A Big AMC thank you to all National Trails Day, June 7, 2003 volunteers. We moved dirt to fill in a section of a trail scar and rerouted a new section of the Myles Standish Forest Bentley Loop, enjoyed a delicious cookout, moved in, set up, cleaned up and moved out before heavy rain set in! Great T-shirts were given to everyone! Keep the first Saturday in June open next year and join in a great project. Great 3 crew - Dexter Robinson, Lou Sikorsky, Ryan Sikorsky, Bob Bentley, Anne Chace, Barbara Leland, Steve Tulip, Louise Anthony, Paul Anthony, Pauline Jordan, Art Paradise, Mark Powers, Ann Linteris, Wilson Synder, Bob Vogel, Barbara Vogel, Bobby Vogel, Matt Vogel, Joyce Ames, Nick Governdale, Linda Cronin, Barbara Hathaway, Travis Simkins, Rick Fordyce, Gail Fortin, Jamie Pereira, Walter Deeter, Steve Fish, Elsie Laverty, Michelle Correia, Evelyn Touaty, Glenn Nieuwenhuis, Steven Weaver, Andrew Weaver, Alex Golden, Robert Elaay, Paul Hale, Ethan Burke, John Dunlan, Jonathan Gabriel, Charlie Farrell, Russell Stanton, Patrick Holland

Sept 12-14 is the Lonesome Lake work weekend. Group camping at Lafayette Campground in NH. Contact: Pat Holland 781-925-4423 6-9pm pat.holland@aoltwbg.com

Gunkholing while cycling w/Paul Currier

On one of our bike trips this year I noticed and watched the beauty of a pair of bald eagles riding the wind almost directly overhead. We were just a couple of miles out of Wareham-in the Tremont section. It was the first I've seen a pair in this area. A most magnificent sight as they soared with wings extended, riding the drafts and winds, searching for breakfast.

I stopped a Tuesday evening-on-a-Wednesday ride to watch a coyote who had stopped to watch us. I was asked if that's why I stopped the ride-but of course! We all watched him as he watched us for a while. He then resumed trotting along the trail. I quietly tried to catch up with him and got fairly close-until he discovered me and headed into the thicket. He was a lean, clean well-groomed animal-just beautiful.

I stopped the ride a couple of weeks ago to watch a fox returning w/prey-he looked like our older Keeshond playing w/ one of his toys-impish & playful looking like the proverbial cat caught w/the canary. He watched us then resumed his trip to his den.
View from the Chair  
by Anne Chace

The AMC’s Outdoor Leadership Development Committee (OLDC) developed the “Acknowledgement of Risks, Assumption of Risks and Release Agreement for All Volunteer-Led Activities.” By now, most all SEM chapter leaders and participants are familiar with this form. You may access a copy on our chapter web site www.amcsem.org. Quoting from the AMC Outdoor Leader Handbook, “this document was developed with input from many AMC volunteers as well as staff, and several lawyers expert in the fields of risk management, recreational law and legal liability.” The SEM board elected to require the use of the AMC Liability Release Agreement for all chapter activities. Other chapters have also adopted the same policy. The Release Agreement will be used for all volunteer-led outdoor activity – Cape hikes, backpack trip, kayak trip, a trail work day, bike ride, skiing, rock climbing. The form is designed to be signed at the beginning of the trip, however the Release may be sent to participants in advance of the trip. The Release Agreement has three functions – participant acknowledges and understands the risks associated with the activity, to assume those risks and responsibility for their own safety and to release the leaders and AMC from liability for an accident that might occur during the activity. The Release Agreement is to be used only in its original form and should not be altered. Every participant is required to sign the Release Agreement. For additional information please visit the OLDC website: www.amcoldc.org.

