



The Southeast Breeze

The newsletter of the Appalachian Mountain Club Southeastern Massachusetts Chapter
Spring 2006 - March, April & May

View from the Chair

By Laura Smeaton



Photo by Chris Sampson

Annual Meeting

Almost 70 members gathered on November 5, 2005 at the Bourne Community Center for the Chapter's Annual Meeting.

Everyone enjoyed the collective culinary delicacies at the potluck dinner – especially the vast array of delicious pies! During the business meeting, outstanding leader volunteers from each activity were recognized and presented with SEM AMC leader vests. Seventeen 25-year members were also announced. Finally, all members of the 2005 executive board were honored, and the 2006 board was voted in.

Faith Salter, assistant director of chapter relations from the Joy Street office, presented an update on club-wide volunteer, chapter and club happenings. Six lucky raffle winners left the night with free AMC books.

But, clearly, the highlight of the evening was Fred Stott's presentation and slide show! A natural storyteller, Fred recounted some of the stories that are in his book "On and Off the Trail – Seventy Years with the Appalachian Mountain Club." Following, he shared slides from his hike up to the Base Camp of Mount Everest, which he had taken with his wife almost exactly 40 years ago from that November evening.

Fred was an enchanting speaker, and he happily signed almost as many copies of his book after his presentation as during the preceding social hour.

Executive Board

Three Executive Board members retired from their committee chairs at the Annual Meeting: Heidi Moss from Cape Hikes, Dick Coveney from Canoe/Kayak, and Erika Bloom from Hiking. Heidi and Dick had each served as their activity chairs for two years. Erika had served as interim Hiking chair for 2005. (All three will remain active as activity leaders for the coming year.) Farley Lewis, previously vice chair of Cape Hikes, was voted in as the new chair of that committee. Gifford Allen, who served a brief tenure as vice chair, was voted in as Paddling chair. Both Farley and Gifford have already made impressive marks with their respective programs. Farley has recruited a wonderful vice chair, John Gould, and Gifford has been rallying the paddling leaders (13 strong!) to develop a fun and ambitious paddling program for 2006. Many thanks go out to Erika, not only for running the hiking program, but also for mentoring the new, 2006 Hiking chair Sue Chiavaroli. Thank you Erika, and welcome Sue!

Returning Board members for 2006 include: Mike Woessner (chapter vice chair), Chris Sampson (secretary and unofficial chapter photographer!), Paul Miller (communications), Maura Robie (conservation), Walter Mark (skiing), Lou Sikorsky (trails), and myself, Laura Smeaton (chapter chair). Bill Ruel had planned to return as treasurer, but we just learned that he will not be able to serve this year, **so we desperately need someone (ideally, who has some bookkeeping experience) to step up to assume the treasurer position!** Please contact me immediately if you think you might be interested...

At Board meetings following the annual meeting, the following changes in the Executive Board roster were voted in: Joe Tavilla to become biking chair (previously vice chair), and Vic Oliver to become biking vice-chair

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Cycling Committee Awards

Victor Oliver, Cycling Committee Vice-Chair



At the 2005 Annual Dinner, it was announced that three AMC members had been selected to receive SEM leader vests for their past efforts involving the cycling activity. Since they were not present that evening due to other engagements, (then) Cycling Chair, Victor Oliver presented two of the vests to Paul Currier and Jack Jacobsen (photo above) at a Tuesday afternoon ride.

Paul Currier, who has been an AMC member for a number of years, was given a vest for his continued involvement with cycling and his endless publication of cycling activities in the South Eastern Massachusetts area. Paul leads bicycle rides throughout the year and done so for a long time. SEM has one of the most active cycling programs of all the AMC Chapters due to Paul's efforts.

Jack Jacobsen received a vest for coming up with the idea of the 2000 Mile Club. The SEM 2000 Mile Club now has nine members who have cycled over 2000 miles in the past two years. (The newest members are Will Mason, John Sullivan, and Larry Kornestsky.) Jack has been a willing bike leader as well and leads a number of rides each season. He has been a strong supporter of the SEM Bike program.

The third vest will be given to Alice Oberdorf at the Spring Fling for her continued service and leadership in the SEM cycling activity.

The Appalachian Mountain Club Southeastern Massachusetts Chapter

Chapter includes app. 3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.

2006 Executive Board

Chapter Chair -	Laura Smeaton, chair@amcsem.org 617/323-6727
Vice Chair -	Mike Woessner, vicechair@amcsem.org 508/577-4879
Treasurer -	OPEN*, treasurer@amcsem.org
Secretary -	Chris Sampson, secretary@amcsem.org 508/993-5497
Biking -	Joe Tavilla, bikingchair@amcsem.org 508/428-6887
Canoe/Kayak -	Gifford Allen, paddlingchair@amcsem.org 508/563-3852
Cape Hiking -	Farley Lewis, capehikingchair@amcsem.org 508/775-9168
Communications-	Paul Miller, communicationschair@amcsem.org 508/695-8495
Conservation -	Maura Robie, conservationchair@amcsem.org 508/285-6005
Education -	Walter Deeter, education@amcsem.org 508/279-0626
Hiking Chair-	Sue Chiavaroli, hikingchair@amcsem.org 508/252-4164
Membership -	OPEN*, membershipchair@amcsem.org
Skiing -	Walter Mark, xcskchair@amcsem.org 508/884-8185
Trails -	Lou Sikorsky, trailschair@amcsem.org 508/678-3984
Webmaster -	Susanne Piche, webmaster@amcsem.org

*Please contact Laura Smeaton if you are interesting in volunteering for any open SEM volunteer positions.

The *Southeast Breeze*, the newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published four times per year as a service to the Chapter's members. SEM members are encouraged to submit letters, articles, photos, and artwork, but materials for publication (space permitting) cannot be returned unless accompanied by SASE. Please mail to: Paul Miller, 169 So. Washington St., No. Attleboro, MA 02760. Digital submissions are preferred, and can be e-mailed to: communicationschair@amcsem.org. Articles will be edited for length, typographical errors, and clarity.

HAVE YOU MOVED? Please send your change of address information to: AMC, 5 Joy St. Boston, MA 02108

NON-SEM AMC MEMBERS who wish to receive the quarterly Southeast Breeze newsletter should send a \$5.00 check made out to "AMC SEM" to: AMC SEM Breeze Subscription, PO Box 120, Wrentham, MA 02093-0120. Please be sure to provide your mailing address if it's not on the check.

Don't miss the SEM SPRING FLING!!!

Saturday, April 22, 2006

New format features a choice of a great hike, paddle or bike ride in the morning, followed by demonstrations, displays, a gear swap, and pot luck dinner in the afternoon at the Bourne Community Center (278 Main St., Buzzards Bay)

- Hike** - Bourne Four Ponds co-sponsored by the Cape Hikes and Hiking Committees starts at 9:30 AM (see listing under Cape Hikes on page 8)
- Paddle** - 3-4 miles around nearby Onset Bay starts at 9:30 AM (see listing under Kayak Paddles on page 10)
- Bike** - 20 miles at a relaxed pace around the Cape Cod Canal...perfect for beginners! (see listing under Bike Rides on page 9)



Outdoor gear experts from the Hyannis Eastern Mountain Sports store will be on hand to display an array of biking, hiking, and paddling gear and clothing. EMS will also host a series of informal discussions and question and answer session on topics ranging from bike tire repair on the road, to blister treatment for hikers, to cold water paddling safety.

