



Southeastern Massachusetts Chapter
 APPALACHIAN MOUNTAIN CLUB
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The Southeast Breeze

The newsletter of the Appalachian Mountain Club Southeastern Massachusetts Chapter
 Summer 2006 - June, July, & August

View from the Chair

By Laura Smeaton

This summer, I encourage you to get outside and join us at an SEM event. We have something for everyone!

The season's chapter-wide event is the Summer Picnic on Saturday July 15th at the Chapel Meeting House in Foxboro. The chapel has been recently renovated by a group of local citizens and is owned by the Town. Originally built in 1913, the chapel is nestled at the juncture of the Cocasset River Reservation Area and the F. Gilbert Hills State Forest. Please look at the event information in this newsletter and also check out the Chapel's website at www.chapelmeetinghouse.org.

If you've done some local hikes and are interested in finding out what hiking or backpacking in the Whites might be like, check out our Summer Hiking Series. If you are feeling 'stuck' in town during the week, come on out and join us on a local Wednesday or Thursday evening hike (see the Hiking section for more details).

We also offer a wonderful schedule of peddling and paddling; including both Tuesday and weekend bike rides, and Wednesday and Saturday paddles.

If you aren't sure whether an activity is what you are looking for just contact the trip leader and ask. Please contact leaders as far in advance as possible, as this helps with their planning and allows them to spend more time addressing your questions.

Finally, National Trails Day is Saturday, June 3. Join us for our seasonal stewardship maintenance on our adopted trail in Myles Standish State Forest. Everyone is welcome to join us...no experience required!

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Spring Fling 2006 draws more than 80 participants!

The SEM chapter celebrated Earth Day with the annual Spring Fling at Bourne Community Center.

More than 80 people participated in the full day of activities, including our Spring Fling hike (32 participants) and our Spring Fling bike ride (40 participants).

During the afternoon activities, a bike technician from EMS presented a clinic on bike maintenance and ACA-certified instructors taught paddling safety. Our own experienced SEM volunteer leaders provided a wonderful introduction to 3-season hiking and backpacking in the White Mountains (and beyond!), and participants got a chance to peruse a great EMS gear display and receive goody bags graciously provided by the Hyannis EMS store.

The day's highlights were the evening potluck and slide and video show by SEM trip leader, Erika Bloom. Erika took us on a virtual tour of her trip climbing Mt. Kilimanjaro as part of the AMC trip she led last January (see article on page 6). Everyone enjoyed learning about the flora and fauna of this region of Africa. The videos of all the animals during the safari were amazing!

2005 AMC Southeastern Mass. Chapter Distinguished Service Award

Congratulations to Pam Carter, winner of the 2005 AMC SEM Distinguished Service Award. Pam has been a volunteer and leader since the chapter was founded in 1976. Pam edited the chapter newsletter for a number of years and led numerous trips, including bicycling, canoeing, and skiing -- often with her late husband, Bud. We are very happy to honor Pam with our chapter's 2005 Distinguished Service Award!

Chapter Hut Night in Crawford Notch...



Join us for our annual "Chapter Hut Night" on Saturday-Sunday, October 21-22 at the AMC's Highland Center and Shapleigh Bunkhouse in beautiful Crawford

Notch, New Hampshire. Enjoy a weekend of hiking and camaraderie! Hikes for all abilities will be offered on Saturday and Sunday. Member rates start with a budget bunk/meal option for only \$36.75 and range up to \$128. Registration closes September 15th but usually sells out, so register now! Contact Erika Bloom Erika.bloom@comcast.net (preferred), or 508-951-1001 before 9 pm for complete registration information.

Hike Planning Meetings Note...

If you'd like to participate in SEM hiking committee planning activities, you're encouraged to attend our Hike Planning Meetings which will now be held at 7:00 PM the first Wednesdays of the months of March, June, September and December at the Unitarian Universalist Church on Main Street in Middleboro (Rte.105). *Next meeting is June 7th*. Contact Sue Chiavaroli with any questions (hikingchair@amcsem.org)

The Southeast Breeze is printed on 100% recycled paper using environmentally friendly ink.

Bring your appetite to the SEM Chapter Summer Picnic in Foxboro on Saturday, July 15th!

Celebrate summer! Come join your fellow SEMers for our annual summer picnic. This is a great event for new members as well as long-timers, with outdoor activities as well as food and socializing!

This year, we'll explore the area in and around the F. Gilbert Hills State Forest in Foxboro during the morning bike ride and hike (see trip listings).

Then, we'll join together for an early afternoon picnic lunch and social at the nearby Chapel Meeting House in Foxboro. Hamburgers, veggie burgers, hot dogs and soda will be provided but everyone should also bring something to share (salad, dessert, chips, etc.).

The event is free but registration is required by July 8th. RSVP to Erika Bloom at Erika.bloom@comcast.net (preferred), or call 508-951-1001.

Sign up now for AMC Wilderness First Aid Training next Fall

The SEM Education Committee is offering a great AMC Wilderness First Camp (WFA) training weekend at Camp Lyndon in Sandwich Sept. 30th - Oct 1st.

Both WFA and AMC Liability Training are included in the base fee and CPR training is also available.

The training costs \$125.00 for AMC members and \$150.00 for non-members. Please add \$25.00 for Saturday night accommodations and an additional \$30.00 to also receive CPR training Saturday evening.

Full scholarships are available for authorized SEM leaders. (Co-leaders can apply for re-imbusement once they achieve full leader status...)

