VIEW FROM THE CHAIR
by Anne Chace

This is my final Breeze article as chapter chairperson. It has been a privilege to serve as your chairperson for the past two years. I am very proud and thankful for the dedication and leadership of the 2003 SEM Executive Board members: Barbara Vogel, Bob Vogel, Mike Woessner, Nancy Beach, Janet DiMattia, Ed Foster, Linda Church, Louise Anthony, Steve Tulip, Erika Bloom, Patrick Holland, Linda Cronin, and Barbara Hathaway. Thank you to our nomination committee: Paul Anthony, Connie Austin, Dave Bennett, Pauline Jordan and Barbara Leland: Appointed chairpersons: Dexter Robinson, Web Master, Elsie Laverty, Historian, Connie Austin, Social, and Bob Bentley, Distinguished Service Award; and vice-chairpersons: Denise Malenfant, Valerie Fontane, Heidi Moss, Bill Fischer, Steve Tulip, Laura Smeaton, Patrick Holland, Charlie Farrell, Kathy Farren, Sarah Beard and Lou Sikorsky. I appreciate the efforts and enthusiasm of our activity leaders and co-leaders. You are the heart and soul of the chapter. Thank you leaders! While my term on the board has come to an end, I will continue to be active with the chapter. I hope to co-lead hikes on the Bay Circuit Trail and Greenway next year. So, you will definitely see me on the trail! My best wishes to the new chairperson, Bob Vogel and board members. Please give to each of them your respect and support. I believe the SEM AMC is the best chapter. Let’s all do what we can to maintain the mission of the AMC in our corner of the world.
August Camp will Conquer the Adirondacks’ 4000 Footers

AMC’s August Camp is a 115 year old tradition affording a unique camping experience that springs to life one month every year in a new and exciting wilderness location. Some 60 campers live in an intimate tent village, enjoying hearty meals prepared by the ‘croo’, evening campfires and sing-alongs and a wide choice of beautiful hikes (for all levels), canoe trips and overnights.

August Campers have explored the magnificent White Mountains of New Hampshire, Katahdin in Maine, Glacier National Park in Montana, Mount Rainier in Washington, Banff in Canada and the Sawtooth Mountains of Idaho.

August Camp 2004 continues this great tradition on the shores of the Ausable River in the High Peaks region of the Adirondacks in Keene Valley. Heaven on earth for Peak baggers, the area boasts 25 peaks above 4,000 feet, including Marcy, Giant and Whiteface. Nearby waterways of Saranac Lake, Ausable River and Lake Placid provide great opportunities for paddling.

The first session runs from July 17th to July 31st. The second session runs from July 31st to August 14th. You can register for one or two weeks in either session.

For more information, log onto www.augustcamp.org or call Marion Chalat (212 362-4946, marionchalat@msn.com or Sue Keroes, 781-275-2536, skeroes@earthlink.net.

See the March, 2004 issue of AMC Outdoors, Camp Supplement for registration information.

Your Communications Chair had the opportunity to be a hike leader at August Camp this past summer in Stratton ME and loved it. I met a lot of nice people who enjoy the outdoors like I do. I had never been hiking in ME before and I did a lot that one week. The trips that I led where to Sugarloaf, Saddleback, Sabbath Day Pond, and the Crockers. Most of the hiking was along the AT which is a great trail. Some people opted to canoe/kayak instead of hiking. After a long day on the trail or on the water we would come back to camp and get ready for the evening dinner and camp talk afterwards. My sun shower was great except when the sun was hidden by the clouds and I had to take a quick shower. The food was unbelievable for camping outdoors. Chicken Cordon Blue, French Onion Soup. I better stop as I’m making myself hungry. At the end of the week session most everybody participated in camp skits. One sleeps in military tents with a cot and another camp person is paired up with you. Thru out the week we were becoming one big family and of course we had to exchange email addresses at the end. Hope to see you all there next year with me.