AFTERNOON/EVENING SCHEDULE AT BOURNE COMMUNITY CENTER (fee applies)

(please visit www.amcsem.org for more details and/or updates)

- 2:00 – 6:00 PM - **EMS gear displays and demos** (see description above)
- 6:00 – 7:00 PM - **Member gear swap & sale** -- you barter, sell, swap or buy your gently used outdoor gear and clothing with/from other SEM members. Tags will be provided. Owners must carry out any items not traded or sold at the end of the evening
- 7:00 – 8:00 PM - **Social Hour (non-alcoholic) with AMC Book Raffle**
- 8:00 – 9:30 PM - **Pot-luck dinner** – bring your favorite main dish, side dish, or dessert to enjoy and share. (A great opportunity to dust off that slow cooker!). Non-alcoholic beverages and plates, cutlery, and napkins provided
- 8:00 – 9:30 PM - **Presentation of SEM Chapter Distinguished Service Award and Guest Speaker**

Entry fee: \$5.00 adult / \$2.00 child (if postmarked before 4/1/06)
(Sorry, no refunds) \$10.00 adult / \$5.00 child (if postmarked on or after 4/1/06)
\$15.00 adult / \$8.00 child (if purchased at the door or one FREE entry with AMC "Membership in A Bottle" purchase at the door)

Please mail registration form with check in appropriate amount made out to AMC SEM to:
Laura Smeaton, 28 Sheffield Rd., Roslindale, MA 02131 (Please send questions to springfling@amcsem.org)

Name(s) _____ Phone or e-mail _____

Number of Adults ____ @ \$ ____ = \$ ____ / Number of Children ____ @ \$ ____ = \$ ____ Total enclosed = \$ ____

SEM Leader Profile: Erika Bloom

Hiking Leader

EDITOR'S NOTE: Erika Bloom served as interim Hiking Chair last year and is currently a very active SEM Chapter hiking leader. As this is being edited, Erkia is leading an AMC Major Excursion trip to Mount Kilimanjaro. Here's Erika's story, in her own words:



Erika on Swiftcurrent Mountain during an AMC Major Excursion trip...

I grew up in the mountains of Montana but never hiked or really thought about enjoying the outdoors. I did downhill ski but that's it. When I look back at all that great hiking and backpacking all around me, I can't believe I never took advantage of it! Now I have to travel great distances to get to mountain hiking and backpacking.

I moved to Massachusetts in 1998 and luckily stumbled across the AMC early on. It sounded great - an organization with all sorts of different activities available whenever I wanted. I didn't have to find people to go with me, I could just sign up with a group!

Today, I mostly hike and do some backpacking. I'd love to do more ocean kayaking and cross country skiing, but I don't want to give up my precious hiking time! Hiking is the only athletic thing I've ever felt I'm good at. It comes naturally to me, like walking! I love the exercise, and I especially love hiking in the mountains where I can enjoy the scenic vistas. The mountains in Montana and the Canadia Rockies are my favorites, but I also love hiking the White Mountains in New Hampshire. Locally, I frequently hike in the Blue Hills, where you can get a workout similar to hiking in the mountains.

I joined the AMC in 1998 and started going on hikes right away. My first New Hampshire hike with the AMC was a backpack in the pouring rain.

I soon discovered that, in New England, the trails go straight up the mountains no matter how many rocks are in the way! It was a bit of a change from the gradual, switchbacking trails out West, but I quickly learned to love the great exercise of hiking in the Whites. If you can hike there, you can hike anywhere!

I took leadership training the next year, just to learn how to be a better participant, but Bob Vogel called me and "made" me co-lead a hike with him soon after. I started co-leading and then leading more hikes, became our chapter's hiking committee vice chair and then chair, and now I'm on the AMC Major Excursions committee. I co-led an AMC trip day-hiking and backpacking in the Canadian Rockies in 2002, I led an AMC trip dayhiking in Glacier National Park (Montana) in 2004 which I will lead again in August 2006, and by the time people are reading this I will have led an AMC trip to climb Mt. Kilimanjaro and go on a camping safari in Tanzania in January 2006.

I volunteer as a leader for partly selfish reasons - it's a way to go where I want to go and do the things I want to do, while sharing them with others who might not go on their own. There are lots of people out there who are looking for a little guidance about where to hike, and they want to learn about proper equipment and preparation. They look to AMC leaders to help them have fun safely and learn along the way. I also love being in the outdoors, surrounded by nature. And I love teaching other people to sometimes stop and "smell the roses" (or look at the mushroom, listen to the bird singing, or see the snake slithering away). We all need to remember that being outdoors is great exercise, but it's also nurturing for our souls!

My husband is a great guy, but doesn't like to hike much (although he's a maniac about fly-fishing, which I can't say I do much of.) So, the AMC has allowed me to find people to hike with and feel safe - which makes both of us happy. In my spare time, I volunteer with Habitat for Cats in New Bedford. We're a small organization but we rescue a lot of cats and arrange a lot of adoptions. In December 2004 I started working part-time to have more time to do volunteer activities. I love it! It's allowed me to spend most Tuesday mornings leading AMC Blue Hills hikes, and Thursdays helping care for rescued cats.

Pack Monadnock hikers enjoy perfect weather (and get to see bear tracks!)

By Paul Miller, Communications Chair

Eighteen AMC hikers assembled in the parking lot of Miller State Forest in Temple, NH at the very civilized hour of 10:15 am on Saturday, January 7th for the second in the SEM Chapter Hiking Committee's 2005/06 Winter Hiking Series.

Several participants had carpoled from the "park & ride" lot on Route 106 just off Route 24 (including two members who came up from way out on the Cape). Others, myself included, drove up to NH by themselves.



The group poses on the summit of Pack Monadnock with Grand Monadnock visible in the background (photo by Dexter Robinson)

We were pleased to see that the ground and trails were nicely covered with a good five or six inches of snow. Since the trails appeared to be well broken out, leaders Bob Vogel and Dexter Robinson briefly conferred and then announced that we could leave our snowshoes in the cars, while co-leader Walter Mark made sure everyone signed the release form.

The weather couldn't be better, with beautiful deep blue skies, temperatures in the 20's, and very little wind.

After we all changed into our winter boots (Sorels or plastics...), we shouldered our packs and headed up on the Marion Davis Trail toward the 2,290 foot summit of Pack Monadnock Mountain, just 840 vertical feet and 1.4 miles from the trailhead. (Pack, "or "Little" Monadnock, is sometimes confused with the more popular, 3,165 foot Grand Monadnock Mountain, located in nearby Jaffrey.)

It only took us about an hour of pretty easy hiking on this attractively wooded and winding trail to reach the Pack Monadnock summit. Here, we stopped for a drink, a snack, and to enjoy the expansive views. This includes a wonderful view of Grand Monadnock to the west. We also checked out the interesting old stone shelter.