To register Call Walter Deeter (508) 279-0626 before 9:00 or E-mail WADeeter@AOL.com

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
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- Conservation - Maura Robic, 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.

Sat., Aug. 12. Monument Beach, Bourne – This is the second paddle and the last for spending the day practicing skills. Put-in is at Monk Cove and we will paddle over to the beach at the causeway going out to Mashnee Island. Swim, Paddle, Wet Exits, Picnic, or whatever suits you. All skill levels welcomed. Email Leader for directions to the put-in. L Gifford Allen (508-563-3852 Day before, gifallen@verizon.net)

Wed., Aug. 16. Lewis Bay, Yarmouth – See trip dated 7/19 and/or 6/21. Level 2. Email Leader for directions to the put-in. L Ed Foster (508-420-7245 Day before, erfoster@comcast.net)

Sat., Aug. 19. Shoestring Bay, Cotuit – See trip details on 7/22 and/or 6/24. Level 2. Email Leader for directions to the put-in. L Louise Foster (508-420-7245 Day before, louise.foster@alumnae.brynmawr.edu)

Wed., Aug. 23. Barnstable Harbor – See trip details on 6/28. Level 2. Email Leader for directions to the put-in. L Ed Foster (508-420-7245 Day before, erfoster@comcast.net)

Education

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

Sat. & Sun, Sept 30 & Oct. 1. Wilderness First Aid/CPR, Camp Lyndon – Instead of SOLO, The SEM Chapter is offering AMC Wilderness First Aid (WFA) and CPR training this year at beautiful Camp Lyndon in Sandwich, MA. For more information, or to register, call Walter Deeter (508) 279-0626 before 9:00 or E-mail WADeeter@AOL.com.

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 (age, skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available. Individuals under 18 must be accompanied by a responsible adult.

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

AMC SEM Short Notice Trip List ...

Our Yahoo-powered SEM Short Notice E-Mail Trip List is a great way to find out about late-breaking Chapter activities that might not appear in either the *Breeze* newsletter or the *AMC Outdoors* magazine. If you haven't signed up for the e-mail list yet, just visit www.amcsem.org and enter your e-mail address in the appropriate location.



AMC Membership in a Bottle (MIB) is the perfect gift for a friend, relative, or yourself, if you aren't yet a member.

For just \$50.00, you will receive an AMC water bottle, a one-year individual membership, a \$10 AMC gift certificate, and an AMC window decal. Your membership also includes 10 issue of the *AMC Outdoors* magazine and quarterly issues of the *Southeast Breeze* newsletter. The SEM Chapter benefits from every bottle sold through the chapter.

To receive a MIB, send your Name, Address, City/State/Zip and Phone Number, along with the name and address to which you would like to like the bottle sent, with a check for \$50 payable to SEM/AMC, to:

AMC SEM Membership in a Bottle
P.O. Box 120
Wrentham, MA 02093-0120

Save the date... AMC'S FALL GATHERING 2006, OCT. 13-15

Come join the Narragansett Chapter in beautiful "Little Rhody" for a fantastic autumn weekend. The Environment Education Center of the Alton Campus of the University of Rhode Island features more than 2300 acres of forests, trails, farmlands, and lakes.

Accommodations range from cabins to tenting facilities. In addition to clubwide meetings and fun coastal activities, look for workshops on Recreational Kayaking and Introduction to GPS and a Newport Cliff Walk & Mansion Tour. Information available at www.amcnarragansett.org.

Carpooling will be available for SEM members. Check www.amcsem.org for details...

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

Wed., Jun. 7. Cotuit Bay – Paddle Cotuit Bay and area waters. Put in is from Rope Beach, Cotuit. Email Leader for directions to the put-in. Level 2 paddle. L Bill Fischer (508-420-4137 Day before, wmbbarbarafischer@comcast.net)

Sat., Jun. 10. Swan River, Dennis – Will paddle from Swan River Pond down to Nantucket Sound and back. Lunch on the beach. Distance approx. 6 miles round trip. Level 2. Put in is on Indian Trail. Email Leader for directions. L Gifford Allen (508-563-3852 Day before, gifallen@verizon.net)

Wed., Jun. 14. Onset Bay, Wareham – Onset Bay and area waters. Level 2. Contact Leader by email for directions to the put-in. L Don Savino (508-295-4562 Day before, donsavino@webtv.net)

Sat., Jun. 17. Wickford, RI – Will paddle the Wickford area. This is a delightful paddle with much to see and many areas to explore. Estimated total paddling distance under 10 miles. Sheltered areas for level 2 and open waters for level 3, depending on wind conditions. Email Leader for directions to the put-in. L Jeri Housley (508-888-8264 Day before, housley@us.ibm.com), CL Gif Allen (508-563-3852 Day before, gifallen@verizon.net)

Wed., Jun. 21. Lewis Bay, Yarmouth – Lewis Bay is a fun place to paddle with lots to see and to explore, a/k/a Hyannis Harbor. Put in is off Berry Ave., W. Yarmouth. Level 2 paddle. Email Leader for directions to the put-in. L Ed Foster (508-420-7245 Day before, erfoster@comcast.net)

Sat., Jun. 24. Shoestring Bay, Cotuit – Shoestring Bay, Santuit River, and Popponesset Bay are just some of the places to go. Level 2 paddle. Email Leader for directions to the put-in. L Louise Foster (508-420-7245 Day Before, louise.foster@alumnae.brynmawr.edu)