Linda Church

CONSERVATION CORNER

Energy issues continue to make news in Southeastern Massachusetts. In the Fort Rodman section of New Bedford, a discussion has started regarding the possibility of building two land based wind turbines. The energy produced by the turbines would be used to power the city’s sewer treatment plant. In another area of the state, Massachusetts Electric customers will have the opportunity to participate in Greener Watts New England. This initiative provides a way for customers to support environmentally responsible energy production in New England.

Louise Anthony
conservationchair@amcem.org

Give a Green Light to Green Energy
Renewable Electricity Choice for Massachusetts Electric Customers

Have you ever huffed and puffed your way to a summit to find the view obscured by a haze of pollution? Did you know that in summer there are actually days when it is better for your health to stay indoors than to enjoy a strenuous hike? Did you ever wonder if there is something you can do about this? Your time has come. A lot of this pollution comes from emissions from electric power plants fueled by coal, oil, and natural gas. The results diminish our mountain views, negatively impact our farmland, forests, lakes and rivers, and contribute to rising asthma rates and even children’s learning disabilities. MA Electric customers can “Green Up” their electricity consumption for just a few pennies a day. The Center for Ecological Technology (CET), a community-based non-profit organization in western MA, is offering Greener Watts New England thru MA Electric’s “Green Up” program. Enjoy the advantages of reliable electricity while supporting the growth of environmentally responsible energy production in New England. AMC members earn referral dollars for their club and their chapter, which means your investment benefits the mountains, rivers, and streams of the Appalachian region in more ways than one. Choosing Greener Watts New England demonstrates that people will pay for cleaner, healthier electricity. Together, we will help build wind farms, solar powered buildings, and environmentally responsible hydropower facilities. To find out more, visit: www.GreenerWattsNewEngland.com or call (800) 6889-7957. Tell them you heard about it from AMC, and bring referral dollars to the work of your club and chapter.
Hiking and Backpacking  
Chair-Pat Holland 781-925-4423  
hikingchair@amcsen.org

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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.

Beginner Winter Hiking Series:  
See trips below Dec 13, Jan 11, Feb 7, Mar 6-7. Introduction to winter mountain hiking & backpacking for those familiar with 3 season hiking. Progressive difficulty; must register for each hike separately. Spots saved for series participants only until 1 week before previous winter series hike. Winter gear, snowshoes, crampons required (snowshoes can be borrowed from chapter, first come, first served).

Wed Dec 3 By the light of the silvery moon Wednesday evening hike. Come hike the Cape Cod Canal with us. Reg w/ L. Barbara Leland 508-295-9745 (7-9pm), BarbaraLeland@comcast.net CL Bob Vogel 508-238-7732 (6-9 pm), Rvogel@attbi.com

Sun Dec 7 Great Quittaca, Lakeville (A3C) Recently opened to the public. Come see these beautiful woods, on public water supply land. Hike with a woman who knows these woods well. CL Elsie Laverty. Reg w/ L Barbara Leland 508-295-9745 (7-9pm), BarbaraLeland@comcast.net

Wed Dec 10-7 PM Hike Planning meeting – all are welcome to attend, new leaders needed – training provided! Contact hiking chair for info. Unitarian Universalist Church basement – Middleboro.

Sat Dec 13 Winter Hike Series #1: Blue Hills (B2B) Intro to winter hiking. Discuss gear and cold weather issues. Reg w/ CL Walter Deeter 508-279-0626 (7-9 pm), WADeeter@aol.com CL Bob Vogel 508-238-7732 (6-9 pm), Rvogel@attbi.com

Sat Dec 20 Worlds End Reservation, Hingham MA (C4D) Take a break from the holiday madness. Leisurely stroll in one of the S. Shore’s hidden gems, landscaped by Fredrick Law Olmstead. Entrance fee is $4.50. Option for lunch at Stars in Hingham after. Reg w/CL Melanie Jansky 781-341-1214 (7-9pm), mellie6246@yahoo.com L Patrick Holland 781-925-4423 (7-9pm) pat.holland@oitwb.com

