



THE SOUTHEAST BREEZE

ANNUAL MEETING -NOV 6, 2004 AT RACHEL'S LAKESIDE

WHAT HAVE THE ACTIVITY GROUPS BEEN UP TO THIS PAST YEAR ?

Treasurer report submitted by Mike Woessner

Early this year we had our annual audit by Joy St. Everything was found to be in order. Many thanks to Dexter Robinson and Charlie Farrell for their review of the records before it went to Joy St.

We continue to operate in the black and not spend above our means. Thanks go out to Bob Vogel and Activities Chairs for putting together a working budget.

Some highlights of this years spending; we purchased bivy sacks and first-aid kits for hiking and road rash kits for biking. Marine radios for kayak and Canoe. A GPS was purchased thru a memorial donation for Cape Hikes. Leadership books were purchased and distributed to all active leaders.

Trail work is a large part of our budget. We have purchased specialized tools and kept our "croos" well fed.

Another major part of our budget is spent on the training of our members and leaders. Canoe and Kayakers were given safety training. We offered our active leaders Wilderness First-Aid training and we have sent 2 leaders to the Leadership Training Institute's Mountain Leadership School with matching scholarships from Joy St.

We look forward to another year of financial stability.

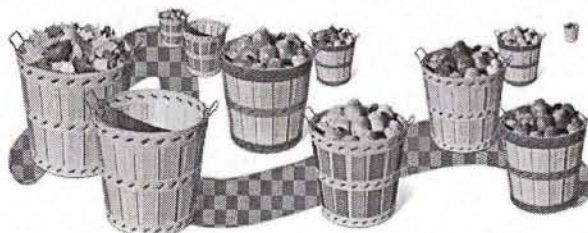
Hiking report submitted by Patrick Holland

It was another good year for the hiking committee. We had a successful "Intro to Winter Hiking" series. And over the summer we did an "Intro to the Mountains" series-it was set up for people who've never hiked in the White Mountains before. It was very popular, and there were 10 participants who completed the entire set of hikes and ended up climbing 2 of the 4000 footers! In addition we continued our now traditional Wednesday night summer hikes. On Halloween weekend the Chapter's annual hut night was at the Highland Center for the first time. All told, there were over 50 hikes with 286 participants. My thanks goes out to our great group of leaders and co leaders who made it all happen.

Education report submitted by Laura Smeaton

A great group of upcoming AMC leaders successfully completed Leadership Training Day at Borderland State Park on Saturday, April 17, 2004. It was a glorious sunny Spring day to set the backdrop for both the classroom and outdoor scenario experiential training. We were honored to have AMC staff person Jane Anker (Leadership Training Institute coordinator) present important information about liability. And the day couldn't have happened without the expertise and generosity shared by the following current leaders who gave informative presentations and made the day a real success: Louise Anthony, Barbara Hathaway, Patrick Holland, Farley Lewis, Heidi Moss, Dexter Robinson, Bob Vogel, and Mike Woessner. And kudos to the following graduates of the Leadership training day program: Dick Coveney, Richard Donohue, Diane Hammer, Walter Mark, David McGlone, Robin Melavalin, Victor Oliver, Cindy Phillips, Dan Rezendes, and Martha Twombly.

Wilderness First Aid Training by SOLO instructors took place on the autumn weekend of October 23-24, 2004 at YMCA Camp Lyndon in Sandwich, MA. At press time, there were 27 confirmed participants -- including 15 SEM AMC members and 7 current leaders and co-leaders within the chapter. The WFA certification, upon successful completion of the 16 hour course, provides folks with valuable skills in dealing with all kinds of emergencies when definitive care is more than 1 hour away. Because WFA certification is required of non-local hiking leaders, this year the Executive Board approved 100% reimbursement of WFA course cost -- via scholarship -- to current leaders of any SEM AMC activity who completed the course. Kudos to all 2004 WFA graduates !!!



Cape Hiking report submitted by Heidi Moss

Cape Hikes had a very successful season in 2003-2004. We saw many new faces on the hikes and gained a new leader. Intrepid Cape walkers were not deterred by the bitter winter weather. The coldest hike showed 12 degrees with a wind chill at Balston Beach on Jan 25. Special events this year included the September opening hike and potluck lunch, the annual Christmas party and Toys for Tots collection by Santa and the Marines, a cold January hike followed by a warm chili party, and the hiker/paddler's picnic in May. On Earth Day hikers arrived early to clean up the parking lot and woods at Ryder Conservation area and hear a talk by Conservation chair Louise Anthony. We staffed a table at EMS club day, passing out flyers and answering questions about AMC. Thank you to everyone who contributed their time to that day.

