View from the Chair

"The Year of the Trail"

For 20 years our chapter has faithfully provided the maintenance and repair of an adopted trail-Lonesome Lake. Through the years members have fulfilled the role of trail stewards. If you have volunteered you know first hand what a great experience it is! You are truly amazed with the improvements accomplished in a day or weekend. Take advantage this year of the 3 adopted trail work weekends in May 16-18, July 18-20 and Sept 12-14. Group camping at the Lafayette Campground in NH.

Never been on a trail work weekend? Well, sign up for one of the weekends as "My First Trailwork Weekend." Contact: Pat Holland 781-925-4436-9pm
pat.holland@aol.com

Closer to home and just as exciting is National Trails Day Sat. June 7 9am-4pm. Join the Trails and Conservation Committees for a workday repairing and building a portion of the Bentley Loop, Myles Standish State Forest, Carver, MA. The trail is named in honor of chapter member, trail worker and past chapter chair Bob Bentley. We need you and many volunteers to complete the major task of filling in an eroded section of trail and constructing a bypass. A cookout is planned and special commemorative articles will be given to all participants.

Register Today! Contact Louise Anthony: 508-758-4215; lpanthonyA@netscape.net Louise will provide the directions. Meeting location is the Visitor Center Headquarters parking lot. Arrive by 8:30am sharp in order to caravan to the trail parking area. Only heavy rain postpones the event to the same schedule on Sun June 8. Members are urged to car pool. If you own tools, we need to borrow shovels, wheelbarrows, & hoes. Let Louise know what you can bring. The National Trails Day planning committee members include Louise Anthony, Bob Bentley, Anne Chace and Patrick Holland.

More Upcoming Events-get your calendar

The SEM AMC Annual Meeting will be Sat. Nov 8 at the Falmouth Holiday Inn. More info in next Breeze.


Major Excursions Leader Training Nov 21-23 White Memorial Center, Litchfield, CT Reg. Jan Taylor 781-862-1897 or jlitztaylor@ren.com

AMC is host of the 34th biennial meeting of the Appalachian Trail Conference July 25-Aug 1 at the Waterville Valley Conference Center in NH. Over 160 organized hikes, 90 workshops, speakers, slide shows, and entertainment every night. Come for a day, weekend or entire week. Register at www.atc2003.org. Also check out the write up in the past winter issue of the Breeze.

AMC’s August Camp - July 19-Aug 2 or Aug 2-16 in Maine-www.augustcamp.org
Sat Aug 9th - Annual Summer Picnic - Boston Harbor Islands.

We had such a good time last year, we're doing it again! Ferrys leave from Hingham harbor to Peddocks and Georges Island. There are water taxis to the outer islands and Boston Light as well. Also there's the option to camp out on Peddocks Island Sat. night.

Cost: Members- Adults $15, children under 12 $12
Non Members- Adults $18, children under 12 $15
(all inclusive, includes RT boat ticket & lunch)
Space is limited - so sign up by July 15th. Rain date is Sun Aug 11. For info and to register call Patrick Holland 781-925-4423 6-9pm pat.holland@aoltwb.com

Wilderness First Aid Training Announcement

Our Chapter is hosting a Wilderness First Aid Training the weekend of Oct 5 & 6, 2003. SOLO (Stonehearth Outdoor Learning Opportunities) staff from Conway NH will be the instructors. This is a 16 hour training, so come prepared for 2 full days of learning to deal with outdoor first aid emergency treatment situations. Participants can choose to camp overnight or commute from the comfort of their very own homes. The training is going to be at Camp Lyndon in Sandwich, MA.

Advisory Note: This is not a CPR course. Cost per person will be determined. SEM/AMC leaders may apply for scholarships upon successful completion of the course. Class limit is 25 people. Registration deadline is Aug 15, 2003. Register with Chapter Education Staff: Steve Tulip by email sjtulip@attbi.com or Laura Sneaton by phone: 617-323-6727 or e-mail Sneaton@sadc.harvard.edu

Miniature Golf Outing

Sat June 28 at 11:00am
Easton Family Golf Center
530 Turnpike Street, Easton

The center is close to the intersections of routes 106 and 138. The event is cancelled if it rains.
Contact: Linda Cronin 781-447-2597 or Anne Chace 508-824-8871. This is a good way to meet new members of our chapter and also fun for families.