The 2003 Nominating Committee is busy compiling the slate of officers and committee chairpersons for 2004. Members of the committee include Paul Anthony, Connie Austin, Dave Bennett, Pauline Jordan and Barbara Leland. Our thanks to the committee for undertaking this important role and commitment to complete the task. A special edition of the Southeast Breeze will be published in Sept providing all the info about our chapter’s 27th annual mtg on Sat. Oct. 8th. Included in the special edition of the newsletter will be the registration form for the evening, 2004 nomination slate, and directions to the Falmouth Inn. Mark your calendars now and plan to attend the Chapter’s highlight event of the year! Program Speaker for the evening is E. Robert Thieler, U.S. Geological Survey, on the topic - Coastal Erosion. It is also that time of year to request nominations for the annual Chapter Distinguished Service Award. This award is presented at the annual mtg. Past recipients include Bruce Dunham, 2001 and Elsie Laverty, 2002. This award is meant to recognize someone who has been active in the Club, and more importantly, to acknowledge the contributions of a person who has given selflessly to the SEM Chapter and to the Club. The requirements are: that the person be a member of the AMC, active participant of the Chapter, and that she/he has provided over a period of years, a service to the SEM chapter and the AMC which has been exemplary. The Award Committee requires some background on the nominee including why this person is appropriate for the award, years of service to the chapter, and the club. Names of other AMC members who might be able to provide references for this person are also requested. Nominations are due to the Award Committee Chairperson, Bob Bentley no later than October 18, 2003. 76557.1637@compuserv.com 508-866-3057

Hope to see new and familiar faces at Zealand Hut for the annual Chapter Hut night trip. Sat Sept 27 space left - $50 pp Patrick Holland 6-9pm 781-925-4423 pat.holland@aol.com. This year marks the 15th anniversary for this enjoyable event.

AMC Fall Gathering - Hosted by the Berkshire Chapter at the YMCA Beck-Chimney Corners Outdoors Center in Becket, MA. For more info contact Gary Forish forgary@comcast.net Additional info in AMC Outdoors.

Nov 21-23 - Major Excursions Leaders Training- White Memorial Center, Litchfield, CT Contact Jan Taylor 781-862-1897 before 9pm or jiliztaylor@rcn.com

Dec 3-7 - Leadership Training Institute Conference - Highland Center, Crawford Notch, NH Contact Jane Anker 617-523-0655 x308 or janker@amcinfo.org

Membership in a Bottle
- Single Membership - $40
- Family Membership - $65

Nalgene Bottle w/$10 gift certificate
- New Members Only - Contact Linda Cronin 781-447-2597
- linda.cronin@uhhsd.k12.ma.us

Chapter website is amcsem.org
HIKING AND BACKPACKING
Chair-Erika Bloom 508-996-3290(7-9pm) eblooml@comcast.net
Vice Chair-Patrick Holland 781-925-4423 Charlie Farrell cfarrell@verizon.com

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Hikers unsure of their ability should try only one level higher than previously completed. Note: No Pets without permission of Trip Leader. Individuals under 18 must receive consent from leader.

Wed Sept 10 Joint Hiking/Cross Country Ski Trip Planning Meeting 7 PM Unitarian Universalist Church basement in Middleboro. All are welcome, and new leaders/co-leaders are needed - training is provided! Cross country skiers needed to help plan and/or lead ski activities too. For more info, contact Hiking chair Erika Bloom 508-996-3290 (7-9 pm), 508-996-3290 (7-9 pm), eblooml@comcast.net. Contact Ski Chairperson Barbara Hathaway at 508-880-7266.

Sept 13 Mt. Washington (A3A) A classic hike to New England's highest peak on the Ammonoosuc Ravine and Jewell trails. Strenuous full day hike for experienced hikers only. I. Dexter Robinson, 781-294-8840 (7-9 pm) dexsue@atti.com, CL Mike Woessner 508-577-4879, (7-9 pm) stridermw@hotmail.com, CL CL Rick Fordyce 508-430-0268 (7-9 pm).