A warm welcome to Martha Twombly who earned her leader's patch and a very big thank you to our twenty-two leaders. Their commitment of time and energy, and willingness to fill in when needed makes it possible to schedule hikes three days a week for three-plus seasons. The continued participation and support of the hikers makes Cape Hikes a very rewarding way to enjoy our trails and beaches year round.

Trails report submitted by Lou Sikorsky and Patrick Holland

This year the trail crew had a great turnout. There were four trips in all, three to Lonesome Lake and one on National Trails Day which all had a great turn out. I want to thank all the die hards that turned out in the rain and ready to on the September trip. We got lots done and will continue to do so in the future. To those who have not come out to help there is always next year. Remember we all have a great time and there is always something for everyone to do. Thank you again.

Conservation report submitted by Louise Anthony

Conservation issues continued to be coordinated with SEM activities. Conservation Corner helped raise awareness of local and regional concerns. SEM activities from trail work to the summer picnic also provided opportunities for discussions of conservation issues. Participants at activities are encouraged to join CAN, the Conservation Action Network.

Earth Day celebration allowed SEM to reach out to a broader audience. Displays were set up at New Bedford's Earth Day celebration and Mattapoisett's Earth Day/Arbor Day event. On Cape Cod, a dedicated group of hikers celebrated Earth Day by removing litter from a popular hiking trail. Visitors certainly benefitted from their efforts for the remainder of the summer season.

Biking report submitted by Denise Malenfant

The 2004 biking season was successful in many ways! There were 38 weekend rides, 41 Tuesday evening rides and 15 Thursday evening rides which totals 94 rides for the year! Bike routes crisscrossed the South Shore, parts of Boston, the Cape and the Islands including the towns of Marion, Mattapoisett, Westport, Dartmouth, Rochester, Carver, Middleboro, Acushnet, Lakeville, Berkley, Dighton, Rehoboth, Norton, Taunton, Plainville, Wrentham, Norfolk, Watertown, Cambridge, Boston, Allston, Duxbury, Plympton, Sagamore, Sandwich, Falmouth, Woods Hole, Manomet, Osterville, Hyannisport, Eastham, Wellfleet, P-town, Martha's Vineyard, Nantucket, and Little Compton, RI as well as the Cape Cod Rail Trail, The Shining Sea Bike Path and the East Bay Bike Path.

To welcome the new year, Paul Currier led his 1st Annual New Year's Day ride in Marion. At the Spring Fling, Walter Mark held a clinic on sprints and hill climbing techniques and Paul Currier led an afternoon ride through Bourne and Buttermilk Bay. At the Summer Picnic, Elsie Lavery led a leisurely ride along the East Bay Bike Path with a side trip to the Carousel and the parrots! Nancy & Paul's first Half-Way Tour was a lesson in time management and how to change a flat tire ... 3 of them! Additional highlights included Paul's tour of Martha's Vineyard, Jack's ride to the Lakeville Museum and Dighton Rock, Fred's Fabulous Cape Cod Metric Century around Sandwich, Falmouth and Woods Hole, Breck's day trip to Nantucket and Rick Russell's 2nd Annual Columbus Day Ride through the private estate of Round Hill in Dartmouth. In December, we plan to ride from Warren to Bristol, RI and take a holiday tour of Blithewold mansion.

Thanks to Paul Currier, the popular Tuesday Evening Rides continued through the winter on Cape Cod and during the spring and summer. Paul offered to lead a fast paced group while George Byron, a new leader offered a more leisurely ride. Some new routes included Centerville/Craigville, Centerville/Hyannisport, South Cape Beach East, South Cape Beach West and Eastham/Fort Hill. During the summer, Kyle Derborow, another new leader from the Cape launched a successful series of training rides between Brewster and Wellfleet on Thursday evenings. Leaders Alice Oberdorf and Rick Roberts also assisted with the Tuesday and Thursday Evening Rides.

