 1 to 4 p.m. at the Oak Crest Cove upper cabins at the Sandwich Recreation Department, 34 Quaker Meetinghouse Road; Forestdale, MA 02644. Rain date is April 7.

Maureen, organizer of AMC-SEM's Family Hikes, will give an introductory talk on "My First Hike." Bernie will set up a "Complimentary Bicycle Safety Check" station like those he has offered at other events.

Family Outdoor Adventure Day is designed to excite, encourage and familiarize local families with outdoor recreation, while presenting skills and knowledge needed to safely and confidently enjoy the "Great Outdoors."

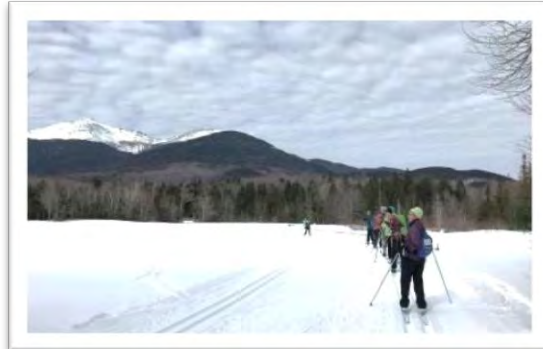
Representatives from outdoor recreation, wildlife and environmental agencies, equipment vendors, and first responders will be on hand to introduce families to a wide variety of outdoor activities. The event is free to all. Additional Information can be found online at www.sandwichrec.com.



Save the Date
Fall Gathering 2019
October 18th to 20th
Camp Burgess in Sandwich, MA

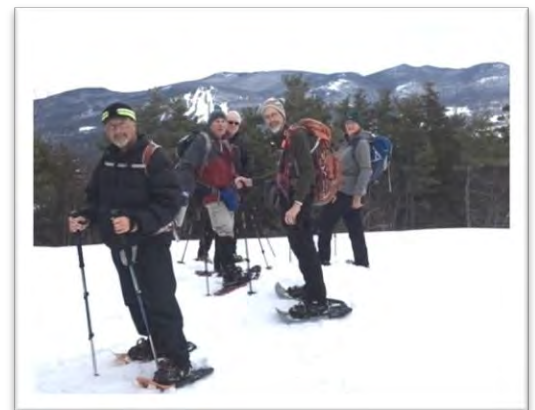
We are looking for volunteers for leading activities, workshops, registration, logistics. If you can help out for even a couple of hours, it would be much appreciated. Contact FG2019 Event Chair, Barry Young at pastchapterchair@amcsem.org.

Old Fieldhouse *Continued from page 1*



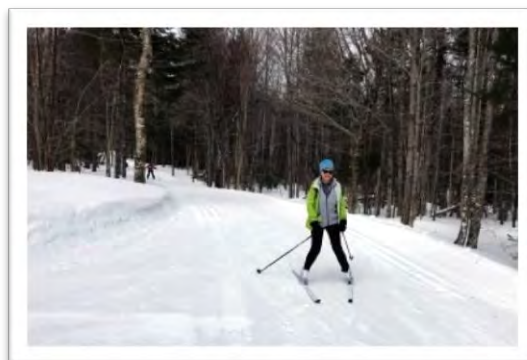
View heading out at Bear Notch.

Photo by Jeannine Audet



View of the Moats from Red Ridge Trail.

Photo by Paul Audet



Hope Haff going down a hill at Great Glen.

Photo by Jeannine Audet



Soup at Bear Notch apres ski.

Photo by Jeannine Audet



Volunteer of the Month: Dia Prantis

By Jeannine Audet, Skiing Chair

Each month the SEM recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! This month the Skiing Committee recognizes Dia Prantis for her numerous contributions.

Dia is a hike leader, and I have enjoyed hiking with her in the Berkshires and the White Mountains. She has recently qualified as a Skiing Leader. Dia co-led skiing this season in Waterville Valley and at Great Glen and Bear Notch in NH.

Dia's warm, welcoming nature was helpful to some of our group members who were relatively new to skiing. She clearly enjoys sharing her love for the outdoors.

Thank you Dia!, for all you do!

Dia will receive a Volunteer of the Month Certificate and a \$50 gift card.



Lion-hearted March follows as February goes out like a lamb

Article & Photos by Ken Cohen, Hike Leader

I had the pleasure of leading our Thursday hiking group this past February 28th. The potential hiking conditions were a close call, with a snowstorm having hit the night before. However, as predicted, by 6:00 am it was mostly over, after 5 inches of fluffy accumulation draped the landscape.

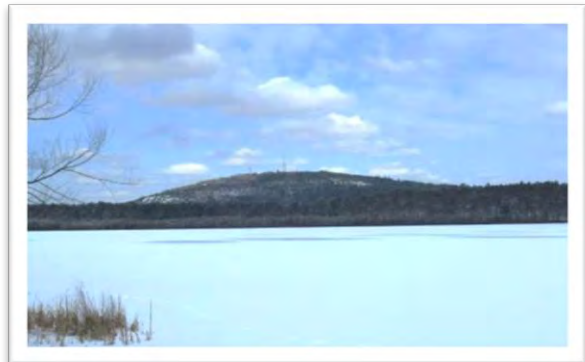
Nine of us showed (at least five White-Liners included) for a five-mile trek with MICROSpikes® around Ponkapoag Pond in Canton, MA. The clouds lifted and the warming sun appeared as we headed to the forest along Maple Avenue. The chill wind disappeared. It all evolved to perfect winter hiking conditions!

What follows are a few images of that invigorating AMC-SEM kind of day!

We'll be here again, for another Thursday trek, early this spring, in April. Please join us!



Trekking by the 14th Hole.



Great Blue Hill as seen from Horseneck Beach.

More photos on page 5

Ponkapoag Pond *Continued from page 4*
Photos by Ken Cohen



It was a very white day for Karen Foley, left, Francis Hammel, and Joan Hauck.



Heading home on Maple Avenue at Ponkapoag.



Bob Vogel wondering why the leader didn't provide a catered lunch.



An anonymous walk and run on the golf course.



Bob Vogel and Jean Hauck at the AMC Ponkapoag Camp.



The group poses for a photo at the trailhead.
Photo by Maureen Pena

97-inches of snow ‘at the stake’

By Paul Miller, Communications Chair,
Winter Hiking Leader

The finale to our annual Winter Hiking Series is a multi-night stay at one of the three AMC High Mountain Huts (Lonesome Lake, Zealand Falls, and Carter Notch) that stays open in winter on a self-service basis. “Self-service” means that a caretaker is present, but we have to carry in our own food and prepare our own meals. Some years we encounter icy conditions. Some years we encounter bitter cold conditions. And every once in a while, we encounter beautiful weather, moderate temperatures, and lots of snow to play in. This was one of those years!

With mostly sunny skies, light wind, daytime temps in the 20’s, night temps in the teens, and 97 inches of snow measured at the stake outside the AMC Carter Notch Hut, it would be hard to imagine nicer winter conditions or having more snow for us to play in.

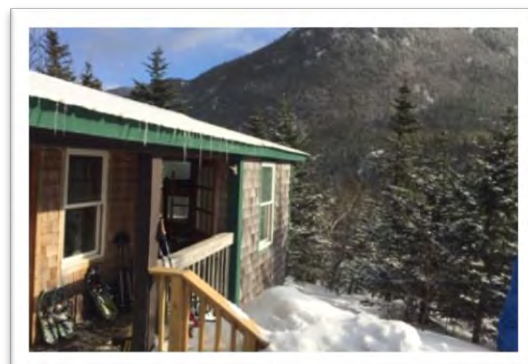
Most of us hiked in to the hut on snowshoes on Friday morning, March 1st. While our full winter backpacks—stuffed to capacity with all the group food, extra clothing, and our warm winter sleeping bags—weighed heavily on our shoulders, we took our time and everyone did just fine. With the deep snow in the woods and beautiful ice and snow formations on the river, I heard more than a few “oohs” and “ahhs” from many of our participants.

The hike in on the 19-Mile Brook Trail is particularly beautiful in the winter! After climbing gradually, then steeply for about 3.5 miles, the trail drops steeply into remote, pristine Carter Notch. After crossing two frozen ponds, we arrived at the stone Carter Notch Hut, the oldest in the AMC system. We claimed our bunks in the lower of the two separate bunkhouses and spread out our sleeping bags. We then returned to the main hut to enjoy the warmth from the small wood stove and partake in our traditional pre-dinner happy hour. For dinner that night, Maureen Kelly prepared a delicious meal of shrimp and veggie stir-fry over yummy jasmine rice.

After breakfast the next day, we offered participants a choice of hikes: a more challenging snowshoe jaunt up nearby Carter Dome; or a less challenging, but exceedingly enjoyable, snowshoe out onto the dramatic “Ramparts,” then down (and back up) the largely unbroken out Wildcat River Trail. The Ramparts are massive stone boulders that have dropped into the notch over the ages from 4,832-foot Carter Dome.

For dinner that night, Sal Spada redeemed himself from the infamous chili he had prepared for our last winter overnight trip to Carter Notch three years ago, by serving us a very tasty and hearty meal of Pasta Bolognese and garlic bread, with an equally tasty vegetarian variation for those who preferred that.

Sunday morning, after eating a light breakfast and packing up our stuff, we once again strapped on our snowshoes, donned our (not quite as heavy now) winter backpacks, and hiked back down to the 19-Mile Brook Trail trailhead. We made it to our cars in time to make it back home before the serious snowstorm hit New England on Sunday evening.



Our
bunkhouse
in Carter
Notch.

*Photo by
Stella
Pencheva*

More photos on page 7

Carter Notch Hut *Continued from page 6*



Carlos Pena, left, and George Danis chow down. *Photo by Maureen Pena*



George Danis awed by the view on Carter Dome. *Photo by Stella Pencheva*



Sal Spada, George Danis, & Maureen Kelly scale Carter Dome. *Photo by Stella Pencheva*



Maureen Pena, Caroline Mazzola, Steve Sjostedt, & Paul Miller on Ramparts. *Photo by Carlos Pena*



Stella Pencheva on Carter Dome.



Paul Miller on the trail. *Photo by Stella Pencheva*



Happy hour in the hut.

Photo by Stella Pencheva

Leadership Training: Why should *You* take it?

By Bob Vogel, Hike Leader

There are several reasons to take Leadership Training (LT). Obviously if you want to become a Leader for AMC, LT is the place to start. Even if you want to lead trips for a different organization, taking LT with SEM will provide you with the basic knowledge of planning and executing trips.

But what if you don't, at least any time soon, see yourself as an AMC Leader? Does that mean you shouldn't take LT? I would strongly argue that even if you don't want to be a Leader, you should still take LT. Why? To become an educated participant.

As a Leader, I find that the more people on a trip who have taken LT, the easier it will be to lead the trip. First of all, the more people who understand all the things that a Leader has to think about during a trip, the fewer people asking questions or making suggestions that really aren't practical. And if you miss something, the more likely someone else will notice and bring it to your attention. ("Hey, look at those dark clouds over there... moving this way" or "Wow, it's getting late, and we aren't heading back towards the cars yet.") And, the more help you can get, the easier it is to be a Leader. And this is where everyone benefits: The easier and more enjoyable Leading is, the more trips Leaders will offer!

So even if you don't want to lead, at least anytime soon, take LT and volunteer to help your activity Leader. Volunteer to sweep, or lead a stretch so your Leader can drop to the middle of the group and talk to all the different participants. AMC is a volunteer organization. Only by participants stepping up and saying "I'll help" do we get to do *any* activities. 😊

And if you *do* want to be a Leader? *Great!* You will find that leading activities can be very rewarding. As a Leader you get to pick where and when you are going, how far, and at what pace. Do you find our trips too fast or too slow? Not at a convenient time? Too big a group size? Offer what *you* want, and I bet you will find there are others wanting that too! See: Borderland Full Moon hikes and Red Line the Blue Hills, two activities I started because I thought they would be fun. Apparently I was

right about that! And since they are your activities, you get to run them the way you think they should be run.

And let's face it: 99.99% of AMC participants are great folks, and you'll get to meet more of them. As a bonus, you get to hang around with the other Leaders, and--OK, I *may* be a little prejudiced here—AMC Leaders are the cream of the crop of AMC people. 😊

OK, a story. Once upon a time I met someone who took LT. Then that person didn't volunteer to CL any hikes. So I called and, after a couple messages left, we finally talked, and that person agreed to CL a hike at Borderland. Next, that person became a local Leader, and a NH Leader, and then a winter NH Leader, and then a Major Excursions (now Adventure Travel) Leader. Then that person started a company leading trips up Kilimanjaro. Take Leadership Training, you never know where it will take *you!*

April 6th: One day that may be the start of something exciting! [Sign up here now](#)



Full Moon Hike at Borderland State Park, a night hike initiated by Bob Vogel, led in March by Bill Cannon with 30 hikers who agreed this was a great idea!

Photo by Bill Cannon

Homemade Healthy Granola Bars

By Bill Cannon, Hike Leader

Ingredients:

- 2 ½ cups rolled oats
- ¾ cups flax seed
- ¼ cup sesame seed
- 1 cup chopped almonds (optional: any other kind of nuts, sunflower seeds or pumpkin seeds)
- ½ cup shredded coconut
- ½ teaspoon sea salt
- 1 teaspoon cinnamon
- 2 teaspoons vanilla extract
- ½ cup pure honey
- 4 tablespoons butter (I use coconut oil for increased energy kick and metabolism)
- ¼ cup brown sugar
- 1 cup dried cranberries (optional: other chopped dried fruits or dark chocolate chips)

NOTE: If you are on a low-sugar or low-salt diet, decrease the amount. It's up to you. You can also substitute Stevia packets for brown sugar.

Instructions:

- 1) Preheat oven to 325 degrees. Combine rolled oats, flax seeds, sesame seed, and almonds. Spread on a baking sheet lined with parchment paper or aluminum foil. Toast for 15–30 minutes until golden. Stir occasionally so it doesn't burn.
- 2) In large bowl, mix vanilla, honey, butter (or coconut oil) and brown sugar. Microwave for one minute until just boiling and sugar is dissolved.
- 3) In a large bowl, combine sea salt, coconut, cinnamon, and dried cranberries.
- 4) When oat mixture is finished toasting, add it to the coconut mixture and stir.
- 5) Add honey mixture and stir.
- 6) Line 9"x13" baking pan with waxed paper. Spread mixture in pan and press to create a smooth surface. Place another piece of waxed paper or plastic wrap on top, press down tightly until even.
- 7) Place pan in refrigerator for at least 2 hours to cool completely. Use a knife to cut into bars
- 8) Enjoy!

Notes:

All ingredients can be purchased at Ocean State Job Lot, most in the Bobs Red Mill section.

Here is why these are so healthy:

Almonds contain potassium and iron: both essential in maintaining energy levels

Nuts in general can give you a healthy energy boost. They also keep you going longer than caffeine-laden drinks or sugary snacks do.

- Nuts have protein, a great source of sustained energy.
- Nuts contain Omega 3 fatty acids, provides energy to muscles and organs
- Nuts help lower LDL (bad cholesterol)

Flaxseed provides one of the only non-animal sources of omega 3 and omega 6. These fats are necessary for tissue growth and cell renewal, and proper metabolism of all body cells

Sesame seeds are small yet pack a powerful punch full of beneficial nutrients. They are very high in copper, magnesium and calcium. Magnesium is essential for your cells to convert food into energy.

Coconut oil and coconut meat are packed with nutrients and good fats that give our body increased energy.



Join us for the final Full Moon Hike of the season on Tuesday, April 16th, at Borderland State Park in North Easton. [Register here.](#)

U.S. Congress passes permanent reauthorization of the LWCF

By AMC Staff

We did it! After Congress allowed the Land and Water Conservation Fund (LWCF) to expire on September 30, 2018, AMC and our partners mounted the #SaveLWCF campaign to permanently reauthorize the LWCF and to secure full and dedicated funding for the program. On Tuesday, February 26th, the U.S. House of Representatives voted 363-62 in support of a package of public lands bills, including the permanent reauthorization of the LWCF. This vote comes on the heels of the Senate's 98-2 passage of the identical package of bills on February 12th. The Natural Resources Management Act, S.47, has been sent to the president for his expected signature.

The Land and Water Conservation Fund is a national conservation program that uses revenue from offshore oil and gas drilling to support open space, park, and trail projects across the country. During the #SaveLWCF campaign, AMC volunteers hosted trips to places protected by LWCF, and thousands of AMC supporters made calls and sent messages to their elected officials.

Policymakers across the aisle have finally responded, swiftly approving a public lands package of more than 100 important items, including the permanent reauthorization of the Land and Water Conservation Fund.

Full funding must be dedicated to LWCF

However, reauthorization for LWCF is only one part of the whole story. While it is a major victory for LWCF to be permanently reauthorized, these projects cannot be completed without adequate funding. LWCF is authorized to receive \$900 million from Congress each year; however, it consistently receives less than half of that amount through the appropriations process.

For LWCF to be as efficient, impactful, and successful as possible, Congress must dedicate the full \$900 million of oil and gas revenue authorized to LWCF. Many national and state parks, scenic trails like the Appalachian Trail, battlefields, and working forests have been conserved with LWCF funds.



Contact your Senators and Representatives today to thank them for their support of LWCF and the outdoors that you love, and make sure they know how much the Land and Water Conservation Fund continues to mean to you. Stay tuned to AMC's Conservation Action Network for future opportunities to speak up in support of the Land and Water Conservation Fund and other important conservation policy issues.



An example of the successful campaign mounted by AMC and our partners to persuade Congress to permanently reauthorize the LWCF and to secure full and dedicated funding for the program. Action is still needed to ensure that \$950 million in allocated funds are actually received.

Activities

For the most current information, [search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

Indicates pace

Indicates terrain

AA 13+

1very fast

Avery strenuous

A 9-13

2fast

Bstrenuous

B 5-8

3moderate

Caverage

C less than 5

4leisurely

Deasy

Found in the description

LActivity leader

CLActivity co-leader

FTFirst Time

NM ...New Members

ANAdvance Notice

C..... Conservation

BICYCLING

Ongoing. Vice Chair, Biking Committee, SEM's Executive Board is seeking a Biking Vice Chair to assist the Biking Committee Chair with planning, organizing and leading bike trips in Southeastern Mass. A particular focus of this position is to promote bike trips off Cape in Plymouth, Bristol and surrounding counties. This includes leading trips, identifying desirable routes, and encouraging development of additional bike leaders. L Leonard Ulbricht (chair@amcsem.org)

Sat., Apr. 6. Freetown ride, Rochester, Lakeville, MA. 9AM start. Nice, scenic 25 mile ride over quiet country roads. Lots of lakes, ponds, farm and cranberry bog scenery along the way. Easy paced ride of between 12-13mph. Lunch/rest stop by the reservoir. Helmets are required. Bring a spare tube, pump, water and snacks. To sign up and get info on the start location contact the leader, Jack Jacobsen at 508-353-3708 or email at cyclejac51@yahoo.com. L Jack Jacobsen (508-353-3708 8:00AM-8:00PM, cyclejac51@yahoo.com, Long time AMC bike leader)

Sat., Mar. 23. Truro Historical Trek, between Pamet Harbor and Truro's Great Swamp, Truro, MA. Truro Historical Trek: Fast-paced 6+ mile walk, along Cape Cod Bay beaches and coastal banks. A few friendly, well-behaved dogs allowed with prior approval of leader. Occasional stops to highlight points of interest, including the first European summer vacation in Truro (1603), the opening of the Cape Cod railroad (1873, in Truro), the most expensive 'McMansion lawsuit' on the Cape, the Pilgrim's theft of Indian seed corn (1620), and the loss of most of Truro's men at sea (1844). Three miles on the beach, three+ on the coastal bank and a little bit inland. A bit strenuous due to beach-walking and some hills and beach stairs. Beach-walking can be challenging when cold/windy so check weather forecast and dress appropriately. Optional lunch afterwards from very good 'diner' a mile from the hike. Heavy rain or snow may delay until Sunday March 24, 2019. L Jay Vivian (508-858-4855 6:30pm - 9:00pm, jvivan0@comcast.net)

Sun., Mar. 24. Hike Falmouth Moraine -5 miles, Falmouth, MA. Hike approximately 5 miles along the Falmouth Moraine Trail, passing through some hilly, heavily forested areas. This is a one way hike. The pace will be moderate and the terrain is strenuous in parts. This is a one-way hike. Meet on the Service Rd. off of Brick Kiln Rd at 9:45. Trail Talk promptly at 10 AM. From here we will carpool to the start.. Not a beginners hike! Sturdy hiking boots, traction devices such as Yaktrax, Stabilicers ARE A MUST if snow/ice are present. Dress in layers, bring plenty of water, snacks/lunch, personal first aid kit. This is a known tick habitat. Repellent is strongly recommended. Deep snow, heavy rain cancels. CHECK AMCSEM.ORG WEBSITE FOR CANCELLATIONS OR CALL LEADER Any questions, call leader L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com)

(AN) Thu., Mar. 28. Hike Island Pond, Harwich (C3C), MA. Rte 6 Exit 10 Rte 124S. L Old Colony Rd at crosswalk. Park R Harwich Town lot. Meet 9:45. 2 hrs. L Janet Kaiser (508-432-3277 Before 9:00 pm, jtkaiser@comcast.net, many years Cape hike leader, AMC life member)

Continued on next page

Activities

For the most current information, [search activities online](#)

CAPE HIKING

Sat., Mar. 30. Hike the Falmouth Moraine, Falmouth, MA. Hike approximately 9 miles along the Falmouth Moraine. Enjoy some densely forested areas, ponds, fresh air, spring bird calls and buds. Trails vary from wide to a single lane. Roots and rocks abound. A couple of grassy areas and some strenuous hills. A MUST: sturdy hiking boots, traction devices if snow/ice are present. Dress in layers. Bring plenty of water, snacks/lunch, personal first aid kit. Sunscreen, tick repellent are strongly suggested. REGISTRATION IS REQUIRED. CONTACT LEADER Cathy Giordano 508-243-3884 BEFORE 9 PM. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com), R Catherine Giordano (508-243-3884 before 9 pm) **(FT) (NM)**

Thu., Apr. 4. Hike Bourne Farms Hike, West Falmouth, MA. Enjoy a leisurely Spring meander beginning at a lovely old farm. We will enter a woodland with a few hills, cross two streams, and go around a cranberry bog. After the hike, the group could go together to a nearby restaurant for lunch. As with most hikes on the Cape, poison ivy, ticks, and mosquitoes can be present. Rain cancels the hike, but if in doubt about the weather, call the leader. Meet at 0945 for a 1000 start, and the hike should last about 2 hours. L John Gould (508-540-5779, jhgould@comcast.net)

(FT) (NM) Sun., Apr. 14. Hike the Coonamessett River Headwaters, East Falmouth, MA. An easy 1 3/4 hr hike through woods and along a dirt road on the south side of Coonamessett Pond in Falmouth, one of the larger ponds on the Cape. We will see the origin of the Coonamessett River (a very small "river") and follow it past old cranberry bogs, as it flows south toward Great Pond and the sea. As with most hikes on the Cape, poison ivy, ticks, and mosquitoes can be present. Rain cancels, but if in doubt about the weather, call the leader. Meet 1245 for a 1300 start. From the intersection of Rt 151 and Sandwich Rd, in North Falmouth, drive south on Sandwich Rd for 1.6 miles. Turn right on Hatchville Rd. Go 0.6 miles and turn left onto a dirt road leading to parking. L John Gould (508-540-5779, jhgould@comcast.net)

Thu., Apr. 25. Hike Crowes Pasture, Dennis, MA. Hike in Crowes Pasture, along surrounding marsh and beach and through historic Quivet Neck neighborhood. Expect soft sand! RT 6 to Exit 9 and RT 134 North. Follow RT 134 north to traffic lights at RT 6A and turn right. Follow RT 6A for .8 miles and turn left on School St (Airline Rd on Right). Follow School St for .4 miles and turn left on Cold Storage Rd. Follow Cold Storage Rd for .5 miles to parking lot at the beach. L Deborah Hayden (508-274-2820 before 9PM, shaferhayden@gmail.com)

Sun., Apr. 28. Ryder Conservation/Lowell Holly Reservation Hike, Ryder Conservation Area Cotuit Rd. Sandwich, MA. Join us for a 4-4.5 mi hike in Sandwich conservation area and Mashpee Trustees of Reservation property. The terrain is mostly flat with a few steep but short climbs thrown in. Meet at 12:45 for a 1 p.m. start. Heavy rain cancels. Rt 6 to Exit 3 > Quaker Meetinghouse Rd South x 2.5 mi > L @ light on Cotuit Rd x 2 mi. Trailhead parking on R for about 12 cars. L Barbara Gaughan (781-572-1321 before 9 p.m., barbaragaughan12@comcast.net, SEM Level 1 hike & bike leader)

Sun., May 5. Hike Beebe Hikes, Park in Falmouth Conservatory Lot (past Highfield Hall), MA. 2 1/2 hour hike thru flat to rolling terrain. A couple steep hills. A stop by the farm to see sheep and lambs. Meet at 12:45 for 1pm start. Sturdy hiking boots and water. Fr Bourne Rotary continue S on Rt 28 to Falmouth. Continue thru the 1st set of lights in Falmouth.. Take R onto Depot Rd (after Inn on the Square). Follow to end to park at Conservatory Lot. L Linda Church (lchurch@whoi.edu)

Sun., May 12. Hike Santuit Pond, Mashpee, MA. This has been a Mother's Day favorite to hike to a Cranberry Bog and see the rare Birdsfoot Violets, along the way we will see the newly refurbished herring ladder and perhaps a few herring. We will be starting from a new location which provides better parking. Meet up time is 12:45 PM. Driving Directions: From Rte 28 in Mashpee turn onto Rte 130 to Sandwich and look for Santuit Pond Parking area in less than a mile. From Upper Cape take Exit 2 off of Mid Cape and Turn R on Rte 130 go several miles to parking area on L. From outer Cape take Rte 6 to exit 3 and turn L onto Quaker Meetinghouse Rd and follow to Rte 130 and turn L and continue several miles to parking area on L. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net, Currently Cape Hike Chair for AMC and an avid Cape Hiker and Leader.)

Sat., May 18. Hike Bell's Neck Conservation, Sand Pond prkg on RT 39, Harwich, MA. 4.5 mile mostly flat hike along East & West reservoirs, cranberry bogs, marshland and a herring run. Exit 10 to 124S to end. R on 39S x 1.9 mi to Sand Pond prkg on right. Arv 9:45 for 10 a.m. start. L Barbara Gaughan (781-572-1321 before 9 p.m., barbaragaughan12@comcast.net, Level 1 hike & bike leader.)

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Activities

For the most current information, [search activities online](#)

EDUCATION

Sat., Apr. 6. Leadership Training Workshop, Wildlands Trust Community Conservation Barn 675 Long Pond Rd., Plymouth, MA 02360. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader participants are also welcome. It is an all-day course with a mix of classroom and outdoor exercises. The usual schedule is 8 am to 5 pm. Lunch is included and refreshment breaks are provided. This course is offered at no cost to AMC members. For Southeastern Mass chapter members, this is the first step in becoming a trip leader, followed by several co-leads with current chapter trip leaders, arranged in the weeks or months after this program. This training is required for prospective SEM trip leaders, but is useful for any participant interested in improving their outdoor skills and anyone wishing to become familiar with trip group management. L Douglas Griffiths (508-758-4315 after 6 pm, [reddougg@aol.com](mailto:redDoug@comcast.net))



**Free Leader Training
Workshop on Saturday,
April 6th. Register at
[reddougg@aol.com](mailto:redDoug@comcast.net).**

Mon., Apr. 8. "Backpacking the Appalachian Trail 100 Mile Wilderness," 7-8 pm, James Library, 24 West Street, Norwell, MA. Registration is not required. In mid-August of 2017 Dexter Robinson along with Bill Vickstrom, Bryan Jones, and Joe Marrone backpacked the Maine Appalachian Trail 100 Mile Wilderness, generally considered the wildest section of the entire 2,187-mile AT that runs from Springer Mountain, Georgia, to Mt. Katahdin, Maine. This trail section is one of the more challenging to navigate and traverse and includes backpacking over a mountain range and numerous stream crossings. The trail offers a wide variety of trail conditions from a gentle walk in the woods to boulder fields. In this presentation Dexter Robinson will share his preparation and experience backpacking this section of the AT using a gear display, photos, and video clips. Reservations recommended at (781) 659-7100 or jameslibrary@verizon.net. L Dexter Robinson (Dexpcdoc@gmail.com)

Sat., May 4-5. Wilderness First Aid Two Day Workshop, Wildlands Trust Community Conservation Barn, 675 Long Pond Rd., Plymouth, MA 02360. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. This training is required for AMCSEM trip leaders, but is a great experience for any outdoor enthusiast. Instruction is provided by SOLO, experts in providing wilderness medical training. L Douglas Griffiths (508-758-4315 after 6 pm, [reddougg@aol.com](mailto:redDoug@comcast.net))

Sat., Jun. 22-23. Two-day Map and Compass Workshop (Sat/Sun), Blue Hills, Boston Area, MA. See listing under Hiking. R Paul Brookes (603-799-4399 After 8am and before 9pm, PaulBrookes1966@outlook.com)

EXECUTIVE COMMITTEE

Ongoing. Vice Chair, Southeastern Mass Chapter, MA. Dear fellow SEM Member, The SEM Executive Board is seeking a chapter Vice Chair volunteer to: *Support the SEM Chapter Chair and our great activity leaders; *Help run the 2019 AMC Fall Gathering which will be held on Cape Cod; *Represent the SEM Chapter at a variety of club-wide and chapter events; *Interface with AMC HQ and learn how AMC functions behind the scenes; *Support conservation, education and recreation in Southeastern Massachusetts. You will assist with the development of chapter goals, budgets and special events (such as Fall Gathering 2019), assist other committee members in coordinating chapter activities, and participate in monthly Executive Board meetings and periodic AMC meetings of chapter chairs. Experience with or willingness to learn straightforward Excel spreadsheet and Power Point-type applications helpful. L Leonard Ulbricht (chair@amcsem.org)

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Activities

For the most current information, [search activities online](#)

HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org.

Always looking for additional hike leaders! Contact hikingchair@amcsem.org

Tue., Mar. 26. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. Hike hilly Skyline Trail and adjacent trails on nine successive Tuesday mornings 3/26-5/21, progressively increasing distance, elevation gain and pack weight (optional) to condition for summer hiking season up north. Expect rocks and granite ledges on most ascents and descents. Moderate initial 1.5 - 2 mph pace and 3 mile hilly hike, progressing over the 9 weeks to 8 or more miles with cumulative elevation gain around about 2000 feet.. 9:15 am sign-in, 9:30 am hike start. Not suitable for beginners. May finish series with extended day hike. Register once for entire series. L Len Ulbricht (lenu44@gmail.com, Len has been an AMC Southeast Mass chapter member since 2008. He leads three season hikes in the White Mountains, both day hikes and multi-day hut trips, and an annual spring conditioning series in the Blue Hills. He enjoys hiking the 48 NH 4K peaks and is an AMC Adventure Travel leader.) CL Pam Johnson (pjohnson8992@gmail.com) CL Craig MacDonald (craigmacdonald695@gmail.com), R len ulbricht (lenu44@gmail.com)

(NM) Tue., Mar. 26-Apr. 2. Blue Hills Tuesday Morning Hiking Series, Blue Hills, Milton, MA. The "White Line the Blue Hills" Tuesday morning series is drawing to a close for the year. Some of those folks will be continuing on to do the Tuesday Morning Conditioning Series (which is currently wait listed.) Others of us wish to continue on, but not with that level of 'conditioning'. Soooo, for your hiking pleasure, a continuing Tuesday Morning Series, NOT concentrating on the Skyline Trail. We will hike 'all' of the trails within the Blue Hills over time, meeting in different parking lots and hiking different routes each week. If folks are interested this series will run... well, for as long as folks are interested. (Currently only the first two weeks are posted. This is to allow modifications to this listing, and the addition of other Leaders, going forward.) So, if you are interested in hiking in the Blue Hills Tuesdays, from 10 to sometime before 2:00, Contact the Leader/Registrar, Bob Vogel. He will provide full information about these hikes. That information will allow you to make an informed decision about your choice to partake in this exciting, slightly different, hiking series. In addition to 'just hiking', this series also aims to provide 'skill building', both for participants and Leaders. We will incorporate a range of 'educational opportunities' as we hike, :-). Come hike, and learn. This will be a "Register once, come as often as you want" series. L Bob Vogel (vogel.r@comcast.net, Bob is a 4 season Hike leader for the Southeastern Mass Chapter, as well as a hike leader for Boston Local Walks and a 3 Season Leader for Boston H/B.)

Thu., Mar. 28. Thursday Morning Hike - Pratt Farm Middleboro, Meet at Oliver Mill Park, 8 Nemasket Street, Middleboro, MA 02346 for car pool to trail head. Explore the many paths and byways of Pratt Farm. Mostly gentle rolling hills. We will meet at an off site parking area due to limited trail head parking and car pool to Pratt Farm. Do NOT go to Pratt Farm directly. Meet before 10:00AM at the Oliver Mill parking area at the intersection of Rte 44 and Plymouth Street in Middleboro. Hike is approximately 5 miles and 2 - 3 hours depending on routes taken and time spent exploring. Bring light lunch, water and appropriate weather gear. Heavy snow or rain will cancel. L Richard Carnes (508-947-3204 before 9 PM, rcarnes2@aol.com)

Sat., Mar. 30. Winter Morning Out Hike at Halfway Pond Conservation Area, Halfway Pond Conservation Area, MA. Join me for an 8 am Saturday morning hike at Halfway Pond Conservation Area in Plymouth. See the beauty of the forest in winter. We will combine dirt road walking around the ponds with hilly trails in between the ponds for about 7 miles of beautiful trails. Once we're done, we'll still have the rest of the day for other things. Features along the trails include wetlands, kettle holes, beech forest and an area of cathedral pines. Halfway Pond is the headwater for the Agawam River and has been eagle nesting territory. Meet at the Long Pond Boat Ramp Parking Lot at 7:45 for a 8:00 am start. Take Exit 3 off Rt 3 and head southwest. At the intersection turn left onto Long Pond Rd and an immediate right onto Clark Rd. Stay left to keep on Clark Rd which turns into West Long Pond Rd. Parking Lot is on the right. The parking lot we are using is not located on the map linked. We'll plan on a moderate pace to complete the hike in approximately 3 hours. Registration is not required, but email the leader with questions or concerns. L Maureen Kelly (617-943-4288 before 8 pm, mokel773@aol.com) L John Bescherer (john.bescherer@gmail.com)

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Activities

For the most current information, [search activities online](#)

HIKING

Sat., Mar. 30. Advanced conditioning hike in the Blue Hills Reservation, DCR Blue Hills Reservation. Milton, MA. Join me at 8:30 am Saturday morning for an advanced conditioning hike in the Blue Hills reservation. This conditioning hike is not suitable for beginners. We will be doing slightly over 4 miles at a moderate to moderate fast pace on sections of the Skyline trail to achieve slightly over 1000 feet of vertical climbing. Some of the sections are rocky. Spikes may be required if there is lingering ice on the trails. The hike should take about 2-2.5 hours. Meet at 8:15 at the Houghton's Pond parking lot, Hillside St., northern end (end closest to the DCR Headquarters). Rain or showers cancels. Registration is required. Contact the leader at: dexpcdoc@gmail.com. L Dexter Robinson (dexpcdoc@gmail.com, Dexter is an avid 4 season hiker. He has been a member of the AMC since 1994 and for many years led AMC hikes and backpacks to various locations both local and throughout New England. He has climbed all 67 of the New England four-thousand foot mountains as well as the NH four thousand foot mountains in winter. He recently completed summing Mt. Washington in every month.)

Sun., Mar. 31. Dog Friendly Hike at Wompatuck State Park, 204 Union Street, Hingham, MA. Come with or without your dog for an approximately 5-6 mile hike at Wompatuck State Park. We will meet at 8:45 in the Visitor Center Parking Lot. Hike will be cancelled in extreme weather. The choice of trails and actual distance will depend on weather conditions. Waterproof boots and traction devices such as microspikes will most likely be needed. Snowshoes optional if there is fresh snow. Bring snacks and water. This will be a moderate paced hike with little elevation gain. Dogs are allowed off-leash at this DCR property, however dogs will need to be leashed at the discretion of the leaders. Dogs must be able to keep pace with the group and not be disruptive to the other hikers. Registration is not required but please contact leaders with any questions. Leaders: Sue Svelnis Beth Mosias. L Susan Svelnis (781-849-9299, suesvelnis@gmail.com)

Tue., Apr. 2. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. See details at Tuesday, March 26 entry.

Tue., April 2. Blue Hills Tuesday Morning Hiking Series, Blue Hills, Milton, MA. See details at Tuesday, March 26, listing.

Thu., Apr. 4. Blue Hill White triangle trail, Meet at Houghton Pond parking lot. 840 Hillside Ave. Milton, MA. This week's hike we will be following the white triangle trail and on the return the green dot trail. Fairly flat trails. We'll be stopping for lunch. Approx. 6 to 6.5 miles. Heavy rain or snow the hike will be cancelled. L Rachel Thibeault (rateebo@yahoo.com)

Mon., Apr. 8. "Backpacking the Appalachian Trail 100 Mile Wilderness," 7-8 pm, James Library, 24 West Street, Norwell, MA. Registration is not required. In mid-August of 2017 Dexter Robinson along with Bill Vickstrom, Bryan Jones, and Joe Marrone backpacked the Maine Appalachian Trail 100 Mile Wilderness, generally considered the wildest section of the entire 2,187-mile AT that runs from Springer Mountain, Georgia, to Mt. Katahdin, Maine. This trail section is one of the more challenging to navigate and traverse and includes backpacking over a mountain range and numerous stream crossings. The trail offers a wide variety of trail conditions from a gentle walk in the woods to boulder fields, In this presentation Dexter Robinson will share his preparation and experience backpacking this section of the AT using a gear display, photos, and video clips. Reservations recommended at (781) 659-7100 or jameslibrary@verizon.net. L Dexter Robinson (Dexpcdoc@gmail.com)

Tue., Apr. 9. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. See details at Tuesday, March 26 entry.

(FT) (NM) Thu., Apr. 11. Red Line the Blue Hills, Blue Hills Reservation, Milton, MA, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 14th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Michael Swartz (617-840-4199, swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

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Activities

For the most current information, [search activities online](#)

HIKING

(FT) (NM) Thu., Apr. 11. Thurs. Morn. Hike Noanet Woodlands, 61 Powisset Street, Dover, MA. We will hike about 5 miles with a number of short ups and downs, with an optional climb of Noanet Peak (387 ft). Depending on the conditions, we might shorten the hike and/or eliminate the steepest sections. Some nice views. Depending on the weather, we might hike or snowshoe. Bring traction devices, if icy. Rain cancels. L Hans Luwald (508-668-0462 before 9 PM, hans.luwald@gmail.com) CL Debbie Lepore (617-778-4339 Berore 9 PM)

Sun., Apr. 14. Family Hike in the Southeastern Massachusetts Bioreserve, Fall River, MA. Join us as we explore the beautiful & historical Fall River Bioreserve. We will hike approximately 3 miles at a leisurely pace, allowing time to talk about the animals, plants & Native American history. Kids of all ages are welcome. Wear sturdy shoes or boots, & bring insect repellent, water & a snack. Heavy rain will cancel. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime., milmod@aol.com)

Tue., Apr. 16. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. See details at Tuesday, March 26 entry.

Tue., Apr. 16. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA. Come and hike under a Full Pink Moon or as some may call it, a Full Fish Moon. We will be hiking about 5 miles on mainly flat wide trails in between and around 2 large ponds. In the past we have seen the moon at least 90% of the time. It is a beautiful site over the ponds and across the meadow. Hopefully we won't need any snow gear. A detailed Poop Sheet will be sent to all who Register. Please include in your registration e-mail: 1) the date of the Full Moon Hike you wish to attend 2) Your contact number 3) A description of your latest hiking experience. L William Cannon (bcannon56@gmail.com, AMC Member for 8 Years 2 years leading Full Moon Hikes AMC SEM Conservation Chair) L Susan Svelnis (suesvelnis@gmail.com) L Nancy Coote (cranstonstreet22@gmail.com) L Patricia McNally (pmcnallyma@comcast.net) CL Anne Rapp (anne.rapp99@gmail.com), R Anne Rapp (anne.rapp99@gmail.com)

(FT) (NM) Thu., Apr. 18. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 11, entry.

Thurs. Morning Hike, Blue Hills, Ponkapoag Pond & Vicinity, Canton, MA. Moderate to fast pace, with occasional stops. 5 ½ - 6 ½ mile hike around The Pond with one or two additional perimeter loops. Approx. 10:00 am-1:00 pm. Please arrive by 9:45 am for a prompt 10:00 am start. Bring waterproof hiking shoes, bug spray, sun screen, snacks/lunch & water. We'll take a break near the AMC Camp, down near the pond, weather permitting. Steady rain cancels. Dogs on leash O.K. L Ken Cohen (508-942-1536 Before 8:00 pm, k-cohen@comcast.net, Year-round hiker and snow shoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Class I Hiking Leader for the past two years having organized many trips in The Hills and other local hiking destinations. Longtime member of DCR's "Trail Watch" in the Blue Hills. Active ad-hoc member of the Board of Trustees for The Friends of The Blue Hills. Avid nature photographer.)

Tue., Apr. 23. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. See details at Thursday, April 11, entry.

(FT) (NM) Thu., Apr. 25. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 11, entry.

Tue., Apr. 30. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. See details at Tuesday, March 26 entry.

(FT) (NM) Thu., May 2. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 11, entry.

Continued on next page

Activities

For the most current information, [search activities online](#)

HIKING

Thu., May 2. Thursday AM Hike at Wompatuck State Park, 204 Union Street, Hingham, MA. Come explore some new trails at Wompatuck State Park. We will meet at 9:45 in the Welcome Center Parking Lot for an approximately 6 mile hike. This will be a mostly flat hike with a possible gentle climb up Turkey Hill for lunch. We will also explore many of the trails in the Northwest corner of the park that connect to Whitney and Thayer Woods. Hike will be cancelled in extreme weather. Bring snack/lunch and water. If you are interested after the hike you can fill containers with free spring water at the Mount Blue Spring located inside the park. Dogs are welcome as long as they can hike well with the group. This DCR property allows dogs to be off-leash, but dogs may need to be leashed on this hike at the discretion of the leader. Please contact leader with any questions. L Susan Svelnis (781-849-9299, suesvelnis@gmail.com)

Sat., May 4. Sat. morning, the 2nd annual "spring into spring" hike, Arnold Arboretum, 125 Arborway, Jamaica Plain, MA. 281 acres- including two hills with vistas, Bonsai exhibit, lilacs, and "Explorer's Garden". We will explore this "tree museum" during a 4-5 mile hike at a moderate pace. Bring water, sturdy footwear, sun screen, bug spray, snack or lunch. Meet at the Visitors Center (Hunnewell Building) located at 125 Arborway, Jamaica Plain at 9:45 for prompt 10:00 start. Plenty of on-street parking along the Arborway; or walk to the entrance from the Forest Hills Orange Line T-Stop. Steady rain cancels. Leashed dogs o.k. L Ken Cohen (508-942-1536 Before 8:00 pm, k-cohen@comcast.net, Year-round hiker and snow shoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Class I Hiking Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills. Active ad-hoc member of the Board of Trustees for The Friends of The Blue Hills. Avid nature photographer.)

Tue., May 7. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. See details at Tuesday, March 26 entry.

(FT) (NM) Thu., May 9. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 11, entry.

Thu., May 9. Thursday Morning Hike - F. Gilbert Hills - Foxboro, MA. Join us for enjoyable hike in the F. Gilbert Hills State Forest for a five mile hike from 10 AM till 2 PM. Easy to moderate pace. Meet at forest headquarters , 45 Mill Street, at 9:45. AM. Bring water and a lunch and or snacks. Route will encompass the Acorn Trail and parts of the Warner Trail. Along the way we will see several glacial erratics, several water holes constructed by the CCC, and a huge pine tree growing right out of a large rock! Mostly flat, with a few hills. Heavy rain cancels. Registration not required, however, if you have questions, contact leader. L Barry Young (508-339-3089 Before 9 PM, barry.young@comcast.net)

(FT) (NM) Sat., May 11-Jun. 15. Introduction To Hiking Series, Blue Hills Reservation, MA. Have you always wanted to get outside and explore local trails but felt like you needed help getting started? Have you hiked before but need a refresher course on hiking essentials? This series of FIVE Saturday morning hikes in the Blue Hills Reservation may be just what you're looking for! Each hike will build on prior hikes as we increase distance, elevation, and technical hiking challenges. Along the way we will also teach basic hiking techniques, map reading skills and will review clothing and gear essentials. Registration is required for this series and will be limited to 15 participants. You will only need to register one time for all 5 hikes. Hike dates are: May 11 May 18 June 1 June 8 June 15 Hike start locations will be sent to registered hikers on the Wednesday before the hike. Sign in is at 8:15 AM and we will finish up before 12 noon. Contact Pam with questions. L Patricia-Lee Achorn (781-784-8983, plachorn@msn.com, Pat is an avid hiker and has lead the "Introduction to Hiking Series" in the Blue Hills in past years.) CL Pam Johnson (617-448-4446 Between 4 PM and 8 PM, pjohnson8992@gmail.com, Pam is a life-long hiker and is certified in Wilderness First Aid, CPR and AMC Map and Compass orienteering. Pam is a Co-Leader on the Blue Hills "White Lining" and "Conditioning Series" and has climbed the 48 Four Thousand Footers.), R Pam Johnson (617-448-4446 Between 4 PM and 8 PM, pjohnson8992@gmail.com)

Tue., May 14. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. See details at Tuesday, March 26 entry.

(FT) (NM) Thu., May 16. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 11, entry.

Continued on next page

Activities

For the most current information, [search activities online](#)

HIKING

Tue., May 21. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. See details at Tuesday, March 26 entry.

(FT) (NM) Thu., May 23. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 11, entry.

(FT) (NM) Thu., May 23. Thursday Morning Hike - World's End (C3C), Hingham, MA. Meet at 10am in the Parking lot, \$6 pp non-Trustees members. Moderate 4-5 miles. Explore unique peninsula in Boston Harbor with stunning views, hilly, carriage ways and rocky paths. There could be muddy sections. Wear layers, wind protection, good shoes suitable for weather and conditions. Bring water, snacks/lunch. Directions at <http://www.thetrustees.org/places-to-visit/greater-boston/worlds-end.html>. L Eva Das (borsody@gmail.com)

(FT) (NM) Thu., May 30. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 11, entry.

Thu., May 30. Wilson Mountain & Whitcomb Woods - 3rd Annual Perenials Hike! Dedham, MA. Lady's Slippers galore! In a good year there are hundreds on both sides, in sections of the well-marked trail, to the summit of Wilson Mountain. Wilson Mountain Reservation is 207 acres of wild and varied terrain. Large tangled thickets of rhododendrons grow on a hillside. Mountain Laurel too, in season. Wilson Mountain is the highest point in Dedham at 295 feet. While not a true mountain, it does provide hilltop views of the surrounding area. It is managed by the Massachusetts Department of Conservation and Recreation (DCR). After Wilson Mountain, at your option, we'll cross Common Street to the Whitcomb Woods trail head. Forested level trails with views of the Charles River, many gazebos along the way. The total hike is 5-7 miles at a moderate pace. Steady rain cancels. Bring water snacks/lunch, sturdy footwear, bug spray, sun screen. Well behaved dogs on leash are O.K. L Ken Cohen (508-942-1536 Before 8:00 pm, k-cohen@comcast.net, Year-round hiker and snow shoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Class I Hiking Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills. Active ad-hoc member of the Board of Trustees for The Friends of The Blue Hills. Avid nature photographer.)

(FT) (NM) Thu., June 6. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 11, entry.

(FT) (NM) Thu., June 13. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 11, entry.

(FT) (NM) Thu., June 20. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 11, entry.

Sat., Jun. 22-23. Two-day Map and Compass Workshop (Sat/Sun), Blue Hills, MA. Come learn beginner to intermediate navigation skills using a map and compass to find your way in this two-day weekend workshop. No prior skills are required. All activities will take place at the Blue Hills Reservation; you will need appropriate hiking gear and be able to hike approximately 4 miles with a small day-pack. On Saturday we'll use the conference center at Brookwood Farms for both indoor and outdoor instruction. You'll learn how to read a topographic map, how to use a compass and how a map and compass work together. In the afternoon you'll get to practice your skills on a directed hike in the Blue Hills using the DCR trail map. On Sunday your group will plan your own route to find flags hidden both on and off the trail. For this hike, you will be using a topographical map which does not show the trails and will make use of terrain features such as valleys, brooks, and hills to stay found. Each group will have an instructor to help facilitate the learning. Prior reservation is required, and class size is limited to promote small group learning. To register for this workshop, you must commit to attending both Saturday and Sunday. You will need to purchase and bring to class a navigating compass with adjustable declination correction, the recommended compass is the Suunto M-3 (list price \$44). L Paul Brookes (603-799-4399 After 8am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) CL Doug Griffiths ([reddoug@aol.com](mailto:redoug@aol.com)) CL Pete Tierney (pxtierney@aol.com), R Paul Brookes (603-799-4399 After 8am and before 9pm, PaulBrookes1966@outlook.com)

Continued on next page

Activities

For the most current information, [search activities online](#)

HIKING

(FT) (NM) Thu., June 27. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 11, entry.

(FT) (NM) Thu., July 4. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 11, entry.

(FT) (NM) Thu., July 11. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 11, entry.

(FT) (NM) Thu., July 18. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 11, entry.

(FT) (NM) Thu., July 25. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 11, entry.

(FT) (NM) Thu., Aug. 1. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 11, entry.

(FT) (NM) Thu., Aug.8. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 11, entry.

(FT) (NM) Thu., Aug. 15. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 11, entry.

(FT) (NM) Thu., Aug. 22. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 11, entry.

(FT) (NM) Thu., Aug. 29. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 11, entry.

(FT) (NM) Thu., Sept. 5. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 11, entry.

(FT) (NM) Thu., Sept. 12. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 11, entry.

(FT) (NM) Thu., Sept. 19. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 11, entry.



*Happy
Trails!*



The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | April 2019

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Please send photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

Shop the Breeze Market for equipment bargains!

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Winter hikers were able to shed layers at Halfway Pond. *Photos by John Bescherer*

Sunny conclusion to early morning winter hikes

By John Bescherer

Sixteen early risers enjoyed a seven-mile hike in the spring sunshine exploring along the beautifully groomed trails in the Halfway Pond Conservation Area in Plymouth, MA. The March 30 hike concluded a series of four early morning hikes led by Maureen Kelly over the winter months. Much of the group had ventured out with Maureen over snowier trails in February, and there was still plenty left off-trail on this hike.



View from the Chair: Immerse yourself in the natural world

Be Outdoors – 'Tis spring time and that's where we should be, tuning up the bike for a ride or switching to summer baskets on those hiking poles or cleaning the spider webs out of the kayak.

But **Be Outdoors** is something else. It's been adopted as the new AMC motto, unveiled at AMC's Annual Summit in January. Much better than "Get Outdoors" or "Go Outside," phrases that just say "do something."

Be Outdoors is the place to be, the end goal, what we all want: Immersion in the natural world around us. Unplugged. It kind of fits an organization dedicated to recreation, education, and conservation.

Here are some of the places you can **Be Outdoors** this spring.

- Spring Daffodil bike ride in Westport/Dartmouth on Saturday, April 27.
- Spring into Spring hike at the Arnold Arboretum on Saturday, May 4.
- Hike Beebe Woods in Falmouth on Sunday, May 5.
- Introduction to Hiking Series at Blue Hills starting Saturday, May 11.
- Wilson Mountain Perennial Hike in Dedham, MA, on Thursday, May 30.

See trip details [here](#).



A Note of Appreciation: Thank you to Maureen Kelly, Bernie Meggison, Mike and Jean DeBartolomeo for introducing people at the Sandwich Family Outdoor Adventure Day to the great opportunities available in the outdoors and through AMC. One of my mentors from pre-retirement days used to say "Don't be afraid to self-promote—no one else will do it for you," and this event was an opportunity not to be missed, which we would have if you hadn't stepped up. *Muchas gracias!* (See article & photos on page 3)

Thanks!



Len Ulbricht, AMC-SEM Chapter Chair

2019 Executive Board

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Social Vice ChairOPEN	The Breeze Editor.....Mo Walsh
Social Media AdministratorChristine Racine	Blast Editor.....Marie Hopkins

Contact chair@amcsem.org if you are interested in any OPEN positions



Jean DeBartolomeo talks camping and tenting.

Volunteers share outdoors know-how at Sandwich Family Outdoors event

Article & Photos by Maureen Kelly, Hiking Leader

AMC-SEM set up a "My First Hike" station at the first Sandwich Family Outdoor Adventure Day on Peter's Pond in Sandwich on Saturday, April 6. The event was run by the Sandwich Recreation Department in conjunction with the Sandwich Partnership for Families.

Maureen Kelly talked to folks about local hiking, gave out some hike and AMC information and led about 20 people on a half-hour hike at the end of the day. Bernie Meggison offered his bike safety check to cyclists, and Mike and Jean DeBartolomeo set up tents and talked to the families about camping and tenting.

Other organizations at the event were L.L. Bean, Mass Environmental, Sandwich Library, Sandwich Families Partnership, Cape Cod Learning Tours, Ride Away Adventures, Sea Sports Cyclery, and the Sandwich Fire Department.

The highlight of the day was the Coast Guard helicopter that arrived and hovered close to the water performing a practice rescue!

Weather could not have been better and about 200 people enjoyed the event. Sandwich Recreation hopes to make this an annual event.



The Coast Guard's simulated rescue steals the show.



Bernie Meggison, left, and Mike DeBartolomeo promote bike safety checks.



Mike DeBartolomeo adjusts one of several camping tents.



Participants learn about trip planning from seasoned volunteer leaders. *Photo by Bill Cannon*

2019 Leadership Training workshop was a great success!

By Doug Griffiths, Education Chair

On your next AMC hike, bike ride, paddle, or other outdoor activity, pay attention to the enthusiasm shown by your trip leaders. Ask the co-leaders how they decided to take on this role. Chances are, they will mention how participating in our annual Leadership Training workshop inspired them to step up and share their love of the outdoors with others. This year, 42 enthusiastic (potential) new leaders took part, possibly a record for the SEM.

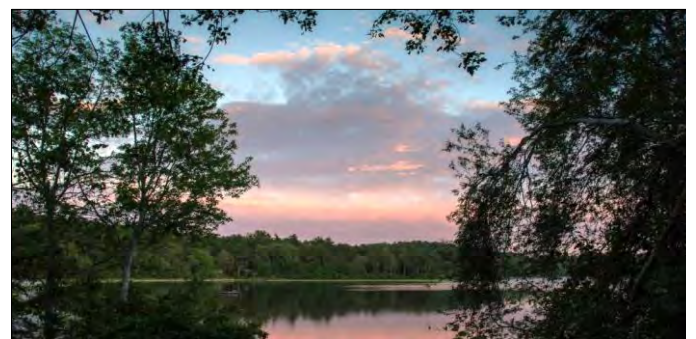


Potential leaders trained to lead a variety of trips. *Photo by Bill Cannon*

While most participants expressed interest in helping to lead hiking trips (both on- and off-Cape), others expressed interest in leading bike rides, paddling trips, and/or ski trips. Trainees enjoyed the beautiful setting at the Wildlands Trust facility in Plymouth, and benefitted from the experience of seasoned trip leaders, who shared their thoughts on how to plan, organize, screen participants, and manage AMC trips.

Graduates were encouraged to contact leaders to co-lead hikes and other trips this spring and summer on the way to becoming full-fledged leaders. If you missed this training, put it on your agenda for next spring and be sure to thank your leaders and co-leaders on your next AMC activity!"

Leadership Training was held April 6 at the Wildlands Trust Community Conservation Barn in Plymouth. *Photo by Bill Cannon*



Save the Date
Fall Gathering 2019
October 18th to 20th
Camp Burgess in Sandwich, MA

We are looking for volunteers for leading activities, workshops, registration, logistics. If you can help out for even a couple of hours, it would be much appreciated. Contact FG2019 Event Chair, Barry Young at pastchapterchair@amcsem.org.



Photo by Paul Brookes

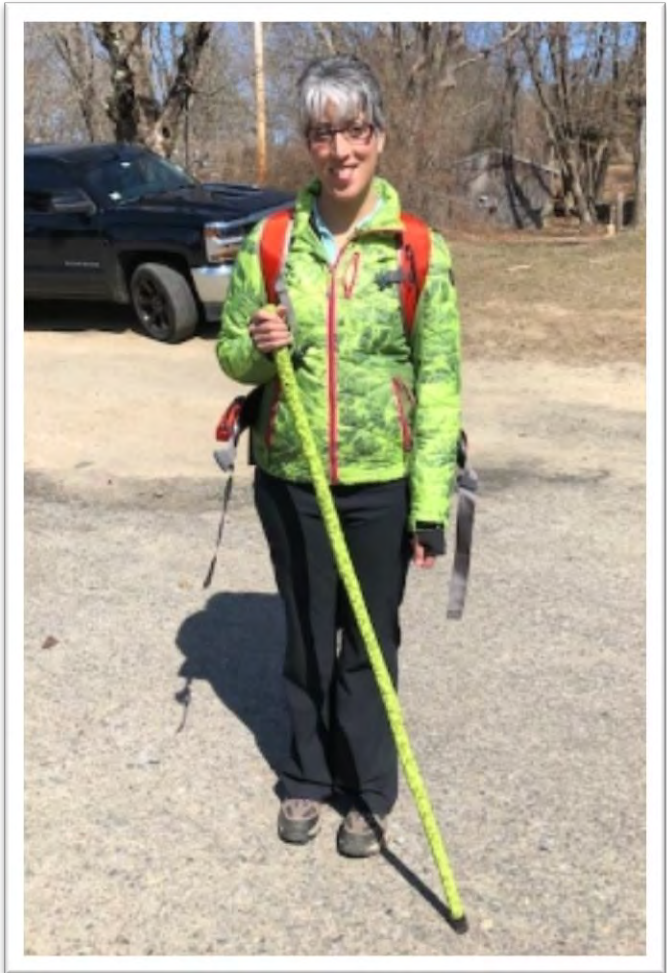
Volunteer of the Month: Cathy MacCurtain

By George Danis, Hiking Chair

Each month the SEM recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! This month the Hiking Committee recognizes Cathy MacCurtain.

Cathy has been a stalwart co-leader of the White Lining the Blue Hills series for several years, and she was instrumental this year in mentoring new leaders to take over organizing and leading the series going forward. You will often find Cathy promoting SEM to new members and looking for ways to encourage members to contribute more. With Cathy's encouragement, five participants in this year's White Lining series decided to attend the successful Leadership Training session held on April 6. Congratulations, Cathy!

Cathy will receive a Volunteer of the Month Certificate and a \$50 gift card.



Samantha Fisher used a custom-decorated hiking pole that matches her jacket during a March 28 hike at the Pratt Farm Conservation and Recreation Area in Middleborough. Samantha said she has other matching poles for other jackets: Her husband makes them for her and he keeps updating them. *Photo by Johanna Stamm*

Shop the Breeze

FOR SALE: Winter Sleeping Bag

Mountain Hardwear King Tut -20F winter sleeping bag; long, right-hand zip. Expedition 775 fill-power goose down bag features a water-resistant, windproof, breathable Conduit(TM) ripstop nylon shell. Expandable draft tube provides extra 8" of space. Fits 6' 6"; 38.5 oz.; rated to -20 F degrees Used about a dozen times. Always stored hung and uncompressed. Excellent condition. Includes compression sack. \$325 or best offer. Dexter Robinson, dexpcdoc@gmail.com





Joanne Newton's winning hat! *Photo by Robin Melavalin*

White-Liners celebrate another great season in the Blue Hills

By Nichole Nelson

Ask any White-Liner (a hiker who is covering every trail in the Blue Hills between the Winter Solstice and Spring Equinox) how they like winter hiking, and they will tell you it's the best way to get out in the winter and often the best way to hike. No bugs means no repellent spray, and no leaves means great views. There's also nothing like natural air conditioning or the anticipation of packing down fresh powder with snowshoes, unless it is doing all of this with a fun group while learning about local geology or wearing silly hats. The SEM White-Lining Group offers all of this!

The group was started by Paul Brookes and Cathy MacCurtain for the winter solstice of 2014, with Pat Achorn serving as registrar and co-leader until 2016. White-Lining had been a "thing," but mainly an individual one. Realizing that a major benefit of the AMC is the social aspect, the experienced hike leaders created an

official series which meets each Tuesday during the winter. They lead a group of 20-30 hikers on a different 3-4 hour hike of 3-6 miles. After several seasons, most White-Liners will earn their completion badges just from hiking with the group, and will thank their co-hikers with a batch of cookies shared at lunch break.

This season, Bill Doherty completed his second White-Lining series and Len Ulbricht completed his first. Also this season, founders Paul and Cathy passed on leadership of the series to Claire and Craig MacDonald and Pamela Johnson.

About the transition, Paul says that he and Cathy "knew the series was popular, and for it to have staying power we needed to raise up a new generation of leaders. The best time to hand something over is when you still love doing it." Leadership is always encouraged, and the group is looking for additional leaders for next season.

This season was special, not only for the transition, but for the same reasons each season is special: the group, the camaraderie, the views and the traditions. The 2018/19 season was almost half full of first time White-Liners. The first hike set out on a sunny and mild New Year's Day.