Thurs Jan 1 Welcome the New Year at Borderland (B3C) Welcome in the New Year with this late morning start hike through Borderland State Park. Reg w/ L Bob Vogel 508-238-7732 (6-9 pm), Rvogel@attbi.com CL Bill Ruel 781-589-3321, camperbill824@aol.com

Sun Jan 4 Hike or Snowshoe at Massasoit State Park. E. Taunton (C4D) Start the New Year off with the right snowshoe! Try out winter gear you received for the holidays! Winter insulated boots. Call Leader for directions & meeting times. L Anne Chace 508-824-8871 (7-9 pm), L Bill Ruel 781-589-3321, camperbill824@aol.com

Wed Jan 7th By the light of the silvery moon Wednesday evening hike. Come hike (snowshoe?) the (Leader’s Choice - TBD) with us. Reg w/ L Barbara Leland 508-295-9745 (7-9pm), BarbaraLeland@comcast.net CL Bob Vogel 508-238-7732 (6-9 pm), Rvogel@attbi.com

Sun Jan 11 Winter Hiking Series #2 Pack Monadnock “plus” possible North Pack Monadnock (B3B) Reg w/ L Erika Bloom 508-996-3290 (6-9 pm), ebloom1@comcast.net L Paul Vermette 603-566-0881, pjvermette@yahoo.com CL Barbara Leland 508-295-9745 barbaraleland@comcast.net

Sat Jan 17 Mt. Madison and Mt. Adams (A1A) We will ascend Valley Way to the summit of Mt. Madison and then back to the Madison hut (closed!) where we will then climb Mt. Adams via the Gulfside and Airline trails. 10 miles round trip with over 5,000 feet of elevation gain. Full winter gear and above tree-line experience required. Fast pace. Reg w/ L Paul Vermette 603-566-0881 (6-8 pm), pjvermette@yahoo.com, CL Barbara Leland 508-295-9745 barbaraleland@comcast.net

Sat-Sun Jan 24-25 Lincoln Woods Winter Car Camp at Hancock (B3C) Perfect first winter campout for those wanting to try it. Nice hike, snowshoe along old logging railbed, East Branch on the Pemigewasset River. Reg w/ LITER Barbara Leland 508-295-9745 barbaraleland@comcast.net L Bill Ruel, 781-589-3321 (7-9 pm), camperbill824@aol.com CL Patrick Holland, 781-925-4423 (7-9 pm), pat.Holland@oitwb.com

Sun Feb 1 Breakheart Reservation – Saugus (B4C) Hills & dales of Saugus, ledges and dense woods. Winter gear required. Call for carpool meeting place & times. Reg w/ L Anne Chace 508-824-8871. CL Melanie Jansky 781-341-1214, mellie6246@yahoo.com

Wed Feb 4th By the light of the silvery moon Wednesday evening hike. Come hike (snowshoe?) @ Borderland, Easton, MA with us. Reg w/ L Bob Vogel 508-
HIKING AND BACKPACKING continued

238-7732 (6-9 pm). Rvogel@attbi.com | Barbara Leland 508-295-9745 (7-9 pm). BarbaraLeland@comcast.net

Sat Feb 7 Winter Hiking Series #3: Mt. Waumbek

(B3B) Moderate grade up Starr King Trail to nice view at top, continue on to Mt. Waumbek. Full winter gear & snow shoes required. Expect very cold weather. Reg w/ Leader in Training Barbara Leland 508-295-9745 barbaraleland@comcast.net or CL Pauline Jordan 508-676-5146 (after 9:00 PM), Hirst30@AOL.COM | CL Fred Yost 508-699-9305 (7-10 pm). FEY IAM@Hotmail.com | L Erika Bloom 508-996-3290 (7-9 pm), ebloom1@comcast.net