Looking ahead to 2005, we hope to have something for everyone! Once again, we'll ring in the new year with Paul Currier's 2nd Annual New Year's Day Ride in Marion. For new riders, we plan to have a

bike clinic or two and some shorter, slower paced rides. Leaders have also discussed adding more half-way tours on the South Shore, some interchapter rides with the Narragansett Chapter including a ride from Bristol to Newport, three Metric Century rides and possibly a Century in September! For the winter, Tuesday Evening Rides will change to "Tuesdays at 2 pm" and Paul will lead afternoon rides on Thursdays or Fridays from November to March. We will try to attract new members and participants by posting our bike schedule at our favorite bike shops and we'll continue our quest for new bike leaders through our "Bike Leadership Training and Development Program."

None of this would be possible without the support and dedication of the following bike leaders: Nancy Beach, George Byron, Linda Church, Frank Clouse, Paul Currier, Fred Destchel, Kyle Durborow, Breck Eagle, Dave Harris, Jack Jacobsen, Elsie Laverty, Will Mason, Walter Mark, Alice Oberdorf, Sheila Place, Rick Roberts, Rick Russell, and Charlie Sullivan. Many thanks to all of them for their time, enthusiasm and their willingness to lead trips and to our AMC members for their participation!

"The best routes are the ones you haven't ridden. You could pedal the same loops year after year. Many people do, literally or figuratively. But to grow, you need new rides. Risks. Turn down lanes you've long seen but never traveled. Get lost once or twice, then double back to where you started and try again. Live like this and you come to see unknown territory not as threatening, but as intriguing."

-Mark Remy, *Bicycling Magazine* 9/01

XC/Ski report submitted by Barbara Hathaway

We began the 2004 season with a very enthusiastic group of skiers who, as qualified leaders and co-leaders, volunteered to lead both local and out-of-state trips. Although our schedule was full, Mother Nature wasn't very kind and the lack of snow, especially locally, caused six trips to be canceled. We added one person to our list of qualified leaders and managed to complete the following five trips:

Jan. 16-19 - The traditional MLK weekend at Applebrook B&B in Jefferson, NH was a huge success once again. The group of 26 led by Sarah Beard, Bob Kalchthaler and Kathy Moss enjoyed skiing at Bretton Woods, Great Glen and The Balsams. **Jan. 24 - My first XC Ski Trip!** L Bob Vogel and 2 participants braved the bitter cold for a day of skiing at Windblown in New Ipswich, NH.

Jan. 25 - Norsk XC Center, New London, NH. Kudos also to L Barbara Hathaway, CL Diane Phillips, CL Kathy Moss and the 6 participants who also endured the bitter cold temperatures and brisk wind to get in their day of skiing.

Feb. 22 - L Anne Chace, CL Walter Mark and 3 participants also skied at Norsk. Although not as cold as in January, Anne reported that the weather was overcast and a bit windy, but grooming was excellent. **Feb. 27-29. L Anne Chace and 1 participant spent their evenings at cozy Parsley & Paisley B&B in Jackson, NH.** They skied on Saturday, but hiked on Sunday due to the marginal ski conditions. **Feb. 27-29. Pinkham Notch back country.** L Bob Bentley, CL Art Paradise and 3 "enthusiastic" participants stayed Friday and Saturday night at Joe Dodge Lodge and skied back country trails on Saturday and Sunday.

These trips were cancelled:

Jan. 3 - Norsk X-C Center New London, NH. L Patrick Holland, CL Walter Mark

Jan. 10 - Weston Ski Track. Cross country ski workshop. L Bob Bentley, L Art Paradise

Jan. 11 - Great Brook Farm, Carlisle, MA. L Barbara Hathaway, CL Barbara Perry

Jan. 31 - Local ski, leader's choice. L Bob Kalchthaler

Feb. 7 - Great Brook Farm, Carlisle, MA. L Barbara Hathaway, CL Diane Phillips

Feb. 8 - Blue Hills. Novice/Intermediate. L Sarah Beard, CL Nick Georgantas

Thanks once again to the leaders and co-leaders for their commitment and optimism in helping to create a successful ski season. Please remember to sign up for e-mail notification of short-notice, non-published trips.

Canoe/Kayak report submitted by Dick Coveney

This will summarize the committees activities for this year. There were a number of innovations, and they will be dealt with first;

Schedule: The entire years schedule was developed for approval at one pre season meeting. At that meeting other innovations were discussed. The years schedule was based on a new database listing all the trips appropriate to the tide in each scheduled day. Trips were scheduled Wednesday and Saturday starting March 24 and ending November 30. A few were added on other days. The entire year schedule was published on a web site.