Continued on page 7



Co-founder Paul Brookes is always accompanied by his faithful companion Sunny, an avid hiker and lover of peanut butter sandwiches. *Photo by Ken Cohen*

White-Lining season concludes

Continued from page 6



A first time snowshoeing for several. Photo by Ken Cohen

No less than twenty hikers came out for each meeting, even on the iciest and snowiest of trails. Several hikers snowshoed for the first time. Eleven out of twelve planned hikes (one being cancelled due to expected travel conditions) were completed the day before the Spring Equinox, a day as beautiful as the series kickoff. On the last hike, all celebrated the 48 miles traversed over each section of the DCR Reservation (other than Fowl Meadow) by eating and...wearing silly hats.

Though many of our non-hiking friends might think we already wear silly hats, these hats were extra silly indeed. Winner of the Best Hat Evah went to Joanne Newton for her prediction of a future in which she tumbles off a cliff, snowshoes flying, while the group looks on and Sunny (Paul's faithful yellow lab) takes a bio break. Joanne, who never did fall, is currently training to become a leader to assure her modest self that only half of this vision comes true.

Joanne received a prize for her humor, creativity, and AMC spirit at the Blue Hills Grille, where a social luncheon was held. After the group congratulated her, every member expressed their thanks to Paul and Cathy, to their new leaders,—and to each other—for a beloved tradition, another great season, and their commitment to showing up again next season.



Pamela Johnson, new White Line and AMC leader presents a badge to Bill Doherty, who completed the White Lining series for the second time. Photo by Ken Cohen



Cathy MacCurtain (left) presents Pamela Johnson with a badge for previously completing the Red-Lining series. Photo by Paul Brookes



Cathy MacCurtain, co-founder of the White Lining series, presents Len Ulbricht with a badge of completion. Photo by Ken Cohen

Add Your Voice: Defend the Clean Water Act

By AMC Staff

Oppose any changes to the Clean Water Act that would harm our nation's rivers and waterways.

The Environmental Protection Agency is attempting to roll back important protections for our rivers and creeks by changing the definition of "waters of the United States." If enacted, this change would strip protections from critical waterways including ephemeral streams, wetlands, and any part of a river that does not flow continuously.

Removing protections from these streams and wetlands is bad public policy that threatens human health and the environment. Small streams and wetlands protect downstream drinking water quality, provide habitat, and ensure ecosystem health. They are also sources of backcountry water supplies for hikers and backpackers.

To tell the EPA to reject harmful changes to the Clean Water Act and take action for other conservation priorities, join the Conservation Action Network at outdoors.org/CAN.

FOR RENT

Prince Edward Island, Canada

Summer/Fall Weekly Cottage Rental

2-bedroom newly constructed oceanfront cottage that sleeps 6.

Sweeping views of the pond,
ocean & lighthouse.

Enjoy kayaking, bicycling and beach walking.

\$900/wk. Contact Scott at 603-254-5032 or

scottm@plymouth.edu



The summit of Mt. Norwottuck in the Holyoke Range provides a panoramic view of the Pioneer Valley.

New England Trail Hike50 & Hike100

By AMC Staff

Ten years ago the New England Trail (NET) was designated by Congress as a National Scenic Trail. To celebrate this important occasion, and to build on the momentum from last year, we are launching the next Hike50 challenge, along with a Hike100 challenge with the same rules but double the miles or points required.

The rules are simple: Hike 50 miles or 100 miles on the NET during 2019 or earn 50 points or 100 points through alternative activities and get a special edition 10th anniversary patch. Along the way, participants will have access to NET Challenge resources and will be entered in a series of prize drawings!

We've come up with a list of ways to earn points and celebrate our trail, including volunteering and advocacy, and we welcome you to design your own Challenge in a way that fits your lifestyle.

The NET is a 215-mile hiking trail route that travels through 41 communities in Massachusetts and Connecticut. It is comprised primarily of the historic Mattabesett, Metacomet, and Monadnock Trail systems.

The principal stewardship partners of the New England National Scenic Trail are the Berkshire Chapter of the Appalachian Mountain Club and the Connecticut Forest and Park Association. For more information and to sign up, visit [the NET website](https://www.newenglandtrail.org).



Just wait until you see what lies beyond that hill! *Photo provided by Lisa Kingston*

Getting Hooked on Leadership

By Lisa Kingston, Co-Leader

In January, on the coldest night of the winter, my daughter and I joined Leader Bill Cannon and a group of hikers on a full moon hike at Borderland State Park in Easton. It was our first hike with the SEM Chapter of the AMC. We had a great time micro-spiking and enjoyed many beautiful views of the Blood Wolf Moon, which had recently peaked. We met many nice people, few I would recognize now without their winter gear on!

There were lots of great conversations despite the cold, and we quickly warmed up. Bill mentioned a couple of times that there was a Leadership Training course being held the first weekend of April in Plymouth. He primed those of us who immediately privately thought “Oh no, not for me” by following up with “You don’t have to become a leader to attend. It is a great day of learning more about hiking.” The bait was set.

So seeking to learn more, my daughter and I attended the Leadership Training in Plymouth on April 6th. It was held on the grounds of the Plymouth Wildlands Trust in a beautiful barn. We learned about trip planning, participant screening, show-and-go hikes, leader styles and group management, liability and risk management and harassment (not as scary as it sounds), how to be a trip leader, and “leave no trace” practices. All this was accompanied with decision-making exercises, role-playing, food, and fun. According to AMC-SEM

leadership, more people attended this training than had ever attended before. The bait certainly caught this fish.

Although I didn’t intend to become a leader, I got hooked on the idea that I COULD be a leader and decided to give it a try. On April 11th, I co-led a show-and-go hike with my mentor, a longtime AMC-SEM leader, Pat Sarantis. We led a group of 15 hikers through the Bearberry Trail of the National Seashore for over two hours. It was a terrific experience and a chilly but gorgeous day among the dunes of Truro, ending with ten minutes of trail-less freedom along Ballston Beach. Thank you to all participants and I hope you all “get hooked” someday.



During the Truro Historical Trek on March 25, the group stops for a historical vignette about the loss of hundreds of Truro fisherman at sea over the years. *Photo by Marc Mahoney*



AMC-SEM Biking Thousand-Milers: First Quarter 2019

NAME	Miles to-Date	NOTES
Joe Balboni	786	
Richard Beaudoin	456	
Paul Currier	704	Florida Sun - 70's & 80's & occasional 60's sure helps
Jim Kipela	379	
Larry Kornetsky	454	
Mike Garrity	456	Across Florida trip 4/6 & 7.
Barbara Gaughan	48	Foot surgery and biking are not compatible.
Mark Gurnee	421	Florida miles
Bernie Meggison	73	Beautiful miles - Shoulder replacement
Ed Nelson	1,189	Sunny Florida miles
Louis Outor		
Rick Roberts	1,205	Hello from Gulfport, Florida
Robyn Saur	1,788	
Joe Tavilla	187	
Rob Wheeler		

Looks like our Florida Chapter is getting stronger and stronger! For information about joining, contact Bernie Meggison, thosemeggisons@gmail.com or Paul Currier, paulbcurrier@comcast.net. Send mileage to Paul Currier.



Teen Trail Crew opportunities still open

Still Accepting Registrations, but Register Now—Space is Limited!

Teens 14 to 19 years old can lend a hand maintaining trails across the northeast for one to four weeks! These programs foster leadership and develop conservation ethics while building skills and making lifelong friends. Teen Trail Crew participants can earn 40 hours of community service per week!

Here is a sampling of our 2019 program calendar with more crews available online:

North Country 4-Week Leadership & Conservation Teen Trail Crew

June 23 – July 19, 2019 – [Information here.](#)

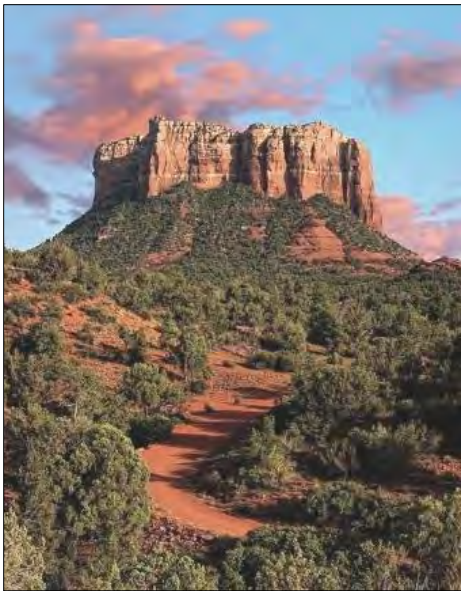
Southern New England Appalachian Trail 2-Week Spike Teen Trail Crew

June 23-July 5, 2019 – [Information here.](#)

Delaware Water Gap Mohican 1-Week Teen Trail Crews

July 14-19, 2019 – [Information here.](#)

July 21-26, 2019 – [Information here.](#)



Go hiking with AMC in Sedona in November

By AMC Staff

Join the Adventure Travel program for a week (November 9–17, 2019) of hiking beautiful Sedona in Red Rock Country with deep canyons, soaring mesas, towering pinnacles and massive red rock formations.

In addition to hiking, we will explore Native American sites with rock art and cliff dwellings and the area's vortex sites. Trip cost: \$2195

For details contact Leader Leslie Carson lesliecarson929@yahoo.com or Co-Leader Annemarie Langhan, amlhikeamc@gmail.com.

To find out more about the AMC Adventure Travel program, visit www.outdoors.org/adventuretravel.

If you are interested in learning more about becoming an Adventure Travel leader, contact Nancy Holland at nholland@outdoors.org.



Appalachian Mountain Club, Worcester Chapter's

2019 TrailsFest!

In the Spirit of National Trails Day, We Bring Together Worcester County's Outdoor Community & Celebrate All Trails – Hiking Trails, Bike Paths, Waterways, Climbing Routes & More!

Wachusett Mountain Ski Area, 499 Mountain Road, Princeton, MA
June 1, 2019, 8:00 AM – 4:00 PM, FREE ADMISSION



8 AM – 12 PM: TRIPS & ACTIVITIES, including:

*Hiking • Trail Maintenance • Climbing • Paddling • Outdoor Yoga • Birding • Geocaching
Outdoor Art Classes • Paddleboarding • Road Biking • Mountain Biking*

12 PM: KEYNOTE, John Judge, President & CEO, Appalachian Mountain Club

12 PM – 4 PM: MUSIC, FOOD TRUCKS, BEER! Come meet our partners:

Wachusett Mountain Ski Area, Greater Worcester Land Trust, Midstate Trail, REI, LL Bean, Mass Audubon, Wachusett Greenways, North Quabbin Trails Association, DCR, US Army Corps of Engineers, TerraCorps, EcoTarium, Mount Grace Land Conservation Trust, MA AT Management Committee, Southborough Open Land Foundation, New England Mountain Bike Association, Friends of the Wapack, Bay Circuit Trail, Northborough Trails Committee, Leave No Trace, Appalachian Trail Conservancy & More

For more information, see amcworchester.org/localactivities
Questions? Want to Partner? Contact Shalin Desai, programs@amcworchester.org

“Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts. There is something infinitely healing in the repeated refrains of nature—the assurance that dawn comes after night, and spring after winter.”

- Rachel Carson



Sunset over lake at Camp Burgess on Cape Cod

Discover where the locals hike, bike, and paddle on Cape Cod at Fall Gathering 2019

Save the dates: October 18-20th, 2019!

Come join the Southeastern Mass. Chapter at AMC Fall Gathering 2019, October 18-20th on Cape Cod. As always, you'll have a chance to meet, socialize, and share ideas with members from AMC chapters up and down the East Coast. And at this Fall Gathering, you'll also have a special opportunity to let our local leaders "on Cape" share their favorite – and often hidden – hiking trails, bike routes, and paddling areas with you!

The Cape is particularly appealing in the fall when the leaves start to change, the air turns crisp, and the summer crowds disappear. The location we've selected for FG 2019 is the beautiful [Camp Burgess](#) in Sandwich, Massachusetts. This great facility spans nearly 300 acres of forests, meadows, trails, and freshwater ponds. It offers a large private lake; spotless cabins (many with lake views); indoor washrooms and shower facilities; and a bounty of on-site recreational opportunities including zip line; climbing wall; and basketball, volleyball, tetherball, and gaga ball courts.

At this event, you'll be able to explore the best "the Cape" has to offer! We're planning a wide variety of hikes, bike rides on quiet roads and pristine trails, and (weather permitting) one or two paddles. The hikes will include woodland hikes, hikes on the National Seashore, dune walks, and naturalist hikes. We're also planning to have live music, a trivia contest, yoga, campfires, and other activities to keep everyone engaged and entertained throughout the weekend.

One-night, two-night, or single-day options will be available along with delicious and healthy meals in the camp's expansive dining/meeting facility. Please save the date for FG 2019 and visit www.outdoors.org/fallgathering for more details! Registration opens July 1, 2019.

Activities

For the most current information, [search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

AA 13+

A 9-13

B 5-8

C less than 5

Indicates pace

1very fast

2fast

3moderate

4leisurely

Indicates terrain

Avery strenuous

Bstrenuous

Caverage

Deasy

Found in the description

LActivity leader

CLActivity co-leader

FTFirst Time

NM ...New Members

ANAdvance Notice

C Conservation

BICYCLING

Ongoing. Vice Chair, Biking Committee, SEM's Executive Board is seeking a Biking Vice Chair to assist the Biking Committee Chair with planning, organizing and leading bike trips in Southeastern Mass. A particular focus of this position is to promote bike trips off Cape in Plymouth, Bristol and surrounding counties. This includes leading trips, identifying desirable routes, and encouraging development of additional bike leaders. L Leonard Ulbricht (chair@amcsem.org)

Fri., Apr. 19. Road Cycling - Sunset and Full Pink Moon Ride, Sandwich, MA. 22+/- Miles & 2+ hours. Mostly Flat. Start time: about 2 hours prior to sunset. Contact leader to register paulbcurrier@comcast.net We'll start in the large parking lot on the canal in Sandwich in front of the Coast Guard Station. Take Freezer Rd. to Ed Moffit Drive past the Pilot House to the lot. Park close to Ed M. Drive and leave the canal scenic spaces for the canal viewers. Ride to Monument Beach and return along Shore Road and through Gray Gables and Mashnee Island for sunset at Tidal Flats Recreation Area across the canal from MMA. Return along the canal with a stop - maybe - at the RR Bridge for the Energy Train and Aptuxet Trading Post/ President Cleveland's personal railroad station. - Full Pink Moon - April - this name came from the herb moss pink, or wild ground phlox, which is one of the earliest widespread flowers of the spring. Other names for this month's celestial body include the Full Sprouting Grass Moon, the Egg Moon, and among coastal tribes the Full Fish Moon, because this was the time that the shad swam upstream to spawn. Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

Sat., Apr. 20. Saturday Fairhaven/Mattapoisett Ride, MA. Easy 27 mile ride. We'll ride the Phoenix/Mattapoisett Rail Trail then visit some scenic ocean view spots along Buzzards Bay including West Island and a stop at Fort Phoenix and the Hurricane Dike. Helmets required . Easy paced ride between 12-13mph. To sign up and get starting directions, contact leader, Jack Jacobsen at cyclejac51@yahoo.com or cell# 508-353-3708

Sun., Apr. 28. Spring Daffodil Ride, MA. Join us for a ride through beautiful Westport & Dartmouth. We will stop at Parson's Preserve to view the lovely daffodil fields, which will be in full bloom. The ride will be approximately 25 miles, at a moderate pace (12-14 mph), with some hills. The daffodil fields are a 1/4 mile walk from the road. We will also have time to enjoy the park across the street, along the Slocum River. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime., milmod@aol.com)

Sat., May. 18. Road Cycling - Sunset and Full Flower Moon Ride, Sagamore Beach, MA. 22+/- Miles & 2+ hours. Flats with hills in Sagamore Highlands. Start time: about 2 hours prior to sunset. Contact leader to register paulbcurrier@comcast.net Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. We'll ride from Sagamore Recreation Area (mainland side) into Sagamore Highlands with a stop at Peaked Cliff. Return to the recreation area and along the canal to Buzzards Bay for sunset at Mass Maritime or perhaps from Three Mile Outlook. We'll return along the canal for a spectacular moonrise over the Sagamore Bridge. - Full Flower Moon - In most areas, flowers are abundant everywhere during this time. Other names include the Full Corn Planting Moon, or the Milk Moon. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

Continued next page

Activities

For the most current information, [search activities online](#)

BICYCLING

Mon., Jun. 17. Road Cycling - Sunset & Full Strawberry Moon Ride, MA. 22+/- Miles/ 2 +/- hours. Mostly flat - a couple of hills. Start time: about 2 hours prior to sunset. Contact leader for registration, location, etc. paulbcurrier@comcast.net Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. - Full Strawberry Moon - June This name was universal to every Algonquin tribe. However, in Europe they called it the Rose Moon. Also because the relatively short season for harvesting strawberries comes each year during the month of June . . . so the full Moon that occurs during that month was christened for the strawberry! L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

Tue., Jul. 16. Road Cycling - Sunset and Full Buck Moon Ride -, MA. Ride - 22+/- Miles & 2+ hours. Flats & Hills. FULL BUCK MOON - Bucks begin to grow new antlers at this time. This full moon was also known as the Thunder Moon, because thunderstorms are so frequent during this month. Start time: about 2 hours prior to sunset. Contact leader for registration, location, etc. paulbcurrier@comcast.net Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

Thu., Aug. 15. Evening Road Cycling - Sunset & Full Sturgeon Moon Ride, MA. 22+/- Miles & 2 ½ - hours. Flats & Hills - Full Sturgeon Moon - August The fishing tribes are given credit for the naming of this Moon, since sturgeon, a large fish of the Great Lakes and other major bodies of water, were most readily caught during this month. A few tribes knew it as the Full Red Moon because, as the Moon rises, it appears reddish through any sultry haze. It was also called the Green Corn Moon or Grain Moon. Start time: about 2 hours prior to sunset. Contact leader for registration, location, etc. paulbcurrier@comcast.net Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

Sat., Sep. 14. Evening Road Cycling - Sunset & Full Harvest or Corn Moon Ride., MA. 22+/- Miles & 2 ½ - hours. Flats & Hills - Full Corn Moon or Full Harvest Moon -This full moon's name is attributed to Native Americans because it marked when corn was supposed to be harvested. Most often, the September full moon is actually the Harvest Moon, which is the full Moon that occurs closest to the autumn equinox. In two years out of three, the Harvest Moon comes in September, but in some years it occurs in October. At the peak of harvest, farmers can work late into the night by the light of this Moon. Corn, pumpkins, squash, beans, and wild rice the chief Indian staples are now ready for gathering. Start time: about 2 hours prior to sunset. Contact leader for registration, location, etc. paulbcurrier@comcast.net Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

Mon., Oct. 14. Sunset and Hunter's Moon or Blood Moon Road Cycling, MA. 22+/- Miles/ 2 +/- hours. Flats & Hills. Traditionally, tribes spent the month of October preparing for the coming winter. This included hunting, slaughtering and preserving meats for use as food. This led to October's full Moon being called the Hunter's Moon and sometimes Blood Moon or Sanguine Moon. Start time: about 2 hours prior to sunset. Contact leader for registration, location, etc. paulbcurrier@comcast.net Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

Tue., Nov. 12. Sunset & Full Beaver Moon Road Cycling, MA. 22+/- Miles/ 2 +/- hours. Mostly flat - a couple of small hills. Beaver Moon: For both the colonists and the Algonquin tribes, this was the time to set beaver traps before the swamps froze, to ensure a supply of warm winter furs. This full Moon was also called the Frost Moon. Start time: about 2 hours prior to sunset. Contact leader for registration, location, etc. paulbcurrier@comcast.net Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

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Activities

For the most current information, [search activities online](#)

BICYCLING

Thu., Dec. 12. Sunset and Full Cold Moon Cycling, MA. - 22+/- Miles/ 2 +/- hours. Flats & Hills. December is the month when winter begins for most of the Northern Hemisphere, hence, its full moon is called the Cold Moon. Start time: about 2 hours prior to sunset. Contact leader for registration, location, etc. paulbcurrier@comcast.net Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

CAPE HIKING

(FT) (NM) Sun., Apr. 14. Hike the Coonamessett River Headwaters, East Falmouth, MA. An easy 1 3/4 hr hike through woods and along a dirt road on the south side of Coonamessett Pond in Falmouth, one of the larger ponds on the Cape. We will see the origin of the Coonamessett River (a very small "river") and follow it past old cranberry bogs, as it flows south toward Great Pond and the sea. As with most hikes on the Cape, poison ivy, ticks, and mosquitoes can be present. Rain cancels, but if in doubt about the weather, call the leader. Meet 1245 for a 1300 start. From the intersection of Rt 151 and Sandwich Rd, in North Falmouth, drive south on Sandwich Rd for 1.6 miles. Turn right on Hatchville Rd. Go 0.6 miles and turn left onto a dirt road leading to parking. L John Gould (508-540-5779, jhgould@comcast.net)

Thu., Apr. 25. Hike Crowes Pasture, Dennis, MA. Hike in Crowes Pasture, along surrounding marsh and beach and through historic Quivet Neck neighborhood. Expect soft sand! RT 6 to Exit 9 and RT 134 North. Follow RT 134 north to traffic lights at RT 6A and turn right. Follow RT 6A for .8 miles and turn left on School St (Airline Rd on Right). Follow School St for .4 miles and turn left on Cold Storage Rd. Follow Cold Storage Rd for .5 miles to parking lot at the beach. L Deborah Hayden (508-274-2820 before 9PM, shaferhayden@gmail.com)

Sun., Apr. 28. Ryder Conservation/Lowell Holly Reservation Hike, Ryder Conservation Area Cotuit Rd. Sandwich, MA. Join us for a 4-4.5 mi hike in Sandwich conservation area and Mashpee Trustees of Reservation property. The terrain is mostly flat with a few steep but short climbs thrown in. Meet at 12:45 for a 1 p.m. start. Heavy rain cancels. Rt 6 to Exit 3 > Quaker Meetinghouse Rd South x 2.5 mi > L @ light on Cotuit Rd x 2 mi. Trailhead parking on R for about 12 cars. L Barbara Gaughan (781-572-1321 before 9 p.m., barbaragaughan12@comcast.net, SEM Level 1 hike & bike leader)

Sun., May 5. Hike Beebe Hikes, Park in Falmouth Conservatory Lot (past Highfield Hall), MA. 2 1/2 hour hike thru flat to rolling terrain. A couple steep hills. A stop by the farm to see sheep and lambs. Meet at 12:45 for 1pm start. Sturdy hiking boots and water. Fr Bourne Rotary continue S on Rt 28 to Falmouth. Continue thru the 1st set of lights in Falmouth.. Take R onto Depot Rd (after Inn on the Square). Follow to end to park at Conservatory Lot. L Linda Church (lchurch@whoi.edu)

Sun., May 12. Hike Santuit Pond, Mashpee, MA. This has been a Mother's Day favorite to hike to a Cranberry Bog and see the rare Birdfoot Violets, along the way we will see the newly refurbished herring ladder and perhaps a few herring. We will be starting from a new location which provides better parking. Meet up time is 12:45 PM. Driving Directions: From Rte 28 in Mashpee turn onto Rte 130 to Sandwich and look for Santuit Pond Parking area in less than a mile. From Upper Cape take Exit 2 off of Mid Cape and Turn R on Rte 130 go several miles to parking area on L. From outer Cape take Rte 6 to exit 3 and turn L onto Quaker Meetinghouse Rd and follow to Rte 130 and turn L and continue several miles to parking area on L. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net, Currently Cape Hike Chair for AMC and an avid Cape Hiker and Leader.)

Sat., May 18. Hike Bell's Neck Conservation, Sand Pond prkg on RT 39, Harwich, MA. 4.5 mile mostly flat hike along East & West reservoirs, cranberry bogs, marshland and a herring run. Exit 10 to 124S to end. R on 39S x 1.9 mi to Sand Pond prkg on right. Arv 9:45 for 10 a.m. start. L Barbara Gaughan (781-572-1321 before 9 p.m., barbaragaughan12@comcast.net, Level 1 hike & bike leader.)

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Activities

For the most current information, [search activities online](#)

EDUCATION

Sat., May 4-5. Wilderness First Aid Two Day Workshop, Wildlands Trust Community Conservation Barn, 675 Long Pond Rd., Plymouth, MA 02360. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. This training is required for AMCSEM trip leaders, but is a great experience for any outdoor enthusiast. Instruction is provided by SOLO, experts in providing wilderness medical training. L Douglas Griffiths (508-758-4315 after 6 pm, [reddougg@aol.com](mailto:redDoug@aol.com))

Sat., Jun. 22-23. Two-day Map and Compass Workshop (Sat/Sun), Blue Hills, Boston Area, MA. See listing under Hiking. R Paul Brookes (603-799-4399 After 8am and before 9pm, PaulBrookes1966@outlook.com)

EXECUTIVE COMMITTEE

Ongoing. Vice Chair, Southeastern Mass Chapter, MA. Dear fellow SEM Member, The SEM Executive Board is seeking a chapter Vice Chair volunteer to: *Support the SEM Chapter Chair and our great activity leaders; *Help run the 2019 AMC Fall Gathering which will be held on Cape Cod; *Represent the SEM Chapter at a variety of club-wide and chapter events; *Interface with AMC HQ and learn how AMC functions behind the scenes; *Support conservation, education and recreation in Southeastern Massachusetts. You will assist with the development of chapter goals, budgets and special events (such as Fall Gathering 2019), assist other committee members in coordinating chapter activities, and participate in monthly Executive Board meetings and periodic AMC meetings of chapter chairs. Experience with or willingness to learn straightforward Excel spreadsheet and Power Point-type applications helpful. L Leonard Ulbricht (chair@amcsem.org)

HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org.

Always looking for additional hike leaders! Contact hikingchair@amcsem.org

Sun., Apr. 14. Family Hike in the Southeastern Massachusetts Bioreserve, Fall River, MA. Join us as we explore the beautiful & historical Fall River Bioreserve. We will hike approximately 3 miles at a leisurely pace, allowing time to talk about the animals, plants & Native American history. Kids of all ages are welcome. Wear sturdy shoes or boots, & bring insect repellent, water & a snack. Heavy rain will cancel. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime., milmod@aol.com)

Tue., Apr. 16. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA, Hike hilly Skyline Trail and adjacent trails on nine successive Tuesday mornings 3/26-5/21, progressively increasing distance, elevation gain and pack weight (optional) to condition for summer hiking season up north. Expect rocks and granite ledges on most ascents and descents. Moderate initial 1.5 - 2 mph pace and 3 mile hilly hike, progressing over the 9 weeks to 8 or more miles with cumulative elevation gain around about 2000 feet.. 9:15 am sign-in, 9:30 am hike start. Not suitable for beginners. May finish series with extended day hike. Register once for entire series. L Len Ulbricht (lenu44@gmail.com, Len has been an AMC Southeast Mass chapter member since 2008. He leads three season hikes in the White Mountains, both day hikes and multi-day hut trips, and an annual spring conditioning series in the Blue Hills. He enjoys hiking the 48 NH 4K peaks and is an AMC Adventure Travel leader.) CL Pam Johnson (pjohnson8992@gmail.com) CL Craig MacDonald (craigmacdonald695@gmail.com), R len ulbricht (lenu44@gmail.com)

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Activities

For the most current information, [search activities online](#)

HIKING

(FT) (NM) Tue., Apr. 16. Tuesday Blue Hills Hiking Series, Blue Hills, Milton, MA. For your hiking pleasure, a Tuesday Hiking Series, Over time we plan to hike 'all' of the trails within the Blue Hills, meeting in different parking lots and hiking different routes each week. If folks are interested this series will run... well, for as long as folks/Leaders are interested. (Currently only the few weeks are posted. This is to allow modifications to this listing, and the addition of other Leaders, going forward.) So, if you are interested in hiking in the Blue Hills on Tuesdays, typically from 10 AM until, typically, sometime before 2:00, Contact the Leader/Registrar, Bob Vogel. He will provide full information about these hikes. That information will allow you to make an informed decision about your choice to partake in this exciting, slightly different, hiking series. (If you don't know Bob, please include a BRIEF (One sentence is fine) 'My Hiking History', so we can get to know each other.) Note that, in addition to 'just hiking', this series also aims to provide 'skill building', both for participants, new Co-Leaders and existing Leaders. We will incorporate a range of 'educational opportunities' as we hike, (Map reading, GPS app usage, Group Management practice, Introduction to Trailwork, Come hike, get some exercise, have fun, and learn. Note: If this group grows in size, the plan is to split into sub-groups when we hike, to keep each 'hiking group' to a manageable size. Groups may split based on speed/distance abilities, willingness to hike with dogs, ability to hike for the full 4 hours, desired trails to hike, etc. This will be a "Register once, come as often as you want" series. L Bob Vogel (vogel.r@comcast.net, Bob is a 4 season Hike leader for the Southeastern Mass Chapter, as well as a hike leader for Boston Local Walks and a 3 Season Leader for Boston H/B.), R Bob Vogel (vogel.r@comcast.net)

Tue., Apr. 16. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA. Come and hike under a Full Pink Moon or as some may call it, a Full Fish Moon. We will be hiking about 5 miles on mainly flat wide trails in between and around 2 large ponds. In the past we have seen the moon at least 90% of the time. It is a beautiful site over the ponds and across the meadow. Hopefully we won't need any snow gear. A detailed Poop Sheet will be sent to all who Register. Please include in your registration e-mail: 1) the date of the Full Moon Hike you wish to attend 2) Your contact number 3) A description of your latest hiking experience. L William Cannon (bcannon56@gmail.com, AMC Member for 8 Years 2 years leading Full Moon Hikes AMC SEM Conservation Chair) L Susan Svelnis (suesvelnis@gmail.com) L Nancy Coote (cranstonstreet22@gmail.com) L Patricia McNally (pmcnallyma@comcast.net) CL Anne Rapp (anne.rapp99@gmail.com), R Anne Rapp (anne.rapp99@gmail.com)

(FT) (NM) Thu., Apr. 18. Red Line the Blue Hills, Blue Hills Reservation, Milton, MA, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 14th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Michael Swartz (617-840-4199, swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Thu., Apr. 18. Thurs. Morning Hike, Blue Hills, Ponkapoag Pond & Vicinity, Canton, MA. Moderate to fast pace, with occasional stops. 5 ½ - 6 ½ mile hike around The Pond with one or two additional perimeter loops. Approx. 10:00 am-1:00 pm. Please arrive by 9:45 am for a prompt 10:00 am start. Bring waterproof hiking shoes, bug spray, sun screen, snacks/lunch & water. We'll take a break near the AMC Camp, down near the pond, weather permitting. Steady rain cancels. Dogs on leash O.K. L Ken Cohen (508-942-1536 Before 8:00 pm, k-cohen@comcast.net, Year-round hiker and snow shoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Class I Hiking Leader for the past two years having organized many trips in The Hills and other local hiking destinations. Longtime member of DCR's "Trail Watch" in the Blue Hills. Active ad-hoc member of the Board of Trustees for The Friends of The Blue Hills. Avid nature photographer.)

Continued next page

Activities

For the most current information, [search activities online](#)

HIKING

Sat., Apr. 20. Earth Day Trek - Hemlock Gorge Reservation, MA. Join us as we explore the Hemlock Gorge Reservation during this co-sponsored trip with AMC's Boston Chapter. This will be a slow-paced walk as we explore the geology and history of this DCR property. Included in the trip will be the historic "Echo Bridge" (built in 1876) which is on the National Register of Historic Places. It's a sight (and with sounds) to behold! We'll cover all of the interior trails, as well as those along the Charles River which created the Gorge over many thousands of years. We'll visit three dams, view an historic silk mill, and observe an old nail mill. The interpretive two-mile trek will last 2 - 2 ½ hours. Bring sturdy walking/hiking shoes, water, snacks, and rain gear if necessary. There's plenty of street parking close to our meetup point which will be in the parking lot of 381 Elliot Street, Newton, MA. Dogs on leash only are O.K. Steady rain will cancel. L Ken Cohen (508-942-1536 Before 8:00 pm, k-cohen@comcast.net, Year-round hiker and snowshoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Class I Hiking Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills. Active ad-hoc member of the Board of Trustees for The Friends of The Blue Hills. Avid nature photographer.)

Tue., Apr. 23. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. See details at Tuesday, April 16, entry.

(FT) (NM) Thu., Apr. 25. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 18, entry.

(FT) (NM) Sat., Apr. 27. Mt Tom Trail of Rhode Island, RI. Nestled in the southwest corner of Rhode Island is Arcadia Wildlife Management Area. The 14,000 acre property boasts of miles of multi use trails for hiking, horseback riding, mountain biking and hunting. This hike will cover variable terrain, from short rocky uphill to flat paths through laurels and pine forest. Along the way we will stop atop the rock ledges, with views of the expansive forest. If you are new to hiking or just getting out for the first time this spring, this hike is for you. Sturdy footwear is recommended. The Wildlife Management posts **REQUIRED TO WEAR FLORESCENT ORANGE**, wild turkey hunting season Elevation gain of approx. 460 feet Total milage: Approx. 4 miles Time: 2 1/2 hours plus time for enjoying the view. We will spot cars at the start of the hike. L Peggy Qvicklund (774-893-3011 please call before 9 pm, qvickan@comcast.net) CL Joanne Newton , R Joanne Newton (508-215-9470 Please call before 9 pm, newt665@comcast.net)

Tue., Apr. 30. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. See details at Tuesday, Apr. 16 entry.

(FT) (NM) Tue., Apr. 30. Tuesday Blue Hills Hiking Series, Blue Hills, Milton, MA. See details at Tuesday, April 16, entry.

(FT) (NM) Thu., May 2. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 18, entry.

Thu., May 2. Thursday AM Hike at Wompatuck State Park, 204 Union Street, Hingham, MA. Come explore some new trails at Wompatuck State Park. We will meet at 9:45 in the Welcome Center Parking Lot for an approximately 6 mile hike. This will be a mostly flat hike with a possible gentle climb up Turkey Hill for lunch. We will also explore many of the trails in the Northwest corner of the park that connect to Whitney and Thayer Woods. Hike will be cancelled in extreme weather. Bring snack/lunch and water. If you are interested after the hike you can fill containers with free spring water at the Mount Blue Spring located inside the park. Dogs are welcome as long as they can hike well with the group. This DCR property allows dogs to be off-leash, but dogs may need to be leashed on this hike at the discretion of the leader. Please contact leader with any questions. L Susan Svelnis (781-849-9299, suesvelnis@gmail.com)

Continued next page

Activities

For the most current information, [search activities online](#)

HIKING

Sat., May 4. Sat. morning, the 2nd annual "spring into spring" hike, Arnold Arboretum, 125 Arborway, Jamaica Plain, MA. 281 acres- including two hills with vistas, Bonsai exhibit, lilacs, and "Explorer's Garden". We will explore this "tree museum" during a 4-5 mile hike at a moderate pace. Bring water, sturdy footwear, sun screen, bug spray, snack or lunch. Meet at the Visitors Center (Hunnewell Building) located at 125 Arborway, Jamaica Plain at 9:45 for prompt 10:00 start. Plenty of on-street parking along the Arborway; or walk to the entrance from the Forest Hills Orange Line T-Stop. Steady rain cancels. Leashed dogs o.k. L Ken Cohen (508-942-1536 Before 8:00 pm, k-cohen@comcast.net, Year-round hiker and snow shoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Class I Hiking Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills. Active ad-hoc member of the Board of Trustees for The Friends of The Blue Hills. Avid nature photographer.)

Tue., May 7. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. See details at Tuesday, March 26 entry.

(FT) (NM) Thu., May 9. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 11, entry.

Thu., May 9. Thursday Morning Hike - F. Gilbert Hills - Foxboro, MA. Join us for enjoyable hike in the F. Gilbert Hills State Forest for a five mile hike from 10 AM till 2 PM. Easy to moderate pace. Meet at forest headquarters , 45 Mill Street, at 9:45. AM. Bring water and a lunch and or snacks. Route will encompass the Acorn Trail and parts of the Warner Trail. Along the way we will see several glacial erratics, several water holes constructed by the CCC, and a huge pine tree growing right out of a large rock! Mostly flat, with a few hills. Heavy rain cancels. Registration not required, however, if you have questions, contact leader. L Barry Young (508-339-3089 Before 9 PM, barry.young@comcast.net)

(FT) (NM) Sat., May 11-Jun. 15. Introduction To Hiking Series, Blue Hills Reservation, MA. Have you always wanted to get outside and explore local trails but felt like you needed help getting started? Have you hiked before but need a refresher course on hiking essentials? This series of FIVE Saturday morning hikes in the Blue Hills Reservation may be just what you're looking for! Each hike will build on prior hikes as we increase distance, elevation, and technical hiking challenges. Along the way we will also teach basic hiking techniques, map reading skills and will review clothing and gear essentials. Registration is required for this series and will be limited to 15 participants. You will only need to register one time for all 5 hikes. Hike dates are: May 11 May 18 June 1 June 8 June 15 Hike start locations will be sent to registered hikers on the Wednesday before the hike. Sign in is at 8:15 AM and we will finish up before 12 noon. Contact Pam with questions. L Patricia-Lee Achorn (781-784-8983, plachorn@msn.com, Pat is an avid hiker and has lead the "Introduction to Hiking Series" in the Blue Hills in past years.) CL Pam Johnson (617-448-4446 Between 4 PM and 8 PM, pjohnson8992@gmail.com, Pam is a life-long hiker and is certified in Wilderness First Aid, CPR and AMC Map and Compass orienteering. Pam is a Co-Leader on the Blue Hills "White Lining" and "Conditioning Series" and has climbed the 48 Four Thousand Footers.), R Pam Johnson (617-448-4446 Between 4 PM and 8 PM, pjohnson8992@gmail.com)

Tue., May 14. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. See details at Tuesday, April 16 entry.

(FT) (NM) Thu., May 16. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 18, entry.

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Activities

For the most current information, [search activities online](#)

HIKING

Thu., May 16. Hike at Moose Hill Audubon, 293 Moose Hill Parkway, Sharon, MA 02067. REGISTRATION IS NOT REQUIRED FOR THIS HIKE. Please meet at the Moose Hill Audubon parking lot at 9:45 for a 10:00 start on a 4-5 mile hike along relatively flat terrain with some gentle ups and downs. Bring: hiking boots, water, lunch and a rain jacket. Heavy rain cancels FROM NORTH Take Rt I-95 south to exit 10 (Coney St, Sharon, Walpole). Take a left off the exit and take the first right onto Rt 27 north (Walpole). Take first left on Moose Hill Street. Continue past The Trustee's Moose Hill Farm. Follow to the top of the hill and turn left onto Moose Hill Parkway. The parking lot is on the left. FROM SOUTH Take Rt I-95 north to exit 8 (Main St, Sharon). Take a right off the exit and follow one mile. Take a left onto Moose Hill Street. Follow to the top of the hill and turn right onto Moose Hill Parkway. The parking lot is on the left. L Nancy Perlman (617-980-4878 anytime, nancyclist@gmail.com) CL Nancy D Perlman

(NM) Sun., May 19. New Member Hike at Wompatuck State Park, 204 Union Street, Hingham, MA. Join some of your fellow AMC members for a Spring hike through this DCR property. This hike is open to all new members as well as hikers considering joining our group. We also welcome existing members who are willing to share their experiences with the group. Wompatuck State Park has over 70 miles of trails that span through four towns. On this hike we will explore about 4 miles of these trails starting from the Visitor Center. The terrain is mostly flat with some gentle hills. Sturdy hiking shoes are required, dress in layers and bring water and a snack or lunch. There will be refreshments and information at the end of the hike. Please contact Leader to register and if you have any questions. L Susan Svelnis (781-849-9299, suesvelnis@gmail.com), R Sue Svelnis (781-849-9299, suesvelnis@gmail.com)

Tue., May 21. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. See details at Tuesday, March 26 entry.

(FT) (NM) Thu., May 23. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 11, entry.

(FT) (NM) Thu., May 23. Thursday Morning Hike - World's End (C3C), Hingham, MA. Meet at 10am in the Parking lot, \$6 pp non-Trustees members. Moderate 4-5 miles. Explore unique peninsula in Boston Harbor with stunning views, hilly, carriage ways and rocky paths. There could be muddy sections. Wear layers, wind protection, good shoes suitable for weather and conditions. Bring water, snacks/lunch. Directions at <http://www.thetrustees.org/places-to-visit/greater-boston/worlds-end.html>. L Eva Das (borsody@gmail.com)

(FT) (NM) Thu., May 30. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 18, entry.

Thu., May 30. Wilson Mountain & Whitcomb Woods - 3rd Annual Perenials Hike! Dedham, MA. Lady's Slippers galore! In a good year there are hundreds on both sides, in sections of the well-marked trail, to the summit of Wilson Mountain. Wilson Mountain Reservation is 207 acres of wild and varied terrain. Large tangled thickets of rhododendrons grow on a hillside. Mountain Laurel too, in season. Wilson Mountain is the highest point in Dedham at 295 feet. While not a true mountain, it does provide hilltop views of the surrounding area. It is managed by the Massachusetts Department of Conservation and Recreation (DCR). After Wilson Mountain, at your option, we'll cross Common Street to the Whitcomb Woods trail head. Forested level trails with views of the Charles River, many gazebos along the way. The total hike is 5-7 miles at a moderate pace. Steady rain cancels. Bring water snacks/lunch, sturdy footwear, bug spray, sun screen. Well behaved dogs on leash are O.K. L Ken Cohen (508-942-1536 Before 8:00 pm, k-cohen@comcast.net, Year-round hiker and snow shoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Class I Hiking Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills. Active ad-hoc member of the Board of Trustees for The Friends of The Blue Hills. Avid nature photographer.)

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Activities

For the most current information, [search activities online](#)

HIKING

(FT) (NM) Thu., June 6. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 18, entry.

(FT) (NM) Thu., June 13. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 18, entry.

Wed., Jun. 19-23. Ten Maine 4Ks - Hiking the Rangeley and Bigelow Mtns., Carrabassett Valley, Maine, ME. Join us on a 5 day trip to the Rangeley and Bigelow areas to hike 10 of the 14 Maine 4000 footers, experiencing some of the most astonishing views. Jointly sponsored by New Hampshire and Southeastern Mass chapters. We will not only be hiking these spectacular mountains, we will be enjoying time with great people. We will be staying at a delightful accommodation in the Carrabassett Valley and carpooling to the trailhead each day. This trip is for experienced hikers in good hiking condition as we will be hiking 5 consecutive days. L Leslie Carson (508-833-8237, ltc929@comcast.net) CL Dirgny Perdigon (dalexandra@gmail.com), R Dirgny Perdigon (dalexandra@gmail.com)

(FT) (NM) Thu., June 20. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 11, entry.

Sat., Jun. 22-23. Two-day Map and Compass Workshop (Sat/Sun), Blue Hills, MA. Come learn beginner to intermediate navigation skills using a map and compass to find your way in this two-day weekend workshop. No prior skills are required. All activities will take place at the Blue Hills Reservation; you will need appropriate hiking gear and be able to hike approximately 4 miles with a small day-pack. On Saturday we'll use the conference center at Brookwood Farms for both indoor and outdoor instruction. You'll learn how to read a topographic map, how to use a compass and how a map and compass work together. In the afternoon you'll get to practice your skills on a directed hike in the Blue Hills using the DCR trail map. On Sunday your group will plan your own route to find flags hidden both on and off the trail. For this hike, you will be using a topographical map which does not show the trails and will make use of terrain features such as valleys, brooks, and hills to stay found. Each group will have an instructor to help facilitate the learning. Prior reservation is required, and class size is limited to promote small group learning. To register for this workshop, you must commit to attending both Saturday and Sunday. You will need to purchase and bring to class a navigating compass with adjustable declination correction, the recommended compass is the Suunto M-3 (list price \$44). L Paul Brookes (603-799-4399 After 8am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) CL Doug Griffiths (redoug@att.net) CL Pete Tierney (pxtierney@aol.com), R Paul Brookes (603-799-4399 After 8am and before 9pm, PaulBrookes1966@outlook.com)

(FT) (NM) Thu., June 27. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 18, entry.

(FT) (NM) Thu., July 4. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 18, entry.

(FT) (NM) Thu., July 11. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 18, entry.

(FT) (NM) Thu., July 18. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 18, entry.

(FT) (NM) Thu., July 25. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 18, entry.

(FT) (NM) Thu., Aug. 1. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 18, entry.

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Activities

For the most current information, [search activities online](#)

HIKING

FT) (NM) Thu., Aug. 8. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 18, entry.

FT) (NM) Thu., Aug. 15. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 18, entry.

FT) (NM) Thu., Aug. 22. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 18, entry.

FT) (NM) Thu., Aug. 29. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 18, entry.

FT) (NM) Thu., Sept. 5. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 18, entry.

FT) (NM) Thu., Sept. 12. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 18, entry.

(FT) (NM) Thu., Sept. 19. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, April 18, entry.

PADDLING

Sat., May 4. Barnstable Harbor, Barnstable, MA. We'll explore some of the creeks in Barnstable Harbor, probably at the western end. Plan on an 8 mile paddle. Arrive no later than 10:15 for a 10:30 departure. Bring water and a lunch. PFDs are required by Massachusetts law and a spray skirt may be needed depending on wind and wave conditions. L Ed Foster (erfoster@comcast.net)

TRAILS

Sat., Apr. 20. Trail Work At Blue Hills-Milton, MA. No experience necessary! Beginners are welcome! Experienced volunteers are welcome! SEM Trail Maintenance in the Blue Hills Trail: SEM's adopted trail, a part of the Skyline Trail from Rte 28 in Randolph west to Hillside Street. When: Saturday, April 20, 2019 (weather permitting) Time: 9:00 am to approx. 12:00 pm Where to meet: 8:45 am, main (large) parking lot of Houghton's Pond at 840 Hillside Street, Milton. Meet at north end of lot near the exit. Directions: From Rte 93 (old Rte 128), take exit 3. Follow Blue Hill River Road north for approx half mile. At three way stop sign, turn right to Hillside Street. Approx 0.4 miles, the main parking lot will be on right. Type of work: easy maintenance, trimming vegetation, clearing stairs, etc. SEM will supply tools, gloves and snacks. Please bring water, any special food, wear appropriate clothing (long pants/long sleeve shirt, boots, hat), sunscreen, bug spray, etc. Register by Thursday, April 18 with Skip Maysles at skip.maysles@outlook.com Leader: Skip Maysles Co-leader: Pete Tierney. L Skip Maysles (781-344-0611 Before 9:00 pm, skip.maysles@outlook.com) L Peter Tierney (pxtierney@aol.com)



*Happy
Trails!*



The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | May 2019

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Please send your Word doc and photographs to breeze.editor@amcsem.org.

Please send photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Send listings to breeze.editor@amcsem.org

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The hikers at a Dawn Redwood having six trunks. *Photo by Ken Cohen*

Despite the threat of rain, Maria takes the reigns! Article & Photos by Ken Cohen

This past April 6, Maria Sestina completed this year's Leadership Training Workshop in Plymouth, MA. On April 28, she contacted me asking if she could co-lead my "Second Annual Spring Into Spring Hike" at the Arnold Arboretum in Jamaica Plain on May 4. The long-range weather forecast was for full sunshine with temps in the 60s! True New England weather took over after that—overcast skies and frequent rain were an everyday occurrence for the following week. However, when hike day approached, the rain mostly stopped and we were a go! It was my pleasure to have Maria take charge as part of the requirements for her Class I Hiking Leader Certification process. She successfully spoke to all of the hike's participants, and ensured that the many administrative and informational tasks of a successful AMC trip were achieved.

Prior to the event day, Maria was in touch with me via emails with questions and requests for suggestions galore. She knew that preparation would be a key element to the success of the trip. We were both well-prepared, which resulted in a splendid outcome.

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View from the Chair: Board Nominations Begin

April showers brings May flowers, or something like that. May is also the time for planning hiking, biking, and paddling trips, vacations of all sorts, and just plain old summertime fun. For your chapter Executive Board, May brings all of that plus some additional work—starting the process of identifying candidates to serve on next year’s Board. Yes, chapter elections to the Board aren’t until our November annual meeting, but the process to nominate candidates begins now. Here’s why:

Per our chapter bylaws, a Nominating Committee is activated May 1 to submit a slate of officers for the coming annual meeting. The committee members are Alan Greenstein, chairperson, assisted by Robin McIntyre and Walt Granda. Over the next few months they will work with me and your current Board members to identify potential candidates. That means talking with trip leaders and perhaps even non-trip leaders and then asking those candidates if they would be interested in a role on the Board. It’s actually not that simple because every individual has a unique skill set and interests. And exploring those skill sets, interests, and roles takes a conversation, maybe more than one. Though positions on the Board have specific needs, what gets done and how it’s done is up to whoever fills that position. New Board members bring fresh ideas that enable SEM to be a better organization, to serve our membership and AMC in better ways. This process to nominate candidates takes time, which is why we begin the process each May.

So, my message to each of you is to engage in that conversation. Reach out to Alan, Robin, or to me, a current Board member, or any past Board member. Ask about what Board members do, skills that may help, time commitments, what you can learn, what you can offer. It may not be a good fit for you, but maybe it will, maybe not now, but maybe in some time to come. The goal is to make SEM a better organization. Engage in that conversation.

Here’s our contact info:

- Alan Greenstein – alan.b.greenstein@gmail.com
- Robin McIntyre – robinmcintyre@comcast.net
- Walt Granda – wgrand@aol.com
- Len Ulbricht – chair@amcsem.org

Thanks!

Len Ulbricht, AMC-SEM Chapter Chair

2019 Executive Board

Chapter ChairLen Ulbricht	Communications ChairPaul Miller	Membership Chair.....Ellen Thompson
Vice ChairOPEN	Communications Vice ChairDio Goncalves	Membership Vice ChairSandi Santilli
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Ad Hoc Committee Chairs & Other Chapter Contacts

Social Director.....OPEN	Webmistress..... Cheryl Lathrop	Contact chair@amcsem.org
Social Vice ChairOPEN	The Breeze Editor.....Mo Walsh	if you are interested in any
Social Media AdministratorChristine Racine	Blast Editor.....Marie Hopkins	OPEN positions



New co-leader Maria Sestina & Leader Ken Cohen.

Arnold Arboretum Photos by Ken Cohen

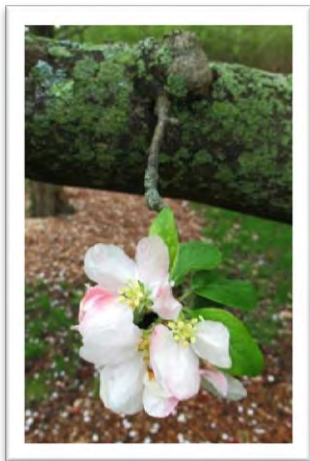
Continued from page 1

Maria's performance was superb! It allowed me to take our group of 12 upbeat hikers to experience many of the obvious, and a few of the hidden, spectacles of nature. We completed a five-mile, three-hour trek in the 281-acre "tree museum" known as the Arnold Arboretum, with its more than 4,000 kinds of trees, shrubs, and vines.

Maria wrote the following to me after our Arboretum adventure, and I wanted to pass it on to all of you:

"The AMC fosters such a positive culture for learning. There are high standards put in place by very kind and wise leaders. The people who are naturally drawn to this organization, and those who stay with a deep commitment, do so because of the quality of its members. Newbies are encouraged to participate, become involved, and develop. Any mistakes that are made on the trails are noticed, pointed out, and used as a teaching opportunity, often with a good dose of humor. It is a safe place to learn. Any AMC members going through the leadership process can allow themselves to be vulnerable and open to suggestions, criticisms, and praise. To become good leaders, as students, we need all three."

Hear! Hear!



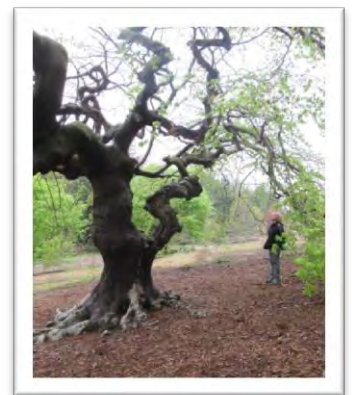
Apple blossom.



Crabapple tree in full bloom.



Left: Bonsai—some as old as the 1700s!



Right: *Tortuosa*—contorted European beech tree



Above: Hydrangea.



Right: Maria Sestina at the Bonsai exhibit.



Photo by Bernie Meggison

Volunteer of the Month: Paul Currier

By Bernie Meggison, Biking Chair

Each month the SEM recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! This month the Biking Committee recognizes Paul Currier.

Our cycling community is proud to have a highly skilled, long, longtime ride leader. This leader has led literally hundreds of full moon rides over a few decades. All of us have enjoyed his skills and his enthusiasm to find routes that are scenic, but also culturally informative. Several years ago he led almost 70 rides in one year. Continuing on, he still rides and leads, sharing casual observations along the route. This leader quietly assists as if he is our Biking Vice Chair. His continued contributions have made our cycling community more viable. Please give a "Hip! Hip! Hurrah!" to this special leader, Paul Currier.

Paul will receive a Volunteer of the Month Certificate and a \$50 gift card.



Wilderness First Aid & CPR Training

By Susan Svelnis

Next time you join an AMC event, take a moment and appreciate all that your leaders do to keep you safe. AMC strongly suggests that all event leaders take training classes in Wilderness First Aid and Cardio-Pulmonary Resuscitation For Class 2 through Class 5 hike leaders, both of these classes are mandatory.

SEM recently hosted a two-day WFA training, which included CPR. The class was taught by SOLO and held May 4-5 at the Davis-Douglas Farm of the Wildlands Trust in Plymouth.

As you can see from the pictures, this is a hands-on course with frequent outdoor role-playing scenarios to supplement the classroom learning. Would you know what to do if your hiking partner suffered a bad fall and broke a limb? Or what if you came across an unconscious hiker on the trail? This course also covers the common ailments, such as burns, allergic reactions, choking, and bug bites.



The weather for the weekend training was overcast and often raining. This did not alter the outdoor course curriculum. In fact it most certainly enhanced the training. AMC hike leaders need to be prepared for any hazard out in the back country. The participants in this class were all prepared with their rain gear.

SEM typically hosts one WFA class each year in the spring, but due to a higher demand this year, we will be offering another class in September. You can take this class directly through SOLO or with any of the other AMC chapters, although I can say from first-hand experience, it is a great way to build camaraderie with your fellow SEM hike leaders. You may recognize many of them in these pictures. *Continued on page 5*

First Aid & CPR

Continued from page 4



Above: WFA training included CPR practice on manikins and scenarios with fake injuries. *Photos by Susan Svelnis*

FOR RENT

Prince Edward Island, Canada
Summer/Fall Weekly Cottage Rental

2-bedroom newly constructed oceanfront cottage that sleeps 6.

Sweeping views of the pond, ocean & lighthouse.

Enjoy kayaking, bicycling and beach walking.
\$900/wk. Contact Scott at 603-254-5032 or scottm@plymouth.edu



Left: Ariel Leitao's arm has a deep laceration. *Photo by Ken Carson*



Below left: Jeannine Audet needs help for a forearm fracture. *Photo by Jeannine Audet*

Below right: Yep, that's a bone visible in Tom Pratt's injured wrist. *Photo by Tom Pratt*





Cyclists welcome Spring! Photo by Jeannine Audet

Flowering fields delight cyclists

By Jeannine Audet

On Sunday, April 28, 14 riders cycled 23.5 miles through Westport & Dartmouth, MA. The weather was cloudy & cool, and the rain held off until the last six miles, when it began to drizzle. We rode past the Westport River, Destruction Brook Woods, farms and houses with stone walls, and up and down several (fairly modest) hills.

Midway through the trip, the group stopped at the Dartmouth Natural Resources Trust's Parsons Preserve to view the lovely daffodil fields, which were 92% in bloom, according to a DNRT guide. Several riders enjoyed a nice lunch at the Blue Lobster Café at Lees Market, our ride starting & ending point.



Daffodils carpet the fields. Photo by Jeannine Audet

Register now for Teen Trail Crews

By AMC Staff

AMC is still accepting registrations for volunteer Teen Trail Crews, but space is limited, so register now!

Teens 14 to 19 years old can lend a hand maintaining trails across the northeast for one to four weeks. These programs foster leadership and develop conservation ethics while teens build skills and make lifelong friends. Teen Trail Crew participants can earn 40 hours of community service per week!

Here is a sampling of our 2019 program calendar with more crews available online:

North Country 4-Week Leadership & Conservation Teen Trail Crew **FULL with Waitlist**

June 23-July 19, 2019 — [Information here.](#)

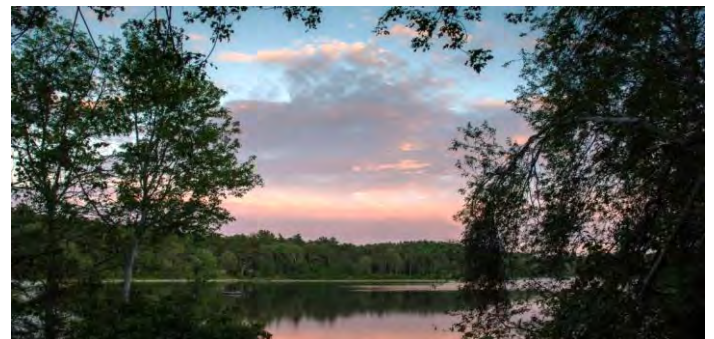
Southern New England Appalachian Trail 2-Week Spike Teen Trail Crew

June 23-July 5, 2019 — [Information here.](#)

Delaware Water Gap Mohican 1-Week Teen Trail Crews

July 14-19, 2019 — [Information here.](#)

July 21-26, 2019 — [Information here.](#)



Save the Date Fall Gathering 2019 October 18th to 20th Camp Burgess in Sandwich, MA

We are looking for volunteers for leading activities, workshops, registration, logistics. If you can help out for even a couple of hours, it would be much appreciated. Contact FG2019 Event Chair, Barry Young at pastchapterchair@amcsem.org



“First Nighters” gather on the Horse Bridge over Route 24 to kick off Red-Lining the Blue Hills. *Photo by Sue Svelnis.*

‘Red-Lining’ inspires both new and veteran hikers

By Alan Greenstein

There was great enthusiasm as 47 hikers gathered at the Donovan School, Randolph, MA, to kick-off the 14th year of the Red Line the Blue Hills (RLBH) hiking series on Thursday, April 11. It was the largest first night ever and included eight hikers who had not previously participated in the RLBH hikes, as well as Bob Vogel, the originator. Joe Keogh led the April 11 hike, as he has since 2008. RLBH has been the inspiration for many AMC-SEM members to participate in other local and NH hikes. Several Red Line/White Line hikers have attained Hike Leader status, and Mike Woessner, Wayne Anderson, Jim Plouffe, Cheryl Lathrop, Maureen Kelly, Barry Young, and Len Ulbricht have ascended to the Chapter Chair position after participating.

The objective of the series is to offer hikers the opportunity to hike every inch of every one of the 125 trails in the Blue Hills Reservation on Thursday nights commencing at 6:00 pm from mid-April through mid-September. Regular attendees can generally earn the patch which demonstrates their accomplishment in 1.5 seasons, with perhaps a few supplemental “on your honor hikes” to pick up any trails they missed.

Inasmuch as trailheads vary from week to week, it is imperative that interested hikers register (once) at

suesvelnis@gmail.com in order to receive the weekly email information sheet. The list was refreshed this year. The previous email list was significantly obsolete and needed to be made current. If you want to participate and have not signed-up in 2019, it is necessary to send a new request.



Trails Vice Chair Pete Tierney, left, receiving his patch for a fourth completion of “The Circuit” from Joe Keogh. *Photo by Sue Svelnis*

What, no shoes? Barefoot hiking!

By an AMC 'Barefooter'

AMC Note: *From time to time participants request to join AMC events who are barefoot hikers. It can be difficult for Leaders to assess safety considerations for such a participant, so we asked an experienced barefoot hiker to share his perspective. While decisions about footwear and safety rest with the Leader, we hope that this article will help Leaders better understand this practice.*

You're leading a local hike one morning. The weather's nice, perhaps a bit of chill in the air, but with a milder forecast ahead it's clearly going to be a fine day for an outing. At the trailhead you find a couple of people who got there early. As people continue to gather and add their names to the signup form, you're subtly eyeballing their gear and visible condition to reassure yourself that they can likely handle the trip. Then another person, or maybe more than one, walks up asking, "Is this the AMC hike?" They're carrying the typical day-hike stuff—packs with lunch, water, maybe some poles—and then you notice that there is nothing at all on their feet.

What?? Many folks would be terrified at the idea of venturing into the woods without their favorite sturdy boots on, so what on earth are these people up to?

They're not crazy, but are most likely barefooters. If they are well-conditioned and accustomed to it, then they're as ready to hit the trail as anyone else in the group.

Barefoot hiking, while still not that common, has been "a thing" for quite a few years. In the larger sense, it was "the thing" for thousands of years before shoes were invented—and humans managed to survive! Today, interest in letting one's feet freely explore the outdoors has been slowly ramping up since the early nineties, and those who engage in it find it enjoyable and safe. In fact, seasoned barefooters may be more stable and less injury-prone than shod hikers over many types of terrain, and almost certainly more comfortable and engaged with their environment. They are happy with a brisk pace, and will often overtake typical trail users and blast ahead.