Sept 20 Red Line Borderland (A2C) Come hike ALL the trails in Borderland! Map and highlighter provided for this all day epic event. (Bail out points available for those whose resolve weakens as the day progresses.) L Bob Vogel 508-238-7732(6-9pm)rvogel@atti.com

Sat Sept 20 Monroe State Forest, Western MA (A3C) Early fall hike celebrating the autumnal equinox in the northern Berkshires. Great views-Spruce Hill & Raycroft Lookout. Reg w/ L. Patrick Holland 781-925-4423 pat.holland@aoltwb.com CL Steve Tulip 508-977-9309(lv msg) sjtulip@comcast.net

Sat-Sun Oct 4-5 Wilderness First Aid - contact Steve Tulip sjtulip@comcast.net

Sat Oct 4 Metacomet-Monadnock Trail (B3B) Mt Tom Reservation, section 6 Rt. 141 to Conn. River. A 6 mile hike across a spectacular section of this trail. Beautiful views from the cliffs of Mt. Tom and Whiting, virgin hemlock forest, bird viewing platform with 360 degree view, and turn-of-the-century hotel ruins. L Dexter Robinson, 781-294-8840 (7-9 pm) dexsue@atti.com CL Linda Church 508-495-1308 (7-9 pm) lchurch@whoi.edu

Fri-Mon Oct 10-13 (Columbus Day Weekend) Leader's Choice - Grafton Notch Maine area backpack (A3B) Car camp on Friday night, then head out back for two night backpack. Grafton Loop Trail or Speck Pond are possibilities. Reg w/ L Wayne Taylor 508-252-6995 (7-9 pm) wjtaylor@comcast.net CL Mary Beth Berberick 508-543-2538 mary_beth_b@hotmail.com

Oct 18-19 Western MA Beginner Backpack - Alander Mt to Bash-Bish Falls (A3B) Learn how to backpack in the Berkshires of western Mass. Short hike out to set up camp, then hike over ridge to Bash Bish Falls, and back. Hike out early Sunday for a trip to nearby Norman Rockwell Museum in Stockbridge, MA. Reg w/ L Steve Tulip 508-977-9309 (lv. msg) sjtulip@comcast.net CL Patrick Holland 781-925-4423 pat.Holland@aoltwb.com CL Mary Beth Berberick 508-543-2538 mary_beth_b@hotmail.com

Nov 1 Mt. Garfield (A3B) Garfield trail Starts at Gale River Loop Rd, an old tractor road; a steady incline and good footing. The ascent is short but very steep & rocky. Not for beginners; very early start. Reg w/ CL Fred Yost 508-699-9305 (7-10 pm) FEA1AM@hotmail.com CL Pauline Jordan 508-676-5146 hirst30@aol.com

Sun Nov 2 Mt. Galehead (A3B) Gale River Trail; long rocky hike with some water crossings (difficult in high water). The ascent becomes steeper & rougher; go to Galehead hut, then another 0.5 mi to summit. This hike is not for beginners; very early start. Reg w/ CL Fred Yost 508-699-9305 (7-10 pm) FEA1AM@hotmail.com or CL Mike Woessner 508-577-4879 stridermw@hotmail.com CL Pauline Jordan 508-676-5146 hirst30@aol.com

Nov 8 SEM Annual Meeting - see info in extra bulletin

Sat Nov 15 Annual SEM Winter Hiking Workshop (afternoon). Come find out more about expanding your hiking into the fourth season. Handouts, talks, equipment demos. Highly recommended for anyone who wishes to participate in the upcoming annual winter hiking series which gets experienced 3 season hikers out into winter mountain hiking/snowshoeing conditions (hikes start in December). To reg or more info: Erika Bloom 508-996-3290 (7-9 pm), ebloom1@comcast.net

Nov 16 Metacomet-Mattabesett Trail (A3C) Begin
HIKING AND BACKPACKING continued

at MA/CT border. Trail has frequent cliff views west over the CT Valley lowlands toward the Berkshire hills. Travel over the knife edge volcanic ridges on this well known trail. Reg w/ CL’s: Sue Chiavaroli 508-252-1641 brillo6452@yahoo.com Ray Ajemian 508-697-6653 (6-9 pm) RPAjemian@aol.com I Steve Tulip sjtulip@comcast.net

Nov 15 Blue Hills End-to-End Skyline Trail (A3B)
A true end-to-end of the Blue Hills Skyline Trail from Willard Street to Fowl Meadows. Reg w/ CL Fred Yost 699-9305 (7-10 pm) fey_iam@hotmail.com L Dick Carnes 285-5790 (7-9 pm)

ROCK CLIMBING

To register or to obtain more information on any climbing activity, contact John Pereira at 508-254-8303 or rockclimbing@amcem.org. All activities will be led by John Pereira or Brian Donelan, both of whom have completed an AMGA approved Top Rope Instructor Training program. All activities require participants to provide their own rock climbing shoes. In addition, participants will need their own harness for all top roping activities & intro to sport climbing. All activities have the possibility to be canceled due to weather or other acts of God.