Sat. Sept 27 is Chapter Hut Night
This year we're staying at Zealnd Hut. Space is limited! Cost is $50 pp. For more info or to register, call L Patrick Holland 6-9pm 781-925-4423 pat.holland@aoltwb.com

Special AMC Chapters Weekend at the Highland Center

The Highland Center at Crawford Notch is slated to open Sept 1, 2003. This destination for adventure, learning and lodging is nestled in the heart of the White Mountains of NH, and offers world class views, all-inclusive outdoor adventures for families and individuals, meeting space and lodging for groups, and excellent educational opportunities for children and adults alike.

The AMC Chapters Weekend is scheduled for Sept 12-14, 2003. Chapters Weekend is an excellent opportunity for chapter members to enjoy the Highland Center and to meet other AMC chapter members. The Highland Center staff will be working with the AMC NH Chapter to host this year's Chapters Weekend at the Highland Center.

The NH Chapter will organize guided hikes and workshops, while the Highland Center staff will conduct facility tours and plan an evening reception with a guest speaker.

The cost for chapter members will be $29 per person per night for bunk lodging, breakfast and dinner. The $29 bunk spaces are limited, so book your reservation by calling (603)466-2727. Private rooms are also available at a reduced rate. Chapter members can make reservations individually or as a group, but payment must be made in full at the time of booking.

Chapter trip leaders: Special rates are also available for chapter trips to the Highland Center. For more information, please contact your chapter chair or the Highland Center Hospitality Coordinator, Gosia Skorupka, at (603)466-2721 ext 210 or via email at gskorupka@amcinfo.org

The Appalachian Mountain Club is launching a new program at the Highland Center at Crawford Notch that will provide people the opportunity to commemorate the life of a special person or to honor a significant achievement. If you would like to learn more about the commemorative opportunities at the Center or receive a brochure, please contact Norie Mozone at 617-523-0655 ext 309 or email at nmuzzone@amcinfo.org

Upcoming Events at the Center


Leadership Training Institute Conference: Volunteers in Outdoor Leadership Dec 3-7 Info: Jane Anker 617-523-0655 ext308 or janker@amcinfo.org
Hiking and Backpacking
Chair-Erika Bloom 508-996-3290(7-9pm)
ebloom@attbi.com
Vice Chair-Patrick Holland 781-925-4423
Charlie Farrell cfarrell@verizon.com

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

<table>
<thead>
<tr>
<th>MILES</th>
<th>PACE/MPH</th>
<th>TERRAIN</th>
</tr>
</thead>
<tbody>
<tr>
<td>AA = 13+</td>
<td>1=Very Fast/2.5</td>
<td>A=Very Strenuous</td>
</tr>
<tr>
<td>A = 9-13</td>
<td>2=Fast/2</td>
<td>B=Strenuous</td>
</tr>
<tr>
<td>B=5-8</td>
<td>3=Moderate</td>
<td>C=Average</td>
</tr>
<tr>
<td>C= &lt;5</td>
<td>4=Leisurely</td>
<td>D=Easy</td>
</tr>
</tbody>
</table>

Wednesday Evening Hikes: Each week we hike at a different location. Beats watching TV! Hikes are typically about two hours, with moderate pace & terrain, however check with leader for details about each hike.

For general information about the series contact: Bob Vogel (508-238-7732 7-9 pm rvogel@attbi.com) or Barbara Leland (508-295-9745 Brbrlel@aol.com)

**Wed Eve., Jun 4, Stony Brook Reservation, Hyde Park (C3D)** L: Laura Smeaton (617-323-6727 7-9 pm smeaton@sdac.harvard.edu)

**Wed Eve., Jun 11, Ponkapog Pond, (C3D)** Walt Wells (508-279-1963 7-9 pm Waltandlinda@attbi.com)

**Wed Eve., Jun 18, Pembroke (C3D)** Fire Ant hills, walk around old bogs, wildlife sightings, observation tower
L: Bill Ruel(781 589-3321 7-9 pm Camperbill824@aol.com)

**Wed Eve., Jun 25 Foxboro State Forest, (B3C)** Hilly and a bit tougher for a change. L: Bob Vogel (508-238-7732 7-9pm rvogel@attbi.com)

**Wed Eve., Jul 2, Massasoit State Park, Middleboro (C3D)** L: Barbara Leland (508-295-9745 BrbrLeL@aol.com)

**Wed Eve., Jul 9 Hammond Pond/ Webster Conservation Areas, Newton (C3D)** L: Laura Smeaton (617-323-6727 7-9 pm smeaton@sdac.harvard.edu)