Hiking unshod does take a conditioning to get used to it, and the advice to newbies among the barefooter community is, "Start slow and work up to the rough stuff." One does not try to go barreling along a gravelly fire road the first day out! That only leads to pain. But after a few months of practice and toughening-up, most experienced barefooters can easily handle gravel, sharp rocks, bits of glass, mud, sticks, and whatever else a trail might throw

at them. Even some snow and ice, for the more hardcore enthusiasts. Frankly, the grip of a bare sole on our typical New England granite is phenomenal!

There is a lot of information about the topic on the internet. Search for the words "barefoot" and "hiking" and the numerous results will likely include some of these:

[Society for Barefoot Hiking](#)

[5 Questions I Get Asked About Barefoot Hiking](#)

[The Barefoot Hiker](#) (an entire online book)

[Our Boston-local Meetup group:](#)

And of course, [the two sisters](#) who yo-yoed the entire AT mostly barefoot:



On the top of Mt. Monadnock. Photo by "Hobbit"

Plenty of reading to be done on the subject! Chris McDougall's book *Born to Run* also bumped up interest in barefoot running and hiking around 2010, so awareness has been growing slowly since then. You may see a theme here—human feet are far more robust than we give them credit for, especially when freed from social convention. It's one of the healthiest things we can do for ourselves, and it's unfortunate that prejudicial stigma from the sixties is still so pervasive today.

Recall that all participants are fundamentally responsible for themselves on AMC outings, even if by leading you are to some extent tasked with looking out for their general welfare and not getting them lost. So should your new sole-stompin' acquaintances go along on the trip? If you're not sure, what you might ask them is where they are in their own barefoot journey—how long they've been hiking that way, and/or if they're confident about their ability versus the expected trail conditions and pace. If the answer is an unequivocal "yes," then you all should be good to go. If they don't seem entirely sure of themselves, or hint that they're just starting to get into it, at the very least they should bring their normal shoes as a backup and be cautioned against slowing the group down. Chances are that you'll all have a great time either way, and the whole group might learn some new things about what is humanly possible.



Sunset over lake at Camp Burgess on Cape Cod

Discover where the locals hike, bike, and paddle on Cape Cod at Fall Gathering 2019

Save the dates: October 18-20th, 2019!

Come join the Southeastern Mass. Chapter at AMC Fall Gathering 2019, October 18-20th on Cape Cod. As always, you'll have a chance to meet, socialize, and share ideas with members from AMC chapters up and down the East Coast. And at this Fall Gathering, you'll also have a special opportunity to let our local leaders "on Cape" share their favorite – and often hidden – hiking trails, bike routes, and paddling areas with you!

The Cape is particularly appealing in the fall when the leaves start to change, the air turns crisp, and the summer crowds disappear. The location we've selected for FG 2019 is the beautiful [Camp Burgess](#) in Sandwich, Massachusetts. This great facility spans nearly 300 acres of forests, meadows, trails, and freshwater ponds. It offers a large private lake; spotless cabins (many with lake views); indoor washrooms and shower facilities; and a bounty of on-site recreational opportunities including zip line; climbing wall; and basketball, volleyball, tetherball, and gaga ball courts.

At this event, you'll be able to explore the best "the Cape" has to offer! We're planning a wide variety of hikes, bike rides on quiet roads and pristine trails, and (weather permitting) one or two paddles. The hikes will include woodland hikes, hikes on the National Seashore, dune walks, and naturalist hikes. We're also planning to have live music, a trivia contest, yoga, campfires, and other activities to keep everyone engaged and entertained throughout the weekend.

One-night, two-night, or single-day options will be available along with delicious and healthy meals in the camp's expansive dining/meeting facility. Please save the date for FG 2019 and visit www.outdoors.org/fallgathering for more details! Registration opens July 1, 2019.

Appalachian Mountain Club, Worcester Chapter's

2019 TrailsFest!

In the Spirit of National Trails Day, We Bring Together Worcester County's
Outdoor Community & Celebrate All Trails – Hiking Trails, Bike Paths,
Waterways, Climbing Routes & More!

Wachusett Mountain Ski Area, 499 Mountain Road, Princeton, MA

June 1, 2019, 8:00 AM – 4:00 PM, FREE ADMISSION



**BE
OUTDOORS**
APPALACHIAN MOUNTAIN CLUB

8 AM – 12 PM: TRIPS & ACTIVITIES, Including:

*Hiking • Trail Maintenance • Climbing • Paddling • Outdoor Yoga • Birding • Geocaching
Outdoor Art Classes • Paddleboarding • Road Biking • Mountain Biking*

12 PM: KEYNOTE, John Judge, President & CEO, Appalachian Mountain Club

12 PM – 4 PM: MUSIC, FOOD TRUCKS, BEER! Come meet our partners:

*Wachusett Mountain Ski Area, Greater Worcester Land Trust, Midstate Trail, REI, LL Bean,
Mass Audubon, Wachusett Greenways, North Quabbin Trails Association, DCR, US Army
Corps of Engineers, TerraCorps, EcoTarium, Mount Grace Land Conservation Trust, MA AT
Management Committee, Southborough Open Land Foundation, New England Mountain
Bike Association, Friends of the Wapack, Bay Circuit Trail, Northborough Trails Committee
Leave No Trace, Appalachian Trail Conservancy & More*

**For more information, see amcworchester.org/localactivities
Questions? Want to Partner? Contact Shalin Desai, programs@amcworchester.org**

Activities

For the most current information, [search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

AA 13+

A 9-13

B 5-8

C less than 5

Indicates pace

1very fast

2fast

3moderate

4leisurely

Indicates terrain

Avery strenuous

Bstrenuous

Caverage

Deasy

Found in the description

LActivity leader

CLActivity co-leader

FTFirst Time

NM ...New Members

ANAdvance Notice

C Conservation

BICYCLING

Ongoing. Vice Chair, Biking Committee, SEM's Executive Board is seeking a Biking Vice Chair to assist the Biking Committee Chair with planning, organizing and leading bike trips in Southeastern Mass. A particular focus of this position is to promote bike trips off Cape in Plymouth, Bristol and surrounding counties. This includes leading trips, identifying desirable routes, and encouraging development of additional bike leaders. L Leonard Ulbricht (chair@amcsem.org)

Wed., May 15. Osterville Village, MA, Bicycle Ride. Enjoy the pre-season quiet roads of Osterville Village. The ride takes us to beaches, boat yards, marinas, golf courses. Optional food, beverage, beer stop at the end. (Not Whimpy's) Distance 21 miles, a few short hills. Pace, casual/ moderate Follow the leader style.. Start time 3:30 PM Helmets requires Bring spare tube, water, etc. Contact ride leader for start location. L Joe Tavilla (508-450-1934 8:00 AM- 8:00 PM, silverski@earthlink.net, Long time AMC ride leader)

Thu., May. 16. Biking the Villages of Bourne, MA, Tidal Flats Rec Area parking lot, Bell Rd, Bourne. 27 mi follow-the-leader bike ride thru the villages of Bourne at the gateway to Cape Cod. Mix of busy main roads and quiet secondary roads. Rolling hills. We will stop to enjoy scenic vistas and points of interest. 13-15 mph. Optional meetup apres ride at the Chart Room for their opening day/unofficial start of summer. (4.8 mi drive from end of ride.) Helmet, spare, water required. Wheels pumped and ready to roll at 10:00 a.m. L Barbara Gaughan (781-572-1321 Before 9 p.m., barbaragaughan12@comcast.net, SEM Level 1 hike & bike leader)

Sat., May. 18. Road Cycling - Sunset and Full Flower Moon Ride, Sagamore Beach,MA. 22+/- Miles & 2+ hours. Flats with hills in Sagamore Highlands. Start time: about 2 hours prior to sunset. Contact leader to register paulbcurrier@comcast.net Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. We'll ride from Sagamore Recreation Area (mainland side) into Sagamore Highlands with a stop at Peaked Cliff. Return to the recreation area and along the canal to Buzzards Bay for sunset at Mass Maritime or perhaps from Three Mile Outlook. We'll return along the canal for a spectacular moonrise over the Sagamore Bridge. - Full Flower Moon - In most areas, flowers are abundant everywhere during this time. Other names include the Full Corn Planting Moon, or the Milk Moon. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

Wed., Jun. 19. Bike Ride Dennis, MA, Beaches, Views and Bike Path. This is a wonderful 26 mile route that starts from the old Dennis town hall on 505 Main Street, Dennis Speed, 12-15 MPH average We will cover lots of beaches, scenic views, not too many hills, rail trail path etc. See <https://ridewithgps.com/routes/21438616> for details. Helmets required Have tires pumped and bike ready to roll at 10:00 sharp. Spare tube Water snacks. L Larry Kornetsky (617-513-6716 8:00 AM - 8:00 PM, larrykornetsky@gmail.com)

Wed., Jun. 19. Cape Cod Rail Trail to Chatham, 430 route 134 South Dennis MA. Ride the Cape Cod Rail Trail and secondary roads in Chatham. Enjoy lighthouses,ocean views and the quaint village of Chatham . Optional coffee stop in Chatham. Pace is casual/ moderate, distance about 33 miles +/- Helmets required, bring spare tube, water etc. Contact ride leader for start location. L Jeffrey Hyman (774-521-9235 9am-7 pm, jsh17@comcast.net, AMC Level 1 Bike leader)

Continued next page

Activities

For the most current information, [search activities online](#)

BICYCLING

Wed., Jul. 17. Road Cycling Nantucket Island, Hyannis, MA. Bicycle round the historic and beautiful Nantucket Island We will visit several villages and beaches along the way Mostly paths, but also some roads. We will stop "in town" for a burger type lunch or bring your own food. Before we depart the island, we will visit the Cisco brewery for beverages, food and entertainment galore. We will depart Hyannis via the Steamship Authority High Speed Ferry at 8:15 AM and return on the 6:15 PM boat, Trip time approx .1 hour. Cost is approximately \$65.00 round trip including bike. Attendees MUST be able to cycle 40-45 miles at a moderate pace of 12-16 MPH. Bikes must be ready to roll once we are off the ferry. Helmets are required, tires and brakes in working order. Stay tuned for updates Rain cancels this event. L Bernie Meggison (617-930-4029 8:00 AM - 8:00 PM, thosemeggisons@gmail.com, Long time cyclist and AMC leader.), R Bernard Meggison (617-930-4029)

Thu., Aug. 15. Evening Road Cycling - Sunset & Full Sturgeon Moon Ride, MA. 22+/- Miles & 2 ½ - hours. Flats & Hills - Full Sturgeon Moon - August The fishing tribes are given credit for the naming of this Moon, since sturgeon, a large fish of the Great Lakes and other major bodies of water, were most readily caught during this month. A few tribes knew it as the Full Red Moon because, as the Moon rises, it appears reddish through any sultry haze. It was also called the Green Corn Moon or Grain Moon. Start time: about 2 hours prior to sunset. Contact leader for registration, location, etc. paulbcurrier@comcast.net Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

Sat., Aug. 17. Cycling & Wine Tasting in Westport Rivers Winery, Westport, MA. Join us for an approximately 30 mile ride through beautiful Westport & Dartmouth, MA. We will pass farms, stone walls, conservation land, river & the beach. The pace will be 12-15 mph, & there will be some hills. Following the ride, we will have a private wine tasting at Westport Rivers Winery. They specialize in white & sparkling wines. Participants must be 21 years or older to participate in the tasting, & the cost is \$25 per person. A helmet is required to ride. Bring water & a snack. L Jeannine Audet (508-493-8221 weeknight after 7:00 PM, weekends anytime, milmod@aol.com)

Sat., Sep. 14. Evening Road Cycling - Sunset & Full Harvest or Corn Moon Ride., MA. 22+/- Miles & 2 ½ - hours. Flats & Hills - Full Corn Moon or Full Harvest Moon -This full moon's name is attributed to Native Americans because it marked when corn was supposed to be harvested. Most often, the September full moon is actually the Harvest Moon, which is the full Moon that occurs closest to the autumn equinox. In two years out of three, the Harvest Moon comes in September, but in some years it occurs in October. At the peak of harvest, farmers can work late into the night by the light of this Moon. Corn, pumpkins, squash, beans, and wild rice the chief Indian staples are now ready for gathering. Start time: about 2 hours prior to sunset. Contact leader for registration, location, etc. paulbcurrier@comcast.net Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

CAPE HIKING

Thu., May 16. Hike Quashnet River in East Falmouth, MA. Hike the enchanted Quashnet River nestled between East Falmouth and Mashpee on Cape Cod. This is a 2 hour hike, moderate pace, some hills, flats, wide trails Parking is limited. Registration is required for this hike. A hike information sheet will be emailed to you a few days before the hike with specific details, requirements and directions.. This is a popular hike so please respond to the registrar promptly as it will fill up quickly. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com) CL Denise Fronius (508-274-4769), R Denise Fronius (508-274-4769 before 9 pm, denisefronius@comcast.net)

Sat., May 18. Hike Bell's Neck Conservation, Sand Pond prkg on RT 39, Harwich, MA. 4.5 mile mostly flat hike along East & West reservoirs, cranberry bogs, marshland and a herring run. Exit 10 to 124S to end. R on 39S x 1.9 mi to Sand Pond prkg on right. Arv 9:45 for 10 a.m. start. L Barbara Gaughan (781-572-1321 before 9 p.m., barbaragaughan12@comcast.net, Level 1 hike & bike leader.)

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Activities

For the most current information, [search activities online](#)

CAPE HIKING

Thu., May 23. Hiking--Lawrence Island and Cataumet Greenways, Bourne, MA. This 4 mile, 2 hour hike is around the rocky and sandy beaches of Lawrence Island, a wildlife sanctuary, and the wooded trails Cataumet Greenway. A short section of road walking is between the areas. There are both rolling hills and flat, rooted trails in the Greenway. Contact the hike leader for directions to the trailhead. L Robin McIntyre (508-789-8252 Before 9 pm, robinmcintyre@comcast.net, Robin is a 3rd year Level 1 hike leader with WFA training.) L Richard Kaiser (508-432-3277, rjkaiser@comcast.net), R Robin McIntyre (13 Bell Road, Bourne, MA 02532, 508-789-8252 Before 9 pm, robinmcintyre@comcast.net)

EDUCATION

Sat., Jun. 22-23. Two-day Map and Compass Workshop (Sat/Sun), Blue Hills, Boston Area, MA. See listing under Hiking. R Paul Brookes (603-799-4399 After 8am and before 9pm, PaulBrookes1966@outlook.com)

Sat., Sep. 21-22. Wilderness First Aid Two Day Workshop, Wildlands Trust Community Conservation Barn 675 Long Pond Rd., Plymouth, MA 02360. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. This training is required for AMCSEM trip leaders, but is a great experience for any outdoor enthusiast. Instruction is provided by SOLO, experts in providing wilderness medical training. L Douglas Griffiths (508-758-4315 after 6:00 pm, [reddougg@aol.com](mailto:redDoug@aol.com))

EXECUTIVE COMMITTEE

Ongoing. Vice Chair, Southeastern Mass Chapter, MA. Dear fellow SEM Member, The SEM Executive Board is seeking a chapter Vice Chair volunteer to: *Support the SEM Chapter Chair and our great activity leaders; *Help run the 2019 AMC Fall Gathering which will be held on Cape Cod; *Represent the SEM Chapter at a variety of club-wide and chapter events; *Interface with AMC HQ and learn how AMC functions behind the scenes; *Support conservation, education and recreation in Southeastern Massachusetts. You will assist with the development of chapter goals, budgets and special events (such as Fall Gathering 2019), assist other committee members in coordinating chapter activities, and participate in monthly Executive Board meetings and periodic AMC meetings of chapter chairs. Experience with or willingness to learn straightforward Excel spreadsheet and Power Point-type applications helpful. L Leonard Ulbricht (chair@amcsem.org)

HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org.

Always looking for additional hike leaders! Contact hikingchair@amcsem.org

(FT) (NM) Sat., May 11-Jun. 15. Introduction to Hiking Series, Blue Hills Reservation, MA. Have you always wanted to get outside and explore local trails but felt like you needed help getting started? Have you hiked before but need a refresher course on hiking essentials? This series of FIVE Saturday morning hikes in the Blue Hills Reservation may be just what you're looking for! Each hike will build on prior hikes as we increase distance, elevation, and technical hiking challenges. Along the way we will also teach basic hiking techniques, map reading skills and will review clothing and gear essentials. Registration is required for this series and will be limited to 15 participants. You will only need to register one time for all 5 hikes. Hike dates are: May 11 May 18 June 1 June 8 June 15 Hike start locations will be sent to registered hikers on the Wednesday before the hike. Sign in is at 8:15 AM and we will finish up before 12 noon. Contact Pam with questions. L Patricia-Lee Achorn (781-784-8983, plachorn@msn.com, Pat is an avid hiker and has lead the "Introduction to Hiking Series" in the Blue Hills in past years.) CL Pam Johnson (617-448-4446 Between 4 PM and 8 PM, pjohnson8992@gmail.com, Pam is a life-long hiker and is certified in Wilderness First Aid, CPR and AMC Map and Compass orienteering. Pam is a Co-Leader on the Blue Hills "White Lining" and "Conditioning Series" and has climbed the 48 Four Thousand Footers.), R Pam Johnson (617-448-4446 Between 4 PM and 8 PM, pjohnson8992@gmail.com)

Continued next page

Activities

For the most current information, [search activities online](#)

HIKING

Tue., May 14. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. Hike hilly Skyline Trail and adjacent trails on nine successive Tuesday mornings 3/26-5/21, progressively increasing distance, elevation gain and pack weight (optional) to condition for summer hiking season up north. Expect rocks and granite ledges on most ascents and descents. Moderate initial 1.5-2 mph pace and 3 mile hilly hike, progressing over the 9 weeks to 8 or more miles with cumulative elevation gain around about 2000 feet.. 9:15 am sign-in, 9:30 am hike start. Not suitable for beginners. May finish series with extended day hike. Register once for entire series. L Len Ulbricht (Len has been an AMC Southeast Mass chapter member since 2008. He leads three season hikes in the White Mountains, both day hikes and multi-day hut trips, and an annual spring conditioning series in the Blue Hills. He enjoys hiking the 48 NH 4K peaks and is an AMC Adventure Travel leader.) CL Pam Johnson (pjohnson8992@gmail.com) CL Craig MacDonald (craigmacdonald695@gmail.com), R len ulbricht (lenu44@gmail.com)

Tue., May. 14. Tuesday Morning Blue Hills Hiking Series, Blue Hills, Milton, MA. For your hiking pleasure, a Tuesday Hiking Series, Over time we plan to hike 'all' of the trails within the Blue Hills, meeting in different parking lots and hiking different routes each week. If folks are interested this series will run... well, for as long as folks/Leaders are interested. (Currently only the few weeks are posted. This is to allow modifications to this listing, and the addition of other Leaders, going forward.) So, if you are interested in hiking in the Blue Hills on Tuesdays, typically from 10 AM until, typically, sometime before 2:00, Contact the Leader/Registrar, Bob Vogel. He will provide full information about these hikes. That information will allow you to make an informed decision about your choice to partake in this exciting, slightly different, hiking series. (If you don't know Bob, please include a BRIEF (One sentence is fine) 'My Hiking History', so we can get to know each other.) Note that, in addition to 'just hiking', this series also aims to provide 'skill building', both for participants, new Co-Leaders and existing Leaders. We will incorporate a range of 'educational opportunities' as we hike, (Map reading, GPS app usage, Group Management practice, Introduction to Trailwork, Come hike, get some exercise, have fun, and learn. Note: If this group grows in size, the plan is to split into sub-groups when we hike, to keep each 'hiking group' to a manageable size. Groups may split based on speed/distance abilities, willingness to hike with dogs, ability to hike for the full 4 hours, desired trails to hike, etc. This will be a "Register once, come as often as you want" series. L Bob Vogel (vogel.r@comcast.net, Bob is a 4 season Hike leader for the Southeastern Mass Chapter, as well as a hike leader for Boston Local Walks and a 3 Season Leader for Boston H/B.), R Bob Vogel (vogel.r@comcast.net)

(FT) (NM) Thu., May 16. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 14th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Michael Swartz (617-840-4199, swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., May 16. Thursday Morning Hike - World's End (C3C), World's End, Hingham, MA. World's End (C3C). Meet at 10am in the Parking lot, \$6 pp non-Trustees members. Moderate 4-5 miles. Explore unique peninsula in Boston Harbor with stunning views, hilly, carriage ways and rocky paths. There could be muddy sections. Wear layers, wind protection, good shoes suitable for weather and conditions. Bring water, snacks/lunch. Directions at <http://www.thetrustees.org/places-to-visit/greater-boston/worlds-end.html>. L Eva Das (borsody@gmail.com)

Sat., May. 18. Mt Tom Holyoke MA - Summer Series Hike #1, Holyoke MA. Start off your summer hiking off right by enjoying spectacular cliff top views of the Pioneer Valley, the Berkshires, and the Connecticut River Valley. Starting at Reservation Road we will follow the Metacomet and Monadnock trail along the ridge to the Eyrie House ruins then reverse direction and continue along the trail to the summit of Mount Tom before returning to Reservation Road. This is a great hike to improve your conditioning in preparation for bigger hikes to come. This 7 mile out and back hike with 1500 ft of elevation gain will be hiked at a moderate pace. L Anne Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com, I have been hiking with AMC since 2006 and leading hiking and snowshoe trips since 2010.. I enjoy hiking in Western Mass and in the White Mountains. I recently completed the NH 48.) L Peggy Qvicklund (qvickan@comcast.net, Hike leader since 2014, have completed the NH 48, but mainly enjoy sharing the outdoors with likeminded folks.) CL Eva Borsody Das (borsody@gmail.com), R Anne Duggan (177 Rounseville Road, Rochester, MA 02770, 508-789-5538 before 9 pm, abduggan12@gmail.com)

Continued next page

Activities

For the most current information, [search activities online](#)

HIKING

(NM) Sun., May 19. New Member Hike at Wompatuck State Park, 204 Union Street, Hingham, MA. Join some of your fellow AMC members for a Spring hike through this DCR property. This hike is open to all new members as well as hikers considering joining our group. We also welcome existing members who are willing to share their experiences with the group. Wompatuck State Park has over 70 miles of trails that span through four towns. On this hike we will explore about 4 miles of these trails starting from the Visitor Center. The terrain is mostly flat with some gentle hills. Sturdy hiking shoes are required, dress in layers and bring water and a snack or lunch. There will be refreshments and information at the end of the hike. Please contact Leader to register and if you have any questions. L Susan Svelnis (781-849-9299, suesvelnis@gmail.com), R Sue Svelnis (781-849-9299, suesvelnis@gmail.com)

Sun., May 19. Plymouth Harbour, Plymouth MA. Scenic 7 mile walk along Plymouth Harbour including Jennie' s Grist Mill and Historic Monuments. Lunch stop around noon time at the Lobster Hut (counter service) then 1/2 hour walk back to the cars. Bring snack and water. No dogs. Sneakers or walking shoes are okay to wear. Storm cancels. L Beth Mosias (bmosias@yahoo.com)

Tue., May 21. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA. See details at Tuesday, May 14, entry.

Tue., May. 21. Tuesday Morning Blue Hills Hiking Series, Blue Hills, Milton, MA. See details at Tuesday, May 14, entry.

(FT) (NM) Thu., May 23. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, May 16, entry.

Thu., May 23. Moose Hill Audubon Hike, 293 Moose Hill Parkway, Sharon, MA 02067. This is a 4-5 mile hike at a moderate pace in a beautiful wooded area. The terrain is fairly flat with some ups and downs. This is a different hike in Moose Hill than the one I led in November. I have noticed that they have now put up large signs throughout saying "NO PETS" so we must comply with this restriction. Please bring water, snacks, lunch and rain gear and wear sturdy footwear. **DRIVING DIRECTIONS FROM NORTH** Take Rt I-95 south to exit 10 (Coney St, Sharon, Walpole). Take a left off the exit and take the first right onto Rt 27 north (Walpole). Take first left on Moose Hill Street. Continue past The Trustee's Moose Hill Farm. Follow to the top of the hill and turn left onto Moose Hill Parkway. The parking lot is on the left. **FROM SOUTH** Take Rt I-95 north to exit 8 (Main St, Sharon). Take a right off the exit and follow one mile. Take a left onto Moose Hill Street. Follow to the top of the hill and turn right onto Moose Hill Parkway. The parking lot is on the left. **FROM SOUTH** Take Rt I-95 north to exit 8 (Main St, Sharon). Take a right off the exit and follow one mile. Take a left onto Moose Hill Street. Follow to the top of the hill and turn right onto Moose Hill Parkway. The parking lot is on the left. L Nancy Perlman (617-980-4878 before 9:30pm, nancyclist@gmail.com)

(FT) (NM) Sat., May. 25. My First AMC Hike!, Borderland State Park, Easton/Sharon, MA. Are you new to AMC, or a new to hiking? Join us at Borderland State Park in Easton, MA for your first hike with AMC! We will offer two hikes, with a lunch break in between. The first hike is a 3- mile, relatively flat route around the ponds. The second hike will be a bit more challenging: 3-4 miles with some rocky terrain and small hills. Let's get outdoors - come out to learn more about AMC and hiking, and get some fresh air. Feel free to join just the first hike, or both! Bring lunch, at least 1 liter of water, and a raincoat. Any questions, contact Co-Leader and Registrar: Emilie Bent. L Bob Vogel (vogel.r@comcast.net, Bob is a 4 season Hike leader for the Southeastern Mass Chapter, as well as a hike leader for Boston Local Walks and a 3 Season Leader for Boston H/B.) CL Emilie Bent (508-577-3679, emilieb1@yahoo.com), R Emilie Bent (508-577-3679 8 -9 PM, emilieb1@yahoo.com)

Tue., May. 28. Tuesday Morning Blue Hills Hiking Series, Blue Hills, Milton, MA. See details at Tuesday, May 14, entry.

(FT) (NM) Thu., May 30. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, May 16, entry.

Continued next page

Activities

For the most current information, [search activities online](#)

HIKING

Thu., May 30. Wilson Mountain & Whitcomb Woods - 3rd Annual Perenials Hike! Dedham, MA. Lady's Slippers galore! In a good year there are hundreds on both sides, in sections of the well-marked trail, to the summit of Wilson Mountain. The Reservation is 207 acres of wild and varied terrain. Large tangled thickets of rhododendrons grow on a hillside. Mountain Laurel too, in season. Wilson Mountain is the highest point in Dedham at 295 feet. While not a true mountain, it does provide hilltop views of the surrounding area. It is managed by the Massachusetts Department of Conservation and Recreation (DCR). After Wilson Mountain, at your option, we'll cross Common Street to the Whitcomb Woods trail head. Forested level trails with views of the Charles River, many gazebos along the way. The total hike is 5-7 miles at a moderate pace. Steady rain cancels. Bring water snacks/lunch, sturdy footwear, bug spray, sun screen. Well behaved dogs on leash are O.K. L Ken Cohen (508-942-1536 Before 8:00 pm, k-cohen@comcast.net, Year-round hiker and snow shoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Class I Hiking Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills. Active ad-hoc member of the Board of Trustees for The Friends of The Blue Hills. Avid nature photographer.)

(FT) (NM) Thu., June 6. Red Line the Blue Hills, Blue Hills Reservation, Milton, MA. See details at Thursday, May 16, entry.

Sat., Jun. 8. Saturday Morning Walk - Hemlock Gorge Reservation, Hemlock Gorge - Needham/Newton, MA, line. Join us as we explore (with Geologist Les Tyralla) the Hemlock Gorge Reservation during this co-sponsored trip with AMC's Boston Chapter. This will be a slow-paced two-mile walk as we learn about the geology and history of this DCR property. Included in the trip will be the historic "Echo Bridge" (built in 1876) which is on the National Register of Historic Places. It's a sight (and with sounds) to behold! We'll cover all of the interior trails, as well as those along the Charles River which created the Gorge over many thousands of years. We'll visit three dams, view an historic silk mill, and observe an old nail mill. The interpretive two-mile trek will last 2-2 ½ hours. Bring sturdy walking/hiking shoes, water, snacks, and rain gear if necessary. Sun screen and bug spray are recommended. There's plenty of street parking close to our meetup point which will be in the parking lot of 381 Elliot Street, Newton, MA. We also have permission to park in the lot. No Dogs. Steady rain will cancel. L Ken Cohen (508-942-1536 Before 8:00 pm, k-cohen@comcast.net, Year-round hiker and snow shoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Class I Hiking Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills. Active ad-hoc member of the Board of Trustees for The Friends of The Blue Hills. Avid nature photographer.) CL Lisa Fleischman (617-244-5747 Before 8:00 pm, lfeisch2@gmail.com) CL Joan Entwistle (978-549-4864 before 8:00 pm, Joan.entwistle@gmail.com)

(FT) (NM) Thu., June 13. Red Line the Blue Hills, Blue Hills Reservation, Milton, MA. See details at Thursday, May 16, entry.

Sat., Jun. 15. 14-mile, all-day, hilly hike in the Blue Hills Reservation, . A longer all-day hike in the Blue Hills Reservation. This is a 14-mile, somewhat hilly hike, that traverses the reservation from South to North. We hike from the Nike Missile Base to Quincy Quarries using lesser known trails and climbing Buck, Hawk and Chickatawbut hills along the way. There are about 3-miles of steep trails summiting and descending the hills, the rest is flat to rolling. The hike starts at 8 am and expect to be back at your cars between 5 and 6 pm. We will hike at a moderate pace with brief but frequent stops along the way at various vistas. Registration is required and due to the distance and hills, we are limiting the group to 15 people. People should be well-conditioned having recently (within the past 2-months) hiked 7 or more miles. One of the leaders, Paul, will have his well-behaved dog with him. No other dogs allowed. L Paul Brookes (603-799-4399 After 10 am and before 8 pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Dexter Robinson (dexsue@comcast.net)

Wed., Jun. 19-23. Ten Maine 4Ks - Hiking the Rangeley and Bigelow Mtns., Carrabassett Valley, Maine, ME. Join us on a 5 day trip to the Rangeley and Bigelow areas to hike 10 of the 14 Maine 4000 footers, experiencing some of the most astonishing views. Jointly sponsored by New Hampshire and Southeastern Mass chapters. We will not only be hiking these spectacular mountains, we will be enjoying time with great people. We will be staying at a delightful accommodation in the Carrabassett Valley and carpooling to the trailhead each day. This trip is for experienced hikers in good hiking condition as we will be hiking 5 consecutive days. L Leslie Carson (508-833-8237, lrc929@comcast.net) CL Dirgny Perdigon (dalexandra@gmail.com), R Dirgny Perdigon (dalexandra@gmail.com)

Continued next page

Activities

For the most current information, [search activities online](#)

(FT) (NM) Thu., June 20. Red Line the Blue Hills, Blue Hills Reservation, Milton, MA. See details at Thursday, May 16, entry.

Sat., Jun. 22-23. Two-day Map and Compass Workshop (Sat/Sun), Blue Hills, MA. Come learn beginner to intermediate navigation skills using a map and compass to find your way in this two-day weekend workshop. No prior skills are required. All activities will take place at the Blue Hills Reservation; you will need appropriate hiking gear and be able to hike approximately 4 miles with a small day-pack. On Saturday we'll use the conference center at Brookwood Farms for both indoor and outdoor instruction. You'll learn how to read a topographic map, how to use a compass and how a map and compass work together. In the afternoon you'll get to practice your skills on a directed hike in the Blue Hills using the DCR trail map. On Sunday your group will plan your own route to find flags hidden both on and off the trail. For this hike, you will be using a topographical map which does not show the trails and will make use of terrain features such as valleys, brooks, and hills to stay found. Each group will have an instructor to help facilitate the learning. Prior reservation is required, and class size is limited to promote small group learning. To register for this workshop, you must commit to attending both Saturday and Sunday. You will need to purchase and bring to class a navigating compass with adjustable declination correction, the recommended compass is the Suunto M-3 (list price \$44). L Paul Brookes (603-799-4399 After 8am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) CL Doug Griffiths ([reddoug@aol.com](mailto:redoug@outlook.com)) CL Pete Tierney (pxtierney@aol.com), R Paul Brookes (603-799-4399 After 8am and before 9pm, PaulBrookes1966@outlook.com)

Sun., Jun. 23. Family Hike in Destruction Brook Woods. Dartmouth, MA. Join us for a family hike in beautiful Destruction Brook Woods in Dartmouth, MA. We will hike approximately 3 miles at a relaxed pace, allowing time to explore. This hike will have some trails with rocks & roots, so wearing sturdy footwear or boots is advised. Bring water & a snack. Heavy rain will cancel. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime., milmod@aol.com)

(FT) (NM) Thu., June 27. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, May 16, entry.

(FT) (NM) Thu., July 4. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, May 16, entry.

(FT) (NM) Thu., July 11. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, May 16, entry.

(FT) (NM) Thu., July 18. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, May 16, entry.

(FT) (NM) Thu., July 25. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, May 16, entry.

(FT) (NM) Thu., Aug. 1. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, May 16, entry.

FT) (NM) Thu., Aug.8. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, May 16, entry.

FT) (NM) Thu., Aug. 15. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, May 16, entry.

FT) (NM) Thu., Aug. 22. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, May 16, entry.

FT) (NM) Thu., Aug. 29. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, May 16, entry.

FT) (NM) Thu., Sept. 5. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, May 16, entry.

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Activities

For the most current information, [search activities online](#)

HIKING

(FT) (NM) Thu., Sept. 12. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, May 16, entry.

(FT) (NM) Thu., Sept. 19. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See details at Thursday, May 16, entry.

PADDLING

Wed., May 15. Paddle Mashpee Wakeby Ponds, Mashpee/Sandwich, Mashpee. Paddle two fresh water ponds with lunch at the end of Wakeby Pond. Wear a PFD and bring a spray skirt in case of wind and waves. Bring lunch and water. Email the leader to register. Put-in: Fisherman's Landing, 373 Main Street, Mashpee. Plan on about a 7 mile paddle. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau (paulcorri@gmail.com)

Wed., May 22. Paddle Mill /Walker Ponds, Brewster, MA. Paddle three fresh water kettle ponds and the narrows between them. See Stoney Brook Grist Mill (1893), herring run and Punkhorn Conservation lands. Lunch on Upper Mill Pond. About 7 miles total. Wear PFD, bring spray skirt in case of wind, bring lunch & water. Register with leader by email. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau (paulcorri@gmail.com)

Wed., May 29. Paddle Follins/Mill Ponds, Dennis, MA. Paddle Follins Pond to Weir Creek bridge & if tide allows into Mill Pond passing Crab Creek Conservation area and back to circle Follins Pond & see some signs of Viking visit. Lunch on small beach. Paddle Dinahs Pond, Kelleys Bay & return past Mayfair boatyard. Plan on 7-9 miles. Wear PFD, bring spray skirt in case of wind & waves, bring lunch & water. Register by emailing co-leader. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com)

Sat., Jun. 15. Bass River North, Dennis, MA. Paddle upstream seeing Indian Lands Conservation area & new bridge for CCRT bike trail. Lunch at Wilbur Park. Afterwards return and circumnavigate Grand Cove. Plan on 8-9 miles. Wear PFD, bring spray skirt in case of wind & waves. Bring lunch & water. Register by email with co-leader. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com), R Jean Orser (jeanorser@gmail.com)

Sat., Jun. 29. Bass River South, Dennis, MA. From launch paddle 'fingers' & bays to river mouth on Nantucket Sound. Lunch on West Dennis Beach. Return & paddle around Grand Cove for 8-9 mile trip. Wear PFD & bring spray skirt in case of wind & waves. Bring lunch & water. Register by email to leader. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau (paulcorri@gmail.com)

Wed., Jul. 3. Paddle Herring River North, West Harwich, MA. Paddle upstream to Coy Brook to end & to East Reservoir & back to Herring River for lunch at North rd bridge. Afterwards paddle to West Reservoir to see herring run & then return to put-in. Wear PFD & bring spray skirt in case of wind & waves. Bring lunch & water. Register by email with Co-leader. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com), R Jean Orser (jeanorser@gmail.com)

Sat., Jul. 13-13. Chase Garden Creek, Yarmouth Port, MA. Paddle Chase Garden Creek & tributaries, Judahs & Whites Brook. See Bray Farm, Shell Processing Plant & Chapin Beach. Lunch along the way. Plan for 7-8 mile trip. Wear PFD & bring spray skirt in case of wind & waves. Bring lunch & water. Register by email with Co-leader. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com), R Jean Orser (jeanorser@gmail.com)

Wed., Jul. 31. Paddle Herring River North, West Harwich, MA. Paddle upstream to Coy Brook to end & to East Reservoir & then to Herring River for lunch at North Rd Bridge. After paddle to West Reservoir to see Herring Run & then return to put-in. Wear PFD, bring spray skirt in case of wind & waves. Bring lunch & water. Register by email with Co-leader. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com), R Jean Orser (jeanorser@gmail.com)



*Happy
Trails!*

The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | June 2019

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A very fit group concludes the Spring Conditioning series. Photo by Len Ulbricht

Spring series prepares hikers for summer

By Pamela Johnson, Co-Lead

Len Ulbricht has been leading the Blue Hills Spring Conditioning Series for many years –over five, for sure. (Len is traveling, so we can't confirm the exact number!) Anyway, here's how the series typically goes: Every Tuesday morning for nine weeks, beginning in March, Len takes the group out to hike the most challenging ups and downs on the Skyline trail in the Blue Hills. Each week the hike gets a bit longer, culminating in the planned grand finale of a 10-mile hike. The goal is to get you in shape for upcoming summer activities! Many folks meet their personal "conditioning goals" well before the nine weeks are up, and Len enjoys the company of only a few hikers at the finish.

This year he changed things up a bit. Craig MacDonald and Pam Johnson joined him as Co-Leaders and after the first two hikes we decided to offer a "Short Distance" hike and a "Long Distance" hike each week. Game on! The group loved the hike options and quickly got into stride!

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View from the Chair: Overcoming Inertia

Len Ulbricht, our excellent Chapter Chair, is off hiking in a foreign locale right now. He asked me to fill in for him this month by writing the “View” column for the June *Breeze*. I thought it might be a good opportunity to share with you how I overcame my own considerable inertia to finally become more active with our Appalachian Mountain Club chapter, and what that’s meant to me.

I joined the AMC in 1995, almost 25 years ago. But, like many others – what, with all my family, home, and career responsibilities - I was largely inactive as a member for the first seven or eight of those years. Sure, I’d occasionally use my AMC membership to get a discount on bunks at Joe Dodge Lodge for me and my sons, sign up a son for an AMC Teen Wilderness Adventure, or take part myself in a paid program led the AMC’s professional staff up at Pinkham Notch. But that was about the extent of my involvement with the club. Finally, I discovered the AMC Southeastern Mass. Chapter. Specifically, I discovered that *I could get the same high level of training and wonderful outdoor experiences by participating in chapter trips and workshops, often at little or no cost*, and usually accompanied by priceless camaraderie. What a revelation!

In the interim, I’ve become a four-season hike leader for the chapter; served proudly as your hiking vice chair, hiking chair, and multiple (non-contiguous) stints as communications chair; and led or participated in too many chapter trips for my simple, typically math-challenged brain to keep track of. I’ve had awesome outdoor experiences, fine-tuned my outdoor and leadership skills, and developed wonderful friendships that almost certainly would not have been possible otherwise.

For me, overcoming inertia to become a more active member in our AMC-SEM Chapter has been an important and rewarding part of my life. It could be for you too! Just take a few minutes to skim this issue of the *Breeze*, visit www.amcsem.org, or check out the many opportunities we can offer for you to [Be Outdoors](#) at our [online trip listings](#) to see if anything tickles your fancy.

Thanks!

Paul Miller

AMC-SEM Communications Chair

2019 Executive Board

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Contact chair@amcsem.org
if you are interested in any
OPEN positions



The hike gets off to a pleasant start. *Photo by Sue Svelnis*

New Member hikers defy Nature

By Ellen Thompson & Sue Svelnis

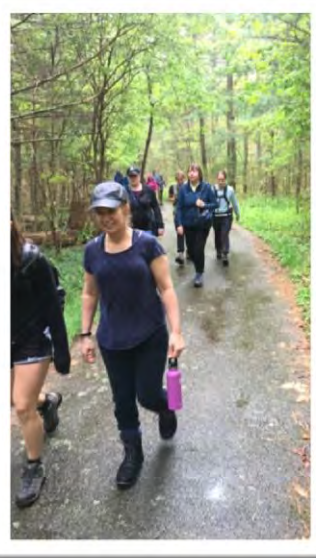
On Sunday, May 19, the SEM Membership Committee hosted a hike for new members at Wompatuck State Park in Hingham. Sue Svelnis led 16 hikers for approximately four miles over a variety of trails, stopping to view some of the bunkers and remnant structures left behind from when the land was used as an ammunition depot during World War II.

Ellen Thompson, our SEM Membership Chair, brought along brochures and instructions on how to locate the various Activity Listings for the chapter. In addition to Sue and Ellen, seasoned hikers Bill Cannon and Hadley Donaldson were on hand to share their experiences hiking with the SEM chapter.

The forecast called for clouds and warm temperatures, which allowed for a leisurely and pleasant hike for the first three miles. Then an unforeseen downpour arrived that forced a hasty retreat back to the Visitor Center for homemade granola bars and cookies. I guess this was Nature's way of breaking in a new group of hikers.



Damp, but undaunted, new members explored Wompatuck State Park in March. *Photo by Sue Svelnis*



New Member hikers learned more from veterans about proper gear and equipment.

Photo by Sue Svelnis

A fickle forecast caught the group in a downpour.

Photo by Sue Svelnis



Spring Conditioning

Continued from page 1

The hikes continued to cover the most challenging routes (think loops of North and South Skyline over and over) and the intrepid hikers all became stronger and stronger! Think Big Blue, Houghton Hill, Tucker Hill, North Boyce Hill, Buck Hill, and reverse and repeat! Every week we enjoyed the company of 10 to 15 hikers—in each group!

The day of the planned grand finale 10-miler found us under dripping skies. For the safety of the group we moved over to the Ponkapoag area as one group of 17 hikers, and we blasted out almost nine miles at a walloping pace of 20 minutes per mile! Yes, indeed, this group is fit! Everyone was surprised at how quickly we moved on the flat trails!

Our final hike brought us all together one last time to hike the North-South Skyline loop from the Route 138 parking lot. Several members of our group had other commitments (we missed you!), but we ended up with 18 happy hikers on the final day. We enjoyed a delicious lunch at the Blue Hills Grill and all had a chance to chat about upcoming trips and travel plans. Many thanks to Len for another great series, and cheers to Craig and Pam for stepping into leadership roles. Have a great summer everyone!

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May 23 was a grand day for a trek around Moose Hill and the Audubon Sanctuary with leader Nancy Perlman and co-lead Diane Simms. *Photo by Mo Walsh*

Tossed food scraps endanger wildlife

From the LNT News Update

Whether it's an apple core from the window of a moving car, or an orange peel casually left on the side of a trail, our food waste attracts wildlife to areas with high human activity. ***Food thrown alongside roads draws wildlife nearer to roadways and increases the likelihood they will end up as road kill.*** Scraps tossed on the trail bring wildlife closer to the trail corridor as they seek out food.

One apple core will not completely disrupt the local ecosystem, but cumulatively, we know that feeding wildlife damages their health, alters their natural behaviors, and exposes them to predators and other dangers. This is because when an animal finds or receives human food consistently over time from campers and visitors, they no longer seek their own food in nature. This is extremely dangerous because, like humans, animals need a varied diet to get all the nutrients to be healthy, strong, and in good reproductive health. When going to the campground or trail yields an easy meal of fruit or human processed foods, they eat and get full on single food items instead of a range of natural foods that all provide different nutrients. So when that squirrel or deer or bird that looks so hungry comes up to eat trail mix out of your hand, know that you put the animal at risk of losing a healthy life, a prolonged existence, and the opportunity for healthy offspring.

Enjoy your world. Leave No Trace.



Glen Clark, left, Bill Fischer, Carol Houghton, Paul Corriveau, & Margot Fitsch head out. *Photos by Jean Orser*

Paddlers tour Cape Cod waters

By Ed Foster, Paddling Chair

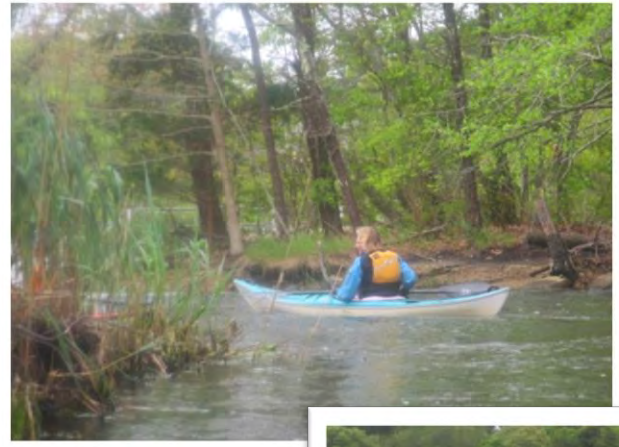
On a cloudy, cool day with the NOAA forecast of a high of 57 F, 10-13mph NW wind, and no rain, we decided to paddle.

With a 2.6' high tide at the entrance to the Bass River at 9:56 a.m., we hoped conditions would be perfect for going under the North Dennis bridge. We headed counterclockwise into the wind and found relief when we reached the far shore. Soon we were at the Crab Creek Conservation Area bridge and enjoyed a swift ride under the road into Weir Creek and Mill Pond.

There was an abundance of bird life: osprey, swans, ducks, geese, and blue herons. Carol spotted a blue heron in front of a dog house near the water; we paddled close to photograph it and discovered it was plastic! Fooled us.

Heading back to the bridge, we found the water flowing in had slowed down and we all made it under successfully. We continued to paddle around Follins Pond past the Leif Ericsson rock and spring, stopping for lunch after noon. Afterwards we circled Dinah's Pond and went under the Route 6 bridge to see the Cape Cod Rail Trail bridge and extension. We took a direct route back past Mayfair Marina to the put-in—spotting some white egrets in the grass.

Another good day on the water!



Above: Carol Houghton checks the shore line.

Right: Osprey and nest on a rock in Mill Pond.



Left: Another osprey peers down from a high nest.

Right: Lunch break for Paul Corriveau, left, Bill Fischer, Glen Clark, and Carol Houghton.



Left: Paul, Carol, and Glen, head back under the Route 6 bridge. The Cape Cod Rail Trail bridge is in the background.



Volunteer of the Month: Cathy Giordano

By Jane Harding, Cape Hiking Chair

Each month the SEM recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! This month the Cape Hiking Committee recognizes **Cathy Giordano** for her numerous contributions.

Cathy is the hands-down choice for Volunteer of the Month. She has served for the last three years as Cape Hikes Co-Chair or, as some might say, my right-hand colleague. She has willingly given her time to make Cape Hikes the success that it is. She has participated on the monthly board meeting calls, missing very few. She writes up her notes and sends them to me so we can collaborate on the action items. She has willingly volunteered on many occasions to write the justification for Volunteer for the Month.

Cathy has been an active participant in AMC-SEM off-Cape activities. She has been a presenter for the last three years at Leadership Training, giving the presentation on Show 'n' Go Hikes. This spring she reached out to all the leadership trainees who wanted to lead on the Cape to offer assistance in taking the next step to becoming a leader. She is currently mentoring three of the trainees.

To sum up my thoughts: I could not succeed at my job without Cathy's support. Thank you, Cathy, for all you do!

Cathy will receive a Volunteer of the Month Certificate and a \$50 gift card.

'Intro to Backpacking' program open to all interested hikers

By Bob Vogel, Hike Leader

If you missed the June 18 "Introduction to Backpacking" workshop, you can still participate in this program. You will receive the written info to help you get started, and info on the upcoming backpacks.

Have you ever wished you knew how to go backpacking? Does the idea of 'Carrying your house on your back' appeal to you? Or maybe you just wish you could go hiking in New Hampshire without the need to get up at a ridiculous time, drive for many hours, go for your hike, and drive for many more hours, only to arrive home late and pooped? Backpacking is the answer, and you—yes, you!—could be doing it this summer.

Now that you want to go, you are probably asking yourself, "Hey, how does someone like me learn how to go backpacking?" Oh, and, "Just how much is it going to cost me to outfit myself with everything I need?"

Well, to find out you sign up, noting that you didn't make the workshop, and you will receive the written info to help you get started and info on the upcoming backpacks.

Right now we have the first backpack trip, scheduled for July 16-18, listed in the AMC system. I hope we can pick some more dates (and co-leaders) and then we'll post additional beginner backpacks. These backpacking trips—because Bob is getting old!—will be easier. No "Let's do the Bonds and stay at Guyot" trips here! But it will still be fun to hike into the woods and spend the night. Next up, hopefully, is a backpack to Shoal Pond, with optional hike to Thoreau Falls and up Zealcliff.

For more information or to sign up for "Introduction to Backpacking," contact me at vogel.r@comcast.net. I am a four-season hike leader for the Southeastern Mass. Chapter, as well as a hike leader for Boston Local Walks, and a three-season leader for Boston H/B.

Bob Vogel is compiling an "Intro to Backpacking" guide covering a range of topics from gear types, prices, and comparisons to backpacking destinations and—most important—food! To get your copy, contact him at vogel.r@comcast.net or look for installments in *The Breeze* or at www.amcsem.org.



New stairs and railing provide safer access to 1623 Trail.

Members help build stairs to Duxbury's historic 1623 Trail

By Skip Maysles, Trails Chair

Some readers of this newsletter may not be aware that next year, 2020, will mark the 400th anniversary of the landing of the *Mayflower*! Many South Shore communities have put into place 2020 Committees and they are planning events honoring this special occasion.

One such community, Duxbury, will plan many events, and one in particular will be a hike along the historic 1623 Green Harbor Path Trail. The earliest documented usage of this trail was from the year 1623, and some people believe it was used even earlier! It was first used by Native Americans and then by the Pilgrims as a path from Plymouth to Green Harbor, now Marshfield. This trail is almost 400 years old!

One of the access points to the 1623 Trail is directly behind the First Parish Church on Route 3A (Tremont Street), Duxbury, where there is a steep path with exposed roots and much erosion. This area has been identified as needing major work to make it safer and more accessible to all.

Back in November 2018, Sally Delisa, an SEMer and First Parish Church member, contacted SEM and asked if the Trails Committee would be interested in working on this stairs project. We said YES!

So, over the winter and early spring, Len Ulbricht, Pete

Tierney, myself, and several church members worked on preparations, along with Boy Scout Jack Champagne, who is installing a kiosk and information panel as his Eagle Scout project.

We had monthly face-to-face meetings at the church and many follow-up emails to discuss plans, details, and revisions and to define material and tools needed. In mid-April, our plans were in place, and ground-breaking was set for the end of April.

Over four weekends from the end of April into May, all parties gathered and started the clearing of the land, building the stairs/railings, and installing landscape timbers and crushed stone. As we were working, many hikers and dog walkers would stop and ask about our project. We received many good comments and thank yous! When it was done, we took a step back to examine the work, and we agreed it looked good!

A big THANK YOU goes to all who assisted:

First Parish Church: Doug, Lois, Peter, and Kathy.

Boy Scout Troop #62: Jack Champagne (and his parents, Mark and Colleen) and several other scouts.

AMC-SEM: Sally Delisa, Len Ulbricht, Rob MacDonald, Bill Doherty, Claire MacDonald, Rich Monarch, Patty Rottmeir, Pete Tierney, and Skip Maysles.



Above: Red flags (circled) mark the old path down the hillside to the trail.



Left: Crew member digs in preparation for the next level of the new stairs access to the 1623 Trail.



Hikers learn how the Arches at Hemlock Gorge were built.
Geologist guides AMC-SEM & Boston chapter hikers on gorge(ous) outing
 Article & Photos by Ken Cohen

On Saturday, June 8, our SEM Chapter (led by Ken Cohen) and AMC's Boston Chapter (led by Local Walks and Hikes Chair Lisa Fleischman) had the pleasure of guiding a group of 28 hikers over hilly terrain through DCR's Hemlock Gorge Reservation on the Needham/Newton line. A special guest, nationally known geologist Les Tyralla, joined the group for the entire walk, with fascinating descriptions of how the region was carved out over the millennia by the power of the Charles River and the geologic events dating back 400-500 million years.

The gathering learned that "puddingstone," a rocky conglomerate material, is the predominate rock in the make-up of the surrounding terrain. Although the trek was only two miles in length, the numerous geologic, historical, and visually appealing highlights kept the group interested for more than two hours.

One of the attractions, the Romanesque style Echo Bridge which spans the Charles River and connects Needham to Newton, was built in 1876. It's listed on the National Register of Historic Places. After traversing the bridge, the group hiked down to its base, listened to Les Tyralla describe how the bridge was constructed from local granite, and experienced the root of the bridge's name. Everyone took turns shouting across the river from one side of the span facing the opposing side. Echo repeats numbered up to one dozen per shout!

All told we witnessed the rushing waters of the Charles at three dams, learned about a "Silk Mill" from the 1800s (now an antiques mall), and were impressed by a "Nail Mill," built from local sandstone rocks, circa late 1700s.

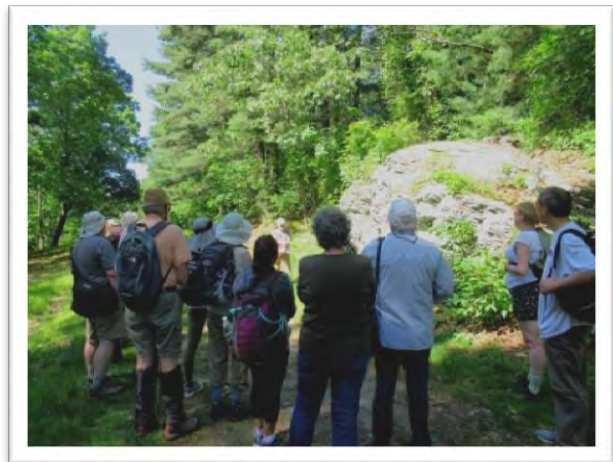
The park's design was created by Frederick Law Olmstead, who is known as "The Father of Landscape Architecture." He's best-noted for his designs of Boston's spectacular "Emerald Necklace" and New York City's Central Park.

If you've never visited this fascinating reservation in its urban setting, you may want to put it on your "to-do" list.

There's limited parking available at Hemlock Gorge at Hamilton Place, Needham Heights, MA.



The Charles rushes past the former Silk Mill.

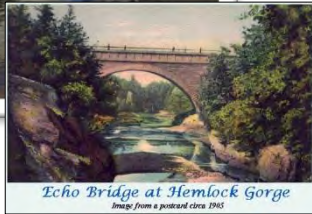
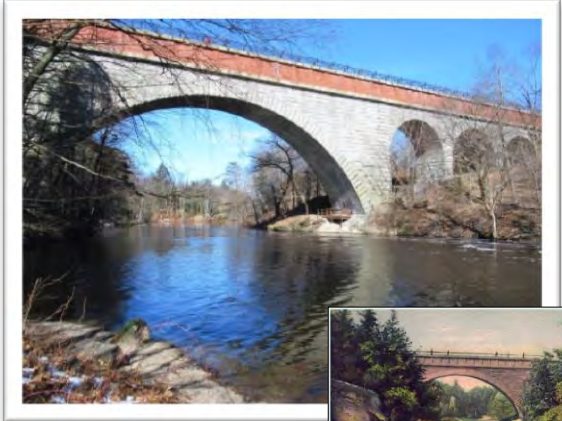


Roxbury "puddingstone" forms most of the town bedrock.

Continued on page 9

Hemlock Gorge & Echo Bridge

Continued from page 8



Echo Bridge over the Charles River & in a postcard circa 1905.



Geologist Les Tyrala, right, with Co-Leader Lisa Fleischman and hiker Jeff Li.



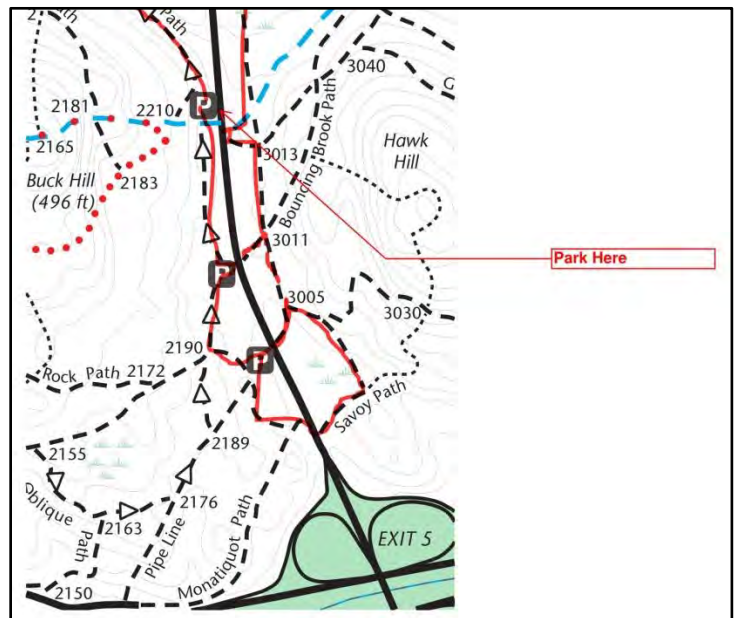
Circular weir dam at Hemlock Gorge.

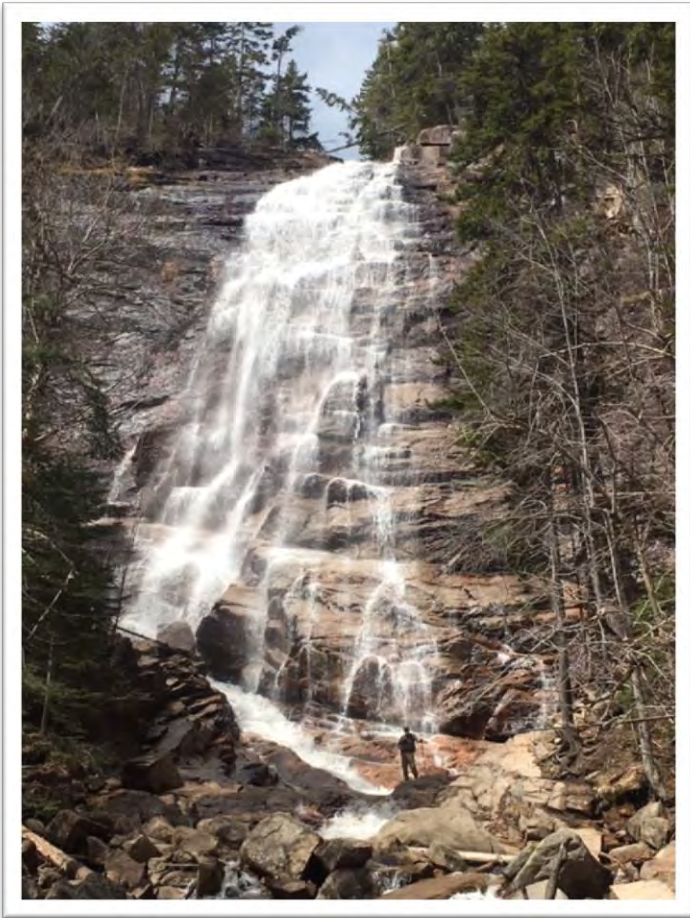
Join AMC-SEM trash pick-up hike July 2nd on Blue Hills trails

By William Cannon, Conservation Chair

The Red Line the Blue Hills group and the Conservation team will host a Trash Pick-Up Hike on Tuesday, July 2. Volunteers will meet at 6 p.m. at the third parking area on Randolph Avenue (Route 28) from Exit 5B/North off US 93/Route 128. A poop sheet with precise directions will be sent to the Red Line group and registered volunteers several days before the hike.

The hike is flat and just three miles, so with a leisurely pace we should finish just before dark. This is a great way to give back to the DCR for giving us the opportunity to hike the Blue Hills each week. Also, for those who have not joined a Red Line hike, this is a great opportunity to meet some of the group and to learn about the series.





Craig MacDonald is awe-struck at the base of Arethusa Falls in the White Mountains of New Hampshire. *Photo by Claire MacDonald*

AMC 20s & 30s take over Harriman

Members in their 20s & 30s are taking over the AMC Corman Harriman Outdoor Center in New York's beautiful Hudson Valley—you won't want to miss out! The weekend of July 12-14 will include fun outdoor activities (hikes, swimming, paddling, biking, etc.), workshops, good food, live music, and a campfire.

The event will also include a meeting for 20s & 30s leaders from across the region, so if you're interested in getting involved as a volunteer, this is a great way to learn about how it all works. Of course, people of any and all ages are welcome to participate in this event! So sign up, and bring a friend! Spots sell quickly, so claim yours soon! Get [more info and registration](#) here.

2019 Distinguished Service Award nominations sought from members

By Barry Young, Past Chapter Chair

Nominations are now being accepted for the annual AMC-SEM Distinguished Service Award, our chapter's highest service award. Any active SEM Chapter member may nominate someone.

Nominees should fulfill the following criteria:

- Must be a current AMC-SEM member and have been active with the SEM Chapter for more than 5 years.
- Has significantly contributed to different committees.
- Has contributed to the AMC Club in addition to committee work.
- Has contributed "above and beyond" the usual SEM high level of volunteer service.

The selection process is conducted by a secret vote by the Nomination Committee which consists of previous award recipients and is coordinated by the previous year's winner. The winner of the award will be announced at our Annual Meeting on November 2nd, and until then the winner is a surprise! Winners receive a gold-plated Sierra Cup, a certificate, and have their name added to the AMC-SEM DSA plaque.