Wed., Jun. 28. Barnstable Harbor – There are many places to paddle to from within Barnstable Harbor. Depending on wind and weather will determine where we will go. Level 2. Email Leader for directions to put-in. L Ed Foster (508-420-7245 Day Before, erfoster@comcast.net)

Sat., Jul. 8. Slocums River, Dartmouth – The Slocums River paddle is considered by many to be one of the nicest paddles in the SEM area. We paddle down the river (about 3 miles) to the entrance just west of Mishaum Point. From there one can see Cuttyhunk Island across the bay. Level 3. Email Leader for directions to the put-in. L Gifford Allen (508-563-3852 Day before, gifallen@verizon.net)

Sat., Jul. 15. Bass River, Yarmouth – We're paddling south to Nantucket Sound from the put-in at Wilbur Park. Lunch at the beach. This can be a long paddle but not difficult. Lots to see along the way with many side trips available. Will be out longer than usual. Email Leader for directions to the put-in. L Gifford Allen (508-563-3852 Day before, gifallen@verizon.net)

Wed., Jul. 19. Lewis Bay, Yarmouth – Lewis Bay a/k/a Hyannis Harbor. Great paddling spot with plenty to do. Have lunch on a sand bar while it disappears. Email Leader for directions to the put-in. Level 2. L Ed Foster (508-420-7245 Day before, erfoster@comcast.net)

Sat., Jul. 22. Shoestring Bay, Cotuit – From Shoestring Bay, one can paddle the Mashpee River and Popponesset Bay. Level 2. Email Leader for directions to the put-in. L Louise Foster (508-420-7245 Day before, louise.foster@alumnae.brynmawr.edu)

Wed., Jul. 26. 5 Easy Rivers, Wareham – A great paddle exploring the rivers in the Wareham area. Plenty of beaches and fun for all. Level 2. Email Leader for directions to the put-in. L Don Savino (508-295-4562 Day before, donsavino@webtv.net)

Sat., Jul. 29. Monument Beach, Bourne – We will put in at Monk Cove and paddle to the causeway to Mashnee Island. where there is a wonderful beach that is little used. We will spend several hours there for swimming, picnic, and practicing kayaking skills. Level 1 should join to learn skills. Others may paddle the Back River and play in the currents. L Gifford Allen (508-563-3852 Day before, gifallen@verizon.net)

Sat., Aug. 5. Barnstable Harbor – This is a level 3 paddle as we plan to leave from the put in at Grays Beach and paddle out into Cape Cod Bay. There we will run the coast as time and weather permits. Email Leader for directions to the put-in. L Gifford Allen (508-563-3852 Day before, gifallen@verizon.net)



(photo by Louise Foster)

Wed., Aug. 9. Duxbury Bay – Depending upon weather and tide, will either explore the back rivers or venture out and towards Plymouth Hbr. Level 2. Email Leader for directions to the put-in. L Ed Foster (508-420-7245 Day Before, erfoster@comcast.net)

“Kayaking 101”

(What you need to know to get started paddling with the SEM...)

By Gifford Allen, SEM Paddling Chair



(Kayak photo by Louise Foster)

Today, there are many different types of kayaks. They come in all shapes and sizes and are made of everything from recycled plastic bottles to exotic carbon fiber materials. There is a kayak design for every conceivable use. However, for our purpose, we will concentrate on the touring style sea kayak and its equipment. Yes, equipment. Along with the kayak, you will need a paddle, a life preserver or what we call a PFD (personal flotation device), a spray skirt, a paddle float, a pump, sponge, sun screen, a hat, etc.

A typical sea kayak is from 14' to 19' long, and from 19" to 28" wide. Kayaks shorter than 14' and wider than 28" are usually recreational boats and are not well suited for touring. Current Designs, Necky, Dagger and Eddyline, are a few manufacturers that make popular designs in the 14 foot range. These boats are made of a “new” plastic material which is light, quite strong, and is relatively inexpensive (less than \$1,000.00). As the size increases, fiberglass, Kevlar and carbon fiber materials are used in the hulls to save weight. An average quality fiberglass kayak, say 16 to 17 feet, will be in the \$2,600 range. Kevlar and carbon fiber construction would add another \$500 or so. The old, standard plastic boats are still very popular. They are half the price of fiberglass, rugged, but heavy. Weight can be crucial. If you can't heft it onto the top of your car, you either need a good friend or you're not going to be doing much kayaking.

Beyond these basics, it's important that you select a kayak that fits you well. So try it on before you buy it! I can guarantee that if you get serious about kayaking, the

first kayak will not be the last. Hence, select a boat that is in the beginners to intermediate skills abilities. And a little padding will fine tune the fit.

Let's talk about paddles. A decent paddle will set you back \$100 to \$125. A paddle is used for more than just paddling (and digging clams). In conjunction with the paddle float, it is used as an outrigger to stabilize your kayak while you're climbing back in after a capsized. It is used for “bracing” and other nasty stuff. The point here is to get one that can take the abuse. Paddle size is always a subject of great debate and there are no hard and fast rules. Paddle length is determined by many factors, i.e.: paddling style, body height above the water, boat width, and personal preference. For starters, I suggest a paddle length of 215mm to 225mm for a person of 5'5”. And for a person of 6' a paddle length of 225mm to 235mm. I'm 5'10' and paddle three different styles of kayaks. I use a 220mm and a 230mm paddle for touring, and a power blade paddle of 215mm for playing in the surf. You want to buy a touring paddle, which is designed to have a low impact on your body. The blade is narrower conserving your strength for the long haul.