Sun Feb 7 Ames Nowell State Park, Abington (B4D)

Hike/snowshoe around ponds, boardwalk, and woods trails. Good for beginner winter hikers. Reg w/ L Bill Ruel 781-589-3321 (7-9 pm), campbeerbill824@aol.com | CL Rick Hachey 508-584-1059, tennislover46@hotmail.com

Sun Feb 15 Mt. Monadnock, NH (B3B) Imagine, no crowds! Great views and a good way to get some time above treeline. Previous winter hiking experience & full winter gear req. Register w/ CL Alan Ruiz 508-337-2195 (7-9 pm), gandalff7@mindspring.com | L Patrick Holland 781-925-4423 (7-9pm), pat.holland@aoltwbg.com | CL Walter Wells 508-279-1963 waltandlinda@comcast.net

Sat-Sun Mar 6-7 Winter Hiking Series #4: Backpack - winter gear required. May be able to share tent. Reg w/ CL Pauline Jordan 508-676-5146 (after 9:00 PM), Hirst30@AOL.COM or CL Alan Ruiz 508-337-2195 (7-9 pm), gandalff7@mindspring.com | L Walter Wells 508-279-1963 (bef. 9 pm), Waltandlinda@comcast.net | L Erika Bloom 508-996-3290 (6-9 pm), ebloom1@comcast.net

Sat-Sun Mar 6-7 Mt Adams/Crag Camp (A2A) Long, strenuous hike with significant time above treeline. We’ll spend the night at Crag Camp and hike out Sunday. Previous winter above treeline experience required. Limited to 6 participants. Reg w/ L Patrick Holland 781-925-4423 (6-9 pm), pat.holland@aoltwbg.com | CL Dexter Robinson 781-294-8840 (7-9 pm), dexeue@comcast.net

Lonesome Lake Trail Maintenance

by Dexter Robinson

After all the hiking I’ve done, I thought perhaps it would be nice to give a little back, learn something about trail maintenance and maybe even meet some nice people. At 9:15 am 11 people hit the trail with assorted tools including rock bars, picks, shovels, loppers, ropes and large nylon straps. Normally these maintenance trips focus on brush cutting and cleaning out water bars, fairly easy work. This is what most participants expected, but instead we would be tackling two heavy duty projects. My group consisted of Brian, Paul, and Paul. Our project was taking place at the intersection of the Lonesome Lake trail and the Hi Cannon trail. The Hi Cannon is not our group’s responsibility, but its lack of maintenance was affecting our trail, washing it out. The beginning to the Hi Cannon is essentially a steep dirt bar above the staircase to redirect the runoff into the woods. For anyone who has hiked, these staircases are not uncommon and are appreciated, but I now have a much fuller appreciation for the effort that goes into these trail improvements. The first thing we had to do was find rocks, in the woods, which you might think would be pretty easy considering our location. Unfortunately not just any rock will do. Mainly we needed big rocks with a couple of flat sides, the perfect rock would be 3' wide and 2' tall. We couldn’t find any of those, but got close enough to keep Paul happy. Once found, we had to move the rock from its comfortable spot nestled on the hillside to our special place. This is where the 18lb. steel rock bars came into the picture, first to pry it up, then to help move it. These 5' long 1.5" diameter implements were crucial for this task, and the dumb laborers, who on hands and knees pushed and pulled, but not too far or fast. We also used gravity where we felt comfortable with the path and could reasonably expect it to stop rolling. Eventually, a beaten path developed from our mine site, about 50 yards up the slope. onto the Hi-Cannon Trail, but that first big one was quite the challenge. It actually got away from us at the end and we had to use 3/8" steel cable, a hoist and sling to get it back up the hill into our prepared hole. Of course it did not sit properly in the hole, so we then had to dig the cable and hoist between two trees in order to pull the rock up on a sling. Here we were on the busy Lonesome Lake trail, with a cable across the trail about 5' off the ground and a half ton rock hanging in mid-air. We were certainly a spectacle! It was 1pm and we had finished rock #1. The next day we did it all again. I enjoyed the camaraderie, problem solving, physical exertion & the sense of contributing improvement in the trail, I will definitely volunteer for this duty again in the future.