After a short break, we connected with the Wapack Trail and headed toward North Pack Monadnock (2,278 feet), 2.3 miles away. A layer of ice lurked just below the surface on this north-facing trail, requiring a bit of caution and very careful foot placements on the steeper sections. These conditions made it unlikely that the slower hikers in the group would be able to reach the summit of North Pack before the 1:30 pm turnaround time, so the leaders decided to split up into two groups. This would give the faster hikers a reasonable chance at the summit, while taking the pressure off the slower members in the group. I took the conservative route and stayed with the slower group.

We continued on and, when it became obvious that we weren't going to be anywhere near the summit by 1:30, we stopped for a quick lunch at a nice spot in the woods before turning around. I took this opportunity to strap on my crampons, which made the healthy climb back up Pack Monadnock a lot less slippery. Along the way, we stopped to study some bear tracks in the snow (a first for me and a real treat for all...). Once we regained the summit, we waited at the shelter for the other group to re-join us. About a half hour later, the lead members of trudged up to the shelter, tired but triumphant, having made it to the summit of North Pack.

Once we re-grouped, we all headed down the snow-covered auto road to the parking lot for the drive home.

All in all, a great day with a great group of people!



On North Pack Monadnock summit...

Hiking/Backpacking Activities

Chair – Sue Chiavaroli, 508-252-4164, hikingchair@amcsem.org

IMPORTANT: Hikers unsure of their ability should try only one level more difficult than previously completed. No pets without permission of trip Leader. Individuals under 18 must be accompanied by parent or guardian. Registration required for most trips. Hiking boots strongly recommended. For additional information or to register, contact the trip Registration leader (R), trip Leader (L) or co-Leader (CL). SEM Chapter trip updates are also available at <http://trips.outdoors.org>.

Miles per Hike	Pace (MPH)	TerrainType
AA = 13+	1 = very fast (2.5)	A = very strenuous
A = 9 - 13	2 = fast (2)	B = strenuous
B = 5 - 8	3 = moderate	C = average
C = <5	4 = leisurely	D = easy

Thurs., Mar. 2, Ponkapoag, Canton, Mass – Meet at golf course parking lot off Rt. 138 for 2-3 hour hike around pond. Bring snack, water, hiking boots. Confirm with L. Bruce Dunham (508-587-0679). L Elsie Laverty (elavmca@tmlp.com)

Mar. 3-5. Winter Wonderland at Ponkapoag – Snow shoe, xc ski, or hike in our own back yard, Milton, MA. Two nights lodging in rustic cabins at Ponkapoag Camp heated by wood burning stoves. Group meals include two breakfasts, happy hour and dinner Saturday night. Cost \$50. Must have winter gear. Wood stove cooking and evenings around the fire ring, weather permitting. Reservations with co-leaders Bill Ruel, camperbill824@yahoo.com 781-589-3321 or Anne Chace 508-824-8871 before 9:00 PM

Mar. 7, Tues. Morning Blue Hills Conditioning Hike (B3B) – Great exercise hiking strenuous terrain at a moderate pace. Lots of hills! Nice views when the weather cooperates. Hike goes most Tuesday mornings, register for details (start time may vary). Start with loop of 3.5-4.5 miles, option to continue on for another 2 miles. Hiking boots required. L Erika Bloom (508-951-1001 before 9 pm, ebloom1@comcast.net)

Wed., Mar 8. at 7:00 pm, HIKE PLANNING MEETING – Unitarian Universalist Church, 25 Main St. (Rt. 105), Middleboro. Meet fellow hikers and get involved with the SEM Chapter for planning and pizza! Sue Chiavaroli (508-252-4164, hikingchair@amcsem.org)

Thur., Mar. 9. Wareham Hike – Hike along bogs, marshes, ocean. Directions: From I-195 exit 20, go south to Rt.6E (left). Staying on Rt. 6 turn right at bottom of hill into Wareham center (Main St.) as it curves to the "Narrows". After crossing RR bridge, bear right on Narrows Rd. Turn right on Indian Neck Rd. Turn left, Crooked River Rd. Park 100yds down at Wildlands Trust Sign. Hike starts at 10:00 AM and takes 5 hours but we will park in the middle for a bailout point. L Don Savino (donsavino@webtv.net, 508-295-4562)

Mar. 14, Tues. Morning Blue Hills Conditioning Hike (B3B) – (See March 7 listing for details...)

Thur., Mar. 16. Gilbert Hills State Forest, Foxboro – Meet at Lakeview Pavilion. Rt. 95 north to Rt. 140 north, Foxboro Exit. Follow 140 through the center of Foxboro and continue on 140 north. At about 1/4 mile turn left onto lakeview Rd. (Lakeview Pavilion Sign there). Follow road and take a right into parking lot. Call to confirm. L Elsie Laverty (elavmca@tmlp.com), L Joanne Staniscia

Mar. 18-19. Hike #4 Winter Hiking Series, Nauman Backpack (B3B) – White Mountains, NH. As the grand finale to the winter hiking series, we'll backpack to the Nauman Campsites. Depending on conditions, we may attempt to summit nearby Mt. Pierce or Mt. Jackson. Previous backpacking experience needed; some equipment can be rented or borrowed. L Erika Bloom (508-951-1001 before 9 PM, ebloom1@comcast.net), L Dexter Robinson (781-294-8840 7-9 PM, dexsue@comcast.net), R/CL Wayne Anderson (508-697-5289 6-9 PM, wanderson@mxcsi.com)

Mar. 21, Tues. Morning Blue Hills Conditioning Hike (B3B) – (See March 7 listing for details...)

Thur., Mar. 23. Blue Hills, Canton – Meet at 10:00 a.m. at Houghton's Pond parking area. Exit 3N from 128. Go 0.5 miles to stop sign, turn right and go 0.2 miles to parking lot on the right. L Bob Freeman (508-432-4341)

Sat., Mar. 25. Massasoit State Park (B3D) – Celebrate Spring hiking at East Taunton's "hidden jewel." Trails lined with pine needles wind around lakes and ponds on mostly flat to gently rolling terrain. This is a perfect start to local Spring hiking. L/R Barbara Hathaway (508-880-7266 7-9P, barb224@tmlp.com), CL Joanne Staniscia

Mar. 28, Tues. Morning Blue Hills Conditioning Hike (B3B) – Great exercise hiking strenuous terrain at a moderate pace. Lots of hills! (See March 7 listing for details...)

Thur., Mar. 30. Ellisville State Park, Plymouth – Pretty beach walk with bird sightings. Meet at 10 a.m. Bring snack or lunch and water. Directions: Take Rte.3 to exit 2. Follow 3A north (signs to Cedarville and Ellisville) Go 2 miles and park will be on right. L Elsie Laverty (elavmca@tmlp.com), CL Ellie MacPherson

Apr. 4, Tues. Morning Blue Hills Conditioning Hike (B3B) – (See March 7 listing for details...)

Thur., Apr. 6. Betty's Neck, Lakeville – Meet at 10 a.m. Bring snack and water, optional lunch stop post hike. Directions: Rte 105 south from Rte. 495, becomes 105/18. Stay on 105 where it forks to left from Rte. 18. Take left after the Clark cemetery onto Long Point Rd. Continue for 1-2 miles. The road makes a sharp turn to the right and crosses a causeway Look for the parking area on the left. L Elsie Laverty

Sat., Apr. 8. Welch/Dickey Mountains (B3B) – Great conditioning hike in the White Mountains with great views all the way. Expect a full day. (Cancel if raining). L Pauline Jordan (508-676-5146 7:30-9:30, Hirst30@aol.com), CL Walt Wells (508-279-1963 7:00-9:00, WaltandLinda@comcast.net), CL Linda Wells

Apr. 11, Tues. Morning Blue Hills Conditioning Hike (B3B) – (See March 7 listing for details...)