Trip Request Forms were developed and each leader completed one for each trip he led. They provided more data on the trip than was previously available. This data went into an Access Data Base from which the years schedule and other data forms were produced.

Trip Ratings: For the first time ratings tables were developed and all trips rated by their leader. These have proved invaluable in restricting unproven paddlers from higher risk trips. They have also given major incentive for paddlers to become Certified.

Certification Most trips now require rescue certification. A number of opportunities are provided to become certified and most members now agree with the policy and are becoming certified. The standards are reasonable, and achievable by all who have tried. EMS & other programs have been included in certification & a joint session with EMS proved very successful. More opportunities will be provided next year.

Leadership Leaders were provided the new AMC leadership handbook, an additional instructions on expectations for conduct of trips. They were asked to provide Co Leaders, to provide training and gathering opportunities for each trip and to provide a Trip Report following each trip. Leader development has not received the attention it deserves and will be emphasized next year.

Alternate Trips: Janet DiMattia agreed to lead an alternate trip program. On days of higher risk trips, she or another have led lower risk trips. This will be extended next year, we hope. It was favorably viewed by members. This was inspired in part by having 40 people show up for Monomoy trips.

Registration: More trips have required registration with the leader. The "Show & Go" policy clearly needed to be stopped.

Radios: After researching the web, 4 new Standard HX350S submersible VHF FM Marine radios were bought. Following their use, several leaders have purchased their own. One for the leader, one for the sweep. Spare sets charging. They have not yet been needed to summon outside rescue, but have proved valuable in keeping the group together and aware of potential problems, as well as weather.

Training: Don Savino agreed to head a training program. It has gone very well, members have a bit less socializing at lunch, and are participating nearly 100% in training of the month. Don has developed skills in high & low brace, edging, turns, draw & skull, re entry, among others. The program has been very well accepted.

Communication: In addition to the little used "Bitch Form" provided on the schedule web page, three surveys have been conducted to evaluate the acceptance of the innovations & agreement with next years agenda. They have been very helpful in weighing new initiatives and areas needing improvement.

Results: The Schedule went without incident. Only two trips were cancelled for weather, a few were routed to less intimidating places, and no "Incidents" occurred. Fifty five paddlers have been certified, many more provided training, and while much is still needed, the safety issues have been greatly improved. Leadership has been mixed with some trips providing less than expected leader performance, many providing excellent performance. Leadership training has not been well done. Only one leader took Leadership

training and two SOLO training.

Membership report submitted by Kathy Farren

From November 2003, 38 memberships in a bottle were mailed to new members. With each I sent the latest Breeze issue and a short handwritten note welcoming new members. During this past year, many people have called and emailed me to ask about AMC and how to join our chapter. The Chapter website continues to play a big part in membership increase.

New Members per month		Total membership as of September 2004
November 2003	117	Contributing 7
December 2003	73	Employee 9
January 2004	74	Family 1002
February 2004	128	Family Life 3
March 2004	108	Individual 1556
April 2004	107	Junior 42
May 2004	61	Life 50
June 2004	68	Senior 90
July 2004	80	Subscriber 1
August 2004	107	Supporting 2
September 2004	73	Youth Leader 3
Total	996	Total 2765

Chair report submitted by Bob Vogel

Well, the SEM Chapter of AMC has completed another year. We have improved upon some areas that were a concern a year ago, and generally held our own in the other areas. There are still areas where we can improve, and maybe you can help.

This year there has been a significant concentration put on safety within our Canoe and Kayak Committee. It's always good to see safety stressed within all our activities and SEM has a good safety record and we want to keep it that way.

Within the AMC there has been an emphasis on risk management, and safety is one aspect of that. A second aspect is liability, and AMC has now made the waiver forms mandatory for all AMC activities.

Again, a thank you to all of the SEM volunteers. If you aren't involved, come join us. Where else can you go, as I did, from hike participant to trip leader to Education Chair to Chapter Chair in 5 years? For me it has been an educational and rewarding journey. There are always opportunities to help SEM and at the same time learn valuable skills; from trip leadership to newsletter editing, website management, activity planning. The skills you learn can help you in all aspects of your life.

Get involved and grow with the AMC!