Beginner’s Top Ropings - August 9, September 20, October 4, October 18
Advance Top Roping - September 13
Intro to Sport Climbing - September 27
Bouldering - August 23

Article for Sale

Sierra Designs Meteor Light CD, two person, 3-season backpacking tent, excellent condition, used about 10 times, single side entrance with vestibule. Still sold by REI and EMS, $125. Dexter Robinson, dексue@comcast.net 781-294-8840, 7-9 pm

If anyone has any short articles about one of their adventures on an AMC trip and would like to share with everyone please email them to ichurch@whoi.edu. Also if you want to sell a piece of clothing/equipment, I will print if space available.

CONSERVATION CORNER

These have been interesting times on the coast of Buzzards Bay. The recent oil spill has focused attention on renewable sources of energy. It has been reported that Massachusetts is one of the nation’s leaders in the design and construction of solar energy systems. Most of these systems are exported to Europe. The fact that the sun in the Bay State is most intense at times of highest electricity demand indicates that the benefits of solar power could be greater than expected. Through a major effort, our beaches are open for the summer season, however, interest in this issue continues.

Treat the earth well. It was not given to you by your parents. It was loaned to you by your children.

-Kenyan Proverb

Louise Anthony

On Nov 7-9 celebrate the past, present & future of the White Mtns. National Forest. Activities will include natural & cultural history hikes, slide shows, activist workshops, local exhibitors, good food, music & dancing. Participants in this weekend will come away w/ a better appreciation of the value of the White Mtns, as easy ways to get involved in protecting what makes this place so special. For more information, contact Bryan Wentzell bwentzell@amcinfo.org or 617-523-0655 ext. 386

AMC Member working to build a new bridge on the Lonesome Lake Trail

AMC Activities Risk Statement: Activities listed here involve varying degrees of danger. When you participate in these activities, you should be prepared physically and mentally, and equipped with appropriate gear. You should be aware of the risks and conduct yourself accordingly. Volunteer trip leaders are not responsible for your safety; you are. Before registering for any activity, you should discuss your capabilities with the trip leader. To participate in chapter activities, individuals under age 18 must be accompanied by a parent or responsible adult, or obtain prior consent from the trip leader. Those accompanied by a minor are responsible for the minor’s actions.
CAPE COD HIKES
Chair-Janet DiMattia (508)394-9064
Vice Chair - Heidi Moss (508)362-6440

Thursday and Sunday Hikes
Thurs hikes 9:30-11:30 am. Sun hikes 1:00-3:15.
Moderate pace unless noted. NO DOGS Heavy rain cancels. If in doubt call L.

THURS Sept 11 - HARRICH - Herring River, Exit 95 from Rt 6 onto Rt 134. L at 3rd light on Upper County Rd. then immed. L on Great Western. Follow 2.2 mi. to pkg inside fence on L at Sand Pond.
Potluck lunch after at Ruth Handlen 508-432-1582
Great Western Rd. Harwich. L Janet DiMattia 508-394-9064

SUN Oct 19 - BARNSTABLE - Sandy Neck, Rt 6A to Sandy Neck Rd. Pk at end in farthest lot. L Pam Carter 508-398-2605

THURS Oct 23 - EASTHAM - Nauset Light Beach Road, Rt 6 north to Bracket Rd. R. to Nauset Rd. L to Cable Rd. R. to Nauset Light beach pkg lot at end. L Patrick Kimball 508-255-3717

SUN Oct 26 - HARRICH - Herring River. Exit 95 from Rt 6 onto Rt 134. L at 3rd light on Upper County Rd. then immed. L on Great Western. Follow 2.2 mi. to pkg inside fence on L at Sand Pond. L Ruth Handlen 508-432-1582