**Wed Eve., Jul 16 Marshfield/Norwell (C3D)** Walk through woods, along the north river, old mill site, forest of holly trees L: Bill Ruel (781 589-3321 7-9 pm Camperbill824@aol.com)

**Wed Eve., Jul 23 Leader's Choice! (C3D)** L: Barbara Leland (508-295-9745 BrbrLeL@aol.com)

**Wed Eve., Jul 30 Arnold Arboretum, Roslindale (C3D)** Great trees! Don’t miss! L: Laura Smeaton (617-323-6727 7-9 pm smeaton@sdac.harvard.edu)

**Wed Eve., Aug 6 Ames Nowell, Abington (C3D)** Walk around pond, old cellar hole, maybe giant turtles, old cemetery. L: Bill Ruel(781-589-3321 7-9 pm) Camperbill824@aol.com

**Wed Eve., Aug 13 Blue Hills (B3C)** Hilly & a bit tougher for a change. L Bob Vogel(508-238-7732 7-9 pm rvogel@attbi.com)

**Wed Eve., Aug 20 Fairhaven, - West Island Beach (C3D)** Estuary, small creek crossing, maybe piping plovers L: Erika Bloom (508-996-3290 7-9 pm ebloom@attbi.com)

**Wed Eve., Aug 27 Leader’s Choice (C3D)** L: Barbara Leland (508-295-9745 BrbrLeL@aol.com) CL: Bob Vogel (508-238-7732 7-9 pm rvogel@attbi.com)

**Sat May 31 Southern Sections I & II Wapack Trail (A3C)** Car spotting near Windblown Ski Center, hiking south over Mt. Watatic. Reg w/ L Steve Tulip 508-977-9309 (9-noon M-F or lv msg) sjtulip@attbi.com CL: Pauline Jordan 508-676-5146 hirst30@aol.com CL: Walt Wells 508-279-1963 (7-9pm) Waltandlinda@attbi.com

**Sat June 7 National Trails Day – see page 1-View from the Chair**

**Sat Jun 14 Massachusetts Trail/Skyline Trail (A3C)** We’ll start on the Massachusetts Trail and pick up the Skyline Trail and follow it to Shea Rink. Reg w/ L Walt Wells 508-279-1963 (7-9pm) Waltandlinda@attbi.com CL: Steve Tulip 508-977-9309 (9-noon M-F or lv msg) sjtulip@attbi.com

**Sun Jun 15 Father’s Day “Hey Dad - Take a Hike!” (C3D)** Great opportunity for family outing with Dad @ Borderland (Easton) Gentle terrain, ponds, cookies :-(Non-fathers welcome too!) Register with L Bob Vogel 508-238-7732 rvogel@attbi.com

**Fri-Sun Jun 27-29 Mt Greylock/Mass MOCA (B3B)** Exercise your body and your mind! Car camp at Clarksburg State Park, hike on Mt Greylock Saturday and visit the Mass. Museum of Contemporary Art in North Adams on Sunday. Reg w/ L Patrick Holland 781-925-4423 (6-9pm) pat.holland@aolwbg.com CL: Alan Ruiz 508-337-2195 gandalf7@mindspring.com

**June 28 Franconia Ridge (AA2A)** Hike the entire Franconia Ridge. We will climb Flume Slide to Mt.Flume and then hike across the Franconia Ridge over Mt Liberty, Little Haystack, Mt. Lincoln, Mt Lafayette, and finally descend via the Old Bridal Path. Reg w/ CL: Barbara Leland 508-295-9745 (6-9pm) BrbrLeL@aol.com, L Paul Vermette 781-209-0137 (5-8 pm) pvermette@yahoo.com

**Sat Jul 12 Whiteface/Passaconaway (A3C)** Up the Blueberry Ridge Trail with some scrambles and great views; across the Rollins Trail to Passaconaway summit then down Dicey’s Mill Trail. Reg w/ CL Walter Deeter 508-279-0626 (bef 10 pm)
HIKING AND BACKPACKING continued

wadeeter@aol.com L Elizabeth Balaschak 508-759-1320
ekbesq@earthlink.net CL Laura Smeaton 617-323-6727
(bef 10pm) Smeaton@sdac.harvard.edu