Now for the Personal Flotation Device. It is mandatory that you wear your PFD at all times during AMC paddles. Inflatable PFD's are not acceptable. Like everything else in kayaking, there are hundreds of different PFD's to select from. Here are my suggestions. Get one that is brightly colored with reflective stripes. On the water you want to be seen. Get one that fits you when it is fully zipped up and strapped on. It's a terrible feeling when that PFD slides up and around your face. Forget about pockets, one is enough. All those pockets full of stuff make it impossible to climb back onto and into your boat. The PFD should have plenty of clearance around the arms. Pretend you're paddling and see if you chafe anywhere. And while you're trying on your PFD, get a whistle (a loud one) and tie it on.

The spray skirt comes next. That's the thing that goes around your torso and over the cockpit to keep the water from getting inside. For some, wearing/using a spray skirt is a scary thing. However, the spray skirt is necessary when in the open ocean or in an area subject to the wakes from other boats. I will spend two or three days this summer (when the water gets warm) teaching wet exits. It will become second nature to you. Get a spray skirt that fits your kayak. Too loose, it's worthless, and too tight means difficulty in exiting. Have them fit a skirt when you buy the boat.

Mountain Biking in SEM

By Vic Oliver, SEM Bike Committee Vice Chair

The SEM Chapter has perhaps the strongest cycling program within the AMC. But, perhaps due to the misconception that mountain biking is detrimental to the trails, mountain biking has not yet caught on in a big way. However, you should know that New England mountain bikers volunteer many, many hours of trail maintenance in the state parks, local reservations and public lands where they ride.

NEMBA (New England Mountain Bike Association) stresses that mountain bikers should always ride “softly” and with consideration to others on the trails. This includes:

- Dismounting before and carrying your bike over soft spots in the trail
- Staying off the trails entirely on muddy days
- Riding in small groups
- Being careful to stay off trails designated as “hikers only”
- On multi-use trails, when approaching hikers, slowing down and signaling your presence well in advance

To get back to the activity itself, mountain biking is not only fun, but also provides an awareness of the surroundings and the delicate balance between use and that of other land users. Riding provides a mean of getting outdoors and enjoying the environment in which we live and play. There is a responsibility that’s covers the bike, is embedded in the chain and tires after a ride that a rider should not ignore. It cannot be just washed away.

There are a number of places to mountain bike in our area without violating the rights of private land owners and posted property. These include:

- Trail of Tears in Hyannis, - Hyannis
- Bourne/Falmouth
- Wompatuck SF - Hingham
- Blue Hills – Milton & Canton
- Myles Standish SF - Plymouth
- Wrentham SF
- Foxboro SF



Mountain biking requires skills that are not found in road riding. The pace is a lot slower and more time is spent looking around taking in the beauty of the land and remembering every turn and trail crossed. When I cannot negotiate a hill I change muscle groups and return to a hiking mode. An hour of mountain biking can cover more ground than hiking, but offers the same personal rewards. It’s also fun riding with someone else on a woods road...as opposed to cranking alone on paved street with one’s head down trying to maintain an average speed and keeping track of the miles ridden.

Mountain biking increases stamina, eye to hand coordination, and balance as it more demanding than road riding at normal speeds on a skinny tire bike. With any sport there are various levels of participation and difficulty. As the level of technical difficulty increases with more rocks, stumps and roots to maneuver; the level of concentration increases and get higher as steepness and the logs get bigger. This all gets easier with experience and time in the saddle. Various mountain biking groups and EMS here on the Cape offer rides at different levels. Mountain bikes can be rented at most bike shops and some outdoor stores

The SEM cycling program includes several novice/beginner mountain bike rides in the upcoming 2006 season. I hope you can join us and learn how to keep the dirty side down while enjoying the outdoors with other AMC members.

Sat., Jun. 10. Full Moon Hike West Dennis Beach (C4C) – Meet 7:00 PM at West Dennis Beach Parking Lot, from Rt. 28 follow School St. to beach, & lt; two hours. L Janet Kaiser (rjkaiser@verizon.net)

Sun., Jul. 9. Sandwich Canal Walk Full Moon Hike (C3C) – Enjoy a sunset walk along canal. Meet 6:45 PM at parking area at end of Freezer Rd where bike trail ends in Sandwich. L Pam Carter (508-398-2605)

Bike Rides

Chair – Joe Tavilla, bikingchair@amcsem.org, 508/428-6887
NOTE: Approved helmets required for all AMC bike rides. If start time and location are not indicated, contact ride leader (L).

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)

Sat., Jun. 3. Bogs, Lakes & Llamas, Carver, MA – Pedal past cranberry bogs, lakes and stop at a llama farm. Then lunch and ice cream at East Over Farms. Distance: 37 miles. Pace: Moderate. Terrain: Mostly flat. Helmets and registration required. L Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com)

Jun. 6-Aug. 30. Tuesday Tire Turners – Cruise interesting Cape Cod locations and enjoy beautiful sunsets. Rides start at 5:50 PM during June and July. August start: 5:20 PM. Contact ride leader for details. L Paul Currier (508-833-2690, pbencurrier@hotmail.com)

Thu., Jun. 8. Turn Those Tires On Thursdays – A perfect ride for after work unwinding. A 6:00 PM start will take you over the quiet country roads of Rochester MA. 20 flat miles thru scenic terrain. Helmets and registration required. L Jack Jacobsen (508-993-0450)