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

Thursday hikes 9:30-11:30. Sunday hikes 1:00-3:15.
Moderate pace unless noted. NO DOGS.
Heavy rain, deep snow, or icy driving conditions cancel. If in doubt call L.

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

Following the hike (at the same location) - FIRST ANNUAL WINTER ACTIVITY WORKSHOP If hiking, bring lunch, otherwise come at 12:00 (directions above). Equipment demo, activity planning for x-country ski and snowshoeing. sign-up for e-mail notice of snow activities for Jan-Mar. L's Peter Selig 508-432-7656, Farley Lewis 508-775-9168

SUN Dec 7 - WELLFLEET General Store to Duck Pond. From Rt 6 take R on LeCount Hollow Rd. Turn R immediately and park behind Wellfleet General Store at the bike pkg lot. L Ron VanderWeil 508-255-3361

THURS Dec 11 - Bourne Canal Walk. Pk on N side of canal 1/2 way between bridges for Visitor Center. L Donna Nickerson 508-528-3043


THURS Dec 18 - MASHPEE South Cape Beach. From Mashpee Rotary take Great Neck Rd. S 2.7 mi. to L on Great Oak Rd. and follow to end to Town Beach pkg approx 2 1/2 mi. L Gary Miller 508-540-1857

SUN Dec 21 - YARMOUTH Inkberry Trail to Sandy Pond. From Rt 28 in West Yarmouth turn N at light on Winslow Gray Rd. opposite Molly’s Rest. Go 0.4 to pkg on L. L Janet DiMattia 508-394-9064

THURS Jan 11 - NO Hike - MERRY CHRISTMAS SUN Dec 28 - WELLFLEET White Crest Beach. From Rt 6 R on LeCount Hollow Rd. L on Ocean View Dr. to beach pkg lot on R. L Jack Handlen 508-255-5292

THURS Jan 1 - NO HIKE - HAPPY NEW YEAR

SUN Jan 4 - BARNSTABLE Bridge Creek Conservation. Exit 5 from Rt 6. Go N short dist. and pkg at grass triangle in front of church on L. Walk N to trailhead behind firehouse. L Janet DiMattia 508-394-9064

THURS Jan 8 - MASHPEE Mashpee River Woodlands West. From the Mashpee rotary go E on Rt 28, turn R on Quinacquisset. Approx. 500’ pkg on R. MPD requests that tires of parked cars be completely off paved road. L Nancy Wigley 508-548-2362

SUN Jan 11 - COTUIT Little River Sanctuary. Meet at Cotuit Landing Shopping Center at corner of Rt 28 and Putnam Ave. in Cotuit to carpool to trailhead. L Farley Lewis 508-775-9168

THURS Jan 15 - BREWSTER Calf Field Pond. Exit 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 at end of pavement. L Pat Kimball 508-255-3717

SUN Jan 18 - FALMOUTH Beebe Woods. Go thru Falmouth hospital lights on Rt 28. Take R onto Depot Rd and follow to end to park. L Linda Church 508-495-1308

THURS Jan 22 - HIKE/CHILI POTLUCK YARMOUTH Grays Beach. From Rt 6 take Exit 8N to L on 6A. Immed. at playground take R on Old Church Rd. Follow to end to pkg at beach. L Janet Kaiser 508-375-0574


THURS Jan 29 – BOURNE Canal Walk. Pk on N side of canal 1/2 way between bridges at Visitor Center.