Sat July 12 Tripydram (A3A) Parking at Livermore
Road trailhead. Hike is for experienced hikers only. Going up North Slide & returning down South side Reg w/CL Charlie Farrell 508-822-2123 (7-9 pm)
c.Farrell@verizon.net L Pauline Jordan 508-676-5146 (after 9 pm) hirst30@aol.com

July 13 The Bonds and Mt Zealand (AA2A) 20 mile hike from the Lincoln Woods parking area up and over Bond Cliff, Mt. Bond, West Bond, and Zealand Mtn., and out to the Zealand Hut parking area via the Wilderness Tr., Bondcliff Tr, Twinway, and Zealand Tr. Reg w/ L Bill Rue 781-599-8321(7-9 pm) camperbill824@aol.com, L Paul Vermette 781-209-0137 (5-8 pm) pvermette@yahoo.com

Sat Jul 19 Mt. Webster – The Webster Cliff Trail (B3B)
We’ll hike up the Webster Cliff Trail to Mt. Webster and descend the Mt. Webster Trail to the Webster Jackson Trail. Reg w/ L Charlie Farrell c.Farrell@verizon.net CL Walt Wells 508-279-1963 (7-9 pm) WaltandLinda@attbi.com

Fri-Sun Jul 25-27 Car Camp at Cathedral Pines Camp
in Eustis, ME (B3B) Hike Saturday-Crocker: North Crocker 4168′ and South Crocker 4000′ via Caribou Valley Road, 6 miles, some steep terrain. Previous mountain hiking experience required. Limit 5 participants. Sunday hike TBD. Leaders: Anne Chace 508-824-8871 (7-9 PM) and Laura Smeaton 617-323-6727

July 26 Wild Cat Ridge (A3A) Car spotting; leave Pinkham Notch, across to Lost Pond trail, up Wildcat Ridge to Carter Hut, through to Nineteenmile Brook Trail. Definitely not for beginners. Lots of steep up & down. L Pauline Jordan 508-676-5146 (after 9 pm) hirst30@aol.com CL Mike Woessner 508-384-8344 (6:30-9 pm) stridemw@hotmail.com

July 26 Kinsman Day Hike (A2B) Hike North and South Kinsman via the beautiful Basin-Cascades trail and Kinsman Pond trail. Reg w/ CL Chris Yarger 508-643-0592 (7-11 pm) cyarger@lycos.com, L Paul Vermette 781-209-0137 (5-8 pm) pvermette@yahoo.com

Sat Jul 26 Mt. Madison (C2A) Ridge crest of Mt. Madison; steep short trip, strenuous with rewards along the way as well as on top. Reg w/ L Barbara Leland 508-295-9745 (6-9 pm or lv. Msg). L Alan Ruiz (508) 337-2195 bef 9 pm gandal7@ mindspring.com

Sat Aug 2 The Wildcats, Carters, and Mt. Moriah in a day (AA2A) 18 mile hike over 6 official 4,000′ moun-
tains. We will hike up the Wildcat Ridge Trail, down, into Carter Notch, and then up the Carter-Moriah Trail. This hike will require an early start and car spotting. Reg w/ CL Chris Yarger 508-643-0592 (7-11 pm) cyarger@lycos.com L Paul Vermette pvermette@yahoo.com

Sat/Sun Aug 2/3 Moat Range Backpack (A3B) Overnight backpack over North, Middle and South Moat Mts. Nice views, exposed summits-nice hike! Reg w/ L Walt Wells 508-279-1963 (7-9 pm) WlandLinda@attbi.com CL Pauline Jordan 508-676-5146 hirst30@aol.com CL Elizabeth Balaschak 508-759-1320 ekbesq@earthlink.net

Aug 9/10 Boston Harbor Islands Overnight (C4D)
Spend the night on historic Peddocks Island and enjoy beautiful views of Boston harbor. There are water taxis to the other islands. Round trip ticket for the ferry is $10. Reg w/ L Patrick Holland 781-925-4423 (6-9 pm) pat.holland@aoltwb.com CL Bill Rue 781-589-3321 (7-9 pm) Camerbill824@aol.com

August 16 Mt Isolation (AA2B) 14 mile hike to Mt. Isolation via the Rocky Branch Trail. Come see the amazing views from this 4000′ mountain. Reg w/ L Bill Rue 781-589-3321 (7-9 pm) Camerbill824@aol.com, L Paul Vermette 781-209-0137 (5-8 pm) pvermette@yahoo.com