Sun., Jun. 11. Beyond Duxbury – “Go West Young Cyclist” - Route will begin on the Duxbury town line and head west thru flat and rolling terrain. Distance: 30 miles. Pace: 12-14mph. Terrain: see above. Helmets and registration required. L Joe Tavilla

Sat., Jun. 17. Wrentham Ride – Farms, hills, quiet roads, and water views best describe this two state (MA & RI) ride. You’ll pass Wrentham State Hospital, Diamond Hill Reservoir, a religious retreat and the Wrentham Outlet Mall. Distance: 33 miles. Pace: 12-14 mph. Terrain: Hills, Flat and Rolling. Helmets and registration required. L Joe Tavilla (508-428-6887, SilverSki@Earthlink.net)

Sat., Jul. 1. Dighton Rock – Visit the historic and mysterious Dighton Rock located in the Dighton Rock State Forest & Museum. Distance: 37 miles. Pace: Moderate. Terrain: Flat and rolling. Helmets and registration required. L Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com)

Thu., Jul. 6. Turn Those Tires On Thursdays – A perfect ride for after work unwinding. A 6:00 PM start will take you over the quiet back roads of Lakeville & Middleboro, MA. 20 flat miles thru scenic

terrain and the lake region. Helmets and registration required. L Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com)

Sat., Jul. 15. AMC SEM Summer Picnic Ride, Foxboro – The perfect way to work up an appetite for the AMC SEM Summer Picnic. Ride the lesser traveled, quiet, backroads of Foxboro. The ride will conclude in time for all to enjoy the SEM Summer Picnic. Distance: 30-35 miles. Pace: Stay together, relaxed group pace, 11-14 mph. Terrain: Flat, rolling and some hills. 9:00 AM start. Helmets and registration required. L Joe Tavilla (508-428-6887, SilverSki@Earthlink.net)

Fri., Jul. 21. Dennis Headwaters – Ride on the less traveled roads of Dennis and Yarmouth and discover the headwaters of the Bass River and Quivett Creek. Distance: 30 miles. Pace: 13-15 mph. Terrain: Flat and rolling hills. L Larry Kornetsky (617-513-6716), CL Joe Tavilla (508-428-6887, SilverSki@Earthlink.net)

Sat., Jul. 29. Beach Ocean Farm – This classic Cape ride will take you to the South Cape beaches, golf courses, views of Nantucket Sound and an organic farm complete with sheep and alpacas. Lunch will be at the farm stop. Distance: 40 miles. Terrain: Flat, rolling and a few climbs. Pace: 12-14 mph. Helmets and registration required. L Joe Tavilla (508-428-6887, SilverSki@Earthlink.net)

Fri., Aug. 4. Chatham Light – Travel from Dennis to Chatham on Cape Cod. Stop at Chatham Light and enjoy nice beach and ocean views. Distance: 35 miles. Pace: 13-15 mph. Terrain: Flat, rolling and hilly. L Larry Kornetsky (617-513-6716), CL Joe Tavilla (508 428 6887, SilverSki@Earthlink.net)

Sun., Aug. 13. For Jazz Lovers Only – If you don’t like jazz, then this ride is not for you - well maybe. The ride will follow a shore route past Vineyard Sound from East Falmouth into Woods Hole. Lunch in Woods Hole where all riders can enjoy outdoor jazz at a landmark coffee house.- no charge but coffee consumption is not discouraged. Distance: 30 miles. Pace: 12-14mph. Terrain: Mostly flat, some optional hills. Helmets and registration required. L Joe Tavilla (508-428-6887, silverski@earthlink.net)

Fri., Aug. 18. The Beaches of Dennis – If you like the beach then this ride is for you! Circumnavigate the Town of Dennis and discover more than a dozen Cape Cod beaches on Nantucket Sound and Cape Cod bay. Waterside lunch at the Sesuit Harbor Cafe. Distance: 30 miles. Pace: 13-13 mph. Terrain: Flat, rolling and hills. L Larry Kornetsky, CL Joe Tavilla (508-428-6887, SilverSki@Earthlink.net)

Thu., Aug. 18. Turn Those Tires On Thursdays – A perfect ride for after work unwinding. A 6:00 PM start will take you over the quiet back roads of Acushnet & Rochester MA. 20 flat miles thru scenic terrain with light traffic. Helmets and registration required. L Jack Jacobsen (508-993-0450, cyclejac51@yahoo.com)

Sat., Aug. 26. Country Roads, Bridgewater – Quiet roads, pristine farmland, light traffic and flat roads are the hallmarks of this ride. Travel thru the towns of Middleboro, Bridgewater and East Taunton. Distance: 43 miles. Pace: Moderate. Terrain: Flat. Helmets & registration required. L Jack Jacobsen (508-993-0450, cyclejac51@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)

Thu., Jun. 29. Red Line the Blue Hills (C3B) – See May 25 and June 6 listing for description... L Bob Vogel (hike_with_bob_v@comcast.net), CL Erika Bloom, CL Dick Carnes

Wed., Jul. 5. Ames Nowell State Park, Abington (C4C) – A nice evening hike through a state park with woods, boardwalk, old graves, & cellar holes. L Bill Ruel

Thu., Jul. 6. Red Line the Blue Hills (C3B) – See May 25 and June 1 listing for description... L Bob Vogel (hike_with_bob_v@comcast.net), CL Erika Bloom, CL Dick Carnes

Sat., Jul. 8. AT in Western Mass. Series - Day Hike (A3C) – Join us for the next section of the AT in Mass. from Jerusalem Rd. to Goose Pond road. This 9 mile exploratory hike passes over Baldy Mountain (appx. 1900 ft) in the Tyringham area. Register by July 1. Group sized limited to 10. L/R Dexter Robinson (781-294-8840 7-9:30 pm, dexsue@comcast.net), CL Dick Carnes (rcarnes2@aol.com)

Tues. July 11. Tuesday Morning Blue Hills Conditioning Hikes (B3B) – See June 6th listing for details.