Thur., Apr. 13. Horseneck Beach, Westport – 10:00 am.start for beautiful beach walk. Bring lunch and water. Directions: Rte. 24 to Rte.195E to exit 10 and Rte.88 south, Follow about 10 miles to bridge and rotary. Take first right off rotary and park in lot on right at the boat ramp. L Charlie Farrell

Apr. 18, Tues. Morning Blue Hills Conditioning Hike (B3B) – Great exercise hiking strenuous terrain at a moderate pace. Lots of hills! (See March 7 listing for details...)

Thur., Apr. 20. Myles Standish State Forest, Carver – Explore three different nature trails. Will carpool short distance between trailheads. Bring snack and water. Meet at park headquarters at 10 am. Directions: From 495 take exit 2 (S. Carver and intersection of Rte. 58. Take 58 north to Cranberry road on right and follow signs. L Elsie Laverty (elavmca@tmlp.com), CL Peter McLaughlin

Apr. 25, Tues. Morning Blue Hills Conditioning Hike (B3B) – (See March 7 listing for details...)

Thur., Apr. 27. Copicut Woods, Fall River – Nice walk in woods to reservoir and old farm remains in bioserve. Meet at 10 a.m. Bring snack and water. Directions: From Fall River take exit 9 (Sanford Rd.) off Rte.195 and turn left to pass under highway. Road bears to right and becomes Old Bedford Rd. Take left onto Blossum Rd. and follow 1.3 miles. Bear right onto Indian Town Rd. and follow for 1.7 miles to parking area. L Charlie Farrell

Sat., Apr. 29. Blue Hills True End-to-End Skyline Trail (A3B) – An opportunity to traverse the "entire" Blue Hills Skyline Trail from Fowl Meadow to Shea Rink on this annual day long hike. An excellent conditioning hike, not for beginners. L/R Dexter Robinson (781-294-8840 7-9 pm, dexsue@comcast.net), CL Dick Carnes (rcarnes2@aol.com)

May 2, 9, & 16 Tues. Morning Blue Hills Conditioning Hikes (B3B) – (See March 7 listing for details...)

Sat., May 20. Mount Monadnock (B3B) – An absolutely beautiful spring hike providing good hiking and exercise. Join us for this approximately 7 mile hike in southern NH. L/R Pauline Jordan (508-676-5146 7:30-9:30 pm, hirst30@aol.com), CL Walter and Linda Wells (508-279-1963 7-9 pm, WaltandLinda@comcast.net)

Sun., May. 21. Massasoit State Park (B3D) – Mid morning hike at East Taunton's "hidden jewel" followed by pot luck lunch and games at leader's nearby home. Easy hiking on mostly flat to gently rolling trails. Limited to 10 participants. L/R Barbara Hathaway (508-880-7266 7-10P, barb224@tmlp.com)

May 23 & 30, Tues. Morning Blue Hills Conditioning Hikes (B3B) (See March 7 listing for details...)

Cape Cod Hikes

Chair – Farley Lewis, 508-775-9168
capehikingchair@amcsem.org

Most Cape Hikes are "Show & Go..." For additional information, contact the trip Leader (L) or Co-Leader (CL) or visit <http://trips.outdoors.org>. (Set Committee to "Cape Hikes.")

Miles per Hike	Pace (MPH)	TerrainType
AA = 13+	1 = very fast (2.5)	A = very strenuous
A = 9 - 13	2 = fast (2)	B = strenuous
B = 5 - 8	3 = moderate	C = average
C = <5	4 = leisurely	D = easy

Thur., Mar. 2. Dennis Flax Pond Conservation (C3C) – Rolling hills near Flax Pond, golf course, wooded trails in wellfield area. Park on Setucket Rd at Flax Pond Conservation, East of Yarmouth-Dennis Town Line. Meet 9:45 a.m. L Janet Kaiser (508-375-0574)

Sat., Mar. 4. Brewster Nickerson State Park Winter Saturday Series (B2C) – Hike or snowshoe depending on conditions. Park at main pkg area just off Rte. 6A. Trail depends on conditions. Meet 9:45 AM. Three to four hours. Bring lunch. L Janet DiMattia (508-394-9064), L Peter Selig (508-432-7656), L Bob Freeman (508-432-4341), L Farley Lewis (508-775-9168)

Sun., Mar. 5. Mashpee, Quashnet River (C3C) – Walk in upland woods along small stream. Heavy snow on ground, or moderate rain cancels. From Mashpee rotary, Rt 28N to Falmouth 2.1 miles, take R on Martins Rd to parking area on R. 12:45. 2 hours. L John Gould (508-540-5779), CL Linda Church (lchurch@whoi.edu)

Thur., Mar. 9. Eastham Doane Rock (C3C) – Woodland trails to 3-Sisters Lighthouses. Back on National Seashore Beaches. From Rt 6 - R @ Salt Pond Visitors Ctr. Go approx. 1 mile, Doane Rock Picnic Area on R for Parking. (Meet 9:45AM) Two hour hike. L Ruth Handlen (packrhandl@comcast.net)

Sat., Mar. 11. Leader's Choice (B3B) – Mystery Trip to a Cape Location - Call/E-mail Leader for details, Saturday 9:45 am. L Peter Selig (pandmselig@hotmail.com)

Sun., Mar. 12. Cotuit-Little River Sanctuary (C3D) – Wooded walk with views of Eagle Pond and a White Cedar Swamp. Meet at Cotuit Landing Shopping Center at the corner of Rte. 28 and Putnam Ave. in Cotuit to carpool to trailhead. Arrive by 12:45PM. Two hour hike. L Farley Lewis (farlewis@comcast.net, 508-775-9168)

Thur, Mar. 16. Wellfleet Gull Pond (C3C) – Hike on woods roads to ocean and around ponds. Meet at 9:45 a.m. From Route 6 in N. Wellfleet, one mile east on Gull Pond Road to marker, then north and east briefly to Gull Pond parking lot. Two hours. Deep snow or heavy rain cancels. L Patrick Kimball (cctrails@comcast.net)

Sat., Mar. 18. Falmouth Moraine Trail (A3B) – Nine mile, 5-hour hike along moraine with lunch stop. Meet in Goodwill Park in Falmouth at 9:30, and will carpool at 9:45 to start at 10:00. From Mashpee rotary, take 151 west 3.4m to L at Sandwich Rd. Go 3.7m to R on Brick Kiln; then 0.9m to L on Gifford. After 1.1m go R to enter Goodwill Park and 0.3m to parking. Heavy snow on ground, or moderate rain cancels. L John Gould (508-540-5779)

Sun., Mar. 19. Eastham Coast Guard Beach (C3C) – Hike through woodland trails. Views of Nauset Marsh and Atlantic Ocean. Rte 6 to the Salt Pond Visitor Ctr on right at lights. Meet at 12:45PM for 2 Hr hike. L Ruth Handlen (packrhandl@comcast.net)