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

THURS Feb 5 - SANDWICH Old State Game Farm/Talbot Conservation Area Driving West on Rt 6A go over Scorton Creek bridge. Take immed. L on dirt road to pkg at end. L Nancy Wigley 508-548-2362

SUN Feb 8 - BARNSTABLE Spruce Pond. Exit 5 from Rt 6. Go N short dist. and pkg at grass triangle in front of church on L. L Heidi Moss 508-362-6440

THURS Feb 12 - WELLFLEET Duck Harbor. From Rt 6 turn L at light towards Wellfleet Center. Take L at dory on E. Commercial St. to harbor. Go R on Chequesset Neck Rd. Take R opposite Great Island Pkg and follow to end.

SUN Feb 15 - WELLFLEET Gull Pond. From Rt 6 take R on Gull Pond Rd. (opp Moby Dick Restaurant). Follow 1.0 to pkg on L at Gull Pond Landing (granite marker at L turn). L Ron VanderWeil 508-255-3361

THURS Feb 19 - WELLFLEET White Crest Beach. From Rt 6 R on LeCount Hollow Rd. L on Ocean View Dr. to beach pkg lot on R. L Jack Handlen 508-255-5292

SUN Feb 22 - HARWICH HawksNest State Park. From Rt 6 take Exit 11 S on Rt 137. Take immed. R on Spruce Rd. At 0.5 mi. pkg on side of road. L Janet DiMattia 508-394-9064

THURS Feb 26 - WELLFLEET Long Pond. From Rt 6 right on Cahoon Hollow Rd 2 mi. to parking for Great Pond. L Pat Kimball 508-255-3717
SUN Feb 29 - MASHPEE Johns Pond. N on Currier Rd off Rt 151, then quick R on Hoopole Rd. R on Back Rd. Follow signs to Town beach through trailer pk. L Farley Lewis 508-775-9168

THURS Mar 4 - WELLFLEET Marconi Beach. From Rt 6 go R on Marconi Beach Rd. at lights. Go L past HQ bldg. Take 1st R at pk end. L Barbara Hollis 508-240-1973

LONGER CAPE HIKES
Faster-paced. 8-10+ mi.; Bring lunch 10:00-2:00
Heavy rain/snow cancels. If in doubt call L.

SAT Dec 6 - WELLFLEET Great Island/Jeremy Point. From Rt 6 turn L at light towards Wellfleet Center. Take L at dory on E. Commercial St. to harbor. Go R on Chequessett N Rd. Follow to Great Neck Island pkg lot on L. L Brigitte Falzone 508-394-6343

SAT Dec 13 - BREWSTER Nickerson State Park. Stay on the main rd in the park 1.0 to pkg on L at Fisherman’s landing. L Janet DiMattia 508-394-9064

SAT Dec 20 - PROVIDENCECOTOWN Beech Forest/Clapps Pond/Dunes. From Rt 6 take R at light toward Province Lands Visitor center. Pk at Beech Forest pkg lot on L. L Ron VanderWeil 508-255-3361

SAT Dec 27 - No hike

SAT Jan 3 - BARNSTABLE Conservation Land. Exit 5 from Rt 6. Go S on Rt 149 1.5 to roundabout. R on Race Lane. R on Crooked Cartway. Pk at end. L Heidi Moss 508-362-6440

SAT Jan 10 - EASTHAM Salt Pond, CoastGuard & Nauset beaches. From Rt 6 take R at light on Nauset Rd & Nat’l Seashore Visitor Ctr. And pk at Visitor Ctr pkg. L Janet DiMattia 508-394-9064

SAT Jan 17 - TRURO Paradise Valley/Duck Harbor. From Rt 6 take L on F. Neilson Rd. soon after entering Truro. Pk on side of road. L Brigitte Falzone 508-394-6343

SAT Jan 24 - No hike

SAT Jan 31 - TRURO South Pamet. From Rt 6 in Truro turn E at Pamet Rd. Meet at end of S. Pamet Rd. L Ron VanderWeil 508-255-3361