Sat Aug 23 Mt. Monroe (A3B) Will do loop starting at Pinkham, incorporating Boot Spur and Tuckerman Ravine trails. Reg w/ L Linda Church 508-495-1308 lechurc@whoi.edu CL Wayne Taylor 508-252-6995 wltaylor@attbi.com

Sat-Sun Aug 23-24 King Ravine/Craig Camp (A2A)
We’ll take the Short Line trail to the ravine, scale the headwall and spend the night at the RMC Craig Camp cabin. Hike out on Sun. Limited to six. Reg w/ L Patrick Holland 781-925-4423 (6 pm), pat.holland@aoltwb.com CL Co-leader Dexter Robinson 781-294-8840 (7-9 pm) dexsus@attbi.com

CLIMBING SCHEDULE
To reg. or to obtain more information on any climbing activity, contact John Pereira at 508-254-8303 or jpeclimbing@backpacker.com. All activities will be led by John Pereira or Brian Donelan, both of whom have completed an AMGA approved Top Rope Instructor Training program. All activities require participants to provide their own rock shoes. In addition, participants will need their own harness for all top roping activities & intro to sport climbing, while the co-leader training date will require basic climbing gear. All activities have the possibility to be canceled due to weather or other

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

Beginner's Top Roping  Jun 7, Aug 9  This activity will introduce principles of belaying, rappelling, and climbing techniques. If you are new to the sport this activity is highly recommended.

Advance Top Roping  Jul 12, Jul 26  This activity will pick up were the beginner's top roping activity ends. Participants will be introduced to advance skills in belaying, rappelling, climbing techniques, and different methods of top roping systems.

Intro to Sport Climbing  Jun 21  Intro to Sport climbing will introduce basic principles of lead climbing for those who would like to move up to the next level climbing while situated in a safe environment. It is highly recommended that participants have a solid top roping foundation and feel comfortable on 5.8s.

Bouldering  Aug 23  Bouldering activities will help participants gain valuable hand and feet technique that can be applied on roped climbs.

Co-leader Training  June 14  The climbing co-leader training date is being offered for those who would like to co-lead climbing activities and eventually move up to being a leader for the chapter.

Advance Trip Notice  Oct 11-13  Climbing weekend at Acadia National Park. Limited spaces are available so please register early.

CAPE COD HIKES

Chair-Janet DiMattia (508)394-9064  
Vice Chair - Heidi Moss (508)362-6440

OFF SEASON FULL MOON HIKES-7PM

Fri June 13 Bourne Canal Walk. Pk on N side of canal 1/2 way between bridges at Visitor Center. L Pam Carter 508-398-2605.

Sat July 12 West Dennis Beach Walk. From Rt 6 take Exit 9 S. Cross rt 28 and follow to end. Turn R on Lower County Rd. 0.5 to L. Go around circle and pk on L of Snack Shack. L Janet Kaiser 508-375-0574

Mon Aug 11 Chatham Harding Beach. Chatham Harding Beach/Lighthouse (C3C) From rt 28 in West Chatham take Barn Hill Rd at sign for Hardings Beach. Bear R on Hardings Beach Rd. and go to pkg at end. L

Tues Sept 9 Mashpee

South Cape Beach (C3C)  
From Mashpee Rotary take Great Neck Rd. S 2.7 mil to L on Great Oak Rd and follow to end to Town Beach pkg approx 2 1/2 mi L Gary Miller 508-540-1857

BIKING

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

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

Sat Jul 7 Middleboro-starting, then meandering through Plimpton and the Bridgewaters' open farms, ponds, tranquility. Leisurly 25-30 mi. L Valerie Fontaine, 508-947-3153 vfont@comcast.net

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

Sat Jun 14 Wareham-Leisurely ride via scenic back roads to quaint Onset Village with stops at the Eastove Farm, Onset Beach, Ice Cream shop, and the Tremont Nail Factory. About 32 miles but plan on plenty of time for this one. Elsie Laverty 508-823-0634

Sun Jun 15 N. Falmouth-Woods Hole-Falmouth Heights etc 30-35 or so miles. This time with snow bells instead of snowfall-maybe. A walk through Spohr gardens in Falmouth (I'll think of the name) Paul Currier 508-833-2690 pbencurrier@hotmail.com

Sat Jun 21 Lakeville-why is it called Lakeville? Beautiful lakes, quiet streets, pine forests. Great leisurely ride at 10mph Bob K. 508-947-4924 bobkeeters@aol.com