Thur., Mar. 23. Brewster-Punkhorn Parklands (C3C) – Circuitous routing over hills on trails and woodroads. Views of Upper & Lower Mill, and Walker Ponds. East on Satucket Rd to Stony Brook Rd, Brewster. R (South) on Run Hill Rd, past disposal area to pkg at end of pavement, approx. 1.5 mi. Meet 9:45 a.m. L Janet Kaiser (rjkaiser@verizon.net)

Sun., Mar. 26. Barnstable Conservation (B3C) – Moderately hilly hike on dirt roads and mountain bike trails. 2 hrs, meet at 12:45 pm for 1 pm hike. From rt 6 exit 5 turn south on rt 149. At roundabout R on Race Lane. 1.5 miles to R on Crooked Cartway, pk at end. L Heidi Moss (mossheidi@hotmail.com), CL Betty Donoghue (bettyccfla@aol.com)

Thur., Mar. 30. Mashpee South Cape Beach (C3C) – 2 hr. flat hike with 2 mi. of wooded trails and 2 mi. on sandy peninsular. Meet Thurs 9:45. From Mashpee rotary take Great Neck Rd 2.7 mi, left on

Great Oak Rd. to town beach lot at end. L Gary Miller (508-540-1857, garymaxx@wmconnect.com), CL Maria Sylvester (508-385-4045)

Sat., Apr. 1. Wellfleet Griffin/Great Island/Bound Brook Combo (B2C) – Hike through woods, dunes, along shore, through heathland, bluff overlooking Bay. Meet at Great Island pkg lot Chequesett Rd. Wellfleet at 9:45. Four hours. Bring Lunch. L Janet DiMattia

Sun., Apr. 2. Mashpee River Woodlands-West (C4C) – White pine forests, views of river, abandoned cranberry bogs. From Mashpee Rotary, go E on Rte.28, Right on Quinaquisset. Go approx. 500' to parking on R. Cars may be parked by edge of road, but police require tires off pavement. From E, take Orchard off Rte.28, R onto Quinaquisset. Watch for sign on L for Mashpee River Woodlands. L Nancy Wigley (nrwigley@cape.com), CL Betty Donoghue (bettyccfla@aol.com)

Thur., Apr. 6. Dennis Crowe's Pasture C3C) – Walk along dirt roads to Crowe's Pasture, soft sand to Quivett Creek, back along beach and protected land. Exit 9B north off Rte 6, short distance to R on Airline Rd take L jog at intersection, cross over 6A, take first R going past cemetery .01 to new parking area on R. Meet at 9:45. Two hours. L Janet DiMattia (508-394-9064), CL Maria Sylvester (508-385-4045)

Sat., Apr. 8. Four Ponds Conservation (B3C) – Salt Marsh, ponds, old trout hatchery, some moraine trail. 3 hrs, bring lunch. From rt 28 in Bourne take Barlows Landing Rd (Pocasset/Wings Neck) 7/10 mile to pkg on right. Meet 9:45 AM for 10 AM hike. L Nancy Wigley (nrwigley@cape.com)

Sun., Apr. 9. Dennis-Flax Pond Conservation (C3C) – Rolling hills near Flax Pond, golf course, wooded trails in wellfield area. Park on Setucket Rd at Flax Pond Conservation, East of Yarmouth-Dennis Town Line. Meet 12:45 p.m.. L Janet Kaiser (rjkaiser@verizon.net)

Thur., Apr. 13. Truro Paradise Hollow (C3C) – Hike on woods roads and old railroad bed. Meet at 9:45 a.m. Park on George Nilson Road west of Route 6, one-half mile north of "Entering Truro" sign. Two hours. Heavy rain cancels. L Patrick Kimball (cctrails@comcast.net)

Sat., Apr. 15. Sandwich Lowell Holly (C3C) – Scenic hike through beech and holly groves with water all around. 3 hours, bring lunch. From rt 6 exit 4, south on Chase Rd. R at stop sign on Farmersville Rd. Drive 0.5 mi to L on Boardley Rd, then 0.3 mi to L on Harlow Rd. Straight at stop sign on So. Sandwich Rd. Pk in small lot on R, 0.5 mi. Limited parking, carpooling suggested. L Heidi Moss (mossheidi@hotmail.com)

Sun., Apr. 16. Barnstable Sandy Neck (B3C) – Easter Sunday hike on barrier beach. Hike out on bayside with possible return over dunes and along marsh. May be walking in soft sand. Two-three hours. L Pam Carter (508-398-2605)

Thur., Apr. 20. Truro Ryder Beach (C3C) – Beach, woodland trails/hilly. From Rt 6 L on Prince Valley Rd. Go to end. R on County Rd. Immed L on Ryder Beach Rd. Park at end. (Meet 9:45AM) Two hour hike. Starts promptly at 10AM. L Ruth Handlen (packrhandl@comcast.net)

Sat., Apr. 22. Spring Fling Hike, Bourne, Four Ponds (B4C) – Enjoy a nice easy Spring Fling hike through a conservation area of four ponds linked by a small stream, and see the remnants of an old

fish hatchery along the way. The hike will be a joint effort by the Cape Hikes and Hiking committees. Meet 9:30 AM at Bourne Community Center (239 Main Street Buzzards Bay) for a carpool departure at 9:45 to this nearby hike. Bring lunch. Return to Buzzards Bay about 1330. L John Gould (508-540-5779, jhgould@adelphia.net), CL Sue Chiavaroli (508-252-4164, brillo6452@yahoo.com)

Sun., Apr. 23. Sandwich- Benjamin Nye Trail (C4C) – Working cranberry bogs, Red pine forest, salt marsh with creeks/ponds. Remains of fish hatchery and game farm. From Rte. 6 take Exit 4 (Chase Rd). Turn N (toward 6A), go approx. 1/2 mile, and take L on County Rd. One mile to parking on R at Sandwich Grange Hall/Benjamin Nye homestead. L Nancy Wigley (nrwigley@cape.com), CL Betty Donoghue

Thur., Apr. 27. Falmouth Shining Sea Bike Trail hike (C3C) – Meet 9:45. 2 hr. hike with 2 miles of wooded trails through Falmouth Salt Pond Bird Sanctuary and 2 miles on bike path. From Falmouth Center take Locust Street at sign towards Woods Hole to bike trail parking lot about half mile on right just past Wood Lumber Co. Carpooling encouraged, parking might be limited. L Gary Miller (garymaxx@wmconnect.com)

Sat., Apr. 29. Falmouth Long Pond & Collins Woodlot (B3C) – Walk along pond and moraine, and through town forest. From Mashpee rotary, take 151 west 3.4m to L at Sandwich Rd. Go 3.7m south to R on Brick Kiln; then 0.9m west and pass through traffic light at Gifford to second parking area on R just beyond light. 9:45. Heavy rain cancels. 3.5 hours. Bring lunch. L John Gould (508-540-5779), CL Linda Church (lchurch@whoi.edu)