THURS Oct 30 - BREWSTER - Punkhorn Parsons Perch. Exit 9 N from Rt 6 on Rt 134. R at 2nd light on Setucket Rd. R on Run Hill Rd. Pass main pkg lot at end of pavement bearing L at first junction. Stay on Westgate Rd. 0.5 to secluded pkg lot on L. Janet Kaiser 508-375-0574

SUN Nov 2 - BARNSTABLE - Nickerson State Park (C2B) Go in main ent. of park on Rt 6A. Take 1st L on Flax Pond Rd. Continue to end. Pk at Cliff Pond. L Jack Handlen 508-255-5292

THURS Nov. 6 - BARNSTABLE - Bridge Creek Conservation (C3C) Exit 5 from Rt 6. Go N short dist. and pkg at grass triangle in front of church on L. Walk N to trailhead behind firehouse. L Nancy Wigley 508-548-2362

SUN Nov. 9 - WELLFLEET - Duck Harbor (B3B) From Rt 6 turn L at light towards Wellfleet Center. Take L at dory on E. Commercial St. to harbor. Go R on Chequessett Neck Rd. Take R opposite Great Island Pkg and follow to end. L Janet Kaiser 508-375-0574

THURS Nov 13 - ORLEANS - Water Shed Rt 28 to South Orleans Post Office shopping center, just north of Rt 39. Park in rear. L Patrick Kimball 508-255-3717

SUN Nov 16 - COTUIT - Little River Sanctuary Meet at Marston Mills Shopping Center at corner of Rt 28 and Putnam Ave. in Cotuit to carpool to trailhead. L Farley Lewis 508-775-9168

THURS Nov 20 - WELLFLEET - Marconi Beach. From Rt 6 go R on Marconi Beach Rd. at lights. Go L past HQ bldg. Take 1st R at pkg at end. L Barbara Hollis 508-240-1973

SUN Nov 23 - BARNSTABLE - Conservation Land (B3B) Exit 5 from Rt 6. Go S on Rt 149 1.5 to roundabout. R on Race Lane. R on Crooked Cartway. Pk at end. L Heidi Moss 508-362-6440

THURS Nov 27 - THANKSGIVING - YARMOUTH Bud Carter Trail. From Rt 6 take exit 8 S. At first

mid-Cape highway, take Exit 3 S on Quaker meeting House Rd. At intersection L onto Cotuit Rd. Pkg lot on R. L Nancy Wigley 508-548-2362

SUN Sept 14 - EASTHAM - Salt Pond, From Rt 6 take R at light on Nauset Rd & Nat'l Seashore Visitor Ctr. and pkg at Visitor Ctr pkg. L Ruth Handlen 508-432-1582

THURS Sept 18 - SANDWICH - Talbot Point Conservation. Driving West on Rt 6A go over Scorton Creek Bridge. Take immed. L on dirt road to pkg at end. L Nancy Wigley 508-548-2362


SUN Sept 28 - WELLFLEET - White Crest. From Rt 6 R on LeCount Hollow Rd. L on Ocean View Dr. to beach pkg lot on R. L Jack Handlen 508-255-5292

THURS Oct 2 - BOURNE - Canal Hike Pk on N side of canal 1/2 way between bridges at Visitor Center. L. Blanche Greig 508-771-3696

SUN Oct 5 - HARRICH - Hawknest State Park (B3C) From Rt 6 take 11 S on Rt 137. Take immed. R on Spruce Rd. At 0.5 mi. pkg on side of road. L Janet DiMattia 508-394-9064

THURS Oct 9 - BOURNE - Sagamore Hill/Fish Pier. Park at Christmas Tree Shop on Cape side of Sagamore Bridge. L Gary Miller 508-540-1857


THURS Oct 16 - SANDWICH - Mashpee Ryder Conservation/Lowell Holly. From Rt 28 in Mashpee take Rt 130. Go 1 mi. take R on Cotuit Rd. 1.8 mi. to Ryder Cons. land pkg lot on L. If traveling W on
light take L on White's Path. At end, L on North Main (becomes N. Dennis Rd. shortly) Go 3/4 mi. Pk along edge of road or at 16 Driftwood Lane. L Pam Carter 508-398-2605