SAT Feb 7 - YARMOUTH Inkberry Trail to Sandy Pond. From Rt 28 in West Yarmouth turn N at light on Winslow Gray Rd. opposite Molly’s Rest. Go 0.4 to pkg on L. L Brigitte Falzone 508-394-6343


SAT Feb 21 - BARNSTABLE Sandy Neck. Rt 6A to Sandy Neck Rd. Pk at end in farthest lot. L Peter Selig 508-432-7656

SAT Feb 28 - No hike

**XC SKIING**

*Chapter Chair-Barbara Hathaway\n\ncxschichair@amcsem.org*

**Saturday, January 3 – My First X-C Ski Trip, Norsk X-C Center**
Norr X-C Center New London, NH
Never tried X-C? Don’t have the gear? No problem, rentals & lessons are available and we’ll be sticking to the easier trails. Maybe have a late lunch/early dinner at the Flying Goose brew pub after. If you’re interested in taking a lesson, please contact L by 12/26. Trail Pass $15, Lesson & Rentals $16 each. (We can get better rates w/ 10+ people). Reg w/L, Patrick Holland 7-9pm 781-925-4423, pat.holland@aolweb.com or CL Walter Mark 508-866-3057, wlfmark3@aol.com.

**Saturday, January 10 – Weston Ski Track**
Cross country ski workshop. Learn to use the new cross country skis you got for Christmas (rentals also available). Suitable for beginners who have never skied before or skiers wanting to brush up on their technique. SEM/AMC trip leaders will provide free instruction. Cost limited to trail pass and equipment rental, approx. $25. Call to register before January 4 with L Bob Byntle at 508-866-3057 or L Art Parade at 978-372-7442. Limit 20.

**Sunday, Jan. 11 – Great Brook Farm**
Carlisle, MA
Novice/intermediate. Tracked and groomed trails on farm in and adjoining State Park. Mostly flat to gently rolling hills with limited black diamond trails. Equipment rentals available. For add’l details on carpooling and to register, call L Barbara Hathaway at 508 880 7266 before 10p. CL Barbara Perry.

**January 16-19 – MLK WEEKEND AT APPLEROOK B&B, Jefferson, NH**
All chapters welcome to join us for our 17th annual weekend of xc skiing, great company and hearty meals. Ski possibilities include Bretton Woods, Great Glen, Balsams, or Bear Notch. Downhill, snowshoeing, easy back country, and ice skating also options. Approx. $145 to $210 per person includes 3 nights lodging, 3 breakfasts, 1 full dinner, and 1 supper, all at cozy Applebrook B&B in Jefferson. NH. Register with L Sarah Beard, (508) 758-2613, 7-9 p.m. CL is Bob Kalchthaler, (508) 947-4924

**Saturday, January 24 – Windblown, New Ipswich, NH**
My first XC Ski Trip! OK, you want to try XC skiing, but don’t want to buy the gear first. Come with us to a XC center where you can rent gear and give it a try. Just $29 for trail pass and rental gear. $14 trail pass only. See \www.windblownxc.com. More experienced skiers welcome, too. Email Bob for full details at rvogel@attbi.com. Register with L Bob Vogel at 508-238-7732. CL is Nick Georgantas at 508-697-9172.
XC SKIING continued


Saturday, January 31 – Local ski, leader’s choice depending upon snow conditions. Call L Bob Kalchthaler 508-947-4924 before 9p for details.

Saturday, February 7 – Great Brook Farm, Carlisle, MA. Novice/intermediate. Tracked and groomed trails on farm and in adjoining State Park. Mostly flat to gently rolling hills with limited black diamond trails. Equipment rentals available. For add’l details on carpooling, dinner, and to register call L Barbara Hathaway 508 880 7266 or CL Diane Phillips 508 378 2334, both before 10p.