Sun., Apr. 30. Sandwich Maple Swamp (C3C) – Over and around the Cape terminal moraine, many long hills, view of Cape Cod Bay. 2 hrs. Meet at 12:45 pm for 1 pm hike. From rt 6 exit 4 south on Chase Rd. Immediate right on Service Rd. 1 mile to pkg lot on L, brown sign faces west. L Heidi Moss (mossheidi@hotmail.com)

Thur., May. 4. Wellfleet White Crest Beach (C3C) – Woodland trails/Hilly. From Rt 6 R on LeCount Hollow Rd. At beach gatehouse L on Ocean View Dr. .9 miles to Beach Pkg lot on R. Meet 9:45AM. L Ruth Handlen

Sat., May. 6. Wellfleet Jeremy Point (B2C) – Hike along bay, through woods, along dunes out to Jeremy Point. Great views of Wellfleet Harbor. Meet 9:45 at great Island pkg lot on Chequesett Rd. Wellfleet. Four hours. Bring lunch. L Janet DiMattia (jdimattia@earthling.com)

Sun., May. 7. Crane Wildlife Area (C3B) – Come hike this very hilly area. Meet at 12:45pm. Fr Bourne Bridge take the 151 exit off of Rt 28 and take a L off of ramp. Pretty quickly you see a dirt parking lot on R to park. L Linda Church (lchurch@whoi.edu)

Thur., May. 11. Truro Head of the Meadow (C3C) – Hike on bicycle trail to High Head; return on beach and dune path. Meet at 9:45 a.m. From Route 6, Head of the Meadow Road one mile to left parking lot near bicycle trail. Two hours. Heavy rain or high winds cancels. L Patrick Kimball (cctrails@comcast.net)

Sat., May. 13. Barnstable Conservation Land (B2B) – Hike Trail of Tears through hardwood and pine woods. Plenty of hills. A real workout. Meet on Service Rd, exit 5 off Rte 6 at 9:45. Four hours. Bring lunch. L Janet DiMattia (508-394-9064)

Sun., May. 14. Harwich Herring River (C3C) – Woodland Trails. Cranberry Bogs/Tidal River in Conservation Area. Take Exit 9A off of Rte 6. L at second light, R @ stop sign. Next L onto Great Western Rd. Go approx 1.3 miles. Park at Sand Pond (inside fence) on the L. (Meet 12:45PM) 2 Hours. L Ruth Handlen (packrhandl@comcast.net)

Thur., May. 18. Chatham - Monomoy Wildlife Refuge (C3C) – Meet at and Visit Monomy Wildlife Refuge and entrance to Stage Harbor, Thursday 9:45 am. Two hours. L Peter Selig (pandmselig@hotmail.com)

Sat., May. 20. Brewster - Nickerson State Park (B3B) – Explore boundaries of Nickerson State Park, Saturday 9:45 am. Meet in main pkg area. Four hours. Bring lunch. L Peter Selig (pandmselig@hotmail.com)

Bike Rides

Chair – Joe Tavilla, bikingchair@amcsem.org, 508/428-6887
If not indicated, contact ride leader (L) for start time and location.

NOTE: for additional SEM bike rides, please check *AMC Outdoors*, visit www.amcsem.org, or use the AMC online trip listing system: <http://trips.outdoors.org> (set the Committee to “Biking,” and the Chapter to “Southeastern Massachusetts”), or sign up for the SEM Short Notice trip list at www.amcsem.org.

NOTE: AMC SEM 2000 Mile Club – AMC SEM is in the second year of our unique 2000-mile Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2000 miles or more in a year. For more information, contact Joe Tavilla (508-428-6887 7-7, bikingchair@amcsem.org) or Victor Oliver (508-888-8435 7-7, bikingvicechair@amcsem.org)

Mar. 1-May 31. Tuesday Rides – Turn Those Tires on Tuesdays - Rides scheduled all year long, weather permitting. Location and distance varies. March rides start at 2:00 PM; April, May and June rides start at 5:45 PM. L Paul Currier (508-833-2690, pbencurrier@hotmail.com)

Tue., Mar. 7. Foxboro – Distance: 40 miles. Terrain: Mostly flat. Pace: 12-15 mph. Ride the “Foxboro Forty” in the hometown of the New England Patriots. The route, of course, will include a visit to Gillette Stadium and a cruise by scenic Lake Massapoag. L Joe Tavilla (508-428-6887, silverski@earthlink.net)

Sat., Mar. 25. Rochester/Lakeville – Distance: 26 miles. Terrain: Mostly flat. Pace: 12-15 mph. Travel on mostly quiet back roads thru the Lake Region of Lakeville. Mostly flat terrain that Beginner/Intermediate riders will enjoy. L Jack Jacobsen (508-993-0450, cyclejac@yahoo.com)

Sun., Apr. 2. Cotuit/Mashpee – Distance: 26 miles. Terrain: Flat, rolling with small short hills. Pace: 11-14 mph
Come celebrate the beginning of Daylight Saving Time on the lightly traveled streets of Cotuit & Mashpee. Enjoy early season unobstructed views of Martha’s Vineyard & Nantucket Sound. Quiet country and neighborhood roads, especially in the “Off-Season”. L Joe Tavilla (508-428-6887, silverski@earthlink.net)

Sat., Apr. 15. Falmouth – Distance: 22 miles. Terrain: Flat, rolling and hills. Pace: 10-12 mph. Enjoy scenic views of Buzzards Bay, Martha’s Vineyard, the quaint village of Woods Hole, Nobska Lighthouse and a peaceful visit to Bell Tower Park. L Linda Church

(508-495-1308, lchurch@whoi.edu)

Sat., Apr. 22. South Dartmouth – Distance: 38 miles. Terrain: Mostly flat. Pace: 12-15 mph. Travel past farm country and salt marshes. Beginner & Intermediate riders welcome. L Jack Jacobsen (508-993-0450, silverski@earthlink.net)

Sat., Apr. 22. “Spring Fling,” Bourne – The perfect ride for beginners and families. 20 flat miles at a relaxed group pace along the Cape Cod Canal. Opportunity to attend other Spring Fling activities and programs. L Joe Tavilla (508-428-6887)

Sat., Apr. 29. Village Cruise, Barnstable – Distance: 45 miles. Terrain: Flat, rolling with small hills. Pace: 12-15 mph. The route will travel thru the villages of Barnstable. Riders will visit several beaches. The route will explore the less traveled roads. Other point-of-interest stops will include The Craigville Conference Center, The Kennedy Memorial, The Korean War Memorial, The Kennedy Compound, the Iyanough statue, Lewis Bay. The ride will include a lunch stop. L Joe Tavilla (508-428-6887, silverski@earthlink.net)

Thur., May. 11. Lakeville – Distance: 20 miles. Terrain: Mostly flat. Pace: 12-15 mph. Late day/evening ride that passes the lakes and cranberry bogs of Lakeville & Middleboro. L Jack Jacobsen (508-993-0450, cyclejac@yahoo.com)

Sat., May. 20. Westport – Distance: 42 miles. Terrain: Flat to rolling with two challenging hills. Pace: 12-15 mph. Ride past salt marshes, beaches, and stretches of farmland. L Jack Jacobsen (508-993-0450, cyclejac@yahoo.com)

Thur., May. 25. Rochester – Distance: 21 miles. Terrain: Mostly flat. Pace: 12-15 mph. Late day/evening ride that travels the quiet country roads of Rochester. L Jack Jacobsen (508-993-0450, cyclejac@yahoo.com)

WANTED: Ride Leaders and Co-Leaders – Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm and routes with your fellow AMC members. Contact the Bike Chair, Joe Tavilla for more information. (508-428-6887, bikingchair@amcsem.org)

AMC ACTIVITY PARTICIPATION POLICY

AMC encourages involvement in its mission and activities through its membership, programs, policies and procedures. Our goal is to be a community that is comfortable, inviting and accessible for people of any age, gender, race, religion, ethnicity, ability, sexual orientation, or socioeconomic status.