Sat Jul 13 Rochester/Marion or maybe/Acushnet and more-this time w/out peepers and with everything in bloom. Beautiful gardens in Piney Point area. 30-35 Paul Currier 508-833-2690 pbencurrier@hotmail.com

Sat Jul 19 Easton- A leisurely ride through back roads of Easton...probably 15-20 miles with the promise of ice cream either during or after the ride (that's the dangling carrot.. gotta have one to ride in mid-July!) We'll meet at Oliver Ames School in North Easton. Denise Malenfant djmalenfant@hotmail.com 508-823-7061

Sun Jul 20 Woods Hole from N. Falmouth. Scenic Cape Cod views with lunch in Woods Hole. Beginner/Intermediate group ride, approx 27 mi @12 mph pace. Ride designed for less experienced cyclists who would like to practice group riding skills. Jim Kilpela jmkilpela@attbi.com 508-295-1361

Sun Jul 27 Rehoboth Reschedule from April, quiet rural roads thru historic NE town w/farms & villages. Intermediate this time. 30-35 mi. Nancy Beach 508-699-0032 nbeach@naisp.net

Sun Aug 3 Plympton-mostly flat thru cranberry bogs & farms into Middleboro, Halifax, Hanson, Kingston, mostly
BIKING continued

quiet roads. Some traffic on rt 58 & 106. Inter. at least 40 mi. Walter Mark 508-884-8185 wlmk@aol.com

Sun Aug 10 - Sandwich/ Sagamore/ Scusset Beach area- renew the search for Whitey. 30-35 unless we uncover the bod... Paul Currier 508-833-2690 pbencurrier@hotmail.com

Sun Aug 24 - Plainville- Up into those cute little hills into Cumberland and Wrentham passing horses & religious retreats into Foxboro, Gilbert Hills State Forest. 30-35 Inter. Nancy Beach 508-699-0032 nbeach@naisp.net

2003 Tuesday Evening Cape Bike Rides


June 3 Rock Harbor, Orleans: Meet at harbor parking lot at end of Rock Harbor Road off Orleans Rotary. Ride into Eastham to First Encounter Beach.

June 10 N. Falmouth Library: Meet at library on left at W end of Rte 151. Falmouth Coastal ride.

June 17 Nickerson Park, Brewster: Meet at main entrance to Park on Rte 6A. Ride on quiet park roads and bike path and Cape Cod Rail Trail.

June 24 Cotuit: Meet at new Stop and Shop parking lot at Rte 28 and Putnam Ave. Scenic Cotuit ride.

July 1 Yarmouthport: Meet at Gray's Beach parking lot at the end of Centre St. off 6A for coastal area ride.

July 8 Chatham: Meet at old A&P parking lot on Rte 28 at Crowell Rd. for scenic Chatham Ride.

July 15 - Falmouth Shining Sea Bike Path: Meet at the Falmouth parking lot on R on Woods Hole Road, ride to Woods Hole and Quisset Harbor.

July 22 - Dennis: Meet at Town Hall parking lot on Old Main Street. Ride to Dennis beaches and Scargo Tower.

July 29 Cape Cod Canal, Cape side: From Shore Road in Bourne take Bell Rd to RR bridge canal parking lot. Ride to Mashnee Island and along Canal.

Aug 5 Eastham Visitor's Center: Rte 6 from Orleans Rotary north to Visitor's Center on right. Ocean Beaches, Rail Trail, Marconi Site.

Aug 12 N. Falmouth Library: Meet at library on left at W end of Rte 151. Falmouth coastal ride.

Aug 19 Rock Harbor, Orleans: Meet at harbor parking lot at end of Rock Harbor Road off Orleans Rotary. Ride into Eastham to First Encounter Beach.

Aug 26 Rail Trail, Yarmouth: Rte 134 (rte 6, exi9), meet at head of Cape Cod Rail Trail. Ride to Fisherman's Landing in Brewster. Last ride of regular season.

Watch for notice of fall rides, earlier start times possible.

CANOEING AND KAYAKING

Chair - Ed Foster (508)-420-7245 erfoster@attbi.com

Vice Chair - Bill Fischer (508)420-4137 wmbararafischer@attbi.com

http://amcsel.org/canoe.html

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

All trips: Allow time to park, unload, and be on the water ready to paddle at 10:30 am. Registration is required only for those trips which don't have directions to the put-in. However if you haven't paddled with us before, or are concerned about the suitability of the trip to your abilities or equipment, please contact the leader, the Chairman, or the Co-chairman.