**SUN Nov 30 WELLFLEET Great Pond.** From Rt 6 take R on Cahoon Hollow Rd. to pkg on L at Great Pond. L Ron VanderWiel 508-255-3361

**THURS Dec 4 BREWSTER Ruth Pond (C3D)** From entrance to Nickerson State Pk on Rt 6A, drive south on Deer Pk Rd to Nook Rd. Continue south on Nook Rd to pkg at left of triangle, just before end of road. L Patrick Kimball 508-255-3717

**Longer Cape Hikes... Saturday**
10 am - 2 pm. Faster-paced. 8-10+ mi. **BRING LUNCH.** Heavy rain cancels. If in doubt call L.

**SAT Sept 13-WELLFLEET Newcomb Hollow to Fox Bottom.** From Rt 6 turn R on Gross Hill Rd. L on Ocean View Dr. Follow to end pkg at Newcomb Hollow Beach. L Ron VanderWiel 508-255-3361

**SAT Sept 20 -BARNSTABLE Conservation Land/ Trail of Tears** Exit 5 from Rt 6. Go S on Rt 149 to immed. R on Service Rd. Park in lot by power lines. L Peter Selig 508-432-7656

**SAT Sept 27-BREWSTER Punkhorn Parklands (B3B)** Exit 9 N from Rt 6 onto Rt 134. R at 2nd L on Setucket Rd, then R on Run Hill Rd. Go to pkg lot on L at end of pavement. L Brigitte Falzone 508-394-6343

**SAT Oct 4 TRURO Ryder Beach/Duck Harbor.** From Rt 6 in Truro L on Prince Valley Rd. Go to end. R on County Rd. then immed. L on Ryder Beach Rd. park at end. L Janet DiMattia 508-394-9064

**SAT Oct 11 -TRURO Ballston Beach to Fox Bottom.** From Rt 6 in Truro turn E at Pamet Rd. Meet at end of S. Pamet Rd. L Ron VanderWiel 508-255-3361

**SAT Oct 18-WELLFLEET Great Island/Jeremy Point.** From Rt 6 turn L at light towards Wellfleet Center. Take L at dory on E. Commercial St. to harbor. Go R on Chequessett Neck Rd. Follow to Great Neck Island pkg lot on L. L Peter Selig 508-432-7656

**SAT Oct 25 -YARMOUTH Dennis Pond.** From Rt 6 take Exit 7 N. Pk in lot on R less than 1/2 mi. L Brigitte Falzone 508-394-6343

**SAT Nov 1 -BARNSTABLE Conservation Land.** Exit 5 from Rt 6. Go S on Rt 149 1.5 to roundabout. R on Race Lane. R on Crooked Cartway. Pk at end. L Heidi Moss 508-362-6440

**SAT Nov 8 -SEM Annual Meeting FALMOUTH Hike before meeting**

**SAT Nov 15-TRURO Ballston Beach to Jenny Lind.** From Rt 6 in Truro turn E at Pamet Rd. Meet at end of S. Pamet Rd. L Ron VanderWiel 508-255-3361

**SAT Nov 22 -BARNSTABLE Sandy Neck.** From Rt 6A to Sandy Neck Rd. Pk at end in farthest lot. L Peter Selig 508-432-7656

**SAT Nov 29 -EASTHAM Coast Guard & Nauset beaches** (From Rt 6 take R at light on Nauset Rd & Nat'l Seashore Visitor Ctr. and pkg at Visitor Ctr pkg. L Janet DiMattia 508-394-9064

**FULL MOON HIKE**
**Tues-Sept 9 Mashpee South Cape Beach (C3C)** From Mashpee Rotary take Great Neck Rd. 5 2.7 mi. to L on Great Oak Rd. and follow to end to Town beach pkg approx. 2 1/2 mi. L Gary Miller 508-540-1857