Some AMC programs are designed for a certain age range of members or for a special activity or topic. However, any person who meets the minimum qualifications (skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available.

All participants in AMC activities are required to sign the AMC waiver form provided by the leader. You may preview this waiver form on the chapter website at www.amcsem.org/pdf/waiverform.pdf

Kayak Paddles

Chair – Gifford Allen, 508-563-3852
paddlingchair@amcsem.org

For information on SEM canoe and kayak trips, please check *AMC Outdoors*, visit www.amcsem.org, or use the AMC online trip listing system: <http://trips.outdoors.org>, (set Committee to “canoe/kayak” and set Chapter to “Southeastern Massachusetts”).

Trip Ratings/Levels

Level 1 – No previous or little kayak experience required
Level 2 – Ability to paddle 6 miles/day in weather conditions for the day, maintain a straight heading without using rudder, and turn using forward and reverse “sweep” strokes
Level 3 – All the above, plus ability to assist in and perform a deep water rescue, paddle 13 miles/day in 10-15 knot winds and 2-3 foot seas, launch and land from a beach in these conditions, use a marine band VHF radio
Level 4 – All the above, plus ability to paddle 15 miles/day in 20 knot winds and handle open ocean and large swells
Level 5 – All the above, plus ability to paddle 20 miles in 25 knot winds with adverse sea conditions

Sat., Mar. 4. Wequaquet Lake, Barnstable – Exit Mid Cape Hwy exit 6 and go toward Hyannis. Take right onto Shootflying Hill Rd. and follow to town landing on left. Protected waters but can be windy at times. Level 2. Circumnavigate pond and explore the shoreline. Will stop for lunch. Estimated total distance 4 miles. Cold Water Hazard
L Gifford Allen (508-563-3852 Night before, gifallen@verizon.net)

Sat., Mar. 11. Waquoit Bay, East Falmouth – Route 28, E. Falmouth heading for Waquoit, which is about halfway between Mashpee Rotary and Falmouth. Look for Edwards Boat Yard which is on the south side of Rte 28. Whites Landing Road is next to Edwards Boat Yard, and launching is at the end of Whites Landing Rd. This is a popular paddle for level 2. Estimated distance 4 miles. Will stop for lunch on Wasburn Is. Cold Water Hazard. L Gifford Allen (508-563-3852 Night Before, gifallen@verizon.net)

Sat., Mar. 18. Monument Beach, Bourne – Take Route 28 towards Falmouth from the Bourne Bridge. Approx 3.4 miles turn right onto Barlows Landing Road. Go approx 1.75 miles into Pocasset. At the intersection turn right onto Shore Road. Go .8 miles, take a left onto dirt road (there is a small sign on the left: Monk Park). Level 3 paddle with exposure to open water. Lunch on Hog Is. Estimated paddle distance 6 miles. Cold Water Hazard. L Gifford Allen (508-563-3852 Night Before, gifallen@verizon.net)

Sat., Mar. 25. Weweantic River – Contact Leader for details to put in and trip. L Jeff Tubman (508-896-7858 Night Before, jltbmn@capecod.net)

Sat., Apr. 1. Walker Pond, Brewster – Exit Mid Cape at 9, go N on Rte 134 to Satucket Rd. and right onto Slough Rd. to town landing. Will paddle through to Upper Mill Pond, maybe into Lower Mill Pond, and explore the Punkhorn River. Level 2 paddle. Bring Lunch. L Bob Zani (508-430-1914 Night Before, rcandbaz@verizon.net)

Sat., Apr. 8. Bass River, Wilbur Park, Yarmouth – Exit Mid Cape at 9 go S on 134. Take right onto Upper County and left onto Highbank Rd. Cross Bass River and Wilbur Park is on the left. Depending on tide will go north or south. Area between RR Bridge and Mid Cape can be white water. Cold water hazard. Bring lunch. Estimated distance 10 miles. Level 3. L Gifford Allen (508-563-3852 Night Before, gifallen@verizon.net)

Wed., Apr. 12. Barnstable Harbor – Exit Mid Cape at 6 and go north to Rte 6A, turn right. Approx 1.5 miles turn left onto Scudder Lane and follow to end. This is a fun paddle subject to tidal flows (can be foggy in the Spring). Level 2. Bring lunch. Cold Water Hazard. L Ed Foster (508-420-7245 Night Before, erfoster@comcast.net)

Sat., Apr. 15. Duxbury Bay – Exit at 11 from Rte 3 (Rte 14 east), stay on 14, cross Rte 3A and take left at T and then right onto Powder Point Rd. Parking is before bridge. Duxbury Bay a diversified paddling area with a little bit of everything. Cold Water Hazard. Bring Lunch. Level 3. L Ed Foster (508-420-7245 Night Before, erfoster@comcast.net)

Sat., Apr. 22. “Spring Fling” Paddle, Onset Bay – Launch is from Riverside Drive. Meet Co-leader at Bourne Community Center to leave by 9:30 AM to launch site. This is a level 2 paddle. L Don Savino (508-295-4562 Night Before, donsavino@webtv.net), CL Gifford Allen (508-563-3852 Night Before, gifallen@verizon.net)

Wed., Apr. 26. Mashpee River, Cotuit – Exit Rte 28 just east of Rte 130 onto Main St. Right onto School St. and left onto Crockers Neck Rd which becomes Santuit Rd then 1 mile to town landing on right. Level 2 paddle, bring lunch. Explore Mashpee Woodland Reservation. May be able to go up all the way to Rte 28 at Pine Tree Corner. L Louise Foster (508-420-7245 Night Before, louise.foster@alumnae.brynmawr.edu)

Sat., Apr. 29. Little Harbor Beach, Wareham – From Bourne Bridge, 25N take exit 1 toward Onset. Straight thru intersection at Rte 6 onto Depot St. At stop sign straight onto Great Neck Rd. Stay left at Agawam Cemetery, left at Crooked River Rd (staying on Great Neck Rd) then right onto Stockton Shortcut to right thru golf course. Park at far end and follow green & orange signs to beach. Level 3. Bring Lunch. L Don Savino (508-295-4562 Night Before, donsavino@webtv.net)

Wed., May. 3. Mattapoisett Harbor – Rte 195 S exit 19 onto North Street and follow into town. At end turn left and follow signs to Ned's Point. Cold water hazard. Level 2 paddle. Bring lunch. L Don Savino (508-295-4562 Night Before, donsavino@webtv.net)