If you wish to nominate someone, start gathering your facts to support your nominee and fill out the DSA Nomination Form, which you can receive by contacting the Chapter Chair (chair@amcsem.org), or look for it under Documents on our website. To learn more about the award, you can visit our website at <http://www.amcsem.org/about.html>.



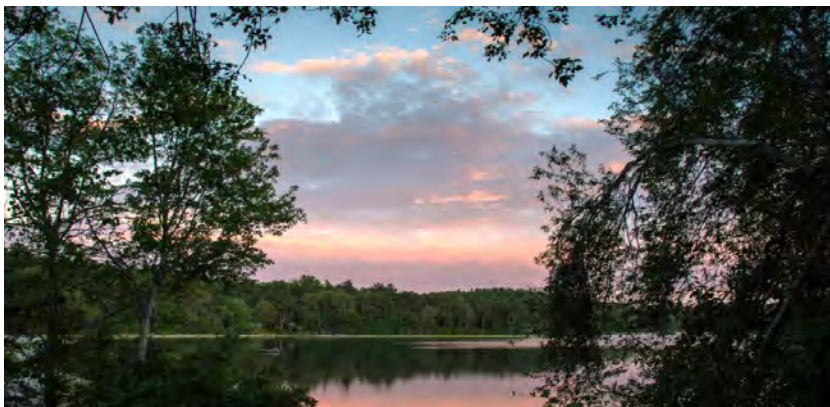
Joe Keogh, DSA honoree in 2017, presents the 2018 SEM Distinguished Service Award to Maureen Kelly in 2018.

Photo by Barry Young



Hikers alert for fragile Lady Slippers along paths in the woods

Ken Cohen led an enthusiastic group on the hunt for Lady Slippers, also known as the forest orchid, along the trails of Wilson Mountain and Whitcomb Woods. After a colder than normal spring, the endangered flowers were just emerging, but would soon blossom. *Courtesy Photos*



Save the Date **Fall Gathering 2019** October 18th to 20th **Camp Burgess in Sandwich, MA**

We are looking for volunteers for leading activities, workshops, registration, logistics. If you can help out for even a couple of hours, it would be much appreciated. Contact FG2019 Event Chair Barry Young at pastchapterchair@amcsem.org





“First Nighters” gather on the Horse Bridge over Route 24 to kick off Red-Lining the Blue Hills. *Photo by Sue Svelnis*

‘Red-Lining’ inspires both new and veteran hikers

By Alan Greenstein

There was great enthusiasm as 47 hikers gathered at the Donovan School, Randolph, MA, to kick-off the 14th year of the Red Line the Blue Hills (RLBH) hiking series on Thursday, April 11. It was the largest first night ever and included eight hikers who had not previously participated in the RLBH hikes, as well as Bob Vogel, the originator. Joe Keogh led the April 11 hike, as he has since 2008. RLBH has been the inspiration for many AMC-SEM members to participate in other local and NH hikes. Several Red Line/White Line hikers have attained Hike Leader status, and Mike Woessner, Wayne Anderson, Jim Plouffe, Cheryl Lathrop, Maureen Kelly, Barry Young, and Len Ulbricht have ascended to the Chapter Chair position after participating.

The objective of the series is to offer hikers the opportunity to hike every inch of every one of the 125 trails in the Blue Hills Reservation on Thursday nights commencing at 6:00 pm from mid-April through mid-September. Regular attendees can generally earn the patch which demonstrates their accomplishment in 1.5 seasons, with perhaps a few supplemental “on your honor hikes” to pick up any trails they missed.

Inasmuch as trailheads vary from week to week, it is

imperative that interested hikers register (once) at suesvelnis@gmail.com in order to receive the weekly email information sheet. The list was refreshed this year. The previous email list was significantly obsolete and needed to be made current. If you want to participate and have not signed-up in 2019, it is necessary to send a new request.



Trails Vice Chair Pete Tierney, left, receiving his patch for a fourth completion of “The Circuit” from Joe Keogh.

Photo by Sue Svelnis



Sunset over lake at Camp Burgess on Cape Cod

Discover where the locals hike, bike, and paddle on Cape Cod at Fall Gathering 2019

Save the dates: October 18-20th, 2019!

Come join the Southeastern Mass. Chapter at AMC Fall Gathering 2019, October 18-20th on Cape Cod. As always, you'll have a chance to meet, socialize, and share ideas with members from AMC chapters up and down the East Coast. And at this Fall Gathering, you'll also have a special opportunity to let our local leaders "on Cape" share their favorite – and often hidden – hiking trails, bike routes, and paddling areas with you!

The Cape is particularly appealing in the fall when the leaves start to change, the air turns crisp, and the summer crowds disappear. The location we've selected for FG 2019 is the beautiful [Camp Burgess](#) in Sandwich, Massachusetts. This great facility spans nearly 300 acres of forests, meadows, trails, and freshwater ponds. It offers a large private lake; spotless cabins (many with lake views); indoor washrooms and shower facilities; and a bounty of on-site recreational opportunities including zip line; climbing wall; and basketball, volleyball, tetherball, and gaga ball courts.

At this event, you'll be able to explore the best "the Cape" has to offer! We're planning a wide variety of hikes, bike rides on quiet roads and pristine trails, and (weather permitting) one or two paddles. The hikes will include woodland hikes, hikes on the National Seashore, dune walks, and naturalist hikes. We're also planning to have live music, a trivia contest, yoga, campfires, and other activities to keep everyone engaged and entertained throughout the weekend.

One-night, two-night, or single-day options will be available along with delicious and healthy meals in the camp's expansive dining/meeting facility. Please save the date for FG 2019 and visit www.outdoors.org/fallgathering for more details! Registration opens July 1, 2019.

Activities

For the most current information, [search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

AA 13+

A 9-13

B 5-8

C less than 5

Indicates pace

1 very fast

2 fast

3 moderate

4 leisurely

Indicates terrain

A very strenuous

B strenuous

C average

D easy

Found in the description

L Activity leader

CL Activity co-leader

FT First Time

NM ... New Members

AN Advance Notice

C Conservation

BICYCLING

Ongoing. Vice Chair, Biking Committee, SEM's Executive Board is seeking a Biking Vice Chair to assist the Biking Committee Chair with planning, organizing and leading bike trips in Southeastern Mass. A particular focus of this position is to promote bike trips off Cape in Plymouth, Bristol and surrounding counties. This includes leading trips, identifying desirable routes, and encouraging development of additional bike leaders. L Leonard Ulbricht (chair@amcsem.org)

Fri., Jun. 21. Summer Solstice Bike Ride, Cape Cod Canal, MA. Come celebrate the arrival of Summer 2019 as we ride along the Cape Cod Canal and into the neighborhoods of Bourne. Distance: 22 (+/-) miles. Pace: Moderate, stay together group pace. No one is dropped. Apres ride gathering to toast and welcome the summer season. L Joe Tavilla (508-450-1934, silverski6184@comcast.net)

Sat., Jun. 29. Rochester- Marion Bike Ride, MA. 9am start. 33 mile ride over flat terrain. We'll ride through Rochester passing lakes, ponds and cranberry bog scenery then head for Marion with great views of the Weweantic River, Sippican Harbor, Kittansett Golf Club and Buzzards Bay. A few miles from the finish we'll stop at the Robins Nest for ice cream. Easy paced ride between 12-13mph. Helmets are required. To sign up and get info on the start location, contact the leader, L Jack Jacobsen, 8:00 AM- 8:00PM, at cyclejac51@yahoo.com or cell phone: 508-353-3708.

Tue., Jul. 16. Road Cycling - Sunset and Full Buck Moon Ride, MA. 22+/- Miles & 2+ hours. Flats & Hills. FULL BUCK MOON - Bucks begin to grow new antlers at this time. This full moon was also known as the Thunder Moon, because thunderstorms are so frequent during this month. Start time: about 2 hours prior to sunset. Contact leader for registration, location, etc. Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

Wed., Jul. 17. Road Cycling Nantucket Island, Hyannis, MA. Bicycle round the historic and beautiful Nantucket Island We will visit several villages and beaches along the way Mostly paths, but also some roads. We will stop "in town" for a burger type lunch or bring your own food. Before we depart the island, we will visit the Cisco brewery for beverages, food and entertainment galore. We will depart Hyannis via the Steamship Authority High Speed Ferry at 8:15 AM and return on the 6:15 PM boat, Trip time approx .1 hour. Cost is approximately \$65.00 round trip including bike. Attendees MUST be able to cycle 40-45 miles at a moderate pace of 12-16 MPH. Bikes must be ready to roll once we are off the ferry. Helmets are required, tires and brakes in working order. Stay tuned for updates Rain cancels this event. L Bernie Meggison (617-930-4029 8:00 AM - 8:00 PM, thosemeggisons@gmail.com, Long time cyclist and AMC leader.), R Bernard Meggison (617-930-4029)

Thu., Aug. 15. Evening Road Cycling - Sunset & Full Sturgeon Moon Ride, MA. 22+/- Miles & 2 ½ - hours. Flats & Hills - Full Sturgeon Moon - August The fishing tribes are given credit for the naming of this Moon, since sturgeon, a large fish of the Great Lakes and other major bodies of water, were most readily caught during this month. A few tribes knew it as the Full Red Moon because, as the Moon rises, it appears reddish through any sultry haze. It was also called the Green Corn Moon or Grain Moon. Start time: about 2 hours prior to sunset. Contact leader for registration, location, etc. paulbcurrier@comcast.net Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

Continued on next page

Activities

For the most current information, [search activities online](#)

BICYCLING

Sat., Aug. 17. Cycling & Wine Tasting in Westport Rivers Winery, Westport, MA. Join us for an approximately 30 mile ride through beautiful Westport & Dartmouth, MA. We will pass farms, stone walls, conservation land, river & the beach. The pace will be 12-15 mph, & there will be some hills. Following the ride, we will have a private wine tasting at Westport Rivers Winery. They specialize in white & sparkling wines. Participants must be 21 years or older to participate in the tasting, & the cost is \$25 per person. A helmet is required to ride. Bring water & a snack. L Jeannine Audet (508-493-8221 weeknight after 7:00 PM, weekends anytime, milmod@aol.com)

Sat., Sep. 14. Evening Road Cycling - Sunset & Full Harvest or Corn Moon Ride., MA. 22+/- Miles & 2 ½ - hours. Flats & Hills - Full Corn Moon or Full Harvest Moon -This full moon's name is attributed to Native Americans because it marked when corn was supposed to be harvested. Most often, the September full moon is actually the Harvest Moon, which is the full Moon that occurs closest to the autumn equinox. In two years out of three, the Harvest Moon comes in September, but in some years it occurs in October. At the peak of harvest, farmers can work late into the night by the light of this Moon. Corn, pumpkins, squash, beans, and wild rice the chief Indian staples are now ready for gathering. Start time: about 2 hours prior to sunset. Contact leader for registration, location, etc. paulbcurrier@comcast.net Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

Mon., Oct. 14. Sunset and Hunter's Moon or Blood Moon Road Cycling, MA. 22+/- Miles/ 2 +/- hours. Flats & Hills. Traditionally, tribes spent the month of October preparing for the coming winter. This included hunting, slaughtering and preserving meats for use as food. This led to October's full Moon being called the Hunter's Moon and sometimes Blood Moon or Sanguine Moon. Start time: about 2 hours prior to sunset. Contact leader for registration, location, etc. Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

Tue., Nov. 12. Sunset & Full Beaver Moon Road Cycling, MA. 22+/- Miles/ 2 +/- hours. Mostly flat - a couple of small hills. Beaver Moon: For both the colonists and the Algonquin tribes, this was the time to set beaver traps before the swamps froze, to ensure a supply of warm winter furs. This full Moon was also called the Frost Moon. Start time: about 2 hours prior to sunset. Contact leader for registration, location, etc. Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

Thu., Dec. 12. Sunset and Full Cold Moon Cycling, MA. 22+/- Miles/ 2 +/- hours. Flats & Hills. December is the month when winter begins for most of the Northern Hemisphere, hence, its full moon is called the Cold Moon. Start time: about 2 hours prior to sunset. Contact leader for registration, location, etc. Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

CAPE HIKES

Mon., Jul. 15. Full Moon Hike, Cape Cod Canal, Sandwich, MA. We will walk along the canal to Town Neck Beach and walk the beach to Mill Creek. With any luck we will time our arrival to see the moon rise over Mill Creek. We will then proceed along the creek to the Sandwich boardwalk and then through a Sandwich neighborhood to catch the sunset at the canal. Wear sturdy shoes, beach can be very rocky. If interested we will go for an ice cream post-hike. L Jane Harding (508-833-2864 Before 9 pm, janeharding@comcast.net)

EDUCATION

Sat., Jun. 22-23. Two-day Map and Compass Workshop (Sat/Sun), Blue Hills, Boston Area, MA. See listing under Hiking. R Paul Brookes (603-799-4399 After 8am and before 9pm, PaulBrookes1966@outlook.com)

Continued on next page

Activities

For the most current information, [search activities online](#)

EDUCATION

Sat., Sep. 21-22. Wilderness First Aid Two Day Workshop, Wildlands Trust Community Conservation Barn 675 Long Pond Rd., Plymouth, MA 02360. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. This training is required for AMCSEM trip leaders, but is a great experience for any outdoor enthusiast. Instruction is provided by SOLO, experts in providing wilderness medical training. L Douglas Griffiths (508-758-4315 after 6:00 pm, [reddougg@aol.com](mailto:redDoug@comcast.net))

EXECUTIVE COMMITTEE

Ongoing. Vice Chair, Southeastern Mass Chapter, MA. Dear fellow SEM Member, The SEM Executive Board is seeking a chapter Vice Chair volunteer to: *Support the SEM Chapter Chair and our great activity leaders; *Help run the 2019 AMC Fall Gathering which will be held on Cape Cod; *Represent the SEM Chapter at a variety of club-wide and chapter events; *Interface with AMC HQ and learn how AMC functions behind the scenes; *Support conservation, education and recreation in Southeastern Massachusetts. You will assist with the development of chapter goals, budgets and special events (such as Fall Gathering 2019), assist other committee members in coordinating chapter activities, and participate in monthly Executive Board meetings and periodic AMC meetings of chapter chairs. Experience with or willingness to learn straightforward Excel spreadsheet and Power Point-type applications helpful. L Leonard Ulbricht (chair@amcsem.org)

HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org.
Always looking for additional hike leaders! Contact hikingchair@amcsem.org

(FT) (NM) Tue., Jun. 18. Introduction to Backpacking Workshop, Easton, MA. Have you ever wished you knew how to go backpacking? Does the idea of "Carrying your house on your back" appeal to you? Or maybe you just wish you could go hiking in New Hampshire without the need to get up at a ridiculous time, drive for many hours, go for your hike, and drive for many more hours, only to arrive home late and pooped? Backpacking is the answer, and you, yes you, could be doing it this summer. Think about it. Drive up on a Friday evening, hike an hour or less into the woods. Set up your tent, roll out your bedding and go to sleep in the cool woods, listening to the sounds of nature. Maybe there's bubbling brook nearby. Maybe you hear the birds calling. In the morning you wake up, cook breakfast, pack up your stuff and hike. How far do you hike? As far as you want to. Some like to cover lots of ground, and climb lots of 4000 foot peaks (I was once one of those, years ago.) Or maybe you just want to go a shorter distance, over flatter terrain! (That's me now!) With backpacking, the choice is yours. You go where you want, at the pace you want. When you get "There", wherever it may be, you pitch your tent again, and set about cooking a nice supper. After supper maybe you sit around and talk, or maybe (especially if you are one of those 4000 footer bagging hikers) you hit the sack early. Next morning... hey, you know what to do, just from reading this. Cook breakfast, pack up and hit the trail, but this time towards your car (unless you are lucky enough to be on an extended trip.) You get out to your car early enough to have a leisurely drive home, avoiding the late Sunday traffic. And what do you do from Monday until the next Friday when you can go again? You tell all your friends about the great trip you had last weekend, everything you saw, and your plans for an even better trip the coming weekend. OK, now that you want to go, you are probably asking yourself "Hey, how does someone like me learn how to go backpacking?" Oh, and "Just how much is it going to cost me to outfit myself with everything I need?" Well, to find out you sign up for this free Introduction to Backpacking Workshop and that will get you the answers. [Even if you can't make this workshop, sign up (noting you can't make the workshop), and you will receive the written info to help you get started, and info on the upcoming backpacks.]. L Bob Vogel (vogel.r@comcast.net, Bob is a 4 season Hike leader for the Southeastern Mass Chapter, as well as a hike leader for Boston Local Walks and a 3 Season Leader for Boston H/B.) L Joanne Newton (vogel.r@comcast.net), R Bob Vogel (vogel.r@comcast.net)

Continued on next page

Activities

For the most current information, [search activities online](#)

HIKING

Tue., Jun. 18. Tuesday Morning Blue Hills Hiking Series, Blue Hills, Milton, MA. For your hiking pleasure, a continuing Tuesday Morning Series, Over time we plan to hike 'all' of the trails within the Blue Hills, meeting in different parking lots and hiking different routes each week. If folks are interested this series will run... well, for as long as folks/Leaders are interested. (Currently only the few weeks are posted. This is to allow modifications to this listing, and the addition of other Leaders, going forward.) So, if you are interested in hiking in the Blue Hills on Tuesdays, typically from 10 AM until, typically, sometime before 2:00, Contact the Registrar, Bob Vogel. He will provide full information about these hikes. That information will allow you to make an informed decision about your choice to partake in this exciting, slightly different, hiking series. (If you don't know Bob, please include a BRIEF 'My Hiking History', so we can get to know each other.) Note that, in addition to 'just hiking', this series also aims to provide 'skill building', both for participants, new Co-Leaders and existing Leaders. We will incorporate a range of 'educational opportunities' as we hike, (Map reading, GPS app usage, Group Management practice, Introduction to Trailwork, Come hike, get some exercise, have fun, and learn. Note: If this group grows in size, the plan is to split into sub-groups when we hike, to keep each 'hiking group' to a manageable size. Groups may split based on speed/distance abilities, willingness to hike with dogs, ability to hike for the full 4 hours, desired trails to hike, etc. This will be a "Register once, come as often as you want" series. L Bob Vogel (vogel.r@comcast.net, Bob is a 4 season Hike leader for the Southeastern Mass Chapter, as well as a hike leader for Boston Local Walks and a 3 Season Leader for Boston H/B.)(vogel.r@comcast.net)

Wed., Jun. 19-23. Ten Maine 4Ks - Hiking the Rangeley and Bigelow Mtns., Carrabassett Valley, Maine, ME. Join us on a 5 day trip to the Rangeley and Bigelow areas to hike 10 of the 14 Maine 4000 footers, experiencing some of the most astonishing views. Jointly sponsored by New Hampshire and Southeastern Mass chapters. We will not only be hiking these spectacular mountains, we will be enjoying time with great people. We will be staying at a delightful accommodation in the Carrabassett Valley and carpooling to the trailhead each day. This trip is for experienced hikers in good hiking condition as we will be hiking 5 consecutive days. L Leslie Carson (508-833-8237, lrc929@comcast.net) CL Dirgny Perdigon (dalexandra@gmail.com), R Dirgny Perdigon (dalexandra@gmail.com)

(FT) (NM) Thu., June 20. Red Line the Blue Hills, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 14th year of the Red Line series! L Joe Keogh (jpk24@gmail.com) L Michael Swartz (617-840-4199, swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Sat., Jun. 22-23. Two-day Map and Compass Workshop (Sat/Sun), Blue Hills, MA. Come learn beginner to intermediate navigation skills using a map and compass to find your way in this two-day weekend workshop. No prior skills are required. All activities will take place at the Blue Hills Reservation; you will need appropriate hiking gear and be able to hike approximately 4 miles with a small day-pack. On Saturday we'll use the conference center at Brookwood Farms for both indoor and outdoor instruction. You'll learn how to read a topographic map, how to use a compass and how a map and compass work together. In the afternoon you'll get to practice your skills on a directed hike in the Blue Hills using the DCR trail map. On Sunday your group will plan your own route to find flags hidden both on and off the trail. For this hike, you will be using a topographical map which does not show the trails and will make use of terrain features such as valleys, brooks, and hills to stay found. Each group will have an instructor to help facilitate the learning. Prior reservation is required, and class size is limited to promote small group learning. To register for this workshop, you must commit to attending both Saturday and Sunday. You will need to purchase and bring to class a navigating compass with adjustable declination correction, the recommended compass is the Suunto M-3 (list price \$44). L Paul Brookes (603-799-4399 After 8am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) CL Doug Griffiths ([reddoug@aol.com](mailto:redoug@att.net)) CL Pete Tierney (pxtierney@aol.com), R Paul Brookes (603-799-4399 After 8am and before 9pm, PaulBrookes1966@outlook.com)

Continued on next page

Activities

For the most current information, [search activities online](#)

HIKING

Mon., Jun. 24. Massasoit Hike, Massasoit State Park, 1365 Middleboro Ave, East Taunton, MA. This will be an approx. 2 hour hike commencing at the "Healthy Heart Trail" and looping back to our start at the main entry check point station. Plan to arrive at 9:45 AM as the hike will begin promptly at 10 AM and will cover approx. 4 miles of mostly flat terrain at a moderate pace. If you are new to hiking or want to get reintroduced to hiking, this will be a good hike for you. Trail map in online at <https://www.mass.gov/files/documents/2016/12/na/massasoit.pdf>. Parking lot is located off of the Middleboro Avenue main entrance. We will meet at the parking lot before the gatehouse. Pets are not permitted. Bring sturdy hiking shoes, snacks, water and a raincoat. L Joanne Newton (508-215-9470 After 5 PM; newt665@comcast.net) CL Roger Whidden (781-834-7722 After 5 PM, wsfi1@verizon.net), R Roger Whidden (781-834-7722 After 5 PM, wsfi1@verizon.net)

(FT) (NM) Thu., Jun. 27. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See Thurs., June 20, entry.

Sat., Jun. 29. Summer Hiking Series #2 Mt Cardigan, NH. Mt Cardigan is located in west central NH, southwest of the White Mountains. The bald dome offers fine views from the summit. At 3,155 ft, it is #27 on the "52 With a View" list. Starting out from Cardigan Lodge, the trail will take us through hardwood forest, scrub, with the final approach to the summit on ledges marked with cairns. We plan to hike to both the summit of Cardigan and the north peak, Firescrew, named for a spiral of smoke and fire which occurred in 1855. 6.0 mile loop hike with 1,900 ft elevation gain, at a moderate pace, approx. 4 - 4.5 hours. L Peggy Qvicklund (774-893-3011 before 9 pm, qvickan@comcast.net, Hike leader since 2014. Has completed the NH 48, but mainly enjoys sharing the outdoors with like-minded folks.) L Anne Duggan (508-789-5538, abduggan12@gmail.com) CL Emilie Bent (508-577-3679 before 9 pm, emilieb1@yahoo.com), R Emilie Bent (508-577-3679 before 9 pm, emilieb1@yahoo.com)

Sat., Jun. 29. Saturday morning Ponkapoag Pond hike, Canton, MA - Note Early Start. Moderate to fast pace, with occasional stops. 5 ½ - 6 ½ mile hike around The Pond with one or two additional perimeter loops. Approx. 9:00 am-11:30 pm. Please arrive by 8:45 am for a 9:00 am start. Bring waterproof hiking shoes, bug spray, sun screen, snacks and water. We'll take a break at the AMC Camp, down near the pond, weather permitting. Steady rain cancels. Dogs on leash O.K. L Ken Cohen (508-942-1536 Before 7:30 pm, k-cohen@comcast.net, Year-round hiker and snow shoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Class I Hiking Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills. Active ad-hoc member of the Board of Trustees for The Friends of The Blue Hills. Avid nature photographer.)

(FT) (NM) Tue., Jul. 2. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See Thurs., June 20, entry.

(FT) (NM) Thu., Jul. 11. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See Thurs., June 20, entry.

Sat., Jul. 13. 52 With a View Hike - Mt. Success, Gorham, NH. Are you working on your 52 WAV list? Join us for a day hike to Mt. Success in the Mahoosuc range area. Along the way there is a spectacular ledge known as the Outlook with great views of the Presidentials. There may be some slippery slabs and wet, boggy areas which have been improved with bog bridges. Round trip is 6.0 miles with +/- 1950 ft. of elevation. An option may be to extend beyond the summit to explore an old plane crash from 1954. L Leslie Carson (508-737-6627, lrc929@comcast.net, Leslie is a 4 season hike and backpack leader with the AMCSEM chapter. She also leads for August Camp and AMC's Adventure Travel.) L Ken Carson (508-833-8237, kcciii@comcast.net) CL Emilie Bent R Emilie Bent (508-577-3679, emilieb1@yahoo.com)

Sun., Jul. 14. 52 With a View Hike - Mt. Hayes, Gorham, NH. Are you working on the 52 WAV list? Come hike another mountain with us in the Mahoosuc range - Mt. Hayes. It is the last peak at the southern end of this range and it also ranks last in terms of altitude reaching only 2555 feet at it's summit. The hike is approximately 6 miles round trip with an added side trip on a spur trail to Mascot Pond with +/- 1768 feet of elevation. Wide open ledges providing nice views are located 0.3 miles from the actual summit. L Ken Carson (508-737-8268, kcciii@comcast.net) L Leslie Carson (508-737-6627, lrc929@comcast.net), R Ken Carson (508-833-8237, kcciii@comcast.net)

Continued on next page

Activities

For the most current information, [search activities online](#)

HIKING

(FT) (NM) Tue., Jul. 16-18. Backpacking Series - Backpack Hike #1 - Three Ponds, Three Ponds, Ellsworth, NH. Have you ever wanted to backpack into the woods of New Hampshire, but weren't sure how to get started? If that's the case, this summer we are offering a Beginner'Backpacking Series', where we will take you from 'What you need to know' to 'Camping in the backwoods of the White Mountain National Forest'. The series starts with an informal workshop (details TBD), where you can learn about clothing, food, equipment, etc. It will be followed by several backpacks, ranging from 'Anyone can do this!' to 'More advanced" This backpack, #1 in the Series, will take place near Three Ponds, in Ellsworth, NH. Tuesday night (for those who can make it) will give you an opportunity to camp 'near your cars' (In case this is backpack number 1 for you, and you want to start near your car, and a cozy cabin.... just in case.) Wednesday night we will camp in the back country near Three Ponds. (This is prime territory for moose, so if we are lucky, we may spot one...And the last time we were there we saw a beaver working on his dam, as we stood 15' away!) This first backpack in the series will involve modest distance and elevation gain, and we'll have all day to "get there." Future backpack trips in the series will be more challenging. Interested? Email and get on the "Tell me more!" list. Series dates (dates and locations are tentative, and subject to revision): TBD: Workshop (Easton) JuLy 16-18: Backpack #1 Near Three Ponds, Ellsworth, NH TBD: To Shoal Pond, possibly ascend Zealcliff, visit Thoreau Falls TBD: Possibly a backpack to Mt. Flume, with camping off the Osseo Trail. L Bob Vogel (vogel.r@comcast.net, Bob is a 4 season Hike leader for the Southeastern Mass Chapter, as well as a hike leader for Boston Local Walks and a 3 Season Leader for Boston H/B.) CL Samantha Fisher (sahavah@yahoo.com) CL Robert Branczewski , R Samantha Fisher (sahavah@yahoo.com)

(FT) (NM) Thu., Jul. 18. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See Thurs., June 20, entry.

(FT) (NM) Thu., July 25. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See Thurs., June 20, entry.

(FT) (NM) Thu., Aug. 1. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See Thurs., June 20, entry.

(FT) (NM) Thu., Aug. 8. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See Thurs., June 20, entry.

(FT) (NM) Thu., Aug. 15. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See Thurs., June 20, entry.

(FT) (NM) Thu., Aug. 22. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See Thurs., June 20, entry.

(FT) (NM) Thu., Aug. 29. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See Thurs., June 20, entry.

(FT) (NM) Thu., Sept. 5. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See Thurs., June 20, entry.

(FT) (NM) Thu., Sept. 12. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See Thurs., June 20, entry.

(FT) (NM) Thu., Sept. 19. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See Thurs., June 20, entry.

PADDLING

Sat., Jun. 29. Bass River South, Dennis, MA. From launch paddle 'fingers' & bays to river mouth on Nantucket Sound. Lunch on West Dennis Beach. Return & paddle around Grand Cove for 8-9 mile trip. Wear PFD & bring spray skirt in case of wind & waves. Bring lunch & water. Register by email to leader. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau (paulcorri@gmail.com)

Wed., Jul. 3. Paddle Herring River North, West Harwich, MA. Paddle upstream to Coy Brook to end & to East Reservoir & back to Herring River for lunch at North rd bridge. Afterwards paddle to West Reservoir to see herring run & then return to put-in. Wear PFD & bring spray skirt in case of wind & waves. Bring lunch & water. Register by email with Co-leader. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com), R Jean Orser (jeanorser@gmail.com)

Wed., Jul. 10. Paddle Mashpee/Wakeby Ponds, Mashpee, Cape Cod, MA. We'll paddle two fresh water ponds. Combined they form the largest pond on Cape Cod. Bring water and a lunch. PFDs are required and a spray skirt may be necessary depending on wind and wave conditions. Put in at Fisherman's Landing 373 Main Street, Mashpee. L Bill Fischer (508-420-4137 before 9pm, wmbarbarafischer@comcast.net)

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Activities

For the most current information, [search activities online](#)

PADDLING

Sat., Jul. 13. Chase Garden Creek, Yarmouth Port, MA. Paddle Chase Garden Creek & tributaries, Judahs & Whites Brook. See Bray Farm, Shell Processing Plant & Chapin Beach. Lunch along the way. Plan for 7-8 mile trip. Wear PFD & bring spray skirt in case of wind & waves. Bring lunch & water. Register by email with Co-leader. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com), R Jean Orser (jeanorser@gmail.com)

Wed., Jul. 31. Paddle Herring River North, West Harwich, MA. Paddle upstream to Coy Brook to end & to East Reservoir & then to Herring River for lunch at North Rd Bridge. After paddle to West Reservoir to see Herring Run & then return to put-in. Wear PFD, bring spray skirt in case of wind & waves. Bring lunch & water. Register by email with Co-leader. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com), R Jean Orser (jeanorser@gmail.com)

SOCIALS

Thu., Jun. 27. 20s & 30s June SEM Social, The New World Tavern, 56 Main Street, Plymouth, MA. Join us at The New World Tavern for our June SEM Social! Come meet fellow outdoor enthusiasts, and learn about upcoming events and activities. Whether you are new to the AMC, or have been around for a while, this is a great opportunity to meet new people, trade stories, and plan future adventures. There will be ice breaker activities provided. L Susan Schobel (susan.schobel@gmail.com)

(C)(FT)(NM) Fri., Oct. 18-20. 2019 Fall Gathering, Sandwich, MA. The 2019 AMC Fall Gathering will be hosted by AMC's Southeastern Massachusetts Chapter! Discover where the locals hike, bike, and paddle on Cape Cod-join us a weekend of outdoor fun at Camp Burgess, which boasts nearly 300 acres of forests, meadows, trails, and freshwater ponds, and offers activities like zip lining, a climbing wall, volleyball, and more! The fall is a great time to visit the Cape-the leaves start to change, the air turns crisp, and the summer crowds disappear. At this event, you'll be able to explore the best "the Cape" has to offer-we're planning a wide variety of hikes, bike rides, and paddles (weather permitting). The weekend will also include live music, yoga, and campfires. One-night, two-night, or single-day options are available. Start planning your fall getaway today! Registration opens and will be available on this page on July 1st. More information at www.outdoors.org/fallgathering. L Barry Young (Pastchapterchair@amcsem.org)



HAPPY TRAILS!

The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | September 2019

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Backpackers geared up for campout: Guinevere Morse, left, Natalie Halloran, Bob Vogel, Joanne Newton, Ellen Thompson, Jeanne Severdija, Dexter Robinson, Ray Boucher.

Hiking & backpacking weekend

By Joanne Newton & Bob Vogel

Well, the great SEM extended hiking/backpacking weekend of August 16-18, 2019 is now history...but what a weekend it was!

Friday started with a bit of rain as we gathered at the trailhead and prepared to climb Welch & Dickey, but we decided that it was a "Go." (The backup plan had been to cross Rt. 93 and climb Stinson Mountain.) This was the first "52 with a view" for some on this hike, so we were anxious for them and the rest of us to see the views along the way.

We hiked up to the first overlook on Welch and had some views. The rain had stopped and the clouds were still skidding along between the peaks. Even though we didn't have clear prospects, these were still breathtaking.

We then proceeded—cautiously!!!—up the still damp ledges. The footing was... let's say "Un-reassuring." OK, it was "scary as all crap!" to be more blunt, as the sheer drop-offs are nothing to dismiss lightly. We went very slowly, placed each foot carefully, and everyone made it to the top of Welch without any issues. (You folks back in Massachusetts may have heard my sigh of relief when we got there safely. :-))

We had our lunch, meeting a few other hikers at the summit, and then a few sprinkles came. More raindrops as we summited Dickey, but the big, slippery ledges were behind us so we could at least relax a little bit.

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View from the Chair: Fall events to enjoy!

The other day, as I walked along a beach road bordered by assorted summer green vegetation, a few red leaves amidst shiny green ones caught my eye. Poison ivy changing color is an early sign that a seasonal change is upon us. But we still can enjoy a few more months of fall hiking, biking, and paddling before the ponds ice over and the white stuff comes. We also have several special chapter events coming this fall.

Once every 12 years, it's the Southeast Mass. Chapter's turn to host the AMC-wide **Fall Gathering** and this is our year. For this special event, we reserved Camp Burgess in East Sandwich and we're expecting more than 200 AMC members from all Club chapters up and down the East coast to participate. We started planning for this event more than 12 months ago and I'd like to send out a well-deserved "thank you" to all the SEM members who volunteered to help out. Particular kudos go to Barry Young for all the time and effort he already put in organizing this event! Since I just now learned that Fall Gathering 2019 has SOLD OUT, I'm hoping that any of you SEMers who wanted to have already registered and sent in their fees! (We did warn everyone that this event tends to sell out early). But even if you missed out on registering for Fall Gathering, there's plenty of other good stuff going on.

For example, there's the special event that comes every Fall, our chapter's **Annual Meeting** and Dinner. This year we return to the beautiful Bay Pointe Club in Buzzards Bay on Saturday, November 2nd for our traditional evening of socializing, business meeting responsibilities, fine buffet dinner, Distinguished Service Award, and evening speaker. This year we're pleased to be able to offer a presentation by Holly Fitzgerald, the author of *Ruthless River*, an amazing story of resilience and survival in the wild. The Annual Meeting Flyer with evening details, speaker's presentation abstract, and registration form can be found in this issue of *The Breeze*. [Registration is open.](#)

Two other events may not be on your radar yet, but are worth noting. Due to strong interest from this spring's Leadership Training participants, we are offering [Wilderness First Aid](#) for a second time this year, Sept. 21 & 22 in Plymouth. Again, due to strong interest, a second offering of Paul Brookes' popular [Map & Compass training](#) will be held Oct. 5 & 6 in the Blue Hills. Fees for each course may be reimbursable under the chapter's scholarship policy. (See scholarship forms under *Documents* on the chapter website).

Hope you can partake in one or more of these special events, in addition to our regular lineup of Fall hiking, biking, and paddling trips.

Thanks!



Len Ulbricht, AMC-SEM Chapter Chair

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Bob Vogel presents Maria Sestina (right) and Joanne Newton with their patches for completing the Red Line.
Photo by Sue Svelnis

How Red Lining changed our lives

By Maria Sestina

In the spring of 2018, Joanne Newton and I took a chance. We registered for an AMC hike, drove to the designated meeting place, climbed out of our cars, and were met by a circle of smiling faces. Not knowing a soul, we set out on an adventure that would change our lives.

Our bodies grew stronger. Our hearts expanded. Our stamina increased. We became very familiar with the beautiful Blue Hills Trails. Surrounded by experienced hikers eager to share their knowledge, we learned how to read a map, interpret trail markers, use a compass. We became wiser in the woods, more aware of local history and respectful of New England's fluctuating weather patterns. There has always been wonderful camaraderie.

Last night (August 1st), we received our Red Lining patch from the founder of "Red Lining the Blue Hills," Bob Vogel. Joanne and I came wrapped in red satin gift ribbon...but it is all of you that have been a gift to us and to one another. A year and a half ago, we thought that we had merely signed up for a hike, but we got so much more. I hope that you will join us. Take a chance. We'd love to meet you.

100 & 500 mile patches: Get yours when you strive to "Be Outdoors!"

By Ken Cohen

The AMC-SEM website offers many excellent opportunities to participate in so many terrific hiking and achievement programs.

Have you considered the "Record Hiking Miles" option? It's a great way to set personal goals and casually compete with your fellow hikers.

As an additional incentive our chapter has offered a neat looking "100 Miles" patch, which you can request after each 100 miles of AMC sanctioned hikes, with any AMC chapter, in a calendar year.

Just recently a "500 Miles" patch has been added to the mix. That patch can be requested after you've exceeded 500 miles of AMC-sanctioned hikes, with any AMC chapter, during any period of time. For example, 200 miles during calendar year 2019 and 300 miles during 2020 would fulfill that requirement. Of course, acquiring five 100 Miles patches over time would qualify you for the 500-miler.

Please check [the details](#) by clicking on "Hiking" under "Committees" on the left side of the AMC-SEM website. That will take you to the comprehensive hiking activities page. On the right side, you'll click on "Record Hiking Miles." Give it some time to load and read the details at your leisure to get started.



Record hiking miles to earn 100 Mile and new 500 Mile patches. *Photo by Ken Cohen*



Hikers on the rock slabs ascending Welch: Cathy Giordano, Delsey Sherrill, Bob Vogel, Guinevere Morse, Diane Hartley, Joanna Dixon. *Photo by Joanne Newton*

Hiking & Backpacking Continued from page 1

We headed down past the open cliff on Dickey and then back into the woods and finally back out to the cars after four hours. A bit long for a “3 hour, 5 minute” (book time) hike, considering we didn’t get to sit and enjoy the views for an extended period, but careful footing takes longer, and was certainly justified by the conditions. A great hike, with five great participants and two leaders.

Saturday, eight of us (three from Welch & Dickey and five new folks) were at the parking lot to car spot and get organized for our two-day backpack to Shoal Pond. While two cars were spotted at the Ethan Pond Trailhead, we did some last minute adjusting of loaned gear and some plastic bagging, because the weather wasn’t guaranteed to be fine all day. When the car spotters returned, we all met at the Zealand Trailhead, donned our packs, and started hiking.

A few miles later and one short STEEP hike up, and we were at the Zealand Falls Hut for lunch. We showed the new folks around the hut and the accommodations. Alas, it was not going to be a high living night at the hut for us. We put the packs back on and continued down through Zealand Notch with the great views of Whitewall Mountain and Zeacliff. A stop at Thoreau Falls for the spectacular view of the cascading water and a last chance to filter “good” water, so we filled up every container we had. Then off toward Shoal Pond Trail.

We met three young guys who, as it turned out, were

camped at Shoal Pond, and who told us there were two others there, too. Uh-oh, we might have space issues. :-)

Well, we continued down the 3/4 of a mile of rather overgrown Shoal Pond Trail. Up the hill and “good news,” all five of those who had come had camped near each other at one end of the camping area. Off to the far end we went and found space to set up our tents...quickly, as we knew rain was in the forecast. The rain held off, and we had time to cook supper, bear bag our food, and sit around and enjoy some relaxing time together.

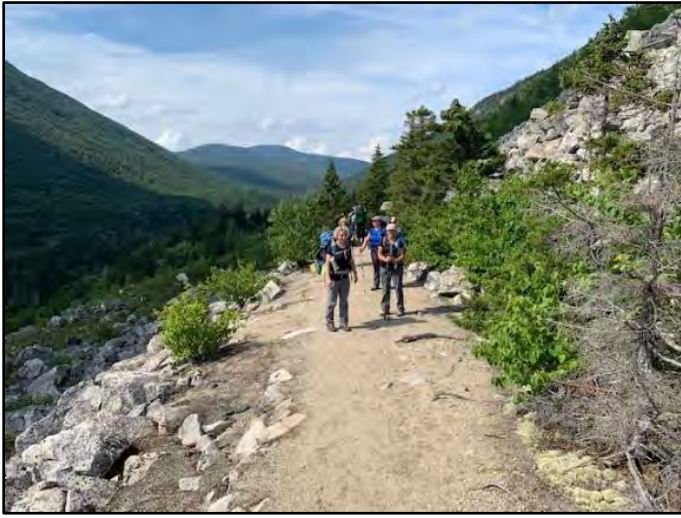
We had time to walk down to Shoal Pond at dusk, hoping to see a moose, but no luck. Back to the campsite. Relaxed a bit more, then at 8:00 or so everyone was tired enough to head to the tents. This was good timing, as by 8:30 there was the pitter-patter of raindrops on the tents, followed by thunder and lightning...which fortunately never got close to us, so wasn’t *too* scary. Then, for at least most of us, sleep. (There was this *one* new backpacker who spent most of the night listening to the sounds outside...like the moose thrashing in the wetlands, and who insists “something” walked through the campsite during the night. :-))

Morning brought sunshine, and a beautiful day. So we rose, cooked breakfast, and packed up. We then donned raincoats and rain pants for the walk through 3/4 of a mile of wet overgrown Shoal Pond Trail. :-)) We had to again be careful walking as the trail was extremely wet with deep mud patches and slippery rocks and branches all along the way. As we started down the trail, we saw fresh moose prints in the mud, so we knew the moose was around Saturday night!



Vista of clouds skidding between the peaks from the first overlook on Welch. *Photo by Joanne Newton*

Continued on page 5



Traversing Zealand Notch with more great views!
Photo by Dexter Robinson

Hiking & Backpacking Continued from page 4

Once out on the Ethan Pond Trail, there was a bit more room and we soon took off our raingear. We stopped for lunch at the Ethan Pond Campsite, so the new folks could see what camping out was like at an established campsite, with a shelter, tent platforms, bear boxes, and an outhouse. We then filtered water one last time and headed 'down' to the cars in Crawford Notch.

Once out, we carpooled back to Zealand road, swapped folks and gear between cars and, reluctantly, parted ways for our trip homeward but with new adventures to remember and new friendships made – after the hikes themselves, always the best parts of any AMC hike. We are already planning our next backpacking trip and hope more of you join us.



Fresh water stop at the Thoreau Falls cascades.
Photo by Dexter Robinson



Camping out **after a long day's hike** & before rain.
Photo by Dexter Robinson



Setting up camp before sunset.
Photo by Jeanne Severdija



Natalie Halloran at beautiful Ethan Pond.
Photo by Dexter Robinson



Volunteer of the Month: Paul Corriveau

By Ed Foster, Paddling Chair

Each month the SEM recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! This month the Paddling Committee recognizes Paul Corriveau for his numerous contributions.

Paul is one of three or four leaders who lead the majority of our trips. Without him we'd have major gaps in our schedule. And he's improved some of our existing trips by finding new and better put-ins. He's always willing to lend a hand helping people load and unload boats and, when the need arises, getting out of his boat and pulling other paddlers over shallows. Without him we'd have a much emptier and less interesting paddling schedule.

Thank you, Paul, for all you do.

Paul will receive a Volunteer of the Month Certificate and a \$50 gift card.



New volunteer needed

Help keep the SEM chapter vital and encourage our members to be actively engaged through timely Communications! Work with the committee chairs, the Blast editor, Breeze editor, webmaster, and social media administrator, and be part of the Executive Board. See more [here](#).



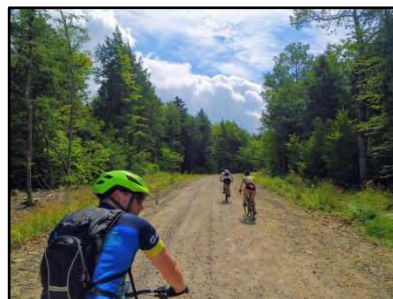
Members enjoying spectacular weather and scenery on Sept 8th while cycling Chatham's scenic shoreline: Bob Maccaferri, left, Carol Houghton, Ed Foster, Bernie Meggison, Barbara Gaughan, Karin Lopriore, Joe Tavilla. Photo by Barbara Gaughan

Family-friendly rides and activities at the Maine Woods Rambler Oct. 20

The Maine Woods Rambler is a mountain bike ride sponsored by AMC and the Bicycle Coalition of Maine. AMC's Medawisla Lodge is hosting this family-friendly gravel grind with varying ride lengths and difficulty options, including 30K, 50K, 100K, and a 1.6K smooth course for kids on any style bike.

Sunday, October 20
AMC Medawisla Lodge, Maine
Registration fee – \$45
Kids 12 and under ride for free!

The registration fee includes the ride, Sunday BBQ from 2-4pm, and day use of canoes, kayaks, paddle boards, and Medawisla Lodge. The separate Lodging packages include dinners, lodging, breakfasts and trail lunches.



Get more information on the course options, including planned routes and elevation gains, and register [here](#).



Group members Peggy Qvicklund, left, Maria Sestina, Susan Jenkins, Cathy MacCurtain, Lars Qvicklund, Linda Church, Cathy Giordano, Pete Tierney, Ellen Thompson.

Navigating woods by map & compass

By Peg Qvickland

As AMC hikers, we've been taught to always carry the 10 essentials, one of which is a compass. You know, the little lightweight plastic thing with a circle, a spinning arrow, and a bunch of numbers? I'm sure we *all* have one in our pack; they weigh next to nothing. But who knows how to use it??? Not too many of us apparently, judging by the enormous interest in Paul Brookes' recent Map and Compass weekend seminar at Blue Hills. I was one of the lucky ones to snag a spot, and what a great weekend of learning it was!

On Saturday Paul began by reviewing how to read a map. I mean *really* read a map, finding manmade structures vs natural features, what those brown squiggly lines mean, what declination really is etc., etc. It all came to life as he created a mini topographic map using a clay mountain range and gradually rising water levels to visualize changing contour lines. Valleys and saddles appeared before our very eyes.

After learning how to take a bearing, to plot a bearing, and triangulation, we headed outdoors in small groups to use our skills in a bushwack.

Aided by Paul's co-instructors, Pete Tierney and Doug Griffiths, we all managed to find our way through the forest from point A to point B without using any trails.

Sunday's class was completely outdoors. Paul had planted "flags" dispersed throughout an area of the Blue

Hills and marked them on a topographic map. This map had all the geologic features of the area—valleys, streams, etc.—but basically none of the trails. Divided into two groups and using this map, our goal was to "tag" as many flags as possible using our new map and compass skills, along with group decision making.

With Paul, Pete, and Doug's quiet background support (they wouldn't let us get *too* lost!), one group found eleven flags and the other group tagged all 15.

Returning to our cars, compasses dangling confidently from our necks, we all agreed we had learned a lot and promised ourselves to get out and use it! Thanks again to Paul, Pete, and Doug!



Paul Brookes shows Cathy Giordano, left, and Linda Church how to plot a course on a map.



Diligently working around the table are Bob Vogel, left, Jerry MacCurtain, Rob Vogel, Earl Deagle, & Joanne Newton.



Doug Griffiths, left, stands ready to help Bob Vogel, Joanne Newton, & Jerry MacCurtain.

Photos by
Peggy Qvicklund

Nominate a volunteer for the DSA!

By Maureen Kelly, DSA Coordinator

This is the time to nominate someone in SEM that you feel is deserving of the AMC SEM Distinguished Service Award (DSA), the highest service award of our chapter. Any member can submit a nomination. The reason for the award is to acknowledge the significant amount of time and energy that someone has given as a volunteer in support of SEM.

Nominees should fulfill the following criteria:

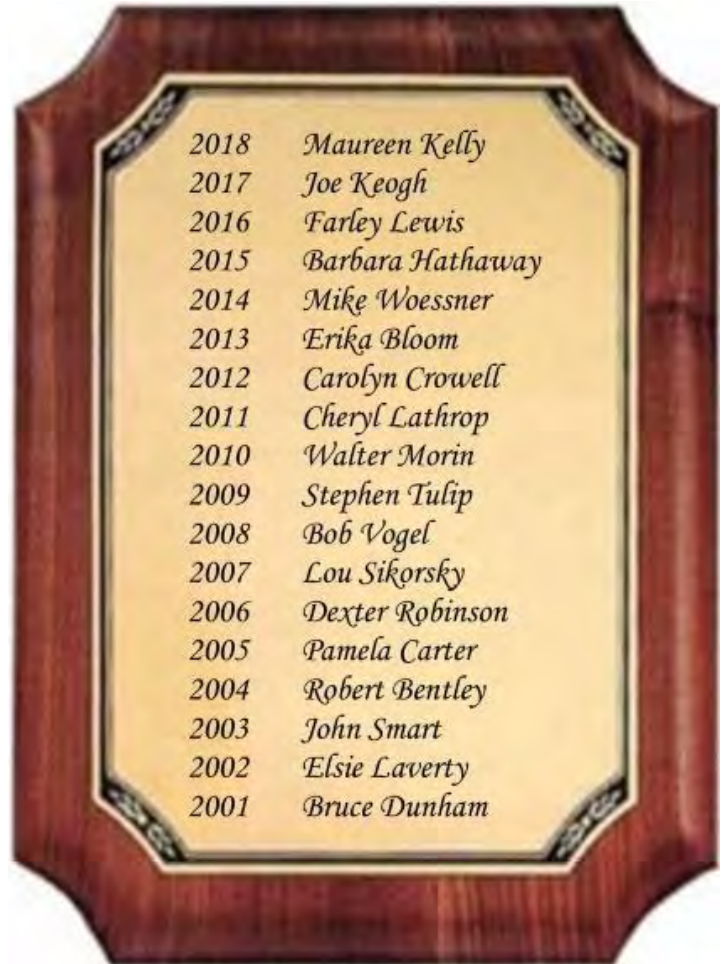
- ❖ Must be a current AMC-SEM member, has been active with the SEM Chapter for more than five years, and is currently actively contributing to the Chapter
- ❖ Has significantly contributed to different committees
- ❖ Has contributed to the AMC Club in addition to committee work
- ❖ Has contributed "above and beyond" the usual SEM high level of volunteer service

The selection process is conducted by a secret vote by the Nomination Committee, which consists of previous award recipients and is coordinated by the previous year's winner. The winner of the award will be announced at our Annual Meeting on November 2nd. Until then, the winner is a surprise! Winners receive a gold-plated Sierra Cup, a certificate, and their name added to the SEM DSA virtual plaque.

If you wish to nominate someone, fill out the [DSA Nomination Form](#), or look for it under Documents on our website. Deadline for submission is October 1. Send the form to the [AMC-SEM Chair](#). To learn more about the award, you can visit our website [here](#).



Antique Sierra cup inscribed with A.M.C. owned by longtime SEM member Bob Vogel. *Photo by Bob Vogel*



AMC-SEM's virtual plaque lists past winners of the Distinguished Service Award.

Save-the-Date!

November 2, 2019

SEM's 44th Annual Meeting & Dinner

Reunite with old friends and make new ones.

All SEM members, potential members, partners, and friends are welcome!

For more information, please [click here](#).



The BRT Blazers cycling team will earn matching funds for the BRT project in the Watershed Ride on Oct. 6.

Oct. 6 Watershed Ride will benefit Bourne Rail Trail project

By Friends of the Bourne Rail Trail

The 2019 Bourne Rail Trail Blazers are prepping their bikes for the upcoming Watershed Ride on Sunday, October 6, presented by the Buzzards Bay Coalition! They will join hundreds of others in cycling around the Bay to raise funds for and awareness of the need to restore and protect clean water in our community.

New this year, the Bourne Rail Trail Blazers' ride will be the proverbial "win/win" as, thanks to a group of donors, small in number and great in generosity, the Friends of the Bourne Rail Trail will receive a dollar-for-dollar match of the funds raised by the BRT Blazers. In other words,

for every \$1 a Blazer raises through the Watershed Ride, a matching \$1 gift will be made to the Friends of the BRT. Your donations will be helping preserve the beauty and health of Buzzards Bay and providing important assistance to the effort to create the Bourne Rail Trail!

Interested in getting involved at this year's ride? Consider becoming a BRT Blazer or donate directly to our team! More information is available [here](#).

The dream of connecting the Cape Cod Canal and the Shining Sea Bikeway via the Bourne Rail Trail took a huge step forward with the announcement of \$285,000 in State funding to support the design and engineering of Phase 1 and Phase 2 of the BRT! The Town of Bourne, in conjunction with the Friends of BRT, will receive the grant through the Department of Conservation and Recreation's MassTrails Grant Program.

The BRT is one of 71 projects funded across the State and the grant award of \$285,000 is one of the largest MassTrails grants this year.

"Our administration is proud to prioritize the state trails system, which builds community pride, connects municipalities, and improves quality of life throughout Massachusetts," said Lieutenant Governor Karyn Polito. "By working in partnership to support these 71 trail projects, we are able to invest in the enhancement of our communities, and ensure natural resources are protected and available for all to appreciate and enjoy."

We are thrilled and honored that the State has recognized the BRT as a high priority project.

Full Sturgeon Moon lights the way

By Bob Currier

AMC-SEM members took advantage of the August 15th Full Sturgeon Moon for a sunset ride along the Cape Cod canal.

The fishing tribes are given credit for the naming of this Moon, since sturgeon, a large fish of the Great Lakes and other major bodies of water, were most readily caught during this month. A few tribes knew it as the Full Red Moon because, as the Moon rises, it appears reddish through any sultry haze. It was also called the Green Corn Moon or Grain Moon.

Cyclists gather on the Cape side of the canal near the railroad bridge: Paul Currier, left, Barbara Gaughan, Bill Cook, Chic Godfrey, Marilyn Dunn, Debbie Sadoff, Janet Brenzel, Mike Driscoll, Jeffrey Hyman, Jim Hathaway, Mike Garrity, Pati Kent, Ted Rowan. *Photo by Barbara Gaughan*



AMC-SEM Biking 1,000-Milers

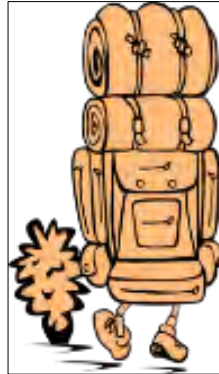
NAME	Q1 Miles	Q2 Miles
Joe Balboni	786	951
Richard Beaudoin	456	891
Grtz Jean-Claude Castelein		999
Bill Cook		681
Paul Currier	704	1,144
Larry Decker		270
Lee Eckart		1,408
Susan Eliason		84
Lawton Gaines		386
Jim Kipela	379	1,007
Larry Kornetsky	454	1,254
Mike Garrity	456	1,833
Barbara Gaughan	48	267
Mark Gurnee	421	965
Glenn Mathieu		527
Bernie Meggison	73	630
Ed Nelson	1,189	2,875
Louis Outor		778
Rick Roberts	1,205	2,302
Robyn Saur		1,788
Joe Tavilla		187
Rob Wheeler		

For info about joining the Thousand Mile Cyclers Club, contact Paul Currier. paulbcurrier@comcast.net

AMC 2020 reservations now open

Whether you want to check out a new destination or revisit an old favorite, reserve your spot for 2020 today. Members save up to 20% on lodging—and when you [book next year's reservation](#) before 12/31/19, you'll lock in 2019 prices

**Early booking discount not valid at the Stephen & Betsy Corman AMC Harriman Outdoor Center, which will accept individual 2020 reservations beginning on 11/1/2019.*



Backpacking 102: Gear What do I need?

By Bob Vogel, Hike Leader

Well, if you already are a New Hampshire day hiker, and you want to go backpacking, the equipment needs could be relatively minimal...

- A sleeping bag. Actually that's about all you really need. My first backpack that's about all I had. But there are a few more desirable items to have.

- A sleeping pad. I quickly discovered that the hard wooden floor of a shelter was not comfortable. And unless you have a tent, you are confined to shelters, so...

- A tent. Although many AMC members have a two person tent, and are willing to share... if you help carry part of the tent. Well, now you are all set... If you like eating cold food, or are planning to cook over a fire. (Trust me, that isn't as romantic as it sounds, it isn't fun on a rainy day.) So you may wish to buy...

- A stove. (But again this can be "shared" equipment, especially if you learn to carry "easy backpacking meals," Read that as "things you just add hot water too, then wait a couple minutes, and eat out of the bag.") And, unless you want to boil all your drinking water, or carry chemical water treatment ...

- A water filter. (Again, these can be shared items on AMC trips.)

Sure there are a lot more "little things." You'll need: cup, spoon, some rope and a bag to hang your food. But you don't want to add too many more items, because remember, you're going to have to carry it all... So the last item?

- A pack big enough to carry everything, or with attachment points to lash gear on the outside.

To get your copy of Bob Vogel's
"Guide to Backpacking,"
email Bob at vogel.r@comcast.net
or look for monthly installments
in *The Breeze*.

The
Southeastern Massachusetts Chapter
of the
Appalachian Mountain Club
invites members, friends, and families to our
44th Annual Meeting

**Saturday, November 2nd,
2019**

**The Bay Pointe Club
Buzzards Bay, MA**

<https://baypointeclub.com>

No charge if you just join us for the social hour and business meeting!

4:30 pm – **Registration & Cocktail Hour** – free appetizers & cash bar

5:30 pm – **Annual Meeting** (no charge)

6:30 pm - **Buffet Dinner & Guest Speaker**- \$25.00 per person (\$35.00 per person after 10/24)

Guest speaker presentation abstract and registration form follow.

Questions? Contact Len Ulbricht at chair@amcsem.org

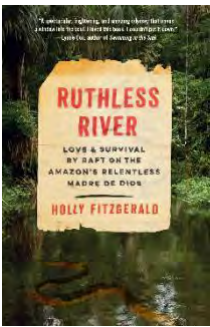
2019 Annual Meeting and Dinner Special Guest Speaker: Holly Fitzgerald



Author of recently published

RUTHLESS RIVER: Love and Survival by Raft on the Amazon's Relentless Madre de Dios

Presentation Abstract



Ruthless River is a story of survival in the remote Amazon interior of South America. In 1973, during a delayed around-the-world honeymoon, the plane carrying Holly Fitzgerald and her husband crash landed in a Peruvian penal colony. Stranded near a tiny town on the banks of the Rio Madre de Dios, they built a raft and traveled downriver to a Bolivian town from where they hoped they could travel on to Brazil. But, instead, after being swept off course by a huge storm they found themselves in a swampy dead end, surrounded by quicksand and unable to get to shore. As we'll learn, these inexperienced rafters faced a frightening ordeal of survival without clean water, food, or shelter and threatened by swarming insects and lurking predators.

Ruthless River tells a harrowing story in which escape seemed impossible. In her presentation, Ms. Fitzgerald will provide us with a personal glimpse into this life-changing ordeal.

✂️ *****

AMC Southeast Massachusetts Chapter Annual Meeting Registration Form

\$25.00/per person; \$35.00 Oct. 25 – Oct. 31st

Deadline to Register is Thursday, October 31st

To register for the Annual Dinner, fill out the [Registration Form](#) below and mail your check (payable to AMC-SEM) to: **Patty Rottmeier, 1 Belmont Rd. TH5, W. Harwich, MA 02671**

AMC SEM 2019 Annual Dinner Registration		
Today's Date		
Your Name		
Email		
AMC Member?		
Price		
I'd Like to Volunteer		
<i>Bring a Friend --- We'll See You There!</i>		

Activities

For the most current information, [search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

AA13+

A9-13

B5-8

Cless than 5

Indicates pace

1very fast

2fast

3moderate

4leisurely

Indicates terrain

Avery strenuous

Bstrenuous

Caverage

Deasy

Found in the description

LActivity leader

CLActivity co-leader

FTFirst Time

NM ...New Members

ANAdvance Notice

CConservation

BICYCLING

Fri., Sep. 13. Adventure Ride #13, Cape Cod, MA. Adventure Ride #13 " Punkhorn Circumnavigation" Mostly dirt ride, exploring the vast Punkhorn Conservation area. An overview of the park, so you can return and do further, more in depth hiking or biking on the many trails. This is a "No Drop " tour. Relaxed pace ride. A larger tire bike is recommended -- we will ride on dirt paths, gravel roads, cart ways and quiet paved back roads. Self Contained Ride. Bring Water, Snacks, Lunch, etc. Carry the proper equipment to maintain your bike--tubes, tools, etc. Register for Updates, Weather, Cancellations, Changes, Etc. paulcorri@gmail.com Meet at the Dennis Senior Center 1045 MA-134, South Dennis, MA 02660 (Corner 134 and Setucket) Park away from building. Mileage --- 20 +/- Miles, Allow 4+ Hours Arrive : 9:45 AM Leave : 10:00 AM. L Paul Corriveau (paulcorri@gmail.com, Cape Cod Motor Vehicle Free (CCMVF))

Sat., Sep. 14. Evening Road Cycling - Sunset & Full Harvest or Corn Moon Ride. Cape Cod, MA. 22+/- Miles & 2 ½ - hours. Flats & Hills -This full moon's name is attributed to Native Americans because it marked when corn was supposed to be harvested. Most often, the September full moon is actually the Harvest Moon, which is the full Moon that occurs closest to the autumn equinox. In two years out of three, the Harvest Moon comes in September, but in some years it occurs in October. At the peak of harvest, farmers can work late into the night by the light of this Moon. Corn, pumpkins, squash, beans, and wild rice the chief Indian staples are now ready for gathering. Start time: about 2 hours prior to sunset. Contact leader for registration, location, etc. paulcorri@gmail.com Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

Mon., Sep. 16. Gravel Adventure Ride #3, Cape Cod, MA.-- Start 10:00 AM--Bicycle Gravel Adventure Ride #3 "Buggy Whip" A Mixed Terrain Tour Featuring Scenic Bicycle Sidewalks, Quiet Paved Roads, Dirt Roads, Cart Ways and Trails. See Princess Beach, Ye Olde Stoney Brooke Cart Way, Hayes Conservation and More. Relaxed Pace, No Drop Ride. Bring Water, Lunch, Snacks. Carry necessary equipment to sustain your cycle also--tubes, etc. No Services Available. Approximately 20 miles--3 hours +/- . This ride is a Loop. Larger Tire Bike (Mountain Bike, Cycle Cross, Hybrid, Gravel Bike, etc.) is necessary. Tire size 1-1/4 (32mm) or larger recommended. Start Dennis Senior Center, 1045 MA-134, Dennis, MA 02660 Route 134 and Setucket Road--Park Away from Building. Arrive 9:45 AM for 10:00 AM Start Register for Updates, Weather, Cancellations, etc. paulcorri@gmail.com. L Paul Corriveau (paulcorri@gmail.com, Cape Cod Motor Vehicle Free (CCMVF) bicycle routes.)