**CANOE/KAYAK**

**Chairman:** Ed Foster (508) 420-7245, erfoster@attbi.com

**Co-chairman:** Bill Fischer (508) 420-4137, wbnbararafischer@attbi.com

If you have difficulty reaching a trip leader, don’t hesitate to call the Chairman or Co-Chairman.

http://amcem.org/canoe.html

All trips: Arrive at the put-in by 10 AM to allow time to park, register, unload, and be on the water ready to paddle at 10:30 am. Registration is required only for those trips which don’t have directions to the put-in. However if you haven’t paddled with us before, or are concerned about the suitability of the trip to your abilities or equipment, please contact the leader, Chairman, or Co-chairman. The listed trip distances represent what strong paddlers have done on previous trips. Shorter options are usually available and generally entail not exploring every possible estuary and bay.

A Coast Guard approved Personal Flotation Device (PFD) should be worn at all times.

What to bring: In addition to a PFD, a complete change of clothes in a dry bag, water, lunch, and sunscreen.

**NOTE:** The possibility of strong winds and/or rough water may make some trips unsuitable for open canoes or for kayaks without spray skirts. Check with the leader.
Canoe and Kayaking continued

**Sat, Sep 6 - Herring River, West Harwich.** 9 miles. Rte 28 to the bridge over the Herring River. Park on the east side of the Herring River and the south side of Rte. 28 Bob Zani, 508-430-1914, RCZ1@attbi.com

**Sat, Oct 18 - Coonamessett Pond, Falmouth.** 5 miles. Meet at the Meetinghouse at the intersection of Hatchville Road and Sandwich Road 1.6 miles south of Rte 151 at 10:00 and we'll convoy to the put-in. Ed Foster, 508-420-7245, erfoster@attbi.com

**Wed, Sep 10 - Chase Garden Creek from Grays Beach, Yarmouthport.** 8 miles. Take exit 8 north from Rte 6, cross Rte 6A, bear right onto Center Street at Cemetery and continue to the parking lot at end. Peter Selig, 508-432-7656, pandmselig@hotmail.com

**Wed, Sep 17 - Megansett Harbor & Fiddlers Cove, Falmouth.** 8 miles. From 28A in Megansett (North Falmouth) turn onto County Road and follow it to the end to Megansett Yacht Club and Town Landing. Nancy Wigley, 508-548-2362, nrwigley@cape.com

**Sat, Sep 20 - Indian Lakes, Marstons Mills, Rte.** 149 to "Indian Lakes" sign on west side of road. Keep right to dirt road to parking and beach. Jerry Raymond, 508-420-2146

**Wed, Sep 24 - Slocums River, Dartmouth.** 8 miles. I-195 to exit 12. South on Faunce Corner Road, cross Rte 6 to Old Westport Road to Chace Road. Turn right onto Russells Mills Road, go through village to town park on left. Rick McNally 508-636-7179, rjmcmally@juno.com

**Sat, Sep 27 - Monomoy.** 10 miles. Spray skirts required. Call leader for directions. Dick Coveney, 508-548-6821, dickcoveney@adelphia.net & Jeri Housley, housley@us.ibm.com

**Sat, Oct 4 - Nemasket & Taunton River.** Oliver Mill, Middleboro to Summer St, Bridgewater. 7 miles. Requires car shuttle. Register with leader Art Hart, 781-762-5251 or ajhart@webtv.net

**Wed, Oct 8 - Mashpee-Wakeby Ponds/Cleveland Island.** 7 miles. From Rte. 28 in Santuit/Cotuit take Rte. 130 north 2 miles to right at "State Landing" sign. Nancy Wigley, 508-548-2362, nrwigley@cape.com

**Sat, Oct 11 - Centerville River, Centerville.** 8 miles. Bill Fischer, 508-420-4137, wmbbarbarsfisher@attlib.com

**Wed, Oct 15 - Herring River, West Harwich.** 9 miles. Rte 28 to the bridge over the Herring River. Park on the east side of the Herring River and the south side of Rte. 28 Bob Zani, 508-430-1914, RCZ1@attbi.com

**Sat, Oct 25 - Gull Pond, Wellfleet.** 5 miles. Right on Gull Pond Road from Rte 6 to left at granite marker and continue down to beach. We'll have a paddle-que. Max will bring charcoal & grills, paddlers can bring something to cook on the grills. Heidi Ferriera, heidicf5@yahoo.com

**Wed, Oct 29 - Sippican River, Wareham.** 8 miles. Rte 195 west to exit 20. Right on Rte 105 and then back onto Rte 195 east. Go 2.2 miles to a rest area and then follow the signs in the rest area to the boat ramp. Arrive at 9:30 for a 10 am start to catch the tide Don Savino, 508-295-4562.