Wed., Jul. 12. Wed. Night Miles Standish State Forest (C4C) – A nice hike around a pond in one of our largest state forests. There will be time for ice cream after! "YUM". L Bill Ruel (781-589-3321)

Thu., Jul. 13. Red Line the Blue Hills (C3B) – See May 25 and June 1 listing for description... L Bob Vogel (hike_with_bob_v@comcast.net), CL Erika Bloom, CL Dick Carnes

Sat. Jul 15. SEM Summer Picnic Hike, Foxboro (B3C) – Morning Hike in F. Gilbert Hills State Forest, possible Native American artifacts. Finish in time to enjoy the SEM picnic. Reg. Erika Bloom (erika.bloom@comcast.net, 508-951-1001 bef. 9pm).

Tues. July 18. Tuesday Morning Blue Hills Conditioning Hikes (B3B) – See June 6th listing for details.

Thu., Jul. 20. Red Line the Blue Hills (C3B) – See May 25 and June 1 listing for description...

Sat., Jul. 22. SUMMER HIKING SERIES #2 - Squam Range , NH (B3B) – We venture north for beautiful views of Squam Lake, as never seen by the boaters (with optional boulder caves and ladders for the daring!), as well as views all the way to Mt. Washington. You will learn why people climb mountains! A practical application of what you will have learned. Open to non-series participants on space available basis. See Aug 19 for hike #3. L Bob Vogel (508-238-7732 7-9PM, hike_with_bob_v@comcast.net), L Erika Bloom

Thu., Jul. 27. Red Line the Blue Hills (C3B) – See May 25 and June 1 listing for description... L Bob Vogel (hike_with_bob_v@comcast.net), CL Erika Bloom, CL Dick Carnes

Tues. July 25. Tuesday Morning Blue Hills Conditioning Hikes (B3B) – See June 6th listing for details.

Sat., Jul. 29. Gale River/Garfield Loop (A3B) – A long day hike in the White Mountains of NH. We will be crossing several muddy brooks with a steep rough climb to the summit of Mt. Gale. The

return will be by the Garfield Ridge Trail. There is a steep pitch with many switchbacks. Not for beginners. L Pauline Jordan (hirst30@aol.com), CL Sue Chiavaroli (brillo6452@yahoo.com)

Tues. Aug. 1 & 8. Tuesday Morning Blue Hills Conditioning Hikes (B3B) – See June 6th listing for details.

Wed., Aug. 9. Wed. Night Hike Massasoit State Park (B3C) – A great hike through woods, ponds, and campground (reserve a sight!). See possible wildlife and pudding stone. Good for all levels. L Bill Ruel (781-589-3321)

Tues. Aug. 15. Tuesday Morning Blue Hills Conditioning Hikes (B3B) – See June 6th listing for details.

Fri-Sun., Aug. 18-20. White Mountain, NH Triplet – Ridges, views, scrambles, maybe late season blueberries, possibly swimming. Fri: Mt. Jackson, Webster Cliffs (B3B); Sat: Baldface Circular (A3B); Sun: Chocorua via Piper, Hammond or Liberty/BeeLine (B3B). Join us for 1, 2, or all 3. Contact L if interested in rustic lodging/group meals at local hiking club cabin. L Eva Das (borsody@gmail.com), CL/R Robin Melavalin (rmelavalin@rcn.com)

Sat., Aug. 19. SUMMER HIKING SERIES #3 – Mt. Lafayette (B3A) – This strenuous hike will take us above treeline in NH, to the highest point outside the Presidential Range, and affords views of Vermont, New York, Maine and Quebec. Open to non-series participants on space available basis. L Bob Vogel (508-238-7732 7-9PM, hike_with_bob_v@comcast.net), L Erika Bloom

Tues. Aug. 22 & 29. Tuesday Morning Blue Hills Conditioning Hikes (B3B) – See June 6th listing for details.

Wed., Sep. 6. Wampatuk State Park, Hingham (C3C) – Evening hike through woods, ponds, and an old WWII ammo depot. Good for all levels. L Bill Ruel (781-589-3321)

Sat & Sun., Sep. 16-17. SUMMER HIKING SERIES #4 – White Mountains, NH. (B3B) – Location TBD, but save the date. L Bob Vogel (508-238-7732 7-9PM, hike_with_bob_v@comcast.net), L Erika Bloom, CL Robin Melavalin

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



2006 Winter Hiking Series concludes with Nauman Tentsite backpack...

By Bob Vogel

The 2006 SEM Winter Hiking Series concluded successfully with an overnight winter backpacking trip to the Nauman Tentsite off the Crawford Path in NH.

The group met Saturday morning in Crawford Notch and then hiked up to the Nauman Tentsite and set up camp. We then took a 3.4 mile, out and back, hike to Mt. Jackson, where most summited. (A few chose to wait below treeline and avoid the strong, cold wind, and icy summit cone.)

After returning to camp, preparing and eating supper and getting ready for the morning, we retired to a not-too-cold night. (Maybe just above 0 degrees?) Everyone did OK. In the morning we ate breakfast, packed up and hiked out, arriving back at the trailhead just before noon.