A Coast Guard approved Personal Flotation Device (PFD) should be worn at all times. In addition to a PFD, a complete change of clothes in a dry bag, water, lunch, and sunscreen.

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

Wed, June 4 - Swan River, Dennisport. Clipper Lane off Upper County Rd to parking area at end. Bring something to toss on the grill along with your cooking utensil and favorite condiment. Grills and charcoal provided. Max Sarazin msarazin@capecod.net

Sat, June 7 - Charles River from Millis to Natick, Call leader for information Loretta O'Brien, 781-784-6971(h), 781-769-6417(w) LorettaSO@aol.com

Wed, June 11 - Washburn Island/Waquon Bay, Falmouth. South off of Rte 28, 0.1 miles east of the Childs River, onto Seapit Road, a quick left on Seapit Road, then a left onto Town Landing Road. Dave Shephard, 508-548-8717, davesheprd@aol.com

Sat, June 14 - Herring River, West Harwich. Rte 28 to the bridge over the Herring River. Park on the east side of the Herring River and the south side of Rte. 28. Peter Selig, 508-432-7656, pandmselig@hotmail.com

Wed, June 18 - Scorton Creek, Sandwich. West on rte 6A from rte 149 for 3.6 mi. Left on dirt road immediately after crossing concrete bridge to Scorton Creek pkg lot. Dick Coveyne, 508-548-6821, dickcoveyne@adelphia.net

Sat, June 21 - Palmer River, Rehoboth. Take Rte. 195 to Exit 2, go south on Kingsley Way (at end of egress ramp) to Rte. 6 west (right) and then a mile to Palmer.
CANOEING AND KAYAKING continued

Road. Park on South (left) side of Rte 6. Rick McNally, 508-636-7179, rjmcnally1@juno.com

Wed, June 25 - Parker River, Yarmouth. Call for info Dick Coveney, 508-548-6821, dickcoveney@adelphia.net

Sat, June 28 - North River, Marshfield. Call leader for information and to register. Dick Coveney, 508-548-6821, dickcoveney@adelphia.net

Wed, July 2 - Barnstable Harbor, Yarmouthport. Take exit 8 north from Rte 6, cross Rte 6A, bear right onto Center Street at Cemetery and continue to the parking lot at end. Ed Foster, 508-420-7245, erfoster@attbi.com

Sat, July 5 - No trip

Wed, July 9 - Lewis Bay, Yarmouth. Take Berry Ave south off Rte 28, go .7 miles, take a R onto Hampshire Ave, and go about 100 yards to the parking lot on left. Dick Coveney, 508-548-6821, dickcoveney@adelphia.net

Sat, July 12 - Leader's choice. Don Savino, 508-295-4562, DONSAVINO@webtv.net

Wed, July 16 - Mashpee River, Mashpee. Going East on Rte. 28 from the Mashpee rotary bear Right onto Quinaquissett Ave., then right onto Mashpee Neck Road to town landing at end Dave Shephard, 508-548-8717, davesheprd@aol.com

Sat, July 19 - Marion Harbor, Marion. Route 195 to exit 20, Rte 105 south. Bear left onto Front Street and then turn left onto Island Wharf Road to parking lot on left. Dick Coveney, 508-548-6821, dickcoveney@adelphia.net & Jeri Housley, housley@us.ibm.com

Wed, July 23 - Sconticut Neck, Fairhaven. Take Rte 1 195 to exit 18 (Rte 240) in Fairhaven. Go 1.7 miles, cross over Rte. 6 going straight on to Sconticut Neck Rd. At 1.8 miles go left at Seaview Corner Store & continue down to ramp. Don Savino, 508-295-4562, DONSAVINO@webtv.net

Sat, July 26 - Bass River North, Wilbur Park, Yarmouth. Rte 134 south (exit 9A off Rte 6) to sharp right at third light onto Upper County Road. Bear left onto Highbank Road, then left into Wilbur Park immediately after Crossing the Bass River bridge. Bob Zani, 508-430-1914, RCZ1@attbi.com

Wed, July 30 - Wellfleet Harbor, Wellfleet. West on Main St from Rte 6, left on Commercial Street, right at Marina to far end of Mayo Public Beach. Max Sarazin mrsarazin@capecod.net