Sat., May. 6. Hadley's Harbor – Drive to Woods Hole and follow main road thru town to end. Turn right onto Albatross Rd and left onto Gosnold Rd. Stony (Stoney) beach is on right. This is a level 4 paddle. Strong currents and open ocean breaking waves. Bad weather cancels trip. Cold Water Hazard. Bring lunch. Paddle to Hadleys and Weepeeket Islands. L Gifford Allen (508-563-3852 Night Before, gifallen@verizon.net)

Wed., May. 10. Great River, Mashpee – From Mashpee Rotary take Great Neck Road south 2.8 miles. Bear left onto Great Oak Road for 1.9 miles. Turn right onto road to Great River Boat Ramp (near blue & white hydrant). Park along fence, parking spaces are reserved for cars w/trailers. Leisurely paddle, level 2, across Waquoit Bay to Tim's Pond and lunch on Washburn Is. Return via Little River. L Nancy Wigley (508-548-2362 Night Before, nrwigley@cape.com)

Sat., May. 13. Five Easy Rivers, Wareham – From Bourne Bridge, 25 N take exit 1 and go right to first light. Go right onto Rte 6 W and squeeze left to stay on Rte 6 to Wareham Center. Cross RR bridge at the Narrows, quick right onto Merchants Way, and park near pumping station. Level 2. Bring lunch. L Don Savino (508-295-4562 Night Before, donsavino@webtv.net)

Wed., May. 17. Centerville River, Osterville – Turn onto County Rd from Rte 28 in Marston's Mills and head for Osterville Center. County Rd changes to Main St. After center turn right onto East Bay Rd. Dowses Beach is on left, go to far end to launch. Quiet protected waters with many side trips. Level 2. Bring lunch. L Bill Fischer (508-420-4137 Night Before, wmbbararafischer@comcast.net)

Sat., May. 20. Lewis Bay, Hyannis Hbr. – Exit at 7 from Mid Cape and go S. Take a quick left onto Higgins Crowell Rd and follow to Rte 28. Cross over Rte 28 onto Berry Ave and go .7 miles for a right onto Hampshire Ave to end. Level 2 paddle, but wind conditions can easily make it a level 3. Fun paddle to see the sights of Lewis Bay and its islands. Bring lunch. L Ed Foster (508-420-7245 Night Before, erfoster@comcast.net)

Wed., May. 24. Barnstable Harbor, Greys Beach – From Mid Cape take exit 8 N. Cross over 6A and straight onto Old Church St, bear right onto Center St and follow to end. This is a favorite paddle, level 2 but wind conditions can easily make it a level 3. Still cold water. Bring lunch. L Ed Foster (508-420-7245 Night Before, erfoster@comcast.net)

Sat., May. 27. Wellfleet Hbr. – In Wellfleet exit left from Mid Cape onto Main St, left onto E. Commercial St, and left again onto Commercial St go pass docks to west end of Mayo Beach. Level 3 paddle, long trip and the water is still cold. Explore Fresh Brook up to Rte 6. Fun paddle, bring lunch. L Bob Zani (508-430-1914 Night Before, rcandbaz@verizon.net), CL Gifford Allen (508-563-3852 Night Before, gifallen@verizon.net), CL Ed Foster (508-420-7245 Night Before, erfoster@comcast.net)

Education

Chair – Walter Deeter, 508-279-0626, educationchair@amcsem.org

Sat., Apr. 8. SEM Leadership Training – 8 am- 4 pm at Borderland State Park Visitor's Center. Whatever your activity, get to know other present and potential leaders, while spending a fun and informative day learning the basic skills common to all of them. L/R Walter Deeter (508-279-0626 Before 9PM, WADeeter@aol.com)

Trails

Chair – Lou Sikorsky, 508-678-3984, trailschair@amcsem.org

Sat., Apr. 22. "Spring Fling" Trails Cleanup – Location TBD. Come join the Trails Chair and other volunteers to help do a local cleanup in the Bourne area. Contact Lou Sikorsky for details at 508-678-3984 in advance for time and location.

May 19-21. Lonesome Lake Trail Spring Cleanup – Come join us on our Chapter's adopted trail in beautiful Franconia Notch, NH! No experience required, just a lot of enthusiasm and elbow grease. We will camp at the Lafayette Campground on Friday and Saturday nights. Please register before May 1st with Lou Sikorsky (508-678-3984, trailschair@amcsem.org)

Sat., Jun. 3. National Trails Day – Come and join us for National Trails day at one of our adopted trails at Myles Standish State Forest!

There is something for all to do and no previous experience needed. Refreshments provided - and possible barbeque to reward your efforts. Please contact trip leader to register by May 26. L Lou Sikorsky (508-678-3984 6-9pm, trailschair@amcsem.org)

VOLUNTEERS WANTED – to help clean up Nickerson State Park. Please contact Lou Sikorsky (trailschair@amcsem.org) if you might be interesting in volunteering some time in the coming months to help your fellow SEM members and others clean up some of the terrible winter damage done at this popular state park. If there's enough interest, there's the possibility of making this an overnight trip...

View from the Chair, continued from page 1...

(previously chair); Walter Deeter to become Education chair (previously vice chair), and Rick Fordyce to become education vice-chair (previously chair). I also want to recognize the chapter webmaster and guru, Susanne Piche, and Anne Chase, who will continue to serve as the chair of the Incident committee. This year, Executive Board meetings will be held the second Wednesday (7-9pm) of March, April, May, August, September, October and November. The board meeting location alternates between Bourne Community Center (March, May, September and November), and Middleboro Unitarian Universalist Church (April, August and October). Please visit www.amcsem.org for directions to either of these locations, if you'd like to attend any of these board meetings.

Upcoming Events

If you've ever considered leading a chapter trip, you should attend the LEADERSHIP TRAINING DAY on Saturday, April 8 (details elsewhere on this page). It's FREE – and you receive a tasty lunch as well as a wealth of information about volunteer leading in the chapter.

The SEM SPRING FLING on Saturday, April 22nd at Bourne Community Center promises to offer something for everyone! See page 3 for details and sign-up today!

And speaking of "Spring," you might also want to save the date for the AMC SPRING GATHERING at Lake George, NY, April 28-30, 2006. Camp Chingachgook is a beautiful waterfront camp with several trails that take hikers to expansive views of the region. The event is hosted by the AMC Mohawk Hudson Chapter. For information, visit www.wsg.net/amc, or send an e-mail to rynaskojc@aol.com.



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These mid-weight Forest Green fleece vests provide an ideal outer layer for cool Spring weather hiking, biking, and paddling! The vests feature a full-length front zipper for temperature control, zippered outer pockets and inside pouch pockets for storage, and boast the SEM Chapter logo embroidered on the left breast.

To order, send check or money order made out to "SEM-AMC" for \$39.95 plus \$6.50 S&H (\$46.45 total) to: Michael Woessner, PO Box 120, Wrentham, MA 02093-0120. Please specify size (generously sized S, M, L, or XL) and be sure to include your shipping address and an evening phone number.



Don't miss the SEM "Spring Fling" on Sat., April 22nd !!!

Join your fellow SEMers in the morning for a great "Spring Fling" hike, bike ride, or paddle, and then join up in the afternoon for demonstrations, a gear swap, social hour, pot-luck dinner, awards, and a special presentation at the Bourne Community Center in Buzzards Bay. See page 3 for details and registration information...



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