We then held a brief ceremony at the trailhead and awarded Certificates to three new graduates of the series: Joanne Meyer, Leslie Carson and Robin Melavalin. CONGRATULATIONS!!!

Two 'old' folks also received certificates, since they also finished all four hikes in the series. (Dexter Robinson and myself).

Special thanks go to Dexter Robinson, Anne Chace, and Erika Bloom for helping by leading hikes and also to co-leaders Eva Borsody Das (#1 -Blue Hills and #3 -Morgan Percival); Walter Mark (#2 - Pack Monadnock), Wayne Anderson (#1 -Blue Hills, #3 -Morgan-Percival and #4 this weekend's backpack) for their work as

Co-Leaders (Please note SEM motto: co-leaders make leaders look good...)

Again, thank you all. Coordinating this series (and the workshop) has been a lot of fun and, based on their feedback the participants have had a lot of fun too!

(NOTE: Your Breeze editor participated in both the Pack Monadnock and Squam Range winter hikes, and can personally verify that the winter hiking series participants did indeed have a blast....)

Thursday Hike Series Recap

By Elsie Laverty

With the rising cost of gasoline this past year, a handful of us off-Cape SEM members made a concerted effort to organize midweek hikes a little closer to home.



SEM "Midweek Warriors" shown include Ed Foppiano, Anne Chace (back to camera), Ellie Macpherson (seated) Don Savino, Barbara Leland and Peter McLaughlin. (photo by Elsie Laverty)

These local midweek hikes were varied. Some hikes were short, some were long. Some took us into the woods, some took us onto the beach, and some even had stretches on pavements. Our hiking group included a core of steady "regulars" as well as many new faces. We did not count the miles or our speed but we explored a lot of trails, developed a spirit of camaraderie, and had a lot of fun.

Our hike leaders included Bruce Dunham, Joanne Staniscia, Charlie Farrell, Ellie MacPherson, Peter McLaughlin, Don Savino, Louise Anthony, and Ed Foppiano. My thanks to all of them for sharing their favorite hikes and making the Thursday series so successful.

Summer Mountain Hiking Series kicks off in Blue Hills on June 24th

If you've always wanted to hike in NH, but don't feel ready to try it on your own, this series is for you. Progressively harder hikes will focus on good hiking skills and proper selection of gear and clothing. This series will give you a chance to meet others looking to expand their hiking horizons. Complete the series and you'll earn a certificate, suitable for framing.

On June 24th we will start off with a local training hike at the Blue Hills. We'll get a vigorous workout, while also getting advice on clothing and gear, and safe hiking practices.

On July 22nd we will head to NH to hike in the Squam Range. From these peaks we will have beautiful views of Squam Lake, as well as views all the way to Mt. Washington. You'll learn firsthand why people enjoy climbing mountains! This hike will provide a practical application of what you will have learned.

On August 18th we will climb Mt. Lafayette. This strenuous NH hike will take us above treeline, to the highest point outside the Presidential Range, and affords views of Vermont, New York, Maine and Quebec. At our feet the beautiful, Pemigewasset Wilderness will stretch out before us.

Sept 16-17. If a one day hike is great, then a two day hike must be twice as nice! Join us on this introductory backpack and spend the weekend hiking, eating, sleeping, eating (we're big into the eating part!) in the mountains. If you're an experienced day hiker, this is a great opportunity to try backpacking. Some tents and stoves available. Sleeping bags can be rented if you don't have one.

Participants in each series hike will get first priority for future hikes. Carpooling from Southeastern Mass. will be arranged for all NH hikes.

For further information, or to register, contact: L: Bob Vogel 508-238-7732 (7-9PM) hike_with_bob_v@comcast.net or L: Erika Bloom 508-951-1001 ebloom1@comcast.net.

AMC Trips to Tanzania

By Erika Bloom

In January 2006, fellow SEMers Chet Yacek and Nelson and Ryan Hockert-Lotz joined me and 12 other participants for an AMC major excursions trip to Tanzania.



We spent eight days climbing 19,341 foot Mt. Kilimanjaro, which was tough, but rewarding. Then we went on safari to the

Serengeti National Park and Ngorongoro Crater where we slept in comfortable tented camps and experienced game drives from safari vehicles during the day. The quantity and diversity of animals amazed us all!

If you too dream of an African adventure, consider signing up for my next AMC major excursion trip to Tanzania, January 26 to February 10, 2007. This will be a walking and driving safari that explores some of Tanzania's most amazing areas to view wildlife. We'll experience game drives in the Serengeti National Park, an area that hosts the largest animal migration on earth. We'll visit Ngorongoro Crater with its amazing concentration of predators and prey. We'll experience a multi-day walking safari from the Ngorongoro Highlands to Lake Eyasi (with vehicle support). And we'll visit and hike with local Maasai people and spend a day walking with the Hadzabe tribe in their traditional hunter/gatherer activities.

Accommodations are tented safari camps, which get you even closer to the wildlife and the true African experience. Full camp crew provided – no chores for you! Must be physically fit hikers (vehicle support is available). Approx. cost, all-inclusive except tips, is \$5000-5390 plus est. airfare of \$1,500 (Boston).