Sat, Aug 2 - Westport River, Westport Rick McNally, 508-636-7179, rjmcnally1@juno.com

Wed, Aug 6 - Bass River South - Wilbur Park, Yarmouth. Rte 134 south (exit 9A off Rte 6) to sharp right at third light onto Upper County Road. Bear left onto Highbank Road, then left into Wilbur Park immediately after Crossing the Bass River bridge. Janet DiMattia, 508-394-9064, jdimmattia@earthlink.net

Sat, Aug 9 - Cotuit Bay, Cotuit. Rte 28 to South on Putnam Rd (1/2 mi West of Rte 149), 1.9 mi to Old Shore Rd and Town landing. Unload at the landing and park on Old Shore Road Ed Foster, 508-420-7245, erfoster@attbi.com

Wed, Aug 13 - Nauset Marsh, Eastham. From the Orleans Rotary, go north on Rte 6 for 1.8 miles to a right onto Hemenway Road to the town landing. Bob Zani, 508-430-1914, RCZ1@attbi.com

Sat, Aug 16 - Pamet Harbor, Truro. Rte 6 north to exit for Pamet Village. Right at end of exit ramp onto South Pamet Road. After 0.1 mile take a left, then immediately bear right onto Depot Road and follow it 1.4 miles to the Pamet Harbor boat ramp. Dick Coveney, 508-548-6821, dickcoveney@adelphia.net & Jeri Housley, housley@us.ibm.com

Wed, Aug 20 - Ockway Bay to Popponesset, Mashpee. From Rte 28 at the Mashpee Rotary go south on Great Neck Rd 2.5 miles to town landing and parking on left. Art Hart 781-762-5251, ahart@webtv.net

Sat, Aug 23 - Leader's choice

Bill Fischer, 508-420-4137, wmbarbarsfischer@attbi.com


Sat, Aug 30 - Back River and Eel Pond, Bourne. Shore Road to Emmons Road to marina. Ray Buchan, 508-564-6562, rbuchan@cape.net

Our Chapter Website is www.amcsem.org
Conservation Corner

Have you spent a morning huffing and puffing to a summit only to find a fuzzy, foggy vista? Many hikers mistakenly believe that "hazy" days are a natural summer weather pattern, but the obscured view is in reality caused by fine particulate matter emitted from any of hundreds of power plants that lie upwind. This is one more example of the air pollution that damages our health and the natural world around us.

Air pollution has become a greater problem as this administration attempts to weaken current air legislation and allow more pollutants into our atmosphere all under the guise of the Clean Skies Act. We need to make our elected officials aware of our concern for the quality of the air we breathe by speaking out against any weakening of the Clean Air Act. Support of the New Source Review that requires older plants to upgrade their facilities to modern standards is also critical.

A word from our new archivist

I’m looking for photographs and old copies of the Breeze that anyone might care to donate to the Chapter. I am currently collecting and organizing a scrapbook and would love a few more pictures to add to our collection. If you have some, please include the date and the names of the people in the picture. I would also be grateful for any old newspaper articles. They can be sent to me at 23 Macy St. Raynham, MA 02767 I appreciate all the help I can get. - Elsie Laverty

Recent Events

Cape hikers recently enjoyed a special hike at the National Wildlife Refuge in Mashpee. This new hike was offered by leader Nancy Wigley in celebration of Earth Day. The trail meandered through upland woodlands, by abandoned cranberry bogs, salt marsh, salt ponds and Atlantic White Cedar swamp. Many thanks to Brendon Annett from the National Estuarine Research Refuge who met the group at Abigail’s Brook to explain the significance of the addition of this newly purchased property to the existing refuge. - Janet DiMattia

The 2003 Spring Fling was held at the Duxbury Senior Center. About 40 people showed up. It was pot luck and the food was great!!! There was a slide presentation about the Bay Circuit Trail, a 200 mile long trail being created as an “Outer Emerald Necklace” around Boston. The trail was first proposed in 1929 and now over 150 miles are complete. Many sections are open, and would make great local SEM day trips. See their website at www.baycircuit.org - Bobby and Matt Vogel

Last Sat my canoe partner and I paddled Oyster River in Chatham and had a great time. We saw willets and a yellow leg. Signs of spring. Another special treat was the tour of Hardings Beach lighthouse - Linda Church

Article for Sale for $100. Sierra Design Mens X-L Black Full Side Zipper Gortex with Inner Snap Cup. Never been worn. 401-247-2147