Fri., Sep. 20. Gravel Adventure Ride #4, Cape Cod, MA. Start 10AM-- Bicycle Gravel Adventure Ride-- A Mixed Terrain Tour. This ride will feature Gray's Beach Conservation Area. We will then meander thru back roads and trails to Hyannis Harbor. Also, the group will cross the new Bass River Bridge on the CCRT. After riding along the harbor for a bit we will head back north thru cranberry bogs to the start. A portion of this ride is in the "city"-- so expect some congestion and traversing of busy roads. We will be on sidewalks and roads and bikeways in Hyannis. Part Rural, Part Urban--Expect to ride on pavement, bike sidewalks, bike paths, dirt cart ways and dirt trails. Approximately 25 miles. 3 -4 Hours. Larger Tire Bicycle (Mountain Bike, Cycle Cross, Hybrid, Gravel, etc.) is necessary. Tire size 1-1/4 (32mm) or larger recommended. This ride is a large loop. Relaxed Pace, "No Drop" Ride. This is a Self Contained Ride. Bring Water, Lunch, Snacks. Carry proper equipment to maintain your cycle--tubes, etc. Start Grays Beach-- 400 Center St, Yarmouth Port, MA 02675 Arrive 9:45 for 10:00AM Start Register for Updates, Weather, Cancellations, etc. Feel Free To Email With Questions. paulcorri@gmail.com. L Paul Corriveau (paulcorri@gmail.com, Cape Cod Motor Vehicle Free (CCMVF) Bicycle Routes)

Continued next page

Activities

For the most current information, [search activities online](#)

BICYCLING

Mon., Sep. 23. Bicycle Gravel Adventure Ride #5, Cape Cod, MA. Start 10AM-- Bicycle Gravel Adventure Ride #5 "Nye's Neck"-- A Mixed Terrain Tour. This ride will feature The Lake Wequaquet Area and Nyes Neck. We will access this section via the Phinneys' Lane Paved Bike Sidewalk. View and Ride Dirt Lake Roads and Lake Camps--Although Interesting, there are some Dead Ends and Turn-Arounds on this Tour, as we explore the lake region close up. We will then meander down back roads and sidewalks thru Hyannis, cross Cranberry Bogs on the way back to the start. A portion of this ride is in the "city"-- so expect some congestion and traversing of busy roads. We will be on sidewalks and roads and bikeways in Hyannis. Part Rural, Part Urban-- Expect to ride on pavement, bike sidewalks, bike paths, dirt cart ways and dirt trails. Approximately 30 miles. 3 -4 Hours. Larger Tire Bicycle (Mountain Bike, Cycle Cross, Hybrid, Gravel, etc.) is necessary. Tire size 1-1/4 (32mm) or larger recommended. This ride is a large loop, some turn arounds. Relaxed Pace, "No Drop" Ride. This is a Self Contained Ride. Bring Water, Lunch, Snacks. Carry proper equipment to maintain your cycle--tubes, etc. Start Grays Beach-- 400 Center St, Yarmouth Port, MA 02675 Arrive 9:45 for 10:00AM Start Register for Updates, Weather, Cancellations, etc. Feel Free To Email With Questions. paulcorri@gmail.com. L Paul Corriveau (Cape Cod Motor Vehicle Free (CCMVF) Bicycle Routes)

Fri., Sep. 27. Gravel Adventure Ride #6, Cape Cod, MA. Start 10AM-- Bicycle Gravel Adventure Ride #6 " The Nickerson Nick"- A Mixed Terrain Tour. This ride will traverse the Punkhorn then onto Nickerson. Thru the back side of Nickerson we will head south to the Ancient Hamilton Cart Way. We will then meander thru back roads into The Hawks Nest. Thompson Field Conservation is next, leading thru to Banks Conservation Area and then back thru the Punkhorn to the start. Expect to ride on pavement, bike sidewalks, bike paths, dirt cart ways and dirt trails. Approximately 25 miles. 4 Hours. Larger Tire Bicycle (Mountain Bike, Cycle Cross, Hybrid, Gravel, etc.) is necessary. Tire size 1-1/4 (32mm) or larger recommended. This ride is a large loop. Relaxed Pace, "No Drop" Ride. This is a Self Contained Ride. Bring Water, Lunch, Snacks. Carry proper equipment to maintain your cycle--tubes, etc. Start Dennis Senior Center, 1045 MA-134, Dennis, MA 02660 Route 134 and Setucket --Park Away From Building Arrive 9:45 for 10:00AM Start Register for Updates, Weather, Cancellations, etc. Feel Free To Email With Questions. paulcorri@gmail.com. L Paul Corriveau (Cape Cod Motor Vehicle Free (CCMVF) Bicycle Routes)

Mon., Sep. 30. Bicycle Gravel Adventure Ride #7, Cape Cod, MA. Start 10AM-- Bicycle Gravel Adventure Ride #7 "Crooked Cartway"-- A Mixed Terrain Tour. This ride will feature the Crooked Cart Way in the Barnstable Conservation, Trail of Tears Area. This ride is on faster terrain than the others, uses mostly paved roads and bicycle sidewalks. A fairly direct route from start to finish and a good way to experience riding across Barnstable. Nice dirt section along entire Crooked Cart Way and a few others dirt sections. Quiet roads for the most part. Tour Return on 6A Sidewalk--Very Bumpy, MTB Worthy! Expect to ride on pavement, bike sidewalks, bike paths, dirt cart ways. Some Urban Riding on the Edge of Hyannis-- Approximately 35 +/- miles. 3 -1/2 to 4 Hours. Larger Tire Bicycle (Mountain Bike, Cycle Cross, Hybrid, Gravel, etc.) is necessary. Tire size 1-1/4 (32mm) or larger recommended. This ride is a Big Loop. Relaxed Pace, "No Drop" Ride. This is a Self Contained Ride. Bring Water, Lunch, Snacks. Carry proper equipment to maintain your cycle--tubes, etc. Start Grays Beach-- 400 Center St, Yarmouth Port, MA 02675 Arrive 9:45 for 10:00AM Start Register for Updates, Weather, Cancellations, etc. Feel Free To Email With Questions. L Paul Corriveau paulcorri@gmail.com, Cape Cod Motor Vehicle Free (CCMVF) Bicycle Routes)

Fri., Oct. 4. Adventure Ride with Larry and Elvis #14, Mid-Cape, Harwich, MA. An Elvis Tribute Ride. Ride the Hidden Gravel Roads, Cart Ways and Trails of the many Cranberry Bogs of Cape Cod. Explore the Punkhorn, Upper Bells Neck, West Reservoir and Herring River. Arrive 9:45 for 10:AM Start About 20 Miles, 3-4 hours. Larger tire bike, MTB, etc. Relaxed Pace, No Drop Ride. Bring necessary bike equipment, tubes, pump, etc. Carry Snacks, Water, Lunch-- No Nearby Services. Register to receive updates, weather cancellations, etc. paulcorri@gmail.com Start Location: Depot Street, Harwich where CCRT crosses Depot-- Small Dirt Parking Lot on CCRT. Near old, now closed, [Depot Bike Shop and Big Rock Oyster](#).. L Paul Corriveau paulcorri@gmail.com, Cape Cod Motor Vehicle Free (CCMVF)

Mon., Oct. 7. Gravel Adventure Ride #8, Cape Cod, MA. Bicycle Gravel Adventure Ride #8 " Quiet Cape" A Mixed Terrain Tour. Enjoy the "Quiet Cape". Ride features many remote and little used gravel fire roads, cranberry cart ways and quiet paved roads throughout Mid Cape -- Including those in Brewster and Harwich, the Punkhorn and Hawks Nest. Approximately 30 miles-- 4 hours. Larger Tire Bike Necessary. Ride is a large Loop. Relaxed Pace, No Drop Ride. Self Contained--Bring Lunch, Snacks, Water. Carry extra tubes, tools, pump and necessary repair items. Arrive 9:45AM for 10:00 AM Start Dennis Senior Center, 1045 MA-134, Dennis, MA 02660 (Corner 134 and Setucket) Park away from building. Register to receive cancellations, updates, weather delays, changes, etc. paulcorri@gmail.com. L Paul Corriveau (Cape Cod Motor Vehicle Free (CCMVF)

Continued next page

Activities

For the most current information, [search activities online](#)

BICYCLING

Fri., Oct. 11. Adventure Ride #10, MA. Adventure Ride # 10 "Creepy Cape Cod" Cape Cod, MA This is a fun filled ride for the Halloween season. Explore the Cape that you will not see advertised in Chamber of Commerce brochures---No cheerful family vacations here---This is "The Cape of Mayhem and Murder". Cape Cod's lovely rural villages truly rival those of "Midsummer" for the commission of Nefarious Deeds. This ride includes brief stops at notable sites on which crimes have been perpetrated, terrifying events have occurred, or hauntings currently take place. This is a relaxed pace, "no drop" tour. A larger tire bike is recommended -- we will ride on some dirt roads, cart ways and bicycle sidewalks in addition to quiet paved back roads. Self Contained Ride. Bring Water, Snacks, Lunch, etc. Carry the proper equipment to maintain your bike--tubes, tools, etc. Register For Updates, Weather, Cancellations, Changes, Etc. paulcorri@gmail.com Start Grays Beach-- 400 Center St, Yarmouth Port, MA 02675 Mileage --- 25 Miles, 3-4 Hours Arrive : 9:45 AM Leave : 10:00 AM. L Paul Corriveau (paulcorri@gmail.com, Cape Cod Motor Vehicle Free (CCMVF))

Sun., Oct. 13. Bicycle Adventure Road Ride #9, Cape Cod, MA. Start 9:30 AM--"The Earl Of Sandwich" A nice, scenic, Fall Tour! Ride the country roads of Cape Cod--from Mid Cape to the Canal. Explore the back road options that take us fairly directly to the canal from Yarmouth Port without traffic. A road bike is suitable for this trip, since roads are paved. We will be on bicycle sidewalks also. Some riders will choose to pedal a larger tire bike for comfort on some bumpy roads. A MTB is also suitable since the pace will be relaxed. and leisurely, "No Drop". Route will pass thru Cummaquid, along Lake Wequaquet, then North on quiet back roads to Spring Hill and across the Board Walk to the Canal. All without riding on the Service Road---No Service Road! Lunch Stop will be at Sea Food Sam's on the Canal. Order there or bring your own lunch -- picnic tables available for either choice. <http://www.seafoodsams.com/view-sandwich-location-menu/> This is a Self Contained Ride. Bring Water, Snacks, etc. Carry the proper equipment to maintain your bike--tubes, tools, etc. Register for Updates, Weather, Cancellations, Changes, Etc. paulcorri@gmail.com Start Grays Beach-- 400 Center St, Yarmouth Port, MA 02675 Mileage --- 50 Miles, Approximately 5 Hours including Lunch. Note Time : 9:15 AM Arrive : 9:15 AM Leave : 9:30 AM. L Paul Corriveau (paulcorri@gmail.com, Cape Cod Motor Vehicle Free (CCMVF))

Mon., Oct. 14. Sunset and Hunter's Moon or Blood Moon Road Cycling, MA. Sunset and Hunter's Moon or Blood Moon Road Cycling 22+/- Miles/ 2 +/- hours. Flats & Hills. Traditionally, tribes spent the month of October preparing for the coming winter. This included hunting, slaughtering and preserving meats for use as food. This led to October's full Moon being called the Hunter's Moon and sometimes Blood Moon or Sanguine Moon. Start time: about 2 hours prior to sunset. Contact leader for registration, location, etc. paulbcurrier@comcast.net Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

Fri., Oct. 18. `Gravel Adventure Ride #2, Cape Cod, MA. "Cobies Choice" Hidden trailways to Nickerson. Friday, October 18, 2019 Explore the scenic hidden Cape. Traverse the Punkhorn and other Conservation areas on the way to Nickerson State Park. This ride is a large loop. Large Tire or MTB recommended. 30 miles +/- 4 Hours. Arrive 9:45 AM Leave 10:00AM Self Contained Ride. Bring Water, Food, Bike Equipment, Tire Repair etc. Register for details, updates, cancellations, weather delays, etc. paulcorri@gmail.com Start Dennis Senior Center 1045 MA 134 Route 134 and Setucket Road Park away from building. L Paul Corriveau (paulcorri@gmail.com, Cape Cod Motor Vehicle Free (CCMVF))

Fri., Oct. 18. 2019 Fall Gathering Bike Main Roads and Back Streets from Camp Burgess2, Sandwich, MA. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event-if you wish to participate in this activity, please register for the Fall Gathering at www.outdoors.org/fallgathering., limited to 20 participants Ride from Camp Burgess and take main roads and back streets for 25 miles through scenic Cape Cod towns making stops along the way at Cotuit General Store, Loop Beach and other scenic areas. Ride will be mostly flat with a few gentle rolling hills and take approximately 2 and 1/2 hours. Participants must have road bike in good working condition, helmet, spare tube and water or fluids for hydration. Dennis Cycling Center will offer a 10% discount on all rentals for the fall gathering. Depending on the volume of rentals, they may be able to deliver bikes to Camp Burgess. Otherwise, they must be picked and returned to the Dennis Cycling Center. Here's the web address: www.DennisCycleCenter.com Follow the link to RENT NOW, then enter promo code AMC2019 Their phone number is 508-398-0011 Owner, Matt This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event-limited to 20 participants. L Jeffrey Hyman (jsh17@comcast.net)

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BICYCLING

Sat., Oct. 19. 2019 Fall Gathering Bike Dennis Rail Trail, Dennis, MA. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event-if you wish to participate in this activity, please register for the Fall Gathering at www.outdoors.org/fallgathering., limited to 20 participants. We will pedal 35 miles on the Dennis Rail Trail, the most scenic trail on the Cape from Dennis to Orleans passing cranberry bogs ponds, Rock Harbor and end in Orleans Center. We will make several stops at points of interest and scenic views along the way Trail is flat and the pace will be 12 - 15 mph. Required equipment helmet, spare tube. water and snack. Dennis Cycling Center will offer a 10% discount on all rentals for the fall gathering. Depending on the volume of rentals, they may be able to deliver bikes to Camp Burgess. Otherwise, for the Dennis ride, they can be delivered to the start point at the Cape Cod Rail Trail head on Route 134 in Dennis Here's the web address: www.DennisCycleCenter.com Follow the link to RENT NOW, then enter promo code AMC2019 Their phone number is 508-398-0011 Owner, Matt This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event-limited to 20 participants. L Bernie Meggison (617-930-4029, thosemeggisons@gmail.com)

Sat., Oct. 19. 2019 Fall Gathering Bike from Camp Burgess through Sandwich and Cotuit, Sandwich, MA. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event-if you wish to participate in this activity, please register for the Fall Gathering at www.outdoors.org/fallgathering., limited to 20 participants We will do a 22 mile road ride starting at Camp Burgess and ride through Sandwich to the quintessential Cape Cod village of Cotuit. We will enjoy stops at points of interest and scenic views of Nantucket Sound. We will ride on busy main roads and quiet secondary roads that will have some flat and rolling hills. Pace will be 13 - 15 mph in a follow the leader style. Participants need road bike in working condition, helmet, spare tube, water and snack. Dennis Cycling Center will offer a 10% discount on all rentals for the fall gathering. Depending on the volume of rentals, they may be able to deliver bikes to Camp Burgess. Otherwise, participants will need to pick bike up at Dennis Cycling Center. Here's the web address: www.DennisCycleCenter.com Follow the link to RENT NOW, then enter promo code AMC2019 Their phone number is 508-398-0011 Owner, Matt This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event-limited to 20 participants. L Barbara Gaughan (barbaragaughan12@comcast.net)

Sat., Oct. 19. 2019 Fall Gathering Bike Cape Cod Canal, Sandwich, MA. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event-if you wish to participate in this activity, please register for the Fall Gathering at www.outdoors.org/fallgathering., limited to 20 participants. We will carpool from Camp Burgess to parking lot at Sanwich Recreation area. We will ride the bike trail along the canal for 13 miles at a 8 - 10 mph pace. Road and or hybrid bike in good working condition is appropriate. Participants must have helmet, spare tube, water and snack. Dennis Cycling Center will offer a 10% discount on all rentals for the fall gathering. Depending on the volume of rentals, they may be able to deliver bikes to Camp Burgess. Otherwise, participant will need to pick up bike at Dennis Cycling Center. Here's the web address: www.DennisCycleCenter.com Follow the link to RENT NOW, then enter promo code AMC2019 Their phone number is 508-398-0011 Owner, Matt This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event-limited to 20 participants. L Jeannine Audet (milmod@aol.com)

Sat., Oct. 19. 2019 Fall Gathering Bike Trail of Tears, Sandwich, MA. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event-if you wish to participate in this activity, please register for the Fall Gathering at www.outdoors.org/fallgathering., limited to 20 participants. We will carpool from Camp Burgesss to start. Mountain Bike Ride of approximately 10 miles on the Trail of Tears. We will proceed at a slow pace on single track trails, no jimps etc. Mountain bike with suspension is recommended. Participant must have helmet, spare tube, water and snack. Dennis Cycling Center will offer a 10% discount on all rentals for the fall gathering. Depending on the volume of rentals, they may be able to deliver bikes to Camp Burgess. Otherwise, bikes must be picked up and returned at the Dennis Cycling Center. Here's the web address: www.DennisCycleCenter.com Follow the link to RENT NOW, then enter promo code AMC2019 Their phone number is 508-398-0011 Owner, Matt This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event-limited to 20 participants. L Larry Kornetsky (Larrykornetsky@gmail.com)

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BICYCLING

Sun., Oct. 20. 2019 Fall Gathering Bike Bike, Dennis, MA. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event-if you wish to participate in this activity, please register for the Fall Gathering at www.outdoors.org/fallgathering., limited to 20 participants. This ride is a leisurely exploration of some of the oldest grave sites in the mid cape area. Cape Cod has some of the most beautiful classic carved stones in the country. We will view those fine examples of 1600s thru 1800s Grave Stone Art -- Winged Skulls by Lamson and Noyes of Boston, Stevens carvers of Newport and William Coye of Plymouth. Brief stops with narrations at various graveyards including small pox cemeteries, remote single entombments and the longest columbarium in New England. Native American resting places will also be visited. This is a "No drop" tour, relaxed pace ride. A larger tire bike is recommended -- we will ride on dirt cemetery paths, gravel roads, cartways, bicycle sidewalks and quiet paved backroads for a distance of 25 - 30 miles. Self contained ride, bring water, snacks, lunch, spare tube and tools to repair bike. Helmets required. Dennis Cycling Center will offer a 10% discount on all rentals for the fall gathering. Depending on the volume of rentals, they may be able to deliver bikes to Camp Burgess. Otherwise, they must be picked up and returned to the Dennis Cycling Center. Here's the web address: www.DennisCycleCenter.com Follow the link to RENT NOW, then enter promo code AMC2019 Their phone number is 508-398-0011 Owner, Matt This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event-limited to 20 participants. L Paul Corriveau (paulcorri@gmail.com)

Sun., Oct. 20. Adventure Ride #11, Dennis Senior Center, Dennis, MA. "Tour De Graves" Mid-Cape Edition This ride is a leisurely exploration of some of the oldest grave sites in the Mid-Cape Area. Cape Cod has some of the most beautiful classic carved stones in the country. We will view these fine examples of 1600's thru 1800's Grave Stone Art -- Winged Skulls by Lamson and Noyes of Boston, Stevens Carvers of Newport and William Coye of Plymouth. Brief stops with narrations at various graveyards including small pox cemeteries, remote single entombments and the Longest Columbarium in New England. Native American resting places will also be visited. This is a "No Drop " tour. Relaxed pace ride. A larger tire bike is recommended -- we will ride on dirt cemetery paths, gravel roads, cart ways and bicycle sidewalks in addition to quiet paved back roads. Self Contained Ride. Bring Water, Snacks, Lunch, etc. Carry the proper equipment to maintain your bike--tubes, tools, etc. Register for Updates, Weather, Cancellations, Changes, Etc. paulcorri@gmail.com Meet at the Dennis Senior Center 1045 MA-134, South Dennis, MA 02660 (Corner 134 and Setucket) Park away from building. Mileage --- 25-30 Miles, Allow 4+ Hours Arrive : 9:45 AM Leave : 10:00 AM. L Paul Corriveau (Cape Cod Motor Vehicle Free (CCMVF))

Fri., Oct. 25. Adventure Ride #1, Dennis, MA. "Big Dipper" Friday October 25, 2019 Ride Fire Roads, Cart Roads, Cranberry Trails and sand Trails thru Mid Cape. 70% Dirt --the rest is quiet paved. Ride remote areas of Brewster and see hidden conservation areas and roadways. Thompson,Hawks Nest, Bellsneck, Herring River, etc. Large Loop. Need large tire bike MTB recommended. 30 miles +/- 4 Hours. Bring Food, Bike supplies, Tire repair, etc. Start Dennis Senior Center 1045 MA134 Route 134 and Setucket Park away from building. Register for weather updates, cancellations, etc. paulcorri@gmail.com Arrive 9:45 AM Leave 10:00 AM. L Paul Corriveau (Cape Cod Motor Vehicle Free (CCMVF))

Sun., Oct. 27. Adventure Ride #14, Dennis, MA. "Autumn Excursion" Sunday 27, October, 2019 A relaxed ride thru surrounding woodlands to enjoy the colors and vistas of the season. The ride will tour the most scenic Mid cape has to offer for the fall season. Dirt and paved. Register for changes,updates, weather, cancellations -- paulcorri@gmail.com Bring food and bike supplies--tire repair etc. Large tire or MTB recommended. Arrive 9:45 AM Leave 10:00AM Start Dennis Senior Center, 1045 MA-134 corner Route 134 and Setucket Park away from building. L Paul Corriveau (paulcorri@gmail.com)

Tue., Nov. 12. Sunset & Full Beaver Moon Road Cycling:, MA. 22+/- Miles/ 2 +/- hours. Mostly flat - a couple of small hills. For both the colonists and the Algonquin tribes, this was the time to set beaver traps before the swamps froze, to ensure a supply of warm winter furs. This full Moon was also called the Frost Moon. Start time: about 2 hours prior to sunset. Contact leader for registration, location, etc. paulcorri@gmail.com Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

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BICYCLING

Thu., Dec. 12. Sunset and Full Cold Moon Cycling, MA. - - 22+/- Miles/ 2 +/- hours. Flats & Hills. December is the month when winter begins for most of the Northern Hemisphere, hence, its full moon is called the Cold Moon. Start time: about 2 hours prior to sunset. Contact leader for registration, location, etc. paulbcurrier@comcast.net Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

CAPE HIKES

Thu., Sep. 12. Hike Eagle Pond, Cotuit, MA. Hike in historic conservation land, some roads to Cotuit Bay and around a white cedar swamp. Terrain is fairly flat, many roots and most trails are wide. Driving Directions: Take Rte 6 (mid Cape Highway) to Exit 5) and turn S on Rte 149, follow signage and take 149 to Rte 28, Turn R. At traffic light with shopping plaza on R and CVS on L turn L onto Putnam Ave. Travel a mile or less until you see dirt cutout on L. Park in cutout. From Falmouth take Rte 28 towards Hyannis and at lights in Marston Mills with shopping plaza on L and CVS on R, turn R on Putnam Rd and proceed a mile or less until you see dirt cutout on L, park in cutout. Meet at 9:45 AM. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Sat., Sep. 14. Hike-Brewster, Punkhorn Parklands (C3C), Brewster, MA. Wooded, hilly trails with 4 pond views. Route 6 Exit 9B, 2 miles to a right on Satucket, then bear right at Stony Brook Road. In 0.3 miles, turn right on Run Hill Road. 1.3 miles to parking lot on the left. Meet 9:45 am 3 hours. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Thu., Sep. 26. Wellfleet/Truro Bay to Breakers, Cross-cape hike (B3C), Wellfleet, MA. One-way hike from Cape Cod Bay, Truro to Newcomb Hollow Beach, Wellfleet. Meet 9:45 a.m. Newcomb Hollow Beach for car shuttle to Truro, Ryder Beach. Extended time: 2.5 to 3 hrs. From Rte 6 Orleans/Eastham Rotary, go 11 mi. Turn Right on Gross Hill Rd. Continue on Gross Hill Rd to Newcomb Hollow Beach. L Janet Kaiser (508-432-3277 Before 9 PM, jtkaiser@comcast.net, AMC Life Member, Cape Hikes leader many years.) L Richard Kaiser (508-432-3277 Before 9 PM, rjkaiser@comcast.net)

Sat., Sep. 28-28. Hike Herring River Harwich, Harwich, MA, MA. 3 1/2 hour hike on wooded trails. Bring lunch. Directions: From Route 6 take Exit 9A onto Route 134 South. At third traffic light, turn left onto Upper County Road. Immediately turn left onto Great Western Road. Travel 2.1 miles then park in Sand Pond Parking Lot on left. Meet at 9:45 and hike 10 am - 1:30 pm. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Thu., Oct. 3. Hike Wellfleet Newcomb Beach: EASY, Wellfleet, MA. Walk wooded hard-packed sand roads and trails weaving in and out of several pond areas ending with a short beach walk. 2 hrs From Rte 6 in Wellfleet right at green sign for Newcomb Hollow; IMMEDIATE left up hill Gross Hill Rd for 2 mi. At stop sign bear left until road ends at Newcomb Beach Parking Lot. Meet at 9:45 for 10:00 start. L Pat Sarantis (508-430-9965 Before 8:30 PM, patsarantis@gmail.com)

Sun., Oct. 6. Cape Cod Canal/Town Neck, Sandwich, MA. Taking advantage of low tide we will hike 4-5 miles along the canal, along Town Neck & Boardwalk beaches which vary from very rocky terrain to soft & hard packed sand then through the Town Neck neighborhood. Gather at 12:45 for a 1 pm start from Sandwich Recreation Area parking lot at end of Freezer Rd off Tupper Rd, Sandwich. Heavy rain cancels. L Barbara Gaughan (781-572-1321 Before 9 p.m., barbaragaughan12@comcast.net, SEM Level 1 hike & bike leader.)

Thu., Oct. 10. Hike--Short Camp Burgess to Maple Swamp hike, Sandwich, MA. This 4 mile, 2 hour hike starts from Camp Burgess in Sandwich, winds through trails and roadways through a rural neighborhood, and encompasses a portion of the Maple Swamp Conservation area before heading back to Camp Burgess along other trails. The terrain is wooded paths and cartways with some hills and rutted pathways. Hiking poles and sturdy footwear are advised. We will meet in the lower parking lot at Camp Burgess. From Route 6, mid-Cape Highway, take Exit 3, going south toward Quaker Meeting House Road (opposite from Route 6A). Go 2.5 miles and turn left onto Cotuit Road at the traffic light. Go .3 miles and fork left onto Farmersville Road. Go 1.1 miles and turn left onto Stowe Road. Go .5 miles and Camp Burgess is on your left. Pass by the first Burgess entrance, buildings up the hill on your left, pond on your right, and the parking lot is up a short driveway on your left. L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net, Robin is a fourth year SEM/Cape hikes Level I leader with WFA training.)

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CAPE HIKING

(FT) (NM) Sat., Oct. 12. Hike - Brewster Nickerson State Park (C3C), Brewster, MA. Hike around the ponds and back area hills. From Rt 6 East take Exit 12. At end of ramp, turn Left onto Rt 6A West and go 1.6 miles to park entrance on Left. Enter park and take first Left on Flax Pond Rd to pkg lot at end. Meet 9:45 Two and one half hours. Rain cancels. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Fri., Oct. 18. 2019 Fall Gathering Hike Ryder Conservation/Lowell Holly, Sandwich, MA. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event-if you wish to participate in this activity, please register for the Fall Gathering at www.outdoors.org/fallgathering. This 4 mile hike will take you thru Ryder Woods, a Sandwich conservation area and Lowell Holly, a Trustees of Reservation property. Trails are mostly flat with a few moderate climbs. We will walk on foot paths crisscrossed with tree roots, sandy beach, boardwalk, carriage roads. Poison ivy, ticks are risks. Views of Mashpee & Wakeby Ponds - among the largest freshwater bodies on Cape Cod. Leader will share fun facts along the way. Participants need sturdy footwear, water, snack and hiking poles optional. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event-. L Barbara Gaughan (barbaragaughan12@comcast.net)

Fri., Oct. 18. 2019 Fall Gathering Hike short Hike from Camp Burgess to Maple Swamp Conservation Area, Sandwich, MA. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event-if you wish to participate in this activity, please register for the Fall Gathering at www.outdoors.org/fallgathering. This 4 mile, 2 hour hike leaves right from Camp Burgess on foot. After heading out through the Burgess farm, the initial section is on a wooded path and through a rural neighborhood. Then we head into a Town of Sandwich Conservation Area, Maple Swamp. This area was used as wood lots by the early settlers of Sandwich who had their farms along the ocean shore line. You will be surprised that oxen could pull wood carts along some of the cart paths that we will hike. We will be on both cart paths and narrow rutted trails with several moderate hills. Hiking poles are highly recommended in addition to sturdy hiking shoes and water. This hike is a loop with no easy bail-out. We will finish on a wooded path back to Camp Burgess. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event. L Robin McIntyre (robinmcintyre@comcast.net)

Sat., Oct. 19. 2019 Fall Gathering Hike From Ryder Beach Truro to Newcomb Hollow Beach Wellfleet, Truro, MA. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event. If you are unfamiliar with Cape Cod, this is your opportunity to travel to the outer Cape and hike from Cape Cod Bay to Newcomb Hollow Beach on the National Seashore. It will take a little over an hour to drive to the hike. We will then need to take a few minutes to spot cars on either end of the hike. The 5 plus mile hike will take you on dirt roads, railroad beds, paved streets and wooded trails. Along the way you will see portions of the Old Kings Highway, the Hamburger home, examples of "Bauhaus School architecture and lots of flora and fauna. "Bauhaus school" is the "Modernist" architectural movement, started in Germany 1919. "100 Anniversary" of the Bauhaus School this year. There is a Bauhaus school in Chicago, ongoing in US since 1937, We will stop at Snow Pond for a lunch break. Newcomb Hollow Beach is the site of the fatal white shark attack last summer. At the conclusion of the hike, we will need to shuttle drivers to their cars at hike start. On your way back to Camp Burgess you may want to make a stop at the visitor's center at the National Seashore. Participants need sturdy footwear, water, bagged lunch and hiking poles optional. L Richard Kaiser (rjkaiser@comcast.net) L Janet Kaiser (jtkaiser@comcast.net)

Sat., Oct. 19. 2019 Fall Gathering Naturalist Hike, Bourne, MA. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event. limited to 20 participants. Join Nancy Wigley, AMC Life Member and Educator/Naturalist (author of "Trailside Treasures, Plants of Cape Cod" and "Looking at Lichens, A Journey of Discovery beginning on Cape Cod"), on an informative hike in the Four Pond Conservation Area to explore the necklace of fresh water ponds (following its journey to the sea), springs, spillways, and site of the old Tahanto Fishing Club, the Iron Foundry, Trout Hatchery and Grist Mill. This is an enchanting woodland rich in history now hidden by lovely ferns, club mosses, partridgeberry, and orchids, etc. providing ideal habitat for wildlife. Walk in the footsteps of two of our presidents, Grover Cleveland and Calvin Coolidge, who fished these ponds. Easy 2.5 - 3 miles even terrain with one or two slight inclines. Travel Time from Camp Burgess is 20 - 25 minutes. Participants need sturdy footwear, water, snack and hiking poles optional.. L Nancy Wigley (nrwigley@verizon.net) CL Maureen Kelley (mokel773@aol.com), R Maureen Kelley (mokel773@aol.com)

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CAPE HIKING

Sat., Oct. 19. 2019 Fall Gathering Hike West Barnstable Conservation Area, West Barnstable, MA. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event. This is one of the few trail systems on Cape Cod that may actually deserve the name "hike," both because of the rolling nature of the terrain and the steepness of individual sections of trail. So a spirit of adventure is in order, along with sturdy boots. Visitors are rewarded with a trek through a magnificent pine and hardwood forest, which may whet the appetite for further explorations of this 1,114-acre conservation area crisscrossed by many miles of trails. We will hike to Walker's Point, a wooden deck built by NEMBA (New England Mountain Bike Association) to memorialize a friend. Then we will continue to a trail I call whoop de doos to Dube Rock. From there we will wind through the woods on the Trail of Tears to Scott Rock YA trail. Then after a series of ups and downs we connect to the Beech Tree trail, hopefully the Beech Trees will be in full color, gold. We will then continue to the highest point in Barnstable for a wonderful view to the west. If it is a very clear day we may see Martha's Vineyard. The hike is a little over 5 miles but will feel like more. The pace is 2 to 2.5 miles per hour but will be adjusted for the group. Good supportive footwear a must, hiking poles helpful, water for hydration and a snack are recommended. Ticks and poison ivy will be present throughout hike. L David Selfe (kdselife@comcast.net) CL Kathy Selfe (kdselife@comcast.net)

Sat., Oct. 19. 2019 Fall Gathering Hike Long Hike from Camp Burgess through Maple Swamp Conservation Area, Sandwich, MA. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event. Enjoy an autumn day on Cape Cod on this 8.5 mile hike. Who said Cape Cod is flat? Hikers new to the Cape may be surprised to find trails that reach from 40 ft. to 250 ft. above sea level with slopes that get your heart pumping! You'll experience a cross section of a glacial moraine running from Sandwich to Brewster so be on the lookout for some loose rocks and tree roots. The area is densely forested with maple, pine, oak and holly trees. A Quaking Bog and Maple Swamp decked out in autumn colors are unique features not to be missed. Trails range from single lane to ancient cartways, may be grassy in spots. Paved roads and power lines separate Camp Burgess from Maple Swamp. We'll travel at a moderate pace. **MUST HAVE:** sturdy hiking boots, hiking poles, hat, rain gear, plastic bag/ small mat to sit on, 2+ liters of water for hydration, lunch, high energy snacks, sunscreen, bug spray, tick repellent (Permethrin) * Please protect yourself against disease transmitting ticks and poison ivy. Consider: GPS, compass. L Jane Harding (janeharding@comcast.net) L Catherine Giordano (cmgiordan@msn.com)

Sat., Oct. 19. 2019 Fall Gathering Hike Mashpee River Woodlands, Mashpee, MA. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event. Walk the trails on the east side of the Mashpee River which are owned and maintained by the Trustees of the Reservations. The route follows the river quite closely, and provides nice views. Approximately a three and half-mile out and back, with plenty of small hills. This area was originally a fish and canoe camp until it was donated in the 1950's to The Trustees. Now it is mostly a recreational area for boaters and walkers, but essentially its own natural world. Ticks and poison ivy present. Sturdy shoes/boots, water, snack, poles if desired, but not necessary. L Farley Lewis (farlewis@comcast.net)

Sat., Oct. 19. 2019 Fall Gathering Hike short Hike from Camp Burgess to Maple Swamp Conservation Area, Sandwich, MA. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event-if you wish to participate in this activity, please register for the Fall Gathering at www.outdoors.org/fallgathering. This 4 mile, 2 hour hike leaves right from Camp Burgess on foot. After heading out through the Burgess farm, the initial section is on a wooded path and through a rural neighborhood. Then we head into a Town of Sandwich Conservation Area, Maple Swamp. This area was used as wood lots by the early settlers of Sandwich who had their farms along the ocean shore line. You will be surprised that oxen could pull wood carts along some of the cart paths that we will hike. We will be on both cart paths and narrow rutted trails with several moderate hills. Hiking poles are highly recommended in addition to sturdy hiking shoes and water. This hike is a loop with no easy bail-out. We will finish on a wooded path back to Camp Burgess. L Robin McIntyre (robinmcintyre@comcast.net)

Sun., Oct. 20. 2019 Fall Gathering Hike Cape Cod Canal/Town Neck Beach Sandwich, MA. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event. This activity will take advantage of low tide and we will hike 4 - 4.5 miles along the canal, Town Neck Beach, Sandwich, the popular Sandwich Boardwalk and the neighborhood streets of Town Neck. Town Neck Beach is a popular reporting location for Boston "TV Stations during northeasters. See evidence of the damage first hand. The terrain will vary from very rocky to soft and hard packed sand and paved streets. Leader will share fun facts along the way. Scenic end to Fall Gathering and last chance for a "lobstah" roll at Seafood Sam's. Participants need sturdy footwear, water, snack and hiking poles optional. L Barbara Gaughan (barbaragaughan12@comcast.net) CL Joanne Newton (newt665@comcast.net)

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HIKING

Sun., Oct. 20. 2019 Fall Gathering Hike Santuit Pond, Mashpee, MA. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event. Take a final short hike at Santuit Pond a parcel of property managed by Mashpee Land Bank and is a short drive away from Camp Burgess on the Sandwich/Mashpee border. This land was set aside to preserve the open natural space for fish and wildlife conservation, natural habitat preservation and unobstructed public recreation. The hike will take us past Santuit Pond and river and we will see a newly restored herring ladder. We will continue on past working and non-working cranberry bogs and if we are lucky we might see a witch hazel tree in bloom. We will hike on wooded trails with a few climbs. Ticks and poison ivy are a risk. Participants need sturdy footwear, water, snack and hiking poles optional. L David Selfe (kdsselfe@comcast.net) CL Kathy Selfe (kdsselfe@comcast.net)

Thu., Oct. 24. Hike Coast Guard Beach Eastham, Eastham, MA. 2 hour hike. Visit Salt Pond, salt marshes, Coast Guard Beach. Directions: From Route 6 take Right into National Seashore Salt Pond Visitors Center. Meet at 9:45 and hike 10 am - 12:00 pm. L Richard Kaiser (508-432-3277 Before 9 PM, rjkaiser@comcast.net)

Sun., Oct. 27. Hike Ryder Conservation/Lowell Holly Reservation Hike, Ryder Conservation Area Cotuit Rd. Sandwich, MA. Join us for a 4-4.5 mi hike in Sandwich conservation area and Mashpee Trustees of Reservation property. The terrain is mostly flat with a few steep but short climbs thrown in. Meet at 12:45 for a 1 p.m. start. Heavy rain cancels. Rt 6 to Exit 3 > Quaker Meetinghouse Rd South x 2.5 mi > L @ light on Cotuit Rd x 2 mi. Trailhead parking on R for about 12 cars. L Barbara Gaughan (781-572-1321 before 9 p.m., barbaragaughan12@comcast.net, SEM Level 1 hike & bike leader)

Thu., Oct. 31. Hike South Truro to Poors Hill, Truro, MA. Woodland trails, hills, and pavement walking. Scenic bay views, houses and places of interest. From Route 6, Truro, turn left on Prince Valley Road, go to the end. Turn right on County Road, then an immediate left on Ryder Beach Road. Park at the end in marked spaces, near beach entrance. Meet at 9:45 am. 2.5 hours. L Janet Kaiser (508-364-5047 Before 9 p.m., jtkaiser@comcast.net, AMC life member, Cape hikes leader many years.) CL Richard Kaiser (508-246-7582 before 9 PM)

Thu., Nov. 7. Hike Long Nook Truro, Truro, MA. 2 hour hike. Visit AF Base and Jenny Lind Tower. Directions: From Route 6 take Right on Long Nook Rd (1.2 miles after Pamet Rd Exit) and follow to parking lot at the end. Meet at 9:45 and hike 10 am - 12:00 pm. L Richard Kaiser (508-432-3277 Before 9 PM, rjkaiser@comcast.net)

Thu., Nov. 14. Hiking Truro Bearberry Hill, Truro, MA. Pretty, soft and hard-packed sand trail with two good-size hills ending with a 15-minute beach walk. Hike includes 2 outstanding vistas: Bearberry Hill with 360 degree view plus overlook down to Longnook Beach. Meet at 9:45 for 10:00 start: 2 hours. From Rte 6 in Truro take the Pamet Rd exit and go right off ramp to left on South Pamet Rd and follow to beach parking lot. L Pat Sarantis (508-430-9965 Before 8:30 PM, patsarantis@gmail.com)

Thu., Nov. 21. Hike - South Cape Beach Mashpee (C3C), Mashpee, MA. Flat hike through woods for 2 miles, then 2 miles on sandy peninsula, or dirt fireroad. 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.AM 2 hours. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Thu., Dec. 5. Hike--Bourne Sisters, Bourne, MA. This 2 hour approximately 4 mile hike is in the Bourne Conservation Trust areas of the Bourne Sisters and Perry Woods. It also includes a cranberry bog and Town of Bourne Leary Property. The terrain is wooded pathways with frequent moderate rolling hills throughout the hike. This is not a novice hike. We will have views of Back River from the Leary Property and often see birds along the shoreline. From the Bourne Bridge/Cape side, take the 1st exit off of the rotary just past the State Police building onto Trowbridge Road and go 0.6 miles. Take a left onto County Road at the blinking light and go 1.0 mile. Park on the left at 221 County Road (small sign) for 6 small cars. Other cars will park across the street at the Leary Property. GPS will work to get you to this location. L Robin McIntyre (508-789-8252 Before 9 p.m., robinm McIntyre@comcast.net, Robin is a fourth year SEM/AMC Level 1 hike leader with WFA training.)

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Activities

For the most current information, [search activities online](#)

EDUCATION

Sat.-Sun., Sep. 21-22. Wilderness First Aid Two-Day Workshop, Wildlands Trust Community Conservation Barn, 675 Long Pond Rd., Plymouth, MA 02360. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. This training is required for AMCSEM trip leaders, but is a great experience for any outdoor enthusiast. Instruction is provided by SOLO, experts in providing wilderness medical training. L Douglas Griffiths (508-758-4315 after 6:00 pm, [reddougg@aol.com](mailto:redDoug@com)) **SOLD OUT**

EXECUTIVE COMMITTEE

Volunteer Opportunities

Ongoing: Communications Chair - Southeastern Mass. Chapter, MA. As a key member of the SEM Executive Board, the Communications Chair oversees the timely production and distribution of chapter communications to chapter members and non-members, including: - monthly issues of the Southeast Breeze newsletter (in conjunction with the Breeze editor) - monthly Blast email announcements of important events (in conjunction with both the Chapter Chair and Blast editor). - SEM annual report (jointly with the contributing chapter activity chairs such as hiking, biking, paddling, skiing, etc.) The Communications Chair also: - works closely with both the chapter Webmaster and Social Media Administrator to keep members (and potential members) informed. - participates in monthly Executive Board meetings, soliciting content to communicate in a timely manner. - interacts with AMC staff to ensure chapter communications follow current guidelines and best practices. This is a great opportunity for anyone with good communication skills and is comfortable with social media who wants to help keep the SEM chapter vital and encourage active engagement by members. For more information or to volunteer for this important position, please send an email to communicationschair@amcsem.org and/or to Leonard Ulbricht chair@amcsem.org.

Ongoing: Treasurer, Southeastern Mass Chapter, MA. Dear fellow SEM Member, Your SEM Executive Board is seeking a volunteer to serve as chapter treasurer. In this position you will work with other Board members and the chapter chair to establish an annual budget, submit monthly financials updates to the Board, and insure financial reporting aligns with AMC H/Q policies and procedures. Some familiarity with basic Excel spreadsheets or accounting software helpful. Training will be provided where needed. Our current treasurer has established a well documented routine that has worked for many years and should be easy to transfer to a successor. To explore this position further contact SEM chapter chair, Len Ulbricht, at chair@amcsem.org.

HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org.

Always looking for additional hike leaders! Contact hikingchair@amcsem.org

(FT) (NM) Thu., Sep. 12. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 14th year of the Red Line series! L Joe Keogh (jpkco24@gmail.com) L Michael Swartz (617-840-4199, swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Sep. 12. Thurs Morning Hike Blue Hills, Shea Memorial Rink 651 Willard Street, Quincy MA 02169. Meet at 9:45 am, Shea Rink parking lot for 5-6 mile hike. Sawcut Notch Path to Great and Little Dome with a possible extended hike to CC Camp. Hiking boots, water, rain jacket, snacks, and lunch required. Heavy rain will cancel. L Walt Granda (508-999-6038 Before 9 PM, wigranda@aol.com)

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Activities

For the most current information, [search activities online](#)

HIKING

(NM) Tue., Sep. 17. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA. For your hiking pleasure, a continuing Tuesday Morning Blue Hills Series. We will hike 'all' of the trails within the Blue Hills over time, meeting in different parking lots and hiking different routes each week. So, if you are interested in hiking in the Blue Hills Tuesdays, from 10 to sometime before 2:00, Contact the Leader/Registrar, Bob Vogel. He will provide full information about these hikes. That information will allow you to make an informed decision about your choice to partake in this exciting, slightly different, hiking series. In addition to 'just hiking', this series also aims to provide 'skill building', both for participants and Leaders. We will incorporate a range of 'educational opportunities' as we hike, :-). Come hike, and learn. This will be a "Register once, come as often as you want" series. L Bob Vogel is a 4 season Hike leader for the Southeastern Mass Chapter, as well as a hike leader for Boston Local Walks and a 3 Season Leader for Boston H/B.) L Joanne Newton (vogel.r@comcast.net), R Bob Vogel (vogel.r@comcast.net)

(FT) (NM) Thu., Sep. 19. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See Sept. 12 listing.

(FT) (NM) Thu., Sep. 19. Thurs. Morning 10:00 AM Hike Copicut Woods, Indian Town Rd, Fall River, MA. Meet at 10:00 a.m. Indian Town Rd Parking lot. Required equipment: hiking boots, rain gear, water and snacks. This 516-acre property is both a prime destination and the southern gateway to the Southeastern Massachusetts Bioreserve. Copicut introduces nature lovers and outdoor enthusiasts to an entire regional ecosystem. We will be hiking on many trails lined with pine needles bordering beautiful stone walls. There are some bog bridges so make sure you have sturdy hiking boots. There is an old farm house and barn foundations to explore also. Hike will be approximately 4.5 miles. L Joanne Newton (508-215-9470 Best before 9 PM, newt665@comcast.net)

(NM) Tue., Sep. 24. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA. See Sept. 12 listing.

Thu., Sep. 26. Thursday AM Hike on Bay Circuit Trail through Walpole Conservation Land, 109 Robbins Road, Walpole, MA. Meet at 10am at the VFW Post at 109 Robbins Rd in Walpole for a 4.5 mile hike on the Bay Circuit Trail through Conservation Land. Mostly flat but with a few steep, but short sections up and down eskers. L Hans Luwald (508-668-0462 Before 9 pm, hans.luwald@gmail.com) CL Debbie Lepore (617-778-4339 Before 9 pm, dlepore2@gmail.com)

Fri., Sep. 27. Morgan - Percival, NH. Join us on a Friday hike up Morgan, across, and down Percival. These two peaks have great views of Squam Lake, as well as several features which make them extra fun... such as the ladders on Morgan and the boulder cave on Percival. (Both of which 'can' be bypassed... but why would you want to miss the fun?) 5.5 miles, 1535 feet of elevation gain., L Bob Vogel (vogel.r@comcast.net, Bob is a 4 season Hike leader for the Southeastern Mass Chapter, as well as a hike leader for Boston Local Walks and a 3 Season Leader for Boston H/B.) CL Joanne Newton (newt665@comcast.net), R Joanne Newton (newt665@comcast.net)

Sat., Sep. 28-29. Beginner Backpack to...?, NH. The third in our series of Beginner Backpacks will take us to... Well, We don't know as this goes to press. What we do know is that it will be a 'moderate' backpack, and we won't be climbing any 4000 Footers or anything like that. Contact the registrar if interested, and we'll let you know where we've decided to go! The general plan will be for a few hours of hiking in on Saturday, and enjoyable night in the woods, and then a hike back out on Sunday, early enough to beat the traffic home. Destination may be "back country", not a shelter or tent platforms. So no 'facilities' such as toilets etc. L Bob Vogel (vogel.r@comcast.net, Bob is a 4 season Hike leader for the Southeastern Mass Chapter, as well as a hike leader for Boston Local Walks and a 3 Season Leader for Boston H/B.) CL Samantha Fisher CL Joanne Newton , R Joanne Newton (newt665@comcast.net)

Sun., Sep. 29. Blue Hills, 840 Hillside Street Milton MA. Start the day with a 5.5 mile hike on rolling hills along the yellow triangle trail and a loop around Houghtons Pond. Bring snack and water. No dogs. Storm cancels. L Beth Mosias (bmosias@yahoo.com)

(FT) (NM) Thu., Oct. 3. Borderland State Park/Bay Circuit Trail Thurs. AM Hike, Borderland State Park, Sharon, MA. Meet at 10AM at Borderland SP parking lot on Massapoag Avenue on the Sharon/North Easton border for a six-mile hike, including portions of the Bay Circuit Trail with pond views. Bring water, lunch, layers, sturdy footwear. Rain or storm cancels. Parking fee is \$5.00 for residents, \$6.00 for non-residents.. L Deborah Lepore (617-778-4339 before 9 PM, dlepore2@gmail.com) CL Hans Luwald (508-668-0462 before 9 pm, Hans.Luwald@gmail.com)

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Activities

For the most current information, [search activities online](#)

HIKING

Sat., Oct. 5-6. Hiking Map and Compass for beginners (Sat/Sun), Blue Hills, MA. Come learn navigation skills using a map and compass to find your way in this two-day weekend workshop. The course assumes no prior map or compass experience and is open to anyone that has not taken a map and compass course before. The class starts with basic instruction and progresses over the two days to cover some intermediate skills. All activities will take place at the Blue Hills Reservation; you will need appropriate hiking gear and be able to hike approximately 4 miles with a small daypack. On Saturday we'll use the conference center at Brookwood Farms for both indoor and outdoor instruction. You'll learn how to read a topographic map, how to use a compass and how a map and compass work together. In the afternoon you'll get to practice your skills on a directed hike in the Blue Hills using the DCR trail map. On Sunday your group will plan your own route to find flags hidden both on and off the trail. For this hike, you will be using a US geological survey topographical map which does not show the trails and you will need to make use of terrain features such as valleys, brooks, and hills to stay found. Each group will have an instructor to help facilitate the learning. Prior reservation is required, and class size is limited to promote small group learning. To register for this workshop, you must commit to attending both Saturday and Sunday. Only those that have not taken a map and compass course previously are eligible for the workshop, this ensures everyone in the group is at the same level. The fee for the workshop is \$58 (which includes both days). In addition, you will need to purchase and bring to class the Suunto M-3 which is a navigating compass with adjustable declination correction, list price \$44 (but currently \$30.25 on Amazon). If interested, please contact Doug Griffiths to register ([reddoug@aol.com](mailto:redDoug@aol.com)). L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.)

Thu., Oct. 10. Thursday Morning Hike, Blue Hills, Milton, MA. For our Thursday morning hike, we will go to the Blue Hills... and hike some trails that most people don't normally hike. There won't be a lot of big hills (not a 'Skyline Trail' type hike.). L Bob Vogel (vogel.r@comcast.net, Bob is a 4 season Hike leader for the Southeastern Mass Chapter, as well as a hike leader for Boston Local Walks and a 3 Season Leader for Boston H/B.)

Thu., Oct. 10. Full Moon Hike at Borderland State Park DCR, 259 Massapoag Ave., North Easton, MA. Come and Hike under the Full Hunter's Moon. Also called the Harvest Moon. We will be hiking about 5 miles on mainly flat wide trails in and around the parks 2 large ponds. The moon is scheduled to rise at 5:15 pm. and if the sky is clear we will be in for some breathtaking views of the ponds and the fields. Temperatures at night are beginning to drop this time of year so dress in layers. Water resistant hiking shoes are required as the trails can be a little wet. A detailed Poop sheet. will be sent to all who Register. Registration is required Please include in your Registration E mail: 1) The date of the hike you wish to attend (Sometimes more than one are listed) 2) A Contact Number 3) A description of your latest hiking experience. L William Cannon (508-649-6730, bcannon56@gmail.com, AMC member for 9 years, Full Moon Leader for 3 years) L Susan Svelnis L Nancy Coote L Patricia McNally (bcannon56@gmail.com), R Bill Cannon (508-649-6730, bcannon56@gmail.com)

(FT) (NM) Thu., Oct. 17. Thursday Morning Hike - World's End (C3C), Hingham, MA. World's End (C3C). Meet at 10am in the Parking lot, \$6 pp non-Trustees members. Moderate 4-5 miles. Explore unique peninsula in Boston Harbor with stunning views, hilly, carriage ways and rocky paths. There could be muddy sections. Wear layers, wind protection, good shoes suitable for weather and conditions. Bring water, snacks/lunch. Directions at <http://www.thetrustees.org/places-to-visit/greater-boston/worlds-end.html>. L Eva Das (borsody@gmail.com)

Sat., Oct. 19. 2019 Fall Gathering Hike Sandy Neck Nature Trails, West Barnstable, MA. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event. Sandy Neck Nature Trail is an eight (8), mile Loop that is rated as moderate. This hike route passes through soft sand, sometimes flat, and sometimes rolling hills. One will experience sand dunes, marshland, fir trees, little privately owned cabins, as well as the waters of Cape Cod Bay. Many land and sea birds call this area home. The drawback of this hike is that the trail and beach are very exposed. Hikers should be prepared for any weather situation such as very hot sun, rain, etc etc. Make sure all bring plenty of fluids and snacks, sun protection and some sort of hat. The benefit of this hike is its visual beauty, making it a very camera, friendly hike. Most important there are many turn arounds or smaller trails during the hike. The first trail is about a mile from the start. We can take a left for a very short spur that goes through the dunes, cedars, and out to the ocean. The next trail is 2.25 miles from the start. There are two other short spur trails along the main Nature Trail. We will carpool from camp and park at the Sandy Neck Beach parking lot. A very short walk brings us to the beginning of our adventure. Participants need sturdy footwear, water, bagged lunch and hiking poles optional. L Ken Carson (kcciii@comcast.net) CL Leslie Carson (lrc929@comcast.net)

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Activities

For the most current information, [search activities online](#)

HIKING

Thu., Oct. 24. Bird Street Conservation land hike, Bradley Lessa Park, Stoughton, MA. Easy, flat 4.5 mile hike on conservation land in Stoughton MA. Pretty lunch spot by pond. May be wet in areas so wear appropriate footwear. Rain cancels. Route 24 to exit 18B (Rte 27 N Stoughton MA). At light take left; Go .4 miles to next light. Go right onto Pleasant Street. Follow Pleasant 1.3 miles to end. Turn right onto Route 138. Follow 138 2.0 miles to Plain Street on left. Town Spa restaurant is at corner. Follow Plain Street for 1.3 miles to intersection. Take left onto West Street. Go .5 miles and Bradley Lessa Park will be on left Follow dirt road to end. GPS 1239 or 1251 West Street. L Rachel Thibeault (508-583-5534 before 8:00 PM, rateebo@yahoo.com)

Sun., Nov. 3. Sunday morning - 3rd Annual Arnold Arboretum autumn-peak hike!, Jamaica Plain, MA. Arnold Arboretum - including two vistas, bonsai exhibit, and "Explorer's Garden." We will explore this "tree museum" during a 4 -5 mile hike at a moderate pace. bring water, sturdy footwear, snack or lunch. Meet at the Visitors' Center (Hunnewell building) located at 125 Arborway, Jamaica Plain at 9:45 for a 10:00 start. There is plenty of on-street parking along the Arborway; or walk to the entrance from the Forest Hills Orange Line T-stop. Rain cancels. Leashed dogs are okay. L: Ken Cohen (508-942-1536 Before 8:00 pm,

k-cohen@comcast.net, Year-round hiker and snow shoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Class I Hiking Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills. Active ad-hoc member of the Board of Trustees for The Friends of The Blue Hills. Avid nature photographer.)

(FT) (NM) Thu., Dec. 26. Thursday AM Ponkapoag Pond Hike, Canton, MA. Meet at 10AM in Ponkapoag Golf Course Parking Lot for a five-mile hike/snowshoe (depending on conditions) around the pond. Bring: water, snack and appropriate footwear. L Deborah Lepore (617-778-4339 before 9 PM, dlepore2@gmail.com) CL Hans Luwald (508-668-0462 Before 9 PM, Hans.Luwald@Gmail.com)

PADDLING

Wed., Sep. 25. Paddle Cotuit Bay, Cotuit, MA. Arrive at the put-in, 80 Old Shore Road, Cotuit, by 10:00 to allow time to unload and park up on Putnam Ave. (unless you have a Barnstable beach sticker). Bring water and a lunch. PFDs are required by Massachusetts law and spray skirts may be needed depending on wind and wave conditions. We'll paddle around Oyster Harbors (Osterville Grand Island) passing through Cotuit, North, and West Bays and the Seapuit River. Lunch will be on a sandy beach on the Seapuit River. Plan on a 6 to 7 mile paddle. L Bill Fischer (508-420-4137 before 9pm, wambarbarafischer@comcast.net)

Sat., Oct. 5. Paddle Long Pond, Harwich/Brewster, Harwich, MA. Circumnavigate Long Pond and Small's Pond. Lunch on beach and paddle back to put-in for 6-7 miles. Wear PFD, bring spray skirt in case of wind. Bring water and lunch. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau

Sat., Oct. 12. Paddle Herring River North, West Harwich, MA. Paddle upstream to Coy Brook and up Coy Brook as far as the tide allows. We'll paddle through the East Reservoir and then to the Herring River for lunch at North Road Bridge. After lunch we'll continue up the Herring River to the West Reservoir to see the herring run and then return down the Herring River to the put-in. Wear a PFD and bring a spray skirt in case of wind and waves. Bring lunch and water. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com)

Wed., Oct. 16. Paddle Mashpee/Wakeby Ponds, Mashpee, MA. Arrive at the put-in, Fisherman's Landing, 373 Main Street, Mashpee, by 10:00 to allow time to unload and park your car. Bring water and a lunch. PFDs are required by Massachusetts law and a spray skirt may be needed depending on wind and wave conditions. We'll Paddle two of the largest fresh water Ponds on Cape Cod, about 7 miles, and should have nice fall conditions. Lunch will be on a sandy beach with picnic tables. L Bill Fischer (508-420-4137 before 9pm, wambarbarafischer@comcast.net)

Sat., Oct. 19. Paddling Indian Ponds, Marston Mills, MA. Paddle Middle Pond and Mystic Lake, two fresh water ponds in Marstons Mills. Lunch will be on a beach at end of Mystic Lake. Distance about 7 miles. Life jacket required. Spray skirt may be required. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau (paulcorri@gmail.com)

Sat., Oct. 26. Paddle Bass River South, Dennis, West Dennis, MA. From the launch on Grand Cove, paddle south on the Bass River and explore the 'fingers' and bays near the mouth on Nantucket Sound. Lunch on West Dennis Beach. Return and paddle around Grand Cove for 7-8 mile paddle. Wear a PDF, bring a spray skirt in case of wind and bring water and lunch. L Jean Orser (jeanorser@gmail.com) CL paul corriveau (paulcorri@gmail.com)

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Activities

For the most current information, [search activities online](#)

SKIING

Fri., Jan. 10-12. Cross Country Skiing in Waterville Valley, Mountain Fare Inn, 5 Old Waterville Rd., Campton, NH. Join us for a weekend of cross country skiing at the Waterville Valley Ski Resort. We will stay at the beautiful Mountain Fare Inn in Campton, NH, just a short drive from skiing. The inn offers a full breakfast & later checkout on Sunday @ 3:00 pm, so we can ski for 2 days. We will dine out for dinners. Other potential activities include snowshoeing, fat tire biking & hiking, depending upon snow conditions & group interest. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com, Jeannine is the Skiing Chair for the SEM Chapter.) CL Jeff Hyman CL Dia Prantis

Fri., Mar. 6-8. Cross Country Skiing & Snowshoeing in the White Mountains, The Old Field House, 347 NH 16A, Intervale, NH. Join us for a weekend of cross country skiing & snowshoeing in the beautiful White Mountains. We will stay at the lovely Old Field House in Intervale, NH. The B&B is located near many xc skiing areas; we will choose based upon snow conditions. Snowshoeing is also available, including on trails outside the B&B. Depending upon trail conditions & interest, hiking will also be an option. Or, you may spend some time at the inn with a book or go shopping in North Conway. All rooms have a private bath, & breakfast is included. We will dine out at nearby restaurants for dinner. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com, Jeannine is the Skiing Chair for the SEM Chapter.) CL Dia Prantis CL Wayne Cardoza

SOCIALS

(C) (FT) (NM) Fri., Oct. 18-20. 2019 Fall Gathering, Sandwich, MA. The 2019 AMC Fall Gathering will be hosted by AMC's Southeastern Massachusetts Chapter! Discover where the locals hike, bike, and paddle on Cape Cod-join us a weekend of outdoor fun at Camp Burgess, which boasts nearly 300 acres of forests, meadows, trails, and freshwater ponds, and offers activities like zip lining, a climbing wall, volleyball, and more! The fall is a great time to visit the Cape-the leaves start to change, the air turns crisp, and the summer crowds disappear. At this event, you'll be able to explore the best "the Cape" has to offer-we're planning a wide variety of hikes, bike rides, and paddles (weather permitting). The weekend will also include live music, yoga, and campfires. One-night, two-night, or single-day options are available. L Barry Young (Pastchapterchair@amcsem.org)

TRAILS

Sat., Sep. 28. Trail work at Blue Hills, Milton, MA. No experience necessary! Beginners are welcome! Experienced volunteers are also welcome! This is your chance to give back to the Blue Hills and make the trails safer for everyone! And get dirty! SEM Trail Maintenance in the Blue Hills Area: Part of the Skyline Trail, SEM's adopted trail, from the State Police Barracks eastward to Route 28 When: Saturday, September 28, 2019 (weather permitting) Where to meet: 8:45 am, main (large) parking lot of Houghton's Pond at 840 Hillside Street, Milton. Meet at north end of lot near the exit. Type of work: easy maintenance, trimming vegetation, clearing stairs, etc. SEM will supply tools, gloves and snacks. Please bring water, any special food and wear appropriate clothing (long pants/long sleeve shirt, boots, hat), sunscreen, bug spray, etc. Also, volunteers (past and present) are invited to attend our year end luncheon immediately following this event. Please contact Skip Maysles to reserve your spot at a local eatery. Register by Thursday, September 26 with Skip Maysles at skip.maysles@outlook.com. L Skip Maysles (skip.maysles@outlook.com) L Peter Tierney (pxtierney@gmail.com)



The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | October 2019

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Please send your Word doc and photographs to breeze.editor@amcsem.org.