Sunday, February 22 – Windblown or Norsk, depending upon conditions. Novice/intermediate. Call for carpooling info, dinner details and to register with L Barbara Hathaway, 508 880 7266 before 10p or CL Walter Mark 508-884-8185 from 7-9p.

Fri-Sun, Feb 27-29. Ski in the Jackson area. Stay 2 nights at Parsley & Paisley B&B in Jackson, NH. Cost of $125 p/p includes 2 nights lodging, 2 breakfasts, dinner Saturday and happy hour. Trip limited to 8. Register with L Anne Chace, 508-884-8871 (7 to 9p).


Membership in a Bottle
Single Membership - $40
Family Membership - $65
Nalgene Bottle w/ $10 gift certificate
New Members Only - Contact Kathy Farren
membershipchair@amcem.org
Chapter website is amcem.org

Article for Sale

Nordic Track Ski Exerciser - PRO Model. Good Condition. Many special features. Folds to 24”W X 53” L X 17”H. Asking $400.00. If interested call Bruce Dunham (508)-587-0679

BIKING
Chair - Denise Malenfant
bikingchair@amcem.org

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

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<td>C=&lt;25</td>
<td>4=UP TO 11</td>
<td>D=flat</td>
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</tbody>
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Sat Dec 6 – Rochester/Marion. 30-35. Will limit to 25 or so if cold. Intermediate ride. B2D
Paul Currier 508-833-2690 pbencu@comcast.net

Sun Dec 14 Off Road Bike Ride: Borderland State Park. Easton, MA. We will start of with ‘easier’ riding on the mostly hard packed dirt roads around the lakes at Borderland. [6-8 miles, depending on group] Then we will ride a longer ride out to Mountain St., up Mountain St. (Unpaved in sections) to a ‘back entrance’ and around the Morse/Quarry loops (routher but generally not steep or ‘advanced’. Trust me. Leader is not ‘advanced’ :-). [6-8 miles, depending on group] L:Bob Vogel 508-238-7732 (6-9 PM) rvogel@atbi.com

Sat Dec 13 Middleboro/Carver. 20 or so miles: actual distance determined at the time, weather related. Flat, cranberry country, Very easy terrain. Pace dependant on group capabilities. Valerie Fontaine 508-947-3153 vfont@comcast.net

Thur Jan 1 – New Year’s Day ride – 10:30 am or so. Flat Terrain, Slow Pace, possibly a most difficult ride.….C3D Paul Currier 508-833-2690 pbencu@comcast.net

Sat Jan 17 – Sagamore to Manomet – perhaps return. 30-35. Will cut to 25 or so if cold. Limited to first 50 riders to sign up. B2B
Paul Currier 508-833-2690 pbencu@comcast.net

Paul Currier 508-833-2690 pbencu@comcast.net
Cape Cod Full Moon Rides

**Mon Dec 8 – Cold Moon** – 5pm, Freezer Road, Sandwich

**Wed Jan 7 – Wolf Moon** – 5pm, Sagamore Rec area

(please note: Friendly’s)

**Fri Feb 6 – Snow Moon** – 5pm, Freezer Road, Sandwich

E-mail pbencurrier@hotmail.com or call Paul @ 508-833-2690 for starting times

**Tues. Eve. Canal Rides: C3D**

e-mail pbencurrier@hotmail.com or call Paul @ 508-833-2690 for starting times

**December:**

2 – Sagamore Rec Area
9 – Freezer Road
16 – Buzzards Bay
23 – Sagamore Rec Area
30 – Freezer Road

**February:**

3 – Buzzards Bay
10 – Sagamore Rec Area
17 – Freezer Road
24 – Buzzards Bay

The bike committee is looking for new bike leaders for the spring season. Great bunch of people. Will help you get started. Email bikingchair@amcsem.org.

For all you bikers out there start keeping track of your mileage starting Jan. 1. Email chair for more info

Any takers?