For information, call Erika Bloom at 508-951-1001 (before 9:00 pm) or visit <http://snebulos.mit.edu/majorexursions/trips/0705>

Hiking/Backpacking Activities

Chair – Sue Chiavaro, 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. 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

Thu., May. 25 and June 1. Red Line the Blue Hills (C3B) – This summer we will offer Thursday evening hikes where we will hike all 125 miles of trails in the Blue Hills, section by section and then red line these trails on our maps. L Bob Vogel (508-238-7732 (7-9 PM), hike_with_bob_v@comcast.net), CL Erika Bloom, CL Dick Carnes

Tues. Jun. 6. Tuesday Morning Blue Hills Conditioning Hikes (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, Erika.bloom@comcast.net)

Wed. June 7. Tubbs Meadow, Pembroke, MA (C4D) – An easy evening walk along the cranberry bogs, ponds, and a great chance for wildlife sightings like the Great Blue Heron and White Egrets. L Bill Ruel (781-589-3321)

Wed., Jun. 7 at 7:00 PM. Hike Planning Meeting – Unitarian Universalist Church, 25 Main St. (Rte 105) Middleboro. Meet fellow hikers and get involved with the SEM Chapter. We will be planning hikes, events, and having pizza! L Sue Chiavaro, 508-252-4164.

Thu., Jun. 8. Red Line the Blue Hills (C3B) – See May 25 and June 1 listing for description... L Bob Vogel

Sat., Jun. 10. Mt. Monadnock, NH (A3B) – Mt. Monadnock via Pumpelly Ridge. Long scenic ascent from Dublin Lake through forest and along rolling ridge spur, with awesome panoramic views. L Eva Das (borsody@gmail.com), CL Walter Mark (wlfmark3@aol.com), R Walter Mark (wlfmark3@aol.com)

Tues. Jun. 13. Tuesday Morning Blue Hills Conditioning Hikes (B3B) – See June 6th listing for details.

Wed., Jun. 14. Willow Brook Fleetwood Farm Preserve (C4D) – Join us for an evening walk through this once prosperous old farm dating back to the 17th century. The trails through the property feature an open field, cranberry bog, Allegheny mound building ants (they create huge ant mounds!), and a wide variety of vegetation. Suitable for all ages and abilities. L/R Dexter Robinson (781-294-8840, dexsue@comcast.net)

Thu., Jun. 15. Red Line the Blue Hills (C3B) – See May 25 and June 1 listing for description...

Sat., Jun. 17. Franconia Ridge Hike (B3A) – Nice hike in the White Mountains up the Falling Waters Trail, across the summits of Mts. Little Haystack, Lincoln, and Lafayette. Then down the Old Bridle Path. Start early, finish late, and move a little slower than most. Hope for a nice clear day. R/L Walt Wells (508-279-1963 7pm-9pm, waltandlinda@comcast.net), CL Pauline Jordan (508-676-5146 7:30pm-9:30pm, Hirst30@aol.com), CL Sara Beard (508-758-2613 7pm-9pm)

Sat., Jun. 17. 2 for 1: Ft. Barton, Weetamoo Woods, Tiverton, RI (B3D) – Mtn. Laurels in bloom. Enjoy view of Mt Hope Bay, Portsmouth and Bristol from the 30' high tower at Ft Barton. Some stairs for easy travel up steep hills, boardwalks in areas by stream. Drive 5 miles to Weetamoo Woods, home to numerous species of wildflowers, trees, and shrubs. Stone walls, slab bridges, and Borden Brook add to its beauty. Lunch by the stone-arched bridge; stop at famous Gray's Ice Cream after hike. L/R Barbara Hathaway (508-880-7266 7 to 10P, barb224@tmlp.com)

Sat & Sun. Jun. 17-18, AT in Western Mass. Backpack (A3C) – Join us for the next section of the AT in Mass. from Lake Buel Rd. to Jerusalem Rd. This is a two day beginner backpack, 6 miles the first day, 4 miles the second day with an overnight at Mt. Wilcox, north lean-to. Register by June 10. Group size limited to 10. L/R Dexter Robinson (781-294-8840, 7-9 pm, dexsue@comcast.net), CL Dick Carnes (rcarnes2@aol.com)

Tues. Jun. 20. Tuesday Morning Blue Hills Conditioning Hikes (B3B) – See June 6th listing for details.

Wed., Jun. 21. Scusset Beach State Reservation (C4D) – Evening hike along Cape Cod Canal, the breakwater, beach, and then up to Sagamore Hill with great views! L Bill Ruel, (781-589-3321)

Thu., Jun. 22. Red Line the Blue Hills (C3B) – See May 25 and June 1 listing for description...

Sat., Jun. 24. SUMMER HIKING SERIES #1 - Blue Hills (B3B) – Local training hike as start of our NH Mountain Hiking Series. We will get a workout hiking through the Blue Hills, while also explaining the series, giving advice on hiking clothing and gear, and safe hiking practices. If you've ever wanted to hike in NH, here's your chance! See July 22 for hike #2. L Bob Vogel (508-238-7732 7-9 PM, hike_with_bob_v@comcast.net), L Erika Bloom

Sun., Jun. 25. Long/Ell Pond (B3B) Ashville, RI (B3B) – Hike up to a gorgeous overlook of Long Pond. Along the way we will view mountain laurel. Then, the hike will descend into a gorge lined with rhododendrons and hemlocks. L Sue Chiavaro, CL Robin Melavalin

Tues. Jun. 27. Tuesday Morning Blue Hills Conditioning Hikes (B3B) – See June 6th listing for details.

Wed., Jun. 28. Norris Reservation, Norwell (C4D) – Nice evening walk in the woods along the North River. See old mill sight, giant holly trees, and old boat house. Good for all ages and abilities. L/R Dexter Robinson (dexsue@comcast.net, 781-294-8840, 7-9:30 pm,