Please send photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Send listings to breeze.editor@amcsem.org

Business advertisements are just \$15/month. Send inquiries to breeze.editor@amcsem.org



Red-Liners explore the quarries in the Blue Hills Reservation. *Photos by Sue Svelnis*

Red-Lining season ends in fine fashion

By Sue Svelnis & Alan Greenstein

The 14th season of Red Line the Blue Hills ended with a final hike on Sept. 19th at the graffiti-filled quarries in Quincy.

The RLBH series ran from April through September, with hikes every Thursday evening. This year we demonstrated our spirit and commitment with the addition of a RLBH themed T-Shirt design contest. The attendees voted on their favorite design at the traditional end of season dinner. Congrats to Bill Cannon whose design was voted the winner! All RLBH participants will have an opportunity to purchase this exclusive T-shirt. (*Design photo on page 3.*)

This season, 79 hikers completed at least one of the 24 hikes. And six of them became new SEM Class 1 hike leaders!

SEM provides patches to all participants who complete a "Red Line" circuit by hiking every inch of all 125 miles of trails in the Blue Hills Reservation. This can be completed with the group or on their own, and there is no time limit from start to completion. This year there were six patches awarded to first time Red-liners. Since one time around is not enough for many of the hikers, subsequent completions are also celebrated. This year there were an additional ten patches awarded for those who finished anywhere between their second and tenth completions. Since the initiation of the RLBH series, there have been 111 official completions.

To learn more and to see the complete list of finishers, visit the RLBH website: <http://amcsem.org/RLBHWS/>. See more photos on page 4.



View from the Chair: Board continues work on goals

In this issue of *The Breeze* you will find the slate of candidates nominated to serve on AMC-SEM's Executive Board for the next 12 months. Our members will vote on the nominee slate in person at our upcoming [Annual Meeting](#) on November 2. (Sure hope to see many of you there!) Filling open positions on the Board is not an easy task, but we were fortunate this year to have some excellent volunteers step up to serve as your Chapter Vice Chair, Treasurer, and Conservation Chair.

I thought I'd take a moment here to share with you a brief look at recent activities undertaken by your Executive Board. One responsibility of the EB is to reflect on what we do well, could do better, or don't do at all but *should* be doing to make SEM better at serving our constituent community in Southeastern Mass. Most of our monthly EB meetings are tightly structured and not well-suited for the broad, face-to-face discussions needed for such reflecting. But we reserve one meeting a year, in June, for an extended in-person discussion. And we invite to this meeting some former chapter chairs, influential chapter members not currently on the EB, and one or two AMC staff members to bring in thinking outside our own.

Two June meetings ago, we engaged in a brainstorming topic, SWOT analysis of SEM, to try to identify our strengths, weaknesses, opportunities, and threats. Over the subsequent months we've updated that initial SWOT analysis and begun to implement some actionable goals to make SEM better. You have already seen the early start of one goal: to offer more local weekend hikes year 'round, targeting underserved members, the gainfully employed, and perhaps attract new members as well.

We're still working through some other potentially actionable goals. Some bear on enriching our trips or chapter events, others on expanding our membership via better external communications. Some actions we may be able to implement in the near term; we just have to finish working out some of the details. Others may require tapping additional expertise (or bandwidth) and will take longer. Though this process started nearly 18 months ago, it will take more time to implement all or even many of these goals. Eventually, we should be able to look back and feel pleased we've helped make SEM get just a little bit better at serving our membership community. Please let me know if you'd like to help out.

Thanks!

Len Ulbricht, AMC-SEM Chapter Chair

2019 Executive Board

Chapter ChairLen Ulbricht	Communications ChairPaul Miller	Membership Chair.....Ellen Thompson
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Biking ChairBernie Meggison	Education Vice ChairSue Svelnis	Skiing Vice ChairOPEN
Biking Vice ChairOPEN	Hiking ChairGeorge Danis	Trails ChairSkip Maysles
Cape Hiking ChairJane Harding	Hiking Vice ChairKen Sutcliffe	Trails Vice ChairPete Tierney
Cape Hiking Vice ChairCathy Giordano	Hiking Vice Chair.....Anne Rapp	

Ad Hoc Committee Chairs & Other Chapter Contacts

Social Director.....OPEN	Webmistress..... Cheryl Lathrop
Social Vice ChairOPEN	The Breeze Editor.....Mo Walsh
Social Media AdministratorChristine Racine	Blast Editor.....Marie Hopkins

Contact chair@amcsem.org
if you are interested in any
OPEN position

SEM Executive Board 2020 Nomination Slate

Chair	Len Ulbricht
Vice-Chair	Terence Hayes
Secretary	Ann McSweeney
Treasurer	David Yampanis
Biking Chair	Bernie Meggison
Cape Hiking Chair	Jane Harding
Communications Chair	Paul Miller
Conservation Chair	Joanne Newton
Education Chair	Doug Griffiths
Hiking Chair	George Danis
Membership Chair	Ellen Thompson
Paddling Chair	Ed Foster
Past Chapter Chair	Barry Young
Skiing Chair	Jeannine Audet
Trails Chair	Skip Maysles

Names in **black** are continuing in their current post.

Names in **blue** will serve until a replacement is found.

Names in **green** are new to the position.

The Nominating Committee

Alan Greenstein, Hingham, alan.b.greenstein@gmail.com

Walt Granda, Dartmouth, wlganda@aol.com

Robin McIntyre, Buzzards Bay, robinmcintyre@comcast.net



Red-lining finish (Continued from page 1)



Bill Cannon's winning T-shirt design includes a quote from Henry David Thoreau: "I took a walk in the woods and came out taller than the trees."



Bob Vogel, right, leads the last red-line hike of the season.
Photos by Sue Svelnis



Hikers admire the "artwork" in the Quincy quarry.



A flat tire did not deter us from getting back to Skaket Beach in time for sunset. Back: Bob Maccaferri, left, Deb Sadoff, Barbara Gaughan, Ted Rowan. Front: JC Castelein, left, Mike Garrity. *Photo & caption by Barbara Gaughan*

FOR SALE

REI Mars 80 backpack,
like new, used for one
week only.

Asking price \$100.

Contact Joan Scheinbart,
jmsbart@gmail.com for
more information..





Bob Vogel displays a special Certificate of Achievement, one of many surprise gifts. *Photo by Clair MacDonald*

A reluctant, deserving honoree

By Maria Sestina

We met at the Trailside Museum on a gorgeous fall morning. We came outfitted and festooned in shades and hues of sunsets, clementines, and “don’t-shoot-me-hunting-season” orange. The “new black” is Bob’s primary choice of color for gear and outerwear.

Bob Vogel is a very seasoned AMC member, leader, and creator. His newest series—the “What the Heck Kind of a Hiking Series Is This?”—has been going strong since March of this year. On October 15th, we gathered in his honor (and horror). We chose not to highlight his organization-wide accomplishments, which are significant. Instead, we came to celebrate a man who has personally given so much of his time, shared so much of his wisdom, made us laugh and, more important, kept us coming back to our beautiful Blue Hills. Through pouring rains, forced death marches, and mapped trails ending somewhere in the middle of the woods, we learned so much, built our stamina, and deepened our friendships.

Through his guidance and persistence, we blundered our way through leads and co-leads. We walked every square inch of trail, touched trees, tapped fences, and circled his walking stick. Because of these woodland lessons, many of us have attained our leadership status, red-lining patches, various mileage goals, and the ability to read a trail map. No small feat.

Weeks of planning culminated in a surprise luncheon and gift bag to celebrate our fearless leader and friend, Bob Vogel.

Gifts were humorous, thoughtful, practical, interesting and orange! Beautiful books, water bottles, pens and micro-towels were pulled out. There was muscle tape, a Jordan Marsh (!) tie, hand-warmers galore, whistles and bandanas. As the gift pile grew higher, our reluctant honoree crouched lower. If Bob would have had a chance, he would have run back up to the Elliot Tower, where we had all just been a short while ago. So, thank you, Bob, from the whole grateful group. We are so happy to have hiked trails together!



Above: The “WHATEVER” gift bag. RIGHT: Group hike to the observatory. *Photos by Paul Brookes*



Bob Vogel with hike leaders: Tom Greafe, left, Pamela Johnson, Maria Sestina, Karen Foley, Joanne Newton, and Cathy Giordano.



2018 workshop graduates join experienced winter hikers at the summit of Mt. Roberts. *Photo by Susie Schobel*

Prepare for outdoors winter fun at SEM workshop on November 2

By George Danis, SEM Hiking Chair

In the winter months, many of us think about going skiing or escaping to somewhere warm, but have you ever thought about trying out winter hiking and snowshoeing? Do you like to be active outdoors, but the thought of getting cold keeps you indoors? If so, then join us on Saturday, Nov. 2nd, for an informative afternoon workshop that's likely to change your mind about hiking and being outdoors in the winter. The workshop at the Bourne Community Center cafeteria runs from 12:30-3:30 p.m. with clothing and gear demonstrations. (Note that this would leave you plenty of time to also attend the nearby SEM Annual Meeting and dinner that evening). You will learn about necessary clothing and gear and get recommendations for appropriate nutrition and hydration, winter conditioning, and other winter issues (and how to avoid them). We also hope you come away with an understanding of why we love to hike in the winter.

The workshop is free to all and is a prerequisite (in lieu of prior winter hiking experience) to join us for the SEM Winter Hiking Series. The practical information and helpful tips you'll receive from our knowledgeable and very enthusiastic winter hiking/snowshoeing leaders will help you learn how fun, safe, and enjoyable winter hiking can be when you have the right gear, dress appropriately, and use some common sense. Snacks will be provided at the workshop.

For more information or to register for this free workshop, click [here](#) or email hikingchair@amcsem.org.

Hiking among eskers on Bay Circuit Trail conservation land

By Mo Walsh, Breeze Editor

Just what is an esker? Anyone hiking with leader Hans Luwald on September 26 knows the answer: *A long ridge of gravel and other sediment, typically having a winding course, formed by "fluvioglacial deposition,"* (or in other words) *deposited by "meltwater from a retreating glacier or ice sheet."* The Bay Circuit Trail running through Walpole's conservation land includes a number of these narrow ridges, as the 20+ participants in this 4.5-mile hike discovered.



It was a perfect fall day for a brisk and moderate hike in the woods.

Photos by Mo Walsh



Sunset at Noble View in 2015. *Photo by Ken Carson*

Noble View trip Feb. 8-10, 2020

By Paul Brookes, Hike Leader

The SEM Chapter puts on its eighth annual winter weekend Feb. 8-10, 2020, at Noble View Outdoor Center in Russell, MA, about two hours west of Boston. Snowshoeing and cross-country skiing will be offered, assuming enough snow, and hiking otherwise. Participants will need to bring their own equipment.

Noble View is one of the AMC's larger land holdings. On 358 acres atop a quiet, pristine mountain, it offers great views of the Pioneer Valley and of Mt. Wachusett. From the cottage decks, the hill offers great sledding below the tree line. Trails wind through quiet woodlands past cellar holes, brooks, and two stunning waterfalls.

One great aspect of the location is that a paved and plowed access road allows you to drive right up to the Noble View center, unpack and then park your car 100 yards back down the road in a convenient and safe parking lot on the Noble View property. If you're new to winter activities, this is a great way to experience cross-country skiing, snowshoeing, or winter hiking without the additional challenge and stress of having to backpack all your food and equipment up to your base camp.

The center boasts three buildings: two modernized cottages with drinking water, electricity, and wood stoves (that keep the cottages toasty) and a heated bathhouse with composting toilets, hot showers, and running water for cleaning dishes. It's all quite comfy. The chapter reserves all rooms in both cottages for the weekend, so we have the place to ourselves.

Arrive any time after 2 pm Friday to find hot food available in the kitchen throughout Friday evening. For all other meals, we sit down and eat together.

On Saturday we will get up for a hot breakfast and then prepare for the morning activity. Due to the relatively low elevation over the years, we have explored trails that are snow-covered, icy, or free from snow and ice. We will go at a leisurely to moderate pace comfortable for all. Please note that one of the hike leaders, Paul Brookes, will have his well-behaved dog, Sunny, with him.

Most people take part in one of the organized activities (bring your own equipment), but some choose to do an activity of their own or simply sit in front of the fire and read. The Noble View weekend is intended to be relaxing, unpretentious, and easy-going.

After the morning activity, we will return to the cottage for a hot lunch the volunteer cooks (amazing people) have been preparing. Returning for the third year, Sandy Santilli and Hadley Donaldson will be our cooks. After lunch, afternoon activities will be provided. The leaders will take you on different trails from the morning; some years we go down and view the frozen Big Pitcher and Little Pitcher waterfalls, a stunning sight in the winter.

After the return from the afternoon hike, there will be a social hour before dinner. You can bring your own wine or beer and appetizers (please drink responsibly). After dinner, yoga will be offered by Jeannine Audet. If the sky is clear, the pitch-black hilltop is perfect for stargazing. In addition, the main cottage boasts two large comfy lounges for socializing, as well as a kitchen, all of which are kept toasty warm by a wood stove. Cards, board games, Jenga, and jigsaw puzzles are available.

On Sunday there will be a hearty breakfast, followed by a morning hike, snowshoe, or cross-country ski. After the morning activity, a lunch of leftovers is laid out.

The cost is \$105 for AMC members and \$115 for non-members. This price, unchanged from last year and the year before, includes two nights of group lodging and hot meals, from Friday dinner through Sunday lunch.

This fun and relaxing weekend is very popular, and in past years has filled up fast, so I recommend you register early by emailing PaulBrookes1966@outlook.com.

See the listing [here](#).





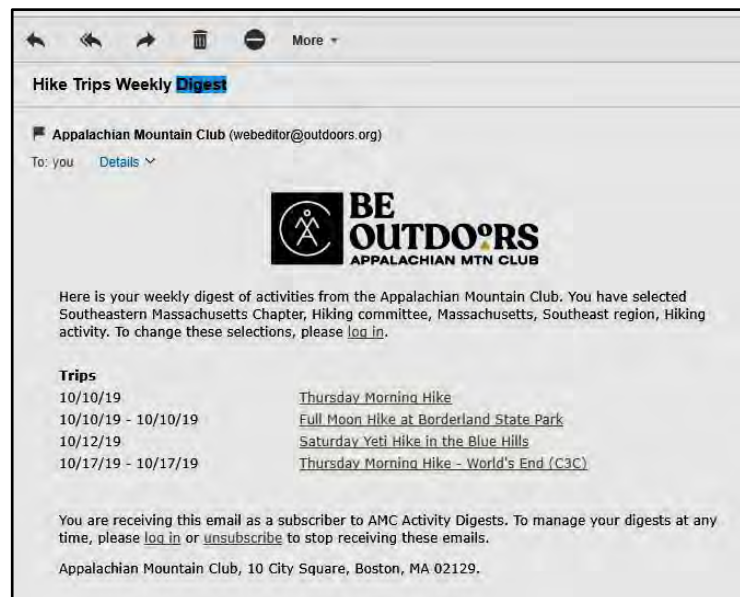
‘Magic’ of AMC Activity Digests

By Paul Miller, Communications Chair
& Hike Leader

We often hear our members complain that they missed an SEM hike, snowshoe, paddle, bike ride, ski trip, or other activity because they couldn't find it on the AMC ActDB activity database (or got locked out of an event because they didn't find out about it in time). Due to the quirks of the ActDB system, this could happen to anyone; I know it's happened to me. But no longer! Last spring, I discovered how easy it is to set up customized *Activity Digest* notifications for the upcoming SEM hikes and bike rides that I might be interested in.

Now, just "like magic," I receive regular emails from the AMC informing me of upcoming local hikes and bike rides that I might not otherwise have known about. With winter coming, I've also added another customized activity digest to notify me of upcoming snowshoe trips locally, in Western Massachusetts, and up in New Hampshire. These email notifications include convenient hyperlinks directly to the trip listings on ActDB.

Activity Digest notification emails display the activities that have the specific criteria you choose and notify you when events are posted, so you can spend less time searching for activities in ActDB and have less chance of getting locked out of a trip that fills up before you register for it. You get to select the chapter, activity, region, and how often you receive these notifications: monthly, bi-weekly, weekly, or daily.



To create your own customized Activity Digest(s), you'll need to first log into www.outdoors.org using your regular AMC user name and password. Then click on the "My Outdoors" tab at the top of the home page, scroll down to "Personalize Your Communications," and click on "Manage Activity Digests." From there, it's pretty clear how to create your customized Activity Digests. Just keep in mind that you need to create (and name) a separate digest for *each* activity you're interested in. You can set up a maximum of five different digest emails with varying criteria and frequencies, so you can choose to get notified about a variety of activities at different times.

Give it a try; I think you'll be pleased with the results! While you might not need them, here's a link to AMC's [step-by-step instructions](#) for setting up Activity Digests.

Your chapter needs a new Communications Chair!

By Len Ulbricht, AMC-SEM Chapter Chair

As a key member of the AMC Southeastern Massachusetts Chapter Executive Board, the Communications Chair coordinates with other members of the Communications committee to help keep our members informed and engaged and to attract new members.

The Chair works closely with our *Breeze* e-newsletter editor, Blast email announcement editor, webmaster, social media administrator, and activity committee chairs: Hiking, Biking, Paddling, Skiing, Conservation, Education, etc.

The Communications Chair also interacts with AMC staff to ensure chapter communications follow current AMC guidelines and best practices.

This is a great [volunteer opportunity](#) for anyone with good communication skills, who is comfortable with social media, and who wants to help keep the SEM chapter vital.

For more information or to volunteer for this important position, please send an email to communicationschair@amcsem.org and/or to me directly at chair@amcsem.org.





View of one of the Three Ponds in the White Mountains near Ellsworth, NH, visible from the group's cooking area. Tents were pitched just a bit beyond here. *Photo by Bob Vogel.*

Reflections of a Beginner Backpacker

By Joanne Newton

All of my life I have loved the outdoors. I have enjoyed skiing, bike riding, tennis, fishing, gardening, exploring, and traveling. I am not one to stay home for very long. I am retired now, but I still feel the same way, if not more so. As much as I would do almost anything outdoors, at night I wanted a hotel with a bed and hot water—not even any hotel—at least a 3-star hotel! (Just can't trust the quality of a lesser rating.)

When I planned to retire, I decided to start hiking. I wanted to be outdoors, but not by myself. I reasoned that hiking was something I could do all year round. Red-lining then became white-lining and white-lining became full moon hikes. Then there were Thursday morning hikes and conditioning hikes. Then someone mentioned backpacking. My first thought was “no way”—where are the bed and hot water and 3-star rating in that?

However, I made a promise to myself when I retired that if anyone asked me to travel or try something new, I would do it. At first I had said no to the conditioning hike series, but I survived that, so perhaps I should try backpacking. I had never slept in a tent, and I had certainly never slept outdoors in the White Mountains. I signed up for the first and second beginner backpacking trips and came home tired, having not slept at all, but I was energized and ready for the third trip.

Six of us hiked into Three Ponds in the White Mountains the last Saturday in September. We found our perfect locations to set up our tents, spread out a bit from each other but well within ear shot. As the night closed in early, we sat on logs talking and sharing stories with the soft glow of a Luci lamp illuminating faces and casting long shadows. A few flying insects were drawn to the light, and their wings were translucent as they danced. The night has a special quality and things seem so different. We seem more aware of every shadow and every sound. Our voices became softer, and it was time to find our way to our tents.

I decided I needed to use the outdoor facilities one more time, and headed up a small knoll with my headlamp on. As I looked down at the location I chose, I looked once and then twice and then again. Something was looking back at me—a snake, coiled up just below me! I screamed and ran—trying to whisper, but it came out as a yell. “There is a snake! Will it get into my tent?”

Laughter—I got *laughter* in return from one of my companions and the comment, “Not if your tent is zipped up.” I can assure you that no one is soon to break my record for unzipping my tent flap, diving head-first into my tent, and zipping it up again. You say, “How can you hike and backpack if you are afraid of snakes?” and my answer is, “If Indiana Jones can be afraid of snakes, so can I!”

Once I was convinced the snake was outside, and the decision was made that the tent would stay zipped until daylight when I could see what I was stepping on, I tried to settle down to sleep. My next awareness was of a smell, and not a particularly pleasant one at first. I realized that it was the ground—the damp, musky smell of moss and wet leaves. We have all smelled dirt and wet leaves, but this was a strong, earthy smell of nature that caught me by surprise. I was lying on the floor of a forest and was enveloped in all of nature in its various stages of life and decay. It was a natural smell, and all was as it should be.

Something hit the top of my tent and I jumped and held my breath. Every new sound seemed to be reason for concern, but nothing was threatening outside. With my heart rate returning to normal and rational thought returning, I decided it was a pine cone or acorn that landed on my tent. No devouring animals could be detected, and all was well yet again.

Continued on page 10



Beginning Backpacker *Continued from page 9*

The Three Ponds Shelter was perhaps a quarter-mile away and I could faintly hear the bass of music drifting towards us. At first I was disappointed that I could hear other people, but then it was comforting, too, to know that others were close by. After the music faded and stopped, there was one long howl far off in the distance—a coyote most likely. Strange, that sound made me smile as it seemed perfect to hear that call coming through the darkness.

All these sensations were flowing over me as I tried to relax. The tent surely does seem like a cocoon, protecting me from all that is just outside my little enclosure. The vastness of the forest; the animals unseen but surely there; my smallness in such a setting—all these thoughts were surfacing and receding as I tried to sleep.

I awoke again to yet another startling noise. I could not place it, but it sounded as if something like a freight train was advancing towards me. It continued to move closer and became louder and more defined, but yet I wasn't sure what it was. It was the wind! We feel the wind when we are outside hiking, and we love its coolness as it refreshes us. Yes, we can hear the wind when we are inside and a storm is brewing outside our windows. This was so different. The wind galloped across the pond, and then up through our open cooking area, and then through the canopy of branches and leaves overhead. It came in waves like the ocean—louder until it rushed overhead and then ebbed to quiet and then roared through again. That sound echoes in my mind even now. The forest is alive in ways I could never have imagined, and one hears the wind even though it cannot be felt.

I slept at last, having experienced all these new sensations and thoughts, knowing that I was safe; knowing that this was a most special time for me; so thankful to be here; so comfortable in my cocoon; and so tired from the hike and the adrenaline rushes to this point.

The next morning, we all rose a little more stiffly, but excited to start the day. We told of our experiences during the night, and I relived my too close encounter with the snake. One of my other companions said, "Yes, I heard a blood curdling scream, but there was just one, so I went back to sleep." What? Someone screams and you go back to sleep? In the Joanne Backpack Lessons Learned, #1 is: If you are in danger or perceived danger, make sure you scream Twice!



Three of five tents the group pitched in the woods under the stars. *Photo by Jeanne Sverdija*

I wouldn't exchange any of these experiences, nor all the others that I haven't shared with you, on these backpack trips. I have never felt more alive or more appreciative of nature than I have during these times. Many of you have camped and backpacked a large part of your lives. For those of you, like me, who have not, I hope my little adventures have touched you so that you will try it. Only you will know what you will take away from such an adventure, but I am certain your sense of awareness and awe will be heightened and renewed. Who needs a 3-star hotel when you can have all the stars in the sky covering you as you lie in your tent in a vast forest? Seems perfect to me.





Backpacking Gear: Let's take a closer look

By Bob Vogel, Hike Leader

BP 103: Sleeping bags (\$27–\$550)

- Rectangular bags are...rectangles. You have lots of room to squirm around inside, but the added size means more weight.
- Mummy bags are form-fitting, energy efficient, and because there is less material, they are lighter.

• Synthetic materials are warm, even if you get them wet. But they are bulkier and heavier.

• Down is very compressible, long-lasting, but loses its insulating value if wet, and it is expensive. Goose down is better than duck down, and more expensive. The higher the 'fill power,' the higher the cost. 850 fill down is light and expensive. 600 fill power is less expensive, but weighs more, and won't compress as to as small a size.

BP 104: Sleeping Pads (\$30–\$250)

My first trips, I slept in a shelter on the hardwood floor in my sleeping bag. It was not comfortable. I soon bought a cheap air mattress, which was much better...the first half of the first night, until it went flat. I then bought a 2' x 4' piece of foam rubber. It worked, but did act as a sponge if any water got into the tent or was spilled. But I used that foam pad for years, and it was cheap and comfortable.

• Closed cell foam. Doesn't absorb water. Not very comfortable unless you get a Z-Rest or such pad with formed bumps. This is what I'm using now.

• Inflatable pads. Lots of options, and these are the most popular these days. Weight, ease of inflation, insulating value, and durability vary. I am thinking of a new inflatable pad, because they are comfortable.

BP 105: Tents (\$55–\$650)

The first question is "Who is going to sleep in it?" Just you? You and your spouse/significant other? Or you and someone else from the trip? Sharing tents saves weight. A one-person tent might weigh 3 pounds, and a similar two-person tent might only weigh 4 pounds, or 2 pounds per person. As a new backpacker, you might find having a friend in the tent with you at night provides a level of comfort... If nothing else you can share your concerns with each other.

For others, such as myself, who have sleep issues, lying awake at night without being able to toss and turn is torture. Having a second person in the tent makes it too difficult for me.

- Two side doors make getting in and out easier for a two-person tent; you don't have to climb over each other. Even for a one-person tent, side entry requires less contortionist moves than a front entry.
- Ceiling height: Being able to sit up to get dressed is a very nice feature.
- Tents that use your trekking poles save the weight of dedicated tent poles, but don't forget your trekking poles!
- Coated nylon or polyester are the "normal" fabrics, but Dyneema is the High Tech, ultralight weight option... which is very expensive.

(The other option is hammocks. That's a whole other world, with its own plusses and minuses.)

BP 106: Stoves (\$1–\$150)

• These days it seems "everyone" is using a Jetboil. They are convenient. You screw on the gas canister, pour in the water, fire it up, and in a couple minutes you have a pot of boiling water. But they aren't without drawbacks. After that first trip, you have a partial gas canister. Is there enough gas for another trip? Would you take it and the second new one? Or just take a new one and keep a collection of partial cans at home? You can, if you have a kitchen scale, weigh the partial cans and estimate the amount of gas left.

• "Gas" stoves. Actually most of these use Coleman fuel. Go back 20 years and WhisperLite was the stove of choice. For winter camping, these are still the best stoves as gas stoves are the most reliable in freezing temperatures.

• Alcohol, the once and future stove? Alcohol stoves have been around for a long time. A bit less convenient than a Jetboil, and slower to boil water, but very lightweight. And you can make one from a used soda can if you want. (Yes, "Coke can" stoves work. And were a thru-hiker thing a few years back. You can buy premade alcohol stoves similar in function to a Coke can stove.) Esbit and others make alcohol stoves and nesting cook sets. Or assemble your own cook kit.

• There are also wood-fired stoves. Some have a battery to run a fan to improve efficiency.

Continued on page 12



Backpacking Gear

Continued from page 11

- Esbit also makes a solid fuel stove. It is available as a small folding metal stove, or is a cook set that comes with the windscreen and the pot. Not the fastest, but low cost, and works. Nothing wrong with simple.

My suggestion? Most people I know have had multiple stoves over time. So, start with something relatively inexpensive. It will heat your food, and as you see other stoves in use, you'll decide which one you want to use as your "forever" stove. (But you will still get a new one every couple years!)

BP 107: Water purification (\$1–\$40 and up)

- You could boil all your water... if you like your water hot, carrying extra fuel, and spending time doing it.

- You could carry bleach, but it makes your water taste like...bleach. There are also pills, some with a second pill to counteract the taste of the first.

- Pump filters were popular, but have lost favor. They are still around and work.

- Or you could just buy a Sawyer Squeeze, like 'everyone else'. (There are a few other filters, some gravity fed; you fill a bag with "dirty" water and there is a hose to fill your bottles or pans.) But Sawyer is popular because they work, are light, and are inexpensive.

BP 108: Packs (\$75–\$300 and up)

- Years ago frame packs were "standard." I still love mine, but they are heavy (5 lbs +). These days new ones are hard to find, but used ones are all over eBay, Craigslist, and I've even picked them up from people's trash. (Be sure the foam shoulder straps and waist belt haven't deteriorated.)

- But in the stores it's all internal frame packs. Some are light, but some are quite heavy. Surprise, lightweight ones usually cost more! Osprey EXOS 58 (liter) weighs 2 lbs. 11 oz. for the Large, and costs \$220. Gossamer Gear Mariposa 60 (liter) weighs 2 lbs. 1 oz. for Large and costs \$225 on sale now. These are a couple lightweight ones I'd take, but haven't sprung for yet. It's hard to pick a pack until you commit to all the other gear, because a pack that won't hold the gear you choose doesn't help. (I have a couple extra frame packs that, if they fit you, can be borrowed for our first introductory backpacks.)

Save-the-Date!

November 2, 2019

SEM's Winter Hiking Workshop

For more information or to register for this free workshop, click [here](#) or email hikingchair@amcsem.org.

SEM's 44th Annual Meeting & Dinner

Reunite with old friends and make new ones. All SEM members, potential members, partners, and friends are welcome!

For more information, [click here](#).

Come to the workshop and SEE some gear if you can. If you can't make it, go to REI and look around. (Disclaimer, my son works at REI. But we don't like REI because he works there. He went to work there because we shop there and he liked the store and knowledgeable employees.) You can also go to LL Bean, EMS (if there's one near you), or other outdoor stores. Look online for more ideas. Amazon sells many of these items.

Start thinking of what you really want to do. Hike the AT, or spend a few weekends in New Hampshire? Carry all this gear up and down the mountains, or just hike into the lower woods? Next up, we will look at some "sets" of gear, the low-weight options, and some more economical options.

To get your copy of Bob Vogel's "Guide to Backpacking," email Bob at vogel.r@comcast.net or look for monthly installments in *The Breeze*.

The
Southeastern Massachusetts Chapter
of the
Appalachian Mountain Club
invites members, friends, and families to our
44th Annual Meeting

**Saturday, November 2nd,
2019**

**The Bay Pointe Club
Buzzards Bay, MA**

<https://baypointeclub.com>

No charge if you just join us for the social hour and business meeting!

4:30 pm – **Registration & Cocktail Hour** – free appetizers & cash bar

5:30 pm – **Annual Meeting** (no charge)

6:30 pm - **Buffet Dinner & Guest Speaker**- \$25.00 per person (\$35.00 per person after 10/24)

Guest speaker presentation abstract and registration form follow.

Questions? Contact Len Ulbricht at chair@amcsem.org

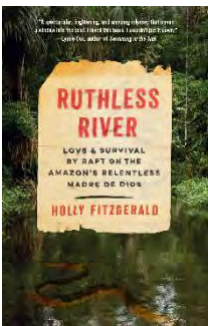
2019 Annual Meeting and Dinner Special Guest Speaker: Holly Fitzgerald



Author of recently published

RUTHLESS RIVER: Love and Survival by Raft on the Amazon's Relentless Madre de Dios

Presentation Abstract



Ruthless River is a story of survival in the remote Amazon interior of South America. In 1973, during a delayed around-the-world honeymoon, the plane carrying Holly Fitzgerald and her husband crash landed in a Peruvian penal colony. Stranded near a tiny town on the banks of the Rio Madre de Dios, they built a raft and traveled downriver to a Bolivian town from where they hoped they could travel on to Brazil. But, instead, after being swept off course by a huge storm they found themselves in a swampy dead end, surrounded by quicksand and unable to get to shore. As we'll learn, these inexperienced rafters faced a frightening ordeal of survival without clean water, food, or shelter and threatened by swarming insects and lurking predators.

Ruthless River tells a harrowing story in which escape seemed impossible. In her presentation, Ms. Fitzgerald will provide us with a personal glimpse into this life-changing ordeal.

✂️ *****

AMC Southeast Massachusetts Chapter Annual Meeting Registration Form

\$25.00/per person; \$35.00 Oct. 25 – Oct. 31st

Deadline to Register is Thursday, October 31st

To register for the Annual Dinner, fill out the Registration Form below and mail your check (payable to AMC-SEM) to: Patty Rottmeier, 1 Belmont Rd. TH5, W. Harwich, MA 02671

AMC SEM 2019 Annual Dinner Registration		
Today's Date		
Your Name		
Email		
AMC Member?		
Price		
I'd Like to Volunteer		
<i>Bring a Friend --- We'll See You There!</i>		



Activities

For the most current information, [search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

AA 13+

A 9-13

B 5-8

C less than 5

Indicates pace

1 very fast

2 fast

3 moderate

4 leisurely

Indicates terrain

A very strenuous

B strenuous

C average

D easy

Found in the description

L Activity leader

CL Activity co-leader

FT First Time

NM ... New Members

AN Advance Notice

C Conservation

BICYCLING

Sun., Oct. 27. Adventure Ride #14, Dennis, MA. "Autumn Excursion" Sunday 27, October, 2019 A relaxed ride thru surrounding woodlands to enjoy the colors and vistas of the season. The ride will tour the most scenic Mid cape has to offer for the fall season. Dirt and paved. Register for changes, updates, weather, cancellations -- paulcorri@gmail.com Bring food and bike supplies--tire repair etc. Large tire or MTB recommended. Arrive 9:45 AM Leave 10:00AM Start Dennis Senior Center, 1045 MA-134 corner Route 134 and Setucket Park away from building. L Paul Corriveau (paulcorri@gmail.com)

Tue., Nov. 12. Sunset & Full Beaver Moon Road Cycling:, MA. 22+/- Miles/ 2 +/- hours. Mostly flat - a couple of small hills. For both the colonists and the Algonquin tribes, this was the time to set beaver traps before the swamps froze, to ensure a supply of warm winter furs. This full Moon was also called the Frost Moon. Start time: about 2 hours prior to sunset. Contact leader for registration, location, etc. paulcorri@gmail.com Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

Thu., Dec. 12. Sunset and Full Cold Moon Cycling, MA. - - 22+/- Miles/ 2 +/- hours. Flats & Hills. December is the month when winter begins for most of the Northern Hemisphere, hence, its full moon is called the Cold Moon. Start time: about 2 hours prior to sunset. Contact leader for registration, location, etc. paulbcurrier@comcast.net Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

CAPE HIKES

Sat., Oct. 26. Hike Falmouth Moraine, Falmouth, MA. Join us on a one-way 9.2 mile hike along Cape Cod's lush Falmouth Moraine Trail. Come experience some autumn splendor! You will encounter densely wooded areas as well as beautiful views of Long Pond and Grews Pond. Much of the terrain is rugged with some steep inclines and rocky depressions. Hikers should be in good physical condition, able to hike 9+ miles at a moderate pace. The hike should take approximately five hours plus additional time for carpooling. Please have room in your car to accommodate passengers and to facilitate our drive to the start and the return to our cars. Bring at least 2 liters of water, snacks, and lunch, sturdy hiking boots, a hat, a jacket (for unpredictable Cape temperatures), rain gear, sunscreen, and bug repellent. Wearing **HUNTERS ORANGE IS A MUST** as it is hunting season. Note: Most of this trail is heavily wooded and grassy. Please protect yourself from ticks, mosquitos and poison ivy by wearing long pants and applying bug spray to your shoes and clothing. Permethrin and DEET are suggested. Registration is required. Please contact Leader Cathy Giordano (508-243-3884 before 9 pm, cmgiordan@msn.com). Directions will be sent to you 3-4 days prior to the hike. CL Diane Hartley (508-566-6517 between 2:00 and 9:00 pm, dihartley@comcast.net)

Sun., Oct. 27. Hike Ryder Conservation/Lowell Holly Reservation Hike, Ryder Conservation Area Cotuit Rd. Sandwich, MA. Join us for a 4-4.5 mi hike in Sandwich conservation area and Mashpee Trustees of Reservation property. The terrain is mostly flat with a few steep but short climbs thrown in. Meet at 12:45 for a 1 p.m. start. Heavy rain cancels. Rt 6 to Exit 3 > Quaker Meetinghouse Rd South x 2.5 mi > L @ light on Cotuit Rd x 2 mi. Trailhead parking on R for about 12 cars. L Barbara Gaughan (781-572-1321 before 9 p.m., barbaragaughan12@comcast.net, SEM Level 1 hike & bike leader).

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Activities

For the most current information, [search activities online](#)

CAPE HIKES

Thu., Oct. 31. Hike South Truro to Poors Hill, Truro, MA. Woodland trails, hills, and pavement walking. Scenic bay views, houses and places of interest. From Route 6, Truro, turn left on Prince Valley Road, go to the end. Turn right on County Road, then an immediate left on Ryder Beach Road. Park at the end in marked spaces, near beach entrance. Meet at 9:45 am. 2.5 hours. L Janet Kaiser (508-364-5047 Before 9 p.m., jtkaiser@comcast.net, AMC life member, Cape hikes leader many years.) CL Richard Kaiser (508-246-7582 before 9 PM)

Thu., Nov. 7. Hike Long Nook Truro, Truro, MA. 2 hour hike. Visit AF Base and Jenny Lind Tower. Directions: From Route 6 take Right on Long Nook Rd (1.2 miles after Pamet Rd Exit) and follow to parking lot at the end. Meet at 9:45 and hike 10 am - 12:00 pm. L Richard Kaiser (508-432-3277 Before 9 PM, rjkaiser@comcast.net)

Sat., Nov. 9. Hike The End of the Line: The Last of the Old Colony Train to Ptown, Provincetown, MA. This will be a fairly fast-paced, dog-friendly, 5-mile walk, starting at the southern tip of Provincetown. We'll go 1½ miles on the Old Colony Nature Trail Pathway and add another mile on back Ptown streets. These two sections comprise the last stretch of the Old Colony Railroad from Boston to Ptown, which was completed in 1873, replacing an extremely challenging (and bumpy!) two-day stagecoach ride with a comfortable 5-hour train ride, and beginning the migration of the Outer Cape's slowly fading fishing economy to tourism. We'll stop for occasional vignettes about and old photographs of the railroad, and go to lunch on the way at Fanizzi's, with a view of the harbor where Railroad Wharf once loaded tons of fresh-caught fish directly onto freight cars headed for Boston's fish markets. We'll walk back, largely on Commercial Street, and get a flavor for today's quiet Ptown in the late fall. Note: This is a reservation-only hike because the leader needs to know the number of lunch attendees and to discuss dog details with anyone else bringing a dog. L Jay Vivian (508-858-4855, jvivan0@comcast.net), R Jay Vivian (jvivan0@comcast.net)

Thu., Nov. 14. Hiking Truro Bearberry Hill, Truro, MA. Pretty, soft and hard-packed sand trail with two good-size hills ending with a 15-minute beach walk. Hike includes 2 outstanding vistas: Bearberry Hill with 360 degree view plus overlook down to Longnook Beach. Meet at 9:45 for 10:00 start: 2 hours. From Rte 6 in Truro take the Pamet Rd exit and go right off ramp to left on South Pamet Rd and follow to beach parking lot. L Pat Sarantis (508-430-9965 Before 8:30 PM, patsarantis@gmail.com)

Thu., Nov. 21. Hike - South Cape Beach Mashpee (C3C), Mashpee, MA. Flat hike through woods for 2 miles, then 2 miles on sandy peninsula, or dirt fireroad. 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.AM 2 hours. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sun., Nov. 24. Hike Crowes Pasture, Dennis, MA. Hike in Crowes Pasture, along surrounding marsh and beach and through historic Quivet Neck neighborhood. Arrive at 12:45 for 1:00 start. Expect soft sand! RT 6 to Exit 9 and RT 134 North. Follow RT 134 north to traffic lights at RT 6A and turn right. Follow RT 6A for .8 miles and turn left on School St (Airline Rd on Right). Follow School St for .4 miles and turn left on Cold Storage Rd. Follow Cold Storage Rd for .5 miles to parking lot at the beach. L Deborah Hayden (508-274-2820 before 9PM, shaferhayden@gmail.com)

Thu., Dec. 5. Hike--Bourne Sisters, Bourne, MA. This 2 hour approximately 4 mile hike is in the Bourne Conservation Trust areas of the Bourne Sisters and Perry Woods. It also includes a cranberry bog and Town of Bourne Leary Property. The terrain is wooded pathways with frequent moderate rolling hills throughout the hike. This is not a novice hike. We will have views of Back River from the Leary Property and often see birds along the shoreline. From the Bourne Bridge/Cape side, take the 1st exit off of the rotary just past the State Police building onto Trowbridge Road and go 0.6 miles. Take a left onto County Road at the blinking light and go 1.0 mile. Park on the left at 221 County Road (small sign) for 6 small cars. Other cars will park across the street at the Leary Property. GPS will work to get you to this location. L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net, Robin is a fourth year SEM/AMC Level 1 hike leader with WFA training.)

Sun., Dec. 8. Hike along Quashnet River and through adjacent woods, Falmouth / Mashpee, MA. This is a 4.2 mile hike at a moderate pace along the Quashnet River and through adjacent woods. About ½ of the hike will be on moderate rolling terrain. Arrive at 12:45 for 1:00 start. From the Mashpee Rotary take Rte. 28N towards Falmouth. Follow Rte. 28 for 2.1 miles to a right on Martin Rd. (just after crossing the Falmouth town line). Parking is in a small lot or along Martin Rd. L Deborah Hayden (508-274-2820 before 9PM, shaferhayden@gmail.com)

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EXECUTIVE COMMITTEE

Volunteer Opportunities

Ongoing: Communications Chair - Southeastern Mass. Chapter, MA. As a key member of the SEM Executive Board, the Communications Chair oversees the timely production and distribution of chapter communications to chapter members and non-members, including: - monthly issues of the Southeast Breeze newsletter (in conjunction with the Breeze editor) - monthly Blast email announcements of important events (in conjunction with both the Chapter Chair and Blast editor). - SEM annual report (jointly with the contributing chapter activity chairs such as hiking, biking, paddling, skiing, etc.) The Communications Chair also: - works closely with both the chapter Webmaster and Social Media Administrator to keep members (and potential members) informed. - participates in monthly Executive Board meetings, soliciting content to communicate in a timely manner. - interacts with AMC staff to ensure chapter communications follow current guidelines and best practices. This is a great opportunity for anyone with good communication skills and is comfortable with social media who wants to help keep the SEM chapter vital and encourage active engagement by members. For more information or to volunteer for this important position, please send an email to communicationschair@amcsem.org and/or to Leonard Ulbricht chair@amcsem.org.

HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org.

Always looking for additional hike leaders! Contact hikingchair@amcsem.org

Sun., Nov. 3. Sunday morning - 3rd Annual Arnold Arboretum autumn-peak hike!, Jamaica Plain, MA. Arnold Arboretum - including two vistas, bonsai exhibit, and "Explorer's Garden." We will explore this "tree museum" during a 4 -5 mile hike at a moderate pace. bring water, sturdy footwear, snack or lunch. Meet at the Visitors' Center (Hunnewell building) located at 125 Arborway, Jamaica Plain at 9:45 for a 10:00 start. There is plenty of on-street parking along the Arborway; or walk to the entrance from the Forest Hills Orange Line T-stop. Rain cancels. Leashed dogs are okay. L: Ken Cohen (508-942-1536 Before 8:00 pm,

k-cohen@comcast.net, Year-round hiker and snow shoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Class I Hiking Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills. Active ad-hoc member of the Board of Trustees for The Friends of The Blue Hills. Avid nature photographer.)

(FT) (NM) Thu., Dec. 26. Thursday AM Ponkapoag Pond Hike, Canton, MA. Meet at 10AM in Ponkapoag Golf Course Parking Lot for a five-mile hike/snowshoe (depending on conditions) around the pond. Bring: water, snack and appropriate footwear. L Deborah Lepore (617-778-4339 before 9 PM, dlepore2@gmail.com) CL Hans Luwald (508-668-0462 Before 9 PM, Hans.Luwald@gmail.com)

Sat., Oct. 26. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA - Main Houghton Pond Parking Lot - Meet near playground, MA. Saturday "Yeti" weekly hikes at the Blue Hills. 840 Hillside Street, Milton, MA. 2 - 3 hours of up & down, up & down...at a moderate to vigorous pace. Leave at 10 AM. Proper fitness and equipment is needed. One time registration required. L Roger Whidden (781-834-7722 9 am - 9 pm, wsfi1@verizon.net, See whiddenschool.com or zazenzone.com), R Roger Whidden (781-834-7722 9 am - 9 pm, wsfi1@verizon.net)

(NM) Tue., Oct. 29. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA. For your hiking pleasure, a continuing Tuesday Morning Blue Hills Series. We will hike 'all' of the trails within the Blue Hills over time, meeting in different parking lots and hiking different routes each week. So, if you are interested in hiking in the Blue Hills Tuesdays, from 10 to about 2:00, Contact the Leader/Registrar, Bob Vogel. He will provide full information about these hikes. That information will allow you to make an informed decision about your choice to partake in this exciting, slightly different, hiking series. In addition to 'just hiking', this series also aims to provide 'skill building', both for participants and Leaders. We will incorporate a range of 'educational opportunities' as we hike, :-). Come hike, and learn. This will be a "Register once, come as often as you want" series. L Bob Vogel (vogel.r@comcast.net, Bob is a 4 season Hike leader for the Southeastern Mass Chapter, as well as a hike leader for Boston Local Walks and a 3 Season Leader for Boston H/B.) L Joanne Newton (vogel.r@comcast.net), R Bob Vogel (vogel.r@comcast.net)

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Activities

For the most current information, [search activities online](#)

HIKING

(FT) (NM) Thu., Oct. 31. Rocky Woods Hike, Trustees of Reservations, MA. Join us on this hike at Rocky Woods, a Trustees property. The trails have gentle ups and downs, with one moderate climb to Lookout Point, the site of a former fire tower. Dress in sturdy footwear, layers such as fleece or down and bring a wind/rain jacket, hat and gloves. Please no cotton clothing. Pack a lunch or snack. Heavy rain cancels. Please contact leader with any questions. \$5.00 parking fee for non members of Trustees of Reservations at self-service kiosk, members use their member code to create parking pass. L Peggy Qvicklund (774-893-3011 until 9pm., qvickan@comcast.net)

Sat., Nov. 2. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. See Sat., Oct. 26 listing for details.

Sat., Nov. 2. SEM Winter Hiking Workshop, Bourne Community Building Cafeteria, 239 Main St. Buzzards Bay, MA. In the winter months, many of us think about going skiing or escaping to somewhere warm, but have you thought about winter hiking and snowshoeing? Do you like to be active and outside, but the thought of getting cold keeps you indoors? Then come join us for an informative afternoon that will change your mind about hiking and being outdoors in the winter months. You will learn about necessary clothing and gear, nutrition and hydration requirements, winter conditioning, winter issues and how to avoid them and why we love to hike in the winter. The workshop is free to all and is a prerequisite (or prior winter hiking experience) to join us for the SEM Winter Hiking Series. The workshop runs from 12:30-3:30 with clothing and gear demonstrations. Light snacks will be provided but participants should bring water or other non-alcoholic beverage of their choice. After the workshop, join us for the SEM Annual Meeting/Dinner at the Bay Pointe Club in Buzzards Bay (registration is separate- see listing). L George Danis (hikingchair@amcsem.org) L Paul Miller

Sun., Nov. 3. Sunday morning - 3rd annual Arnold Arboretum Autumn-Peak Hike!, - Jamaica Plain, MA. Arnold Arboretum - including two vistas, bonsai exhibit, and "explorer's garden." We will explore this "tree museum" during a 4 -5 mile hike at a moderate pace. Bring water, sturdy footwear, snack or lunch. Meet at the Visitors' Center (Hunnewell Building) located at 125 Arborway, Jamaica Plain at 9:45 for a 10:00 start. Plenty of on-street parking along the Arborway; or walk to the entrance from the Forest Hills Orange Line T-stop. Rain cancels. Leashed dogs O.K. L Ken Cohen (k-cohen@comcast.net 508-942-1536 Before 8:00 pm, Year-round hiker and snowshoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Class I Hiking Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills. Active ad-hoc member of the Board of Trustees for The Friends of The Blue Hills. Avid nature photographer.)

(NM) Tue., Nov. 5. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA. See Tue., Oct. 29 listing for details.

Tue., Nov. 5. Mindful Walking at Norris Conservation Area, 10 Dover Street, Norwell, MA. Mindful walking, a type of walking meditation, is an active practice that requires us to be aware of the present moment and surrounding environment. Focusing on nature, allows our bodies to relax, renew and adapt to the ever changing climate of our daily lives & the changing of the seasons. It enhances concentration, awareness and appreciation for the outdoors. This walk will incorporate guided tapping, breathing & gentle qigong exercises to enrich the experience. 2 miles easy walking, pace may be slower than normal. If you would like to download a reservation map, here is the link: <http://www.thetrustees.org/assets/documents/places-to-visit/trailmaps/Norris-Reservation-Trail-Map.pdf>. L Joanne Newton (508-215-9470, newt665@comcast.net) CL Maria Sestina (617-930-1854 After 5 PM, mariasestina@hotmail.com), R Maria Sestina (617-930-1854 After 5PM, mariasestina@hotmail.com)

(B3C), Thu., Nov. 7. Thursday Morning Hike: Whitney and Thayer Woods, Hingham/Cohasset, MA. Woods walk across rolling hills on Trustees of Reservations property. For those not familiar with Whitney Thayer, we'll check out some interesting rock formations (in WT as well as adjacent Wampatuck SP) and views of Boston Harbor. Meet at 10:00am in the Whitney and Thayer Woods main parking area. Boots suitable for weather/trail conditions and snacks/lunch required. Directions & description: See <http://www.thetrustees.org/places-to-visit/south-of-boston/whitney-thayer-woods.html>. L Walt Granda (508-971-6444, wgranda@aol.com) CL Tom Graefe (781-659-2441, tmgraefe@comcast.net), R Tom Graefe (781-659-2441, tmgraefe@comcast.net)

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HIKING

Sat., Nov. 9. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA – See Sat., Oct. 26 listing for details.

Sat., Nov. 9-10. Zealand Falls Hut Overnight, Zealand Notch, White Mountains, NH. The "Main Event" will be Saturday and Sunday with the option to hike in Friday afternoon to spend a second glorious night at the hut. At the hut, we will enjoy camaraderie and group breakfasts and dinners. The meals will be organized ahead of time and the costs will be divided among everyone. Participants should bring their own lunches, trail snacks and drinks. There will be a hike to Zealand summit Saturday, with a second less strenuous option available also. Please contact the registrar by Friday, October 4. Checks must be received by Tuesday, October 8. Anyone signing up after that will need to make their own reservations with AMC if bunks are still available. We have reserved bunks for up to 10 people so please contact the registrar soon. Zealand Falls Hut offers co-ed bunk rooms and separate washrooms with toilets. The bunkhouse is not heated and does not have electricity. Cold running water is available in the washrooms. Bring an appropriately rated sleeping bag, warm clothing and a headlamp or flashlight. This is the "self-service season" so we will prepare our meals and wash our own dishes. L Bob Vogel (vogel.r@comcast.net, Bob is a 4 season Hike leader for the Southeastern Mass Chapter, as well as a hike leader for Boston Local Walks and a 3 Season Leader for Boston H/B.) L Dexter Robinson (dexpcdoc@gmail.com, Dexter is an avid 4 season hiker. He has been a member of the AMC since 1994 and for many years led AMC hikes and backpacks to various locations both local and throughout New England. He has climbed all 67 of the New England four-thousand foot mountains as well as the NH four thousand foot mountains in winter. He recently completed summiting Mt. Washington in every month.) CL Joanne Newton (508-215-9470 During the day and early evening, newt665@comcast.net) CL Diane Hartley, R Joanne Newton (508-215-9470 During the day and early evening, newt665@comcast.net)

Sun., Nov. 10. Worlds End, Martin's Lane, Hingham, MA. Scenic 5 mile moderate paced walk along tree lined carriage paths and footpaths offering sweeping views of the Boston skyline. Bring snack and water. No dogs. There is an \$8.00 fee for non-members of the Trustees of Reservations. From Rt. 3, take exit 14, Rt.228 North for 6.5 mi. Turn left on Rt. 3A and follow for 0.7 mi. Turn right onto Summer St. and at major intersection with Rockland St. continue straight across onto Martin's Lane. Follow for 0.7 mi. to entrance and parking. L Beth Mosias (bmosias@yahoo.com)

(NM) Tue., Nov. 12. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA. See Tues., Oct. 29 listing for details.

Tue., Nov. 12. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA. Come and hike under a Beaver Moon or as some may call it, a Frosty Moon. We will be hiking about 5 miles on mainly flat wide trails in between and around 2 large ponds. In the past we have seen the moon at least 90% of the time. It is a beautiful site over the ponds and across the meadow. Hopefully we won't need any snow gear. A detailed Poop Sheet will be sent to all who register. Please include in your registration e-mail: 1) the date of the Full Moon Hike you wish to attend 2) Your contact number 3) A description of your latest hiking experience. L William Cannon (bcannon56@gmail.com, AMC Member for 8 Years 2 years leading Full Moon Hikes AMC SEM Conservation Chair) L Susan Svelnis (suesvelnis@gmail.com) L Nancy Coote (cranstonstreet22@gmail.com), R Bill Cannon (bcannon56@gmail.com)

Thu., Nov. 14. Massasoit State Park Thurs. morning hike, East Taunton, MA. Registration is not required for this hike. However, you may wish to contact the leader(s) if you have any questions. Meet at Massasoit State Park before 10am located at 1361 Middleboro Ave. East Taunton for a 5-6 mile hike, trail TBD. Usually a mostly easy hike with some steep sections of the trails. Heavy rain cancels, please bring water, lunch or snack, layers and appropriate footwear. Dogs allowed but must be on leashes. L Samantha Fisher (508-243-7594 Before 9pm, sahavah@yahoo.com, Level 1 hike leader) L Robert Branczewski (508-577-9253, lv2cook@hotmail.com, Level 1 hike leader)

Sat., Nov. 16. Blue Hills Fowl Meadow Hike, 1216 Brush Hill Rd. Milton, MA. Join the 'Red Line the Blue Hills' hikers as they finish their season by hiking 9 miles of Fowl Meadow along the Neponset River. The terrain will be mostly flat and probably wet in some areas. Meet at the northern parking lot 1216 Brush Hill Rd., Milton for a 9:30 start. Bring lunch and water. L Joe Keogh (jpkeo24@gmail.com) L Susan Svelnis (suesvelnis@gmail.com) CL Varma Saripalli (781-249-2213, varma@saripalli.com), R Varma Saripalli (781-249-2213 Before 9 PM, varma@saripalli.com)

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HIKING

Sat., Nov. 16, Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. See Sat., Oct. 26 listing for details.

(NM) Tue., Nov. 19. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA. See Tues., Oct. 29 listing for details.

(FT) (NM) Thu., Nov. 21. Thursday hike at Gilbert Hills, MA. Explore some of the smaller trails in F. Gilbert Hills State Forest on this late fall hike. We will cover approximately 5 miles, with small ups and downs. Wear sturdy footwear, bring water, snacks and lunch. Meet at the main entrance at 45 Mill St. Foxborough MA 09:45 for a 10:00 start. L Peggy Qvicklund (774-893-3011 please call before 9 pm, qvickan@comcast.net, Hike leader since 2014. Completed the NH 48, but mainly enjoys sharing the outdoors with like-minded folks.)

Sat., Nov. 23. Blue Hills Skyline End To End, An 8-mile summits Hike, Blue Hills, MA. This most challenging of Blue Hills hikes is a SEM chapter favorite! We'll follow the Skyline Trail from Shea Rink in Braintree to Royall St. in Canton, hitting all the major hills in the expansive Blue Hills Reservation. From the reservation HQ to Great Blue Hill we will take the Southern loop. This relatively rugged hike is around 8-miles long and will take approximately 5 hours. Due to the shortening days, we will be hiking at a faster than moderate pace, so people need to be well-conditioned having recently (within the last 2-months) hiked 7 or more miles including some hikes with hills. We may not stop for lunch, depending on the time, so bring snacks that can be eaten as you walk. Sturdy hiking boots and strong legs required! Please note that one of the hike leaders, Paul Brookes, will have his well-behaved dog (Sunny) with him. No other dogs permitted. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Joanne Newton.

Sat., Nov. 23. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. See Sat., Oct. 26 listing for details.

(NM) Tue., Nov. 26. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA. See Tues., Oct. 29 listing for details.

Sat., Nov. 30. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. See Sat., Oct. 26 listing for details.

(NM) Tue., Dec. 3. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA. See Tues., Oct. 29 listing for details.

Sat., Dec. 7. Winter Series Hike #1 - Mt. Wachusetts, MA. Join us for the first in this year's popular Southeastern Mass. Chapter's Winter Hiking Series and discover the fun, beauty, and camaraderie of winter hiking. We'll be doing an enjoyable, app. 4.5-mile loop hike with some elevation gain and loss at Mt. Wachusetts in Princeton, MA. Weather permitting, we should enjoy expansive views from the fire-towered summit and, if we're really lucky, get an opportunity to try out some of our specialized winter hiking gear as well as practicing "layering" for winter hiking. Participation in the SEM Winter Hiking Workshop on Nov. 2nd (or equivalent) and/or significant winter hiking/showshoeing experience required to participate in this series. L Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net, An experienced SEM chapter winter hiking leader and self-proclaimed "winter hiking fool," Paul takes great pleasure in introducing others to winter hiking.) L George Danis (danisdad51@outlook.com, An experienced hiker and hike leader, Geoge currently serves at the SEM Chapter's hiking chair.)

Sat., Dec. 7. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. - See Sat., Oct. 26 listing for details.

(NM) Tue., Dec. 10. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA. See Tues., Oct. 29 listing for details.

Thu., Dec. 12. Thurs. Adams Farm Hike, Walpole, MA, Adams Farm at 999 North Street, Walpole, MA. Meet at 10 am on the Adams Farm parking lot, located on 999 North Street in Walpole, MA. We will hike 5 miles over relatively level terrain on mostly wide, well-maintained trails. Bring proper footwear for the weather, rain gear, lunch, water. Rain cancels. L Hans Luwald (508-668-0462 before 9 pm, hans.luwald@gmail.com) CL Debbie Lepore (617-778-4339 before 9 pm)

Thu., Dec. 12. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA. See Thu., Nov. 12 listing for details.

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HIKING

Sat., Dec. 14. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. See Sat., Oct. 26 listing for details.

(NM) Tue., Dec. 17. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA. See Tue., Oct. 29 listing for details.

Sat., Dec. 21-21. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. See Sat., Oct. 26 listing for details

(FT) (NM) Thu., Dec. 26. Thursday AM Ponkapoag Pond Hike, Ponkapoag Golf Course, Canton, MA. Meet at 10AM in Ponkapoag Golf Course Parking Lot for a five-mile hike/snowshoe (depending on conditions) around the pond. Bring: water, snack and appropriate footwear. L Deborah Lepore (617-778-4339 before 9 PM, DLepore2@GMail.com) CL Hans Luwald (508-668-0462 Before 9 PM, Hans.Luwald@Gmail.com)

Sat., Dec. 28. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. See Sat., Oct. 26 listing for details.