**BIKING**

Chair-Nancy Beach (508)699-0032
Vice Chair - Valerie Fontaine (508)947-3153

Inflated tires/water necessities. Spare tube/pump helpful. Beginner rides: mostly flat, 15-18 mi @ 10-12 mph pace Intermediate rides: some hills, 25-35 mi @ 13-16 mph pace. Call or e-mail leaders before 9pm to register and match rides with abilities.

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**Sat, Sept 6 Westport-Adorable seaside town with spacious farms and abundance of wildlife with gentle ocean breezes.** B2C

**Sun, Sept 7 Cape Cod Canal- Easier bike ride on paved access road along canal (8 or 15(your choice) miles at easy 8 mph pace, with short stop to walk o the beach.)** L. Bob Vogel 508-238-7732 rvogel@attbi.com C4D

**Sun, Sept 14-N. Falmouth, Falmouth Heights, ctc 30-35 miles, intermediate. Hilly but a beautiful ride along the coast. Bamboo forests, Woods Hole, Nobska Light, beautiful beaches, and more.** pbencurrier@hotmail.com B2B
Sat, Sept 20-Norton/Taunton/Attleboro-Pretty ride past ponds, reservoirs and old farms on surprisingly quiet backroads of these areas. Inter. 30 mil. flat. B2D

Sat, Sept 27-Wareham-leisurely ride via scenic back roads to quaint Onset Village with stops at the Eastover Farm, Onset Beach, Ice Cream Shop, and the Tremont Nail Factory. About 32 miles but plan on plenty of time for this one. Elsie Laverty 508-823-0634 B3D

Sat, Oct 4-Myles Standish Workshop-learn good hill climbing methods, gearing selections, cadence and rest cycling followed by short one hour ride to practice your new skills. C4B Walter Mark 508-884-8185 wlfmark3@aol.com

Sat, Oct 11-Tour de Charles River Basin-Ride by Hatch Shell, Museum of Science as well as many other Boston Landmarks mostly on Trail. Charlie Sullivan 508-678-4464 C3D

Sun, Oct 19-Rehoboth again-Back by popular demand. Quiet semi rural town, villages, horses and good foliage at this time. Nancy Beach 508-699-0032 nbeach@naisp.net B2C

Sun, Nov 9-Powder Point/Duxbury-from rural Kingston to the ocean. B2B 30-35 inter. Walter Mark 508-884-8185 wlfmark3@aol.com

Sun, Nov 16-Canal to Manomet/Plymouth 30-35-very hilly, inter. A beautiful coastal ride. pbencurrier@hotmail.com

TUESDAY FALL RIDES CONTINUE

The following rides leave at 6pm promptly pbencurrier@hotmail.com

Sept 2-Canal-Cape side in RR bridge lot for ride to Mashnee & Gray Gables.

Sept 9-Canal-lot at Canal down from Friendly’s in Sagamore-Continent side. Ride thru Sagamore.

Sept 16-Rail Trail in Dennis on Rte 134 for the second “Post Ride”.

Sept 23-Canal-Sandwich in lot near Power Station-Freezer Road-ride thru Sandwich

Sept 30-Canal-RR Bridge lot in Buzzards Bay for canal and more.

Oct rides leave at 5:30 or so

Oct 7-Canal-Freezer road

Oct 14-Canal-Sagamore-down from Friendly’s

Oct 21-Canal-RR bridge Cape side

Oct 28-Canal-RR bridge-Buzzards Bay

Nov rides-contact Paul for starting times

Alternate Canal Freezer with Canal Friendly’s. Start with Freezer Road Nov 4th.