(NM) Thu., Jan. 9. Thursday Morning Hike - Norton/Mansfield Great Woods, Norton/Mansfield, MA. Thursday Morning Hike - Meeting in Mansfield Great Woods dirt parking lot near 145 Oak Street .Hike in the Great Woods from Norton thru to Mansfield Natural Resources Trust. Car pooling/spotting from Mansfield NRT to trail head on Freeman Street in Norton with side street parking. (Directions below) Flat roaming hike with glacial eskers, old mill dam and early 19th century Coddling Farm site . Bring water, lunch or snacks and dress for the weather. Heavy Snow will cancel hike. Possible shorter snow shoe hike. L Richard Carnes (508-947-3204 before 8 PM, rcarnes2@aol.com)

Fri., Feb. 7-9. Winter Hiking & Cross-Country Ski Weekend, Noble View Outdoor Center, 635 South Quarter Rd, Russell, MA. Join the SEM Chapter for its eighth annual winter weekend get-away at Noble View Outdoor Center in Russell, MA, approximately 2 hours' drive west of Boston. The centers quiet, pristine, mountaintop location offers breathtaking views of the Pioneer Valley and east to Mt. Wachusett. Numerous trails wind through quiet woodlands, pass old cellar holes or descend to two waterfalls. Snowshoeing and cross-country skiing will be offered assuming enough snow and hiking otherwise. Participants will need to bring their own equipment. Please note the leader will have his well-behaved dog, Sunny, with him. The cottages have electricity, water, wood-stove heating, and shared bedrooms. Separate but next to the cottages is a heated bathhouse with toilets and hot showers. Hot meals are included in the registration fee starting with dinner Friday night through lunch on Sunday. We have reserved all 28 beds in both cottages, and we hope you decide to join us; this event is popular, however, so register early. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Jeannine Audet L Joanne Newton

Sat., May 16-17. Beginner Map & Compass for Hikers (Sat/Sun), Blue Hills, MA. Come learn navigation skills using a map and compass to find your way in this two-day weekend workshop. The course assumes no prior map or compass experience and is open to anyone that has not taken a map and compass course before. The class starts with basic instruction and progresses over the two days to cover some intermediate skills. All activities will take place at the Blue Hills Reservation; you will need appropriate hiking gear and be able to hike approximately 4 miles with a small daypack. On Saturday we'll use the conference center at Brookwood Farms for both indoor and outdoor instruction. You'll learn how to read a topographic map, how to use a compass and how a map and compass work together. In the afternoon you'll get to practice your skills on a directed hike in the Blue Hills using the DCR trail map. On Sunday your group will plan your own route to find flags hidden both on and off the trail. For this hike, you will be using a US geological survey topographical map that does not show the trails and you will need to make use of terrain features such as valleys, brooks, and hills to stay found. Each group will have an instructor to help facilitate learning. Prior reservation is required, and class size is limited to promote small group learning. To register for this workshop, you must commit to attending both Saturday and Sunday (9 am-5 pm). Only those that have not taken a map and compass course previously are eligible for the workshop, this ensures everyone in the group is at the same level. The fee for the workshop is \$60 (which includes both days). In addition, you will need to purchase and bring to class the Suunto M-3 NH which is a navigating compass with adjustable declination correction, list price \$44 (but currently \$29.69 on Amazon). If interested, please contact Doug Griffiths to register. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.), R Doug Griffiths ([reddougg@aol.com](mailto:redDoug@AOL.com))

Continued on next page



Activities

For the most current information, [search activities online](#)

PADDLING

Sat., Oct. 26. Paddle Bass River South, Dennis, West Dennis, MA. From the launch on Grand Cove, paddle south on the Bass River and explore the 'fingers' and bays near the mouth on Nantucket Sound. Lunch on West Dennis Beach. Return and paddle around Grand Cove for 7-8 mile paddle. Wear a PDF, bring a spray skirt in case of wind and bring water and lunch. L Jean Orser (jeanorser@gmail.com) CL paul corriveau (paulcorri@gmail.com).

SKIING

Fri., Jan. 10-12. Cross Country Skiing in Waterville Valley, Mountain Fare Inn, 5 Old Waterville Rd., Campton NH. Join us for a weekend of cross country skiing at the Waterville Valley Ski Resort. We will stay at the beautiful Mountain Fare Inn in Campton, NH, just a short drive from skiing. The inn offers a full breakfast & later checkout on Sunday @ 3:00 pm, so we can ski for 2 days. We will dine out for dinners. Other potential activities include snowshoeing, fat tire biking & hiking, depending upon snow conditions & group interest. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com, Jeannine is the Skiing Chair for the SEM Chapter.) CL Jeff Hyman CL Dia Prantis

Fri., Mar. 6-8. Cross Country Skiing & Snowshoeing in the White Mountains, The Old Field House, 347 NH 16A, Intervale, NH. Join us for a weekend of cross country skiing & snowshoeing in the beautiful White Mountains. We will stay at the lovely Old Field House in Intervale, NH. The B&B is located near many xc skiing areas; we will choose based upon snow conditions. Snowshoeing is also available, including on trails outside the B&B. Depending upon trail conditions & interest, hiking will also be an option. Or, you may spend some time at the inn with a book or go shopping in North Conway. All rooms have a private bath, & breakfast is included. We will dine out at nearby restaurants for dinner. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com, Jeannine is the Skiing Chair for the SEM Chapter.) CL Dia Prantis CL Wayne Cardoza

SOCIALS

Sat., Nov. 2. SEM Annual Meeting and Dinner, Bourne, MA. Join us for the 2019 SEM Annual Meeting and Dinner at the Bay Pointe Club in Buzzards Bay, MA. Special Guest Speaker Holly Fitzgerald, author of "Ruthless River". Register using the flyer and registration form link http://www.amcsem.org/events_2019.sem.annual.mtg.register.pdf. Hiking and Biking events before the meeting are listed separately on the activities database. L Barry Young (chair@amcsem.org)



The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | November 2019

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A hearty group of hikers explores Sandy Neck at the 2019 Fall Gathering on Cape Cod.
Photo by Paul Miller

SEM hosts 'legendary'* club-wide Fall Gathering

By Barry Young, FG2019 Event Chair

The Southeastern Massachusetts Chapter hosted the annual AMC Fall Gathering at the YMCA Camp Burgess in Sandwich, MA, on October 18-20, 2019. More than 250 attendees from all AMC chapters enjoyed a variety of outdoor activities, including eleven hikes of varying lengths and difficulty, seven bike rides (road, mountain bike, and hybrid), and a couple of kayak paddles.

Activities at Camp Burgess included yoga, pontoon boat rides, zip-lining, a climbing wall, evening campfires, trivia night, and dancing to a live band. An unplanned candlelight dinner was served Friday night, thanks to a power failure from the storm earlier in the week and the efforts of the great camp staff!

Featured speakers included a marine biology talk, a presentation on hiking the AT 100-Mile Wilderness, and a talk on circumnavigating Cape Cod by foot. More than 50 SEM members volunteered to make the weekend a success for all the attendees and to highlight the beauty of southeastern Massachusetts.

** Based on comments from AMC headquarters staff.
See more on pages 5 & 6*



Cyclists at the Cape Cod Canal Bridge.

Photo by Jeannine Audet



View from the Chair: Welcome our new board!



At our 44th Annual Meeting on November 2nd, we voted in the slate of Executive Board members for 2020. I would like to introduce three who are new to the Board.

Terence Hayes, our Chapter Vice Chair, recently retired as Health Director for the Town of Dennis. A member of the chapter since 2012, he has extensive volunteer committee leadership experience with several MA and Cape Health Associations as well as the Cape Cod Ski Club. Terry is an avid downhill skier and has backpacked sections of the AT and the Philmont Scout camp. We are pleased to have Terry bring his committee leadership background to a key role in our chapter.

David Yampanis, our Chapter Treasurer, has AMC experience that goes back 35 years on family trips to the Whites and the Club's huts and lodges. Subsequently he served on hut croo and had a stint at Joy Street. He and his family still enjoy trips to the White Mountains and have been SEM chapter members for ten years. Dave has a strong finance and administration background that lines up well with the duties of chapter treasurer.

Joanne Newton, Conservation Committee Chair, is new to AMC, having joined in early 2018. Already an avid skier, since joining Joanne has qualified as a level 1 hiking leader and volunteered to be on the Chapter's Executive Board. She retired in 2018 after a career in the healthcare field, serving as director/general manager for several healthcare providers. She looks forward to promoting AMC's conservation programs as well as opportunities for chapter-level conservation initiatives.

Your chapter remains vibrant and strong due in part to volunteers like Terry, David, and Joanne who choose to participate. Please note that we're still looking for someone to step up as Communications Chair to replace Paul Miller, who would like to be able to devote more time and energy to leading hikes. The next time you learn about an opportunity to participate, pause and give it some thought. I am always available to discuss volunteer opportunities with you.

Thanks!



Len Ulbricht, AMC-SEM Chapter Chair

2020 Executive Board

Chapter Chair Len Ulbricht	Communications Chair Paul Miller	Membership Vice Chair Sandi Santilli
Vice Chair Terence Hayes	Communications Vice Chair OPEN	Paddling Chair Ed Foster
Secretary Ann McSweeney	Conservation Chair Joanne Newton	Paddling Vice Chair OPEN
Treasurer David Yampanis	Conservation Vice Chair Bill Cannon	Regional Director..... Joe Princi
Past Chapter Chair Barry Young	Education Chair Doug Griffiths	Skiing Chair Jeannine Audet
Biking Chair Bernie Meggison	Education Vice Chair Sue Svelnis	Skiing Vice Chair OPEN
Biking Vice Chair Peter Linhares	Hiking Chair George Danis	Trails Chair Skip Maysles
Cape Hiking Chair..... Jane Harding	Hiking Vice Chair Ken Cohen	Trails Vice Chair Pete Tierney
Cape Hiking Vice Chair Cathy Giordano	Hiking Vice Chair..... Anne Rapp	Young Members Chair..... Sue Schobel
Cape Hiking Vice Chair Robin McIntyre	Membership Chair..... Ellen Thompson	

Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator Christine Racine	The Breeze Editor..... Mo Walsh
Webmistress..... Cheryl Lathrop	Blast Editor..... Marie Hopkins

Contact chair@amcsem.org if you are interested in any OPEN position



Winter hiking leaders Bob Vogel, left, George Danis, Anne Duggan, Paul Miller, Maureen Kelly, Leslie Carson, Susie Schobel, and Ken Carson. *Photo by Ken Carson*

Winter Hiking Series kicks off with record numbers at Winter Workshop

By Paul Miller, SEM Communications Chair and Winter Hike Leader

Once again this year, the SEM Hiking Committee kicked off our ever-popular Winter Hiking Series with an informative indoor workshop at the Bourne Community Center on November 2, 2019 (prior to the SEM Annual Meeting and Dinner held nearby in Buzzards Bay).

The purpose of this workshop is to provide experienced three-season hikers with an overview of the clothing, boots, and specialized gear needed for safe and enjoyable winter hiking in the mountains of New Hampshire. Much of the information provided applies equally well to local winter hikes, as well as to the variety of snowshoeing and XC skiing activities that our SEM winter leaders routinely offer. What could be well a record, thirty-five prospective winter hikers/snowshoers participated in this year's workshop, along with eight experience SEM winter hiking leaders.

George Danis, SEM Hiking Chair, welcomed the workshop participants, reviewed the objectives and agenda, and introduced the presenters. Ken Carson then took a few minutes to share his thoughts on what's so special about winter hiking, specifically the beauty and solitude of the mountains in winter, the lack of crowds and insects, the great views, and "the opportunity to use some neat gear."

Bob Vogel discussed the key points about clothing for winter hiking: avoid cotton and other non-wicking materials, use a layering strategy, and – above all – don't overdress, since this leads to sweating, which is what you want to avoid as much as possible. Bob held up examples of the different clothing articles he wears in different temperature, wind, and moisture conditions and how he mixes and matches them as needed to stay comfortable (and avoid hypothermia) in cold weather. His very colorful, jester-style winter hat made a big hit!

Leslie Carson covered the critical topic of winter footwear, including well-insulated/waterproof hiking boots; wool, synthetic, or wool/synthetic blend winter socks; and gaiters to keep the snow out of your boots. Leslie showed several examples of appropriate winter boots and discussed the pros and cons of each type.

Paul Miller then discussed and showed examples of the various types of specialized gear we require for our winter trips up north. These include Microspikes or Hillsounds for hard-packed or slightly icy trails; snowshoes for deeper snow conditions; and 10- or 12-point crampons for more challenging winter conditions. He explained that while we might not always require all this gear for every hike, it's always a good idea to bring it all to the trailhead with you...just in case.

Next, Anne Duggan discussed nutrition and hydration requirements for safe and enjoyable winter hiking. Since our bodies burn food as fuel to maintain heat in winter, she stressed the need for high-caloric foods that are easy and convenient to eat while out on the trail when the temperature drops to well-below-freezing levels.

2019-2020 SEM Winter Hiking Series

- Sat., Dec. 7, 2019 - [Winter Series Hike #1 - Mt. Wachusett](#)
- Sat., Jan. 4, 2020- [Winter Series Hike #2 - Morgan-Percival Loop](#)
- Sat., Feb. 1, 2020 - [Winter Series Hike #3 – 4,000-footer\(s\) in Crawford Notch](#)
- Fri., Feb. 28 to Sun., March 1, 2020
[Winter Series Hike #4 – Lonesome Lake Hut Overnight Trip](#)

Continued on Page 4



Winter Workshop/Hiking Series



Bob Vogel discusses clothing strategies for winter hiking.
Photo by Ken Carson

Continued from Page 3

She also explained why bladder-type hydration setups don't work well in winter and explained how to keep your Nalgene-type water bottles from freezing.

George explained that since winter hiking involves carrying heavier loads than at other times of the year, it's important to condition properly—and start doing so well in advance of any planned hikes. He then provided suggestions for how to accomplish this.

Maureen Kelly discussed group management, which involves both good leadership and ready cooperation and self-sufficiency by all participants. George then covered some miscellaneous – but still critical – points related to winter hiking logistics. These include making sure that our cars are as prepared for potentially severe winter conditions as we all should be.

Susie Schobel wrapped up the workshop with a quick overview of the scheduled SEM Winter Series hikes and the many other winter activities available to our members. Note that participation in an SEM Winter Workshop (or equivalent), or significant winter hiking/snowshoeing experience is required to participate in the Winter Series hikes (but not necessarily our other winter trips).

Visit the [SEM activity calendar](#) on the AMC ActDB trip listing system for details on our Winter Series hikes, plus a wide variety of other winter outdoor activities, such as snowshoeing and XC skiing.



Paul Miller explains what those pointy things on the bottom of snowshoes do. *Photo by Ken Carson*



Some really cool winter gear! *Photo by Ken Carson*

See page 12 for Bob Vogel's article on equipment



Nancy Wigley directs attention to nearby trees for one of many lessons on nature. *All photos by Ken Cohen*

Fall Gathering on the Cape: A walk with a local naturalist

By Ken Cohen, Hiking Vice Chair

On Saturday, October 19, activity organizer Maureen Kelly arranged for a special “Four Ponds Walk” led by Naturalist Nancy Wigley in Pocasset, Barnstable County, on Cape Cod. The event was one of the many highlights during the Southeastern Massachusetts Chapter hosting of AMC’s 2019 Annual Fall Gathering.

More than 20 nature lovers joined the outing while observing and learning about the numerous species of plants, lichens, and trees that adorn the Cape Cod region each autumn season. The group also admired an adult Mute Swan, during its serene swim on one of the many ponds in the region.

Attendees from Maine to New York and beyond were thrilled by the knowledge and enthusiasm of the leader. Nancy Wigley is a former AMC Conservation Chairperson (1999), Life Member of AMC, Certified Master Naturalist with the Cape Cod Museum of Natural History, and the author of two books, *Trailside Treasures* and *Looking at Lichens*.

Tall grasses, left, and lily pads on a pond.



We walked amongst the fishing grounds of two former U.S. Presidents, Grover Cleveland and Calvin Coolidge, in what was once part of the Town of Sandwich, MA. The forest around us was quiet and serene.

Nancy introduced the group to almost 20 different species of plants along the way, as she shared her experiences and personal anecdotes with all.

It was a perfect start to a near-perfect autumn day for the nature-lovers on the trails and waterways found throughout the varied regions appreciated and protected by the Appalachian Mountain Club!



Left: Touching the nature above us. Right: A lesson on lichen.



Viewing a pond with new eyes.



A mute swan glides through colorful waters.



AMC members enjoy Fall Gathering activities



Camp lantern sets the mood (and helps during a power outage.) *Photo by Susie Schobel*



Candlelight dinner prepared by kitchen geniuses without electricity. *Photo by Paul Miller*



Sandy Neck hikers take a lunch break. *Photo by Paul Miller*



Claire and Craig MacDonald at Sandy Neck. *Photo by Ken Carson*



Hikers explore the expansive beach at Sandy Neck. *Photo by Paul Miller*



Hikers know beaches are not just for summer! *Photo by Ken Carson*



Cyclists display the new "Be Outdoors" AMC logo. *Photo by Jeannine Audet*



The Fall Gathering included speakers on a variety of topics. *Photo by Susie Schobel*



Cyclists pause on their ride along the Cape Cod Canal. *Photo by Jeannine Audet*



Live band music encouraged dancing. *Photo by Sue Schobel*



There's no hurry for beach hikers at the Fall Gathering. *Photo by Paul Miller*



Photo by Ken Cohen

Volunteer of the Month: Pamela Johnson

By George Danis, Hiking Chair

Each month the SEM recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! This month the Hiking Committee recognizes Pamela Johnson for her numerous contributions.

Whether leading a hike for SEM or conducting a seminar as an AMC summer White Mountain Hut naturalist, Pam is enthusiastic, energetic and engaging. She is always ready to turn an ordinary hike into an event either by themed “dress-up” days or as a leading vocalist on the Holiday Caroling Hike at Houghton’s Pond. Her enthusiasm is infectious, plus she often brings chocolate candy bar snacks for all participants!

This past summer Pam volunteered as a naturalist at the huts and readily shared her knowledge of trees and plant life with fellow SEM hikers on springtime hikes. She also co-led the “Introduction to Hiking” spring series and is one of the new leaders of the White Line series in the Blue Hills.

Thank you, Pam, for all you do.

Pam will receive a Volunteer of the Month Certificate and a \$50 gift card.

Communications Chair position OPEN

This is a great [volunteer opportunity](#) for anyone with good communication skills, is comfortable with social media, and who wants to help keep the SEM chapter vital.

For more information or to volunteer for this important position, please send an email to Paul Miller at communicationschair@amcsem.org or to Len Ulbricht at chair@amcsem.org.



October 5th was a great day for cycling through picturesque Massachusetts and Rhode Island. *Photo by Jeannine Audet*

‘Octoberfest’ biking and brews

By Jeannine Audet, Cycling Leader

Fifteen cyclists enjoyed a brisk fall day, cycling 27 miles through Westport, MA, and Tiverton and Adamsville, RI. The Cycling ride took us past beautiful homes and farms surrounded by stone walls, the old Gray’s Grist Mill, and the West branch of the Westport River. There were a few challenging hills.

Afterward, the group returned to our starting base at Buzzard’s Bay Brewing to enjoy their craft beers, interesting fare from the food trucks, and lively conversation.



Cycling 27 miles is thirsty work! *Photo by Jeannine Audet*



Dexter on Mount Bond with Bondcliff in the background.

Hiking the Pemigewasset Loop

By Dexter Robinson

Many years ago when I joined the AMC, a NH White Mountain presidential traverse was the premier hiking challenge. In recent years that hike is now considered by some as a warm-up for the Pemi Loop hike. *Backpacker Magazine* rates the Pemi Loop as the second hardest day hike in the U.S. and *National Geographic* rates it among the top ten epic hikes in the world. This 31-mile hike is a collection of trails that follow the ridgeline surrounding the Pemigewasset wilderness, climbing eight 4,000-footers, requiring over 9,000 feet of elevation gain. The terrain varies widely from a wet and dark forest to long stretches of above-treeline travel. The route includes some of the most rugged trails in the White Mountains. Hikers typically do it in one or more days. Early in the summer, I decided to take on this challenge and began researching the trip.

When to do it? Some have done (or attempted) it in early May to avoid black flies that are bothersome later that month and in June. But often they get surprised by lingering snow and quickly learn the meaning of the word “posthole.” July has a high occurrence of thunderstorms. So based on this information and trip reports, late August or the first half of September seemed like the best time to attempt the hike.

Where to begin the loop? There are numerous trails one could take to jump on the loop. But the section of the loop near the Lincoln Woods Visitor Center has the lowest altitude so this is where most people begin the loop to minimize the total elevation gain.

How many days? For a one-day attempt, one can travel much lighter and faster without all the overnight gear. But at my age this was not realistic, so I initially planned for a three-day trip that would be more enjoyable and easier on the body.

Which direction to hike? Web posts addressing this question indicate it is a hotly debated topic. I flip-flopped a few times but initially thought going counterclockwise would work best since it offered a more gradual elevation change. I would backpack the first day to Guyot tent site, passing over the Bonds, then on to the Garfield tent site the second day and finally the Franconia Ridge on the third day. The second day would offer the opportunity for possible side trips to other mountains.



Osseo Trail staircases, left, and the trail leaving Little Haystack Mountain. *Photos by Dexter Robinson*

But upon further research I discovered that the Franconia Ridge with the highest mountains has 2.4 miles of exposed above-tree line travel as compared to about 1.5 miles of exposure between the Bonds and over Mt. Guyot.

Given the difficulty of predicting the weather in this area, I was more confident in the accuracy of the forecast for the first day compared to the third day. This favored hiking clockwise, doing the Franconia Ridge on the first day and the Bonds on the third day. Moreover, the hiking time and distance was shorter going clockwise to reach the ridge, where one could experience the first great views. Since I had decided to go solo, weather was a very important factor. So I began to watch the weather forecasts, starting in late August, for rain-free weekdays (for fewer crowds and parking issues). But it seemed nearly impossible to get three consecutive such days in the Whites, so I settled on two good days that appeared in a forecast, with the hope that the weather on the third day would improve.

Continued on page 9



View towards Mount Garfield. *Photo by Dexter Robinson*

‘Pemi Loop’ hike *Continued from Page 8*

But just as I was about to begin my backpack, the forecast began to change, with inclement weather predicted to come in sooner than expected. Consequently I changed the plan and decided to do the hike clockwise in two days rather than three, thus avoiding possible exposure to bad weather on Mt. Guyot and the Bonds. I also eliminated doing any side trips since both days would be long and challenging. There are other ways of doing the trip. Some hikers overnight at Liberty Spring campsite and/or Galehead Hut, going either direction.

Conditioning: Although I had been hiking most of the year, I did additional condition hiking in August with a heavier pack similar in weight to what I would be carrying. I regularly did a moderate to fast-paced hike in the Blue Hills Reservation on parts of the Skyline trail that were rough and required a 1,000 feet of climbing.

The Backpack, Day 1: I started my journey just before sunrise and soon was on the Osseo Trail. This trail is well maintained and with its easy uphill design, along with about seven wooden staircases, it got me up to the ridge and to Mt. Flume in less than three hours. The weather on the ridge was fine with great views. After crossing Mt. Lafayette, which was in and out of the clouds, the clouds lifted and I enjoyed the scenery in this trail section. The trail became rougher as I approached Mt. Garfield, and soon I was scaling a few ledges. I topped out on Mt. Garfield at mid-afternoon, then headed down to the Garfield tent site for my overnight. (distance:14.5 miles, time: 9:45).

The Backpack, Day 2: The day began with a scramble down a steep boulder field with water running everywhere. It felt like hiking down a waterfall. The remainder of the trail over to Galehead hut was in the woods. It was rocky and slow going. I stopped briefly at the hut to top off my water before the steep climb to South Twin’s summit. I then turned onto the Twinway, descending a ways and finding places where I could pick up the pace. As I approached Mt. Guyot the trail suddenly went out into the open, offering good views but lots of boulders to navigate over. The climb over Mt. Guyot was relatively easy. I soon passed the side trail to the Guyot shelter and arrived a short time later on Mt. Bond. The weather held and the sun came out occasionally. The trip down to the visitors center was a long, endless nine miles. (Distance:17.2 miles. Time: 10:45).

Pack, clothing, shoes: My pack weighed 27 lbs. with water and three days of food (17 lbs. base weight—no food or water). I leveraged what I had learned doing the Maine 100-mile wilderness. I kept clothing to a minimum with one set of hiking clothes and long underwear to wear at night, three pairs of Darn Tough socks—changed out the socks midway through each day. I wore Keen Targhee II hiking shoes with a knobby tread rather than boots.

Water and hydration: I carried three liters of water each day—two 1-liter Smartwater bottles and one collapsible 1-liter bottle. The amount to carry can be difficult to calculate based on what you normally consume, the availability of it along the way, and how warm the air temperature is. For both days, I drank two entire liters, using the same hydration system that worked well for the 100-mile wilderness—one Smartwater bottle inverted with a feeding tube in one pack side pocket and the other liters in the other side pocket.

Overall it was a great but challenging trip with many wonderful memories.



The trail after the Garfield tent site, left, and approaching Mt. Guyot. *Photos by Dexter Robinson*



2019 Annual Meeting Honors, Awards, & Fellowship



Guest speaker Holly Fitzgerald with Len Ulbricht



AMC Staff representative Heather Clish



Maureen Kelly presents Paul Miller with the Distinguished Service Award



George Danis & Hiking Committee Award honorees Cathy MacCurtain & Paul Brookes



Paul Miller with Skip Maysles



Patty Rottmeier & Ann McSweeney



Terence Hayes & Judith Brookes Gibbs



Heeere's Bernie... Meggison!



Ann McSweeney & Ralph Jensen



Holly & "Fitz" Fitzgerald



Kathy G. & Dave Selfe



Len Ulbricht presents the Chapter Chair Appreciation Award to Joanne Staniscia



Fall Gathering Committee Barry Young, left, Jeannine Audet, & Jane Harding (Missing: Susie Schobel)

Photos by Ken Carson



Your 2020 Executive Board

Chair Len Ulbricht
 Vice Chair Terence Hayes
 Secretary Ann McSweeney
 Treasurer David Yampanis

Past Chair Barry Young
 Biking Chair Bernie Meggison
 Cape Hikes Chair Jane Harding
 Communications Chair Paul Miller
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 Cape Hikes co-Vice Chair Cathy Giordano
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Ad Hoc Committee Chairs & Contacts

Webmistress Cheryl Lathrop
 Breeze Editor Maureen Walsh
 Blast Editor Marie Hopkins
 Social Network Administrator Christine Racine



AMC-SEM Chapter Milestones: Continuous Years of Membership

Congratulations to the following members for their uninterrupted years of membership in the AMC Southeastern Chapter and participation in our programs!

50 Years

Patricia Day
 Richard Merritt
 Howard Shearer

25 Years

Laurel Link
 Terence Link
 Helen Sittler
 Suzanne Aupperle
 Sarah Boynton
 Diane Romme
 Michael Aupperle
 William Boynton
 Arthur Romme
 Michael Lucas
 Cynthia Johansen
 Charles Sumner
 Chele Lavalla
 Janice Forgays
 William Rockford

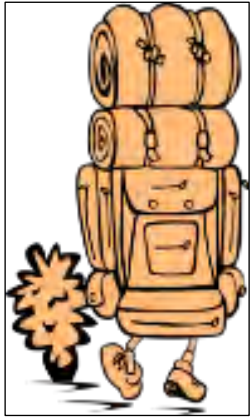
10 Years

Troy Almeida
 Katie Almeida
 Dianne Iperin
 Lisa Amols
 Jennifer Andrews
 Janet Baker
 Richard Batchelor
 Mark Baumhofer
 Jeff Belser
 Ida Belser
 Norman Burr
 Al Carpenter

10 Years

Lucinda Carpenter
 Ron Carroll
 John Cole
 Alexander Crosett
 Katherine Crosett
 Kaela Curtis
 Sharon Davis
 Robert Davis
 Anne Diotalevi
 Paul Diotalevi
 Stephen Dodge
 Robert Dwyer
 Walker Ellis
 Lee Forest
 Willia Frabetti
 Michael Freise
 Shannon Freise
 F. Thomas Fudala
 Karen Giovanoni
 Theodore Haines
 Sara Jackson
 Pamela Johnson
 Bryan Jones
 Patrick Kitchen
 Jane Kitchen
 Jo-Ann Kwass
 Talbert Lauter
 Ann Lawton
 Patricia Little
 Michael Little
 Gavin Little-Gill
 Sierra Little-Gill
 Elsa Little-Gill





Exactly what should I buy?

By Bob Vogel, Hike Leader

Unfortunately, as much as I'd like there to be (for me as well as for you), there is no simple answer. A lot depends on *you* and *your* plans. How much do you intend to backpack? Are you interested in "trying it out", or committed to hiking the Appalachian

Trail, Pacific Crest Trail, Continental Divide Trail...? How strong are you? Stronger people *can* carry heavier packs, although they may not want to. And finally, "How much are you willing to spend?" Because, generally, as weight goes down the price goes up. And as weight goes way down, price goes way up!

Although most of us will fall somewhere in the middle, let's start with a look at a couple of the extremes.

"Wired" (Erin Saver when off trail) started by hiking the PCT (Pacific Crest Trail) in 2001. She has gone on to hike the AT (Appalachian Trail), the CDT (Continental Divide Trail), and many, *many*, more. (See her website: <https://www.walkingwithwired.com/>)

She became *committed* to hiking, and her website will give you far more information than I can here, but just take a look at her 'routine' gear list here:

<https://www.walkingwithwired.com/gear>

Her base pack weight (even with the electronics) is under 14 lbs. Great, but to get there--\$3,900! Most of us aren't that committed! (Note: You can ignore most of the 'electronics,' unless you want to make your living blogging from the trail. And have the followers to make that worthwhile.)

Let's look at a second woman:

"Dixie": (Off trail: Jessica Mills) posts videos and details on her hikes here:

<https://www.youtube.com/channel/UCQhgmV26773qZhzcJz4VFcw>, <https://homemadewanderlust.com/>

Here's the recommended gear list from her latest thru hike, the CDT:

<https://lighterpack.com/r/fsmeqf>

Dixie doesn't give costs in this chart, but her tent is \$600, her sleeping bag \$300+, her pack another \$300. Again, she hikes all summer, every summer, and it's worth it to go light (And she and Wired may get equipment donated, or at a reduced price, in exchange for the publicity.) But, bottom line, light is not inexpensive.

"Some College Kid"

At the other extreme is a hypothetical poor college student, modeled on my experience a long time ago, updated to current equipment and prices.

Tent: River Country Products Trekker 2.2 \$55 on Amazon.
Sleeping bag: From a local department store. Coleman 30 degree at Walmart, \$27.

Pad: Thermarest Ridgerest \$29 at REI.

Cooking: Esbit CS585HA 3-Piece Lightweight Camping Cook Set, Amazon \$27.

Water filter: Sawyer Mini, Amazon \$20.

Pack: And to carry everything, Teton Sports Explorer 4000 internal frame backpack, Amazon \$75.

So for \$233 you can have your "Big 6" backpacking items and go backpacking. Will they be as lightweight as Wired and Dixie? Heck no! Will they be as high quality? Varies. But will they "work," keep you warm, dry, and fed? Yes! And if it's what you can afford, and you are comfortable carrying the weight, "Go for it!"

When I started out 50 years ago, I didn't have "the best." (And still don't!) Has my gear improved? Sure. Did I invest in a new, lightweight tent and new, lightweight sleeping bag this spring? Yes I did, because I'm not as young as I once was. 😊 Did I "have to"? No, but I decided that if I was going to backpack a bunch this summer, it was worth the cost to reduce my pack weight. (Did I mention I'm not getting any younger?)

So, where do you fall? Likely somewhere in the middle. Maybe you already have some of the gear, but are just looking to buy a new sleeping bag. Make sure it will fit in your pack, and leave room for the rest of your gear! Maybe you don't have much. But before you rush out to buy "everything," let's talk as if you are willing to share; not everyone needs a tent and stove.

And finally, to give you one more "data point," see the next page for my current projected pack contents and weight. (Excluding food and water and items carried in my pockets, such as wallet, cell phone.) This list is "pretty good," except my old 5.35 lb. pack. If I backpack a lot it may get replaced and save me a couple lbs. (It weighs more than my tent.) *Continued on next page*



Backpacking buys *Continued from page 12*

Backpacking	Grams	Wt lb
Pack w/TB Cover FP	2430	5.35
Tent B/A Tigerwall 2	1146	2.52
Footprint	85	0.19
Platform Hooks	30	0.07
Sleeping Bag/pb/ss	888	1.96
Sleeping Pad	440	0.97
Cookset:	540	1.19
Stove		
Pot/stand		
Fuel/syringe		
Matches/lighter		
Cozy/towel		
Soap		
Knife	73	0.16
L/H T Spoon, fork		0.00
Cup (A/R?)		0.00

First Aid Kit	164	0.36
Headlamp	80	0.18
Batteries (A/R)	47	0.10
Headnet	18	0.04
Bug Spray/Packets	22	0.05
Whistle	10	0.02
Compass	24	0.05
Mini T	7	0.02

Drybag	39	0.09
Bread bags	12	0.03
Synthetic Jacket	425	0.94
Long Underpants	147	0.32
Fleece top	277	0.61
Socks	92	0.20
Fleece Hat	61	0.13
Liner Gloves	31	0.07
Nitrile Gloves	19	0.04
Dry Bag Tot =	1103	2.43

Column 1 sub-total =	7107	15.65
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	Grams	Wt lb
Rain Coat	346	0.76
Rain Pants	352	0.78
Rain Hat	61	0.13
Water Shoes (Opt - A/R)		
TP	25	0.06
Sanitizer	26	0.06
Tooth Brush	10	0.02
Tooth Paste	22	0.05
Pills/Personal Meds	10	0.02
Floss	6	0.01
Water filter	101	0.22
Dirty Water Bag	38	0.08
Clean Water Btles 5/W(2)	88	0.19
Food hanging bag	29	0.06
Rope	34	0.07
sub-total =	1148	2.53

Base Weight		18.18
Food & Water		0.00
Total =		18.18



When is cheaper too cheap?

“What about the tent I saw at Walmart for \$20? That’s even less expensive than your \$55 example.” Well, one thing to consider about tents, when you’re in the woods, your tent is what keeps you dry in a storm. Many tents are less than perfect. If you buy *any* tent, test it out in your backyard before you take it into the woods and depend on it.

The same applies to sleeping bag ratings. It may say “20°” but does that mean you’ll be “comfortable” or “clinically alive” in the morning? There is a big difference! There are sleeping bag standardized ratings these days, but not every manufacturer tests their bags. See: <https://thermarestblog.com/en-iso-sleeping-bag-ratings/> and lots of other articles available on the web.

For New Hampshire in mid-summer, if you pick your weekends, a 30-degree bag is fine. But even mid-summer, I’ve appreciated a 20-degree bag at times. It does get cold in the mountains, and if you are higher, it gets colder. Can you sleep with all of your clothes on and make it through the night? Yes, but in a 20-degree bag with your base layer on and using a sleeping pad, you are usually fine. No summer sleeping bag is going to also be a winter sleeping bag. When you come to the SEM ‘Winter Workshop’ they will be talking “-20 degree” sleeping bags, and you’ll appreciate those when it drops well below 0°! So there is no one, magic sleeping bag.

Renting gear. If you want to try this whole backpacking thing before committing big bucks, REI in Framingham and Reading rent some gear. Contact them for details. <https://www.rei.com/rentals>

To get your copy of Bob Vogel’s “Guide to Backpacking,” email Bob at vogel.r@comcast.net or look for monthly installments in *The Breeze*.



Activities

For the most current information, [search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

AA 13+
A 9-13
B 5-8
C less than 5

Indicates pace

1very fast
2fast
3moderate
4leisurely

Indicates terrain

Avery strenuous
Bstrenuous
Caverage
Deasy

Found in the description

L Activity leader
CL Activity co-leader
FT First Time
NM ... New Members
AN Advance Notice
C Conservation

BICYCLING

Thu., Dec. 12. Sunset and Full Cold Moon Cycling, MA. - - 22+/- Miles/ 2 +/- hours. Flats & Hills. December is the month when winter begins for most of the Northern Hemisphere, hence, its full moon is called the Cold Moon. Start time: about 2 hours prior to sunset. Contact leader for registration, location, etc. paulbcurrier@comcast.net Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

CAPE HIKING

Sun., Dec. 1. Hike Maple Swamp East Sandwich, MA. Work off those Thanksgiving calories by exploring moraine remnants in the Maple Swamp. This is a hilly hike certain to raise your heart rate and produce some healthy sweat. Hiking shoes required and hiking poles recommended. Hike will be 4 - 5 miles and we will go by the Maples Swamp and possibly a quaking bog. From mid Cape highway if coming from Sagamore Bridge take Exit 3 Quaker Meetinghouse Rd exit, turn R at end of ramp and take 1st left onto Service Rd. The parking area is the next R after Mill Rd. From mid Cape highway heading towards the Sagamore Bridge take Exit 4 turn L over highway and take next R onto Service Rd., Maple Swamp is next L after Noel Henry Rd. L Jane Harding (508-833-2864 Before 9 p.m., janeharding@comcast.net)

Thu., Dec. 5. Hike--Bourne Sisters, Bourne, MA. This 2 hour approximately 4 mile hike is in the Bourne Conservation Trust areas of the Bourne Sisters and Perry Woods. It also includes a cranberry bog and Town of Bourne Leary Property. The terrain is wooded pathways with frequent moderate rolling hills throughout the hike. This is not a novice hike. We will have views of Back River from the Leary Property and often see birds along the shoreline. From the Bourne Bridge/Cape side, take the 1st exit off of the rotary just past the State Police building onto Trowbridge Road and go 0.6 miles. Take a left onto County Road at the blinking light and go 1.0 mile. Park on the left at 221 County Road (small sign) for 6 small cars. Other cars will park across the street at the Leary Property. GPS will work to get you to this location. L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net, Robin is a fourth year SEM/AMC Level 1 hike leader with WFA training.)

Sun., Dec. 8. Hike along Quashnet River and through adjacent woods, Falmouth / Mashpee, MA. This is a 4.2 mile hike at a moderate pace along the Quashnet River and through adjacent woods. About ½ of the hike will be on moderate rolling terrain. Arrive at 12:45 for 1:00 start. From the Mashpee Rotary take Rte. 28N towards Falmouth. Follow Rte. 28 for 2.1 miles to a right on Martin Rd. (just after crossing the Falmouth town line). Parking is in a small lot or along Martin Rd. L Deborah Hayden (508-274-2820 before 9PM, shaferhayden@gmail.com)

Thu., Dec. 12. Hike Punkhorn Parklands (C3C), Brewster, MA. Wooded, hilly trails with pond views. Hiking boots and poles helpful. Route 6 Exit 9B, 2 miles to a right on Setucket Rd, then bear right at Stony Brook Road. In 0.3 miles, turn right on Run Hill Road. 1.3 miles to parking lot on the left. Meet 9:45 am 2 hours. L Richard Kaiser (508-432-3277 Before 9 PM, rjkaiser@comcast.net)

(NM) Thu., Dec. 19. Hike Barnstable-Bridge Creek Conservation (C3D), Cape Cod, MA. 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 Rte 149. Park along grass triangle on immediate left beside church. L Farley Lewis (508-775-9168 Before 9pm, farlewis@comcast.net)



Activities

For the most current information, [search activities online](#)

CAPE HIKING

Sat., Dec. 21. Hike Greenough Pond Yarmouth, MA. 3 1/2 hour hike on wooded trails with hills. Hiking boots and poles recommended. Bring lunch. Directions: From Rt 6, take Exit 7 North on Willow Street. Right turn on Route 6A. At sharp curve turn right onto Summer Street. Park at Dennis Pond Beach parking lot on right. L Richard Kaiser (508-432-3277 Before 9 pm, rjkaiser@comcast.net)

Thu., Dec. 26. Hike Eagle Pond Cotuit, MA. Hike in historic conservation land, some roads to Cotuit Bay and around a white cedar swamp. Terrain is fairly flat, many roots and most trails are wide. Driving Directions: Take Rte 6 (mid Cape Highway) to Exit 5) and turn S on Rte 149, follow signage and take 149 to Rte 28, Turn R. At traffic light with shopping plaza on R and CVS on L turn L onto Putnam Ave. Travel a mile or less until you see dirt cutout on L. Park in cutout. From Falmouth take Rte 28 towards Hyannis and at lights in Marston Mills with shopping plaza on L and CVS on R, turn R on Putnam Rd and proceed a mile or less until you see dirt cutout on L, park in cutout. Meet at 9:45 AM. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Sun., Dec. 29. Hike--Sandy Pond Recreation, West Yarmouth, MA. Wooded trails, pond views in Mid-Cape area. Route 6 Exit 7S, left on Camp Street, left on Buck Island Road, and left at Sandy Pond Recreation Area. L Janet Kaiser (508-432-3277 before 9:00 p.m., jtkaiser@comcast.net) CL Richard Kaiser (508-432-3277 Before 9:00 p.m., rjkaiser@comcast.net)

EXECUTIVE COMMITTEE

Volunteer Opportunities

Ongoing: Communications Chair - Southeastern Mass. Chapter, MA. As a key member of the SEM Executive Board, the Communications Chair oversees the timely production and distribution of chapter communications to chapter members and non-members, including: - monthly issues of the Southeast Breeze newsletter (in conjunction with the Breeze editor) - monthly Blast email announcements of important events (in conjunction with both the Chapter Chair and Blast editor). - SEM annual report (jointly with the contributing chapter activity chairs such as hiking, biking, paddling, skiing, etc.) The Communications Chair also: - works closely with both the chapter Webmaster and Social Media Administrator to keep members (and potential members) informed. - participates in monthly Executive Board meetings, soliciting content to communicate in a timely manner. - interacts with AMC staff to ensure chapter communications follow current guidelines and best practices. This is a great opportunity for anyone with good communication skills and is comfortable with social media who wants to help keep the SEM chapter vital and encourage active engagement by members. For more information or to volunteer for this important position, please send an email to communicationschair@amcsem.org and/or to Leonard Ulbricht chair@amcsem.org.

HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org.

Always looking for additional hike leaders! Contact hikingchair@amcsem.org

(NM) Tue., Nov. 26. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA. For your hiking pleasure, a continuing Tuesday Morning Blue Hills Series. We will hike 'all' of the trails within the Blue Hills over time, meeting in different parking lots and hiking different routes each week. So, if you are interested in hiking in the Blue Hills Tuesdays, from 10 to about 2:00, Contact the Leader/Registrar, Bob Vogel. He will provide full information about these hikes. That information will allow you to make an informed decision about your choice to partake in this exciting, slightly different, hiking series. In addition to 'just hiking', this series also aims to provide 'skill building', both for participants and Leaders. We will incorporate a range of 'educational opportunities' as we hike, :-). Come hike, and learn. This will be a "Register once, come as often as you want" series. L Bob Vogel (vogel.r@comcast.net, Bob is a 4 season Hike leader for the Southeastern Mass Chapter, as well as a hike leader for Boston Local Walks and a 3 Season Leader for Boston H/B.) L Joanne Newton (vogel.r@comcast.net), R Bob Vogel (vogel.r@comcast.net)

Fri., Nov. 29. Walk Your Turkey Off Hike at Halfway Pond Conservation Area, Plymouth, MA. Join me for a 9 am Friday morning-after-Thanksgiving hike at Halfway Pond Conservation Area in Plymouth. We will combine dirt road walking around the ponds with hilly trails in between the ponds for about 6 miles of beautiful trails. Features along the trails include wetlands, kettle holes, beech forest and an area of cathedral pines. Halfway Pond is the headwater for the Agawam River and has been eagle nesting territory in the past. Meet at the Long Pond Boat Ramp Parking Lot at 8:45 for a 9:00 am start. Take Exit 3 off Rt 3 and head southwest. At the intersection turn left onto Long Pond Rd and an immediate right onto Clark Rd. Stay left to keep on Clark Rd which turns into West Long Pond Rd. Parking Lot is on the right between the two ponds. The parking lot we are using is not located on the map linked. We'll plan on a moderate pace to complete the hike in approximately 3 hours. Registration is not required, but email the leader with questions or concerns. L Maureen Kelly (617-943-4288 before 8 pm, mokel773@aol.com)



Activities

For the most current information, [search activities online](#)

HIKING

Sat., Nov. 30. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. Main Houghton Pond Parking Lot - Meet near playground, MA. Saturday "Yeti" weekly hikes at the Blue Hills. 840 Hillside Street, Milton, MA. 2 - 3 hours of up & down, up & down...at a moderate to vigorous pace. Leave at 10 AM. Proper fitness and equipment is needed. One time registration required. L Roger Whidden (781-834-7722 9 am - 9 pm, wsfi1@verizon.net, See whiddenschool.com or zazenzone.com), R Roger Whidden (781-834-7722 9 am - 9 pm, wsfi1@verizon.net)

(FT) (NM) Sat., Nov. 30. Copicut Woods, Indian Town Rd, on the border of Fall River and Westport, MA. Meet at 10:00 a.m. Indian Town Rd Parking lot. Required equipment: hiking boots, rain gear, water and snacks. This 516-acre property is both a prime destination and the southern gateway to the Southeastern Massachusetts Bioserve. Copicut introduces nature lovers and outdoor enthusiasts to an entire regional ecosystem. We will be hiking on many trails lined with pine needles bordering beautiful stone walls. There are some bog bridges so make sure you have sturdy hiking boots. There is an old farm house and barn foundations to explore also. Hike will be approximately 4.5 miles. L Joanne Newton (508-215-9470 Best before 9 PM, newt665@comcast.net) CL Paul Audet (milmod@aol.com)

Sun., Dec. 1. Thanksgiving Weekend Blue Hills Massacree Hike., The Blue Hills southern 3 Parking lots along Randolph Ave. Milton, MA. Come join the AMC SE Massachusetts Chapter Conservation Committee and Officer Obie in the Blue Hills pickin up the Garbage. The Dump was closed on Thanksgiving, so we are doing it with Alice on Sunday cuz we got to be in court on Monday. Feel free to wear bell bottoms and Tie Dye. Bring your own Implements of destruction. We will supply the Garbage bags and the Rubber gloves. We plan on pickin up the garbage on the southern end of Randolph Ave. Then we will load it up on the VW Micro Bus and take it to the Dump while singin in three part harmony. Registration is not required. Meet in one of the 3 Southern most parking turn offs on Randolph Ave (Rte. 28), just north of the Highway (Exit 5 on 128/93). Plan to be there at 9:45 so we have time to look at the 8x10 color glossy photographs with the circles and arrows and the description on the back . L Joanne Newton (508-215-9470, newt665@comcast.net) L Nancy Coote (cranstonstreet22@gmail.com) L William Cannon (bcannon56@gmail.com)

(NM) Tue., Dec. 3. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA. See Tues., Nov. 26, listing for details.

Thu., Dec. 5. Thursday Morning Series: Bay Circuit Trail - Sharon-Easton, MA. Hike about 7 miles of the Bay Circuit Trail through parts of Sharon and Easton. We will hike through Borderland, then continue down some power lines and then through "Fox Hill" and "Beaver Brook Woods", two Easton pieces of Conservation and NRT land. This hike is fairly level, and we will 'move at the groups pace'. Along the way we will pass "The last bear den in Easton", where the last bear in Easton was killed. (until a new one moves in one of these days) And there is only a couple hundred yards of road walking! I think it's the nicest section of the BCT.. .but I might be prejudiced. Hike will meet at 9:45 and the hike will start at 10. We will stop and have lunch along the way, and should complete our hike by 2:00. Note: Registration is required for this hike as we will have to spot cars. Since the parking lot at the trails end is quite small, I'll direct most folks to meet at the start, but I'll need some volunteers to meet at the end and leave cars to shuttle folks back to the starting point. If you have a 4 or more passenger vehicle and can help shuttle folks, note that when you register. (Directions for where you should meet will be in the Info Sheet.) Please register by Tuesday, Dec 3 to allow time to organize the car spotting. Thanks. If it rains? Bring your raincoat, we will have fun anyways! :-). L Bob Vogel (vogel.r@comcast.net, Bob is a 4 season Hike leader for the Southeastern Mass Chapter, as well as a hike leader for Boston Local Walks and a 3 Season Leader for Boston H/B.)

Sat., Dec. 7. Winter Series Hike #1 - Mt. Wachusetts, MA. Join us for the first in this year's popular Southeastern Mass. Chapter's Winter Hiking Series and discover the fun, beauty, and camaraderie of winter hiking. We'll be doing an enjoyable, app. 4.5-mile loop hike with some elevation gain and loss at Mt. Wachusetts in Princeton, MA. Weather permitting, we should enjoy expansive views from the fire-towered summit and, if we're really lucky, get an opportunity to try out some of our specialized winter hiking gear as well as practicing "layering" for winter hiking. Participation in the SEM Winter Hiking Workshop on Nov. 2nd (or equivalent) and/or significant winter hiking/showshoeing experience required to participate in this series. L Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net, An experienced SEM chapter winter hiking leader and self-proclaimed "winter hiking fool," Paul takes great pleasure in introducing others to winter hiking.) L George Danis (danisdad51@outlook.com, An experienced hiker and hike leader, Geoge currently serves at the SEM Chapter's hiking chair.)

Sat., Dec. 7. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. - See Sat., Nov. 30, listing for details.



Activities

For the most current information, [search activities online](#)

HIKING

(NM) Tue., Dec. 10. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA. See Tues., Nov. 26, listing for details.

Thu., Dec. 12. Thurs. Adams Farm Hike, Walpole, MA, Adams Farm at 999 North Street, Walpole, MA. Meet at 10 am on the Adams Farm parking lot, located on 999 North Street in Walpole, MA. We will hike 5 miles over relatively level terrain on mostly wide, well-maintained trails. Bring proper footwear for the weather, rain gear, lunch, water. Rain cancels. L Hans Luwald (508-668-0462 before 9 pm, hans.luwald@gmail.com) CL Debbie Lepore (617-778-4339 before 9 pm)

Thu., Dec. 12. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA. Come and hike under a Beaver Moon or as some may call it, a Frosty Moon. We will be hiking about 5 miles on mainly flat wide trails in between and around 2 large ponds. In the past we have seen the moon at least 90% of the time. It is a beautiful site over the ponds and across the meadow. Hopefully we won't need any snow gear. A detailed Poop Sheet will be sent to all who register. Please include in your registration e-mail: 1) the date of the Full Moon Hike you wish to attend 2) Your contact number 3) A description of your latest hiking experience. L William Cannon (bcannon56@gmail.com, AMC Member for 8 Years 2 years leading Full Moon Hikes AMC SEM Conservation Chair) L Susan Svelnis (suesvelnis@gmail.com) L Nancy Coote (cranstonstreet22@gmail.com), R Bill Cannon (bcannon56@gmail.com)

(FT) (NM) Sat., Dec. 14. 2nd Annual Caroling Around the Pond, Houghton's Pond Visitor Center, Blue Hills Reservation, MA. Hark! Come one! Come all! Put on your best festive and fun holiday attire and join us for a stroll around Houghton's Pond at the Blue Hills Reservation on Saturday, December 14th at 10 AM. We will meet at the Houghton's Pond Visitor Center to "rehearse" before heading out on our 1.1 mile caroling adventure around the pond. We will stop along the way to sing a traditional carols, seasonal tunes and holiday ditties. Stay for light refreshments and cheer after the singing! We will wrap up before noon. Revelers of all ages are welcome to join in! Well behaved dogs on leashes are most welcome! Caroling will be cancelled if the weather outside becomes frightful. Cancellation will be posted on the AMC website and also by SEM Chapter notification so be sure to check if weather looks bad. L Pamela Johnson (617-448-4446, pjohnson8992@gmail.com, Pam is an AMC SEM Chapter Hike leader and serves as co-leader on the White Lining Series, the Conditioning Series and the Introduction to Hiking Series. She also volunteers as a "Naturalist" and "Information Volunteer" in the AMC high mountain huts in the summer. Pam has climbed the NH 48 and loves being outdoors!) CL Maria Sestina (Maria Sestina is an AMC SEM Hike Leader and loves outdoor adventures of all kinds!)

Sat., Dec. 14. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. See Sat., Nov. 30, listing for details.

Mon., Dec. 16. Enjoying, not just Surviving, Winter, James Library, 24 West St., Norwell, MA. Do you enjoy three season hiking and walking and are interested in getting outside during the winter months to do the same? Shorter days, storms, icy sidewalks, and cold weather can be challenging. This presentation will provide a view of winter as a season when outdoor activities can be enjoyed by dressing properly. Techniques for staying warm along with clothing and foot gear examples will be on display. The presentation is free and will take place at the James Library, 24 West St., Norwell, MA on Monday, December 16, 2019, 7 pm. Registration is not required. L Dexter Robinson (dexpcdoc@gmail.com, Dexter is an avid 4 season hiker. He has been a member of the AMC since 1994 and for many years led AMC hikes and backpacks to various locations both local and throughout New England. He has climbed all the mountains on the New England Hundred Highest list as well as the NH four thousand foot mountains in winter. He has summited Mt. Washington in every month.)

(NM) Tue., Dec. 17. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA. See Tue., Nov. 26, listing for details.

Sat., Dec. 21. Snowshoe #1 2019- 2020, TBA, MA. We will be chasing snow to begin a graduated series of snowshoe hikes in New Hampshire and Massachusetts. Hike locations will be posted 1 - 2 weeks prior to the planned hike. Full winter gear with snowshoes and microspikes will be required. Priority for registration will be given to participants in the SEM Chapter Winter Hiking Workshop. L Anne Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com) L Leslie Carson (508-737-6627, lrc929@comcast.net, Leslie Carson is a four-season hiking/backpacking leader with the AMC Southeastern Massachusetts Chapter. She completed the New England 67 4KFooters in 2017 and has led hikes for AMC's August Camp in the Pacific Northwest for the past seven years. She is certified in SOLO Wilderness First Aid and CPR. Since 2015 she has led/co-led AT hiking/trekking trips in western US and internationally.) L Eva Das (borsody@gmail.com) CL Linda Church (lchurch@whoi.edu), R Anne B. Duggan (177 Rounseville Road, Rochester, MA 02770, 508-789-5538 before 9 pm, abduggan12@gmail.com)

Sat., Dec. 21. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. See Sat., Nov. 30, listing for details

Activities

For the most current information, [search activities online](#)

HIKING

(FT) (NM) Thu., Dec. 26. Thursday AM Ponkapoag Pond Hike, Ponkapoag Golf Course, Canton, MA. Meet at 10AM in Ponkapoag Golf Course Parking Lot for a five-mile hike/snowshoe (depending on conditions) around the pond. Bring: water, snack and appropriate footwear. L Deborah Lepore (617-778-4339 before 9 PM, DLepore2@GMail.com) CL Hans Luwald (508-668-0462 Before 9 PM, Hans.Luwald@Gmail.com)

Sat., Dec. 28. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. See Sat., Nov. 30, listing for details.

Tue., Dec. 31. White Line the Blue Hills, Blue Hills Reservation, MA. What is "White Lining?" White Lining is an honor system quest to hike all of the mapped trails in the Blue Hills Reservation between the Winter Solstice and the Spring Equinox. For most folks White Lining takes several winter seasons to complete, hiking trails both on their own as well as in our fun White Lining group! For the sixth year, this popular series will have 12 hikes and will run from December 31, 2019 through March 17, 2020. We will meet on Tuesdays at 9:45 AM to hike trails in the Blue Hills Reservation for 3 to 4 hours. We will hike at a moderate pace, perfect for moving and chatting at the same time. We will also enjoy lunch while out on the trails. Please consider the number of weeks you will be able to attend when deciding if this is the right group for you to join. If you are "White Lining" and think you can attend most of the 12 hikes, this is the group for you. If "White Lining" isn't your goal, there is another AMC winter hike also offered on Tuesdays in the Blue Hills that may be a better option. You only need to register one time for all 12 hikes. Registered hikers will be sent an email during the prior week detailing the meet up location and map plan of the hike. Hikes will be cancelled during active snow storms, heavy rain, icy conditions and/or excessive cold. Winter hiking clothing, insulated hiking boots, micro-spikes, snow shoes and hiking poles are a must. Prior winter hiking experience is helpful but we welcome hikers with proper clothing and gear to register. A complete clothing and gear list will be reviewed with you when you register. White Line the Blue Hills! Lots of fun, adventure, no bugs, and gorgeous winter landscapes! L Pamela Johnson (617-448-4446, pjohnson8992@gmail.com, Pam loves being outdoors! She is an AMC SEM Hike Leader and co-leads the White Lining Series, Conditioning Series and Introduction to Hiking Series in the Blue Hills. In the summer she volunteers as a "Naturalist" and "Information Volunteer" in the AMC high mountain huts. Pam has climbed the NH48 and is now working on 52WAV.) L Claire MacDonald (Claire and her husband, Craig, are AMC SEM Hike leaders. Claire and Craig have both completed their "Red Line" of the Blue Hills and have also completed the NH48. They love international treks including adventures hiking in Nepal and Patagonia. Claire and Craig were co-leaders of the White Lining series last year.) L Craig MacDonald (Craig is an AMC SEM hike leader and together with his wife, Claire, has been co-leader on the White Lining series and is also co-leader on the Conditioning Series.), R Claire MacDonald (508-265-3858, cfmacdonald@hotmail.com)

Thu., Jan. 2. Advanced Conditioning Hike series, Blue Hills Reservation, Milton, MA. This is a series of advanced conditioning hikes in the Blue Hills Reservation during the winter months on alternating Thursdays. The hikes are intended for those with previous winter hiking experience. This experience could include previous SEM white lining hiking in the Blue Hills. The series is not suitable for beginners. We will be doing at least 4 miles at a moderate to moderate fast pace on rugged trails in the Blue Hills Reservation to achieve over 1000 feet of vertical climbing. The hikes will take 3 to 4 hours. MICROspikes or similar spikes will be required since we will be looking for icy places to use them. Also, backcountry snowshoes (ones that have built-in traction) are required. The series will also focus on efficient layering and climbing techniques. Steady rain or bad driving conditions will cancel. Registration is required. Group size is limited to 10. Contact the leader at: dexpcdoc@gmail.com to register. L Dexter Robinson (dexpcdoc@gmail.com, Dexter is an avid 4 season hiker. He has been a member of the AMC since 1994 and for many years led AMC hikes and backpacks to various locations both local and throughout New England. He has climbed all of the NH four thousand foot mountains in winter and recently completed climbing the New England hundred highest mountains.), R Dexter Robinson (dexpcdoc@gmail.com)

Sat., Jan. 4. Winter Series Hike #2- Mt. Morgan- Mt. Percival Loop, NH. Join us for hike #2 of the Winter Hiking Series of 4 hikes. We will hike a 5.5 mile loop, with approximately 1500 ft. of elevation change, in the Sandwich Mountain Range of Waterville Valley, NH. We will be rewarded with beautiful views at the summits, weather permitting. There are also interesting rock formations & caves along the trail. Proper winter clothing & gear are required (which may require snowshoes/ traction), as well as previous winter hiking experience &/or participation in the SEM Winter Hiking Workshop. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com) L Maureen Kelly (617-943-4288, mokel773@aol.com)

Tue., Jan. 7. White Line the Blue Hills, Blue Hills Reservation, MA. See details at the Sat., Dec. 31, listing.



Activities

For the most current information, [search activities online](#)

HIKING

(NM) Thu., Jan. 9. Thursday Morning Hike - Norton/Mansfield Great Woods, Norton/Mansfield, MA. Thursday Morning Hike - Meeting in Mansfield Great Woods dirt parking lot near 145 Oak Street .Hike in the Great Woods from Norton thru to Mansfield Natural Resources Trust. Car pooling/spotting from Mansfield NRT to trail head on Freeman Street in Norton with side street parking. (Directions below) Flat roaming hike with glacial eskers, old mill dam and early 19th century Coddling Farm site . Bring water, lunch or snacks and dress for the weather. Heavy Snow will cancel hike. Possible shorter snow shoe hike. L Richard Carnes (508-947-3204 before 8 PM, rcarnes2@aol.com)

Tue., Jan. 14. White Line the Blue Hills, Blue Hills Reservation, MA. See details at the Sat., Dec. 31, listing.

Thu., Jan. 16. Advanced Conditioning Hike series, Blue Hills Reservation, Milton, MA. See details at the Thur., Jan. 2, listing.

Tue., Jan. 21. White Line the Blue Hills, Blue Hills Reservation, MA. See details at the Sat., Dec. 31, listing.

Tue., Jan. 28. White Line the Blue Hills, Blue Hills Reservation, MA. See details at the Sat., Dec. 31, listing.

Thu., Jan. 30. Advanced Conditioning Hike series, Blue Hills Reservation, Milton, MA. See details at the Thur., Jan. 2, listing.

Sat., Feb. 1. Winter Series Hike #3 - 4000' Hike in Crawford Notch, NH. Join us for hike #3 of the SEM Winter Hiking Series on a 4000' mountain in Crawford Notch, NH. The hike will be chosen depending on weather, trail conditions and number of participants. Possibilities include Mt. Pierce, Mt. Jackson, Mt. Tom or Mt. Field. The hike will be approximately 6+ miles with about 2300 ft. of elevation. Proper winter clothing & gear are required (which may require snowshoes/ traction/ full crampons), as well as previous winter hiking experience &/or participation in the SEM Winter Hiking Workshop. L Maureen Kelly (617-943-4288 before 8 pm, mokel773@aol.com) L Paul Miller (paulallenmiller@verizon.net)

Tue., Feb 4. White Line the Blue Hills, Blue Hills Reservation, MA. See details at the Sat., Dec. 31, listing.

Fri., Feb. 7-9. Winter Hiking and Cross-Country Ski Weekend - Noble View, Noble View Outdoor Center, 635 South Quarter Rd, Russell, MA, 01071, MA. Join the SEM Chapter for its eighth annual winter weekend get-away at Noble View Outdoor Center in Russell, MA, approximately 2 hours' drive west of Boston. The centers quiet, pristine, mountaintop location offers breathtaking views of the Pioneer Valley east to Mt. Wachusett. Numerous trails wind through quiet woodlands, pass old cellar holes or descend to two waterfalls. Snowshoeing and cross-country skiing will be offered assuming enough snow and hiking otherwise. Participants will need to bring their own equipment. Please note the leader will have his well-behaved dog, Sunny, with him. The cottages have electricity, water, wood-stove heating, and shared bedrooms. Separate but next to the cottages is a heated bathhouse with toilets and hot showers. Hot meals are included in the registration fee starting with dinner Friday night through lunch on Sunday. We have reserved all 28 beds in both cottages, and we hope you decide to join us; this event is popular however, so register early. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Jeannine Audet L Joanne Newton

Tue., Feb 11. White Line the Blue Hills, Blue Hills Reservation, MA. See details at the Sat., Dec. 31, listing.

Sat., Feb. 15. Snowshoe #2, TBA, ME. We will be chasing snow to begin a graduated series of snowshoe hikes in New Hampshire and Massachusetts. Hike locations will be posted 1 - 2 weeks prior to the planned hike. Full winter gear with snowshoes and microspikes will be required. Participants in the SEM Chapter Winter Hiking Workshop will be given priority for registration. L Anne Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com) L Eva Das (borsody@gmail.com) L Peggy Qvicklund (qvicken@comcast.net, Hike leader since 2014. Has completed the NH 48, but mainly enjoys sharing the outdoors with likeminded folks.) CL Linda Church (lchurch@whoi.edu), R Anne B. Duggan (177 Rounseville Road, Rochester, MA 02770, 508-789-5538 before 9 pm, abduggan12@gmail.com)

Tue., Feb 18. White Line the Blue Hills, Blue Hills Reservation, MA. See details at the Sat., Dec. 31, listing.



Activities

For the most current information, [search activities online](#)

HIKING

Thu., Feb. 20. Thursday Morning Hike - Pratt Farm Middleboro, Meet at Oliver Mill Park, 8 Nemasket Street, Middleboro, MA 02346 for car pool to trail head., MA. Explore the many paths and byways of Pratt Farm. Mostly gentle rolling hills. We will meet at an off site parking area due to limited trail head parking and car pool to Pratt Farm. Do NOT go to Pratt Farm directly. Meet before 10:00AM at the Oliver Mill parking area at the intersection of Rte 44 and Plymouth Street in Middleboro. Hike is approximately 5 miles and 2 - 3 hours depending on routes taken and time spent exploring. Bring light lunch, water and appropriate weather gear. Heavy snow or rain will cancel. Possible shorter snow shoe hike if weather permits. L Richard Carnes (508-947-3204 before 9 PM, rcarnes2@aol.com)

Tue., Feb 25. White Line the Blue Hills, Blue Hills Reservation, MA. See details at the Sat., Dec. 31, listing.

Fri., Feb. 28-Mar. 1. Lonesome Lake overnight, Franconia Notch, NH. Join us on a wonderful overnight trip to Lonesome Lake Hut. This is the last in the Winter Hiking Series. We leave from the Lafayette Campground on Friday and return Sunday morning. There is a possible Saturday hike into the hut but that is not final. Those hiking in on Friday will have day hikes on Saturday to Canon, Kinsmans or around the hut. Registrants are responsible for booking their bunk (details to follow-- 20 bunks are currently reserved) at the hut. Dinners and breakfasts are group meals and participants will be required to carry some food. Costs of the meals will be evenly divided among the participants. Participation in a winter hiking workshop is required and participants will need appropriate clothing, micro spikes, snowshoes, full crampons and a minimum zero degree rated sleeping bag. L George Danis (danisdad51@outlook.com) L Jeannine Audet (milmod@aol.com), R Jeannine Audet (milmod@aol.com)

Tue., Mar 3. White Line the Blue Hills, Blue Hills Reservation, MA. See details at the Sat., Dec. 31, listing.

Tue., Mar 10. White Line the Blue Hills, Blue Hills Reservation, MA. See details at the Sat., Dec. 31, listing.

Tue., Mar 17. White Line the Blue Hills, Blue Hills Reservation, MA. See details at the Sat., Dec. 31, listing.

Thu., Mar. 26. Thursday Morning Hike - Burrage Pond WMA - Halifax/Hanson, 15 Hawks Ave, Hanson, MA. Hike in The Burrage Pond WMA in Hanson & Halifax. A three hour, 5 to 6 mile moderate hike on mostly flat sandy trails. This area was once the largest cranberry bog operation in the country and is now being reverted back to wild lands. Bring lunch, water, warm clothing and especially warm windproof head gear as these open spaces can get very chilling in the winter with a stiff breeze. Heavy rain or heavy snow will cancel. Good snow shoeing if weather permits. Please contact leader BEFORE bringing DOGS on this hike. L Richard Carnes (508-947-3204 Before 8 PM, rcarnes2@aol.com)

Sat., May 16-17. Beginner Map & Compass for Hikers (Sat/Sun), Blue Hills, MA. Come learn navigation skills using a map and compass to find your way in this two-day weekend workshop. The course assumes no prior map or compass experience and is open to anyone that has not taken a map and compass course before. The class starts with basic instruction and progresses over the two days to cover some intermediate skills. All activities will take place at the Blue Hills Reservation; you will need appropriate hiking gear and be able to hike approximately 4 miles with a small daypack. On Saturday we'll use the conference center at Brookwood Farms for both indoor and outdoor instruction. You'll learn how to read a topographic map, how to use a compass and how a map and compass work together. In the afternoon you'll get to practice your skills on a directed hike in the Blue Hills using the DCR trail map. On Sunday your group will plan your own route to find flags hidden both on and off the trail. For this hike, you will be using a US geological survey topographical map that does not show the trails and you will need to make use of terrain features such as valleys, brooks, and hills to stay found. Each group will have an instructor to help facilitate learning. Prior reservation is required, and class size is limited to promote small group learning. To register for this workshop, you must commit to attending both Saturday and Sunday (9 am-5 pm). Only those that have not taken a map and compass course previously are eligible for the workshop, this ensures everyone in the group is at the same level. The fee for the workshop is \$60 (which includes both days). In addition, you will need to purchase and bring to class the Suunto M-3 NH which is a navigating compass with adjustable declination correction, list price \$44 (but currently \$29.69 on Amazon). If interested, please contact Doug Griffiths to register. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.), R Doug Griffiths ([reddougg@aol.com](mailto:redDoug@aol.com))



Activities

For the most current information, [search activities online](#)

SKIING

Fri., Jan. 10-12. Cross Country Skiing in Waterville Valley, Mountain Fare Inn, 5 Old Waterville Rd., Campton, NH. Join us for a weekend of cross country skiing at the Waterville Valley Ski Resort. We will stay at the beautiful Mountain Fare Inn in Campton, NH, just a short drive from skiing. The inn offers a full breakfast & later checkout on Sunday @ 3:00 pm, so we can ski for 2 days. We will dine out for dinners. Other potential activities include snowshoeing, fat tire biking & hiking, depending upon snow conditions & group interest. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com, Jeannine is the Skiing Chair for the SEM Chapter.) CL Jeff Hyman CL Dia Prantis

Fri., Feb. 7-9. Winter Hiking & Cross-Country Ski Weekend, Noble View Outdoor Center, 635 South Quarter Rd, Russell, MA. Join the SEM Chapter for its eighth annual winter weekend get-away at Noble View Outdoor Center in Russell, MA, approximately 2 hours' drive west of Boston. The centers quiet, pristine, mountaintop location offers breathtaking views of the Pioneer Valley and east to Mt. Wachusett. Numerous trails wind through quiet woodlands, pass old cellar holes or descend to two waterfalls. Snowshoeing and cross-country skiing will be offered assuming enough snow and hiking otherwise. Participants will need to bring their own equipment. Please note the leader will have his well-behaved dog, Sunny, with him. The cottages have electricity, water, wood-stove heating, and shared bedrooms. Separate but next to the cottages is a heated bathhouse with toilets and hot showers. Hot meals are included in the registration fee starting with dinner Friday night through lunch on Sunday. We have reserved all 28 beds in both cottages, and we hope you decide to join us; this event is popular, however, so register early. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Jeannine Audet L Joanne Newton

Fri., Mar. 6-8. Cross Country Skiing & Snowshoeing in the White Mountains, The Old Field House, 347 NH 16A, Intervale, NH. Join us for a weekend of cross country skiing & snowshoeing in the beautiful White Mountains. We will stay at the lovely Old Field House in Intervale, NH. The B&B is located near many xc skiing areas; we will choose based upon snow conditions. Snowshoeing is also available, including on trails outside the B&B. Depending upon trail conditions & interest, hiking will also be an option. Or, you may spend some time at the inn with a book or go shopping in North Conway. All rooms have a private bath, & breakfast is included. We will dine out at nearby restaurants for dinner. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com, Jeannine is the Skiing Chair for the SEM Chapter.) CL Dia Prantis CL Wayne Cardoza



The End

The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | December 2019

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Have a story for *The Southeast Breeze*?

Please send your Word doc and photographs to breeze.editor@amcsem.org.

Please send photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

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Proud hikers with the first AMC-SEM snowperson of the season. *Photo by Bob Vogel*

Winter preview along the Bay Circuit Trail

By: Ken Cohen, Hiking Vice Chair

In New England, winter arrives whenever and wherever it pleases. The schedule on the calendar (December 21st every year) has absolutely nothing to do with it.

On December 5, Bob Vogel and Joanne Newton led 17 hikers on a regularly scheduled AMC-SEM Thursday hike that turned into a preview of winter hiking. The season's first significant snowfall, during the two days prior to the hike, had most of us on microspikes for more than five slippery miles on part of the Easton to Sharon section of the Bay Circuit Trail.

The Bay Circuit Trail and Greenway (BCT) is a 230-mile trail extending through 37 towns in Eastern Massachusetts, linking parks and open spaces from Plum Island to Duxbury/Kingston Bay. To a large degree, it is a multi-use trail allowing hiking, trail running, backpacking, biking, horseback riding, cross country skiing, snowshoeing, and paddling.

As we hiked in the cold air on a brilliantly lit morning, the snow-covered forests and waterways were indeed a series of sights to behold.

See more photos on page 4

View from the Chair: 50 Ways to Love the Winter!

I don't need a calendar to know winter is coming. I just have to peer out my window at the descending snowflakes of what will be the first snowfall for this winter season. It's time to shift gears and break out warm base layers, insulated footwear and gloves, puffy jackets and wool hats. And that's not all. There are boot traction devices, hand and toe warmers and, of course, the skis or snowshoes or fat tire bikes.

There are many ways to enjoy a New England winter, fifty in fact, as of now. That's how many winter trips our chapter trip leaders have already posted on the AMC activities database. And there's quite a variety, too. There are trips all over the Southeastern Mass region on both sides of the canal, trips on weekends and weekdays, one-of-a-kind trips as well as weekly, bi-weekly, and monthly trips, day trips and overnights, close-to-home and NH or western Mass trips. To check them out, click on [All SEM activities](#).



In closing out this last View for 2019, let me extend a hearty thank you to the 100 or so volunteers who led trips throughout the year, served the chapter on our Executive Board, or came out to lend a helping hand at the Fall Gathering. What a great bunch you are! And last, to all our 4,000 SEM members and their families, my best wishes for a safe and healthy holiday season and coming New Year. Enjoy, and remember:

Be Outdoors!



Len Ulbricht
AMC-SEM Chapter Chair

2020 Executive Board

Chapter Chair Len Ulbricht	Communications Chair Paul Miller	Membership Vice Chair Sandi Santilli
Vice Chair Terence Hayes	Communications Vice Chair OPEN	Paddling Chair Ed Foster
Secretary Ann McSweeney	Conservation Chair Joanne Newton	Paddling Vice Chair OPEN
Treasurer David Yampanis	Conservation Vice Chair Bill Cannon	Regional Director Joe Princi
Past Chapter Chair Barry Young	Education Chair Doug Griffiths	Skiing Chair Jeannine Audet
Biking Chair Bernie Meggison	Education Vice Chair Sue Svelnis	Skiing Vice Chair OPEN
Biking Vice Chair Peter Linhares	Hiking Chair George Danis	Trails Chair Skip Maysles
Cape Hiking Chair Jane Harding	Hiking Vice Chair Ken Cohen	Trails Vice Chair Pete Tierney
Cape Hiking Vice Chair Cathy Giordano	Hiking Vice Chair Anne Rapp	Young Members Chair Sue Schobel
Cape Hiking Vice Chair Robin McIntyre	Membership Chair Ellen Thompson	

Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator Christine Racine	The Breeze Editor Mo Walsh
Webmistress Cheryl Lathrop	Blast Editor Marie Hopkins

Contact chair@amcsem.org if you are interested in any OPEN position



Clean-Up Crew Bill Cannon, left, Bill Doherty, Joanne Newton, Nancy Coote, Barry Young, Nancy Perlman Photos by Bill Cannon

Post-Thanksgiving ‘massacree’ hike

By Joanne Newton, Conservation Chair

In true form with Arlo Guthrie’s 1965 Thanksgiving arrest for littering, recounted in the song "Alice’s Restaurant Massacree," six 1960s throwbacks braved the cold on December 1st to go "pick up the garbage" along Rt. 28, Randolph Ave., in the Blue Hills. They concentrated on all the trailheads along the southern end. Ten 50-gallon bags of garbage were collected and loaded into Bill Cannon’s "red VW micro bus." This Activity was part of AMC-SEM’s Conservation Activities.

We covered just over one mile of the roadway. Many strange pieces of garbage were picked up, including Lottery tickets, plastic bags of grass clippings, car parts, a crutch, a trash can on wheels loaded with construction materials, and an endless supply of glass and plastic bottles.



From The Seven Principles of Leave No Trace #3: Dispose of Waste Properly By The Leave No Trace Center for Outdoor Ethics

The Center encourages outdoor enthusiasts to consider the impacts that they leave behind, which will undoubtedly affect other people, water and wildlife.

“Pack it in, Pack it out” is a familiar mantra to seasoned wildland visitors. Any user of recreation lands has a responsibility to clean up before he or she leaves. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash and garbage.

Plan meals to avoid generating messy, smelly garbage. It is critical to wildlife that we pack out kitchen waste, such as bacon grease and leftovers. Don’t count on a fire to dispose of it. Garbage that is half-burned or buried will still attract animals and make a site unattractive to other visitors.

Overlooked trash is litter, and litter is not only ugly—it can also be deadly. Plastic bags, cigarette butts, fishing line and other trash can be harmful to our environment when not properly disposed of.

Carry plastic bags to haul your trash (and maybe someone else’s). Before moving on from a camp or resting place, search the area for micro-trash such as bits of food and trash, including organic litter like orange peels or pistachio shells. Invite the kids in your group to make a game out of scavenging for human sign.

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Additional material, including a downloadable PDF of the complete pamphlet, “The Seven Principles of Leave No Trace,” is available from the LNT Center for Outdoor Ethics [website](#).





Winter Preview *Continued from page 1*

Photos by Ken Cohen



Sixteen hikers circle up with leader Bob Vogel, in red, and co-Leader Joanne Newton, in white jacket & hat.



Into the white, wintery woods.



An example of Bob Vogel's "flat terrain."



Our snowperson cometh.



Bob Vogel and Joanne Newton lead the December 5th "winter in autumn" hike.



Join 'New Member' hikes in 2020 and enjoy AMC-SEM camaraderie

By Ellen Thompson, Membership Chair

Want to meet other hikers and join the camaraderie of the Southeastern Mass Chapter of the AMC?

The SEM Membership committee wants to help. For 2020 we have added four "New Member" hikes—one for each season!

These hikes are designed for our newer members and those who have been unsure of how to become more involved with the Southeastern Mass. Chapter. They are also a great opportunity for all hikers to socialize and learn more about the Chapter's offerings.

We would love to meet you on one or even all four of these hikes. This is a great opportunity to try a group hike



May 19th New Member Hike at Wompatuck State Park.
Photo by Sue Svelnis

at a leisurely pace, tour some of our local nature parks, and enjoy a few hours of fresh air and good company. Our hike leaders will be sharing more details on some of the other activities offered by the Chapter. And we hope many of you more active members will join and share your experiences about hiking with the SEM chapter.

Oh, and the best part: We will have seasonal refreshments after each hike! Here's our schedule:

01/04/2020 Experience the Southeastern Mass. Bioserve at Copicut Woods with Joanne Newton, followed by hot chocolate and goodies.

<https://activities.outdoors.org/search/index.cfm/action/details/id/116690>

04/25/2020 Celebrate Earth Day in Wompatuck State Park with Sue Svelnis, then indulge in home-made treats.

06/20/2020 Welcome summer at Myles Standish State Forest with Maureen Kelly, and enjoy a summer snack.

10/24/2020 Take in the foliage at Borderland State Park with Bill Cannon, and indulge in some of our favorite fall treats.

Hikes will be posted seasonally. Watch the website for "New Member Hike."

<https://activities.outdoors.org/search/index.cfm?type=1&grp=10&com=20>

We hope you will join us!

Membership Committee
Ellen Thompson
Sandy Santilli

Upcoming Hikes SEM Winter Hiking Series

Sat., Jan. 4, 2020

[Winter Series Hike #2—Morgan-Percival Loop](#)

Sat., Feb. 1, 2020

[Winter Series Hike #3—4,000-footer\(s\) in Crawford Notch](#)

Fri., Feb. 28 to Sun., March 1, 2020

[Winter Series Hike #4—Lonesome Lake Hut Overnight Trip](#)



It's sunny on the summit of Mt. Wachusett for the first Winter Series Hike of the season. Photo by Maureen Kelly

AMC-SEM Winter Series hikers play in the snow at Mt. Wachusett

By Paul Miller, Winter Hiking Leader & Communications Chair

Twenty hikers turned out bright and early on the morning of Dec. 7th, gathering in the rapidly filling parking area at Mt. Wachusett Ski Area in Princeton, MA, for the first hike in this year's Winter Hiking Series. We were rewarded with wonderful winter weather, with sunny skies, temps in the low 20s, light wind, and about 20 inches of reasonably fresh snow on the trails.

While the trails were largely broken out, most of us wore our snowshoes; those that didn't wore their microspikes. The snowshoes improved our traction, helped pack down the snow on the trails, and helped prevent post-holing. We did the same enjoyable loop hike that we've done in several previous years: Balance Rock Trail to Old Indian Trail, to Semuhenna Trail, to West Side Trail, and then back onto the Old Indian Trail up past the top of the quad chairlift at the ski area to the summit.

After a quick lunch, we started our descent from the summit as planned via the relatively steep (but very pretty!) Harrington Trail. This was a little challenging, but excellent practice for future Winter Series hikes up in New Hampshire. Once we made it down this section of the Harrington Trail, it was a relatively easy jaunt back down to the trailhead through the snow-draped forest. The late afternoon sunlight made this part of the hike particularly beautiful.

This hike (originally designed by SEM hike leader Mike Woessner) includes a section of the Midstate Trail, offers a nice variety of terrain, passes through some really beautiful areas (including a rare stand of old-growth forest), offers great views, and—at 4.2 miles and approximately 1,000 feet elevation gain—provides an appropriate challenge for our first Winter Series hike of the season.

Once back at the trailhead, many of us took advantage of the restrooms and hot coffee available in the nearby ski lodge before hitting the road home.



*Continued on
page 7.*

**Two of our
intrepid
winter
leaders, Paul
Miller and
George Danis.**

*Photo by
Nancy Tutko*



Mt. Wachusett *Continued from page 6*

A brief
pause on
the trail.

Photo by
Nancy
Tutko



If you like to hike but have never done so in the winter, I strongly recommend that you give it a try. While our Winter Series hikes are limited to those that have either taken our SEM Winter Workshop or have prior winter hiking experience, the chapter also offers a wide variety of other hikes, snowshoe trips, and XC ski trips during the winter months. These include many local hikes in the Blue Hills and on the Cape, as well as up in New Hampshire.

[Click here](#) to see the SEM winter trips (December 2019 through early March 2020) currently posted to the AMC trip listing system. Or you can always check out the trip listings included in this and future issues of the *Breeze* e-newsletter. Please note that our trip leaders are constantly adding new trips, so remember to check back frequently. Better yet, log in to www.outdoors.org, and click on the “My Outdoors” tab, where you can create your own customized [Activity Digests](#) to keep abreast of all the great chapter activities that you think you might be interested in.



Heading home! Photo by Nancy Tutko



Volunteer of the Month: Bill Doherty By Len Ulbricht, Chapter Chair

Each month the SEM recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! This month the Trails Committee recognizes **Bill Doherty** for his contributions to trail maintenance.

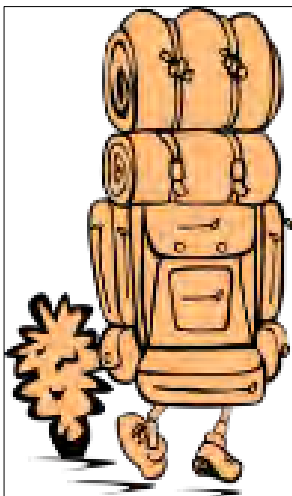
Bill joined Appalachian Mountain Club in 2003. He took the Introduction to Backpacking course at AMC headquarters on Joy Street and hiked about a dozen of the 4,000-footers and stayed in all the huts in the next few years. He also participated in the New Hampshire Chapters winter program for three years.

In 2010, Bill discovered Red Lining in the Blue Hills and he was hooked. It was close to home, fun, social, and still an excellent workout.

Bill is a frequent volunteer with the Trails Committee and has been doing trail work for about five years. He believes it is important for those who can to help with clean-up of the trails. Without organizations such as AMC, the Friends of Blue Hills, and other volunteer groups, our local hiking experiences would not be as great. Further, trail work is not difficult, takes just half the day, and no special skills are required.

Thank you, Bill, for all you do! Bill will receive a Volunteer of the Month certificate and a \$50 REI gift card.

AMC Annual Summit is January 25, 2020
Register by December 31 to take advantage of \$40 Early Bird Pricing. Regular rate of \$50 applies on January 1. Note that last year’s Annual Summit sold out in December. Register Today!



“Where the heck can you go backpacking in NH?”

By Bob Vogel, Hike Leader

Well, let's limit this discussion to the White Mountain National Forest. That will give you plenty of places to start.

In the White Mountains there are several levels of accommodations. So let's look at these options and some pros and cons of each.

The AMC High Huts: You, unless you are a chef, won't beat the AMC hut food. And you get an indoor place to sleep and drinkable water. Sounds pretty good—but on the flip side, it's \$129/night/person. And you sleep in a bunk room, where the chances of someone snoring seems (based on my experiences!) to be close to 100 percent. (Life Pro Tip: Bring earplugs if you go!) But there is much fun to be had at the huts. If someone gave me a “Free Hut Pass,” I'd use it at times.

Shelters: Well, there is a roof over your head, which usually doesn't leak. It probably has a composting toilet nearby, which is nice. And it's a place to get out of the rain! But you have to share the shelter with whoever shows up, and on a rainy night it can get crowded. Don't expect a long, uninterrupted night's sleep. Even if you don't have to go answer the call of nature, everyone else will have to. Oh, and the popular locations have caretakers, and a \$10/night/person fee. See shelter listings and descriptions at [AMC Backcountry Campsites in New Hampshire](#).

Tent Platforms: You get a “deck” on which to pitch your tent. On the plus side, it's flat with no sharp rocks in the middle of your back. It probably has a composting toilet, which is nice. Cons? If it's a weekend, you probably will have to share the “deck” with others and their tents. So you will be sleeping maybe 5 feet from someone else, who may snore. (Hope you saved those earplugs!) And there typically will be that caretaker collecting the \$10/night/person fee. See tent site listings and descriptions at [AMC Backcountry Campsites in New Hampshire](#).

The Backcountry: Well, once you hike away from the shelters and tent platforms—typically 1/4-mile—you are in “the backcountry.” And usually you can camp there. There are rules you need to follow. You have to camp 200 feet from streams, ponds, and trails. (So you don't pollute the water or detract from the enjoyment of those hiking past.) The full rules are spelled out in this [Forest Service pamphlet](#). The disadvantages of the backcountry are that there are no, as in zero, “facilities.” No composting toilet, no graded tent site, no platform, on which to camp. No bear box to store your food in to keep the animals away from it. (Bears, sure, but also mice and raccoons, etc.) But on the plus side, you will have the peace and quiet of the woods.

Maybe, if you are hiking alone, that won't have much appeal at first, but a couple weekends ago I went (alone) to Three Ponds, the sight of our July 16–18 backpack, and there was no one at the shelter. I went another 1/3 of a mile and pitched my tent. The nearest person was three miles away down in the valley. It was just me and the occasional black fly. Even they weren't out in great numbers. When I got up in the morning and walked back to the pond, there were fresh moose prints. It was almost enough to make me wish I'd gotten up earlier. But I saw two moose later in the day, after I hiked back out and went kayaking, so it balanced out. The quiet was relaxing. And the ponds at dusk and dawn were as pretty as you could ask for. Alas! Someone had warned the fish it was “free fishing day” in New Hampshire, and they weren't biting, so my idea of freshly caught trout for breakfast didn't work out. 😊 But it was still a great time.

White Mountain National Forest Campsites and Shelters

Eliza Brook Campsite ♦ Ethan Pond Campsite
Garfield Ridge Campsite ♦ Guyot Campsite
Imp Campsite ♦ Kinsman Pond Campsite
13 Falls Tentsite ♦ Liberty Springs Tentsite
Nauman Tentsite

To get your copy
of Bob Vogel's
“Guide to Backpacking,”
email Bob at vogel.r@comcast.net
or look for monthly installments
in *The Breeze*.



Activities

For the most current information, [search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

AA 13+
A 9-13
B 5-8
C less than 5

Indicates pace

1 very fast
2 fast
3 moderate
4 leisurely

Indicates terrain

A very strenuous
B strenuous
C average
D easy

Found in the description

L Activity leader
CL Activity co-leader
FT First Time
NM ... New Members
AN Advance Notice
C Conservation

BICYCLING

Wed., Jan. 1. AMC-SEM16th Annual New Year's Day Cycling, North Falmouth, MA. We'll cycle the streets and Shining Sea Bike Path from North Falmouth to Woods Hole and return for 27+/- miles for 2/3 hours or so. We'll do a shorter ride if the weather is iffy. We'll start at the Shining Sea Bike Path parking lot in North Falmouth. First re-group is Old Silver Beach and a look toward Marion, Rochester, Mattapoisett, Fairhaven, New Bedford and Fon du Lac. Perhaps I'll include a couple of side tours into Gunning Point and Racing Beach areas. Then we're on to Woods Hole for refreshments. The return ride will bring us to Nobska Light and then the Shining Sea Path. Start time - late morning with riders and tires pumped and ready to roll. Helmets, water, spare tube required; pump and tire changing tools would be appreciated. Contact leader – paulbcurrier@comcast.net - 508-833-2690 - for start time and registration. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

CAPE HIKING

Sat., Dec. 21. Hike Greenough Pond Yarmouth, MA. 3 1/2 hour hike on wooded trails with hills. Hiking boots and poles recommended. Bring lunch. Directions: From Rt 6, take Exit 7 North on Willow Street. Right turn on Route 6A. At sharp curve turn right onto Summer Street. Park at Dennis Pond Beach parking lot on right. L Richard Kaiser (508-432-3277 Before 9 pm, rjkaiser@comcast.net)

Thu., Dec. 26. Hike Eagle Pond Cotuit, MA. Hike in historic conservation land, some roads to Cotuit Bay and around a white cedar swamp. Terrain is fairly flat, many roots and most trails are wide. Driving Directions: Take Rte 6 (mid Cape Highway) to Exit 5) and turn S on Rte 149, follow signage and take 149 to Rte 28, Turn R. At traffic light with shopping plaza on R and CVS on L turn L onto Putnam Ave. Travel a mile or less until you see dirt cutout on L. Park in cutout. From Falmouth take Rte 28 towards Hyannis and at lights in Marston Mills with shopping plaza on L and CVS on R, turn R on Putnam Rd and proceed a mile or less until you see dirt cutout on L, park in cutout. Meet at 9:45 AM. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Sat., Dec. 28. Hike Boulders at Beebe, Falmouth, MA. Some 20,000 years ago, the Buzzards Bay arm of the Laurentide ice sheet retreated northward, leaving behind an undulating terrain of ridges, kettle holes, and glacial erratics along western Cape Cod. Within the 475 acres of Falmouth's Beebe Woods, you'll find all these features. For this hike of 6+ miles, we'll traverse woodlands, up and over the glacial moraine, around the Punch Bowl kettle pond, and down the picturesque Esker Trail, passing nearly all of Beebe's named boulders. If we're lucky, we'll get a peek of Buzzard's Bay through the trees. Some short, steep ascents/descents and uneven footing. Difficulty C3C -Moderate Hike route may be modified in icy conditions About 3+ hours **Please check AMC website before leaving home for possible cancellation.** www.amc.org select CAPE HIKING under COMMITTEES then select CAPE HIKE SCHEDULE, then LOOK FOR THE STATUS OF THIS HIKE. Any questions, please call Leader Cathy Giordano 508 243 3884 **Required;** daypack with water, snacks, sturdy footwear, weather-appropriate layers recommended: traction devices such as microspikes, hiking poles Directions: Route 28 South toward Woods Hole. Highway narrows to 1 lane just before you approach downtown Falmouth. Continue on Route 28 to Depot Rd. Turn Right onto Depot Road, all the way up hill, past the bus station, past Highfield Hall and park on the left in the lot between Highfield Theater and the Conservatory. If using GPS, use 56 Highfield Dr., Falmouth, MA 02540 about 15 mins.from signs for Rt 151, Old Silver Beach, North Falmouth. L Catherine Giordano (508-243-3884 before 9 pm, cmgiordan@msn.com) CL Nancy Tutko (ntutko@yahoo.com)



Activities

For the most current information, [search activities online](#)

CAPE HIKING

Sun., Dec. 29. Hike--Sandy Pond Recreation, West Yarmouth, MA. Wooded trails, pond views in Mid-Cape area. Route 6 Exit 7S, left on Camp Street, left on Buck Island Road, and left at Sandy Pond Recreation Area. L Janet Kaiser (508-432-3277 before 9:00 p.m., jtkaiser@comcast.net) CL Richard Kaiser (508-432-3277 Before 9:00 p.m., rjkaiser@comcast.net)

Thu., Jan. 2. Hike--Great Neck Preserve, Wareham, Wareham, MA. This 4 mile, 2 hour hike in the Great Neck Preserve in Wareham is on wooded trails through New England Forestry Foundation and Wildlands Trust lands. There are several hills and some wet areas. Hikers will pass a sheep farm, see Swan Pond, and have views of marshes with Buzzards Bay in the distance. Please note that the parking and trailhead are not either at the Great Neck trailhead or the Audubon property. Go over the Bourne Bridge and continue on Route 25 for 6.7 miles. Take Exit 2, Onset/Wareham/Glen Charlie Road. Bear right on the ramp and continue through 2 traffic lights. As you cross Route 28/6/Cranberry Highway, the name changes to Depot Street. As you cross Onset Ave/Minot Ave., the name changes to Great Neck Road. Stay on Great Neck for 1.2 miles, turn right onto Crooked River for .5 mile. Turn left onto Indian Neck for .4 mile. Turn left to stay on Indian Neck for .3 mile. Take sharp left onto Bourne Point Road. Park on right side only off the roadway. L Robin McIntyre (508-789-8252 Before 9 pm, robinmcintyre@comcast.net, Robin is a 4th year Level I SEM/Cape hike leader with WFA training)

Sun., Jan. 5. Hike Bell's Neck Conservation, Sand Pond prkg on RT 39 Harwich, MA. 4.5 mile mostly flat hike along East & West reservoirs, cranberry bogs, marshland and a herring run. Exit 10 to 124S to end. R on 39S x 1.9 mi to Sand Pond prkg on right. Arv 12:45 pm for 1 pm start. L Barbara Gaughan (781-572-1321 before 9 p.m., barbaragaughan12@comcast.net, Level 1 hike & bike leader.)

Sun., Jan. 12. Hike Long Pond, Falmouth, MA. 2 hour hike in the Falmouth Town Forest with scenic views of Long Pond and a small kettle hole. The hike includes some hilly sections with uneven footing. Heavy precipitation cancels. Arrive at 12:45 for 1 PM start. L Cindy Tobey (cindyltobey@gmail.com) CL Deborah Hayden (shaferhayden@gmail.com)

Sun., Jan. 19. Hike Eagle Pond Cotuit, Cotuit, MA. Hike in historic conservation land, some roads to Cotuit Bay and around a white cedar swamp. Terrain is fairly flat, many roots and most trails are wide. Driving Directions: Take Rte 6 (mid Cape Highway) to Exit 5) and turn S on Rte 149, follow signage and take 149 to Rte 28, Turn R. At traffic light with shopping plaza on R and CVS on L turn L onto Putnam Ave. Travel a mile or less until you see dirt cutout on L. Park in cutout. From Falmouth take Rte 28 towards Hyannis and at lights in Marston Mills with shopping plaza on L and CVS on R, turn R on Putnam Rd and proceed a mile or less until you see dirt cutout on L, park in cutout. Meet at 12:45 PM. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Sun., Feb. 2. Hike Ryder Conservation/Lowell Holly Reservation Hike, Cotuit Rd., Sandwich, MA. Join us for a 4-4.5 mi hike in Sandwich conservation area and Mashpee Trustees of Reservation property. The terrain is mostly flat with a few steep but short climbs thrown in. Meet at 12:45 for a 1 p.m. start. Rt 6 to Exit 3 > Quaker Meetinghouse Rd South x 2.5 mi > L @ light on Cotuit Rd x 2 mi. Trailhead parking on R for about 12 cars. L Barbara Gaughan (781-572-1321 before 9 p.m., barbaragaughan12@comcast.net, SEM Level 1 hike & bike leader)

Thu., Feb. 6. Hike Santuit Pond, Mashpee, MA. This will be a relatively flat hike to Santuit Pond and River to view herring ladder and continue on past active and inactive cranberry bogs.. We will be starting from a new location which provides better parking. Meet up time is 12:45 PM. Driving Directions: From Rte 28 in Mashpee turn onto Rte 130 to Sandwich and look for Santuit Pond Parking area in 0.6 miles on right. From Rte 6 take Exit 2 off of Mid Cape and Turn S on Rte 130 go 8.4 to parking area on L. L David Selfe (508-771-0620, kdsselfe@comcast.net)

Sun., Feb. 9. Hike Scorton Creek Sandwich, Old County Rd. East Sandwich, MA. Hike along saltmarsh, through old state game farm and past one of the original pilgrim homesteads. Contour is fairly flat, with lots of roots and some trails may be muddy. Driving Directions from Sagamore Bridge take exit 3 and turn N on Quaker Meetinghouse Rd to 6A and turn R and follow 6A to E Sandwich Post Office and turn R onto Old County Rd and park in horseshoe across from Grange Hall. From down cape take Rte 6 to Exit 4 Chase Rd and turn N and take 2nd L onto Old County Rd and park in horseshoe on L across from Grange Hall. Meet at 12:45 PM for 1 PM hike start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)



Activities

For the most current information, [search activities online](#)

CAPE HIKING

Sun., Feb. 23. Hike--Bourne Town Forest and Four Ponds, Bourne, MA. This 2 hour approximately 4.5 mile hike is in the Bourne Four Ponds Conservation Area and adjacent Bourne Town Forest. The terrain is wooded pathways, fire roads, and mountain bike trails with several moderate hills. It offers views of the ponds and some wildlife. It is a loop so does not offer easy bail-out points. This is not a novice hike. Note that the parking and trailhead is not the Four Ponds parking lot. From the Bourne Rotary/Cape side, take Route 28S for 1.7 miles. Take a right onto Clay Pond Road/Monument Beach (green state sign) before McDonald's. Go 0.5 miles and turn left onto Valley Bars Road. Go 0.3 miles and park on the side of the road before the Weary Traveler's club. Do not use your GPS to find this location. Please bring water for drinking, dress in layers. Sturdy boots/shoes are suggested. If you have questions please contact leader -Robin McIntyre 508 789-8252. L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net, Robin is a fourth year Level 1 SEM/Cape hike leader with WFA training)

Sun., Mar. 15. Hike Shawme Crowell State Park Sandwich, MA. Two hour hike on wooded trails through the scenic campground, some hills. Driving directions: Take Rte 6 to Exit 2, Rte 130 and turn N. Stay on Rte 130 until you see entrance sign for Shawme Crowell. From Sagamore Bridge take 1st exit and at bottom of ramp turn R at lights, follow Sandwich Rd and merge left on 6A and then turn R onto Rte 130. Turn into Shawme Crowell and turn right drive past entrance booth and follow road until you come to open space and paved cutout on R. Park along road off pavement if possible. Meet at 12:45 PM. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Sun., Mar. 22. Hike--Plymouth Lane, Plymouth, MA. This 5 mile, 2.5 hour hike is in the triangle of land of Plymouth/Bourne/Wareham with the hike in Plymouth. The terrain is wooded pathways with some ruts and hills. Poles are strongly recommended with orange headgear and vests. From the OFF Cape side of the BOURNE Bridge rotary, exit the rotary onto Head of the Bay Road, between the Mobil gas station and Too Jasper motel. Go 1.2 miles to Plymouth Lane and go right for .9 miles to turn left on White Island Pond Road. Park on the left side of the road, facing outward, just adjacent to but not obstructing the sidewalk. We will carpool to the trailhead which is on a busy road with a very limited parking area. L Robin McIntyre (508-789-8252 Before 9 pm, robinmcintyre@comcast.net, Robin is a 4th year Level 1 hike leader for Cape Hikes/SEM with WFA training.)

Thu., Apr. 30. Hike--Monk's Park and Little Bay, Bourne, MA. This 2 hour hike over approximately 4 miles is in Bourne Conservation Trust properties of Little Bay and Monk's Park. We will hike wooded trails and a fire road with views of Little Bay from the bluff. A beach walk section will be included with views of Buzzards Bay. The terrain is moderate rolling hills on the wooded trails throughout the hike. Do not use your GPS to find the start of this hike. From Bourne Bridge/Cape side, take Route 28S toward Falmouth for 1.7 miles. Go right on Clay Pond Road/Monument Beach (green state sign) before McDonald's. Go 1.3 miles, cross County Road onto Beach Street for .2 mile. Go left onto Shore Road (Cumberland Farms on corner) for 1 mile. Go right onto Valley Bars Road and Monk's Park is at the end. Park at the end just before the underpass. L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net Robin is a fourth year Level 1 SEM/Cape hike leader with WFA training.)

EXECUTIVE COMMITTEE

Volunteer Opportunities

Ongoing. Communications Chair - Southeastern Mass. Chapter, MA. As a key member of the SEM Executive Board, the Communications Chair oversees the timely production and distribution of chapter communications to chapter members and non-members, including: - monthly issues of the Southeast Breeze newsletter (in conjunction with the Breeze editor) - monthly Blast email announcements of important events (in conjunction with both the Chapter Chair and Blast editor). - SEM annual report (jointly with the contributing chapter activity chairs such as hiking, biking, paddling, skiing, etc.) The Communications Chair also: - works closely with both the chapter Webmaster and Social Media Administrator to keep members (and potential members) informed. - participates in monthly Executive Board meetings, soliciting content to communicate in a timely manner. - interacts with AMC staff to ensure chapter communications follow current guidelines and best practices. This is a great opportunity for anyone with good communication skills and is comfortable with social media who wants to help keep the SEM chapter vital and encourage active engagement by members. For more information or to volunteer for this important position, please send an email to communicationschair@amcsem.org and/or to chair@amcsem.org. L Leonard Ulbricht (chair@amcsem.org)



Activities

For the most current information, [search activities online](#)

HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org.

Always looking for additional hike leaders! Contact hikingchair@amcsem.org

Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

(NM) Tue., Dec. 24. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA. For your hiking pleasure, a continuing Tuesday Morning Blue Hills Series. We will hike 'all' of the trails within the Blue Hills over time, meeting in different parking lots and hiking different routes each week. So, if you are interested in hiking in the Blue Hills Tuesdays, from 10 to about 2:00, Contact the Leader/Registrar, Bob Vogel. He will provide full information about these hikes. That information will allow you to make an informed decision about your choice to partake in this exciting, slightly different, hiking series. In addition to 'just hiking', this series also aims to provide 'skill building', both for participants and Leaders. We will incorporate a range of 'educational opportunities' as we hike, :-). Come hike, and learn. This will be a "Register once, come as often as you want" series. L Bob Vogel (vogel.r@comcast.net, Bob is a 4 season Hike leader for the Southeastern Mass Chapter, as well as a hike leader for Boston Local Walks and a 3 Season Leader for Boston H/B.) L Joanne Newton (vogel.r@comcast.net), R Bob Vogel (vogel.r@comcast.net)

(FT) (NM) Thu., Dec. 26. Thursday AM Ponkapoag Pond Hike, Ponkapoag Golf Course, Canton, MA. Meet at 10AM in Ponkapoag Golf Course Parking Lot for a five-mile hike/snowshoe (depending on conditions) around the pond. Bring: water, snack and appropriate footwear. L Deborah Lepore (617-778-4339 before 9 PM, DLepore2@GMail.com) CL Hans Luwald (508-668-0462 Before 9 PM, Hans.Luwald@Gmail.com)

Sat., Dec. 28. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. Main Houghton Pond Parking Lot - Meet near playground, MA. Saturday "Yeti" weekly hikes at the Blue Hills. 840 Hillside Street, Milton, MA. 2 - 3 hours of up & down, up & down...at a moderate to vigorous pace. Leave at 10 AM. Proper fitness and equipment is needed. One time registration required. L Roger Whidden (781-834-7722 9 am - 9 pm, wsfi1@verizon.net, See whiddenschool.com or zazenzone.com), R Roger Whidden (781-834-7722 9 am - 9 pm, wsfi1@verizon.net)

Tue., Dec. 31. White Line the Blue Hills, Blue Hills Reservation, MA. What is "White Lining?" White Lining is an honor system quest to hike all of the mapped trails in the Blue Hills Reservation between the Winter Solstice and the Spring Equinox. For most folks White Lining takes several winter seasons to complete, hiking trails both on their own as well as in our fun White Lining group! For the sixth year, this popular series will have 12 hikes and will run from December 31, 2019 through March 17, 2020. We will meet on Tuesdays at 9:45 AM to hike trails in the Blue Hills Reservation for 3 to 4 hours. We will hike at a moderate pace, perfect for moving and chatting at the same time. We will also enjoy lunch while out on the trails. Please consider the number of weeks you will be able to attend when deciding if this is the right group for you to join. If you are "White Lining" and think you can attend most of the 12 hikes, this is the group for you. If "White Lining" isn't your goal, there is another AMC winter hike also offered on Tuesdays in the Blue Hills that may be a better option. You only need to register one time for all 12 hikes. Registered hikers will be sent an email during the prior week detailing the meet up location and map plan of the hike. Hikes will be cancelled during active snow storms, heavy rain, icy conditions and/or excessive cold. Winter hiking clothing, insulated hiking boots, micro-spikes, snow shoes and hiking poles are a must. Prior winter hiking experience is helpful but we welcome hikers with proper clothing and gear to register. A complete clothing and gear list will be reviewed with you when you register. White Line the Blue Hills! Lots of fun, adventure, no bugs, and gorgeous winter landscapes! L Pamela Johnson (617-448-4446, pjohnson8992@gmail.com, Pam loves being outdoors! She is an AMC SEM Hike Leader and co-leads the White Lining Series, Conditioning Series and Introduction to Hiking Series in the Blue Hills. In the summer she volunteers as a "Naturalist" and "Information Volunteer" in the AMC high mountain huts. Pam has climbed the NH48 and is now working on 52WAV.) L Claire MacDonald (Claire and her husband, Craig, are AMC SEM Hike leaders. Claire and Craig have both completed their "Red Line" of the Blue Hills and have also completed the NH48. They love international treks including adventures hiking in Nepal and Patagonia. Claire and Craig were co-leaders of the White Lining series last year.) L Craig MacDonald (Craig is an AMC SEM hike leader and together with his wife, Claire, has been co-leader on the White Lining series and is also co-leader on the Conditioning Series.), R Claire MacDonald (508-265-3858, cfmacdonald@hotmail.com)



Activities

For the most current information, [search activities online](#)

HIKING

(NM) Tue., Dec. 31. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA. See details at Tues., Dec. 24, listing.

Thu., Jan. 2. Advanced Conditioning Hike series, Blue Hills Reservation, Milton, MA. This is a series of advanced conditioning hikes in the Blue Hills Reservation during the winter months on alternating Thursdays. The hikes are intended for those with previous winter hiking experience. This experience could include previous SEM white lining hiking in the Blue Hills. The series is not suitable for beginners. We will be doing at least 4 miles at a moderate to moderate fast pace on rugged trails in the Blue Hills Reservation to achieve over 1000 feet of vertical climbing. The hikes will take 3 to 4 hours. MICROspikes or similar spikes will be required since we will be looking for icy places to use them. Also, backcountry snowshoes (ones that have built-in traction) are required. The series will also focus on efficient layering and climbing techniques. Steady rain or bad driving conditions will cancel. Registration is required. Group size is limited to 10. Contact the leader at: dexpdoc@gmail.com to register. L Dexter Robinson (dexpdoc@gmail.com, Dexter is an avid 4 season hiker. He has been a member of the AMC since 1994 and for many years led AMC hikes and backpacks to various locations both local and throughout New England. He has climbed all of the NH four thousand foot mountains in winter and recently completed climbing the New England hundred highest mountains.), R Dexter Robinson (dexpdoc@gmail.com)

Sat., Jan. 4. Winter Series Hike #2- Mt. Morgan- Mt. Percival Loop, NH. Join us for hike #2 of the Winter Hiking Series of 4 hikes. We will hike a 5.5 mile loop, with approximately 1500 ft. of elevation change, in the Sandwich Mountain Range of Waterville Valley, NH. We will be rewarded with beautiful views at the summits, weather permitting. There are also interesting rock formations & caves along the trail. Proper winter clothing & gear are required (which may require snowshoes/ traction), as well as previous winter hiking experience &/or participation in the SEM Winter Hiking Workshop. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com) L Maureen Kelly (617-943-4288, mokel773@aol.com)

(FT) (NM) Sat., Jan. 4. New Member Hike at Copicut Woods, Indian Town Rd, Fall River/Westport, MA. Join some of your AMC members for a winter hike through this Bioreserve property. This hike is open to all new members. We also welcome existing members who are willing to share their experiences with the group. Meet at 10:00 a.m. at the Indian Town Rd Parking lot. Required equipment: hiking boots, rain gear, water and snacks. As there may be snow and ice, micro spikes are recommended. This 516-acre property is both a prime destination and the southern gateway to the Southeastern Massachusetts Bioreserve. Copicut introduces nature lovers and outdoor enthusiasts to an entire regional ecosystem. We will be hiking on many relatively flat trails bordering beautiful stone walls. There are some bog bridges so make sure you have sturdy hiking boots. There is an old farm house and barn foundations to explore also. Hike will be approximately 4.5 miles. Refreshments will be served after the hike. L Joanne Newton (508-215-9470 Best before 9 PM, newt665@comcast.net) CL Ellen Thompson (ethompson1111@aol.com), R Joanne Newton (Berkley, MA 02779-1402, 508-215-9470 Before 9 PM, newt665@comcast.net)

Sat., Jan. 4. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. See details at Sat., Dec. 28, listing.

Tue., Jan. 7. (NM) Tue., Dec. 31. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA. See details at Tue., Dec. 31, listing.

Tue., Jan. 7. White Line the Blue Hills, Blue Hills Reservation, MA. See details at the Sat., Dec. 31, listing.

(NM) Thu., Jan. 9. Thursday Morning Hike - Norton/Mansfield Great Woods, Norton/Mansfield, MA. Meeting in Mansfield Great Woods dirt parking lot near 145 Oak Street .Hike in the Great Woods from Norton thru to Mansfield Natural Resources Trust. Car pooling/spotting from Mansfield NRT to trail head on Freeman Street in Norton with side street parking. (Directions below) Flat roaming hike with glacial eskers, old mill dam and early 19th century Coddling Farm site . Bring water, lunch or snacks and dress for the weather. Heavy Snow will cancel hike. Possible shorter snow shoe hike. L Richard Carnes (508-947-3204 before 8 PM, rcarnes2@aol.com)

Sat., Jan. 11. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA See details at the Sat., Jan 4, listing.

(NM) Tue., Jan. 14. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA. See details at the Tue., Dec. 31, listing.

Tue., Jan. 14. White Line the Blue Hills, Blue Hills Reservation, MA. See details at the Sat., Dec. 31, listing.

Thu., Jan. 16. Advanced Conditioning Hike series, Blue Hills Reservation, Milton, MA. See details at the Thur., Jan. 2, listing.



Activities

For the most current information, [search activities online](#)

HIKING

Sat., Jan. 18. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. See details at the Sat., Jan. 4, listing.

(NM) Tue., Jan. 21. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA. See details at the Tue., Dec. 31, listing.

Tue., Jan. 21. White Line the Blue Hills, Blue Hills Reservation, MA. See details at the Sat., Dec. 31, listing.

Thu., Jan. 23. Blue Hills hike-- Yellow triangle, 840 Hillside Street Milton MA. Meet at Houghtons Pond parking lot at far end. 4.5, 5 mile hike following the yellow triangle starting behind Ranger headquarters: very hilly, strenuous in sections, no skyline though. Bring water and food for a quick lunch stop. Traction devices may be necessary. Heavy rain or snowstorm cancels. Please meet at far end of parking lot where we will leave on street to cross at headquarters. No dogs. L Rachel Thibeault (774-360-2539 before 8:00 PM, rateebo@yahoo.com)

Sat., Jan. 25. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. See details at the Sat., Jan. 4, listing.

Sun., Jan. 26. Winter Morning Out Hike at Myles Standish State Forest, Plymouth/Carver, MA. Join me for an 8 am Sunday morning hike at Myles Standish State Forest in Plymouth/Carver with the Friends of Myles Standish. See the beauty of the forest in winter. Combining the flat, pond-side East Head Loop and the hilly, wooded Bentley Loop will give us about 7 miles of beautiful trails. Once we're done, we'll still have the rest of the day for other things. Meet at 7:45 at the Forest Headquarters Parking Lot, 194 Cranberry Road, Carver, 02330. We'll plan on a moderate pace to complete the hike in approximately 3 hours. Registration is not required, but email the leader with questions or concerns. If we have snow, the hike will become a snowshoe and the distance will be adjusted. L Maureen Kelly (617-943-4288 before 8 pm, mokel773@aol.com) L John Bescherer L Paul Miller (paulallenmiller@verizon.net)

(NM) Tue., Jan. 28. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA, See details at the Tue., Dec. 31, listing.

Tue., Jan. 28. White Line the Blue Hills, Blue Hills Reservation, MA. See details at the Sat., Dec. 31, listing.

Thu., Jan. 30. Advanced Conditioning Hike series, Blue Hills Reservation, Milton, MA. See details at the Thur., Jan. 2, listing.

Thu., Jan. 30. Thursday Morning Hike: Whitney and Thayer Woods (B3C), Cohasset/Hingham, MA. Whitney & Thayer Woods (B3C) Lovely woods walk across rolling hills on Trustees of Reservations property, for 3-4 hours. Meet at 10:00am at the Cohasset commuter rail parking lot off Route 3A, by the parking places sign-posted for the rail trail. Boots suitable for weather/trail conditions, traction devices (or possibly snowshoes), water, winter wear (layers, hats, mittens) and snacks/lunch required. Persistent rain or snow that morning will cancel. Contact L by email if weather is questionable. Please carpool if possible. L Eva Borsody das (borsody@gmail.com)

Sat., Feb. 1. Winter Series Hike #3 - 4000' Hike in Crawford Notch, NH. Join us for hike #3 of the SEM Winter Hiking Series on a 4000' mountain in Crawford Notch, NH. The hike will be chosen depending on weather, trail conditions and number of participants. Possibilities include Mt. Pierce, Mt. Jackson, Mt. Tom or Mt. Field. The hike will be approximately 6+ miles with about 2300 ft. of elevation. Proper winter clothing & gear are required (which may require snowshoes/ traction/ full crampons), as well as previous winter hiking experience &/or participation in the SEM Winter Hiking Workshop. L Maureen Kelly (617-943-4288 before 8 pm, mokel773@aol.com) L Paul Miller (paulallenmiller@verizon.net)

Sat., Feb. 1. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. See details at the Sat., Jan. 4, listing.

Tue., Feb 4. White Line the Blue Hills, Blue Hills Reservation, MA. See details at the Sat., Dec. 31, listing.

(NM) Tue., Feb. 4. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA. See details at the Tue., Dec. 31, listing.

Winter Hiking & Cross-Country Ski Weekend
Friday-Sunday, Feb. 7-9, 2020 ♦ Noble View Outdoor Center
[REGISTER NOW!](#)



Activities

For the most current information, [search activities online](#)

HIKING

Fri., Feb. 7-9. Winter Hiking and Cross-Country Ski Weekend - Noble View, Noble View Outdoor Center, 635 South Quarter Rd, Russell, MA, 01071, MA. Join the SEM Chapter for its eighth annual winter weekend get-away at Noble View Outdoor Center in Russell, MA, approximately 2 hours' drive west of Boston. The centers quiet, pristine, mountaintop location offers breathtaking views of the Pioneer Valley east to Mt. Wachusett. Numerous trails wind through quiet woodlands, pass old cellar holes or descend to two waterfalls. Snowshoeing and cross-country skiing will be offered assuming enough snow and hiking otherwise. Participants will need to bring their own equipment. Please note the leader will have his well-behaved dog, Sunny, with him. The cottages have electricity, water, wood-stove heating, and shared bedrooms. Separate but next to the cottages is a heated bathhouse with toilets and hot showers. Hot meals are included in the registration fee starting with dinner Friday night through lunch on Sunday. We have reserved all 28 beds in both cottages, and we hope you decide to join us; this event is popular however, so register early. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Jeannine Audet L Joanne Newton

Sat., Feb. 8. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. See details at the Sat., Jan. 4, listing.

(NM) Tue., Feb. 11. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA. See details at the Tue., Dec. 31, listing.

Tue., Feb 11. White Line the Blue Hills, Blue Hills Reservation, MA. See details at the Sat., Dec. 31, listing.

Thu., Feb. 13. Thurs. Morn. Hike Moose Hill, 293 Moose Hill Pkwy, Sharon, MA. Enjoy a 5-6 mile moderately hilly hike at the Moose Hill Audubon trails. We'll hike to the ledge and also by the vernal pools. Bring snacks/lunch, sturdy footwear, and water. Depending on conditions, you may need traction devices or snowshoes. L Diane Simms (dianemsimms@comcast.net)

Sat., Feb. 15. Snowshoe #2, TBA, ME. We will be chasing snow to begin a graduated series of snowshoe hikes in New Hampshire and Massachusetts. Hike locations will be posted 1 - 2 weeks prior to the planned hike. Full winter gear with snowshoes and microspikes will be required. Participants in the SEM Chapter Winter Hiking Workshop will be given priority for registration. L Anne Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com) L Eva Das (borsody@gmail.com) L Peggy Qvicklund (qvicken@comcast.net, Hike leader since 2014. Has completed the NH 48, but mainly enjoys sharing the outdoors with likeminded folks.) CL Linda Church (lchurch@whoi.edu), R Anne B. Duggan (177 Rounseville Road, Rochester, MA 02770, 508-789-5538 before 9 pm, abduggan12@gmail.com)

Sat., Feb. 15. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. See details at the Sat., Jan. 4, listing.

(NM) Tue., Feb. 18. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA. See details at the Sat., Dec. 31, listing.

Tue., Feb 18. White Line the Blue Hills, Blue Hills Reservation, MA. See details at the Sat., Dec. 31, listing.

Thu., Feb. 20. Thursday Morning Hike - Pratt Farm Middleboro, Meet at Oliver Mill Park, 8 Nemasket Street, Middleboro, MA 02346 for car pool to trail head., MA. Explore the many paths and byways of Pratt Farm. Mostly gentle rolling hills. We will meet at an off site parking area due to limited trail head parking and car pool to Pratt Farm. Do NOT go to Pratt Farm directly. Meet before 10:00AM at the Oliver Mill parking area at the intersection of Rte 44 and Plymouth Street in Middleboro. Hike is approximately 5 miles and 2 - 3 hours depending on routes taken and time spent exploring. Bring light lunch, water and appropriate weather gear. Heavy snow or rain will cancel. Possible shorter snow shoe hike if weather permits. L Richard Carnes (508-947-3204 before 9 PM, rcarnes2@aol.com)

Sat., Feb. 22. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. See details at the Sat., Jan. 4, listing.

Tue., Feb 25. White Line the Blue Hills, Blue Hills Reservation, MA. See details at the Sat., Dec. 31, listing.

(NM) Tue., Feb. 25. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA. See details at the Sat., Dec. 31, listing.



Activities

For the most current information, [search activities online](#)

HIKING

Fri., Feb. 28-Mar. 1. Lonesome Lake overnight, Franconia Notch, NH. Join us on a wonderful overnight trip to Lonesome Lake Hut. This is the last in the Winter Hiking Series. We leave from the Lafayette Campground on Friday and return Sunday morning. There is a possible Saturday hike into the hut but that is not final. Those hiking in on Friday will have day hikes on Saturday to Canon, Kinsmans or around the hut. Registrants are responsible for booking their bunk (details to follow-- 20 bunks are currently reserved) at the hut. Dinners and breakfasts are group meals and participants will be required to carry some food. Costs of the meals will be evenly divided among the participants. Participation in a winter hiking workshop is required and participants will need appropriate clothing, micro spikes, snowshoes, full crampons and a minimum zero degree rated sleeping bag. L George Danis (danisdad51@outlook.com) L Jeannine Audet (milmod@aol.com), R Jeannine Audet (milmod@aol.com)

Sat., Feb. 29. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. See details at the Sat., Jan. 4, listing.

Tue., Mar 3. White Line the Blue Hills, Blue Hills Reservation, MA. See details at the Sat., Dec. 31, listing.

Sat., Mar. 7. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. See details at the Sat., Jan. 4, listing.

Tue., Mar 10. White Line the Blue Hills, Blue Hills Reservation, MA. See details at the Sat., Dec. 31, listing.

Sat., Mar. 14. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. See details at the Sat., Jan. 4, listing.

Tue., Mar 17. White Line the Blue Hills, Blue Hills Reservation, MA. See details at the Sat., Dec. 31, listing.

Sat., Mar. 21. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. See details at the Sat., Jan. 4, listing.

Thu., Mar. 26. Thursday Morning Hike - Burrage Pond WMA - Halifax/Hanson, 15 Hawks Ave, Hanson, MA. Hike in The Burrage Pond WMA in Hanson & Halifax. A three hour, 5 to 6 mile moderate hike on mostly flat sandy trails. This area was once the largest cranberry bog operation in the country and is now being reverted back to wild lands. Bring lunch, water, warm clothing and especially warm windproof head gear as these open spaces can get very chilling in the winter with a stiff breeze. Heavy rain or heavy snow will cancel. Good snow shoeing if weather permits. Please contact leader BEFORE bringing DOGS on this hike. L Richard Carnes (508-947-3204 Before 8 PM, rcarnes2@aol.com)

Sat., Mar. 28. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. See details at the Sat., Jan. 4, listing.

Sat., May 16-17. Beginner Map & Compass for Hikers (Sat/Sun), Blue Hills, MA. Come learn navigation skills using a map and compass to find your way in this two-day weekend workshop. The course assumes no prior map or compass experience and is open to anyone that has not taken a map and compass course before. The class starts with basic instruction and progresses over the two days to cover some intermediate skills. All activities will take place at the Blue Hills Reservation; you will need appropriate hiking gear and be able to hike approximately 4 miles with a small daypack. On Saturday we'll use the conference center at Brookwood Farms for both indoor and outdoor instruction. You'll learn how to read a topographic map, how to use a compass and how a map and compass work together. In the afternoon you'll get to practice your skills on a directed hike in the Blue Hills using the DCR trail map. On Sunday your group will plan your own route to find flags hidden both on and off the trail. For this hike, you will be using a US geological survey topographical map that does not show the trails and you will need to make use of terrain features such as valleys, brooks, and hills to stay found. Each group will have an instructor to help facilitate learning. Prior reservation is required, and class size is limited to promote small group learning. To register for this workshop, you must commit to attending both Saturday and Sunday (9 am-5 pm). Only those that have not taken a map and compass course previously are eligible for the workshop, this ensures everyone in the group is at the same level. The fee for the workshop is \$60 (which includes both days). In addition, you will need to purchase and bring to class the Suunto M-3 NH which is a navigating compass with adjustable declination correction, list price \$44 (but currently \$29.69 on Amazon). If interested, please contact Doug Griffiths to register. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.), R Doug Griffiths ([reddoug@aol.com](mailto:redDoug@aol.com))



Activities

For the most current information, [search activities online](#)

SKIING

Fri., Jan. 10-12. Cross Country Skiing in Waterville Valley, Mountain Fare Inn, 5 Old Waterville Rd., Campton NH. Join us for a weekend of cross country skiing at the Waterville Valley Ski Resort. We will stay at the beautiful Mountain Fare Inn in Campton, NH, just a short drive from skiing. The inn offers a full breakfast & later checkout on Sunday @ 3:00 pm, so we can ski for 2 days. We will dine out for dinners. Other potential activities include snowshoeing, fat tire biking & hiking, depending upon snow conditions & group interest. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com, Jeannine is the Skiing Chair for the SEM Chapter.) CL Jeff Hyman CL Dia Prantis

Fri., Mar. 6-8. Cross Country Skiing & Snowshoeing in the White Mountains, The Old Field House, 347 NH 16A, Intervale, NH. Join us for a weekend of cross country skiing & snowshoeing in the beautiful White Mountains. We will stay at the lovely Old Field House in Intervale, NH. The B&B is located near many xc skiing areas; we will choose based upon snow conditions. Snowshoeing is also available, including on trails outside the B&B. Depending upon trail conditions & interest, hiking will also be an option. Or, you may spend some time at the inn with a book or go shopping in North Conway. All rooms have a private bath, & breakfast is included. We will dine out at nearby restaurants for dinner. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com, Jeannine is the Skiing Chair for the SEM Chapter.) CL Dia Prantis CL Wayne Cardoza



Happy Trails!

THE END